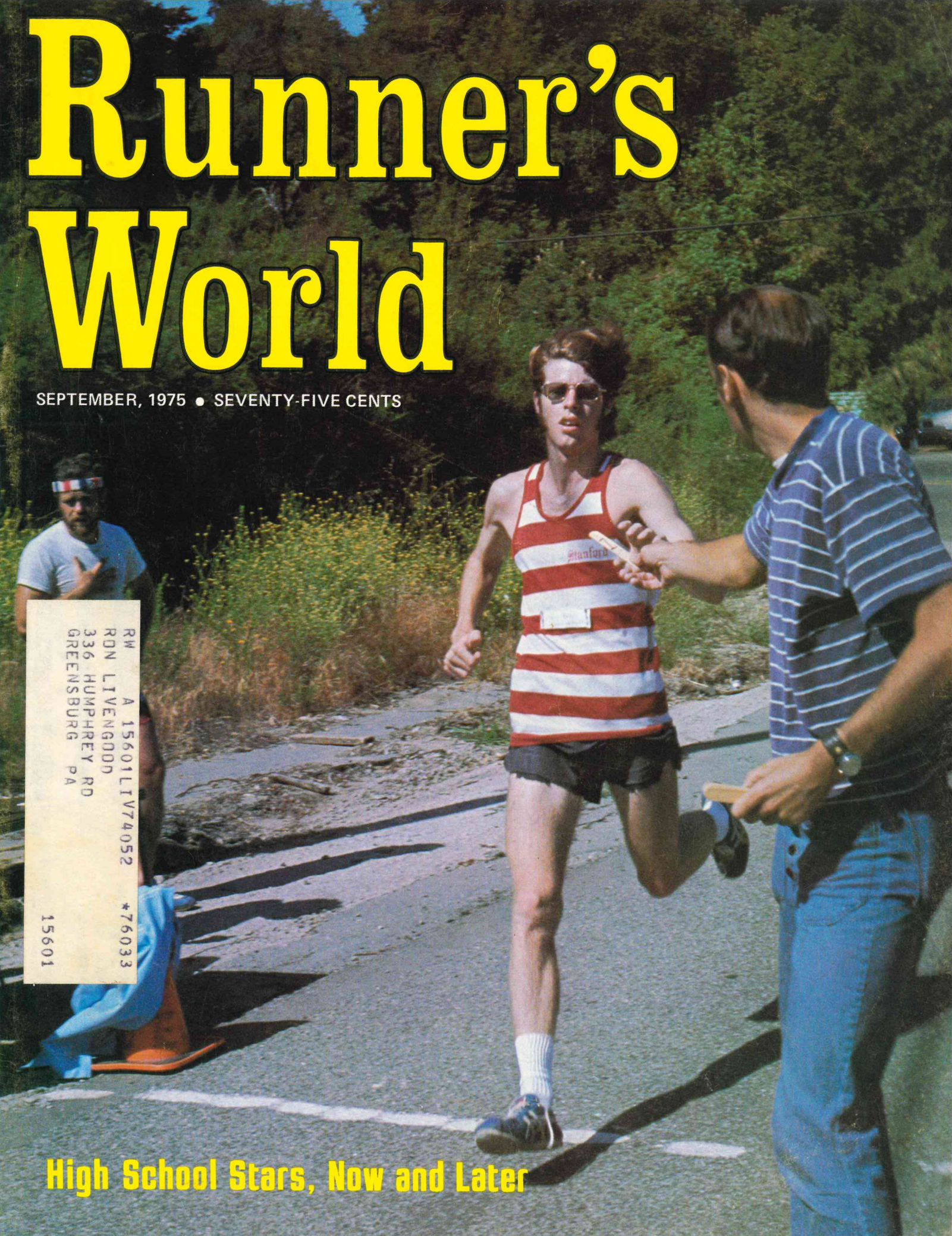


Runner's World

SEPTEMBER, 1975 • SEVENTY-FIVE CENTS



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High School Stars, Now and Later



Welcome to the 2nd Annual...

Buffalo To Niagara SKYLON INTERNATIONAL MARATHON

WHEN—SATURDAY, OCTOBER 25, 1975 - 12:30 P.M.

WHERE—The Race begins in Delaware Park, Buffalo, N.Y. (see map), runs across the famous Peace Bridge into Canada, continues up a winding, tree-lined road along the Niagara River to the finish line at breathtaking Niagara Falls. The Course, which is A.A.U.-certified, is basically flat, and the last 20 miles are on a roadway regulated at 30-40 M.P.H.

SANCTIONED BY—Niagara Association A.A.U. (886) and Canadian Track and Field Association.

ENTRY DEADLINE—Postmarked Midnight Saturday, Oct. 5, 1975. No entries will be accepted thereafter. The uniqueness of this marathon, in running from one country to another, requires time for the Customs and Immigration Officials to process entries. Your cooperation will be greatly appreciated.

AWARDS—

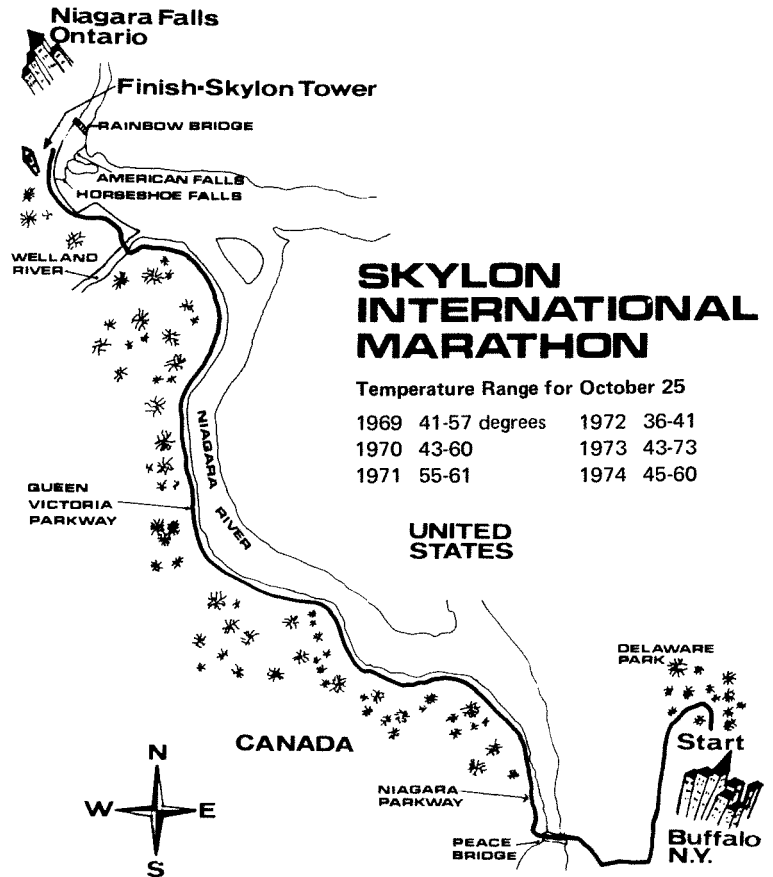
Open—first 15 finishers; 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over—first 4 finishers.
Women—first 8 finishers; Teams—first 3 teams.

FEATURES—T-Shirts to all entrants.

Certificates to all finishers, along with action photographs when possible.

UPON RECEIPT OF ENTRY, A MAILING WITH FURTHER DETAILS WILL BE SENT.

This will serve as official acceptance of your entry.



SKYLON INTERNATIONAL MARATHON

Temperature Range for October 25

| | | | |
|------|---------------|------|-------|
| 1969 | 41-57 degrees | 1972 | 36-41 |
| 1970 | 43-60 | 1973 | 43-73 |
| 1971 | 55-61 | 1974 | 45-60 |

Detach and mail, with check for \$4.00 ("Skylon International Marathon") to: **Alan Gross, 378 Elmwood Avenue, Buffalo, New York 14222.**

In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the Niagara Association of the United States, the Canadian Track and Field Association, or the cities or towns in which the race is contested, their representatives, successors, and assigns, for any and all injuries suffered by me in said event. I also give permission for the free use of my name and/or my picture in any broadcast, telecast, or other account of this event.

I attest and verify that I am physically fit and have sufficiently trained for the completion of this marathon of over 26 miles and my physical condition has been verified by a licensed medical doctor.

Check here if you want any of these services. See below for details.

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- POST RACE BUFFET**
- LODGING**

BUSSING—Bussing from Niagara Falls to the starting line in Buffalo will be available for \$1.00. Please check the box if you expect to use this service.
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LODGING—Please check box if you wish information and applications for lodging in Niagra Falls at reduced rates. (If this service is desired, please post your application early).

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Country of Birth _____ Citizen of _____

Occupation _____ Male Female

Age on date of race _____

A.A.U. or C.T.F.A. number (mandatory) _____

T-shirt Size (Check one) Small Medium Large Extra Large

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(Attach separate sheet if necessary)

How many marathons have you run before? _____

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

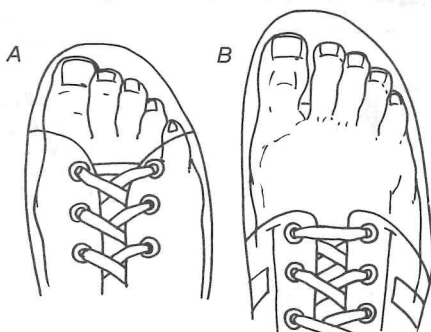
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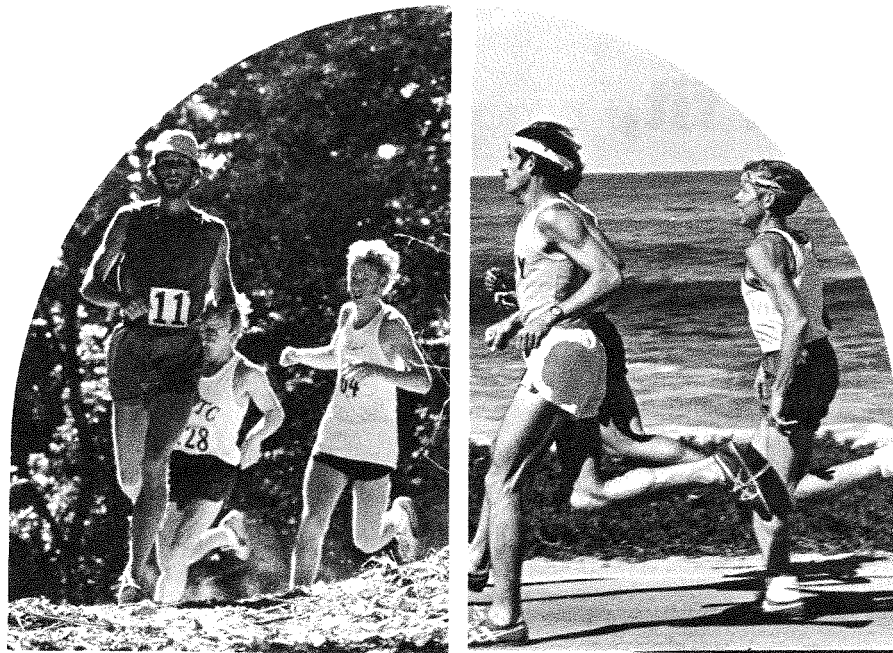
2:05 Ideal for training and speed work, and now made of tough, lightweight pigskin with shock-absorbing, molded Kraton® sole. Reverse ripples for added traction and shock absorption. Rolled heel to stabilize the foot during heel strike. Men and women, 3½ AA to 15 EEE, in Kelly green with tan trim or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



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

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COVER:

Jack Bellah's work is over as he takes stick number one. That of the scorers is just beginning. Pages 26-27 have hints on taking race results. (Paul Cooper photo)

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Volume Ten — September, 1975 — Number Nine

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From the Publisher

Have we got some plans for you. As noted in our last issue, we are going to be celebrating our 10th anniversary at the end of this year, and we hope you will join us.

Things are going to get started with a 100-mile relay. The official relay team will be made up of World Publications employees. However, we are encouraging people to run part of the relay with us.

The relay will start at Stinson Beach. We will run the famous Dipsea course backwards to Mill Valley, then over to Tiburon to run the old Golden Gate Marathon course which includes running over the Golden Gate Bridge. In San Francisco we'll pick up the famed Bay-to-Breakers course and run to the beach. There we'll continue our relay along Highway One, cross the Santa Cruz mountains to San Bruno, then on to Middlefield Road which will bring us to our office in Mountain View.

We will be carrying a lighted torch the entire route, and I'm working on having a hot air balloon follow part of our course. The biggest reason for having such a relay is to spread the word that running is something that everyone can enjoy. We hope that thousands of people will join us along the way.

Beginning on the Monday after the relay, we are going to have clinics, an open house and races. Wednesday will be our annual New Year's Eve race. Then on Saturday, January 3, we'll have a big dinner. In attendance will be many of our contributors and the athletes that you have heard so much about. After dinner several of these invited guests will speak on their favorite topics, and we're hoping to have a film and perhaps even a dance.

Things will officially come to an end at our fun run on Sunday. This will mark the end of our third year of continuous fun runs, and there will be special awards to commemorate the event. Watch *Runner's World* for more information on all these activities.

Bob Anderson

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100 things your doctor never told you about 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's 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.

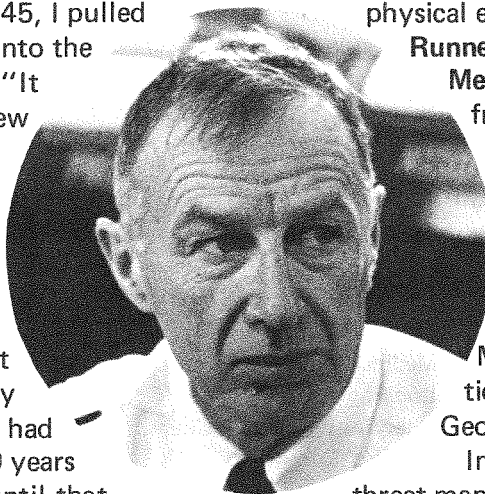
He uncovered his latent talent in this sport at 50, and set a world record in the mile for his age group. Now in his late 50s, he still races regularly—including running the Boston marathon each year.

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.

And now, his writings have been gathered together in a single book. **Dr. Sheehan on Running** will delight you, outrage you, make you laugh and cry, and give you plenty to think about. Published 1975, 200 pages, illustrated, \$5.95 in hardcover, \$3.50 in paperback.



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Getting a Run for the Money

One of the nicest features of running is also one of its biggest problems: There isn't much money in it. The problem starts when runners and promoters in a largely amateur sport try to be something more than amateurs.

You may have read that the International Track Association, that experiment in professionalism, was having trouble paying its athletes late in its third season.

Mike O'Hara of the ITA said, "Every year we buck this about this time. Things get a little tight . . . It's nothing terminal."

Somehow, we expected this from the pros, and were only surprised it took this long to hear news of this sort. Everyone knew this venture was a financial gamble from the start.

But don't think tight money is only a problem among the few athletes who openly run for pay. No one who runs in any organized way is purely amateur. Organizing takes money, and little is available. So running is almost constantly in recession. This affects most competing runners, one way or another, most of the time.

In times like now when the entire economy is strained, however, sports are a frill to be trimmed away first. The signs of depression are everywhere.

San Francisco's high schools, for instance, had to cut \$200,000 from their budget this spring. Without warning, they dropped their spring sports—including track, which had required \$15,000. (A benefit rock concert later bailed the programs out.) Teams elsewhere survive only with unpaid coaches, shortened schedules and runners paying for their own equipment.

In recent months, several major colleges have eliminated a number of their "minor" sports. And what could be more minor than cross-country? Most track coaches have fewer scholarships as bait, are doing less long-distance recruiting and are scheduling meets closer to home.

Expense money is the problem with the country's top runners. Most meets don't hand out enough. Houston McTear, the world's most exciting sprinter at the moment, didn't compete in the national AAU championships. He couldn't afford to fly from Florida to

Oregon. Fred Newhouse paid his own way from Louisiana to become the leading US quarter-miler.

Newhouse was rather bitter. He said, "I had to pay \$350 out of my pocket to come here, and I can't really afford that. I have a wife and child to support. And another thing, I can't get into any competition. I've had only five meets this season. I've got no respect. No one lets me run."

Respect probably has little to do with it. It's a matter of money. Expense money has to come from gate receipts, and track still isn't a big spectator sport. This year alone, indoor meets in New York, Houston, Seattle and Oakland were cancelled after running in the red in 1974. Athletes themselves weren't blameless, since some demanded excessive money.

Even road runners, the most amateur of runners, aren't as free from these influences as they like to think. New York City lost sponsorship for all three of its marathons this year. The Earth Day and Yonkers runs were supported by horse race tracks. Olympic Airways had put up about \$10,000 for the New York City marathon last September.

That race's director, Fred Lebow, said, "We'll run the NYC marathon (which is also the women's national championship) even if we don't get a sponsor. But to do the best possible job for the competitors and everyone else, we need the extra help."

The sport has money problems, to be sure. But it wouldn't be right to call this a "crisis." Occasional dollar squeezes like these are typical in running, and aren't all bad if they force us to look more closely at what the sport really is, and what can and should be done for the runners.

The first thing to decide is whether it is an educational tool, a money-making venture or recreation. Bil Gilbert once described these three levels as "high sport," "big sport" and "true sport"—art-science, business and play. We should see this three-way split, and pay accordingly.

Coaches contend that running is an important skill to be taught in school, like writing or woodworking. Former US Olympic coach Bob Giegengack said recently in *Track and Field News*, "If

we (coaches) are educators and athletics is just a different-sized classroom—a quarter-mile track instead of four walls—then we are part of the educational whole. Just because the physics department loses money is no reason the track team should go out of business because it also loses money. A way has to be found to pay for both."

Track and cross-country teams should be subsidized. But this doesn't mean that a way must be found to import teams of finished athletes, as the bigger colleges now do with their scholarships. This has little to do with education. It's a business investment for the prestige of the school.

The Olympics are a similar investment, but on a national scale. The US Olympic Committee finally recognized this when it put up \$140,000 to support the travel and training of track athletes next year.

Training for the Olympics is almost a full-time job, and a progressive Canadian employer has allowed for this. Norman Esch, president of a Toronto printing firm, hired five athletes—including runners Donna Valaitis and Joe Sax. He lets them work 3-5 hours a day as it fits into their training, and gives them all the time off they need to compete.

Esch said, "The thought occurred to me when I saw a television interview with athletes who said they couldn't get jobs which would allow them to train properly. I thought it was so stupid to spend all those millions of dollars on facilities and relatively nothing for the athletes."

"My God," he added, "if a company this size (125 employees) can hire five, surely other companies can do something."

The artists-scientists and businessmen of the sport need this kind of help. The players don't. If they truly view running as play, they will support themselves or do without the frills only money can buy. High sport and big sport are in trouble without a steady cash flow. True sport doesn't have to cost much.

"Because true sport is necessary and useful," Bil Gilbert wrote in *Sports Illustrated*, "it would appear to have about the same survival prospects as man himself." ●

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NEWS & VIEWS

World Rankings

Swaziland was the world's best marathoning country in 1974. That's right, Swaziland—home of Richard Mabuza, who ran 2:12:54. The African country about the size of New Jersey has only 400,000 inhabitants. So Mabuza's performance gives Swaziland more marathoners per million population than bigger countries such as Japan, the Soviet Union, Great Britain and the United States—which had more fast runners but also much larger populations from which to draw them.

Last year, according to the 1975 *Marathon Handbook*, 152 men broke 2:20. With a world population of around three billion, the overall rate is only one per 20 million in the world. Actually, it isn't fair to use the world population since in most places there aren't any marathons. Also, no women have run sub-2:20. Neither have boys under 15 nor—with few exceptions—men over 40. Confining our population base to men 15-40 in the 25 countries which produced "world class" (i.e., sub-2:20) marathoners, the overall rate works out to about one per million.

| Country | Sub-2:20 | Per Mill. |
|--------------------|----------|-----------|
| 1. Swaziland | 1 | 17.54 |
| 2. New Zealand | 4 | 9.28 |
| 3. Finland | 7 | 9.22 |
| 4. Ireland | 3 | 7.28 |
| 5. E. Germany | 9 | 4.09 |
| 6. Belgium | 4 | 2.95 |
| 7. Great Britain | 18 | 2.71 |
| 8. Australia | 4 | 1.98 |
| 9. Sweden | 2 | 1.67 |
| 10. Japan | 30 | 1.60 |
| 11. Denmark | 1 | 1.31 |
| 12. Hungary | 2 | 1.28 |
| 13. Canada | 4 | 1.15 |
| 14. Spain | 5 | 1.05 |
| 15. Poland | 5 | 0.94 |
| 16. Czechoslovakia | 2 | 0.90 |
| 17. USSR | 25 | 0.67 |
| 18. USA | 15 | 0.50 |
| 19. Netherlands | 1 | 0.47 |
| 20. Ceylon | 1 | 0.46 |
| 21. S. Korea | 2 | 0.39 |
| 22. W. Germany | 3 | 0.34 |
| 23. S. Africa | 1 | 0.29 |
| 24. Mexico | 2 | 0.27 |
| 25. Italy | 1 | 0.13 |
| All Countries | 152 | 0.99 |

The table shows the marathon rankings of all 25 countries with sub-2:20 runners, along with the number of run-

ners and the rates per million males between 15 and 40. (Population figures were obtained from the 1973 *UN Demographic Yearbook*.)

The US isn't among the top 10. It placed a dismal 18th, right behind the USSR. The Soviets produced 25 supermen for a rate of .67 per million, while the US had 15 world-classers for a rate of .50 per million. And that's up from 1973, when only seven Americans ran under 2:20 for a rate of .24.

At the Swaziland rate, the US would have 522 sub-2:20 marathoners! Can you imagine that at next year's Boston marathon?

from Dan Moore

Fight Off Tension

Runners are constantly told to "keep loose." Yet they are hardly ever told just *how* to relax and stay that way. The problem is that most of us cannot easily train our bodies to relax on command.

Not until I took a class in the Japanese martial art of Aikido did I learn techniques that enable me to relax whenever I am running (or just feel the need to relax). Aikido offers what more traditional means of relaxation do not—consistency.

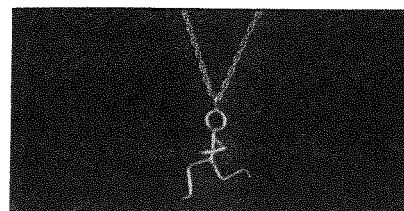
Aikido is a relatively new self-defense art, founded about 50 years ago by the late Professor Morihei Uyeshiba. The word Aikido is made up of three Japanese characters. "Ai" means to meet, to come together, to join or to harmonize. "Ki" means steam or vapor, and carries the connotation of the mind, the soul or spirit. (In a larger sense, it also means the spirit or the force of the universe, not just the spirit of human beings.) "Do" means the way or the path.

The most unusual aspect of Aikido is that, although it is primarily a self-defense art, its philosophy involves being in *harmony* with your opponent rather than in conflict with him. Thus, Aikido has elements of philosophy and psychology.

Four basic principles in Aikido are stressed continually, and these can also be applied to any part of one's daily life—including distance running. These principles are both very basic and extremely difficult to master. They are

(Continued on page 8)

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Awards: 4 age groups; female; team

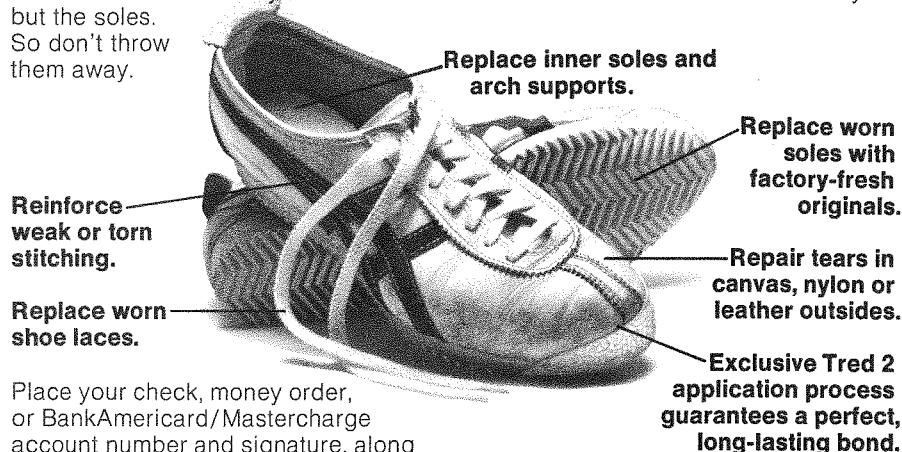
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NEWS & VIEWS

(1) "keeping one-point," (2) "extending your mind or your ki forward," (3) "weight underside" and (4) "relaxing completely."

The first principle, "keeping point," is the hardest to understand. It essentially means centering awareness approximately three or four inches below the navel. This point corresponds roughly to the center of gravity of the human body.

The second basic principle, extending your ki or your mind forward, is basically an act of concentration. Most distance runners use the technique of directing their mind to a specific object or goal.

The third principle, called "keeping weight underside," involves concentrating on the part of your body that is closest to the ground. This aids in maintaining balance and stability.

The fourth principle is to relax completely. There should be no strain or tension in an Aikido exercise if it is done properly. Aikido stresses the ability to be supple and flexible rather than strong and unyielding.

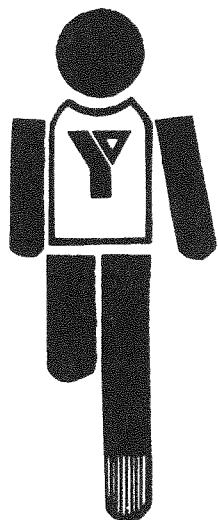
It is important to remember that in Aikido these principles are not separate from each other. In other words, if a student is not employing one of the principles of Aikido to his exercises, then he cannot successfully employ any of them.

Many long distance runners unknowingly use a form of mental discipline similar to the four basic principles of Aikido. I know some who imagine they have a chain through their middles helping to pull them up steep hills or over long, flat stretches. This is comparable to concentrating on the location of one's ki and extending the mind forward.

We all realize how important it is to have a goal in life and while running. Instead of fiercely competing to achieve this goal, however, Aikido emphasizes calm meditation. Obviously, focussing on a goal yet remaining relaxed plays an important part in achieving this goal.

As in distance running, the idea of complete relaxation is essential to Aikido. The best way to achieve relaxation is not through consciously trying to relax. Rather, you should try simply to eliminate the various tensions that have built up within the body. There are three basic ways of eliminating tension. These are meditative techniques.

1. *Think positively.* Think "good



GRAND RAPIDS YMCA MARATHON

Held at Grand Valley State College

Saturday, November 1, 1975

Races: 6½ miles, 13 miles, full marathon.

Entry Fee: \$3.00 until Oct. 20, 1975.

Late Fee: \$5.00 accepted until 11 am on Nov. 1.

Awards: Male Division 4 age groups; Female.

Special T-Shirt to each entrant. Certificate given to all finishers. AAU certified course. Sponsored by Central YMCA, Noon Y's Mens Club. For official entry blanks write:

YMCA Grand Valley Marathon
Central YMCA
33 Library Street
Grand Rapids, Mich. 49502

thoughts." This enables you to shift your concentration from the unpleasant and painful aspects of running to some thought that gives you pleasure (or at least less pain!).

2. *Concentrate on breathing.* This means exhaling every three or five steps, or in some other rhythmic pattern.

3. *Think nothing, feel nothing.* Of course, this is not just a state of absent-mindedness. This is a form of meditation that can bring about a profound sense of peace and harmony, regardless of what you are doing.

