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# Runner's World



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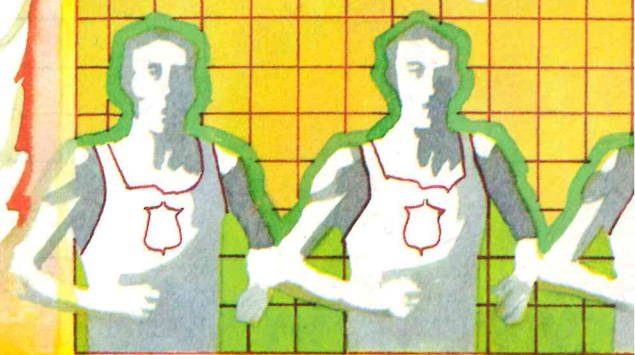
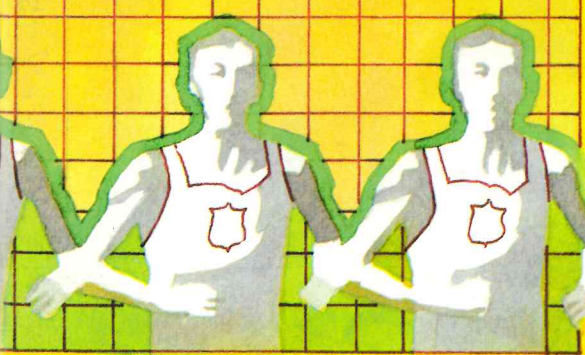
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**Dissension  
within the AAU**

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Supplement Inside**



# 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'd known only disease, not health. Running taught him about total health and fitness.

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

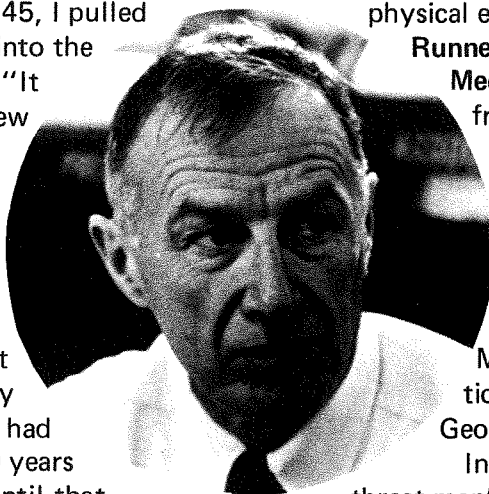
He uncovered his latent talent in this sport at 50, and set a world record in the mile for his age group. Now in his late 50s, he still races regularly—including running the Boston Marathon each year.

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

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

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

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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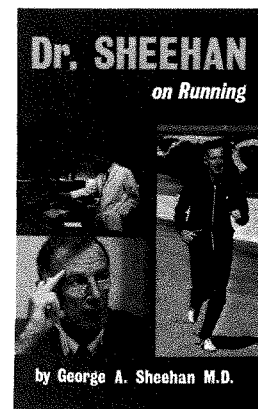
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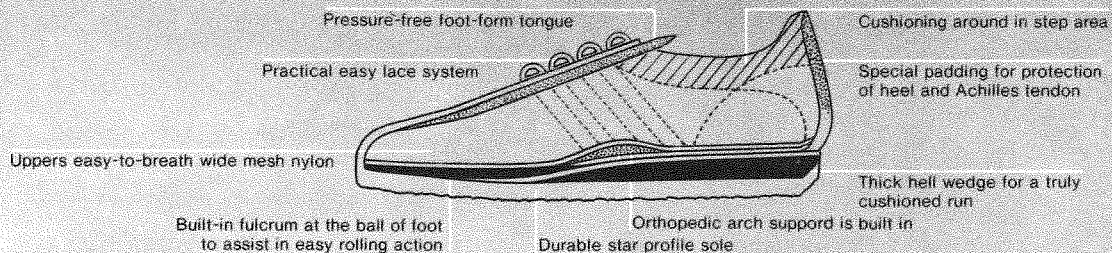






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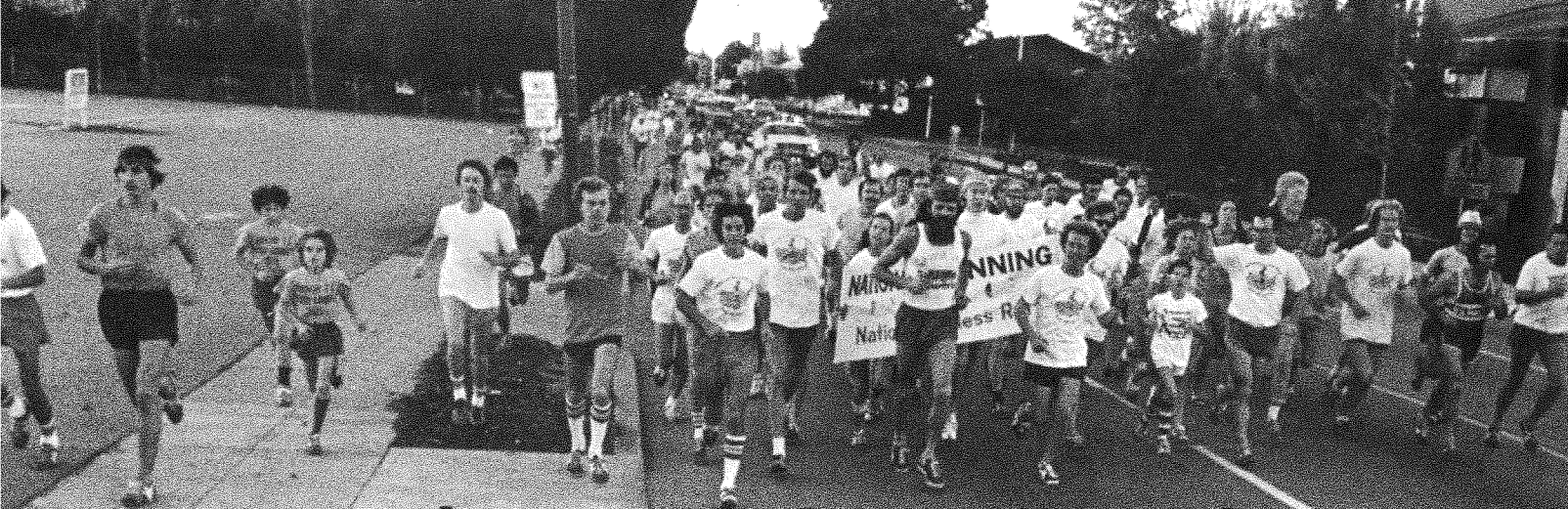
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# Remember National Running Week?

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in 1975, you can still show your support when you wear or display any of the items listed below.

Supplies are limited, so mail the coupon below as soon as possible. Show your support of National Running Week and running. After all, you *are* a runner aren't you?



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





# Runner's World

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

Volume Eleven — April, 1976 — Number Four

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## From the Publisher

The response to the National Fun-Run program has been super. More than 300 people from all over the US have written for more information. And it looks like within a few months there will be regular Fun-Runs in several cities across the country. But there are many areas that we have not heard from. If you would like to have information on how you can set-up a Fun-Run in your area, write for full information.

For those of you who don't know what a Fun-Run is these are races of six miles or less. The *RW* structure calls for three races, two of which are a mile or less and one longer run. No entry fee is charged and we provide certificates. Places are not recorded. A time is yelled out as each runner crosses the finish line, and the awards are passed out based on time. We also provide the time standard sheets.

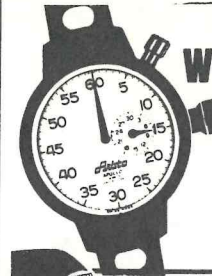
We have been conducting Fun-Runs for three years now and our average attendance is around 150. What do people think? One runner told me, "These Fun-Runs are the greatest thing since good running shoes."

Write for information on how a Fun-Run can be set up in your area. We will be listing those already established, starting in our next issue.

Our circulation has now climbed to just under 50,000. And I have always said, as we grow we'll give you more. This is our biggest regular (not even counting the bonus catalog) issue ever. More to come.

Bob Anderson

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SILICONIX 110 (Rechargeable)	169.50
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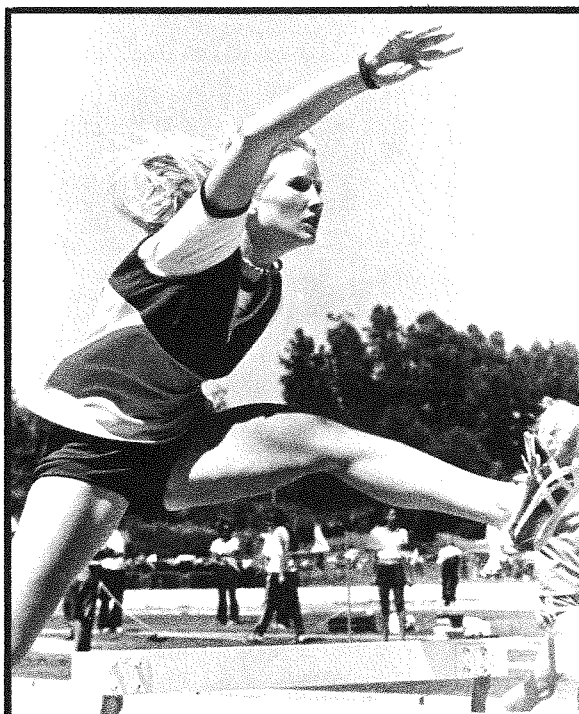
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Editorial Assistant: Kevin Shafer  
Medical Editor: George Sheehan, M.D.  
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Tony Duffy	Stan Pantovic
Jeff Johnson	Doug Schwab
Paul J. Sutton	Steven E. Sutton
George Beinhorn	



### COVER:

Either from disinterest or dissatisfaction, many individual runners and running groups are splitting with the AAU. (Art by Dick Cole)

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# Everything you need to know about running shoes.

## How Lydiards are different from ordinary running shoes.

The Lydiard sole has a single seam running down the center of the insole which molds the built-in cupped heel and arch support into the shoe. It cradles your heel and supports your arch, unlike other running shoes. The Lydiard toe is not pointed like the toes of ordinary running shoes. It is broad and rounded like feet so your toes have room to wiggle and air can circulate to keep your feet cool.

### Built-in Heel Cup

helps position your foot in the shoe. Four layers of rubber under the heel distribute the road shock.



### The difference in Lydiard

is due, in large part, to the men pictured here. Authur Lydiard and Eugen Brutting are craftsmen from the old school. Today Eugen Brutting runs the factory in West Germany where every

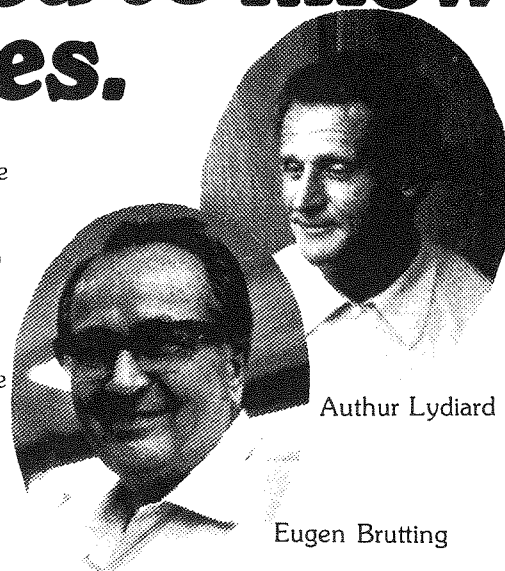
pair of Lydiards is made. So, in Lydiard you have more than a shoe made for the way you were born to run. You also have a beautifully made pair of shoes, visibly nicer (and a little more expensive) than the rest.

### Why Lydiards cost more.

Even Brutting can't make a beautiful shoe from inferior stuff. So, Lydiards are made of the best of everything in the best way the old school knows how to make them. The soles are made of special rubber for the right combination of flex and durability. The "uppers" are made from the best top-grain suede. This suede is drum-dyed, a costly process which permeates the hide with rich, material color and doesn't clog the pores that let suede breathe. From first to last, Lydiards are made the best possible way.

### The trouble with Lydiards.

The trouble is they are so terribly hard to find. Believe it or not, people worry



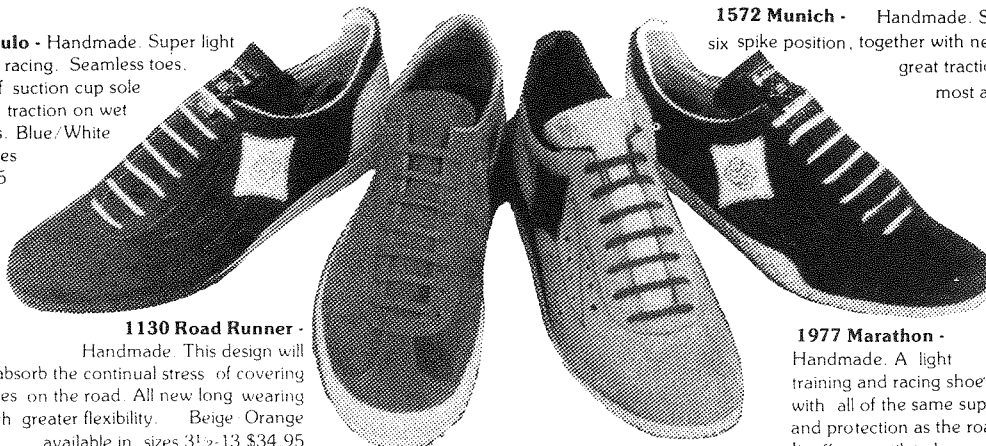
Authur Lydiard

Eugen Brutting

about that. Some people just like to worry. But there simply isn't anything to worry about. Just ask your local sporting goods store or write to us.



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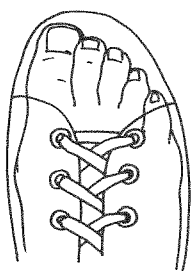


# The race goes to

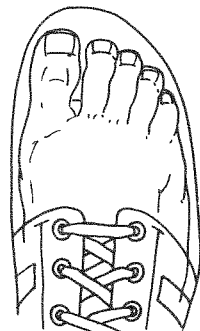
We believe that at New Balance; it's the corollary to our basic theory of width sizing for athletes ("Show me a runner whose shoes don't fit, and I'll show you a loser"). More and more athletes seem to be agreeing with us too. In the past year, runners wearing New Balance shoes placed third in the Boston Marathon, first in the New York Marathon, third in the National 30 Kilometer Championship, and first in the New England AAU Three-Mile. In fact, the present number three- and number five-ranked runners in the world train and race in New Balance.

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**New Balance Shoes are available at these fine stores:**

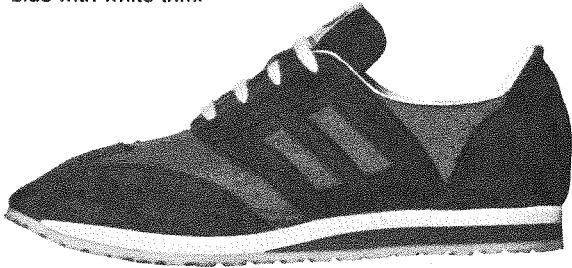
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_____ pair 220 at \$22.95	Size: _____	_____
_____ pair Trackster III at \$28.95	Size: _____	_____
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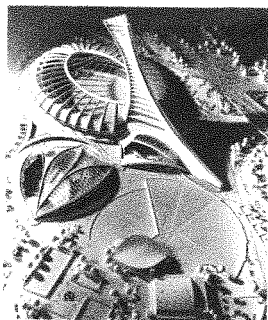
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# OLYMPIC Tour



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Join Bob Anderson, Joe Henderson, Dave Prokop and more of the *Runner's World* staff at the summer Olympics. Give Ms. Terri Bremer a call at (415) 965-3241 to make your arrangements.

## *Runner's Forum*

*The free exchange of opinions, ideas  
and information.*

### MARATHONS AND MANHOOD

Faster than a speeding bullet, more powerful than a locomotive, able to leap tall buildings in a single bound. . . Superman? No! it's a real-life man. At least that's what some imaginative Hollywood script-writers would have us believe.

Whether it is inherent or a product of his environment and culture, the need for the male to assert his masculinity seems ever present. Thirty or 40 years ago a man only had to be himself to accomplish this. But now Hollywood has so exaggerated man's capabilities that this is no longer possible.

Movies and TV have taught us to revere toughness. They have instilled in us the idea that a real man is one who can shoot his adversary between the eyes with a flick of the wrist or send him sailing across a room with nothing more than his fist.

"Is the ideal of manhood one which insists on a form of behavior in man that makes demands that are ultimately impossible?" asks Leonard Kriegel. He is a New York City professor of English who is spending a year studying the idea of manhood in American literature and society.

That kind of manhood, Kriegel says, would be the kind Ernest Hemingway created for his fiction.

"Hemingway's suicide was a kind of final comment on 'manhood' and the demands it makes," Kriegel says.

Some social psychologists have suggested that high-powered cars owe their popularity in great part to the inferiority complex which they say man has developed as a result of Hollywood. The car becomes part of his total ego. The roar of the engine, the squeal of the tires and the rapid acceleration combine to give him the added power that he needs to compete with the unrealistic characters of the cinema world.

Men pursue a marathon race for various reasons—fitness, health, challenge and fun being the reasons most often noted. But many men also may be motivated in part by the need to assert their masculinity. The marathon is the perfect event for this.

This race conjures up visions of an-

cient Greek athletes and gods. It demands great courage and the tolerance of pain, two fundamental elements in our concept of manliness. It requires physical prowess in the forms of strength and speed. But the emphasis is on endurance, a quality which has not been distorted by Hollywood. Not even the Six-Million-Dollar Man has extended his 60 m.p.h. speed over more than a mile or two.

Not all men, however, view physical excellence and violence as signs of manliness. There are some who look at manliness as the manifestation of bravery, courtesy and honesty. Generally, such men are gentlemanly, chivalrous and believe in turning the other cheek.

A feat of some repute nearly 2000 years ago at a place called Calvary represents the ultimate in manliness to many of these men.

Notice how many men finish the marathon with arms flung to the side, hands open and outstretched, neck strained and face contorted. One can easily imagine a wooden cross on their backs as they strive to break the three-hour barrier established on the first Good Friday.

More and more, men were coming to discover what they thought might be the ultimate virility test—one that has not been exploited by Hollywood and one that is God-like in character.

Then along came Miki, Jacki, Christa and Liane to spoil it all.

Michael Tymn

### POLITICAL RUNNING

Film director Lina Wertmuller has remarked that everything is political. Even sex is a political act. Judging from the recent disclosures of the exploits of our past presidents, I'm inclined to agree.

Let's examine this contention in the context of a long-distance runner. Is running a political act? I think it is, and I have come to the conclusion that runners may be separated into two political types—"capitalists" and "socialists."

The capitalist runner is a proponent of the free enterprise system—that is the



system which permits runners to enter the races of their choice. The theory holds that an abundance of competition will create a high level of productivity, such as winning a race or finishing high enough to earn a prize.

That's the theory but in practice the free enterprise system is grossly unbalanced and unfair because it favors the "wealthy" class of runners or those with above-average heredity.

The wealthy-class runners, or approximately 1.6% of the population, because of certain inherent advantages (low body fat, a large proportion of slow-twitch muscle fiber and so on), obtain good racing results such as sub-2:30 marathon times with relatively little effort. Usually they receive outside support in the form of free transportation to races plus room and board.

The capitalist runner is seldom content with winning just one race (which gives others a chance) but "monopolizes" by winning several.

The socialist or "working-class" runner with poor to average heredity has little or no chance of winning or even finishing high in a race. Because of inherent disadvantages, such as uncontrollable body weight and fat and a low proportion of slow-twitch muscle fibers, he must be content to finish in the middle or back of the pack (above 3:00 marathon times, for example) and must expend a great amount of effort to do so.

The socialist runner often is exploited. Being the majority, he pays the bulk of the entrance fees for races, a sizeable sum of which goes to the purchase of prizes. Yet the socialist runners (98.4%) win less than 20% of the prizes while the capitalist runners (1.6%) win more than 80% of the prizes. In other words, the vast majority supports the tiny minority.

The capitalist runner is characterized as being "right wing." That is, he goes along with established ideas and values, such as running on the *right* side of the road and going *with* the flow of traffic.

He contends that the "free enterprise" system is not political but rather social (as in "social Darwinism," where it is better known as "survival of the fittest"), supports the present governing body (AAU) and belongs to the PTA (believers in the "pain, torture and agony" method of training).

The capitalist is a staunch believer in progress, paved surfaces, warmups consisting of "good old American" calisthenics, carbohydrate loading with white flour products and the cutting

(continued on page 10)

3rd Annual

# 15 MILE ROAD RUN

SAT, MAY 29 9 a.m. ESDT

Course from Dexter to Ann Arbor through the scenic Huron River valley of Southeastern Michigan. Seven age divisions for men (13-14-17, 18-23, 24-29, 30-39, 40-49, 50+) and women (11-, 12-14-15-18, 19-25, 26-30, 31-39, 40+). Awards to all finishers; special individual awards; dressing and shower facilities; other events.

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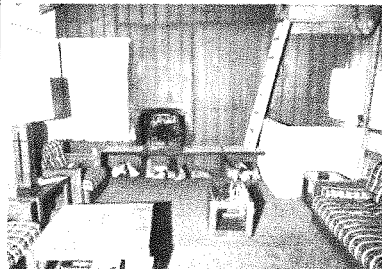
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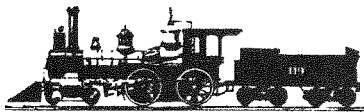
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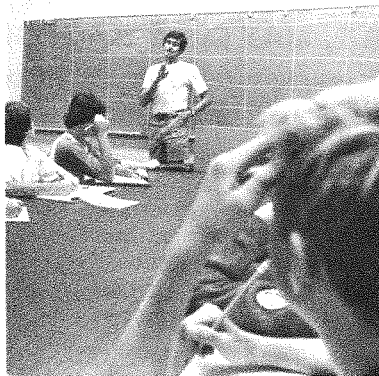
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down of the Boston Marathon field. He is decidedly against glue-gun control and fun-running, which he believes is a subversive activity.

The socialist runner is characterized as being "left wing." That is, he questions the established ideas and values and runs on the *left* side of the road, *against* the traffic. He contends that the so-called free enterprise system is indeed political, fascist in fact, seeks to change the present governing body (AAU) and is frequently on LSD.

He is a staunch supporter of the "natural way" or grass surfaces, warmups consisting of East hatha yoga and carbohydrate-loading with fruits. He is decidedly against the barring of transvestites from races and the practice of giving front places to the better runners at the start of the Boston Marathon, which he considers to be a form of capitalist oppression.

So, in the final analysis, is running a political act? I guess that all depends on which side of the road you run.

**Gary Furtak**

**THE NEED TO FAIL**

*"You never know what is enough unless you know what is more than enough."*—William Blake

We need to fail. Without failure, there is no success. The understanding of this is essential when setting out on a path toward any degree of success.

Ours is a world built on contrasts: the rich and the poor, the happy and the sad, the good and the evil, the success and the failure. Only by contrast can we see. A thing is bad only if we have something good with which to compare it. We can't see success without seeing failure.

If we were never to fail, we would enter a middle state where nothing was very intense except the degree of mediocrity. One would never fail. But one would never succeed because one would never try.

So if we're dealing with a drive for success, of any caliber, we have to deal with the inevitable failure that will come along the way. A person runs hard for success but falls along the way. It happens all the time. To succeed he must get up, and keep getting up. Each time he does get up he will be a bit stronger than the last time he fell. He will have learned that much more.

If he stays down, he will just be growing familiar with failure. The longer he stays down, the more used to it he will become and the harder it will be to get up to run toward success again.

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DR. JOHN PAGLIANO—medical sports podiatrist, long distance runner

DR. ALAN RYAN—editor of "The Physician in Sports Medicine"

DR. RICHARD SCHUSTER—sports medical podiatrist from New York

DR. HARRY F. HLAVAC—sports medical podiatrist

DR. RONALD LAWRENCE—President of American Medical Joggers Association.

DAVID COSTILL, Phd—President of American College of Sports Medicine

DR. PAUL WOODWARD—Orthopedic surgeon—San Diego Chargers

DR. GRAHAM REEDY—past team physician—Oakland Raiders

DR. KEITH PETERSON—from The Sports Medical Clinic—Seattle Washington

DR. STAN JAMES—Orthopedic surgeon—Eugene, Oregon

DR. STAN NEWELL—Sports medical podiatrist—Seattle, Washington



Thus we see the two paths of failure: the failure that pulls the person down into a hole, and the failure that teaches a lesson and sends a slightly stronger person back into battle. The former path is obviously harmful, the latter of infinite value because one learns more from failure than success.

All aspiring distance runners have read of Frank Shorter, Steve Prefontaine and Marty Liquori. Many have imitated them in hopes that they too might climb to similar degrees of success. But I wonder if the readers considered failure as one of the key factors in their success. All three of these runners became immensely successful only after they had tasted failure and decided it wasn't a very pleasant taste. They pushed through the "failure barriers" and set out for the opposite extreme.

This process is not at work just with champions. It happens to everyone. A beginning jogger poops out his first day on the track. He quits. He has failed and then he has abused that failure. If he had used that failure as a sign that he was out of shape and needed to attack the problem with a realistic program, then he would have used the failure for profit.

The effect failure has on a person is directly related to the seriousness of the person's goal. If one runner is striving to win the Olympic marathon and fails at the trials even to make the US team, his defeat will be considerably more devastating than that of another runner who is running for fun and experience, even if the two finish in a tie.

Perhaps the runner who wanted to win the Olympics was reaching for something that was simply out of his grasp. When he failed, everything seemed to be thrown out of whack. But again, we're dealing with the dual effects of failure. His failure may have put everything back into perspective. It cleared up the haze of his dream and allowed him to see himself more clearly.

Failure never destroys but the reaction to it does.

One thinks of Glenn Cunningham, who in a boyhood accident was severely burned to the extent that he almost lost the use of his legs. But rather than brood about the accident for the rest of his life, he used it as the springboard that launched him to world-record status as a miler.

If failure is utilized efficiently, every time we drop into a pitfall we will have learned how to avoid ever fall-

*(continued on page 12)*

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# VAN AAKEN

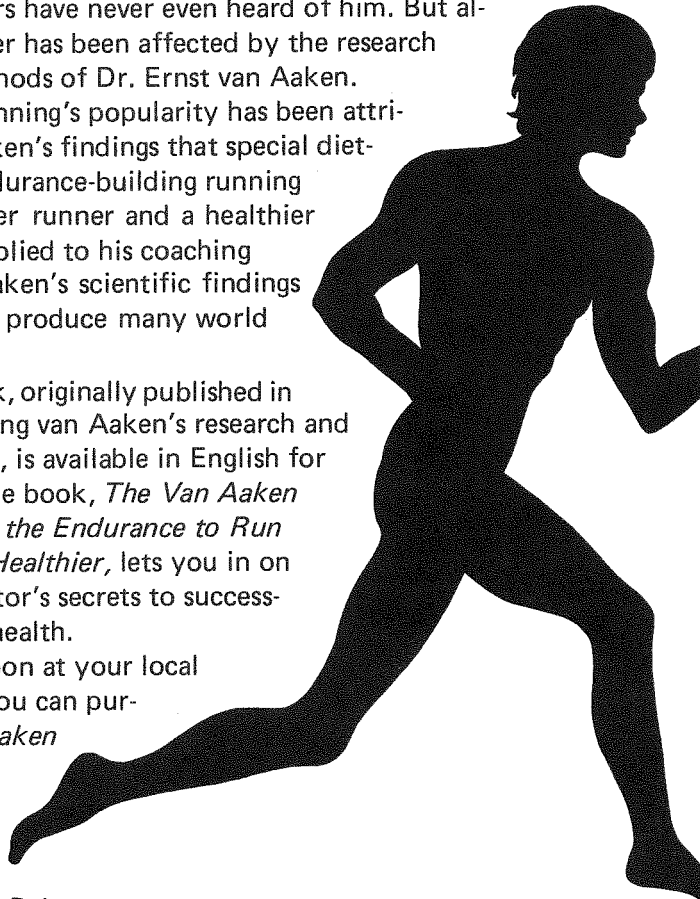
## Expert **RUNNING** information from a running expert

Most runners have never even heard of him. But almost every runner has been affected by the research and training methods of Dr. Ernst van Aaken.

Much of running's popularity has been attributed to van Aaken's findings that special dieting and slow, endurance-building running make for a better runner and a healthier person. When applied to his coaching methods, van Aaken's scientific findings have helped him produce many world class runners.

Now, a book, originally published in German, describing van Aaken's research and training methods, is available in English for the first time. The book, *The Van Aaken Method, Finding the Endurance to Run Faster and Live Healthier*, lets you in on many of the doctor's secrets to successful running and health.

Available soon at your local bookstore. Or, you can purchase *The Van Aaken Method* by mail, just send in the coupon below. 1976, 144 pp., \$5.95 Hb., \$3.95 Ppb.



ing into it again. The person who has never fallen, or who has fallen but not learned from the experience, will never be able to get past the pitfalls to reach his goal.

The runner who quits because of a few early failures is not being fair to himself. By giving up, he is deciding not to deal with a problem. Even if he chooses not to exert effort to solve the problem, he should at least identify it before making a decision. Giving up is a softening process. It makes it easier to fail in the future. Failure can become a permanent lure. Don't grow to *accept* failure, grow to *use* it.

Jim Lilliefors

### SWEAT-DEBT SOLUTIONS

In view of what *Bike World* writer Creig Hoyt, M.D., calls "dehydration's devastating effects" (sweat debt can, with its resultant depletion of essential nutrients, result in everything from thirst to impaired vision, stroke and brain damage), it behooves you to ask what the requisites for a good "running water" are before you have another drink for the road.

Both water and minerals are needed to keep you in the biochemical black. Minerals play a key part in staving off fatigue and cramping. And mineral-rich thirst-quenchers are more effective, generally speaking, than plain water in warding off thirst and reducing body heat. But it's not that simple, of course.

"Most commercial replacement fluids contain inadequate amounts of important minerals and chemicals known as electrolytes: sodium, potassium, magnesium," says George Sheehan, M.D., veteran runner and sportsmedic. "Alone, salt and potassium are nothing. In fact, salt without water does more harm than good."

Since every natural foodstuff eaten or drunk contains salt in its natural state, replenishment of lost salt in maintaining the body's fluid balance is far less critical than was previously supposed.

High potassium rather than high sodium drinks are just what doctors are ordering nowadays.

According to American researchers James Schamadon and W.D. Snively, "High salt intake accelerates sweating and any initial relief is offset by the deficiency in body reserves (especially of potassium) which it produces shortly thereafter."

Actually, some nutritionists say, that not uncommon gotta-have-tossed-salad-

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or-a-juicy-peach feeling after a race is an expression of depressed potassium levels. Most leafy greens and fruits are high in potassium.

On the simple side, here are two juicy fruit solutions that may solve your sweat-debt problems.

George Sheehan recommends orange juice with a weak salt solution. Martin Eisman opts for tomato juice with an equal volume of water. Both of these solutions contain adequate amounts of sodium and potassium.

Here are some more do-it-yourself drinks which are only a bit more time-consuming to make than the ones above.

- **Running Water I:** A great counterfeited cup of decaffeinated coffee rich in calcium, iron and electrolytes. Combine one teaspoon each of blackstrap molasses and raw honey with two cups of boiling water. Blend well. Sip as needed.

- **Running Water II:** A kind of germinated orange juice. Because they are so rich in vitamins, minerals and enzymes and can be eaten raw, sprouted grains and seeds such as alfalfa, sunflower, oat, buckwheat, whole wheat can be coupled with a few cups of orange or pineapple juice and liquefied for a powerhouse drink that's easy to digest. Drink chilled or at room temperature.

- **Running Water III:** Combine one tablespoon miso (fermented soybean paste) with two cups of boiling or hot water for a kind of mock meat broth. Miso is Japan's oldest staple food and is recommended for the prevention of mineral deficiencies. It is available in any health food store.

Frances Sheridan Goulart

## WHAT DO YOU THINK?

Other runners may be interested, and this may be the place to get your thoughts published.

If you want to write, we suggest you do the following:

1. Ask the editor for a "Writers' Guidelines" sheet which gives details on what we need, formats, payment, etc.

2. Check with the editor before submitting articles. He may save you a lot of time and frustration by saying in advance that a story idea doesn't fit into our plans.

3. Concentrate on the areas you normally see covered in *RW*—practical, personality and race feature articles. We do not use poetry and material on field events. ●

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- One Mile



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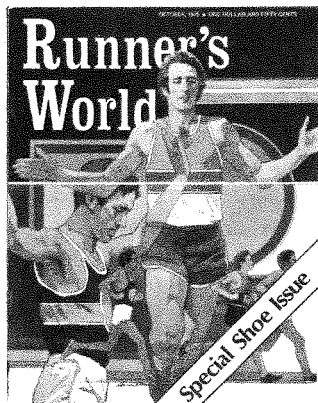


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# Running Commentary

by Joe Henderson

Hal Higdon's article, "Why I Am Quitting the AAU" (page 16) appears to be one of the most radical articles *RW* has ever published. It's certain to be one of the most talked-about issues by people on both sides.

The research and conclusions drawn from it, and the opinions expressed, are Hal's. The magazine's staff as a whole, and I as an individual runner, agree in most ways, disagree in a few. We don't advocate dropping AAU membership without very carefully examining the consequences.

Higdon knows what can happen. He was sent an invitation for a major indoor meet. The director heard that Hal had written this article and the invitation was withdrawn.

"We don't want to get involved in political issues," the director said.

"So people planning or hoping to compete in big-money meets and/or Olympic Trials better be careful how loudly they advertise their dissatisfaction with the AAU," Hal commented. "Of course, how many of us are involved at that level?"

We print Higdon's article because it gives voice to a growing feeling of uneasiness with the way our sport is being governed. We print the article as it was written because it is a strong, well-documented argument for his case. Rebuttals are welcome. (Several have already come in from people who saw advance copies. They'll be printed in May and June.)

Generally I side with Hal Higdon, but for several reasons I don't feel as strongly about the issue as he does. One reason is that the AAU promotes an unusually humane and progressive long-distance program in this area (the Pacific Association), so my dealings with this group have almost always been happy.

If the AAU were a faceless, repressive "it" coming down on me, I suppose I would be upset. But up close, in the person-to-person contacts I have with officials as part of this job, I see that the "it" is really "us". At least in long-distance running, the AAU is Ted Haydon, Butch Hammer, Browning Ross, Bob DeCelle, Bob Campbell, Harold DeMoss and many others. And these offi-

cial probably would be helping runners no matter what letters they represented. I don't want to see them hurt by a rash act.

The AAU is made up almost entirely of individuals, like these, who mean well. Occasionally, someone is guilty of playing political games at the expense of the runners. But 10 times as often the problems that come up result from good intentions which have gotten lost in the maze of committees and sub-committees. The AAU is too big to be everything to everybody.

As in any big organization, the good work hums along quietly. We seldom hear of the pluses. But also as in any big organization, the potential for blunders is high, and these tend to be reported widely.

"Work within the system for change instead of complaining about it," some officials say. But Jeff Darman of Washington, D.C., for one, thinks the system is too unwieldy to change.

Darman writes, "I have resigned from my position with the National AAU (vice-chairman of the eastern region) and as chairman of the local LDR committee. After four years, I have realized that working within an organization like this is a waste of valuable time and destined to failure in terms of meaningful and timely changes."

I, like most runners, think it a waste of time to be concerned with any political action, either inside or outside the system. And that apathy may be at the heart of both the AAU's problems and our own.

Someone wiser than I once observed that the opposite of love is not hate but indifference. Usually you don't attack the former object of your affection. You just quit caring about what happens to it.

I've never been in love with the AAU. How can anyone love a set of letters? But I once cared what happened in the organization because I thought the future of running was at stake. Now I know it isn't. I know that most runners can get along fine without AAU support of any kind.

I haven't belonged to the AAU or entered an AAU race in three years—not because I am rebelling against it



but because I no longer need it. The Sunday Fun-Runs satisfy any lingering urge to compete, and these have nothing to do with the AAU.

A few months ago, an official from the local district politely advised us to get a blanket sanction for the runs *RW* sponsors.

We politely refused, saying, "Because of the informality (no signups, no fees, no recorded results, no prizes), we feel that the AAU has no more authority over the Fun-Runs than over group training sessions."

The incident shows the confusion over how far the AAU's power extends. It is not total control. It does not reach to every level of the sport—not to the most basic level, the Fun-Runs, or even to things more organized. In fact, far more racing goes on outside of the AAU than inside. This is primarily in the high schools and colleges.

The AAU has no authority over "closed" competitions like those in the schools. And this important loophole might let runners with no interest in AAU policies still run without bringing down the AAU's wrath.

A proposal: Limit all local events to members of a club—a Road Runners Club, for instance. Every entrant automatically becomes a member by paying the race entry fee and signing the entry blank. All the money goes directly to local promotion. The AAU isn't involved.

The AAU only becomes involved with the relatively few athletes who compete beyond the local boundaries. Only when they get good enough to bid for national and international glory do they need to join the AAU.

The runners I know aren't likely to rise up in mass rebellion against the AAU. The AAU is not going to fall suddenly from power, to be replaced by a ruling junta from revolutionary forces. Few runners care enough about what goes on in the administration of the sport to make this happen.

What I do see happening is the evolution of a two-part structure: the AAU at the top, promoting national championships and sending runners abroad as it always has done; simpler, more responsive, running-only, runner-directed groups taking over the work at home. . . which is where the sport starts and ends anyway.

*(Whether you agree or disagree with this column and with Hal Higdon's article which follows, your ideas on this issue are important. Please comment.)* ●

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# Why I Quit the AAU

by Hal Higdon

**M**emory refuses to yield the details of my first registration as a member of the Amateur Athletic Union. But I suspect I bought a card back in 1947 to compete in the BBYO track meet at Chicago. I was a sophomore in high school. I went unplaced in the mile, running 5:19. Don't ask me my splits.

If I failed to obtain an AAU card then, I may have purchased one for the Central AAU meet two years later or for the National AAU 15-Kilometer run three years after that. I can state with some certainty that I have been a card-carrying member of the AAU continuously since 1952. I may be one of the few persons around to have won National AAU titles at the Junior, Senior and Masters levels.

Life seemed much simpler back in 1947 when, if my memory serves me correctly, I paid 25 cents for my first AAU card. In 1976 it will cost Indiana long distance runners \$4 (this may vary in other associations) to register with the AAU, seemingly an example of inflation run amok except that in the late '40s your money failed to buy much action. A runner was lucky to find two or three open races a year in his district, and that was in an *active* district. (The New England area was one of the few exceptions where an adequate long distance running program did exist.)

Things change. In the '70s you often find two or three races *a day*, and that is in a semi-active district.

Nevertheless, I am quitting the AAU. I am doing so despite nearly 30 years of competition under its banner. I am doing so despite many good times and despite many friends within the organization, including executive secretary Ollan Cassell. I am doing so despite a long-distance running program magnified 100 times from the era of my first registration. I have returned my card (16502764) to my association president. I quit.

I returned my card by mail to the president rather than publicly burning it or allowing it to lapse because I wanted him to know why I quit. I am *not* quitting because of the increase in dues without increase in apparent benefits to the long distance runner. I am *not* quitting because of the personality conflict between members of our local club and the state AAU registration chairman. I am *not* quitting because

everybody else within the sport of long distance running seems to want to bail out of the AAU. I am quitting for all these reasons, *and more!*

I am not alone. Many others seem ready to abandon the AAU for various reasons. One of the most obvious reasons was offered to me recently by Jack Beasley, secretary of our club, the Indiana Striders.

He wrote, "One of the primary reasons for my participation in long distance running is the escape it provides from the harsh realities of everyday life where I am continually compelled to live with the frustrations of government and business bureaucracy, taxes, computers, the disregard for the human being and the complete incompetence of so many people. Long distance running is a potential means of escaping this world.

"At first, running seemed to be a simplistic activity until the AAU organization reared its ugly head. Much of the simple joys of running for me are being nullified by the AAU organization. I say, let the runners take care of themselves without the bureaucratic bunglings, inefficiencies, interference and self-interest of the AAU. To date, the AAU has done nothing but take money without giving us anything in return," Beasley said.

Beasley is correct except for his statement that "the AAU organization reared its ugly head." The ugly head of the AAU always has been in view, even when there were no long distance runners around it. Now there are tens of thousands of runners gathered together and the head is still in view, still ugly. Lately many runners have begun to wonder why they decided to gather around it.

