

Runner's World



**In this issue:
What diet can
and can't do for you.**

Last stop before Montreal for
Madeline Manning Jackson,
Garry Bjorklund and Todd Scully.

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AND THE '76 MASTERS

DEC. 12, 1976 IN HAWAII

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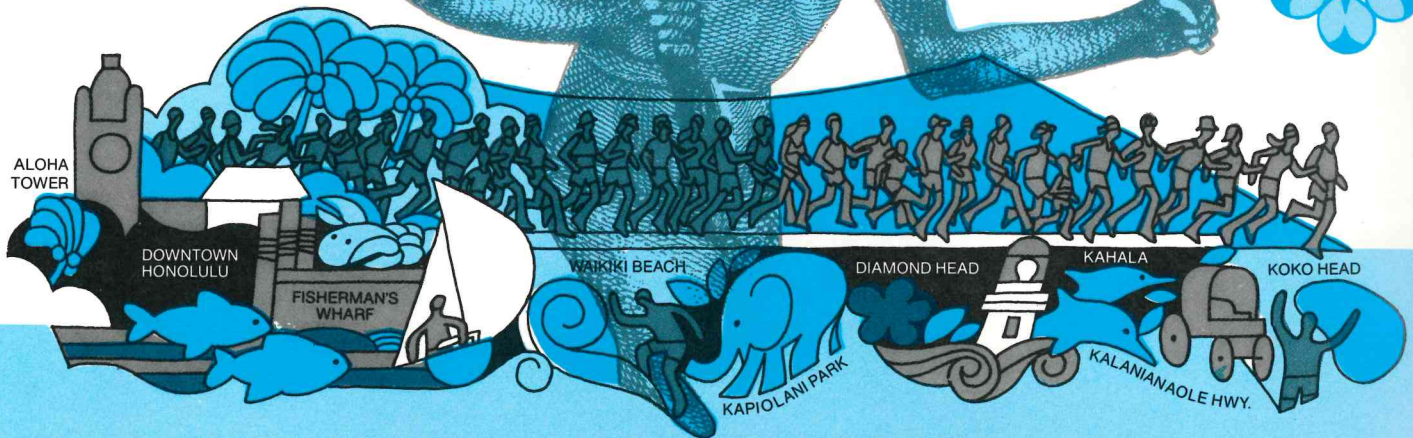
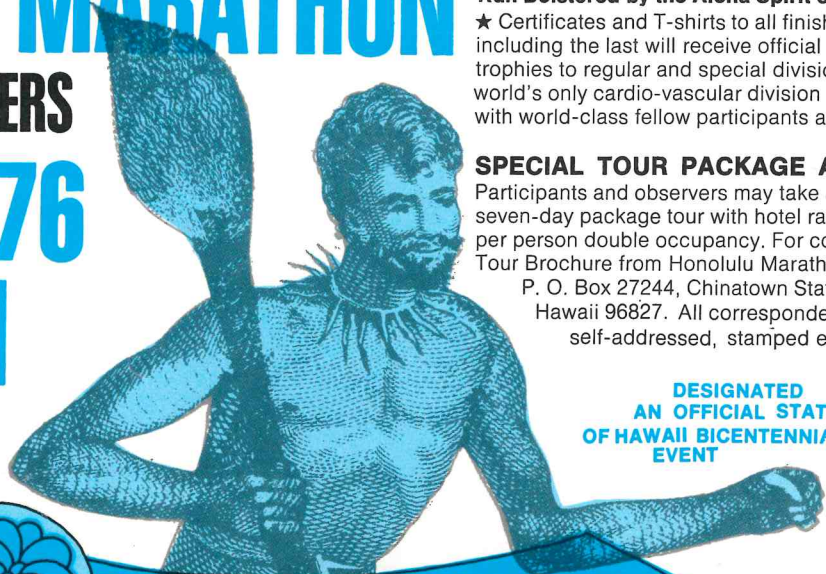
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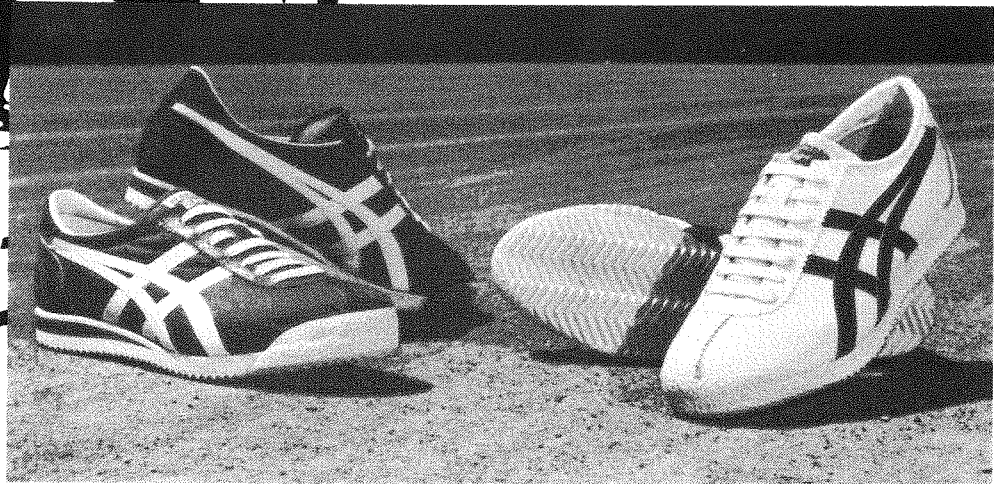
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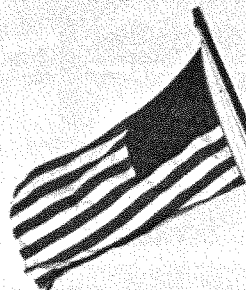
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Billy Mills, 1964 Olympic 10,000
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COVER:
 Making it to Montreal were Madeline Manning-Jackson (large photo right, by Lorraine Rorke), Garry Bjorklund (top inset, by Vince Olsen) and Todd Scully (bottom inset, by Dave Stock). Trials coverage begins on page 28.

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From the Publisher

I hope you didn't miss the coverage of the Olympic Trials by ABC. It was an excellent show. I was at first disappointed because I had to wait until everything was over to see any of it, but the wait was well worth it. Seeing it all together made it most exciting.

Near the end of the program, ABC did a piece on the marathon. It was excellent. The strain, emotion and excitement of the race were all captured. I'm sure the spot will help non-runners understand what the race is all about.

Only the ending was left. Flashes of Marty Liquori in pain, Rich Wohlhuter winning two races, Garry Bjorklund losing his shoe but finishing third and Steve Williams walking the last half of the 100 were shown. The climax was Dave Roberts clearing 18' 8 3/4" for a new world record in the pole vault.

By this time, I was really charged up. In fact, I was so charged up that I went out and ran three miles. I could have run farther but it was after 11 and I had to get up the next morning at 6:30.

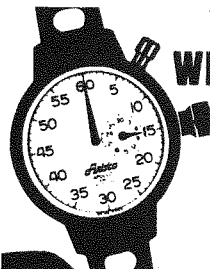
I felt like Frank Shorter bounding along in the moonlight. Everything felt good, and the race I had run that morning was forgotten.

I pushed harder and harder, and I imagined I was in the Olympic Marathon, leading the pack. It was really a good feeling. I never got so excited over watching anything else on TV.

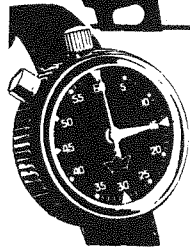
As I walked into the front door, I was jumping for joy. I felt like I could stay up all night and run 10 more miles, but I had to face reality. I showered and went to bed. My last thoughts that night were focused on Montreal. And I was happy to know that I was going to be up there. *Bob Anderson*

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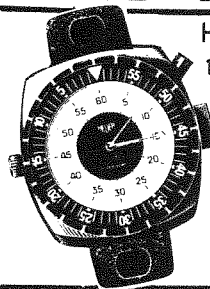
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Runner's Forum

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

BEGINNER AND VET

The next time you participate in a road race have a look at the runners around you. Perhaps you will reach conclusions similar to these:

The veteran looks skinny, undernourished and withdrawn. The beginner looks healthy, filled out and confident.

The veteran relaxes before the race. The beginner is too excited to relax.

The veteran eats a light meal four hours before the race. The beginner eats a heavy meal two hours before the race.

The veteran prepares for a five-mile race by training 15 miles per day. The beginner trains for a 15-miler by running five miles a day.

The veteran jogs a two-mile warmup. The beginner saves his energy for the race.

The veteran waits patiently in line before the race with a roll of toilet paper in his hand to use at the john. The beginner skips the line, figuring to hold out until after the race. Three miles into the race, the beginner makes an emergency exit to the nearest wooded area.

In an effort to scare the beginner, the veteran has let his beard grow into a mean looking stubble for a couple of days before the race. It works.

The beginner wonders why the veteran is double-knotting his shoe laces before the race. Halfway through the race and after he trips over his dragging laces, the beginner realizes why the veteran was double-knotting his shoe laces.

The veteran steps aside while the beginner squirms and struggles his way to the front of the pack before the start of the race. The beginner is still squirming and struggling as the veteran eases past him early in the race.

The veteran smiles and says something pleasant as he passes you, which makes you feel very tired. The beginner gasps and labors as he passes you, making you feel very good.

The veteran seeks out the shaded areas along the race route. The beginner toughs it out by running in the direct sunlight.

The veteran smiles and waves at passing motorists, even those who jeer

him. The beginner flashes obscene gestures at those who give him a hard time.

The veteran looks over the bathing beauties along the race route. The beginner does not feel well enough to be interested.

The veteran concentrates on the runners in front of him. The beginner worries about the runners behind him.

The veteran jokes with spectators and other racers along the course. The beginner, observing this, begins to wish he was a spectator and wonders how the veterans could be having such a good time.

The veteran carries his arms low and loose. The beginner carries his arms high and tight.

The veteran's form is smooth and uniform throughout the race. The beginner starts the race with decent form, but by the last quarter of the race appears to be suffering from pre-death rigor mortis.

The veteran slows down or stops at the water stations to refresh himself. The beginner sprints past the early water stations, fearing that stopping at one might indicate weakness. He compromises somewhat later in the race and slows down or stops at the water stations. Toward the end of the race course the beginner is spending more time at the water stations than he is running.

The beginner puts on a tremendous kick near the finish line, but because he has so much left he has finished 20 places behind where he should have. The veteran finishes less spectacularly, but, by wisely and evenly utilizing his energy, he has finished 20 places ahead of where he might otherwise have finished.

The veteran moves right through the finish line. The beginner trips over the finish line and goes through a rather dramatic collapsing routine.

The veteran loses his meal ticket but somehow manages to get fed after the race. The beginner does not lose his meal ticket but it does him little good because he is not able to eat after the race.

The veteran jogs a warmdown after the race. The beginner observes this but

cannot imitate it while stretched out vertically on the ground.

The veteran takes his medal home and shoves it in the drawer with all his other awards. The beginner wears his medal home and then builds a trophy case in its honor.

After the race, the veteran talks about where and when he will run next. The beginner is sure he never will run again.

After it is all over, the veteran goes over and consoles the beginner. The beginner is glad because he needs it.

The veteran remembers what it was like when he first started running.

The beginner reconsiders. Maybe he'll run again.

Pete Hanrahan

THE A.A.U. ANSWER

This is the official reply by the AAU to Hal Higdon's article "Why I Quit the AAU" (RW, April '76). This reply, which wraps up our printing of both sides of the issue, is submitted by Ollan Cassell, executive director of the AAU. His comments are printed here in full.

The facts are badly distorted in Hal Higdon's article in the April *Runner's World*. Hal has taken a personal feud with his local AAU association and built it into a diatribe against the entire organization. His arguments belie his overly-individualistic disdain for organized athletics. The article also appears to have been a carefully contrived publicity gimmick.

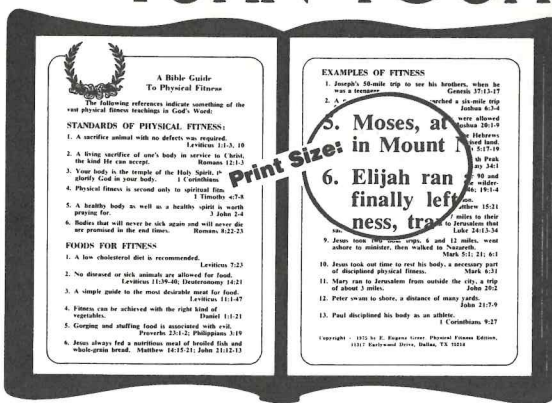
Hal wrote the story several weeks before it appeared in *Runner's World*. Apparently he timed the magazine's appearance on the newsstand with a nationwide wire service story about his departure from the AAU. Maybe this is how he expected to enhance his journalistic reputation. It's probably how his editors sell magazines. In short, it was nothing more than sensationalism.

Hal's disaffection with the Indiana AAU apparently simmered for a long time. Yet for the past three years he was willing to accept funds from the Indiana long-distance running committee's travel budget to attend certain national championships. One of his last requests for money was denied by the Indiana LDR committee. Shortly afterwards, Hal jumped on his soapbox.

Hal has always had a great disregard for organization of any sort. He never wanted to see Masters track and field develop into a unified program. His individualistic outlook would have stifled the progress of this program. Without codification, rules, regulations and pro-

(continued on page 8)

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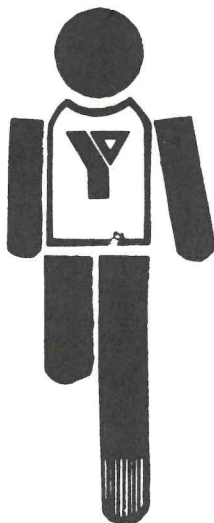
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cedures American track and field would never have risen above the "minor sport" status in the first place.

Lesser-known sports like bicycling, fencing and curling lack a strong, nationally-united organization like AAU. Participation in these sports is limited to certain areas of the country. Development programs are fragmented, if they exist at all. Track and field, which has been governed in the US by AAU for almost a century, is one of America's strong suits in international competition. Through the administration of the AAU's 58 Associations, there are millions of athletes competing in the sport throughout the country. All those rules and regulations that Hal finds so irksome are the AAU's responsibility as a member of the International Amateur Athletic Federation.

Hal claims that one of his friends had to "sell his soul" in order to get a sanction for a meet. If the local association made that individual follow the rules necessary for a sanction, then my hat's off to that association. For too long the AAU has been criticized for performing in a less-than-professional manner. Now that associations are going by the books, is this cause for criticism? I hardly think so.

Hal's decision to turn in his AAU card is self-defeating and serves no useful purpose. If Hal is opposed to the 55 mile per hour speed limit on the highways, what would he do—turn in his driver's license at the nearest motor vehicle bureau? Or break the law by going 70 miles an hour and urge others to do the same?

A more constructive means would be to stand and fight for what he believes in, availing himself of the democratic procedures of the AAU. In Hal's case, it's easier to smugly take a seat in the grandstand and take an occasional cheap shot at the people down on the field, where the action is. There are 7000 clubs registered with the AAU. Hal has cited a fractional number of groups that are dissatisfied with our organization... hardly enough to warrant a "mass exodus" from AAU.

If Hal had been consistently objective, he would have revealed that the AAU has done a lot for long-distance running. He's admitted so himself, though somewhat reluctantly. Certainly there are problems within AAU, as with any large organization. But I'll bet my bottom dollar that 98% of what the AAU does is correct and good for athletics. As for the other 2%, well, dropping out never cured anything.

Ollan Cassell

WE'RE NUMBER ONE

May we have the envelope please? And the winner of the category for the healthiest form of exercise is . . . Jogging!

Surprised? Of course not. For the past several years you have been hearing about how good jogging is for the human body, right? Well, that depends on who is doing the talking.

Seven experts in the medical field were asked to rate various forms of exercise as to their physical benefits. C. Carson Conrad, executive director of the President's Council on Physical Fitness and Sports, compiled the results of that informal survey and reported his findings in the May 1976 edition of *Medical Times*.

A total of 14 forms of exercise were evaluated by the seven MDs in terms of regular participation (a minimum of four times per week) and vigorous activity (a duration of not less than a half-hour).

The panel determined on those criteria that as a fitness activity jogging/running outdistanced bicycling, swimming, skating, handball-squash, Nordic and Alpine skiing, basketball, tennis, calisthenics, walking, golf, softball and bowling.

Samuel M. Fox III, M.D., a professor of medicine at Georgetown University, said jogging is "the most efficient and inexpensive approach to enhancing endurance capacity. Must be approached with warmup preliminaries and a 'starter' program of walk-jog alternations."

Lawrence Lamb, M.D., who is best known perhaps as a syndicated medical columnist, noted, "This is an endurance exercise that will not build muscle mass beyond the natural size of the body. Running faster and faster is not a great advantage. It takes almost the same amount of energy (calories) to run 1½ miles in 16 minutes as it does to run it in eight minutes. I estimate an average of 720 calories per hour."

Dr. Lamb's conclusions were supported by independent ratings of the seven panelists on various aspects of exercise. Each rated the effects using a scale of 0-3, and consequently a rating of 21 (three by each of the seven panelists) indicates the maximum benefit.

For those whose curiosity about weight control has been ripened by Dr. Lamb's comments on calorie burning, the experts gave jogging/running a perfect 21.

Hans Kraus, M.D., co-developer of the Kraus-Weber Test for strength and

flexibility, and a clinical associate professor of physical medicine and rehabilitation at New York University's Medical School, noted, "Excellent for cardiovascular fitness; unfit people should start with a calisthenics program first to attain minimum muscular fitness, otherwise muscle strain, back pain and so on often result."

The panel gave this activity a 21 rating for cardiorespiratory endurance (stamina). The only other of the 14 sports considered to receive that high of a rating in this category was swimming.

Allan J. Ryan, M.D., a University of Wisconsin professor of physical education and rehabilitative medicine, said, "A great activity to promote fitness. The results come slowly, however."

Warren Guild, M.D., a clinical associate in medicine at Harvard Medical School, added, "Plus—can squeeze a maximum consistent effort into a minimum amount of time. Minus—can be boring."

Boring or not, running and jogging outscored all of the other sports considered by as few points as six (bicycling was the second sport in total scoring) and as many as 97 points (bowling was the lowest sport).

In fact, our sport scored the highest in six of the nine categories. In addition to weight control and stamina, it led in muscular endurance (20), muscular strength (17), muscular definition (14), digestion (13) and sleep (16). Its lower ratings were in flexibility, balance and muscle definition.

Theodore Klumpp, M.D., a medical consultant to the President's Council on Physical Fitness and Sports, said an additional advantage to jogging/running is that "one can adjust the pace and distance to one's own particular condition and fitness."

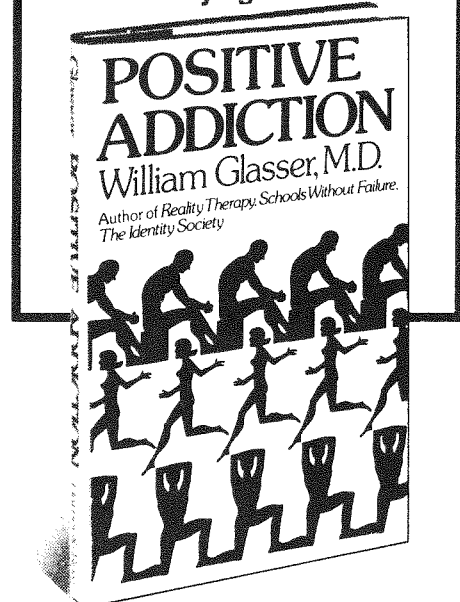
And finally, Evalyn S. Gendel, M.D., the assistant director of the Bureau of Maternal and Child Health with the Kansas Department of Health and Environment, said, "Excellent 'all-around' activity—especially the ability to begin in stages at any age—therefore beneficial to body systems—even those that have been subject to debilitating disease and need rehabilitation."

FANTASY DIARY

Most runners keep diaries to record their mileage, the weather conditions, their times and injuries. I, however, keep a diary of my fantasies, the ones which keep me running when I want to stop. What follows is a typical week.

(continued on page 10)

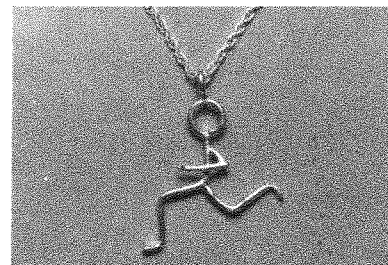
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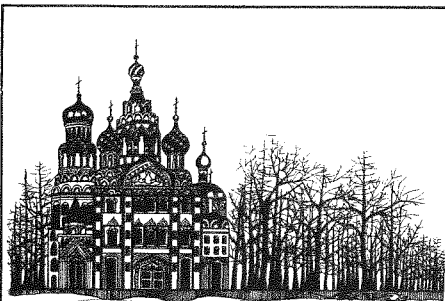
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Monday. The bullet hit me in the back, just between the shoulder blade and the spine. It wasn't particularly painful, more like being jabbed with a nightstick. The assassins thought Agent 440 was dying, and I did, too. No regrets, thank you. I hadn't volunteered for espionage work naively.

It was late afternoon when I regained consciousness. Apparently the buzzing of flies stuck in the coagulated blood around the bullet hole revived me. The entry wound had closed of its own volition and I had no difficulty in reaching a safe phone. The sector chief picked me up in his car.

"If you hadn't been in fantastic shape, that slug would have terminated you."

"I should like an appointment tomorrow with the surgeon."

"Have you run today?"

"Only two miles so far."

"Priorities, Agent 440! Do six more miles, then brief the National Security Council and see Doc." He pushed me out of his Aston-Martin.

Four more miles to go. The bullet doesn't hurt as much now, but I think I'm getting a blister. Damn bullet-proof shoes!

Tuesday. Wise are the women who love runners, for they alone appreciate the repetitive pain of their men's running. They are the lucky ladies who benefit from the huge increase runners experience in both cardiovascular and sexual endurance. Run all day, romp all night.

That's why she's out here in the morning mist, charting my splits and seeing that I have carefully chilled Body Punch in a crystal cup.

"Pick it up!" she yells at me in passionate anticipation.

Candice Bergen just hates to see me walk.

Wednesday. I'm really beginning to hurt. Push through the pain barrier. Think of nothing but winning. Catch those two guys running ahead of you. How are they going to feel when a virtual unknown burns them at the stadium entrance?

They feel the pressure now as I lock onto their shoulders. I can't remember the Kenyan's name, but it doesn't matter, for he can barely return my confident smile. My teammate looks appalled by my return. He thought I'd had it when the press bus smashed me into the crowd. Now the three of us race through a tunnel of bilingual cheering. I must return to Montreal when I can do some sightseeing.

I've got them now. They have no kick left. It's a shame Shorter couldn't have won the gold twice in a row, but he'll be back. He's so much younger than I am.

Thursday. I've always loved running in New York City's Central Park when it's closed to car traffic. The intensity of the city still reaches you, but at least there are trees and rocks and a better class of wino.

Something's going on down by Bethesda Fountain. A mugger just grabbed that lady's purse. Perhaps I can catch him. Remember, keep the hands loose, exhale on every fourth hit of your left foot. Hold a steady pace up this hill. He'll come back to you.

He's looking over his shoulder at me more and more, and I know what he's thinking. My God, will this devil never stop? He's dropped the purse, thinking I'll quit, but if I imagine it's a baton I can still run with it. Now I've got him. He's too tired to struggle, even if he's twice my size.

"Here Officer, take him away."

Where is the owner of the purse? She was headed toward 59th Street and Fifth Avenue. If I press these last two miles back perhaps she'll still be around.

"No, no, my name's not important. I'm just glad to have been of help, Mrs. Onassis."

Friday. The earthquake struck in the middle of the night, isolating the Los Angeles area from the rest of the continental United States. By dawn, those of us who had survived collapsed homes and catastrophic fires were braced for a tidal wave of such monumental proportions that the world would have another Atlantis.

Traffic had no chance of moving. Buckled and warped streets and freeways froze the natives in their cars (cars that some of them had been born in and never left). I had run across the San Fernando Valley before, but only to the base of the San Bernardino Mountains. This time I'd have to scramble to the summit.

The thighs are singing. A white crust has formed around my lips and nostrils. The hair is gone from my legs because of a brush fire I'd raced over a ridge.

The tidal wave strikes with a sound like a sonic boom, and as I glance back, megatons of seawater crash down and rush across the valley floor. The first tongues of surf swell up and crash at my ankles and try to pull me back into the maelstrom. But I pull free, apparently the sole survivor. Now all I have to do is make the run to Las Vegas.

Saturday. I laughed when they first told me I'd never walk again. And afterwards they called me a fool, an idealist in an era of inward thinking. But that's not important now.

Perhaps, like millions of others, you saw the beginning. Yes, I was the one who caused the sensation at last year's Rose Bowl Parade. Remember when I ran out of the crowd and stopped the Budweiser Clydesdales when their driver had that heart attack? I had to; otherwise the horses would have galloped homocidally through the UCLA Marching Band and right into a float depicting a giant kidney stone done in carnations and hibiscus.

You may recall the avalanche of beer kegs that smashed me to the ground after I stopped the runaways. First they said I wouldn't last the day, then they said I'd be paralyzed for life, then it was a miracle I could sit up. Later they couldn't believe I could stand.

And now here I am running on the track again. No one recognizes me as a celebrity-hero anymore, which is the way I prefer it. Yet I can't help but think, these young girls and ancient men who keep lapping me, would they be so smug if they knew I was plastic, transistors and silly putty from the neck down?

Sunday. I guess I'm the only motion picture superstar who doesn't have an agent. I negotiate my own contracts, publicly. That's why all these people are here at the Coliseum. Sure, a lot of them are press agents and members of the media. But the majority are fans who regularly fork out three bucks to see my dimples, perfect teeth and fashionable physique on the screen.

I'll get a million-point-six for this flick. That was determined by my beating the studio board of directors by one minute and six seconds. I let them run a relay, each running a 220 against my individual mile. I lapped the producer—he's the one lying in the infield sucking bottled oxygen—after only a mile and a half. That cost him 15% of the gross which should make me an additional three or four million.