The principles of mind-body coordination that are taught in Aikido must be felt and experienced by the student in order to be truly learned. Some athletes in our Aikido class have already applied the principles successfully to such sports as gymnastics, fencing, handball, tennis and of course running. But they have found they cannot really communicate what they have learned just by talking or showing. The student must *do* Aikido exercise to appreciate its meaning and benefits.

from Greg Oldham

Seven-cent Cure

I saw my psychiatrist again yesterday. For about an hour, I got all the troubles out of my head. And when I finished I felt like a new man—at peace with the world, complications of the mind completely resolved.

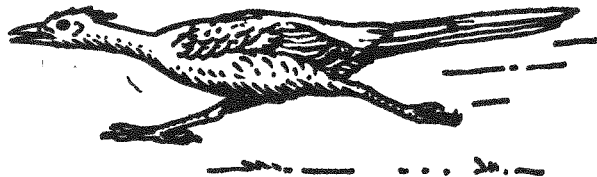
I stayed in his office about an hour, and it cost me seven cents. I do this about four times a week, sometimes more. How about that, you \$45-an-hour gold-studded New York shrinks?

Let me explain: Actually, I've never really seen a shrink, although at times I've probably missed my cue. I'm just one of those guys who started running to maintain some sort of fitness.

Today, I am still a statistic, although somewhat less of a chaotic member of the mad, mad, mad, etc. world we live in, thanks to my "psychiatrist."

I read last week that 22% of New York City's residents see their shrinks regularly. At \$45-plus an hour, that's some racket. So at seven cents a shot, I figure I got a deal. No commuting to an office, no staring at the ceiling while the good doctor takes down notes. None of that. Just the wind in the pine trees while I strain to reach the top of the hill and then, exalted, float down the other side in long, fast steps, feeling the good

(continued on page 10)



Finger Lakes Marathon

Ithaca to Marathon, N.Y. Sunday, October 12; 1:00 p.m.

Course: Challenging (1600 ft. of climbing) full marathon over point-to-point (Ithaca to Marathon, NY) course on good, paved roads through scenic country during peak fall coloration & optimal weather period. AAU certified.

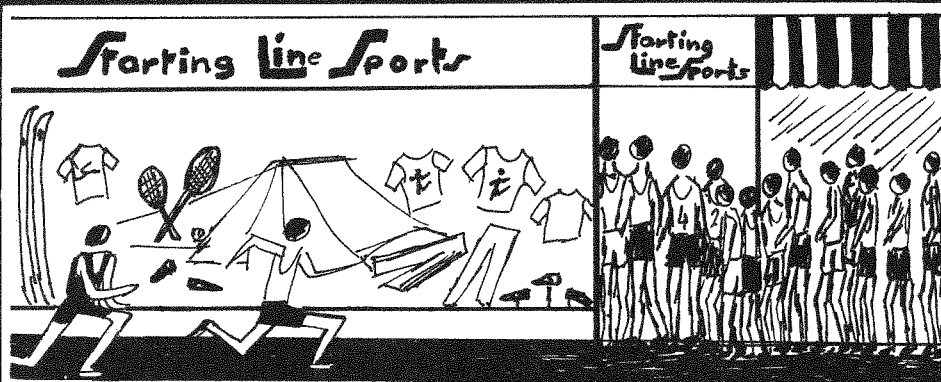
Awards: Engraved silver trays & plates to 1-10 Men Open: 1-3 Women: 1-3 Masters 40-49; 1-3 Masters 50 & over; 1-3 Novice; championship team (3).

T-Shirts & certificates to all finishers. Dressing, toilet, shower facilities. Liquid service stations en route. Post-race refreshments & snacks for runners.

Sponsored by the Finger Lakes Runners Club & Village of Marathon. Sanctioned by AAU.

Entry fee \$3.00 if postmarked by September 27th; \$4.00 thereafter.

For entry blanks, course maps, & further info send self-addressed, stamped envelope to: James M. Hartshorne, 108 Kay Street, Ithaca, NY 14850. Phone: (607) 257-0426.



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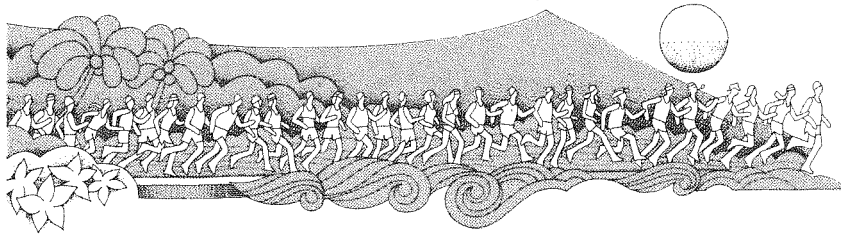
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■ Mingle with world-class runners at the post-race picnic ■ Certificates and T-shirts to all finishers. ■ An official timer will remain on the course to clock the last runner (7 hours, 12 minutes, last year) ■ Physicians and nurses staff all 13 aid stations ■ More than 100 trophies to regular and special division winners, including family, special team, and world's only cardiovascular division.

OPTIONAL PACKAGE TOUR:
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Entry Deadline: Dec. 6, \$4. Late entries \$6, Dec. 13. For information and entry forms write to Race Director Honolulu Marathon 4191 Halupa St. Honolulu, HI 96818 and include self-addressed stamped envelope

NEWS & VIEWS

air in my lungs like so much adrenalin being fuel-injected into my soul.

I'm no CPA, but I think my figures are pretty close. As an average recreational runner I buy one pair of shoes every other year for about \$20. That's \$10 per year. Dividing the per-year cost of the shoes by the average total number of runs per year (four times per week times 52 weeks per year equals 208 runs per year), I come up with 4.8 cents per run on the shoes.

Then I figure I buy two pairs of socks a year for this pastime. Let's call it about \$2 per pair, which is four bucks a year. At 208 runs per year, that's 1.9 cents per run on the socks.

To be complete (in case the IRS audits), we should take into account depreciation on shorts, supporter, T-shirt and watch. (Vitamin C and a subscription to a magazine are optional.) So what person doesn't already have most or all of the above clothing already kicking around from the old high school semi-jock days? And hopefully most people have a Spiro Agnew or other type of time-indicating device on their wrist.

So that leaves us with a simplified accounting sheet: shoes and socks, for a total of 6.7 cents per run. Just to be safe, let's call it an even seven.

That's a small sum to pay to maintain sanity and keep in touch with the real world, to be able to bleed the mind of its troubles. At the end of your run you are most likely pretty well pacified, especially if you've run hard. You take on a drifting feeling of peace which makes you inexplicably retract your vow to hack off your boss's head the next morning with a letter opener. The events of the day and the events of your life are seen from the outside, as if, thanks to the run, you've been allowed to step outside your mold for a minute and take stock.

With a Finnish sauna and pecan pie a la mode coming in a close second and third, running is the best natural high I know. And at that price, who can complain?

from Frank Farwell

Fit to be Tied

At a recent seven-mile road race in Amherst, Mass., the first three runners crossed the finish line together, hand-in-hand. They were friends and

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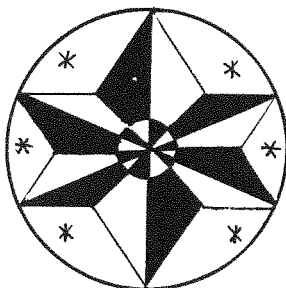
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Time: 10:30 a.m.

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- AAU Sanctioned
- Certification pending
- Also 10,000 meter run.

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clubmates, they often trained together, and they had run the race as a unit. They finished smiling.

The AAU officials on the scene, however, were displeased. Calling attention to the AAU rule against intentional ties, they were ready to insist upon disqualification for the three offenders. In so doing they were acting according to regulations, and no criticism of them is intended. They did not make the rule, and they had every right to enforce it. The rule itself, however, might well be questioned.

Much of the rationale behind this rule seems to me to come from a false analogy with other sports. Certainly we would be outraged to hear of an intentional tie in football. But running does not involve the same kind of competition. For one thing, running is one of the few sports in which all competitors are doing the same thing and going in the same direction, side by side. They are *together* in a number of senses.

In football—as in baseball, basketball soccer, rugby and various other sports—the participants face each other in opposition. The situation is entirely different: one side wants to penetrate the other's defenses and score, the other side wants to prevent them from doing it. The essence of the sport is head-on confrontation. If one plays the game at all seriously, one plays to win.

Indeed, in most sports, somebody must win, sometime, and the game goes on until somebody does. In running, however, it is not one side against another, but the individual against time, weather and topography. Victory is a matter for the runners themselves to define.

A further rationale for the AAU rule has to do with an assumption about the audience: They want to see a winner. In the first place, the assumption has to do with the massive audiences that go to watch professional sports, not with the loyal trickle of friends, relatives and dogs that show up at road races. And in the second place, the argument is easily dismissed. In the race I have mentioned, the audience was especially fortunate, for it saw not one winner but three.

As it turned out, the three winners were not disqualified. Other runners, to their credit, refused to accept their prizes if the disqualifications were allowed to stand, and the race director supported the runners. Graciously, the AAU officials acceded to the wishes of the athletes, and the first three prizes were given to Tom Derderian, Tony Wil-

(Continued on page 12)



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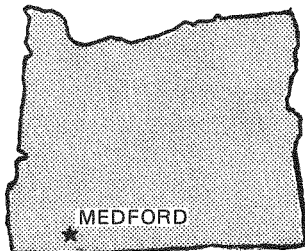
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NEWS & VIEWS

cox and Bob Rosen to divide among themselves.

This story has a happy ending but the situation is likely to arise again, and things may turn out differently. Perhaps it's time for a reconsideration of the AAU rule against intentional ties.

from Bob French

Less is More

The distance runner is the least of all athletes. His sport the least of all sports. That he does it at all, either well or ill, implies that he can do nothing else. He has by the process of elimination come to the level of his competence which is little more than survival.

Nor does he survive in ways we might admire—by challenging his environment, for instance, or conquering his enemies. He performs no feats of skill or strength or agility. He is no Crusoe who would build a new house, a new town, a new city, even a new civilization. He does nothing more than bring his body to the performance of a minor art, and then attain an inconsequential type of perfection.

And being the least of all athletes, he appears to be the least of all men. A lonely figure on a lonely road, he seems to have no past, no future and to be living in a present that has no rational meaning.

He performs with perverse intensity an action which has no marketable value. And he is completely engaged in what is not only impractical but even unintelligible to his fellows.

Still, this apparently witless and homeless creature, this most ordinary, most commonplace, this least of all men has a message—a message we all carry but sometimes fail to hear.

The distance runner is a prophet. Like the poet, he is the antenna of the race. Like the poet, he does what he does with his whole being. And like the poet, he gives thanks for his "fabulous possessions, his body and fiery soul." Like the poet, he sees himself as a question to himself—and seeks the answer by seeking to be, by creating himself. And again like the poet, he suggests that each one of us has this revelation, this truth; and that we must find in through our bodies, through experience, and always in the present.

(Continued on page 15)



Charles Towne Landing

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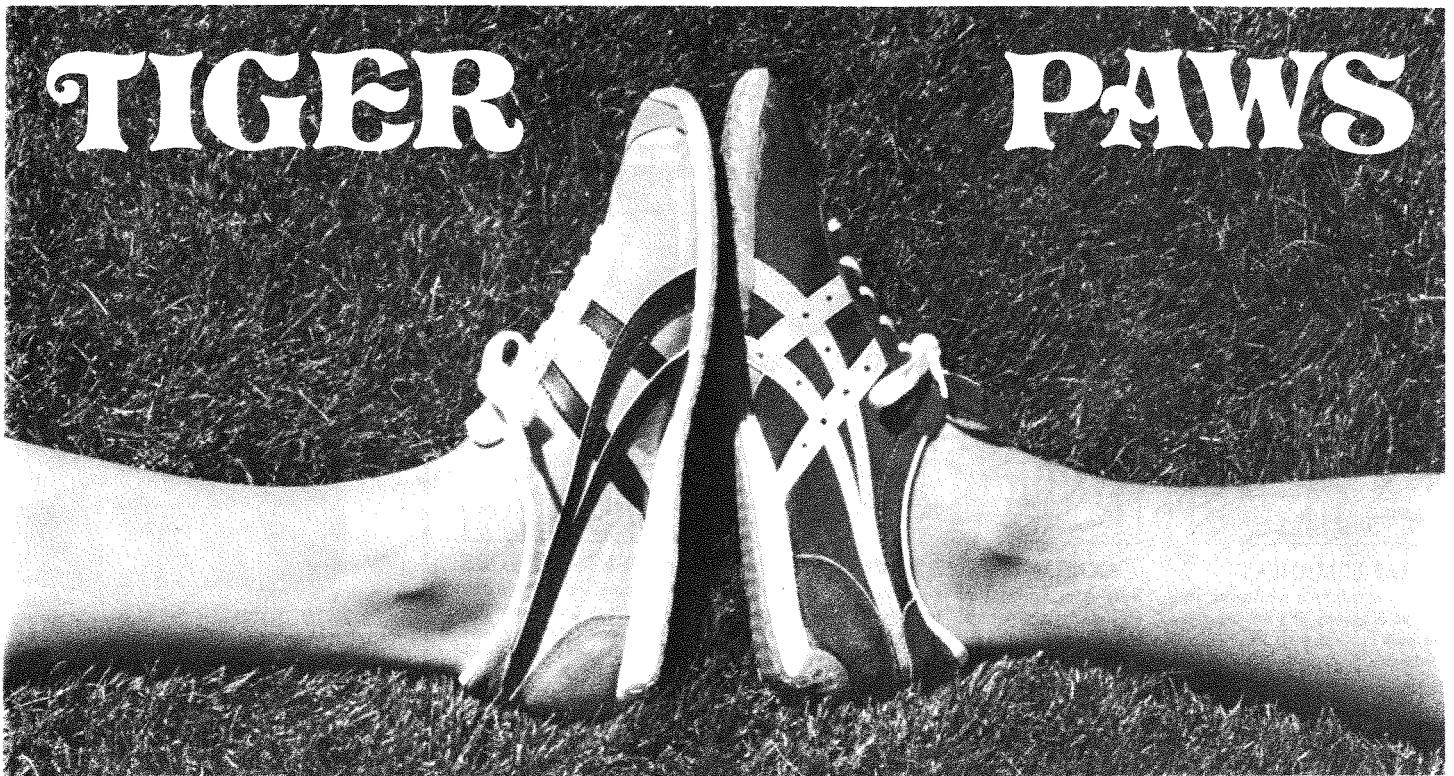
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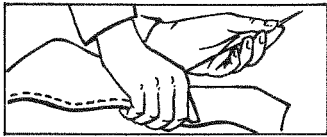
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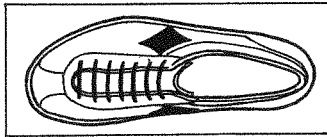
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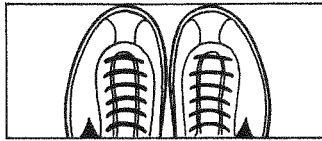
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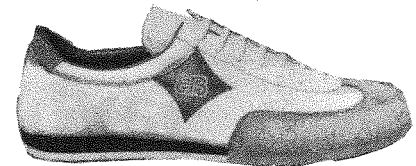
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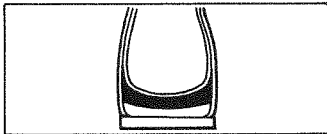
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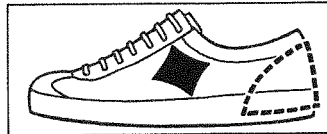


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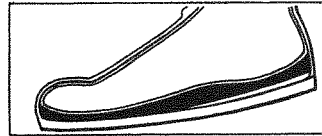
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NEWS & VIEWS

Most of us think of religion as something out of the past that promises something about the future. We ignore the primacy of the present. We forget that the opposite of present is not past or future. It is absence.

The distance runner who accepts the past in the person he is, and sees the future as promise rather than threat, is completely and utterly in the present. He is absorbed in his encounter with the everyday world. He is mysteriously reconciling the separations of body and mind, of pain and pleasure, of the conscious and the unconscious. He is healing the wound in his divided self. He has found a way to make the ordinary, extraordinary; the commonplace, unique; the everyday, eternal.

What he does begins in play, moves through suffering and ends in delight.

This may be an odd way to find the meaning of life. And the distance runner is certainly an odd person to be demonstrating it. But the meaning of life is beyond reason. Genius upon genius has told us so. Kierkegaard said that only passion can grasp the meaning of existence. And Chesterton once wrote that rationalism was a peculiar form of insanity in which one has lost everything but one's mind.

The meaning of life is therefore found in revelation—a revelation that is present in each one of us, to be found where our blood and flesh whisper to our unconscious. The distance runner, the least of all athletes, the least of all men, is continually taking his daily encounter with his universe on that inward journey.

Consider your body, he tells us, not in the memory of past pleasure, or in anticipation of a glorious future, but for this present moment when you might indeed be in Paradise.

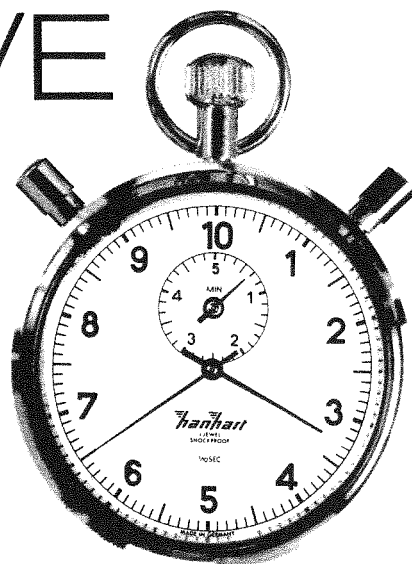
from George Sheehan

WRITERS-PHOTOGRAPHERS

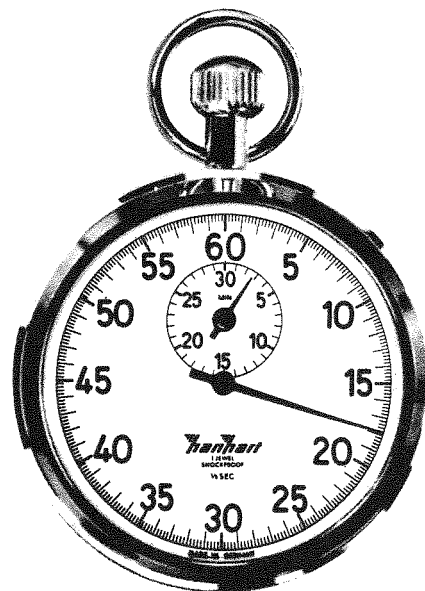
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Jan Merrill (2), Julie Brown (257) and Cindy Bremser all met the Olympic 1500 qualifying time. (Steve Sutton/DUOMO photo).



Views of the AAU's

The two AAU championship meets emphasized again—if it needed emphasizing—the separate and unequal nature of track and field in the United States.

The men competed in idyllic Eugene, Ore., the best track setting in the country. They played to crowds of 8000-10,000 in near-perfect weather.

The women ran a continent away, on a high school track (one that reportedly didn't measure up to national meet standards) in White Plains, N.Y. Fewer than a thousand fans turned out on the hot, muggy days.

It's a sad comment on the men and an encouraging one on the women that the women had better performances—despite the track, weather and crowd handicaps.

The AAU is the meet for women. They don't have a collegiate championship two weeks before. They have few lucrative (as in \$\$) European tours to draw

them away. Making a national team is still important to them. The women's nationals had almost all the top athletes in the country, while talent ran thin at Eugene by comparison.

The women's competition produced five American records. The men's yielded none.

Both in Eugene and White Plains, two-lap races were the features. Rick Wohlhuter hadn't had a serious challenge in more than a year. So this season he had looked to the mile for his testing. Meanwhile, Mark Enyeart sneaked in. The converted quarter-miler hadn't lost at his new distance, but both he and Wohlhuter expected that to change at the AAU.

Enyeart led from the start, as he always does. "I thought Wohlhuter would pass me with a 330 to go," he said. Rick didn't, and Enyeart won with 1:44.9.

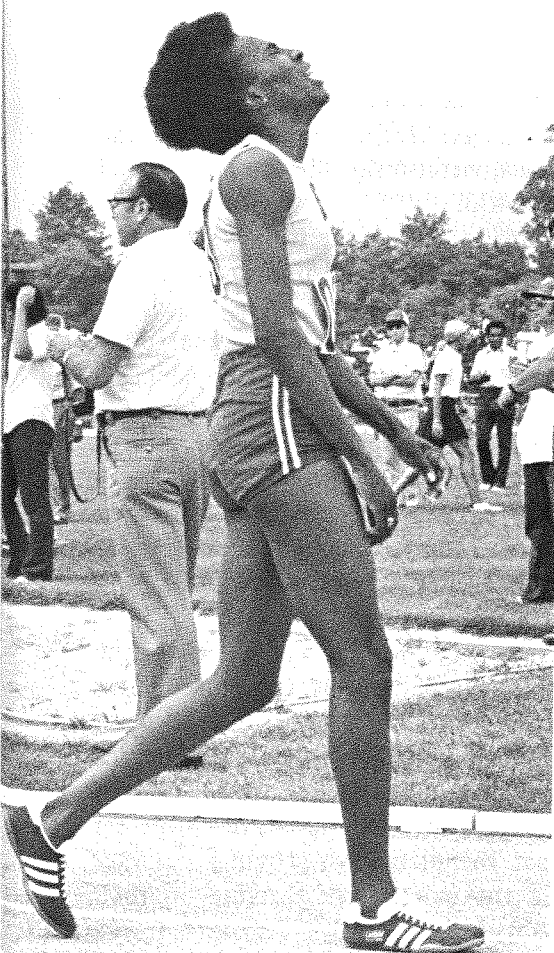
Wohlhuter said, "I was surprised I didn't pass him. I assumed the half belonged to me. Now I have some competition."



LEFT: Both meets featured 800-meter racing. Mark Enyeart (99) upset Rick Wohlhuter in the men's meet with his best time of 1:44.9 (Doug Schwab photo). Below: Madeline Manning Jackson improved her American record to 2:00.5. (Jeff Johnson photo)



Young Lynn Bjorklund en route to her 3000 victory. (Jeff Johnson)



Madeline Manning won the 1968 Olympic 800 in then-world record time of 2:00.9. Between then and now, she has been married, had a child, tied the world half-mile mark, missed the 800 final at Munich, retired, gone through a divorce and returned to running.

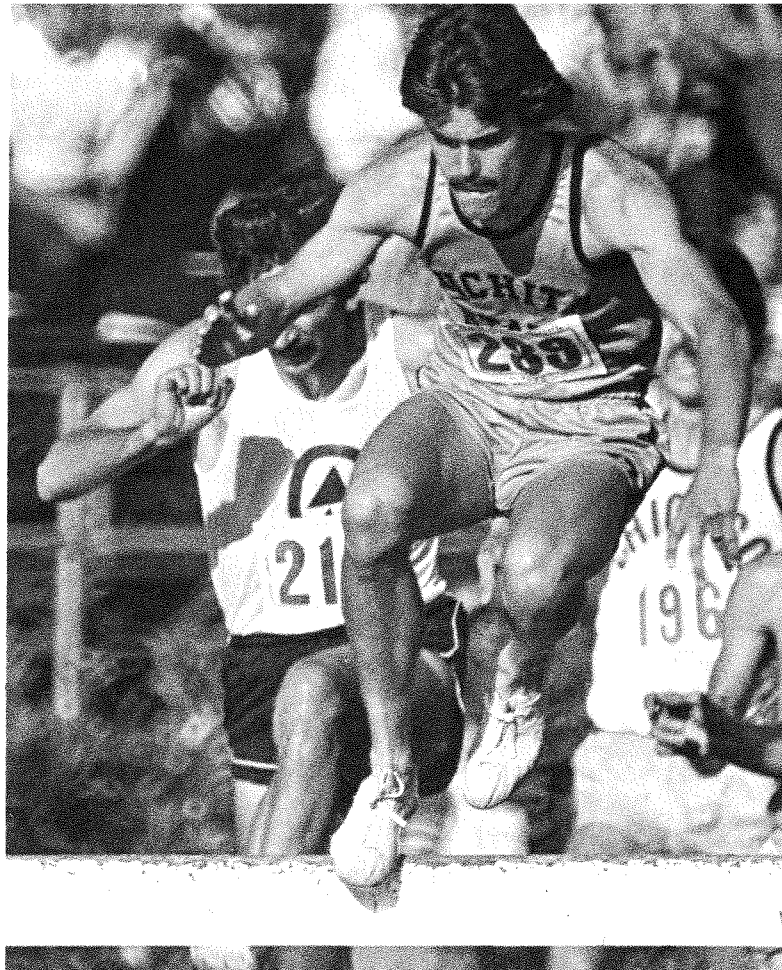
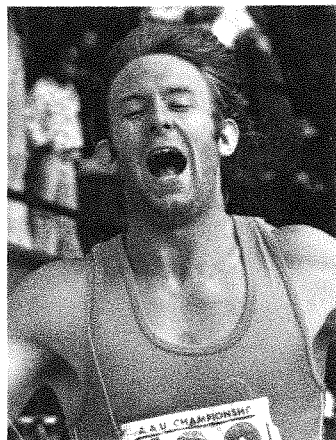
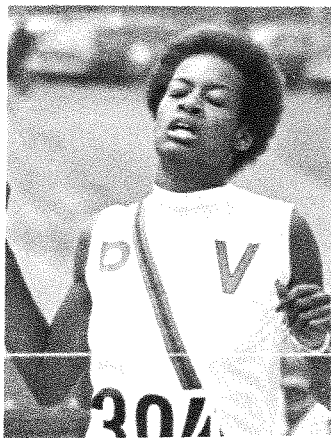
Now 27, Manning ran the fastest of her life at White Plains—2:00.5, a US record. She said, "Next year, Lord willing, I'm looking to do 1:55 or better."

She pulled the other five placers under 2:05 at the AAU, including Debbie Vetter of Ohio. Debbie and sisters Diane and Janis (plus Julie Stibbe) set an American two-mile relay mark.

Francie Larrieu chose to run in Europe, but three 1500-meter runners—international cross-country champion Julie Brown, Jan Merrill and Cindy Bremser—ran 4:15 or better without Larrieu.

Bremser was one of the bright finds of the meet. The 22-year-old nurse from Wisconsin had been running only a year. She also finished second to AAU cross-country winner Lynn Bjorklund at 3000 meters.