The reasons for the disenchantment of Beasley, myself and other members of our club seem somewhat parochial in nature. But they form a typical AAU horror story and deserve to be itemized here:

- Our club sought to add a five-event Masters program to an important track meet last summer. The AAU registration chairman blocked the program, claiming our state had only one registered Master runner. This ignored the fact that our



club had won three National AAU team championships in the two previous years with registered runners. A Masters mile was held at that meet and 15 runners participated.

- Our club sought AAU sanction for a road race the same weekend as the track meet but was refused because of the schedule conflict. The track meet, however, had entrance standards of 14:30 for three miles and 30:00 for six miles, effectively eliminating 98% of the road runners. Later in the year the AAU belatedly scheduled a cross-country championship in conflict with a road race planned for more than a year.

- Our club applied for funds (which had been collected through an increase of last year's dues) to send teams to the National AAU Senior and Masters Championships in cross-country. We applied several months in advance. Of the 641 long distance runners registered in the state of Indiana, nearly half were registered directly by our club secretary and most of the others had obtained AAU cards primarily to run in our program. One other long distance running club, containing seven registered female members, exists within the state.

The AAU informed us that before funds could be dispersed, these two clubs would have to vote (one vote per club) along with five track and field clubs (four of them female) because "they have members who are long distance runners too." The cross-country races were run without our having received any funds.

- Before the start of the 1975 season the state long distance running committee established (as it had in years past) a point system to determine its "Runner of the Year." Points could be scored in 15 races, including all the Indiana AAU championships. The title went the second year in a row to an athlete who was not the fastest in the state but who had shown himself most consistent in entering and placing high in all races.

The men's track and field chairman, however, declared that the long distance running committee had no jurisdiction since it contained only two clubs, not the five required under AAU rules. Establishing a new point system, he determined that a college athlete who had placed third in the Pan-American Trials in track and field should be "Runner of the Year." In his haste to justify his choice, the official overlooked the fact that under that new point system two other runners had outscored both his and our champion!

In the meantime the AAU appointed a new long distance running chairman without informing the old chairman that he had been fired.

Jack Beasley, writing about his disenchantment with the situation in our state, said, "Let's face it, the AAU hasn't any real interest in long distance running. The majority of the AAU officials do not know what long distance running is, nor do they care. The long distance chairman has had no real voice in the AAU. During this past year I have personally registered about 275 AAU members. Many hours and much postage were spent. Every time I took money for the AAU from someone (especially the younger runners), I felt guilty."

If the argument were merely a parochial one over admittedly trivial affronts between Beasley, myself and our state AAU, the issue would not be worth airing in *Runner's World*. But the disenchantment on the part of long distance runners from all over the United States continues to grow. This disenchantment, for many years a festering sore, has threatened to burst forth into a gangrenous infection. The results may be amputation of the limb.

Last summer while in Denver, I worked out one afternoon with Joe Arrazola, one of the prime-movers in establishing road racing in the Rocky Mountains.

"I've been involved in AAU politics for 20 years and I'm through dealing with those people," he raged.

Joe was gasping for air and it was not because of the high altitude. He explained how he quit the AAU and began running his program under new auspices. Regular events identified in 1974 as AAU championships were listed in 1975 as United States Track and Field Federation (USTFF) championships. The races didn't change. The people in them didn't change. Only the initials changed.

Meanwhile, I began to hear rumbles of discontent from the north where Garrett Tomczak, co-editor with Keith Ottoson of *Minnesota Distance Runner*, wrote, "As I see it we pay money to the AAU in order to defend ourselves from AAU repression and coercion. One might call this a 'Protection Racket' (as Webster defines it, 'Money paid to racketeers for a guarantee against threatened violence')."

Tomczak felt that while thousands of dollars were collected from AAU members, only a small minority (those talented enough to compete internationally) ever directly benefited from their membership. Most AAU funds were absorbed administratively.

"What little comes back to long distance running isn't worth spitting at," he complained. "It's money down a rathole."

While in New York last fall I stayed with Bob Fine, chairman of the AAU subcommittee for Masters track and field. His group was attempting to obtain autonomy for runners



*Hal Higdon—AAU champion, club organizer, race promoter—announces he is "seceding from the Union" after 30 years. (OMPhoto)*

over 40 without completely severing AAU connections, a move which was successful at the AAU convention last December. Despite Bob's apparent pro-AAU stand he showed me a file detailing the problems of Ed Phillips of Los Altos, Calif., who had encountered AAU opposition when he attempted to sponsor a regional cross-country championship. Phillips said, "I had to sell my soul to get a sanction for that race, and I'll never do it again." He no longer is an AAU member.

"The thing I absolutely will not do is waste unreasonable amounts of time embroiled in senseless jurisdictional disputes within the structure of various committees of AAU athletics,"

*(continued on page 18)*

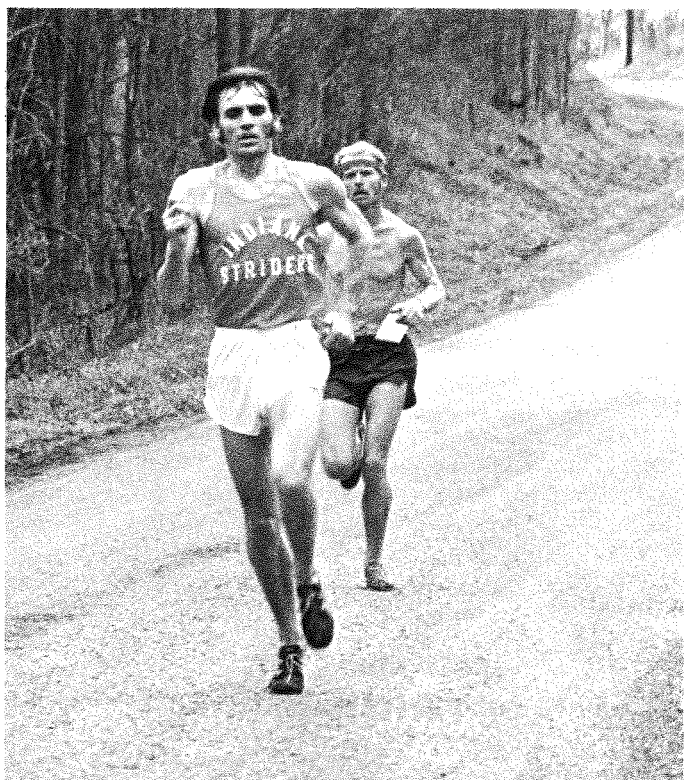
Phillips complained in a statement he mailed with entry blanks. "I don't care whether they will let women compete in our meets, or whether it is allowable for us to invite sub-Masters to compete, or whether we can call the winners of these groups champions, or whether our regional areas coincide with LDR's (long distance running's) sectional areas, or whether we get approval of the national committee to have these meets, or whether a particular association bid for this or that championship, or whether we are to be forced to charge a \$2 entry fee (which is supposed to be turned over to a National AAU committee in some cases) and be left with an amount totally inadequate to run a particular event, or whether we choose to divide ourselves by five-year divisions

the flaws of the AAU more clearly than those of us who grew up within the all-encompassing arms of that organization.

Several state-based long distance running groups have turned their backs on the Amateur Athletic Union, sponsoring races without the blessing of that Indianapolis-based organization. In addition to Denver, successful separatist movements have occurred in Baltimore and Pittsburgh.

The Baltimore Road Runners Club, guided by Les Kinion, abandoned the AAU at the beginning of 1975.

"The South Atlantic AAU always has been a big power," states one runner close to the situation, "making plenty of noise, riding the runners tightly about AAU rules. Les Kinion's



*The Indiana Striders, represented here by Chuck Koeppen, have left the AAU en masse. (J. E. Otto)*

instead of the AAU code book specified 10-year groupings (for LDR), or whatever else they decide to throw at us next."

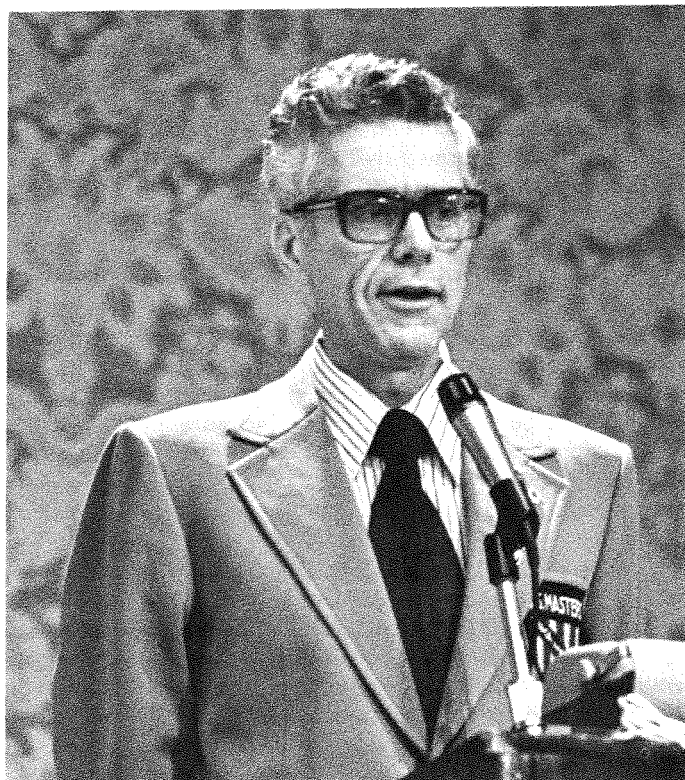
Phillips summed up his case, "Simply put, they can stick the whole mess in their collective ear."

Meanwhile in Oregon Jerry Swartsley, president of the Southern Oregon Sizzlers Track Club, expressed his disillusionment with AAU policies after sponsoring the National AAU Masters Marathon Championship.

"We went to a lot of trouble and spent a lot of undue energy appeasing the AAU on matters that really didn't affect the way the race was run for the runner," he said.

Ironically, radicals in the revolution against the AAU seem to be found not mainly in the young but rather among those over 30 who the radicals of another public arena once professed you should not trust. The real radicals of the anti-AAU movement are the group I once dubbed "grandfather jocks." They have suffered from bureaucracy in their business life and do not want to suffer it in their leisure life.

Perhaps it is because many of the older runners such as Jack Beasley and Ed Phillips came upon the sport of long distance running relatively late in life and have been able to see



*Californian Ed Phillips said he had to "sell my soul" to conduct an AAU race. (OMPhoto)*

group finally couldn't take any more of it and called the AAU's bluff. And the AAU hasn't done a thing about it."

Pittsburgh also seceded from the Union.

According to the same source, "Stu Levy, president of the Greater Pittsburgh Road Runners Club, personally told Ollan Cassell that the GPRRC and its members would never join the AAU and that the AAU never would get a dime out of them. All runners in that club are doing fine and taking part in all kinds of races."

And while the Minnesota Distance Running Association has not severed its AAU ties yet, the club's newsletter recently included this salvo from Garrett Tomczak and Keith Ottoson reminiscent of the first shots against Fort Sumter:

"The AAU neither puts on nor sanctions any road races in this state which are not actively planned, promoted and advertised by MDRA personnel. The MDRA would lose nothing by severing relations with the AAU since it is the MDRA which provides both fun-runs *and* competitive experiences — activities which would not cease to exist without the (AAU's) stamp of approval."

"Don't get us wrong," Tomczak and Ottoson continued.



"We have nothing against an AAU running program just so long as the AAU takes the initiative in providing its brand of competition for those who need or want that sort of thing. But that's not everyone and we don't think it's right when individual athletes must unwillingly pay to support an organization that has arbitrarily defined itself as the only game in town."

Not only are entire clubs leaving the AAU or threatening to do so, but also many individual runners are doing the same. Not all of them have openly advertised their withdrawal. Most simply have allowed their AAU membership to lapse with no plans to register in 1976.

One former National AAU Marathon champion in-

the intransigent inertia of the entrenched bureaucracy and it lacks funds and effective power, at least on a national level. In terms of state's rights the RRCs are very strong.

One national RRCA officer commented to me, "In spite of its impressive claims the AAU does not provide any services, at least services anywhere commensurate with the fees it demands and gets. In short, the AAU functions primarily as a fund-collecting agency. It claims it is doing all sorts of great things for us, but it is not.

"We runners are doing nearly everything ourselves, especially all the work associated with putting on the races. And that's where the action really is for 99% of the running population. We show week in and week out that we don't need



formed me, "All these years I have been taking the path of least resistance and dutifully paying the AAU my money. So have the clubs I have belonged to. In the early days I didn't realize I was being taken and thought the AAU was the law of the land. In recent years, I have realized it but haven't had the motivation and guts to take a stand. Now I am ashamed of myself for not having the nerve to stand up to the AAU. But better late than never. I burned my AAU card (literally) several months ago and am not running in any more AAU-sanctioned races. I will go to Boston only because of the Road Runners Club of American convention and probably will run in the marathon since I am there. However, I am not rejoining the AAU just to run in that race, and will run unofficially rather than get an AAU number."

The official position of the Road Runners Club of America has been one of cooperation and affiliation with the AAU. The RRCA is an allied member of the National AAU with some clubs strongly pro-AAU and others strongly anti-AAU. RRCA officers have decided not to make secession from the AAU an issue and cause internal dissension. But they may be incapable of holding the lid on much longer.

Much of the agitation for reform has come from RRC clubs and individual RRC members. While the amount of dues charged by individual RRC clubs varies broadly, the parent RRCA realizes only 25 cents for each member. This is both that organization's strength and its weakness. It does not have

*"Not only are entire clubs leaving the AAU but also many individual runners. Most simply have allowed their AAU membership to lapse." (Gustav Schroder photo)*

the AAU for anything. And the AAU shows week in and week out that it is not interested in helping us with the basic job of administering the running program. It is only interested in collecting our money and trying to make sure we follow its beloved rules. Beyond that, it doesn't care.

"If the AAU were truly concerned with promoting a grass-roots-level program it would be doing the things the RRCA is doing," he sums up.

Internal pressures are building and the AAU may have hastened its demise by increasing its costs of membership at a time when people are tired of rising prices. This comes at a time when many runners have begun to question what they get for their money.

And also it comes at a time when individual associations within the AAU seem to have ample funds in reserve. According to one reliable source, the Minnesota AAU has \$29,000 in the bank, the Potomac Valley AAU has \$36,000 and the Rocky Mountain AAU has \$54,000.

"You can imagine how much the Southern Pacific and

*(continued on page 20)*





New England Associations have,” suggests that source.

For anyone used to relating to a federal budget or even a corporation budget, such sums seem small. But AAU associations always have been nickel-and-dime outfits, at least on the local level. Nationally, nickels and dimes add up.

Examining the individual AAU association budgets is the only way by which long distance runners can determine how their money is being spent — or misspent. The Minnesota Distance Running Association examined the budget of its state association and published it in their newsletter last summer. During the previous fiscal year the Minnesota AAU increased its cash reserves by roughly \$2,000, an increase of 10%. This was before the dues increase planned for 1976.

The largest item on the Minnesota AAU's budget was convention and meeting expenses (\$5,502.23). The carrot dangled before the noses of AAU officials is expense-paid trips to the national convention. Sites for National AAU conventions usually are chosen because of the quality of pleasures available (New Orleans and Las Vegas, for example).

Those who rise to the top in the AAU hierarchy frequently show reluctance to appropriate travel funds for members from the ranks of long distance runners. Partly this is the fault of the runners themselves who after attending a few local meetings realize their time can best be spent elsewhere — like running. They fail to “politick” thus come up with few political plums.

The second largest expense item on the Minnesota AAU budget was the net salary paid the registration chairman (\$4,361.16). This is an important office since the AAU earns most of its money from registration. In any organization it is the secretary-treasurer, not the president, who wields the most power, and the AAU is no exception.

(In recent years our club, under the delusion that we were doing the “right thing,” began a highly effective AAU recruiting drive which helped the number of registered runners increase from only 37 in 1972 to 641 in 1975. Partly as a

*The AAU attempted to exercise control over the National Fitness Run—a training event. (OMPhoto)*

result the AAU added a second salaried person to cope with the increase in registration. This leads us to believe that we may save the AAU money by ceasing our recruiting efforts.)

The third largest item on the Minnesota AAU budget was stipends for clubs, a total of \$3,171.69. Of this total, according to Tomczak and Ottoson, \$156 went to long distance running and \$100 to track and field. If this represents a fair distribution of funds, runners must be few in number in the AAU. If so, why do they bother with us? If it is not a fair distribution, why do we bother with them?

An AAU official, Jeff Brain, responded to the attack printed in the *Minnesota Distance Runner* by stating, “As far as being a ‘bureaucratic bully,’ the AAU is surely a bureaucracy. Yet it is a bureaucracy financed by athletes to implement an athletic program. We of the National AAU long distance running committee are continually trying to be more responsive to the athlete and are proud of our efforts so far.

“What sort of an organization would you have to be responsive to your running needs at every level? The NCAA? One financed by General Motors? Or better yet, the federal government?” Brain asked.

Tomczak and Ottoson's response to that question was to state that the Road Runners Club of America is the organization most responsive to the runners' needs. Ironically, Jeff Brain is RRC president in Minnesota.

In many associations the RRC and the long-distance running committee of the AAU are synonymous. And in fairness to the AAU, there are many dedicated officials who have done much to further the cause of road running in America. My argument is not with them but with the bureaucracy of which they are part and which they help to perpetuate with their good efforts.

Vince Chiappetta of the Metropolitan AAU in New York spoke to me at the Masters Cross-Country Championships and insisted that the AAU is capable of reform, that it exists as a democratic institution, and that legislation can be proposed to change it. I disagree with Vince and feel that the AAU is about as likely to reform as will Mayor Richard Daley's Democratic organization in Chicago. And for the same reasons. Those who have the power don't easily give it up.

The question is should runners be content with scraps from the banquet table of a large umbrella organization such as the AAU — which also encompasses synchronized swimming, gymnastics, wrestling, basketball, boxing and many other sports — or should our effort be directed into an organization with long distance running as its only activity?

The handball players escaped the jurisdiction of the AAU. I don't see skiers or tennis players rushing to affiliate. Long distance runners should follow their example.

The Road Runners Club of America (and its members, especially its members) forms the backbone of long distance running in many parts of the United States and not the Amateur Athletic Union. Despite the apparent RRCA policy of publicly speaking no evil about AAU policies, individual officers have been extremely critical of the AAU record in our sport.

One man told me, "The AAU has never taken a leadership role in advancing distance running. I do give it credit for putting on national and in some cases regional championships. But what about the average runner and regularly scheduled local events? Zilch.

"Also, age-group events for kids, races for women, the Masters program for men over 40 — all of these branches of distance running in their formative years were *vigorously opposed* by the AAU. Only after enough mavericks did the work of bucking AAU opposition and of getting such events soundly established did the AAU reluctantly approve such events.

"This fact of history, I submit, is not generally known to most runners. Ironically, the AAU now trumpets loudly and proudly about its relatively few races in these fields, as if it were doing all sorts of great things to promote these aspects of running. I say, 'relatively few races' because the AAU channels its efforts into a few high-visibility national or regional championships in these areas too, leaving the bulk of the work (the grass-roots-level regular program) to the runners," the man said.

This same person is not calling for an armed revolution but suggests that any runners disenchanted with the AAU simply neglect to register with that organization during the coming year. He recommends that clubs do the same. He suggests that state, regional and perhaps national championships be held under the auspices of some other organization such as the USTFF or RRCA.

The AAU rules by fear. It is the only American track and field organization recognized by the International Federation and theoretically "owns" the franchise for US amateur athletics. Runners with Olympic ambitions fear those ambitions may be shattered should they oppose the AAU. This fear may be unfounded.

"Absolutely nothing will happen to runners who quit the AAU," advises one important official not connected with that organization. "A good civil rights lawyer would have a field day if the AAU tried any retaliatory actions. I know of no runner or club in the country who has suffered in any way or received any retaliation by quitting the AAU."

I intend to test that advice myself.



*Jeff Darman resigned his AAU position, saying working within the system wasted his time. (E. Horvitz)*

Having decided to quit the AAU I removed my card from the cork wall about my desk where I kept it conveniently pinned so I could write its number in the appropriate space when called to do so on entry blanks. I will continue to enter races in 1976 and in the appropriate blank asking for an AAU number I will write N/A, for "non-applicable."

Even though I could have quietly allowed my membership to expire on Dec. 31, 1975, I thought my objection to AAU policies could be made more forcibly by returning my card to the president of our state AAU.

Before mailing that card, however, I turned it over and read the "Athlete Code of Honor," which I had signed 11 months before — actually 30 years before that if you want to look back to the date of my first registration as an amateur athlete.

The code read, "I promise upon my word of honor that in any sport in which I may be a participant I will not take an unfair advantage of an opponent, that I may be courteous in word and demeanor to opponents, officials and spectators, that I will observe the rules of the game in spirit as well as in letter, and that I will constantly strive to uphold the ethics of amateur sports."

It seemed to me that if the Amateur Athletic Union had been as faithful to its code as I had been, I would not have had to resign. ●

# BILLY MILLS



Mark Shearman photo

## CHAMPION OF HIS PEOPLE

by Dennis McBride

Conversation with Billy Mills, the only American ever to win an Olympic gold medal in the 10,000-meter run, is at once a heartwarming and heartrending revelation which both restores faith in America as a land of opportunity and rebukes it as a nation without real compassion for its native citizens.

Since Mills is known as a brilliant after-dinner speaker, one expects practiced, lifeless answers to all the questions with which he has been bored a million times. However, each answer is carefully measured and painfully honest. To hear him talk is to be deeply moved.

For the March 1971 *Runner's World*, Tom Sturak wrote the inevitable "Whatever Happened to Billy Mills?" feature ("A Dream That Won't Die"). Since then, though, one of Bill's dreams has died while others are as vital as ever. He no longer competes. But his is a story and a message worth telling and retelling, especially to the thousands of recent *RW* converts who missed it the first time around.

Born June 30, 1938, in Pine Ridge, S.D., Bill Mills grew up a short distance from the infamous hamlet of Wounded Knee. He is a Dakota Oglala Indian, a member of the Sioux nation. It is a fact which moved him to greatness.

"I was poor before being poor was popular," he said.

There were 13 children in his family. His mother died when he was seven, his father when he was 13. Only three brothers and sisters are alive today.

Sports, and the consequent gold medal, meant more to Mills than to most other Olympians.

"I grew up in a way of life that was having its values greatly destroyed by the dominant society," he recalled. "At the same time we were rejecting that society's values, which left me without a philosophy. I found myself in a vacuum."

The young Mills turned to athletics. For a time he had an interest in the rodeo, and as a freshman and sophomore in high school he was on the basketball team. He began running as roadwork for boxing when he was about 10 or 11—he can't remember exactly—but didn't become serious about running until he



was a sophomore at Haskell Indian High School in Lawrence, Kans., 700 miles from his home. He won state cross-country titles his last three years there, and indoor and outdoor mile titles in his junior and senior years.

Bill's running precocity won him a scholarship from the University of Kansas, where in cross-country he finished fifth each of his last three years in the NCAA meet, fifth in the AAU as a sophomore and third in the AAU each of his last two years. As a senior he won the Big Eight title.

In track he was less successful, partly because of frequent injuries.

He said, "I did just enough to show some promise."

But most runners would have been happy with his performances. As a sophomore he was fifth in the NCAA 5000-meter run, and won the Big Eight indoor and outdoor two-mile titles as a senior.

"I guess I was very brittle," he said explaining his frequent injuries. "Every time I started training like other national and international runners my times would start to come down, but then I'd get hurt. I'd get in 80 miles in five or six days, and then for one complete day I couldn't work out because of injury."

Mills was constantly trying to run 100 miles a week, but figures he only reached that mark about a dozen times. Most often he was capable of 70-75 miles weekly. Few runners could have thrived on such limited training. However, Mills had no choice.

"From May to September in 1964 I missed almost 40% of my two-a-day workouts," he said.

Most runners in that situation would have given up their dreams of Olympic glory, but not Bill. Characteristically, he was busy making the US team and devising victory plans for the 10,000 meters at Tokyo.

Mills said in his August (1964) workout book, "I wrote down a goal of 28:25." This was 45 seconds faster than the PR he had run to qualify for the Olympic team.

In the final at Tokyo, Australia's Ron Clarke, the world record holder, and Tunisia's Mohamed Gammoudi opposed Mills. Despite the war of elbows (ABC's Jim McKay recently described Gammoudi as "looking like he had trained in a New York subway during rush-hour"), Mills finally broke through with 300 yards to go, finishing with a desperate sprint and a victory that stunned the athletic world.

That achievement and his finish line smile still rank among the most memor-

able moments in Olympic history. The unheralded orphan from Pine Ridge had won in 28:24.4.

American track fans were delighted by the rags-to-riches story. But questions inevitably arose. Was the race a fluke? If injured Gerry Lindgren had been in the race, would the outcome have differed?

From the determined Bill Mills came the equally inevitable answer to both questions: "No!" He said, without minimizing his opponent's talents, that "Gerry would have been one more person in the pack," another runner to fight off as Bill made his dramatic move. He knew that in Tokyo he defeated the world's best runners.

He had another reason to think he would have won regardless of his competition.

"It fits not only into the Sioux culture but many other cultures as well," he said. "The highest degree of competition is competition against yourself. It is there you control yourself to the greatest degree. I ran my best races when I ran against myself."

As if to silence any critics, Mills went on to set a world six-mile record in 1965 while beating Gerry Lindgren by 1/20th of a second. Bill ran 27:11.4 after predicting 27:12 before the race.

From then on Bill began a long ride on the injury roller-coaster, a journey which eventually forced his retirement from running. He was plagued by a calcium deposit on his heel, his metatarsal bones were constantly sore and his arch ached. In 1967 he suffered a stress fracture in his foot which immobilized him for four months. By overcompensating for that injury he tore his left achilles tendon. For that he wore a cast for six months, but other overcompensation for his injuries then caused chronic back problems.

However, by May 1968 he had recovered enough to qualify for the Olympic Trials. But his back acted up and combined with a groin pull to give him a fourth-place finish at Lake Tahoe.

Mills retired from running, finally resigning himself to the armchair status which would have seemed obvious years before to a less determined and equally injured runner. Now he would embark on an oft-interrupted business career and spend more time with wife Pat and their daughters, Christy and Lisa. Billie Jo Ann ("B.J.") would come later.

For a while Mills worked as a life insurance agent to allow himself a flexible training schedule. For a year he worked as a salesman for an Oregon

jeweler but then went back to life insurance. Dissatisfied, he decided to become a full-time public speaker because he had been doing well in speaking engagements ever since Tokyo. He also was becoming increasingly aware of the need to inspire youngsters, especially Indians, to greatness.

His efforts were brought to the attention of Walter Hickel, then Secretary of the Interior. In 1970 Bill was appointed as Director of Recreation and Physical Education and as Special Assistant to the Commissioner of the Bureau of Indian Affairs. His governmental experiences were not pleasant.

"The Director of Recreation was a new office that I started, but I never got any support from the government," he said. "The youth programs on the reservations never got any support either. The bureaucracy would have allowed me to remain forever at \$35,000 a year, but that turned me off. I felt that I was cheating the taxpayers and Indian youth."

In July 1974, Mills moved his family to Sacramento, Calif., and re-entered the insurance business. He took a new approach when he decided to return to the business he had left years before. He saw it now as a way to help his people.

"I went into the insurance business with this concept: I wanted to be my own boss under the free enterprise system, but the free enterprise system has never really contributed to the social welfare of the people," he said. "We've met human needs technologically, but in the insurance business I felt I could contribute socially and in a humanitarian way."

For anyone less sincere than Mills that statement would seem transparent. But he also has worked as a consultant and a public relations man for the American Indian National Bank, the kind of enterprise he believes is necessary to a strong future for the Indian.

"I go to the Indian reservations to get youngsters motivated within the philosophy of trying to accomplish realistic goals," he said. "I'm active in the Indian community economically and apply my philosophy a lot the same as—don't get me wrong here—Jewish businessmen, keeping the dollars in the community and helping it to grow."

"Philosophy" is a word that recurs frequently in his speech, not surprisingly for a man who has come so far on self-confidence and determination. When he speaks to young Indians he tells them that they can make it too,

*(continued on page 24)*

but only if they establish specific goals within a personal framework.

At times his personal effort to promote understanding is difficult. Because he is Indian, he encounters prejudice in the white world. Because he works in the white world, he faces resentment from Indians. Bill can understand the resentment but not the prejudice.

"It's hard to describe," he said. "At the University of Kansas, for example, it was not being able to join a fraternity because I was an Indian. Later, it meant that two men—Ernie Shelby, a black long jumper, and Cliff Cushman, who was primarily Norwegian—and I were not able to room together. The landlady insisted that the Bible said the races should be separated."

Since most people today know him as a former Olympic champion, his problems are no longer as overt. Now he faces a more subtle form of prejudice.

"People always say to me, 'You've made it. Why can't the rest?' Made it to what? I've chosen to live in middle-class America, but what about the others?" Mills said.

When he worked for the government Bill would occasionally be accused by other Indians of becoming an "apple" (red without, white within), but that has changed.

"Russell Means (of the American Indian Movement) and I have a mutual understanding and respect," he said. "He was on the verge of prejudging me. But through some healthy conversations he became aware of my concepts and philosophy of self-determination.

"I look upon myself as an Indian, and it helps them to realize I've maintained a base in the Indian community. They may not always agree, but they have a healthy respect for me," he said.

He has reached his people, but he is not always as successful with whites. Often they think they are being kind when they are being cruel, simply because they don't understand Indian culture.

"Sometimes people will say to me, 'Bill, it's pretty hot out today. How about doing a rain dance?' " he said. "They have no concept of what that means. I laugh along, but I also take the chance in situations like that to try and change their minds.

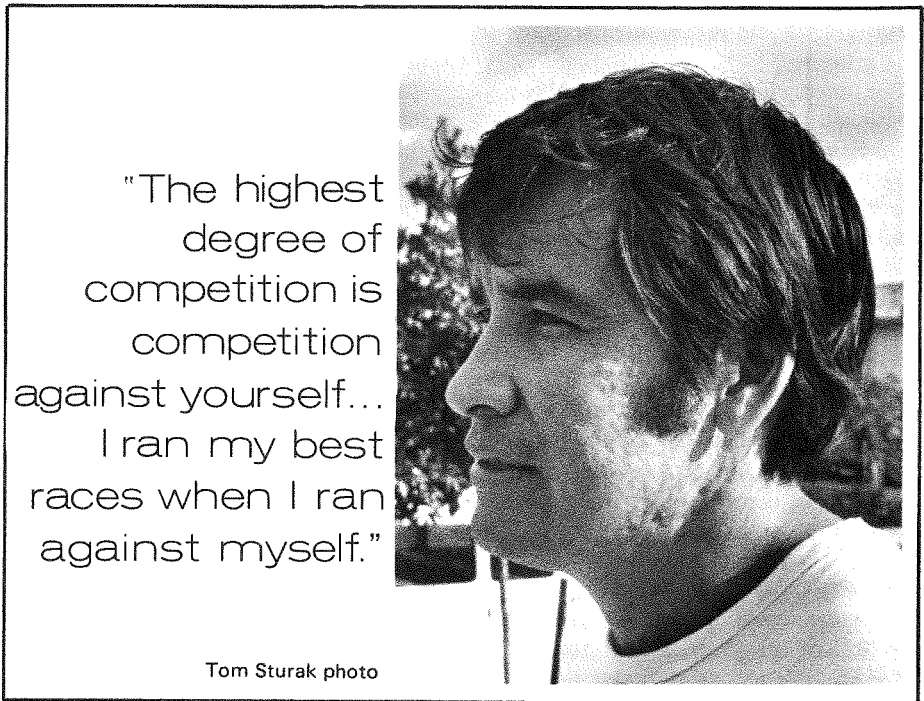
"A Catholic farmer, for example, will take out his rosary beads and pray so that rain will come. It's no different from what the Indian man does in his culture," Mills said.

George Young is his closest friend among all the runners he has known.

"I have a relationship like a brot-

her with George," Bill said. "But George and I have conflicting ideologies. George lives in Indian country and sees the complexities, but doesn't have time for them. He wants to work with people who have their heads together. I work with youngsters who don't have their heads together.

"George is totally honest. I might judge another person who had his views as an extreme racist. But what George has over that other person is that he's totally honest. He understands the problems and will say what they are."



Bill counts many runners as friends, among them Ron Clarke, Peter Snell, Jim Ryun and Gerry Lindgren. However one special friend is Mohamed Gammoudi.

"He couldn't speak English and I couldn't speak French," Mills said. "But when he'd see me before a meet he'd embrace me and point to four o'clock on his watch—it might be noon—and start jogging while pointing to the ground so that I'd know he wanted to run with me at four o'clock. Nobody was really talking, but we were definitely communicating."

That, more than a gold medal, tells the story of Billy Mills' career: sharing simple pleasures with people from different life-styles. Although he has retired from competition, at 37 he is trying to make a comeback into running's pleasures.

Mills never cared much for the "loneliness of the long-distance runner." He likes to be with friends. He would need their help in his running rebirth.

"I would need someone to meet me every morning at a designated place to get me to jog," he said. "I'm more motivated now from a health and fitness standpoint than from competition. Competitive running for me now would be very unhealthy, but within fitness running you can test yourself."

He tried a comeback before. In 1972 he began running in a final attempt at Olympic glory, building up his mileage and cutting his weight to the point where a real comeback was not just a dream. But when he tore his achilles tendon again in training, "the

dream that wouldn't die" passed away from natural causes.

Now he has the bug again. His goals this time are more modest. At 5'11½", he weighed about 155 pounds while in competition. He now weighs about 195 but would like to shrink to 170.

"I don't want to get down to my running weight," he said. "I just want to be able to put in a 10-mile run and not die."

Running, an important part of his past, assumes a less vital role for the future. It is crucial now mainly as a motivational tool for others, and in that Mills has transcended the normal concept of competition.

Before it was a question of personal motivation. Now he is trying to motivate a nation of nations. His achievements no longer receive the kind of attention he used to get as an Olympian, yet they are more significant. Billy Mills, once an Olympic champion, is now a champion of his people. ●

# A Boy, A Coach, A Goal

by Bruce Jones  
and Bob McMeans

**T**his is the story of a runner with a goal. It happens to be about a Californian who is one of his state's leading milers, but he could be any intelligent young athlete. We publish the article not so much to single out Bob McMeans for special attention as to show how he and his coach worked out a plan to make a dream real. First, the coach introduces Bob . . .

Bob McMeans was returning after attending another school. A letter which precede his arrival said, "I know you're the coach, and that's as it should be. But I've been writing Jeff Galloway (Olympic 10,000-meter man in 1972) and I have some ideas about training. Remember that my goal is to run the mile at state meet."

In his first meet last March, Bob was soundly beaten in the mile, 4:34 to 4:41. He was disappointed, but I wasn't. He had developed a good distance base in the fall and I didn't want him to come along too quickly. As it turned out, he came along just right.

In May and early June, Bob improved his best time from 4:32 to 4:16 in four meets—the last one of which was the California State Championships. He was the first of two heats. His qualifying time ranked him 23rd out of 27 runners. He ran 4:16.8, beat 4:08 and 4:11 milers and was one of only two juniors to make the final. The next day he finished eighth in 4:18.1.

Waiting for the plane to wing us back home, Bob said, "You know, Jones, I've wanted to be one of the best for a long time. I used to sit and watch those guys I ran with today. And now that I'm one of them, it doesn't feel so special."

I told him about the motorcycle I wanted for 10 years. When I finally got it, the thrill was less than I had anticipated. It was fun, but it wasn't it.

"Yeah," he said, "Next year I'm going to win."

He had already adjusted to his success and was plotting his next goal.

I let him off at his house at midnight. We shook hands and he said, "We did it, Jones." And that felt good. But the success was his, not mine.

*Bruce Jones*

Jeff Galloway told me the first thing I should do was work on developing a distance base. That would take 2-3 months. After that, the customary speed work could be added with the result being a sustained peak.

Galloway outlined his program:

"I believe it is important to get a good base of aerobic mileage—gradually building up to capacity. This is my developmental period. It's good to run one hard effort at 6-10 miles each week during this period. A fartlek workout is good occasional anaerobic break to the routine.

"Don't worry about pushing up your mileage too soon or pushing your individual runs if you feel tired. You have plenty of time to develop, and by pushing too soon you will probably develop some problems."

Galloway also suggested that mileage should be reduced in the early competitive period and be further reduced when entering the championship phase of the season. As mileage decreases, pace becomes brisker and a long run is included every 7-14 days to keep up the strength gained from the developmental period.

During my junior year, I put the ideas of Galloway and me to the ultimate test. I devised an overall plan covering nine months, ending with the state meet. My goal was to qualify, and I figured that would take a time of 4:16.

Cross country occupied September, October and November. Then, on Dec. 1 the developmental period was begun. In the beginning, the mileage was covered slowly. As the winter moved on, the number of workouts increased and the pace of the individual runs quickened. During the winter, I

set two PRS (4:36 and 4:33) on the distance training.

Fartlek helped me to prepare for the early meets. For example, on Saturdays I would head out into the fields and rolling hills. I would charge each hill, sprinting as hard as I could. By the time I reached the top, I was fighting to maintain pace. Fartleking prepared me mentally and physically for competing. And besides, it was fun.

Another important training factor was the use of 110s at the end of the regular workout. At first I did only two 110s at striding speed, maintaining form over the entire distance. As the season went on, the number of 110s went up to 12.

In the final weeks before the state meet, the work load shifted dramatically from an even mixture of "quality" and "quantity" running to pure "quality."

The last week of the workouts were: Monday—4 x 330 yards hard with a 550 recovery jog; Tuesday—4 x 165 yards all-out but maintaining form; Wednesday and Thursday—jogging; Friday and Saturday—state meet trials and final.

Brooks Johnson wrote in *RW* last year ("Get a Kick from Your Racing," August, 1975) that many are overly awed by the concept 'mile.' They see themselves doing battle for four laps. But with the kick syndrome firmly imbedded, they have to concern themselves only with the last lap, letting the first three take care of themselves. The getting up for one lap is infinitely less taxing than getting up for 'a mile.'

I experienced this feeling many times during the latter part of the season. In the state mile trials, I ran a 63 first quarter. Since I felt this was too fast for me, I found myself to be relaxing on laps two and three (67, 66). But on lap four I felt my body bunch up and explode with 300 yards to go. My last lap was 60.8 (my best open quarter is only 55.3), my last half 2:06.8 (open half: 2:01.6).

The program I set out for this year is much the same except the volume increased. The developmental period occupied September through February. Road racing was substituted for cross-country with the hope that it would provide a better base. There are races on successive days to better prepare for the state meet trials and final. More race simulation will be done to help condition the reflex of kicking under extreme fatigue. More 110s will be added at the end of harder workouts.

The goal is the state mile championship. *Bob McMeans* ●



# EXERCISES & ATTITUDES

When a person begins running, George Sheehan has said, three things happen. Two of them are bad. He's speaking of physical effects. The good one is largely internal: improved breathing, circulation, etc. The bad effects are in the muscles: unequal strength development and decreased flexibility.

During National Running Week, several speakers talked of

these effects and what to do to promote the first and minimize the other two.

Joe Henderson spoke on beginning running and wrote a pamphlet which was distributed to participants in the NRW workshops. Part of the handout is reprinted here. This advice forms the core of his new book, *The Long-Run Solution*.

Bill Reynolds is a competitive weight lifter who recently wrote *The Complete Weight Training Book*. He summarized his strength training recommendations for distance runners.

Ian Jackson is the author of *Yoga and the Athlete*. His special interest is in flexibility, which he considers to be even more a state of mind than a training technique.

## New Beginnings In Running

by Joe Henderson



*Recommended: A half-hour or more each day from day one. (OMPhoto)*

**H**ow long have you spent getting out of shape? Ten years? Twenty? It won't take that long to get back in, but you aren't going to do it in a week or two, either.

So be honest with yourself. Assess realistically just where you're starting, and plan to go through some bad times before tasting the benefits of running.

If you're going to be this honest with yourself, I should be equally honest by telling you the first weeks, maybe even months, of running will be no fun. It will be tiring. It will hurt. Even the slowest shuffle will be difficult because you're asking your body to do something it hasn't done in a long time — if ever. You will dread it because no sane person looks forward to pain. It will bore you because you aren't yet experiencing anything except your fatigue, and boredom and fatigue are close relatives.

All I can do is ask you to bear up. Be strong and patient. Promise yourself you'll stick out this break-in period, and I promise you much better days to come.

### THE SURVIVAL PLAN

I don't remember ever being out of shape. But while it's true I haven't been a true beginner, I've watched hundreds of people begin — and only a small minority of those survive long enough to enjoy running and taste its benefits.