But now it's getting tough. If I can't beat Bruce Dern at 10,000 meters, he'll get co-star billing. And, even worse, if I don't beat Erich Segal at Boston tomorrow, the picture will be called "Son of Love Story." And that should give me the incentive to break 2:20 in the marathon for the second time this week.

Craig Tennis

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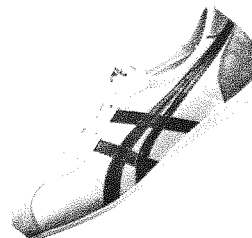
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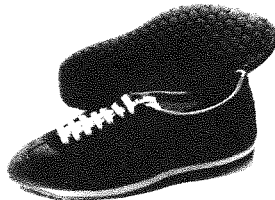
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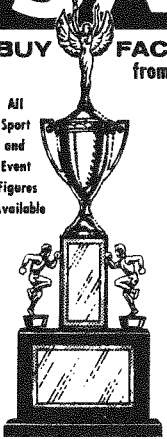
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Running Commentary

by Joe Henderson

Runners on the University of Southern California's national championship team call him "Dr. Magic Hands."

Ken Randle of USC said he wouldn't have won the NCAA 400-meter title without him. Dedy Cooper, a high hurdler from San Jose State University, said the same.

"Magic Hands" worked on Dwight Stones before his world-record high jump, and on Mac Wilkins before he threw a world best in the discus.

These athletes and members of several other West Coast teams were lobbying in June to have the doctor added to the US Olympic medical staff.

"Whether we do may make the difference between an athlete's running or not," said San Jose State coach Ernie Bullard.

This magician they're talking about is a Pasadena chiropractor, Dr. Leroy Perry Jr. He treats injured athletes with apparently incredible success, using a technique called "acupressure." In simplest terms, it is acupuncture without the needles.

The theory of acupressure, which has been used by chiropractors for years but seldom with athletes, is that the body contains rivers of energy known as "meridians." These rivers frequently get dammed up by abuse. By applying pressure to the proper points for the right amount of time, the therapist can redirect the energy flow. This is said to increase strength and relieve pain without breaking the skin, introducing a foreign substance or risking bad side-effects.

Bill Flodberg introduced me to acupressure. Bill has been running for more than 25 years, and in that time has accumulated all the lingering aches common to longtime runners. He grasps at cures the way a marathoner goes after a cup of water on a 90-degree afternoon.

Bill had limped through most of 1974. Suddenly, he was training up to 16 miles a day. He said, "I have no days when I'm too sore or tired to maintain an easy pace of 6:45-7:30 per mile."

"What's the reason for the quick recovery?" I asked him one day on the phone.

"I've discovered aqua pressure," he said. That's what I thought he said.

"You mean it has to do with the pressure of water?"

"No, no!" he said. "Acu-pressure,

like acupuncture. It's amazing. I'd like to write a story about it."

"Well . . ." I stalled.

"Okay," he said. "Then let me come up and demonstrate. I guarantee it'll make a believer out of you."

It didn't. It only made me feel foolish while lying down on the floor in my shorts while Flodberg probed at my flesh, and then embarrassed while explaining to passers-by what was happening.

Bill claimed he'd corrected a minor leg-length difference and that he'd balanced the strength in the leg muscles.

"See how you feel tomorrow," he said.

I felt good but listed it as no more than a coincidence. I never repeated the treatments to learn if there was a connection.

When Flodberg called back to ask about an article, I told him, "Let's get more information first to back up what you're saying."

He sent two books, one immediately and another later. The first was *Touch for Health* by John Thie, a chiropractor, and Mary Marks (DeVorss and Company, Santa Monica, Calif., 1973). The other was *Acupressure—Acupuncture without Needles* by podiatrist J.V. Cerney (Cornerstone Library, New York, 1974).

I only skimmed them.

"Well, now can we do the article?" Flodberg asked.

"Find some more examples of what this has done for runners."

He came back with stories on three people:

- Darryl Beardall, a runner (and sufferer of assorted complaints) for almost as long as Flodberg, had run his best marathon time en route to 50 kilometers after being treated with acupressure by his brother, chiropractor Alan Beardall.

- Gary Chilton was wearing a pad in one shoe to compensate for a shortage in one leg ("actually a pelvic imbalance," Flodberg said). Flodberg's treatment of Chilton moments before a 20-kilometer race helped Gary to improve his time on the course by 10 minutes.

- Rod Miller wrote this testimonial: "I had not been without some pain from

shin splints for over 15 years, but Bill Flodberg cured me within minutes. I ran without any pain whatsoever in two races right after Bill treated me—an 8.5-miler one day and a marathon the next. The marathon was my fastest to date, and I had absolutely no soreness the day after—unheard of for me.”

This limited evidence was impressive. But I wondered what other factors were involved which might explain the “cures.” How much were they related to powers of suggestion? I continued to hold off Flodberg’s attempts to get an article in print.

Bill Flodberg, I now must say, was ahead of his time. For only this spring have the national athletic publications started to report what he was saying two years ago. We had our chance to beat them to the story, but I blew it.

After setting his world discus record, Mac Wilkins said, “I’ve had serious injuries this year. But I’ve been able to avoid them (recently) because of Dr. Perry’s acupressure treatments.”

When Dwight Stones was asked what was responsible for his world high jump record at the NCAA meet, he said, “My chiropractor said go.” Dr. Perry had treated Stones’ weak back.

Dedy Cooper, a freshman at San Jose State University, injured a leg seriously enough before the National Collegiate Championships that he couldn’t hurdle for a week.

Cooper’s coach, Ernie Bullard, said, “He won his first NCAA heat, but he suffered an apparent muscle spasm and still had another race before the final.

“We invited Dr. Perry up to the room, and he found that Dedy’s back was an inch and a quarter out of alignment. He worked with him for about an hour and straightened it out.”

Cooper made the final, had another treatment, then won the national title.

Ken Randle is even more of a believer. He was bothered by tendinitis in the knee at the NCAA meet and was limping after his semifinal race. Yet he won the 400-meter final.

After the race, Randle said, “(Dr. Perry) worked on it three times today. I don’t know what he does, but when he finished I feel like I could run forever. We are all praying they put him on our Olympic medical staff.”

James Gilkes, Randle’s USC teammate from the South American nation of Guyana, broke in to say, “I’m going to take him to the Olympics with me. My government will pay his way.”

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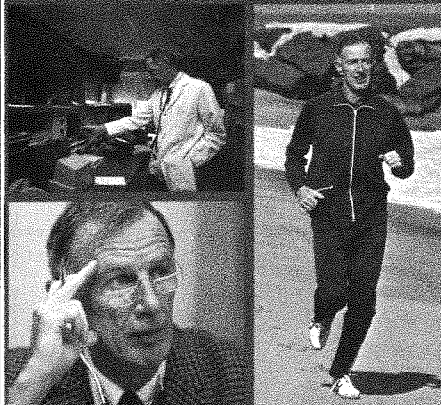
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Medical Advice

George Sheehan, M.D.

THIS IS LIVING

I gave a lecture on physical fitness recently at a psychiatric institution. In the discussion that followed, one of the staff asked me, "Will jogging prolong your life?"

I looked at him, my colleague in medical orthodoxy, and answered, "Will psychiatry?"

The answer was unpremeditated, more reflex than thought. It was a reaction to long hours of futile explanation of running and what it means to me, a response to being forced just one more time into the position of defending jogging on the basis of preventing disease and a backlash against being required to answer a question I consider both irrelevant and immaterial. What runner cares whether running will prolong life?

For those few seconds the entire staff looked at me and I at them. The reply took us both by surprise, in this instance surprised by truth, surprised by the obvious. We all realized that prolongation of life is only incidental to our interests, to the cause we espouse, to the therapy we prescribe. We know that it is the quality of our days rather than the quantity that concerns us.

Will running prolong my life? I don't know and I don't particularly care. Running certainly does something to my body. But what exactly does it do? A few years back I decided to find out. I went to the local community college for a fitness test. My maximum oxygen capacity, it turned out, was a level considered excellent for a 28-year-old.

Apparently running has given me an exceptional level of fitness. But what else? Has it prolonged my life? Pure absurdity. My physiology may be that of a 28-year-old but I still have a 57-year-old body. I have my vigor, both physical and psychic, but the body ages relentlessly. My hairline recedes. My eyesight diminishes. And no one can persuade me that I have, at this date, a 28-year-old's heart or blood vessels.

Yet something good is happening. Checking out as a 28-year-old must mean something. It does. It means that despite my years, I am still an athlete. Running has gotten me to my lean body weight and to my personal cardio-pulmonary best. It has taken me to my physical peak. Because of my run-

ning I am living at the top of my physical powers.

Now to some that might mean that life will also be prolonged. Not to me. We are born, I suspect, with a built-in longevity quotient which we can diminish but not increase. We are born, it seems to me, with an appointed time when noise will develop in the signals sent by our messenger RNA, when the song the molecules sing will no longer be heard by the cells. Disease, disintegration and death follow.

We apparently can hasten this process but not retard it. Medical progress has gone through its finest hour and has had little impact on our life span. It is interesting that the Italian painters of the Renaissance had a life span of 67 years, only a few less than medicine can produce in this nuclear age.

So let us forget about longevity and get away from the idea of prolonging life. Let us realize the truth of Thurber's dictum, "There is no safety in numbers—or in anything else." Despite exercise, diet and abstention from all the vices, we will die in our appointed time. That should not concern us. It is what happens from now until then that is important.

Now rephrase that question. "Can running improve my life?" This allows an answer which is clearly affirmative if only because running concentrates on positives rather than negatives, emphasizes doing rather than not doing, and above all makes the person responsible for what he is doing.

The medical profession would like nothing better than to have all of us acting responsibly, taking a part in our own fate. The scientists think they can do better only if we do better.

"The next major advance in the health of the American people," says Dr. John Knowles of the Rockefeller Foundation, "will result only from what the individual is willing to do for himself."

When I run I am willing to accept that responsibility. But I also discover that to be responsible implies the ability to respond. To take care of my body I must be able to listen to it, and to hear what it says.

In this continuing dialogue between me, the runner, and my body I become

more and more healthy-minded. I become eager for more training, more discipline, more self control, seeking inside of me the person George Leonard called the "ultimate athlete." All the while I know, as Leonard suggests, that I am playing the ultimate game, which is life.

And in life, you may remember, it is not how long you lived but how you played the game.

HEALING HEELS

I've been following your articles concerning achilles tendon problems and thought I would see someone give the following advice.

Cut the heels off of a pair of rubber shower shoes (flip-flops). Place them over your inner soles (after beveling the forward edge) and the modification is complete.

When I first started slogging along the roadsides, I was in a pair of canvas high-top basketball shoes. In typical athletic logic, it must have been really good because the pain was severe.

A friend forced me, under threat of bodily harm, to run in his identically-sized Adidas Country shoes. Three miles later, I was a convert.

However, after breaking in my own pair, I was still experiencing a good deal of swollen ankles, sore tendons and lower leg and knee pains. Since I've always had weak arches, I thought this was the cause.

A retired track coach told me of the shower-shoe cure, and the difference was even more significant than the switch to proper shoes. The shock of pounding the unrelenting pavement disappeared altogether. The swelling has never returned, even after periods of prolonged layoffs.

I sincerely believe that had I not found this inexpensive and yet effective cure, I would have given up running. It just wasn't worth the pain.

Maybe this tip will save someone else from a similar fate.

Jim Walker

VITAMIN CRUSADES

Q: Are vitamin C supplements beneficial to long-distance runners and, if yes, how many grams per day should be taken? Is there any evidence available which might suggest that dietary iron supplements can increase the hemoglobin content of blood and therefore could be of benefit to runners? Is the daily ingestion of lecithin capsules of any benefit?

T.B., Hawaii

A: The next Holy War may be

fought over vitamin C. I myself have already decided to be non-combatant. If you like the theories about vitamin C, follow them. If you don't, forget it. Just know that there is no conclusive scientific evidence for or against it.

Nutrition, to my mind, occupies an area somewhere between religion and science and is a confusing amalgam of these great subjects.

UPSETTING EXPERIENCE

Q: On April 19, I, with a few others, ran the Boston Marathon in heat in excess of 90 degrees. Surprisingly, I felt fine until my greatest opponent, diarrhea, overcame me, forcing me to stop twice during the race, much to my chagrin.

While I am aware of the "Jacki Hansen Marathon Diet," published in the "Marathon Issue" (Feb. '76) of *RW*, as a mother, housewife and teacher I find the regime unrealistic. Exactly what foods should I eat? What should I avoid?

C.B., Connecticut

A: I also had diarrhea at Boston. I assumed it was because of taking too many drinks of commercial solutions. The sugar couldn't be completely absorbed and went right on through, causing the diarrhea.

If you carbohydrate load, eating foods you know you can handle is the best thing to do. You can avoid the depletion phase (fats and protein) if you wish.

TOO MUCH MILK?

Q: I am a 60-year-old male and for the past 10 years I have been running cross-country 3-5 miles almost daily. During the past two or three years I developed a "gas" condition which seems to be confined to my lower gastro-intestinal area with little if any pain or discomfort. My doctor feels that I have developed an intolerance for milk. My daily consumption was about one quart liquid plus a large bowl of ice cream before retiring.

In the process of removing milk and ice cream from my diet, I lost 10 pounds during a two-week period in March. The more I lost, the better I felt running. Accordingly, I almost automatically increased my speed or distance run each day. At the suggestion of my doctor, I had a complete physical to include blood, urine, stool and upper and lower gastro-intestinal series (both in the same week). There appear to be no significant results.

My gas situation has improved some, (continued on page 18)



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but not completely. Unfortunately, I am now very tense and nervous and feel relaxed only when I'm running. When I am at "rest," my muscles twitch, jump and jerk randomly and I have a creepy, crawly feeling. This interferes with my sleep and has begun to worry me considerably, which, of course, makes matters worse.

G.N., California

A: It seems as if your doctor was right. You do have a milk problem (usually caused by an enzyme deficiency). You also may have an intolerance to grain products, giving you the difficulty that remains.

Your symptoms suggest overtraining, and I suggest you cut down to running every other day, giving your body a chance to recoup. I doubt that you are in any serious difficulty.

CALMING DOWN

Q: I am 33 years old and have been running for two years (long distances). I lost 90 pounds. I drink coffee and eat high cholesterol foods. I train 10-14 miles daily. I am a nervous person and take five milligrams of valium, especially when I drink coffee. I tried to break off the valium for a week and drank no coffee, and I got a tight feeling in my chest and very nervous. Are these withdrawal symptoms from taking nerve medicine? How can drinking coffee and then popping valium to relax me be harmful to my heart or nervous system?

A.W., New York

A: Usually the long-distance training will get you off valium. However, coffee is another story. I take about a quart or more a day.

At times I use tea and can avoid those coffee jitters, but usually I just give in and go with coffee.

Gandhi said never to give up anything until it was no longer necessary. You'll know when you don't need either of these.

THAT HOLLOW FEELING

Q: Over the past two years during the warmer months of the year (temperatures 60 and above), I get an echo in my ears when I finish races of over five miles. My ears feel closed and when I breathe or talk it sounds hollow or like an echo. After about 2-3 hours, my ears pop and everything is back to normal. This does not happen during training runs.

D.E., Maryland

A: Your problem is because of a blockage of your eustachian tube (the channel between your ear and the nasal canal). This is probably secondary to al-

lergy or drying of the nasal surface.

I suggest you use Afrin, a long-acting nasal spray and decongestant which can be bought over the counter. It has minimal, if any, side effects and can be used before training and races.

FEET IN THE SAND

Q: I'm employed as an ocean life-guard. I'm curious whether running on soft sand with or without shoes is a good practice. I generally run about four miles on soft sand without shoes. Would it be a better practice for me to run with shoes on harder sand? I would be very grateful for a reply as I run nearly every day and do not want to cause permanent damage to my joints, and yet want to get the best exercise possible.

R. G., California

A: Sand gives natural support to the feet. Very hard sand might, however, cause foot strain. You would have to be the judge of that.

I find that it is not the sand but the slant down to the water that gives me trouble. This pronates or flattens the uppermost foot and causes foot and knee pain.

DEGREES OF FLUCTUATION

Q: In an attempt to establish some tangible indices of overtraining, I have experimented with your suggestions of pulse reading each morning, weigh-ins and so forth. I also have noticed a pattern in my body temperature. It ranges from a morning reading of 98.2 to a late afternoon reading of 99.4 to a late night temperature of 97.6.

What are the fluctuations showing and what are their implications? Is this a good monitor of the body's ability to handle training? Is the body best equipped to handle stresses of training at low or high temperatures?

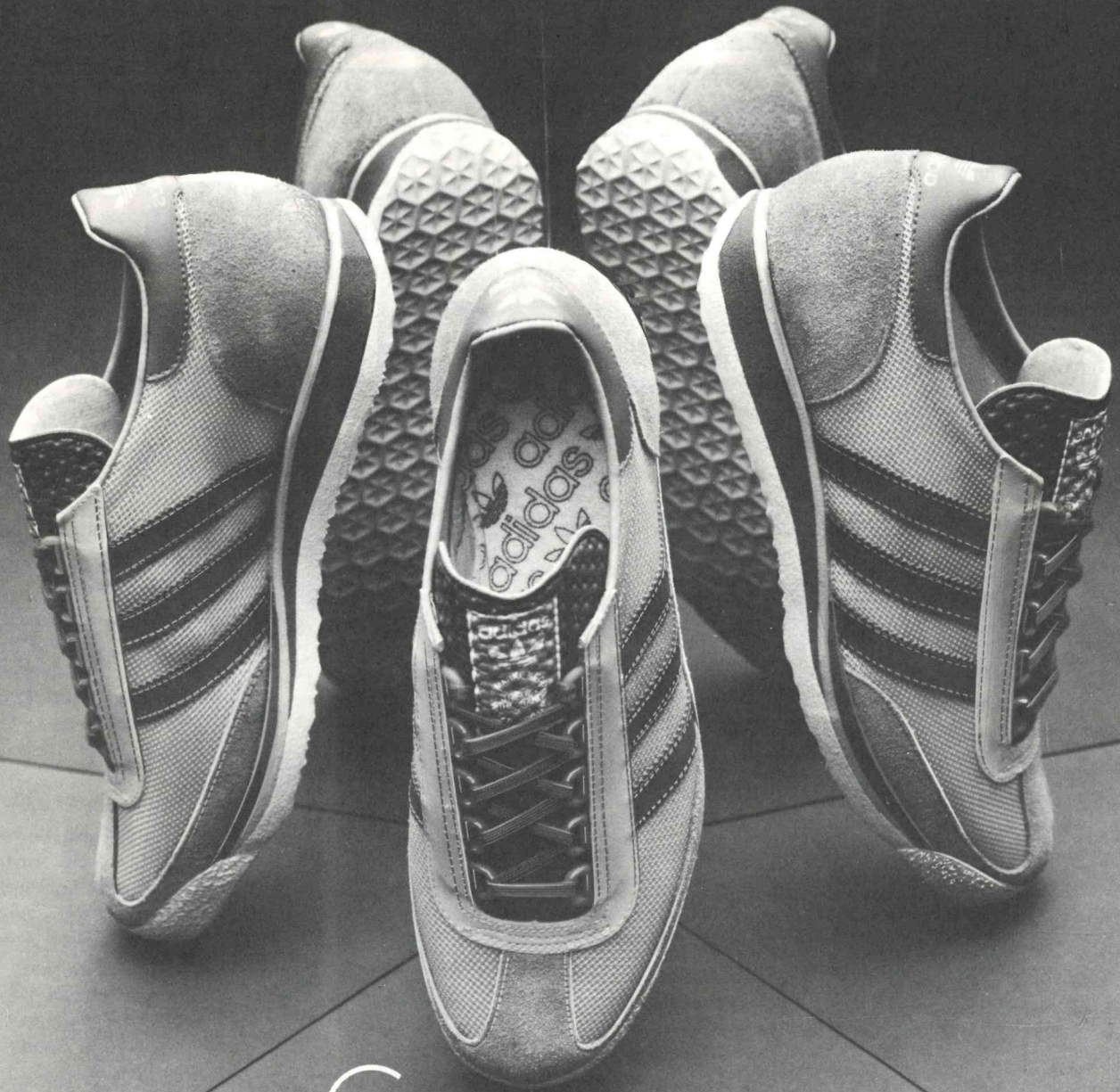
P.H., New York

A: The temperature cycle is one of our circadian rhythms, and one of the most stable. Abnormalities have been reported in certain sleep disturbances, where the temperature continues to rise during the night.

What you are reporting is the normal cycle. The absolute levels could be of interest, but they do fluctuate with environmental temperature so interpretation would have to be guarded.

However, I would be interested in anything you turn up in these experiments.

Runners should send their medical questions to RW, Box 366, Mountain View, Calif. 94040. ●

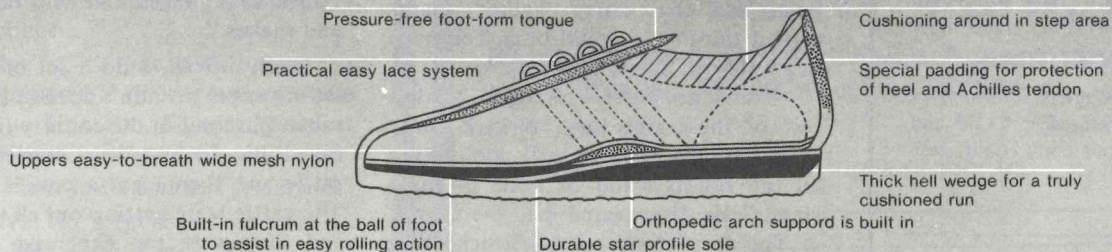


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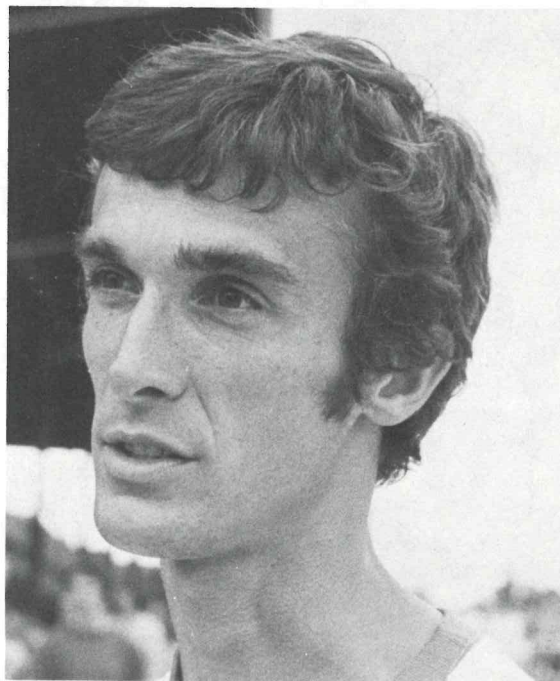
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Interview

by Roy Kissin

TODD SCULLY



Steven E. Sutton/DUOMO

With the results of their race in dispute, the walkers collected near the press interview area, quarreling among themselves.

Todd Scully, the bright-faced winner of the Trials, remarked to another walker, "Everyone else is fighting us. The last thing we need to do is fight each other."

When it was announced that Scully and Ron Laird had been named to the team and that Larry Walker's hard-earned third spot would be up for grabs in a walk-off, Scully spoke up.

"That's not right," he began. "If the rest of these guys have to walk again, then I should have to walk too. Either all the results stand or none of them stand." He disappeared into the crowd.

The press stood by, awestruck. With everything to lose and nothing to gain in a rewalk, Scully was willing to sacrifice everything for sportsmanship.

"Here is a true amateur," they said.

By week's end, after the more publicized exploits of the track athletes, Todd Scully was just another face among the hundreds of athletes. He watched them scramble after free shoes while remaining content to compete in his Hush Puppies.

A true amateur.

RW: We've heard many fascinating things about you. You've been described as a "vegetarian who raises hogs and snakes."

Scully: Well, I do a lot of things a lot of people wouldn't do. But that's because I live out in the country in a place called Big Island, Va. I started raising cattle and then I got a couple of pigs. The cattle were getting out all the time, and they were too expensive to feed. They just gave me too hard of a time, so I got with the hogs. I got quite a few hogs now.

But the snakes—I got snakes in the

house. Everybody knows that nobody will come stay there, because it's a big old farmhouse and I live there by myself. One day I went into the bathroom and there was a black snake crawling across the floor into the shower.

When my parents were there once, my father was putting up a wall. He put up a two-by-four, went over and picked up another one, came back and found a six-foot black snake stretched out on the other two-by-four. So there are plenty of snakes in the house. I don't go looking for them. They're in the attic. Old country farmhouses, they always used to put black snakes in them to keep away the mice. I'm not going to bother them as long as they don't come in the living room.

RW: Another part of the legend says you've been walking in the same pair of Hush Puppies since 1968.

Scully: They're a pair I don't train in much any more because in a little while they're going to be gone. I just use them for races now. They have great sentimental value. They've got at least 5000 miles on them now, so they're right up there when it comes to mileage.

RW: Why Hush Puppies?

Scully: Hush Puppies are designed for comfort. That's what their reputation is built on—a comfortable, leisure shoe. And they're real comfortable, especially if you have to walk 25 miles. In most other shoes my feet feel packed in, whereas Hush Puppies feel like slippers. Not only that, but also they have a heel on them, and in walking I think you need a heel on your shoe.

RW: Is this a fault with most other shoes?

Scully: I think it is. A lot of people don't but I'm just one person.

RW: Perhaps now some of the other shoe companies will pay a little more attention to your needs in a shoe.

Scully: Hush Puppies stands to make the biggest deal.

RW: Any truth in the rumors you're a vegetarian?

Scully: Let's put it this way, I'm 90% vegetarian. If I'm some place where there's nothing else, I'll eat meat. But at home I'm a vegetarian.

RW: Is it just a personal preference?

Scully: No, I think it has a lot to do with athletic performances. We keep our bodies clean on the outside but we never clean them on the inside, and the meat messes things up.

(continued on page 22)

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RW: Do you fast as well?

Scully: At least once a week, sometimes twice or three times a week.

RW: And you eat nothing at all?