Bjorklund is a recent high school graduate, as is another winner, Debbie Esser of Iowa. Esser took 2½



Debra Sapenter (top left) tied the American 400 record. (Johnson) Dave Jenkins of Britain outran US one-lappers. (Lyons) Randy Smith surprised the veteran steeplechasers. (Drennan)

MEN'S WINNERS

| | | |
|---------------|---------------------------------|---------|
| 100 meters | Don Quarrie (Jamaica) | 10.16 |
| 200 meters | Don Quarrie (Jamaica) | 20.12 |
| 400 meters | Dave Jenkins (Great Britain) | 44.93 |
| 800 meters | Mark Enyeart (Utah State) | 1:44.9 |
| 1500 meters | Len Hilton (Pacific Coast Club) | 3:38.3 |
| 5000 meters | Marty Liquori (New York AC) | 13:29.0 |
| 10,000 meters | Frank Shorter (Florida TC) | 28:02.2 |
| 110m hurdles | Jerry Wilson (BH Striders) | 13.38 |
| 400m hurdles | Ralph Mann (BH Striders) | 48.74 |
| Steeplechase | Randy Smith (Wichita State) | 8:28.2 |
| 5000m walk | Ron Laird (New York AC) | 22:08.6 |

WOMEN'S WINNERS

| | | |
|--------------|---------------------------------|--------|
| 100 meters | Rosalyn Bryant (Mayor Daley) | 11.6 |
| 200 meters | Debbie Armstrong (Sports Intl.) | 23.0 |
| 400 meters | Debra Sapenter (Prairie View) | 51.6 |
| 800 meters | Madeline Manning (Cleveland TC) | 2:00.5 |
| 1500 meters | Julie Brown (Los Angeles TC) | 4:13.5 |
| 3000 meters | Lynn Bjorklund (Duke City) | 9:10.6 |
| 100m hurdles | Jane Frederick (Los Angeles TC) | 13.8 |
| 400m hurdles | Debbie Esser (Nebraska TC) | 57.3 |
| 1500m walk | Lisa Metheny (Rialto RR) | 6:46.6 |
| 440y relay | Tennessee State | 45.8 |
| Medley relay | Sports International TC | 1:40.0 |
| Mile relay | Atoms Track Club | 3:37.9 |
| 2-mile relay | Blue Ribbon Track Club | 8:46.4 |

seconds from the American record in the 400-meter hurdles, and towed three others under it with her.

Last year in the AAU, Debra Sapenter tied the world record in the quarter-mile. This time, she tied the US mark for the 400.

Last year, Sue Brodock won the mile walk by 15 seconds. This time, she lost the 1500 to American record setter Lisa Metheny.

Back at Eugene, the best new talent to emerge besides Mark Enyeart came from the steeplechase. Kansans Randy Smith and Kent McDonald ran away from such established steplers as Mike Manley, Barry Brown and Doug Brown.

Otherwise, the meet was a series of encores for past winners Len Hilton (1500), Marty Liquori (who moved up to the 5000), Frank Shorter (10,000), Ron Laird (walk) and Ralph Mann (400 hurdles).

There was a time when Americans were given the sprint medals almost by default. It has passed. This year, they couldn't win any of the three shortest races in their own nationals. Don Quarrie of Jamaica took the 100 and the 200, and Dave Jenkins of Britain won the 400.

Could it be that the men have grown somewhat complacent, while the women are thriving on their uphill race to equality? ●

Somehow The Meet Goes On

by Janet Heinonen

In spite of threats, counter-threats, protests, no-shows, lots of political second-guessing by athletes and the AAU alike, the men's national meet produced solid performances all around and had enough on-the-track (and field) drama to overshadow the issues that make the AAU an anathema for many athletes.

The AAU took the early offensive by imposing a moratorium on competition in foreign meets 10 days prior to the AAU and five days before the AAU tour meets. The moratorium was designed to force the best American athletes to compete in the national meet and to ensure a strong American team for the AAU tour.

Athlete reaction was strong. Marty Liquori entered the 5000 meters hoping that he would finish third or worse and not have to compete on the national team. If he happened to win the race, he contemplated an Alan Sillatoo finish—he wouldn't cross the line. Dwight Stones, the golden boy of high jumping, considered using the straddle so that he wouldn't be accused of not competing, but would stand little chance of winning. Other athletes threatened to take the AAU to court.

As it turned out, Liquori did cross the finish line—in a flashy 13:29.0 for first. Dwight Stones finished third anyway, using his traditional flop. And no one had to go to court. The AAU rescinded the moratorium eight days before the meet.

And as the AAU had doily predicted, only a handful (three, to be exact) of the national champions chose to join the tour, a hastily thrown together trip due to the uncertainty of the off-again, on-again USSR-USA meet.

Not all athletes opposed the moratorium. As Stan Wright, as assistant coach for the US team in 1972 Olym-

Frank Shorter, now a member of the AAU athletes' advisory committee, easily won the national 10,000 title at Eugene. (Mike Lyons photo).



Somehow The Meet Goes On

"This is the world's biggest all-comer meet. Athletes come from all over to take a stab at winning a national title..."

A year ago, Mark Enyeart was a rather disillusioned quarter-miler. Now, after winning the AAU, he ranks with the world's best 800-meter runners. (Dave Drennan photo)



pics, pointed out, it was the athletes on the AAU Track and Field Committee who "originally wanted the moratorium."

Veteran hurdler Willie Davenport is a member of that committee, and he agreed with the AAU's stand. He said, "I supported the moratorium strongly because we need people like Dwight Stones, Al Feuerbach and the others on our national teams. Don't let these guys tell you that they go to Europe on their own to seek out the best competition. They're going over there to get the bucks. I can say this because I've never qualified for a national team and declined the opportunity."

Wright echoed Davenport's sentiments that athletes prefer their own "tours" to those of the AAU for "book-keeping reasons," yet he preferred to pin the blame on the European meet promoters, not the athletes: "The foreign promoters are overzealous, sometimes downright dishonest in getting athletes over there," Wright said.

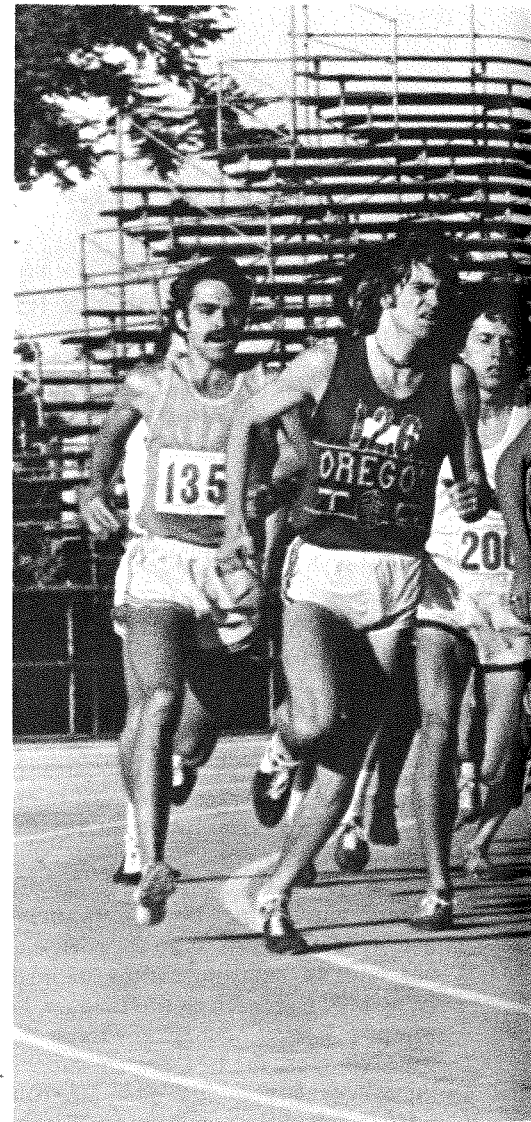
Many contend that their survival as non-collegiate athletes depends on the money they can pick up on the European circuit. Others deny that they can even earn that much. And some say that the only "prizes" they pick up in Europe are in the form of wooden goblets, bronze cups and Scandinavian trinkets of modest value.

Many athletes point back to the AAU on the matter of financial support.

Both Wright and Montreal Olympic coach Dr. LeRoy Walker are sensitive to athlete complaints about lack of assistance for travel and lodging of top US athletes. Walker contends that the AAU just doesn't have the money to subsidize athletes, whether it's paying for the top six finishers in the national meet or compensating them for time lost from work while competing in AAU-organized international meets.

Walker said that track and field is in that red, and that of the 12 AAU sports only track and swimming come close to being self-supporting. He also pointed out that track and field is not a separate entity from the rest of the AAU sports. If the AAU decided to reimburse the top six placers in the track championships, then a similar policy would have to be in effect for the other sports.

The AAU does, however, play an arbitrary game of financing "defenders" and "contenders" for the nationals. The only clear policy is that the defending champion in each event gets a free ride to the meet. The AAU also gives assistance, in varying degrees, to people who are "contenders" for the national titles. The AAU office in Indianapolis decides who does and does not get the aid. And a \$20,000 travel budget doesn't go far among the 300 athletes who compete in the national meet. No one seems to know just how a person "qualifies" for support.



Steeplechaser Mike Manley, who lives jogging distance from the site of the 1975 nationals at Hayward Field, was surprised to get a \$50 check from the AAU. Glenn Herold of Wisconsin had the fastest 10,000 time entered in the meet. He was surprised when no check showed up in his mailbox. So were countless others whose marks were clearly the best in their event for the season.

The Southern Pacific AAU nearly boycotted the meet when it received \$1000 for all the athletes in the Los Angeles area. Four hundred dollars was earmarked for defending champs Stones and Jim Bolding, leaving \$600 for nearly 50 men who had qualified for the meet. Among those 50 were Don Quarrie, who won the 100 and 200; Ralph Mann, who won the 400-meter hurdles, and Don Baird, who won the pole vault.

Although the AAU seemed to be avoiding a clear-cut policy of allotting travel monies, the issue wasn't helped by the Houston McTear incident. Eighth-



Marty Liquori (leading here) moved up from his usual distance partly because of the AAU "moratorium" and won the 5000. Teammate Dick Buerkle (40) ran second. (Doug Schwab photo)

teen-year-old McTear had created a sensation with his nine-flat 100 and was obviously a plus at the box office. His coach, Will Wiloughby, insisted that his way be paid to the meet also. No coach, no sprinter. The AAU offered only McTear's air fare from his home in Florida to Eugene. McTear didn't run.

As Blaine Newnham, sports editor for the *Eugene Register-Guard*, commented in his column, "There is one difference between this (AAU) meet and just any other invitational track meet held this spring. This, friends, is the national championship.

"It isn't a meet where you bring in world-class performers in four or five events, sell the public on a few select personalities and go from there. This is the world's biggest all-comers meet. Athletes come from all over to take a stab at winning a national title and make one of America's touring teams.

"This is not the AAU Invitational. It used to be that winning a national title really meant something. That a small community would come up with the money to send their hot-shot high school sprinter to the country's biggest meet of the year. Not in 1975, I guess."

The fact that the AAU meet is an all-comers affair puts a serious burden on the meet promoter. Carolyn Newland handled all the registration (and lack of it) for the meet and reflected that having the AAU meet in Eugene "once every 10 years" was about all she could handle.

Her husband, meet director Bob Newland, was a bit more philosophic about the inherent disorganization of the AAU meet. "You have to stay loose," he said.

The AAU meet promoter has no guarantee of which athletes will show up for sure. Deadlines are a joke. "If we

had followed the AAU deadline for entries," said Newland, "We would have had 50 people in the meet."

Few athletes sent in final declarations, and some who did didn't show anyway. More than 400 athletes entered the meet, but only 300 competed. As the meet started the first day, Newland still didn't know which events would have preliminary rounds.

Runners entered in the 1500 came to the track ready for semi-finals which were never run since only 15 entrants had materialized. About 10 minutes after the announcer informed the runners that semis were unnecessary, a 16th runner approached Newland, wanting to get into the field. Newland had to say "no" since the semis had been called off and rules required semis for 16 or more entries.

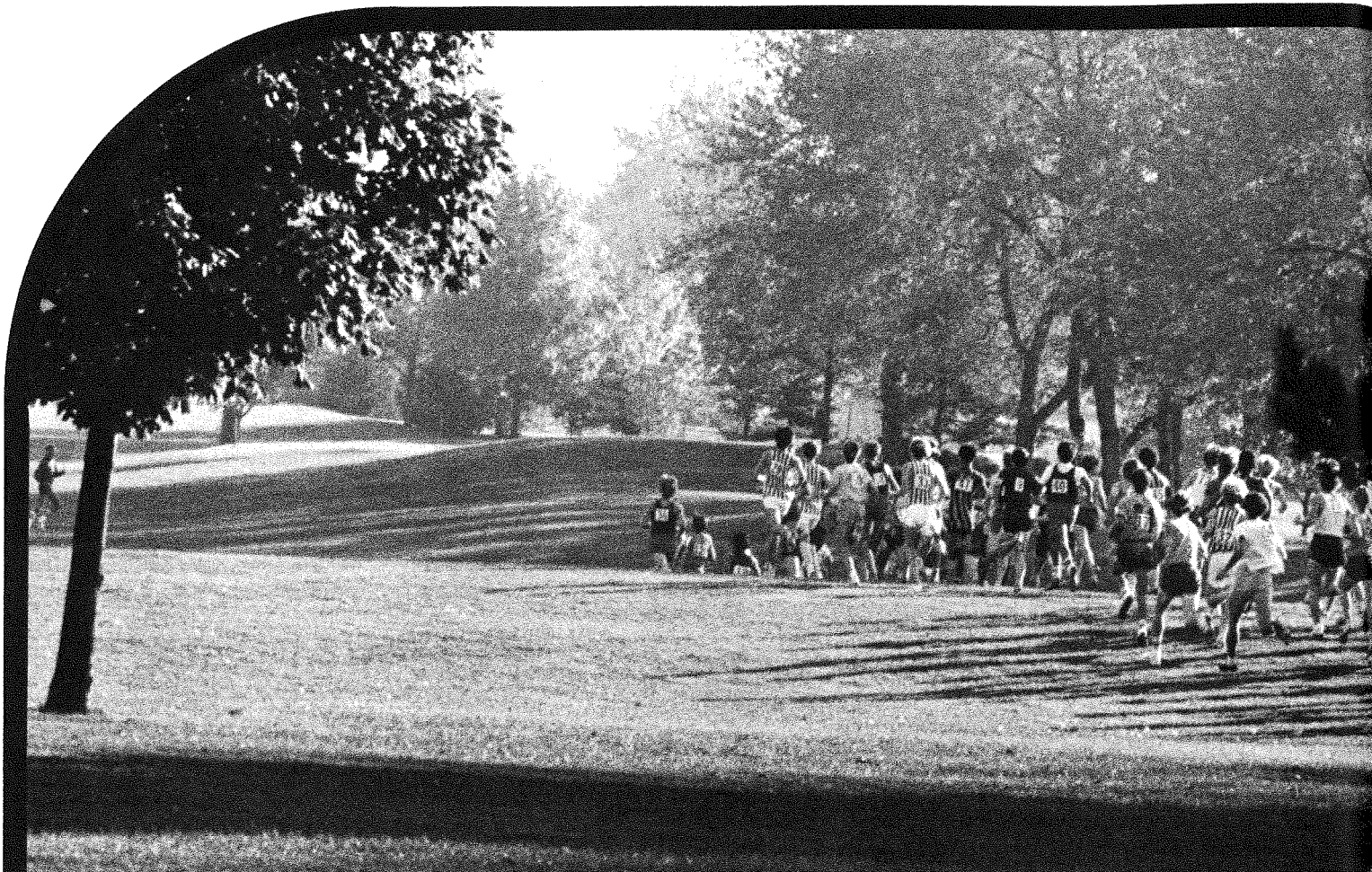
What is a meet director to do when a stellar athlete shows up at the registration desk without an AAU card, without an entry and without money to pay for a dorm room? At times, it is hard to differentiate between naivete and guile. In most cases, the meet director assumes the best.

"You get caught up in emotions," said LeRoy Walker. You're trying to be fair to the athlete because he doesn't have anyone to help him, yet it's unfair to the meet promoter who needs to know who the entries are ahead of time."

Lack of organization has seriously hampered the individual's efforts to cope with the AAU, and the AAU's efforts to cope with the individual. The athletes, though, are taking to steps to make sure that their voices are heard at the higher levels of the AAU. The athletes have 10 representatives on the AAU Track & Field Committee, but they've gained little publicity despite regular attendance at AAU conventions.

In an effort to revitalize that channel into the working parts of the AAU, decathlete Russ Hodge (one of the 10 representatives) organized an athlete's meeting in Eugene to select new representatives. Hodge stressed the need for working within the AAU for change, for more active local AAU districts, for soliciting local businesses for national meet expenses. The 70-some athletes in attendance elected the following reps: Tommy Lee White, Delano Meriwether, Frank Shorter, Rick Wohlhuter, Russ Hodge, Willie Davenport, Barry Brown, Tommy Haynes, Jeff Bennett, John Powell.

With the politics of change guided into constructive channels, the athletes returned to the stadium and did what they do best. They competed. ●



Winning Cross-Country

by Carl Foster and Jack Daniels

For 249 runners, the finish of the 1974 NCAA cross-country race must have been an essentially frustrating time. Nick Rose of Western Kentucky University had already finished and won the event. Why should Rose be able to outrun the elite of American collegiate distance runners in the one race everybody wanted to win? Is he simply more talented? Does he have some training secret? Does he work harder?

Running performance may be viewed in terms of a conceptual model (Table 1) in which various factors are thought to contribute to performance. The relative importance of any one factor may be indicated by a constant, "K." The relative value for any particular factor undoubtedly varies in relation to the distance to be run.

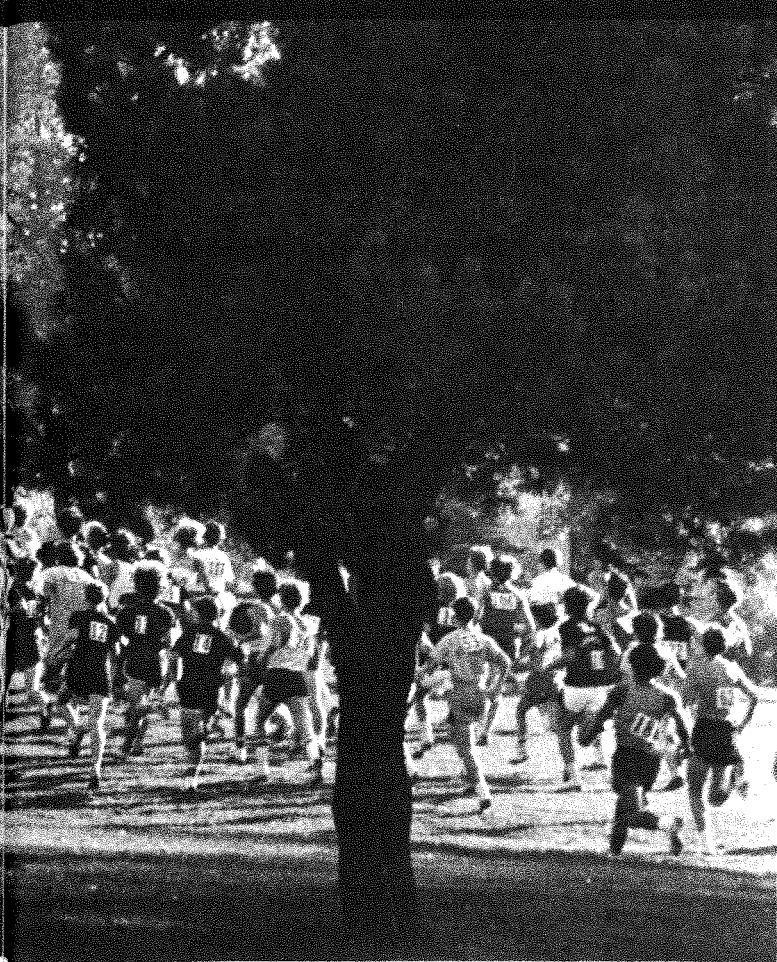
For example, training mileage is of minimal importance to a sprinter, of considerable importance to a middle distance runner and, within limits, indispensable to a marathon runner. The value of "K" for training mileage would tend to increase as the individual trained for longer and longer events. What pieces of this conceptual model gave Rose that vital edge that made him a champion? What pieces separate the early finishers from the pack-fillers from the stragglers?

We had previously ("Running by the Numbers," July '75 *RW*) had good success in describing marathon performance in terms of the conceptual model from analysis of questionnaire data regarding the runner's previous performances and train-

Table 1: Conceptual Model of Performance

Running Performance equals . . .

| | | |
|-----------------------------|---|-----|
| Aerobic power | x | K1 |
| Running efficiency | x | K2 |
| Anaerobic power | x | K3 |
| Muscle-fiber type | x | K4 |
| Muscle glycogen content | x | K5 |
| Training volume | x | K6 |
| Training nature (long runs) | x | K7 |
| Training intensity | x | K8 |
| Experience | x | K9 |
| Environmental factors | x | K10 |
| Competitive factors | x | K11 |



Basic speed, training mileage and experience over the racing distance all are keys to predicting a runner's cross-country performance. But the authors admit that not even scientists can "say with any certainty who will win on a given day." (Hal Higdon photo)

five categories based on his position in the first, second, third, fourth or fifth group of 50 finishers. We estimated maximal oxygen uptake for each individual based on his previous performances at 1-3 miles (Table 3). We also determined the average miles per week of training during the season, the average speed and relative intensity of steady runs, the percentage of training devoted to intervals and the number of previous six-mile races run during the season.

The statistics were first subjected to a procedure known as "analysis of variance" to determine if differences existed between the groups of finishers.

Mean values for each measure are presented in Table 4.

We also analyzed the data using a procedure known as "multiple regression" to determine if individual performances could be described in terms of one or more predictor variables.

Table 3: Estimated Maximal Oxygen Uptake

| Max VO ₂ | Mile | 2-mile | 3-mile |
|---------------------|------|--------|--------|
| 60 | 4:52 | 10:36 | 16:10 |
| 65 | 4:28 | 9:47 | 15:20 |
| 70 | 4:15 | 9:17 | 14:30 |
| 75 | 4:03 | 8:49 | 13:45 |
| 80 | 3:56 | 8:27 | 13:00 |

Choose the longest distance for which runners have a time during the last year, and estimate maximal oxygen uptake (Max VO₂) in milliliters per kilogram per minute. Interpolate between values.

As may be seen from Table 4, significant differences existed at several points between the groups. With two exceptions, the groups differed in the expected direction for both maximal oxygen uptake and training mileage. A similar pattern was evident for six-mile racing experience. No systematic differences were found between speed and intensity of steady runs or percentage of interval training.

It might be noted here that the interval training tended to follow a common pattern, not evident from the statistical analysis. A large percentage of the respondents who described their interval sessions employed what might be called the Swedish system of interval training (long intervals—880-mile—at about the individual's best two-mile pace).

ing. We sought to understand the finish of the NCAA cross-country race using similar methods. This presented a problem not encountered in the marathon study, in that the range of variation of the relevant measures was very small. The runners in the NCAA race represented a highly select group. They were, without exception, well trained. Even the so-called stragglers performed at relatively high levels. This meant that the differences between first and 101st were likely to be subtle; between first and 10th they might be unmeasurable.

We sent questionnaires to each of the 250 finishers in the championship race. We requested information relative to each individual's previous performances, his recent training, his racing experiences prior to the championship event. Seventy-seven individuals returned useable replies.

Some physical characteristics of the respondents are presented in Table 2.

For convenience, each respondent was placed into one of

Table 2: Physical Characteristics of the Subjects

| Group | Placing | No. | Height (inches) | Weight (pounds) | Age (yrs.) |
|-------|---------|-----|--------------------|--------------------|---------------|
| I | 1-50 | 22 | 68.5 | 134.7 | 21.0 |
| II | 51-100 | 14 | 70.2 | 141.0 | 20.1 |
| III | 101-150 | 19 | 70.2 | 143.6 | 20.0 |
| IV | 151-200 | 10 | 69.9 | 139.9 | 21.6 |
| V | 201-250 | 12 | 71.9 | 142.8 | 19.8 |
| Mean | 1-250 | 77 | 69.9 | 140.0 | 20.5 |



Nick Rose of Western Kentucky University came out best in the test which counts most—final placing. (Dave Repp photo)

The best group of predictor variables proved, as expected, to be maximal oxygen uptake, training mileage and six-mile racing experience. A given individual's time could be predicted by the following equation:

Time = 47.4 - .199 (maximal oxygen uptake) - .016 (training miles per week) - .03 (six-mile races during season).

It would appear from this research that several pieces of our conceptual model contributed to the relative success of a given runner. Most important, obviously, is the runner's basic talent or previous attainments, as indicated by the estimated maximal oxygen uptake. However, as with Groups II and III (Table 4), this trend is not absolute.

Table 4: Performance and Training Characteristics

| Group | Time | O ₂ | Miles | Speed | Intensity | Interval | 6 Fall |
|-------|--------|----------------|-------|-------|-----------|----------|--------|
| I | 30:29 | 74.3 | 93.0 | 6:09 | 68.8 | 22.9 | 4.73 |
| II | 31:19* | 71.7* | 86.9* | 6:12 | 71.2 | 22.5 | 2.29* |
| III | 31:49* | 72.4 | 79.0* | 6:06 | 71.0 | 22.6 | 3.11 |
| IV | 32:14* | 70.5* | 81.2 | 6:15 | 71.3 | 30.0 | 2.70 |
| V | 33:16* | 69.5* | 73.4* | 6:08 | 73.6 | 27.4 | 1.08* |
| Mean | 31:38 | 72.1 | 83.9 | 6:08 | 70.8 | 24.4 | 3.05 |

*Indicates significant difference between this group and the next higher one. Time= Time required to finish NCAA cross-country championship race, according to official results. O₂= Estimated maximal oxygen uptake from Table 3. Miles=Average miles per week during the current cross-country season. Speed= Pace per mile during steady training runs of 3-10 miles. Intensity=Relative percent of maximal oxygen uptake required during steady training runs of 3-10 miles. % Interval= Percent of total training mileage run in the form of interval training. 6 Fall=Number of six-mile races run during the current season, prior to the championship race.

Mileage seems to be the most important of the training-experience factors. Yet it should be noted that even the Group I runners were averaging only 93 miles per week—a relatively modest figure when compared to the 200-plus miles of the Bedford-Roelant-Lindgren school. The only other factor of statistical importance was the number of previous six-mile races during the season. There may be influence from the type of interval training used (length of fast segments, track vs. country course, etc). Such an influence, if any, was beyond the scope of this investigation.

The results were at first disappointing in that the differences between the finishers were so equivocal. However, on reflection, this sort of result is what gives racing its special thrill. Although the scientist might be able to describe the best group of runners, his instruments simply cannot get inside that part of the model labeled "competitive factors" and known mathematically as "unexplained variance." He cannot say with any certainty who will win on a given day. ●

Thoughts, Teams and Training

by Tim Gognat and Bob Swank

Last November at the NCAA cross-country championships in Bloomington, Ind., we distributed a questionnaire to the participants, asking them about several aspects of running—notably mental attitudes, team situations and training habits.

MENTAL ASPECTS

For years, coaches, athletes and spectators have argued over the relative importance of the physical and mental aspects of running. Although we can't settle the controversy, we might give additional insight into how the athlete feels.

Answers to the physical-mental question varied through the continuum. Six runners thought it is 90% mental and 10% physical, while only two thought it is 10% mental and 90% physical. No one was willing to say that it is either all mental or all physical.

Some runners showed great insight with replies such as, "It is 100% mental *and* 100% physical." One added that the portions cannot be completely differentiated. Another said it is 110% mental and 100% physical. The overall verdict: According to the survey, success in running is 53.74% mental and 46.26% physical.

These figures don't mean much. But since runners seemed to agree that the mental aspect is very important, one wonders about their pre-race confidence. To assess this, another question asked each runner to predict his approximate finish in the NCAA race.

Of the 74 questionnaires returned, 44 competitors were willing to make a prediction and include their names. Of these, all but two predicted they would finish better than they actually did (Terry Williams of Oregon predicted he would finish ninth and ended up sixth; Ed Mendoza of Arizona said he would place in the top 15 and was ninth). A few others did an excellent job of forecasting their finish. Gary Barger of Oregon, who listed a finish between 20th and 30th, was 25th. Paul Geis, also of Oregon, ended up fourth after confidently predicting he would win.

However, most runners were badly mistaken as to where they would finish, as the average man predicted he would end up 67.7 places better than he actually did. A Californian who said "top 25 or die!" finished in the mid-90s.