People drop out for one main reason: they treat exercise as a vile-tasting prescription drug to be forced down quickly. They allow five or 10 or 15 minutes for a run, hold a stopwatch in their sweaty fists, and race the prescribed distance as fast as their flabby legs and lungs and hearts will carry them. They have to do the distance faster today than yesterday, faster tomorrow than today. It escalates until they hit a wall.

To start running, to get hurt or discouraged and quit after a few days or weeks is worse than never having started — because now you're not only in as bad shape as ever, but you are convinced that the cure is worse than the ailment.

Right from the start, I want you to take an easier, safer, more positive and more lasting course. Start with a few

simple guidelines (a word I prefer to "rules"):

1. *Make exercise an everyday habit* — an essential part of each and every day, something you look forward to and miss if it isn't there.
2. *Set aside a full hour each day for yourself and your activity, and let nothing or no one steal that time away.*
3. *Pace yourself for the long haul* — "long" in terms of individual runs but even more so in terms of years. Start with the idea that you're going into this for life.

I can sum up these three points by saying, "Don't rush it too much or push it too hard." A habit can't take root in a mind that is always harried or a body that is always hurting.

### THE HABIT

Running has attracted a lot of attention — not all of it good — from doctors. Several years ago, they were moderately in favor of it. Now, as they see its damage, they aren't so sure.

Even the severest critics admit there

are some benefits on the physical side such as weight loss, muscle toning and heart-lung strengthening.

But even the staunchest friends of running are slow in recognizing and promoting its psychological effects — which are more immediate and profound than anything that happens physically.

Psychiatrists are only now seeing what longtime distance runners have always known — that running acts as an addictive drug which bends the mind in positive ways.

The kind of running-jogging recommended in most texts for beginners — 10-15 minutes every other day is a common prescription — is enough to give a quick physical jolt, but probably not enough to form a lasting habit.

Those first 10-20 minutes are rather distasteful preliminaries — for everyone, seasoned runners as well as beginners. This is a warmup. It takes this long to convince yourself that you're serious about working and that the body should cooperate. There's always this early struggle.

I know a woman runner who jogged a token 10-15 minutes a day for more than a year.

"To tell you the truth, I despised it," she said. "I said to myself, 'What a horrible way to exercise this is.' I did it more from a sense of duty than anything else, mainly to please my husband who is a marathoner. I couldn't imagine what he saw in it."

Then her husband suggested she try running a bit longer — say, three miles instead of one. She said, "That three miles — which took me about 30 minutes — must have put me past the 'addiction point,' because from then on I was hooked. I loved running."

She has since run several 26-mile marathons.

This is why I recommend a half-hour of movement every day from day one on, even if you have to walk all or most or some of it. The sooner you make a habit of running, the better you'll feel.

## THE HOUR

Loosely fit that half-hour of movement into a full hour you've blocked out for yourself. Use the extra time to dress slowly, stretch your muscles a bit if you're the type who likes extra exercise, take a leisurely shower or bath after the run, or simply sit down and do some unhurried thinking or talking.

Use that hour a day to keep the doctor away — both the heart and the head doctor. Use it to escape the "hurry

disease" — the rush to do more and more things in less and less time.

It may sound strange to say "run to quit hurrying," but only because the run works in strange ways. Tell your arm to relax and it instinctively does just the opposite. Now ball up your fist, create tension for a few seconds and then let the arm go limp. The arm is thoroughly relaxed. The run works the same way, alternately clenching and relaxing the whole body. You can almost feel the tension draining out through your feet.

Don't cancel this good effect by introducing artificial tension — the kind which comes when you chase imaginary deadlines.

Make your hour a sacred one. Give half of it to activity, half to inactivity, and don't hurry through either one. Get away from the props and demands of civilization — the cars, TVs, newspapers, jobs — and be primitive for awhile. Get away by yourself or with a small group of friends who choose to be with each other, and make this your most creative time.



*Henderson speaks during Running Week. (OM)*

## THE PACE

As long as I've dropped the word "primitive," I may as well go further into it. Primitive runners — animals and people who still must run to eat and avoid being eaten — never run at full-speed for more than a few yards. They seldom run long distances without rest stops. Yet by loping along, then walking, then loping some more, then sprinting for a short stretch to run down their prey, then eating it and sleeping off the effort and the meal, they can go all day without wearing down.

Ernst van Aaken, a well-known German coach, trains everyone from beginners to world record-holders using mostly comfortably paced running

mixed with walking breaks. Novices cover 3-6 miles a day.

The distances sound massive. But the walking breaks put them within reach. They allow children who wouldn't run a single mile continuously to cover several miles without tiring during a morning's play. The same walks allow unconditioned or underconditioned adults to go far beyond their imagined limits.

I'm telling you to do the same thing. Take walks. Walk the whole bloody way if you want. You may have to walk before you can run. And even after you're running, use walks to extend distances while holding pain and fatigue at bay. The idea is not for you to bull through a run, but to do it comfortably and still be able and anxious to run another day.

## THE FIRST WEEKS

Start by walking a steady half-hour or more every day. Test your reactions to it. Even this may be too much, and you may have to cut back. You may never be able to or want to go beyond the half-hour daily walks. That's okay. This is enough to give most of the same benefits as running and it's a lot better than the nothing you were doing.

Once you can work up to an hour of steady walking, you're probably ready to add easy running. In fact, I'll advise even those who think they are fit to start with an hour's walk as a test. If it's exhausting, back up to walking program. If the hour is comfortable, go ahead into a running buildup.

The pace shouldn't leave you breathless. Run at a pace which lets you sing or whistle to yourself or talk normally with a friend. Mix in the amount of walking needed to keep it comfortable.

Wear a watch with a second hand to measure your running-walking. *Don't* check distances! From now on, only time counts, not distance. You don't want to combine the two, because the temptation to race with yourself is too strong.

The amount of running should grow as you go, while the amount of walking shrinks. But the basic system stays the same. It involves waves of effort — long runs followed by short ones, then average length, then short again and so on. "Average" is just that, an average of the week's runs. "Long" is twice the average. "Short" is half the average.

The typical weekly pattern might be: Day One — "active rest" (walk only); Day Two — short run; Day Three — average run; Day Four — short run; Day Five — average run; Day Six — short run; and Day Seven — long run. ●

# Strength for Distance

by Bill Reynolds

As much as I believe in the value of weight training for most athletes, it has small value for distance runners. To those of you who read "Strong Points on Weight Training" by Ellington Darden, Ph. D., in the December 1975, *Runner's World*, my statement may seem like heresy. Dr. Darden outlines two fairly heavyweight training programs and guarantees you will improve your running if you follow the listed workouts. I choose to debate this thesis on several points.

Let's preface my remarks by picturing in our minds runners from several events.

The typical sprinter? He looks a lot like a football running back, heavily muscled in the legs and upper body. Step up to the long sprints, however, and we begin to see a slightly different type of body. Men and women who sprint 400 meters tend to be leaner than their short-sprint counterparts. And middle-distance athletes are even thinner in appearance, particularly in the arms and shoulders. It seems that as events grow longer, runners become thinner and thinner, until good marathoners tend to look a bit like something out of a World War II prisoner of war camp. I think it was George Sheehan who wrote that the *worse* a marathoner looks physically, the *better* he's likely to do in his race.

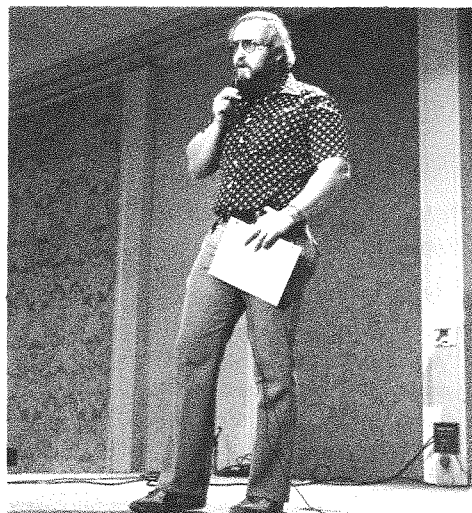
This notion of lighter builds being more successful at longer distances is hardly idle speculation. You have undoubtedly discovered that you run faster when you are lighter. Five pounds of useless fat is as hard to carry along as a five-pound chain around your neck.

Statistical evidence also supports the light body weight—good distance times contention. A sample of nearly 300 leading US male runners was made in

*Canadian Olympic prospect Donna Valaitis demonstrates the up-right rowing exercise.*



1972. Taking 5'10" as the average height, marathoners were 15% lighter than 100-meter dash speedsters. Runners at other distances were less dramatically lighter, but in each case they grew thinner as the distance grew longer.



*Bill Reynolds (OMPhoto)*

Early in a running career while novice athletes are sorting out their best events, a sort of "sports Darwinism" occurs. Let's look at the typical high school track man. He's a tall, skinny guy who remembers that he used to run around the neighborhood a lot. He

goes out for the sprints because he watched the last Olympics on the tube and they replayed Borzov *eight* times and hardly did an instant replay of Shorter.

The young fellow figures he's a natural sprinter. But he sees a couple guys his height and 30 pounds heavier lining up with him for a time trial the first day of practice. They blitz him by a second or two, so he tries gradually longer and longer events until finally he finds his niche as a distance runner. An uncommon story? Not exactly. It's what happened to Jim Ryun in his climb to greatness.

Runners are "selected" for events largely on the body's natural abilities to handle certain types of work. Sprinting is a strength event, so larger and stronger runners will tend to excel at short races. And it is very difficult to have great muscular strength without having a lot of muscle, *and* a lot of body weight. The marathon, on the other hand, is an endurance event, and it takes little strength to carry a light body along for two or three hours.

It is at this point that I must begin taking issue with Dr. Darden's article. Tragically, his total dedication to strength development has somewhat clouded his vision with respect to endurance athletics.

The programs that Darden outlined in his article would be great for sprinters



and hurdlers. These men and women survive by having uncommon leg strength, so certainly the programs could benefit them. Distance running, however, is a totally different sport.

Darden's programs are almost exactly what I would recommend to an athlete who wanted to gain weight. Indeed, this type of heavy program is recommended for underweight football players and track weight men. A couple of months of such a schedule would add body weight to anyone, even to a reed-thin distance runner. And added body weight is a total disaster if you subscribe to the theory that a distance runner needs a strong heart-motor inside a light body-frame.

Very little leg strength is needed to run a marathon. What is necessary is the ability to keep a small amount of muscle contracting for hour after hour. And the ability to do this is almost totally a function of cardio-respiratory efficiency, not muscle strength.

To put it as simply as possible, runners need only enough strength and skill to efficiently perform their task of running. From that point, improvement in times is directly proportional

uncommon to see 5000-mile years in the training of champion runners. This leads to considerable strength development in leg muscles, especially the calves and hamstrings. However, it does not do anything for the upper body. Under these circumstances, I must disagree with Darden's heavy emphasis on leg exercises, particularly those for calves and hamstrings (calf raise and leg curl).

In the event that a runner has very weak quadriceps on the fronts of his thighs (and many do), leg extension exercises will help to add needed strength in that area. Occasionally, a quad weakness will cause knee pains, which a little strength work will eliminate. For a good look at this exercise, see George Sheehan's fine article "Six Steps Toward Painless Running" in the same issue as Darden's piece.

When knee pain is already present, I always recommend an isometric leg extension instead of a full-range isotonic movement. The best bet here is to sit on the floor, roll up a towel, place it under the knee and tie a weight to your ankle. From this position, have someone lift your foot until your

against Darden's article, don't get too turned off by weight training. It definitely has a value in strengthening little-used upper-body muscles. Do five minutes or so of upper-body weight work three times a week and you'll tie up less often toward the end of a race. Also, a little additional upper-body strength could spell the difference between success and defeat in a close race. Strong arm drive often translates to strong leg drive in sprint kick situations.

The barbell program I recommend: (1) clean and press; (2) bent-over rowing; (3) upright rowing; (4) curl; (5) military press.

Always do exercise one first. But past that, the order is relatively inconsequential. Three non-consecutive weight-training days weekly is adequate, and you should always do weights *after* running. I recommend 15-20 repetitions and only one set per exercise. Men can start with 20-30% of their body weight on all movements, women with 15-25%. Be sure to keep the weights light, because once they start feeling heavy you run a risk of adding muscle. Work fast, aiming for only about five minutes per weight session.



*Starting position of the clean and press.*

to improvements in cardio-respiratory efficiency per pound of body weight. In summary, added strength in distance runners will do little good, and it will have a decidedly negative effect on performance if it comes at the expense of adding body weight.

A second major point made by Dr. Darden also calls for debate. It is not



*Midpoint of the curl exercise for arm strength.*

leg is locked out straight. As soon as your helper lets go of the weight, count out 12-15 seconds while holding your leg straight. Two or three holds daily will add quad strength faster than you would think possible, and often you will be eliminating the source of knee pain.

After hearing all my arguments



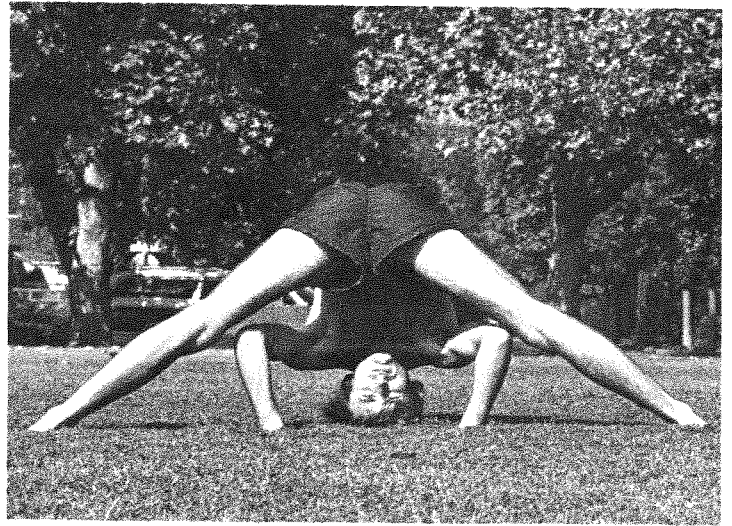
*Finish position of the military press. (Bill Reynolds photos)*

As a general rule, the shorter your race, the more weights you should do.

If you have specific questions about weight training, I'll be happy to answer them. A stamped and self-addressed envelope with each question will help keep me out of the poorhouse. Bill Reynolds, Box 366, Mountain View, Calif. 94040. ●

# The "Hard Man" Myth

by Ian Jackson



OMPhoto

In the dark days of old, when life was nasty, brutish and short, battered warriors lighted the glow of glory by trading boasts and praise in the dim comfort of the mead hall. Modern life is tamer, but the hunger for heroic intensity remains. Nowadays, grizzled runners trade tales of gritting through gut-tearing workouts and overcoming the agonies of hard-fought races.

There are no more Grendels and Goliaths to slay. Instead, we have the road to the top—steep, long and difficult, with challenges at every step.

The current myth is that an aspiring champion must battle great odds, he must fight, he must struggle. Only by the use of unrelenting drive can he reach the top.

It's all hogwash, of course, pure unadulterated hogwash. The trouble is that athletes keep on swallowing it, in spite of the inevitable indigestion that follows.

Don't get me wrong, I'm not trying to throw a wet blanket on the longing for intensity. On the contrary, these aspirations and longings are of incalculable value—a precious energy that should be exalted, not extinguished.

What I want to eliminate are certain heavy, nauseous clouds of fantasy that are stifling the flame. I want to clear the air of all the childish "hard-man" myths that are choking off so much potential. I want to end all the overemphasis on "steely determination," "iron will" and "indomitable spirit."

If these words hit close to home, it's only because we've both been led astray by the same antiquated ideas about training. I spent far too long in the "hard-man" school. I'm still trying to get out of it.

This is my theme: the road to your own "top" is simply a matter of getting clear. It is easy, natural and spon-

aneous. It can be summed up in five words: *get out of the way.*

I'm no great athlete. In fact, my very mediocrity makes my experiences all the more startling and all the more valuable to runners who *do* have potential.

I came up against my mediocrity when I started competitive running in high school. Although I obviously had no natural talent, I kept plugging doggedly. When I worked out, I put into it everything I had.

"Maximum" was the key word. Everything—intervals on the track or circuits of the cross-country course—was at maximum effort. But whenever I raced, I had to watch the others pull steadily away in spite of my best efforts. It was always the same dismal frustration. I'd be thinking I should try harder, and yet I couldn't imagine how it would be possible to force my body any more.

I compensated for repeated failure in hogwash sessions with other runners. We'd build up each other but leave just enough room to top the praise with a little boasting. We were just a bunch of tired teenagers trying to convince each other that the effort made sense. There was a hint of puzzled desperation behind these daily charades. But no one wanted to call the mutual bluff.

Whenever I listen to the same kind of talk among adult athletes, I hear an undercurrent of adolescent confusion. Runners go through the same hell and congratulate each other on the capacity to endure pain. It is a mutual fantasy.

Had it not been for running writers Tom Osler and Joe Henderson, I would have gone on believing the "truth" that running has to hurt or it does no good. They convinced me to give slower training a try.

To be honest, I felt rather fool-

ish at first. Here I was, the self-styled "hero" of countless grisly workouts, creeping along at a snail's pace and wincing as kids shouted, "Mommy, lookit the jogger!"

A few months later my ambles turned into rambles, long peaceful rambles over the hills and into the countryside beyond. I felt free to roam and explore at will, sometimes for two or three hours of slow, steady running. Running became a deeply satisfying part of my life.

Someone suggested that I try running a marathon. I was at first incredulous. "Twenty-six miles of running? Are you kidding?"

Anyway, I was persuaded to enter one "just for fun," and I managed to finish in 3:14.

Nine months after that first marathon, I ran another one. It was one of the unforgettable experiences of my life.

I started at a slow pace, ignoring the crowd surging eagerly forward. I worked myself into a state of passive attentiveness. I focused completely on technical perfection—correct stride length, foot placement, body carriage, arm swing, breathing and so forth.

As for effort, I forgot about it. I just took a back seat, concentrated on keeping the running body in precise trim and letting the energy express itself. My final time was 2:33—only three minutes short of the Olympic Trials qualifying standard.

I was so intrigued by this race that I started reading everything I could find on the endurance method. I discovered the work of Dr. Ernst van Aaken, a German physiologist who has been promoting this method since the 1940s.

Through the translations of several of his articles I came to under-

stand that interval training, by depleting cell reserves, actually *gets in the way* of optimum performance. Endurance training, on the other hand, builds cell reserves. When an endurance-trained athlete, tuned up with a few fast runs, wants to "let it all hang out" in a race, he finds that there's plenty waiting for the release.

I soon realized that there is a considerable amount of similar literature available which forms a challenge and a criticism of the modern medical establishment of the "hard-man" attitude.

My runs became longer (120-140 miles per week) and I increased the pace. In spite of the extra work, I was still finishing completely fresh.

After one 20-mile run, I ran a mile time-trial with some high school athletes. My time for this casual spur-of-the-moment effort was 4:39, even though I had all those miles under my belt.

At about this time, I began to "get in the way." The Olympic Trials marathon were in the news and although I had no illusions about Munich, I started dreaming about making the qualifying time of 2:30. Simply qualifying would have been an unbelievable experience. But it wasn't to be.

I increased my workout pace even more, and at first I had gratifying results. My body responded beautifully to the increased training load. I seemed to be caught up in the mounting wave of organic energy.

Unfortunately, the wave broke—not with the abrupt collapse of a wave on the shore, but with the slow crumbling erosion of a wave out at sea.

My muscles ached. I often had a sore throat when I awoke and my nose would get stopped-up and runny.

The days would drag. I grew careless about important work and I became nervous and irritable.

This slow disintegration continued for several months. I ignored my wife's comments and warnings (she didn't understand, I thought) and I suppressed the cries of protest from my body.

Luckily I had my eyes opened through reading Hans Selye's *The Stress of Life*, which really brought home to me what I was doing to myself.

According to Selye, each of us inherits a limited amount of adaptation energy from our parents. This adaptation energy, or vitality, is like a "special kind of bank account which you can use up by withdrawals but cannot increase with deposits."

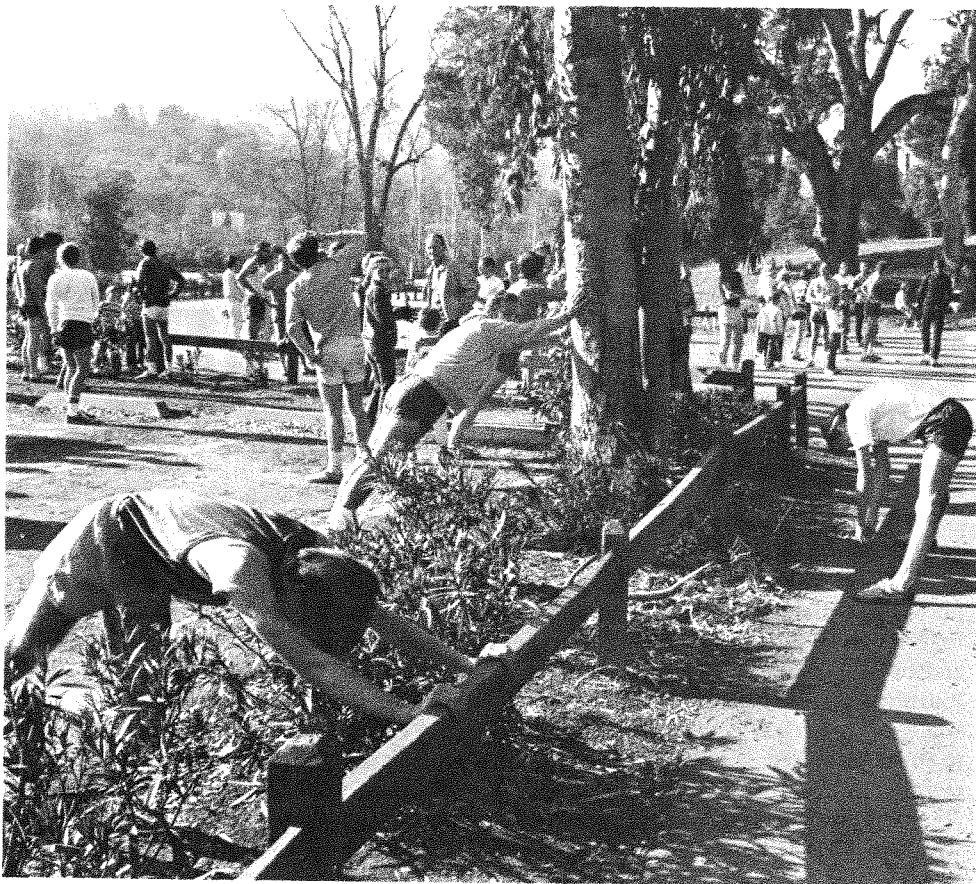
Adaptation energy is stored in two forms: "the superficial kind, which

is ready to use; and the deeper kind, which acts as a sort of frozen reserve. When superficial adaptation energy is exhausted through exertion, it can slowly be restored from a deeper store during rest. This gives a certain plasticity to our resistance. It also protects us from wasting adaptation energy too lavishly in certain foolish moments, because acute fatigue automatically stops us."

Reading this, I realized how much

control to enjoy races at the optimal pain-free level, we will find that the optimal level continues to improve year after year until it surpasses our dreams of maximal performance. The problem is that this requires giving up all the dubious, overblown fantasies of the "hard-man" approach.

The dynamics of striving are the same no matter what the goal—business, success, wealth, power, fame, athletic



*Stretching without straining is a mental as well as a physical act. (OMPhoto)*

I was obstructing my body's natural powers of adaptation.

Now I would like to suggest the unthinkable: that races should always be *optimal* efforts, never *maximal*. I would like to suggest that what I experienced in that fast marathon is closer to the ideal than "hard-man" racing.

Notice that word "optimal." I chose it instead of "maximal" because getting out of the way is essentially giving your body a chance to function at its best (optimum) level. The most extreme level of function (the maximum) is not necessarily the best. Indeed it is frequently damaging.

If we have the patience and self-

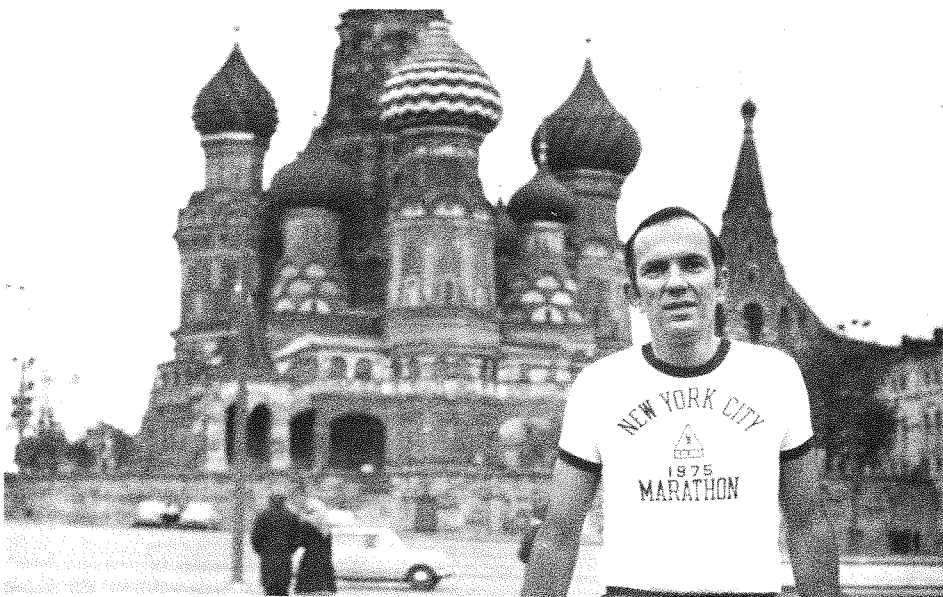
supremacy. In striving for goals, we can lose contact with ourselves and others.

Other people are no longer individuals but tools or obstructions on the path to the goal. Our own feelings (fatigue, loneliness, fear, joy, contentment) must be suppressed if they don't fit into our scheme for reaching the goal, or else they're distorted so they *do* fit.

The result is that the success-striving individual is not in touch with others nor with himself. His life is basically an isolated, empty, mechanical, compulsive treadmill.

For a person who is truly integrated, success is a fulfilling experience. Success is simply a matter of being aware, here and now, of ourselves acting and being acted upon. As the body and mind function more and more optimally, that awareness is more and more expansive and fulfilling. ●





# THE RUSSIAN RUNAROUND

by Stephen Wald

**A**fter an all-night flight from New York to Moscow, the late afternoon lull before dinner seemed like a good time to shake off the effects of the trip and to get an initial orientation to the fourth largest city in the world. Thus, while my American colleagues prepared to stroll the streets, I put on my running clothes.

As I headed for the door of the Rosiya Hotel, I had some concern. A matter as simple as an unaccompanied run through Moscow is an unusual activity—and unusual activity is not encouraged in the Soviet Union. This tends to inhibit even the most experienced traveler. To understand that the Soviets live in a rigid and authoritarian society is one thing. It is another to be there, see it in the faces of the people and sense it in ways difficult to describe here.

Almost every foreigner is seized at one time or another by the “salt-mine syndrome”—the vague, uncomfortable feeling that something is about to happen to him. Most of it is nonsense. All hotel rooms are probably not bugged, nor are all foreigners constantly observed. The logistics are too formidable.

Fortunately, my hotel was only about a quarter-mile from the broad paved way which parallels the Moscow River, the best running area near the center of the city. Many hotels are located behind Red Square, and to reach

the river from them it would be necessary to cross this enormous plaza. Although I am confident no one would have bothered a runner dashing through Red Square, to do so would have been a disquieting experience. The square is always crowded with thousands of Soviet citizens on pilgrimages from the hinterland, uniformed military and police.

As I reached the river embankment, I looked back to take in the fantastic view of St. Basil's Cathedral from the opposite side of Red Square. The cathedral's nine onion-shaped domes, bulbs, twisted spirals and myriad of color lend an unreal quality to this architectural wonder.

Immediately adjacent to Red Square, at the edge of the river and slightly elevated, looms the Kremlin. The red star atop the Kremlin Tower, the peak of Ivan the Great's Bell Tower, the three cathedral domes inside the Kremlin walls, Trinity Tower, all were glistening in the late afternoon sun as I continued my run.

On subsequent runs, I was struck by the absolute cleanliness of the city. There virtually is no air pollution because of the lack of factories near the metropolitan center. There is an almost eerie silence without the rumble of automobile traffic a New Yorker is accustomed to hearing. Spacious boulevards twice as wide as most American city streets are practically empty.

The dog population of Moscow is either small or the animals are extreme-

ly well trained, as I never had a Soviet dog nip at my heels.

I never ran through the inner-city streets of Moscow for the same reasons I would prefer not to run in the cities of this country: traffic lights, pedestrian congestion, curbstones and generally poor running conditions. Also, much as I like to “browse” as I run, I did not want to get lost. Remembering street names in Russian is not simple.

By the time our contingent had moved on to Leningrad, I was reasonably confident about appearing on the street in my running clothes.

Leningrad, the “Venice of the North”, is a more pleasant city for runners than Moscow. The Neva River passes through the center of the city. A paved walkway seems to extend forever along the river, and the numerous parks, dirt walkways and canal paths make on-foot sightseeing a delightful experience.

One morning, another runner and I were running in opposite directions around the perimeter of a park near the Hermitage Museum. I waited for him to catch up with me and bravely said, “Dobraye Ootra!” (good morning). He answered something cheerfully and we proceeded to run together. My knowledge of Russian was exhausted after about 10 steps and his English never started.

How does one play charades with a Russian, in a park, at Leningrad, at 7:30 in the morning, to convey the idea that “if you come back to my hotel where someone can interpret for us, I'll give you a beautiful T-shirt as a gesture of detente and goodwill, and even though I'm taking you out of your way I have a government car and driver at the hotel to take you wherever you want to go . . . ” I failed to communicate. After much smiling and nodding, he waved and ran off the other way.

I had brought over an assortment of New York RRC T-shirts to offer to Soviet runners. I repeatedly requested the opportunity to meet runners in the cities we visited. I showed a sample of my New York RRC T-shirts to our traveling hosts and indicated I wanted to inform myself and other US runners of the extent, interest and organization of running in the Soviet Union. Repeatedly I was advised that the Sports Federation would find someone appropriate for me to meet.

Nothing ever materialized for reasons that remain a mystery to me. I brought all the T-shirts home—except one, which may be seen on the back of an “In-tourist” interpreter in Moscow. ●

# Marathon to Athens and Beyond

by Jack Galub

It was 1946, and Europe was a smoking pile. The Berlin airlift was yet to come. For a blessed day, that continent's problems were far away as the Boston Marathon once again was center stage.

From Greece, one of the most battered of the small countries, 36-year-old Stelios Kyriakides flew into Boston on a lumbering prop plane and went on to win the run in 2:29:27. According to *Life* magazine, he shouted, "For Greece!" as he crossed the finish line. He turned down \$20,000 to become a pro and instead devoted himself to raising funds for a shipload of food for his hungry country. He also raised money to buy equipment for Greek athletes.

To Greeks, Kyriakides became a symbol of what can be accomplished despite odds. By subscription, funds were raised among the Greek people to present him with the house in which he and his family now live.

Now 66 years old, Kyriakides no longer runs. Instead, he works with young athletes and heads the sports committee in the Philothei area of Athens where he lives.

Recently, I spent a day with Stelios, talking with him about his training philosophy while driving the length of the historic Marathon to Athens course.

The Plain of Marathon should be seen first not during a race or with a gaggle of tourists but alone or with one or two runners. In the stillness, it is easy to lose oneself in the history, legend and myth that envelops the area.

The Plain is much as it was in 490 B.C. when the outnumbered Athenians and Plataeans threw back a Persian army. It still is flanked on the south and west by a crescent of mountains. The Plain itself is flat; 5½ miles long and 1½-2½ miles wide. Gone is the great

marsh on its northeast corner along the Bay of Marathon. A number of small, ancient villages also have vanished. Now there is two-lane highway leading into the present village of Marathon. There is no industry, and few cars or buses are seen on the road.

Just beyond the southern end of the village is a marble stone on which is emblazoned in gold letters, "Starting Point of the Marathon." The first leg of the run crosses the Plain and goes past the Tymvos of Marathon—the 39-foot-high tumulus erected over the ashes of the 192 Plataeans killed in the battle—and onto the Marathon-Athens road.

During marathon races, the two-lane portion of the highway is closed to traffic until it links with the four-lane divided artery that cuts across Athens. At that point, one lane is closed off and lined by police to prevent interference with runners by spectators, vehicles and dogs. Stelios became wary of dogs after seeing a runner bitten at the finish of an international event. It is at his suggestion that police are alert to the presence of dogs. Yet this precaution may be unnecessary since a dog on a leash or roaming free is a rarity in Athens.

At the sixth mile, the road starts an undulating rise topped off at the 10th mile and then easing down for about a mile. The killing segment of the route begins at 11 miles. There the highway climbs almost steadily through the 18th mile, crests sharply at 20 miles, levels off, rises again and then starts down into Athens. Kyriakides believes it is this last extended series of hills that makes the Greek course more difficult than the one at Boston.

As the runners near the heart of the city, they peel off for the finish inside the glistening Panathinaikos Stadium. Built entirely of white marble, the spectacular landmark was completed in time for the revival of the Olympics in 1896. It is now too narrow for modern competition but is kept for the finish of the National Marathon and as a monument to the Olympics.

The National Marathon is run in April starting at two in the afternoon, an hour when the average Greek is settling down for his afternoon nap. The usual 90-degree heat makes dehydration a threat. In his training, Stelios worked on lessening his dependency on water. During a race he carried slices of lemon and lumps of sugar he placed on his tongue a mile before the finish.

Kyriakides started running in Cyprus after injuring a leg. The doctor who treated him was Reginald Cheverton, a British long-distance runner. He encouraged Stelios to start running to strengthen his legs. They trained together running 3-4 miles at night and in the early morning.

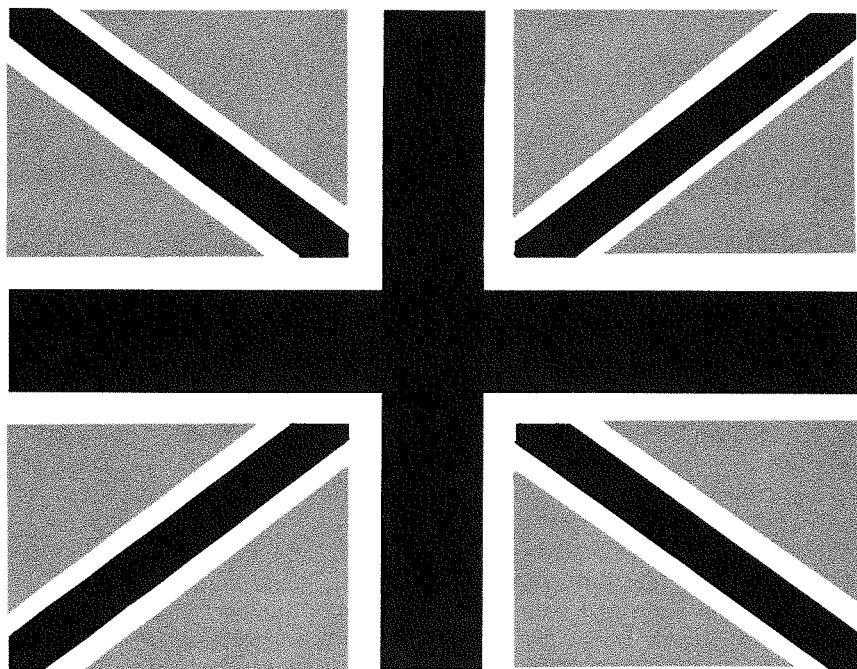
Stelios started hankering for competition and would sneak onto the local track and work out, running 30 laps at a time. He loaded his hands with pebbles, dropping one for each lap, perhaps taking a lesson from Demosthenes who loaded his cheeks with pebbles while practicing oratory. That was the beginning. Back on the mainland, he began winning regularly at six miles then moved up to the marathon.

The training program he developed for himself was designed to give him the stamina he needed yet avoid the danger of leg problems. Long, slow distance at half his racing speed was the cornerstone of his schedule. He would run 10-15 miles every day (15-20 miles before major races), often on soft ground to strengthen his leg muscles. At least twice during every season he would walk the National Marathon course at a 4-5 m.p.h. pace, again for leg strengthening but also to imprint in his mind the subtle rises and steep hills of the course. He believed in planning each of his races instead of just plunging into it.

Asked about speed work, he did not answer, leaving the impression his conditioning program gave him the trained-in stamina he needed. He supplied the inborn speed. ●



Kyriakides (left) at the start of the original course on the Plain of Marathon. (Jack Galub photo).



# THE BRIT (WOMEN ARE COM

by Vince Regan

"I was very worried by some of the stories I'd heard of runners finishing marathons in such terrible states of exhaustion, even having to be transported to the hospital straight from the course without ever crossing the finishing line."

This was what Hillary Matthews had to say about how she viewed the big event before the start. The 5'0" runner certainly didn't have any of the qualifications you would expect from a person thinking of running the full 26 miles, 385 yards on one of the toughest courses I've ever run.

She said, "I had no guarantee that I would even get past the halfway stage, never having been that far in one go before."

The race at Barnsley had attracted a lot of publicity. Apart from the high class international field on the men's race, it was about to make history by being the first women's race of its kind on British soil.

It was mainly because of the attention given the marathon in other European countries, and more so the United States, that the ladies in Britain realized there's more to running than just track, cross-country and the odd road race.

International Women's Year, 1975, seemed the right time to press for permission to run long-distance races. It wasn't, by any means, easy to convince the Women's AAA (the sport's governing unit) that this country should allow its females to run whatever they wanted.

I'm convinced that the team arguing in favor only won the day by having so

much information at hand from *Runner's World*. Our victory was a big step forward for the women, even if there were strings attached which will bring back some nostalgic memories to those who fought for so many years in the US for the same cause.

Now the historic marathon in Barnsley was about to start. Thousands of spectators had turned out. Pressmen and television crews were all over the place to see if the ladies would be falling off like dead flies.

Only one of the five women taking part had ever gone the distance before. Hillary Matthews had never gone farther than 13 miles in training, let alone racing. The only marathon "veteran" was Margaret Thompson, wife of England's double Games gold medalist Ian Thompson.

There was a great cheer as the ladies were lined up in front of all the men.

Pete Malcomson said to me, "Hey Vince, am I right in saying the new rules state that ladies are only allowed to run in the same race as men if they start a half an hour *after* the men?"

I replied, "Damned right, Pete, but Barnsley doesn't bother about trivial things like that. They just want the race run and that's that."

After seven miles, the race turned into an absolute nightmare with freezing temperatures and visibility down to less than 10 yards. So bad was the fog that at 10 miles I didn't see the time recorders or the marker.

As we came back along the second half of the out-and-back course, I

caught a glimpse of one of the women on the opposite side of the road with two male runners and the television van alongside them. Who it was, I didn't know. But I assumed it was Margaret Thompson.

I had completed the race and was walking back against the flow of finishing runners when suddenly a bloke rushed passed me, nearly knocking me over, shouting, "She's here! She's here! God bless the little soul!"

Then the small woman carrying one of the biggest smiles you could imagine came running up the tunnel to the finish. To see the look of satisfaction on the face of Hillary Matthews was better than my own 10th position. Instead of going to get changed I ran to the finish and put my arms around her.

She said, "I've done it, Vince. That's showed them all. Now what can they say in answer to that?"

By now the second and third women were finished and the fourth was still going strong. Margaret Thompson was the only non-finisher.

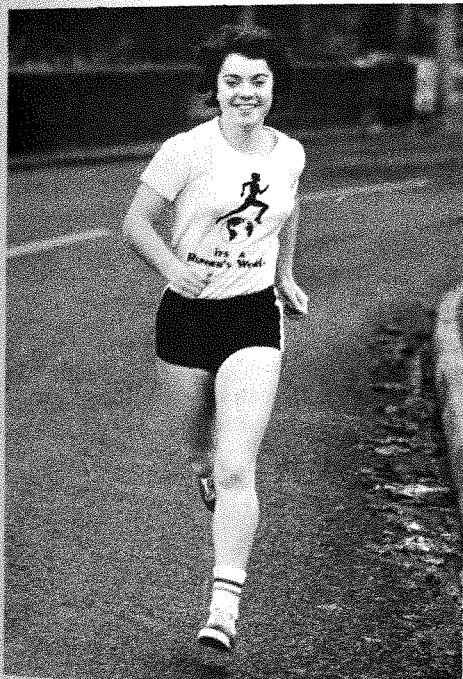
"Great stuff!" Ron Hill shouted to Hillary as we jogged to the changing room. "They make them good where we come from."