Scully: Nothing. But I drink a lot of fluids. In fact, I get by on very little. My grocery bill is only \$30 per month. I take a lot of vitamins, especially when I'm training hard. I think the body needs more vitamins and minerals when you're trying to get in three workouts a day. Vitamins help replenish the body so you can go out and train hard again the next day.

RW: Would you say diet has been a factor in your success?

Scully: I think it has, unless it's all in my head. But even if it is, the benefit is the same.

I'll only know if I live to be 100 and am still in good condition. If I deteriorate like everyone else at 60 or so, then I'll know it's all in my head.

RW: There's another rumor—that you have a sort of yoga control over your body processes and that you can raise and lower your heart beat at will.

Scully: I have worked on that. Living by myself, I live sort of a celibate life, very Spartan. That helps a lot in training your mind. In walking you're out there for long periods of time. A normal 10-mile workout for a runner takes 60-70 minutes, whereas 10 miles for a walker takes between 1:50 and 2:15. I go very slow in my training compared to a lot of walkers.

RW: Another Olympian has described your training as "crazy."

Scully: I haven't trained as much this year as I have in the past, what with the farm and working. When I was in the Army, I used to get in at least 100 miles per week, sometimes as much as 170 per week.

RW: You must have been walking 12 hours a day.

Scully: Well . . . close to 12 hours per day. Now I'm only doing about 95-100 miles per week. I should be doing more, but I don't have time to do more. I guess the background paid off, though, because I made the team.

RW: How does it feel to be an Olympian?

Scully: Great. Absolutely great. When I was a kid I had this dream. That was when Mel Pender first burst onto the scene way back when. He was my idol. Later I met Mel and we said we were going to make the Olympic team. Everybody laughed at me because I was no good. Time went on and Mel still calls every so often and he says, "One

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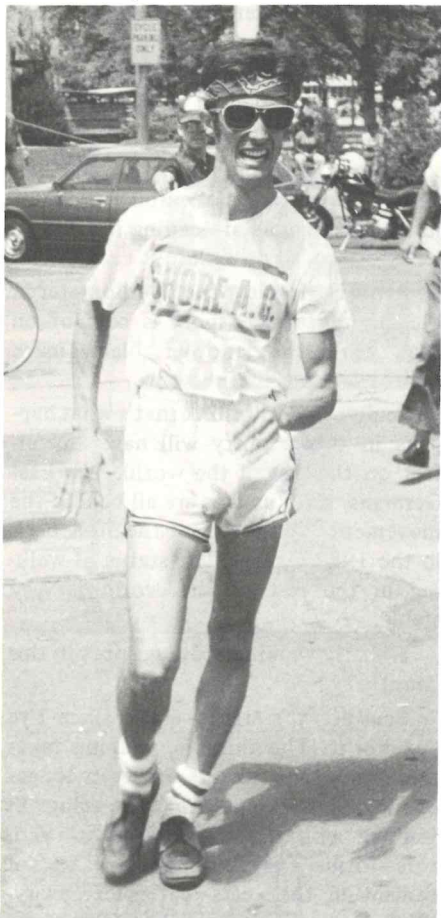
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of us might make it. I know I'm not going to so that means you have to." I worked . . . I've always wanted to.

RW: Did your fourth place in the '72 Trial add any incentive for you this year?

Scully: I was happy with that ('72 performance). I was overjoyed. But I'm sure it did (help) being so close then.

RW: Of course, you won the Trial this year, but it seems that the controversy overshadowed your moment. Did this bother you?



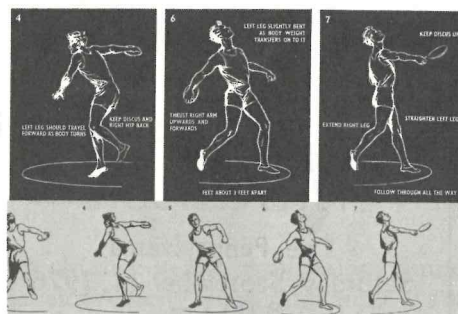
Todd Scully and Hush Puppies

Scully: Yeah, it did. I read all the papers and it didn't say much about who placed. It was all about the mistake. They just built up all that. You have to realize that there are failures and mistakes. But you've got to keep track of your own laps. Don't rely on the lap counter. I was keeping track of my own laps. I knew I had another one to go at the end, but since they said, "Go on into the stadium," I wasn't going to argue. It's the official's responsibility, too, but it's mine to keep track.

RW: So the miscount didn't affect you as much?

Scully: No. See, this whole week has been wild. I came here and found out
(continued on page 24)

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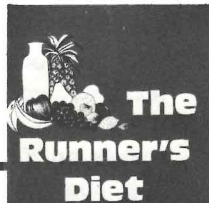
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by the Editors of
RUNNER'S WORLD Magazine

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I wasn't entered. They sent my entry to the race walking judge but he never sent it to Eugene because he got it from *Track & Field News* and decided to hand-carry it here. So I got here and they had no record of me at all. All week long I didn't eat, didn't sleep and I was so nervous. And then the mess-up at the race. Everything was going wrong, so I was ready for it.

But those little things can happen. It's the first time something like this has happened in the Olympic Trials but it's happened in other big races. It's just been overplayed.

RW: Does what happened reflect the casual attitude toward walking in this country?

Scully: It's got both good and bad points. We got a lot of publicity out of it. But the papers are calling it a "disaster," "fiasco." I don't know.

RW: Having lost the 50-kilometer in the Olympics, the sport is sort of on trial. Isn't this another black mark against walking?

Scully: I don't think that's what happens in this country will have any effect on the rest of the world. The East Germans, the Russians are all behind the movement. We should get the 50-K back in the 1980 Games. The status of walking in the rest of the world is very stable.

RW: Is walking a dying sport in this country?

Scully: It's stayed static since I've been in it. The thing is, walking takes more time and results are even longer coming in walking than in running. In walking you have an additional variable—form. That can throw a bag of cement in the gears and freeze everything up because if you have bad style, you'll get thrown out.

RW: Your style is highly regarded among the other walkers as very efficient style at high speed.

Scully: Well, my form used to be lousy. I used to get thrown out. But I've worked on it. I'm still working on it so there will be no questions.

RW: How do you see your Olympic chances?

Scully: The Europeans are way ahead of us. There are probably 30 people who have walked a faster qualifying time than me. I'm not going to just give up. I'm going to train hard for the next three weeks and see what happens. Might break down. I don't know. But I'm going to go up there and try. I don't know what'll happen, but I'm going to try. ●



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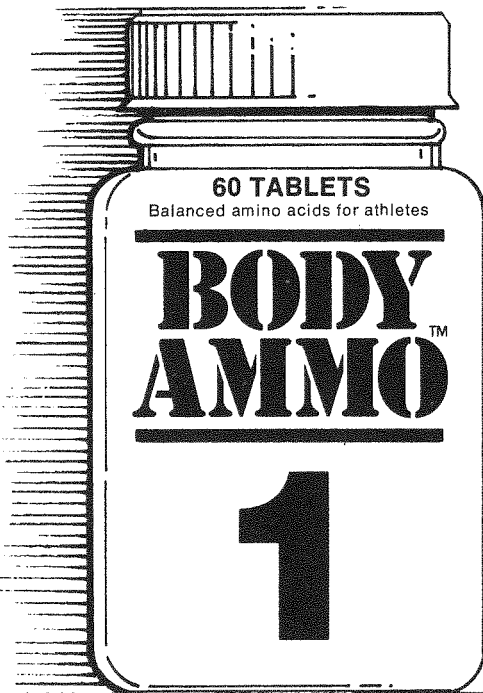
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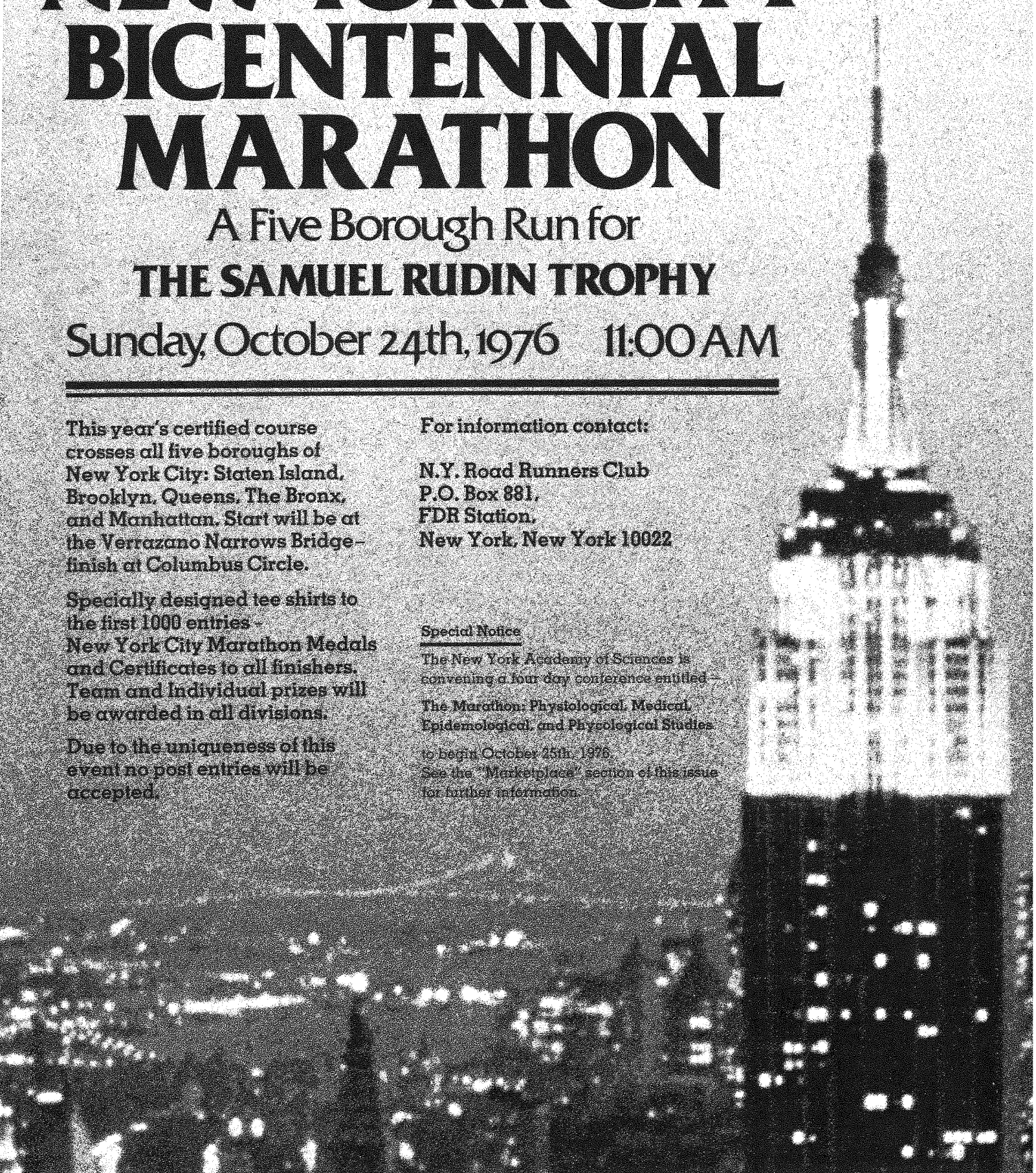
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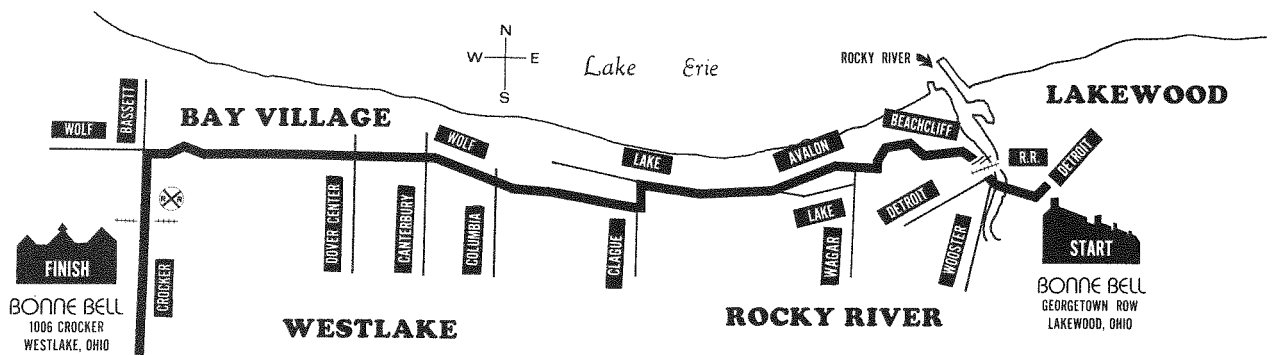
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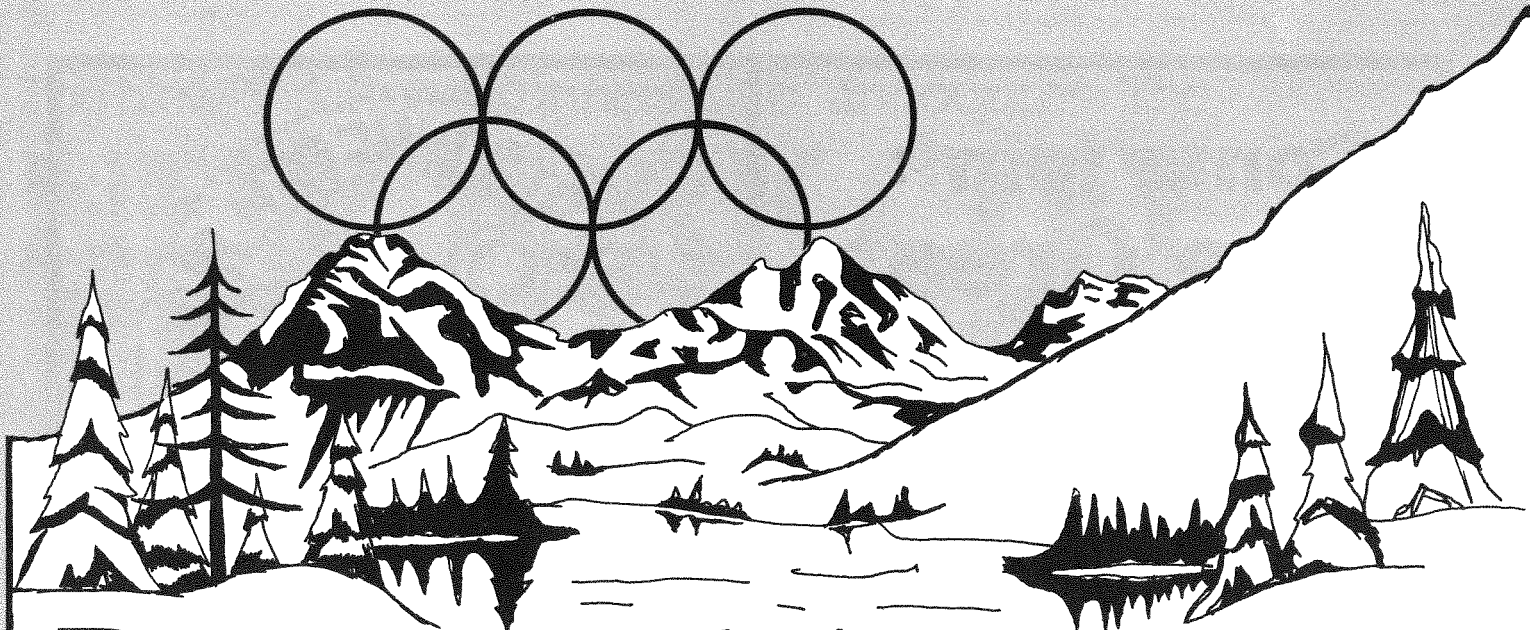


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Days of the Trials

by Joe Henderson

"Everything that has gone before is meaningless. What each athlete does during the next 10 days is all that counts. I think it's too much pressure, probably more than the Olympics themselves..."

*Dr. Leroy Walker
US Men's Coach*

"Making it." It seems more effort is given to making it to the Olympics than to running there. The American one-shot, one-race, one-day way of choosing its runners has a lot to do with this.

The system makes for a meet of come-throughs and chokes, extreme emotional highs and lows—more lows than highs since only three athletes in each event can move on.

Rick Wohlhuter, Brenda Morehead, Cyndy Poor and Chandra Cheeseborough made it twice, as did Frank Shorter when we count his marathon a month earlier.

Pam Jiles missed twice, by one place each time.

Willie Davenport and Ron Laird made it for the fourth Olympiad, Madeline Manning-Jackson for the third.

Walkers Larry Young, Tom Dooley and Goetz Klopfer missed on their third try.

Mark Lutz, Mike Shine and Mike Roach were given almost no chance to make it, but they did.

Steve Williams, Marty Liquori and Jim Bolding couldn't miss, but they did.

Garry Bjorklund made it in one shoe, Charles Foster on one good leg.

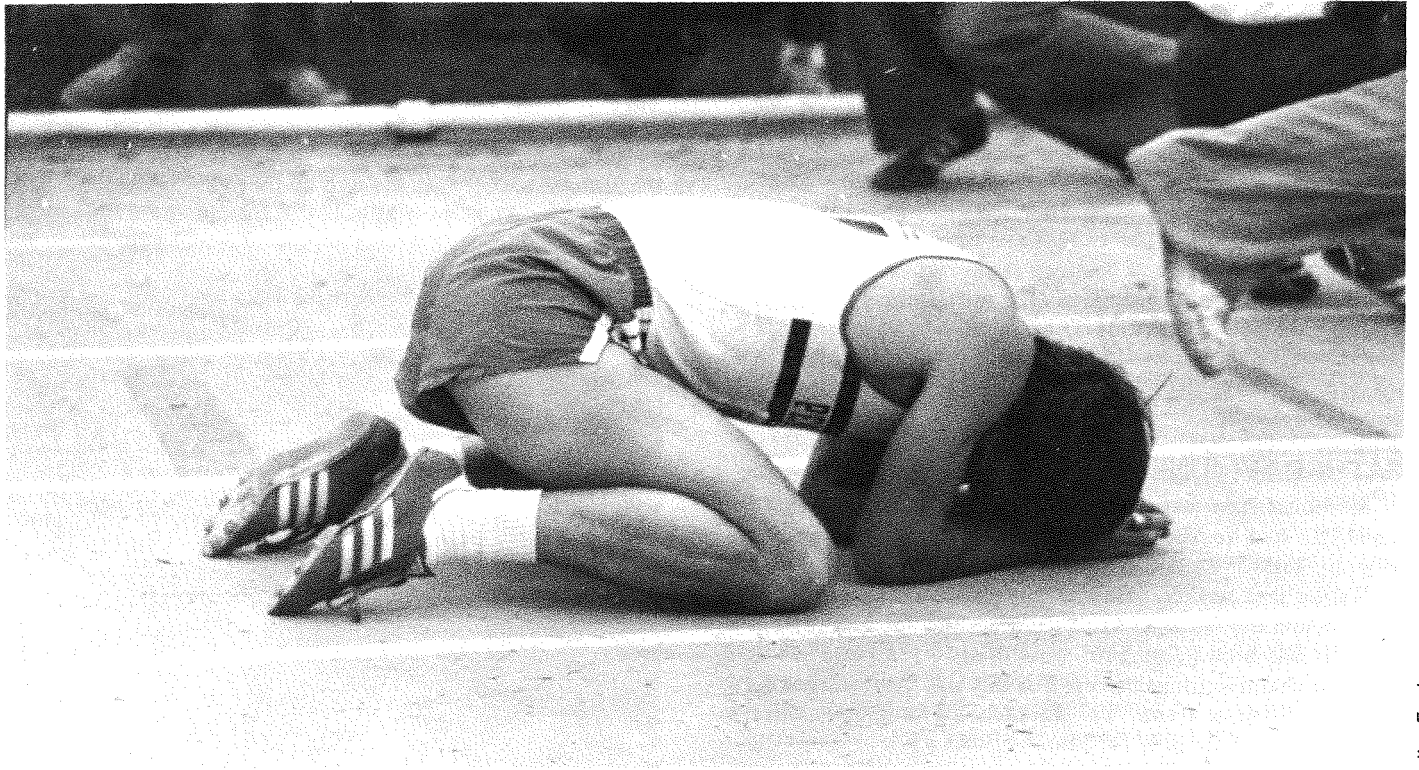
Mike Manley was fighting age and allergies. Patty Van Wolvelaere was fighting injuries. They both lost.

This is the story of the Olympic Trials running and walking events, told through the experiences of some who made it and some who didn't.

Extremes of emotion: (left) Steve Williams; (page 29, top) Mike Shine; (left center) Garry Bjorklund; (lower left) Cyndy Poor; (right) Marty Liquori.



Paul J. Sutton/DUOMO



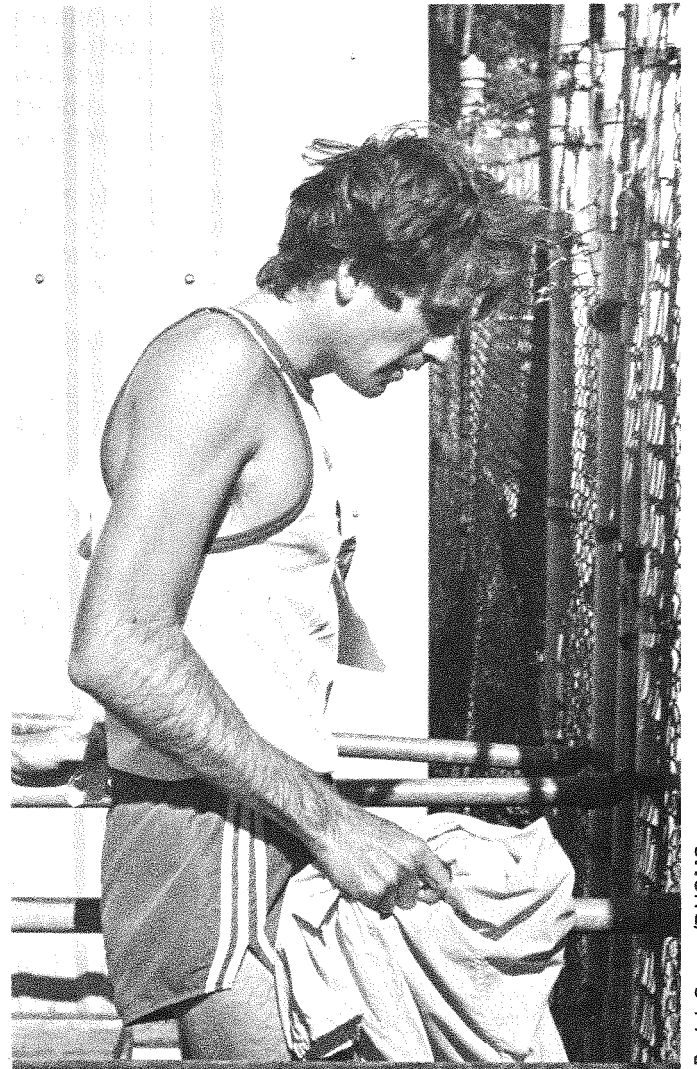
Jim Engle



Paul J. Sutton/DUOMO



Lorraine Rorke



Paul J. Sutton/DUOMO



Days of the Trials

SATURDAY, JUNE 19

It should have been Larry Walker's night to celebrate. Instead, he had to spend it defending his right to be on the Olympic team.

Walker is a walker. He's a 33-year-old teacher from Los Angeles and the father of three children, the youngest a month old. He has been walking for more than 10 years and has won national championships before. But this was the first time he'd made an Olympic team. The distance, 20 kilometers, always had seemed a little long for him.

As it developed, the distance almost wasn't long enough. Back to the beginning for the development of that story . . .

The walkers are a breed apart in a meet like this which is peopled largely by semi-professionals. The walkers relate more closely to the faceless hordes or road runners (not the Shorters and Rodgers, but those who run three-hour marathons) than to the runners from the track, and throwers and jumpers from the field.

The walkers are the last of the true amateurs who have a chance to race at the Olympics. And they may not get many more chances. One of their Olympic events, 50 kilometers, is gone, and the other, the 20, is on trial now. They didn't need a controversy at a time like this.

The walkers were the only people to do their competing outside the stadium fences. And they were the only ones to start and finish before the meet did. The "opening ceremonies" weren't until mid-afternoon, at which time the walkers were too busy fighting among themselves and with officials to notice.

The problem was with the course. It was said to simulate Montreal's, with the start in the stadium, then a loop out through town, then 22 short spurts up and down Agate Street outside the stadium.

Wade Bell, 1968 Olympian at 800 meters, was one of the officials. He shouted at a spectator across the street who'd wondered what was going on, "They're going to go back and forth here for the next hour. They think this is great. They think people are going to line up and cheer for them."

The walkers didn't think it was great at all. There was confusion almost from the start over the lap count. They got conflicting numbers at one end of the course and the other, and the split times they were given weren't accurate enough to set the count straight in the walkers' minds.

A pack of 10 broke away early in the race. It shrunk to five by halfway—young Jim Heiring among old favorites Ron Laird, Larry Young, Todd Scully and Larry Walker.

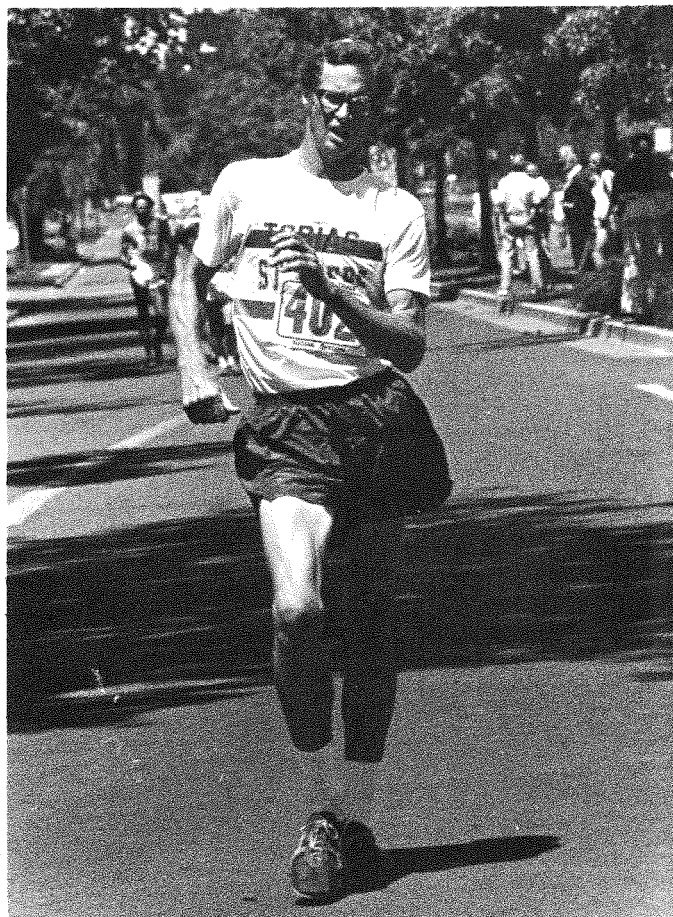
Heiring let go, and then Walker. It looked as if Laird would make his fourth Olympic team, Young his third, Scully his first.