TEAM AND COACH

Our survey also showed that the individual seems to be greatly influenced by team success in cross-country. Thirty-seven percent of the runners answered that team performance influenced them greatly, 42% said somewhat, 13% marked slightly, and only 4% replied with none. Not surprisingly, 94% noted that this influence was a positive one.

However, a word of caution may apply here. This was the NCAA championship, and all the runners represented teams which had enjoyed a reasonably good season. For example, four of five members of the most successful team—winner

Oregon—responded that team success influenced their individual success greatly (the fifth responded with none).

Most runners felt that having a coach was beneficial, as 42% said they would be slightly worse without a coach and 23% said they would be much worse. Yet a significant number (25%) did feel they would be the same without a coach, 7% thought they would be slightly better without a coach and 3% thought they would be much better.

Somewhat of a surprise was the fact that the majority of runners did not seem to think it would matter who the coach was. For example, over half (59%) said that with a different coach they would do the same (3% said much better, 8% said slightly better, 17% said slightly worse and 13% said much worse).

TRAINING METHODS

To determine the preparation of NCAA cross-country athletes, we requested typical daily workout distances, the number of days supervised team workouts are scheduled, the number of days the athlete runs weekly (and the number of times per day), type of typical daily workouts (distance, fartlek, intervals, hills, pacework, etc.), attitude toward workouts, and type and amount of weight training.

For 67% of the athletes, the typical daily workout distance ranged from 10-15 miles, with 76% of the participants running twice per day. It might be noted that none of those surveyed ran less than five miles each day.

Half of those questioned had supervised workouts five days a week, with only 10% participating in organized workouts every day. However, 85% did run every day of the week. The overall average was 6.85 days.

In terms of actual workout procedures, we will again use team champion Oregon as a standard for comparison. University of Oregon runners must be considered atypical, but the more we explore the results the harder it is to determine what really is typical. For example, supervised team workouts varied at Oregon from individual to individual (one reported these workouts occurring from 2-3 days per week and another six days). All the team members ran every day, usually twice a day and at least 11 months per year, combining intervals, distance and fartlek.

Oregon's team proved to be highly individualistic in almost all areas. One individual indicated that he thought workouts were boring simply because "I hate to work out." Another indicated training was not boring because "one's ambition should make workouts interesting."

The need for weight work is the subject of controversy among distance runners. Of our sample, 51% answered that they did none, 31% replied that they used weights three times a week, and 15% answered once or twice a week. As to type of weight work, 39% went with light weights and high number of repetitions, 46% used medium weight with medium reps, and 15% lifted heavy weights with low reps. ●



Take one brisk autumn morning, a mob of eager cross-country runners, a rolling five-mile course, a mere handful of officials, and mix well. The result could be administrative chaos with a queue of frozen runners waiting to have their names and places recorded at the finish. Or it could be an efficiently run meet with no inconvenience to the athletes.

Although the runner is the primary concern during the competition, his or her comfort and health are frequently neglected as the officials compile the results. Typically, much of this delay involves the finish line recording of

Officials owe it to tired athletes to score them quickly and efficiently (Sutton/DUOMO photo)

name, number and team for each finisher, as well as the computation of team scores.

Three years ago, following one such particularly numbing experience, the sight of our frozen University of Colorado runners prompted us to develop a more rapid method for tabulating these results. The system permits simultaneous completion of timing, judging (that is, tie-breaking) and recording, thus re-

ducing the amount of time required to obtain the results.

This is achieved through the use of color-coded address labels and pre-marked scoreboards. Both of these innovations *supplement*, don't replace, the traditional number worn by the runner. The labels, completed before the race starts, contain all the information usually recorded at the finish line—number, name and school or club affiliation.

The labels are color-coded by teams to aid in team scoring. The coding is accomplished by using a variety of pens to furnish background differences or other distinguishing marks. The completed

by Jerry Quiller and Elisa Haire

The Simplest Way To Score

INDIVIDUALS

| Place | Time | Name | Team Place |
|-------|---------|--------------------------|------------|
| 1 | 24:48.4 | Boit 22 ENMU | 1 |
| 2 | 24:49 | Ndoo 23 ENMU | 2 |
| 3 | 24:51 | Bringhurst 75 UTAH TC | X |
| 4 | 24:53 | Petersen 2 CU | 3 |
| 5 | 25:01 | CASTANEDA 1 CU | 4 |

Cross-country scoring made easy: First, make up a scoreboard such as the one shown here, numbering the first columns of the "Individual" and "Team" in ad-

labels are arranged in banks according to the competitors' numbers and are placed at the end of the finish chute next to the main scoreboard. (A variation of this method is to have the athletes wear the labels. However, these are sometimes lost or are hard to remove in the chute.)

The main scoreboard has four columns—a numbered *place* column and three blank columns, the first for the runner's *time*, the second for *name*, (label) and the third for *team place*. As each runner leaves the chute, the recorder simply locates the appropriate label (corresponding to the number worn by the runner) and transfers it to the name column on the main scoreboard. Transferring the label requires about two seconds for each competitor and eliminates long waits in the chute.

After the last runner finishes, the officials figure the team scores. Color coding of the labels permits the officials to quickly identify those individuals entering into the team score. (White labels may be reserved for obvious non-scorers such as unattached runners or teams entering incomplete teams.) Team scores are then determined in the following manner:

1. Cross out the team place for all obvious non-scorers (white label).

2. Cross out the team place for any team not having five finishers.

3. Number the remaining blanks. (Here, again, we have found it convenient to use previously numbered, smaller adhesive labels.)

4. Locate the top five places for each team, transfer these to a separate team scoreboard and tally the numbers for each team.

While the scores are being tallied, the timers correlate and record the individual times on the main scoreboard.

If the officials work within a roped off area, this system affords the additional advantage of allowing coaches, athletes and spectators to view the tabulation of the results. Within a matter of minutes after the race has been completed, awards can be presented and the runners can head for home.

Only eight officials are necessary to run off a big meet using this system: one judge (to act as starter and tie-breaker); two timers (one to read, one to record); two recorders (to locate and transfer labels); two hustlers (to aid judge and clear chute); one back-up recorder (to use tape recorder).

TEAMS

| No. | Univ. of Colorado | Eastern New Mexico | Adams State |
|-------|-------------------|--------------------|-------------|
| 1 | 3 | 1 | 6 |
| 2 | 4 | 2 | 19 |
| 3 | 11 | 9 | 43 |
| 4 | 12 | 10 | 50 |
| 5 | 16 | 25 | 52 |
| Total | 46 | 47 | 170 |
| 6 | 24 | 33 | |
| 7 | 26 | 38 | |

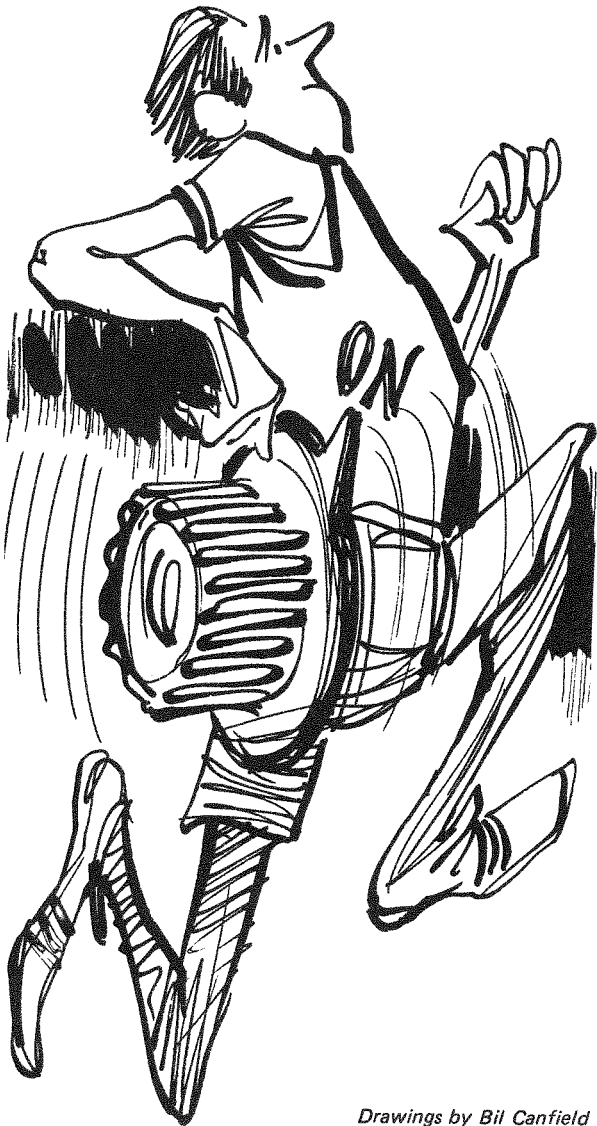
vance. Then fill out a gummed label for each runner. (In practice, these are color-coded for each team). Place the labels on the board as each runner finishes.

Of course, as personnel and funds permit, this system may be elaborated upon. For example, a typist may make dittos of the results directly from the scoreboards at the race site so that runners and coaches may take a copy of the results with them as they leave. The scorers may also wish to use a hand calculator to add the scores. Also, as each time sheet is filled, these times may be transferred to the main scoreboard.

Here are a few things we have learned that may be of benefit. Be prepared for inclement weather. A tent or canopy may be set up over the officials' work area. Also, the labels may be sprayed with artists' fixative to prevent running of the colors on the labels. By pinching one corner of the labels, it is easier to remove them from the memory blanks to the scoreboard. Extra labels and pens should be taken to the race in the event of last-minute substitutions and/or entries. If the officials have never used this system before, it is often helpful to list their duties on 3 x 5 cards for their immediate referral.

This system can be adapted to any scale—from local road races to national competitions where multiple records are required. ●

"This is the value of racing:
a chance to take chances,
to do crazy, impulsive things."



Drawings by Bil Canfield

Each Race is a Question Answered

by Joe Henderson

My first coach, Dean Roe, didn't know much about training methods. In 1958, he probably hadn't heard yet about intervals and fartlek. But he knew more about adolescent psychology than I realized at the time.

Coach Roe's method was simple: race every day. He lined up all the 100-yard dashmen every afternoon for a 100-yard dash down the middle of the football field. The quarter-milers sprinted two laps around the field, which passed as the school's track. The half-milers raced five halves a week.

I was a half-miler, and I probably raced that distance 50 times my freshman year. All I did was race. It wasn't the wisest way to train, but it did wonders for a shaky young ego.

Like most 14-year-olds, I needed confidence more than conditioning. I was rather fit because . . . well, fitness

comes with being 14. You can do all sorts of foolish things at that age and

called "the uncertain sands of adolescent society." Moore wrote, "Perhaps the clear delineation of excellence found in running provides a solidarity that balances the uncertain sands."

Success is where you find it. I found mine on a 220-yard chalk line around a small-town football field. Here, I could measure myself against other runners and against my own times, and here I saw I was measuring up rather well. But I needed regular reassurance that this was so. At 14, my confidence had a lifespan of about one day, and Dean Roe knew just how to renew it . . .

A lot of years and a lot of races have passed since then. I have changed,

and so has my running. Both have matured, I hope. I don't have to chase after people and times any more to keep myself going. I can enjoy a wandering running, unranked and unmeasured.

I don't race as often as I used to, both out of choice and necessity. The years and tens of thousands of miles have left me too brittle for that. My infrequent racing isn't as serious or as fast as it once was, but it's just as vital.

Running as I do, apparently going in endless circles from nowhere to nowhere, races are important benchmarks. Now, they don't so much show progress or slippage as they tell who I am.

Without a race every so often, I lose the sense of awe at what I can do when I press myself, and at the same time I lose my humility. I forget that racing can make the impossible possible and the possible impossible. Only here can I

end up running faster than I ever thought I could, or unable to cover a distance I've gone a thousand times before.

Every race is a question, and I never know until the last yards what the answer will be. That's the lure of racing . . .

To race is to take chances. It's a chance to win something that seems important or to do something that barely seems possible—and at least an equal chance of hurting yourself or making an ass of yourself in public. We race *because* of this gamble, not in spite of it.

Races, like all risk-taking exercises, are emotional and defy logical explanation. I've written sane, rational advice about racing but don't practice much of it. It was all written from a safe distance away. When I'm racing, I'm as irrational as the next person, because racing itself is irrational.

Racing turns people who are normally afraid of the dentist's drill into athletes who run until they can't stand up. It turns meek, bookish types into hot-eyed competitors who will run up their friends' backs to gain places. Racing drives them farther and faster than they could ever go without being emotionally turned on.

An interviewer said to Frank Shorter, the 1972 Olympic marathon champion, "Most people can't even run one five-minute mile, and you're able to string 26 of them together. Does that ever boggle your mind?"

Shorter answered, "Yeah, I can't just sit here and decide that I'm going to put on my shoes and go out to run even 15 miles at five-minute pace. You just have to be in the race situation. Getting pulled along is the big thing."

The race situation sometimes exposes hidden potential. But it also bares one's weaknesses for everyone to see. Racing brings out the best and worst in people . . .

If you rank competitors on a scale of 10 according to their killer instincts, I'm about a two. I'm not guessing at this. I have the word of sports psychologist Dr. Bruce Ogilvie. He tested me several years ago, and concluded that I'm better suited for bird-watching than for competitive athletics.

When I race, I run for time and not position. But to get the fastest possible time, I need other people around. I need them to push and pull me along—but only from a distance. When they get too close, they upset my concentration and

rhythm. Then I get irritated with them for not playing by my rules.



My rules are that no one sets out to stab anyone else in the back. No one is in the race to beat anyone else, but only to get the best from himself or herself. This way, everyone can be a winner.

Tactics have no place in my rules, because tactics have little to do with running at one's best. They're only involved with running better than the next person—not so much outrunning him as outsmarting him. This makes racing a symbolic little chess match at best and a street fight at worst . . .

I don't know their names, so I call them Splat and Sprint for the way they run. I've never seen Splat before. But from the start of this race, I hear him. I go fast up the first hill and am alone for a hundred yards or so. But I hear his feet slapping against the pavement: "Schplatt! . . . Schplatt! . . . Schplatt!"

Splat comes alongside, so close he bumps my elbow, and stays there. His tactic is to run stride for stride with me no matter what . . . which is distracting since he is 6'2" and I'm 5'6" and our strides don't match.

Sprint and I have raced before. Last time, he hung in my shadow for .99 of a mile then squirted past at the end as if beating me was a big deal. His eyes are on my back now. I can feel them.

I try to separate myself from these two as we go downhill. I move away.

Then at the bottom, a sudden cramping pain grabs my calf muscle.

A rational man would think, "Something's wrong, and it can only get worse if I keep going. I'll stop now."

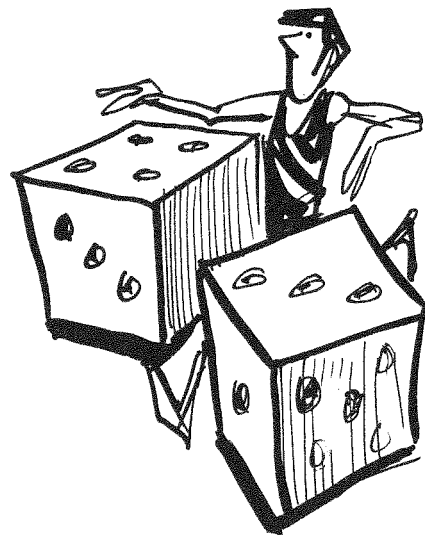
My thought is, "Gotta keep going. Gotta keep this lead. Can't let these guys catch me now. Maybe if I ignore this pain, it'll go away."

I limp up the next hill and then down, holding pace but looking more and more like a cheating race walker as I fall back on my heels to ease the pain.

I look around. Racers aren't supposed to do that, but I'm scared. Splat has fallen back. But Sprint is glaring at me. My worried look turns on his kick.

I make a token spurt and hold him off by a step. The timer yells some numbers. I don't hear and don't care. I can't put full weight on the right leg, but it doesn't matter. I'll worry about that tomorrow. I've won. I've broken all my rules and feel good about it. Damn good . . .

This is the value of racing: a chance to take chances, to do crazy, impulsive things. The body may not be made to take the strain of racing. But the need to take risks is bred into us. In a world with most of the risks programmed out, we have to make up ways to take chances. Mine are in races.



My everyday running is safe and conservative. I never take chances there. I rarely hurt. I feel good about it, but in a different way than I feel about races. I feel a mild glow after my morning runs. Races, however, are a total physical-emotional jolt that only comes with throwing myself into a great unknown. I don't need this as often as before, but I still need it. ●



Phil Harrison photo

They started running on a date, and this year ran the Boston Marathon.

During Sherman's march through Atlanta, just about everything was leveled by fire and mortar except the hills. And since Yankee troops couldn't flatten the city's endless inclines, they probably cursed them, as do most people traveling by foot.

Notable exceptions are a husband and wife who jaunt over Atlanta hills day after day and complain hardly at all—especially since this year's Boston Marathon. Partly because they were accustomed to a repetitive "Heartbreak Hill" terrain, Ben and Gayle Barron brought home a trophy on their first try in the prestigious New England race.

Giving both of them credit for Gayle's third-place finish in the women's division is accurate, since Ben's influence nine years ago started Gayle running and he has paced her to numerous successes ever since.

Gayle's potential as a distance runner might well have remained latent. As a cheerleader for the University of Georgia football team, she got more exercise than the average coed and certainly had enough studies and sorority activities to keep her otherwise occupied outside her journalism classes.

But then came a blind date with Ben. When he told her about his private daily running, she remembered her excitement in grade school May Day races and impulsively asked Ben if he'd mind her joining him. Ben, a somewhat bashful business graduate student, may have valued his lone-man style, but how could he decline a running partner this pretty? He consented.

"I was totally exhausted after half a lap around the track," Gayle said, "not

The Couple that Runs Tog

too surprising since I was the world's foremost junk food eater. But I kept trying, thinking that if I wanted to be with Ben, why just sit and watch?"

Gayle worked up to a mile a day, ignoring quips from Phi Mu sisters who considered meeting a date at the track rather weird. Gayle also pretended she didn't see students do double-takes as they saw her from the bridge overlooking Georgia's stadium.

"Remember, this was before the jogging fad," Gayle said. "No girl was expected to do such a thing. Everybody who passed would stare at us."

Ben completed his studies and came home to Atlanta to work, and without him Gayle did little running the next year. But after graduation in 1967, she also took an Atlanta job and the couple resumed running together.

"This proved practical only on weekends, since Ben lived across town," Gayle explained. "So I began looking for a place where I could safely run alone during the week."

She found the nearby Emory University track ideal, and after a year progressed to three miles.

Their 1969 marriage resolved the couple's weekday logistics problem. They could now join each other after work at Ben's old high school track close to their apartment. They made a lot of new running friends here, since it's a community jogging site. But they eventually tired of quarter-mile laps and began running about the winding residential hills of northwest Atlanta.

Should the title of "Mr. and Mrs. Running World" be bestowed, the Barrons would be prime candidates—she the 30-year-old dark-complexioned trim beauty and he the 32-year-old muscular athlete who keeps toned by lifting weights.

"Running may not have been our main attraction for one another," says Gayle, "but I often wonder whether we'd have gotten married if I hadn't taken up running."

Ben, although shy on the subject, does admit it's nice having a built-in running mate. But Gayle is quick to praise her husband for never being insistent about her running.

"Ben takes the attitude that everyone should do only what he or she wants, not what someone else thinks is

best for them. I remember three years ago he mentioned entering the Peach Bowl race, which is Atlanta's marathon. He left it to me to volunteer to go along. As it turned out, that was a poor decision, since I'd never run farther than 7½ miles in my life."

Atlanta's marathon snakes over 13 miles of challenging hills, and it's the second time around when the grueling course takes its toll.

"I felt okay after the first half and was beginning to think marathons weren't so bad," Gayle said. "Then we started going up those same murderous hills again. Soon I was begging Ben to walk. I know the poor guy wanted to keep going, but he didn't complain—he walked the last six miles with me. I swore off marathons."

Gayle kept her word for a couple of years, sticking to infrequent competition in shorter races, notably the 10-kilometer Peachtree road race. This is a favorite with the Barrons. Gayle has won the women's division every year (except one she skipped) since 1970, with Ben pacing her through them all.

"Actually, it isn't accurate to say I pace Gayle, even though she thinks so," Ben states. "It's true that at first I kept a slower pace so she could keep up. But now she can handle my best pace without trouble."

Gayle doesn't buy that, claiming Ben can run faster and longer without nearly the training she finds necessary. Whatever the truth, this contradiction by two genuinely modest and unassuming persons tells why there's no competitive spirit between them.

In fact, neither goes overboard in competing with other runners, choosing to enter only a few races. Tim Singleton, a fellow runner who has done much to bring Atlanta Track Club into excellence for male and female amateurs, is one who usually can persuade the Barrons to enter a race.

"Tim had a lot to do with my reconsidering marathon running," Gayle said. "Last fall, he and a few other friends invited Ben and me to join them for a 20-mile road course they were running every Saturday. I had reservations about stretching beyond my usual six miles, but decided one longer workout wouldn't hurt."

To her surprise, Gayle found the longer distance an enjoyable change of pace. Between Saturday runs, she and Ben began to step up their daily workouts, and before she knew it she was preparing for the Atlanta marathon last December. Running side by side, they clocked 3:06, which won Gayle first place, overcame her anti-marathon feelings and set her eye toward Boston.

"We'd heard Atlanta's hills make its marathon one of the country's toughest races, and we figured with four months to prepare we might do okay in Boston," Gayle explained.

About this time, career opportunities developed which affected their running pattern. Ben's longtime dream of operating a recreational project began to unfold with formation of a corporation to own and/or manage recreational properties. The first major assignment is scheduled within a hotel-office complex, to include deluxe facilities for tennis, handball, swimming, health club—and it goes without saying—indoor and outdoor running.

Initial corporate activity already involves management of another health club and a downtown health food bar which Gayle helps operate. Differing work hours brought separate weekday workouts for the couple. Gayle followed a portion of the Atlanta marathon course and Ben, changing to running clothes and carrying street duds home in a backpack, daily ran the eight miles from downtown to their suburban apartment.

Business was so hectic Ben and Gayle had to shorten plans for their Boston trip to 24 hours. This was disappointing, but then two more discouraging events occurred.

First, Gayle suffered a muscle strain in her right thigh five days before the race, which almost cancelled the trip. A desperation cortisone shot brought the leg around, but she had to give up the last important week of workouts.

Second, when the Barrons arrived in Boston they took a car ride along the course with several experienced marathoners.

"This was the most mentally fatiguing thing we could have done," Gayle said. "They kept pointing out problem

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hills and turns and telling where most runners fall off their pace or drop out. On top of this, we were almost psyched out by just realizing how far 26 miles is to drive—much less run.”

They later appreciated the advance checkout because it gave them some idea of their pace. “There are markers on the ground,” Gayle commented. “But with 2500 people, who’s going to see those?”

“Luckily we got a good start—only about six rows back—and we didn’t get trampled because we ran to the outside. We always start slow, then pick it up, and we didn’t change our plan for this race.

“There was surprising support from runners and spectators along the route. Somebody running alongside me said, ‘That’s a good stride for a woman. If you keep it up you’ll do fine.’ That kind of encouragement helps you.

“Crowds were especially excited when a girl passed—they’d cheer loudly and hand you water and orange peelings and yell out your time—I couldn’t believe how good it felt.

“About three-quarters around, we passed some girls who had been pointed out as contenders, and this got my adrenalin stirring. Then toward the end, spectators started calling my name. I thought: ‘Gee, they know who I am!’ Of course they were checking my number with the program and didn’t know me from Adam’s housecat, but it helped nonetheless.

“When we hit Heartbreak Hill, we were literally flying, and Ben said he’d never seen me take a hill like that. People began calling out my position—fifth, fourth, and finally when they said third, I didn’t think about the numbness in my legs—I just watched the skyline get closer and closer. It was wonderful!”

Now when Gayle mixes a health drink, customers often recognize her and ask her what diet and vitamins will help them follow the Barron’s footsteps.

“What is good for Gayle or me isn’t necessarily what others should follow,” Ben says. “A person must know his own particular needs. But a good multi-vitamin, with perhaps supplements on vitamins weak in the multi, is generally sound. A balanced diet is also important.”

Gayle concurs, saying Ben helped put her on a more sensible diet when they

first dated. "Ben took me to the cafeteria instead of campus hamburger and milkshake hangouts, and eventually I preferred it. Now we prepare basic foods—without refined sugar or white bread."

What's the future for running? Will Gayle try to improve on the 2:54:29 marathon mark, which places her among the dozen fastest women in the world? She answers nonchalantly: "If I'm not pregnant, I'll probably run in Boston next year."

Then pausing only a minute, she explains: "Running is a thing Ben and I enjoy sharing and I am not too concerned about records. Oh, I'd like to be invited to run against some of the top women once or twice just to see how I'd do, but I'm not a regimented person who could dedicate myself to the strenuous training programs I've heard about."

Gayle Barron:
"Running is the
thing Ben and I
enjoy sharing."

"If someone offered to coach me toward serious contention, I'm not sure I'd respond, because I think that's how you can stop enjoying things. I believe a lot of girls who are pushed at a young age will get sick of running unless they do it on their own."

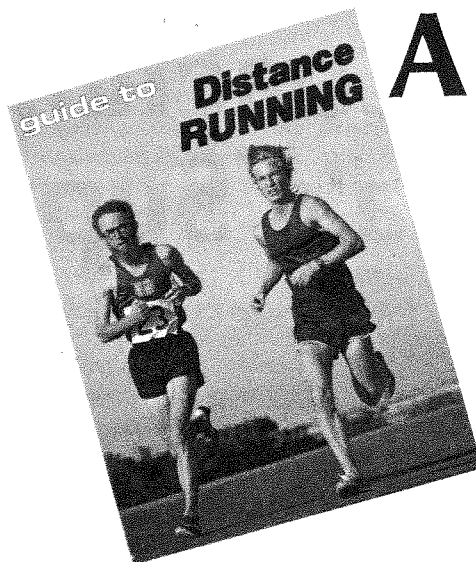
"I was fortunate to begin running with Ben instead of somebody trying to tell me how I should run, because style to me is a natural thing. You see this by watching outstanding runners whose style is unorthodox but which suits their bodies."

If a little Barron does come along, Gayle plans to run as long as medically allowed during pregnancy and then get back to it right away.

How would Ben feel about an offspring to pace into stardom? The answer was predictable:

"Well, I'd let the kid make up his or her own mind about the idea."

But in a few years if you happen to be touring Atlanta's fashionable north-side and spot a small child cresting a steep hill behind healthy-looking parents, don't be surprised if the last name is Barron. ●



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Coaching Indiana's Super Kids

by Bruce Peterson

My high school track coach, Mike Poehlein (now coaching at Purdue University), used to tell me, "When you graduate, I don't want you to look back and think of what could have been. I want you to do it now."

Well, I never put northwest Indiana on the high school track map, but three distance runners from nearby Hammond High sure have. Junior Rudy Chapa, and seniors Carey Pinkowski and Tim Keough all broke nine minutes in the two-mile this year. Chapa destroyed the national prep 10,000-meter record with a 29:11, while Pinkowski turned back all comers in the International High School Invitational two-mile at Mt. Prospect, Ill. These kids *have* done it now.

For Hoosiers living near Chicago, you can't mention Hammond High's success without talking about a young, dynamic coach—Dan Candiano, 27. These three runners were all discovered and trained by Candiano. And if you've ever watched a Hammond High meet, you've seen the dark-featured, wiry leader, coaxing, cajoling and verbally pushing his athletes through each lap.