Matthews and Hill hail from the same birthplace.

Inside, as we waited for the awards presentation, she told me, "It wasn't a case of trying to prove anything to anyone except myself. Now I've made it and its going to be 'all systems go' for a real crack at it against all those great American and German women.



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 MING



*Hillary Matthews. (Regan)*

I'm going to train like Kathy Switzer, Miki Gorman and Liane Winter from now till the next one. And believe you me I'm going to go over to the States and have a go at the best. My time (3:13:27) must be as good as any of their times for a first marathon apart from terrible conditions."

It would be a nasty turn for the books if in 1976, of all years, a British woman were to conquer the US runners. Certainly they're getting ready. So Ms. Revere, or whoever is watching, had better warn everyone that "the British ladies are coming." •

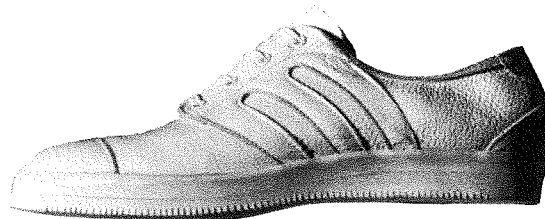
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Olympic 1500-meter champion Pekka Vasala of Finland once said, "The only trouble with my coach, Kari Sinkkonen is that he speaks so quietly. Sometimes I can't hear what he is saying."

Many others agree. Sinkkonen, the guru of Finnish distance runners, is a most modest and calm man. It is impossible even to imagine him shouting or jumping around, arms flailing, like flamboyant Australian Percy Cerutti used to do.

That quietness is one of Kari Sinkkonen's weapons. He need not shout. When he is speaking, everybody is listening as if his or her running life depended on that.

Sinkkonen is now 39. More than two decades ago, he witnessed John Landy breaking Roger Bannister's mile world record with 3:57.9 at Turku Sports Park in southern Finland. Looking back, that was one of the first steps of the ladder. Finnish distance running began climbing towards its Munich heights.

At the time, Sinkkonen was a 50-second 400-meter runner whose deep enthusiasm for running carried him to a Finnish relay championship before a leg injury ended his short career.

"I'll never forget those chilly evenings on the Turku track," Sinkkonen recalls. "Interval training was the thing those days, and everybody was doing it. From 5 p.m., straight after work, up to 9 p.m., somebody was churning 300s on the oily cinders. When one runner had done enough and left, another one arrived. Very often they were run in groups . . . Yes, the 300s were really in. The starting curve of the track almost remained unused."

With his competitive days behind him, Sinkkonen was working as a laboratory assistant. But he did not lose contact with the sport. He never gave up jogging in the woods, and gradually he realized he wanted to become a coach. In early 1960s, 50 people entered a coaching course organized by the Finnish Track and Field Federation. Two years later, all except one from that group had quit. The only exception was Kari Sinkkonen.

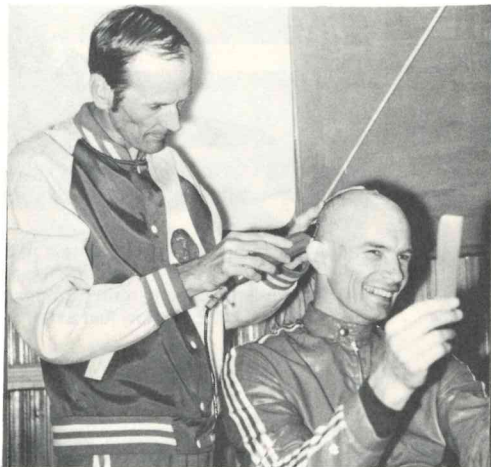
"I had a slight idea of what might be ahead," Sinkkonen said. "But if I had really known what I was jumping into, I might have given up the first day from pure terror."

But now he feels his efforts have not been in vain. He is generally considered to be the most knowledgeable distance running coach in Finland, and even one of the best in the world.

Today, the Finnish Federation em-

# Sinkkonen and the Finns of '76

by Matti Hannus



*Kari Sinkkonen (right) has his head shaved to celebrate the '72 Olympics.*

loys 10 full-time coaches. For more than 10 years Sinkkonen has been one of them, distance running being his sector.

Sinkkonen's main task is to organize. But he also has personal pupils, the most famous of which have been two Pekkas, Vasala and Paivarinta (Paivarinta holds the world record for 15 miles and 25 kilometers and is a former International Cross-Country champion). At the moment, the coach gives personal advice to 15 runners. This means, in some cases, almost daily contact, either face-to-face or via phone.

Sinkkonen is an analyst. At home, he has a big bookshelf full of notes, diagrams and schedules from the 15 years he has been coaching. More is coming every day.

"Sometimes, when things have gone wrong, I feel sad and depressed," he admits. "I have a dream. When I retire, I'll become an inn-keeper. Occasionally, I hope this day would arrive tomorrow. But then I realize I have another new challenge to meet, and I plunge into work deeper than ever."

Now it is 1976. Distance runners in Finland are struggling to hold the position they gained at Munich. Pekka Vasala has retired after a half-successful comeback. Juha Vaatainen, double

winner at the 1971 European Championships, has ballooned to 180 pounds and is unable even to jog much because of a heavy work schedule as a hotel manager. Lasse Viren, double Olympic gold medalist who has been only 75% fit during the past three seasons, has started another build-up.

How does Kari Sinkkonen see the future?

"Nineteen seventy-one and 1972 were fantastic years, and you can't expect many like them very often," he says. "But I am not afraid. The cooperation between Finnish coaches is exemplary. We have created—along Arthur Lydiard's lines, which should never be forgotten—a Finnish System, which has proved itself good. And, most important of all, we have a new, eager and talented running generation growing up.

"But you can't rest on your laurels even for one day. When I began coaching, I thought I knew everything about it. But today I have become wise enough to admit we are just on the brink of knowledge. You have to be humble to achieve anything."

Paivarinta is the man who will carry the hopes of track-and-field-mad Finland in Montreal. Already, "Pekka with the Cap" has carved his name into running history with world-class performances at distances from 3000 meters to the marathon. He maintains year-round training mileage of 140 per week. But every runner seems to have his Achilles heel. In Pekka's case, it is his unpredictability.

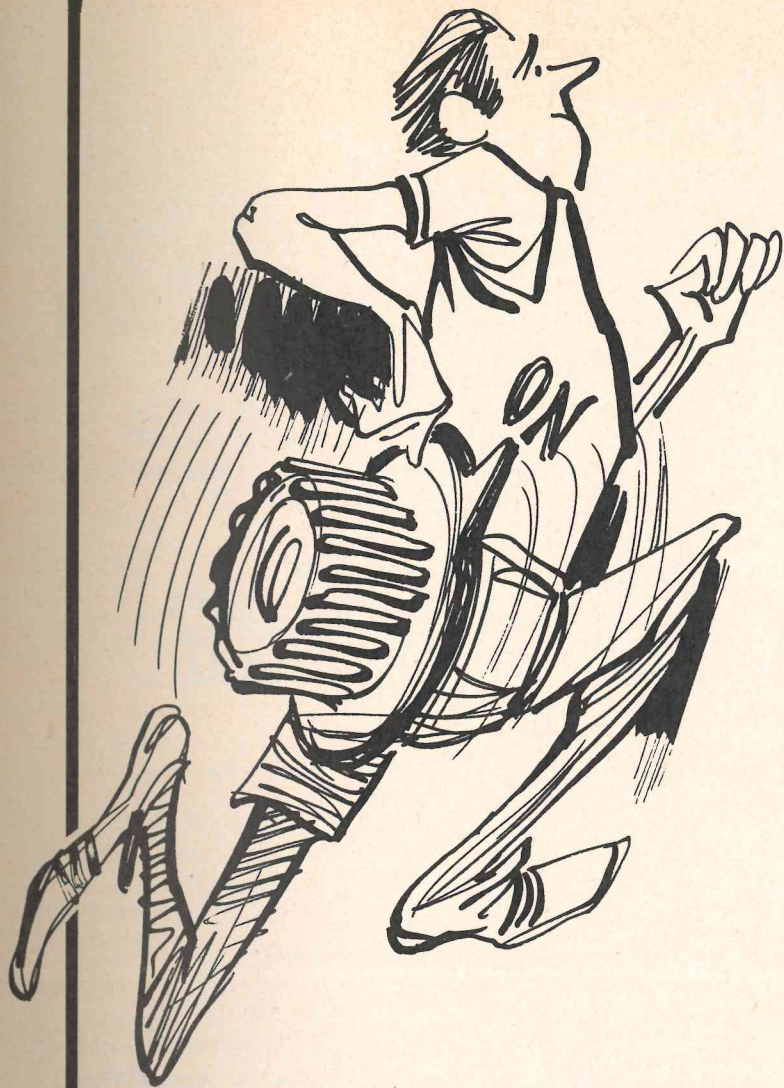
Paivarinta's career in big summer competitions has been undistinguished. In 1971, he fell into a water-pit and finished last in the European steeple chase final. In Munich, in the same event, he was eighth, running 12 seconds, slower than in a heat. And in the 1974 European title meet, humidity and heat conquered him completely. He finished twice among also-rans.

"Many critics seem to have forgotten that Pekka has several times done well even when it counts," Sinkkonen says. "So far, he has always run well in cold and rain, but his organism doesn't seem to enjoy heat and humidity combined. That is the problem we have been working on. "Mental things should never be ignored. Pekka is a most artistic competitor, whose adrenalin really flows before a big race—or doesn't. There is no doubt that Pekka Paivarinta is one of the most talented runners anywhere," he said.

And there is no doubt that his coach, Kari Sinkkonen, is one of the best in his field. ●



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by Joe Henderson. The editor of *Runner's World* tells you 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. To be published, March 1976, Hb. & Ppb., \$5.95/\$3.95.

### Women's Running

by Joan Uilyot, M.D. Dr. Uilyot is one of the fastest female marathoners in the world. Drawing on her experiences as

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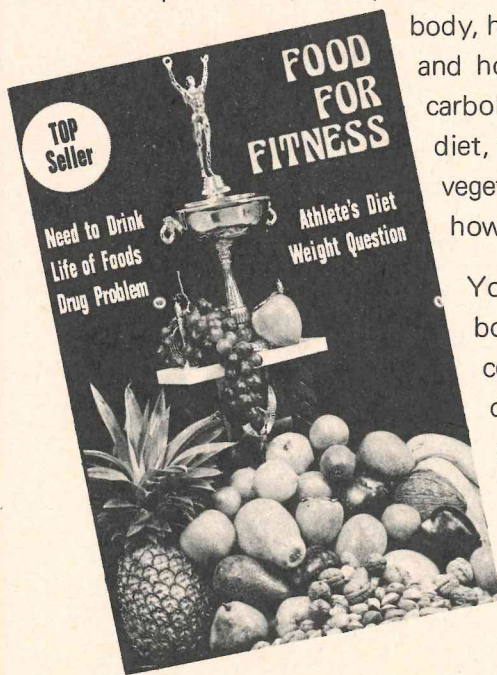
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# Runner's World Book List

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**Complete Book of Food and Nutrition**, J.I. Rodale et al. The editor and publisher of *Prevention Magazine* has prepared this book to answer your every question about food and nutrition. 1961 Hb., 1054 pp., ill., \$11.95 [FN-003].

**Superior Nutrition**, Herbert Shelton. A guide to rational and correct vegetarianism. Discover a diet that's easy on your pocketbook and generous to your athletic performance. 1951 Ppb., 200 pp., \$4.50 [FN-005].

**Food Combining Made Easy**, Herbert Shelton. You are not nourished by what you eat—only by what you digest and assimilate. Learn the correct food combining methods to get the most out of your diet. 1951 Ppb., 76 pp., \$2.25 [FN-006].

**The Good Goodies: Recipes for Natural Snacks 'n' Sweets**, Dworkin. The perfect book for those who want to "eat healthy" but don't want to give up their favorite snacks. Hundreds of recipes. 1974 Hb/Ppb., \$9.95/\$4.95

**The Complete Book of Vitamins**, J.I. Rodale et al. A storehouse of vital information about the complex and often-confusing world of vitamins. New arrival. 1966 Hb., 688 pp., \$13.95 [FN-004].

**Food for Fitness**, published by World Publications. Revolutionary look at the dangers of a traditional diet, told by athletes who have experimented to find diets that will make you perform better. 1975 Hb. & Ppb., 144 pp., ill., \$5.95/\$2.95 [FN-001].

**The Fountain of Youth**, C.E. Burtis. A scientific guide to the renewed vigor and effective healing that can be achieved by using wholesome, organically-grown foods. Includes menus of easy-to-prepare healthful foods. 1964 Ppb., 256 pp., \$1.45 [FN-002].

**Body Pollution**, Gary Null. A

penetrating look at the foods we take into our bodies—the poisons they contain and things they lack—plus an alternative program of natural nutrition. Includes a listing of common food additives. 1973 Hb., 228 pp., \$5.95 [FN-009].

**Fasting for Renewal of Life**, Herbert Shelton. The definitive work on fasting, based on the author's 60 years of study, observation and experience of fasting as a means to better health. 1974 Ppb., 314 pp., \$2.25 [FN-010].

**Fasting Can Save Your Life**, Herbert Shelton. A shorter, easily read, but still complete guide to fasting by the master. Highly recommended as a beginner's guide to fasting. 1964 Ppb., 200 pp., \$1.45 [FN-012].

**Your Diet and Your Heart**, J.I. Rodale et al. How does the diet affect the heart? When will heart problems arise? This book explores these topics and offers ways of avoiding complications. 1969 Hb., 434 pp., \$8.95 [FN-014].

**The Portable Feast**, Diane D. McMillan. Things to cook at home and bring along on your hike, picnic, car camping expedition or one-day outing. 1973 Ppb., 192 pp., ill., \$4.95 [FN-015].

**Super Food for Super Athletes**, Arthur Fleming. The theory of high-protein nutrition and many recipes for putting it into practice. Makes it easy to improve your performance with simple, healthful food. 1968 Ppb., 131 pp., \$2.95 [FN-017].

**The Hygienic System, Vol. 3**, Herbert Shelton. A complete and comprehensive treatment of fasting for health. Covers every aspect of fasting techniques and their results. Of special interest to athletes, this book contains a different approach to curing illnesses and injuries. 1963 (rev.) Hb., 542 pp., \$7.95 [FN-013].

**The Runner's Diet**. A guide to the feeding and watering of runners. Covers proper eating and drinking habits, fasting, carbohydrate loading, hot weather liquid intake, vitamin supplements and other vital subjects. Based on the

latest scientific data and tested by runners themselves. 1972 Ppb., (RMB 14), 80 pp., ill., \$1.95 [TFA-004].

**All About Meat**, Leon & Stanley Lobel. Here's a feast of information covering everything for selecting high grade cuts to cooking, carving, storing and preparing leftovers for economy and good health. Over 74 recipes. 1975, ill., \$14.95 [CII-008].

## Yoga

**Light on Yoga**, B.K.S. Iyengar. The most complete treatment of hatha yoga available. Each of 200 asanas is described simply and clearly, and demonstrated by the author in the 592 photos that accompany the text. A comprehensive reference work for the intermediate or advanced student. 1972 Ppb., 398 pp., ill., \$4.95 [YA-001].

**Yoga & The Athlete**, Ian Jackson. "I want this book to be liberating in many ways..." The author discusses yoga and sports from a uniquely personal point of view. 1975 Ppb. (RMB 45), 100 pp., ill., \$2.50 [TFA-014].

**A Book of Yoga**, Joann & David Weinrib. A new, visually dramatic presentation of this timeless material. The yoga postures are taught through photographs of the authors and their students, most of them in the nude. Illustrations demonstrate the connections between the exercises and their sources in the movements of animals and how they relate to mythology. 1975, 128 (oversize) pp., ill., \$12.50 [YA-007].

**Yoga and Sex**, Pandit Shiv Sharma. A study of yoga exercise and how it can positively add to a fulfilling sexual life. Ppb., \$1.95 [YA-009].

**Yoga for All Ages**, Rachel Carr. Easy-to-follow guide contains a six-stage yoga course, each stage lasting about one week progressing from simple movements to

the more complex. Also special children's section. 1975 Ppb., 160 (oversize) pp., ill., \$3.95 [YA-010].

**Illustrated Yoga**, William Zorn. An abundance of easy yoga postures which can be practiced without any previous experience. A practical answer to fitness and health lies in the chapters which cover postures, exercises and routines, nutrition and reducing. Easy to read and follow. 1974 Ppb., 172 pp., ill., \$2.00 [YA-005].

**The Complete Illustrated Book of Yoga**, Swami Vishnudevananda. A training program for beginners as well as advanced students. Leads to remarkable joint flexibility and muscle tone, emotional balance and increased powers of concentration. 1974 Ppb., 411 pp., ill., \$1.95 [YA-004].

**Yoga and Health**, Selvarajan Yesudian and Elizabeth Haich. Besides presenting detailed and fascinating information on the effects of hatha yoga in terms of Western physiology, this book contains a 21-week course to lead the student, step-by-step, into a balanced program of development. 1965 Ppb., 184 pp., ill., \$1.50 [YA-003].

**Yoga Self-Taught**, Andre Van Lysebeth. By far the best book for beginners. Abundant photos which indicate clearly both correct practice and mistakes to be avoided. Those already doing yoga will find this book useful for identifying and correcting bad habits. 1973 Ppb., 264 pp., ill., \$2.95 [YA-002].

## Medical Advice

**Encyclopedia of Athletic Medicine**, Dr. George Sheehan, ed. A handy, concisely-written and highly informative book about running injuries. An invaluable aid to any runner trying to recover from an injury, or looking for ways to prevent one from occurring. 1972 Ppb., (RMB 12), 96 pp., ill., \$1.95 [ME-003].



**On Your Feet**, Elizabeth H. Roberts, D.P.M. A practicing podiatrist tells you how to maintain foot health and comfort from infancy to old age. Explains the causes of corns, bunions, calluses and ingrown toenails—and how to get rid of them. 1975 Hb., 192 pp., ill., \$8.95 [ME-007].

**Physiology of Exercise**, Ernst Jokl, M.D. An outstanding volume for coaches, trainers, teachers of physical education, physicians and students interested in sports medicine. Text refers to major studies in the US, Europe, and elsewhere. 1964 Hb., 145 pp., ill., \$8.95 [ME-008].

**Physiology of Muscular Activity and Exercise**, Mathews, et al. The physiology of exercise, in clear language easily understood by the laymen. A presentation of physiological systems utilizing a background of chemical, physical and mathematical principles. 1964 Hb., 392 pp., \$11.50 [ME-004].

**Biorhythms: How to Live With Your Life Cycles**, Salzman and Phillips. Your highs and lows could be the result of your personal biorhythms, the natural body rhythms which follow predictable physical, emotional and intellectual curves from the day that you are born. This book shows you how to compute your personal life cycles, interpret them, and use them to your full advantage. 1975 Hb. & Ppb., 300 pp., ill., \$7.95/\$5.95 [ME-011].

**Bio-Rhythm: A Personal Science**, Gittelson, Bernard & Uttal. All about our newest science—bio-rhythm, the study of inner biological clocks—built-in natural cycles that powerfully influence our physical, emotional and intellectual behavior—with complete instructions for plotting a curve. 1975 Hb., 224 (oversize) pp., ill., \$8.95 [ME-009].

**Complete Book of Athletic Taping Techniques**, J.V. Cerney. A remarkable book on using "flexible casting" as an offensive and defensive weapon against injury. The illustrations and clear descriptions make all kinds of tappings easy. 1972 Hb., 242 pp., ill., \$12.50 [TFC-002].

**Complete Guide to the Prevention and Treatment of Athletic Injuries**, B.J. Brown. Concise methods of identifying, treating and rehabilitating athletic injuries, and an analysis of the causes of athletic injuries and techniques for preventing them. Non-technical language and numerous illustrations and photos make it easy for the layman to understand and use. 1972 Hb., 256 pp., ill., \$12.50 [TFA-003].

**The Running Body**, E. C. Frederick. What causes cramps? How does altitude training affect endurance? How does carbo-loading work? Learn to understand all the feelings, pleasant and unpleasant, that running produces in you. 1973 Ppb. (RMB 27), 48 pp., ill., \$1.50 [TFA-001].

**Athlete's Feet**. Proper running starts—and often ends—at ground level. Podiatrists offer valuable tips on diagnosing and treating your own injuries and preventing them from recurring. Evaluations of 30 popular distance running flats. 1974 Ppb. (RMB 42), 48 pp., ill., \$1.75 [TFA-008].

## Health

**Health is Your Birthright**, Are and Ebba Waerland. This is the world-famous Waerland health diet/system of living that this remarkable Finnish couple set down nearly 50 years ago. Also included are many special versions of the diet for the treatment of diseases. N.d.. Ppb., 86 pp., \$2.95 [H-009].

**Individualized Exercise and Optimal Physical Fitness**, J. DiGenaro. A workbook for both men and women to help them organize fitness programs that are based on their own personal capacities, interests and objectives. 1974 Ppb., 142 pp., ill., \$6.95 [H-006].

**Sauna, the Finnish Bath**, H.J. Viherjuuri. A new American translation of the standard Finnish work on the subject, with details on history, etiquette, construction and benefits of the sauna. 1972 Ppb., 90 pp., ill., \$2.95 [H-008].

**Natural Hygiene**, Herbert Shelton. A complete guide to reducing stress through correct hygienic living: diet, exercise, rest, natural living. This work can lead you to a vigorous self-sufficiency and optimum athletic performance. 1968 Hb., 642 pp., ill., \$7.58 [H-002].

**Health for the Millions**, Herbert Shelton. An overview of Shelton's famous hygienic philosophies. Serves as a valuable introduction to a way of life that many of Europe's top athletes adhere to religiously. 1968 Ppb., 314 pp., \$1.45 [H-003].

**Total Fitness in 30 Minutes a Week**, Laurence E. Morehouse. A new program for fitness enthusiasts. Shows how to achieve top physical health through

pulse-rated exercise without intensive exercise periods and strict diet regimens. 1975 Hb., 220 pp., ill., \$6.95 [H-015].

**Stay 39 Forever**, Eric Taylor. Written by one of Britain's leading physical fitness experts, this book presents an intelligent approach to the preservation of youthful health through the use of diet, exercise, medical check-ups and elimination of emotional stress. 1965 Ppb., 170 pp., ill., \$1.45 [H-004].

**Health Secrets From Europe**, Paavo Airola. This report reveals health secrets (secret in America only!) based on the preventative methods used in Europe's health spas and leading clinics. Good information on fasting, natural foods, overheating therapy, and more. 1970 Ppb., 266 pp., \$1.65 [H-005].

**The Save-Your-Life Diet: High fiber protection from six of the most serious diseases of civilization**. David Reuben, M.D. The Everything You Wanted To Know man turns his attention to six diseases endemic to Western man—cancer, heart attacks, diverticulosis, constipation, varicose veins, and obesity—and urges their prevention with a diet high in fiber. 1975 Hb., 173 pp., \$7.95 [H-012].

defensive weapon against injury. The illustrations and clear descriptions make all kinds of taping easy. 1972 Hb., 242 pp., ill., \$11.95 [TFC-002].

**International Track & Field Coaching Encyclopedia**, Fred Wilt and Tom Ecker. Twenty-three specialists of international renown, each distinguished in one segment of the sport, combine to make you an expert in every event you coach. 1970 Hb., 350 pp., ill., \$12.95 [TFC-003].

**Track & Field Dynamics**, Tom Ecker. An easy-to-follow introduction to the laws of physics in relation to body movement in track and field events. 1971 Ppb., 112 pp., ill., \$3.95 [TFR-016].

**Track & Field Techniques for Girls and Women**. Covers all track and field events with insight into the special problems of female athletes. A chapter for each event covers teaching and coaching techniques and the technique of the event itself. 1971 Ppb., 279 pp., ill., \$5.55 [TFR-045].

**Olympic Track & Field Techniques**, Ecker, Wilt & Hay. Complete technical analyses of the championship techniques of 24 Olympic gold medalists in the Munich Games, prepared by top track and field experts from 14 different countries. Covers all running, jumping and throwing events. 1974 Hb., 219 pp., ill., \$11.95 [TFR-004].

## Advice

**Dr. Sheehan on Running**, George Sheehan, M.D. This book of advice and observation from medical columnist Dr. George Sheehan is philosophical, practical, thought-provoking and controversial. Hb. & Ppb., 100 pp., ill., \$5.95/\$3.50 [TFR-048].

**The Long-Run Solution**, Joe Henderson. 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. 1976 Hb. & Ppb., ill., \$5.95/\$3.95 [TFR-047].

**Runner's Training Guide**. This book doesn't push any one method. Instead, it describes principles that underlie all methods, giving you the knowledge necessary to construct your own best program. 1973 Ppb. (RMB 23), 96 pp., ill., \$2.95 [TFR-010].

## Coaching

**Coaching the Female Athlete**, Donna Mae Miller. A comprehensive analysis of the world of the female athlete. Her coaching requires a special knowledge, and this book fills the gap. 1974 Hb., 212 pp., ill., \$11.95 [CO-001].

**Champions in the Making**, Payton Jordan & Bud Spencer. A training manual for all track and field events by Stanford University's famous coach. Concentrates on the proper "feel" of the techniques, as described by the athletes who have broken world records with them. 1968 Hb., 280 pp., ill., \$11.95 [TFC-001].

**Complete Book of Athletic Taping Techniques**, J.V. Cerney. A remarkable book on using "flexible casting" as an offensive and



**New Views of Speed Training.** Speed training, when used sparingly and with imagination, builds the sharpness demanded by racing. Here's everything you need to know about it, including articles by Arthur Lydiard, George Sheehan, Hal Hidgon and Bill Scobey. 1971 Ppb., (RMB 4), 48 pp., ill., \$1.25 [TFR-006].

**Interval Training,** Nick Costes. Boston marathon winner Nick Costes shows you how to use intervals intelligently—based on what your body is capable of doing. A fresh look at a system that has lately been the target of much (often unjustified) popular criticism. 1972 Ppb. (RMB 16), 80 pp., ill., \$1.95 [TFR-033].

**The Young Runner.** The most heavily populated field in running is the "junior" or under-20 age group. This book centers on these runners and their special concerns. Includes profiles of top young runners. 1973 Ppb. (RMB 24), 48 pp., ill., \$1.00 [TFR-035].

**Practical Running Psychology.** A guide to understanding the distance athlete's makeup, and making the most of emotional factors. 1972 Ppb. (RMB 110, 48 pp., ill., \$1.50 [TFA-011].

**The Complete Runner,** RW staff. The only book in print to cover every aspect of running in such great detail. Articles by the experts on distance training, sprinting technique, diet, shoes, racing psychology and many more subjects—picked and assembled in one volume by the staff of *Runner's World* magazine. 1974 Hb., 398 pp., ill., \$10.95 [TFR-022].

**Exercises for Runners.** The latest information on strength and flexibility training. Shows you how to use yoga and weights to prevent crippling injuries. 1973 Ppb. (RMB 29), 80 pp., ill., \$1.95 [TFA-009].

**Running with Style.** Running is more than simply putting one foot in front of the other. It's putting them down properly. This well-illustrated guide gives you the information you need about proper running technique. 1975 Ppb. (RMB 47), 52 pp., ill., \$1.50 [TFR-049].

**Running After Forty.** Articles on racing, training and physiology, plus profiles on 21 veteran distance runners, including Ted Corbitt, Monty Montgomery, Bill Emerton and Larry Lewis. 1971 Ppb. (RMB 5), 36 pp., ill., \$1.00 [TFR-011].

**Run Gently, Run Long,** Joe Henderson. In his sequel to *LSD*, Henderson brings readers up to date on the "state of the art"

in gently-paced distance running. A book for thoughtful runners. 1974 Ppb. (RMB 37), 96 pp., ill., \$2.50 [TFR-002].

**Age of the Runner.** The specifics of how a runner's age affects his performance, with charts (all distances, half mile and up) for evaluating times on an age-adjusted basis. Also documents the effect of running on the aging process. 1974 Ppb. (RMB 39), 56 pp., ill., \$1.75 [TFA-007].

**Running with the Elements.** What the runner can do about heat, cold, wind, altitude, gloom of night, cross-country surfaces, dogs and hecklers. 1974 Ppb. (RMB 35), 96 pp., ill., \$2.75 [TFA-006].

**Guide to Distance Running,** Anderson & Henderson, eds. Information on true distance running—over 2 miles—has traditionally been left out of t&f books. This was the first book published devoted entirely to the subject. Contains nearly 100 articles written for distance runners by other distance runners, plus 100 photos of great runners and races. 1971 Ppb., 208 (oversize) pp., ill., \$5.95 [TFR-027].

**Guide to Sprinting.** For the exacting sprinter, who wants to cut down the margin of error and increase his chances of beating the clock through that tight corridor of time. 1973 Ppb. (RMB 26), 32 pp., ill., \$1.25 [TFR-028].

**The Female Runner.** What's behind the current boom in women's distance running? This book is designed to help women runners accept the features in their own makeup which separate them from men and to change the features in the makeup of the sport which keep them from enjoying it equally. 1974 Ppb. (RMB 34), 32 pp., ill., \$1.25 [TFR-044].

**Hurdling and Steeplechasing,** Vern Gambetta. A beginner's guide to the special techniques necessary to meet the challenges of hurdling, with chapters on each of the events and sequence photos of top hurdlers in action. 1974 Ppb. (RMB 38), 48 pp., ill., \$1.75 [TFR-034].

**Finnish Running Secrets,** Matti Hanus. Traditions and techniques of Finland's gutty distance runners, from the days of Paavo Nurmi, to the Lydiard era, to the current surge of Olympic champions. 1973 Ppb. (RMB 28), 96 pp., ill., \$2.50 [TFR-026].

**African Running Revolution,** Dave Prokop, ed. Examines the hows and whys of the African success story in running. Includes

interviews with such leading African runners as Bikila, Keino and Jipcho and surveys the current situation in each of the major running countries. 1975 Ppb. (RMB 46), 84 pp., ill., \$1.95 [TFR-019].

**Racing Techniques.** A wealth of practical advice on pacing and tactics, optimum racing frequency, and comparing performances in different events. 1971 Ppb. (RMB 13) 48 pp., ill., \$1.50 [TFR-008].

**What Research Tells the Coach about Distance Running,** David Costill. A summary of research findings pertinent to the art and science of distance running, with interpretations to make practical application easy. Extensive lists of published material on each subject make this a good place to begin. 1968 Ppb., 56 pp., \$2.95 [TFR-018].

**Mileage Unlimited,** Marvin Rothenstein. 9000-mile-a-year runner Rothenstein tells about his running and what he's learned from it. Loaded with advice for joggers and age-groupers with the usual Rothenstein dry humor. 1972 Ppb., 64 pp., \$2.50 [TFA-020].

**Long Slow Distance: The Humane Way to Train,** Joe Henderson. Training needn't be a pain—or so the experiences of a number of successful distance runners indicate. This is the book that introduced LSD training. 1969 Ppb., 64 pp., ill., \$2.50 [TFR-001].

**Science & Sport: How to Measure and Improve Athletic Performance,** Vaughan Thomas. This book examines how the systems of your mind and body work and how they can be improved for maximum effectiveness. Excellent strength-building advice for any sport. 1970 Ppb., 216 pp., ill., \$2.95 [TFR-013].

**Strength, Power and Muscular Endurance for Runners and Hurdlers,** John Jesse. Weight training for runners—discusses the general principles, the systems based on them, and the specific exercises and schedules necessary to build running strength, plus an appendix on nutrition for the athlete. 1971 Ppb., 160 pp., ill., \$3.95 [TFR-015].

**The Conditioning of Distance Runners,** Tom Osler. A detailed exposition of the difference between base and sharpening training, and how to combine them for best results, written by a national-class 25- and 30-kilometer runner. 1967 Ppb., 29 pp., \$1.50 [TFR-025].

**Inside Track,** Jim Bush. One of America's greatest coaches tells how to achieve the winning edge in track races by using the techniques that have brought his athletes unprecedented success. 1974 Hb. & Ppb., 75 (oversize) pp., ill., \$7.95/\$3.95 [TFR-037].

**Individualized Fitness Programs,** Frank Vitale. A flexible guide to help any reader design and evaluate a personalized, lifetime fitness program based on an understanding of physical fitness. 1973 Hb., 292 pp., \$10.95 [TFA-010].

**Sprint,** Frank Ryan. The shorter races are neatly covered in all aspects: mechanics, conditioning and training. 1972 Hb., 64 pp., ill., \$5.95 [TFR-046].

**Run Run Run,** F. Wilt. One of the most complete books available on running technique. All about training methods and theory, tactics, warmup, pace—from sprinting through the marathon. 1964 Ppb., 282 pp., \$3.95 [TFR-009].

**Computerized Running Training Program,** Gardner and Prudy. A useful book which takes the guesswork out of interval training. Its computer-generated workouts are designed to match the individual needs and abilities of all kinds of runners, from joggers to world-class champions. 1970 Ppb., 259 pp., \$4.50 [TFR-024].

**High School Runners & Their Training Programs,** Joe McNeff. A "How They Train" for the high school runner and coach. Includes programs of over 100 prep ages, 440 and up. 1968 Ppb., 128 pp., ill., \$3.50 [TFR-029].

**How They Train, Vol. One: Middle Distances,** Fred Wilt. Covers the 880 and mile, including Wottle, Winzenried, Keino, Landy, Bannister and Burleson. 1973 Hb. & Ppb., 128 pp., ill., \$4.50/\$3.00 [TFR-030].

**How They Train, Vol. Two: Long Distances,** Fred Wilt. Covers two miles and up, including Shorter, Corbitt, Hill, Puttemans, Clarke, Clayton, Prefontaine. 1973 Hb. & Ppb., 128 pp., ill., \$4.50/\$3.00 [TFR-031].

**How They Train, Vol. Three: Sprinting & Hurdling,** Fred Wilt. Valeriy Borzov, John Smith, Curtis Mills, Ralph Mann, Dave Hemery and many others, plus important articles on technique. 1973 Ppb., 96 pp., ill., \$3.00 [TFR-032].

**Women's Track and Field.** Part of the Sports Techniques series, this guide explains all the techniques of the events. 1974 Ppb., \$1.50 [TFF-008].



# Track & Field

**The Jumps: Contemporary Theory, Technique & Training**, Fred Wilt, ed. Modern technique and training for the four jumping events: pole vault, high jump, long jump and triple jump. Contains material never before published. 1972 Ppb., 160 (oversize) pp., ill., \$6.00 [TFF-001].

A well-illustrated series of instructions from the most elementary steps to the advanced techniques.

**High Jump**, Frank Ryan. 1969 Hb., 128 (oversize) pp., ill., \$4.95 [TFF-002].

**Shot Put**, Frank Ryan. 1973 Hb., 96 pp., ill., \$5.95 [TFF-005].

**Discus**, Frank Ryan. 1973 Hb., 56 pp., ill., \$5.95 [TFF-006].

**Track and Field**, Harvey Greer. Part of the Sports Techniques series, this book will give the reader an understanding of the fundamentals of track and field. Written for the beginning coach. 1973 Ppb., 112 pp., ill., \$1.50 [TFF-007].

**Motivation and Racing Tactics in Track and Field**, W. Harold O'Connor. "Skip" O'Connor, a high school track and field coach for more than 40 years, writes on building the confidence of jumpers... breaking a team's losing streak... timing the drive for the tape... handling the hurdler who balks... distance racing tactics... and more than 100 other topics. 1970 Hb., 222 pp., ill., \$11.50 [TFC-005].

**Track and Field Omnibook**, J. Kenneth Doherty. All about coaching—sprints, relays and hurdles, field events, and endurance running—plus a section on the psychology of coaching. Sequence drawings of each event. 1971 Hb., 498 (oversize) pp., ill., \$13.50 [TFC-006].

**Track & Field for Coach and Athlete**, Cooper, Lavery & Perrin. This highly-successful book discusses means for discovering potential performers, presents the best-known methods for each event, and provides an original and highly useful approach to t&f coaching. 1970 Hb., 270 pp., ill., \$11.95 [TFC-008].

## Beginning

**First Steps to Fitness**. This book concentrates on the problems and pains that prevent a runner from establishing the running habit. Takes the place of running friends and coaches when none are avail-

able. 1974 Ppb., (RMB 40), 68 pp., ill., \$1.50 [TFR-040].

**Beginning Running**, Joe Henderson's classic on how to start running and why. Inspiring (but very practical) reading about the foundation that will determine your future in running. 1972 Ppb., (RMB 15), 32 pp., ill., \$1.00 [TFR-020].

**Aerobics**, Kenneth H. Cooper, M.D. One of the classics of running literature, this book tells you what form of exercise and how much of it you need to maintain optimum health. Details the famous "points" system. 1968 Hb., 253 pp., \$5.95 [TFR-041].

**The New Aerobics**, Kenneth H. Cooper, M.D. Picks up where *Aerobics* left off. Here, Cooper offers age-and sex-adjusted programs, refined charts and schedules, chapters on women's training and indoor exercises, and answers questions about the original book. 1970 Hb., 190 pp., \$5.95 [TFR-043].

**Aerobics for Women**, Mildred and Kenneth Cooper. Dr. Cooper and his wife adapt the original program (designed for young Air Force men) to the special needs and problems of women. An enjoyable combination of autobiographical anecdotes and clinical information. 1972 Hb., 160 pp., \$5.95 [TFR-042].

**Step Up to Racing**. Running and racing aren't much alike. The action is the same, but not the effort and attitude. This book explores the emotional as well as the physical aspects in 50 different topics arranged alphabetically and cross-referenced to provide quick answers. 1975 Ppb., (RMB 48), 80 pp., ill., \$1.75 [TFA-022].

## Biography

**Tale of the Ancient Marathoner**, Jack Foster. A delightful, low-keyed individual, the 41-year-old 2:11 marathoner tells how he improved so much, so late, mixing the story of his career with advice for runners of every age. 1974 Ppb. (RMB 41), 48 pp., ill., \$1.50 [TFH-018].

**The Dave Wottle Story**, Jim Ferstle. What made that white golf cap so famous? What's behind that dazzling kick? Wottle's teammate at Bowling Green answers these questions as no one else can. 1973 Ppb. (RMB 30), 48 pp., ill., \$1.50 [TFH-007].

**The Gerry Lindgren Story**, Jim Dunne, ed. "My running ability all comes from my mind," Lindgren

says. Here is his story, from his "nobody" years in high school to his world 6-mile record. 1971 Ppb. (RMB 6), 32 pp., ill., \$1.00 [TFH-009].

**The Frank Shorter Story**, John Parker. Articulate and philosophical, the winner of the '72 Olympic Games marathon tells his story to a close friend and teammate. 1972 Ppb. (RMB 18), 48 pp., ill., \$1.00 [TFH-008].

**My Race Be Won**, Vince Mathews. The '72 Olympic Games 400-meter gold medalist tells the fascinating and disturbing story of a black athlete's struggle for success on the track and in society. A no-holds-barred account of the hypocrisy and prejudice in big-time amateur track. 1974 Hb., 396 pp., \$10.00 [TFH-001].

**Champion in Revolt**, Arthur Rowe. The inside story of the world of big-time track. Bribery, drugs, rackets—these are all fearlessly exposed by a champion shotputter. Rowe is controversial, stimulating, and also instructive. 1963 Hb., 160 pp., ill., \$5.95 [TFH-019].

**My Run Across the United States**, Don Shepherd. Using sharp observation and an equally sharp sense of humor, this South African miner describes his solo 1964 trans-US run. 1970 Ppb., 190 pp., ill., \$3.75 [TFH-022].

**Randy Matson Story**, Carlton Stowers. The biography of a champion shotputter and remarkable all-around athlete, whose consistent dominance of his event has been almost unprecedented in track and field history. 1971 Hb., 186 pp., ill., \$5.95 [TFH-012].

**Kenya's World-Beating Athletes**, Mohamed Amin & Peter Moll. A photohistory of Kenya's rise to world class in track and field. Keino, Biwott, Temu, Jpicho and many others are featured in this story of the road to world success. 1972 Ppb., 102 (oversize) pp., ill., \$3.75 [TFH-017].

**High Above the Olympians**, Bud Spencer. The story of controversial coaching great Dink Templeton and his long and colorful career. Valuable information on the fundamentals of each t&f event. 1967 Hb., 308 pp., ill., \$6.50 [TFH-010].