But a friend of Young's said Larry had been troubled all

spring by injuries and illnesses. "He is walking on only 17 good days of training."

Larry Walker caught Young with a lap on the road to go—or what they were told was one lap. Scully, Laird and Walker made the team. Young finished fourth. Or so it seemed.

Almost immediately, another of the athletes came to me in the interview corral at the end of the track and said, "It was total chaos. They were all screwed up out there. We walked



Lorraine Forke

Larry Walker had to struggle to make the team, and again to stay on.

at least one lap short, and it cost Larry Young a spot. Put that in your story."

Larry Young protested. He said later he had done it only so his point on the disorganization could be made known. But it went further.

The stadium announcer told the crowd, "There has been a protest filed in the 20-kilometer walk, and it has been upheld. Because the race was approximately seven-eighths of a mile short, the third through seventh placers will race again for the final position on the team a week from tomorrow. The first two places of Todd Scully and Ron Laird will stand."

Walkers ran down to the field and surrounded the officials. They demanded either that everyone walk again or no one. The only thing they could agree on was that the race had been messed up and that the mistakes were being compounded now.

Todd Scully was the calmest man in the group. He said, "It's easy to make a mistake. There was confusion out there, and we were all equally confused." No one got hurt any more than anyone else, he thought, so all the results should stand.

Other walkers, not directly affected by the decision, began to joke about it

"How about if we go for the best two out of three races, or three out of five?" one said.

Another said, "I've got it. Tomorrow morning at six o'clock everyone comes out here and sprints a quarter-mile."

The most popular suggestion was, "Let them pay all of our expenses to Montreal and make us all Olympians."

The two men most involved, Larry Young and Larry Walker, weren't joking. Now showered and in street clothes, Young was defending his protest. Walker was explaining that he'd already put his lawyer to work on the case.

"I was on the Olympic team a few hours ago, and now they tell me I'm not," Walker said. "How can they do that? I've worked 11 years for this, and I'm not going to lose it now because of politics."

As the events at the track ended, a walk official suggested that the shouting was getting no one anywhere. He asked that a meeting be called at the athletes' dorm. The walkers agreed.

It was 10 p.m. before they made their decision: Young would withdraw his protest. The original results would stand.

Larry Walker walked out of the meeting room and asked if anyone knew where his family was.

SUNDAY, JUNE 20

"It's just going to kill me to watch those guys in the 100," Steve Williams had told a reporter yesterday. He'd said that as he lay on a treatment table in the training room, having his damaged right hamstring worked on by Dr. Leroy Perry (see "Running Commentary").

Williams had seemed the surest of the runners to make the team. He was one of those who seemed justified in talking ahead to Montreal, ignoring Eugene as a formality.

But 80 meters into his heat yesterday morning, a muscle which already was tender knotted up. Williams limped into the next round that afternoon, placing sixth in a seven-man race. Then he went straight to Dr. Perry, the chiropractor whom the athletes think has magic in his hands.

Williams warmed up for the second round without limping, though he wore an elastic wrap from knee to hip. But less than 10 steps out of the blocks, the muscle spasmed again. He veered sharply to his right, trying to protect the leg as he stopped.

Williams, who hadn't lost a race all year and had tied the world 100-meter record twice, was out of the race. But there was still the 200.

Steve talked confidently, in high-pitched, staccato sentences. He said, "I'm still in position. I'm still in a good frame of mind. I feel confident. I feel good about the 200."

Dr. Perry was more cautious. He said, "Considering the period he has, I'd say his chances are 50-50." Deep pulls don't heal overnight, even in response to magic.

By now, Dr. Perry was so much in demand by the sprinters and field eventers that he had to call in help. He brought in Dr. Alan Beardall from Lake Oswego, Ore. Beardall is a long-distance running chiropractor whose success with acupuncture has been as dramatic as Perry's, only with lesser-known athletes.

"I see 4-5 distance runners a day in my office," Beardall said. "We're getting beautiful results with chronic problems."

Since Perry had more immediate problems to attend to, Beardall took over Steve Williams' therapy. They were in the trainers' tent at the south end of the track as I talked through the fence with Dr. Beardall.

He said, "Dr. Perry put the structure back in balance. He got the muscle out of spasm and had ice on it all night. He did a beautiful job, but it was a bad strain."

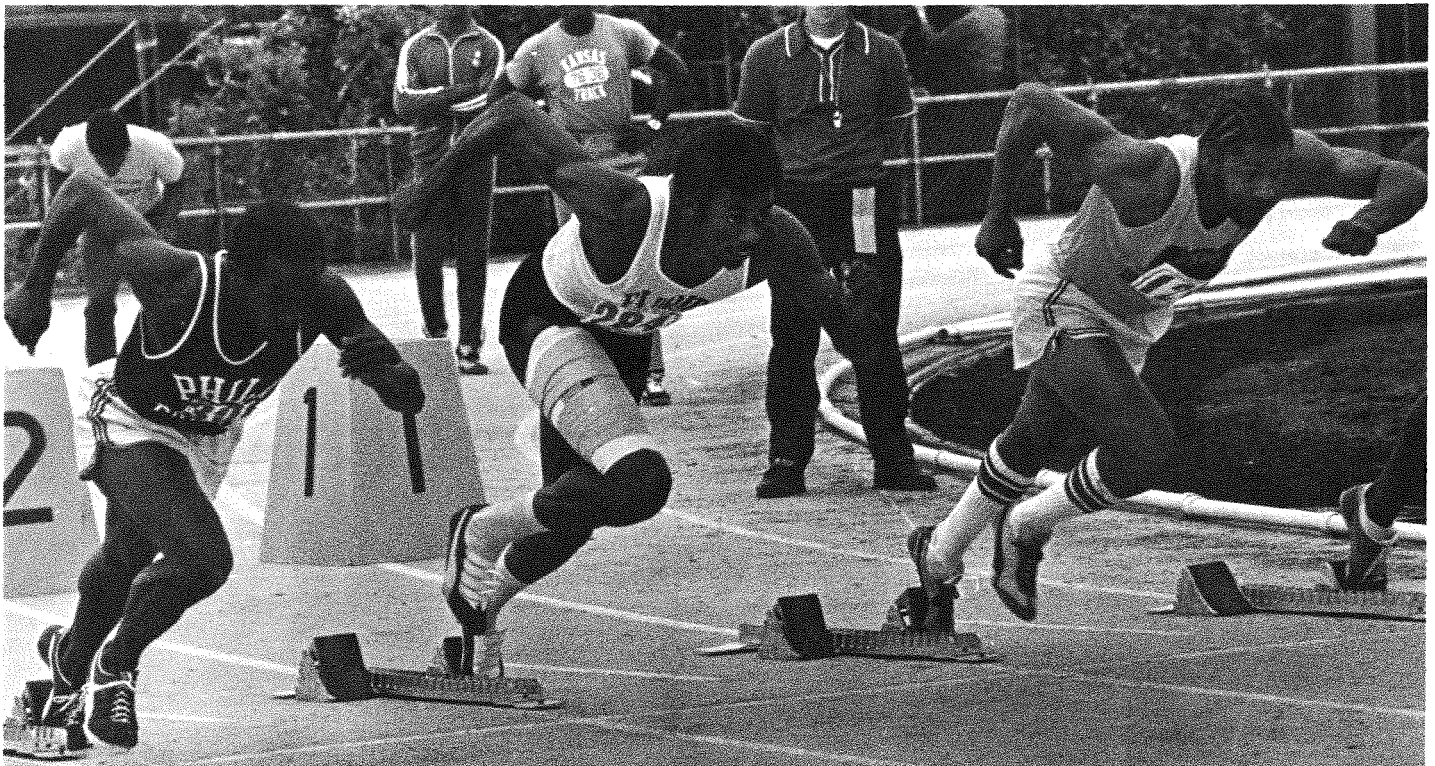
The doctor said he normally could treat an athlete in 20-30 minutes. He's spent two hours with Williams in his room and was resting an hour before working with him again.

"We have it pretty well under control," Beardall said. "But we can't tell if it will spasm again tomorrow (in the 200)."

Just then, he was called to the other side of the tent by an official. The only words I could hear were "not authorized" and "leave."

Dr. Beardall was angry and embarrassed as he came around

The race which did in Steve Williams (center) was the second round of the 100 meters. His injured leg took him only a few strides.



Lorraine Rorke



Days of the Trials

the fence to the track. He said he'd been ordered out of the tent by a medical doctor.

"If we fail with Williams," Beardall said, "they're really going to jump on us. The MDs are so prejudiced against our work, they're looking for 'proof' that what we're doing doesn't work."

It worked with Steve Williams, but not well enough. The doctors got to him too late. They should have been treating him a month ago when the muscle first stiffened, or a week ago when he scratched from the AAU meet to protect it.

Late this afternoon, just before the 100 final was due to start, Williams was told his leg probably wouldn't be strong enough to support him through 200 meters tomorrow.

Williams put his arm around a reporter, Sam Skinner, and walked to the foot of the straightaway. There they watched Harvey Glance, Houston McTear and Steve Riddick make the Olympic team.

Williams said, "There's no way any of those dudes can beat me in the 100. I know that."

Maybe not. But the press and public didn't know. They already had a new hero as they swallowed up Harvey Glance and moved past Steve Williams.

MONDAY, JUNE 21

Joe Douglas shouted from across the track, "One made it, one didn't." James Baxter didn't survive the 800 final. He is one of the runners Douglas coaches, and he finished sixth. But who is the other?

Joe, a small, stocky and ever-smiling man, answered, "Mark Enyeart."

Enyeart had slowed in the year since he beat Rick Wohlhuter for the AAU championship last June in Eugene. His drop had been almost as quick as his rise from converted quarter-miler to the best in the country at two laps.

He was hurt late last year, then ill most of this season. He red-shirted at Utah State, and raced sporadically and not well. His best time this spring was barely under 1:48, and his innocent confidence of a year ago was gone.

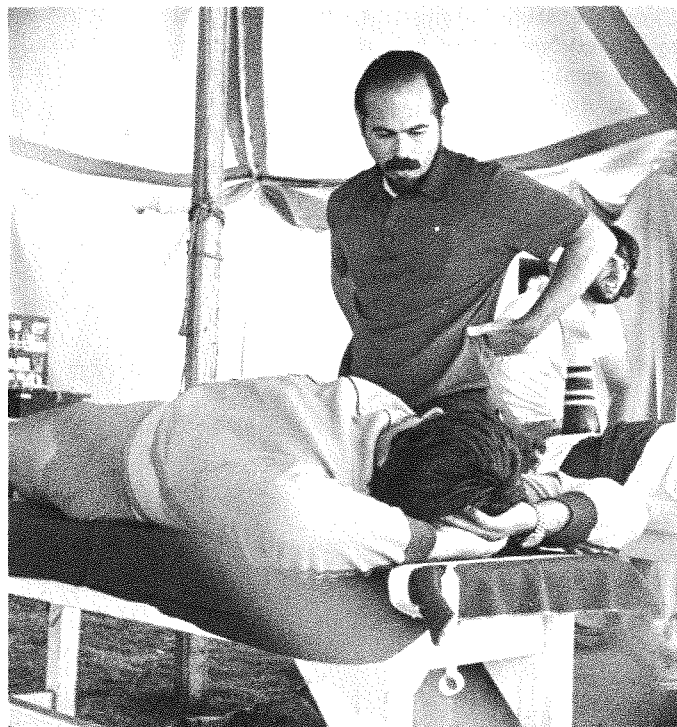
"You wonder about yourself after what I went through," he said. "A 1:47.7 is no credentials for a meet like this."

He had expressed the same doubts through the first two rounds here. And this man Douglas had been working against them.

Joe Douglas is unusual among men's club coaches because he really coaches. He is more than a business agent/advisor.

"We're a unique club in that everyone trains together every day," he said. "We have the whole gamut of runners from eighth graders—some tremendous eighth graders—to a 54-year-old, Mauro Hernandez, who is one of the best in the country for his age."

Joe ran with the Hungarian coach, Mihaly Igloi, for many



Dave Stock

Even Dr. Leroy Perry (standing) couldn't put Williams together again.

years and considers Igloi a "genius." He says he has tried to learn Igloi's complex methods and to use them in the Santa Monica club Igloi turned over to Douglas.

Most of the work is intervals at varying efforts. Douglas writes the program for each athlete and watches each session, twice a day. He usually is at the track by 5 a.m., and is there again until nine at night after a day of school teaching.

"The key," he said, "is treating everyone of them as an individual and not getting locked into a rigid system that doesn't have room for individual adjustments. There is no set pattern. No two runners train exactly the same way."

The difference between Enyeart (72) making it and Belger (344) missing was .08.



Jim Engle

Douglas began to explain the heavy Igloi-like emphasis he puts on running form. Then Enyeart jogged past. His race had ended an hour earlier.

Douglas said, "I insist that athletes do a proper warmdown. It's very important, yet many of them ignore it. That and the warmup. It takes up to an hour to warm up the deep muscles.

"I send my athletes through what amounts to a good workout before they race. Other coaches think I'm working them too hard, but the runners have confidence in me."

Enyeart had looked hot and confident as he overtook Mark Belger in the last meters of the 800 final for the third Olympic position.

He told a *Eugene Register-Guard* reporter, "One thing I've been lacking is the killer instinct. When you have it you can really drive the last part of the race, and it was there today."

Joe Douglas said, "I can't take any of the credit, since I've only been with him a few weeks and I'm not officially his coach. Mark did it all himself. If I helped him at all, it was with his confidence."

But surely that was worth the eight-hundredths of a second that Enyeart gained on Belger in the final yards.

Douglas said, "I think Mark and I will be together through Montreal."

TUESDAY, JUNE 22

Garry Bjorklund looks invulnerable. He has a strong, passive Scandinavian face with a new growth of beard and a serious, almost sad, expression.

When he runs, he makes the others beside him look awkward. Even Frank Shorter, an incredibly smooth runner himself, is a bit ragged by comparison. Bjorklund wastes no motion. He moves around the track as if he's on wheels.

But running doesn't come as easily to him as it appears. In 1970 and '71, he was the country's bright young hope in the distances. A year later, he'd broken down. Instead of running in the Trials at Eugene, he "was home nursing an injured pride" as well as an injured left foot.

He had surgery on that foot. A small bone was taken out, and he didn't run normally for about two years (see "The Plans and Pains of Garry Bjorklund," *May '76 RW*).

Garry was okay now. He'd healed. He'd matured as a runner, and was training and racing his best ever. He was set up in business in the Twin Cities of Minnesota as a running shoe salesman (though he'd taken a leave to train in Colorado for the Trials).

Bjorklund figured to be one of three serious contenders in the 10,000, along with Frank Shorter and Craig Virgin. But after the heats, there was a fourth man to consider—Bill Rodgers. He ran his best time of 28:32 to qualify.

Rodgers, who along with Shorter already had made the Team in the marathon, was perhaps the most relaxed runner in the Trials. He insisted, "I'm only here to get some speedwork and to set a PR."

His coach, Bill Squires, said, "He wouldn't run it at Montreal even if he made the team, which is unlikely anyway. I think he can run between 28:18 and 28:22, which probably won't be good enough for the top three."

The four—Shorter, Virgin, Bjorklund and Rodgers—separated themselves from the others by about halfway. And just as they were doing that, someone stepped on Bjorklund's left heel, yanking off his blue shoe.

"A million things go through your mind in that second," Garry said later, "and none of them are good things. Through the years, the portrait has been painted of me as a hard-luck Joe. I thought it was happening again."

The left foot, the bad one, was now exposed. The arch was heavily taped to protect the old injury, but there was nothing between his toes and the hot, hard track. No shoes would have been better than one because of balance problems, but there was no stopping now.

Bjorklund stayed with the other three through five miles, then began to slip—10, 20, 30, 40 meters back.

The crowd, now fully aware of his lost shoe, chanted, "BJ, BJ, BJ!"

"That's my nickname," he said later. "How did the crowd know it? The people in Eugene know everything."

Shorter and Virgin broke from Rodgers. Bjorklund crept



Jim Engle

Garry Bjorklund (14) lost his shoe but not his Olympic position in the 10,000 meters.

up on Bill, but with a lap left was still some 30 meters behind him.

Garry kicked. The crowd roared as powerfully as it had in 1972 when hometown boy Jon Anderson was closing on Jack Bachelor for the final team spot.

"I can't remember ever feeling tired in the race," Bjorklund was to say. "I was just concerned about the shoe. When I started my sprint, I forgot about everything else. I've never had a sprint like that."

He said he'd heard rumors that Rodgers wouldn't run the 10,000 at the Games even if he made the team. But Garry added, "If I got third, there would be no doubt." He ran for third, passing Rodgers just before the finish line.

After his victory lap (where else could third place be a victory?), Bjorklund went to the medical tent to pull off the tape from his bare foot. Dozens of faces stared at him through the fence as if he were a zoo animal.

"Any blisters?" someone said.

"Only on the foot with the shoe," he said.

WEDNESDAY, JUNE 23

It's listed as a "rest day," which may be so for fans and officials since there aren't any races at the track. But the athletes still must train. The runners at this level always are training. The writers still have stories to write. The photographers have film to process. The TV people from ABC have tape to



Days of the Trials

edit and audio to dub in, trying to make it sound spontaneous.

The ABC crew sits on a platform above the finish line, studying monitors while Keith Jackson calls a race. Standing behind him is Madeline Manning-Jackson (no relation).

Yesterday, with the stadium full and the track empty except for the seven other runners in her race, Madeline won the 800 meters. She, Cyndy Poor and Kathy Weston became the three fastest US runners ever.

One of the things Madeline might be reflecting on today is how far women's track has moved in a few years: having their Trials on TV; being here in Eugene with the men; going this far, this fast.

One of the things I think about as I see Madeline is how



Gale Constable/DUOMO

Madeline Manning-Jackson led the 800-meter runners in prayer and then led them through the race.

much older she is than most of the women runners here. Kathy Weston is more typical. She is 18 years old, one year out of high school. She was 10 when Madeline Manning competed in her first Olympics.

The "gaggle of moppets," as one Eugene writer called the girls, may think Olympic Trials always have been like this, with the fast track, the crowds and the publicity. But Madeline knows better. She remembers Trials on high school tracks with only family and friends watching. She remembers racing

when the longest international event for women was 400 meters.

Manning-Jackson is not old by any standard except that of US track. She's just 28. Yet in the last eight years she has won an Olympic title (the first given to a woman at 800 meters), retired, married, had a child, unretired to make the Munich team, retired again, divorced and returned to running.

And in that time she has grown in religious faith. Oh, does she have faith, and she spreads it around. It comes out in everything she says.

The *Eugene Register-Guard* carried an article about her on Sunday. It said, "What makes a mother with a 5-year-old child and an 8-year-old gold medal come back for another shot at (the Olympics)? For Madeline Manning-Jackson of Cleveland, Ohio, it's a chance to share with other athletes her devotion to Christianity."

She told the writer, "I realized I wasn't giving my best. I wasn't giving what He gave me. I want to give it all. I think I still have my best in me this year."

Madeline works with the Salvation Army in Cleveland and is recording a gospel album to be called "Running for Jesus." This all is commendable, but she also does some of her running on her own and with the help of a smart coach.

She ran 800 meters in 2:00.9 eight years ago, and she has run one lap under 52 seconds. She's trained by Alex Ferenczy, the US women's Olympic coach. Together, they all but promised she would be the first woman under two minutes in the race here.

Ferenczy said, "If she's going to do anything in the Olympics, she has to start it here. She's not just trying to make the team. She's going for two minutes."

Before the final, Madeline gathered the other seven runners around her for an impromptu prayer meeting. They held hands as they bowed their heads.

"That relaxed us all," she said later. "All we asked was that we do the best we could. That way, we were all winners."

Manning-Jackson led all the way. She tore through the first lap in 57.5 and finished in 1:59.8.

And when it was over, she shrugged and said, "That just means I am on pace right now. I am aiming for 1:52."

If she can do that—run four seconds faster than any woman has ever gone—Madeline may make believers of us all.

THURSDAY, JUNE 24

Eugene is the track capital. Everyone reading this already has heard that so many times that it's a cliché. But the little green city also has a negative distinction.

The Willamette River valley, in which Eugene sits, also grows grass seed. This is fine for the valley's economy, but dreadful for anyone here with latent allergies.

The grasses pollinate in May and June, and the prevailing wind from the north blows particles into town. They burn the eyes, run the noses and close up the throats of people who are allergic to the air-borne menace.

Many of them don't know it until they get here. Jim Ryun didn't know when he moved his family to Eugene in the early '70s. Then the pollen hurt him so much he had to leave.

Many athletes here for the Trials are red-eyed and sneezing. Some are wearing surgical masks. A spectator who met his first one at night said, "I thought he wanted all of my money."

Ed Mendoza, a marathoner and 10,000-meter man, went to the hospital emergency room for treatment of his hay fever the night before his 10,000 heat. He wore his mask to the starting line, ran and qualified without it, then put it back on. He wasn't seen without it again until the final, where he came within a couple of seconds of his best time.



Lorraine Rorke

Mike Manley avoided one menace, only to fall to another in the steeplechase.

Mike Manley lives here, so he has lived with the spring pollen for years. He knows if he wants to run well, he has to leave home.

In May, the day of the Olympic Marathon Trial, Mike was suffering. His head and chest were stuffed, and he finished a straightaway behind Jim Johnson in the steeplechase. He wanted to do much better in the Trials, so he moved out of the pollen belt to do his training and breathing.

I get nostalgic when I talk about Manley. He ran his first steeplechase with me 16 years ago in Chicago. I wrote that story during the 1972 Trials, and don't dare repeat it.

Mike has grown a lot faster since 1960. He made the last two Olympic teams as a steeplechaser and had a good chance for a third. At 34, he was the oldest runner in the Trials—a year older than Willie Davenport, who made the high hurdles team today after Mike ran his qualifying round.

Mike complained about his age five years ago. In an *RW* interview then (Sept. '71), he said his aches and pains didn't go away as quickly as he approached 30.

Manley has persistent achilles tendon troubles. He wears a rough prototype of the "wide-track" shoe—which looks something like a swim fin on the bottom—to stabilize his feet when he trains. Nike gave prettier descendants of this shoe to athletes during the Trials.

Manley, for all his protesting, is rather proud of his age. On the back of his T-shirt in which he warmed up were the words "The Over-30 Set."

He is an obvious favorite with the crowd here. They cheered him as he prepared to run his heat. He was the last of the old Oregon bunch to have a chance again. Five of them had made the team for Munich in the four longest races. Steve Savage is semi-retired, Kenny Moore and Jon Anderson are ill and injured, Steve Prefontaine is dead.

Starting the last lap of the heat, Manley was fourth. Three

qualified. He moved to third, dropped back to fourth at the water jump, came off the last hurdle in third, then sprinted into second.

He barely stopped long enough to change back into his wide-tracks.

"I'm living out of the pollen," Mike said. "I drove down an hour and a half before the race, and I'm going back as soon as I can get out of here."

FRIDAY, JUNE 25

The race was barely a mile old and the pace was modest. It was just a heat of the 5000 meters. But already he was out of it. And he knew it.

The crowd urged him to close the 30-meter gap which had opened between him and the leading knot of runners. But it was no use. He was limping. The pulled hamstring muscle wouldn't let the old speed come out.

Then, coming off the turn in front of the athletes' bleachers on the sixth lap, it ended all at once. The leg suddenly seized up. As he grabbed it and stopped, the look on his face was more one of extreme disappointment than pain.

His wife Carol ran to him and hugged him, and they hurried out through the gate, photographers chasing them. They stopped beside the bleachers and embraced again. Both were crying. He covered his face and then wiped his eyes with the hood of her nylon windbreaker.

Finally, he turned away from his wife and the clicking shutters, walked toward an empty corner and at the top of his lungs screamed a single-syllable obscenity.

The racing went on as Marty Liquori was collecting his extra clothes and leaving the stadium, holding his wife's hand. Normally one of the most open and accommodating of runners, he now stared straight ahead as he brushed past reporters asking what had happened and children who wanted his name on their papers.

It was over, and he needed time alone before he could accept it and explain it: the slight muscle tear while training on the golf course in early June; the decision to run at the AAU meet despite the injury; the pull in the final turn of that 5000, and now this.

The statements he'd made in last week's *Sports Illustrated* now had a haunting ring:

"I've run like a bum this year . . ."

"I'm not worried about the Trials, but I am about the Games . . ."

"I've been around long enough to know that the reason Americans seldom win Olympic medals in the 5000 and 10,000 meters is that they let their pride get carried away."

Was running the AAU 5000 that soon before the Olympic Trials a case of letting his pride run away from him? Marty didn't think so. He said it was a tactical experiment that didn't work out, that was all. He said he'd be ready for Eugene. But he wasn't.

For all of his promise and pride, for all the good times he ran and the races he won in odd years, Liquori missed again what should have been his: an injury-free run for an Olympic medal. It was the third straight time he'd missed it.

In 1968, he hurt his foot before the final and ran a distant last as a 19-year-old.

In 1972, he had a different foot injury. He watched the Trials and Games from the ABC announcing booth.

Now this.

Marty's luck, as it turns out, is no better than that of his old friend and rival Jim Ryun. Perhaps Marty's case is sadder, because at least Ryun was healthy for two of his three Olympics and he has one medal.

