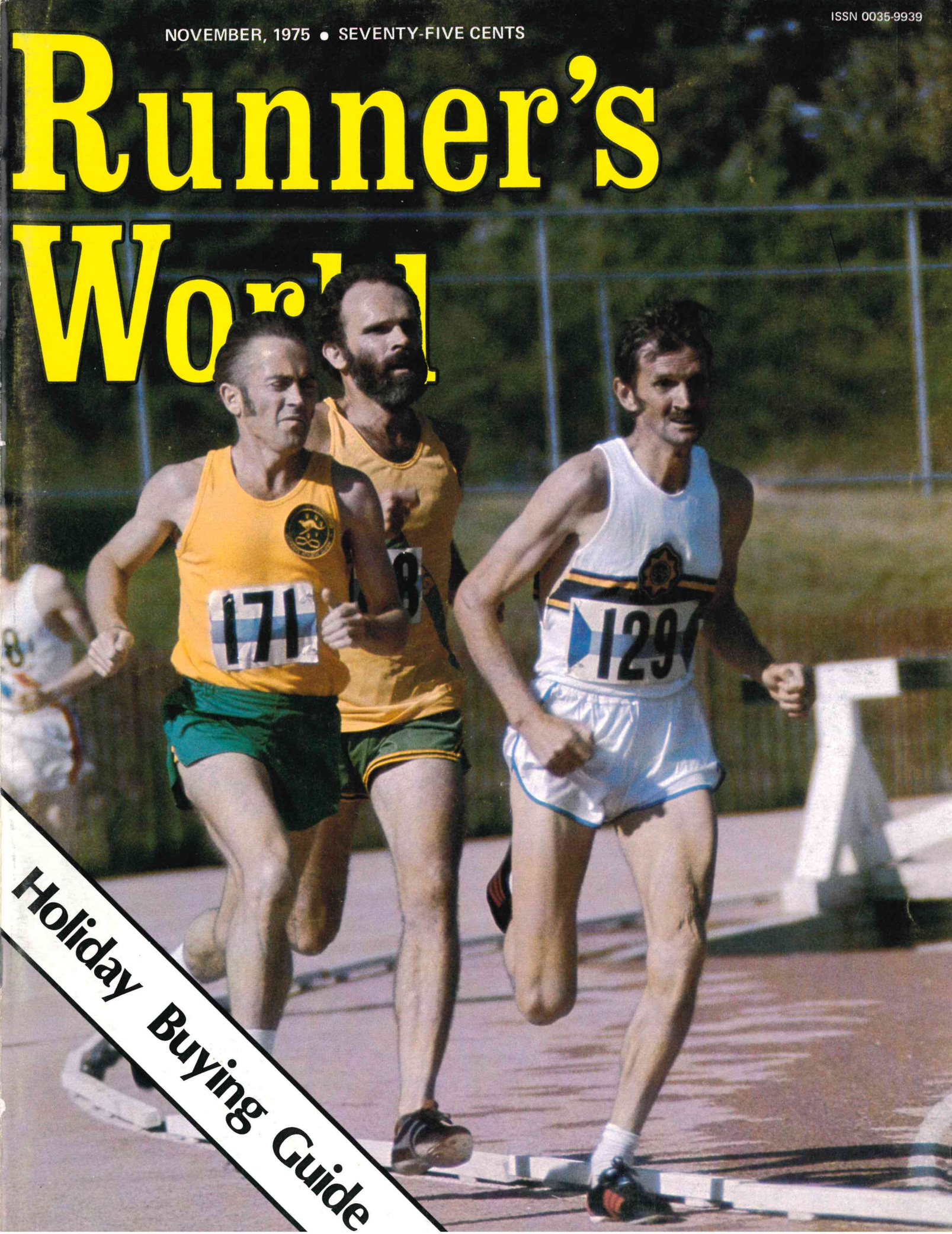


Runner's World



Holiday Buying Guide



START, SPLIT, STOP, RESET, WITH ONE HAND AND GET ELECTRONIC TIMING ACCURACY

Yesterday's mechanical stopwatch was less accurate and a lot harder to read than today's new digital timepieces. Siliconix incorporated now brings you a family of hand-held electronic digital stopwatches for precise timing in racing, swimming, track, skiing, yachting, navigation, experiments or anywhere you want precision time. Now, you can look at a bright, easy-to-read LED or neon display and see event times in increments of either 1/10th or 1/100th of a second—*electronically.*

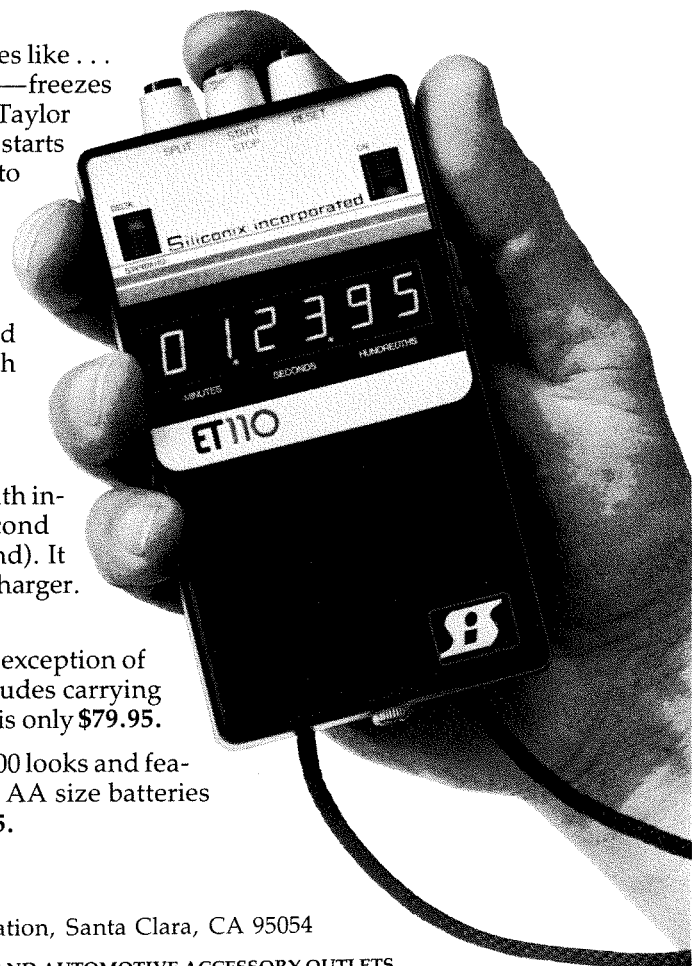
With the Siliconix electronic stopwatches you get features like . . . continuous display of event times; standard split action—freezes displayed time while clock register continues counting; Taylor split action—freezes displayed time while clock register starts counting again from zero; delta split action—similar to Taylor split function, but also gives differential time; rechargeable batteries, and a lot more. Take a look at our family of hand-held electronic stopwatches.

The rechargeable ET110 has a continuous, bright orange neon display, both standard and delta split functions, and counts in 1/100th second increments up to one hour (with automatic recycle). It includes a carrying case, neck strap, and AC charger. Suggested retail price is only **\$169.95**. The non-rechargeable version is just **\$149.95**.

The rechargeable ET100 has a continuous LED display (with intensifier), standard split action, and counts in 1/10th second increments (rounded off from the nearest 1/100th second). It comes complete with carrying case, neck strap, and AC charger. The suggested retail price is just **\$79.95**.

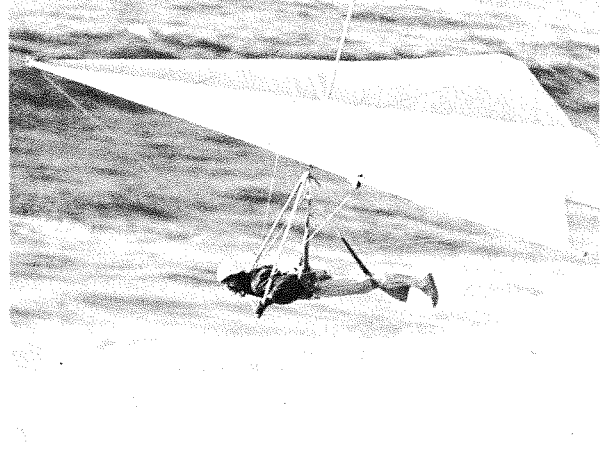
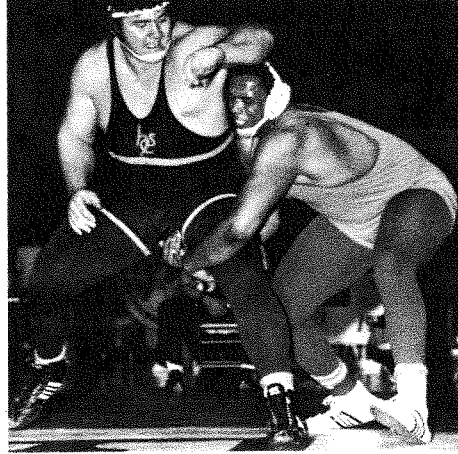
The rechargeable ET102 is identical to the ET100 with the exception of Taylor split action time instead of standard split. It includes carrying case, neck strap, and AC charger. Suggested retail price is only **\$79.95**.

The low cost ET105 is a simple start/stop timer with ET100 looks and features (except split function). It comes with replaceable AA size batteries and neck strap. The suggested retail price, just **\$49.95**.



Siliconix incorporated—P.O. Box 4088, Agnew Station, Santa Clara, CA 95054

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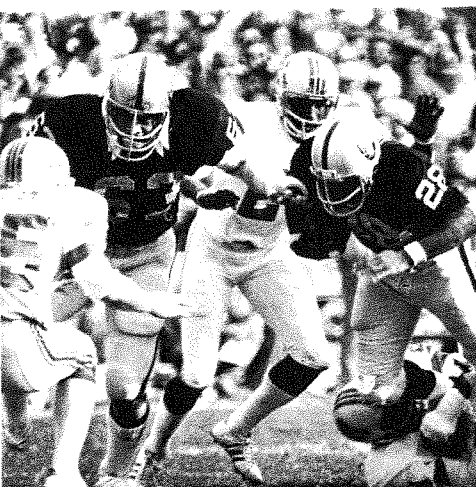


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with essays by leading participants in every sport.
Al Unser, professional auto racer,
Keena Rothhammer, Olympic swimming champion,
Gale Sayers, former professional football player
Bowie Kuhn, Commissioner of Baseball,
are just a few of the book's contributors.

Published in November by World Publications, P.O. Box 366, Mountain View, CA 94040, the SportSource Directory is paperback (8½ x 11) and sells for \$9.95. Available at your local bookstore. Use order form below, or charge to Master Charge or BankAmericard. Call Ms. Pat Perez at (415) 965-8777.



Please send me ____ copy(ies) of the

SportSource Directory

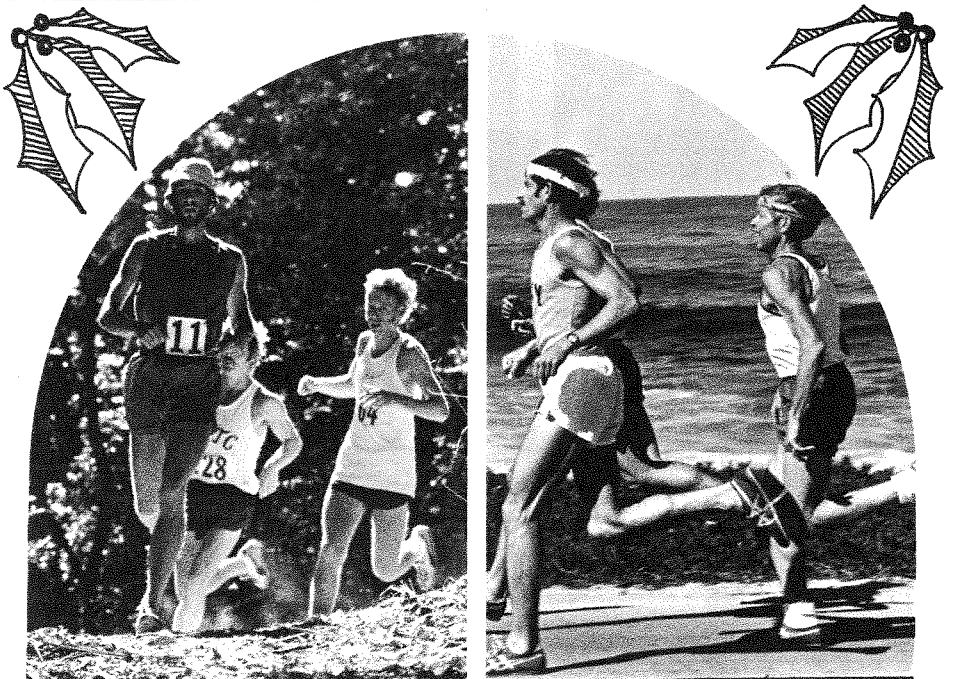
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Name _____

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The Complete Runner

Now, for Christmas - Buy two, get one free

The Complete Runner is the perfect Christmas gift for the runners on your shopping list. And here is a chance to save money. You can buy two copies of **The Complete Runner** for \$21.90, plus \$1.05 postage and handling, and we will give you a third copy, absolutely free.

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ORDER FORM

Please send me 3 copies of **The Complete Runner** for the price of two, \$21.90, plus \$1.05 postage and handling.

I want only one copy of **The Complete Runner** at \$10.95 plus 40 cents postage and handling.
California residents add 6% tax

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Runner's World, Box 366, Mtn. View, CA 94040

New Balance Shoes are available at these fine stores:

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Encino: All Pro
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San Diego: Fournier
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For additional information about
New Balance dealers in your area write:
New Balance Athletic Shoe Inc.
176 Belmont Street
Watertown, Massachusetts 02172
617/924-5960

“Show me a runner whose shoes don’t fit, and I’ll show you a loser”

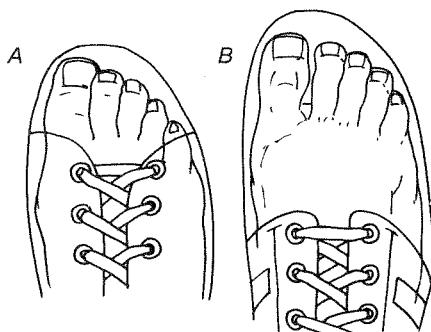
— Jim Davis, President, New Balance Athletic Shoe Inc.

At New Balance we tend to think of those words as Running Shoe Gospel. For 20 years we’ve been manufacturing racing and training shoes in width sizes as well as lengths. Conventional athletic shoe thinking says that one width can be laced and tightened to fit all feet. We say that’s just so much bushwah. And the pinched toes and sore arches and blisters on top of the feet experienced by runners who wear those other shoes just prove our point.

With New Balance you get the shoe that fits your foot perfectly, in all lengths and widths from 3½ AA to 15 EEE. Our laces run only the length of the special saddle over the instep — which puts tightening and arch support exactly where they should be. Your toes stay loose, and the seamless tongue prevents any chafing or binding.

A
Lacing to the toe constricts the toes and may cause blistering on top of the foot.

B
The New Balance method restricts lace tightening to our saddle over the instep, assuring toe freedom.



To order these New Balance shoes, or for information about our incredible “Spare Pair” resoling service, send us the coupon below. A foot tracing taken while you are standing helps us guarantee your perfect fit.

Please send me:

_____ pair 3:05 @ \$23.95	Size: _____	length _____	width _____
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_____ pair Trackster III @ \$27.95	Size: _____		
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_____ Spare Pair information			
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I enclose \$ _____ plus \$1.75 per pair for postage and handling. Immediate delivery assured.

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city _____

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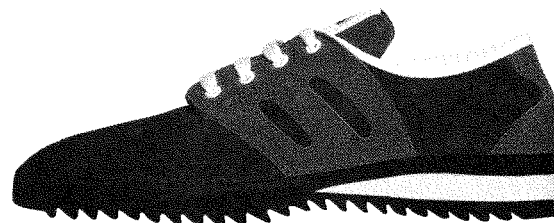
New Balance Athletic Shoe, Inc.
176 Belmont Street
Watertown, Massachusetts 02172



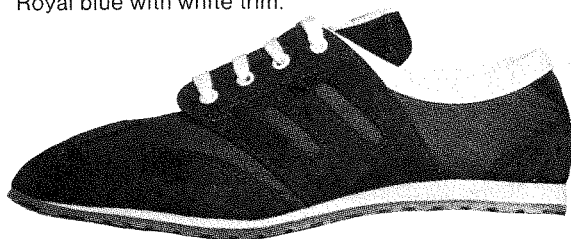
Interval 3:05 The ultimate training shoe, weighing only 9½ oz. yet durable enough for road racing. Leather-reinforced nylon upper with flocked nylon lining. Protective midsole plus heel-elevating soft wedge to reduce extension of the Achilles tendon and cushion the leg. Flared heel to stabilize the foot during heel strike and reduce ankle-roll injuries. Men and women, 3½ AA to 15 EEE, in Navy blue with white trim.



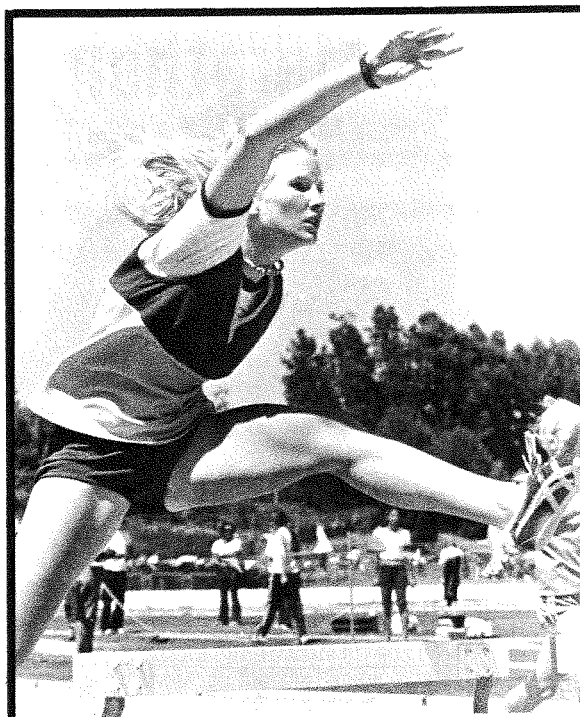
2:05 Ideal for training and speed work, and now made of tough, lightweight pigskin with shock-absorbing, molded Kraton® sole. Reverse ripples for added traction and shock absorption. Rolled heel to stabilize the foot during heel strike. Men and women, 3½ AA to 15 EEE, in Kelly green with tan trim or Royal blue with white trim.



Trackster III The most protective of all training shoes, with a molded Ripple® sole to absorb up to 40 percent of road shock. Unique foxing construction for greater lateral stability, and foot-conforming soft suede upper for comfort. Men and women, 3½ AA to 15 EEE, in Royal blue with white trim.



Competition The totally new idea in racing shoes: a perfect fit for maximum performance. Width sizing, plus ultra-light 7½ oz. weight. Knobby sole for excellent traction on all surfaces, and New Balance’s unique-at-the-price wedge/midsole combination to keep weight forward and absorb shock. Men and women, 3½ AA to 15 EEE, in Royal blue with white trim. The shoe that placed third in the Boston Marathon.



**Runner's World
coaches over
30,000 runners.
Did you miss
any sessions?**

ORDER FORM

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|--|--|
| <input type="checkbox"/> May 1971 | <input type="checkbox"/> April 1974 |
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| <input type="checkbox"/> February 1974 | <input type="checkbox"/> October 1975 (\$2.00) |

- Enclosed is \$1.00 (includes postage) per issue checked above.
 Enclosed is \$15.95—please send me the whole set.

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RUNNER'S WORLD
 Box 366, Mountain View, CA 94040

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COVER:
Former world record holder Alby Thomas (171) of Australia starred in the distance races at the US and World Masters Championships. (Tom Cameron photo)

Runner's World is published monthly by World Publications, Editorial and Executive offices: P.O. Box 366, Mountain View, CA 94040; phone (415) 965-8777. European Office: Box 247, Croydon, Surrey CR98AQ, England.

Second class postage paid at Mountain View, CA 94040 and at additional mailing office (Burlingame, CA 94010). Postmasters: send form 3579 to Mountain View address. US and foreign subscription rates: \$7.00 per year, \$13.00 two years. Single copies and back issues, 75 cents each.

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Runner's World

Box 366, Mountain View, California 94040
Office: 1400 Stierlin Phone (415) 965-8777

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From the Publisher

We get a lot of interesting letters, and I want to share this one from R.C. Richards: "Before I had a chance to read it, the August 1975 issue of *Runner's World* mysteriously disappeared from the house. A thorough search has not found it. My wife cannot explain it, and she may have another chance to try when I release her sometime later next month. Please send another copy." What can I say? . . .

Many readers really liked the cover on our last issue. Marcus Hamilton of North Carolina, who did the artwork, has had other paintings appear in *Saturday Evening Post*, *Golf Digest*, and *Tennis Magazine*. He is currently working on a special December cover celebrating our 10th anniversary.

In January of 1973 when we first started printing monthly, we increased our subscription rate to \$7 per year from \$3 as a bimonthly. Since 1973, we have not increased this rate. But since then, paper costs have increased by 80%. Postage costs have doubled and printing costs and salaries continue to go up. We do have more advertising now, but we also have more pages per issue. Because of all of this, we are forced to increase our subscription rate to \$9.50 per year. This is still well below the yearly single copy price of \$12 (including special issues).

I hate to increase prices, even though most other companies have done it three or more times since 1973. Unfortunately, I don't have any control over our increased costs. One thing is certain: we will continue to give you more than your money's worth.

Through Dec. 15, we will take subscriptions (extensions, renewals) at the old rates: \$7 per year, \$13/two years, \$16.50/three years. And what better time to take advantage of our \$75 life subscription rate? The new rate will be \$100. When you send in a renewal or extension, be sure to include your mailing label or mention that it is not a new subscription.

As always, I really appreciate the support you have given us. This support has allowed us to grow into the biggest running magazine in the world. Thanks.

Bob Anderson

Marathon T-Shirts

Clubs • Races • Schools • Events • Business Promotion • Personal • Teams

T-SHIRT DESIGNS/PRINTING FOR RACES OR EVENTS. . .

All white & solid shirts 100% cotton. White shirts with colored trim on collar & sleeve are 50% cotton & 50% polyester.

PRINTING (BACK OR FRONT)

State letter size, color, choice of letter styles: Block, open block, old English, script. Add \$1.00 for printing or design on both back and front.

Quantity	White Only	White/Color trim	Solid Color
15-35	2.59	2.95	2.95
36-71	2.40	2.85	2.85
72-143	2.30	2.75	2.75
144-299	2.20	2.65	2.65
300-over	1.98	2.55	2.55

CUSTOM DESIGNS: Send sketch of artwork. Prices are for one color designs. Add \$1.00 for two-color designs.

Quantity	White Only	White/Color trim	Solid Color
15-35	2.75	3.20	3.20
36-71	2.55	3.00	3.00
72-143	2.35	2.80	2.80
144-299	2.25	2.70	2.70
300-over	2.20	2.65	2.65

The words RACE DIRECTOR, STAFF, OFFICIAL, etc. may be added to one or more shirts. The additional cost is only 15 cents per letter. Your volunteer workers always show more enthusiasm wearing such special shirts during the event.

Return to: Finish Line Sports, Inc., 212 N. Parkerson, Crowley, Louisiana 70526 (Sponsors of the International Rice Festival Marathon)

Enclosed is \$_____ for _____T-Shirts as described below. Louisiana residents include 5% tax. Note: in order to quote these exact prices we must send the shirts to you with transportation cost payable on delivery. Transportation costs paid by us on all orders over \$100. Allow 4 to 6 weeks for custom designs and custom printing. We want these shirts to reach you before race day.

Name_____

Address_____

City/State/Zip_____

As a special "thank you" one shirt will be added to your order free with your first or last name (person placing order) printed. This applies to orders over 30.

National

Mountain View, California
December 28 to January 4

National Running Week will be a very special opportunity for the American runner. Beginning December 28, runners will gather from across the nation to draw public attention to running, commemorate the start of our country's bicentennial, and celebrate *Runner's World Magazine's* tenth year in print. Take this opportunity to meet some of the world's most famous runners and compete alongside them, attend workshops on a variety of practical running topics, enjoy the company of over a thousand runners, and sightsee during the holiday season in the beautiful San Francisco Bay area. In addition, there will be a special 60-mile paced relay, open to everyone, a commemorative running assembly to present awards to six people who've made contributions to running during the past decade, "fun-run" races and social training runs, a trip for two to Hawaii as a doorprize, and the 16th Annual Midnight Race, with some of the nation's top runners competing. Come to California in December and help us celebrate!



RUNNING WORKSHOPS

Ten informative, entertaining workshops, each an hour in length with time allowed for questions or discussion. Moderators will be highly-respected running experts, and their presentations will include films, demonstrations and literature. Individual running workshop tickets will be \$4.50 each, but you can save by buying the package ticket for only \$30.00—a savings of \$15 over the ticket prices alone—which includes all fees for workshops, races, and the special running films.

January 1, 1976

Yoga and Stretching—Information on preventing running injuries and increasing flexibility. Ian Jackson, author of *Yoga and the Athlete*, will lead the workshop.

Running Medicine—Dr. George Sheehan, medical editor of *Runner's World*, and other experts will personally answer your questions.

Diet and Drinks—David Costill of the Human Performance Laboratory will talk and then lead a panel discussion by several runner/writers.

Running Psychology—Running is not the placing of one foot in front of the other, but rather the continual inner dialogue this action sets in motion. A discussion no serious runner can afford to miss.

Beginning Running—Stress tests, training, style, and special problems of the novice runner. Included will be films and a copy of Joe Henderson's forthcoming beginner's booklet.

January 2, 1976

Marathoning—Films and speakers will cover the problems of both sexes and all ages and ability levels.

LSD vs. Intervals—Leading proponents of both systems will have it out in a debate that (we hope) will generate more light than heat. And after it's over, you'll have the hard facts to decide for yourself.

Masters Running—One of the fastest-growing groups of runners today. Even if you're not over 40, you still need information on the aging process.

Women's Running—An opportunity to talk about your special problems (if you're a woman) with a large number of experienced female runners, or gain insight into your wife's or girlfriend's problems if you're a man.

Progress in Training—Many people are still training the same way they did five years ago. We'll cover all the latest innovations in depth.

Running Week

RELAY (December 28)

The *Runner's World* staff will lead a paced relay from Mill Valley to Mountain View for 60 miles over portions of four famous race courses—the Dipsea, Golden Gate Marathon, Bay-to-Breakers, and Half Moon Bay Marathon—as a “publicity stunt” to draw national attention to running. Come run with us (pace will be 7:30 to 8:30 per mile) over your favorite section of the route.

OPEN HOUSE (December 29-30)

Many readers want to know where *Runner's World* comes from, so we're giving guided tours of our publishing offices to show you how the magazine is written, edited, typeset and pasted up. We're also giving tours of our mail order department and our store (Starting Line Sports).

16th ANNUAL MIDNIGHT RUN (December 31)

This will be the big race of the week—five miles in rolling foothills alongside some of running's current and past “greats,” giving you a unique opportunity to appreciate the beauty of our California countryside at night. \$1.00 entry fee, National Running Week cloth patch to all finishers, other awards for top finishers.

SPECIAL RUNNING ASSEMBLY (January 3)

A special gathering which will feature a dramatic presentation on the four-minute mile and awards to some of running's past and current “greats.” Some of the greatest milers of all time are invited, and the six people outside of the *Runner's World* staff who have made outstanding

contributions to running in the past decade will be there to receive awards. And when the assembly is over, you'll be able to meet and talk with these people. Snacks and drinks will be available, and the drawing for the trip to Hawaii will be made. Cost of the assembly is \$6.00 per person (included in the package price).

SUNDAY FUN RUN (January 4)

Before you leave, come to our weekly fun run—no signup, no fee, just exact distances, accurate times, and the thrill of competition. We've been holding them every week for three years, rain or shine (mostly shine, in California). Distances will be the half mile, one mile, and six miles.

REGISTRATION INFORMATION

Space is limited to 900 people, and package ticket holders will be given preference. The package ticket will cost \$30.00 and will include *all* admission fees. Package tickets for additional family members will cost \$25.00. Reduced hotel rates and airfares will be available. Headquarters for activities will be the Cabana-Hyatt House in Palo Alto, where all our famous guests will be staying.

If you can't attend National Running Week, we urge you to hold your own commemorative races at home, because running needs publicity in order to continue to grow. Please note all profits over and above our costs will be donated to the Special Olympics, the national athletic championships for physically and mentally handicapped athletes.

REGISTRATION FORM

- Please send me your free brochure with more information.
- Please send me the following National Running Week emblems (check desired items): decal—free bumper sticker—25c cloth patch—\$1.00 T-shirt—\$3.00—circle size: Adult S, M, L, XL; Child S, M, L
- Please sign us up for package tickets which will include admission to all events. \$30.00 each, \$25.00 per additional family member (include names on a separate sheet). For tickets to individual events, please send for our brochure.
- I want to take advantage of the reduced airfare and/or hotel rates. Please send further information.
- Please send me an official entry form for the 16th Annual Midnight Run.
- Please send me information on the National Running Week 60-Mile Relay.

Name _____

Address _____

City/State/Zip _____

National Running Week, Box 366, Mountain View, CA 94040

Give someone their health for Christmas.



The Nike Christmas Wish.

This ad might appear to be a little early for Christmas, "Another Christmas rip-off," you might be saying. But you would be wrong.

The good ol' A.D.'s Christmas wish is that everyone get as much out of life as possible . . . at least when it comes to health.

Runners are a pretty dramatic bunch of healthy people and the A.D. thinks you would appreciate an inexpensive package of running gear to encourage someone to run.

Now you see why this ad is appearing so early. You'll need time to order and allow for delivery.

The suit is made by a quality maker in Japan and normally retails for 19.95. It features 100% nylon, pant and leg zippers and royal blue with gold stripes.

The shoes are made by Mother Nike's little elves, are Finland Blues, a lightweight training shoe with tough nylon uppers that require no break-in, Spenco innersoles which prevent blisters and a padded ankle collar. They normally retail for 22.95.

The Athletic Department's Christmas Wish Package is priced at 32.95, a savings of 9.95.

That's a good price for a Christmas present as important as someone's health.

Send shoe and suit size and your check or money order to the Athletic Department, P. O. Box 743, Beaverton, Oregon 97005.

Include 1.50 for handling and postage. Allow three weeks for delivery.

the athletic department



A Victory over Political Meddling

"I haven't received a single negative comment on what I did," David Pain said several weeks after his celebrated powerplay in Toronto. "And I've gotten many, many positive responses both from white South Africans, which is to be expected, and from black Americans, which is surprising."

"But," Pain added, "before I made my move no one seemed willing to do a damned thing. They would have let those athletes be thrown out of the meet."

Pain led a 500-member United States group to the first World Masters Championships in Toronto in August. Fifteen South Africans and two Rhodesians entered, too, and were accepted. Then the Canadian government pressured meet officials to bar the white Africans because of their nations' racial policies. The leverage was a \$32,000 grant, which the Canadian politicians threatened to take away if the Africans ran.