**Runners and Races: 1500 M/Mile**, Cordner Nelson and Roberto Quercetani. A history of track's famous event—the mile and its metric equivalent, and the great runners, past and present, that have run it. Describes their accomplishments, greatest races,

record breaking feats, and more. 1973 Hb., 326 pp., ill., \$6.50 [TFH-016].

**Ron Clarke Talks Track**, Jon Hendershott, ed. Clarke reviews his career, his opponents, the controversial Mexico Olympics, his early retirement and his ideas about the art of running. 1972 Ppb., 110 pp., ill., \$2.95 [TFH-013].

**Track & Field: The Great Ones**, Cordner Nelson. The co-editor of *Track and Field News* looks at career high points of history's greatest trackmen, from Nurmi to Ryun, Warmerdam to Brumel, with profiles on dozens of other major stars. 1970 Hb., 224 pp., ill., \$6.75 [TFH-002].

## Weight Training

**The Complete Book of Weight Training**, Bill Reynolds. Acknowledged international authority offers guide for weight training for the athlete or even the man on the street who wants to get in shape for a camping/hiking trip. Covers how to train correctly, all the various training techniques, and then offers training programs for every sport or activity imaginable, from cycling to fencing. 1976 Hb., ill., \$5.95 [WT-009].

**Weight Lifting & Weight Training**, George Kirkley. One of the world's foremost competitive lifting coaches covers weight training from its three crucial aspects—as a competitive sport, as a means of improving health and physique, and to improve one's ability at other sports. 1966 Ppb., 160 pp., ill., \$1.25 [WT-001].

**Weight Training**, Dr. Frank Ryan. The fundamental goal of weight training is the development of coordinated power. Power, the ability of a group of muscles to run faster, jump higher, or throw further, is the heart of every sport. Dr. Ryan explains the process of physical development by using weights. Profusely illustrated. 1969 Hb., 84 pp., ill., \$8.95 [WT-004].

**Physical Fitness Through Weight Training**, Bernard A. Taylor and M.E. Easton. A textbook-like presentation of weight training programs. The author discusses the muscle system, regular workouts and ladder programs for self-improvement. Drawings and photos show the proper exercise positions. 1975 Ppb., 132 pp., ill., \$6.00 [WT010].



**Sports Illustrated Training with Weights**, Robert B. Parker and John R. Marsh. Theory of weight training and basic exercises for each muscle group. Designed for the novice weightlifter with minimum equipment. 1974 Hb. & Ppb., 96 pp., ill., \$4.95/\$1.95 [WT-006].

## General

**Race Promotion.** Excellent advice based on extensive experience, on the organizing techniques that make race promotion easier and more efficient. The only book in print on the subject. 1973 Ppb. (RMB 22), 32 pp., ill., \$1.00 [TFA-017].

**Club Running.** Practical tips on spreading that special feeling of running in your club's colors. How to form and use them for competition and communications 1974 Ppb. (RMB 36), 32 pp., ill., \$1.25 [TFA-016].

**Shoes for Runners.** A thorough revision and updating of the highly successful *All About Distance Running Shoes*. Detailed evaluations of the strong and weak points of the most popular shoes in use today. 1973 Ppb. (RMB 25), 80 pp., ill., \$1.95 [TFA-013].

**The Runner's Training Diary.** A diary is a motivational tool, spurring you to train regularly. Here's a book to keep records of your distances, times, training methods and races in. 1972 Ppb., 112 pp., \$1.50 each; \$1.00 each for 10-24 copies; \$.75 cents each for more than 25 copies. [TFA-018].

## Other

**Zen Meditation Therapy**, Tomio Hirai. Zen Meditation is not something for remote, mystical realms but should be a part of the daily life of everyone interested in mental and physical well-being. This book shows how Zen meditation can be advantageous to you and explains the scientific reasons for its effects. 1975 Ppb., 103 pp., \$3.25 [MT-002].

**Autobiography of a Yogi**, Paramahansa Yogananda. Yogananda was the first great master of India to live in the West for a long period. In this book he explains the subtle but definite laws by which yogis perform miracles and attain self-mastery. 1946 Ppb., 592 pp., ill., \$1.95 [MT-001].

**The Perfect Exercise—The Hop, Skip and Jump Your Way to Health**, Curtis Mitchell. The reader learns how, in five minutes a day, he can get all the exercise needed to tone muscles, rejuvenate a tired body, and release tensions. Contains carefully planned program for men and women (and children) of all ages. 1976, \$6.95 [H-013].

**The Basic Swimming Guide**, Joseph Groscost. A book about teaching children to swim. It gives the benefit of the author's experience teaching 3000 youngsters to swim in the last 12 years. Each skill is treated as a separate unit, with suggested teaching methods and an analysis. 1975, 100 pp., ill., \$2.50 [SGC-023].

**The Inner Game of Soccer**, Eric Sellin. A guide for soccer referees. Far from a stuffy rule book, anyone can read this book with pleasure, for it is interesting, anecdotal and looks into the insides of soccer. Bridges the gap between coaches, players, and referees. 1975 Hb., \$6.95 [SO-034].

**Around-Town Cycling**, Donald Pruden. Lets you in on all the little secrets that make cycling fun...like holding your own in traffic...taking the effort out of pedaling by redistributing your weight and adjusting your bike to you...slowing down bicycle thieves and more helpful hints for city cycling. Bike Book Quarterly, Ppb., \$2.50 [BYS-019].

**Olympic Diary: Tokyo, 1964**, Neil Allen. Views the Tokyo Olympics from the inside. Allen pinpoints the Game's best moments and makes them live again in all their tension. 1965 Hb., 115 pp., ill., \$5.95 [TFH-020].

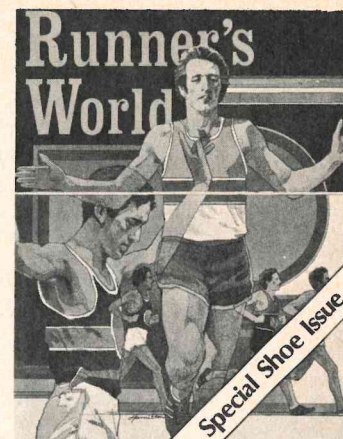
**The Nightmare of Success**, William J. Ruzicka, Ph.D. Success is not always happiness, says the author. From this part-fictional account of two psycho-therapy patients, the athlete will become aware of the stultifying effects of his own need to succeed. 1973 Hb., 155 pp., \$6.95 [HT-004].

**Paddleball: How to Play the Game**, Howard Hammer. A step-by-step method teaching the essentials of this fast-growing sport. Complete information for players, officials, and fans. 1972 Ppb., 96 pp., ill., \$2.95 [PL-002].

**Paddleball & Racquetball**, Fleming and Bloom. This fast-moving game, first developed in the 1930s, is completely explained by this guide, which analyzes the rules of the game, strategy, and all basic strokes. 1973 Ppb., 97 pp., ill., \$3.95 [RA-003].

# RUNNER'S World

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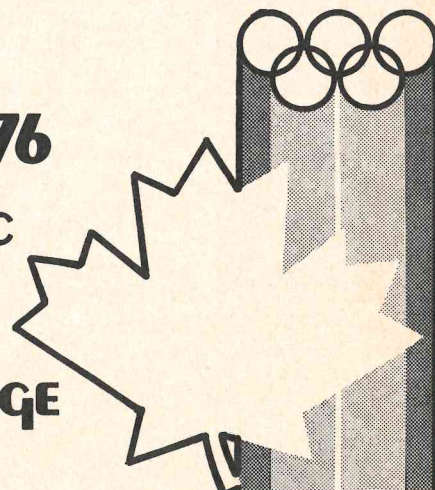
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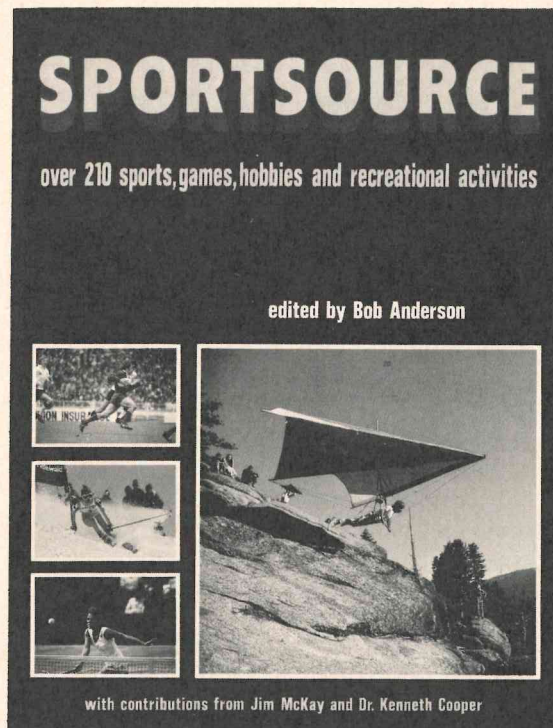
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caster, gives some insight into his realm of expertise. Basil Kamener, secretary of the Skate Sailing Association of America, provides plenty of information about his sport. Harold Esch, former American Lawn Bowls Association singles and doubles champion, tells some personal anecdotes about experiences in his sport.

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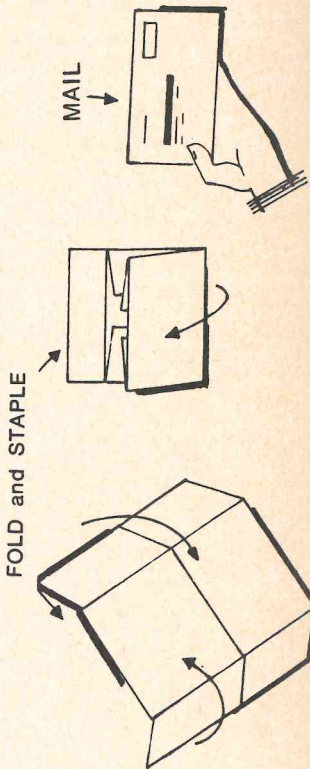
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# Beating the Americans At Their Own Game

by Alastair Aitken

Aug. 13, 1971, was not an unlucky day for David Jenkins. At Helsinki Olympic Stadium, the tall 19-year-old from Edinburgh, Scotland, lunged into the tape just ahead of Italy's Marcello Fiasconaro to win the 400-meter title in the European Games.

That run showed the tremendous potential of Jenkins. But not until he won the AAU championship in Oregon in 1975 did he show he has the right to call himself not only a world class 400-meter man but also a top prospect for a medal at Montreal in an event traditionally dominated by Americans.

When I spoke to Dave about that 1971 European race and his mixed bag of races up to 1975, he reflected maturely on that period.

"In 1971 at 19 years of age I won the European Championship, which was a bit of good luck and bad luck as it were. In 1972, the press had put considerable expectations on my performances in the Munich Olympic Games, which in its eyes I did not live up to. However, I did achieve an Olympic silver in the 4 x 400 relay. At 20 years of age, this is a fairly reasonable achievement.

"In 1974 at the European Championships in Rome, I managed a second place behind Karl Honz with a reasonable run but not a particularly good run. I feel now that I am now able to take on anybody at any time, given good preparation," he said.

Except for that 1971 race, which Jenkins appeared to win in a physically relaxed way, he appeared to be tense in his races, often unable to sustain that vital spark during the closing stages. In 1975, however, he was relaxed again—and extremely fit thanks to the coaching advice of David Hemery, 1968 Olympic champion in the 400-meter hurdles.

"It is only a question of finding the correct means of preparation, and that comes with age," he said. "It has taken a bit of time to learn to train and prepare myself for competition which pushes considerable pressures on a person."



David Jenkins wins 1971 European title. (Mark Shearman).

Then came the obvious question about the Americans who are always strong in this event.

Jenkins said, "The Americans are always producing good 400-meter runners, and at the Olympic Games I am sure they will have top-class performers again. Steve Williams might be a force to contend with. But I think he will stay at 100 and 200 meters, in which he shares world records. There is no doubt if Steve Williams ran the 400 meters, a world record would go, if he really trained for it. But it hurts to train for 400 meters, so I don't think that will ever come about because he can get his results at 200 meters without as much work."

Obviously winning the American championship last year gave him great satisfaction. He called it his "best race to date."

"My targets last year were to win the American AAU race and the Europa Cup. Although I did not do the times I thought I could do, I succeeded in the objective. Times become incidental thereafter," he said. (He ran 44.93 at

the AAU and 45.52 at the Europa Cup.)

After running in a most demanding event and being the top British one-lapper for half-a-dozen years, does David Jenkins enjoy the sport as much as he did when he was 19 and the young European Games champion?

"When I was 19 I was to some extent naive. Most 19-year-old blokes are. I thought I knew all the ropes. But still I am learning something every day and I would say I am enjoying life much more than when I was 19. It has more meaning and more purpose and more balance. There is one good thing about a sport, whether it be swimming, sailing, judo, etc. Preparing for any Olympic Games gives one a very strong sense of purpose for that year of preparations, and that is a pleasure in itself.

"That is what it is like in this Olympic year. The preparation is a pleasure. And if you achieve anything thereafter, that is an added bonus. I am looking forward to the enjoyable months ahead," he said. ●



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# PAWS

by Hollis Logue III

The street was a lonely one. The lamps half-heartedly pushed back some of the darkness of the early morning hours. He neared the red brick house on the left and pushed onward toward the midpoint of the block.

Not 30 feet away the dark brown monster lurked. It was total instinct that moved its salivary gland into functioning. It hadn't seen the stranger yet. But countless centuries of evolution enabled it to respond to subtle changes in the bio-waves of the environment. The monster didn't have to think about the next move. It just happened.

As the stranger turned with a bend in the street, the monster lunged from a driveway and was upon the lad within seconds. The bite dug deeply into the boy's flesh. The total shock of what was taking place never even surfaced. In a very short time, the stranger was gone and the monster returned to his home and rested.

"Our street has always been a show-place for the rest of the county," said the neighbor. "I can't understand the complaint. Why, all the dogs on this block are so friendly. This monster dog that the stranger reported to the police must be a maverick. The chances of a monster like that hitting our beautiful block are one in 10,000."

"We've got to warn passersby of the dangers on this block," implored Mr. Flint. "I know that it may ruin our block's reputation, but we owe it to humanity. We must speak up!"

"Like I said, there's little chance of it ever happening again," the neighbor argued. "Let's just keep this under our hats. I move that we forget all about it and never discuss it again."

Nothing was settled, but the residents agreed the monster wasn't any of their beloved pets and that it had probably moved on.

Late evening running was a part of Eric Handel's existence. He had been running for 10 years, and it never was a struggle to glide along at a 7-8-minute pace and enjoy the warmth of letting his mind lose the thoughts that cluttered it during the day. His legs felt particularly unencumbered this night as he pushed the pace up to be in rhythm with his feeling.

The monster enjoyed the chase. Oh, it was never aware of competition. But it quivered when it had to do more than a quick lunge at its prey.

Eric heard the beast blast through a juniper thicket and he responded by moving as quickly as he could. But he knew that the attack was inevitable even at this much faster pace.

Handel could feel the senselessness of his attempt. As his strength waned, the monster closed in for the "kill." Eric would not run again for quite a while.

"Now, I can't sit still for this!" Mr. Flint yelled. "I don't care about this damn block's reputation. Human life is involved. I'm going to do what I should have done when these attacks first started. I've got to call in an expert."

Roger Pace arrived later that week. The unassuming man with a short-cropped beard and long legs felt unwelcome on this street. But his father's friend, Mr. Flint, had touched a deep academic interest when he mentioned "monster" over the phone. Roger knew the work would be dangerous and could end in disaster. But he needed danger at this point in his life. Too long he felt enclosed within the confines of "the hallowed halls of learning."

The plan was simple: Roger would offer himself as "bait" to the monster. He would attempt to run the creature in a to the ground and cause its demise. The plan was risky, yet it was the only real chance.

Roger's alarm sounded at 5:30 p.m. and he awoke to face the challenge. His running gear was at the ready, but his body yearned for more rest. All his strength would be needed soon, and he felt somewhat ill-prepared. The racing flats looked worn. The nylon shorts offered little protection against teeth. Getting dressed and doing flexibility exercises took more time than usual. But there was psychological stresses like no race had ever offered.

Arriving at the street, Roger realized what awaited him. This was no longer the vain world of varsity track or the fading glory of many marathon victories. It was life and death.

Reports from the police seemed to suggest that the monster preferred to attack on the left side of the street and that it also preferred the middle of the block.

Such an innocuous setting! The houses were all well cared for and each looked freshly painted. It was almost inconceivable that such a creature could lurk somewhere in this area.

A 7:30 pace would serve as a perfect lure. Roger set off at that speed toward the middle of the block.

The monster sensed something odd without really computing the specifics of the situation. It arose without a sound and immediately panned the air. A sound and scent came to it within seconds. There was no other information possible at this point. Visual contact hadn't been made, so the beast set out on a search in the direction of the scent. Its body tensed for the attack.

Without so much as a telltale sound, the monster sprang from behind a white picket fence. It was on Roger in a split-second. But he managed a side-step to avoid the razor-sharp fangs.

Speed was most important now. Roger drew upon hidden strength to move up to a 5:30 pace, then upward to 5:00. The monster knew that a challenge unlike any it ever faced was at hand. It was instinct pitted against instinct. Both Roger and the monster were reacting automatically. Both sensed it was either conquer or be conquered.

The chase went on for blocks. Neither had any intention of giving up. A 5:00 pace wasn't sufficient to keep out of the jaws of his pursuer for much longer, so Roger pulled from deep within for the ultimate four-minute pace. He had run several sub-4:00 miles before. But he had never had to string a sub-four to two fives.

Taking a chance and looking back, Roger saw those jaws snapping with more fervor than he had ever imagined possible. He could almost feel the deep penetration that falling to those jaws would offer.

Just as the death grip seemed inevitable, Roger sensed some change. The beast was slowing down. In fact, the beast only managed about 10 more steps before it fell to the sidewalk, exhausted. Roger continued to run for several more seconds before the full realization of the situation came into focus. He had won! Mankind had prevailed over the devil's creation.

As he turned back and neared the limp body of his nemesis, neighbors who had witnessed the chase from the safety of their homes came outside to view the creature.

A bathrobed man blurted, "Why, it's Mrs. Johnson's Pekingese!" ●



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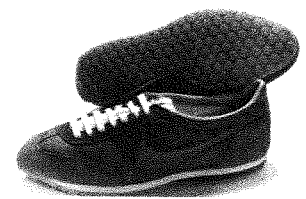
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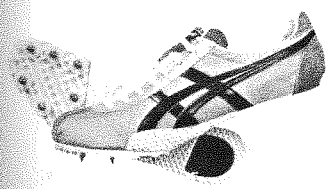
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by Dave Prokop

# George Young and Jim Ryun

Your first question might be, "Why Ryun and Young in the same interview? What do a half-miler/miler and a steeple-chaser/marathoner, one (Young) 10 years older than the other, have in common?"

The first of many answers is on the back jacket of *Always Young*, George's biography.

Jim Ryun writes, "In my first indoor competition, I fell. George Young's words of encouragement at that time were as simple and concise as his running was fierce and competitive. George gave me the courage to continue running."

That was 1963 in San Francisco. Jim, just 16, was in his first national-caliber race. George was, in Ryun's words, already a "grand old man." Young had been to one Olympics, yet he had time to talk with a shy, discouraged boy. Ryun never forgot it.

The two of them were to run in three Olympic Games together, starting at Tokyo in 1964. Their best Games should have been at Mexico City. They trained together at altitude in the summer of '68. But they couldn't neutralize the advantage held by high-altitude natives. George ran a painfully close third to two Kenyans, Amos Biwott and Ben Kogo, in the steeplechase. Jim finished second to Kip Keino in the 1500.

In 1972, Ryun and Young were roommates at Munich. Accidents cancelled both their chances as George was hurt before the Games and Jim fell in his preliminary heat.

They went on to run with the ITA pro circuit together until Young retired in 1974 to devote all his time to college

coaching. He is athletic director and track coach at Central Arizona College. Ryun reportedly is being considered now for an assistant coaching job at the University of Kansas.

The two friends and their wives met again early this year at our National Running Week, during which this interview was taped. As was noted last month, Ryun had never appeared so relaxed. Young and his wife Shirley were elated over the publication of George's book.

Later, great changes were to come to both of them. As this issue was nearly finished, word came that Shirley Young and son Joel had been in the crash of a light plane. (George was not on board.) They both survived, but Shirley suffered broken vertebrae and Joel was unconscious for several days.

That same week, Jim Ryun announced he was ending a track career which was almost as long as Young's — at least in terms of high-level competition. Jim said at a news conference that "Christ spoke to me. He said I had fought a good fight, run a good race and it was finished."

Ryun added, "I wouldn't change anything. There have been good times and bad. It was all a matter of maturing for me."

George Young had helped start Jim's growing-up process 13 years earlier.

**RW:** How does one continue to maintain the necessary motivation through the years to acquire the success both of you have achieved in your long careers?

**Ryun:** Well, I think the motivation for me was founded a great deal by

Coach (Bob) Timmons who gave me a sense of direction as to achievement. Consequently that led to the goal system where once I had achieved something, I could go on. That was so well founded that I found the satisfaction I had from that was the motivation necessary to continue training, to continue working on a day-to-day basis, all of which were necessary to compete.

**Young:** As I think back on the years that I ran, I think my motives obviously changed all the time. For example, I remember running in college just so I could have an athletic scholarship to continue my education with no real thought about after college. I ran after college because I was admitted into the Army infantry and they told me that if I could run I wouldn't have to do some of the other things. So I ran for two years then. I was fortunate to make the Olympic team for the United States and my goals changed considerably.

Another thing, too, is once you get into good shape as a distance runner, and this is something most distance runners realize, you hate to give up everything you attained for at least the four, five, six or even eight years it took to get into the condition you are in. You hate to say, "Well, I don't want to run anymore."

**RW:** Obviously your mental attitudes had a lot to do with your successes as runners. What are your general philosophies on running?

**Ryun:** Essentially for me, it was a consistency that was important. In other words, I had to have training twice a day. Probably the most important underlying theme of all that was

the mental preparation along the way. If I didn't feel I could accomplish the things necessary for the competition, then no matter how much time I spent training or how much time I spent plotting out workouts on paper, I just wouldn't be prepared.

The underlying thing was I had to feel confident in what I was doing. That was going to get me through the event whether it be the Olympic Trials, the Olympic Games or world record or whatever. And if I had that faith, then I could trust my training. Basically it was a very positive mental approach. If I got through with a workout during the day, I knew I had made an advancement that, at best, would help me get what I was trying to achieve.

**RW:** George, how important is the whole mental side to you?

**Young:** I used to say it was 50-50 (mental and physical). I think at the end of my running it was 100% mental.

**RW:** How did you mentally prepare for competition?

**Ryun:** Actually, the preparation for a race is a very simple process in the sense that you have done all you can in advance for the coming event. The real preparation for me is the training. Unless you press yourself as you train, you're not going to have great performances in competition.

**RW:** I'm really talking about the psyching-up process.

**Young:** I never can remember finding it difficult to get psyched up for a race. That's what it was all about and obviously that is why I ran for such a long time. I like to race and I like to try to beat people during a race.

A lot of people, and there is nothing wrong with them, like to run for the fun of running. Well, I didn't run for the fun of running. I ran to beat people. So it wasn't hard for me to get psyched up.

I did like to train and did train by myself most of the time. I liked to do that type of training because I could get psyched up during my training sessions. If I was going to run against Jim Ryun in a couple of weeks, I ran against Jim Ryun in my workouts. If I knew I was going to run against Ron Clarke, I ran against Ron Clarke in my workouts. I was ready and I was psyched.

**RW:** Francie Larrieu once described herself in competition as "mean." Are track meets a matter of nice guys and gals finishing last?

**Young:** Yes.

**Ryun:** When a person goes into a race, he can't think of friendship.

George and I have competed against each other. Obviously we were out there racing against each other and we're friends. But everything is set aside out there. If you are going to compete, you've prepared yourself for that.

That doesn't mean that after the race



*For Jim Ryun, a silver medal in Mexico. (Mark Shearman).*



*For George Young, a near-miss in the steeplechase. (Don Wilkinson photo)*

is over competitors can't be friends, or that doesn't mean you can't go out for dinner or something like that. You are there competing, you are there for a reason and you've prepared yourself for that. Your opponent expects that much of you, too. It's a matter of when you're there you're doing what you're supposed to do and afterwards you can do anything else. There's a place for both.

I won't mention the names, but there were times when I was competing and people wouldn't talk to me until after they had run. If they won, fine. But if they didn't, then they'd never speak to me. That's how intense it was. And I found I had to have the intensity, the concentration, while I was on the track. But I liked the friendship that goes with it.

**RW:** George, is it fair to say you actually disliked Ron Clarke before you raced him?

**Young:** No, no, Ron Clarke was one of the greatest guys I ever met. But I wanted to beat him because he was good. I wanted to beat the Soviet runners for a number of reasons, one of which was because they were very good. You do it by keeping your mental attitude up to the point where it will get you through a long workout. That's the most difficult thing about training, not the running of 100 miles a week. That's easy. It's making yourself do it that's hard.

**RW:** With age, do you think something happens to runners? Have you specifically noticed something happening where with age comes endurance?

**Young:** Until I was 38 years old I thought I could work out harder every year, and I did work out harder every year that I ran. Every year for 15 or 16 years I tried to work out harder. I've always thought that.

**Ryun:** I find that my whole attitude toward working has changed as time has gone along. I knew when I first started I worked very hard. But that wasn't as much a problem as the criticism that went with it.

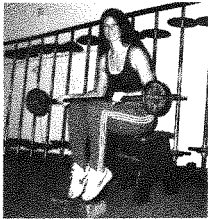
People suggested, "Well, you're not having as much fun with it."

I began to wonder if I really was having as much fun as I was supposed to. I was enjoying myself thoroughly and I was wondering if there wasn't something I was missing out on. That factor was a downfall in the sense that then I began to experiment with a different type of training. That intensity of work, with which I had been so success-

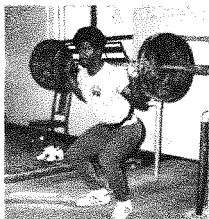
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ful before then, began to subside.

There are no shortcuts to competing on a world-class level. You have to get in and you really have to work. It certainly has to be well thought out but there isn't any simple way of doing it. That's probably what sidetracked me a lot in the sense that I kept thinking because those other people were leading me into it, that there was another type of training that would be better suited for me. That was a mistake.

**RW:** Runners today are hashing out the merits of accumulating substantial amounts of mileage during workouts as opposed to workouts that entail a substantial amount of intervals. As two of the greatest runners of all time, could you give us your views on the advantages and disadvantages of mileage vs. interval workouts?

**Ryun:** Okay, let's put it this way. I don't think my mileage was ever that high before. I think I've probably accumulated more mileage in the last couple of years than in high school and college. It was the consistency with which I trained more than anything else that was the key and not necessarily the amount of mileage. I just got into a program at a very young age that was very rewarding and the end result was one of the fastest times. I was in a seven-day-a-week program. At the end of the first eight months, we were training twice a day.

**Young:** I believed, and still believe, the key thing to running anything from a marathon on down is speed. You can build that speed on the track. At the same time, of course, you have to have endurance to use the speed at the end of a race. I just believe a person has to have a very sane, consistent program that will basically enable a person to do a number of things.

You try to shorten the (rest) interval and run faster to the point where you can run a 4:00 mile. Of course, you may be starting with 75-80-second quarters with three-minute intervals. Through a year, and I'm talking about a full year in which your program requires intervals and distance, your intervals will get faster. I don't think you need to increase your distance a great deal, whether you run a mile or two, six miles or 5000 meters.

Just plain distance isn't any good when it comes to international competition.

**RW:** As you both well know, runners from African nations, such as Kenya, who are known for their high altitudes, are experiencing success while

racing in the United States. How much does altitude training help sea-level performances?

**Young:** I can only speak for how I felt. I can't really say we know why the Kenyans and all these people are running very good times. I'm not sure the altitude has anything to do with sea-level performance. I know it helps a lot when you are in altitude. But I had experienced absolutely no difference in my running after four to five months of training altitudes. When I went down to sea-level I felt no better nor worse having trained in altitude and gone down to sea-level.

Of course when you go the other direction, I can tell you what that feels like. It is difficult. People tried to tell me a year before the 1968 Games that it was all psychological. I'll have to differ with that.

**RW:** Is there a limit to how much training runners should do?

**Ryun:** I think it is important that you work hard but at the same time you can brutalize yourself and then begin to tear yourself down.

The rest of those guys are putting a lot of work in and you have to find what's best for you. Generally speaking, there is only one secret in terms of success in running and that's how much you can push yourself and how much you can attain on a day-to-day basis throughout the year. Over the years that will build up.

But you can't sit down and say, "Hey man, I don't belong here." You don't think that way if you want to achieve certain things. That's like a football player saying, "I'm going to dislocate my elbow."

**Young:** I've been a coach now for 13 or 14 years. Obviously, some people may not realize that with some of these runners I have coached, it is really very, very difficult for me to coach them as I would like to coach them. Last year I had a runner who had a stress fracture. I don't blame him, because he was doing what I told him to do. I've always wanted to work them just as hard as I worked.

An interesting thing happened this year. I had a young Indian runner whom I found out was just really tough. This young man could take anything I could give him and come back for more. I set him aside or apart from all the rest because they won't take it. It seemed like within two or three weeks he came around and he was just blowing everybody off the track.

It is so individualized on what a

person can do that it is very difficult for me or anyone else to say, "Go run 100 miles per week." I personally think that 100 miles a week was all I needed. In fact, I think I might have run better if I ran faster and dropped it off to 80 miles a week. If I were to coach Jim Ryun, I think that 80 miles a week is the maximum amount that I would have Jim running.

I have a feeling about runners who push themselves upward to 160 or 200 miles a week. I have my doubts as to whether or not they would really be tough in international competition if they are not also getting some speed with that workout. I was talking to a coach at the University of Texas at El Paso and he said he had a steeplechaser who ran an 8:40 and came right back to run a 47.8 on a mile relay. Well, to beat those kind of people you have to have some speed and endurance.

**RW:** Both of you are noted for your final kicks. Do you concentrate on specifics such as that during your training periods? Or what advice could you offer in developing a young competitor?

**Ryun:** I don't think I ever sat down and said, "Well I'm going to work on my kick today." It came as a natural result of hard work. I have emphasized speed as a means of getting stronger. But aside from that, I don't really do anything different when I get in the competition. I know that I've got the speed and I believe in that.

**Young:** As I mentioned before, you've got to have the endurance to get down to use the kick. Obviously, I do a lot of the same things Jim does. I like to pick up the last part of my workout. In the long runs I like to kick it in for the last half, three-quarters or mile. I like to pick up the last part of a workout. That's the obvious time because you're going to have to kick it out at the end of the race.

Another thing I've found with myself is if I ran an intelligent race, I could outkick people. I feel that if you run a consistent pace throughout the race and don't get into a shoving, pushing and jostling match, accelerating and slowing down, the kick is going to be there at the end. If you get into a real tactical race where you are slowing down, pushing and jostling around, I think a lot of times you'll lose a lot of the edge you might have had at the end of the race.

**RW:** George is especially noted for his gutsy reputation for winning. As a coach, is it possible to instill that kind of attitude in a runner?

**Young:** I've found it to be, if not impossible, very difficult because one thing that bothered me was the fact that I couldn't put into a person's mind what I would like to put into it. I think if a track coach could do that, he would obviously have one of the greatest bunches of runners in the world. If I could just reach up there and turn them on when I wanted to and turn them off when I wanted to, it would be great coaching.

It has been discouraging at times when I can train runners and get them into fantastic condition but I couldn't get a race out of them. It is very difficult but I do try to do it. I try to tell them before we're done we've got to be working out harder than anyone else. We run in the rain, and if it's raining all over the world I tell them we are the only ones running. And we try to do things that build the runner's mental capacity, strengthen their mental attitude, but I found that it is a lot easier to get one in shape physically than it is to get one in shape mentally.

**RW:** You two have known each other for more than 10 years now. What are your impressions of each other after a friendship that has spanned across a decade? George, would you go first?

**Ryun:** Go easy, George, I get the last say-so.

**Young:** I've known Jim for a long time. He, in my opinion, has as much talent as any miler that I have ever known, and that includes present day milers. He is also one of the greatest individuals you would ever hope to be around. That is one of the reasons people like Jim Ryun so well.

I still think that Jim has not run as fast a race as is possible for him to run. I'd say Jim Ryun could run at least a 3:45 (for the mile).

**Ryun:** My first experience with George was in 1963 at an indoor meet in San Francisco, where I stumbled and fell in the high school two-mile. We really didn't have any reason to say anything to each other, but as Coach Timmons and I were leaving and saying "good-bye," George offered some words of encouragement to me. I don't remember exactly what they were but they were enough for me to get the motivation to go back and start training again.

George is the sort of guy who always wanted to pursue excellence in his events, the steeplechase and the 5000 later on. He is an intense person who would still take a couple of minutes to offer a helping hand to a fellow runner. ●



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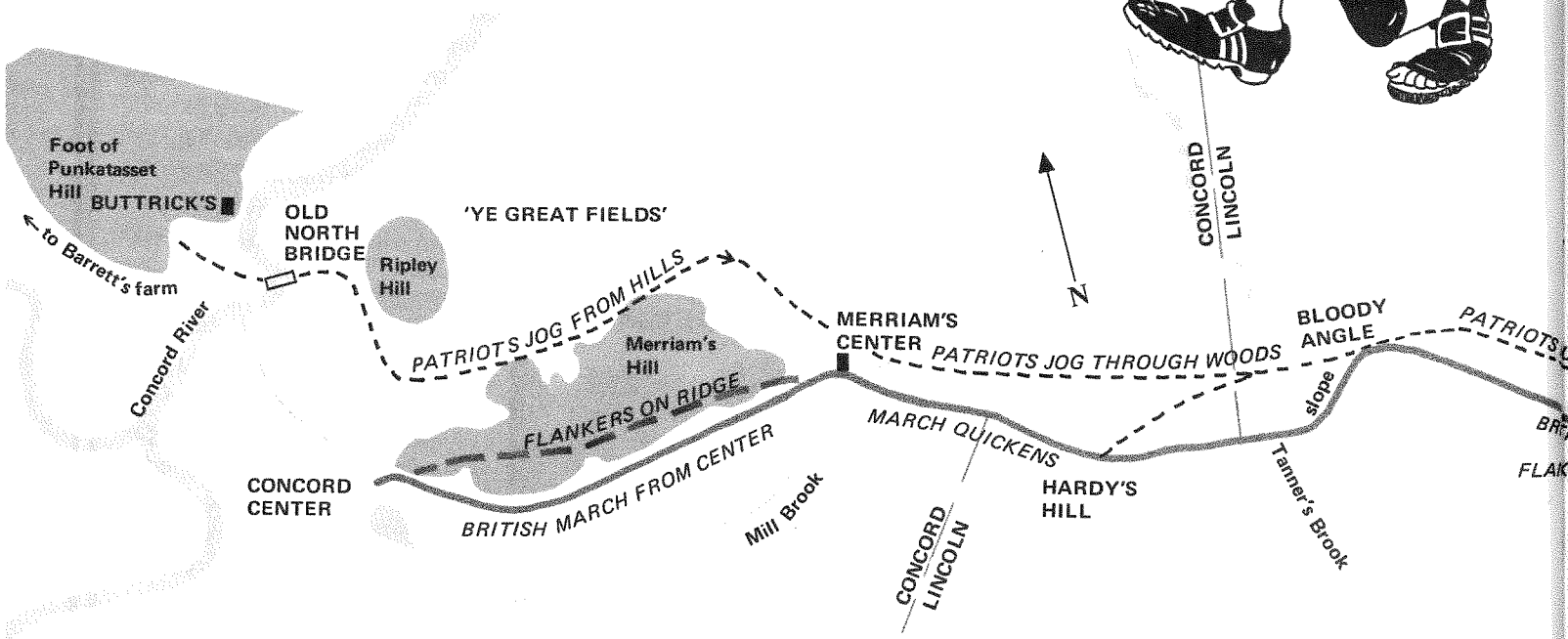
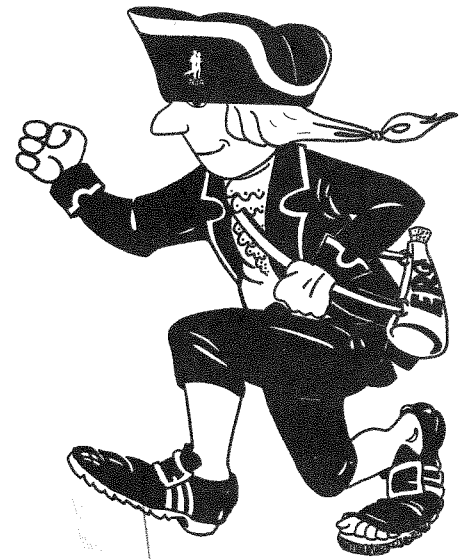
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by Major Alan Willoughby, USAF

# Bicentennial Boston



**A**pril 19, 1775. America's first National Jogging Day.

It's fitting that this date, now called Patriot's Day, should be celebrated annually with a distance race of classic proportions, the Boston Marathon. And it's equally fitting that the American birthplace at Lexington and Concord should be celebrated with the most democratic of all running events, the Revolutionary Relays.

Upon what criteria do I dare assert that Samuel Adams' "glorious morning" was the first National Jogging Day, an occasion officially designated some 196 years later? Three reasons:

- National spirit. Those who jogged and fought that April day asserted by deed their national independence and irreversibly shed their colonial stature.

- Speed. To be sure, some marched and walked, and a few rode horseback. But the most important travelling was done on foot at a jogging pace of about 8-12 minutes per mile. The outcome of many skirmishes depended as much on mobility as it did on marksmanship. Jogging brought the patriots into the thick of the action at the right time, yet left them with enough reserve energy to pursue the Redcoats all the way back to Charlestown — and to sprint for survival when necessary.

- Participation. Almost 4000 patriots answered the alarm. And the harassed Redcoats themselves assumed jogging or running habits as they retreated, doing it for the same reason many people today take up the activity: to preserve their health!

Perhaps Paul Revere shouted, "The British are coming!" as he galloped to Lexington. But he might have urged, "Jog to Concord!" for that is what he intended for the Minutemen to do. And they did.

A Cambridge widow, noting the British march, ran clad in her night-clothes to send off an express rider. West Needham's Ephraim Bullard ran up a hill to fire three signal shots and the townsmen gathered at his tavern, in what is now the halfway town of the Boston Marathon, Wellesley.

The immediate response in 30 area towns was hustle. The people who went on foot moved swiftly. Had they not, the tide of battle would clearly have been different. Captain William Smith raced two miles to Lincoln Center to

gather his men. Two Lynn men, hunting ducks at the shore, ran miles to catch their company.

Captain Gideon Foster's Danvers Minutemen went "full half the way upon the run" in covering 16 miles in four hours. This pace was so demanding that 16-year-old Amos Putnam, carrying musket and provisions over rough terrain, collapsed and died en route.

How fit and swift were the British? In each regiment there were two elite companies out of 10 — one company of grenadiers, big and strong shock troops, and one company of light infantry, spry and fast men. But these soldiers were slow by modern standards because of the weight of a uniform, musket, boots, a day's rations and 36 rounds of ammunition. The officers were definitely out of shape but had good horses.

Eleven companies of grenadiers and ten of light infantry were sent on the

set off by a shot of unknown origin. Two volleys and a number of Minutemen lay dead and dying.

One of the Minutemen, Jonas Parker, who repeated that he would "never... run from before the British troops," died of musketball and bayonet wounds for his determination.

The other Minutemen, greatly outnumbered, did run, and Lieutenant William Tidd escaped. Asabel Porter, a prisoner of the British was cautioned not to run and shot when he and others fled the scene.