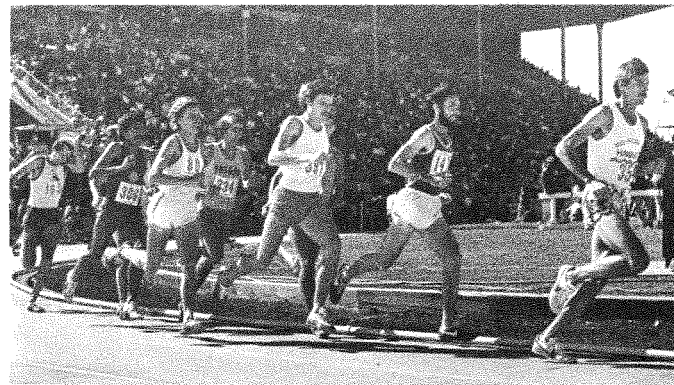


Days of the Trials

An hour after walking off the track and out the gate, Liquori came back, still holding Carol's hand. He was ready now to throw himself to the reporters who would do an autopsy on his race and his career.

He was subdued, but gracious and poised as the same how-do-you-feel questions came to him again and again. He glanced from time to time at the runners on the track, 1500-meter runners he'd beaten easily on other days. He was the fastest active American at that distance, probably the third best in the world behind Walker and Bayi.

But third best hadn't been enough, so he'd changed events. Now he had none.



Lorraine Rorke

Marty Liquori (left) reacts to the first pull of his injured leg. A second one forced him out.

SATURDAY, JUNE 26

She isn't just Mrs. Mark Lutz, and he made it known here that he's more than Francie Larrieu's husband. Mark and Francie have their own athletic identities and their own running lives—which often are separate because men's and women's track in this country usually are separated.

The sexes came together here for a change. But it didn't look like Francie and Mark would. He was to compete early in the meet, in the 200 meters, then planned to leave Wednesday for a summer of racing in Europe.

She would come to Eugene the day after Mark left. Francie expected to qualify for the Olympic team, then spend the next month getting ready for and racing in Montreal.

The fact that Mark already had booked passage to Europe indicated that he didn't count on making the team. Frankly, he had little reason to expect it, with the 200 competition as fast as it was.

Then things happened. Steve Williams got hurt. Harvey Glance felt a muscle twinge in the semifinal, eased up and didn't qualify. Lutz had the third fastest time in the semis. There was a chance.

In the final, he started slowest. "After two races of sprinting the curve and dying on the straight," he said later, "I decided I'd better do it the other way around. I know I'm faster on the straight than anyone except Steve Williams."

With Williams out, he was the fastest here. Lutz caught everyone except Millard Hampton and Dewayne Evans.

A white sprinter was on the team. Imagine that! The reaction to it was rather embarrassing. The crowd reserved much of its applause for Lutz, and the Eugene newspaper the next day quoted Mark as saying, "This one is for every white prospect, to show that whites can still sprint in the United States."

There was talk that the crowd and the comment were racist, but I saw little evidence of either. These fans know the sport and know a unique happening. They would get just as excited if a black pole vaulter made the team, or a 40-year-old in the marathon.

Lutz, who runs most of his races among seven blacks, simply was trying to give hope to other white sprinters when he said what he did.

All along, Francie Larrieu had, in an interesting choice of words, called him an "Olympic darkhorse." And she had missed seeing how he got there.

Mark called her in Long Beach after his race. She said, "Now I have to get there."

It wasn't certain that she would. While Francie still has the fastest 1500-meter time among US women, this meet has been rough on favorites—particularly those from her Pacific Coast Club. World indoor record-holder Dan Ripley didn't clear a height in the pole vault. Len Hilton, last year's national 1500 champion, ran last in his heat. Jim Bolding, the 400-meter hurdler, finished fourth.

The other women were catching up with Francie in times. In today's semifinals, Jan Merrill, Cindy Bremser, Cyndy Poor and Julie Brown looked ready to run as fast as her in the final.

The press people prodded Larrieu (she prefers to use that name on the track) to speculate about how the final would develop and how fast it would go. She coolly turned aside the questions with we'll-see-tomorrow answers. But she brightened when the subject switched to Mark.

"You might say I have a little more incentive now," she said. "All I want to do here is make the team. My husband is on the team, and I want to be there, too—though I'm sure we won't be able to stay together either at the training camp in Plattsburgh (N.Y.) or at Montreal."

Mark Lutz stood away from the group, holding his wife's spikes and purse. As the interviews ended, he said a few quiet words to her, then went to sit alone in the stands. She went to a grass field alone to jog.

SUNDAY, JUNE 27

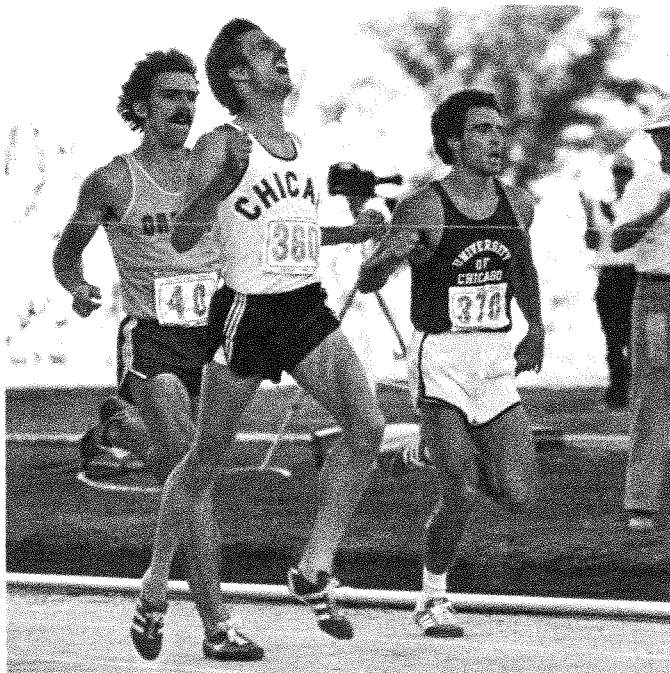
Craig Virgin is no more harsh and self-centered than anyone in this meet. He's just more honest than most.

"The atmosphere is cut-throat around here," he told Eugene columnist Blaine Newnham. "A few guys are sad about Marty (Liquori), but to most of them it means there is one less big gun in the race and everybody's got a better chance to make the team."

The time to be big-hearted is *after* you've made it—which Virgin had, in the 10,000. He talked of giving up his Olympic spot in the 5000, if he earned it. (He eventually decided not to run the final at all.)

Don Kardong had said the same. He already was in as a marathoner. If he got in again in the 5000, he would yield to marathoning friend Tony Sandoval.

Bill Rodgers mentioned both before and after the 10,000



Paul J. Sutton/DUOMO

Rick Wohlhuter (center) wasn't yielding to anyone. Here he wins the 1500 from Matt Centrowitz (left) and Mike Durkin.

that he didn't intend to run that race at the Games even if he finished among the top three. The marathon was his race.

Cyndy Poor had made it in the 800. If it happened that she placed one, two or three in the 1500 and her teammate Judy Graham was fourth, Cyndy would step aside.

Rick Wohlhuter had three other runners from his University of Chicago Track Club in the 1500 meters with him. Since he'd assured himself of a spot in the Olympic 800 team, would he give Mike Slack, Ken Popejoy or Mike Durkin a chance?

Rick appeared annoyed at the suggestion of such a deal. He said Friday after the heats that he wasn't running the 1500 "for the exercise, or the extra publicity, or being in front of the applause a couple more times. It's just that the 1500 is not one of our stronger events.

"The 800 is my best race. But I think I might be able to give us a little better representation in the 1500 and help the team be more competitive."

The event did seem to be suffering through a war of attrition. Marty Liquori had gone elsewhere. Len Hilton and allergy-ridden Mark Schilling, first and third in last year's AAU, fell out in the first round. Mark Feig, a 3:38 man from Oregon, was a pollen victim in the semis. Internationalist Tom Byers got the bad end of some rough running, failed to qualify then got back in on a protest.

Wohlhuter, the 800 man, was the favorite. And he was holding up remarkably well for the man who had the toughest running schedule in the Trials: three straight days of 800s, three days off, then three more days of 1500s—none of the races so far at record pace, but none of them "jog-three-laps-then sprint" affairs, either.

"Quite frankly," he said yesterday after the semis, "I look at the Trials as my last good, hard workout before Montreal."

Did that mean he might only be using the 1500 as training and that he would concentrate on a single race later, asked a reporter who evidently hadn't heard Rick's answer the day before.

Wohlhuter was more blunt this time: "I'm not giving it (the 1500) up to anybody. I feel I owe it to the other guys,

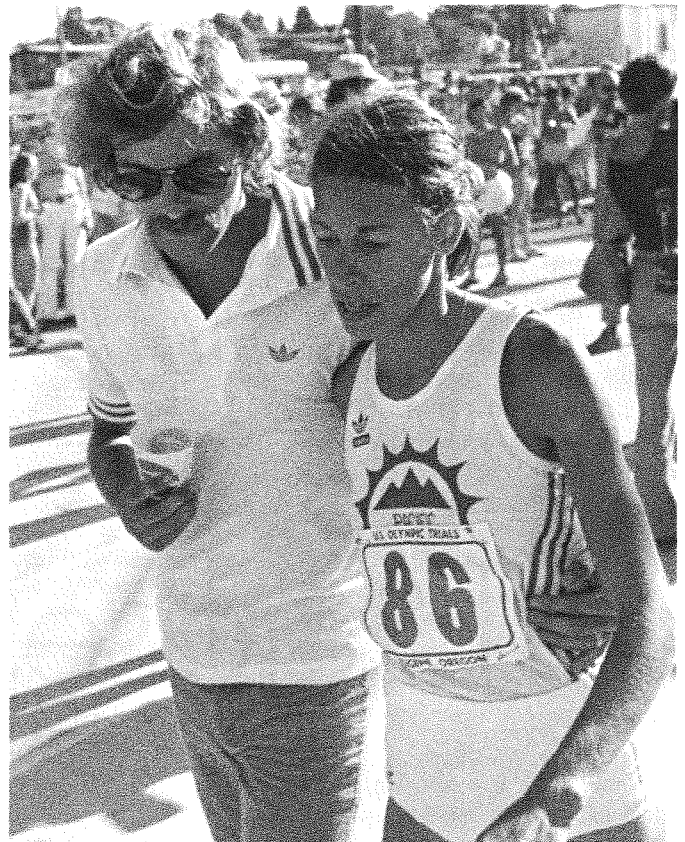
as well as myself, (to go all-out). I won't run for second or third."

There is no such thing as an easy, free ride at the Olympic Games, so there can't be any here.

The meet ended the way a good movie or a good book does, building slowly to a quick, dramatic climax. Today was "distance day." Four of the seven longest running finals happened within an hour, after days of watching them take shape.

Tom Byers took the 1500 meters out in Filbert Bayi style. He ran the first half-mile in 1:51, previewing the Olympic final for any American who would make it. Byers wouldn't. He slipped quickly to last after that start. Rick Wohlhuter won again, Matt Centrowitz was second, Mike Durkin third. Durkin, like Mark Enyeart (see "Monday"), has Joe Douglas as a coach.

Next, Francie Larrieu saw something she hadn't seen in a long time—two Americans finishing ahead of her at 1500 meters. Cyndy Poor kicked past ex-teammate Larrieu in the stretch and caught Jan Merrill at the line. All three broke Francie's American record.

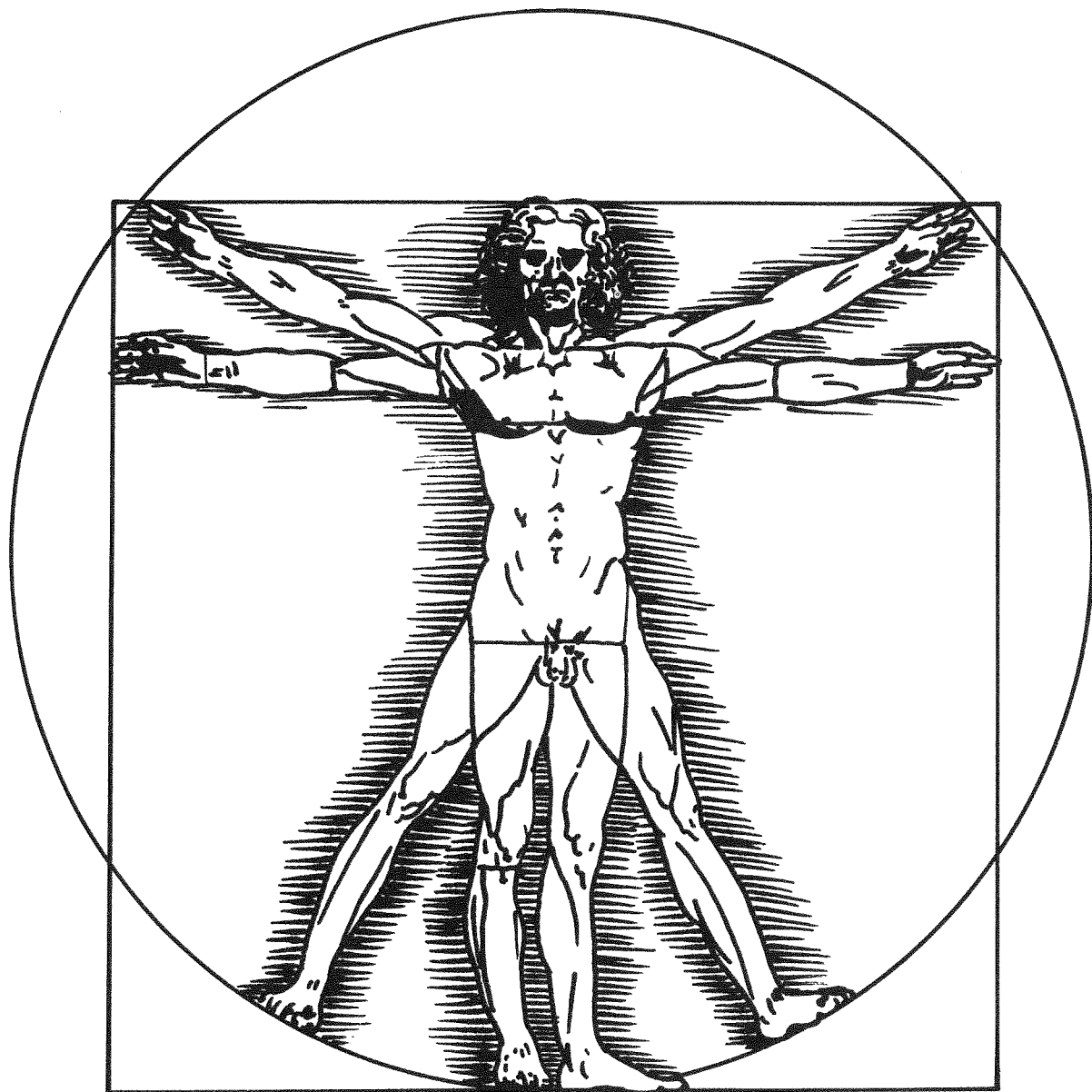


Dave Stock

Mark Lutz and Francie Larrieu, husband and wife, both qualified as surprises—Mark because he finished so well, Francie because she lost.

Mike Manley's 16-year steeplechasing career ended abruptly and sadly when he hit a hurdle and fell early in the race Mike Roach fell, too. It was at the last hurdle, just as he passed Don Timm in third (Doug Brown and Henry Marsh were on their way to first and second). Roach bounced up, sprinted and caught Timm again.

Finally, there was the 5000 meters. Dick Buerkle, Duncan Macdonald and Paul Geis ran a fast and interesting race to make the team. But somehow the magic which went with this event in 1972 was missing. It had died 13 months before, a few blocks from here. ●



Exercises in Futility

by John Jesse

John Jesse is a noted expert in the field of strength training and is the author of a new book to be released by The Athletic Press entitled *Hidden Factors in Injury Prevention for Runners and Joggers*. Jesse's comments here are an expansion on a subject introduced last month in a piece entitled "Stretch Without Strain."

Calisthenic programs always have been considered as an integral part of athletic conditioning and physical fitness programs. They have many positive features.

When properly selected and accurately executed they may be used to develop

strength, flexibility and endurance. They can be used for warmup exercises for other activities or to apply specific emphasis on any one part of the body. They can be used to maintain strength, flexibility and endurance while an individual is recovering from an injury which prevents him from participating in recreational sports activities and other types of physical fitness programs.

However, calisthenic exercises have disadvantages if not properly selected according to the needs of the specific individual and if irrelevant or harmful exercises are performed.

C.L. Lowman, an orthopedic physician, first called attention to the use of hazardous calisthenic exercises in 1928,

based on his long experience with corrective physical education authorities.

Since then, many physical education authorities and orthopedic physicians have commented on the use of calisthenic exercises, based on the teachings of Lowman.

M. Marilyn Flint has summarized the reasons for selective and individualistic application of exercises and the hazards associated with their wrongful use.

She has written, "Of primary concern is the consideration of the kinetic hazards encountered when performing the exercise. Permanent damage may occur to a joint and its surrounding structures if an exercise puts undue stress and strain on these structures. If there is an

improper balance in muscles strength, the wrong kind of exercise can very possibly worsen the condition instead of improving it".

Among the calisthenic exercises condemned by orthopedic specialists and physical education authorities for general use in conditioning or physical fitness programs are the following:

- *Floor dips, push-aways from the wall and bench presses with weights.* Approximately 80% of adults display a forward head position and round upper back or round forward shoulders. These exercises all develop the anterior chest and shoulder muscles that pull the shoulders forward.

- *Any type of hyperextension exercise, whether in a prone position or standing.* The spine is bent backwards in these exercises. They shorten the lower back muscles, contributing to the development of lordosis (exaggerated inward curve) in the lower back. This is particularly true with women, overweight men with protruding abdomens and the tall, slim individual.

- *Forward bending toe touch with straight legs and locked knees.* Harry Fahrni maintains the individual uses gravity to assist the effort, and this, together with the momentum of the movement, can exert tremendous stresses on the spinal disc tissues, with relatively little tiring of the muscles.

Fahrni reported an athlete in Olympic Trials, who had never in his life been able to touch his toes. He worked up to several hundred repetitions at a workout session, and eventually produced irreversible damage in the lower lumbar discs before his problem was recognized. He will never again be of Olympic caliber.

- *Sit-ups* (performed with the legs straight, knees locked and feet held down), *straight leg raising* (in the supine position on the floor) and *raising and holding the legs* (12 inches above the floor while in supine position).

These exercises develop the hip flexor muscles, not the abdominal muscles for which they originally were designed. The hip flexor muscles originate in the lower back area. Overdevelopment of these muscles without an equal increase in the strength of the hip extensor (buttock) muscles is a major factor in development of a forward pelvic tilt and lordosis of the lower spine.

Unless the individual possesses strong abdominal muscles, the use of these exercises is the cause of unexplained low back pains experienced by middle aged

persons participating in physical fitness programs.

- *Full squats (with or without weights) squats thrusts (burpees), duck waddles and the Russian bounce exercises.* Women, lacking strength in the high muscles, tend to move their knees inwards as they squat. This type of movement is also found in many ski conditioning programs and is called the snowplow squat. These two movements place tremendous stress on the medial collateral ligament of the knee. If the individual displays any evidence of knock-knees, which indicates the medial collateral ligament already is stretched, it can only worsen the condition.

Authorities in the field of athletic injuries recommend that in performing any type of squat, the person should not squat below a position where the upper legs are parallel to the ground. Further, the knees should parallel the position of the feet during the squat.

- *Rising on toes, heel raises or standing on tiptoes.* Lowman states that in cases of relaxed arches, valgus (inward bent) ankles and pronation (dropping of inner foot towards the floor), these exercises are potentially risky. In valgus ankles and pronation, the front of the heel drops down and its rear end goes up, which leads to an adaptive shortening of the achilles tendon. In addition, the calf muscles, which are connected to the heel by the achilles tendon, are normally more than five times stronger than the muscles of the shin. The use of this exercise will cause further harm to relaxed plantar foot muscles, causing the arch to drop further towards the ground.

- *Pull ups.* Claire Colestock and Lowman recommend that the throat should be kept open during this exercise. With a closed throat, the locking of upper trunk muscles and the downward thrust of the diaphragm against the resistant abdominal muscles easily can produce a hernia through any weakened area of the abdominal wall.

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It seems these days I relate everything to the running. Much of what I experience seems to flow from or relate back to it. It was the running which created my fascination with the writings of Moshe Feldenkrais, and the running added a further concern.

The technical term for my problem is chondromalacia of the knee, which simply means softness or deterioration of the cartilage. Unfortunately, giving something a name doesn't necessarily help one deal with the situation. Whenever I got over 50 miles a week my

which makes our species so uncommon but which also allows us to learn incorrectly. We can become creatures of habit, misusing ourselves, reacting to fresh demands with wired-in responses which are often inefficient and sometimes harmful.

The Feldenkrais work has had an enormous effect on the way I run and on the way I live my life. For anyone trying to use his or her body intelligently it is a system of thought worth considering.

The easiest place to begin might be

Moshe Feldenkrais is internationally known for his work with movement and exercise.

Moshe's Healing Touch

by Bruce Holmes

knees would fall apart on me. I can remember occasions when I could hardly walk.

I went to the medical community for help. You know, a podiatrist, who sent me to an orthopedist, who sent me to a physical therapist . . . The people in the know were of the following learned opinion: I was suffering from that dreaded condition "floating kneecap." At some point in the future orthotics would probably be helpful, but my most pressing need was quadriceps exercises. And if they didn't do the job, well, there was this simple operation which they evidently do all the time.

The quadriceps exercises resulted in some very strong quadriceps, almost wrecked my back and didn't do a thing for my running. In fact, things were getting worse. The condition started cropping up at ever lower mileages. On a couple of occasions I noticed a soft, furtive voice whispering sweetly in my ear, "Look, you've got hospitalization insurance. An operation wouldn't cost a thing. You'd only be on your back a few days. They do it all the time. Your worries would be over." But the operation never happened, and therein lies a tale.

"The Way of Moshe" rhymes, though perhaps that sounds uncomfortably spiritual. The work is more commonly referred to as the Feldenkrais exercises. But when you've been around the old man for a while, you're liable to get mystical about the whole thing and start waxing poetic. The "old man" is a short, rotund, twinkling, 72-year-old Israeli by the name of Moshe Feldenkrais, probably the wisest, funniest, most fascinating man I've ever known.

He is the author of a unique therapy based on the vast capacity for learning

with Moshe's background. His doctorate was in physics, and he was a black belt judo master, father of the judo clubs of France and author of a number of books on the subject. Even with these initial works you can see the cross-pollination, the laws of physics being applied to the operations of the body.

Then there was a knee injury which was to prove fateful. The doctors gloomily suggested surgery and refused to be optimistic about the results. Moshe didn't like the odds and set out to find a solution on his own. He immersed himself in neurophysiology, anatomy, learning theory, biochemistry, psychology, anthropology, whatever seemed even vaguely applicable. The resultant gestalt even reflects Moshe's study of Zen with Dr. Suzuki. And he came up with a solution of sorts. He taught himself how to use the knee correctly and, lo and behold, the body was able to heal itself.

The understandings and conclusions he had reached were presented in a book, *The Body and Mature Behaviour*. Now, more than 25 years later, it is referred to as a pioneering work, but at the time it was largely ignored. So Feldenkrais put such concerns behind him and went back to being a physicist. Except it didn't end there. Friends came to him with ailments, the word spread.

Finally, Moshe gave up his life's work and at the age of 50 became a "quack." Can you imagine the poor man's Jewish mother whose wonderful son the physicist suddenly gave it all up for some mysterious process clearly not sanctioned by the medical world. And while Feldenkrais now uses the word "quack" with great delight, one senses that it wasn't always so. He is a proud man and there was difficult up-

hill years before his work began to be recognized by the academic and medical communities.

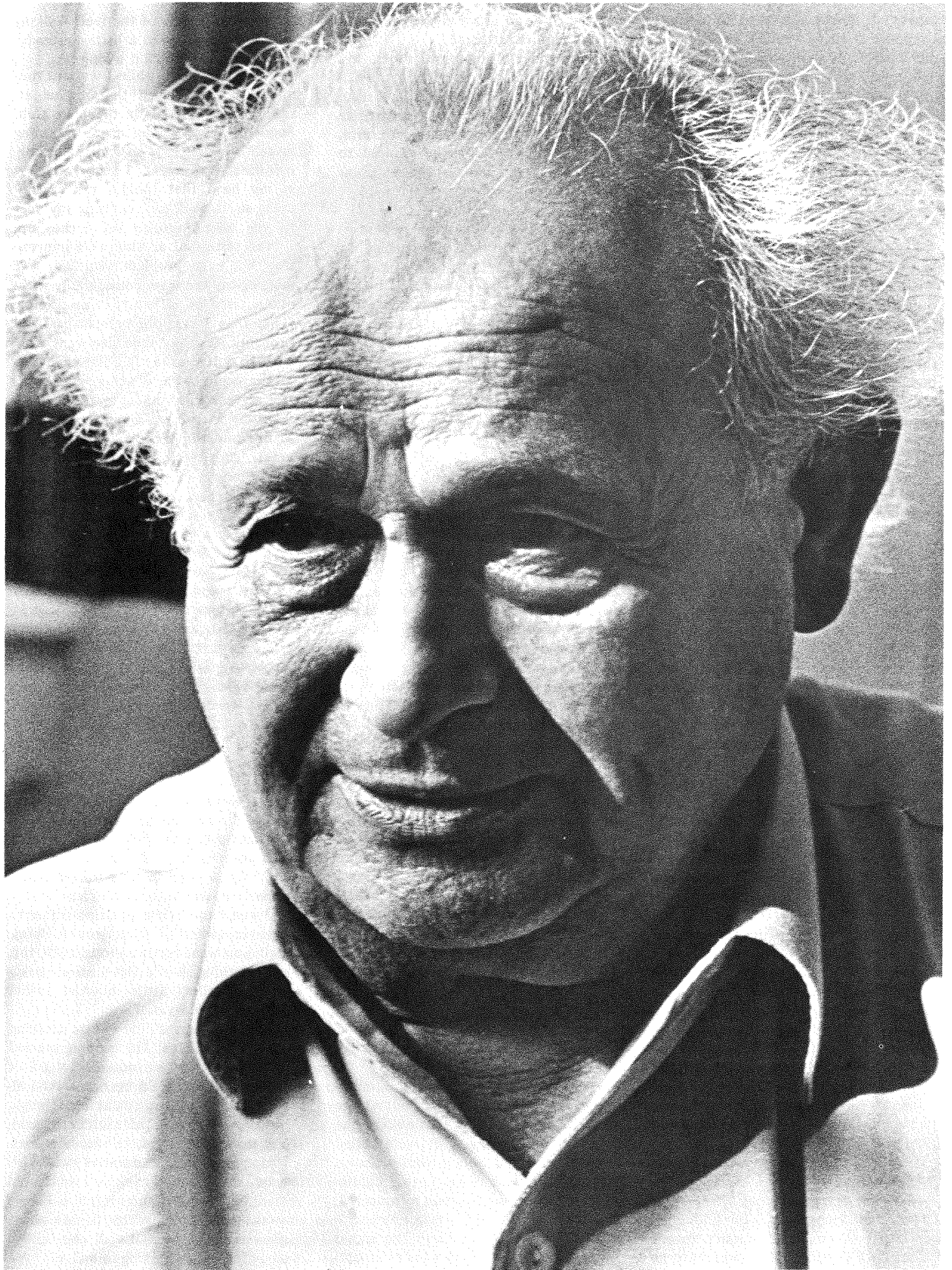
Yet it all seems so obvious in retrospect. Our musculature does not function except as directed by the nervous system. When learning a sport we don't train our bodies so much as our minds. The arm doesn't learn how to hit a tennis ball properly. Instead the brain learns a complex series of neural firings in a specific pattern and time frame.