In a world with lots of timid people who wait for others to make the first move, David Pain is unusual. He's a doer, a bold mover. While others say, "that would be a great idea. . . if someone would only try it," the San Diego attorney tilts his lance and charges forward.

Pain thought in the middle '60s there should be a national masters meet, so he started one. He thought at Toronto that the masters program was facing its biggest challenge, so he applied all of his available muscle. Hal Higdon wrote of Pain last year ("Godfather of Aging Jocks," Dec. '74 *RW*), "He not only assumes a paternalistic attitude toward masters track, but he also does not hesitate to use force. . ."

Dave told Hal, "People who are nice never accomplish anything. Any time I've tried to be nice—on those rare occasions—somebody has spit on me. I learned as a lawyer that you have to be willing to turn the screw."

Pain has a definite concept of what masters track and field should be—and "nationalism and elitism" aren't part of it. The expulsion of the Africans stirred him up enough to take on the Canadian government.

He said the move was indefensible for four reasons:

- "The masters movement has always been dedicated to individual competition." (No national team scores were kept at Toronto.)

- "This was an ideal opportunity to demonstrate that politics has no place in athletics — particularly masters athletics."

- South African gymnasts competed without interference, as a national team, in a meet at Toronto the same week.

- The South African and Rhodesian athletes paid their own way to North America (the trips cost \$2000 and more), and were already here when they got the bad news.

Danie Burger, ex-Olympic hurdler from South Africa, said, "There was no hint that this problem would come up. When we were in New York (for the AAU masters meet), I called the world meet director and asked, 'Is everything in order?' He said he had been informed by the government that we could compete. 'Proceed as planned,' he said. 'But please try to limit the publicity.'"

The South Africans, who are sensitive to their image in the world, had already intended to be subtle. Nowhere on their uniforms did the name of their country appear. Their singlets said simply "World Masters Championships."

"We had been told we had to enter as individuals," Burger said, "and we took this literally." Nearly every other athlete in the meet would wear a national uniform and march into the stadium behind a national banner.

David Pain didn't know the Africans personally before the meet. But when word came down that they were

out, he immediately countered by announcing that the US athletes would boycott if the ban wasn't lifted. No formal vote was taken. Pain couldn't require the individuals in his delegation to go along with his wishes. So his move was, to some extent, a bluff. But it worked. With Pain's help, the Africans won a round against political interference in sports.

The South Africans marched in the opening parade, without a banner. Ozzie Dawkins, a black Jamaican sprinter living in the US, marched with them as a gesture of support—as did another black from Trinidad.

"For a black person," Pain said, "that was a heavy decision."

This support surprised Burger. "I hurdled against Dave Jackson, a black man from the United States. We should have been antagonists, but we were friends."

We asked the South Africans if the ruckus hurt them in competition.

"No," said Stephanus du Plessis, a massive, bald discus thrower. "We're not kids any more. I think it made us more determined somehow."

Du Plessis, who stopped working two months before the meet so he could train, won the discus in his division. Anne McKenzie, 50, won gold medals in two sprints and two distance races. Burger placed second in the 400-meter hurdles despite an injury.

After the meet, Burger said, "The athletes were wonderful. As far as the athletes are concerned, there are never any problems. Problems always come from a different level."

Problems are already descending on another Canadian meet, the Olympic Games, from a number of different levels. Next year, as always, politicians and officials will make decisions, and athletes will suffer for them. South Africans and Rhodesians will stay home. And the other athletes will say, "It's too bad. . . but there was nothing we could do." ●

Sweet and Sour

Small-boned, light runners, extreme long distance runners, heavy-sweating runners, humid, hot-climate runners, and plastic sweatsuit runners, pay heed.

I fall into each of these categories, and often since I began to run in 1964 I have noticed dizziness accompanied by an "echo-chamber" sound to my voice

and a slight loss of motor control after long, warm-weather runs. These symptoms occurred when I lost 3-6 pounds during a workout. Carbohydrate binges and water consumption during workouts only made me feel heavy. And although the liquid diminished the dizziness, echos and control loss, I did not feel energetic.

Finally, last Memorial Day I realized that my potassium and sweet consump-

tion from a normal, low-salt diet was not sufficient. My workout that afternoon was an eight-mile run-climb. Eight miles is not far, but the temperature was 85 degrees, I always wear extra clothing due to a circulatory phenomena which makes sweating difficult, and the loop includes a 3000-foot ascent.

Halfway through the loop, as I clambered across a mountain ridge, my heart suddenly beat as if out of control. Sweat poured down my face. The sun broiled my back, my head, and I felt my muscle control diminish. Water. I had to find water!

Should I sit, rest, let my heart calm down? If I sit, I thought, I might sweat so much cooling down that I won't make the nearest water which I knew was three miles away. So I continued over the rocky ridge, then down into cooler woods. The sweating did not abate, however, and I stumbled where I once felt nimble. The familiar trail tripled in length. I sat. My head felt like a feather.

The stream where water once gushed was dry. And when I at last knelt by a small pool, soaking my head, I felt relieved but shaky. Don't drink too much, I said. Cramps. Nausea. You must get home. And for the final two miles, I sat down every quarter until my headache relented.

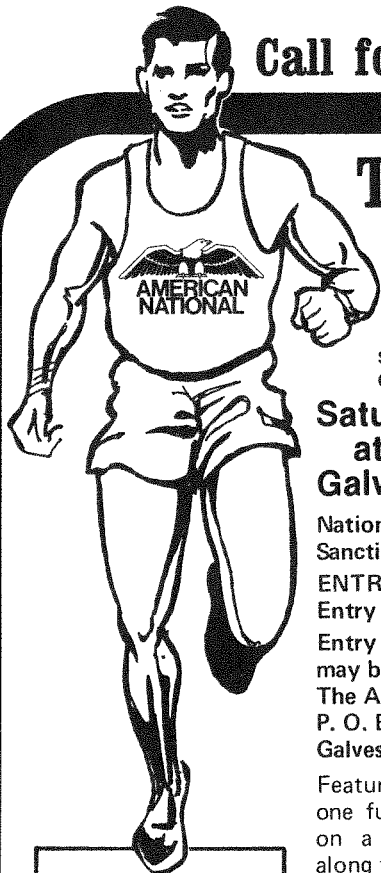
Later, I asked a fellow teacher about my nightmare. "The amount you sweat," he said, "you need extra potassium and sugar."

I was sure I could find pills. But I always forgot to take pills, and some authorities claim that pills go through one's system more quickly and far less effectively than food or liquids. Very ripe (black) bananas, I knew, contained loads of potassium. But I hate bananas, except in daiquiris, and daiquiris, before runs, are brutal.

Then I read a book on folk medicine. It recommended apple cider vinegar and honey as the panacea for many afflictions, potassium deficiency and low blood-sugar levels included. Simple remedy: a minimum of two teaspoons of vinegar and one tablespoon of honey before each meal. Mix the two or take them separately. A masochist, I like the vinegar's raw bite. But if you don't, mix the two in three ounces of cold water.

Why honey, not sugar or other carbohydrates? Honey goes directly to the

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blood stream, as the bees have already digested it. And apple cider vinegar? It is allegedly the purest, most concentrated form of potassium.

I was both dubious and curious as I tried "the cure." Since then, I have adhered to my honey-vinegar doses. And not only have I experienced none of the previous symptoms, but I feel comparatively fresh after the toughest workout. (For best results, buy vinegar labeled "distilled from fresh apples", and honey from organically fed bees.)

Finally, if my experience seems idiosyncratic, recently I mentioned my discovery to a fellow runner who had suffered similar effects from our 60-80 mile weeks. On his vacation to Florida, where the thermometer read 95 degrees as he ran, he took bottles of honey and vinegar. He returned home a believer.

from C.R. Train, Jr.

To Rest Is Best

"It can't be done," said one of the best runners in our club, "I am training 20 miles a day now, and I'm always on the verge of collapse."

I had just proposed sponsoring a 162-mile AAU-sanctioned ultra-marathon to be run over six consecutive days, which amounts to a 27-mile-a-day average.

I argued meekly with evidence that I had heard from others, but second-hand experiences are none too convincing. I told about a Russian heart disease patient whose doctor recommended that he get more exercise, so he walked from the Baltic Sea area, across Siberia to the coast on the Sea of Japan, averaging 50 miles a day. I told them about Buzz, a slow runner I met at last year's Charleston, W.Va., run. Buzz couldn't finish 15 miles at eight minute pace, but he raved about the enjoyment he got from finishing the J.F.K. 50-mile hike. I told them about the Scandinavian countries had 150-250 mile jog/hikes on liquid intake only. But my skeptic was unmoved.

The group of 25 which showed up in Toledo, Ohio, on Aug. 24 for the run to Sarnia, Ontario, was perhaps the most undistinguished collection of runners ever assembled. Our best marathoner was 33-year-old David Sprandel who had run in the mid 2:40s, but he had not been training and was unable to break three hours recently. The only other person with any running credentials was 17-year-old John Kaczor, who two years earlier had run a 4:30 mile and a 9:35 two-mile. The statistics for the re-

maining runners were even less than modest.

The first day was hot and humid. Except for an occasional drink, everyone ran 16 miles before stopping for a rest. Six of our group were too exhausted at the end of the run to continue, and left for home.

By the end of the third day, it became quite obvious that everyone was running shorter distances and taking more frequent and longer rests. Nearly everyone would run only 4-5 miles, then stop for a drink and a rest. I could not help recalling Joe Henderson's article, "The Pause That Refreshes," in *RW*.

After years of preaching Dr. Ernst van Aaken's methods, Henderson was finally forced to put the system into practice because of a calf injury, and learned that he could run to the point of pain, then walk to recover, and repeat this several times to do a complete workout even though he wasn't able to do 2½ miles of steady running. Joe also described how Ken Crutchlow ran 50 miles a day on no training by using frequent rests. Most of us would never have finished if we had not adapted this system of "run slowly and rest often."

(continued on page 12)

Ron Hill, 1974's 1st place winner 2:17:23



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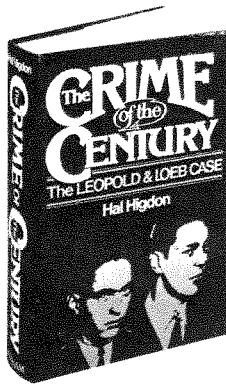
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The Crime of the Century

The Legend of Leopold and Loeb

By HAL HIGDON



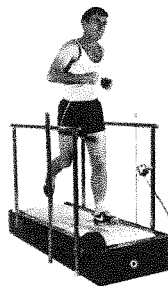
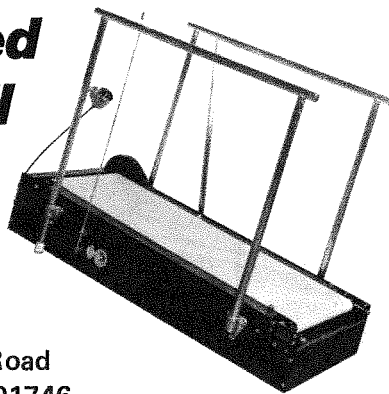
Hal Higdon's latest book, his taut account of the Leopold and Loeb crime, Clarence Darrow's most famous case, a kidnap-murder that has fascinated America for 50 years. Meyer Levin, author of *Compulsion* calls it "an outstanding job." *Publisher's Weekly* describes Higdon's book as "the definitive non-fiction history of this 1920's 'crime of the century.'" Buy a copy for yourself, or for a friend for Christmas, autographed, direct from the author, \$10.50, including postage and handling: Hal Higdon; 2815 Lake Shore Drive; Michigan City, IN 46360.

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News & Views

I weighed everyone in the morning before running and in the evening after running. After the first day of hot humid weather, and despite drinking gallons of ERG, our group weighed an average of 5.5 pounds less at the end of the day. However, most of the loss was put back on after an evening of eating and drinking. Most of our group lost 2-3 pounds over the entire six days.

Two days after finishing our 162-mile run, there was a 10-kilometer race in Toledo. My time was my fastest of the year and more than a minute faster than my last race on the course. Bob Munson, who had been in a running slump all summer, found his time greatly improved and was only 11 seconds off his best time. Pat Gallagher had a swollen ankle and had to stop to take off his bandages, and Gerry Bodnar ended up with a cramp in his thigh. But both said they felt strong despite their injuries. It seems that slow distance running with frequent rests is not an exhausting way of running, but can be strengthening. And it allows average runners with modest training backgrounds to go farther than they imagined they could.

from Sy Mah

Reflections

Nighttime runners should take a lesson from 20 people who now know: protect yourself with reflectorized clothing.

This summer, in conjunction with the University of Minnesota International House's 25th anniversary, 20 runners took off from Winnipeg, Canada, and ran 490 miles back home to Minneapolis. For 54 consecutive hours—three days and two nights—participants ran in relay-style five-mile stretches along the Red and Mississippi River valleys.

Sharp turns and high hills created low visibility, which race organizer Dr. John O'Leary was concerned about but was prepared for. According to O'Leary, reflective materials proved to be the answer to the problem. On runner's shoes, shirts, vests, armbands and jackets, the material clearly alerted passing vehicles of the runner's presence, even during late-night hours.

O'Leary felt the reflectorized tape applied to shoes and on the vest (construction-type) proved the "most practical and effective" of all.

from Michael Ronchetti ●



A Christmas present
that will delight any runner

Dr. Sheehan on Running

"At the age of reason, I was placed on a train, the shades drawn, my life's course and destination already determined. At the age of 45, I pulled the emergency cord and ran out into the world," George Sheehan begins. "It meant no less than a new life, a new course, a new destination. I was born again in my 45th year."

He found, he said, what he was designed to be—which is a distance runner and a writer on running.

Sheehan is a doctor—a heart specialist—from the New Jersey suburbs of New York City. He had practiced medicine for nearly 20 years before he began running. But until that time, he says, he'd known only disease, not health. Running taught him about total health and fitness.

He learned, from what he calls his "experiment of one," how to deal with athletic injuries. And running radically changed his views of man's physical potential at any age. More than this, though, it helped him find the person he is.

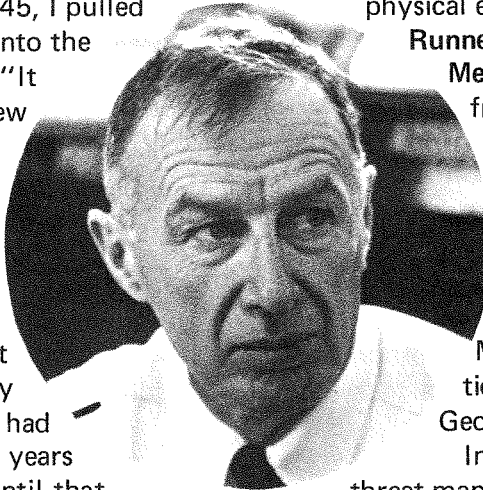
He uncovered his latent talent in this sport at 50, and set a world record in the mile for his age group. Now in his late 50s, he still races regularly—including running the Boston Marathon each year.

But his running is much more than competition. It releases the doctor's creative as well as physical energies. He has regular columns in *Runner's World* and *Physician and Sports Medicine* magazines, and is published frequently in *Sports Illustrated* and the *New York Times*. He has a weekly column in the *Red Bank (NJ) Register*, the original source of most of the essays in this book.

New York sportswriter Larry Merchant writes, "The best practicing athlete — journalist may be George Sheehan."

In sports jargon, Sheehan is a "triple threat man"—a runner, a doctor, a writer. He writes of personal lessons from sports, sifting them through his experience in all three fields. George Sheehan writes not so much for athletes who want to conquer the world as for those who want to explore the fascinating worlds inside themselves.

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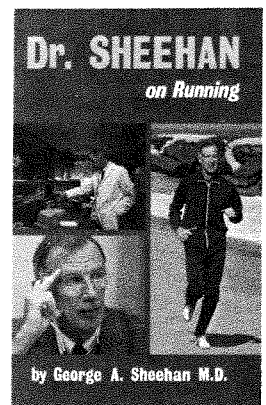
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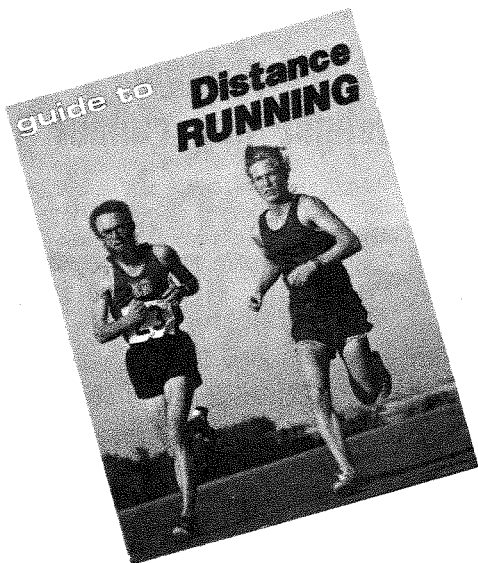
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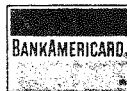
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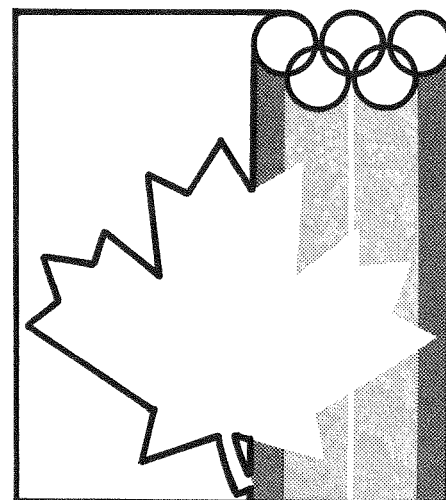
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Montreal '76



Twenty-kilometer walkers will compete on opening day of the Olympic Trials at Eugene, Ore. Up to 12 athletes will be invited, expenses-paid, for the June 17 race. The qualifying standard has been set at 1:35—a time only Jerry Brown, Larry Young and Todd Scully have bettered since June of this year.

Through mid-September, no US marathoner had yet met the stiff entry time of 2:20 which was announced in last month's issue. Word from Euger is that the May 22 race may be opened to slower runners.

Norm Anderson and Kenny Moore, director and technical advisor for the Marathon Trial, outline their plans and hopes for the event:

As in past AAU and Olympic Trials races in Eugene, the Trial will be held in conjunction with a track and field competition—probably the Steve Prefontaine Classic—with the runners starting and finishing at Hayward Field. The course will approximate, so far as it is possible, that to be covered in Montreal.

The size of the field and the requirements for entry are at present uncertain. We know what we want to do. We want to have a field of the best 50-100 US runners, because in past years men such as George Young, Frank Shorter and Bill Rodgers have come to prominence with startling speed. A field smaller than 50 would surely omit potential Olympic qualifiers, not to mention failing in the prime requirement of any selection trial: that of duplicating as closely as possible the conditions to be faced in Montreal.

There are usually about 80-100 run-

ners in the Olympic Marathon. Thus, there should be that many in the Olympic Trial. Therefore, we propose to invite all US runners who have bettered 2:25 since June 1, 1975. We understand that 50 US men did that in 1974, that more will this year, and are sure that still more will be next year.

As well, we believe that entry by petition ought to be allowed to those good 10,000-meter runners who believe they are capable of a good marathon. A time of 29:30 might be an appropriate cut-off.

Unfortunately, there appear to be USOC objections to opening the field to such a large number of Olympic candidates. The USOC has pledged to assume the expenses of at least the top 12 qualifiers in each track and field event, and fears morale problems if any additional, non-subsidized entrants are allowed to compete.

We are now engaged in setting forth the peculiar nature of the marathon—its not being able to identify with certainty that small group of runners from which the three best will come—to the USOC track and field committee, which understands the problem, and the USOC board of directors, which may not.

One important implication of having a closed, 12- or 16- man Olympic Trial would be the need for a fair method of qualifying. It would seem that a system such as we have had in the past of regional qualifying races is fairer than simply picking the men at the top of the yearly list. Yet the regional races have been notable for their inability to produce Olympic or Pan-American team members. This system may, in fact, encourage runners to peak at the wrong times, to gear their training for the regional race, not the more important ones to follow.

We believe that the interests of a strong Olympic team, such as we had in 1972, are best served by permitting athletes to qualify as much as a year in advance of the Olympic Trial and plan their training so as to arrive in Eugene primed for the race that really counts.

It would seem that to plan for a relatively open Olympic Trial Marathon, we have to convince the USOC of two things:

1. An open trial is necessary to select the best US team.

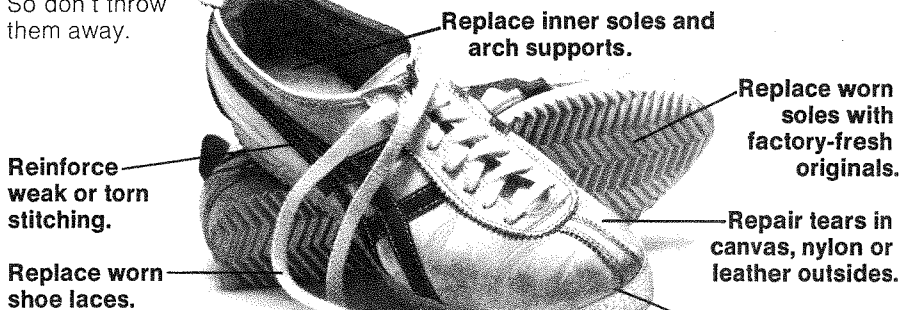
2. No marthoner whose way is not paid to Eugene will contemplate a lawsuit over that fact of life, even if he should make the team. (We believe this can be accomplished with a simple waiver, signed when entering.) ●

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Masters' Growing Power and



Middle aged men—and women—will long remember August 1975. It was the month and year in which masters track came of age. In less than 10 years of functioning, the branch of the running sport devoted to athletes over age 40 saw more than 1400 of them from nearly 30 countries gather in Toronto for the first World Masters Track and Field Championships.

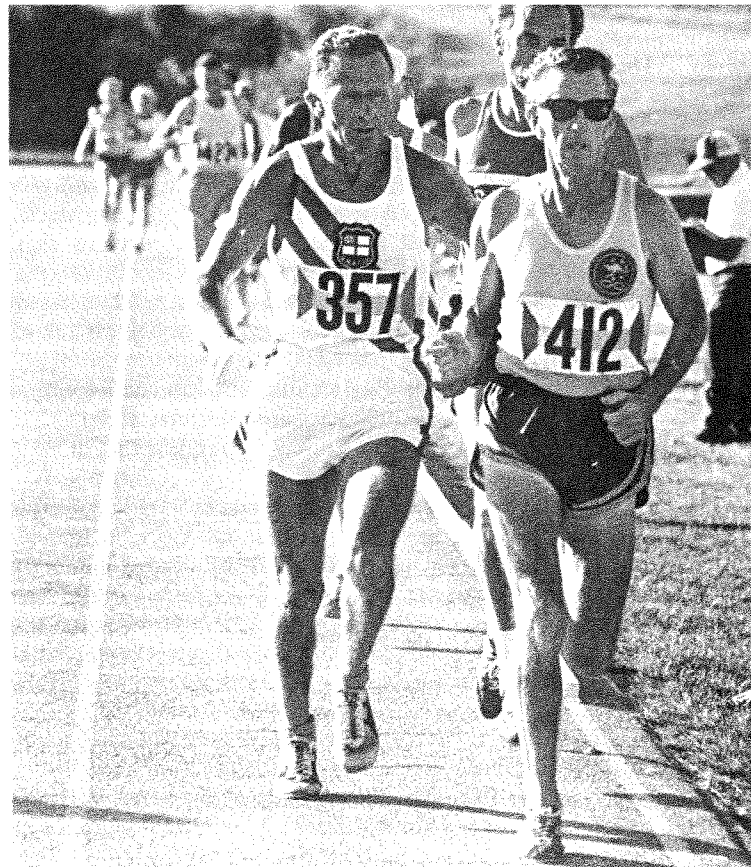
Masters track also suffered its first full-fledged political (and financial) crisis, which threatened to tear the meet apart. The masters weathered the storm more successfully than has the Olympic movement. Yet despite the almost unqualified success of this mini-Olympics for grandfather jocks, unsolved problems loomed on the horizon even as the competitors departed for home looking forward to the next World Championships in Sweden two years hence.

The story of the birth of the masters movement is known, but nevertheless deserves mention here. As the modern Olympic Games had its founder in Baron Pierre de Coubertin, so the masters movement had its founder in David H. R. Pain—no baron, merely a San Diego attorney in his mid-40s who turned to jogging in 1966 because of a dearth of handball partners.

Jogging was not enough, however. An energetic man, he missed the competitive aspects of handball, which had a “masters” division that allowed players of equal ages to compete nationally against each other. Pain soon urged a local promoter to add a masters mile for men over 40 to the program of one of his track meets. Within a few years, Pain was supervising a full track and field meet in San Diego for older men, which as it grew obtained recognition as an official National AAU Championship.

By 1972, with masters track firmly established in the United States, Pain had gathered around him a number of athletic disciples who looked to him for guidance and leadership. That being an Olympic year, he decided to lead them on a tour to Munich to attend the Games, stopping en route for some com-

The writer, Hal Higdon, won the steeplechase at Toronto with an American masters record of 9:18.6.



Pains

by Hal Higdon

petition with British veterans in London and on the way home at a marathon in Cologne, West Germany.

Along with many other Olympic tour promoters, Pain got caught in the Munich ticket-and-accommodations crunch, and found he had twice as many people signed up as he could get in to see the Olympics. In desperation, he offered an optional Scandinavian side-tour during the period of the Games.

To Pain's amazement (and relief), he found most of the tour members were more interested in going to Scandinavia to compete themselves rather than going to Munich and sit as spectators while others competed. Meanwhile, the competition planned for London grew into a full-scale international track meet involving full teams from the US, Canada, Australia and Great Britain, as well as a scattering from other countries.

While in London, Pain and Don Farquharson, leader of the Canadian group, discussed the possibilities of holding a *World Masters Championship* in Toronto several years later. On the way home from Europe, Pain stopped in Toronto to continue the talks with others, including Ken Twigg, director of the city's indoor track meet.

Originally, the group considered holding the masters meet in 1976 as a prelude to the Olympics scheduled for Montreal. But being aware that events in Munich had overwhelmed any publicity given their meet in London, Pain suggested that the masters gather in 1975.

The Canadian National Exhibition offered the use of the track on its grounds near downtown Toronto, as well as \$25,000 to attract the top over-40 runners in the world. The CNE (as it is called) is similar to an American state fair, and the thought was that people visiting the CNE would be able to wander into the stadium and watch the track meet between visits to the fun house and popcorn stand. Masters athletes of the world looked forward eagerly to their first meeting.

But problems began to develop almost immediately. The city of Toronto, self-conscious over Montreal's increased status because of the Olympics, decided to build a baseball stadium to attract a major league team. They chose the CNE as a site, razing the former track.

The masters meet was moved to a track in suburban Etobi-

Page 16: Bill Fitzgerald (right) ran 2:01.9 for 800 meters at age 50. (Harrison Funk) Above Left: Hal Higdon (r) en route to his steeplechase record. (Roderrick Lum) Above Right: John Gilmour (412) won the 3000 and 5000 meters. (Funk)

coke, scene of previous international competitions. This caused transportation problems, however. When the number of anticipated entries rose over 1000, many who would be arriving with wives and children, housing also became a problem. Instead of being housed together in one location on the University of Toronto campus, near the track, competitors had to be scattered throughout the metropolitan area.

The budget grew astronomically, from an originally \$21,500 to an eventual \$161,000. The CNE continued to contribute the \$25,000 it had promised earlier. The city of Toronto offered \$10,000 to cover transportation costs, since it had been partly responsible for the separation of athletes from their competition site. The Canadian government, through its sports council, offered \$32,000.

That \$32,000 sum would become central to the controversy that erupted on the very eve of the first World Masters Track and Field Championships.

Before everybody arrived at Toronto, a sizable percentage of the world meet entrants appeared the week before at White Plains, N.Y., for the National AAU Masters Championships. The meet in White Plains was not without its minor controversy, either.

Originally scheduled the weekend before Toronto, the American Championships had been rescheduled for an earlier date at the AAU convention by Eastern runners who wanted time to rest before going to Toronto. A protest then was lodged by runners in other parts of the country who wanted to use the Nationals as a staging area for the world meet. The original date was reinstated, with some hard feelings on the part of several Eastern promoters.

The eventual result was both positive and negative. Positive was the fact that a large contingent of West Coast runners, as well as runners from Europe and the South Pacific, did stop off in New York en route and compete. Negative was the fact that the Nationals inevitably suffered in comparison with the bigger and more prestigious world meet the following week.

The White Plains meet featured the gentle psyching that goes on between runners, whether they are 16 or 60. On the first day of the meet, Jim Hershberger, limping while dressed in his street clothes, was talking about having broken his ankle. The next day, he ran and placed in the steeplechase. Jerry Smartt confided that the English distance runners were unhappy at having to run 5000 meters instead of three miles since they like to run "under 14 minutes, but now they'll have to run over."

As it turned out, none of the English runners ran under 15 minutes in the 5000, but Alby Thomas of Australia looked impressive doing 14:49. The former world record holder at two and three miles ran 3:58 in the 1500 the next day and was probably the most outstanding performer of the meet, although with so many races in so many divisions it is often difficult to isolate true excellence in masters track.

One week before the opening of the world meet, the Canadian government—operating in reaction to undisclosed exterior or interior pressures—announced that the South Africans (and Rhodesians) could not participate because Canada "will not support apartheid." If they did compete, the Canadian Track and Field Federation would withdraw its support.

David Pain, however, insisted that the South Africans and Rhodesians were appearing in Toronto, as they had in White Plains, as individual competitors, not as members of national teams. But Pain partially contradicted himself later by saying he was ready to pull his team out of the meet. Neither he nor the United States government had a "team."

Nevertheless, Pain did meet with a large portion of the American entrants who were traveling with him on a tour from California. Although no vote was taken, the consensus seemed to be that all efforts be made to resist a political move to exclude anyone.

"I met separately with the black members of our group and discussed what to do," explained Pain afterwards. "It's not that we're in favor of apartheid. We're against being told what to do by politicians who have no interest in sports other than as a means of furthering their own political ends."

However, the subtle position that the Americans opposed political interference rather than supported segregation was lost on many reporters, who also quoted David Pain as describing the Canadian government as "racist." When he saw that quote in print, Pain claimed he had not recalled making such a statement—but added, "It's probably true."

Pain's position did offend one high AAU official, who said, "He should learn to keep his mouth shut."

An American athlete (white) commented, "We learned in White Plains that David Pain is out for himself, not for us."

Several members of the host Canadian organizing committee also seemed ready to support the ban. "We'll get David sorted out when he comes up here," one said the day before Pain's group arrived by charter jet from New York.

In the end, however, it was the Canadians who got sorted out—or at least sorted themselves out. After much discussion, the Canadian sponsors met and by a vote of 6-5 decided that all entries would stand as included in the program (meaning the South Africans and Rhodesians could compete). This was in the wake of threats of West Indian students that they would stop the meet from taking place even if they had to resort to violence—and of course in defiance of the Canadian government's threat to withdraw its \$32,000.