Candiano, himself a 4:08 miler in college, began coaching in the fall of 1971. That debut was hardly spectacular. Only seven runners showed up for the first meeting. Finding prospects in the school known then for its basketball and football teams was some job. His next problem was where to train. Hammond High didn't have, and still doesn't have—an indoor or an outdoor track.

For the past four years, the runners have trained at Maywood Park, where one lap is three-quarters of a mile, and snow and mud can feel like fingers pulling on your feet when you run. They also tackle the train- and car-clogged streets of industrial northwest Indiana.

Today, Candiano's athletes train seven days a week. Six of those seven days are two-a-day workouts. "The more

mileage these kids put in, the better," Dan told me. They regularly "train through" meets and run home from them.

When asked if his schedule was a bit rugged he snapped, "I don't believe in the term 'burned out.' Running is 50% mental. I won't listen to complaints. I don't want kids spending time in the whirlpool or doing much taping. If a kid's running form hasn't changed, he can keep running."

Candiano is such a firm believer in his own program that he almost wishes he were training himself with it. "When I see a kid like Tim Keough, who probably can't break 58 in an open quarter, run an 8:52, I have to believe in our system. I never ran more than 80 miles a week when I was in high school. My runners go upwards of 120."

Candiano, however, has changed his coaching tactics in the past four years, and he expects to keep changing. One of his major shifts was drastically reducing the recovery time allowed his runners in their workouts. A major believer in fartlek and, to an extent, interval work, Dan always has his runners moving. They don't just jog when they slow down in fartlek or finish a hard half-mile; they run at a "fresh pace."

That is one of the four terms Candiano uses to describe his runners' workouts—"fresh," "good," "hard" and "all-out." Waving a stopwatch in front of him is like waving a crucifix in front of Count Dracula. His runners rarely are timed during track season and not at all during cross-country, except at meets. Instead, he feels they increase their endurance by such little recovery time and do their own form of speed work by battling each other in the workouts.

Competition among the team members during workouts is essential, Dan tells me. He feels much success can

be attributed to their pushing each other in practices.

Weekly mileage since that first year of coaching jumped from 80 miles to upwards of 120, Dan says. Chapa, who usually paces the workouts, often exceeds that total. In fact, last year he wore out six pairs of running shoes.

The distance running has had its toll. Chapa and others are constantly troubled by shin splints. But they hardly ever miss a meet.

"The success of my program is the mental toughness I instill in my runners," Dan says. "They know they can run in any weather conditions. They can run through injuries. Keough missed his junior year of track because of leg problems. But I believe if I had really been counting on him at the time, he would have run."

Candiano used to run with his team during the evening but stopped because, "I couldn't coach and run at the same time. I was missing things like overstriding." All three of the record-breakers were overstriding their first year.

Winter is the key season in Dan's coaching. Dan chuckles now or says, "When a kid comes through our winter sessions, he gets on that track and thinks he can beat anybody." But he remembers the many freezing cold mornings and evenings and that two feet of snow. So do his runners.

Before describing the winter workouts, one must know that Candiano begins planning for "next year" two weeks after track season ends. Then the fiery coach is already scheduling two-a-day workouts. The June workouts are relaxed, just keeping muscles tuned. They are usually scheduled around the coach's own summer work schedule.

This summer was the first time Candiano had any of his runners competing in post-season meets. It is a variance

from normal procedure because he favors non-competitive, long, slow distance work in the summer. "I've seen too many teams peak at the beginning of a cross-country season after running a lot of summer races," Candiano says. But this summer, Carey and Tim already had graduated, and he didn't feel he could hold Rudy back any longer.

On July 4, Hammond High runners enter a local four-mile race to give both them and Candiano an idea where they stand. They then begin running 90 to 120 miles a week. Dan describes summer work as strictly "background." No timing is done except at the holiday race.

The cross-country season emphasizes building for track, yet is competitive in itself. There is no speed work—just long, hard fartlek and distance training. Teamwork is emphasized.

Last fall, Chapa and Pinkowski deliberately slowed their workout pace to encourage their teammates. Candiano wanted the state title. That strategy even carried over to the meets.

In a controversial move, Candiano urged Chapa and Pinkowski to deadheat their races. The purpose was dual. The year before, the two had battled it out meet after meet, physically exhausting themselves. To save their strength for track and promote togetherness on the team, the boys tied in many races, including the state finals.

Candiano got a lot of irate letters because of that. But what hurt even more is that the team finished fourth—even though Chapa and Pinkowski tied for first and Keough took a surprising (at that time) fifth.

Two weeks after cross-country ends, two-a-day winter workouts begin. As an incentive, Candiano has created a 1000-mile club for November-January and a few weeks in February.

Winter mornings the runners average 6-10 miles of fartlek. Most of Hammond High's distance work is fartlek because Candiano feels it helps his runners learn how to change speeds, avoid overstriding and develop a finishing kick. Once a month in the mornings during the winter, the runners will run eight miles for time.

The winter evening workouts vary

much more according to the weather. The runners again do fartlek but also three-quarter-mile and one-mile intervals. "We never stay out longer than an hour and a half in the evening because of the weather," Candiano stresses. "And the workout may be cut way short if conditions are too bad. Two inches of snow can add stress conditions that equal longer workouts."

During February and March, the coach will occasionally time his distance runners at the park. Usually it would be six one-lappers (1320 yards) in 3:25 to 3:30. This may sound fast, but last year, besides the mighty trio, Hammond High had two juniors well under 10 minutes for two miles and a senior who ran a 4:21 mile.

In February, Hammond High begins its short indoor track season. Coach Candiano schedules only four meets. He feels indoor times and meets aren't as important as the training done then.

In February 1974, when Chapa was a sophomore, Dan entered him in the Boilermaker Relays two-mile. "We were shooting for our school record of 9:20 then," he says. "Rudy hit 8:57 in the trials, and to prove it was not a fluke went 8:55.8 in the final. That was a national record for sophomores and the first time *anybody* had broken nine minutes in Indiana. I knew then my winter training program had been effective."

Except for very important meets, indoors or outdoors, Dan almost regards racing as a hindrance. He feels his runners used to get out of shape because of the days they missed training because of meets. Now, to avoid that, he has his runners run back to Hammond High from an outdoor meet (often 10-15 miles) as a warmdown.

During the outdoor season, Candiano spends most of his training time with the team sprinters. He says, "As Chapa, Pinkowski, Keough and the others matured, and after they worked with me in the winter, I got to the point where I could give them a workout to do without constantly watching them." The workouts would vary from week to week, but essentially it was three-quarter-mile, one-mile or three-mile intervals, followed by fartlek.

Dan wanted me to realize that he doesn't keep a master schedule for these workouts. He says he wants to be flexible and see how the boys feel each day. "They're people, not machines," he emphasized.

During last track season, Candiano sharpened Chapa's two-mile and Pinkowski's mile by dropping them down to quicker races. "In order to run a great two-mile," he explains, "I believe you have to run a good mile. In order to run a good mile, you have to run a good half-mile. They also run mile relay legs during the regular season." Rudy burned a 4:09 relay leg and a 4:11 open mile during the year, while Carey regularly broke 1:54 in the half.

Another factor in Candiano's scheduling of races was separating Chapa and Pinkowski. "They are always under pressure to see who's best," Dan says. "But to have them 'slug it out' wouldn't have been good for the team. Besides, they'll find out soon enough in college." To avoid bruised feelings, Candiano had to remember to compliment both—as well as Keough—when talking to the press.

Partly to prevent his runners from peaking too early, Candiano employs his rugged two-a-day workouts. His reasoning is that a tired youngster won't run too fast too soon.

At the beginning of track season Candiano will decide where he wants his runners to peak. This year it was the Mansfield Relays, the Thornton Relays, sectionals, regionals and state finals. Two weeks before sectionals, speedwork begins and fartlek work is cut in half. Three or four nights a week, the boys run 20 50-yard sprints. Another speed workout consists of two sets of four quarters, under 60 seconds each, a "fresh pace" between quarters and a two-minute rest between sets. Other Candiano favorites are two 880's under two minutes each with a 20-minute rest between or race pace for three-quarters of a runner's particular specialty.

With the speedwork and easing off of hard distance work, Candiano says his runners feel "stronger," but also keyed up. They're not doing their normal load. When they hit the tracks, they're ready. ●

Where Have All The Young Boys Gone?

by Joe Henderson

"Generally, all that can safely be said about a fast young runner is that he's a fast young runner. Early success has only a distant relationship to future stardom."

The Young Runner
(Booklet No. 24)

Ron Ray. Dale Scott. Vince Cartier. These were the big names from the high school class of 1972.

Ray set a national record of 45.8 in the quarter-mile. Scott ran 1:48.5 for a half-mile mark. Cartier broke Jim Ryun's indoor mile best with 4:06.6.

Jim McKay on *Wide World of Sports* would have had reason to refer to them

as "America's bright hopes for the future." He wouldn't have been stretching a point by calling them Olympic prospects for '76. Four years and a college career would mature them nicely.

Ray wound up at North Carolina Central, Scott at Washington State, Cartier at Florida—all top track schools. They've had the best competition and coaching. And in the three years since high school graduation, none has improved significantly—if at all—on his high school times. All have run well, but not yet well enough to justify the "Olympic prospect" label. Montreal seems farther away from them than it did in 1972.

Mark Schilling (right) finished second in the NCAA and third (behind Len Hilton and Ken Popejoy) in the AAU. (Doug Schwab photo)



This isn't to point an accusing finger at these three runners. They simply are representatives of the normal situation in the sport: Early success guarantees nothing later on.

The booklet *The Young Runner* traced the careers of the class of '68. Eighty seniors were listed among the high school leaders. This class was better than most. Three members—sprinters Herb Washington, Ivory Crockett and John Smith—went on to set world records. But only Smith made the Munich Olympic team. Only one-fourth of the ex-stars were among the national leaders by 1972.

The others had vanished to wherever it is that formerly fast runners go. The place they go must be crowded with athletes who are still young. Those from the class of 1972 are only 20 or 21 now. But more than 90% of them have dropped from sight.

One-hundred twenty-four seniors made the *Track and Field News* high school list that year. Just 11 of them appear in the latest *T&FN* rankings of the country's open runners. As juniors in college this spring, five placed in the NCAA meet. Perhaps three of them—quarter-miler Ken Randle, miler Mark Schilling and hurdler Larry Shipp—have solid chances of racing in Montreal.

We're reduced here to talking of people in numbers. But the numbers have a point. In big-time track, many are called and few are chosen. These are the statistics: This year, about half a million runners will compete in high school track. Maybe 1% of them will reach their state championship meets. A hundred or so will be good enough for

The
18th year
is the most
critical one for a
young runner.



Larry Shipp (left), a notable "survivor" won this year's NCAA high hurdles. (Pantovic/DUOMO)

He did come back—perhaps because he hadn't been saturated with running and racing in high school. He still had the thirst.

Saturated runners have a harder time continuing, and Hal Higdon has a theory as to why. The veteran runner-writer says, "While the human body can be subjected to extremes in training, the human mind cannot. Three or four years seems to be the maximum for sustaining the high level of training necessary for victory today."

There are obvious exceptions to this four-year limit, but it generally holds. And it seems to apply regardless of what age the intensive period begins. Many runners never improve on their high school marks simply because they've made early use of their quota of good years.

On the other hand, there are athletes like Mark Enyeart. Mark was from the class of '72, but you won't see his name in any old track magazines. He was a good—but well below national class—sprinter at Vernal High School in Utah. He didn't run a half-mile race until late last year, and already he's a national champion.

Enyeart should have his best years ahead of him, and no one from his class is a better Olympic prospect. And yet we know from the precedents that even his place is not certain. Even one year is quite a long time in the life of a runner. ●

national ranking. And maybe 1% of them will ever become "world class."

A brutal selection process? No, not really. Those who try to reach the top usually know what the odds and risks are. They accept them. Those who see no chance of running on that level don't care about those odds and risks. They have little to do with their style of running.

Ninety-nine in every 100 runners quit forever on high school graduation day, anyway, so to continue for any time and in any fashion is a definite plus.

The 18th year is the most critical one for a young runner. That, as noted, is when most of them drop out. Those who stay in the sport seldom stay the same in that year. Their performances usually either improve or decline drastically.

It's a time of great change. Change in environment (high school to college, home to dorm). Change of coach (and with it a new method of training). Change of event (longer distances for runners, new heights for hurdlers). Change of competition (starting over again on a new, higher level where everyone is a former prep star). The changes,

coming all at once, harden some young runners and crush many more. This partly explains the high dropout rate. There are other reasons, too:

Some are saturated with running. They've worked so hard in high school, they're frankly sick of it. They can't face any more 130-mile weeks or twice-weekly races.

Others got by on less than half the training in high school, and aren't able to handle the new load. They're tired, or hurt, and can't find their old success in a year they need it most.

Vince Cartier typifies the second type of runner. Hugh Sweeney wrote of him ("Unlikely Heir to Ryun's Record," July 72 *RW*) the year he ran a 4:06 mile. He described Vince as a "natural" who seldom ran more than 50 miles a week.

Sweeney wrote, "It remains to be seen what Vince will do when (or if) he starts hitting 100 miles a week regularly."

The accompanying article, again by Hugh Sweeney, tells what happened. Not a happy story, but a familiar one. Cartier's transition from high school to college was quite painful. However, he was luckier than many runners in his class.

He was the fastest high school miler. Then he ran into trouble.

Vince Cartier Revisited

by Hugh Sweeney

In the spring of 1972, Vincent Cartier was riding high. As a senior at Scotch Plains-Fanwood High School in New Jersey, he'd broken Jim Ryun's national high school indoor mile record with 4:06.6 (see "Unlikely Heir to Ryun's Record," July 72 *RW*). Scholarship offers were coming in from all parts of the country. There were invitations to run some of the big Eastern outdoor meets. A sub-four-minute mile looked likely.

Then, suddenly, he disappeared. Like so many outstanding young athletes who fail to live up to their apparent potential, it seemed that Vince Cartier would never be heard from again.

The downhill slide began shortly after Cartier set the high school indoor mile record. He was training hard, but didn't feel as strong as usual. He soon learned the reason: mononucleosis.

That summer, he was beginning to get back in shape when he noticed a slight strained sensation in his right achilles tendon. He ignored it. When he reached the University of Florida in September, the excitement of running long workouts with the "big boys" was too much to resist. Frank Shorter, Jeff Galloway, Barry Brown and all the others were training at Gainesville, and Vincent eagerly joined into the 20-mile-a-day workout schedule. There were

occasional fast track workouts, and Cartier was easily keeping up with the pace. But the pain in the achilles persisted. Butazolodine pills saved from an earlier case of tendinitis permitted him to continue.

Cartier had averaged 40-50 miles a week in high school, with a peak of perhaps 70. Now he ran 140 for three weeks in succession. He wanted to be an instant success. The pain got worse. Doctors said, "Keep running, it will go away." The pain got worse. Doctors gave him felt pads for his heel and cortisone shots. The pain got worse. Finally, Vince had to ease up on the training. He had a chronic inflammation of the achilles, and many of the strands within the sheath of the tendon were ruptured. He was told later that it would have eventually snapped had he continued running.

Vince ran off and on during the fall and winter. There were a few good workouts, but no outstanding races. In the new college setting he had not established himself as the "superstar runner" he had been in high school. He was just another student. I suppose psychologists would call it an identity crisis. For three years, running had made him very well known among his fellow students. Now he was nobody special. It was a depressing time.



Cartier as a high schooler in 1972. (Steve Sutton/DUOMO photo)

Rest didn't improve the condition of his achilles. Neither did immobilization of the foot in a cast for six weeks. The last resort was a potentially risky tendon operation.

Vince went under the knife on May 1, 1973. Again, a cast was applied to the foot, and even after its removal in mid-June Vincent was uncertain if he'd be able to run again. He reached his spiritual nadir in the post-operation period. All he could do was sit around and wait for the end result to manifest itself. It was going to be a while before he would be able to test it.

All during his layoff, Cartier was basically inactive. His weight ballooned to a high of 180 (he was 155 when he ran his best mile). He only swam sporadically and lifted weights.

Finally, in October 1973, he began to jog, continued for three weeks, then stopped when the pain persisted. He didn't begin again until January 1974, going two miles a day.

In a three-mile road race that February, Cartier the 4:06 high school miler ran third in 16:11. He was stiff and tired afterwards.

The training became a bit harder. He felt enthusiastic after a late-February workout which any high schooler could do: 10 x 440 in 68 with 220 jogs between.

Progress continued. On April 7, Frank Shorter ran three miles in 13:24. Cartier was ninth in the race with 14:50. A week later, Vince finished 11th in the big Daytona Beach race.

He ran 10 miles one day and five the next. The work was intentionally light. Cartier had been training daily for only 2-3 months before his first almost-back-to-normal race. In late May, he ran well, though still far behind the winner, with a 4:12 mile.

After that, progress was steady, but unhurried. On July 4, training on only slow distance, he ran a 4:10.7 mile behind Marty Liquori's 4:05. Later that summer Vince ran 1500 meters at sub-4:10 mile pace. He was ready again.

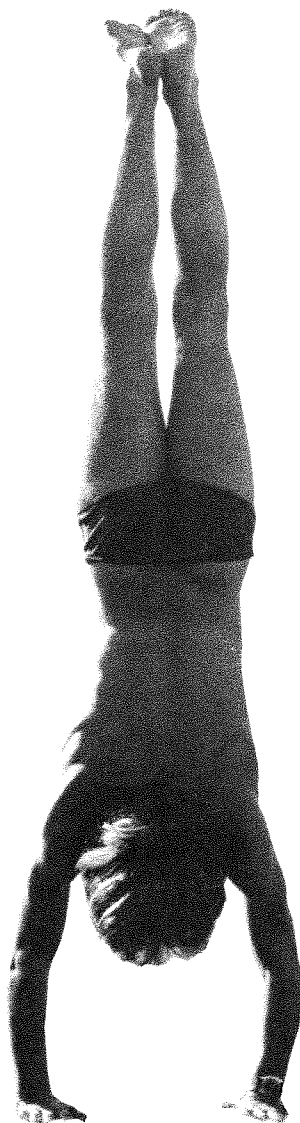
This past track season, Cartier ran personal bests of 4:05 for the mile and 8:48 for two, and placed fifth in the NCAA indoor mile.

We average runners can profit from Cartier's experience. We can learn that patience is the essential virtue in distance running. When he first arrived at Florida, Vince was impatient for immediate success, he trained too hard, and his career was almost ruined as a result. Later, he purposely trained at less than maximum intensity so as to avoid aggravating the injury.

It was more than a year from the date of his operation to his 4:12 mile, and he didn't lower his 1972 high school times until two years after the surgery. But he stuck it out. His running is probably about where it would have been had he remained injury-free. And he had learned about his body and about sensible training in the interim.

Cartier will not graduate from Florida until June 1977, so he has plenty of time to do what he tried to do in those first intense, self-destructive weeks of training in the fall of 1972. ●

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For Every Right,

by Dave Theall

"Every right implies a responsibility; every opportunity, an obligation; every possession, a duty."

—J.D. Rockefeller

Much has been written about the rights of runners, and properly so. In competitive long distance events, athletes are entitled to the following considerations, at the minimum:

- freedom from interference
- final time
- final place
- drinks
- accurate course description

On solo runs, persons at peace with the world merely ask that motorists

leave them alone with respect to fenders, horns and ridicule. That's not asking too much. It is asking more for governments to construct bike paths and trails for the benefit of hikers and runners as well, but society would do well to expand leisure time opportunities which purify the mind and body.

But what about the "responsibilities" side of the coin? What do we owe anybody, except an entry fee when competition calls for it? We can look at these questions best from the standpoint of

al rules of sportsmanship govern conduct regarding the treatment of other contestants. Most athletes are fully aware of the particulars concerning cutting in, pushing or otherwise interfering. An aspect of competition not written into the rules concerns verbal comments. That is, either trying to psych out someone, or, after a race, saying something to a winner or loser which is inappropriate or in bad taste. Tired or disappointed runners are sometimes testy. Perhaps it is best if everyone merely ex-

a Responsibility

The coach puts in long hours sitting and watching. We owe it to him to be cooperative. (Doug Schwab photo).

who we interact with in our expression of Thomas Jefferson's "pursuit of happiness."

Fellow competitors. The convention-

tended congratulations for a "fine effort."

Officials. This group includes the whole range of those who promote, organize, conduct and serve at meets. Delays are not uncommon in multi-event meets, which require patience on the part of the athlete. Competitors should listen attentively to the instructions and follow them. This is particularly important at the finish where it is necessary to sort out the runners by place, time, number and team.

After the race, fatigue is sometimes followed by frustration, especially when one's performance has not measured up to expectations. In our endless search for scapegoats, we sometimes vent our spleen on the meet director, timer or even the dixie cup brigade. In a word, castigating them is inexcusable. Constructive criticism is best offered by means of a thoughtful letter. Otherwise, a farewell word of gratitude to unpaid officials should suffice.

Neighbors. This category includes those we share the roads, sidewalks, trails and tracks with in our daily running. As Hal Higdon has said, it is an act of arrogance to run on the road as if we owned it. He went on to say it is also very irresponsible because those large machines have a decided weight advantage, should runner and vehicle collide. I have been amazed at the way some of



my fellow runners venture out into the traffic lanes. It is particularly dangerous where the road crests because motorists another car.

With respect to pedestrians and bicyclists, the courtesy of the road would seem to dictate staying to the right, and perhaps whistling a "coming through" warning so as not to startle people unnecessarily.

As for four-legged furry fellows, be humane. Barkers are jealous that you can tend to swing wide of runners, which could invite a head-on collision with

run freely, but they can't. Maybe they are expressing their manhood. So please don't kick or stone them.

Family. We owe it to our families—broadly speaking, those we live with—to give some account of ourselves in regard to when we'll be running, for approximately how long and in what direction. Family members worry when their runners are overdue, particularly where traffic is heavy or extreme weather conditions prevail. A responsibility of family membership would seem to be attendance at the dinner table, so it is

hereby recommended that running time not interfere with mealtime. Finally, there is the problem of sweaty running clothes. I'm told they should be put in a laundry hamper or some such container.

Coaches. Granted, the object of games is to win, but that doesn't answer the larger question as to the purpose of athletics and team sports. Where does character building fit in, or self-confidence, or physical fitness? As long as coaches are paid (or fired) based on their win-loss record, and prestige is so dominant, the rights and responsibilities of athletes get sometimes abused and distorted.

Under normal circumstances, though, we owe it to coaches to be cooperative, if not docile. He or she can't coach if team members aren't "coachable." If a prescribed training program is too rigorous or otherwise not suitable, in your judgment, then the situation calls for an honest discussion.

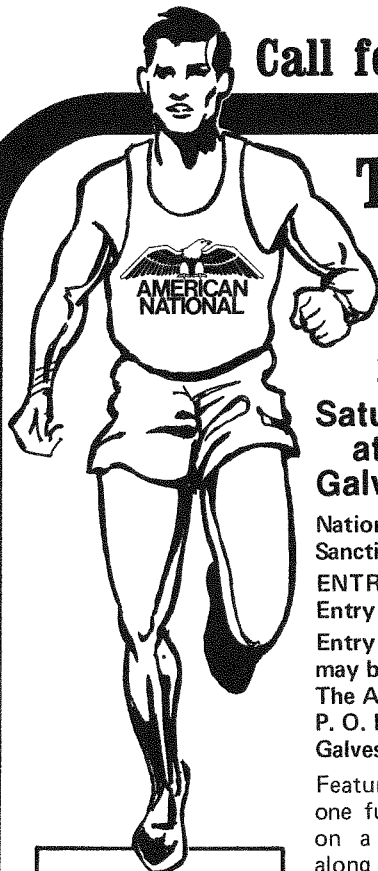
Subordination of individual aggrandizement to team interests is also a price we pay to participate in team sports. And we have a responsibility to do our best for the common good, a value that doesn't necessarily apply when we merely represent ourselves. Like most things in life, there are advantages and disadvantages to having coaches and playing team sports. Runners are among the fortunate few athletes who can choose the format they wish to participate under.

Yourself. In the context of this article, runners owe it to themselves to make sure their running is always as beneficial to them as it was when they started out. Running careers, which sometimes are started as therapy for the strains and tensions of everyday living, can actually compound a person's problem, if taken too seriously. This is particularly true for the highly competitive type who must excel in everything he or she does. This may also be called the "stopwatch syndrome," where the runner feels wedded to the clock. Others place undue emphasis on logging high mileage.

Keep a balanced perspective. Kip Keino, two-time Olympic gold medalist, has a rather sound philosophical outlook: "Everybody tries to be a winner, but only one in a race will win. I accept this. It's fun to win. It's fun to lose. I don't find unhappiness if I lose."

In a sense, every runner can be as rich as even J.D. Rockefeller, if he and she accept the give and take of rights and responsibilities. ●

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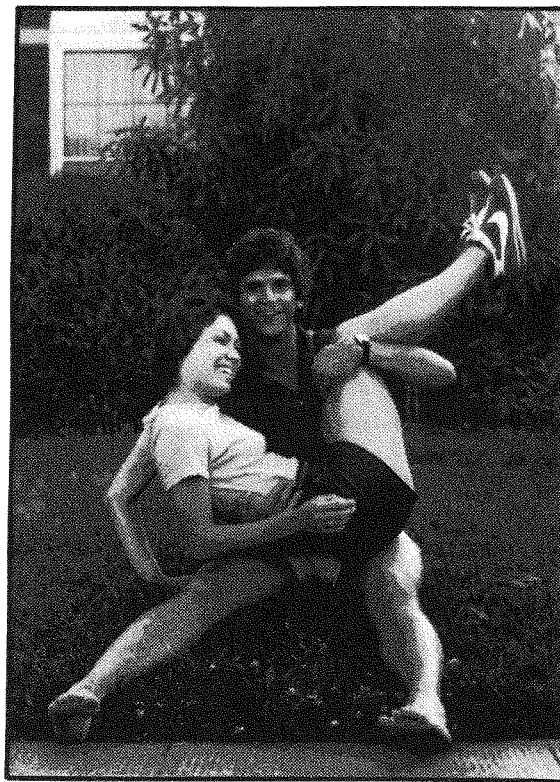


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Runner's Guide to SEATTLE

The place to run is where you are. Nearly any relatively hazard-free area will do. But Seattle's runners tend to be particular because they can afford to be, scenery and/or surface-wise. Residential areas provide sidewalks and grass parking strips in scenic, flat or hilly settings.

Magnolia Boulevard and Lake Washington Drive are prime examples. Magnolia offers several miles along a bluff overlooking the Sound. Mt. Rainer, the Olympic Mountain range, Alki (birthplace of Seattle), Bainbridge Island, ferry boats, ocean freighters and sail boats are a few of the visual attractions. A four-mile loop and the adjacent Ft. Lawton area are two options for extended mileage.

Lake Washington Drive follows the beach closely for over three miles between the original Floating Bridge and Seward Park. The view is Mt. Rainier and the Cascade Range, Mercer Island, and pleasure crafts and bird life. Again, extended mileage might include the nearly three-mile Seward Park Peninsula beach road, flanked by the water on one side and a myriad of hilly, wooded, leafy, mossy paths on the other.

The park area includes fish hatchery ponds, grassy picnic areas, poison oak, but also especially good rest rooms so runners can stay out of the bushes. A dirt path follows the road (blocked off to cars now) around the peninsula so the pavement and soft-surface runners can travel side by side, as they may along much of Lake Washington Drive.

North of the Old Floating Bridge, the road stays fairly near the lake for more than 10 miles to the University of Washington, interrupted by one of the area's super running areas, the U of W Arbore-

tum. It includes several miles of twisting dirt paths through woods and across an estuary sanctuary for birds and canoes.