The way we hold ourselves or move is a wide array of neural impulses that is part of the brain's normal functioning (a state which includes a complex interweave of emotion, thought, sensory impressions, spatial and temporal orientation). Change the way you move and what you've really changed is the nature of the mind.

In the midst of all the difficulties I was having with my knees, the Humanistic Psychology Institute was arranging for Dr. Feldenkrais to come to America to do a three-year training program in functional intergration therapy. To date he had only trained a handful of associates and it was time to leave a legacy. As I applied for admission I couldn't help remembering the story of Feldenkrais and the infamous knee injury. Maybe I'd find an answer to my own problems.

The summer of 1975 turned out to be one of the most satisfying of my life. Sixty-five of us gathered in San Francisco for the first three months of the training. We spent the mornings rolling around on the floor doing the Feldenkrais exercises: easy, gently, explorations in awareness, learning the ways in which we limit ourselves and going beyond.

"People use a mere 10% of their



capacity," Moshe was fond of saying. I suppose at times we must have looked like a gaggle of apprentice acrobats, delighting in moments of improved flexibility until Moshe brought us back to earth.

"It doesn't matter," he would cry. "It is a little present, but it is not the point. Was Newton flexible? No one knows and no one cares. Flexibility is irrelevant. What we are after is flexible minds."

Before, during and after the exercises Moshe would lecture and crack jokes, insisting that unless we enjoyed ourselves we wouldn't learn well.

In the afternoons there was the table work. We had to become sensitized to the point where by touching another body we could feel what had gone wrong and with our hands help someone experience a more optimal way of functioning.

"It's like dancing," Moshe once explained, beaming as he waltzed an imaginary partner about. "If you take a friendly girl who can dance, and she likes you and wants you to dance, she takes you by her hand and suddenly you can dance exactly like anybody else. The two become one body, moving together. We have to establish that two-way human contact which is of the most delicate nature, so that the person feels you will guide him where he can't go himself."

I'd had that experience myself. When learning a folk dance with a partner who was truly confident in her movements, suddenly I'd be dancing beautifully without really being able to explain what I was doing.

Moshe's understanding of the nervous system has applications ranging from scoliosis (curvature of the spine), to the rehabilitation of stroke victims, to multiple sclerosis, to (the wait was not in vain) helping athletes perform better. Which brings us finally to chondromalacia of the knees and my own experience of Feldenkrais.

A few days into the training I sat down beside Dr. Feldenkrais, introduced myself, asked him to forgive the intrusion, and launched into a detailed narrative of the floating kneecap and my odyssey through the medical community. As I talked his countenance grew ever more contemptuous and impatient until he finally cut me off.

"Nonsense, nonsense. Your knees hurt because you don't know how to run. Your feet are wrong. You move your knees incorrectly. Your adductors are tight. Your pelvis doesn't rotate. Your back is stiff. In fact, you have no

movement at all between your first and second lumbar vertebrae."

I was quickly going into shock. My faults seemed endless. And how the hell could he know all that. He made it seem a miracle I wasn't in a wheelchair. He ended his cataloging with a mournful, "Weak quadriceps," as he glanced to the heavens. Sometimes it seemed as if the stupidity of the world was too much for the poor man to bear.

So I was changed. My back was slowly loosened and I started working on rotating my hips. One day it was explained to me that I was doing a hook to the outside with my left knee every time I brought it forward. On my run that night I focused every ounce of my attention on that knee, observing as uncritically as possible its position each time I pulled it through.

"There's the arc."

"Better."

"Too much inside."

"Ah, that's it."

By the end of the run I could tell to the centimeter whether the knee was coming through straight or not. And I had discovered a powerful tool. Awareness.

By sensing, examining, experiencing my stride, I could rid it of the extraneous. One of the central precepts of the Feldenkrais exercises is that if you pay attention to a movement, the tonus and quality will improve. "Attention, attention, attention," the Zen master wrote when asked for wisdom. Both meditation and the Feldenkrais work can be defined as the removal of the habitual from one's life.

On another occasion one of the Feldenkrais assistants became fascinated with my feet and commented, "Look, you have these incredibly high arches and your leg bones are directed down through the outside edges of your feet, which is where you bear the weight. You know you hold yourself like that."

"Me? Surely the way my feet are built isn't my fault."

"Sure, who else? You hold your feet in an arch. Without the tightness it would be much lower. For some reason you've learned to hold your feet like that. Here, lie down."

And so the mysteries began. I understand now what was done, but at the time it seemed utterly strange. For the next 30 minutes my feet were pulled prodded, cajoled and generally shown the folly of their ways. More accurately, my nervous system was re-educated.

When I stood up it was quite unnerving. They weren't my feet. The arches were normal, the leg bones rested square-

ly over the middle of the feet. Walking felt strange and even a little unsteady, quite as if I was doing it wrong.

Later that week while I was out running I re-experienced the original attitude that went with the high arch. Suddenly I was young again, imagining myself running like an Indian: strong, indomitable, tireless. I had gotten it in my head that Indians ran pigeon-toed, so there I was, cupping my feet to the inside, pulling my arches up.

The results of all this were impressive. My knee problem vanished. I've increased my mileage considerably without a trace of difficulty. I'm running faster than I ever did before. Last and probably least, my shoe size went from a 9½ to a 10½ as the feet flattened out.

I've come to the conclusion that correct style is important. I watch the mistakes my friends make and I'm tempted to say something. (So far I've kept my mouth shut, preferring slow friends to fast enemies.)

A thigh back-kick simply wastes time and energy.

Leaping a foot off the ground with each stride leaves you out of contact for longer periods of time and needless work is being done to attain that useless elevation.

How can your quadriceps contract freely to lift your knees if the hamstrings opposite them are doing overtime holding you up, trying to keep your forward lean from turning into a dive.

Lead with the hips and let your torso rest upright over the legs.

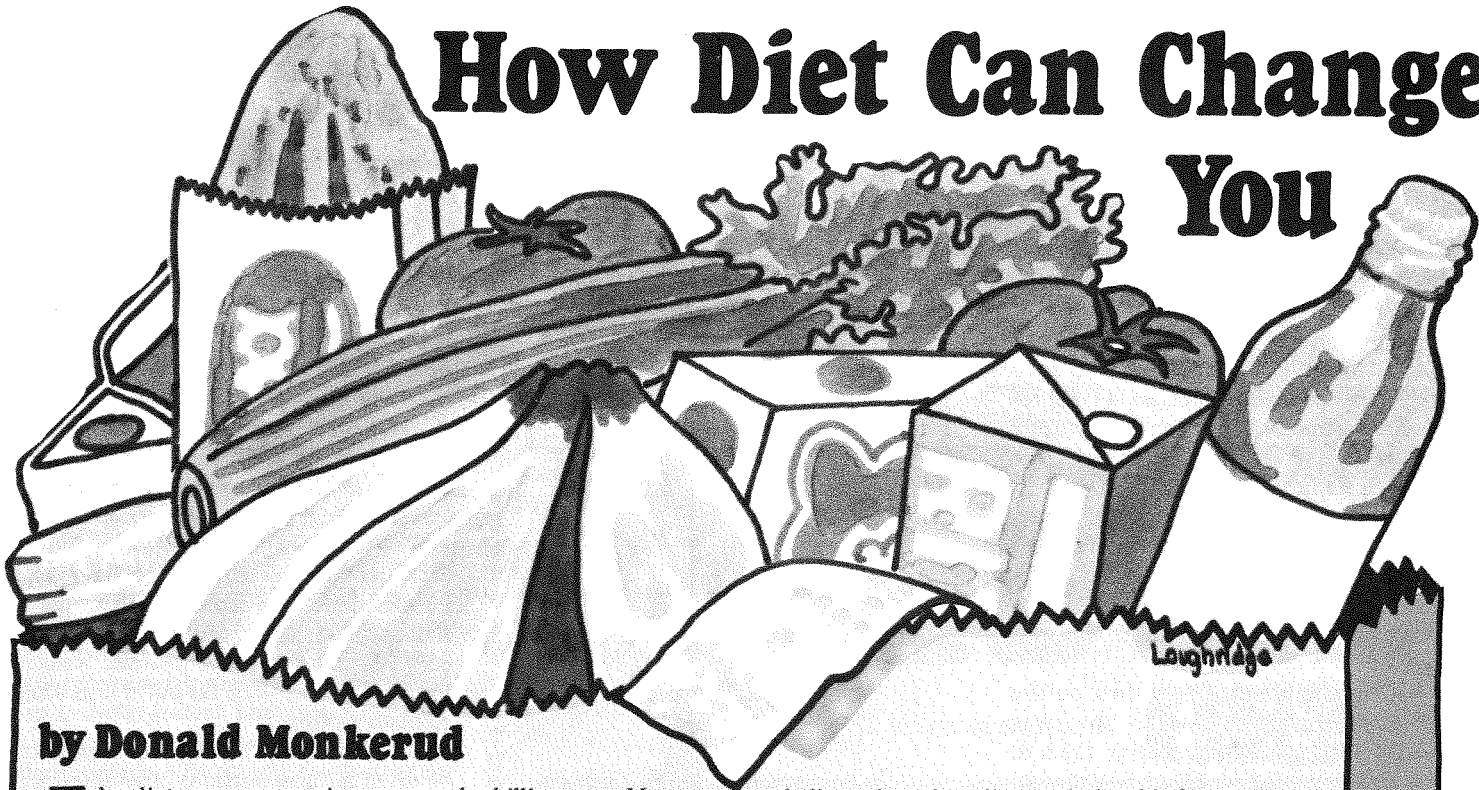
Try rotating your hips. Don't worry about what the neighbors will think. A little swish can help send the knees forward and might even add an easy inch to each step. On the other hand, don't force yourself to a longer stride; a short one can be more efficient.

I guess the best suggestion is just to become aware of what you're doing.

If you want further thoughts on this sort of thing, World Publications has a really excellent little booklet called *Running With Style*.

The summer of '75 was an amazing experience for me. The running seemed effortless. I was surrounded by 65 of the nicest people I'd ever met. And always there was Moshe, making us laugh, putting us through the exercises, scowling at our ineptness, telling us stories, performing minor miracles with his hands. In the end I came to love the old man, his goodness and his faults. I came away with a philosophy of life and a glimmering of what it's all about. And an awful lot of studying to do. ●

How Diet Can Change You



by Donald Monkerud

The diet you are running on may be killing you. Many runners believe there is a direct relationship between running and living a long healthy life. But this supposition is only partly true.

Running also can kill you—especially if you are on a normal American diet which averages 42% of total food calories from fats alone. This high fat-high cholesterol diet leads to closure of the arteries and no amount of running will fully reopen the arteries once they're clogged. It's a serious problem. Artery closure is the principal cause of death in the United States, accounting for more than half of all deaths or one million casualties.

"No marathon running, nothing will protect you unless you change your diet," says Nathan Pritikin of the Longevity Research Institute in Santa Barbara, Calif. "If it's the custom in your country to sprinkle arsenic on your salad every night, you'll all have arsenic poisoning. No drugs or running in the world will prevent you from having it—unless you stop eating arsenic. And in effect you're eating arsenic now in the American diet."

After being placed on the Institute's special low cholesterol-low fat diet designed to reverse artery closure, several runners have become dramatic examples of the benefits of a coordinated diet-running program.

After having an irregular EKG during a treadmill test, a 36-year-old marathon runner in Buffalo, N.Y., had the inside of his arteries X-rayed. He was shocked to find the main left coronary artery feeding the heart was 95% clogged. "It was ready to close completely and I had no symptoms," he said. After going on the diet, he ran 17 miles of the Boston Marathon averaging 8½-minute miles (researchers asked him to stop because of hot weather).

Eula Weaver, at 88 years of age, came back from near death to win four gold medals in the Senior Olympics. At 66, she had developed pains in her chest where the coronary arteries feeding the heart become partially closed and the heart cries out in pain for lack of blood. At 75, she had a heart attack and at 81 congestive heart failure. Her heart wasn't strong enough to pump blood to her body. After going on the "reversal diet," she was able to go off all medication in one year. After 4½ years of diet and running, she entered the Senior Olympics.

Pritikin, director of the Institute, got his first inkling of the connection between cardiovascular deaths and diet shortly after World War II. At the time, stress was thought to be primarily responsible for heart disease. Yet during the war, when stress was severe, he noticed heart disease dropped to half of pre-war levels. But after food rationing was removed in Europe, heart disease rates returned to normal and then surpassed pre-war levels. "After all kinds of investigations and studies, it became very clear to me that cardiovascular disease came strictly from what we ate," Pritikin says. "The high fat-high cholesterol diets of Western nations creates cardiovascular damage, and in nations where there is low fat-low cholesterol diets, there is a low incidence of cardiovascular disease."

Pritikin became his own test subject when a treadmill test showed considerable coronary insufficiency some 20 years ago. Although his cholesterol level was 300—the normal range is 150-300—his artery closure showed up clearly on the EKG. He began following diets of populations like Bantu and Masai in Africa, and the New Guinea natives who consume only 10%-15% of their total calories in fat. He began running daily. He later was convinced that his problem had reversed itself.

Other studies convinced Nathan Pritikin that exercise partly can protect us from heart disease. In 1958, Paul Dudley White and William C. Pomeroy studied 335 former athletes whose careers were primarily in the time period from 1901-30. None of the men who maintained a heavy exercise program after retiring from sports suffered a heart attack. Yet one-third of the non-exercising former athletes died from heart attacks.

The famous Framingham study, conducted on a large population from

(continued on page 44)

1948-71 showed, "The death rate from heart disease was five times as great for the most inactive men as for the most active men in the study."

Artery clogging is caused by plaques or diseased patches formed in the arteries from accumulations of fat and cholesterol. They collect until they clog the arteries, just like rust-clogs the water pipes in a house. The plaques are fragile and can break off, floating through the arteries until they reach a narrow opening and totally close off the arteries like a cork in a bottle. When the plaque lodges in the brain it's called a cerebrovascular hemorrhage. When the clogging occurs in the coronary arteries of the heart, it's a heart attack.

It is on these plaques which the reversal diet works. When the fat and cholesterol levels drop low enough in the blood stream, the process goes the other way. The arteries begin to open again.

Pritikin explains, "Take two bottles of distilled water filled to the same height with a tube connecting them at the bottom. If you fill one with salt, in 24 hours the concentration of salt will be the same in both. It's exactly the same with the plaques and the blood. When you get the concentration in the blood down, you start using up the plaques."

In essence, the reversal diet cuts all added fats from the body. No margarine or oils are permitted. Natural fats in food are relied upon for oil the body needs. Oats, for example, have 17% of their total calories in fat, wheat has 6% and so on. The reversal diet's formula is 10% total calories in protein, 10% in fat, 80% in "complex carbohydrates" (food as grown and not refined or simple carbohydrates such as sugar which raise the level of blood fats, contribute to diabetes and increase cholesterol levels in the blood).

Running, in combination with the reversal diet, will increase the size of your arteries and increase collateral circulation—extra small blood vessels. Although there is some evidence that exercise can indirectly unclog the arteries (exercise dissolves a protein in the blood called fibrin, which prevents blood from clotting and possibly the formation of the plaques), exercise alone will not unclog the arteries. Exercise only makes new paths around the clogged arteries.

"If you're on a good diet," Pritikin says, "running can help you build up more circulation. But if you're not on a good diet, running can be dangerous because it can break off a plaque. That's

why you read about someone dropping dead while running. They broke off a plaque which bounces up and down as you run just like a bowl of jello. It floated until it reached a passage it couldn't pass through and then completely stopped the heart. Any active sport when you're growing these plaques—and almost everyone over 20 is growing them—can lead to trouble. That's why running is maybe too dangerous without a change of diet.



88-year-old Eula Weaver

One of Pritikin's friends had run 25 marathons. He died only two months after his last marathon. Another runner, a medical doctor, died in his sleep from clogged arteries. Their hearts were like new but their arteries were closed despite their running regimens.

A 55-year-old attorney from Los Angeles was luckier. After complaining of chest pains, he had his coronary arteries X-rayed in time to discover one of his coronary arteries was completely closed, one was 89% closed and one was 75% closed. He went into the Institute's program and within three months his stress treadmill test was normal. Within four months he was running seven miles a day.

The Institute doesn't recommend running for 30-60 days after starting the diet. By that time blood levels should be down to the Institute's "normals." These recommended levels are the vital signs of artery clogging reversal. A 50-year-old's cholesterol has to be below 165, triglycerides below 85, total lipids below 500 and uric acid below seven. For a 30-year-old cholesterol must be below 125, triglycerides below 80, total lipids below 500 and uric acid 6½. In addition a stress EKG has to be taken

to indicate exactly how strenuously one can run before reaching a dangerous range.

Although the reversal diet is a crash program of eight meals a day for severe cases, there is a maintenance diet for people who have low incidence of clogging. The Institute recommends for a long-distance runner three meals a day with three mini-snacks between meals. The snacks leave something in the stomach all the time, which prevents the body from using up free fatty acids. If a runner doesn't eat for 10 or 15 hours, the body burns free fatty acids for energy. This may put the heart into an irregular beat, irritate the blood vessels and cause the red blood cells to stick together, clogging the capillaries.

The maintenance diet allows a pound or two of fish or fowl protein a week. Feedlot beef is discouraged because a well-marbled steak can be as high as 85% fat and only 15% protein. Ranged beef is only 10% fat but it is getting difficult to find.

Pritikin says, "The fish or fowl can be eaten in three portions of seven-ounce servings or in special recipes where only two ounces are used in a meatloaf serving or chop suey. You can arrange it any way you want, but if you eat more than that, you're going to close your arteries."

Pritikin emphasizes that runners follow a diet high in complex carbohydrates. This is because carbohydrates burn "clean," producing carbon dioxide, water and glucose, which is the best fuel for the runner. Fats, on the other hand, burn only 85-90% and the rest is left in ketones, which is an acid byproduct. Ketones can pile up in the blood, causing fatigue and lethargy.

Another danger to the runner, according to Pritikin, is the current practice of "carbohydrate loading" in which the body first is depleted of carbohydrates and then they are eaten in larger than normal amounts just before competition.

"Carbohydrate loading is a terrible idea, because it's not carbohydrate loading at all," he says. "The idea was good but the way they went about it is devastating to the body. I know one runner who tried it on the advice of a marathoning physician. And he had a heart attack while running. Luckily, he didn't die.

"Carbohydrate loading is actually fat loading. The heavy protein is actually heavy fat and you'll kill yourself (in the high protein period). It's terribly unhealthy and there's no reason for it. If you're on a high carbohydrate diet,

you're loaded all the time. It doesn't make any sense to deplete yourself and then do it again. Your normal, high carbohydrate diet means you are storing glycogen in your muscles and liver, and you're loaded with glycogen all the time." (See related comments in the following article, "The Case Against Loading.")

Pritikin likewise maintains that fasting is a "catastrophe." The fast, he feels, is bad for the body because all the glucose is used up in the first 12 hours. After that, the body must rely upon fat reserves for 100% of its fuel. Fat pours into the bloodstream, raising the fat level.

"In three days," he says, "you'll test as a diabetic if given a glucose tolerance test. There's nothing good about it (fasting). It destroys your whole blood picture."

The alternative at the Institute to the problem of overweight is to go on a 600-calorie-a-day diet where the calories are carbohydrates. The Institute's diet leads to losing a pound every two days. Many people who attend the Institute's sessions for rehabilitation lose 20 pounds in 30 days without artery damage.

Even on the 600-calorie-a-day diet something is kept in the stomach all the time. This source of glycogen insures that the body won't burn free fatty acids.

Pritikin himself eats a 1000-calorie breakfast before he does his daily run of 10 miles. "I have 700-800 calories of oats with a banana, an orange and a piece of toast," he says. "I can run for two hours without any fatigue. There's nothing like a complex carbohydrate diet which just burns glucose as you need it."

For a longer run, he says, "You can store 200-300 grams of glycogen around your body which give your 800 or 1000 calories. It takes about 1½ hours to use that up. With a 1000 calorie reserve in your digestive tract, it will keep pouring into your blood stream slowly so you can go for 3-4 hours before you have to worry about pulling from your fat reserve."

The feeling at the Longevity Institute is that there is no limit to what a person can do by changing the diet and avoiding the dangers of artery damage. With the reversal diet there is no reason why people who have had heart attacks can't run long distances. Many do.

W. James Howell of Santa Barbara is one. He started jogging 3½ miles a day in 1967 after being told he needed a heart operation. He also started a low

cholesterol diet but not a low fat diet. Eventually, he had a heart attack but jogging may have saved his life because of development of collateral circulation.

"I began jogging again, about nine miles a day this time," he recalls. "But I stopped dieting after a year and a half. When I went to the gym one day, I had a heart attack right after running. I feel if I had been on a low cholesterol and low fat diet I wouldn't have had the heart attack."

"But I love running," he continues. "I have a pacemaker now and I'm on the right diet. I'll start running as soon as I'm able."

Nathan Pritikin's enthusiasm has rubbed off on many of the people who come to the Longevity Institute. He too loves running. Like many of his patients who express an intention to run for the rest of their lives, he's hooked on it.

"The ultimate exercise is running," he says. "There's nothing as helpful to the body as running. It develops collateral circulation, enlarges the arteries, helps speed oxygen through the body to feed the tissues, and I consider it the most healthful activity."

In combination with the right diet, every year you run may add years to your life. ●

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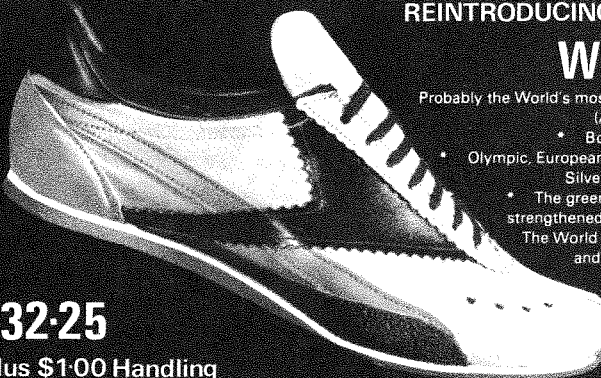
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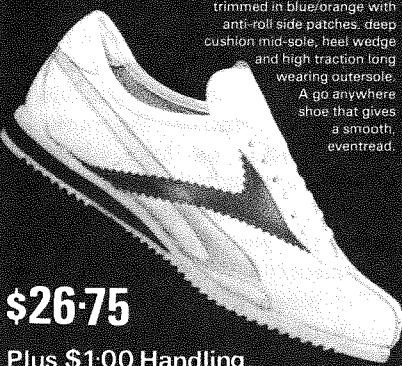
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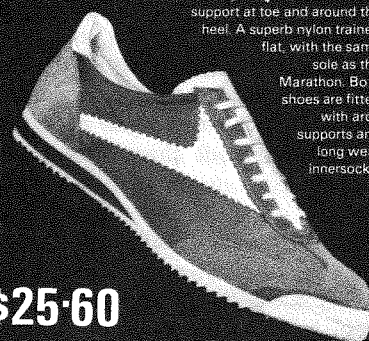
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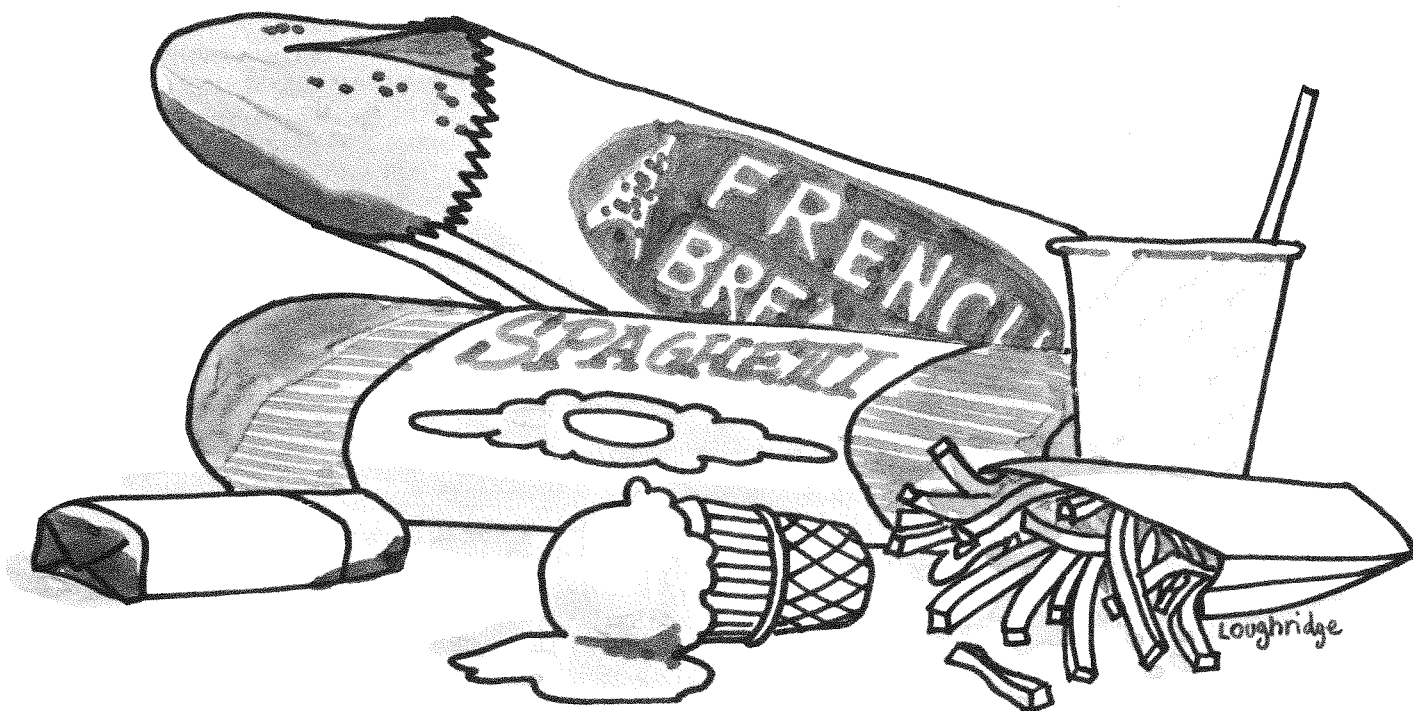


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Case Against "Loading"

by George Sheehan M.D.