The following day, meet president Don Farquharson was approached at the cross-country meet and told there might be

Seventeen years after setting world records at two and three miles, Australia's Alby Thomas still is a cut above his contemporaries. He won both of his races at the US and World Masters Championships—the best time being 8:26 for 3000 meters at Toronto. (Harrison Funk photo)





Jack Greenwood (left) dominated his division—ages 45-49—in the sprints and hurdles, winning four gold medals in the world meet. He ran 57.8 for the intermediate hurdles. (Roderick Lum photo)

a tie for one of the team championships in that event. Farquharson said in that case he would simply award a second set of plaques.

When informed that would cost extra money, Farquharson suddenly burst into uncontrolled laughter, "I guess we can afford it," he said. "We've just given away \$32,000." He and all the other members of the sponsoring committee conducted themselves with grace and dignity throughout the controversy.

As for David Pain, he said whimsically, "People may not like me, but at least they have no doubt where I stand." At the closing banquet while giving a speech to what must have been nearly a thousand people, he said, "I'm not the easiest one to get along with"—and was halted by a burst of applause.

The world cross-country course was one designed in the true meaning of the word "cross-country," as might be surmised from this comment in the course description: "This brings us to an oxbow in the river (Point E) which we cross diagonally, about 30 meters of water. If it rains, anyone under 5'6" needs a swimming certificate."

The stream, through nearly knee-deep water, came as a shock to many runners who had not examined the course in advance. Some actually stopped on the bank and stared in disbelief.

Roy Fowler of England, a former European Games bronze medalist, won the I-A class (ages 40-44) cross-country race by a wide margin, as did Art Taylor of Canada in I-B (45-49). Taylor's win was all the more impressive since at age 49 he is on the verge of entering another class.

Taylor also came close to winning the marathon held several days later under a bright sun and over a flat and relatively uninteresting triple-repeat course. But Eric Austin of England showed superior endurance over the last few miles and recorded 2:28:23. Taylor was edged out of the championship in his class by Arthur Walsham, who ran 2:29:53.

Fowler added gold medals in the 5000 and 10,000 to the one he won in cross-country. New Zealand's Jack Foster and France's Michel Bernard, who might have been expected to give him a battle, did not compete.

Alby Thomas had little trouble winning titles at 1500 and 3000 meters. He ran close to nine-minute two-mile pace in the latter, with 8:26.8 for 7½ laps.

The sprinters have lost the most ground on their boyhood, perhaps because there was less incentive for them to keep training and racing during their 30s, or even 20s. Thane Baker, silver medalist in the 1952 Olympics, continued his domination of masters runners in the 100 meters with a narrow victory over Ron Taylor of England, both being timed in 11.1. Baker had less success in the longer sprints, however, and with both thighs heavily bandaged ran a stiff-legged 29.4 in the final of the 200 meters, then somersaulted onto the grass beyond the finish line.

Sprinter-hurdler Jack Greenwood monopolized the I-B (45-49) track races, winning the 100 and 200 on the flat, and the high and intermediate hurdles. His intermediate time of 57.8 was the best of the meet.

Theo Orr of Australia took four gold medals, Richard Stolpe three and Bill Fitzgerald two in the 2-A (50-54) division. Fitzgerald raced 800 meters in 2:01.9.

Sprinter-hurdler Al Guidet of the US picked up four titles in the 2-B class. R. McMinnis of England was the big winner among the 60-64-year-olds with three victories. T. Jenssen of Sweden won three races for the 65-69 age group. South African Anne McKenzie, 50, swept the four women's track runs in her division.

If any criticism can be leveled at the organizers, it is because of some last-minute juggling of the published schedules. A day-before-the-race decision to combine four separate cross-country races into two resulted in the I-A race being advanced a half-hour ahead of schedule. Not everyone got the word in time, and some runners had to go to the line with insufficient warmup.



Anne McKenzie probably wouldn't have been in the meet if not for David Pain's action on behalf of the South Africans. McKenzie, 50, swept the four track runs in her division. (Roderick Lum photo)

Winners at the First World Meet

Event	Ages 40-44	Ages 45-49	Ages 50-54	Ages 55-59	Ages 60-64	Ages 65-69
100m	Baker (US) 11.1	Greenwood (US) 11.6	Stolpe (US) 11.7	Guidet (US) 12.1	Brange (Swe) 12.9	Caruso (US) 13.6
200m	Garbusch(WG) 22.7	Greenwood (US) 23.8	Stolpe (US) 24.7	Guidet (US) 25.3	Sjostrand(US) 27.2	Carmine (US) 29.6
400m	Garbusch(WG) 50.7	Cheek (US) 52.9	Stolpe (US) 55.1	Guidet (US) 57.4	Sjostrand(US) 60.2	Kline (US) 65.8
800m	Means (US) 2:00.2	Vagsmyr (Nor) 2:02.6	Fitzgerald(US)2:01.9	Stevens (Aus)2:21.3	Isman (Turk)2:23.9	Bright (US)2:27.2
1500m	Thomas(Aus)3:59.5	Hughes(Eng)4:15.3	Fitzgerald(US)4:23.4	Elvland (Swe) 4:48.9	Andberg (US)5:01.3	Bright (US) 4:59.8
3000m	Thomas(Aus) 8:26.8	Hughes (Eng)9:11.8	Orr (Aus) 9:22.0	Gilmour (Aus) 9:28.0	Andberg (US)10:47.0	Jenkinson(Aus)10:52.0
5000m	Fowler(Eng)14:52.0	Jernhester(Swe)16:25	Orr (Aus)16:41.0	Gilmour(Aus)17:02.0	McMinnis(Eng)18:26.4	Jenssen(Swe) 19:04.2
10,000m	Fowler (Eng)31:19.6	Franklin(Eng)34:01.6	Orr (Aus)34:09.2	McGrath(Aus)34:05.4	McMinnis(Eng)38:17.0	Jenssen(Swe) 39:16.0
110m H	Marien(Bel) 14.7	Greenwood (US)15.6	Findeli (Fr) 15.9	Gist (US) 18.9	Braceland(US)20.2	Lacey (US) 23.0
400m H	Shafto (Eng)60.0	Greenwood (US)57.8	Sheppard (Aus)65.3	Guidet(US)67.9	Braceland (US) 72.9	Lacey (US) 84.5
Steeple	Higdon (US)9:18.6	Jernhester (Swe)10:28	Orr (Aus)10:36.6	Elvland (Swe)11:43.6	Boal (US)12:33.6	Bright (US)12:24.8
X-country	Fowler(Eng) 32:51	Taylor (Can) 35:49	V. Wattyne (Bel)36:53	Horman(US)39:10	McMinnis(Eng)41:03	Jenssen (Swe)47:08
Marathon	Austin(Eng)2:28:23	Walsham(Eng)2:29:53	Carlsson(Swe)2:45:55	McGrath(Aus)2:40:44	Porteous(Scot)2:51:17	Laiho(Fin)3:49:08
5000m	Thorpe(Eng)	Oakley (Can)	Soderlund (Swe)	Gould (Can)25:44.4	Horsley(Aus)26:47.2	Smith(Eng)29:57.0
25km	Thorpe(Eng)2:02:45	Oakley(Can)2:06:26	Soderlund(Swe)2:15:37	Gould(Can)2:19:33	Horsley(Aus)2:29:33	Smith(Eng)2:37:20

Other divisions had partial programs. The winners:

● **Ages 70-up**—100m, W. McFadden (US) 14.6. 1500m, H. Chapson (US) 5:35.5. 500m, R. Barlow (Aus) 21:06.4. Cross-country, B. Hirsch (US) 47:11. Marathon, G. Vang (Nor) 4:02:55. 5000m walk, A. G. Roberts (Eng) 28:09.

● **Women 40-49**—100m, C. Payne (Eng) 12.3. 400m, C. Mills (NZ) 58.9. 1500m, M. Klopfer (US) 5:05.7. 5000m, D. Stock (US) 19:26.4. Marathon, R. Anderson (US) 3:17.34. 5000m walk, M. Ohlsson (Swe) 30:30.

● **Women 50-up**—100m, A. McKenzie (SA) 14.9. 400m, A. McKenzie (SA) 63.3. 1500m, A. McKenzie (SA) 5:07.3. 5000m, A. McKenzie (SA) 19:33.4. 5000m walk, B. Tibbling (Swe) 33:01. Marathon, J. Kazdan (Can) 4:48:28.

They fared better than (shades of the Munich 100 meters) some of the 400-meter runners who didn't realize their heats had been moved to early Wednesday morning. Rudy Clarence of New York arrived in town a day earlier than previously planned and found out almost casually that if he hadn't he would have missed his race. "I was lucky," he commented. "One of my friends wasn't, and finally had to argue them into letting him into the 200 as a substitute event."

The stands at the track in Etobicoke were filled nearly to capacity every day, for two reasons: (1) they were relatively small stands, and (2) when 1400 competitors, who are mostly family men, appear at any competition they create a lot of spectators simply by bringing wives and children, and sitting in the stands themselves when not competing.

Three races thrilled the spectators most:

1. The 800-meter run in class I-A. The race was exciting partly because too many runners (an even dozen) were allowed to qualify for the final. With half a lap to go, everyone was in contention, and it produced a pack that looked like a swarm of mosquitoes coming up the home stretch. Out of the swarm came American Larry Means.

Means explained later, "I was hopelessly boxed in with 200 meters to go, but then some daylight opened up and I thought I might be lucky enough to get through and win a medal." As it was, the medal he earned was gold. His winning time was 2:00.2, with Canada's Bob Bowman *seventh* in 2:01.6!

2. The 100-meter run in class 4 (70 and over). It was the race that everyone came to see because it featured a matchup between 90-year-old Duncan MacLean, otherwise known as "the Tartan Flash," and 89-year-old C. Speechley of England. The feeling among most of those in the stands was, "I'll be happy if I'm able to walk at age 90, much less run 100 meters."

Unfortunately, the race was held on the far straightaway since meet organizers were running 100-meter heats simultaneously on two portions of the track. The other runners in the heat went unnoticed since all eyes were on MacLean, who beat his rival out of the blocks and held on to win, 22.5-23.3.

3. The race to get pictures of the protesters. The West Indians did not resort to violence, but a small group did appear outside the stadium carrying signs, such as, "This track meet is a Pain." When word spread of their presence, many of the spectators rushed from their seats in the stadium to look at, and photograph, the protesters and discovered that some of the protesters were photographing each other.

By the second day, no more protesters appeared, and the South African issue faded, except that the Canadians may need to refund \$32,000 to their government.

At the Saturday evening banquet that brought an official end to the week's activities, David Pain spoke and suggested that competitors later may be requested to contribute to wipe out any financial loss that may result from the meet. "I've always felt that the masters program must not be subject to any kind of political influence," he said, "and if we want that to happen we should be willing to pay our own way."

Meanwhile, masters runners already have begun to look forward to the next World Championships scheduled for Goteborg, Sweden, in 1977—on the same track where John Walker set his recent world mile record. The number of competitors liable to show up for the next masters meet may make even the 1400 at Toronto seem few indeed. The result will be an increase in the number of problems as well, and a threat to the informal atmosphere that has been a major attraction of masters competition. Medals no longer are easily won.

The most critical question will be, how do you encourage and reward excellence on an international level, yet retain a place in the program for those of lesser ability who have been so important to the growth of masters track?

The Olympic Games began in Athens with only a handful of semi-talented participants conducting what amounted to friendly races. The Olympics eventually grew. It will be interesting to watch whether the masters version can continue to grow also while avoiding the growing pains—no pun intended—of its athletic predecessor. ●



When John Vitale said "I've waited 364 days for this," after winning this year's Charleston Distance Run, few understood the sentiment better than a non-athlete named Don Cohen.

Vitale was talking about the time he'd spent in training since finishing second in the 1974 Charleston run, two seconds behind Philip Ndo. The frustration ended for the 26-year-old hospital aide from Connecticut when he completed the 15-mile course in one hour and 17 minutes on the Saturday before Labor Day.

But for Cohen, the founder and chairman of the race, those 364 days had been spent planning the distance run, which in the brief span of three years has come to be recognized as one of the country's most important events.

The athletic experience of Cohen, 42, was limited to high school sports and college intramurals. Without encouragement from others, he set about organizing the first race in 1973. Since then the Charleston Distance Run has become big business and practically a full-time job for Cohen. . . along with his well-established practice of optometry and his work as a founder and

The Man Who Makes Charleston Run

by Chuck Rist

president of the National Track and Field Hall of Fame, which now has solid roots in West Virginia's capital city.

The efforts of Cohen and his core of assistants has also earned Charleston a reputation among runners as the site of one of the best organized races around.

"I've enjoyed coming to Charleston the past two years," Vitale said after the race. "A runner is very concerned about how well a race is run. Here, I don't have to worry about anything except being at the starting line at 9 a.m. and running my race. That makes it a lot easier."

Around 900 runners, male and female and ranging in age from 68, star-

The front-runners near the start of this year's Charleston 15-miler. (William Tiernan photo)

ted the race, and 786 finished. The total was down from 1400 entrants a year ago, though Cohen had originally planned for over 2000. Apparently the first-time entry fee of \$5, and the trimming of some of the luxuries (hotel rooms were offered to runners in the past, compared to private and dormitory housing this year) discouraged some of the less serious.

But despite the drop in numbers, the man behind the Charleston run feels it has reached its perfect level. "You'll never get all the top runners," Cohen concedes. "This year some had injuries, and several had run a high-altitude marathon in the Pan-American Trials the week before. Every year, we're probably going to get 20 really top runners, another 50-100 better runners from colleges and track clubs. Then there's an in-between group of people who enter a lot of races, and also the novice. I think we've got the right number of every group."

For the first two years of the run,

Cohen personally picked up nearly the entire tab. That included housing and meals for the athletes, trophies and watches for the top finishers, a track clinic before the race and a banquet afterwards. About the only thing that came free was volunteer help—fortunately lots of it. With the massive field of 1974, the race's cost came to around \$65,000. The losses were absorbed by Cohen.

This year the city of Charleston allocated \$15,000 for activities in the week before Labor Day. The Distance Run was awarded \$12,000 of the appropriation. At least that was a start. . . Cohen estimates the race this year, without hotel housing and meals for runners, cost \$18,000-\$21,000. Again, he put in the difference.

"I assumed debt each year," he admits, somewhat unwilling to talk about his personal contributions. "Last year it was pretty bad. But this year was nothing like the first two times. We learned the hard way—this is the way it should have been done in the first place. We now have a format for the future."

The decision to cut expenses luckily coincided with the willingness of the local citizenry to take runners into their homes and feed them over the weekend. Others slept at recreation centers and YMCA gyms in Charleston, and nearby South Charleston, St. Albans and Dunbar.

"The people of Charleston and the Kanawha Valley are a very integral part," says Cohen. "Each year, more and more come out on the route with water and garden hoses to spray the runners. It's been a community project all along."

Among the most interested of the locals are the nearly 500 who work voluntarily on race day. Their jobs ranged from registering runners to traffic monitors, relief station attendants, citizen band radio operators who maintained checkpoints, timers and recorders at the finish line, and on to the computer workers who tabulate the results.

"It's the combined effort of an awful lot of people on every level," notes Cohen. "It would be especially tough to put on an event of this scope without the cooperation of the city government. The help of the police and emergency services is essential."

Race co-chairman Jim Johnson, Charleston's assistant director of federal-state relations, describes it all as "running a small city for a few days." Johnson is in charge of preparing entry applications for the city computer (which assigns running and starting row numbers) and he also handles the crucial problem of traffic control.

"Controlling the traffic just scares the hell out of me," Johnson admitted. "Anything can happen. I can still remember back in '73, seeing cars on Lee Street, closing in on the last runner. But afterwards, some of the runners told us the race was well-organized. We've improved a lot since then."

The pride of the volunteer workers and the city help make the race. And Cohen is proud of the attention to small details.

"We do a lot of things not done at other races," says the tall and trim Cohen. "The thing that most impresses those who come to Charleston is our stress on safety and organization."

"In some races, the sponsoring organization makes no provisions for rest stations," he continued. "We have nine and a 10th at the finish. We had 10 doctors on the course, plus nurses and paramedics. Unfortunately, the runner is not used to this elsewhere."

Traffic control and availability of medical attention are necessities for smooth administration of a major race, but why go to the additional work and expense of a post-race banquet, Accutron watches to the top finishers in both male and female divisions, plaques to West Virginia and overall winners in different age categories, and certificates mailed to all finishers? Why provide the added touch of dedicating the race to Steve Prefontaine, and bringing his parents to West Virginia to receive a specially commissioned painting of Pre?

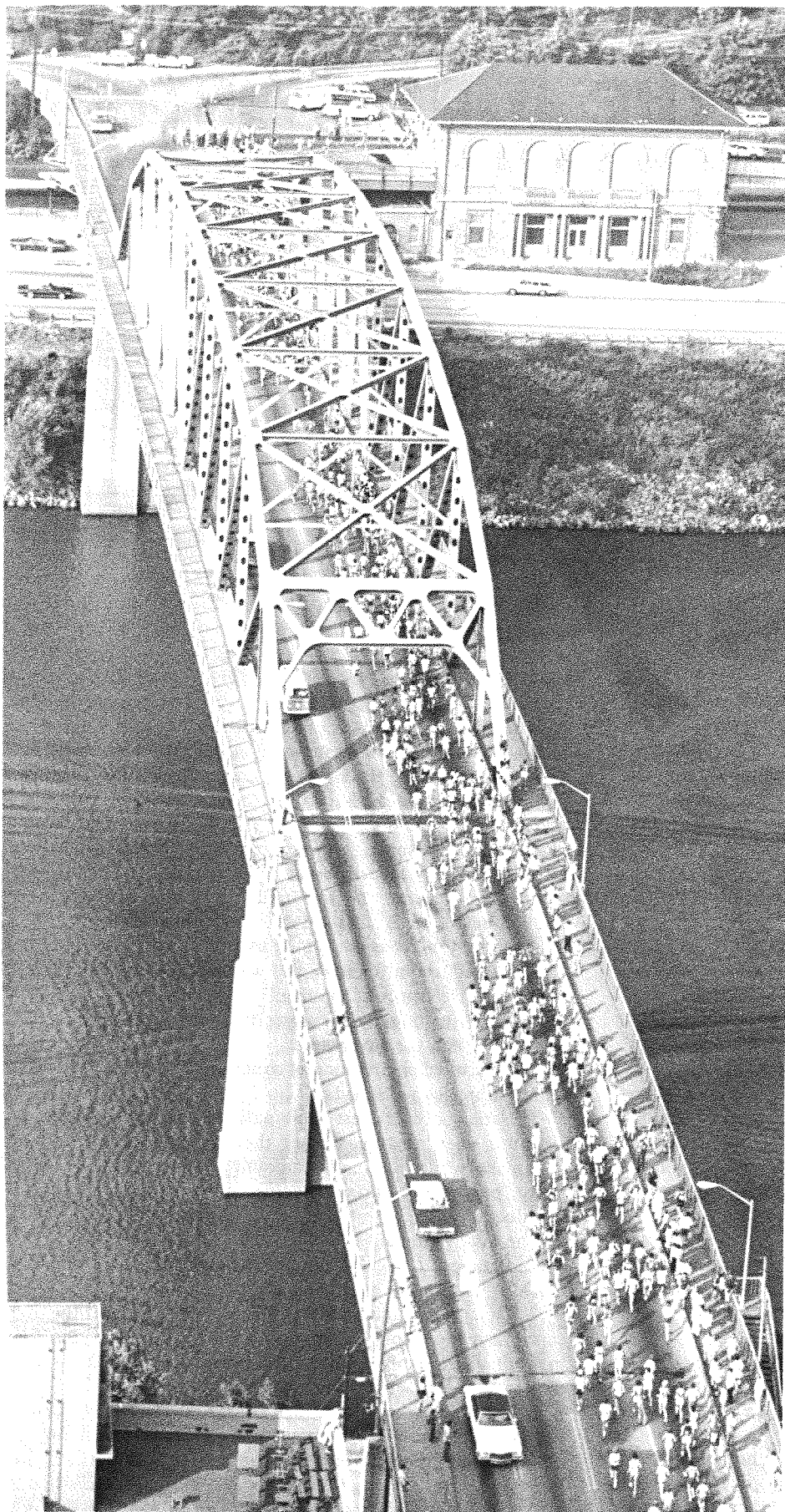


Dr. Donald Cohen, founder and prime-mover of the Charleston Distance Run. (Charleston Daily Mail photo)

John Vitale, the 1975 winner: "Here, I don't have to worry about anything except being at the starting line at 9 a.m. and running my race." (Charleston Daily Mail photo)



A large portion of Charleston's field of nearly 1000 crosses the Southside Bridge at the half-mile point, heading for the hilly portion of the 15-mile race. (Chet Hawes photo)



Why sponsor a track clinic on Friday?

The reason for the extras, according to Cohen, "goes along with my original thinking for this race. We not only wanted to give the runners a showcase, but we also want to pick them up after the race mentally as well as physically. At many places, they just line up, go on the starter's gun and run the race. They may get an award, or they may get beef stew in a cafeteria line. And that's it.

"Our race, I think, has more thought behind it for the runner than even the biggest national meets. In fact, I'm sure of it. . . not just the road races, but national meets. They don't provide the attention to the runner that we do. They're only interested in running their events so that they know who the winners are. It's left up to coaches and individuals to worry about the incidentals. We take nothing for granted. We don't want to 'just get by.'"

The runners appreciate the attention, too, as letters of thanks pour into Cohen's office. "If you treat a person as a fellow human—and he enjoys the event—he'll come back," he says. "That's why the Charleston Distance Run has become so popular."

The run, along with that spirit, is people.

For example, people like Judy Currey and Lynda Gross, who coordinated the housing. . . like Dick Courtney, who was in charge of the complex finish line operation. . . like Bob Tate and Mary Ann Batton of the city's data processing office. . . like all-round helpers Harold Vealey and Shannon Westerman. . . like many, many others.

But ask any of those people about the race's success, and they point to its founder, organizer, financier and promoter: Don Cohen.

"The key is Cohen," says Jim Johnson. "He does the lion's share of the work. If the streets needed sweeping on the day before the run, he'd do it."

All Cohen derives from the run is personal satisfaction. "I think I've found a calendar with 465 days," he laughs. "It's a pretty hectic pace. But every time I get a little discouraged or begin thinking that the burden is a little too much, I'll see these kids cross the finish line or get a letter from one of them."

He pauses, reflects: "Then you kinda realize that nothing worth doing comes without problems. There's just a great sense of satisfaction. We just keep looking ahead, hoping to improve." And with that, the work has already begun for the fourth annual Charleston Distance Run in 1976. ●

A RUN OF THE MILL WINTER

Early morning music from the clock radio blasts him awake. He groans, reluctantly stretches his arm out into the cold room and turns down the volume, then covers up to argue with himself about starting the day.

The announcer comes on: "It's a miserable morning in the Twin Cities . . ."

"Morning?" the man in bed thinks. "It's still night out there." The clock says 6:30.

"The first blizzard of the season rolled in overnight, leaving more than a foot of blowing snow. Plan to leave for work early, because the streets are drifted and hazardous . . ."

"No chance to run out there today," the listener says to himself, with mixed feelings.

"The current temperature is 10 above, with winds from the northwest gusting to 30 miles per hour . . ."

"That means the wind chill is, what, 25 below? I'd be crazy to go out in that." He turns off the radio and snuggles down for another hour's sleep.

It's easy to find reasons not to run outside in the winter. It doesn't even take anything as severe as a blizzard to push runners off the roads between November and March. A little cold weather and darkness may be enough.

If, as George Sheehan suggests, "Obesity starts at 6 p.m.," then deconditioning starts on Nov. 1 with the return of sub-freezing temperatures and standard time.

Skiers wait impatiently for this time of year, as do skaters and bobsledders and ice fisherman. Runners near the Arctic Circle in Finland train through the winter, but many in the United States are hesitant to stay out.

The booklet *Running with the Elements* reports, "For a runner—any kind of runner—to remain fit and/or competitive, he or she has to run all or most of each winter. Three- to five-month layoffs never kept anyone lean and sharp. There is no good reason why anyone should take this time off. Excuses of 'I don't have an indoor track to train on, so I can't run,' and 'I can't get out in the winter or I'll hurt my lungs,' simply don't hold up."

Aside from a few road-closing ice and snowstorms, winter running is generally safer and more exhilarating than its summer counterpart. The biggest drag on performance and health is humid heat, not cold.

A man who deals with both extremes, Pat Lanin of Minnesota, has written, "The greatest problem in winter running is simply getting the door open when you're ready to leave. The feeling of satisfaction and accomplishment is tremendous when you know that you've met and surpassed the seemingly overwhelming challenge posed by trying to maintain a training program for track or long distance running outdoors during the winter months."

The possibilities of injury and illness are nil compared to the pains of getting back into shape next March. The chilled air has a bracing effect on the spirit. These are the glowing generalities of running in winter.

The realities are the shock of leaving a warm house and suddenly losing 50 degrees. Slipping and falling on an icy spot you didn't see in the dark. Rounding a corner and slamming into a

headwind which no amount of clothing can keep out. Running seven-minute effort but only 10-minute pace because of the footing and clothes. Coming home with icicles on your mustache and sideburns.

It isn't hard, given these conditions, to understand why runners find reasons not to go out.

Ron Daws, an Olympic marathoner in 1968, tired of plunging into Minnesota's sub-zero mornings. Instead, he trotted down to his basement and spun out a few miles on his treadmill.

"I built the treadmill out of assorted junk parts—wood frame, roller bearings and axle, etc.," he says. "It cost me about \$50, but it's probably worth \$500-600. It's very rugged. It works by gravity. Increasing the incline increases my speed."

Daws listened to music through stereo earphones as he ran. "Otherwise," he says, "in five minutes I would go loony from boredom."

Ron ran only morning workouts on the treadmill, "except on the few occasions I got locked out of the indoor track and didn't want to lose a Saturday interval workout. On one occasion, I ran 10 times one mile with 2½-minute jog rests for about 16 miles total. By getting up near the front rollers, I could slow down the pace. Then I would drift back and run my ass off for five minutes before running up again."

Daws' machine now sits unused in the basement, while he's back on the roads. He found the treadmill was no substitute for outdoor work—a physical substitute, perhaps, but not a psychological one.

Dr. Jack Daniels, who uses treadmill running extensively in his physiology laboratory at the University of Texas, comments: "In general, the treadmill is probably a pretty poor training device. It is almost like trying to make running training as monotonous as swimming by confining the athlete to a single closed room. Getting out and over varied terrain is a very attractive aspect of running."

Daniels lists the physical pluses and minuses of training on a treadmill. First, the advantages:

1. Controlled environmental conditions.
2. Controlled workloads.
3. Variety of work-rest combinations. ("For example, walking up a steep grade can work the oxygen transport system maximally while limiting the amount of stress on joints, which might be greater during running at an equally demanding workload.")

The disadvantages:

1. Expense. ("A good runner would want at least a 10 m.p.h. machine, and these cost a great deal.")
2. Change of running style. ("The tendency is to let the 'mill carry your foot along under your body and to place your foot in front of the body a little differently than usual. Knee soreness and tender feet often result.")
3. Wear and tear. ("Although treadmills are pretty durable, they aren't particularly designed for prolonged training. A good distance runner could give the 'mill a hard workout. Repairs and even service are not always cheap or accessible.")
4. Speed. ("A person generally can run a bit faster on a



'mill than a track once the technique is mastered. The lack of wind resistance makes this possible, but the same lack of air flow leads to overheating during prolonged treadmill runs.")

But if you can afford a treadmill and can't face winter running any other way, Dr. Daniels offers these tips:

- "Put a 1-2% grade on the treadmill to make up for lack of wind resistance."
- For short, intense workouts, alternately run one minute and rest a minute on steep grades."
- "Graded workouts are rough on calf and back muscles, so expect tightness there."

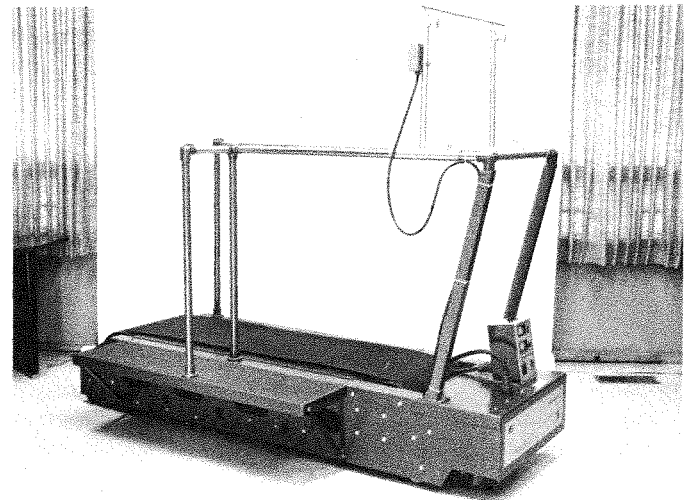
If enough people turn to treadmills in the winter, Jack says, maybe the pros will consider adding a two-man treadmill challenge match—"20% grade, six miles per hour. Winner takes \$200 by lasting longer than the other guy. Loser gets the salmon net they scoop him up in."

Before you get too excited about treadmills, check the costs. They're steep—ranging from the price of a high-quality bicycle for the simple manual machines to the price of a car for the motor-driven models.

Ron Daws made a manual treadmill. In other words, he supplied all the power. He said it was worth \$500-600, but his estimate is probably low. Comparable treadmills—ruggedly constructed ones with the inclines Dr. Jack Daniels recommends—cost \$1000 or more. The best of these apparently are the Runner/Jogger from the Paramount Health Equipment Corporation, and the Jogger from Modern Dynamics. Non-motor treadmills range downward in price—and quality—to just over \$200.

"To be quite frank," says a representative of the Paramount Company, "our equipment is really designed for the profes-

Prices for the variable-incline, motor-driven treadmills are steeper than the grade the man in the foreground (above) is running. Sophisticated machines such as the Collins High-Speed (below) sell for several thousand dollars.



sional health spa, and we don't visualize much of a market to individuals. (The Runner/Jogger treadmill) is designed to withstand usage of as much as 1000 times per day, so obviously it becomes more expensive to make to keep it from wearing down."

The sales manager for Quinton Instruments, maker of the most expensive motor-driven machines, agrees: "At the present time, our products are not really geared to the general

consumer market. Even the Health Jogger (which retails for \$900) is not normally purchased for home use, probably because of the high cost.

Quinton's better models—like those of its leading competitor, Warren E. Collins, Inc.—are priced from \$2000-7000. The Rolls Royces of treadmills are manufactured for group use and group budgets. The market includes exercise physiology labs, hospitals, health clubs, YMCAs, schools, where the machines are used for controlled testing (stress EKGs, oxygen consumption studies, etc.) and rehabilitation as well as training.