From the University of Washington the old railroad tracks are being converted to a bicycle/running course—the Bert Gilman Trail—extending west along Lake Union. The ship canal passes under the Aurora and Fremont Bridges, past Seattle Pacific College and out through the Hiram Chittendon Locks to Puget Sound. Runners can follow the canal banks past park areas, industries, railroad tracks and fishing boat moorages for three miles, cross the locks and continue on north or south along the Sound.

South of the locks, the road leads to Ft. Lawton and the recently established Discovery Park. Indian land and running/walking trails are the park. The gravel trails wind through lush natural wooded areas and along a high bluff—the area adjoining Magnolia Boulevard with its beautiful homes and fantastic view. A road descends to the beach below. When the tide is out, sandy expanses provide another interesting mile of variety. The path through the park and fort is several miles long without the beach detour.

A couple miles north from the U of W, the Gilman Trail and the Frat Row grass parking strips both connect with Ravenna Park, another wooded gully beauty spot. The dirt path ascends gently for a mile, or steep side trails can provide more strenuous activity.

Ravenna Way is divided longitudinally by a bicycle lane and unusually wide grass area, connecting the park with Seattle's most famous running spot: Green Lake. The lake is 2.8 miles around on the recently paved path. Bicycles and dogs (supposedly on leashes) vie for space, with the running/walking

population having claims to the inside lane. Sooner or later, every runner in the Seattle area comes to Green Lake. It's so popular that rest rooms are open all year. (Adjoining the lake is Woodland Park and Zoo. Lower Woodland is a grassy roller-coaster course of hills and trees, in contrast to the flat lake area. Several miles of hills can be incorporated without repetition or a runner can ascend in a much shorter distance to the zoo area and rose garden.)

Seattle's east, north and west areas can all be run, one after the other—Lake Washington Drive to the Arboretum to the Ft. Lawton area. Southwest Seattle requires some driving or busy pavement approach. The Seattle waterfront is all pavement and busy. Highway 99 passes by the Ferry Terminal, ocean-going freighters, curiosity shops and restaurants. One can run west under Spokane Avenue across the draw bridge, past Harbor Island to the West Seattle Peninsula.

Touring the original city area north and west along the beach road, one can look across Admiralty Bay at the Space Needle, downtown buildings and waterfront toward Ft. Lawton. Rounding the point, one can look westward to Bremerton and the islands toward the Olympic Peninsula, with the Olympic Mountain range in the background. Circling the Peninsula via Alki Beach and southward to Lincoln Park, then northward through the West Seattle community, gives a long distance runner close to 15 miles. Camp Long and West Seattle Stadium flanked by a park department golf course add distance, soft surface and interest to the loop. Other parks adjoin the beach route, as is the case throughout most of Seattle. ●

RACING HIGHLIGHTS

NORTHEAST

● Coudersport, Pa., June

14—God's Country marathon: 1. Donald Brown (29) 2:42:08; 2. Stephen Molnar (26) 2:44:51; 3. Jeffrey Brandt (20) 2:46:21; 4. Craig Mason (17) 2:48:51; 5. Richard Harris (34) 2:53:17... 9. John Kendall (41, Canada) 3:01:20... Eugene Osborn (58) 3:29:38... Carolyn Brown (34) 4:41:02. Teams: 1. Appalachian AC. (66 finished; from Ralph Wentz).

● Vestal, N.Y., June 14—

Triple Cities RC 20-kilometer: 1. Chip Boehm (18, Triple Cities RC) 1:07:56; 2. Daniel Parker (College City Strid.) 1:08:23; 3. Jim Boyle (25, Rochester TC) 1:09:21; 4. Larry Frederick (26, NYAC) 1:09:30; 5. Karl Thornton (25, Phil. Pioneers) 1:09:35... 41. John Reppy (44, FLRC) 1:24:15... 61. Robert LaBelle (50, Finger Lakes Runners) 1:29:15... 92. Mary Hanley (27, DCRR) 1:42:40... 108. Robert Ewart (60, Rochester TC) 1:56:48. Teams: 1. College City Striders, 71 pts.; 2. Triple Cities RC, 79 pts. (130 finished, 31 under 1:20).



Jack Fultz (Mike Bradley)

● Washington, D.C., June

19—Founder's Day 4-mile: 1. Jack Fultz (26) 19:48; 2. Bob Thurston (31) 20:42; 3. David Washburn (19) 21:03; 4. Wayne Roe (25) 21:18; 5. Vance Revenaugh (25) 21:24; 6. Bruce Talawyma (27) 21:27; 7. Glynn Wood (41) 21:29... 78. John Davenport (53) 25:35... 95. George Majors (61) 26:38... 122. Marjorie Miller (31) 28:30. (172 finished; from Dave Theall)

● Mt. Washington, N.H.,

June 22—Mt. Washington Road Race: 1. Gary Johnson (NCAC) 1:06:01; 2. Tom Dowling (BAA) 1:07:15; 3. Vin Fleming (GBTC)

1:07:58; 4. Joe McNulty 1:08:29; 5. Tom Derderian 1:08:44... 170. Hester Sargeant 1:31:13. (from Fred Brown).

● Montpelier, Vt., June—

11-mile: 1. K. Woodward 59:58; 2. M. Cauty (VTRR) 1:00:53; 3. L. Hall (NCAC) 1:01:23... C. Whiting (40+) 1:11:34... C. Deggan (GMAA, woman) 1:12:42... G. Rowe (50+) 1:18:24. (from Paul Mailman).

● New York, N.Y., June

—YMCA Physical Fitness 10,000-meter: 1. Howie Ryan (30, NYAC) 31:25; 2. Joe Boyle (28) 34:12; 3. Tim Behr (20, NYAC) 34:18... 8. Rich Branaghan (15, Freeport TC) 35:43... 27. Mike Gunney (42, West Side YMCA) 40:59... 31. Bill Coyne (53, Millrose AA) 41:56... 40. Brenda Saunders (15, LI Golden Spikes) 44:05. (55 finished, 6 under 35:00).

● Mahopac, N.Y., July 4—

Annual 8.5-mile: 1. Howie Ryan (30, NYAC) 41:25; 2. Kevin McDonald (24) 42:03; 3. Ed Burns (24, LIAC) 42:13; 4. Ron Vene-man (20) 42:38; 5. Phil Bonfiglio (23, LIAC) 42:51; 6. Giles Kemp (24) 43:13; 7. Steve Crooke (19, BTC) 43:27; 8. Mike Cotton (16) 43:36; 9. Bruce Bond (18) 43:33; 10. Paul Fetscher (29, LIAC) 44:42... 24. Bill Gordon (40) 46:20... 229. Brenda Saunders (15, LIGS) 55:43... 333. Ed Granowitz (62) 1:09:00. Teams: 1. Millrose AA. (368 finished, 14 under 45:00, 87 under 50:00; from Joe Kleinerman).

● Irondequoit, N.Y., July

4—Irondequoit 5-mile: 1. Peter Pfitzinger (18) 25:04; 2. Jim Boyle 26:03; 3. Derek Frechette 26:06... 34. Rod Carter (50+) 32:21... 56. Susan Rowley, 37:01. (71 finished, 25 under 30:00; from Dave Winn).

● Bayside, N.Y., July 6—

RRC of N.Y. 10-mile: 1. Darryl Reese (25, NY Pioneer Club) 54:08; 2. Joe Burns (46, Millrose AA) 56:32... 15. Nina Kuscsik (36, Suffolk AC) 1:06:08. (21 finished, 7 under 1:00; from Matt Cola).

SOUTHEAST

● Frankfort, Ky., June

29—Frankfort Heritage YMCA 20-kilometer: 1. Bill Foley (20, Indiana U.) 1:10:11; 2. Rod Cook (19, Bluegrass RC) 1:11:36; 3. John Lloyd (22, Bluegrass RC) 1:12:23... 10. Gerald Koch 1:15:15... 43. Hank Braddock (61, Ohio River RR)... 48. Lissa Moore (19, Murray State Univ.) 1:38:56. (54 finished; from Jerry Stone).

● Ft. Lauderdale, Fla., July

4—Ft. Lauderdale RR 15 kilometer: 1. Pat Chmiel (29) 52:24; 2. Wes Bruner (20) 52:54; 3. Gary Cohen (17) 54:15... 26. Paul Jarret (50+) 1:02:17. (53 finished; from Dennis Maher).

● Morgantown, W. Va.,

July 13—W. Va. State AAU One-hour: 1. Carl Hatfield 11m 864y; 2. Fred Waybright 10m 1469y... 12. Donna Burnham 8m 1317y. (28 finished, 4 over 10 miles).

MIDWEST

● Anderson, Ind., June 14

—Mounds Kiwanis 15-kilometer: 1. Gary Romesser 49:07; 2. Chuck Koeppen 49:32; 3. Joe Opansky 51:04. (from A. Wayne Johnson).

● Toledo, Ohio, June 15—

Glass City marathon: 1. Donald Slusser (23) 2:28:19; 2. Aaron Folsom (21) 2:29:46; 3. Craig Harms (24) 2:31:47; 4. Gary Barrett (26) 2:33:26; 5. Roger Rouiller (36) 2:37:03; 6. John Hammond (25) 2:40:27; 7. Bruce Kidd (32, Canada) 2:41:39; 8. John Grabowski (20) 2:43:09; 9. Fred Waybright (28) 2:43:28; 10. Bill Griffin (18) 2:43:49... 45. Carroll Neff (44) 3:06:42... Jack Habel (50+) 3:14:11... Rose Thomas 3:38:54... Hank Braddock (61) 3:51:25. Teams: 1. Ohio State Univ. (212 finished under 5:00; from J. C. Edwards).

● Sioux City, Ia., June 15—

13.1-mile: 1. John Samore (SUTC) 1:08:09; 2. Mike Cuft (U. S. Dakota) 1:14:21. 15-kilometer high school: 1. Mike Molesworth 49:46; 2. Bob Smith 53:25.

● Dowagiac, Mich., June

21—National JC marathon: 1. John Roscoe (SW Mich. Col.) 2:36:00; 2. Peter Hallop (Macomb CC) 2:36:52; 3. James Bowles (Hudson Valley CC) 2:39:03; 4. Bill Dunlap (Allegheny CC) 2:43:52; 5. John Dalheim (Lakeland CC) 2:47:03; 6. Arnie Jackson (SW Mich) 7. Mike Ciark (Allegheny CC) 2:51:30; 8. Jeffrey Radak (Cuyahoga CC West) 2:55:46; 9. Joe Koch (ACC South Campus) 2:56:23; 10. Roger Kline (Allegheny CC) 2:57:01. Teams: 1. Allegheny CC (Pittsburgh) 11 pts., 2. Macomb CC (Warren, Mich.) 28 pts.; 3. John Wales (RI) 33 pts.; 4. Lakeland CC (Mentor, Ohio) 35 pts.; 5. Frederick CC (Md.) 43 pts.; 6. Oakland CC (Union Lake, Mich.) 45 pts. (29 finished.)

● Rochester, Minn., June

21—Emiel Zatopek 30-kilometer: 1. Pat McGuire (23, WTC) 1:54:46; 2. Bob Brewington (22, WTC) 2:06:30; 3. Ken Trautman (16) 2:07:52... 10. Auldon

Johnson (43, TCTC) 2:23:29... 22. Robin King (16) 4:26:51. Teams: 1. Winona TC. (22 finished; from Allen Gilman).

● Birmingham, Mich.,

June 21—Birmingham 6-mile: 1. Davon Hind (19) 31:52; 2. John Doyle (41, Canada) 32:28... Bill Hewitt (52, Canada) 37:01... Stan Connelly (62) 48:09. (from Rudy Ruppel).

● Glen Ellyn, Ill., June 28

—100-mile relay: (10 runners, 2 x 5 miles each): 1. Glen Ellyn Running Club A 9:26:26; 2. Winged Foot Track Club No. 1 9:30:50; 3. South Suburban All-Stars 9:49:41. (13 finished; from Brian Cooper).

● Grand Forks, N. D., June

28—North Dakota marathon and half-marathon: 1. Larry Seethaler 2:41:35; 2. Tom Devine 2:47:41; 3. Bob Rogers (40+) 3:16:17... Jan Arenz 3:19:00... Ralph Thornton (50 plus) 3:44:55. (4 under 3:00, 14 under 3:30, 23 under 4:00). 13.1-mile: 1. Clint Chamberlin 1:16:26... Terrie Wegner (16) 1:39:19. (from Eric Parker).

● Bedford, Ind., June 28—

Limestone Festival 6-mile: 1. Gary Rommesser (24) 29:58; 2. Dean Reinke (21) 30:20; 3. John Reedy (18) 30:43; 4. Duane Gaston (23) 30:58; 5. Charlie Warthan (25) 31:11... 72. Elver Gaston (51) 39:02... 59. Lora Cartwright (13) 37:19. (186 finished).

● Eau Claire, Wisc., June

28—Sawdust Cities 6-mile: 1. Bob Fitts 29:34; 2. Tom Hoffman 29:42; 3. Ken Gehrt, Dave Elger 30:59; 5. Dave Cich 31:08... Dave Fosno (17) 32:28... Alex Ratelle 35:14... Mary Czarapala 40:47. (113 finished; from Lou Klitzke).

● Monticello, Ill., June 29

—Freedom marathon: 1. Peter Elliott (UCTC) 2:33:27; 2. Dike Stirrett (Eastern Ill. Strid.) 2:37:04; 3. Bob O'Connell (ITC) 2:42:11; 4. David MacTaggart (17) 2:42:49; 5. Ron Gayer 2:43:35... Robert Bruce (54, Club North Shore) 3:11:39. (69 finished, 21 under 3:00, 47 under 3:30, 68 under 4:00).

● Wilmington, Ohio, June

29—Ohio River Road Runners Club 4-mile: 1. Jack Lintz 20:18; 2. Joe Worden 20:52... 5. Kyle Stavens (16) 22:04... 10. Elver Gaston (51) 23:36. (33 finished, 16 under 25:00; from Felix LeBlanc).

● Delta, Ohio, June—Chick

N Run 10-kilometer: 1. Gerald Crane (23) 31:26; 2. David Hinz (22) 32:19; 3. Craig Harms (24) 33:09; 4. Jim Carter (27) 33:17; 5. Larry Fox (32) 33:27... 16. John Galat (17) 35:40... 35.

RACING HIGHLIGHTS

Louis Pilliod (40) 38:37... 72. Fred Yunck (58) 48:49. (84 finished, 13 under 35:00).

● **Wilmette, Ill., July 4**—10,000-meter: 1. Will Van Dyke 33:48; 2. Tom Lambert 34:05... Clyde Baker (50+) 36:11... Luke Steele (50+) 40:32. (145 finished; from John Cooper).

● **Des Moines, Ia., July 4**—5-mile: 1. Dennis Delmott 26:47; 2. Bob Hughes 26:55... John McMichael (high school) 28:04; ... Mike Diment (14) 28:05... Bob Moorehead (50+) ... Kathy Chrislip 39:17. (from Betty Diment).

● **Granville, Ohio, July 4**—Kiwanis 5-mile: 1. Rick Callison (21) 25:06; 2. Duane Gaston (23) 25:32; 3. Dan Sekerak (28) ... 7. Peter Murtaugh (17) 26:33 ... 28. John Merola (43) 29:09 ... 46. Beth Welch (21) 30:31 ... 54. Elver Gaston (51) 31:23. (139 finished).

● **Dunkirk, Ohio, July 5**—Kiwanis Club 10-kilometer: 1. Rick Callison 31:17; 2. Duane Gaston 31:31; 3. John Shull 32:06... 7. Tom Fries (18) 34:08... 18. Carroll Neff (40+) 37:06... 28. Elver Gaston (50+) 39:56. (61 finished, 8 under 35:00; from Charles Renner).

● **Whitewater, Wisc., July 6**—Whitewater marathon: 1. David Walters 2:31:48; 2. Kevin Mahoney 2:37:59; 3. Benjamin Ewers 2:47:43; 4. Mark Eames 2:49:46; 5. Craig Harms 2:50:20... 29. John Archer (60) 3:12:21... 39. Peggy Stafford 3:24:13... 45. Jeanne Bocci 3:29:04. (55 finished; from Rex Foster).

● **Traverse City, Mich., July 11**—Nat. Cherry Festival 10,000-meter: 1. Herb Lindsay 30:21; 2. Gerald Crane 30:25... Ann Forshee 37:15... George Kuhn (40+) 38:18... Henry Saymanski (50+) 1:07:49... George Kuhn).

● **Brooklyn, Mich., July**—Irish Hills 10-mile: 1. Gary Refitt 53:07; 2. Doug Hansen 54:36; 3. Devon Hind 54:56... John Headington (40+) 1:07:49... Darragh Weisman 1:21:29. (from Phil Gross).

● **Selma, Ind., July 12**—Prairie Creek 15-kilometer: 1. Jeff Shoemaker 47:08; 2. John Fox 47:27; 3. Dave Collins 47:29; 4. Bill Gavaghan 48:03; 5. Duane Gaston 48:09... 11. Leo Turchyn (high school) 49:28... 82. Flyer Gaston (50+) 1:00:12. (154 finished, 14 under 50:00).

● **Carson City, Mich., July 12**—Frontier Days 5-mile: 1. Mike Burns (Central Mich.) 26:50; 2.

Mark Kelly (Alma College) 28:13... 5. Kirk Smith (16, Breckenridge TC) 29:20... 11. Wilbert Griffin (40, Mid-Mich TC) 30:54... 21. Fred Yunck (58) 38:05. (from Don Baese).

● **Ankeny, Ia., July 13**—Ia. AAU One-hour: 1. Dennis Delmott 11m 368y; 2. Mike Diment (14) 10m 974y... Karl Larson (53) 9m 1450y... Barb Diment (13) 8m 670y (from Betty Diment).

● **Hill City, S.D., July 13**—Mystic Mt. 6 3/8-mile: 1. Pat Cain 37:45; 2. Scott Underwood 39:10... John Notheis (40+) 42:47... Kay Stenson 49:24. (from Jim Brown).

● **Clifton, Ohio, July 13**—Ohio River RRC 6-mile: 1. Rick Callison 30:38; 2. Ray Morrison 31:12; 3. Dale Markley 32:31; 4. Tom Rapp (15) 32:36... 15. Roland Anspach (49) 37:03... 32. Vickie Renner 42:33. (39 finished, 8 under 35:00; from Felix LeBlanc).

● **Detroit, Mich., July 13**—Gilbert Borquist Memorial 5.4-mile run: 1. Don Richardson (22, Warren TC) 27:49; 2. Gary Rizzo (23) 28:19... 6. Hugh Kuchta (17) 29:05... 17. Steve Goldberg (42, Ill. TC) 30:52... 46. Jack Habel (57, MLS) 35:27... 59. Karen Turner (29) 38:50. (66 finished, 10 under 30:00; from Roger Johnson).

● **New Berlin, Wisc., July**—One-hour: 1. Larry Swanson 11m 420y; 2. Joe Dreutz 11m 354y; 3. Bruce Fraser 11m 190y... Mary Czarapata 8m 1536y. (39 from Rich Czarapata).

SOUTHWEST

● **San Angelo, TX, June 14**—8-kilometer: 1. Dave Monro (20) 27:10; 2. Kim Winkle (17) 27:12... 14. Jasper Peoples (40) 32:10... 22. John Alexander (59) 36:28. (28 finished, 7 under 30:00).

● **Tulsa, Okla., June 28**—8-mile Zoo Race: 1. Colin Cumming (22) 41:13; 2. Larry Adudell (29) 42:15... 7. Tom Kempf (50) 47:50... 29. Nadine Johnson (36) 1:19:35. (29 finished, 8 under 50:00; from Vern Whiteside).

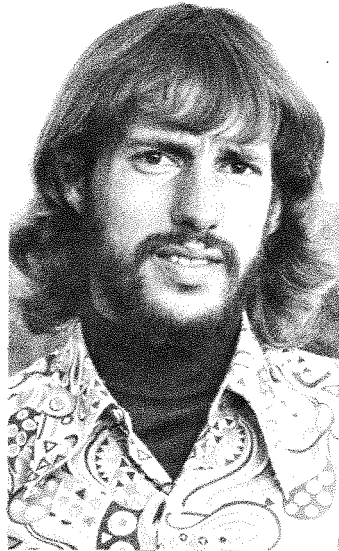
ROCKIES

● **Idaho Falls, Idaho, June 8**—5-mile: 1. Rich Casperson 29:54; 2. Woody Baston 31:35.

● **Pikes Peak, Colo., June 28**—Pikes Peak 3.5-mile Hill

Climb: 1. Mike Bordell (Pikes Peak TC) 31:30; 2. Nolan Booth 34:15. (15 finished; from Dave Tobey).

● **Ogden, Utah, July 4**—Molestus 13-mile: 1. Chuck Smead 1:09:18; 2. Laman Palma 1:12:27; 3. Ronald Day 1:13:31; 4. John Freemuth 1:16:55; 5. Frank Murphy 1:17:27... 38. Bard Merritt (40+) 1:33:36... 84. Robert Allison 2:05:05. (84 finished, 9 under 1:20, 29 under 1:30; from Jan Cheney).



Jim Pearson

WEST

● **Woodway, Wash., June 13 and 28**—Pacific NW AAU One-hour: 1. Jim Pearson (31, STC) 11m 844y; 2. Norm Patenaude (30, Kajaks) 11m 306y; 3. Mike Shaw (24) 11m 293y; 4. Richard McCann (17, HTC) 11m 129y; 5. Denny Meyer (42, STC) 10m 1643y... 29. Sue Rossiter (28, FSTRC) 8m 1568y. (31 finished).

● **Palos Verdes, Calif., June 14**—Palos Verdes marathon: 1. Ed Chaidex (CSU Northridge) 2:20:04; 2. Joe Carlson (American Ave. TC) 2:24:14; 3. Ken Moffit (Occidental Coll.) 2:24:48; 4. Dave White (American Ave. TC) 2:26:01; 5. Jim Arquilla (Am. Ave. TC) 2:28:01; 6. Mark Stevenson (18, Palos Verdes HS) 2:28:11; 7. Charles Hodge 2:31:48; 8. Kaj Johansen (San Diego TC) 2:32:28; 9. Jeff Rawlings (Culver City AC) 2:32:41; 10. Bill McDermott 2:33:26... Scott Wilkins (14 and under) 2:57:19... Richard Davies (50+) Culver City AC) 2:59:07... Albert Clark (Seniors TC) 3:29:44. Women: 1. Yvette Cotte (WVTC) 3:11:26; 2. Sherry Simmons 3:21:43; 3. Jeanette Cotte (WVTC) 3:25:16... Natalie Lewis (40+, MSCC) 3:55:26. (from Bob Latham).

● **Portland, Ore., June 14**—Oregon Road Runners Club One-hour: 1. Bob Gray (27) 11m 69y; 2. Art Bolleau (17) 10m 1408y... 13. Clive Davies (59) 9m 1535y. (43 finished; from Lisa Burns).

● **Cayucos, Calif., June 21**—Morro Bay to Cayucos fun run: 1. Bob Weaver (21, UNLV) 2. Ed Cadena (27, SLDC) 33:15; 3. Jim Warrick (19, Cal Poly) 33:31; 4. Ben Martinez (24, AATC) 33:39; 5. Duncan Brown (21, Col. Univ.) 33:56... 25. Len Thornton (44, HSTC) ... 45. Ray Gil (50, Seniors TC) 39:12... 97. Mary Carman (14) 42:40... 161. Jean Spierling (47, SLDC) 48:42... 204. Andy Hill (6) 57:59. (229 finished, 10 under 35:00; from Stan Rosenfield).

● **San Diego, Calif., June 25**—PSA-AAU One-hour: 1. Rigdon (SDTC) 11m 1164y; 2. Wayne Akiyama (SDTC) 11m 714y; 3. Johnson (SDTC) 11m 106y; 4. Hagin 11m 83y; 5. Green (SDTC) 11m 57y... 8. Parnell (48) 10m 1442y... 14. Nadia Garcia (SDTC) 10m 667y. (from Kaj Johansen).

● **Juneau, Alaska, June**—Juneau Parks and Rec. marathon: 1. Glen Frick 3:06:22; 2. Andy Brown 3:18:20... 5. Kevin Strain (7) 3:34:30. (9 finished).

● **Coronado, Calif., July 4**—Coronado 13.1-mile: 1. Thom Hunt (17, SDTC) 1:08:06; 2. Wayne Akiyama (23, SDTC) 1:09:10; 3. Les Myers (21, U. of Ill.) 1:09:38; 4. Dennis Kasischke (28, SDTC) 1:09:59; 5. Jeff Rigdon (22, SDTC) 1:10:47... 11. Graham Parnell (48) 1:13:42... Nadia Garcia (SDTC) 1:21:50. (450 started; from Kaj Johansen).

● **Eugene, Ore., July 4**—Butte to Butte 10-kilometer: 1. Paul Geis (OTC) 30:25; 2. Pat Tyson (Club Northwest) 31:22; 3. Tom Heinonen (OTC) 31:35; 4. Skip Hamilton 31:40; 5. Bruce Dewsberry (Toronto Track) 31:48; 6. Ken Moore (OTC) 31:58; 7. Mike Long (OTC) 32:11; 8. John Anderson (OTC); 9. Steve Savage (OTC) 32:23; 10. Brian Chapman (OTC) 32:49... Janet Heinonen (OTC) 42:08... Lili Ledbetter (OTC) 42:18. (26 started).

● **Winslow, Wash., July 4**—Fourth of July 5.8-mile: 1. Bill Glad (20) 30:12; 2. Joe Stewart (20, Club Northwest) 30:31; 3. Mike Shaw (24) 30:57; 4. Tim Jordan (26, Club Northwest) 31:05; 5. Jeff Clarke (19, Snohomish TC) 31:07... 26. Doris Brown (32, Falcon TC) 35:33... 28. Sam Clarke (45, Snohomish TC) 35:44... 49. Norman Bright

Highlights

OCTOBER COMING EVENTS

WEST (CON'T)

(65, Snohomish TC) 38:08. (189 finished; from Norman Bright).

• Hilo, Hawaii, July 6—

Sam K. Bossetti marathon: 1. Duncan Macdonald (26, WVTC) 2:33:49; 2. John Notch (26, Big Island RR) 2:45:01; 3. Dan Wilder (21, U. of Hawaii) 2:50:49; 4. Jerry Masterpool (16, Mid-Pacific RRC) 2:54:08; 5. Steve Jenness (15, Kalahelo HS); 6. Gordon Dugan (41, Mid-Pac. RRC) 2:55:22 ... 13. Cindy Dalrymple (33, Pac. RRC) 3:18:17 ... 19. Sue Stricklin (37) 3:23:57 ... 24. Tom Ferguson (54, Mid-Pac. RRC) 3:29:42. (55 finished, 8 under 3:00, 24 under 3:30, 40 under 4:00; from Tom Ferguson).

• Folsom, Calif., July 6—6-

mile: 1. Pat Phelan (Fresno State) 32:06; 2. Dale Fuller (GWTC) 32:26; 3. Pete Flores (Aggie TC) 32:43; 4. Jim Sane (18, Buffalo Chips) 32:50 ... 23. Walt Betschart (40+, Buffalo Chips) 35:53 ... 73. Michelle McKeen (NCTC) 42:33. (116 finished, 21 under 35:00; from Frank Krebs).