Life is the great experiment. Each of us is an experiment of one. Both observer and subject, we make choices, live with them, and record the effects.

"Living," said Ortega, "is nothing more than doing one thing instead of another."

But that doing must be total. We must live on the alert and perform at capacity. "From my point of view," Ortega declared, "it is immoral for a being not to make the most intense effort every instant of his life."

When these conditions of conscious choice and maximum effort apply, we find that nature has set up the best of experiments. When we study ourselves in motion, under stress, trying to be all we can be, then—and sometimes only then—our deficiencies become apparent in unmistakable ways.

The endurance athlete is the re-

searcher's dream. When my mind and body turned to the marathon, my body could do nothing but follow. I became willing to accept any schedule, any training, any diet in the promise of better times, in the hope of breaking the three-hour barrier. And so I became, in time, one of the observers and subjects in the great carbohydrate loading experiment.

The program is simple. One week prior to the marathon, you take a long run, preferably about 90 minutes. The following three days, you limit your diet to meat, fish, cheese and eggs, staying away from carbohydrates. During this time, you eat mainly carbohydrates, cereals, fruit, baked goods, spaghetti, potatoes, or my favorite, blueberry pancakes with blueberry jam and maple syrup.

This dietary sleight of hand first de-

pletes the muscle sugar or glycogen, then supersaturates the muscles with the same glycogen which is the major source of energy in marathons. Original experiments in Sweden showed that work capacity could be increased anywhere from 100-300%, and that running time in an 18-mile race could be improved as much as 15 minutes. No wonder marathoners all over the world became carbohydrate loaders.

You can now see the great carbohydrate loading experiment taking shape. Given these large numbers of runners training maximally and eating much the same diet, the variables are reduced to those inherent in each runner's muscular system, in his intricate metabolic and biochemical and enzymatic reactions. It is here that nature conducts the most instructive of experiments. Here the lack of just one of thousands of

enzymes can be shown to cause serious difficulty in body function.

And so it is with carbohydrate loading. For most of us, the results were marvelous. The last quarter of the run became less of a nightmare. If, perhaps, the three-hour barrier remained unbreached, at least the times were much faster. Paul Slovic's studies at the Trail's End Marathon of 50 "loaders" showed an average improvement of 8½ minutes, which translates to 20 seconds or 100 yards a mile.

However, nature had more to tell us. One of Slovic's "loaders" met disaster and ran one hour *slower* than his predicted time. Here and there, we heard of other runners who had developed leg cramps or fatigue. Some had been forced to drop out early in marathons. Recently, I corresponded with a Canadian doctor who was hospitalized for a week after the Boston Marathon and another "loader" who had the same experience after the Penn Relays Marathon.

What these unfortunates had in common was muscle breakdown and an increase in myoglobin in the blood sufficient in some instances to clog the kidneys and cause renal shutdown. These events are most likely set in motion by the first three days of low carbohydrate intake and continued training, rather than the three-day binge of carbohydrates that follows. In favor of this thesis is Slovic's observation that partial "loaders" (those who used the loading phase only) had no reported difficulties.

And so it goes, the marathoner who cannot load has discovered, as I did when I was tone deaf and as do all of us in some fashion, that life is unfair. But he also has learned what everyone performing this great experiment of life must know: that nature, as T.H. Huxley has told us, never overlooks a mistake or makes the smallest allowance for ignorance.

A Personal Energy Crisis by Tom Martin

There is little doubt that the "carbohydrate loading" process can improve the performance during endurance work. But we are less clear regarding the adverse side-effects that have been associated with this dietary pro-

cedure. Some of the alleged disadvantages of this process have to do with electrocardiographic abnormalities and destruction of muscle fibers during the high-carbohydrate stage. I do not feel qualified to contribute any useful comments on these aspects of the process.

I would, however, like to offer a few comments on the dangers that are inherent in the depletion (high-protein) stage of this process. The adverse side-effects of hypoglycemic stress is more within my field of study—human energy engineering. Furthermore, this is a subject with which I have had personal experience, since I am hypoglycemic.

Fuel for nervous and mental energy is, for practical purposes, solely supplied by blood sugar. Nervous and mental energy require 2-4 grams of blood sugar per hour. Excess blood sugar is converted, by insulin action to glycogen stored in the liver and muscles. The reserve supply of blood sugar comes from the conversion and recall of liver glycogen back into blood sugar. Muscle glycogen cannot be directly recalled to the blood; its prime purpose is to energize muscle work.

An adult's normal blood sugar concentration contains approximately one gram per liter of blood, or a total of approximately 4-6 grams of sugar. When the normal sugar content of the blood drops by 50% or more, a fuel deficiency for energizing nervous and mental processes may occur. This condition is known as hypoglycemic stress. It causes a stress response which mobilizes adrenalin. Along with its many other reactions, adrenalin assists in the conversion of liver glycogen back into blood glucose and in the process raises the blood sugar concentration.

But as the glycogen depletion stage of the carbohydrate loading diet succeeds in emptying the muscle glycogen reserve, it simultaneously does the same to the liver glycogen reserve. Consequently, the stress-responding adrenalin may, at times, be unable to recall sufficient liver glycogen to raise the blood sugar to a normal concentration. Emotional and mental control then becomes impaired for lack of fuel.

Remember that during the depletion stage, the diet is purposely low in carbohydrates, high in protein and fats. Also remember that dietary carbohydrates are the prime source for blood sugar and glycogen. Dietary protein could provide a marginally adequate fuel sup-

ply for mental and nervous energy if workouts were omitted. But this dietary procedure recommends training during the depletion stage.

With pre-workout muscle glycogen levels near depletion, workouts soon tap blood sugar for energizing the working muscles. The high rate of blood sugar expenditure during exercise quickly exhausts an inadequate reserve of liver glycogen and brings on hypoglycemic stress.

The milder symptoms of hypoglycemic stress are loss of concentration, emotional instability, loss of temper control, depression, insomnia, migraine headaches, impatience and irritability.

A dangerously deficient blood sugar concentration, during the three days of glycogen depletion, could very well produce some bizarre psychological and neurological reactions. Although the resulting anti-social behavior may only be temporary, it could cause a loss of a job, a client or a spouse.

An estimated 50 million or more Americans have hypoglycemia in varying degrees of severity. For all runners, especially those who have a hypoglycemic tendency, who work out during the three days of low carbohydrate diet, I offer this suggestion: that 2-4 grams of pure fructose, ingested hourly between meals, will help avoid the mental and emotional depression of hypoglycemic stress.

Because of fructose's slow absorption into the blood, it helps equalize fuel supply with mental and nervous energy requirements. Fructose supplementation can maintain a normal blood sugar level, even when liver glycogen reserves are near empty, without triggering premature storage of muscle glycogen.

Because of glucose-containing foods cause a fast rise in the blood sugar concentration, they are more likely to trigger glycogen storage and reactionary hypoglycemia. A premature storage of muscle glycogen could negate the desired results of the overloading procedure.

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Tim and Tony Lee, running twins from Napa, Calif., have worked out a singular solution to a difficult situation in their otherwise companionable and compatible lives. They run to different schools together.

The 17-year-olds are the outstanding runners at their respective schools—Tim at Napa High and Tony at Vintage High (a new school bordered by Napa's vast vineyards)—have discovered that semi-seperateness has helped them transcend the problem of competition, a woe common to twins throughout the world.

The mode of living they have arrived at is somewhat Far Eastern in flavor. Rising at first light, they spend some moments in quiet meditation, eat a light breakfast (frequently eschewing meat), don running clothes and backpacks, and then run six or seven miles to their individual schools.

Though Tony and Tim are identical twins, and both are middle-distance men, they show significant differences in running performances.



When asked who's better, Tim Lee prefers to answer "both."

Tony, 150 pounds and 5'9¼" tall (he writes the "¼" with emphasis), and Tim, 145 pounds and 5'9" tall, train similarly. They both do "fartlek hill-running five times a week, out-of-season," and with their teammates "several days a week of quarters—usually six of them under 63 seconds—along

Jim Engle

TWINS W APART T

by Jim

with 880s, 1320s and 660s, in-season."

Yet Tony runs the 440 in 55 seconds to Tim's 57, as well as the mile in 4:27 to Tim's 4:34. On the other hand, in the longer distances, Tim has run the two-mile in 9:35 to Tony's 9:45 and the three-mile in 15:12 to Tony's 15:20.

"Too often," Tim says, "people would expect us to be alike in every respect. Then they'd ask us about our running. 'Who's better?' If we'd answer that one of us had beaten the other, then they'd say, 'I thought you guys were supposed to be alike.' So now, to that question we just answer 'Both!'"

The Lees' paradoxical reply to presumptuous questions about their running performances contains the key to their separate-but-harmonious life style.

They greatly value their relationship, and running through the countryside together is an important part of their lives. But competition with each other in any negative sense—whether it be running, grades or friendship—will not be allowed to come between them.

A few days before their annual "big meet" between crosstown rivals Napa and Vintage high schools last spring the Lees were faced with two levels of competition: potentially against each other—since they were both league-leaders in the mile and two-mile—and against each other's school.

I asked Tim, "When you've got a meet with Vintage, you and Tony compete on different teams. How do you deal with the 'competition thing,' then?"

Tim said, "The same thing came up last year at the same meet. We figure this out in advance. (His voice has deepened, and his eyes narrow with seriousness.) We thought of this even before track started. I decided to run the two-mile and stick with that, and he'd run the mile. If the coaches asked me to run the mile, I'd just say no. I

WHO RUN TOGETHER

Engle

don't like to compete against my brother. They might want the points or something . . . so I'd just stick to the two-mile. And it's just worked out fine!"

"Is part of the competition thing that you are both so close in performances?"

"Yes. It's difficult. Of course the coaches want me to win . . . and him to win . . . but we've worked out a balance where we can compete hard and compete well, but in different races."

Accordingly, they did compete and compete well at the Napa/Vintage track meet, with Tony winning the mile and Tim running away with the two-mile.

At this meet and at subsequent meets during the season one could hardly help notice that, while Tony was obviously relaxed, joking and socializing with his teammates, Tim was more serious, even grim-looking, keeping mainly to himself.

There have been times, in fact, when the twins have taken exception to their own rule and run in the same race. In their league championship last May Tony competed in the mile and two-mile, while Tim concentrated on the two-mile. However, it was clear that the twins—who finished first and second—were not battling each other.

Tony did not qualify to move on toward the state meet in the mile, and opted not to run the two-mile in the sectional meet. Instead, he stood by with a helping hand for brother Tim, jogging on the infield and assisting with muscle-loosening exercises before Tim's race. Tim moved on.

The Lees started running in the seventh grade. Their mother recalls, "They both went to the same junior high school. But, being very thoughtful boys, they realized that with people confusing their identities, even news-

papers identifying them incorrectly, and the kind of competition that can come up—and has even driven some brothers to become lifelong enemies—they would have to do something about it. And they have. Beautifully, too. They're just beautiful people."

Though they now move in different circles of friends and play individual roles on separate campuses, they find time for each other.

Tony says, "Tim and I love to run together. This is a time when we can get out, enjoy the fresh air, the beautiful countryside. We discuss our problems and agitations, each attempting to solve the other's."

In the cross-country season coming up they probably will do as they have in the past when they have to run the same race: If the two of them are in the lead—as is often the case—they will go for the tie. Or, if someone breaks away from them, as Tim says, "One of us will go after him—whoever happens to have it that day."

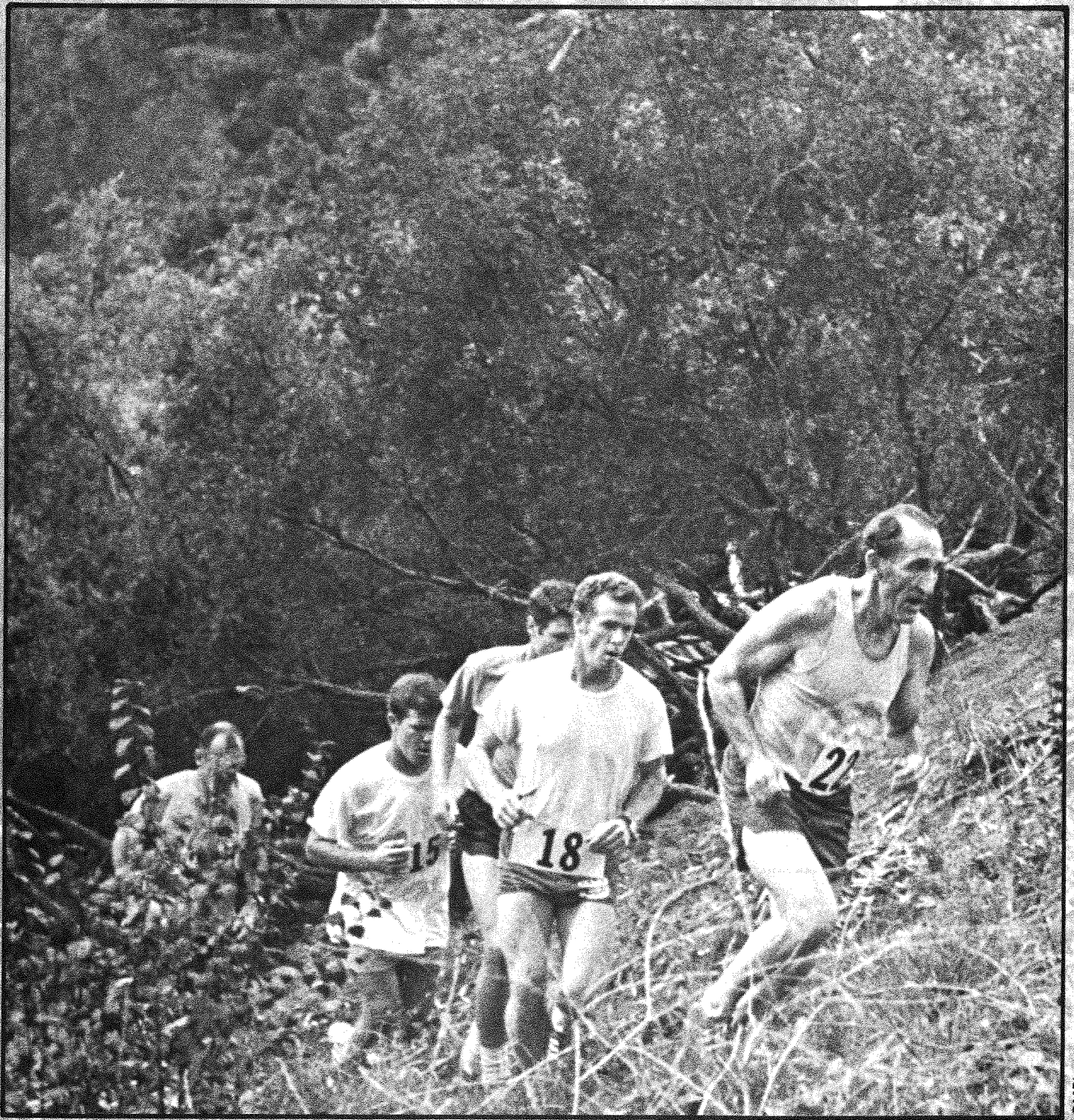


Tony Lee is slightly larger and faster, but they make no comparisons.

What they have achieved in their relationship, and in dealing with the problem of competition is a double-plus. Whatever times and places, trophies or records they reap in running, the Lees have already gone beyond the struggle for identity of many young, and not-so-young, people. ●



Jim Engle



OMPphoto

A View From The Hill

by Byron Richardson

I am a hill trainer. Workouts such as 10 x 880 uphill or 20 x 440 are a standard part of my training repertoire. Therefore, I feel compelled to point out the special techniques, reasons for and dangers of hill training; to list the properties a hill-training shoe must have, and to rate the popular models according to their merits (or lack thereof) as hill-training shoes.

Opinion is sharply divided on the necessity and effectiveness of hill training. Arthur Lydiard made it an integral

part of his schedule. Mihaly Igloi never used it with his athletes. Tom Osler, among others, felt that hill training severely weakened him, and that only those with unusual natural strength could use it successfully.

There appears to be very little middle ground. I know of few runners other than myself who throw in a special workout in the hills once or twice a week. Yet I believe that hill training, properly applied, can be of great benefit—and not just to a privileged few who have a great deal of leg strength.

The problem lies in suddenly switching from flat training to full-scale hill work. It's just like switching from 100 miles a week of LSD to a daily dose of 20 x 440 on the track in 65. The body can't take the sudden change. Now I agree that many of us cannot take a session of 10 x 880 uphill, but even doing as little as 5 x 100 yards can result in a big drop in your racing times.

Uphill and downhill running each offers its own set of benefits, techniques and risks. The benefits:

Going up gives anaerobic training without the violent motion of sprinting (and without the boredom of track intervals). It improves the stride. It strengthens two of the basic muscle groups which give power: the quadriceps and the buttocks. Flat training does not get at these muscles. It conditions the cardiovascular system in much the same fashion as interval training. And it gives confidence when hills are encountered during a race.

Going down forces the runner to concentrate on his stride, and therefore offers a chance to improve it. It gives speed work without subjecting the body to anaerobic conditions. It gives an opportunity to develop "leg speed," the ability to move the legs fast and at the same time stay relaxed. The braking action strengthens the frontal thigh muscles. And you can train yourself to "smash" down the hills, a valuable racing technique. You can make up much more ground going downhill than on the flat or going uphill.

The techniques are these:

Going up: You are on your toes, springing upward. You are leaning slightly forward (but not too much, as the driving leg will slip, or at the very least the motion will be inefficient if the center of gravity is forward of the driving leg). The back is straight, not hunched or bent at the waist. The buttocks is "tucked in." The arm motion is exaggerated, much as in running the 440. But above all, you must *stay relaxed*. Clenched fists, tight jaw, stiff

shoulders will hinder the motion much more than on the flat. The stride is short, quick and choppy. Don't overstride.

Going down: You are trying to maintain as close to a normal distance running form as possible. The body is straight, perpendicular (as much as is possible) to the slope of the hill. The footplant is normal—that is, heel first. The center of gravity is over the legs; otherwise the front foot may slip. Leg action on a steep hill is faster than on the flat. Good knee lift is maintained; otherwise the foot may "catch" on the surface of the hill and cause a fall.

You will be conscious of your rhythm if you are using proper form. Relaxation again is important. *Do not brake* with the heels, as this invites injuries to the knees. A pointer: Practice on a short hill and get used to the technique before you try the real thing.

The arms will "pump" faster than normal to stay with the legs, but should be held in the normal position—forearms parallel to the ground.

Hill training also involves special dangers. There is, first, the ever-present danger of a fall. You can avoid a fall by watching what you are doing and quitting when you get so tired that you can no longer maintain good form. Good shoes also can help you avoid falling. Other violent injuries, such as sprains, are an increased threat, but can also be avoided by watching yourself.

More subtle are the dangers involved with the special techniques of hill training. Other than actual slipping and falling, these include achilles strain going up, slipping of the foot inside the shoe, flattening (pronation) of the feet and the pounding incurred going downhill. These stresses are multiplied in the hills.

Good hill-training shoes should minimize these dangers, and facilitate proper technique both going up and going down. They will make hill training easier and more efficient, and in so doing will enhance the benefits of hill training.

I have rated the top 30 models (October '75 *RW*) according to their merit as hill-training shoes. The qualities required for a hill-training shoe, and my method for rating them, are as follows:

Sole grip. The sole should be of a material that will grip the surface, both going up and going down. A hard, slick rubber sole is taboo. Sponge rubber is better but unstable on a wet surface. Waffles or suction cups are better yet, but wear out quickly. The best is a deep rippled sole.

Support in all directions. The foot has to be kept from sliding inside the shoe or flattening, and the achilles tendon needs support. This requires a rigid *heel counter*, additional *support at the toes*, *lateral support*, a *padded achilles protector*, a *flat shank* and *internal arch support*.

Heel cushioning. In order to protect the feet from the pounding going downhill, a well-padded heel is needed. The shoe should take as much of the shock as possible. Categorizing here is more subjective; shoes which look very similar can feel very dissimilar.

Heel lift. Going uphill stretches the achilles tendon. Adequate heel lift is therefore necessary to guard against undue irritation. I would recommend at least a half-inch, and certainly no less than three-eighths-inch of heel lift.

Sole flexibility. Going uphill requires that the runner go up on his toes. So while sole flexibility is desirable in a training flat, it is essential for hill training.

Two additional features are recommended. These are *upper softness* (leather tends to pinch when you go up on your toes) and *variable widths* (to insure a snug fit). Most people can get along without variable widths. However, an extremely narrow or extremely wide foot will require them. Upper softness is more a matter of comfort than safety. Nylon uppers generally are much more pleasant to wear than leather.

I have made my own rating of the top running flats from the 1975 *RW* survey, according to their merits as hill-training shoes. Using the 12 factors just described, I gave one point if I considered the shoe "excellent" in a particular feature, two points for "fair" and three points for "poor."

My top choices are: Adidas SL-72/76 and Puma 9190, 15 points; Adidas Dragon, Brooks Villanova, Karhu 2323, Nike Nylon Cortez and Tiger Montreal, 17 points; Adidas Gazelle, New Balance 305, Nike Road Runner and Tiger Jayhawk, 18 points.

Another rather new shoe which apparently ranks among the best is the Nike Waffle Trainer. I didn't have the information available to do a detailed rating of this model and perhaps others I've overlooked.

Do your own ratings on shoes, and strongly consider avoiding no hill training in a model which you rate as "poor" in its support and protection features. Hill training imposes enough stresses without having bad shoes compound them. ●

In "The Comeback of Craig Virgin" (June '76 RW), Hal Higdon alluded to the problems Craig had encountered in moving from high school to college running. The transition is difficult for all runners, and many of them never make the adjustment. Here, the runner who is about to enter his senior year at the University of Illinois offers advice to young runners, based on his experience. Virgin overcame his own early-college troubles enough to qualify for the Olympic 10,000-meter team.

This year's graduating class of high school runners is an exceptional one. Rudy Chapa, Eric Hulst, Thom Hunt, Alberto Salazar and others are riding the crest of an improved national and even international junior program. It would be only natural for an onlooker to sit down and chart out steady progress over the next four years for each of these young men and come up with some remarkable predictions.

However, seasoned observers will react with more guarded optimism. They do so because of memories of other years with other exceptional athletes who didn't all experience the same degree of success in college that they had achieved earlier.

Within four years, the great fanfare and high expectations accompanying this year's graduating prep stars will have faded away. In its place will come the grim realization that the transition to college is far from automatic and, in most cases, is very difficult for "blue-chip" track athletes.

I won't argue that some outstanding high school runners simply won't do well in college. History proves that to be fact. Rather, I want to attempt an understanding of the phenomenon. Having struggled through the whole process personally, as well as having conferred with others in the same predicament, I've tried to gain an insight into the complexities of the problem unique from that of the average sportswriter.

There is no single dominating obstacle that the incoming collegiate athlete has to overcome. Instead, there are



Surviving Freshman SHOCK

by Craig Virgin

many factors involved in making the transition. Certain factors apply more than others, depending upon the individual case.

The whole process of becoming acclimated to the college environment is not an easy one for most incoming freshmen, and the athlete is no exception. However, the student-athlete's situation is much more complex, involving aspects of competition and life style that his classmates never experience.

There seem to be four areas under which potential problems may be grouped: athletic, academic, social and personal.

* * * *

The most obvious athletic difficulty to be encountered is the higher level of competition in college. Not only is the

competition tougher on weekends, but the young athlete suddenly may find himself in a daily struggle just to grab a berth on the traveling squad.

Not many runners come out for track and cross-country in college unless they are talented and serious. On an off-day, the young athlete may find it frustrating in practice not to be able to lead a particularly tough workout. Having to cope with defeat not only in meets but in workouts also can be demoralizing to one who rarely experienced a loss in high school.

In addition, the competitive schedule in collegiate track and cross-country may include fewer meets than in high school. Nevertheless, the meets are more demanding and a younger athlete may find each one challenging him to his maximum.

He will run into an unlimited age factor in collegiate competition where, for example, an 18-year-old may very well find himself pitted against a physically more mature 26-year-old. This can have a telling effect in distance running, where an age difference of even 2-3 years can mean an advantage in strength and endurance.