This puts the individual treadmill shopper in a bind. The machines best suited for prolonged training are usually out of financial reach. Jack Daniels recommends one with (a) speeds above 10 miles per hour, and (b) incline adjustable to at least 20%. Only the Collins High-Speed and the Quinton Models 18-60 and 24-74 have these capabilities.

If you can't beg or buy time on someone's exotic machine, the one you can afford may require compromises in training quantity and quality. But any running is better than none all winter. ●

Sampling the Treadmill Market

Model/No.	Power Source	Incline	Speeds	Price
AEROBICS, INC., Clifton, N.J. 07013				
Power-Pacer	110V motor	none	2-10 mph	\$495
BATTLE CREEK EQUIPMENT CO., 307 West Jackson St., Battle Creek, Mich. 49016				
Contour Jogger (001)	non-motor	slight fixed	-----	\$249
Health Walker (004)	non-motor	14% fixed	-----	\$335
Health Walker (005)	non-motor	14% fixed	-----	\$299
Jog-Along (065)	non-motor	adjustable	-----	\$229
WARREN E. COLLINS INC., 220 Wood Rd., Braintree, Mass. 02184				
Compact (P-3900)	2 hp., 220V motor	0-25%	1-10 mph	\$2550
Compact (P-3903)	2 hp., 220V motor	0-25%	0.8-8 mph	\$2550
Execu-Tread (P-2051)	1 hp. motor	none	1-5 mph	\$1295
Execu-Tread (P-2050)	1 hp. motor	0-20%	1-5 mph	\$1595
High-Speed (P-3800)	5hp., 220V motor	0-40%	2-16 mph	\$4595
Standard (P-2000)	2 hp., 220V motor	0-40%	1-10 mph	\$2750
FITNESS INDUSTRIES, P.O. Box 448, Pelham, Ala. 35124				
Athletic Trainer (800)	1½hp., 230V motor	none	3-8 mph	\$1795
Diagnostic (1000)	1½ hp., 230V motor	0-22%	1-7 mph	\$2345
Executive Jogger	1 hp., 115V motor	5% fixed	3-7 mph	\$850
Rehabilitation	motor	none	1-5 mph	\$950
Rehabilitation (Series 75)	motor	0-20%	1-5 mph	\$1750
Walker	motor	none	1 mph	\$595
MAC LEVY PRODUCTS CORP., 92-21 Corona Ave., Elmhurst, N.Y. 11373				
Jog-Master (192)	non-motor	slight fixed	-----	\$325
Jog-Master (192A)	non-motor	slight fixed	-----	\$370
Jog-o-Matic (192B)	¾ hp., 110V motor	none	½-8 mph	\$1750
Jog-o-Matic (192C)	¾ hp., 110V motor	0-20%	½-8 mph	\$1850
MODERN DYNAMICS, 1538 College, South Houston, Tex. 77587				
Jogger	non-motor	fixed	-----	\$1000+
PARAMOUNT HEALTH EQUIPMENT CORP., 3000 S. Santa Fe Ave., Los Angeles, Calif. 90058				
Runner/Jogger (4410)	non-motor	fixed	-----	\$1480
QUINTON INSTRUMENTS, 3051 44th ave. West, Seattle, Wash. 98199				
Model 14-44-A	½ hp., 115V motor	0-20%	0.7-4.2 mph	\$1850
Model 14-44-B	½ hp., 115V motor	0-20%	1.2-7.0 mph	\$2250
Model 14-44-J	110V motor	fixed 5 & 10%	3 speeds	\$900
Model 18-49-C	1 hp., 220V motor	0-40%	1-10 mph	\$3875
Model 18-54	1 hp., 220V motor	0-25%	1-10 mph	\$3385
Model 18-60	3 hp., 230V motor	0-40%	1.5-15 mph	\$5180
Model 24-72	½ hp., 230V motor	0-40%	2.5-25 mph	\$6950
TINGLE ATHLETIC EQUIPMENT INC., Route 4, Box 359, Houston, Tex. 77036				
Pace-Setter	non-motor	slight fixed	-----	unavail.
TROTTER TREADMILLS, 95 Marked Tree Rd., Holliston, Mass. 01746				
Model C-22	1½ hp. motor	0-15%	1.8-9.5 mph	unavail.

Don't Be Left out of the Cold



M. Julius Baum photo

by Alan Claremont Ph.D.

Cold, windy and slippery conditions may appear to be good reasons for avoiding or severely restricting running activity during winter months. However, appropriate adjustments for prevailing climatic conditions can result in much beneficial and enjoyable training during this season.

Adequately protected, man can tolerate environmental temperature ranges between 58 degrees below zero and 212 above, but only a seven-degree variation in "core temperature" without impairment to physical working capacity. The most important physiologic adjustment in the cold is the maintenance of body temperature. Fortunately, even the slowest running speeds (11-12 minutes per mile) result in energy expenditures approximately 9-10 times the resting metabolic rate, and are adequate to maintain desirable body temperature levels in sub-zero weather without the

need of heavy, restrictive clothing.

In addition to an increase in metabolic rate, another protective mechanism to maintain heat balance is the constriction of surface blood vessels. This can greatly increase the insulating capacity of the skin and adjacent tissues. Reduction in blood flow to the body surface and gradual cooling of the skin results in less heat being lost to the environment.

Adequate protection from the cold is obtained when the athlete brings his preferred semitropical microclimate with him. Appropriate clothing is of extreme importance to avoid sudden changes in body temperature (chilling), for even a small drop in internal temperature will initiate shivering which can interfere with coordinated muscular activity. Further, lowered tissue temperatures appear to be associated with common respiratory ailments and muscle tendon injuries.

Clothing should be selected to provide, as much as possible, protection against chilling at low levels of activity and yet sweat evaporation at higher levels of activity to keep the body temperature from going too high.

Lightweight, porous materials of an absorbent nature will provide sufficient protection under most cold conditions. During the initial, cooler stages of running, a thin layer of trapped air helps prevent loss of body heat. With the onset and increase in sweating as body temperature rises, a "wicking" action of porous clothing promotes sweat transfer to the outer garment where maximum evaporation can occur.

The term "lightweight clothing" requires defining in standardized units in order to determine what constitutes "adequate" protective covering for various training intensities and environmental temperatures. The "Clo" unit is

generally used. A Clo unit is equal to the amount of insulation provided by ordinary apparel which will maintain comfort at room temperature (about 70 degrees F).

The figure illustrates how little protective covering is required while running at 7½-10½ miles per hour. From the observed decrease in Clo unit requirements with increasing metabolic rates, it appears reasonable to extrapolate insulative needs of 0.75-1.25 Clo units at temperatures decreasing to as low as 30 below zero.

This agrees reasonably well with my training experiences, in which comfort

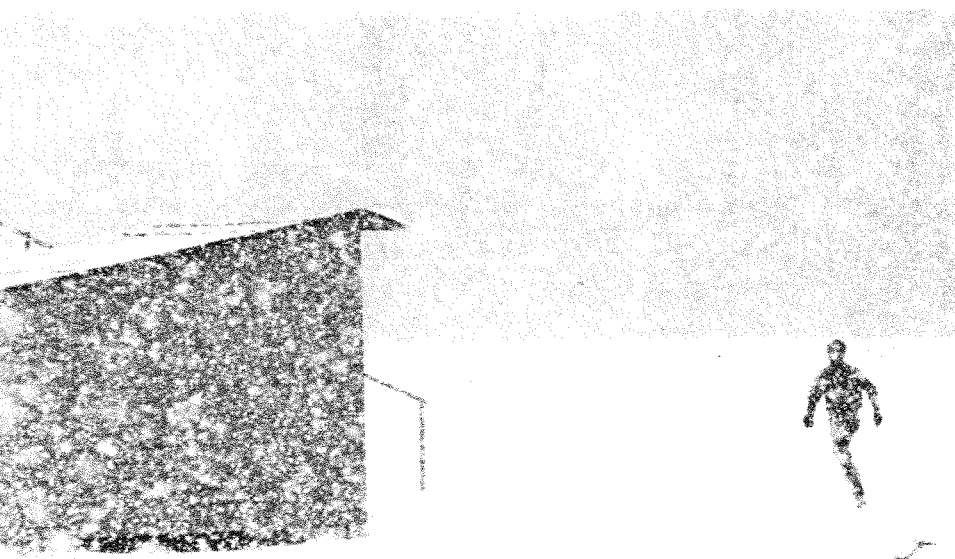
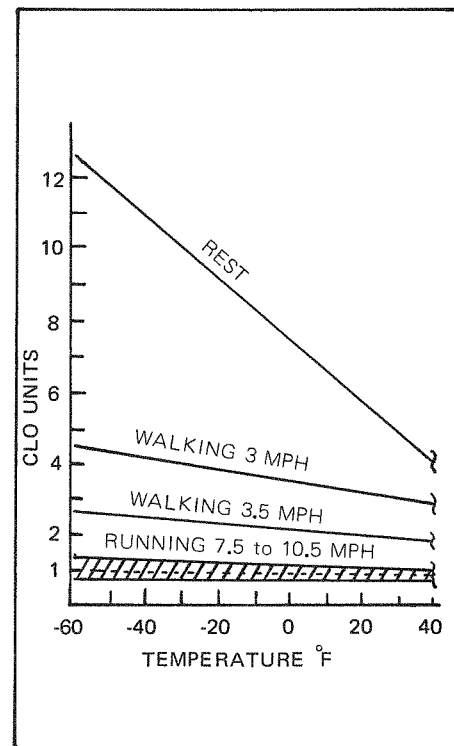
temperature," the degree of cold perceived, is a more appropriate guideline from which to determine appropriate Clo units. For example, a 10 m.p.h. wind at zero degrees (F) would produce an effective temperature of minus-40—a severe cold stress.

However, wind velocity is usually a varying factor which can cause the chill factor effect to fluctuate considerably within a given training session. Additionally, windbreaks such as trees, buildings, gullies, etc., can considerably modify the wind speeds to the extent that one may be substantially overdressed at times within a given training session.

much less noticeable on the relatively unprotected face. Finally, I select courses which maximize shelter from the wind.

Proper selection of lightweight, insulative clothing can enable an athlete to continue running within a warm and comfortable microclimate during winter months. In addition to the physiologic benefits of continued training, there are also many aesthetic qualities of this season which are better experienced than described.

The amount of protection needed at varying temperatures and efforts.



Even at the slowest running pace, a runner generates enough heat to stay comfortable in winter's cold and snow. (John Cooper photo)

was maintained at temperatures down to 20 below by wearing leather ski mitts, cotton underwear, running shorts, heavy cotton T-shirt, standard cotton sweat suit with hooded top, ski goggles, wool socks and leather training shoes. The total weight of these garments (4½ pounds exclusive of shoes) does not impose appreciable restrictions on faster running.

Up to this point, the degree of cold stress has been related only to absolute temperature, without consideration of the "wind-chill" factor which is critical at low temperatures. Wind-chill expresses the discomfort associated with the combined effects of absolute temperature and wind velocity. "Effective

Under these conditions the following personal approach has been satisfactory in compensating for the variable chill factor of fluctuating winds:

I wear a light nylon top in addition to the previously described clothing. Admittedly, sweat evaporation is impeded with nylon, but the top can easily be removed and tied around the waist if the heat load builds up excessively. The major advantage of nylon is the excellent wind-proofing and anti-chill properties, in addition to its negligible weight. When starting out, I run with or diagonal to the prevailing wind, mainly to minimize initial cold sensations on the face. After running a short while and warming up, direct wind and cold are

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I never hear any alternative but public transportation discussed when people get together to denounce the automobile. Dial-a-Ride, monorail, personal rapid transit, ordinary rapid transit, buses, inter-city trains . . . Why don't we ever hear about organic transportation?

It seems to me that, when it comes to the subject of moving human bodies, there are just four elements to consider:

1. A reason to get somewhere else.
2. A medium upon, or through, which to do it.
3. A reasonably safe, reliable, universal and economical means of getting there.
4. Adequate time for the trip.

Some of the proposed systems meet some of those criteria. But when it comes to "economical" and "universal" they all fail. There's only one means of transportation that meets these two requirements, and using it automatically improves your health as you go. It's called running. Or, for tired old architects like me, walking.

Only the leg can move us across any kind of terrain. Only the leg needs, in effect, no energy-expenditure at all because, whether we walk, or roll on wheels, most of us will eat pretty much the same amount of food as ever.

That fourth element of transportation—adequate time for the trip—is the one most commonly used to prove the uselessness of foot travel in a modern world. But when you consider that fourth element in the context of such words as rat-race, heart attack, obesity and poor health—and consider the pointlessness of most modern travel anyway—the case for the organic leg grows a bit stronger. The case, really, is not so much that of running being too slow as it is that of the time allowed for most trips being too short.

"How much of your body weight is made up of locomotion devices, anyway?" (I'm talking about the legs, the feet, and those parts of the back, heart, brain and lungs assigned by nature to the walking act.) In response to that question I've been given answers, by doctors, anatomists, and laymen, of from 35-70%. So let's use 50.

If that's the case, then every day that I use mechanical methods of moving this bag of me from here to there, fully half of all the food, air and water I consume goes wasted. If that's the case, then every day, year in, year out, close to half of all the food eaten in this



Tony Duffy photo

Foot-Power and Its Future

by Malcolm Wells

motorized America is wasted. That, of course, is in addition to all the fuel, metal and other resources we use in rolling ourselves along on wheels. Just think: we'd need little or no extra food if we became a nation of runners, and we'd use megatons less of all the other natural riches as well!

The ledger books for a foot-powered America would show transportation cost down to almost nothing, highway construction and maintenance costs down, energy needed for all transportation down, heart disease tapering off, general health on its way up, air pollution way down and perhaps (although it would be difficult to prove) the quality of life going up as well.

Wheel transportation of every kind has made the act of getting there increasingly empty and unpleasant, so we've speeded up the act itself in the hope of reducing the unpleasantness, only to find that the more we speed it the more unpleasant it gets. The freeway is less pleasant than the old country road, is less pleasant than the lane, is less pleasant than the path, is less pleasant than the contemplation of the trip.

The enemy of the foot movement is time, but, as all the wisest people have asked, what's the big hurry? What's so great about it when you get there? Henry Thoreau asked a similar question about all the mid-19th-century clamor for telegraph lines between Maine and Texas. "What," he wondered, "if we find that Maine and Texas have nothing to communicate?"

To all of which you might well say, "Show me, Malcolm. If running and walking are such great answers, then why are you still using cars and bikes and buses and planes?" And of course all I can do is give you sheep eyes. I'm planning to give up all driving sometime next year. Well, maybe not next year, but as soon as I can.

What kind of a world would it be, though, if all the turnpikes became truck-pikes and all the Broadways promenades? Think how delightful the Saturday morning jam-up down at the shopping center would be if we were all on foot.

I can become a walker pretty easily, and I probably will. I've been around long enough to get away with being an eccentric. But what will that prove? It's the coming generation—the one that grew up on school buses and station wagons—that concerns me. It's the gifted young designers and planners that I see so often, dreaming their dreams of the system that will solve all the ills of transportation. They're the people I think about.

They'll be the policy makers of the '80s and '90s, and what a terrible responsibility they'll face: that of having to choose between trying to perfect the wheeled systems that have proved so increasingly disastrous, and using the system that perfected itself long ago, over vast stretches of time, under every condition of weather and terrain on earth. Shouldn't they at least be spending part of their time investigating the possibility of somehow altering our frantic time-sense enough to accommodate natural transportation in a modern world? Think what a change would come over this country!

Getting there—the move, not the arrival—really is half the fun. Our imaginations are excited by the process, by the promise, by the expectation and by the dream that no mere reality can ever satisfy. So why take all the fun out of a trip. The things that happen along the way can make all the difference in the world. ●

Sweat the Lead Out

by Doug McLean

Vroom! Cough, cough! So goes the sequence as the last Greyhound out of town roars past you during your evening run, belching clouds of black smoke in your face, forcing you to chew the air to get it down. Have you wondered if you might actually be doing yourself more harm than good by trying to run in such an atmosphere?

Perhaps the most toxic poison emitted by our modern beasts of burden is particulate lead. Even though Washington has ordered that all new cars be able to run on lead-free gas, it will be some time before any noticeable decrease of airborne lead is realized.

The emission of particulate lead into the atmosphere began when man first melted pig iron to produce more valuable metals, and each year since has seen more lead enter the air we breathe. Runners must pass nearly 50% more air through their lungs each day than their sedentary brethren. It seems reasonable to assume that particulate lead presents more of a health hazard to runners than to the armchair quarterbacks. Or does it?

To find out, Dr. C. C. Patterson of the California Institute of Technology conducted a study to determine just how much lead runners absorb as compared with their less-active peers. He took hair and feces samples from each of eight runners on the La Canada High School cross-country team.

La Canada lies just north of Los Angeles in one of the "smog belts" of

David Lee Waite photo

Southern California. Air pollution is often severe enough to postpone workouts until six or seven in the evening, thus the runners probably inspired a good deal of particulate lead each day. As a control group, Patterson also took samples from eight sedentary students, none of whom smoked.

The lead found in a feces sample indicates the daily portal blood input. This is lead that finds its way into the bloodstream due to canned soft drinks, canned vegetables, chewing on bannis-

	Runners	Non-Runners
Weight (lbs.)	133	151
Height (ft.-in.)	5'11"	6'0"
Inspired Air (cu. 14 meter/day)	10	10
Blood-Lead* (mic.gm/day)	4.6	10.7
Aveoli-Lead* (mic.gm/day)	8.9	6.4
Total Lead* (mic.gm/day)	13.5	17.1

(*estimated amounts)

ters and so forth. The hair sample was taken and shaved from the back of the neck two or three days later. The lead found in the hair was used to estimate the amount of lead inspired by each subject.

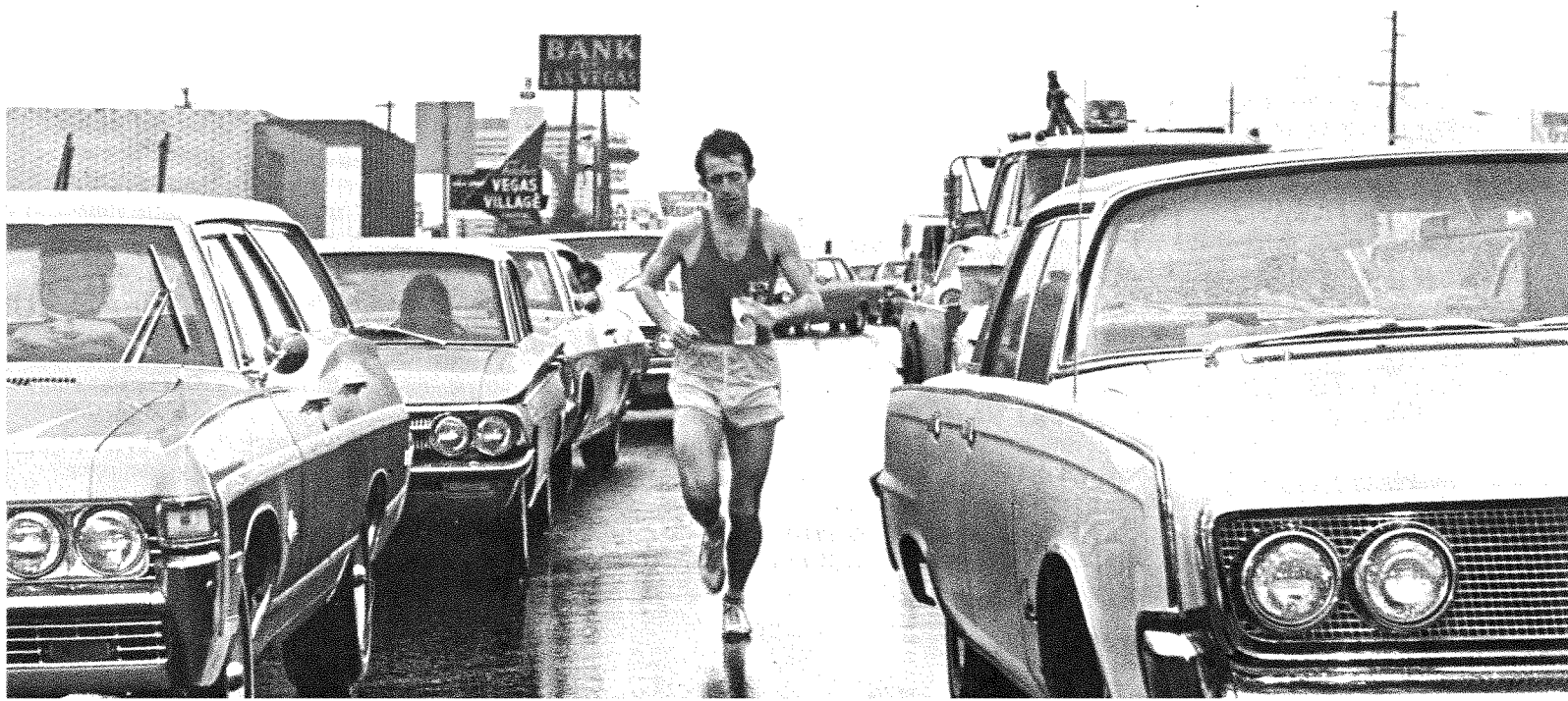
The results of the study, although inconclusive due to the group samples used for the analytical tests, were somewhat surprising. While runners inspire more lead each day than their sedentary peers, runners apparently retain less lead

in their bodies. Due to the greater amount of air that the runners must pass through their lungs, they breathe in about 2.5 micrograms more lead per day than non-runners. However, tests indicated that the sedentary individuals seem to retain a greater portion of the lead they inhale.

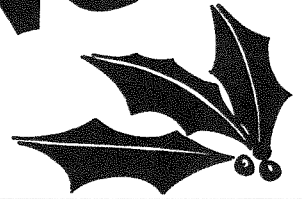
This is not the whole story, as the portal blood data shows. The sedentary group seems to absorb a much greater amount of lead from the food they eat. The Joe Sixpaks of the world introduce more than twice as much lead orally into their systems than do runners. The diets of the two groups were not controlled, which may explain this surprising result. It is, however, possible that the sedentary metabolism simply isn't as discriminating as a runner's about the substances it absorbs.

Thus, we see that for the subjects studied there is only a slight difference between the two groups in the amount of total lead input per day. While the runners do absorb more airborne lead than their sedentary peers, the trained body seems to be able to activate some kind of a defense mechanism to prevent absorption of ingested lead.

As we learn more about the effects of training on the human body, we will undoubtedly find the reason for the sedentary person's affinity for ingested lead. Until then, runners will have to be content with the knowledge that their habit probably will not cause them to fall victim of lead poisoning. ●



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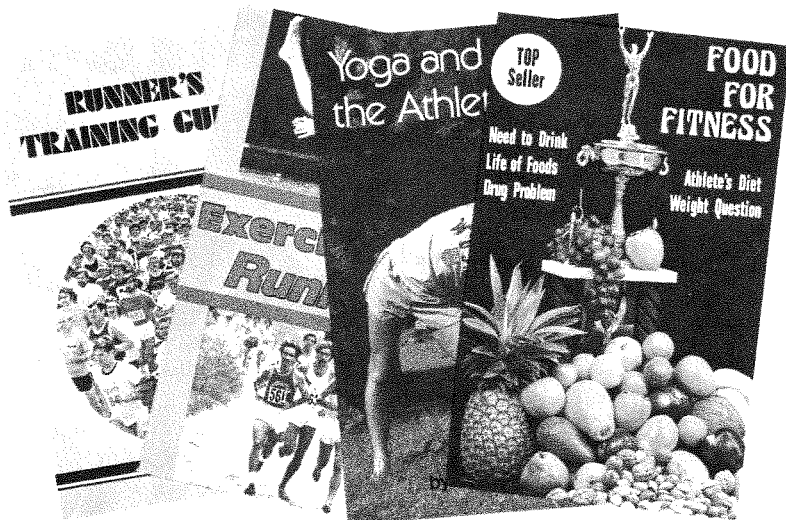
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FOOD FOR FITNESS explores the advantages good nutrition can give you—no matter what your sport is. In it, you'll find lots of information on correct diet from nutritionists, researchers and athletes. The book's seven big chapters talk about the specifics of the problem—protein, vitamin and mineral requirements, food preservatives, how much you should weigh and how to reach that weight, carbohydrate loading, what to eat before and during a race, fasting, vegetarianism, and much more. 1975 Hb. & Ppb., 144 pp., ill., \$5.95/\$2.95.

Running is an overspecialized action: straight-ahead, every-step-the-same movement which overbuilds the hardest-working muscles and lets others coast. In **EXERCISES FOR RUNNERS**, the *Runner's World* staff presents two systems of exercise which compensate for these problems: weight training and yoga. Injury-prevention is the most important function of these exercises. But strengthening and stretching have positive effects, too, in the form of improved performances. Power translates to speed. Added flexibility can mean smoother, less-fatiguing movement. 1973 Ppb., 78 pp., ill., \$1.95.

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Yoga has much to teach athletes about flexibility and sensitivity. By "playing the edges" of your body's limits but never going beyond them, by stretching without straining (literally and figuratively), you can push back barriers you once thought immovable, and perform as you never have before. **YOGA AND THE ATHLETE**, by Ian Jackson, affords a unique, personal insight into yoga, and is written with an understanding of the problems and needs of the performing athlete. 1975 Ppb., 96 pp., ill., \$2.50.

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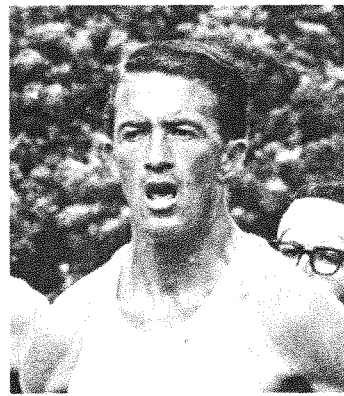
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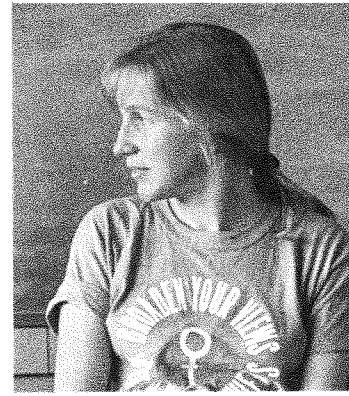
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Always Young

by Frank Dolson. George Young, four-time Olympian in events ranging from the steeplechase to the marathon, gives an inside view of the Games and the problematic world of the mature amateur athlete. November 1975 Hb. & Ppb., 180 pp., ill., \$4.95/\$2.95.

The Van Aaken Method

"Run long, run daily, and don't eat like a pig," says Germany's famed doctor-coach Ernst van Aaken. This new English translation gives you a proven system for general good health and racing fitness. To be published, January 1976, Hb. & Ppb., \$5.95/\$3.95.

Women's Running

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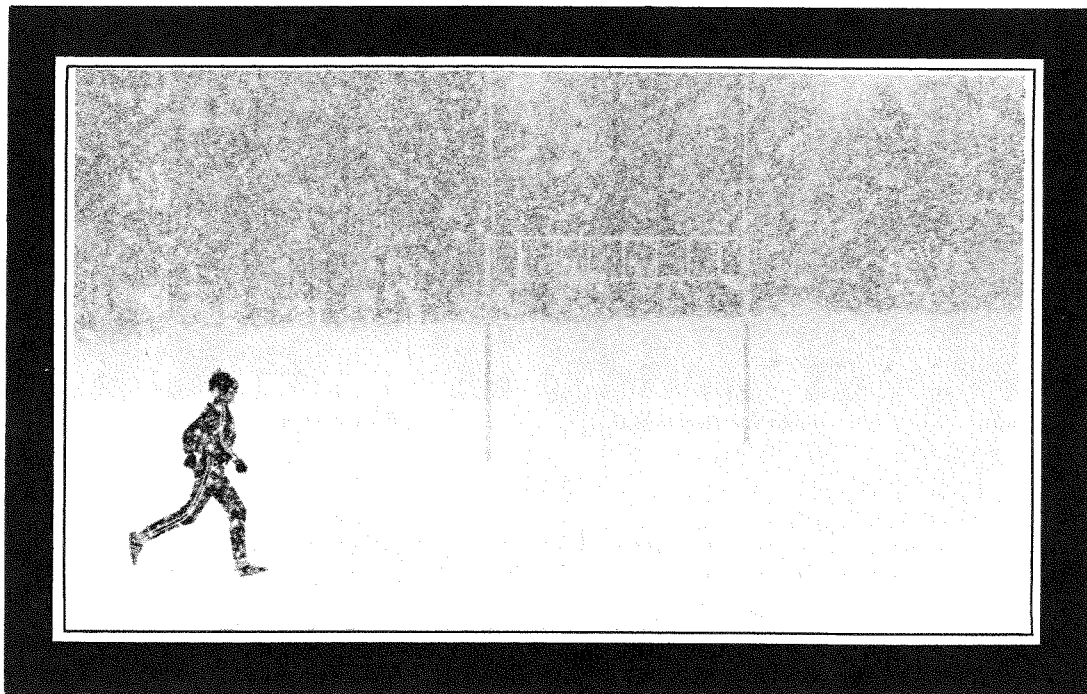
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Doug Schwab photo

Nadia Garcia's Brightest Hour

by Kaj Johansen

perfecting his ERG formula—has stimulated the development and progress of countless young runners in the San Diego area, it is his wife Donna, herself a top marathoner, who can take credit for Nadia.

Nadia began running about three years ago in the thrice-weekly session now known as "Donna's running class." Seven months later, she took seventh in the women's National AAU cross-country race, having just previously won the very first race she ever entered (from a field including Mary Decker and Jacki Hansen).

Subsequently, Nadia has had several other excellent performances on the national level, including a fifth-place finish in the two-mile at last year's Women's AAU Track Championships. Rather than citing statistics, however, it is more instructive to observe Nadia at her extremely unstructured training and racing best, for she is proof-positive that world-class performances needn't depend on an excessive amount of compulsiveness or rigid discipline.

On training: "Between 35 and 50 miles a week for the past two years, including a 16-miler on Sunday. I alternate hard and easy days, and since I don't have much speed and can't stand interval training, my only speedwork is in races. . . I always run the Friday 5000-meter (cross-country) time trial at Donna's class as fast as possible."

On running with people: "I enjoy running anyway, so I get much of my mileage by myself. But I'd really rather have running partners more often, because I think they'd keep me consistent. I get depressed or lazy occasionally and just head for the beach."

Men vs. women: "I much prefer racing with men. They're much more relaxed, believe it or not, and they don't seem to feel threatened by me. Many women, on the other hand, seem high-

strung, nervous, 'hyper.' They won't talk to you before races—and I think a lot of them are dominated by their coaches. They're always trying all sorts of complicated racing tactics. . . I race against the same group of 10-15 men in all our races here. I really have to work hard to maintain my position, so they're really neat and helpful."

Racing preferences: "Definitely cross-country. I like the way the terrain and scenery change. Road races are okay. Track races are dull, generally."