INTERNATIONAL

• San Juan, Puerto Rico,

June 24—19½-mile: 1. William Rodgers (US) 1:45:03; 2. Brian Chamberlain (S. Africa) 1:46:22; 3. Mario Cuevas (Mex) 1:45:29; 4. Jose Elias de Jesus (Puerto Rico) 1:45:31; 5. Eduardo Vera (Puerto Rico) 1:52:01 ... 13. Russ Pate (US) 1:54:33 ... 17. Reid Harter (US) 1:56:27 ... 18. Robert Branch (US) 1:57:16 ... 37. Ron Kurrle (US) 2:01:18 ... 37. Jacki Hansen (US) 2:11:53.

WALKS

• San Francisco, Calif.,

June 8—NAAU Senior 20-kilometer walk: 1. Tom Dooley (Golden Gate TC) 1:35:52; 2. Bob Henderson (UCTC) 1:36:17; 3. John Kniffon (NYAC) 1:36:54; 4. Dave Romansky (Shore AC) 1:37:22; 5. Bill Ranney (GGTC) 1:37:48; 6. Wayne Glusker 1:38:41; 7. Ed Bouldin (Beverly Hills Strid.) 1:41:20; 8. Mike DeWitt (Lakeshore Olympians) 1:42:23; 9. John Fredericks (Shore AC) 1:42:42; 10. Bryan Snazelle 1:43:00; 11. Ron Kulik (NYAC) 1:45:06; 12. Bob Falcioia (Shore AC) 1:45:26; 13. Manny Adriano 1:47:33; 14. Bob Rosencrantz 1:48:55; 15. Rob Korn 1:49:05; 16. Jerry Lansing 1:49:21; 17. Hank Klein 1:57:14; 18. George Maroure 1:57:34 •

NORTHEAST

- 4 Johnstown Marathon, Johnstown, PA. (P.H. Loughran, 532 Goucher St., Johnstown, PA 15905).
- 4 OLP Invitational X-C, 2.5-Mile, Warwick, RI. (High School; James Ackroyd, Meet Director, 57 Goddard St., Providence, RI 02903).
- 12 Dartmouth Medical School Marathon, Hanover, NH. (10 am.; John Eisold, Dartmouth Medical School, Hanover, NH 03755).
- 12 Finger Lakes Marathon, Ithaca, NY. (Ellis Hollow Rd., 12:30 pm.; James Hartshorn, 108 Kay St., Ithaca, NY 14850).
- 12 Long Beach Island 18-Mile, Long Beach, Island, NY. (Noon; St. Francis Center, Brant Beach, NJ 08008).
- 13 NE AAU 15-KM Championship, Manchester, NH. (Fred Brown, 157 Walsh St., Medford, MA 02150).
- 19 Met. AAU & Open 15-KM, X-C, N.Y., N.Y., (Van Cortlandt Park; 11 am.; Road Runners Club, P.O. Box 881, FDR Station, New 10022).
- 19 Nat. AAU 3000-Meter Team Race, Freehold Raceway, NJ. (Elliott F. Denman, 28 N. Locust Ave., West Long Branch, NJ 07764).
- 19 Fort Monroe 6, 3-, 2-Mile, Hampton, VA (Ft. Monroe; Capt. Robert Read, 7 Lillian Ct., Hampton, VA 23669).
- 25 Buffalo to Niagara Skylon International Marathon, Buffalo, NY. (Delaware Park; 12:30 pm., open; Alan Gross, 378 Elmwood Ave., Buffalo, NY 14222).
- 26 Alexandria Two Bridges 36 Mile, Alexandria, VA. (8 am.; Lee Shelton, 1500 Bitterroot Way, Rockville, MD 20853).
- 26 Atlantic City Marathon, Atlantic City, NJ. (Noon, Ed. League, P.O. Box 932, Atlantic City, NY 08404).
- 26 Nat. 20-KM Champ., Gardner, MA. (Fred Brown, 157 Walsh St., Medford, MA 02155).
- 26 East. Reg. Masters 10-KM, NY, NY. (Van Cortlandt Park; 11 am.; Road Runners Club, P.O. Box 881, FDR Station, NY, NY 10022).
- ? Mallitts Bay Marathon, Mallitts Bay, VT. (Larry Kimball, RFD 2, River Road, Winooski, VT 05404).

SOUTHEAST

- 4 Governor's 5+15-Mile, Columbia, SC. (10 am.; Richard Harris, 2436 Robincrest Drive, West Columbia, SC 29169).

- 4 East Point Road Race 6-Mile East Point, GA. (11 am.; Atlanta TC, P.O. Box 12345 Atlanta, GA 30305).
- 11 Florida Forest Festival Great Race, Perry, FL. (Bishop Dansby, P.O. Box 230, Perry, FL 32347).
- 18 International Rice Festival, Marathon, Crowley, Louisiana. (8 am.; open; Charles R. Attwood, M.D., 621 N. Ave., K., Crowley, LA 70526).
- 25 Charles Towne Landing 1-, 2-, 2.5-, 5- and 10-Mile, Charleston, SC. (Charles Towne Landing Park; Governor's Physical Fitness Council, 1800 St. Julian Pl., Columbia, SC 29204).

MIDWEST

- 5 Canton Marathon, Canton, OH. (Tom White, 405 2nd St., NW, Canton, OH 44702).
- 11 CAAU Masters 10-KM, Chicago, IL. (Marquette Park; 11 am.; 40+; Wendell Miller, 352 Berkdale Rd., Lake Bluff, IL 60044).
- 12 Covered Bridge Marathon, Indianola to Winterset, IA. (9 am.; open; Bob Kaldenberg, RR 1, St. Charles, IA 50240).
- 12 15-KM, Detroit, MI. (Belle Isle; Edward Kozloff, 10144 Lincoln, Huntington Woods, MI).
- 12 Columbus Day 9.2-Mile Columbus, OH. (Scott Snow, Central Y.M.C.A., 40 W. Long St., Columbus, OH 43215).
- 19 Land of Lakes Marathon, White Bear Lake, MN. (1 pm Minn. Distance Running Assoc., 2512 34th Ave., S., Minn., MN 55406).
- 19 ORRC Monroe Marathon, Monroe, OH. (Noon). CAAU Masters 25-KM, Lake Bluff, IL. (11 am.; 40+; Wendell Miller, 351 Berkdale Rd., Lake Bluff, IL 60044).
- 26 Motor City Marathon, Detroit, MI. (Belle Isle Park; 9 am.; Edward Kozloff, Motor City Striders, 10144 Lincoln, Huntington Woods, MI 98070).
- 26 I-AAU 25-KM, Newton, IA. (10 am.; Bob Martin, 5834 Stony Island Ave., Chicago, IL 60637).
- ? Covered Bridge Festival Run, Park County, IN. (Bill Moller, 75 Heritage Drive, Terre Haute, IN 47803).

ROCKIES

- 5 16-Mile Mug Run, Boulder, CO. (Norwood Jr. High; 9 am.; Dennis Kavanaugh, 8206 E. Girard Ave., Denver, CO).
- 11 Denver YMCA Marathon, Denver, CO. (8 am.; Phil Guries, Denver Central

- YMCA, 25 E. 16th Ave., Denver, CO 80206).
- 18 Colo. USTFF 10-KM X-C, Broomfield, CO. (10 am.; Joe Arrazola, 1405 Florence St., Suite B, Aurora, CO 80010).
- 26 Colo. SUTFF 30-KM, Fort Collins, CO. (10 am.; Joe Arrazola, 1405 Florence St., Suite B, Aurora, CO 80010).

SOUTHWEST

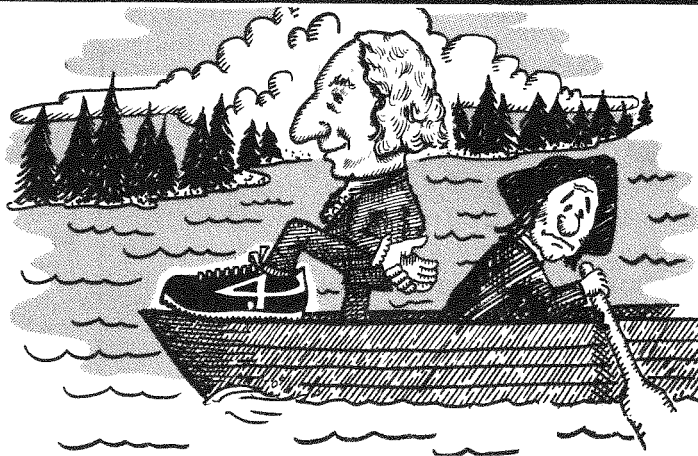
- 4 GAAU 15-KM Championship, Houston, TX. (Kingwood Area; 4 pm.; Pete League, 5571 Jackwood St., Houston, TX 77035).
- 4 Six-Mile, Dallas, TX. (X-C-Club of Texas, 6891 Avalong, Dallas, TX 75214).
- 19 Tour of Albuquerque Marathon, Albuquerque, New Mexico. (Gil Duran, Box 4071, Albuquerque, New Mexico 87106).

WEST

- 12 Santa Barbara Marathon, Santa Barbara, CA (7:30 am.; John Brennand, 4476 Meadowlark Ln., Santa Barbara, CA 93105).
- 12 Nat. AAU Masters Mara., Medford, OR. (8:30 am.; Jerry Swartsley, P.O. Box 1072, Phoenix, OR 97535).
- 12 Nike-Ore. Track Club Mara., Eugene, OR. (9am.; Athletic Dept., 99 W. 10th, Eugene, OR 97401).
- 19 Hawaii AAU 15-KM, Honolulu, HI. (Kapiolani Park; James Moberly, 44-122 Kalenakai Pl., Kaneohe, HI 96744).
- 25 Nat. AAU 50-Mile, Seattle, WA. (Seward Park; 10 am.; Tom Campbell, 8124-218th S.W. Edmonds, WA 98020).

CANADA

- 4 Lions Gate 20-Mile, Vancouver, B.C. (Stanley Park; 10 am.; Don Basham, 2032 Deer Cove, Cres. N., Vancouver, B.C.).
- 11 Oktoberfest Marathon, Kitchener-Waterloo, (Ontario), Canada. (1 pm.; Race Director, P.O. Box 382, Waterloo, Ontario, Canada).
- 13 Marathon De L'île D'Orleans Ile D'Orleans, Quebec. (Noon; Jean-Guy Cote, 26 rue Goudrenault, St. Brigitte De Laval, Quebec, Canada).
- 13 81st Annual Thanksgiving Day Road Races, Guelph, Ontario. (Ruth Tucker, 480 Stone Rd., E., Guelph, Ontario, Canada, N1H68).
- 25 Internat'l Silver Relay, Toronto, Ontario. (Jim Clayton, 34 Mould St., Toronto, Ontario, Canada). •



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Medical Advice

CHEST PAIN

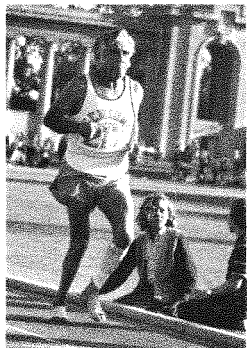
Q. In 30 days last year, I lost 40 pounds. Later, I started jogging. The second day, after three-fourths of a mile, I had a pain in the center of my chest. It happened again three weeks later, during a three-mile run. A doctor gave me a thorough examination and said nothing was wrong with my heart. Can you tell me why I've been having these pains, and whether or not it is safe to continue running? (T.D., Minnesota)

A: Pain in the center of the chest brought on by exertion and relieved by rest is something you must treat with respect. Even with normal EKGs and normal blood chemistry, it could represent heart disease.

I suggest that this pain is a red light in your exercise program. Establish a perimeter of distance and speed that causes such difficulty, then stay within it. This may mean that you will be restricted to 30 minutes of walking on an empty stomach once a day. This should be done at a pace your body recognizes as minimal to mild exertion.

After three months of that, I suggest you have a stress test to evaluate your heart circulation and your fitness.

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BLISTERS

Q: I'm prone to blisters. How do I keep them from recurring, and when they develop what is the best and fastest cure? (G.M., Ontario)

A: I paint or spray blistered areas with tincture of benzoin and then tape the area with Zona tape. If the blister is distended with fluid, I may drain it but usually do not take the skin off.

Band-aids or bandages are bad news. They increase the shearing action and cause more pain and blistering. The usual adhesive tape is too stiff and doesn't follow the contours of the skin, which is why Zona tape is the best.

I leave the tape on for a number of days. After I remove it, I use the benzoin again and then retape the area. I do this until the blister completely heals.

I routinely tape my feet prior to a run to prevent blistering. Others I know use vaseline or two pairs of socks. But taping seems best to me. It is a nuisance and takes a few extra minutes. But when I try to do without it, I pay for it.

TENDER FEET

I would like to expand on your suggestion of putting tincture of benzoin on the toes. Several years ago, Dr. H.C. Smith, a veterinarian in California, published a formula to toughen the delicate interdigital skin on the feet of hunting dogs. I have no idea how it works on dogs, but it works well on my feet.

The formula: 30 cc. tincture of benzoin, 30 grams alum, 30 grams tannic acid, 10 cc. balsam of Peru, 8 ounces petroleum jelly.

I smear this mixture very liberally on my toes, then carefully roll my socks over the mess. (John Anderson, D.V.M., Oakland, Calif.)

JOINTS

Q: Do you have any information concerning the breakdown of joints, specifically the hip and knee joints of individuals who have been running for many years? (M.S., Wisconsin)

A: Although many middle-aged runners have been told by their physicians that arthritis will occur, there is no scientific evidence to substantiate this.

One study done in England, where hip arthritis is much more prevalent than in the US, suggested running as a factor. Those who had compulsory running as school boys had more arthritis than those who weren't required to run.

I question these conclusions. School-boy running occurs in the formative

years, and where significant foot abnormalities are present (they did not study this) and running was not taken up naturally, I could see damage to a hip joint.

This should not indict prolonged distance running in someone who has fused his bones, takes to running naturally and is able—with or without foot supports—to run pain-free. When these conditions exist, your knees and hips should handle any mileage.

LEG LENGTHS

Q: My right leg is about half an inch shorter than my left leg. A homemade leather lift under my heel inside my street shoes and a similar rubber device inside my running shoes seems to make standing, walking and running more comfortable. Is it advisable to use these devices? Do any companies make them? (V.C., New York)

A: Your homemade devices are probably as good as any you can get commercially. The lift is quite simple and is tailored to your needs.

Leg-length discrepancy appears to be fairly common. In Professor Karl Klein's study of school children, over 50% showed some difference. I'm not sure whether this is an actual bone length deficit or is secondary to muscle spasm in the hip or low back. Some of it is probably in the foot due to flattening.

If there is acquired muscle spasm, then flexibility exercises for the hamstrings and low back should help. Also, arch supports may be needed.

EXERCISES

Q: Ever since reading *Exercises for Runners* and doing the yoga exercises, I have felt occasional mild pain on the outside of my thigh. Yoga is supposed to prevent pain, not cause it. Should I cease doing these types of exercises? (I.R., Illinois)

A: I must confess that I don't do yoga, and suspect that if I did I would feel twinges all over. I restrict my exercises to six basic ones—three stretching and three strengthening.

The stretching exercises:

1. Wall pushup for calf.
2. Hamstring stretch.
3. Touch feet behind head for back muscles.

The strengthening exercises:

1. Raising weight with toes for shin.
2. Raising weight with legs for quadriceps.
3. Bent-leg situps. ●



Western Hemisphere Marathon & AAU National Long Distance Running Championships

December 7, 1975
Culver City, California



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EASTERN 100-EVENT SCHEDULE—For schedule of races ranging from 880 yards to 100 miles, plus current entry blanks, send a stamped, self-addressed envelope to: Road Runners Club of New York, P.O. Box 881, New York, NY 10022.

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RUNNING PHILOSOPHY—Get an insight into running with Joe Henderson in his classic "Thoughts on the Run." \$2.50 from RW, Box 366, Mt. View, CA 94040.

UNITED STATES Track and Field Federation Women's National Cross-Country Championships. November 1, 1975. Classes: girls 10 and under; 11-14; 14-16; women's open. Men's national veterans; masters 40-49; 50+ championships. Men's Mid-America Open. Boys 12 and under; 15 and under. University of Wisconsin-Parkside, Athletics, Kenosha, WI 53140.

NORTHERN VIRGINIA Cross-Country Championships—October 11, 2 p.m. at Cooper School in McLean. Beltway exit 13. Four events: open, youth, women, and senior. Nearby Holiday Inn offering runners' discount. Visit Washington D.C. For further information and applications, send stamped, addressed envelope: David Theall, 6443 Old Chesterbrook Rd., McLean, VA 22101.

NIKE-OREGON TRACK CLUB Marathon (AAU Region II)—October 12, 1975, 9 a.m. Flat, certified course. Men's record: 2:22:09 (Phil Camp, 1974); women's: 3:03:32 (Lili Ledbetter, 1973). Winner gets way paid to Culver City. Write: Athletic Department, 99 W. 10th, Eugene, OR 97401.

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ENGLISH DISTANCE RUNNER touring USA is looking for accommodation in California during November/December. If you can help please contact Mike Davis, 15 Oakways, London SE9, England.

NATIONAL AAU MASTERS Cross-Country Championship—Men over 40, open race for men 30-39 and women 30+. November 15, Van Cortlandt Park, Bronx, NY. Plus info on other masters events. Send self-addressed, stamped envelope to Masters Sports Assoc., 11 Park Place, NYC, NY 10007.

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CELEBRATE our birthday—Runner's World will be 10 years old in January. Read all about the birthday party on page 35. 100-mile relay, clinics, open house, races, dinner and more! For details write: Runner's World Birthday, Box 366, Mountain View, CA 94040.

TYLER ROSERUNNERS—2nd Annual Roserun, Saturday, November 8, 9:00 a.m. 3 and 6 miles. Age group awards men and women. Awards to all finishers. 148 finishers in 1974 Roserun. Entry fee \$2.00 before November 6. \$3.00 late entry. Contact J.L. Reed, 1311 Balmoral Dr., Tyler, TX 75701.

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Next issue for advertising: November. Closing date: Sept. 17, 1975.

Contact:
Lynne Hart
Advertising Manager
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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).

GOVERNOR'S CUP Road Race—October 4, 2, 5, 15 miles. Age groups. 10 a.m., open. Winning time 1974 (5 mile) 23:46, Leon Cook, (15 mile) 73:58, Dennis Spencer. Contact: Governor's Physical Fitness Council, 1800 St. Julian Pl., Columbia, SC 29204, (803) 758-8016.

HEEL CUPS—Keep feet trim and stable in your running shoes. Protect against bruises, kicks, etc. One size fits all. \$2.25 postpaid from Starting Line Sports, Box 8, Mountain View, CA 94040. Send for our free catalog listing hundreds of items for athletes.

81st ANNUAL THANKSGIVING DAY Road Races—Monday, October 13, Guelph, Ontario, Canada. Age groups: midget, juvenile, junior, open & masters. Merchandise prizes. Entry fee \$1.00. (Post-entry \$2.00). For entry form contact Ruth Tucker, 480 Stone Rd. East, Guelph, Ontario, Canada N1H6H8.

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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.

ALEXANDRIA Two Bridges 36-Miler—Sponsored by the DCRFC, Sunday, Oct. 26, 8 a.m., Old Towne Holiday Inn, 480 King St., Alexandria, VA. \$1000 prize will be awarded for use toward travel costs for winning team to compete in the original 36-mile Two Bridges Road Race in Scotland. T-Shirts, trophies, 5-mile splits recorded, Dutch-treat spaghetti dinner Saturday. Notice: the Alexandria Two Bridges Marathon and 15-km Women's Race will not be held. Contact: Lee Shelton, Registrar, 15000 Bitterroot Way, Rockville, MD 20853.

JOGGER'S TRAMPOLINE—Jog indoors home or office. Takes the shock out of jogging in place or with injury. Small, compact, will fit in automobile trunk. Write for prices and brochure. Tramp-Al-lana, Inc., P.O. Box 257, Norcross, GA 30071.

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3rd Annual

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Boston Marathon Supplement

If you missed our special Boston Marathon
issue of Runner's World, it's not too late!
Inside is a big 16-page report on the 1975
Marathon, including an interview with
winner and record-holder Bill Rogers, Ernst
van Aaken's views on the women that ran,
a personal glimpse of Jock Semple, all the
results, lots of photos, and more.

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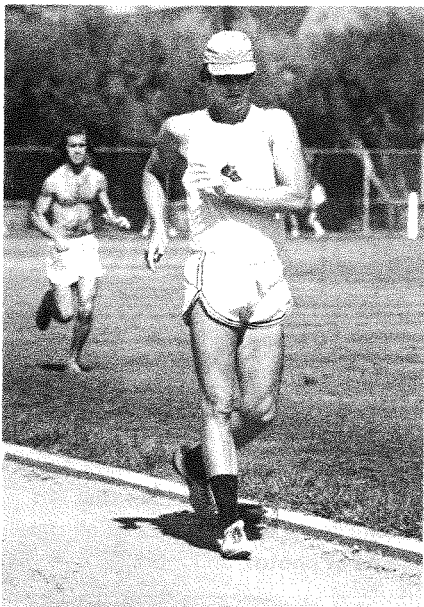
Runner's World, Box 366, Mtn. View, CA 94040

Looking AT People

● Running to extremes: Two Santa Cruz, Calif., men recently tried to set a record for the 144 miles from the lowest to highest points in their state. **Bruce Maxwell** and **Tate Miller** climbed relay-style from Badwater in Death Valley (289 feet below sea level) to the peak of Mt. Whitney (14,495 feet). Temperatures ranged from 135 degrees down to 10, meaning that within two days the runners went from heat exhaustion to almost freezing.

They lost their bearings at night on the cold mountainside, and huddled in a sleeping bag until morning. "We thought if we went to sleep," Maxwell says, "we'd freeze to death. We tried to keep each other awake, but we both passed out. At that time, we'd had one meal in two days, and now our water was frozen."

They did wake up, and found they were just 30 minutes from the summit. Maxwell and Miller broke the record by two hours.



Ron Laird (Donald Duke)

● By now, **Ron Laird** probably has won his 60th national race walking title. The AAU track five-kilometer was his 59th since the 1950s. Laird once said his biggest prize was his longevity in the sport. But he has a more tangible collection of awards, too—and he doesn't quite know what to do with it.

New York Post reporter Paul Zimmerman writes, "Laird figures he's col-

lected about 1000 medals and trophies and cups and bowls in his career. They're stored in the basement of city hall in Pomona (Calif.), 35 crates of them."

"Someday," Ron told Zimmerman, "I'll get them out. But I'll have to buy a pretty big place to keep 'em all. I figure they'll take up a good-sized room."

Laird, at 37, thinks he has at least five more years of good walking ahead of him. And he has made provisions for this.

"I lived in Germany last year," he said, "and I sent \$15,000 home. That'll keep me going for five years... five years of no work, just walking."

● Anyone who can get 100 milers together in one place and time, to run one after another for eight hours, deserves some kind of recognition. **Brice Hammerstein** did it in June at San Bernardino, Calif. He said later, "I never realized this thing would be a bureaucratic pain in the ass."

The Inland Empire All-Stars ran what Hammerstein claimed to be a world record of 8:02.27.4—or 4:49 per mile.

● Are you the typical person who reads this magazine? We now know this about the readers after surveying them in June: 94% are male; the largest age-group is the under-20s (with 28% of the subscribers), followed by the 20-29-year-olds, then the 30-39s and so on in order.

The typical runner-reader has been active for about three years and runs 30-40 miles a week. Eighty-five percent are racers, usually in the long road events. Two out of three have been injured in the last year.

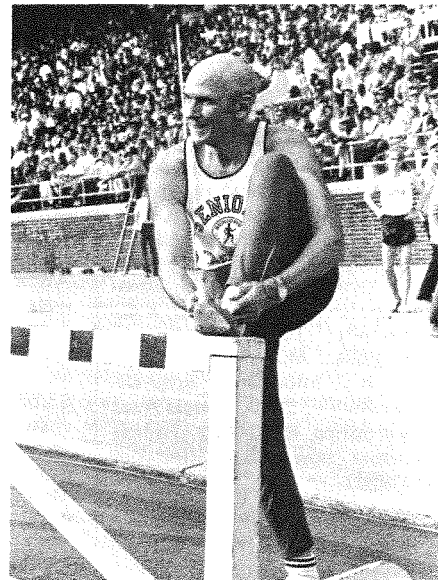
The main purpose of the survey was to check shoe popularity. We'll report that in detail next month, in a special supplement on running footwear.

● **Bill Stock** and **Dorothy Curtis** of San Diego got a running start on their marriage. Bill says, "Dorothy and I are both avid runners, and the only way we felt we could be married was while running."

Done anything or heard anything about people which might interest other running people? Send a note to RW, Box 366, Mtn. View, CA.

The ceremony took place on a track, with 30 members of Bill's and Dorothy's club accompanying them. Bill says, "It turned out to be a 3000-meter wedding."

● **Wilhelm Hafner** of Germany calls himself an athlete, even though his typ-



Senator Alan Cranston

ical run is 5000 meters in only 38-42 minutes. However, at age 94, he still races—making him perhaps the oldest competitor in the world.

"In all honesty," Hafner says, "I could run faster than I do. But my doctor has forbidden unnecessary effort."

● Senators are human, too. California Senator **Alan Cranston**, an accomplished 61-year-old sprinter, pulled an upper leg muscle in an AAU Regional Masters meet at Oakland. His luck in his home state hasn't been good recently. Earlier, before an indoor crowd, he pulled off his shorts with his sweat pants at the starting line.

● Another politician of note, **Thomas Jefferson**, seems to have been a runner, reports **Samuel Robbins**. Robbins visited Williamsburg, Va. A guidebook told him, "Most of (the buildings) were standing in Jefferson's days as a student, when he exercised by running through the city at dawn."

Robbins checked biographies of the third President and learned that Jefferson had run to a rock a mile beyond the city, at "strenuous pace."

The *Encyclopaedia Britannica* describes him this way: "Jefferson was about six feet in height, large-boned, slim, erect and sinewy. He had angular features, a very ruddy complexion..."

Robbins says, "There are guys like this at every race and in every RW. ●"

ANNOUNCING THE NEW

RUNNER'S BOOK SERIES

The familiar Runner's Monthly Booklet Series has grown up . . . into the new Runner's Book Series. Each book will be at least 100 pages and will be published in paperback and hardcover. Here are the first six, to be published every two months starting in July:

DOCTOR SHEEHAN ON RUNNING

This book of advice and observations from medical columnist Dr. George Sheehan is philosophical, practical, thought-provoking and controversial. 99% of it has never been seen before by RW readers.

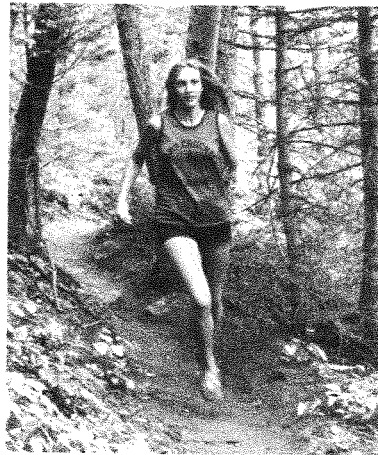


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George Young, 4-time Olympian in events from the steeplechase to the marathon, gives an inside view of the Games and shares the training methods and attitudes which made him a champion.



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Dr. Joan Ulliyot is one of the fastest women marathoners in the world. Drawing on her experience as a runner and research physiologist, she tells women at all levels of the sport how to do it and get the most out of it.

THE LONG-RUN SOLUTION

Here, Joe Henderson tells how to stay happy with running. He summarizes research on running's benefits, ties in the experiences of runners which back up these claims, and gives suggestions for

more thoughtful running.