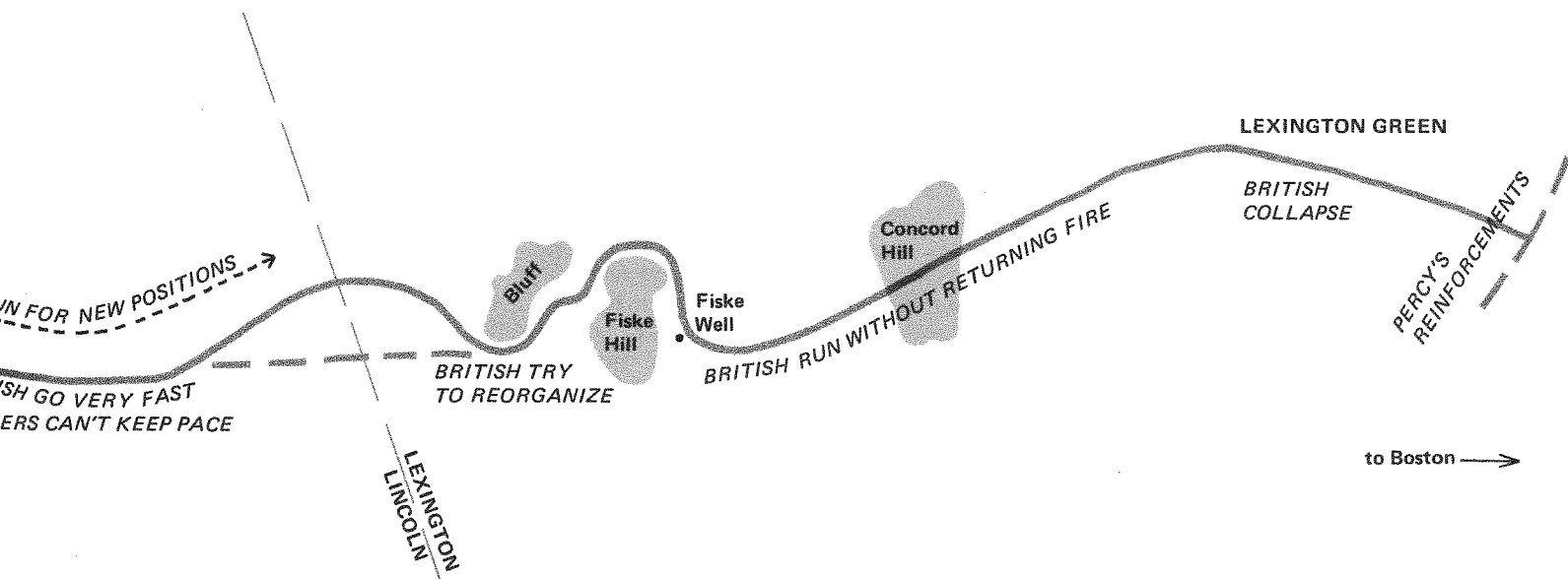
Hours later, the Minutemen who had gathered on Punkatasset Hill finally outnumbered the three companies of British securing the North Bridge below. In response to British fire, Major Buttrick had his men fire "the shot heard 'round the world."

The British soldiers ran while their wounded hobbled. The patriots did not

Jonathan Willson's Bedford company and the Rev. Mr. Foster's Reading men ran through the woods from Meriam's Corner to the Bloody Angle, where the road slopes down from a long hill to make a sharp turn in dense woods.

Most of the next 2½ miles of road is off the present highway but runners still frequent it. In 1775, roads in this area were bordered by rock walls on either side. These same walls, and some of the same woods and boulders which hid Minutemen as they leveled their muskets, are still present today as part of Minuteman National Park.

At the point where the road crosses into Lexington and turns, Captain Parker's men waited on a hillock to fire down on the desperately fleeing Redcoats. Moving fast from here, the British posted a rear guard on a high bluff. But the patriots ran in pursuit, chasing this force pell-mell down the bluff.



mission to Concord. Six light infantry companies hurried on ahead to secure the two bridges at Concord. They became the villains in the Battle of Lexington.

At about 5 a.m. that Wednesday, 70-odd Minutemen formed two lines on Lexington Green. Among them were Robert Douglass and Sylvanus Wood who had come running from Woburn with their muskets. The patriots were not obstructing the road to Concord but were about a hundred yards away from the road.

The British infantrymen, primed and loaded, were moving at double-time toward the Green. Their speed caused Captain John Parker to disperse his men. The Redcoats ran in malice after them. Their itchy trigger fingers were

follow too far as they were outnumbered by the soldiers in the town of Concord.

Later in the day, as the Redcoats marched from Concord, a nation of joggers arose. Minutemen and militia started running from the hills toward Meriam's Corner. They ran "ye back way through ye great fields" where runners still train. The patriots from the west were joined by men of Billerica, Wilmington and Reading, who had left their horses at Bedford. As the last of the grenadiers crossed the bridge, the Rebels attacked. The war was definitely on as the patriots took the offensive for the first time and the running battle began.

As the Redcoats hastened into Lincoln under constant fire, Captain

The British began to run along the road which still loops over the north slope of Fiske Hill. Today's joggers prefer the paved road or the trail that goes directly over the hilltop.

The British on the hill were nearing at least 25 miles of marching and running since leaving Charlestown 12 hours earlier. Feeling the same thirst as a marathoner, a British regular stopped at Fiske's Well, as did James Hayward of Acton. They shot and killed each other. Seventy-nine-year-old Deacon Josia Haynes of Sudbury pursued the British the four miles from Meriam's Corner, only to lose his life at Fiske Hill.

If you run the Battle Road and Fiske Hill today, you can project yourself back two centuries: the faint smell of  
*(continued on page 64)*



gunpowder in the fresh air; the dim echo of muskets and shouting; the glimpse of red uniforms and smoke; the crumbling pavement underfoot that feels much like the original roadbed. But to feel like a Minuteman, you occasionally must run alongside the road in the rough. History is there for those who care to breathe it.

By the time the Redcoats ran over Concord Hill and past Lexington Green, they were short of ammunition and too exhausted to return any fire. They "were obliged to rest on the ground with their tongues hanging out of their

mouths, like those of dogs after a chase." Their running had ended at just about the marathon distance when reinforcements rescued them from certain death.

The retreat from Lexington was much slower. The constantly growing number of rebels kept the British troops under intense fire, and most running now was sprinting from danger. One can outrun a musketball. The weapons of the day were quite inaccurate and if a man put enough distance and motion between himself and his adversary, he had a good chance of reaching safety.

Jonathan Parker and Aaron Fisher of the Needham militia, running as flankers, were surprised by the British. Fisher escaped, Parker was killed. Timothy Munroe of Lynn ran too despite a musketball in the leg. He escaped a crossfire and later counted 32 holes in his hat and clothes.

Some men ran because of cowardice, not courage. Earlier in Menotomy, some old men had attacked a British supply convoy. Six British soldiers ran to Spy Pond, threw up their arms and surrendered to elderly Mother Bathericke.

Some oldsters were fit and full of

# It Starts In Hopkinton

by Peter Stipe

(Photo by Jeff Johnson)

About half a mile from the Hopkinton (Mass.) High School down Hayden Rowe Street, in the opposite direction from the starting line, a sign next to the road says the spot is the origin of the Charles River. On one side of the road is a swamp. Out of a culvert on the other side flows a stream. It cuts through the lawns between two houses and disappears among the farm fields and woods.

The stream is so narrow you could jump it easily. In the winter it is covered by snow, and in the heat of the summer it is frequently dry. But in the spring, when the snow is melting, the swamp rises around the trees, the stream floods the lawns and spills along its winding way to Boston.

On Patriot's Day, of course, Hopkinton is inundated by the marathon runners as well as the melted snow. Fortunately, the runners like the floods are only a temporary misery endured by the townspeople. Both the runners and the water will pour down the hill out of town, en route to Boston.

Because of the marathon, Hopkinton has become a sort of a Mecca for runners. However, most of them only see the town in the confusion of Patriot's Day. It is really an ideal spot for

runners year round. The terrain is hilly and challenging. But, because of the abundance of back country roads, you can run hard without having to worry about traffic. It is not uncommon to go several miles and not encounter a single moving car. In the summer, there are so many trails through nearby forests that much running can be done even without seeing pavement.

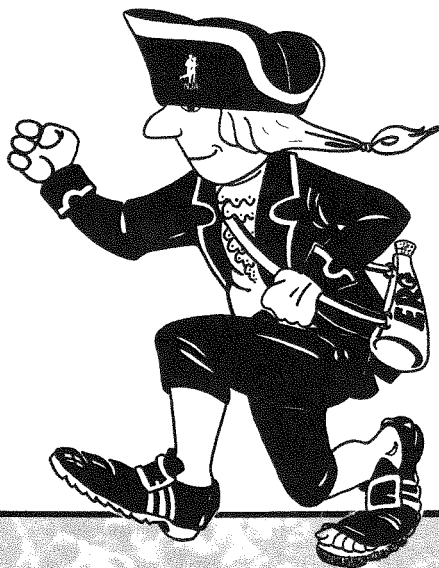
The attitude of the people in Hopkinton towards distance running in general, and the marathon in particular, is unique. They have seen so many distance runners, from the best in the world to the worst, that at least they have a sort of grudging respect for marathoners.

In the years that I lived and ran in Hopkinton, I practically never experienced the derisive chants of little boys, or the obscenities or swerving cars of adults that I have encountered elsewhere.

Everybody in town seems to know someone from town, a relative or a neighbor, who at least tried running in the marathon. On the day of the marathon, a fair number of townspeople come out to watch the start. The high school band marches and plays, and the stores and gas stations do a big business. The people of Hopkinton are proud of the world-wide prominence and publicity of their town on that one day.

fight, others weren't. Samuel Wittemore, at 78, killed several Red-coats, including two at close quarters, but was clubbed, bayoneted and left for dead. He lived 18 more years. James Miller of Cambridge, 66, also fought bravely, but said, "I'm too old to run." He died in a hail of musket shot.

As the British retreated to safety at Charlestown, the American Revolution took on a more conventional character. But footmanship, as well as marksman and love of liberty, had set the course of American history. ●



But on the other days of the year, particularly those days shortly after the marathon, the attitude of many of the people changes. They regard me and my running much the same way that they view "Crazy Louis," the old man who walks around and around his block waving at the cars and pointing at the ski and the telephone poles. I am an embarrassing facet of the town, and am to be ignored. Only a few neighbors consistently wave to me and greet me as I run by.

I have gone down to Brown & Smith's store (the "Brown" was Walter Brown, owner of Boston Garden and an official with Boston Athletic Association—hence the possible origin of the starting line location) for a cup of coffee or to buy a paper. Someone who knows me asks about my running and I may have overheard some muttering.

"The marathon! Those damn runners trampled through my back yard again this year."

"They broke our hedge and littered our lawn. They were going to the bathroom in our bushes."

"I'd fence in my yard but they'd probably break the fence, too."

The resentment of the runners and the marathon is justified. If the race has outgrown the officiating and the facilities at the Prudential Center in Boston, it has overwhelmed Hopkinton.

Except for the albatross of the marathon, Hopkinton is really a rather ordinary, small New England town. Distance running is irrelevant. The high school doesn't have a track or a track team. It only has had a cross-country team for the last three years and has lost all but one meet during that time.

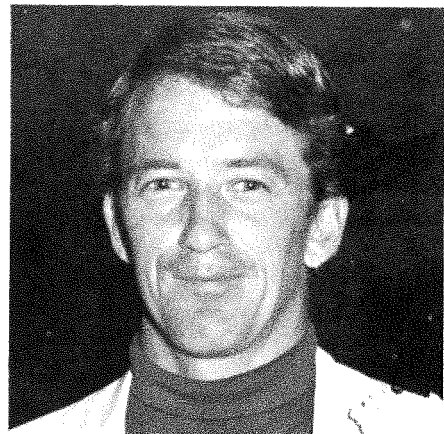
Only about 5000 people live in Hopkinton, and nearly that many more show up to run the race each year. Add on the coaches, trainers, officials, the press and the hordes of curious spectators, and the town breaks down. The stores, the streets, and the parking lots cannot handle the strain. There is no room for the runners to dress and it is impossible to find a bathroom.

If you are coming to Hopkinton this year, bear several things in mind. The residents love their town, and they generally like the marathon. But they don't necessarily like everything that the marathon does to their town. Some of them may resent you or give you a hard time.

Be courteous. Stay out of their yards. Don't litter. Try to come to the high school for registration already dressed to run. If you can't get into the high school bathrooms, use the woods behind the high school field, not somebody's backyard. That way, maybe the town and the race can co-exist more harmoniously. ●

# ALWAYS YOUNG

by Frank Dolson



George Young's story is one of an amateur athlete in America struggling to overcome the competition, the officials and himself. He struggled toward a goal—the Olympic gold medal—though he never quite attained it. Four times he tried, in events ranging from the steeplechase to the marathon, but the gold was not to be his.

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# RUNNING AROUND THE CLOCK

by Hugh Bowen and Kevin Shafer

Running more than 200 miles in 24 hours may seem senseless to anyone not familiar with names like The MTA, The Harried Marrieds or even The Lord's Four. But to those who think more of the sheer challenge of such a run than of the aching muscles and gnawing fatigue that go with it, those names are synonymous with the most extraordinary and the most popular long-distance relay in the world.

Those names represent groups of runners who have met one of the most grueling dares known to man, coping with nagging pains and overcoming a desire to call it quits as the gentle sun is limping over the distant horizon. These teams hold records in the *Runner's World* 24-Hour Relay.

Last year marked the largest number of entrants ever for the annual relay which was first run in 1970. More than 250 teams entered with records falling faster than any previous year. Nine state records were set by teams representing clubs from a line of states running from Alaska to Florida. Also, at least 20 international teams competed in meets conducted at Frankfurt, West Germany, and Drummen, Norway.

In addition to the 20 teams which gained spots in the All-Time Top 100 distances during last year's competition and those teams which gained recognition by setting new marks for their respective states, The MTA set the world record for a five-man, five-woman

team and the Lord's Four set the world record in competition for a four-man team. The Harried Marrieds earned their spot in history by setting a world mark for married couples in January, 1976.

The largest events of last year were the Eastern Championship conducted at Fort Meade, Md., and where 34 teams vied for honors, and the Western Championship at San Jose, Calif., where 18 teams competed. Although the exact dates are yet to be announced, both races will probably be run in August this year. However, teams are eligible to run at any time during the year, anywhere in the world. In past years summer has been the most action-packed season for the relays.

Runners who have participated in marathons or mile races may be surprised to learn that the 24-hour relay combines the most appealing features of both types of running while adding a few enticements of its own. Unlike the marathon, where runners go steadily for 2½-4 hours, participants in the 24-hour relay expand that running over a full day's time. Unlike the mile runs, where athletes blast four quick laps to the finish line, participants in the 24-hour relay repeat that distance 20-30 times during the day's time.

The relay is noted for its own unique stresses but even more unique is the opportunity for runners to experience the stimulating strength of team com-



*The baton goes on... and on... and on... for 24 hours. (OM Photo)*

petition, an experience that is unusual in this often lonely sport.

Although the relay has been in existence for nearly six years, the room for creativity has yet to be cramped. Last year alone, records were set in a variety of new categories ranging from husband-and-wife teams to five brothers who finished the relay with an unprecedented distance for a family team. New categories of records were established as fast as the newly formed teams could approach the finish line.

Just as the room for creativity is almost unlimited, so are the chances to get into the records book. More than 30 categories for records have been established since the competition began in 1970. Rules for the relay dictate merely that a team consist of a minimum of two members and a maximum of 10. Combinations for meeting those limitations are not rigidly set and, for the purposes of the record books, teams compete only against other teams of the same composition.

As running continues to gain in popularity and runners look for new challenges, this year's relays are expected to be the most competitive ever. They are destined to prove once again to be "gratifyingly grueling."

## All Time Top 100 Teams

TEAM	DISTANCE		
1. Edinburgh A.C.	297m 1145y (74)	13. N.A.T.O.	280m 1110y (74)
2. Olympic T.C. "Red"	295m 269y (70)	14. Bethesda T.C.	278m 1403y (73)
3. Sale Harriers	293m 378y (72)	15. Greater Portland A.C.	278m 1124y (73)
4. Blackheath Harriers	291m 306y (73)	16. Williams R.R. "A"	278m 573y (74)
5. So. Calif. All-Stars	290m 1606y (71)	17. Preuben Krefeud	278m 394y (75)
6. Olympic T.C. "Blue"	289m 1512y (70)	18. Furman University	277m 896y (71)
7. Connecticut HS All-Stars	288m 1474y (75)	19. Suburban All-Stars	277m 715y (73)
8. Sale Harriers	287m 392y (71)	20. Minn. Footpounders	277m 200y (73)
9. Blackheath Harriers	286m 963y (73)	21. Dos Pueblos HS T.C.	276m 769y (72)
10. Cal Poly	285m 1320y (74)	22. Ohio State U.	276m 576y (73)
11. W. Virginia Runners	284m 1240y (71)	23. Tulsa R.C.	275m 959y (72)
12. Distance Unlimited	281m 1478y (75)	24. Bethesda T.C.	275m 330y (72)
		25. LG Wiesbaden	275m 447y (74)
		26. Missouri Madmen	274m 1452y (72)
		27. Ohio T.C.	274m 936y (71)
		28. Indiana Striders All-Stars	274m 241y (74)
		29. Carelton-St. Oalf Str.	274m 141y (71)
		30. N.W. Ind. CYO T.C.	273m 880y (75)
		31. Findlay Tiffin All-Stars	273m 600y (75)
		32. G.T.O.	273m 464y (75)
		33. Bloom T.C.	273m 440y (74)
		34. LG Kassel/Grobenritte	273m 171y (73)
		35. Harding Harriers	272m 1713y (73)
		36. Kettering Striders "A"	272m 1060y (72)
		37. Atomic City T.C.	272m 632y (71)
		38. Bogus City Striders	272m 240y (75)

# 24 Hour Relay Rules

The relay has been standardized and explicit rules set up for good reason. We want to be able to compare teams accurately, even though they're running at different times and places. It's important that these rules be followed to the letter.

- The relays may be run any time, at any location.
- Any group of runners may form a team, with a minimum of two and maximum of 10 runners. (You need not be in the same club or school to run as a team. But if your team has members from several different clubs or schools, none of the teams' names may be used.)
- Decide on a name for your team, to be submitted along with the total mileage you cover in the 24-hour period.
- Before starting, each team must decide on the order its members will be running, and this order must be kept throughout the relay.
- The relay must be run on a track (any size, indoors or outdoors).
- Each person must run exactly one mile each time it is his

or her turn to run. (If a runner drops out during a mile, then none of that mile counts, he or she is out of the relay and the next runner starts.)

- Only the original runners may run. No substitutes!
- If a runner drops out (either missing a turn or quitting during a mile), then he or she is out for good. But the team may continue. A team also may stop its relay, either for rest or waiting for a runner to show up. *Note:* If upon completion of your mile you find that the next runner is not on the scene, then stop and wait. If you run another lap it just wastes your time and energy because only one mile is recorded for you and the next runner still must run.
- Only completed individual miles count towards the team's total (except at the end of the 24-hour period, when exact yardage of the last partial mile must be measured).
- Each team must carry a baton at all times, and it must be handed off within a reasonable distance of the starting line.
- A non-competitor (not necessarily the same one at all times) always must be on hand recording mileage.
- The total team mileage, along with individual totals must be reported as soon as possible. Mail results to *Runner's World*, Box 366, Mountain View, Calif. 94040. It isn't necessary to run the full 24 hours to be eligible.

39. Topeka R.C. Pacers	271m 1746y (75)
40. U. of Victoria	271m 761y (71)
41. No. Jersey Striders	271m 229y (71)
42. Winchester "A"	271m 191y (71)
43. Spokane HS Runners	270m 1628y (72)
44. Dos Pueblos HS T.C.	270m 1217y (71)
45. Broome CYO R.C.	270m 1117y (75)
46. U. of Witwatersrand	270m 488y (72)
47. Maine All-Stars	269m 1579y (72)
48. Tiger Sagehans	269m 1225y (74)
49. Wonda's Wonders	269m 774y (74)
50. Williams Road Runners "A"	269m 530y (75)
51. Indianhead T.C.	269m 490y (73)
52. Redwood City Strid.	269m 101y (72)
53. Camino West	268m 940y (75)
54. Redwood City Strid. Op.	268m 630y (72)
55. W. Valley 8/Cal. Ag. 2	268m 475y (73)
56. Ontario Pl. A.C.	267m 1644y (72)
57. No. Baltimore T.C.	267m 1025y (74)
58. Noon's Goons	267m 807y (73)
59. A.S.C. Darmstadt	267m 796y (71)
60. Lancaster R.R. "A"	267m 93y (75)
61. Honeysuckle T.C.	266m 896y (70)
62. Palos Verdes HS	266m 825y (73)
63. N.A.T.O.	266m 111y (73)
64. Plains T.C.	265m 1734y (74)
65. Golden Valley A.C.	265m 1636y (75)
66. Marine Co. Quan. A.	265m 1123y (74)
67. N.A.T.O.	265m 861y (72)
68. Oakland Striders	265m 337y (74)
69. Mad River Runners	265m 156y (71)
70. Troy Team "A"	265m (74)
71. Tokai U. Team "A"	264m 993y (74)
72. Valencia HS	264m 553y (75)
73. G.T.O.	264m 540y (74)
74. Reichel's Rabbits	264m 512y (71)
75. Neveragain	263m 1630y (72)
76. Syracuse Harriers	263m 1160y (75)
77. Wheaton College	263m 1076y (75)
78. New Canaan HS	263m 552y (73)
79. Arizona All-Stars	263m (71)
80. Spartans	262m 1342y (74)
81. Baldwinville Harriers	262m 1280y (74)
82. San Carlos Lopare Cl.	262m 1204y (74)
83. Aggie Track Club	262m 666y (71)
84. Ambassador College Marathoners	261m 1700y (75)
85. Ten Harding Runners	261m 1662y (70)
86. San Piper Express	261m 1565y (74)
87. St. Louis Metro HS	261m 1375y (73)
88. VFR Achern	261m 756y (73)
89. Excelsior Mixed	261m 700y (75)

90. Glen Eilyn R.C.	261m 690y (73)
91. Bluegrass R.C.	261m 100y (73)
92. Huntington T.C.	260m 1581Y (74)
93. San Antonio R.R.	260m 1483y (75)
94. Lehman HS	260m 1401y (74)
95. The Illusion Dwellers	260m 962y (71)
96. Bali Hai Striders	260m 930y (72)
97. Sandusky HS	260m 924y (71)
98. Tampa Bay Runners	260m 440y (75)
99. Carmel HS T.C.	260m 332y (74)
100. White Bear HS	259m 1550y (71)

Tenn.	Kingsport Death Squad	234m 117y
Texas	Ambassador Mar.	261m 1700y
Utah	Utah Marathoners	200m 60y
Va.	Bethesda T.C.	275m 330y
Wash.	Olympic Camp	295m 269y
W.V.	W.Va. Runners	284m 1240y
Wisc.	Indianhead T.C.	269m 490y

## State All-Comers Records

STATE	RECORD HOLDER	DISTANCE
Ala.	Troy State A.C.	227m 720y
Alaska	Mears Jr. Hi. Team	240m 1712y
Ariz.	Arizona All-Stars	263m
Ark.	Harding Harriers	272m 1713y
Calif.	So. Cal. All-Stars	290m 1606y
Colo.	Pueblo Co. H.S.	237m 1140y
Conn.	Conn. H.S. All-Stars	288m 1474y
Del.	Delaware All-Stars	243m 88y
Fla.	Tampa Bay Runners	260m 440y
Ga.	Ft. Benning Orienteers	257m 963y
Ida.	Ida. Falls Easy Striders	218m 1370y
Ill.	Wheaton College	263m 1076y
Ind.	Indiana St. All-Stars	274m 241y
Iowa	Wanda's Wonders	269m 774y
Kans.	Topeka R.C. Pacers	271m 1746y
Ky.	Bluegrass Runners	261m 100y
Me.	Greater Portland A.C.	278m 1124y
Md.	N.A.T.O.	280m 1110y
Mass.	Williams R.R. "A"	269m 530y
Mich.	Oakland Striders	265m 337y
Minn.	Minn. Footpounders	277m 200y
Miss.	Gulf Coast Striders	259m 1180y
Mo.	Missouri Madmen	274m 1452y
Mont.	Helena H.S.	251m 40y
Neb.	Plains T.C.	265m 1734y
N.C.	Davidson College	254m
N.H.	N.H. Flakes	232m 480y
N.J.	N.J. Striders	271m 229y
N.M.	Atomic City T.C.	272m 632y
N.Y.	Broome CYO R.C.	270m 1117y
N.D.	Capital City Grease	242m 1320y
Ohio	Ohio State U.	276m 576y
Okla.	McLain H.S.	275m 959y
Ore.	Honeysuckle T.C.	266m 896y
Pa.	Suburban All-Stars	259m 1161y
S.C.	Furman Univ.	277m 896y
S.D.	Sioux Falls Team	243m 878y

## Complete 1975 Results

TEAM	DISTANCE
Conn. H.S. All-Stars (Conn.)	288m 1474y
Distance Unlimited (Md.)	281m 1478y
Preuben Krefeld (W. Ger.)	278m 394y
N.W. Ind. CYO T.C.	273m 880y
Findlay-Tiffin All-Stars (Ohio)	273m 600y
G.T.O. (Md.)	273m 464y
Bogus City Striders (Ill.)	272m 240y
Topeka Running Club Pacers (Kan.)	271m 1746y
Broome CYO Running Club (N.Y.)	270m 1117y
<b>260 to 269 Miles</b>	
Williams Road Runners "A" (Mass.)	269m 530y
Camino West (Calif.)	268m 940y
Lancaster Road Runners "A" (Ohio)	267m 93y
Golden Valley A.C. (Md.)	265m 1636y
Valencia H.S. (Calif.)	264m 553y
Syracuse Harriers (N.Y.)	263m 1160y
Wheaton College (Ill.)	263m 1076y
Ambassador Marathoners (Tex.)	261m 1700y
Excelsior Mixed (Calif.)	261m 700y
Proviso Run-for-Fun (Ill.)	261m 444y
San Antonio Road Runners (Tex.)	260m 1483y
Tampa Bay Runners (Fla.)	260m 440y
<b>250 to 259 Miles</b>	
(no name) (Calif.)	259m 910y
ASC Suchteln	259m 60y
Upstate 8 Conference (Ill.)	258m 1360y
Adventist Vegetarian 7 (Calif.)	258m 1248y
I Drettsforen Ingen (Norway)	258m 860y
Vestal H.S. Distance Team (N.Y.)	258m 774y
Buena Park Redwoods (Calif.)	257m 880y
Des Plaines Park Dist. (Ill.)	257m 1749y
SV Morlenbach (W. Germany)	257m 295y
Olympic Hopelesses (Calif.)	256m 520y
Granada Hills H.S. (Calif.)	255m 1480y

(continued on page 68)



Churchill Track Club (Md.)	255m 1163y	Long Island A.C. (N.Y.)	246m 176y	Marquette Park T.C. (Ill.)	235m 1630y
Williams Road Runners "B" (Mass.)	255m 262y	E.A.T. 'n Run (Ky.)	245m 40y	Wrunners (Penn.)	235m 1310y
HFC Striders (N.Y.)	254m 1309y	Guilderland Long Red Line (N.Y.)	244m 1650y	Fairadelphians (Md.)	235m 1147y
Davidson College (N.C.)	254m	LG Ried (W. Ger.)	244m 1325y	Howard Striders (Md.)	235m 1147y
Beltway Striders (Md.)	253m 1083y	Jamesville DeWitt A.C.C. (N.Y.)	244m 1160y	Captain Jack's Jolly Joggers	235m 160y
TV Huchem-Stammenin (W. Germany)	253m 608y	LG Hamburg (W. Ger.)	243m 1498y	Tidewater Striders "A" Team (Va.)	235m
Sahuaro H.S. Studs (Ariz.)	252m 1625y	Clan T.C. (Calif.)	243m 1400y	Turkeys '75 (Md.)	234m 1363y
Blau-Gelb Darmstadt (W. Ger.)	252m 1590y	Hornets T.C. (Ill.)	243m	Lancaster Road Runners "B" (Ohio)	234m 1309y
St. Raphael Academy T.C.	252m 1616y	St. Louis T.C. Brown (Mo.)	242m 880y	Kingsport Death Squad (Tenn.)	234m 117y
CSL Neuf-Brisach/Frankreich (W. Germany)	252m 1238y	Central Square Sixth (N.Y.)	242m 50y	Marine Barracks Ft. Meade (Md.)	234m 109y
St. Louis T.C. Grey (Mo.)	252m 880y	Los Alamitos H.S. (Calif.)	242m	Ambassador Road Runners (Tex.)	233m 1650y
The Cary T.C. (N.C.)	252m 433y	G Company TBS (Md.)	241m 1325y	Matheny's Marauders (Calif.)	233m 1565y
Cadet Marathon Team (N.Y.)	252m 92y	Sun Valley Striders (Md.)	241m	St. Louis T.C. Lavender (Mo.)	233m 1320y
Sons of Bellflower (Calif.)	251m 1350y	N.W. Ind. Lumbago All-Stars (Ind.)	241m	Wagner H.S. Falcons (N.Y.)	233m 981y
SG Walldorf-Astoria (W. Ger.)	251m 354y	Mears Junior H.S. (Alaska)	240m 1712y	Alameda Burnouts (Calif.)	233m 255y
LG Offenburg (W. Ger.)	251m 15y	Manchester H.S. (Ind.)	240m 1327y	Brownwood T.C. (Tex.)	233m 175y
Crew Team (Va.)	251m	Preuben Krefeld II (W. Ger.)	240m 700y	Manassas Maulers (Md.)	233m 94y
Purina Turkey Chow (Calif.)	251m	<b>230 to 239 Miles</b>		TV Weilburg (W. Ger.)	233m 3y
Torrance H.S. Maroon (Calif.)	250m 735y	UDT-21 Team (Va.)	239m 1408y	Ridgecrest Over the Hill (Calif.)	231m 570y
Tax Reducers A.C. (Calif.)	250m	Fulton Jocks (N.Y.)	239m 515y	SC Alfter (W. Ger.)	231m 203y
		Ralston Alumni (Calif.)	238m 980y	Georgetown Prep (Md.)	231m
		LG Immenstadt (W. Ger.)	238m 797y	Road Runner H.S. No. 1 (Tex.)	230m 1475y
		Canyon H.S. (Calif.)	238m 553y	<b>220 to 229 Miles</b>	
		Laurel T.C. (Md.)	238m 277y	MTA (Md.)	229m 1620y
		Quantico Seniors (Md.)	238m 4y	Hudshkin's Munchkin's	229m 1535y
		Victor Valley H.S. (Calif.)	237m 1570y	Shenandoah Shoelaces (Md.)	226m 332y
		Troy H.S. (Calif.)	237m 1328y	West Point Marathon Team "B" (N.Y.)	226m 330y
		Bassett's (5 plus 5) (Calif.)	236m 1408y	University of Alaska (Alaska)	225m 1532y
				Indian Head Mississes (Md.)	225m 1087y
				Kings Canyon F.C.A. (Calif.)	225m 492y
				Lord's Four (Ore.)	225m 168y
				Port City Striders (N.Y.)	224m 1220y
				Brighton Beach T.C. (N.Y.)	224m 497y
				B'ville Alumni (N.Y.)	224m 460y
				Fort Monroe Team (Va.)	224m
				Ralston Junior H.S. (Calif.)	223m 1440y
				NBTC-BOC (Md.)	223m 883y
				Fremont Dynasty (Calif.)	222m 705y
				Buzz's Boys	222m
				Tus Worms-Hochheim (W. Ger.)	221m 1186y
				Eielson AFB (Alaska)	221m 476y
				Marathon Giessen (W. Ger.)	220m 213y
				Belleville Blue Maroons (Ill.)	220m
				<b>210 to 219 Miles</b>	
				Brentwood T.C. (Calif.)	219m 880y
				Hooterville Striders (N.Y.)	219m
				TV Konigstadten (W. Ger.)	218m 143y
				LLG Pfeddersheim (W. Ger.)	217m 593y
				Arch's Striders (Ind.)	216m 1060y
				Adam and Eve Express (Calif.)	216m 949y
				USC GC Polar Star (Wash.)	216m 110y
				Utica and Rome (N.Y.)	215m
				Arrow T.C. (Calif.)	214m 1470y
				B'ville Harriers No. 1 (N.Y.)	214m 1320y
				West Valley Women (Calif.)	214m 787y
				Mercury T.C. (N.Y.)	214m 30y
				E.C. Glass H.S. (Va.)	214m
				TSV Raunheim (W. Ger.)	213m 406y
				Lombard T.C. (Ill.)	212m 758y
				Ten Over Fifty (N.Y.)	212m 260y
				Alisal H.S. (Calif.)	211m 223y
				Stanley Steamers (Minn.)	210m 660y
				Tortoises (N.Y.)	210m 500y
				Barstow City (Calif.)	210m 100y
				<b>200 to 209 Miles</b>	
				Schalmont H.S. "A" (N.Y.)	209m 880y
				Torrance H.S. White (Calif.)	209m 599y
				Parkway West (Mo.)	209m
				Tupper Lake Team (N.Y.)	208m 880y
				Hannibal Warriors (N.Y.)	207m 400y
				Furman T.C. (Ind.)	207m
				Williams Road Runners "C" (Mass.)	206m 1662y
				Tenni Boppers	204m 1320y
				Williams College Women (Mass.)	204m 1201y
				C. to M.R. (Calif.)	205m 870y
				Demio OCS (Md.)	204m 444y
				Peninsular Girls (Calif.)	204m 410y
				West Babylon T.C. (N.Y.)	204m
				Berg's Bums	203m 546y
				Apple Valley H.S. (Calif.)	203m 20y
				Baltimore Road Runners (Md.)	200m 1472y
				La Habra Schmucks (Calif.)	200m
				<b>190 to 199 Miles</b>	
				Tidewater Striders Masters (Va.)	199m 880y

## 24 Hour Relay Records

### SPECIAL CATEGORIES

Category	Distance	Record Holder	Year
Married Couples	216m 769y	Harried Marrieds (Calif.)	1976
Family	133m 1320y	5 Brothers (Ohio)	1975
Mixed Team	229m 1620y	M.T.A. (Md.)	1975
Over 40	259m 108y	Senior T.C. (Calif.)	1971
Over 50	212m 260y	Ten Over 50 (N.Y.)	1975
Race Walk	162m 275y	Colorado T.C. (Colo.)	1973
Steeple	233m 24y	Sheldon H.S./Alumni (Ore.)	1974
Military	249m 571y	D.C. Marines (Md.)	1975
Police	236m 1230y	Los Angeles P.D. (Calif.)	1972

### WOMEN

Category	Distance	Record Holder	Year
World	223m 80y	Kettering Striders (Ohio)	1972
Club	223m 80y	Kettering Striders (Ohio)	1972
College	204m 1201y	Williams College Women (Mass.)	1975
High School	199m 100y	Willie's Bus Bugs (Conn.)	1974
Junior High School	170m 30y	Hook J.H.S. (Calif.)	1973
Elementary	(none available)		
Indoor	240m 1201y	Williams College Women (Mass.)	1975
10 women	223m 80y	Kettering Striders (Ohio)	1972
9 women	203m 1263y	Happy Legs (Md.)	1974
8 women	179m	Walsie L. Ward Girls (Fla.)	1975
7 women	214m 787y	West Valley Women (Calif.)	1975
6 women	175m 79y	Crazy Legs (Md.)	1973
5 women	148m 320y	Union H.S. Girls (N.J.)	1975
4 women	130m 1225y	Cornell University (N.Y.)	1975
3 women	115m	Pacetroppers of S.B. (Calif.)	1972
2 women	(none available)		

### MEN

Category	Distance	Record Holder	Year
World	297m 1145y	Edinburgh A.C. (Scotland)	1974
Club	297m 1145y	Edinburgh A.C. (Scotland)	1974
College	285m 1320y	Cal. Poly (Calif.)	1974
High School	276m 769y	Dos Pueblos H.S. T.C. (Calif.)	1972
H.S. All-Stars	288m 147y	Conn. H.S. All-Stars (Conn.)	1975
H.S. Freshmen	223m 1479y	King's Canyon Christian (Calif.)	1974
Junior High School	260m 1401y	Lehman J.H.S. (Ohio)	1974
Elementary	222m 647y	Ocean City Elem. (Fla.)	1974
American Club	284m 224y	West Valley T.C. (Calif.)	1973
Indoor	276m 576y	Ohio State (Ohio)	1973
10 men	295m 269y	Olympic Camp (Wash.)	1970
9 men	277m 715y	Suburban All-Stars (Ill.)	1973
8 men	273m 600y	Findlay Tiffin All-Stars (Ohio)	1975
7 men	258m 1248y	Vegetarian Seven (Calif.)	1975
6 men	250m 768y	New Canaan H.S. (Conn.)	1974
5 men	175m 270y	For What They're Worth (Md.)	1975
4 men	225m 168y	Lord's Four (Ore.)	1975
3 men	198m 1560y	Parkville X-C Vets (Md.)	1974
2 men	181m 632y	Bowling Green M.C. (Ohio)	1972

Married Milers (Alaska)	198m	1615y
Trinity College Students (Conn.)	196m	1320y
Kraemer Junior H.S. (Calif.)	196m	880y
Hesperia Junior H.S. (Calif.)	195m	1440y
Trinity College Faculty (Conn.)	194m	1430y
Brown Track Club (Md.)	194m	
Navarretes Chicano (Calif.)	194m	
Jolly Joggers (N.Y.)	193m	1320y
Schalmon H.S. "D" (N.Y.)	193m	330y
Redwood City Flyers (Calif.)	192m	830y
Fulton Female Flyers (N.Y.)	192m	381y
Schalmon H.S. "B" (N.Y.)	191m	1210y
B'ville Harriers (N.Y.)	191m	1180y

<b>180 to 189 Miles</b>		
Pittsfield H.S. (Ill.)	189m	990y
Night Crawlers	189m	
Camptown Racers (Calif.)	188m	690y
Hook Junior H.S. (Calif.)	187m	605y
Royal Oak H.S. Critters (Calif.)	187m	
Lars Gang	186m	1660y
Jim Ryun Team	184m	1530y
Hook 7th Graders (Calif.)	181m	220y
Valencia Shot-put Studs (Calif.)	181m	
Executive Protective Service (Md.)	180m	256y

<b>170 to 179 Miles</b>		
Walsie L. Ward Girls Club (Fla.)	179m	
Valencia H.S. Foxes (Calif.)	178m	220y
Ambassador Royalettes (Tex.)	176m	560y
Glen Ellyn R.C. (Ill.)	176m	385y
St. Joseph's (Calif.)	176m	
The Fan Club (Ill.)	176m	
For What They're Worth (Md.)	175m	270y
Glen Ellyn R.C. "Z" (Ill.)	172m	

<b>160 to 169 Miles</b>		
San Carlos Lopare (Calif.)	169m	
Illinois State U. (Ill.)	167m	
Our Gang (Md.)	166m	67y
Apple Valley Jr. H.S. (Calif.)	165m	880y
Hook Jr. H.S. 3rd Team (Calif.)	165m	660y
New York Mets (N.Y.)	165m	593y
29 Palms 8th Grade (Calif.)	162m	1346y

<b>150 to 159 Miles</b>		
Victorville Baptist (Calif.)	158m	500y
Coors University	156m	1080y
Parkville X-C Vets (Md.)	154m	
Travs Valley Express (Calif.)	153m	
Pony Striders (N.Y.)	152m	390y
Goldendale Mixed Team (Wash.)	151m	
Royal Trotters	150m	1380y
Girls Club Team (Alaska)	150m	387y
Victor Valley H.S. Girls (Calif.)	150m	220y
Norm's Gang	150m	

<b>140 to 149 Miles</b>		
Schalmon H.S. "Z" (N.Y.)	148m	770y
Union City H.S. Girls (N.J.)	148m	320y
Rolling Rock's	146m	635y
LG Blau-Gelb Darmstadt (W. Ger.)	142m	456y
White Line Fever (Md.)	140m	678y

<b>130 to 139 Miles</b>		
George Team (Va.)	139m	
Victor Central H.S. (N.Y.)	138m	1210y
Hook Jr. H.S. Girls (Calif.)	138m	330y
International Striders (Calif.)	137m	
San Fran Striders (Calif.)	136m	
Five Brothers (Ohio)	133m	1320y
Rookies	133m	605y
Houdini Kids	133m	440y
Turtle Creek	132m	850y
The Strutters (Va.)	132m	330y

<b>120 to 129 Miles</b>		
Posthumous Four (Calif.)	126m	
Foxy Road Runners	125m	400y
Suburban Catholic Conference (Ill.)	123m	

<b>110 to 119 Miles</b>		
Glen Ellyn Running Club		
Sack "A" (Ill.)	117m	
Gonzo's All-Star Garage (Md.)	116m	880y
Hardshell Harriers (Ark.)	115m	47y

<b>100 to 109 Miles</b>		
Rockford Harlem H.S. (Ill.)	108m	
Dulaney T.V. (Md.)	105m	
Westport (N.Y.)	100m	
Lake Placid Team (N.Y.)	100m	

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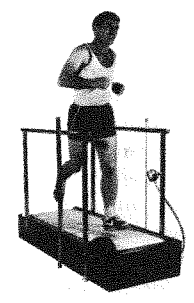
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# Medical Advice

## George Sheehan, M.D.

### ACHILLES TENDINITIS

*What is Achilles tendinitis?*

It is an inflammation of the heel cord and/or the sheath that covers it. The tendon is tender to touch and usually thicker than the normal one. Running and even walking are painful.