Important people: "Definitely, Donna Gookin. She gets me moving again when I get lazy or depressed. Also, Jacki Hansen (American record holder in the marathon). She's a good friend, and one woman I really enjoy running with. She encourages me a lot. My folks have definitely *not* encouraged my running. Until recently, my mother said frequently that it's a waste of time. But I've got a mind of my own, so I just keep running."

Her one-hour run heroics: "No, I didn't really know I was going that fast. I didn't know what the best-ever performance was. I was just running along steadily, I thought, and all the fast guys seemed to be passing me a lot."

The marathon: "I'm not really ready. I don't enjoy races beyond 15 miles yet. I've run one marathon, about five months after I started. Donna dragged me over to Mexicali (Mexico) where I ran 3:20 on a really hot day. Beat her, in fact! I don't know how fast I can run a marathon, but I think I should be able to break 2:40."

Future plans: "I'd really be excited if they had a 10,000 meters in the Olympics for women. Or even a marathon. I'd get in shape for that. . . I mainly run because it's fun. It isn't something to get all that serious about. If you do, and you don't run well, it's even more of a letdown." ●

On and on the long legs and slender body flew through the gathering gloom of a summer evening in San Diego's Balboa Stadium. . . And as the laps ticked off and the miles piled up, the crowd of spectators began to roar, for they were witnessing that most elusive of track happenings—the absolute dismantling of a world record.

When the gun had fired and the tape-measure crew had completed its task, 21-year-old Nadia Garcia of the host San Diego Track Club had covered 10 miles 667 yards in one hour—almost a half-mile farther than the previous world best. In addition, her en route 10-mile time of 57:58 was also the fastest ever. (Christa Vahlensieck of West Germany later broke the hour mark with 10 miles 810 yards.)

Nadia is yet another product of the extraordinary sphere of influence of the Gookin family. While Bill Gookin—between trips to the chemistry laboratory

Cerutty

a Character to Remember



Percy Cerutty leads the charge up his famous sandhill, followed by his most famous runner, Herb Elliott. The sandhill training was a key part of Cerutty's unorthodox system.

by Joe Henderson

Like most geniuses, Percy Cerutty was eccentric and misunderstood in his time. And he loved it. He loved a good fight, loved playing the underdog role, loved controversy enough to call a book about himself *Mr. Controversial*.

Cerutty. This was the man I and others like me were imitating in the late

1950s. He was the Australian coach who raised Herb Elliott to world-class miling on a diet of raw oats and raisins, and on barbell and sandhill training.

We dutifully ate our oats raw, too, and ordered sets of weights from the Sears catalog, and drove miles in search of sand. We read his books. *Middle Distance Running, Be Fit or Be Damned*

and others. What he said was just wild enough to be intriguing. He was sure enough of his positions to make us think, "He must have something there."

Then we moved on to other coaches and tried their theories for awhile. Igloi, Lydiard, whoever else was most successful at the moment.

I hadn't heard much about Cerutty in the last several years. He'd written a story or two for *RW* in the magazine's earliest issues. But nothing had come from him in a long time.

Then last year Larry Myers came in to the office. Larry had spent some time at Cerutty's Portsea training center, learning what he could of the man's techniques. Myers wrote an article about his stay, and we published it ("Percy Cerutty: 14 Years Later," May '74).

Larry told me, "Percy will be here for two months this summer. If you'd like, I'm sure we can set up an interview."

Sure. I wanted to meet him. Who wouldn't? And with an interview, I could let readers meet him indirectly.

I had a mental picture of Cerutty. Old, yes (he was almost 80 then), but incredibly fit. Outspoken but provocative. Myers said Percy had turned his attention to "humanitarian works." I expected to meet a mellowed philosopher.

"Percy, I'd like to have you meet..." Myers was almost shouting as he introduced us.

The thin little man with white hair, contrasting sharply with his tanned skin, stood up slowly.

I stuck my hand out and mumbled, "I'm honored..."

He cut me off as he dissected me with his eyes. "Never stick your hand out to a man older than you and with a better reputation," he snapped.

He turned as if looking at an invisible partner and said, "Americans! Hopeless bastards!" He spit out the words as if they had been bugs in his throat.

He paced the room for a few seconds, then exploded with a flurry of gestures. Rage burned out of his deep-set eyes as he fixed them on me.

"I never touch another man. It nauseates me. Only homosexuals shake hands."

Then he sat down, and I tried to ask him something. He put his hand to his ear. "Speak up. I'm partly deaf. And I can't understand the way you bloody Americans talk. You mutilate the language. Hopeless bastards!"

Deaf or not, it was impossible trying to communicate with Cerutty. He either couldn't listen or wouldn't. Talk-

ing with him was like trying to talk with a recording, a recording with only a few all-purpose expletives. It did no good to ask questions. He was winging away on his own without them.

He paced to the bookcase, took a magazine from the top of the stack and leafed through it. He closed it and slapped the cover with the back of his hand.

"The magazine nauseates me. The pictures. The way all these people run destroys the mind. Better dead than to run this way. Hopeless bastards!"

He paced some more, then whirled for another outburst. "You think I should feel honored to be here. I'm not honored. This place nauseates me. It makes me sick. Your runners make me sick. America makes me sick with its long hair, feminine men, garbage food, car fumes. Hopeless bastards! Better dead!"

Cerutty railed on. The office door was closed. But by now work in the building had all but stopped. His voice filled the place.

"America's a dying country. There won't be any more Americans in 40 years. The men are dying like flies from heart attacks. The men aren't real men."

He pointed to a painting on the wall. "Running isn't like this," he said. "It's like this." And he went into a demonstration of technique.

"Run like a killer. I'm a killer. Aaargh!" (He pounded the wall with his fists. Bob Anderson in the next room said later, "I thought he was coming right on through.") "I'm a killer. I'm a real man! I'm not going to die!"

Cerutty had the aura of immortality about him, which he did his best to promote. He once boasted during a raucous TV interview, "I expect to be killed at 105 by a jealous husband."

It must have disappointed old Percy when he died a few months ago. (The cause of death wasn't reported, but he apparently suffered a stroke.) He was far short of the quota of years he'd set for himself.

Cerutty didn't live as long or do as much as he wanted. Few people ever do. But the fighter in him gave him almost 40 extra years, and gave running some of its most unique ideas.

He proudly told—over and over again—of how he was wasted mentally and physically in his early 40s. To hear Percy tell the story, he was only a few steps from the grave then. But he rebuilt himself.

Cerutty began walking and then running long distances, and lifting weights, and eating naturally. Exercise by itself wasn't enough, so he competed in race walking, ultra-marathoning and weight lifting. He raced into his 50s, and in his 60s ran up sand dunes with Herb Elliott and the boys. In his 70s, Percy still could break seven minutes for a mile.

All along, Percy was reading widely, and bringing his knowledge and experience together into a method, a philosophy, a mystique. He wrote in a rambling but powerful style, and sent us samples. He hoped to interest *RW* in the "dollar books" he planned to write. He wanted to do 100 of them, and was sure he had enough time and material for the work.

Time ran out before Cerutty had done a fraction of that writing. When I met him last year, the tough front seemed barely to hide his failing body, mind and spirit. He was essentially a frail old man struggling to stay young and strong.

In one sense, Percy Cerutty is dead. But a man isn't truly gone until the things he did and said are forgotten. In that sense, Percy will be alive through his contributions for a long time yet. ●



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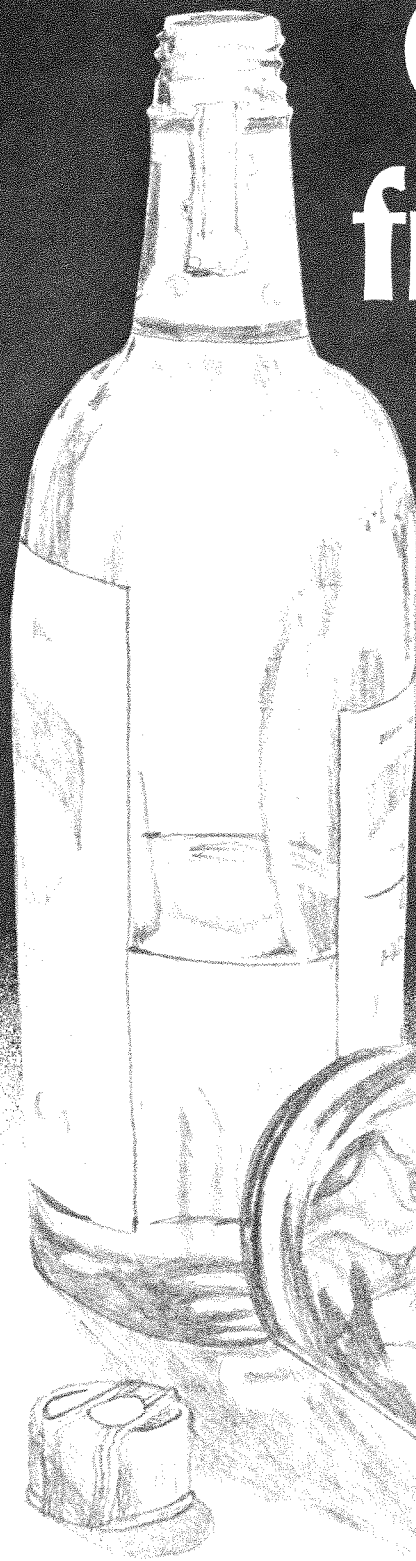
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On the Run from Alcohol and Other Demons



by Kenneth Fox

My journey to long distance running began with alcoholism, a strange place to begin a trip to a place equally strange. Or so I once would have thought. Now I know that running is not simply physical fitness for the competitive athlete. It also is life-giving therapy for the emotionally disturbed.

This journey began five years ago. That year, I turned 30—the great divide of life which defines youth's end—and picked up that kernel of wisdom we all learn only by living: life is a one-way trip.

What happens to all of us happened to me: the deteriorating cardio-respiratory system; the gradual and dismaying weight gain; the realization that at some activities I might never be the same. I was 18 once, an age of resilience which in spirit I'll never leave. At 30, I suffered from an excess of memory.

I could not rationalize what I was doing to myself through drinking except by understanding that I was 30 years old and that I was alcoholic. I could never be 18 again, but I could feel that good again if I was willing to change.

It is said that anyone who ever takes a drink plays a game of roulette which, statistically, one in 20 loses. As to why that happens there is no end of theories. But whatever one you choose, the climb up from alcoholism is no picnic. I list four requirements to assure a successful ascent.

To begin, there must be discipline. The recovering alcoholic must constantly wrestle with a demon within himself, which awaits its chance to ensnare him.

Second, there must be a change of life-style, a change to new activities and new pastimes which is essential to forget and supplant the prior life.

Third, there must be a new form of relaxation to replace the social drinking to which the alcoholic has become so accustomed, and which he will continually be barraged with opportunities to resume.

Fourth, and most permanent, the recovering alcoholic needs a new personality, a new image to which he can aspire, contrary to and in conflict with the drinking personality he is leaving behind.

Think of those four requirements, then think of long distance running. The complete prescription. I began running shortly after I quit drinking, as part of a non-reasoned flight from alcoholism. I view the beneficial effects in hindsight, and it is apparent to me now that my recovery was made possible by these psychological benefits. I stumbled into a form of therapy which some day medical science will prescribe.

Discipline. For many years, that word can be the alcoholic's nemesis until he learns that he cannot win the tragic and futile battle to regulate his drinking. Later, in the years of recovery, discipline remains the prime requirement to stay sober in a society whose cup of kindness is his vial of poison.

And for one who needs discipline, there is a theory of living that all our behavior affects our total being. Self-control exercised anywhere in life permeates our lives and enhances our freedom to act in accordance with our better judgment elsewhere. Then long distance

running becomes a form of freedom—a habit which makes one less susceptible to any habit one wishes to conquer.

If it is to yield its many benefits, long distance running is a demanding avocation. The dedicated runner plans his day around his trek, because the trek does so much to make that day, because his best performance requires that his other activities—eating, resting, working—be organized to accommodate the time he has allotted for the trek.

Most runners also find that their interest in the sport extends beyond the simple act of running into other areas, such as psychology, exercise physiology and running personalities. For the recovering alcoholic, these features of running as a hobby are especially significant because they bear no relation to his prior drinking life and place constructive demands on his free time.

As my interest in running developed, it grew to be a dominant factor in my life. As such, it taught me no more important lesson than that I didn't have to live the same life I once had. I could be any person I wanted to be, adopt new hobbies, choose new friends and in all ways arrange my life independently of my past.

We all need to relax. Americans relax with a cocktail, whether it is on the 19th hole of the golf course or at home in the evening after a day's work. The alcoholic needs to relax also. And since intensive exercise is one of the supreme forms of relaxation, how better could one unwind from a day's work than with a 10-miler around the park? I've taken my share of trips, and I know no better type than this.

There was a time, not long after I had quit drinking, when I would be sure to schedule an exceptionally long run as close as possible to any time I would be put into a situation of stress, either socially or in my occupation. For example, before a cocktail party at which I would feel awkward ordering a soft drink I would run extra distance. I would arrive at the party basking in my own special euphoria, not caring a bit what the world thought of my style of living.

Quitting is forever, or it makes little sense. And for the recovering alcoholic, the notion of an indefinite future of abstinence is so devastating emotionally that he is cautioned to face life one day at a time. The psychological trap which is unique to alcoholism is that alcohol is the only addictive and psychoactive drug which is available over the counter practically everywhere. The person who is struggling to break a dependence

on alcohol has to look forward to surviving in a society which glorifies its consumption.

It is psychologically much more satisfying to travel to a good place than to leave a bad one. Quitting an addictive habit—particularly a habit which is casually enjoyed among others—is in this respect lacking in personal satisfaction. When your heroes invite you to drink one down with them, it is more than a little difficult always to concentrate on that abstract good place to which you are traveling.

The intensive physical fitness of long distance running represents that good place—a haven—which the recovering alcoholic can strive for, the emotionally satisfying image of constructive action which allows him to concentrate upon his goals regardless of any distractions around him.

Both from its demands and its rewards I sense no common dimension between long distance running and immoderate use of drugs. When my self-image became intimately associated with my own physical performance and well-being, that image also became anti-athletic to the use of alcohol.

Once, a neurotically disturbed friend of mine—a non-alcoholic—described her emotional feelings to me: "It is as if you are suffering from intense pain, but there is nowhere physically that you can locate that pain."

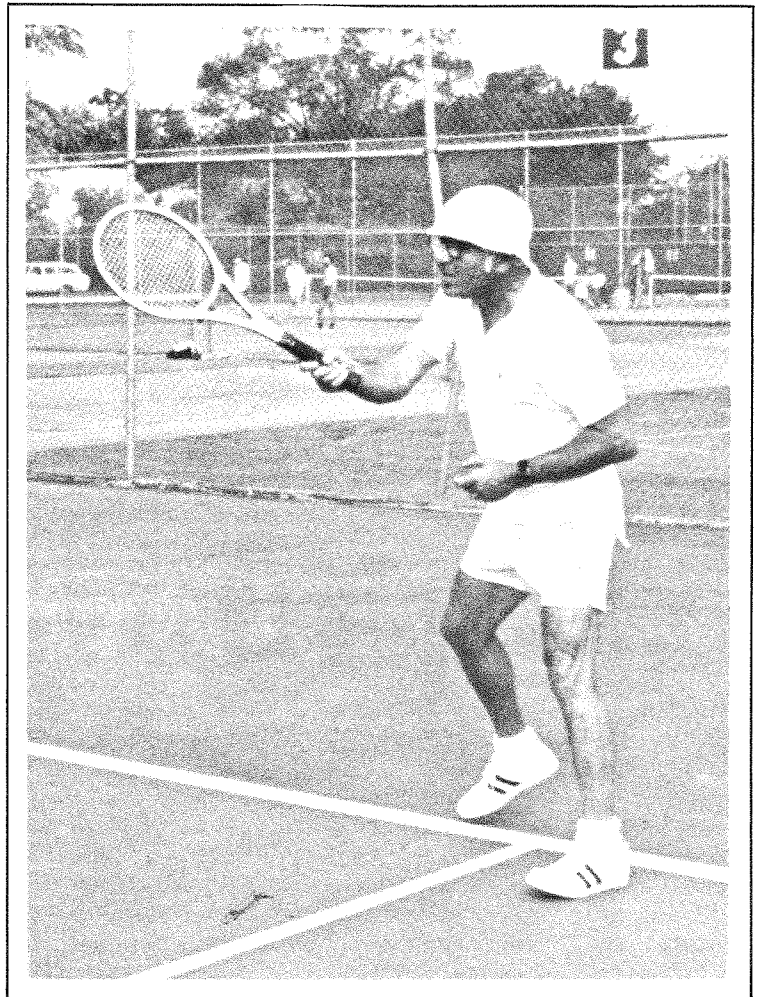
One day, more than five years ago, almost blindly fleeing the emotional pain of alcoholism, I ran as far as I could (perhaps a mile or two). Later, during withdrawal, I ran again to escape the pain I could not locate. Each time I ran, the pain subsided, and as the pain of withdrawal grew, so did the intensity of my therapy.

Years later, secure and casual in my avoidance of alcohol, running 40-50 miles per week, I looked back in amazement at my apparent good luck at having started running when I did. A pastime which I would have thought I was initiating primarily for physical health reasons had become the most emotionally stabilizing factor in my life.

I can never take a drink again, not as a non-alcoholic. But that fact is of little significance to me since I have no interest in ever taking another drink. For I have found my haven, and it has secured my future. I have traveled from a bad place to an inestimably better one, a place which leaves me with no regrets nor bitterness for whatever handicaps life has dealt me. As long as I have life and legs, I will run. And as long as I run, I will be free. ●

This Doctor Prescribes Movement

by Robert Bahr



Psychiatrist Edward Greenwood: "Running and other exercise gives self-respect and emotional well-being."

For many years now, psychiatrist Edward Greenwood, M.D., of the Menninger Foundation in Topeka, Kans., has been prescribing running and other forms of exercise for those seeking peace of mind. In this exclusive interview conducted at the recent American Medical Association's First National Conference on Medical Health Aspects of Sports, Exercise and Recreation, Dr. Greenwood gives his views.

Can running be "therapeutic" in the usual sense?

The word "therapeutic" has a number of implications. Generally, it's defined as "curative." Yes, I think running and other forms of exercise can be curative. Let me give an example.

The patient was a man who had been fairly successful in his position. About

two years ago, he began to have occasional headaches, sleepless nights, loss of appetite, and isolated himself from his family. He went to the doctor, had a complete physical and neurological examination, and there was no evidence of any physical causes of his symptoms.

When he came to the center for help, I learned that until two years ago, he had participated in a planned pattern of exercise and sports which included swimming regularly, cycling on occasion, jogging on the weekends, and frequently involving the rest of the members of his family. Because of the pressure of his position, he gave all these things up and just kept working, extending his working hours late into the night.

We started him in psychotherapy,

and I told him to get back into a well-organized schedule of fitness activities. He did that while he was in the hospital. He improved and made home visits, continued to maintain himself adequately. In a short time, he was back home, healthy and happy once again.

Today, he's still active physically. In fact, he's gotten the rest of the family involved in his program. I'm sure the success of his rehabilitation owes as much to his fitness activities as to anything else.

In what way does running produce emotional well-being?

That's an interesting question, especially in light of statements such as the one by Harvard nutritionist Jean Mayer a few months ago. Dr. Mayer stated that "most of us regard exercise as a kind of medicine, a rather unpleasant

activity usually performed by 'exercise nuts' for mostly cosmetic rather than health reasons."

I disagree with the attitude as well as the accuracy of such a statement. It helps to thwart the joy of movement for its own sake, and compels others to make excuses for engaging in physical activity. It's easier for them and less guilt-producing to say they are exercising to lose weight. A *cosmetic* goal is acceptable, but to admit openly that they simply enjoy the sensations of exercise might be possibly equated with the admission of pleasure in sex or something equally taboo.

Running and other exercise fosters mental and emotional well-being for many reasons that we know about, and undoubtedly many additional ones that we have not yet discovered. And one is just what I've been talking about—the natural, spontaneous pleasure of movement. You may want to call it the expression of self, the release of physical power, the assertion of the individual. I call it the joy of movement for its own sake.

Is movement essential to mental health?

Now probably more than ever. Social and peer-group pressures have shaped our life-styles, and that has affected our health. The push-button mode of living and accompanying status-symbol ease have exacted a heavy toll from all of us. Tensions increase in algebraic proportions. We've allowed a man's worth to be measured according to his material accumulation, his bank balance, his investments, his home, cars, boats and power equipment. Too often, he succeeds economically, but without satisfaction or contentment.

His body is worn out. He feels old and sluggish, stunned and deeply depressed that somehow life and youth have passed by and abandoned him without the physical capacity—without the health and vigor—to enjoy what he has worked for so hard. Running—physical activity—would save that man's body, and obviously would give him self-respect and emotional well-being.

Do you foresee a change in life-styles toward more physical activity?

I do not think that in the next decade or two we will find a reversal of social and economic priorities to the extent that a sense of personal well-being will supercede the need for a riding mower, two or more cars in every garage, "recreation rooms" with nothing but TV sets, bars and easy-chairs.

Yet, more people are jogging, running, playing tennis, bicycling, taking up yoga. I think in many cases these are eager-beavers jumping on the latest bandwagon for social reasons, it being the thing to do in many circles now. That doesn't bother me. It's not too important what the initial motivation is. What really matters is that formerly sedentary bodies have begun to move and are reaping unexpected benefits.

Paunchy men stumping around on spindly shanks are shaping new body images and finding a new source of energy and well-being along the way. Mature women with prolapsed abdomens, dowager humps, padded hips, flaccid arm and leg muscles no longer have to hide under slacks or long-sleeved tunics



Dr. Edward Greenwood

to retain the illusion that they look as good as they did when first married.

The goal may have been solely cosmetic to start, but few will deny the new sense of exhilaration that accompanies a toned-up musculature.

You mentioned earlier the naturalness of physical activity. Among children, that's obvious—your favorite games involve running, climbing and such. Why is it that adults lose this natural interest in physical activity?

I don't think we do, basically. I think we are societally conditioned to be sedentary. There's the unspoken, irrational taboo that adults cannot and should not engage in certain activities that are considered childish—"when I was a child I spake as a child, I understood as a child, but when I became a man I put away childish things." Who ever saw a group of 35-year-olds playing tag or hide-and-seek? The ominous words, "settled down" are stamped on those arriving at their majority.

Earning a living, marrying, rearing a

family, are seen as such onerous occupations that one's whole being has to be submerged lest one seem frivolous or lackadaisical. The skills we have amassed throughout childhood and teens to control the body, to experiment, to test the limits of its performance, suddenly are stored away.

And that is very regrettable, for we have voluntarily and without good reason put away a very important reservoir of harmless joy. Oh, a few of us might recall the falls in learning to ride a bike or to ice skate. Or some might recall the supreme effort of endurance required to swim across the river to the rock where the big swimmers lolled. Some may even recall the pleasurable sensations when the physical effort became a mastered skill.

But somewhere along the line, the last cat was skinned, the last "Look-mano-hands" bicycle race was run, the last tree was shinned, the last bellyflop on a snowy hill was executed—all done for the joy of doing. The cloak of adulthood and priority was put on like a somber pall. Blind acceptance kept many from taking a second look at the rationale. Of course, there were always some lucky non-conformists, but they were looked on as just that, and in a negative sense.

But you say that is changing?

Yes. In the last 12-17 years, there has been a marked upsurge of interest in physical fitness and conditioning. It was brought about by the avant garde of ordinary lone joggers, distance runners, Sunday tennis players and old gray-haired ladies tootling along on no-speed bicycles. Those were the heroes who broke the stifling stereotypes of adulthood. I'm aware that's an oversimplification. Economic and a host of other factors were operating to make possible the change.

Still, it seems most adults began to react against the excesses of the youth cult. Life and living to its fullest are for everybody. The young have no prior claim. That they have succeeded in gaining a half-nelson on the pleasure of living is the fault of the adults like us who allowed it to happen. Many adults have recognized that, and things are changing.

You said there were many ways in which running and exercise are emotionally therapeutic. What are some of these?

For one thing, by increasing the respiration and circulation exercise produces a total body stimulation which



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combats boredom, frustration and depression. A young mother homebound by her children most of the day, the secretary plugged into a dictaphone and typewriter for eight hours, the executive wrestling with personnel problems and rising costs—each may suffer from these problems. With an hour or even half an hour out to engage in some kind of physical exercise, such an individual can push back the confining walls and reduce the pressure on himself.

Exercise also leads to the development of a strong and constructive ego. Take a paunchy man who, at the age of 50, recognizes that the time has come to face up to his problem of physical unfitness. He sets out on a program of restoration and finds himself reaping at least double benefits—a better toned body and a loss of plaguing guilt.

That sense of guilt about one's poor appearance and one's failure to do something about it had been reinforced by unsightly TV advertisements that urge us to substitute girdles and pantyhose or other cover-up clothes instead of embarking on a more realistic cure. Unless one's eyes are totally deceived, we know when our stomachs are hanging over our belts or when our hips undulate when we walk.

The dissatisfaction within us may be covered with big talk and cliché: "I don't care," "I earned every bit of that fat; I'm going to enjoy it," "I don't have time to exercise now." But the ego inside us knows better and lets go with a jab of guilt, sometimes strong enough to get the body moving.

Among adults who exercise regularly there also seems to be a feeling of greater self-confidence, stability and calmness. With a lowered feeling of inadequacy in even one area, the individual seems better able to function overall. He doesn't have to be a superstar. All he has to do is be fit. And the carryover from play to work is considerable.

What about the hyperaggressive person—can he benefit by exercise?

There are several papers on that subject being delivered at this conference, and it's an area of considerable controversy. My feeling is that the pent-up anger and hostility that can eat holes in stomach linings and make ugly human beings of us all, find a direct and socially acceptable outlet on the running track—or tennis court or bowling lane. There is no way to measure the amount of spleen loosed when an ace is served to one's amazed opponent or when one leaves a competitor in the dust. But the milkiest of milk toasts would have

trouble covering up the satisfaction derived.

One point that I think is important, however: When winning becomes the primary preoccupation of the player, I'm afraid the psychological benefits of the exercise are sadly diminished. We all recognize the poor sports who will go to any extreme to win a point, using any means from violation of the rules to challenging belligerently the calls of teammates or referees. The sport becomes just an extension of the highly competitive society of the everyday world. Job and home tensions are carried over the the field of recreation and negate the positive effects of the exercise.

In what types of emotional problems would you prescribe running or other exercise?

Some form of exercise can aid the severe neurotic or even the sickest psychotic. In some cases, it may serve only to distract the individual for an hour or two, but that is better than 24 hours of concentration on problems.

The masochist who, for reasons all his own, takes pleasure in being hurt, can set punishing goals for himself on the track, in the pool or against opponents far better than he. The obsessive compulsive individual who strives for 110% perfection in his job and at home can redirect some of that energy by demanding of his body a five-mile run every day, a two-mile swim or even a 10-mile bicycle ride. The compulsion to perform may be at the same level, but at least others will not have to suffer from the rituals. And with the more acceptable release of tension through exercise, neurotics like these may find a gradual reduction in the need for such unpleasant, driven behavior.

For the disturbed psychotic, prescribed bodily movement may be an avenue by which his disorganized personality can begin to integrate itself once again. Memories of past pleasures in learning to jump or run or climb lie deep within all of us. For the disturbed, the deliberate recall of these memories can provide precisely the foundation needed to rebuild a damaged personality. The opportunities open through exercise are truly many and diverse.

And the typical person seeking contentment and peace of mind can find ego satisfaction without competitive overtones, a means of reinforcement of feelings about self and relationships to others. The joy in exercising one's body pays a high dividend in emotional well-being. ●

Two years ago, if a Boston trackman wanted to continue competing beyond college he followed Horace Greeley's advice and went west, or Frank Shorter's idea and went south.

The warm-weather playgrounds of California, Oregon and Florida housed the powerful track clubs and offered plenty of quality competition. For the most part, the thousands of miles between those states were a post-graduate track wasteland.

For the improper Bostonian, the athlete who wished to continue competing at merely a reasonably high level and stay at home, too, there were few choices.

Then in the spring of 1973, Jack McDonald left Boston College with a diploma and a 4:07 mile to his credit. McDonald felt he hadn't reached his potential, and he wasn't ready to hang up his flats. But he wasn't sure what to do.

Jack developed a cauliflower ear from his affair with the telephone, but after hundreds of hours of recruiting work, he had himself a track team to represent—the Greater Boston Track Club.

It didn't take him long to discover the area was loaded with people like himself who wanted to keep competing, and he soon had a squad of 35. That was two years ago. But from the accomplishments of the GBTC you'd think it had been around forever.

In that short time, the club has made a name for itself with indoor two-mile relay times in the 7:30s, a pile of hardware from high places in invitational meets and the AAU, had a member win the Boston Marathon, found a coach, increased its membership to 74, and most importantly has given runners the continuing opportunity to compete.

McDonald was proven right more than once. There was enough local interest for a club, and he hadn't yet reached his potential. His best time for the mile now is 4:02.

Jack finds the success of his brainstorm hard to believe, but gives most of the credit to club coach Billy Squires, who is also the full-time coach at Boston State College and an over-40 competitor himself.

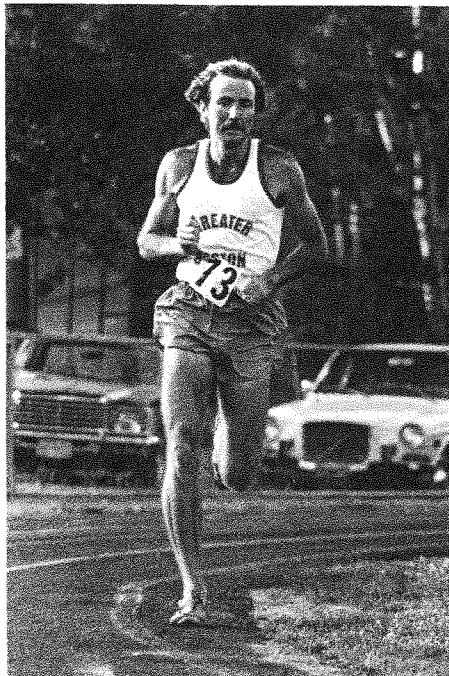
"I give all the credit for my mile to Squires," said McDonald. "Almost every guy in the club has reached a PR. There's nobody better in the middle distances in New England than him.

"I'll tell you, it's unbelievable the way the GBTC has taken over Boston. People are always calling me to join."

There are several keys for the club's success, he said. "We train together a

Greater Opportunity in Boston

by Lew Freedman



Jack McDonald (James O'Brien)

couple of times a week. That's one benefit. And we created a service for people who were dying for it. Plus Squires. At first, all the burden was on myself, to organize, coach, run and do public relations."

Now the club has a coach and a public relations man, Larry Newman, and McDonald not only has time to run but to work—as social director for an apartment complex.

Currently, the most famous member of the club is Bill Rodgers, who set an American record in winning the Boston Marathon last April.

"This is the best track club I've ever seen," said Rodgers. "There are a lot of people who have a serious attitude towards running, but still make it fun."