A SELF-MADE OLYMPIAN

Ron Daws says he made the Olympic marathon team not by out-running people, but by out-smarting them. Here, he gives away for the first time his secrets of clothing and shoe design, heat training, pacing, and other things most people ignore.



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LeRoy Walker

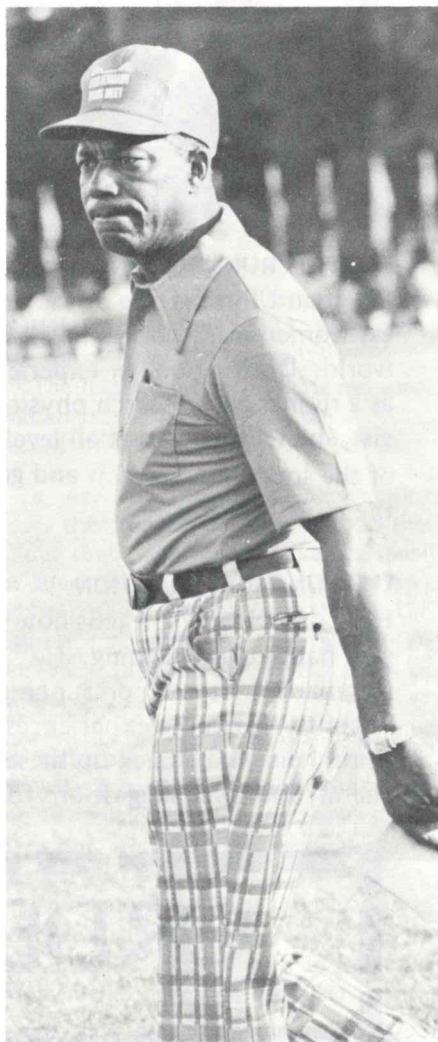
Dr. LeRoy Walker, AAU men's track and field committee chairman was elected this year as 1976 Olympic head coach, the first black man ever chosen for this coveted position. Following a career spanning 34 years, in which he won numerous national and international awards at North Carolina Central University and coached seven Olympic athletes (four of whom won gold medals), it is a position he seems well qualified to fill.

When this interview took place in mid-July, Walker was wearing yet another title, meet coordinator of the US-Pan Africa-West Germany meet in his home town of Durham, N.C. A hard man to keep up with—"even I don't sometimes know where I'm going to be next"—the 56-year-old Walker seemed well in charge of the demands being made upon his time. During a brief respite from all the activity that swirls around him, he found time to offer the following views on his role in Montreal next year.

RW: Dr. Walker, the question has been raised that the duties of your AAU position may bring you into conflict with the goals of the Olympic team. Have you, in fact, experienced any difficulties?

Walker: Well, first of all the AAU and the Olympic Committee both have the same goals in that each are interested in having the very best representation possible for American teams. The problems facing each organization are not caused by the other, so I haven't had any real problems in reconciling the two roles.

The AAU has been criticized for its inability to bring together all the top ath-



William Gaither photo

letes for the national teams. The Olympic Committee had a number of problems in Munich that need to be resolved. On top of that, it (USOC) is faced with the usual lack of sufficient funds.

RW: What's being done to insure that the errors of Munich are not repeated?

Walker: As a matter of fact, just this

morning I had a meeting with five of the staff members and the Olympic manager to iron out some of the little annoying problems that confront you at the time of the Games. Some of these problems are not really major except that they annoy a lot of people and because of that become rather significant in their consequences. We were dealing with things we either experienced in Munich or anticipate having in Montreal.

Once again, we identified the 10-15 top athletes that each coach has been assigned as his major area of responsibility. We are attempting to become keenly aware of the individual needs that will have to be met for each of them.

RW: Such as?

Walker: Well, we make a point of talking with their coaches whenever possible. They are the people who have the responsibility of training and providing input on technique. This is because they do not become Olympic members until after June 27 next year. We are due in Montreal for opening ceremonies on July 17, so it will be very hard to try and bring about any lasting changes in that short period of time.

I'm glad that this sort of dialogue exchange is taking place. We are getting to know the athletes. Working in the AAU has been very helpful in that respect as I have had that many more opportunities both to watch individuals in action and to speak to them on a personal basis.

Of course, no matter how well we get to know them, we realize that during the Olympic Trials some new name is going to appear in the top three that we will not have on any list at all.

Having gotten to know most of the athletes, though, will put us in better shape to handle these exceptions.

RW: What has been planned for the Trials at this point?

Walker: We go to Denver on Aug. 12 for meetings to decide the location. This is the responsibility of the site committees, and they have been studying the invitations. Something good that has been decided upon is that the men and women will compete at the same location.

Right now, the two most viable options seem to be Seattle and Eugene. Los Angeles placed several constraints on their offer. We would only be able to compete during weekends rather than the 10 days we now envision the final selection process to take. I suppose there have been other offers, but these two seem the most attractive right now.

RW: How does the American talent seem to be shaping up?

Walker: I'm very happy with a good deal of it and quite unhappy with our prospects in a few other areas. For example, we have not had a hammer thrower who has met the Olympic qualifying standards yet. Unless things improve in the next few months, we could very well face the prospects of having none present at Montreal.

In most areas, our people seem to be just a step away from the peak form they will need to be in. World-class competition has reached such a level that only the very best performance by our very best athletes will succeed at Montreal. There are simply too many top people, not only representing the already established nations but in what is often called the emerging nations. In terms of track and field, they have already emerged, particularly in track.

RW: Do you foresee the AAU having a national meet next year?

Walker: That is one of the things we spoke about earlier this morning. From looking at the schedule, it seems as if the AAU might have to alter its plans. The NCAA meet is the first week of June and the Olympic Trials will begin on the 17th. I think there should be a gap between the top meets so that athletes are not forced to peak on three successive weekends. As an AAU member, I have mixed emotions about not having the meet at all, but the Olympics should have priority and everything else should sort of take a back seat to it.

RW: You mentioned a shortage of funds earlier.

Walker: Yes. As always, it seems, we are sort of up against the wall again. One of the things that has come up this year is that there will be financial support for the athletes to attend both the Pan-Am and Olympic Trials. The formula decided on is based on the number of athletes we had at the last Pan-Am and Olympic Trials. The problem the committee is wrestling with now is how to divide up that amount in terms of the number of people invited.

A second question they are addressing themselves to is whether or not to allow someone to attend that has not been invited. Oftentimes in the past, a lesser known athlete—not necessarily less qualified but less well-known—has not been able to make the team because of this.

If a non-financed athlete attends, on the other hand, and does very well, he would justly expect the committee to finance him. Unfortunately, the money is just not there to do this.

RW: Several athletes already invited have indicated that they will not be at the Pan-Am Trials. Others who would like to go and are training for the chance cannot get any information from the Olympic Committee.

Walker: The reason they have been slow to answer is probably because they have not yet worked out good answers to the problems I have mentioned. I have a meeting a little later with the Olympic chairman, and I will pass on the fact that a lot of people are still in the dark. They are scheduled to have their meeting in the near future in order to resolve these issues.

RW: That leaves very little time before the trials in August. It seems to add validity to the complaints many athletes have concerning the present system.

Walker: I agree that there are a lot of problems, but I am not so sure that the system is entirely responsible. The root of much of the trouble probably lies in professionalism. There is a great deal of money floating about on the European circuit. AAU members receive \$3 a day in pocket money. They generally stay in a dormitory during competition. In Europe, a big name gets quite a bit more, \$30-50.

RW: If \$30-50 is too much, surely \$3 a day is too little?

Walker: You have to remember that the ideal is to provide the facilities in which to allow amateur athletes to get together and compete out of enjoyment of their sport.

RW: Rick Wohlhuter has stated that people go to Europe because it provides the top competition.

Walker: We have recently competed against the Soviet Union, the People's Republic of China, the Czechs and the Poles, and now against the Germans and the Africans. That is not a bad program. A lot of the problem lies in reassessing the term "amateur." It is difficult to determine the dividing line between financial support and payment for performance. One is legal and the second is not.

RW: What is happening in regards to athlete selection for the Olympics?

Walker: In Denver, we will go over the lists again and attempt to decide on the top 10-15 people in each event. I we have to go on the money available, it works out to about six in each trial, and that's a very tough decision to have to make. A tenth of a second may separate 20 sprinters, all of them capable of making the Olympic team and winning a medal. That's why I feel it's tough to say that you can't come if we don't send the money. Clubs may want to send someone or a community may want to raise the funds.

If things work out for the best, right now we will have 12 people (per event) we can offer some financial support to. In fact, it works out to one trial and the final for most events. It's incredible. Several of us feel very strongly about it because it places enormous strain upon any selection committee to pick 12 sprinters or 12 quarter-milers or 12 just about anything based on the performance of our athletes.

I have suggested to my local congressman that he propose a bill that would allow people to check off \$1 of their taxes to support amateur athletics in the same way they can support political campaigns.

RW: I see you starting to eye the clock, so one final question. You have risen to the pinnacle of your career in sports. After the Olympics next year, do you envision simply retiring from sports?

Walker: Well, when I resigned as coach from North Carolina Central University in 1974, I became vice chancellor in university relations. I am a committee chairman of the AAU and of course the Soviet team is due back in Durham in 1977. Right now, that seems to be enough to look forward to, especially since the next year is hardly in the past tense yet. I see myself staying very busy for some time to come. ●

Winning Ways Warmups

Why wear that ugly grey sweatsuit when you can be comfortable and stylish in a bright new Winning Ways warmup? Feel good and look great in one of these durable, machine washable outfits of triple knit acrylic. Jacket features wide white zipper and pocket, pants have straight legs and left-hand pocket. Available in navy with contrasting white striped collar and cuffs (model 320), or burgundy with white (model 322). Sizes: S, M, L, XL (see chart). \$31.50.

Encourage your children with a colorful warmup suit of their own in soft, double-knit stretch nylon. Rib knit collar, cuffs and waistband, double slash pockets in jacket; straight leg pants have left-hand pocket. Machine washable. Navy with gold and white stripes (model 710). Sizes: CH M, CH L (see chart). \$21.95

Children's model also comes in adult sizes (see chart). \$23.95.



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Starting Line Sports, Box 8, Mountain View, CA 94040

All Runs Have Their Good Points

by DAVID CORBIN

Even though most runners are running for the intrinsic rewards, we all occasionally dream of winning a race. But most of us never get that chance.

Because of this lack of opportunity to win I have devised a game of point-system running. It can be played as solitaire or as a competitive game, trying to outscore your opponent or opponents. You score points by spotting various sights, experiencing certain happenings or by hearing specified sounds. The rarer the experience, the more points you receive for it.

Note: This version of the game is adapted to city running. If you run only in rural areas, you can make up your own country version. A set of winter rules can also be drawn up—i.e., substituting being the target of a beer can to being the target of a snowball. Here, then, is the game.



Bil Canfield

One-pointers: Hearing: (1) someone yelling "hut-two-three-four;" (2) a car honking; (3) a dog barking. Seeing: (1) a beer can on the side of the road; (2) a

dog dropping (one point for each view-
ed); (3) a speeding car or truck; (4) a car
with a neighboring state's license plate;
(5) a person smoking. Experiencing (1)
a bus blowing exhaust in your face (on
rainy days, a point for each vehicle that
splashes you); (2) each bug stuck to
your body after your run.

Five-pointers: Hearing (1) someone
whistle at you; (2) a siren, (3) a truck
honking. Seeing: (1) another runner go-
ing in the opposite direction; (2) a bicy-
clist; (3) a tennis player; (4) a car with
more than three decals on the window;
(5) a person drinking beer; (6) a red
traffic light. Experiencing: (1) each car
you pass in a traffic jam; (2) each bug
you breathe in.

Ten-pointers: Hearing: (1) someone
call your name; (2) someone asking you
where you're going or what you're do-
ing. Seeing (1) someone show you their
middle finger; (2) someone waving at
you; (3) someone mowing their lawn
with a power mower. Experiencing: (1)
a dog chasing you; (2) someone who
stops to ask directions; (3) each mosquito
bite.

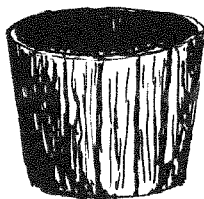
Twenty-five-pointers: Hearing: (1)
someone ask you if you are tired; (2)
someone call your name but you don't
know who it is; (3) someone ask you if
you want a ride; (4) someone call you a
streaker; (5) someone yell something
obscene. Seeing: (1) someone mowing
their lawn with a push mower; (2) a
stalled car. Experiencing: (1) someone
get scared because you ran up behind
them.

Fifty-pointers: Experiencing: (1) a
bird who drops a gift on you; (2) some-
one who runs alongside of you as a joke
(add 10 more points if they last more
than 25 yards); (3) finding money (add
one point for each cent over 50 cents);
(4) each new blister for that particular
run; (5) each runner you pass who is go-
ing the same direction as you; (6) each
beer can that is thrown at you; (7) each
pile of dog droppings that you slip on.

One-hundred-pointers: (1) passing a
biker who is going the same direction as
you; (2) seeing a car with an AAU decal
and an NCAA decal; (3) passing Frank
Shorter who is going the opposite dir-
ection.

Two-hundred-fifty-pointers: (1) each
dog bite you sustain; (2) getting a ticket
for J-running.

Automatic win: (1) passing Frank
Shorter while running the same direc-
tion; (2) getting a ticket for speeding. (If
either one of these happens to you, you
are in the wrong game.) ●



Saturday
October 4, 1975

Seventh Annual

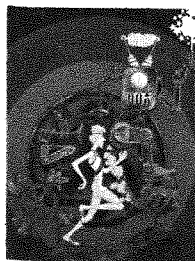
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READERS' COMMENTS

BIORHYTHMS

Joe Henderson ("A Way to Predict Your Ups and Downs," June 75) presented a table which charted his best and worst days against the position of his Biorhythm cycles. He went on to state that "if Biorhythms meant nothing at all, the numbers in columns one and two (all race days and best races) would just about match, as would those in three and four (all days and worst days). They don't. Whether they're different enough to be significant, I can't say for sure."

Using the Chi-square analysis for "goodness of fit" test, the conclusion can be made that the best times are not significantly different. For the worst days, however, there is only a 2.5% chance that the figures in column four would vary as much as they do from column three without some event (such as Biorhythms?) causing the difference.

Henderson should not use Biorhythms as an excuse to leave home when he feels a good time is in the offing. However, he might use this as an excuse *not* to race if he feels a "crash" is imminent and he wants a few more hours of sack time.

John Cheever
Pomona, Calif.

CURES

"I've found that rubbing the spit from female frogs over the area twice each day has really improved my sore ankle."

It's comments like this which can sometimes make more sense than all the textbook mumbo-jumbo put out by the average physician when it comes to dealing with runners' problems.

There are sound medical techniques popping up every day concerning our problems. But many times these solutions have been floating around in running circles for years prior to their "discovery" by medical men.

If you have particular tricks you've been using, I'd like to share them with other runners. For instance, how do you deal with your shin splints or knee pains? Whatever the physical problem, I'd like to hear from you on the subject.

Your cures can be straight and simple, or as far out as sitting by the light of a full moon. Please include a brief history of the ailments and what other methods

you may have tried. Discuss your "cure" in as much depth as you care to. All entries will be subject to editorializing and publication unless otherwise requested in your letter.

Hollis Logue III
4779 Sutcliff Ave.
San Jose, Calif. 95118

BOSTON

I wish all the people with all the great ideas for "saving" the Boston marathon for all the slow runners would remember one thing: Marathons are directors' races, not runners' races.

The guy who does the simple, plain, old-fashioned butt-busting work of directing the race is the boss. He decides how much work he can do, not the entrants. He knows how many starters he can handle, how many aid stations he can operate and how many finishers he can record. And, most importantly, he knows how much bitching and "constructive" criticism he can tolerate before he reaches the point where he says, "Aw, the hell with it!"

If Will Cloney and Jock Semple want to eliminate all the over three-hour runners, I wish everyone would realize that Will and Jock can do anything they bloody well please, since it's their race. And if the way to save the race is by keeping it manageable, then let them limit it as much as they feel necessary.

Roy Benson
Gainesville, Fla.

(Benson is distance coach at the University of Florida and executive director of the Florida Track Club. He wishes to point out that his 3:26 marathon best now prevents him from running at Boston.)

Sometimes I think that "Hugh Sweeny" ("Readers' Comments," July 75) is a *nom de plume* for the Blue Meanie. A Blue Meanie, you may recall, was an awful creature in "The Yellow Submarine" that couldn't tolerate people's joy. And so it seems with Hugh.

Here I was, my chest puffed up with pride at my 3:08 at Boston, when along comes Hugh to tell me that I am not a "marathoner" after all, and that one day per year I must stand on the sidelines and yield the road to real marathoners like him. The hiss from my burst bubble was deafening.

(Continued on page 63)

3RD ANNUAL

FELL



DISTANCE RUN

10,000 Meters

Sunday, November 9th

12 Noon

Entry fee minimum \$1.00 donation • All proceeds to the Parents Association for Cerebral Palsy Children • Report to The Fell Company, 511 Lincoln Ave., Winnetka, IL by 10:00 a.m. • Course over scenic bike trail.

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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)
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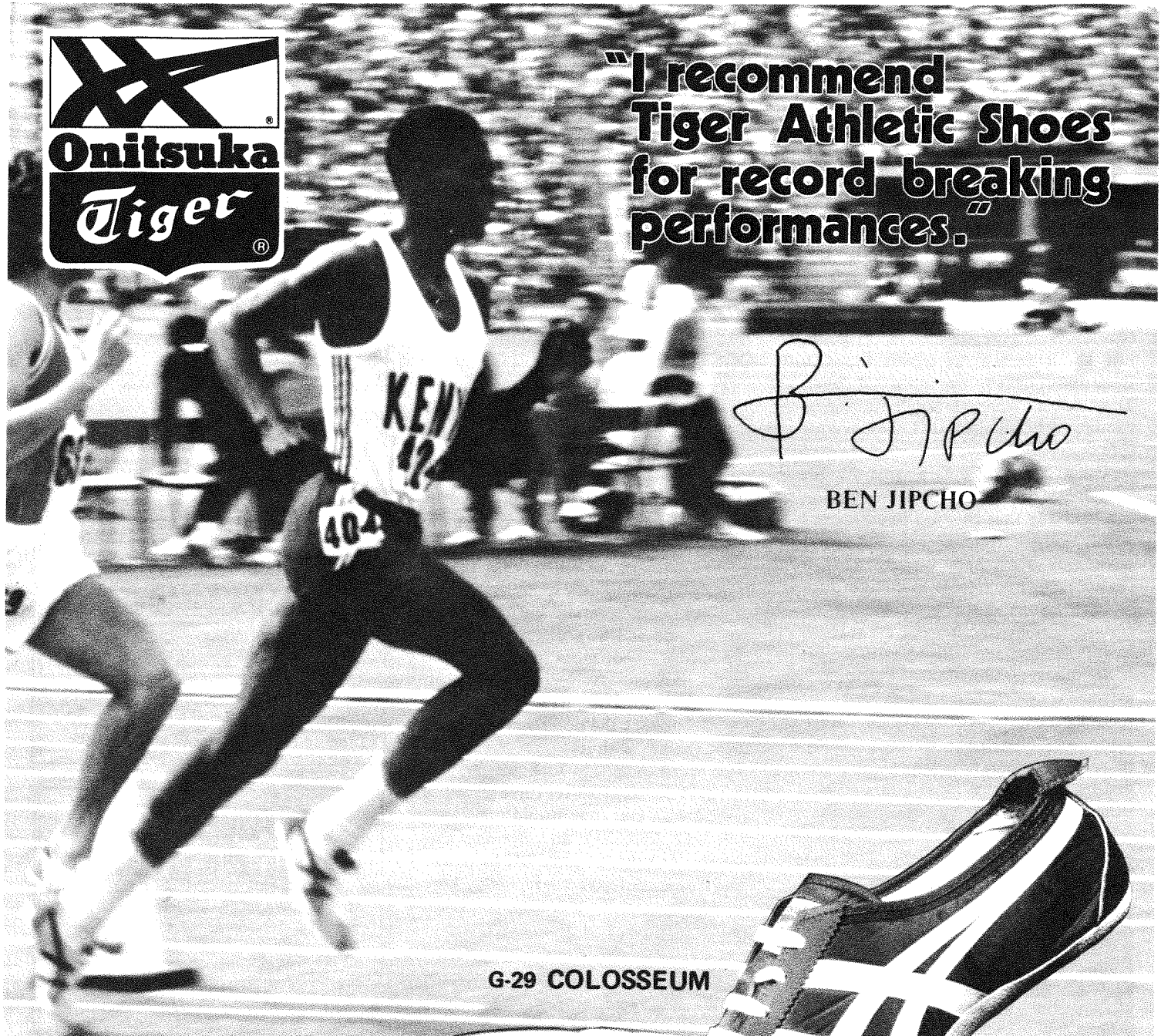
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READERS' COMMENTS (Con't)

Gamely wiping away my tears, I re-read his letter and received yet another shock. Hugh tries to account for the puzzling fact that some people take longer than three hours to run a marathon, and he comes up with the arresting explanation that they're lazy. If they would only apply themselves more diligently, he says—if they would only run 50 miles a week—then they could get under three with no trouble at all.

Now I don't mind being thought of as lazy. But when I consider my training regimen of 60-70 miles a week for over two years, I have to conclude that super athletes like Hugh just can't empathize with broken-down quadragenarians who can't propel their decaying bodies to the Prudential before 3 p.m. no matter how hard they train.

*Victor Altshul, M.D.
New Haven, Conn.*

Maybe Mr. Sweeny's Boston blisters were caused by running on sour grapes.

*D. Richard Trask
LaPorte, Tex.*

THE "MINI"

I, the "weirdo" in Kathrine Switzer's article ("The Mini Marathon and How It Grew," July 75), did indeed address a short letter—not a petition!—to the AAU and RRC. I lauded the occurrence of the race, but suggested the term "mini-marathon" rather subtly denigrates women runners.

As a group, marathoners have been considered "weirdos" for too long by too many. I would have hoped that Switzer, a truly fine example of the genre "marathoner," had a greater store of humanity and humility in advancing a point of view towards sexism in sports that I do not happen to share (e.g., that by calling the race by the impressive, albeit inaccurate, title "mini-marathon" women runners somehow achieve greater status).

To disagree with me is all well and good. But for her to heap abuse and ridicule upon those with whom she differs by using the perjorative term "weirdo" is ridiculous and abusive, and only serves to diminish her own personal integrity.

*Paul Milvy
New York, N.Y. ●*

Mail your comments, suggestions, requests for information on submitting articles, questions, etc., to the editor, Runner's World, Box 366, Mountain View, CA 94040.

FOURTH ANNUAL

Andrew Jackson Marathon

(COURSE AAU CERTIFIED)
Jackson, Tennessee—September 27

● Trophies to first 3, medals to second in each division: 17 & under, open, 30-39, 40-49, 50 & older, women.

● Out-and-back course over rolling terrain.

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● A half-marathon will also be run.

Contact:

**Burt Parker,
General Director, YMCA,
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The Tiger Nairobi's name is new, but the shoe itself has been a leader among both racing and training shoes for years. In 1971 it placed second and third in popularity in those categories, in the Runner's World shoe survey. In 1973, it placed second and fifth. Now, in the survey being compiled, it's still running high on the list. Here are some of the reasons for this shoe's enduring popularity:

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The Basic Soccer Guide

THE BASIC SOCCER GUIDE enables the amateur coach to teach young players all the basic skills and strategies of soccer. In it, you'll find the practice drills, style pointers and advice from a seasoned professional that you need to be a successful soccer coach.

The heart of the book is a series of 33 exercises that can be used by two boys or two hundred, which cover all the basic soccer skills in progressive order of difficulty. "You provide the boys and balls and field," says author Bobby Moffat, "and I'll provide the coaching know-how." For long-range planning, there is a 10-week schedule which constructs each practice to provide the right amounts of new challenges, review practice, and fun.

Once you and your team have mastered the basic skills, you'll be ready for the wealth of practical advice on team play—equipment, rules and tactics. The chapters on tactics are written in clear and concise language which shows the author's concern with helping beginners, not with impressing people with his insight into the more esoteric aspects of the game. But this does not mean the book is not complete: when you're ready for them, you'll find the official laws of the game (including decisions of the International Board) and a chapter on the mysterious and often-mystifying offside rule.

BOBBY MOFFAT is a well-known soccer player with the Dallas Tornado. In his five years with the Tornado he has played every position except goalkeeper. His syndicated television show, Soccer Locker, is now entering its third year.

THE BASIC SOCCER GUIDE. 1975
Ppb., 144 pp., ill., \$3.50.

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Help Us Celebrate Our 10th Birthday!

December 28 to January 4

When **Runner's World** was started, ten years ago, there were only a handful of marathons, runners were a rare sight on the streets, and non-collegiate races (both road and track) were few and far in between.

But things have changed. Today, both running and **Runner's World** have grown up, and we're having a birthday party to celebrate. We're planning a whole week of activities, with the emphasis (just like in **Runner's World**) on participation.

We'll start the week off with a 100-mile relay over some of the most famous race courses in the nation. The runners that work at World Publications will carry a flaming torch from Stinson Beach to Mountain View, going over the Dipsea course, the old Golden Gate Marathon course, and the Bay-to-Breakers course, then down along the ocean and over the Santa Cruz Mountains to our home in Mountain View. We want runners to come and join us.

Come on by and see how (and by whom) **Runner's World** is put together! We'll take you on a tour of our offices at World Publications, feed you E.R.G. and cookies, show you all the stages of magazine and book production, and let you meet the people you've known for so long only as by-lines and masthead credits.

We're sponsoring clinics you won't want to miss. There'll be clinics on yoga, race walking, marathoning, middle-distance racing, sprinting and hill running. These clinics will be conducted by the experts—some of the best known "names" in running. And not all of these clinics will be held sitting down—some of them will be training runs, because we believe in doing what we are talking about.

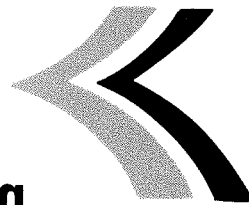
At dinner (at Rickey's Hyatt House, a well-known name to anyone who has been here before), we'll have as speakers some of the original **Runner's World** contributors—well-known runners and coaches, and of course the present **Runner's World** staff. This banquet will have all the advantages of a big pre-race dinner, with none of the need to eat lightly because of the race afterwards. We're also working on a dance after dinner.

If we're going to get this many runners together in one place at one time, we might as well have some races. In addition to the special commemorative races at various distances, you'll be able to run in the Sunday Morning Fun Run, which has been a weekly event for the last three years, and the Annual Midnight Run on New Year's Eve, whose starting signal is the popping of a champagne bottle cork.

We'd like you to spend a week in the San Francisco Bay Area, helping us celebrate. So write today, and we'll send you information as it becomes available. Or check the next issue of **Runner's World** for more information. We will be able to offer special discount rates on airfare and rooms. Write: **Runner's World Birthday, Box 366, Mtn. View, CA 94040.**

Write for more details, or watch for our ad in the next issue of **Runner's World**.

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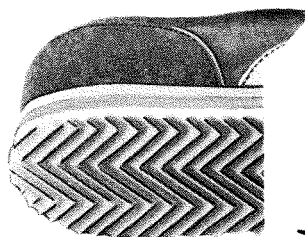
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The tour will cost \$415 plus \$534 roundtrip airfare from New York (\$150 more from West Coast). We're taking 60 people, and places are going fast. To reserve your place, send a deposit of \$150 per person to Christine Cacciari, World Publications, Box 366, Mountain View, CA 94040. For more details, call Christine collect at (415) 965-8777. See you in February!

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