*How often does achilles tendinitis occur?*

This is a disease of athletes, mainly those in the running sports. In a poll of 1000 runners by *RW*, 15% reported disabling attacks of heel cord pain lasting two weeks or longer. It is also fairly common in tennis players, soccer players, handball players and to a lesser extent in basketball players.

*What causes this problem?*

Achilles tendinitis has two fundamental causes, one muscular, the other structural.

The muscular cause is short inflexible calf muscles which develop from prolonged participation in the athlete's sport. The tendon then attempts to compensate for this limited range. Any sudden stress or strain from foot strike to takeoff must also be absorbed by the heel cord itself. Unfortunately about 90% of runners have abnormally short inflexible calf muscles.

The structural cause of achilles tendinitis is weak feet. The most common is the "Grecian foot" or "Morton's foot" with the short big toe and the long second toe. Other indicators of weak feet would be a history of having to wear corrective shoes as a child, or of having "weak ankles," or Hagland's deformity (a bump on either side of the back of the heel). This is a sign of an unstable heel and the presence of an abnormal strain on the heel cord.

*What usually precipitates an attack of achilles tendinitis?*

Increased training, speed work, hill work, allowing shoes to run down at the heels or a change of shoes can put excessive stress on the short calf and weak foot. Acute symptoms will then occur.

I once ran in a five-mile race in indoor running shoes with no heels. I thought I would never run again, the pain and swelling of the tendons were so bad.

I have also developed pain and tenderness during training from letting my heels wear down just a quarter of an inch. With 5000 footstrikes on each foot every hour, millimeters count.

Racing, since it introduces several of these factors (light shoes with little support and low heels, plus speed and hills and intense effort), is often followed by some amount of Achilles difficulty.

*Can achilles tendinitis be prevented?*

Yes. First you must correct the short calf muscles. This can be done by daily stretching both before and after running. You should also wear a shoe with an adequate heel elevation to compensate for the tight muscles.

Second, you must correct any instability in the foot. This may be done with a Dr. Scholl's "610" support (available at a Scholl's shoe outlet) or the use of a flexible, noncompressible support made from a mold by your podiatrist.

*Suppose I get achilles tendinitis what should I do?*

Immediately you should add a heel lift sufficient to make walking and then running pain-free. This may mean an inch or more of surgical felt.

Avoid hill and speed activity.

You should also run on the opposite side of the road or in the opposite direction on the track.

Try to run slightly pigeon-toed. This tends to tighten up the foot strike and minimizes strain on the heel cord.

Ice the area after every workout.

At the same time institute the preventive measures outlined above: exercises, shoes, etc.

*Will I be helped by medications, cortisone shots or whirlpool treatments?*

These are not remedies. They do not lengthen your calf muscles or correct your foot weakness or raise the heel on your shoes. As soon as you resume running the pain will return. You have a problem in structural engineering. Drugs are therefore just a digression. In addition, cortisone shots may be followed by rupture of the tendon.

*I have gotten tailor-made supports, added heel lifts, done my exercises, worn the right shoes and four months later I am still in trouble. What should I do?*

You may be one of the tiny minority needing surgery. The sheath may-

be the problem, not the tendon. Opening of the tendon sheath and cutting of adhesions may help. Removal of a bony beak cutting into the tendon may also be needed.

However, surgery will be unsuccessful unless all the previously recommended measures are taken in the post-operative period. And it is quite possible that all you needed originally was more stretching, a higher heel and better foot control.

## SMOKING

**Q:** Please help! What is the effect of smoking on running? At 35 years of age with five years of marathoning experience, the old devil cigarettes returned. (P.P., Washington)

**A:** Smoking reduces your maximum oxygen capacity, and therefore your peak endurance efforts. However, this may not be enough of an incentive for you to quit. I would, in fact, be surprised if it did.

Returning to smoking suggests psychological factors operating which are not being overcome by your distance running. Possibly, too, you are over-training into a depression.

Smoking is a symptom, and resumption of smoking means you should evaluate your life-style to see where the problem is.

## NEUROSES

**Q:** As a runner being treated with psychotherapy for long-simmering neuroses in addition to more-recently acquired marital problems, I'm wondering about the possible casual relationships among these factors: exercise, diet, metabolism and emotional health. When I finally decided to seek treatment, it coincided with a very fatiguing race—the only one I had ever entered. Could the running have suddenly altered my metabolism enough that neuroses resulted or were aggravated? (S.T., Massachusetts).

**A:** You raise an interesting and unanswerable question. The subjects you touch on have been inadequately researched, and this is not for lack of trying. Almost daily we see articles on the effect of exercise and diet on the emotions and metabolism, the significance of low blood sugar and the role of ex-haustion.

Unfortunately, those results will not stand scientific analysis, and we are

left as experiments of one to try megavitamins, macrobiotic diets, etc., etc.

For myself, I lean toward depletion and exhaustion as our major stresses. Many of us can train only two or three times a week or a consistent basis in order to stay well. Many of need naps every day, and are actually made for a four-hour work day and a four-day work week. Over-extended, we go to the edges of our personality and beyond to depression, paranoia or schizophrenia.

I can see this in myself. Sleep, naps, running only Tuesdays, Thursdays and Sundays and occasionally some vitamin B-12 make things look brighter.

## QUESTIONS

What's troubling you? If it's a medical problem, George Sheehan may be able to correct it. Write to him in care of *Runner's World*, P.O. Box 366, Mountain View, Calif. 94040.

Although Dr. Sheehan attempts to answer all letters which he receives, only a small fraction of them appear in his column. Please limit your questions to those which have not been covered recently in the column and which will be of general interest to other readers—*Editor*. ●



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must submit their Logbook for certification and presentation of award. The Logbook will be returned with the award.

Throughout 1976, the NJA newsletter, *The Jogger*, will carry reported stories of interest on particular courses or distances run in honor of the Bicentennial.

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# Looking at People

● "I think it's a world's cross-country record in competitive racing for a blind man," Don Muffley, who along with Dick Heiks had just completed the 13th Annual John F. Kennedy Hike-Run near Hagerstown, Md., in unusual roles as aides to a 29-year-old blind runner.

The runner, Tom Rothrock, completed the 50-mile course through rugged mountain terrain and along back country roads with help from his two companions in 10:52:55. Of the 630 participants who started the race, slightly more than half (341) finished, with the trio placing 133rd, 134th and 135th.



Tom Rothrock, blind ultra-marathoner.

"First we started wearing bells but that was good only on the open road, not on the rocky Appalachian Trail," Muffley recalled. "Then we tried a belt on Tom with handles but the other runners couldn't swing their arms.

"Then finally we came up with two-foot ropes attached by snaps to his belt. On the open road we run beside him. On the mountain we use two three-foot lines. One sighted runner goes in front, the other runs alongside Tom holding on to his jersey," Muffley said.

Rothrock recalled, "One guy asked why the ropes and I told him. He apologized and I said, 'You don't know until you ask.'"

Rothrock had been running only a year, almost to the day, when he finished the Hike-Run last November.

● An alleged attempt by an unemployed Bronx, N.Y., truck driver to rob a jogger on the George Washington Bridge in New York City was foiled when the jogger turned out to be an off-duty Port Authority Police lieutenant.

Carl Brunell, reported that a man with a knife approached him on the bridge, shouting, "I'm going to whip you, and I want your money, too."

Brunell unzipped his jacket, pulled a revolver out of his shoulder holster and said, "No, you put your hands up instead."

"Unfortunately, there are lots of cases of people getting ripped off while walking across the bridge. That's what our plain-clothed bicycle patrol is out to stop," Brunell said.

● Those skeptics who maintain that race walkers "only do it because they can't run" might be interested in some statistics compiled by Jack Mortland and published in his *Ohio Race Walker*. Among the walkers' running times quoted by Mortland are Butch Hammer's 4:14.0 mile, Jerry Bocci's three-mile of 14:42, Ray Somers' 30:22 for six miles, Carl Swift's 2:19:32 marathon and Floyd Godwin's 2:20:52. In fact, Mortland himself set a mark by running the 440 in 49.5.



A photo which hardly needs explanation: Dutch Workman before the Fiesta Bowl Marathon.

● After completing a notable 1:14:20 effort over the Newark, N.J., 12-Mile Run, George Sheehan, M.D., *Runner's World* medical columnist, discovered he had locked his clothes and keys in the trunk of his car.

An unidentified local observer,

knowing that Dr. Sheehan is a philosophical fan of Gasset y Ortega, reportedly asked, "What would Ortega say about someone who locked his keys in the trunk?"

The observer's companion replied, "Turkey!"

No comment was received from Dr. Sheehan.

● Axel Peterson, a 57-year-old runner, claims a world record for long-distance stair climbing despite the unorthodox method with which he was forced to attain the world mark.

Peterson, of Pleasant Hills, Pa., noticed in the *Guinness Book of World Records* that the record for climbing stairs was established in 1932 by members of the Polish Olympic ski team. The skiers had set the mark by conquering the stairs from the fifth to 102nd floors in New York City's Empire State Building in exactly 21 minutes, the record book said.

Having been refused permission from officials at the Empire State Building for clearance to approach the record, Peterson turned to the University of Pittsburgh's Cathedral of Learning. Although the building was not the required height of 1170 feet for breaking the record, Peterson did devise an alternative.

He climbed from the basement to the 36th floor twice and finally back up to the 17th floor for a total of 1170 feet. Even counting the elevator rides down between climbs, Peterson finished his endeavor in 20:42, a time that shaved 18 seconds off the old mark.

● Ernst van Aaken, M.D., author of the newly published *Van Aaken Method*, plans to attend the Boston Marathon. None of the coach's top German women will be with him because their national championship is a week later. But he will bring a Dutch runner, Claire Spauwen, who ran 2:51 in December with little training. She has worked more since then.

The World Women's Marathon Championship is scheduled for Sept. 26 in van Aaken's hometown, Waldniel, West Germany.

● Advice rendered by Ann Landers recently in reply to a question from a Washington, D.C., reader proved the columnist does not view jogging as a cure-all. The letter said:

"Dear Ann: My husband never worked late and never went anywhere without me. I thought I knew where he was every minute. He used to jog every morning. I decided to follow him when

he left the house to jog during the worst blizzard of the year. He jogged right over to the home of my best friend, a widow who lives six blocks away. That's where he was getting all that wonderful exercise."

Ann's reply was simply, "Don't tell me about husbands."

● Although it is not unusual for a runner to celebrate his birthday by running, **Andy Poulin**, 40, of Columbus, Ohio, celebrated recently by running 40 miles in 5:17 on an indoor track which measures 25 laps to the mile. That's 1000 laps!

● Veterans of the annual Boston Marathon who have experienced difficulty in spotting the Boston checkpoints and mile marks might be interested in knowing that the New England Jogabouts (a club not connected with the race-sponsoring Boston Athletic Association) will post this year the precise five-, 10-, 15- and 20-mile points.

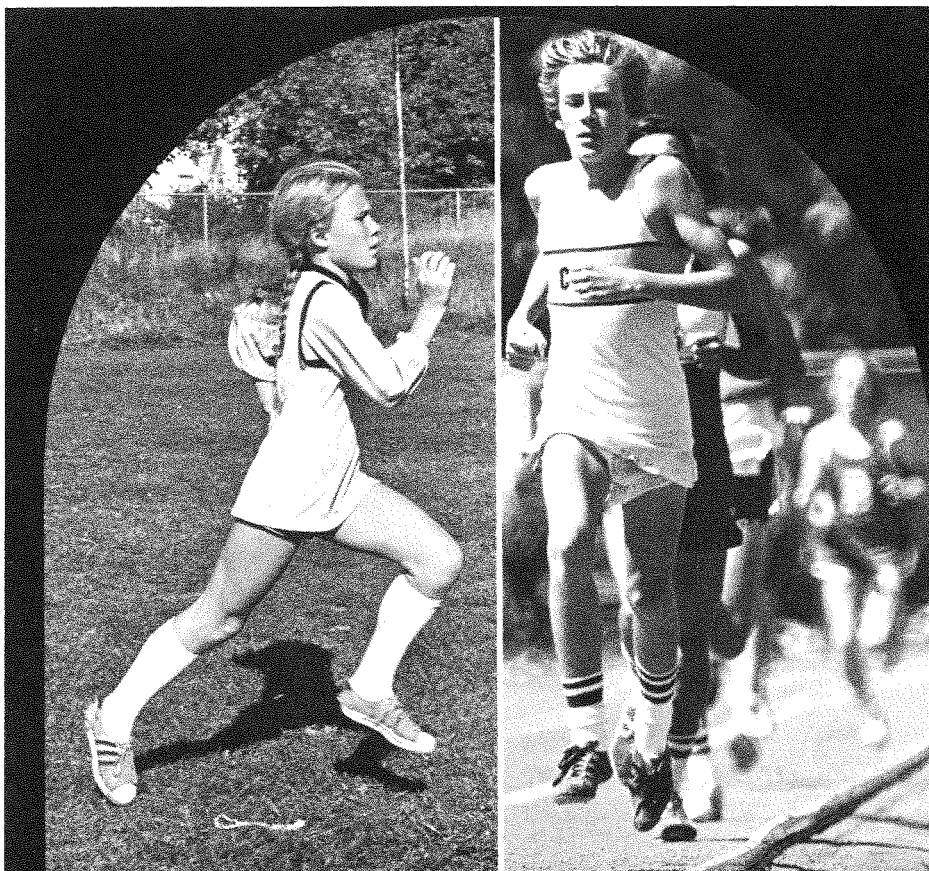
"We'll try, but don't guarantee, to give the time also and say whether it is 'exact' or 'approximate,'" **Alan Wiloughby**, president of the Jogabouts, said. "It will, of course, be unofficial. The five and 10 miles are from the course certification and, therefore, exact. The 15 and 20 we have remeasured using AAU standards, but these may be off a few yards because of curves."



*Jim (left) and Tom O'Neil*

● During what could be billed as a "family affair in February," Jim and Tom O'Neil of Sacramento, Calif., combined for a father-son record time of 5:16:53 during the West Valley Marathon at San Mateo, Calif. Father Jim recorded a 2:47:52 while son Tom, a high school junior, recorded at 2:29:01.

Also during that marathon, **Dave and Kathy Himmelberger** set what is believed to be a husband-wife mark of 5:38:55 with Dave running a 2:38:20 and Kathy running a 3:00:35. It was the first marathon run by each of the Himmelbergers. ●



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- What and how much should you drink during a race?
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# Technical Tips

Answering the needs of our readers.

## ARM ACTION

Proper arm motion is important in distance running. The arms are the runner's balancing mechanism, the right arm balancing the left leg and the left arm balancing the right leg.

Incorrect arm motion results in excessive up and down bounce, side to side motion, twisting shoulders, "squirming" of the runner's entire body, decreased length of stride and even reduced breathing efficiency. All of these faults result in wasted energy. This energy is better used for forward motion.

Common errors in use of the arms are: carrying hands too high, near the shoulder; carrying hands too low, below the hips; too little forward and backward movement; moving arms across

the body; moving arms to the outside; and flopping of the hands and fore-arms.

My correction of these arm-motion errors has resulted in improvements such as a 33-second reduction in the time for an eight-mile run and a 10% reduction in the number of strides counted per lap on a track.

Proper arm motion will not be exactly the same for all distance runners, but generally it involves the following:

1. At the midpoint of stride, the forearm, wrist and hand should be parallel to the ground. The hand should neither be stiffly straight nor in a tight fist, but loosely clenched with the palm at about a right angle to the ground.

2. In the extreme forward position, the forearm should be aimed slightly

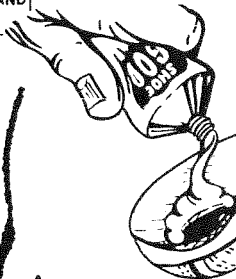
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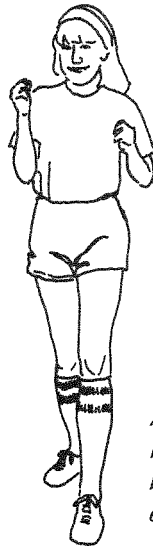


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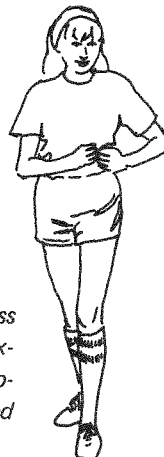
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*Arms too high, producing shoulder twisting, bouncing and shortened stride.*



*Arms too low, with considerable side-to-side and up-and-down motion.*



*Arms moving across body, resulting in extreme side-to-side motion plus shortened stride.*



*Recommended starting position, forearm parallel to the ground.*

up from the previous parallel to the ground angle.

3. In the extreme rear position, the arm should be pointed slightly down toward the ground.

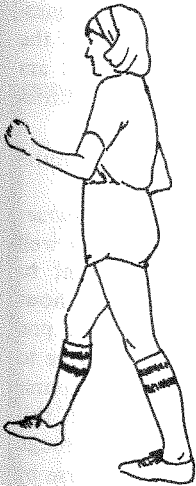
4. The arms should move nearly forward and backward. However some slight inward motion for each arm is usually needed to balance the motion of the opposite leg.

You can check your performance this way:

1. Run with the sun at your back and watch your shadow on the ground. Excessive bounce and side motions show up readily, and corrective action can be taken quickly.

2. Learn to look down at one of your shoulders to see how much twisting you do. Increase the arc of arm motion as needed to reduce the shoulder movement.

3. Run a quarter-mile on the track at your typical distance pace and count your strides. Record this figure and check again for improvement as you gain better balance from correct arm motion.



Left arm in forward position, balancing right leg action.



Left arm in rear position, also balancing right leg action.

(continued on page 76)



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**Keep track with metric converters.**

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**OLD LEADERSHIP:** Don McMahill, Chuck Smead, Dr. Bill Zuti, Joe Ehlers, Rick Trujillo, Hylke Van der Wahl & others.

**NEW LEADERSHIP:** Pat Amato, Alex Boies, Merv Bennett, Cheryl Bridges, Rory Donaldson & others.

**JOGGERS:** In addition to the regular program, clinics will be held for the novice jogger each week.

**FACILITIES: RUSTIC!!**

**FREE BROCHURE:** For a FREE brochure and camp application, write to: Merv Bennett, Pikes Peak, Y, P.O. Box 1694, Colorado Springs, Colorado 80901.

Holy Names College Presents

## May Run... Strawberry Stroll

Sunday, May 2, 10:00a.m.

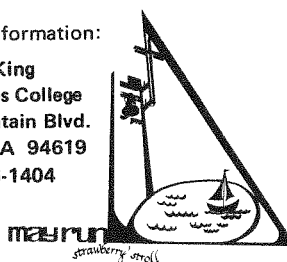
6.5 scenic miles from Holy Names College  
to Lake Merritt

Awards to top men and women in each  
category:

Seniors (50+)  
Masters (40-50)  
Open (20-39)  
High School (15-19)  
Juniors (10-14)  
Odds & Ends (9 & under)

For race information:

Mary King  
Holy Names College  
3500 Mountain Blvd.  
Oakland, CA 94619  
(415) 436-1404



GLOVERSVILLE, NY

June 6

1976 Fulton County  
Running Race

**NATIONAL AAU EASTERN  
SECTIONAL CHAMPIONSHIP  
15 KM**

Trophies, Unique Fulton County  
Merchandise, Medals, Awards to  
all Age Groups

Contact:

Warren Dennie  
8 Judson Parkway  
Gloversville, NY 12078  
(518) 725-6447

## 1976 Eastern Express Run

Action Dragway  
May 1, 8 a.m.  
Terre Haute,  
Indiana



The second annual 20 kilometer Eastern Express Run, co-sponsored by Eastern Express, Inc., and the Wabash Valley Pace-makers, will be held at 8 a.m., May 1, in conjunction with the Tony Hulman Classic, USAC sprint car race to be nationally televised by ABC Wide World of Sports.

Five competitive categories include: open division; women; under 16-years-old; 30-39; 40-49; and over 50.

No entry fee before April 24. There will be a \$2 charge for late entry or entry on day of race.

For registration and information, contact Richard Harland, Coordinator, Eastern Express Run 1976, Eastern Express, Inc., 1450 Wabash Avenue, Terre Haute, Indiana 47808 (812) 232-5321.

4. Have a friend check you, perhaps taking photos.

You may be able to improve your "kick" at the finish by swinging your arms farther and faster. You will be surprised and pleased with the increased speed you can generate when it seems that you have nothing left.

Arnold Kauder

### COURSE CERTIFICATION

Runners like to know the true length of a road course. And when the course is described as "AAU certified" on the entry blank or in the *Marathon Handbook* and other advertising, the attractiveness of the event is much increased.

Yet many runners are confused as to what "certified" means, and others who are familiar with the term don't know how to go about certifying a course.

I'll briefly describe the certification methods here. More details are available from Ted Corbitt, chairman of the AAU Standards Committee, Apt. 8H, Sect. 4, 150 W. 225th St., New York, N.Y. 10463.

The best way to measure a course so it will be accepted without question is to follow the procedures of the Standards Committee, of which I am a member. This is the only group authorized to certify courses.

There are six steps in the measurement process:

1. *Decide on a tentative course.*

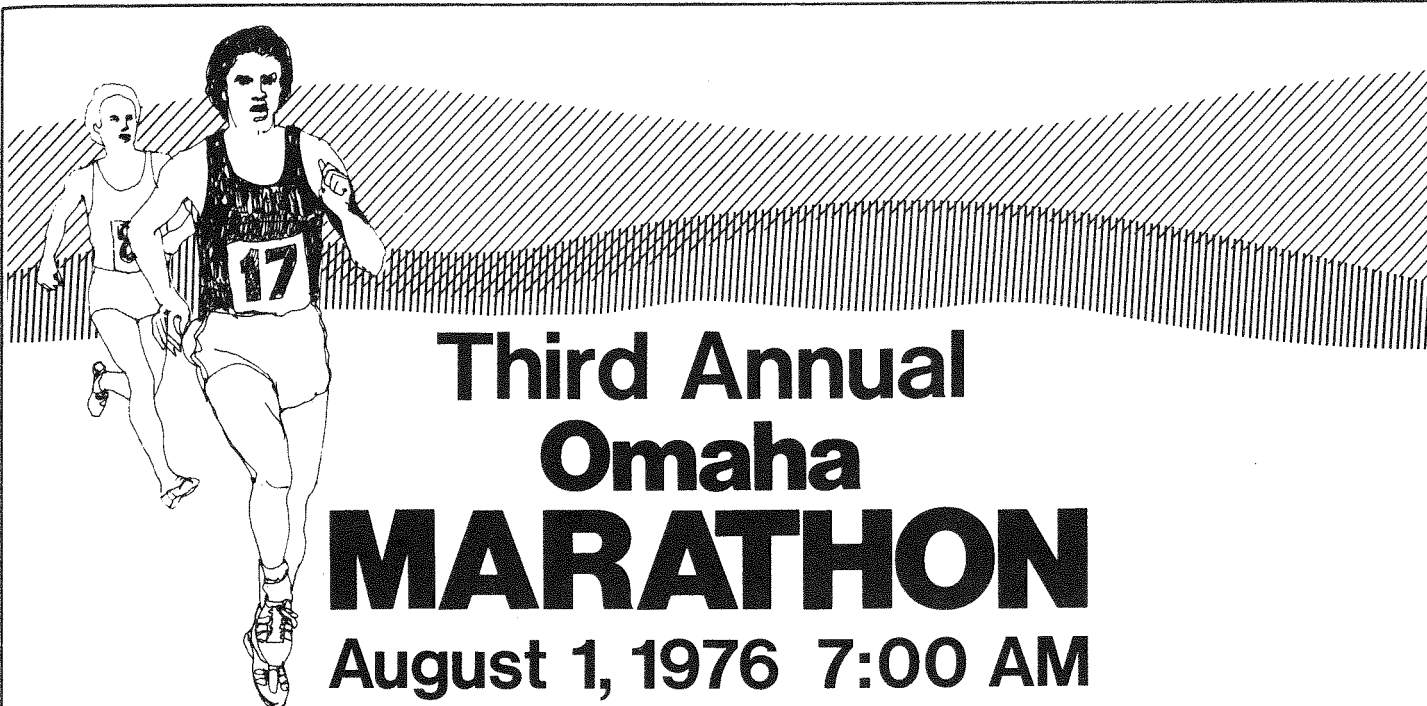
In some situations, the course is well established and you simply want to determine its length. More often, however, you want a course of some predetermined length, so you will have to modify slightly your proposed course after carefully measuring it. In this stage of planning you can get a rough idea about the length of the course by using a car or a detailed map which is to scale, such as a US Geological Survey map.

2. *Measure the "reference mile."*

For this step, you need a steel surveyor's tape (100, 200 or 300 feet long). Your entire measurement will be based on this tape, so it is very important that it be accurate. The reference mile should be laid out along a straight, flat stretch of highway. A lightly-traveled road will make the chaining and subsequent bicycle riding much easier.

Do the measurement about two feet out from the edge of the road. Begin by placing a permanent marker at one end of the mile course. This could be a

(continued on page 78)



# Third Annual Omaha MARATHON

August 1, 1976 7:00 AM

26 MILES 385 YARDS ALONG OMAHA'S RIVERFRONT

Entry Fee: \$4.00 Entries Closed July 28, 1976

Awards for everyone (1st prize  
round trip flight to Boston  
Marathon)  
AAU Certified

For entry blanks and further in-  
formation send self-addressed,  
stamped envelope to:

**Bob Lozeau**  
"OMAHA MARATHON"  
1620 Dodge Omaha, Ne. 68102

## COURSE

Traffic-free; scenic out  
& back; follows Rideau  
Canal & Ottawa River;  
no heartbreak hills

## WEATHER FOR MAY 2nd

Year	Temp (F)	Wind	Rain
1975	46/61	SW/6	Trace
1974	26/54	S/6	Nil
1973	48/71	S/10	.11"
1972	37/50	NE/15	.18"
1971	43/52	NE/7	Trace

## CATEGORIES

Open, Masters, Women,  
Military, Team, Special  
(oldest, youngest, first  
novice, husband/wife, etc  
etc.)

## BANQUET

Awards presentation buffet  
free to runners, videotape  
highlights of race

## NATIONAL CAPITAL MARATHON



9 A.M. SUNDAY  
2 MAY, 1976

### FOR ENTRY FORMS CONTACT:

National Capital Marathon  
COMMUNITY DEVELOPMENT DEPARTMENT  
RECREATION AND PARKS BRANCH  
111 Sussex Drive  
Ottawa, Ontario, CANADA  
K1N 5A1 (1-613-563-3222)

## AWARDS

Trophies, medals,  
merchandise prizes, T-  
shirts and commemorative  
patches, certificates.

## 1975 WINNING TIMES

Open 2:26:38  
Masters 2:32:20  
Women 3:27:28

## 1976 RACE

1. National Capital  
Marathon - Open to  
all
2. 1976 Canadian Olympic  
Marathon Trials
3. 1976 Canadian Military  
Championships.



notch cut into concrete with a chisel, a large nail or railroad spike driven into asphalt, or perhaps an edge of a man-hole cover. Take notes describing the point so you will not be mistaken about it later. Draw a circle around the point with paint. Starting from that point, begin chaining. Mark the end of each 100-foot segment (assuming you're using a 100-foot tape) with adhesive tape.

Having measured the mile once, leave in place the piece of adhesive tape which marks the end, but go back and remove and count all of the others. Now chain again in the same manner.

You should come out within a couple of inches of your first ending point. Put a permanent marker halfway between the two ending points, take note of its location, apply some paint to the spot, and you've finished measuring the reference mile.

3. *Ride over the reference mile four times.* For this, you need a bicycle equipped with a revolution counter (more on counters later).

Ride the mile, trying not to weave. At the end, record the number of revolutions. Then ride the mile three more times for verification.

4. *Ride over the proposed course two times.* You need definite markers at the beginning and finishing points. Count revolutions as you did on the reference mile. Try to follow the path you think the runners will take. On a lightly traveled road, this will involve cutting across on turns. On a more heavily-traveled road, you should measure along one side of the road and then *require* the runners to stay on this side. Otherwise, both the runners' safety and the validity of your measurement will be in jeopardy.

5. *Repeat step three.*

6. *Make adjustments to the proposed course to arrive at the distance you want.*

To obtain a revolution counter, write to Ted Corbitt for the latest information on what is available.

With any counter, a strong note of caution is in order: it could become unreliable at speeds above about 12 or 15 m.p.h. Make sure you test your counter out before using it on the measurement. This problem can make it very difficult for you if you have steep downhill grades on your course. I use a type of counter which is driven by a speedometer cable and is reliable at all riding speeds, but it is more complicated to use than revolution counters. I recommend it only to those with a mathematics or engineering background.

Keep these other points in mind:

- You have gone to a great deal of trouble to establish your reference mile and you want it available for future use. Make sure your work isn't ruined by the highway department repaving the road and covering your markers. Keep records of the distances of these markers to other prominent points along the side of the road. The same care should be taken with the starting and ending points on the course.

- The same person should do all the bike riding involved.

- Make sure your tires are up to pressure before you start. If you alter the pressure in your front wheel it will be necessary to start over again back at step three. A flat tire will wipe you out.

- The techniques described in this article are applicable to hard, smooth surfaces (not necessarily paved). If any part of your course is over sand, mud, gravel, grass or other soft material, that part of the course will have to be taped.

David Senechalle •

# Run Into History in the FIRST WESTERN RESERVE MARATHON



SUNDAY, MAY 9, 1976

12:00 NOON

HUDSON, OHIO  
TO CLEVELAND

26 MILES, 385 YARDS

Sanctioned by Lake Erie AAU

There's only one first time. For the Western Reserve Marathon it's 1976 and you can be part of it.

Waiting for you is a challenging point-to-point course that starts in picturesque Hudson, passes through rural areas, small towns and affluent suburbs to finish at urban university campus at Cleveland's cultural heart.

- T shirts to all entrants
- Aid stations every 3 miles
- Housing & transportation arrangements
- Trophies & other awards to top 20 finishers plus women's & masters' events
- Souvenir awards to all finishers
- Sponsorship to Eugene, Ore. for top 3 qualifiers (under 2:23)

## DON'T MISS THIS ONE

Entry forms available from:  
John O'Neil  
Room 116 Baker Bldg.  
Case Western Reserve  
University  
Cleveland, Ohio 44106

*Sponsored by Case Western Reserve  
University in cooperation with Revco  
Drug Centers.*





# Highlights

Marathoners keep on pulling themselves up to the high qualifying standard set for them by the US Olympic Committee. Three more earned full expenses to the May Trial at Eugene by breaking 2:20 during late January and February.

But more significant than the fast times were the large numbers of people running marathons throughout the country. The Trail's End race in Oregon had a record 829 starters; Mission Bay in California, 718; Washington's Birthday in Maryland, 466, and Jersey Shore in New Jersey, 459.

An American "junior"—age 19 and under—won an International Cross-Country Championship for the third year in a row. This time, the gold medalist was Eric Hulst, who extended the streak begun in 1974 by Rich Kimball and continued last year by Bob Thomas. The US junior team also took its third straight title.

Gary Tuttle and Lynn Bjorklund were the leading US finishers in the senior men's and women's International races. Both ran seventh.

## NORTHEAST

The first national road racing championship run under Vince Chiappetta's reign as AAU Long Distance Running Committee co-chairman was the Masters 25-kilometer in New York City. The winner: Vince Chiappetta.

Ray Currier broke 2:20 by two seconds—in the Silver Lake Dodge Marathon (Boston area, Feb. 15), but it didn't qualify him for the Olympic Trial. The race was on an uncertified course and AAU certification is a requirement for qualifying.

In the New England AAU 30-Kilometer Championship (Marlboro, Mass., Feb. 22), Chris Chambers outran Tom Derderian, 1:38:53 to 1:39:11. Joe Kolb finished third at 1:39:45.

New York City's Central Park was the scene of several large and fast events: the Road Runners Club Postal 25-Kilometer (Feb. 8) in which Justin Gubbins beat Marvin Wilson by two seconds with 1:22:07; the Mike Hannon Memorial 20-Mile (Feb. 22) won by Tom Fleming in 1:43:33, and the RRC Postal 15-Kilometer (Feb. 29) led by Tim Steele, 46:53.

Bruce Robinson beat 400-plus runners in Jersey Shore Marathon, and Bill O'Brian beat

an almost equal number in the Washington's Birthday race.

### JERSEY SHORE MARATHON

Asbury Park, N.J., Jan. 18—1. Bruce Robinson (Washington RC) 2:22:41, 2. Jeff Bradley (Berks-Reading AC) 2:23:57; 3. Dave Patterson (Shore AC) 2:24:46; 4. Gary Pierce (Shore AC) 2:25:00; 5. Bill Scholl (Shore AC) 2:27:24; 6. Don Miller (unat) 2:33:28; 7. Rory Suomi (19) 2:34:19; 8. Mike Sabino (36) 2:34:45; 9. Charles Koester (30) 2:35:07; 10. Mark Stevenson (18) 2:35:36 . . . 28. William Gordon (41) 2:43:52 . . . 38. Jimmy Saylor (14) 2:47:29 . . . 118. Harold Knapp (51) 3:07:26. Women: 1. Caroline Hahn (32) 3:25:40. (305 finished, 87 under 3:00, 193 under 3:30, 260 under 4:00; from Larry Noel).

### MASTERS 25-KILOMETER

New York, N.Y., Feb. 8—1. Vince Chiappetta (42, Millrose AA) 1:30:09; 2. Colin Beer (42, Shore AC) 1:30:22; 3. Joe Burns (46, Millrose AA) 1:31:54; 4. Bill Gordon (41, Millrose AA) 1:32:02; 5. Don Dixon (48, West Side Y) 1:32:23; 6. Joe Viverito (42, Long Island AC) 1:34:17; 7. Anthony Keavey (40, Long Island AC) 1:36:40; 8. Dan Dougherty Sr. (47, Staten Island AC) 1:38:42; 9. Gerald Miller (46, West Side Y) 1:39:07; 10. Jerry Mahrer (45, West Side Y) 1:39:07.

Ages 50—59 —1. Walter Brown (Prospect Park TC) 1:42:20; 2. Arnold Fraiman (50, Central Park TC) 1:42:42; 3. Hal Greenberg (56, Shore AC) 1:49:07; 4. Bill Coyne (54, Millrose AA) 1:51:23; 5. Joe Pardo (52, Millrose AA) 1:54:43. Ages 60—up—1. Warren Steckmest (60) 1:56:26. (53 total finishers, 20 under 1:50, 29 under 2:00; from Joe Kleinerman).

### WASHINGTON'S BIRTHDAY

Beltsville, Me., Feb. 15—Marathon: 1. Bill O'Brian (20) 2:26:40; 2. Bernie Allen (29, England) 2:27:55; 3. Raymond Swan (38, Bermuda) 2:30:12; 4. John Brabowski (20) 2:31:32; 5. Brad Fawley (21) 2:33:09; 6. John Hurley (22) 2:33:18; 7. Bernie Allen (Wash RC) 2:35:35; 8. Jack Brennan (Central Park TC) 2:35:27; 9. Dean Shonts (Shore AC) 2:39:47; 10. Ray Hall (Millrose AA) 2:39:55 . . . Colin Beer (40+, Shore AC) 2:43:20 . . . Steve Richardson (50+) 2:58:15. Women: 1. Nancy Kent 3:02:00; 2. Lauri Pedrunan 3:16:36. (310 finished, 78 under 3:00, 175 under 3:30, 244 under 4:00; from Tom Baum).

## SOUTHEAST

Bob Varsha of Georgia established his eligibility for the Olympic Trials (he made the 2:20-2:23 group which receives partial expenses) and soundly defeated a sub-2:20 man, Marty Sudzina, in the Mardi Gras Marathon.

Elsewhere in the South, Gregory Carter (2:36:34) and Jill Hall (3:48:50) won the Smoky Mountain Marathon at Knoxville, Tenn., Feb. 14. The Ground Hog Day victories (Little Rock, Ark., Jan. 31) went to Dave Hoover in 2:34:13 and Holly Park in 3:56:27.

Heinz Wiegand raced 15 miles in 1:18:44 at Slidel, La., on Feb. 8. In the same race, 49-year-old former Olympian Nick Costes ran 1:29:33.

Dave Harrison and Jeff Milliman tied for first with 1:09:40 in a half-marathon at St. Petersburg, Fla., Feb. 8. They beat a field of 130.

### MARDI GRAS MARATHON

New Orleans, La., Feb. 21—1. Bob Varsha 2:20:50; 2. Marty Sudzina 2:24:54; 3. Paul Talkington 2:27:43; 4. Taylor Aultman 2:35:45; 5. Jean Ellis 2:37:51; 6. Mike Caldwell 2:38:07. Women: 1. Constance Junghans 3:34:32. (23 under 3:00; from Cy Quinn).

## SOUTHWEST

One effect of the Olympic Trials Marathon standard has been to draw young runners up from the shorter distances and out of the colleges to earn a trip to Eugene. Jeff Wells is a case in point. He is a 21-year-old from Rice University. Before January, he had little marathoning background. But he won the Houston race in 2:17:45. Wells broke the course record by nearly 15 minutes.

### HOUSTON MARATHON

Houston, Tex., Jan. 17—1. Jeff Wells (21, Rice U) 2:17:45; 2. John Lodwick (21, RiceU) 2:26:15; 3. Clent Mericle (22, Unat) 2:29:27; 4. Jim Ewing (36, Gulf Coast TC) 2:30:20; 5. Bob Reid (25, Terlingua TC) 2:35:02; 6. John Butterfield (38, Corpus Christi TC) 2:36:07; 7. R. Loin Caldwell (24, American National Running Team) 2:37:25; 8. Chuck Jewel (18, Rice U) 2:39:42 . . . 13. Joe Burns (46, Millrose AA) 2:43:19 . . . 40. Gerry Zlotnick (50, unat) 3:09:19. . . 94. Clyde Villemez (64, Terlingua TC) 3:35:17. Women: 1. Marsha Johnson (18, unat) 3:37:04 . . . 3. Lida Askew (American National RT) 3:48:22. Teams: 1. Texas A&M 12; 2. Terlingua TC 16. (152 finished, 33 under 3:00, 85 under 3:30

132 under 4:00; from George Kleeman).

### ARIZONA A.D. MARATHON

Tucson, Ariz., Feb. 14—1. Robert Duncan (20) 2:24:19; 2. Doug Haerberlin (21) 2:25:49; 3. Mike O'Callaghan (22) 2:30:14; 4. Gary Hidalgo (19) 2:32:58; 5. Larry Hidalgo (19) 2:34:01 . . . 34. Darval Nelson (49) 3:06:34 . . . 51. Burt Simonson (58) 3:21:14. Women: 1. Margie Lopez (16) 3:45:48. Teams: 1. Southern Arizona TC 6; 2. Phoenix College Marathoners 19. (117 finished, 23 under 3:00, 64 under 3:30, 96 under 4:00).

## WEST

Two West Coast marathons during February produced a total of five times below 2:20. The fastest of the runners, however, won't be in the US Trials. That's Brian Maxwell, the Canadian national champion who won the Trial's End race in 2:17:13. Bob Hensley and John Bramley ran in the 2:19s there. And Steve Dean and Ron Zarate did it in the West Valley Marathon.

Another notable feature of Trail's End—besides the field of 800-plus and the times of the front-runners—was the performance of two young girls. Debbie Koffel, 11, won the women's division in 3:04:29. Nine-year-old Julie Mullin ran 3:11:01.

We only had partial results of the Mission Bay Marathon last month. Mention should be made that Nicki Hobson led the women with 3:05:18. She is 44 years old.

In other marathons, Paul Cook (2:24:13) and Marie Albert (3:09:24) won at Bakersfield, Calif., Feb. 7. The leaders at Las Vegas, Feb. 8, were Tom Wysocki (2:26:18) and Deborah Winters (3:43:00).

Rarely has a woman broken two hours for 30 kilometers. The time is equal to or perhaps slightly better than a three-hour marathon. Lili Ledbetter went 30 k in 1:59:54 (Crow, Ore., Feb. 7, in a race won by Australian Brian Champman in 1:42:21). Eight days later, Jacki Hansen ran 1:54:47 (Culver City, Calif.); Mark Kushner was the men's leader in 1:39:12).