Rodgers is another Squires booster. "He helped me a lot," said Rodgers. "He gave me a feeling for speed. Last year, I ran a 2:19 marathon. This year, I ran well in that race in Morocco (third in the international cross-country championships) and a 2:10 (marathon). He's not only a coach, but a fantastic guy, a guiding light."

Since joining the GBTC, Rodgers' two-mile time has come down from 8:58 to 8:53 and his three-mile time

from 14:44 to 13:45—without serious track training.

One of the latest additions to the club is Art Dulong, former Holy Cross runner who was an IC4A champ and NCAA placer many times. Dulong, who had retired in 1970, ran a 13:38 three-mile in his first comeback attempt.

"I think he could make a good effort at the 10,000-meter (Olympic) Trials next year," said his coach.

Squires, who once ran for Notre Dame, is as enthusiastic as his runners. He makes it a point to know about all of them—and not just what they need on the track. He knows what their jobs are, marital situations, PRs and in many cases life histories.

Although he is justifiably proud of Rodgers' marathon after 140-mile-a-week training, Squires doesn't want anybody to forget Scott Graham or Vin Fleming, two local guys who each ran in the neighborhood of 2:24, or his two-mile relay team.

The two-mile team has placed as high as second in the AAU, but has a best time of only 7:32 because its most competitive races have been run at Madison Square Garden, possibly the slowest track on the indoor circuit.

"We've beaten teams like Fordham and Villanova," said Squires, "and they've run much faster. I'm sure we can do 7:26-7:28."

One member of that team has been Bob Sevene, a 32-year-old ex-service-man. Sevene has been running competitively since 1960, but since he got out of the Army a few years ago he has had trouble finding top-notch competition. His best mile time is 4:01, though that came a long time ago.

"It was terrible getting meets," said Sevene. "I was running in Canada for a while. I'll tell you, I can't say enough about Billy Squires."

Sevene is the club's elder statesman, but not by much. One of the most unusual aspects of the club, according to Squires, is the age of the participants. Although there are tons of runners just out of college, there are also a large pile in the 26-27-28-year-old range.

"Half the club's over 25," said Squires. "That's kind of unusual."

But these are the guys Squires loves. They're the reason he took on the added duties of a club.

"I've had my kicks as a college coach," said Squires. "We've had nine college division All-Americans. But this gives me the chance to take the talented kids, kids who were actually missed in college, and give them a chance to reach their potential." ●

Interview

by Jeff Arnold

Ted Castaneda

When Ted Castaneda began getting national recognition with his sprinting second-place finishes in the 1973 NCAA three-mile and AAU six-mile, there were enthusiastic fans (including Ted's coach, Jerry Quiller) who felt he would soon take his place in the pantheon of US distance greats. Although he's had some good races since then, Ted's not quite a superstar . . . yet.

If not spectacular, Ted has had an impressive record of consistently high finishes in championship races, including a third in the AAU cross-country (first American) last fall, and third and second in the 5000 and 10,000 at this year's AAU track championships.

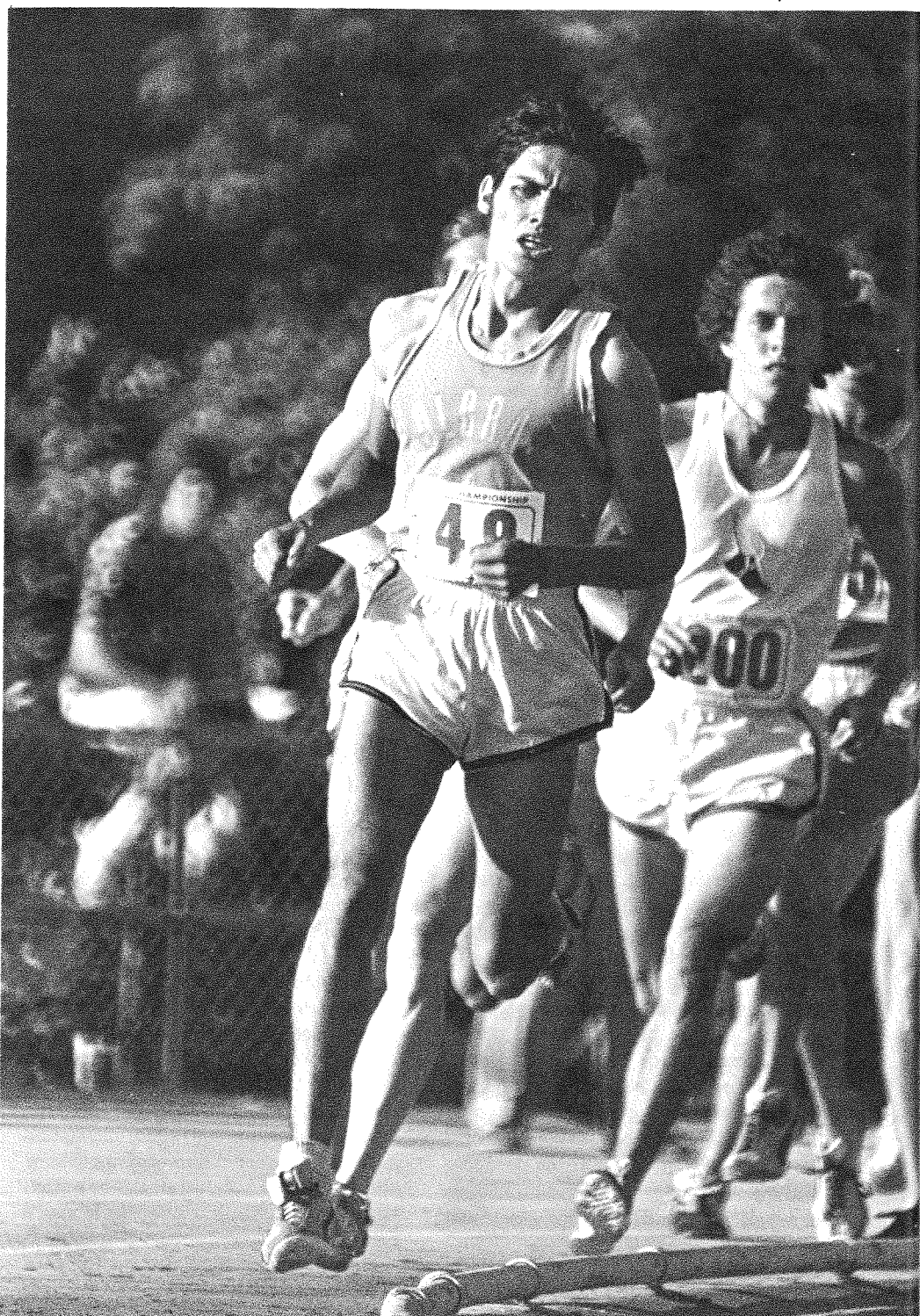
I talked with Ted after he returned from earning a 5000-meter spot on the Pan-American Games team. He was elated not only at his personal success, but that his Colorado Track Club teammates dominated the distance races (Garry Bjorklund was first and John Gregorio was second in the 10,000 and third in the 5,000. Five-thousand winner Mike Slack shares a house in Boulder with several CTC runners. In addition, marathon winner Rick Rojas from New Mexico has reportedly joined the club, and second-place marathoner Chuck Smead has strong Colorado ties.

I hadn't had much opportunity to talk with Ted since 1973, so I asked several questions to catch up.

RW: Did making the Pan-Am team in the 5000 excite you about your prospects for the Olympics?

Castaneda: Yeah, but 13:40 (Ted's time in the Trials) ain't that hot. I think to make the Olympic team you're going to have to run 13:26 or better, because I fully feel that (Dick) Buerkle, (Paul) Geis and (Marty) Liquori all will be in that range, so that's what I'm gonna have to hit. I'm not near that, but I think I'll be capable of doing it at that time. I'm putting emphasis on the 5000, with the 10,000 as a backup. Jerry (Coach Quiller) wants me to qualify for the marathon, too.

Dave Drennan photo



It's nice that I don't have to worry now for the Olympic Trials. I've got a qualifying time in both the 10 and the five so that helps a lot, takes a lot of pressure off. I can point for just that one meet (Olympic Trials) if I want.

RW: Let's review a little. After you ran in Europe the first time, in 1973, what would you say your next big race was?

Castaneda: I think the biggest one for me would have to be the (1974) USTFF when I ran the mile, broke four minutes. That for me would be the next peak.

RW: Then you ran second in the six-mile . . .

Castaneda: Behind John Ngeno. That was good effort. But I feel I could have beat Ngeno. I finished up my college experience as an All-American, but I wasn't that satisfied 'cause it was my last chance to hit the big one in college and I didn't.

RW: Did you compete that summer?

Castaneda: No, I got a raw deal that year. That was when I got the letter that I was going to Durham (US-USSR dual), and then I didn't get to go. And I was ready, I was ready for a good summer. That was the biggest disappointment for me.

RW: Jerry Quiller said you almost thought about quitting running at that point. Is that right?

Castaneda: I'd say I was really down. I was really mad at the AAU for doing that. It wasn't the whole organization. It was just one individual who blew the job. I came out of the AAUs knowing I wasn't going to go, and then suddenly a week later finding I'm going. I hit the ceiling. I told all my friends, told my family. So I was doing all my workouts then find out I'm not going anywhere. I later got an apology letter from the official who did it, but . . .

I wasn't going to quit running, 'cause I knew my potential was a little ways away, and I knew that I was going to reach it, one way or another. But I was really low mentally.

RW: What did you do last winter for training and racing, after your third-place finish in the AAU cross-country meet?

Castaneda: I went on that Brazil trip (Sao Silvestre New Year's Eve race) and I got blisters there, so I was out for a month, all of January.

RW: What happened in Brazil?

Castaneda: I was running fifth. I got near where I thought the finish



Stan Pantovic/DUOMO photo

was and this guy came up on me, sprinting. So I picked up, but he kept coming. Finally, I was sprinting all-out. When I got to where I thought the finish was, I just dropped my head. He must have gone by then. I don't know. I was dizzy. Half an hour later, I still didn't know if I'd finished. I found out later that I was less than a quarter-mile from the finish.

RW: Did you race indoors?

Castaneda: I was going to go to AAUs. But that fell through, so that was another big disappointment. CTC was trying to come up with enough money to send me, and they didn't get it. They didn't tell me until the last day.

RW: What about spring?

Castaneda: Spring? I was getting ready. I was getting some good workouts in, and then I got chondromalacia (knee pain). That was really bad. I'd never gone through an experience like that—just a month and a half of wondering if I was going to be a cripple. I was so used to running—morning and night, you know—and then to find that I couldn't run. I had to run in place, on grass, because if I'd go for a mile, mile and a half my knee was just killing me.

RW: But you could run in place?

Castaneda: Yeah, I ran in place 45-50 minutes. That was all I could do. I tried a little swimming, too, but mainly it was just running in place hoping to maintain that base.

RW: Did you take any cortisone or anything?

Castaneda: No. I didn't want to try it. I talked to a lot of friends and finally Coach Meyers (Colorado University track coach at the time) got me to see the trainer, and he recommended that I try whirlpool as well as sound treatment.

And he gave me some padding for my shoes.

What caused it (the knee problem) was hills. I'd run up, then I'd come down just about as hard, I pushed the downhill, and that's where I did it. I hadn't been doing hills for two weeks, and I went back into hill work full speed. That's where I picked the injury up and I could feel it, but I didn't know it was that bad at the time.

RW: Tell me about your trip to China last spring.

Castaneda: I remember reading that the team had been picked to go to China. I thought, "Oh, man, I could have had my best indoor season, but I didn't go anywhere. There's no way I'm going to make the team. Oh, what a beautiful trip."

And then suddenly I got a letter saying I was going. I couldn't believe it. But I still had chondromalacia, so I was debating, "Should I go or shouldn't I?" I really went to China taking a chance, but it cleared up once I got there and I had enough of a base. A lot of the distance guys suffered. We couldn't get our morning runs in. It ruined a lot of guys, but for me it was a godsend. I needed the competition, and I got it.

After the first meet, all the pressure went off but we wanted to run good times because they had gone to so much trouble for us and we wanted to pay them back. It was the best trip I've been on, period.

RW: You haven't yet won a really big meet. How do you feel about that with respect to the Olympics?

Castaneda: I think that has hurt me somewhat. I have the potential, but when I get in meets I just let down on myself mentally. I hang on to second, go for second instead of first. I usually end up second. I also have the potential to go for first, to win, but I don't do it. I think that my chances next year won't be real strong. I've got to do something.

RW: Do you have a plan?

Castaneda: It's hard to say. My last year at CU, one guy wrote, "Castaneda, always a bridesmaid," and that pissed me off. But it was true. I want first bad, but I guess I don't want it bad enough in the meets. I get satisfied with second. One thing about it, if I take second, at least I'm consistent.

I do know if I make the top, it won't be just for one year. I know my potential is three or four years away. I don't want just one year of glory and fast times, and then nothing. When I make the top, I want to stay there awhile. ●

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George Sheehan, M.D.

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Q: Could you briefly comment on the adverse effects caffeine-type drugs have on athletes, and do you feel that drugs of this nature are really harmful to the natural activity of human physiology? (B.M., Pennsylvania)

A: Coffee is an excellent stimulant with many unfortunate side-effects. If you can do without the caffeine in coffee, you are much better off. If you can't, it might be worth trying to switch to tea. The theophylline in tea has some rather beneficial effects on the circulatory system.

I am in the process of increasing my tea intake and hope thereby to cure myself of the coffee habit. After that, I'll get to a substitute for tea.

ARTHRITIS

(Otto Appenzeller, M.D., adds here to Dr. Sheehan's September comments on arthritis in runners. Appenzeller is associated with the University of New Mexico Medical School.)

Myths abound about the ill effects of running. Among others, there is a widespread belief that physical strain on joints during running may lead in later years to osteoarthritis.

A recent paper reviewed the hip joints of 74 former runners of Finnish descent. Each of the subjects had won a championship, and almost all had at one time or another held a Finnish record. Some achieved world record times. When the joints were examined by x-rays, the average age of the athletes was 65 years and they had started training at an average age of 15 (range 12-25). They participated in competitive running for a mean 21 years (range 8-50). One hundred and 15 male patients from a hospital were used as controls. None of them had been admitted because of hip complaints, and the x-rays of the hips were done for other purposes. The age distribution in this non-athletic control group was similar to that of the runners (mean 56, range 40-75).

This study showed that osteoarthritis was found in only 4% of the athletes but in 8.7% of the controls. Com-

petitive running, therefore, cannot be considered a contributing factor to arthritis of hip. The cause of osteoarthritis remains a mystery, but this study excludes the possibility that physical strain which might occur while running contributes to the development of arthritis.

It is, of course, not surprising that running should in fact protect hip joints from arthritis, for the hip is designed for walking and running. It also needs to be recognized that motion is necessary for nutrition of the various components of the joint. Intermittent pressure apparently allows the joint fluid to circulate in very much the same way as air enters the lungs during alternate squeezing and release. Prolonged immobility or continuous pressure has been shown to damage the joint surfaces.

It seems that in the human body tissues are adapted to their normal function. If normal function is denied them, as is the case in "normal" Western society, degeneration of structures is, if not induced, at least hastened.

(Ref.: "Running and Primary Osteoarthritis of the Hip." Purane J., Ala-Ketola P., Peltokallio, P., Saarela J. University Central Hospital, Oulu and University Central Hospital Helsinki, Finland, *British Medical Journal* 2:424-425, 1975.)

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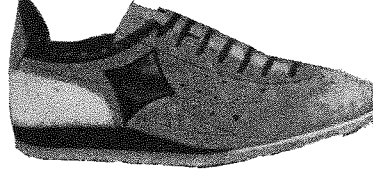
Q: In your September 1975 advice on blisters, you talked about Zona tape. I have asked at the drug store and talked with the pharmacist, and no one in our area knows what it is or where it may be purchased. (B.L., Virginia)

A: Yours is about the sixth inquiry I have received about Zona tape. I am inclined to think that pharmacists just don't give a damn. If it isn't on the shelf, the hell with it.

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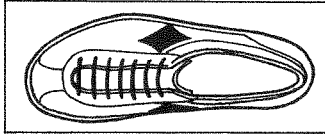
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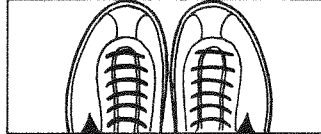
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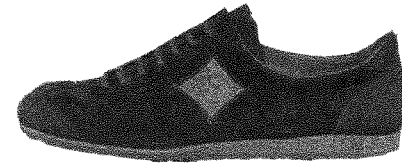
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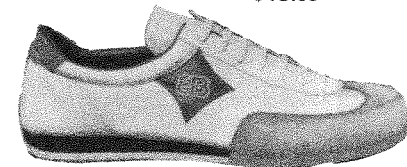
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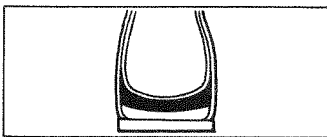
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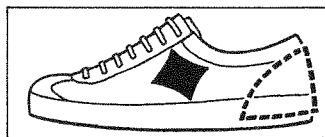


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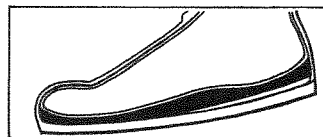
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Spring runs along the river offer a magnificent view of the swollen Rio Grande on one side and the still snow-covered peaks of the Sandia Mountains on the other. The Russian olives are in bloom and their fragrance helps your breathing.

Park your car at the bridge over the river on Central, in a tavern parking lot where it is safe and away from traffic. Just 20 yards beyond, descend to the embankment and you can run nine miles north from Central Bridge to Corrales Bridge and back. This road is not

recommended during bird-hunting season, but at other times it is safe and traffic-free. No mosquitoes or flies will bother you, and all dogs are penned.

Most runners in Albuquerque cannot think of a day when the weather stopped them from training, but occasionally in spring (March-April) there are brief dust storms which don't prevent running but make it somewhat difficult. Rain and snow is never bad enough to interfere with training.

Summer runs are best in the early morning or late afternoon. Run on the mesa, again along traffic-free dirt roads useful for cross-country training because of short hills and dips (but watch your feet for unexpected rocks). Routes vary from 3-18 miles. It is useful to hide a bottle with fluids if you do the longer circuit. Water is not available in the desert.

You can run along the roads which are unpaved and free of traffic. One loop, which is part of the Tour of Albuquerque Marathon, goes alongside the foothills at an average altitude of 6000 feet. No dogs will be found on this circuit, either.

In autumn, mountain trails on the west side of the Sandias or along the eastern pine-covered slopes are recommended. This is useful for high-altitude training, elevations ranging from 6100-10,600 feet. There is a summit restaurant for drinks, and you can either walk down the west slope (La Luz Trail, on which an important race is held each year), or hitch a ride down on the eastern side. Alternatively, walk along the crest to the tramway station, and take a ride down to the base of the mountain.

Winter running is good everywhere—on the mesa, up the mountain (on the east side only; the road is kept clear of snow at higher elevations) or on numerous golf courses close to downtown and some farther out.

If you stay in the hotel complex region, a good run can be had by jogging to the University Golf Course (north

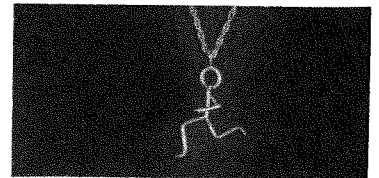
campus) where at lunchtime a large crowd of faculty usually exercises. Close to the airport are a number of dirt roads which are free of traffic and can be used at any time of the day.

Albuquerque has a number of running clubs, including the Southwest Masters Running Club which is actively involved in promotion of physical endurance for masters of both sexes (call 277-3342).

The Roadrunners Club holds weekly races, including fun-runs, for various ability groups. The New Mexico Track Club organizes the Tour of Albuquerque Marathon and a 10-mile cross-country race. ●

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Highlights

NORTHEAST

● **Ft. Meade, Md., Aug. 9**—50-mile track run: 1. Tom Osler 5:49:14; 2. Park Barner 6:41:13; 3. Les Kinion 6:54:58.

● **New Paltz, N.Y., Aug. 17**—Lake Mohonk 15-kilometer: 1. George Shurter 52:19; 2. Remulo Mejia 53:01...5. Neal Kozlowski 55:12 ... 36. Chuck Van de Zande (40+) 1:03:01 ... 46. Cathy Shrader 1:05:18. (74 finished; from David Senechelle).

● **Sebago Lake, Maine, Aug. 24**—Sebago Lake marathon: 1. Chris Chambers (Sugarloaf Mt. AC) 2:40:32; 2. Tom Phillips (Seacoast Striders) 2:42:11.

● **N.Y., N.Y., Aug. 24**—Puerto Rican Hispanic 13.1-mile: 1. Justin Gubbins (22, NYAC) 1:12:11; 2. Sheldon Karlin (25, Wash. SC) 1:13:02; 3. Victor Serrano (23, Puerto Rico Nat. Team) 1:13:31; 4. Arthur Hall (29, Oakwood TC) 1:13:47; 5. William Bragg (26, NYAC) 1:13:58; 6. Tim Weaver (21, Fordham UAA) 1:14:06; 7. Marvin Wilson (22, Cortland State) 1:14:17; 8. Paul Fettscher (26, Long Island AC) 1:15:00; 9. Ron Veneman (21) 1:15:48; 10. Phil Bonfiglio (23, Long Island AC) 1:17:07; 11. Mike Cotton (16) 1:17:33 ... 28. Joe Burns (45, Millrose AA) 1:21:35 ... 64. Jim McDonagh (51, Millrose AA) 1:25:46 ... 226. Harry Murphy (62, Prospect Park TC) 1:44:41 (268 finished, 23 under 1:20). Women: 1. Lydia Gonzalez (15, Coamo PR) 1:28:48; 2. Nancy Frank (14, LI Golden Spikes) 1:31:54. (17 finished). (from Joe Kleinerman).

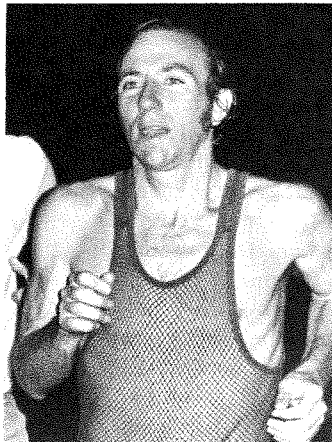
● **Haverhill, Mass., Aug. 24**—NEAAU 15-kilometer: 1. Mike Burke (BAA) 50:58; 2. Ray Burrier (BAA) 51:37; 3. Tom Derderian (SMAC) 53:54; 4. Jim Strenach (NMC) 54:02; 5. Fred Doyle (Cloud TC) 54:27 ...19. Chet Fortier (40+, NMC) 57:04 ... 154. Det Fitzgibbon 1:06:36. (155 finished, 34 under 1:00; from Fred Brown).

● **Orchard Park, N.Y., Aug. 25**—Quaker 6.9 mile: 1. Irv Frawley (38, Niagara Frontier TC) 36:42; 2. Dennis Hoak (19) 38:17; 3. William Hein (25) 38:42.

● **Charlton, Mass., Sept. 1**—NEAAU 20-kilometer: 1. Art McAndrew (BAA) 1:03:54; 2. Tom Derderian (SMAC) 1:04:10; 3. Larry Olsen (NMC) 1:04:29; 4. John Cedarholm (BAA) 1:05:30; 5. Terry Gallagher 1:08:11. (104 finished; from Fred Brown).

● **Liverpool, N.Y., Sept. 6**—Neil Pratt Memorial 5½-mile: 1. Matt Hellerer (18) 29:19; 2. John Wagner (21) 29:19; 3. Bill O'Brien (20) 29:19; 4. Rich Carlson (24) 29:22; 5. Jerry Scholder (17) 29:29 ... 30. Katy Schilly (18) 31:50 ... 49. William O'Brien (43) 33:31 ... 85. Sam Gratch (51) 36:59. (179 finished, 8 under 30:00; from Allan Bonney).

● **Catskill, N.Y., Sept. 7**—Savathon 13.1-mile: 1. Marty Sudzina (WVTC) 1:09:54; 2. Scott Graham (Greater Boston TC) 1:10:21; 3. Bill Deering 1:11:27; 4. Tom Greer 1:13:17; 5. Bill Martin 1:13:54 ... Colin Beer (40+) 1:19:24 ... Aldine Farrier (Electric City Girls AC) 1:40:08. (from Dick Vincent).



50-miler Tom Osler. (Ed Dodd photo).

● **Westfield, Mass., Sept. 7**—Berkshire 5-mile road race: (ages 40-44)-1. P. Doherty (40) 27:25; 2. T. Fort (40) 27:28; (ages 45-49) -1. M. Kandschur 27:09; 2. A. Sapienza (46) 27:52; (ages 50-54)-1. L. Dreher (54) 28:53; 2. J. Treworthy (50) 29:21; (ages 55-59) -1. E. Osborn (58) 31:08; 2. G. Sheehan (55) 31:59; (ages 60-64) -1. J. Wall (62) 30:47; 2. B. Phinney (60) 34:54; (ages 65-69) -1. J. Kelley (68) 33:00; 2. O. Essig (69) 34:30; (ages 70-74) -1. C. Willberg (78) 43:26; 2. M. Cavanaugh (78) 43:38; (women 40+) -1. T. d'Elia (45) 32:10; 2. L. Eiben (49) 38:52.

● **Bronx, N.Y., Sept. 21**—8,000-meter cross-country: 1. Pete Squires (25, NTAC) 24:28; 2. Mike Roche (22, Rutgers UAA) 25:14; 3. Tony Colon (23, NY AC) 25:28; 4. Bill Siben (23, NY AC) 25:41; 5. Tim Steele (24, Shore AC) 25:45 ... 11. Matt Munson (18, St. John's UAA) 27:49 ... 30. Augie Diamantini (40) 30:25 ... 70. Flory Rodd (52, No. Cal. Sr. TC) 33:10 ... 94. Mary Ann Persan (17, T. Pannell TC) 35:42. (119 finished, 24 under 30:00; from Joe Kleinerman).

SOUTHEAST

● **Winston-Salem, N.C., Aug. 15**—Greensboro-Winston-Salem marathon: 1. Denorris Bradley 2:48:35; 2. Edward Gustavson 2:53:42; 3. Michael Jones 2:55:00. (45 finished, 5 under 3:00, 23 under 3:30, 39 under 4:00. 13.1-mile: 1. Arzie Brown 1:27:11; 2. Linn Finger 1:32:09. (11 finished).

● **Newport News, Va., Aug. 20**—Mariner's Museum 7.5-mile:

1. Rob Perkins (Richmond T & F Club) 36:57; 2. Rex Wiggins (19, WMI) 38:59 ... 23. Debra Snaggs (19, Richmond T & F Club) 48:19. (44 finished; from Rick Platt).

● **Rabun Gap, Ga., Aug. 23**—Atlanta Track Club-Rabun Gap 8-mile: 1. Wayne Roach 40:57; 2. Bob Varsha 41:52; 3. Benji Durden 42:15; 4. Karl de Santos 42:23; 5. Earl Owens 42:35 ... 12. Adrian Craven 45:01 ... 28. Wayne Williams (40+) 48:41 ... 58. Scott Stephens (jr.) 54:35 ... 86. Connie Stephens 1:03:17. (92 finished, 11 under 45:00, 37 under 50:00).

● **Lexington, Ky., Aug. 23**—Commonwealth Cross-country: 3-mile: 1. Don Noe (19) 16:24; 2. Jerry Young (23, Bluegrass RC) 16:32. (35 finished). 9-mile: 1. Max Hadley (22) 53:18; 2. Charles Schultz (19) 54:44 ... 15. Lissa Moore (19, Bluegrass RC) 1:21:58. (15 finished). (from Jerry Stone).

● **Charleston, W. Va., Aug. 30**—15-mile: 1. John Vitale 1:17:00; 2. Barry Brown 1:17:18; 3. Scott Eden 1:18:15; 4. Edwin Fry 1:18:48; 5. Lucian Rosa 1:18:49; 6. John Dimmick 1:18:56; 7. Ed Leddy 1:18:59; 8. Jeff Galloway 1:19:12; 9. Ronald Martin 1:19:47; 10. Richie Smith 1:20:03; 11. Marty Sudzina 1:20:14; 12. Kevin Foley 1:20:25; 13. Amby Burfoot 1:20:30; 14. Alexander Kasich 1:20:35; 15. Tony Brien 1:21:12; 16. Ron Kurrle 1:21:13; 17. Barney Hance 1:21:20; 18. Hamilton Amer 1:21:24; 19. Donald Kennedy 1:21:49; 20. Danile Rincon 1:21:50; 21. Stephen Podgajny 1:22:31; 22. Gareth Hayes 1:22:33; 23. Andy Boychuck 1:22:42; 24. David Casillas 1:22:44; 25. Jim Lyons 1:22:54; 26. Henry Winger 1:23:00; 27. Ron Wayne 1:23:26; 28. Donald Jayroe 1:23:33; 29. Aaron R. Folsom 1:23:46; 30. Bob Varsha 1:23:50; 31. Joe Come 1:23:56;



John Vitale at Charleston. (Chet Hawes photo)

32. Val Sanchez 1:24:18; 33. Mark Linder 1:24:05; 34. Mike Becraft 1:24:18; 35. Joseph Siedlecki 1:24:20; 36. Don Jerjigan 1:24:11; 37. Max White 1:24:35; 38. Ray Morrison 1:24:48; 39. Bruce Kritzer 1:24:54; 40. Jeff Foster 1:24:59; 41. Paul Stemmer 1:25:04; 42. Mel Boyd 1:25:

06; 43. Chris Tulou 1:25:16; 44. Karl De Santos 1:25:19; 45. Robert Kocent 1:25:27; 46. John Shull 1:25:30; 47. Robert Lunn 1:25:33; 48. Craig Harms 1:25:38; 49. Vince Wojnar 1:25:52; 50. Benji Durdan 1:26:02 ... 172. Kim Merritt 1:35:16. (89 under 1:30, 532 under 2:00).

● **Atlanta, Ga., Sept. 6**—Peachtree Battle 7-mile: 1. Jeff Galloway 36:13; 2. Ed Palmer 36:40; 3. David Bishop 36:52; 4. Earl Owens 37:19; 5. Martin Sonnenfeldt 37:27 ... Wayne Williams (40+) 42:58 ... Richard Benson (50+) 47:50 ... Karen Gamel 49:07. (from Don Gamel).

● **Asheville, N.C., Sept. 20**—Businessman's 5-mile run: 1. Tom Mains 29:24; 2. Jeb Mowbray 29:32 ... 13. Dave Felton (50) 34:18 ... 14. Neil Whitworth (49) 34:46 ... 18. Trudy Mosteller (31) 36:48. (109 finished; from Will Moore).

MIDWEST

● **Fargo, N.D., Aug. 16**—Red River 15.5-kilometer run: 1. Steven Ferber (20) 52:30; 2. Larry Seethaler (32) 53:12 ... 14. Bill Woolwine (40) 1:02:46 ... 16. Tom Scott (50) 1:04:28. (28 finished).

● **Fond du Lac, Wisc., Aug. 20**—Kiekhaefer Mt. 3-mile: 1. Joel Peebles (20, U. Wis./White-water) 16:58; 2. Neal Frauenfelder (20, U.W./Whitewater) 16:59; 3. Jeff Howard (17, St. Francis H.S.) 17:09 ... 36. Robert Simonson (40+) 21:14 ... 50. Joan Guss (40+) 25:14. (52 finished; from Joel Peebles).

● **St. Paul, Minn., Aug. 23**—Steve Smith Memorial 10-mile: 1. Chuck Burrows (27, TCTC) 52:39; 2. John Cramer (22, TCTC) 54:50 ... 7. Arlen Sunn (40, TC TC) 1:13:49. (30 finished, 7 under 1:00; from Pat Lanin).

● **Kettering, Ohio, Aug. 24**—Ohio River Roadrunners Club 6-m mile: 1. Howard Wingert 33:59; 2. Bob Bowman 35:12. (17 finished; from Mike Sims).

● **Detroit, Mich., Aug. 28**—4-mile: 1. Don Richardson (22, Warren TC) 20:11; 2. John Grabowski (20, U. of Mich.) 20:35 ... 6. Kevin Kitz (15, MCS) 21:28 ... 19. Bill Barton (43, MCS) 23:29 ... 23. Max Nemazi (50, MCS) 24:29 ... 31. Leslie Yee (16, Windsor Y) 29:16. (36 finished).

● **Lake Bluff, Ill., Aug. 31**—Labor Day marathon: 1. Ken Norton (24, SW Mo. Univ.) 2:37:10; 2. Roger Johnson (26) 2:40:36; ... Joe Connolly (42) 3:01:20 ... Bob Bruce (54) 3:01:40 ... Pat McSwegin (32) 3:14:54 ... Shar. Cogbill (32) 3:46:52. Open 13.1-mile: 1. Dirk Stirrett (26) 1:08:49; 2. Pete Farwell (24) 1:11:45 ... Steve Goldberg (42) 1:17:57 ... Carol Davis (34) 1:36:15 ... R. Leibowitz (52) 1:38:05 ... Jack Bolten (62) 1:48:22. (106 finished; from Wendell Miller).

● **Mackinac Island, Mich., Aug. 31**—Mackinac Island 8-mile: 1. Charles Burrow 40:37; 2. Maurice Evans 41:32; 3. Ken Leonowicz 41:44 ... Gordon Schaefer (40+) 46:18 ... Kay Richards 51: from Chico Belogna).

● **Milan, Ohio, Sept. 1**—Milan Jaycees 10-kilometer: 1. Randy Foster (20) 32:34; 2. Larry Fox (32) 33:26; 3. Osmond Pearson (21) 34:25; 4. Barney Brown (19) 35:09... 30. Richard Culp (44) 38:00 ... 99. Rachel Blue (29) 49:37. (121 finished, 44 under 40:00).

● **Amanda, Ohio, Sept. 1**—Amanda 5-mile: 1. Duane Gaston (23) 25:03; 2. Dan Sekerak (28) 25:29; 3. Mark Shronbarger (18) 25:56 ... 18. Roland Anspach (49) 28:53 ... 51. Paula Gaston (22) 33:22 ... 54. Robert Caulkins (50) 34:11 ... 69. George Knox (64) 43:41. (69 finished; from Thad Davis).

● **Columbia, Mo., Sept. 2**—Heart of America marathon: 1. Tim Hendricks (29) 2:38:42; 2. Randy Cook 2:39:17; 3. Dick Hessler (34) 2:39:43; 4. Lou Fritz (32) 2:43:46; 5. Rick Katz (26) 2:44:32 ... 10. Alex Ratelle (50) 2:54:40. (78 finished, 12 under 3:00, 38 under 3:30, 57 under 4:00; from Joe Duncan).

● **Bruce, S.D., Sept. 7**—Lake Oakwood 5.5-mile: 1. Jay Dirksen (30, Prairie Strid. TC) 30:51; 2. Gene Asp (Lamberton Lightfoot TC) 32:09 ... 4. Lynae Larson (Prairie S. TC) 35:58 ... 7. Harvey Mills (49) Prairie Strid. 40:30. (16 finished).

● **Rocky River Reservation, Ohio, Sept. 14**—LEAAU 25-km.: 1. Paul Talkington (28, Summit AC) 1:25:27; 2. Rick Hortin (22, Summit AC) 1:25:28; 3. Mike m Markley (23, Mid-Ohio Strid.) 1:25:53 ... 6. August Jarvis (43, Lake Erie AA) 1:27:13 ... 13. Bernie Weber (18) 1:29:40 ... 33. Sue Mallory (21, Ohio TC) 1:41:01 ... 41. John O'Neil (57, Lake Erie AA) 1:43:36. Teams: 1. Summit AC, 28 pts. (62 started, 13 under 1:30; from Reno Star-roni).

● **Columbus, Ohio, Sept. 21**—Ohio AAU 30-kilometer: 1. Mark Cocker (26) 1:51:09; 2. Jim Ackley (44) 1:52:19 ... 5. John Mero-la (24) 1:59:03 ... 10. Sue Mallory (21) 2:09:27. (16 finished, 5 under 2:00; from Felix LeBlanc).

● **Chicago, Ill., Sept. 21**—Nat. Masters 15-kilometer: 1. Hal Higdon (Indiana Strid.) 47:58; 2. Bill Olrich (Bluegrass Runners Club) 51:17; 3. Al Brodzick (UC TC) 55:28; 4. George Branhm (Ind. Strid.) 53:38; 5. Duane Holz 53:59. Teams: 1. Indiana Strid., 30 pts.; 2. Wisconsin, 63 pts.

ROCKIES

● **Manitou Springs, Colo., Aug. 9**—Pike's Peak marathon: 1. Rick Trujillo 3:31:05; 2. Rick Lower 3:56:16 ... Joan Ulyot 5:20:21. Ascent (13+ miles): 1. Trujillo 2:01:47; 2. Chuck Smead 2:06 ... Bob Greene (40) 2:28:30 ... Hubert Morgan (53) 2:53:14 ... Donna Messenger (32) 3:02:24 ... George Werten (63) 3:43:42. (only these results reported).

● **Rye, Colo., Aug. 9**—YMCA Camp Crockett 10-kilometer: 1. Chuck Smead (24) 31:40; 2. Tom Hoffman (27) 33:20; 3. Maclean Wilson (17) 36:09 ... 25. Bob Carlson (50) 42:16 ... 36. Alexandra Boies (30) 48:14 ... 40. Erika Emmons (43) 53:52. (43 finished; from Don McMahill).

● **Kalispell, Mont., Sept. 6**—Kalispell marathon: 1. Skip Youngdahl 3:21:15; 2. Chuck De-Rosiers 3:30:18. (4 finished; from Larry O'Neill).

● **Helena, Mont., Sept. 20**—Mount Helena 5.3-mile (climb and descent of 1,368 ft.): 2. Bill Lannan 35:09; 2. Mike Houlihan 35:44; 3. Branch Brady 35:58. (105 finished; from Thomas Kotynski).

SOUTHWEST

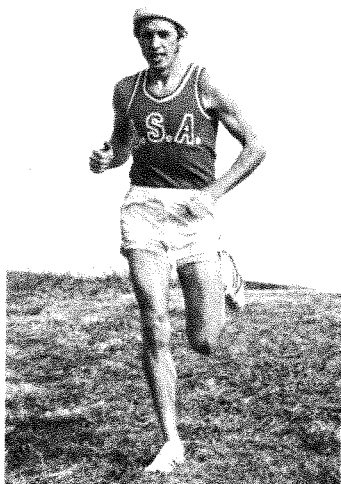
● **Brownwood, Texas, Aug. 30**—Cen-Tex Midnight 6-mile run: 1. Clent Mericle (21) 30:54; 2. Jim Ewing (36) 31:00 ... 5. David Bauer (17) 31:50 ... 19. Robert Coffey (44) 35:23 ... 52. Lamar Rodriguez 49:40. Teams: 1. Brownwood TC, 6 pts. (62 finished, 17 under 35:00).

● **Dallas, Tex., Sept.**—1 1/4 mile relay (each leg 3/4 miles): 1. Dale Horton (20) 19:20, Rodney Orand (18) 19:34, Julius Stewart (21) 19:24, total 58:18; 2. Ken Caldwell (17) 19:40, Chris Ellenby (21) 19:58, Joe Stewart (21) 18:52, total 58:30 ... 32. Viki Baker (34) 23:23, Miki Harvey (36) 24:59, Sherri Sessions (32) 23:13, total 1:11:35. (62 teams finished).

WEST

● **Hope, Alaska, Aug. 2**—Resurrection Pass Trail marathon: 1. Chris Haines 2:51:42; 2. Tom Besh 3:09:30 ... 14. Marian May 3:47:06.

● **Seaside, Ore., Aug. 16**—7-mile beach run: 1. Gary Barger 38:35; 2. Arthur Boibeau 39:28; 3. Joseph Stewart 39:39; 4. Robert Gray 39:45; 5. Graham Barr 40:01; 6. Mike Devecka 40:12; 7. Donald Ramsey (jr.) 40:24; 8. Evan Shull 40:26; 9. Jeffrey Clarke 40:36 ... 92. Doris Brown 44:45 ... 94. Debbie Quatier 44:



Lake Erie 25-km. winner Paul Talkington. (Paul Caseman)

58...104. William Beckwith (40+) 45:18 ... 184. Norman Hansen (50+) 48:30. (468 finished; from Ralph Davis).

● **Eielson Air Force Base, Alaska, Aug. 23**—Manchu Trail 25-kilometer: 1. Pete May (25, Running Club North) 1:34:43; 2. Paul

Vanture (40, Running Club North) 1:40:06; 3. Ken Coe (15, Running Club North) 1:43:59 ... 11. The Mighty Quinn (50, Running Club North) 2:07:22 ... 15. Carol Coe (13, R.C.N.) 2:07:22 ... 18. Hugh Heacock (66, R.C.N.) 2:15:27. (24 finished; from Jim Cavanaugh).

● **Santa Monica, Calif., Aug. 24**—Santa Monica marathon: 1. Dave Askren 2:24:44; 2. Lewis Patterson (Athletes in Action) 2:26:40; 3. Jim Perez (Aztlan TC)



Hour run record setter Gary Tuttle. (OMPhoto)

2:28:59; 4. Tom Lee 2:32:32; 5. Robert Branch (Culver City AC) 2:33:03; 6. Ajim Baksh (jr., SF VC) 2:36:15; 6. Tim Swezey (Pamakids) 2:36:33; 7. Thomas Amon McCann (jr. Rosemead H.S.) 2:41:01; 8. Anthony Gerald (Las Vegas TC) 2:42:40; 9. Jonathon J. Brower (Culver City AC) 2:42:55 ... 23. Frank Thomas (40+, Beverly Hills Masters) 2:52:42... 24. James Oleson (50+, Santa Monica TC) 2:52:52 ... 69. Linda Heinmiller 3:09:00 ... 87. Sue Munday 3:14:58 ... 104. Alicia Kirkorn (Blue Angels TC) 3:18:36 ... 105. Kelly Cerda (Blue Angels TC) 3:18:37. (296 finished, 48 under 3:00, 139 under 3:30).

● **Santa Monica, Calif., Aug. 24**—10-kilometer Centennial Run: 1. Terry Williams 30:26; 2. Dave White (AATC) 30:27; 3. Ajim Baksh (SFVTC) 30:29; 4. Jim Shenkle (BHS) 30:30; 5. Gary Nitti (UCLA) 30:39... Jerry Smartt (40+) 33:14 ... Mauro Hernandez (50+, SMTCO) 35:37 ... Miki Gorman (SFVTC) Sid Madden (60+) n.t. (from Dodie Mosby).

● **Los Angeles, Calif., Aug. 29**—Nat. AAU Women's 10-kilometer: 1. Carol Cook (Iowa State) 34:49; 2. Peg Neppel (Iowa State) 34:52; 3. Nadia Garcia (San Diego TC) 35:32; 4. Miki Gorman (San Fernando TC) 35:53; 5. Sandy DeNono (Blue Angels) 39:26; 6. Jane Harding (Blue Angels) 46:53.

● **Klamath Falls, Ore., Aug. 30**—15-kilometer: 1. Don Young 53:05; 2. Carol Melshn 53:25... 17. Bob Freilich (40+) 1:08:27 ... 18. Lon Willard 1:10:32. (29 finished).

● **Diamond Lake, Ore., Sept. 1**—11.5-mile Diamond Lake Run:

1. Leon Henderson 1:05:33; 2. Clayton Steinke 1:05:33 ... 6. Vance Parkhurst (40+, Roseburg TC) 1:08:43 ... 27. Stan Stafford (50+, Roseburg TC) 1:28:48 ... 31. Becky Niemi (Chitwood TC) 1:31:44. (47 finished, 8 under 1:10; from Stan Stafford).

● **Mt. Baldy, Calif., Sept. 1**—Mt. Baldy to the Peak 8-mile (from 6300 to 10,000 feet): 1. Chuck Smead (24) 1:02:44; 2. Bill Scobey (30) 1:06:55; 3. Ken Moffitt 1:07:19; 4. Mike Harris 1:08:51; 5. Jeff Rawlings 1:09:09... Louis Silva (jr.) 1:09:51... Dick Durand (40+) 1:18:55 ... Donna Sanchez 1:29:19 ... Bob Long (50+) 1:32:50 ... John Montoya (60+) 1:35:29. (from Dick Richards).

● **Eugene, Ore., Sept. 1**—Pre's Trail Runs, 10-kilometer: 1. Mike Manley 33:55; 2. Jon Anderson 34:23; 3. Tom McChesney 34:29; 4. Scott Dagggett 35:17; 5. Bob Gray 35:36; 6. Steve McChesney 35:49; 7. Mike Long 36:00; 8. Steve Surface 36:34; 9. Mark Savage 36:46; 10. Robert Smith 36:56. (127 finished; from Janet Heinonen). 5-kilometer: 1. Scott Daggatt 17:52; 2. Brian Chapman 18:26; 3. Rob MacKenzie 18:33; 4. Geoff Hollister 18:59; 5. Russ Jones 19:05; 6. Scott Richardson 19:22; 7. Ivan Hnatuik 19:35; 8. Bruce Davison 19:36; 9. Mike Friton 19:36; 10. Dan Goodrich 19:36 (204 finished). 5-kilometer women's: 1. Erin Forbes 20:30; 2. Lili Ledbetter 21:49; 3. Robin Baker 22:13; 4. Janet Heinonen 23:15; 5. Cheryl Bates 24:21

● **Santa Monica, Calif., Sept. 6**—"Striders 50" and SPAAU 50-mile champ.: 1. Joe Burgasser (36,STC) 5:39:06; 2. Andrew Levinson (27,STC) 6:23:47; 3. Dan Sheeran (48,STC) 6:30:23; 4. Donna Gookin (38,SDTC) 7:18:36; 5. Eileen Waters (29,SD TC) 7:44:00; 6. Alan Reynolds (18,Point Loma TC) 7:45:19; 7. Joe Klass (53, Griffith Park AC) 8:13:42; 8. Bob Brown (30, unat.) 8:28:05; 9. Ozzie Gongtang (34, SDTC) 9:07:43; 10. Tom Bassler (43,STC) 10:32:48; unoff., 11. Flavio Bisignano (48, STC) 11:35:00 unoff.; 12. Thaddeus Kostrubala (44, SD TC) 12:30:00 unoff. Teams 1. Seniors Track Club.

● **Bass Lake, Cal., Sept. 6**—Bass Lake 13.1-mile: 1. Hans Templeman (21) 1:11:56; 2. Wayne Van Dallen (38) 1:15:53; 3. Jon Wagener (17) 1:22:12; 4. Heinie Hartwig (36) 1:23:37; 5. Len Thornton (44) 1:23:51. (25 finished; from Bill Cockerham).

● **Kaneohe Marine Corps Air Station, Hawaii, Sept. 7**—AAU-Mid Pacific RR 10-kilometer: 1. Dan Moynihan 31:10; 2. Steve Ferber 31:50; 3. Mark Stanforth 32:15; 4. Mike Garcia 33:07; 5. Mike Tymn 33:51; ... Carlos More (40+) 37:53 ... Cindy Dalrymple 39:45 ... Sam Barth (50+) 48:05.

● **Seattle, Wash., Sept. 13**—PNA-AAU 5-mile: 1. Guy Renfro 25:22; 2. Morgan Edwards (Snohomish TC) 25:42; 3. Denny Meyer (40+, STC) 25:53... Kathy Boudreaux 39:40. (34 finished; from Paul Merra).

WEST (CONT'D)

● **San Diego, Cal., Sept. 13**—Mission Bay Triathlon, 12-mile run-bike-swim: 1. Wally Buckingham 54:28; 2. Bill McDermott 55:29; 3. Bill Phillips (40+) 56:54 ... 26. Patti Hurl 1:06:21. (41 finished).

● **Eugene, Ore., Sept. 14**—Oregon TC/Nike 15.5-mile: 1. Bruce Dewsberry (TTC) 1:22:08; 2. Brian Chapman (OTC) 1:24:00; 3. Mike Merrell 1:24:44 ... Drago Babich (40+, OTC) 1:30:42 ... Dick Bentsen (50+, ETC) 1:37:55 ... Bobbie Moore (OTC) 1:50:53. (55 finished; from Gary Timms).

INTERNATIONAL

● **Regina, Saskatchewan, Aug. 13**—W. Canada Games marathon: 1. Rick Bourrier 2:20:57; 2. John Currie 2:27:33; 3. Grant Town 2:30:05; 4. Bob Moody 2:34:11; 5. Bill Herrriott 2:34:57. (from June Krause)

● **Toronto, Ontario, Aug. 16**—World Masters marathon: (ages 40-44): 1. E. Austin (Eng.) 2:28:23; 2. S. Nikula (Fin) 2:32:50; 3. B. Holmroos (Fin) 2:34:30 ... 6. R. Greene (US) 2:39:29, (71 finished); (ages 45-49) - 1. A. Walsham (Eng.) 2:29:53; 2. A. Taylor (Can) 2:31:50; 3. C. Hall (Can) 2:38:52; 4. G. Vernosky (US) 2:40:54, (52 finished); (ages 50-54): 1. L. Carlsson (Swe) 2:45:55; 2. A. Ratelle (US) 2:46:07; 3. D. Hall (Eng) 2:47:38, (30 finished); (ages 55-59) - 1. F. McGrath (Aus) 2:40:44; 2. T. Buckingham (Eng) 2:53:18; 3. G. Anderson; 4. J. Lafferty (US) 2:58:40; (ages 60-64) - 1. G. Porteous (Scot) 2:51:17; 2. J. Wall (US) 3:02:11; 3. D. Logan (US) 3:20:00; (ages 65-69) - 1. E. Laiho (Fin) 3:49:08; 2. J. Bole (US) 3:52:41; 3. W. Stack (US) 3:53:13; (ages 70 and over) - 1. G. Vang (Nor) 4:02:55; (women ages 30-39) - 1. D. Gookin (US) 3:09:42; 2. A. Boies (US) 3:26:49; (ages 40-49) - 1. R. Anderson (US) 3:17:34; (ages 50 and over) - 1. J. Kazdan (Can) 4:48:28.

World Masters 10,000-meter cross country: (ages 40-44) - 1. R. Fowler (Eng) 32:51; 2. J. MacDonald (N'Z') 33:44; 3. H. Higdon (US) 34:06, (90 finished); (ages 45-49) - 1. A. Taylor (Can) 35:49; 2. D. Jernhester (Swe) 36:38; 3. G. Vernosky (US) 37:14, (66 finished); (ages 50-54) - 1. M. Vande Wattyne (Bel) 36:53; 2. S. Olsson (Swe) 37:21; 3. D. Hall (Eng) 37:32 ... 7. A. Ratelle (US) 39:09, (58 finished); (ages 55-59) - 1. B. Horman (US) 39:10; 2. F. McGrath (Aus) 40:32; 3. G. Scutts (Eng) 40:40, (33 finished); (ages 60-64) - 1. R. McMinnis (Eng) 41:03; 2. E. Wallace (Eng) 44:36; 3. R. S. Boal (US) 44:54; (ages 65-69) - 1. T. Jensen (Swe)

42:08; 2. N. Bright (US) 42:56; 3. E. Nordin (Swe) 44:25; (ages 70 and over) - 1. B. Hirsch (US) 47:11; 2. K. Carlsson (Nor) 48:02; 3. B. Wiseman (Eng) 57:41.

● **Rejean Lavoie, Quebec, Aug. 18**—10-mile: 1. Peter Laver 54:29; 2. Denis Prudhomme 55:14; 3. Danile Marleau 55:16. (95 finished, 14 under 1:00).

● **Winnipeg, Manitoba, Aug. 31**—Labour Day marathon: 1. Tom Devine 3:00:48; 2. Cameron Howes 3:06:15 ... Mike Whitworth 3:21:39 (40+) ... Jan Vatenyne 3:45:01.

● **Regina, Saskatchewan, Sept. 13**—Molson Golden Marathon: 1. Phil Davis 2:28:09; 2. Daryl Merrett 2:46:27 ... 10. Sandra Davis 3:24:45. (13 finished).

● **Winnipeg, Manitoba, Sept. 14**—one-hour run: 1. Chriss McCubbins 11m 1612y; 2. Mike Brooks 10m 862y ... John Houlden (50+) 8m 1669y ... Tracy Whitworth 6m 121 y.

● **Iwakuni, Japan, Aug. 2**—Iwakuni marathon: 1. Jay Sidman 2:42:00; 2. Jay Garza (US MC) 2:48:00; 3. Sadanobu Ishida 2:51:57 ... J.P. Yazzie (US MC) 2:55:21. (32 finished).

● **Rosyth, Scotland, Aug. 23**—Two Bridges 36-mile: 1. G. Woodward (Leamington C. & AC) 3:26:45; 2. C. J. Youngson (Edinburgh S. Harriers) 3:29:44 ... Lt. Chuck Day (US) 4:15:43 ... Don Logan (61, N.Y. Pioneers) 4:50:38.



Larry Young, co-winner of Pan-Am Trials walk.

WALKS

● **Kenosha, Wisc., July 5**—Nat. AAU Class B 25-kilometer walk: 1. Mike DeWitt (Lake-

shore Olympians AC) 2:18:19; 2. Dan Fitzpatrick (Green & Gold AC) 2:21:52; 3. John Van Den Brandt (Lakeshore Olympians AC) 2:29:59; 4. Dennis Zielinski (Lakeshore Olympians AC) 2:44:43; 5. Steve O'Brien (Green & Gold AC) 2:45:07; 6. George Lundmark (Northglenn Col. TC) 2:46:42. Teams: 1. Lakeshore Olympians AC, 6 pts. (from Larry Larson).

● **Eugene, Ore., Aug. 16**—Pan-Am 20-km. trial walk: 1. Larry Young (Colo. TC) 1:34:15; 2. Todd Scully (Shore AC) 1:34:15; 3. Jerry Brown (Colo. TC) 1:38:03; 4. John Knifton (NYAC) 1:38:23; 5. Bob Kitchen (DC Striders) 1:38:38; 6. Wayne Glusker (WVTC) 1:38:58; 7. Bob Henderson (UCTC) 1:42:50; 8. Ron Daniel (NYAC) 1:44:48; 9. Ron Kulik (NYAC) 1:44:48.

● **Los Angeles, Calif., Aug. 29**—Nat. AAU Women's 10-kilometer walk: 1. Sue Brodcock (Rialto RR) 52:03; 2. Sandy Brisco 58:50; 3. Chris Sakelarios (Redwood City Flyers) 59:50; 4. Mary Cortez (Woodside Strid.) 1:01:41; 5. Chris Berzemen (Woodside Strid.) 1:01:49; 6. Julie Partridge 1:02:00. Teams: 1. Rialto RR, 22 pts.; 2. Woodside Striders, 23 pts.; 3. S. Calif. Cheetahs, 31 pts. (15 finished).

● **Santa Monica, Calif., Aug. 30**—15-kilometer walk: 1. Larry Walker 1:14:35; 2. Ed Boulden 1:17:48; 3. Robert Hickey 1:19:36 ... John Kelly (40+) 1:22:55 ... Bruce MacDonald (40+, N.Y. Pioneer Club) 1:30:14 ... Chris Clagg (50+) 1:30:42. (from Dodie Mosby).

TRACK

World and American records broken or tied during the summer:

MEN

● 100m—9.9, Silvio Leonard (Cuba), =WR; 9.9, Reggie Jones (US), Steve Williams (US), Williams again, =WR and AR.

● 200m—19.8, Don Quarrie (Jamaica), =WR; 19.8, Steve Williams (US), =WR and AR.

● 220y—19.9, Don Quarrie (Jamaica), WR; 19.9, Steve Williams (US), WR and AR.

● 300y—29.19, Herman Frazier (US), WR and AR.

● Mile—3:49.4, John Walker (New Zealand), WR.

● 2 miles—8:17.2, Marty Liquori (US), AR.

● 15 km.—44:53.4, Gary Tuttle (US), AR.

● 10 miles—45:57.6, Jos Hermans (Holland), WR; 48:10.4, Gary Tuttle (US), AR.

● 20 kms.—59:52.4, Gary Tuttle (US), AR.

● One hour—12 miles 811 yards, Gary Tuttle (US), AR.

● 110m hurdles—13.1, Guy Drut (France), =WR; 13.0, Drut, WR.

● 330y hurdles—35.5, David Hemery (Great Britain), unofficial WR.

● Steeplechase—8:10.4, Anders Garderud (Sweden), WR; 8:09.8, Garderud, WR.

● 3-mile walk—20:40.8, Ron Laird (US), AR.

● 5000m walk—21:23.4, Ron Laird (US), AR.

● Mile relay—3:02.4, United States, WR and AR.

WOMEN

● 60m—7.2, Lea Alaerts (Belgium), =WR.

● 220y—23.2, Rosalyn Bryant (US), AR.

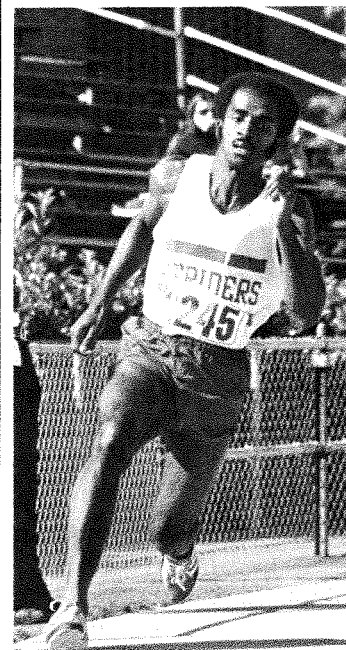
● 300m—35.7, Irena Szewinska (Poland), WR.

● 800m—2:00.5, Madeline Jackson (US), AR; 2:00.3, Jackson, AR.

● 1500m—4:08.5, Francie Larrieu (US), AR.

● 3000m—8:46.6, Grete Andersen (Norway), WR.

● 10,000m—34:01.4, Christa Vahlensieck (West Germany), WR; 34:49.0, Carol Cook (US), AR.



Don Quarrie, world record 200m/220y. (Jeff Johnson)

● One hour—10 miles 667 yards, Nadia Garcia (US), WR and AR; 10m 810y, Christa Vahlensieck (West Germany), WR.

● 1500m walk—6:46.6, Lisa Metheny (US), AR.

● 440y relay—44.07, West Germany, WR; 44.20, United States, AR.

● 3200m relay—8:05.2, Bulgaria, WR.

● 2-mile relay—8:46.4, Blue Ribbon Track Club (US), AR.

● Mile relay—3:30.3, West Germany, WR; 3:30.9, United States, AR. ●

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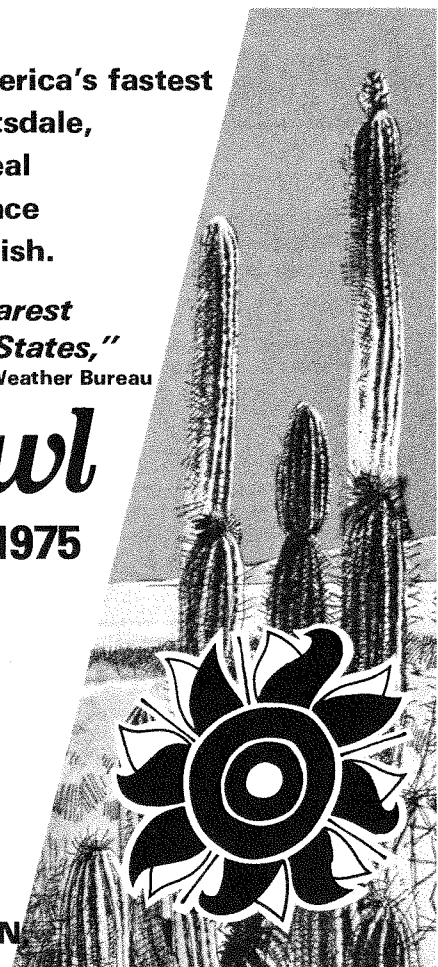
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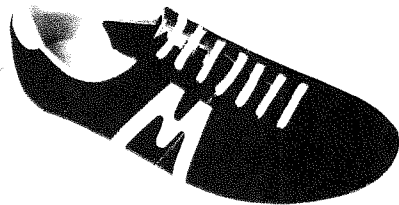
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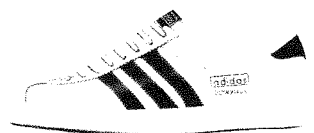
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December Coming Events

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NORTHEAST

- 7 Maryland marathon, Baltimore, Md. (Memorial Stadium; 10:30 am; Joe Holland, Maryland Marathon Commission, 610 N. Howard St., 4th Fl., Baltimore, Md. 21201)
- 7 Niagara AAU 10-Km. X-C, Buffalo, NY. (Carl Roesch, 28 Burlington Ave., Buffalo, NY)
- 28 20-mi., 10-mi., 1.75-mi.—trail, Greenbelt, Md. (Braden Field; Larry Noel, 105 Northway Rd., Greenbelt, Md. 20770)

SOUTHEAST

- 7 Bluegrass marathon, Lexington, Ky. (Bluegrass RC, Track Office, Memorial Coliseum, Univ. of Ky., Lexington, Ky. 40501)
- 21 13.1-mile, Lakeland, Fla. (Marchant Stadium; 10 am; John Scimone, 631 Young Pl., Lakeland, Fla. 33803)
- 27 Peach Bowl marathon, Atlanta, Ga. (Noon; open; Tom Singleton, Dean of Men, Ga. State Univ., University Plaza, Atlanta, Ga. 30303)
- 30 Melbourne marathon, Melbourne, Fla. (Melbourne Rec. Dept., 1551 Highland Ave., Melbourne, Fla. 32935)

MIDWEST

- 6 Mel Vos Memorial Sunflower State marathon, Topeka, Kansas. (Lake Shawnee; 1 pm; Karlton Naylor, 120 NW 35th, Topeka, Kansas 66617)
- 6 North Central marathon, Naperville, Ill. (11 am; Bob Schrader, North Central College, Naperville, Ill. 60540)
- 6 MV AAU & Open 30-km. Run, Columbia, Mo. (Hilton Inn; 11 am; Joe Duncan, 4004 Defoe Dr., Columbia, Mo. 65201)
- 6 20-km., Saint Louis, Mo. (9 am; open; St. Louis TC, Box 13428, St. Louis, Mo. 63138)
- 7 Nat. RRC 15-km., Toledo, Ohio. (2 pm; open; Sy Mah, 241 Health Bldg., U. of Toledo, Toledo, Ohio 43606)
- 13 or I-AAU 30-km., Lafayette, Ind. (open; Henry Shands, 100 Thornbush Dr., West Lafayette, Ind. 47906)
- 28 RRC 50-mi., Toledo, Ohio. (8 am; open; Jim Edwards, 3809 Maxwell Rd., Toledo, Ohio 43613)

SOUTHWEST

- 6 Six-mile & 10.8-mile, Dallas, Tex. (X-C Club of Dallas, 6891 Avalon, Dallas, Tex. 75214).
- 6 GAAU 30-km., Houston, Tex. (Kingwood area; Pete League, 5471 Jackwood, Houston, Tex. 75214)

- 13 Hemi-marathon 13m 192½ y, Texarkana, Tex. (10 am; Bill Jones, 1209 Trinity, Texarkana, Tex. 75501)
- 13 Nat. Jr. Olympic X-C, Houston, Tex. (Hermann Pk.; 10 am; Jerry Montgomery, Box 475, Alief, Tex. 77411)
- 20 Odessa marathon, Odessa, Tex. (9 am; Jack Petty; 907 W. 2nd, Odessa, Tex. 79763)
- ? US-Mexico marathon, El Paso, Tex. (Dr. Robert Wiggs, Race Director, 3000 Park North, El Paso, Tex. 79904)
- ? Fiesta Bowl mar., Scottsdale, Ariz. (Tom Harris, 350 N. First Ave., Phoenix, Ariz. 85003)

ROCKIES

- 13 Pueblo Holiday marathon, Pueblo, Colo. (Pueblo Co. HS; 10 am; Jeff Arnold, Rt. 5, Box 226, Rye, Colo. 81069)

WEST

- 7 National AAU marathon, and Western Hemisphere marathon, Culver City, Cal. (Wes Alderson, 4070 Minerva Ave., Los Angeles, Calif. 90066, or Carl Porter, 4117 Overland Ave., Culver City, California 90230).
- 13 Madera marathon, Madera, Calif. (Madera HS; noon;

open; Coach Dee De Witt, Madera High School, Madera, Calif.)