Two 50-milers attracted good fields for races this long. In Hawaii (Feb. 14-15), 107 runners started; 34 finished. They included winner Tom Bishop with 7:44; 11-year-old Ben Deptula, 9:48; Mary Alice Best, 10:10, and 69-year-old Alex Corpacious, 10:16. At Sacramento, Calif. (Feb. 22), Darryl Beardall ran 6:21:59 to pace the 17 finishers.

### WEST VALLEY MARATHON

San Mateo, Calif., Feb. 8—1. Steve Dean (Golden West TC)

2:19:13; 2. Ron Zarate (unat) 2:19:38; 3. Joe Carlson (American Avenue TC) 2:22:02; 4. Chris Berka (West Valley TC) 2:22:09; 5. Bill Clark (West Valley TC) 2:23:34; 6. Doug McLean (West Valley TC) 2:23:59; 7. Jan Sershen (Excelsior TC) 2:24:10; 8. Dave White (American Avenue TC) 2:24:59; 9. Gene Fitzgerald (Pamakids) 2:25:06; 10. Mitch Kingery (19, Camino West TC) 2:26:56; 11. Ernie Rivas (Pamakids) 2:27:50; 12. Doug Schmenk (South Coast Harriers) 2:28:35; 13. Tom O'Neil (16, Jesuit High School) 2:29:01; 14. Dennis Dillie (West Valley TC) 2:30:22; 40 15. John Weidinger (Excelsior TC) 2:33:39 . . . 17. Truman Clark (40+ Beverly Hills Striders) 2:34:55 . . . 23. Ross Smith (40+, unat) 2:37:08 . . . 28. Ed Almeida (50+, San Diego TC) 2:41:09 . . . 38. Jim O'Neil (San Francisco OC) 2:47:52.

Women: 1. Kathy Himmelberger (West Valley TC) 3:00:36; 2. Judy Gumbs (West Valley TC) 3:07:04; 3. Carolyn Tiernan (West Valley TC) 3:11:46; 4. Jeanie Kayser (40+, Pamakids) 3:16:32. Teams: 1. West Valley TC 7:09:42; 2. Excelsior TC 7:37:39. (206 finished, 70 under 3:00, 148 under 3:30, 183 under 4:00; from Jack Leydig).

#### TRAIL'S END MARATHON

Seaside, Ore., Feb. 28—1. Brian Maxwell (22, Canada) 2:17:13; 2. Bob Hensley (21) 2:18:27; 3. John Bramley (21) 2:19:40; 4. Brian Armstrong (27, Canada) 2:21:49; 5. Fred New (24) 2:23:36; 6. Tony Barren (34, Canada) 2:23:43; 7. Bob Moore (35, Canada) 2:23:53; 8. Michael Merrell (27) 2:24:05; 9. Peter Moore (28, Canada) 2:24:35; 10. Richard Whiting (38, Canada) 2:24:53; 11. Kenneth Bell (24) 2:25:10; 12. Jim Pearson (31) 2:25:25; 13. George Oja (32) 2:26:24 14. Sam Ring (28) 2:28:16; 15. Brock Hinzmann (22) 2:28:25; 16. John Hill (19, Canada) 2:28:28; 17. David Richard (23) 2:29:07; 18. Evan Shull (32) 2:29:15; 19. Bill Herriot (35, Canada) 2:29:15; 20. Allan Kerr (33, Canada) 2:29:20; 21. Ralph Thomas (40) 2:29:52. . 38. Stu Fall (41, Canada) 2:34:49. . 145. Stan Baldry (52, Canada) 2:58:21. . 222. Norm Bright (66) 3:15:32.

Women: 1. Debbie Koffel (11) 3:04:26; 2. Christine Shultis (37) 3:10:47; 3. Julie Mullin (9) 3:11:01 . . . Ruth Anderson (46) 3:22:57 . . . Isa Varela (51) 4:11:11. Teams: 1. Lions Gate RR; 2. Toronto OC. (605 finished, 154 under 3:00, 307 un-

der 3:30, 450 under 4:00; from Ralph Davis).

## INTERNATIONAL

Carlos Peres and Carmen Valero won the men's and women's races at the Interantional Cross-Country Championships. We'll publish a feature article on the races next month.

#### INTERNATIONAL X-C

Chepstow, Wales, Feb. 28—Senior Men, 12 kilometers: 1. C. Lopes (Portugal) 34:47; 2. A. Simmons (England) 35:04; 3. B. Ford (England) 35:07; 4. K. Lismont (Belgium) 35:08; 5. D. Uhlemann (West Germany) 35:17; 6. E. Sellik (USSR) 35:17; 7. Gary Tuttle (US) 35:19; 8. F. Fava (Italy) 35:21; 9. J. Boxberger (France) 35:24; 10. T. Kantanen (Finland) 35:28 . . . 20. Tony Sandoval (US) 35:44 . . . 37. Don Kardong (US) 36:07 . . . 58. Glen Herold (US) 36:31 . . . 82. Henry Perez (US) 37:00 . . . 58. Glenn Herold (US) 36:

92. Steve Flanagan (US) 37:08 . . . Roy Kissin (US) 38:36 . . . Rich Kimball (US) didn't finish (153 finished) Teams: 1. England 90; 2. Belgium 118; 3. France

187; 4. USSR 219; 5. Italy 224; 6. United States 243 (19 teams).

Women, 5 kilometers: 1. C. Valero (Spain) 16:19; 2. T. Kazankina (USSR) 16:39; 3. G. Dorio (Italy) 16:56; 4. A. Ford (England) 16:57; 5. R. Pentlinowska (Poland) 17:00; 6. J. Debrouere (France) 17:01; 7. Lynn Bjorklund (US) 17:02; 8. G. Romanova (USSR) 17:03; 9. M. Stewart (Scotland) 17:04; 10. M. Gargano (Italy) 17:05 . . . 17. Doris Brown Heritage (US) 17:19 . . . 19. Debbie Quatier (US) 17:21 . . . 21. Judy Graham (US) 17:24 . . . 23. Peg Neppel (US) 17:27 . . . 38. Cheryl Bridges (US) 17:42 (69 finished). Teams: 1. USSR 33; 2. Italy 59; 3. United States 67; 4. England 78; 5. Poland 84 (12 teams).

Juniors, 8 kilometers: 1. Eric Hulst (US) 23:53; 2. Thom Hunt (US) 24:06; 3. N. Muir (Scotland) 24:17; 4. T. Watrice (France) 24:23; 5. Al Salazar (US) 24:36; 6. J. Hadka (Morocco) 24:38; 7. N. Lees (England) 24:42; 8. Don Moses (US) 24:43; 9. S. Llorante (Spain) 24:45; 10. H. Servamckx (Belgium) 24:46; 11. Marty Froelick (US) 24:47 . . . 19. Ralph Serna (US) 25:02, (81 finished). Teams: 1. United States 16; 2. Spain 60; 3. England 91; 4. Italy 97; 5. Morocco 107 (15 teams). •

## FIFTH ANNUAL "MINI-MARATHON"

10,000 Meter (6.2 Miles) Road Run  
For Women Only

Saturday, May 8, 1976 12 Noon  
Central Park, New York City

#### 1975 WINNER

Charlotte Lettis, Ma., 35:56  
2nd Jacki Hansen, Ca., 36:03  
3rd Brenda Webb, O., 36:48

Team: Kettering (Ohio) Striders



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**Athletes' Feet**—Leading podiatrists and other medical experts tell how to avoid both foot injuries and foot-related back and leg problems. Also covers first aid, choosing shoes, and exercises for the feet. 1974 Ppb., 48 pp., ill., \$1.75.

**The Complete Runner**—Covers every aspect of running in great detail. Articles by running experts, picked and assembled by *Runner's World* magazine staff. 1974 Hb., 398 pp., ill., \$10.95.

**Yoga and The Athlete**—A liberating personal view of the role yoga can play in the life of an athlete. Applicable to your own life. 1975 Ppb., 100 pp., ill., \$2.50.

**Guide to Distance Running**—First book published devoted entirely to distance running. Nearly 100 articles on distance running, by distance runners. 1971 Ppb., 208 pp. (over-size), ill., \$5.95.

**Food for Fitness**—Revolutionary look at the dangers of a traditional diet. Compiled by athletes who have experimented with different diets. 1975 Hb. & Ppb., 144 pp., ill., \$5.95/\$2.95.

**Dr. Sheehan on Running**—A fascinating look into the world of runners. Philosophical and stimulating reading from the Medical Editor of *Runner's World*. 1975 Hb. & Ppb., 203 pp., ill., \$5.95/\$3.50.

**Runner's Training Guide**—This book doesn't push any single training method. Instead, it describes the principles that underlie most methods. 1973 Ppb., 96 pp., ill., \$2.95.

**Running with the Elements**—How to adjust to extremes of heat and cold, wind, altitude, terrain, air pollution, hecklers, dogs, and more. 1974 Ppb., 96 pp., ill., \$2.75.

**Encyclopedia of Athletic Medicine**—Dr. George Sheehan looks at sports medicine from the runner's point of view. Chapters cover injury causes, care and prevention and the new hazards of today's environment. 1974 Ppb., 96 pp., ill., \$1.95.

**Age of the Runner**—The effects of age on performance, and of running in slowing down the aging process. Includes charts for comparing racing times, age for age. 1974 Ppb., 56 pp., ill., \$1.75.

**The Runner's Diet**—A factual, unbiased guided tour through the complicated and controversial subject of athletic nutrition, written for the runner. 1972 Ppb., 80 pp., ill., \$1.95.

**Beginning Running**—A must for the novice or the person who is helping the novice. Takes the new runner from his first steps to his first race. 1972 Ppb., 32 pp., ill., \$1.00.

**The Running Body**—Direct, easy-to-understand information about physiology as it applies to running. 1973 Ppb., 48 pp., ill., \$1.50.

**The Female Runner**—Dispels some of the myths surrounding the woman runner and goes into physiological and psychological factors in her performance. 1974 Ppb., 32 pp., ill., \$1.25.

**Run Gently, Run Long**—A practical book that reads like a novel. Joe Henderson describes his slow, painful journey from intervals to long slow distance. 1974 Ppb., 96 pp., ill., \$2.50.

**African Running Revolution**—Some of the reasons behind the African runners' recent success story, including effects of high-altitude training and living. 1975 Ppb., 122 pp., ill., \$2.50.

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# May Coming Events

## NORTHEAST

- 8 Women's Mini-Marathon, New York, N.Y. (noon, Central Park; RRC, P.O. Box 881, FDR Station, New York, N.Y. 10022).
- 9 National AAU-RRC One-Hour, New York, N.Y. (10 a.m., Queensboro CC; RRC, P.O. Box 881, FDR Station, New York, N.Y. 10022).
- 15 Lake Waramough 100-Kilometer and 50-Mile, Lake Waramough, Conn. (8 a.m., Warren Inn; Dean Perry, Ferrybridge Rd., Washington, Conn. 06793).
- 16 First Turst-North Area Y Marathon, Liverpool, N.Y. (Griffin Field; Diana D. Peil, Marathon Secretary, 406 Ruth Road, North Syracuse, N.Y. 13212).
- 22 Champlain Valley Marathon, Plattsburg, N.Y. (noon, Rouses Point; John Francis, Race Chairman, YMCA, 13 Oak St., Plattsburgh, N.Y. 12901).
- 22 AAU Masters 20-Kilometer, Washington, D.C. (Don Dalzell, 4977 Keppler Rd., Camp Springs, Md. 20031).
- 23 Yonkers Marathon, Yonkers, N.Y. (noon, Yonkers Raceway; Paul Schlegel, Race Director, 17 Riverdale Ave., Yonkers, N.Y. 10701).
- 31 Race of Champions Marathon, Holyoke Mass. (1 p.m., Mountain Park; Walter H. Childs, P.O. Box 1484, Springfield, Mass. 01101).

## SOUTHEAST

- 1 Chattanooga Chase Five-Mile, Chattanooga, Tenn. (9 a.m.; Jon Robere, 730 Cherry St., Chattanooga, Tenn. 37402).
- 8 Regional One-Hour Track Run, Knoxville, Tenn. (9 a.m., University of Tennessee; Hal Canfield, 502 Alandale Rd., Knoxville, Tenn. 37920).
- 8 West Virginia AAU One-Hour, Morgantown, W.Va. (2 p.m., West Virginia University Coliseum Track; Carl Hatfield, Box 1397, A-B College, Philippi, W. Va. 26416).
- 8 Peachtree Battle One-Mile and Seven-Mile, Atlanta, Ga. (9 a.m.; Doc's Sports Shop, 4815 Old National Highway, Atlanta, Ga. 30349).
- 15 Five-Mile, Greenville, S.C. (Adrian Craven, 213 Brookwood Dr., Greenville, S.C. 29605).
- 15-16 24-Hour Relay, Ft. Walton Beach, Fla. (9 a.m., Memorial Stadium; Richard Westbrook, 242-3637).
- 15 Montgomery Masters Track and Field, Montgomery, Ala. (Paul Reeder, 3309 Loch Haven Rd., Montgomery, Ala. 36109).
- 23 Kentucky-Pioneer, Frankfort, Ky. (Downtown YMCA; Bob Gilbertson, Frankfort YMCA Capitol Plaza, Frankfort, Ky. 40601).
- 30 10-Kilometer Memorial Day Run, Asheville, N.C. (Bob Wiltshire, 339 Charlotte Ave., Parish House of St. Mary's, Asheville, N.C. 28804).
- 30 Bay-to-Bay 7.5-Mile, St. Petersburg, Fla. (8 a.m.; Tom White, 1250 Jungle Ave., St. Petersburg, Fla. 33701).

## MIDWEST

- 1 Eastern Express 20-Kilometer, Terre Haute, Ind. (Dick Harland, Eastern Express, 1450 Wabash, Terre Haute, Ind. 47807).
- 1 Carson Park 10-Mile, Eau Claire, Wisc. (Jerry Foote, 606 Fourth Ave., Eau Claire, Wisc. 54701).
- 2 Wayne County Bicentennial 8.2-Mile, Detroit, Mich. (11:45 a.m., State Fairgrounds; Roger Johnson, Motor City Striders, 3104 Ninth, Wyandotte, Mich. 48192).
- 8 Missouri Valley AAU Open One-Hour, Columbia, Mo. (6:30 p.m.; Joe Duncan, 4004 Defoe Dr., Columbia, Mo. 65201).
- 9 Western Reserve Marathon, Hudson to Cleveland, Ohio (noon, Western Reserve Academy, John A. O'Neil, Room 116 Baker, Case Western Reserve University, Cleveland, Ohio 44106).
- 15 Syttende Mai 17-Mile, Grantsburg, Wisc. (Carlyle Sherstad, Grantsburg, Wisc. 55840).
- 16 Fairfield 50-Mile, Fairfield, Iowa (6 a.m., O.B. Nelson Park; Bob Hunderdosse, 505 North C, Fairfield, Iowa 52556).
- 29 USTFF Championship Marathon, Wichita, Kan. (7 a.m., Cessna Stadium Herm Wilson, Track Coach, Wichita State University, Campus Box 18, Wichita, Kan. 67208).
- 30 Wisconsin Mayfair Marathon, Milwaukee, Wisc. (7:30 a.m., Mayfair Shopping Center; G. Roger Bodart, Mayfair Associates, Inc., Mayfair Shopping Mall, 2500 N. Mayfair Rd., Milwaukee, Wisc. 53226).
- 30 Pea Soup Days 10-Kilometer, Somerset, Wisc. (Herb Florcyk, RR2, Hudson, Wisc. 54106).
- 31 Iowa 25-Kilometer, Cedar Rapids, Iowa (7 a.m.; Dave Eidahl, Pekin High School, Packwood, Iowa 52580).

## SOUTHWEST

- 1 One-Hour, Tulsa, Okla. (8 a.m., Broken Arrow High School; Vern Whiteside, 6916 S. Knoxville Ave., Tulsa, Okla. 74136).
- 15 One-Hour, Stillwater, Okla. (8 a.m., Oklahoma State University Track; Vern Whiteside, 6916 S. Knoxville Ave., Tulsa, Okla. 74136).
- 29 Las Colonias Marathon, San Antonio, Tex. (6:30 a.m., Pablos' Grove City Park; Diego M. Vacca, 903 N. St. Mary's St., San Antonio, Tex. 78215).

## ROCKY MOUNTAINS

- 8 Golden Spike Marathon, Corinne to Promatory, Utah (6:30 a.m.; John Ensign, P.O. Box 338, Brigham City, Utah 84302).
- 30 Silver State Bicentennial Marathon, Reno, Nev. (8 a.m.; Tom Feroah, Nevada Heart Fitness Institute, Reno YMCA, 1300 Foster Dr., Reno, Nev. 89502).

## WEST

- 1 Los Alamitos Marathon, Los Alamitos,

Calif. (7:30 a.m.; Los Alamitos Recreation Department, Box 147, Los Alamitos, Calif. 90720).

- 1 Eielson 10-Mile, Eielson AFB, Alaska (9 a.m.; Jim Cavanaugh, Box 5175, North Pole, Alaska 99705).
- 2 Avenue of the Giants Marathon, Weott, Calif. (9 a.m., Humboldt Redwood State Park; Dick Meyer, RR 1, Box 153-A, Eureka, Calif. 95501).
- 16 Bay-to-Breakers 7.6-Mile, San Francisco, Calif. (10 a.m.; Frank R. Geis, PA-AAU Office, 942 Market St., Suite 601, San Francisco, Calif. 94102).
- 22 Women's Invitational 10,000-Meter, Eugene, Ore. (4:30 p.m.; Janet Heinonen, 2929 Madison St., Eugene, Ore. 97405).
- 22 US Olympic Trial Marathon, Eugene, Ore. (Athletic Department, University of Oregon, Eugene, Ore. 97403).
- 30 Hawaiian 50-Mile, 54-Mile Six-Man Relay, Honolulu, Hawaii (James Moberly, 44-122 Kalenakai Pl. Kaneohe, Hawaii 96744).

## CANADA

- 2 National Capital Marathon, Ottawa, Ontario (Ken Parker, 79-A Glen Park Dr., Ottawa, Ontario K1B 321 Canada).
- 23 Alberta Marathon, Calgary, Alberta (9 a.m., Bowness Park; Bill Wyllie, 2932 13th Ave. N.W., Calgary, Alberta T2N 1M2 Canada).
- 23 Manitoba Championship Marathon, Winnipeg, Manitoba (10 a.m., Pan Am Stadium; Doug Sammons, 144 Kenaston Blvd., Winnipeg, Manitoba, Canada).

## WALKS

- 1 Missouri Cup 20-Kilometer Walk, Columbia, Mo. (10 a.m.; Joe Duncan, 4004 Defoe Dr., Columbia, Mo. 65201).
- 2 National AAU Class B 10 Kilometer, Portland, Ore.
- 2 National AAU 20 Kilometer, New York, N.Y.
- 2 National AAU Junior Five-Kilometer, Portland, Ore.
- 15 National AAU 10-Kilometer, Boulder, Colo.
- 29 National AAU 15-Kilometer, Chicago, Ill.

(For information on all National AAU walks, contact Dr. John Boitano, 46 McLeod Place, Stratford, Conn. 06497).

## FUN-RUNNING

Next issue, we'll start a monthly column on the National Fun-Run program (see "From the Publisher," page 3).

We know that regular Fun-Runs are being conducted now at the following sites:

California—Hayward and Los Altos Hills.

Illinois—Carbondale.

Kansas—Lenexa.

New York—Fredonia.

Washington—Seattle.

Details are in the March issue. ●



# Classifieds

April, 1976

**TIGER** Montreal '76—\$20.95; Jayhawk — \$19.95; Nairobi — \$17.95; Sizes 6-12, Team price on request — Send self-addressed, stamped envelope. Add \$1.50 postage one pair, plus 50 cents each additional pair. Write: James Morris, The Jog Shop, 1203 E. Warren, Brownfield, TX 79316.

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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.

**SPECIAL MARATHON IN ODESSA TEXAS** - Sunday, April 25th, 7:00 a.m., Nimitz Jr. High. AAU CERTIFIED COURSE. Entry \$1.00 and sub- 2:40 race within 18 months. Contact Jack Petty, 907 W. 2nd, Odessa, TX 79763. Phone: (915) 337-0413.

**BLUE RIDGE TRAILS '76**, The best distance training camp in the country—in the foothills of the Blue Ridge mountains. Outstanding staff of NCAA and club runners. Aug. 7-17, \$165. For info, write Blue Ridge Trails, Box 28544, Furman University, Greenville, SC, 29613.

**TEE SHIRTS CUSTOM PRINTED**—Sweat shirts, jackets, jerseys. Schools, teams, clubs. Minimum 12: quantity discounts. Free catalog. Mandelker's RW, 2603 N. Downer Ave., Milwaukee, WI 53211.

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

**NEW BALANCE**—Northeast only; quick delivery-305-\$20.00 comp. \$15.00, Trackster II \$23.50, NB running hats \$1.50, N.B. T-shirts \$2.50. Special size and width. Stroni Sports, 54 Ascot Circle, E. Amherst, NY 14051.

**MID-MICHIGAN TRACK CLUB ANNUAL 5 & 10 MILE ROAD RUN**—Holt (adjacent to Lansing) High School, Saturday, June 12 at an earlier 9:00 AM. Several age groups. Last year trophies to 2/3 of the field, will order same for '76. Showers/dressing available. Early entry \$2.00, day of race \$3.00. Contact Gordon Schafer, 4378 W. Holt Rd., Holt, MI 48842.

**FARMING ANYONE**—Testing cooperative concept with few other runners. 120 acre farm 80 miles NE of Nashville. Terrific running, potential for self-sufficient food supply. If interested, write Cliff Hopkins, Route 1, Bloomington Springs, TN 38545.

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**5th ANNUAL CARMEL CLASSIC TRACK & FIELD CHAMPIONSHIPS**—June 19-20—Carmel, Indiana. AAU, NCAA, USTFF sanctions. 71 Championship events. Men and women ages 12 thru Open. Master/Senior Mile. All-weather track, portapits. Meet Director, Chuck Koepen, 147 Park Ln., Carmel, IN 46032 (317-844-1823 after 7:00 PM) Watches, Trophies, Medals. Entry Deadline—June 12, 1976. No late registration accepted.

**TABLE TENNIS EQUIPMENT**—Sponge paddles, rubber sheets, balls, tables, and accessories from the world's leading manufacturers including Yasaka, Nittaku, and Dretroiter. Send for free mail order catalog. TTO, Box 32111, Dept. W Oklahoma City, OK 73132.

**NATIONAL AAU MASTERS 20 KILOMETER CHAMPIONSHIP**—Saturday, May 22, 1976, 9:00 AM, East Potomac Park, Washington, D.C. Sponsored by DC Road Runners Club in cooperation with Potomac Valley AAU. Flat three lap course around Haines Point beside Potomac River. Medals: first three five-man teams; first three finishers in each of age groups 40-44, 45-49, 50-54, 55-59, 60-69, 70 and up. \$2.00 entry fee before May 15. NO POST ENTRIES. Send self-addressed stamped envelope to Don Perkins, 4500 S. Four Mile Run Dr., 130, Arlington, VA 22204

**FOURTH SOUND-TO-NARROWS**—7.5 mile road race. June 5, 1976. Men and women: Masters, open, high school, junior high, elementary divisions. More than 150 awards. Entries close May 21. Contact: Pierce County Parks, 955 Tacoma Ave., So., Rm. 210, Tacoma, WA 98402.

**VISITING BOSTON IN APRIL?**—Then stop at MARATHON SPORTS for all those items you can't get back home in Pahokee, such as: Nike, Tiger, New Balance, Runner's World booklets, E.R.G. and Body Punch. Open Saturday 4/17 10:00 AM to 6:00 PM and Sunday 4/18 noon to 6:00 PM. We're at 1654 Massachusetts Ave. in Cambridge between Harvard and Porter Square. (617) 354-4161.

**T-SHIRTS**—High Quality Champion—on left breast—BAA Marathon over the world famous BAA unicorn with 1976 underneath—blue piping—Send \$4.50 to Boston Athletic Association c/o Rob-

ert C. MacVeigh, 50 Cornhill, Boston, Mass. 02108—Specify sizes XL, L, M, S. Proceeds to help defray cost of National AAU Masters Indoor Track & Field Meet.

**LOS ALAMITOS MARATHON**—Saturday, May 1, 1976, at 7:30 AM, 26 miles 385 yards. Start and finish at Los Alamitos Civic Center. SPA, AAU sanctioned. Six divisions for men and six for women. 150 awards. Also merchandise awards. T-shirts for all who finish under 4 hours. \$3.00 entry fee by April 26, late \$5.00. For applications write: Los Alamitos Recreation Department, Box 147, Los Alamitos, CA 90720.

**JERSEY MEMORIAL DAY RUN**—May 31, 11:00 AM in beautiful Village of Ridgewood and scenic Glen Rock County Park. 10,000 METER—age division awards, men and women. 5,000 METER—for Bergen County high school students. Write: Manfred d'Elia, Jersey Senior Track Club, 144 Spencer Place, Ridgewood, NJ 07450 Phone—(201) 445-6029

**INVESTMENT OPPORTUNITY**—New concept for men and women all ages and all levels of fitness. Running enthusiast has 28 acres of wooded suburban land near metropolitan center. Need financial backing from running advocate to develop land into cross country arena with locker room facilities to promote ideas and enthusiasm for lifelong running and fitness. Background: B.A. in Business, M.A. in Distributive Ed., 5 years track coaching experience, 2 years business managerial experience lifelong running enthusiast. If interested in concept please write for more information: David Housel, Box N, Temperance, MI 48182.

**COMING SOON**—A new well-organized marathon this Fall in the Philadelphia area. New scenic course. Finish at our Super Sunday Carnival on October 10th. Details to follow. Information; Chris Tatreau, Memorial Hall, Philadelphia, PA 19130.

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**SECOND ANNUAL OXBOW RUN**—10 miles and 3 miles. Men and Women—age divisions. 95 theme awards plus ribbons to all finishers. May 22, 1976, Oxbow Park, Elkhart, Indiana. Contact: Leo J. Denault, 25855 Kiser Ct., Elkhart, IN 46514.

**CAN AM INTERNATIONAL TRAINING SITE**—Track-Field Cross Country Camp or Training Opportunity for Men, Women: Age group Jr.—Sr. High, Camp Weeks: Open training time for all athletes. Aug. Clinic: Coaches, Collegians, Masters. Going to Montreal? We are on the way. Accommodations on a weekly or daily basis. Pre-Post Olympic Training Sessions open to all. Use of facility and coaching in your event. Write c/o Can-Am, Tully, NY 13159. (315) 696-8774.

**JOG-LOG USA**—Produced for runners. Still only \$2.50. See page 13, February RW. Motion Sports Products, Dept. A, Box 821, Bozeman, MT 59715

**1976 NORTH DAKOTA MARATHON & HALF MARATHON**—Grand Forks, ND, Sat., June 26. Course Flat Prairie and Paved. Awards to all finishers. Trophies 1st—15th overall, age groups, women. Contact Eric T. Parker, 520 Park Drive, Grand Forks, ND 58201.

**FIFTH ANNUAL JIM THORPE MEMORIAL RUN**—May 2, 1976, 10,000 meters thru historic Jim Thorpe in the Pennsylvania mountains. 40 awards, 6 divisions plus specials. 180 entries last year. Info/entry; Dick Harleman, Gypsy Hill Road, Lehighton, PA 18235.

**GREEN MOUNTAIN CROSS COUNTRY CAMP**—Lyndon Institute, Lyndon Center, Vermont—Boys & Girls, junior high and up. 1 session: August 14-25. Staff includes: Roy Benson, head coach; Florida Track Club, Peter Squires, New York Athletic Club. Ideal training on pine needle paths and dirt roads in the coolness of the Green Mountains. Daily video taped training sessions, comfortable Prep School housing, mountains, lakes & streams. Write for Free brochure: Peter Davis, GMCC, Lyndon Institute, Lyndon Center, Vermont 05850.

**GERMAN FUN RUN**—10 Miles. Sunday, May 2, 1976. Five Divisions. T-shirts to all entrants; Awards to all finishers. Contact: Dan Hamric, Rt. 2, Box 223, Muenster, TX 76252

**1976 9th ANNUAL OKIE RELAYS**—May 15, 1976, 8:00 AM, Texhoma, OK. Compete in the longest 4-man relay race in the world. 40 miles long from the state line in Elkhart, Kansas to the state line in Texhoma across the state of Oklahoma. Competition in 3 classes Open, Masters, & HS. Trophies and medals to all winners and finishers. Contact Texhoma Chamber of Commerce, Texhoma, OK 73949. (405) 423-5041.

**DETROIT-WAYNE COUNTRY BICENTENNIAL**—8.2 mile—fairgrounds to Grand Circus, May 2, 11:45 AM, age groups, 80 spectacular medals, contact Roger Johnson, Motor City Striders, 3104 Ninth, Wyandotte, MI 48192, (313) 285-2337 or (313) 554-6201 (office). Entries close April 21, \$3.00.

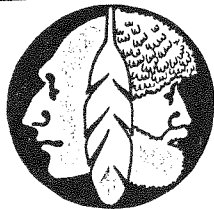
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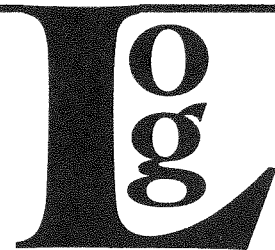
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# Readers' Comments

*Reactions to events in the sport and  
features in the magazine.*

## MILEAGE

Much as I liked your interview (Feb. '76) with Jim Pearson, I'd like to suggest that his success came less easily than he implies. A year and a half ago, he seemed often quite depressed that his steadily increased training mileage had not improved his marathon PR. But a rare combination of dedication and joy kept him going until the improvement showed.

It also bothered me that as in so many *RW* articles, running 150-180 miles per week comes out sounding so incredibly easy. For me, training twice a day at far less distance, I consider myself lucky if more than one run in six is invigorating or interesting or fun. More often, I'm tired and dragging, mentally and physically, though I too run slowly. If I run over 85 miles a week, the friends I live with notice it; over 100, my students notice it; over 115, I'm oblivious.

*Herb Parsons  
Somerville, Mass.*

## LIES

You have said some things ("Running Commentary, Feb. '76) that have needed to be said about runners who "exaggerate" their miles and times. I'm a relative newcomer to running, and I many times have felt discouraged at hearing other runners detail their seemingly effortless accomplishment. It has seemed to me that maybe I had some kind of an inferior or defective body because I couldn't run seven miles a day after a year but only three miles a day, three or four days a week.

Last year, a guy I worked with, a non-exerciser, announced he had quit smoking his two packs a day and was going to start running. The next day, he said he ran a non-stop mile. The following day, he said he ran *seven* miles, and I believed him. About two weeks later, he told everyone he had run a mile time-trial in 4:45. That's when I started to get suspicious. He may have run 4:45, but he forgot to run the last lap—or two laps.

Of course, this person has a personality problem. But this kind of thing

is also a problem to neophyte runners who don't know enough to see through the BS. I hope the February column will be read by those who need it.

*Joe Scott  
Davis, Calif.*

No, it wasn't Mark Twain but Disraeli, the 19th century British politician, who said, "there are three kinds of lies: lies, damned lies and statistics."

By the way, my favorite quote on the misuse of statistics is the one that goes, "Many people use statistics as a drunkard uses a street lamp: for support rather than illumination."

*Richard Katz  
Boulder, Colo.*

## WOMEN MASTERS

In "Lynn Bjorklund, the Front-Runner" (Feb. '76), the writer mentions women's Masters running which starts at age 30. Shouldn't we hear cries of anguish from the women's lib section? I would think that they would demand equal standing with men—i.e., age 40 for Masters. It just doesn't seem right to call a person 30 years of age a Master. But then perhaps there is something to the age 30 rule for women. Maybe no one would admit to being 40 or over.

*Martin Stenback  
Van Dyne, Wisc.*

## MARATHON HANDBOOK

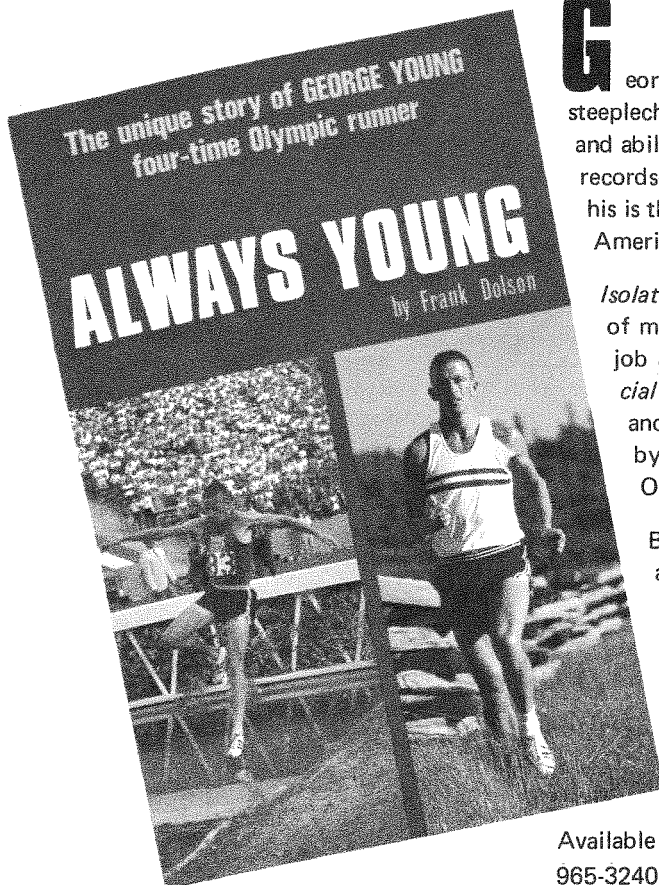
I noticed an astounding coincidence on page 51 of the "Sub-3:00 Men for 1975" list (Feb. '76). Next to the time 2:38:19 was the name Jacki Hansen. How incredible since this was exactly the same name and time associated with the all-time *women's* record. Not only that, but other astonishing coincidences included seeing such names as Kim Merritt, Miki Gorman, etc., on the "men's" list.

Alas, I was disappointed not to be equally startled to see runners with male names on the list of "Sub-4:00 Women for 1975."

*Marty Post  
Oakland Calif.*

Thank you for printing the times under 3:00. It really gave me a thrill to  
*(continued on page 88)*

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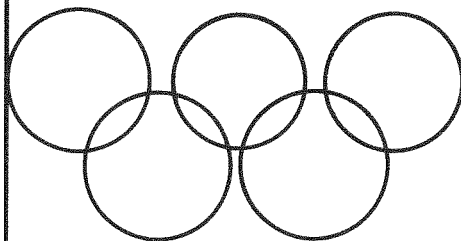
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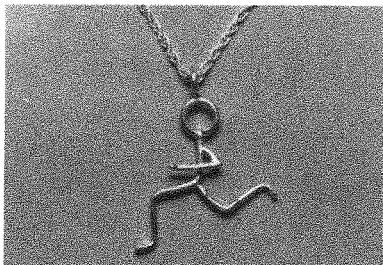
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Kevin Young  
 La Jolla, Calif.

(Unfortunately, not everyone was so thrilled. Many names were left out of the list, either because times weren't reported or we overlooked them. A supplement will appear next month.)

## GEOGRAPHY

One of the standard jokes here in New Mexico is that many people in this country don't seem to realize that we are one of the 50 United States and not an extension of the Republic of Mexico. Now you at *RW* have joined the ranks by deleting us from the "States and Dates" table of the marathon schedules.

John Cappis  
 Los Alamos, N.M.

(The same thing happened to New Jersey.)

In the January "Looking at People", I came across a slight but grievous error. In the item about Dr. Robert Ramsey, the professor who was arrested for running on the track during a closed football practice, you mistakenly identified the offending school as the University of North Carolina. In reality, the incident occurred at North Carolina State University in Raleigh.

As a footnote to the item, the football team at State also used part of a public park for practice, the university tried to close a section of it to the public. After a great deal of publicity from the local newspaper, the school was forced to back off and allow public access to the park. It is rumored that these incidents may have influenced Lou Holtz, State's football coach, to accept the coaching offer of the New York Jets.

Walter High  
 Chapel Hill, NC

## SCORPIOS

As one who is interested in the occult—namely astrology—I thought your readers would find it of passing interest to mention that three present world marathon champions are under the sign of Scorpio—birthdate between Oct. 21 and Nov. 22: Derek Clayton, fastest marathoner in the world. Frank Shorter 1972 Olympic champion, and Jacki Hansen women's record-holder.

Fred Schmitz  
 Portland, Ore.

Address your comments to Editor,  
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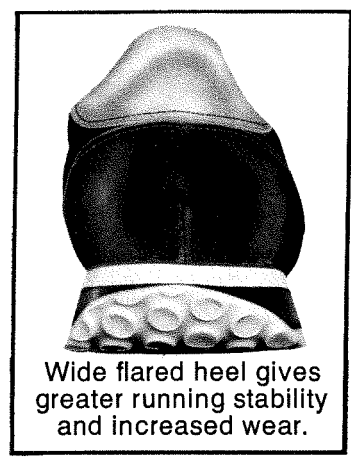
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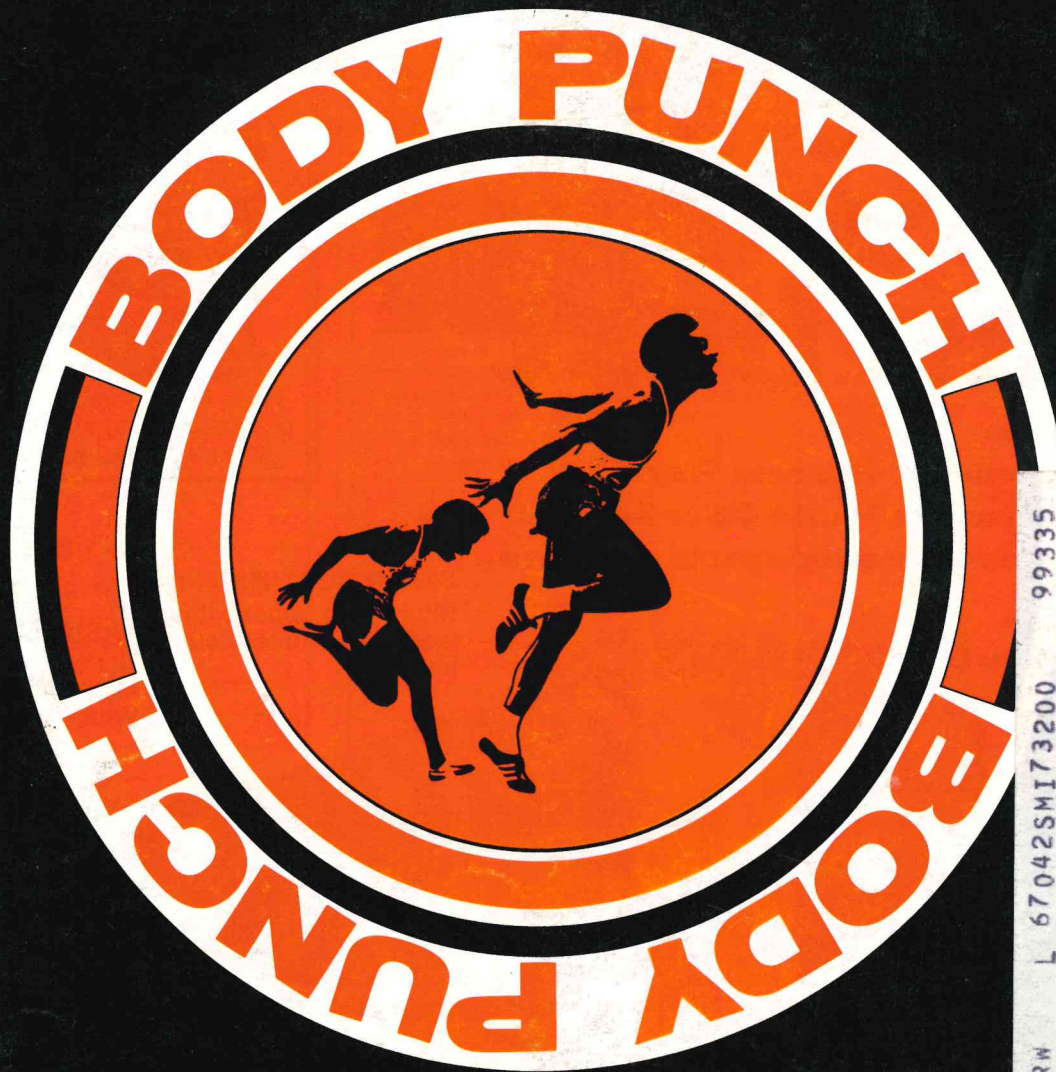
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