- 13 Livermore marathon, Livermore, Calif. (Lawrence Livermore Lab; 10 am; Dan Moore, 663 Jefferson Ave., Livermore, Calif. 94550)
- 14 Honolulu marathon, Honolulu, Hawaii. (6:30 am; open; Thomas Ferguson, 4191 Halupa St., Honolulu, Hawaii 96818)

INTERNAT'L

- 7 International mar., Fukuoka, Japan.

WALKS

- 14 GAAU 50-km. Race Walk, Houston, Tex. (Memorial Park tennis courts; 8 am; John Evans, 4011 Old Galveston Rd., No. 133, Houston, Tex. 77017)
- 15 Gulf AAU 20-km. Walk, Houston, Tex. (Memorial Park; 10 am; John Evans, 4011 Old Galveston Rd., No. 133, Houston, Tex. 77017)
- 21 20-km. Race Walk, Lakeland, Fla. (Marchant Stadium; 9 am; John Scimone, 631 Young Place, Lakeland, Fla. 33803)

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HEMI—MARATHON—13 miles, 192½ yards, Saturday, Dec. 13, 10 am. Trophies to all finishers. \$2.25 entry fee. Contact: Bill Jones, 1209 Trinity, Texarkana, TX 75501 (214) 792-1117.

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5th ANNUAL PARIS Mountain Classic 12.3 Mile Road Race—Sunday, Dec. 7, 2:00 p.m. Trophies, medals, merchandise and T-Shirts. Divisions: high school, 18-29, 30-39, 40-49, 50 and over. Contact Adrian Craven, 213 Brookwood Drive, Greenville, SC 29605.

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NIKE, TIGER, BROOKS SHOES—Men's Brooks, 1-13, Women's Brooks, 4-10, Women's BC sizes. Nike 3-13. New women's training shoe & excellent men's. Nike, USA Track, Montreal 76 T-shirts. Information send self-addressed, stamped envelope: The Athlete's House, 1700 Portland Ave., Nashville, TN 37212.

TIGER Corsair \$21.95; Nairobi and Boston '73 \$16.95; Montreal '76 \$19.95. Team prices on request. Sizes 6-12. Add \$1.25 postage one pair, plus 50c each additional pair. Write: James Morris, The Jog Shop, 1203 East Warren, Brownfield, TX 79316.

NATIONAL AAU Men's Senior Cross-Country Championships—Also boys' National AAU Championship (7 & under to 16-17). November 30, 1975, Annapolis, MD. Senior AAU X.C. information write: National AAU X.C., Annapolis Touchdown Club, Annapolis, MD 21404. Boys' AAU X.C. information write Dr. Gabe Mirkin, 9900 Georgia Ave., Silver Spring, MD 20902. T-shirts available now, \$3.50 (includes postage).

REEBOK—Quality British manufacturer introducing completely new line of flats and spikes. Includes nylon Cougar and redesigned Tendo II. Write for brochure and prices. Sprint Sales, Box 356, Huntingdon Valley, PA 19006.

CLASSIFIED ADVERTISING RATES

An effective and economical way to advertise equipment, training aids, races, and personal notices. Over 30,000 runners read these ads each month. Rates: race notices 30c/word, \$7.50 minimum; general notices 40c/word, \$10.00 minimum. All ads must be paid in advance.

Next issue for advertising: January 1976. Closing date: Nov. 12, 1975.

Contact: Lynne Hart
Advertising Manager
P.O. Box 366, Mountain View, CA 94040

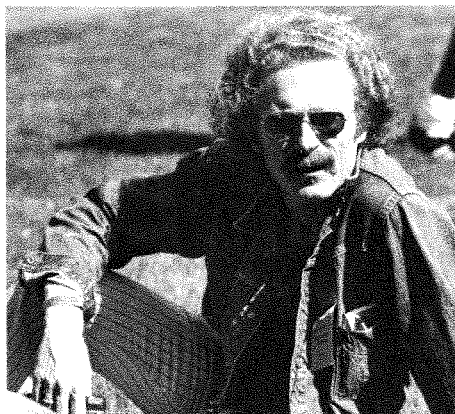
Looking at People

● **Dr. Lester Breslow** confirms what many older runners already suspected. The dean of UCLA's School of Public Health says, "A man at age 55 who follows seven good health habits has the same physical health status as a person 25-30 years younger who follows less than two of the health practices."

Dr. Breslow, author of a report on a long-term study of 7000 Californians, concludes that men who follow all seven "golden rules" will live 11 years longer and women seven years longer than chronic rule-breakers.

The rules: (1) eat on a regular schedule; (2) eat breakfast; (3) sleep eight hours each night; (4) keep a normal weight; (5) don't smoke; (6) not more than two alcoholic drinks a day; (7) exercise regularly.

Dr. Breslow says he hasn't been able to determine which of these health habits is most important. However, his associate **Dr. Nedra Belloc** of the California Health Department, says, "In our study, the men who reported that they often engaged in active sports had the lowest mortality (death rate), just half that experienced by men who reported they only sometimes gardened or exercised."



Tom Sturak (Donald Duke)

● However, exercise of the prolonged, competitive type isn't without hazards. *RW* contributor **Tom Sturak** was 1½ minutes away from a "self-imposed 2-3 month layoff" to heal a foot injury. The 1500-meter race at the World Masters meet was to be his last push before resting. Tom was on the next-to-last lap when it happened. He wrote a week later, "I'm up to my crotch in a cast following surgery to re-attach my right achilles tendon to the

heel bone. Now I rest for a long time, like it or not."

● A year ago, **Donna Gookin** broke her leg, dislocated her ankle and fractured it in two places while running. She reports, "My flexibility and pushoff aren't as good as before." Yet Donna, who is 39, ran a 3:09:40 marathon to win the women's open division at the World Masters meet. It was just a minute slower than her best. Two weeks later, she ran 50 miles on the track in 7:17.

● Contributing editor **Hal Higdon's** most recent book, *The Crime of the Century* (published this fall by Putnam's), has nothing to do with running. The book describes the kidnap murder committed in 1924 by **Nathan Leopold** and **Richard Loeb**, which was attorney **Clarence Darrow's** most famous case. The book is the 13th Hal has had published, but he is not superstitious—for an understandable reason. While driving to the track where the World Masters meet was being held this summer, he saw a black cat dart across his path. He won the gold medal in the steeplechase that day.

● Among the participants in the Pike's Peak Marathon was **Margo St. James**, who heads a California-based group working to decriminalize prostitution. She said, "Hookers have been portrayed as mindless, lazy and diseased. I came out to Colorado to dispel the myth that we can do only one thing with our bodies."

● **Jean Sanders** of Rochester, Minn., said she was "desperate to find someone to run with." So she placed this classified ad in the *Rochester Post-Bulletin*—"Wanted: Distance running partner. Good endurance, agile, able to run at least a seven-minute mile, seven days a week. . ." Writer **Paul Christian** says she received 25 responses.

● Want to win \$50,000, or \$25,000 or . . . A promoter named **Dee Collins** plans to put together an event reminiscent of the infamous Bunion Derbies of the 1920s. Collins calls this the "Great American Marathon," starting at Constitution Hall in Philadelphia next June (note: mid-summer heat) and finishing at the Alamo in San Antonio 2½ months later. Women only. Thirty miles a day, six days a week. Fastest ac-

cumulated time wins. No further comment.

● **Glenda Reiser**, Canadian record-setter in the 1500 meters at 16, Commonwealth Games champion at 18, has quit running at 20. She indicated she



Glenda Reiser (Bill Herriot)

was tired of the sport and needed more time for her medical studies.

● In September, Eugene dedicated a new trail system to **Steve Prefontaine**. A race on the trails attracted nearly 500 runners and raised more than \$3000 for the Prefontaine Memorial Fund.

Meanwhile, in a conversation with **Chuck Rist**, Pre's parents recalled the eerie circumstances of their son's last night.

Raymond Prefontaine said, "He wore black in that meet, and we can never recall him wearing black before. After the run, he found us in the crowd and waved to us. He had never done that before."

Elfriede Prefontaine added, "We were driving back from Eugene that night. My husband was very tired, and we pulled off the road to rest. It was exactly 12:30, the time my boy died. Sometimes you wonder about all these things. . ." ●

Starting LineSports



Christmas Catalog

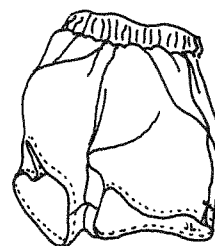


JOG JOY SWEATS

Smartly-tailored warmup suits to protect your muscles from strains, stiffness and cramping caused by cold during the critical warmup and cooldown periods of your workouts. 100% acrylic, washable material, zippered jacket front, pockets (jacket and pants) and leg openings and elastic waist in both jacket and pants for that perfectly proportioned fit. \$26.95 postpaid. Colors: Lt. Blue, Navy, Kelly Green, Red.

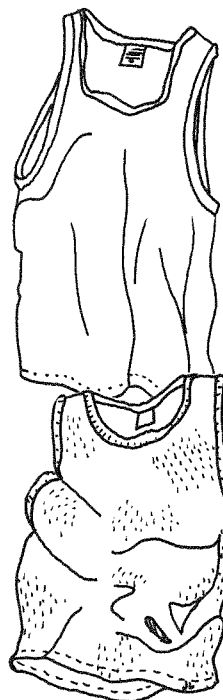
Size	XS	S	M	L	XL
Chest	30-32	34-36	38-40	42-44	46-48
Waist	24-26	28-30	32-34	36-38	40-42
Inseam	26-28	28-30	29-31	30-32	31-33

X-6059 TRACK SHORTS



Sheer nylon track shorts which feature total freedom of leg movement and sleek appearance. Singly lightweight nylon, vented leg. Machine washable. Colors: Royal Blue, Scarlet, Black, Kelly Green, Gold, Navy. Sizes: XS, S, M, L, XL. \$3.95 postpaid.

RACING SINGLETS

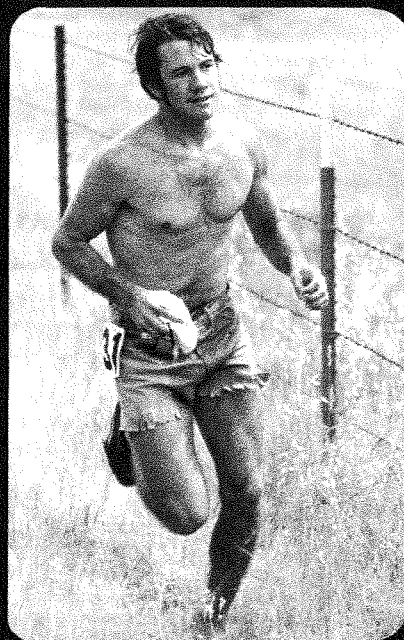


Cool and comfortable lightweight singlets. The X-2105 is a cotton and rayon tank top with white trim around neck and arms, perfectly suited to either training or racing. Machine washable. Colors: Royal Blue, Gold, Kelly Green, Red. Sizes: S, M, L, XL. \$3.25 each postpaid. The X-2157 is a super lightweight all-nylon double-knit top with self-trim, made for the serious competitor. Small pores in material let your skin breathe. Machine washable. Colors: Royal Blue, Gold, Kelly Green, White, Turquoise. Sizes: S, M, L, XL. \$5.50 postpaid. Please indicate alternate color preference.



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A stopwatch designed specifically for athletes. Can be worn like any wristwatch, has a big 60-second dial that can be read while moving, and is shock-protected to give you accurate times under conditions that would throw off the accuracy of any other watch. Large start and stop buttons make it easy to operate. One year guarantee. \$76.95 ppd.





SHOES

Tiger Jay Hawk



The leading racing flat, designed for distance and cross-country. A lightweight shoe with a thin, flexible sole, rounded heel and gum rubber suction cup tread. Gold nylon with navy stripes, sizes 3-13, \$21.95, with quantity discount, \$19.75.*

Nike Ke



Order on page 60.

Puma 9190



A blue nylon training shoe which offers a winning combination of light weight and good all-around protection. Thick, rounded heel, flexible ripple-pattern sole, extra-high achilles tendon pad. Blue with white trim, sizes 3-13, \$29.95. With quantity discount, \$26.95.*

Nike Boston '73



Worn by four of the first seven finishers in the '72 Olympic marathon trials. A racing flat with rounded heel, unique stitch-free toe, Spenco insoles, and good arch support. Blue with white nylon, sizes 3-13, \$19.95, with quantity discount, \$17.95.*

Tiger Montreal '76



A light, protective nylon trainer, available in either blue or red with white stripes. This nylon version of the popular Cortez has a ripple sole, wide heel, and color-coordinated thick heel wedge. Sizes 3-13, \$23.95, with quantity discount \$21.55.* Indicate if color can be substituted.

*Special
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New Balance "Comp"



The New Balance Competition A has a knobby sole for excellent traction on all surfaces and a wedge and midsole combination which keeps weight forward and absorbs shock. Blue nylon with blue trim, sizes 7-12 D-E widths. \$17.50, with quantity discount, \$15.75.*

Adidas Marathon



For race walking and distance running. Soft, form-fitting goat-skin upper with ventilated, seamless toes and contoured, arch-supporting interior. One of the lightest flats on the market. Blue with white trim, black toe cap and sole. Sizes 6-12, \$37.50, with quantity discount, \$33.75.*

DES



nya Red

A lightweight training shoe which can double as a well-padded racing shoe. Spenco insole, arch bandages and padded ankle collar, red nylon with white trim, sizes 6-13, \$20.95, with quantity discount, \$18.85.*

Tiger Helsinki



Suede leather with four removable spikes mounted on Tiger's light, flexible spike plate. Heel cushion, orthopedic wrap-around sole. Blue with white stripes, sizes 6-13, \$21.95, with quantity discount, \$19.75.*

Order on page 60.

New Balance 3:05



New nylon training shoe with special flared heel stabilizes the foot, reduces ankle-roll injuries. Tough but light ripple sole with rounded heel, available in D and E widths. Blue with blue & white trim, sizes 7-12 D-E, \$23.95, with quantity discount, \$21.55.*

Nike Road Runner



"A hot new item that's sure to be widely popular by next year," says the Runner's World Shoe Supplement. Green nylon with blue and yellow trim, rigid heel counter, extra-thick achilles pad and rounded heel. Sizes 3-13, \$18.95, with quantity discount, \$17.05.*

Order three or more pairs of shoes (same or different models) and take special discount price listed with each shoe.

Tiger Nairobi



A light but durable shoe which can be used for both racing and training, and one of the most popular running shoes of all time. Ripple sole, blue nylon with white stripes, sizes 3-13, \$19.95, with quantity discount, \$17.95.*

Runner's Calendar



Free with every shoe order:

Attractive wall calendar with striking running photos, quotes from noted runners, and important running dates already marked. Perfect to hang on the wall of your office, den, study or kitchen! \$1.95 if ordered separately.

Tiger Ohbori



A distance racing shoe built on a spike last. Gum rubber suction cup tread, perforated for ventilation, heel wedge and cutaway arch. Suitable for roads and all-weather tracks. Navy with yellow tiger stripes, sizes 4-13, \$26.95, with quantity discount \$24.25.*

FREE!



STOCKING STUFFERS

Anti-Fog keeps your glasses from fogging up with mist or perspiration. Apply one drop to each lense, rub in and let dry for hours of clear vision. \$2.00 postpaid for 14cc bottle.

Heel cups protect against bruises, spurs, shin splints, blisters and callouses. One size fits all. \$2.50 postpaid per pair.

Cramer Dextrotabs increase depleted carbohydrate reserves to minimize fatigue effects. Readily absorbed without upsetting digestion. 300 tablets of 25 gr. each, \$4.00 postpaid.

Cramer Atomic Rub-Down liniment for pre-event massage or minor muscular aches and warms and soothes your muscles, leaving them relaxed and ready for anything. Pint size, \$2.75, quart size \$5.25 postpaid.

SOLE REPAIR KIT



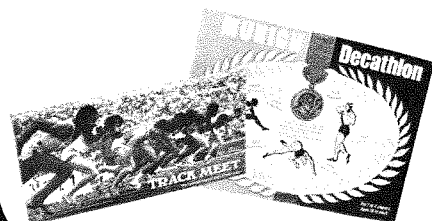
Continued running on worn soles creates serious imbalances in the feet, lower legs, knees and back, which lead to chronic injuries. Prevent all this by building up your worn soles with a handy sole repair kit. \$7.25 ppd.



TRACK & FIELD GAMES

Munich Decathlon—for one to four players, ages 10 to adult. Recreates the Olympic drama of the Decathlon, the track and field contest which decides the world's greatest athlete. All strategies and points completely realistic. \$7.50 postpaid.

Sports Illustrated Track Meet—for one to seven players, ages 11 to adult. Coach seven t&f superstars (including Jim Thorpe, Vasily Kuznetsov and Bill Toomey) through the ten events of the Decathlon. All performances of these athletes have been carefully researched by Sports Illustrated to add realism and educational value to the game. \$10.50 postpaid.



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Qty.	Description	size/color*	price	TOTAL

*indicate alternate color

Subtotal

Calif. residents add 6% tax

Postage (shoes \$2.00;
other items are postpaid)

TOTAL

GENERAL INFORMATION

Indicate items to be sent in grid at left. Be sure to include postage charges on books (40c each) and shoes (\$2.00 per pair). Please include full payment with order or charge your purchase by filling in the appropriate information in the space provided. Don't forget that you can order by phone by calling Ms. Pat Perez at (415) 965-8777.

SHOES

To ensure correct fit, please send a tracing of your (bare) foot.

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Starting LineSports

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Readers' Comments

WHITE PLAINS

I should like to correct an erroneous impression given in "Views of the AAU's" (Sept. 75). You say, "The women ran on. . . a high school track (one which reportedly didn't measure up to national meet standards) in White Plains, N.Y." Later, ". . . the women had better performances, despite the track. . ."

Everyone who has seen or run on the White Plains facility rates it as the fastest and best they have ever encountered. Except for the fact that it has six lanes instead of the preferred eight, it measures up to any track in the country. The women who competed there at the AAU loved it. They produced five American records *because of* the track, not despite it."

*Richard Lacey
Pelham, N.Y.*

PERSPECTIVES

A lady I know is in her late 40s, getting gray and heavy, and trying not to worry with an occasional assist from Valium. She acquired the bingo habit last year and goes to games four nights a week. This summer, she got a sinus infection from the air conditioning and a muscle spasm in her neck from tension. Three friends carry her in and out of her car for those games, where she sits wrapped in a heavy sweater, blowing her nose constantly.

I visited with her recently, and she wanted to know how I lost so much weight in the past year. I told her by running.

"On the road?" she asked with a hint of disbelief. I assured her it was on the roads. "I could never do that," she said. "I could never stand all those people staring at me."

*Jim Rogers
Redwood City, Calif.*

WRITING AWARDS

Last year, the Road Runners Club of America initiated an award for best writing concerning long distance running. The writing may be an article,

(continued on page 62)

THIRTEENTH ANNUAL MISSION BAY MARATHON

8 AM SATURDAY, JANUARY 10, 1976

Flat, Fast, Scenic, Certified Course

E.R.G. Stations every 2½ miles

Watches to sub-2:16 open, -2:30 vet, -2:50 woman

T-Shirts to all under four hours

Unique Awards—Open, Women, Junior,
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Get your Boston or Olympic Trials qualifying time at Mission Bay. . .
1975: seven qualified for the Pan-Am Trials and 82% of the 502 starters finished, 24% under 3 hours.

Plan to spend the weekend—or your vacation—in San Diego. . . We are planning a pre-race spaghetti dinner and marathon clinic and post-race picnic and evening luau. . . And can get you reduced rates on air travel, motels and tour packages to Sea World, San Diego Zoo, Old Mexico, boat rentals, sport fishing, etc.

FOR ENTRIES, TRAVEL OR ACCOMMODATIONS, WRITE:

Sports Travel International Ltd. 1951 Cable Street
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January forecast: shady mornings (64° at 11:00) for the Marathon and sunny afternoons for your vacation fun.

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If you're moving, please let us know three weeks in advance. Please include the following information: publications you subscribe to, your new address, and your old address. (You can also use this form to order new magazines: just write "new" in the space for your old address.)

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- Bike World (12 issues/\$7.00)
- Aquatic World (6 issues/\$4.00)
- Nordic World (9 issues/\$6.00)
- Soccer World (12 issues/\$8.00)
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WORLD PUBLICATIONS
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100% Orlon

\$4.95 each

Write no. of shirts wanted in size boxes by designated color.

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4th ANNUAL • AAU CERTIFIED

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Entry Fee \$3. Fast, flat course. Two laps.

Trophies or medals to:

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Ribbons, final results and certificates mailed to finishers.

For applications & information, write:

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ENTRY DEADLINE NOVEMBER 22

Statement required by the Act of August 12, 1970; Section 3685, Title 39, United States Code showing the ownership, management and circulation of RUNNER'S WORLD, published monthly at 1400 Stierlin Rd., Mt. View, CA, for November, 1975. Location of General Business office of the Publisher: same. The names and addresses of the Publisher and Editor are: Publisher, John R. Anderson, 22261 Larkellen Ln., Los Altos, CA 94022. Editor: Joe Henderson, 1074 Marilyn Dr., Mtn. View 94040. Managing Editor: Diane Teshima, 177 Tasso, Palo Alto, CA 94301. Owner: John R. Anderson. The known bondholders, mortgages and other security holders owning or holding one percent or more of the total amount of bonds, mortgages or other securities are: none.

The average number of copies each issue during preceding 12 months: (A) Total number of copies printed: 30,053. (B1) Paid circulation through dealers and carriers, street vendors and counter sales: 3,585. (B2) Paid circulation through mail subscriptions: 24,751. (C) Total paid subscription: 28,336. (D1) Free distribution by mail, carrier or other means: samples, complimentary and other free copies: 158. (D2) Free distribution by mail, carrier or other means: copies distributed to news agents but not sold: 1125. (E) Total distribution: 28,494. (F) Office use, left-over, unaccounted for, spoiled after printing: 434. (G) Total: 30,053. The number of copies for the single issue nearest filing date: (A) Total number of copies printed: 35,662. (B1) Paid circulation through dealers and carriers, street vendors and counter sales: 4,056. (B2) Paid circulation through mail subscriptions: 29,559. (C) Total paid circulation: 33,615. (D1) Free distribution by mail, carrier or other means: samples, complimentary and other free copies: 213. (D2) Free distribution by mail, carrier or other means: copies distributed to news agents but not sold: 1,237. (E) Total distribution: 33,828. (F) Office use, left-over, unaccounted for, spoiled after printing: 597. (G) Total: 35,662.

I certify that the statements made by me above are correct and complete.

John R. Anderson
Publisher

Readers' Comments

short story or a book. It may have appeared in any publication. The 1974 winner was John Chodes for his biography, *Corbitt*.

Readers of *RW* are invited to submit nominations of their favorite pieces that have appeared in 1975. Every nomination will be reviewed by the RRC selection committee. Please send your nomination to me at the address listed. If your nomination is in a somewhat out-of-the-way magazine or newspaper, a copy of the piece would be appreciated.

Sidney Gendin
90 Oakwood
Ypsilanti, Mich. 48197

INTERFERENCE

I have noticed a recurring problem in road races. A runner will decide to have his wife or family drive the course, giving him water, comfort and cheers—and gas fumes to the other runners.

In a recent race, some father-coach had three young girls entered, so his jeep kept pulling ahead, stopping, pulling back, doubling back. It not only smelled bad; it was difficult to concentrate on the terrain and humans ahead.

Probably the people who drive these support vehicles are well-meaning. They simply have no idea that a car leap-frogging through a line of runners or rolling alongside as you climb a hill is a terrible intrusion upon the race.

There is no way to stop the routine flow of traffic during a race. But meet directors and race officials ought to ask that no runner bring his own aid station and cheering section along with him.

V.I. Wexner
Cottonwood, Calif.

RACING, PACING

The article "Each Race is a Question Answered" (Sept. 75) provides a solid basis to participate in competition even though most contestants have virtually no hope of "winning"—i.e., coming in first, or even second or third.

However, the dimensions of competition seem to transcend the time factor, as expressed, "When I race, I run for time and not position . . . This way everyone can be a winner."

A potentially more gratifying outlook is that there are as many positions to be won in a race as there are contestants.

When are you going to quit?

I generally work for the highest position I can gain, and accept the results as cheerfully as possible. For instance, taking 99th at the Fredonia Farm Festival 10-kilometer wasn't quite as sweet as finishing 98th, but it was better than finishing 100th or 300ths.

With all the variables of courses and conditions, I find "time" to be rather an elusive goal. Therefore, what strikes me as a more fun-filled objective is the struggle for the highest possible position. And when that position is last, as it has been twice, I feel I've at least won the struggle over fear and lethargy.

*Dave Theall
McLean, Va.*

HIGHLIGHTS

I have a suggestion: eliminate "Racing Highlights." I think the space could be put to better use if you filled it with an article or two instead of a listing of names and times.

Sure, it's nice to see where a friend of mine won a marathon in Kentucky. But chances are I would have heard about it anyway.

Also, "Highlights" covers so few of the race and lists so few of the finishers, it hardly seems worth the effort to put the column together.

*Ron Somers
Bel Air, Md.*

CERUTTY'S LESSON

Percy Cerutti understood the athlete's need to enjoy running, to approach it with an uninhibited passion that is killed in athletes working out on soul-destroying and boring systems. I would hope that his books will be re-read by the running fraternity, so that everyone will realize his message to us and just how far ahead of his time he was.

One thing I don't really like in *RW* is the amount of formulas and graphs you reproduce. This mind-boggling scientific data which tries to reduce people to machines which, given a certain work load, will produce specific results.

This is the kind of thing Cerutti detested. Give a runner a rigidly mechanical system or schedule and you produce a rigid and mechanical athlete. My advice to the average runner is go out and enjoy your running. This is one of the Cerutti lessons.

*Rick Morris
Warwickshire, Eng. •*

If the answer is "never" (and we suspect it is), subscribe to *Runner's World* for life for a bargain price of \$75.00.

Subscription rates are going up January 1, 1976, so this is your last opportunity to take advantage of the old rate.

We're sure you'll be glad you did, because *Runner's World* is the running magazine for people with a lifetime interest in running.



Please enter my subscription to *Runner's World* for life.
Enclosed is my old mailing label and a check for \$75.00.

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Runner's World, Box 366, Mountain View, CA 94040

Life Subscriptions

The Skier's World—Text and color photos on all aspects of downhill skiing. SKA-004, 1973 Hb., \$15.00.

Hiking the Appalachian Trail—Two volumes by the 46 people who have hiked the entire trail. BKG-008, 1975 Hb., \$39.95.

The New Complete Walker—Standard reference on backpacking. BKH-003, 1974 Hb., \$8.95.

DeLong's Guide to Bicycles and Bicycling—One of the best books on buying, riding and repairing a bike. BYS-011, 1974 Hb., \$12.95.

New Complete Book of Bicycling—Expanded version of one of cycling's classics. BYS-013, 1974 Hb., \$12.95.

American Caves and Caving—Techniques, pleasures and safeguards of modern spelunking. CX-002, 1974 Hb., \$10.00.

The Chess of Bobby Fisher—A thorough analysis of his 750 known clock games. GG-001, 1975 Hb., \$12.50.

Ski Cross-Country—An authoritative handbook on nordic ski touring and racing. SKN-024, 1974 Hb. \$10.00, Ppb. \$5.95.

Fencing—Good beginner's guide covering foil fencing. FG-004, 1971 Ppb., \$2.75.

Fiberglass Rod Making—Make a fishing rod with better balance, response and appearance than you can buy. FX-007, 1974 Hb., \$10.00.

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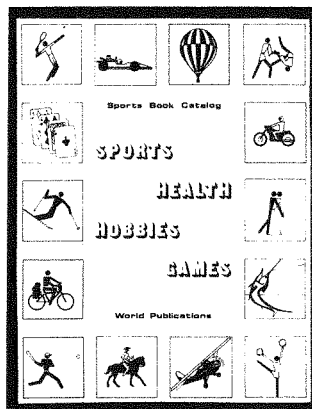
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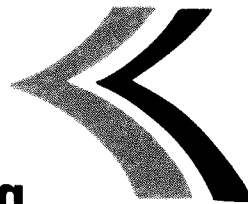
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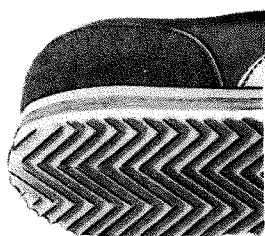
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the same time see the San Francisco Bay area during the holiday season. More details can be found on page 6 of this issue. If you want an 11" x 17" color poster version of the picture used in this ad, send \$1.00 to National Running Week, Box 366, Mountain View, CA 94040.

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