The young collegian will have to compete against a great number of foreign stars in addition to the best in American talent. These foreign competitors are usually older and more experienced in tactics than the average young American. Hence, the situation can arise where a young man can be the best American in a national championship but finds himself finishing behind several foreigners. Being the best American in your event in college does not guarantee the same glory or status that it gave in high school.

Another of the bigger obstacles to overcome is the new coach and the resulting change in personality, philosophy and training programs. After having spent four years in search of success under the influence of the high school coach, it is sometimes hard to say good-bye and place complete confidence in a stranger. No two coaches are the same. Personality differences can be unsettling. It takes the college coach a while to develop the same insight into an athlete's motivation and training requirements that his old coach knew.

Sometimes a runner achieves good results in high school with a predominately distance-oriented training program. Most college programs are more speed-oriented. There are physical and psychological barriers to be overcome before the young runner can make a successful adjustment. Runners like Rudy Chapa

and Eric Hulst who have put together 100-mile-plus weeks in high school may have to become acclimated to a college program that stresses quality track work at the expense of high-mileage weeks.

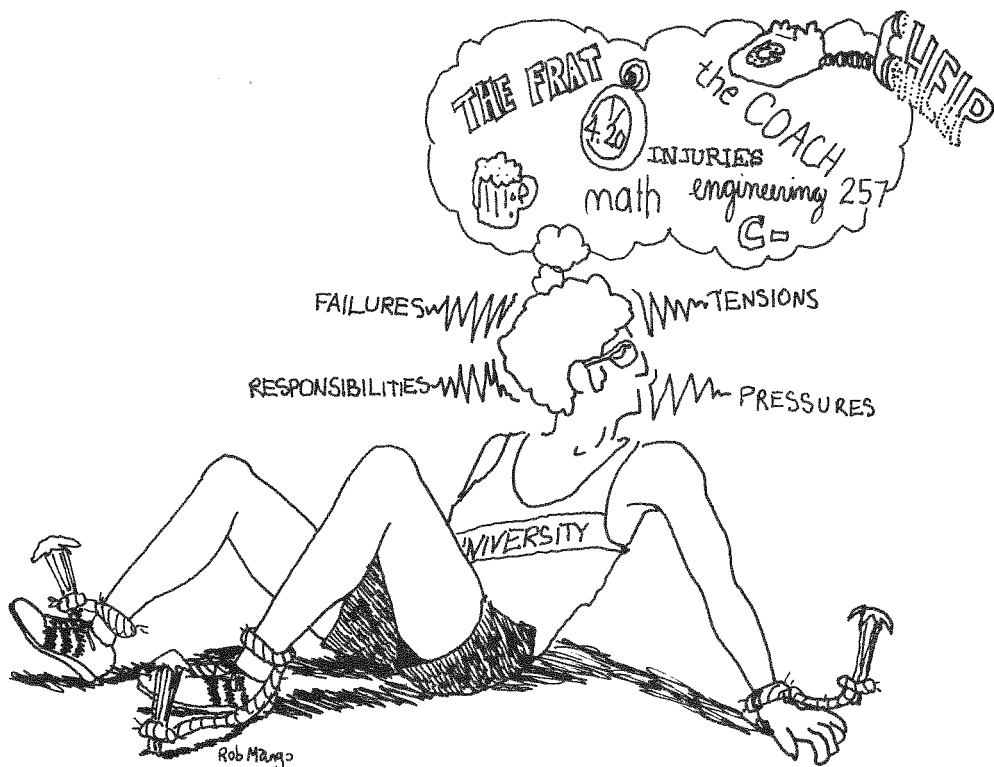
The new training program at college also may include a change in training terrain, facilities and climate. Although the differences are subtle, the routes the runner used in high school while enjoying success become familiar and even reinforcing. A feeling of insecurity is natural for the runner trying to train in new and different surroundings. If the runner cannot feel secure and successful while training he cannot concentrate on form and on testing his physical limits.

My own situation required an adjustment from a fairly hilly home area to the much flatter terrain of the central Illinois prairie. To achieve comparable strength from my distance runs at college, I was forced to go longer. Making the change from grass and cinder track workouts to doing speed workouts on asphalt or Tartan tracks, which are much harder, requires careful attention to the legs or shin splints and stress fractures can occur.

Adjusting to a colder or warmer climate also can present some difficulties. Former California prep star Rich Kimball (see accompanying article) encountered numerous health problems while trying to acclimate himself to the cooler and rainy weather found at Oregon State University. He finally gave up and transferred back to the familiar northern California weather in which he grew up.

Finally, the world of intercollegiate athletics is much more cold and businesslike than the high school atmosphere. Because of the large amount of money and manpower invested in programs, there is a great deal of pressure to win. Especially in minor sports like track and cross country, the money crunch will cause funding to ebb and flow with the success of the program. The runner will also receive more exposure from the media as a collegiate athlete, but will find himself making as many headlines losing as winning.

The academic environment at college presents problems for some young athletes. In most cases, the college classroom places higher academic performance demands on the student-athlete than its high school counterpart. Larger class size results in stiffer competition for the passing grade. College professors are usually more strict about assignment deadlines and quality. There also exists some prejudice that



athletes get grades given with a minimum of work. Therefore, special requests may not always be met with much leniency.

The freshman soon learns that this new academic world affords more freedom but requires more self-discipline. There is less actual class time and more personal time. And he finds that nobody is going to come looking for him if he cuts class. In fact, some instructors don't even seem to care. However, the student-athlete has to miss so much class time while traveling to meets that he can't afford to miss any more than required.

It also takes a lot of self-discipline to study during class breaks. When faced with unfinished work after a hard day of running, the decision to stay up and study or to get some decent rest before the morning run has strained many a conscience.

Different curricula make different demands on the student. A pre-med student-athlete will face more pressure to achieve academic excellence at the cost of athletic excellence than a physical education major. The curriculum that a young man chooses to follow may directly affect his athletic future.

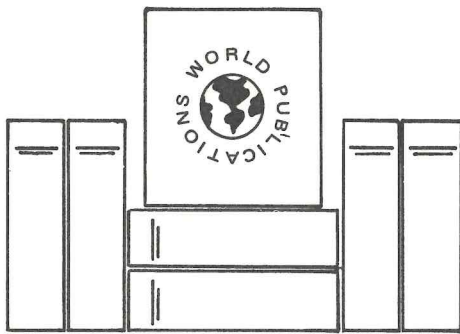
The problems surrounding an athlete's social life are the most common reason given, justly or unjustly, for a failure in college. In the college atmosphere the student-athlete will find more opportunities for and a resulting pressure to lead an active social life.

The use of alcohol, marijuana, drugs, tobacco and so forth is more open, accepted and, to a point, expected. Part of nearly every man's social life between the age of 18-30 involves the bar scene. Its degree of effect will vary with the individual. If the athlete never drank beer or liquor in high school, he certainly will at least try it in college. Overuse or abuse of alcohol can cause self-discipline and weight problems. Marijuana and drugs have found their way into athletic circles as well as tobacco which has been around for a long time. The effects of all of these can be as devastating as the individual athlete lets them be.

Probably the scarcest commodity that a student-athlete possesses is time. More organizations than ever before will place demands on what time he has left after practice and class. Fraternities, honoraries, church groups and clubs are just a few examples. Often, there is simply not enough time and something has to be compromised.

The last item falling under the social heading is interaction with members of the opposite sex. Because of the amount of time devoted to athletics in high school, many young stars are in college before they experience their first relationship with a girl. Peer pressure, natural desires and the girl's wishes can have a big impact on the athlete's priorities in life. The outcome of this situation on athletic endeavors relies greatly on the personal stability of the individual.

(continued on page 54)



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When the college freshman suddenly finds himself removed from a reinforcing, friendly and familiar family environment and out on his own, feelings of loneliness and homesickness may settle in. This falls under the final category labeled personal problems. In the case of the young athlete who has had overly protective parents or coaches, sudden freedom and exposure to the real world can be upsetting.

The glamour of an out-of-state college can dissolve quickly to frightening isolation in this instance. Learning to take care of oneself is an important part of growing up. Being away from home for nine months out of the year forces this independence but can be traumatic for some individuals.

Perhaps the most troublesome personal problem the college runner has to face is injuries or illnesses. A young runner soon finds that as the body gets older and faster it also becomes more susceptible to injuries. The desire for success in collegiate competition can lead to intense workouts. Couple that with a poor sleeping schedule and something has to give. Mononucleosis and other viral infections can completely destroy a season and then reappear later to disrupt more training and competition.

Knowing how to cope properly with and recover from injuries or illnesses takes experience and a great deal of patience. Being able to differentiate daily training fatigue from the body's natural warning signals sometimes requires prior injury experience. The young runner entering college does not always possess this experience. In addition, his impatience to prove himself will sometimes override his common sense for deciding when and how hard to come back.

Some athletes also may experience trouble handling the pressure of the scholarship situation. Track and other non-revenue sports are experiencing scholarship cutbacks. The pressure will be on the college coach to make every grant count. The athlete who doesn't score many points by his junior year may start pressing a little if reminded that most scholarships are renewable a year at a time. The pressure to produce may stifle many young men to the degree that they don't even reach their high school performance levels.

* * * *

Basic to the understanding of the difficult transition from high school to college athletics is the concept that it is the summation of many or all of the dis-

cussed problem areas that come to bear on the young athlete. It is not just the competitive challenge, nor the new environment, nor the increased academic load, nor the girlfriend. Instead, it is the combination of all of these pressures that can change a young man's personal sense of priorities. They all present a snowballing effect where even the athlete's self-concept can be dangerously altered.

After all, the sudden role change from being at the top to starting back down at the bottom rung is a shock to one's psychological stability. If the athlete can't adjust accordingly, his future may be in jeopardy.

Is there any way an athlete about to enter college can predict and/or prevent any of the factors I've named from disrupting his progress over the next four years?

There seems to be a basic requirement for success in college: The incoming athlete must be capable of emotional stability and of adaptive ability in the presence of unfavorable conditions. This can be learned only through the family and the athletic environment he is leaving.

Everyone has his own formula for success, but the character traits of stability and adaptability are necessary to cope with the pressures encountered in collegiate athletics. The parents and high school coach are in the best position to foster the growth of these attributes.

They should be neither over-protective, over-bearing, over-encouraging (to the point that the athlete develops no self-motivation but instead fears the pressure of failure) nor too detached. Instead, they should provide counsel and help the young man understand his own desires, motivations and competitive nature.

They should encourage independence in running workouts, setting goals, accepting responsibility and performing daily activities. In the face of adversity, they must encourage, but make the athlete understand the situation so that he can see the way clear himself.

Finally, they must not let the high school athlete forget the process through which he acquired success. The road to a parallel achievement in college is much rougher than that in high school. However, that should not mean that it is unobtainable. Indeed, if the runner can manage to keep his identity and desires in the proper perspective while maintaining a good deal of patience, the race is already halfway won. ●



Mark Shearman

Rich Kimball's (left) troubles continued in the International Cross-Country this year.

Kimball's "Mental Shin Splints"

by Roy Kissin

Most "once a high school star been through the mill, now coming back" stories, like Craig Virgin's, end happily—or at least with a hint of optimism. This one does not—yet. Rich Kimball's story is not finished. We pick it up in the middle, where the outcome is still in question, and the hurt and mental anguish are still to be dealt with.

Almost everyone knows how this story began. In the spring of 1974, Rich Kimball was America's premier high school distance runner. He won the International Junior Cross-Country title and recorded nation-leading marks of 4:02.4, 8:46.6 and 13:43.0 for one, two and three miles. He capped off his high school career with a 5000-meter victory over the Soviets in the USA-USSR Junior meet. Indeed, Rich was one of the finest prospects ever to emerge from the prep ranks.

Kimball turned back a bevy of recruiters and enrolled at Oregon State University that fall. But even before school started, he tripped over a teammate and tore a tendon in his ankle, initiating a series of injuries and misfortunes which have hampered his running ever since.

After sitting out the entire fall season, allowing his ankle to heal, Rich undertook a crash training program early in 1975 to prepare for track. His over-enthusiasm caught up with him, however, and in February he came down with mono. Scratch another

season. In the one race he ran during this ego-shattering freshman year—a cross-country invitational—he finished last.

The summer before his sophomore year, Rich began training again. When school started, he was injury free, in reasonable condition and hungry. But bouts with pneumonia, bronchitis and strep, all within three months, hindered him again last fall. Still, considering his lack of background work, he was encouraged by his 13th place finish in the Pac-8 Cross-Country meet.

Knowing he would never realize his potential unless he were healthy, Kimball left Oregon State for California's agreeable climate and San Jose State, where he currently is ineligible.

"At Oregon," he says, "the rain undermined my health. I was always sick with a cold or something."

Last December was the first month in over a year that Rich could call "good" for training. In January, he ran 8:58 for two miles indoors. A few weeks later, he qualified for the International Cross-Country Championships in Wales.

Despite having to pay his own expenses, Rich decided to make the trip. But his misfortune followed him even to Wales. A few thousand meters into the race, he reinjured his ankle and was forced to drop out.

He has not raced since then. He was scheduled to make his 1976 track debut

in May, but after consulting his coach and parents, he decided to write off yet another season.

"I was afraid that if I ran an important track race and got disappointed again I might hang it all up," he says. "My recent workouts hadn't been too encouraging. In high school I ran *hard*, but lately I haven't been able to press as much."

Perhaps one might go so far as to suggest that Rich's injuries have been even more debilitating mentally than physically. Two years ago he exuded an almost cocky confidence, characterized by generous statements to the press. Yet such self-assurance was justified. He sincerely believed he could accomplish anything. Now, however, he is tortured by self-doubt.

"Two years is a long time. I've lost my confidence. I have no drive, no enthusiasm. There are times when I don't feel like running. I'll sit for hours and not run even when I know I should be. It's becoming a burden . . ."

In spite of this case of what he calls "mental shin splints," Kimball is not through with the sport. His procrastination is not so much the result of a lack of desire as it is an ignorance of how to proceed.

He has received conflicting advice everywhere he has turned. At Oregon State they tampered with his running style. At San Jose he finds the adjustment to pacework and higher mileage difficult.

He says, "In high school, everything I ran was short and fast. I raced myself into shape (his senior year he ran 51 races in 49 days). I've come to my last resort. I've listened to everyone. Now I've got to go back to where I began, to how I trained in high school."

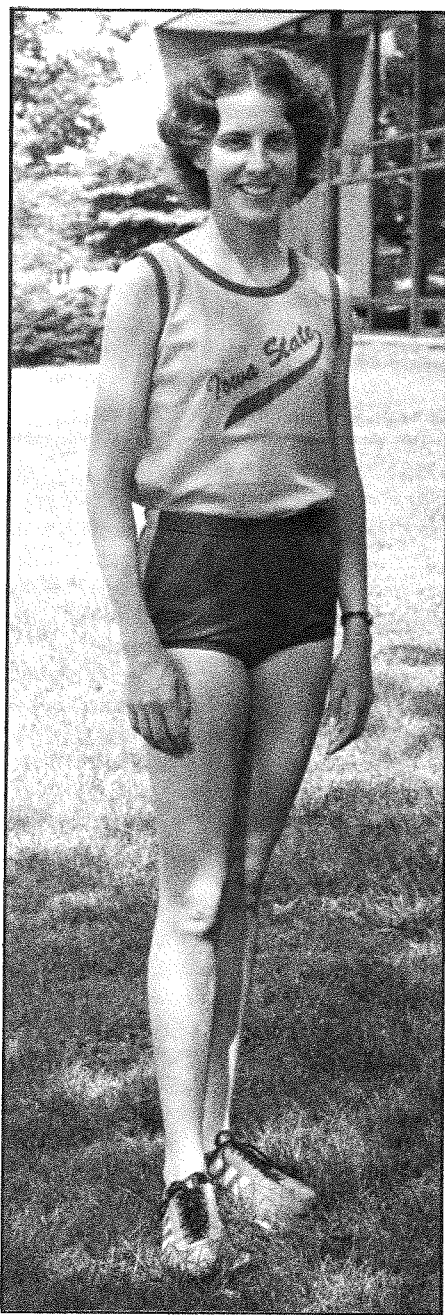
This summer Rich planned to gain strength and confidence in low-key road races. Concerning any long-range goals, he is silent. The future is still too uncertain.

"I've got to get rid of these mental shin splints before they do any more damage," he concludes. "If I can and I continue running, I know I can be as good as anyone."

Meanwhile, he struggles to scale the peaks he once conquered easily. Until the outcome of that struggle is decided, this segment of Rich Kimball's story can end with nothing more conclusive than a "to be continued . . ." ●

Road to Montreal Not Long Enough

by Kevin Shafer



The world record and two American records she had set, to the surprise of the world, made little difference now. In the shade of Eugene's tall pines she was just another competitor attempting to show she was of international caliber. Her records had been set at distances unfitting for a woman to run on an international scale, or so the International Olympic Committee had said.

For Peg Neppel, making the US Olympic team would have meant running an event she had seldom experienced. She is a long-distance runner, but she is female and for some reason the IOC had never recognized the fact that women could compete in races of distances more than 1500 meters.

Earlier this year Peg set a world record for the three-mile (15:41.6) and American marks in the 5000 meters (16:28.6, which was broken the next day by Jan Merrill) and in the 10,000 meters (34:19:0). Despite those performances, Peg was forced to compete at the Olympic Trials in the 1500 meters since that was the longest distance allowed for women.

"I don't think it is really fair. If you look at all the events the men have and all the events the women have, you can see that performances around the world

aren't that great. After all, why should a woman run a distance which is not allowed in the Olympics?" she said.

Some of the top women athletes in the world will not be competing in the

Olympic Games, she said, simply because their specialty events are not offered for competition.

"Maybe we need a politician or something," she said. "I don't know what to do about the situation. If you're nice about it to the Olympics Committee, you get brushed aside. A lot of people must get interested and a lot of people must speak up before anything will change."

In the meantime, Peg began training at Eugene during the week of the Trials for an event much shorter than she is used to running. Her very presence at the Trials surprised many followers even though she said she had been shooting for the Trials since early in the 1976 season.

Of primary concern to the 22-year-old Dolliver, Iowa, runner was building up speed.

"What kind of problems I am encountering at a shorter distance is hard to say. I'm doing speed workouts, attaching to that a mental angle, and learning to expend my energy in a shorter amount of time. I guess you could say I'm going through a lot of mental preparation," Peg said during the Trials week and prior to competing in the 1500-meter heats.

But working up that extra speed needed for the shorter race was a challenge. When Peg first arrived at Iowa State University four years ago, her coach at that time had attempted to train her with sprint workouts. She admitted this type of training was especially frustrating for her because she couldn't respond to what he was teaching her.

"When I first got to Iowa State, they only had a running club (for women). We had to provide our own uniforms, our own shoes, our own sweats and even pay our own entry fees to participate in races. We ran as a club," she said.

"The next year we were still on a club basis but we began to get some recognition from the university. Each year after that it got better until today cross-country and track teams are getting separate budgets and separate identities. We're very strong in distance runners," she said.

A new coach appeared on the scene for Peg following her first year at ISU. Women's track coach Chris Murray began working with Peg, using tempo workouts to build endurance for the longer races. Murray's success was reflected not only when officials at Drake University (Des Moines, Iowa) agreed to include the women's 5000 meters in the famed Drake Relays, but also when ISU's first international women's runner set an American record for the event. Murray also coached Carol Cook, former record holder at 10,000 meters.

The annual Big Eight Conference meet was hosted by ISU this year and Peg had decided to triple at the meet. She won the three-mile but took second in the two-mile and one-mile.

"Conditions at the meet were not conducive to record times," she admitted.

For the ISU graduate student in animal science, fame and recognition did not come until her senior year at college. During her senior year in high school she had placed third in the state cross-country meet and had won the state championship at 880 yards, but she was faced with attending a university without an established women's track or cross-country program.

After setting the world and two American records, fans, coaches and fellow athletes across the country began to take notice of this female long-distance runner. With the notoriety came added pressure from the expectations of others on her every performance. But those expectations had little effect on Peg.

"I enjoy talking to people and think

it is neat when they say, 'I remember you from the last time you were here.' But sometimes I grow resentful toward other people's expectations. I don't really care what they expect. I'm sure I can find something good about what I have done or will do and be able to be pleased with it," she said.

To ward off some of that pressure, Peg said earlier in the year that she would not attend the Trials and would not compete in the 1500 meters.

"I have the confidence and know that I am strong. Earlier this year, however, I was hesitant about committing myself toward making the team in the 1500 meters. But my overall goal

is to get as close as possible to the international standard of long-distance running," she said.

Even though Peg was forced to compete at the Trials in an event somewhat foreign to her, the inconvenience did not dampen her Olympic spirit. She ran an excellent time of 4:22 in her heat and beat many runners with more impressive credentials at this distance, then was eliminated in the semifinals.

Who knows, if her presence at the Trials is as influential as her presence in women's track at ISU, maybe the Olympic atmosphere will clear of any remaining clouds for women athletes prior to the 1980 Games. ●

sole repair kit

Something as apparently minor as a worn sole can lead to disaster for your running career.

Continued running on worn soles creates serious imbalances in the feet, lower legs, knees and back. These imbalances in turn lead to abnormal stresses on other parts of the body, with resulting tendon and joint problems of all sorts.

Most runners know this. Yet, with the price of new running shoes going out of sight, it's easy to put off the purchase of a new pair when they're needed.

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The Amazing BLIND Marathoner

by Larry Gettman Ph.D.
and Michael Pollock Ph.D.



OMPhoto

Last April at Boston, after seven years of running and 25 marathons, Harry Cordellos of San Francisco broke three hours for the first time. Cordellos is blind.

Born with glaucoma, Harry had eye operations before he was one year old, was plagued with blurred vision as a youngster and at the age of 19 became totally blind. Earlier, he had not been allowed to participate in physical education because of his poor eyesight (he often was hit in the face by flying balls) and a heart murmur.

"If they caught me playing tag in the schoolyard, I had to stand in the corner," he recalls.

At 18, Cordellos had almost died of pneumonia and pleurisy. But his life changed at 20 when a counselor encouraged him to try water skiing. In Harry's words, "I just decided to start living." His heart murmur and the effects of his illnesses apparently were gone by then, and he figured he couldn't damage his eyes further since he already was blind.

Cordellos now defies his blindness. He received the Steve Prefontaine Memorial Award for courage last summer after completing a 15-mile race in Charleston, W. Va. He plays "beep baseball" and is a successful hitter. He has scored 55 on a standard, par-36, nine-hole golf course, has bowled in the 120s, can hit six of 10 free throws, and can do acrobatic dives from the high board. His aquatic talents are such that he has written a book on the subject and is seeking a publisher.

He says, "If I ever am a casualty in the water, it will be an accident you (with sight) would have."

Harry now works with the Bay Area

Rapid Transit system as an information clerk, but he holds a master's degree in physical education and hopes someday to work in fitness programs for the handicapped.

His own program revolves around running, which he is forced to do at 4:30 in the morning. And about the only handicap he experiences is finding a partner to run with him at the early hour. He must run alongside a partner, grazing his elbows every few steps to get his bearings.

If Harry doesn't make connections with his partner in the morning, a valuable day of training is lost. He says, "I have my partner call me every morning to make sure he can train. If he is sick, I go back to bed, grumbling all the while until I go to work."

Another problem is that, as Cordellos improves in his running, his partners often can't run the speeds or complete the distances at which Harry likes to train, thus limiting his potential performances.

Despite his obvious talent and courage, however, Cordellos expressed concern that he might have lingering effects from his heart irregularity and illnesses as a teenager. He was invited to Dr. Kenneth Cooper's Institute of Aerobics Research in Dallas for physiological evaluation.

Four months after his 1975 Boston Marathon, Harry was tested on several variables, including cardiovascular function, body composition, pulmonary function and blood chemistry. And he agreed to return to the Institute each year in an effort to document the physiological changes that take place in a marathon running career.

Cordellos, at age 37, proved to be well above average in cardiovascular per-

The big problem for Harry Cordellos (left) is finding a companion.

formance and body composition for his age group. His maximum oxygen intake figure was 58.6 (the average for sedentary men this age is 35.9; in recent tests, world-class distance runners averaged 76.9).

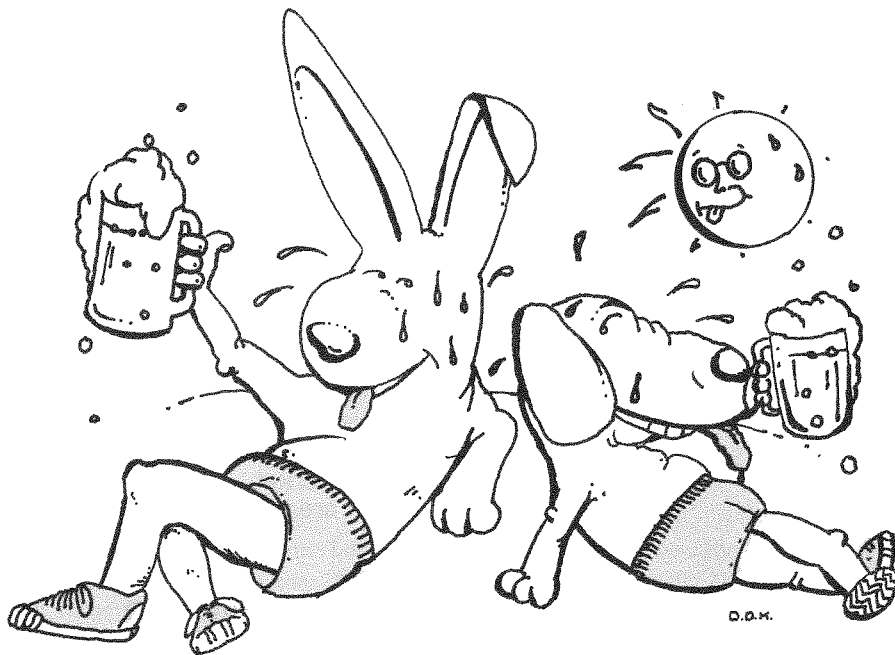
The heart rate, blood pressure and pulmonary ventilation values for Cordellos were considered quite normal, and the resting and exercise electrocardiograms showed no abnormalities. His resting heart rate was 54 beats per minute and his blood pressure was 115/75, below the age group norm of 68 and 120/80. The pulmonary function measures also were normal for his age and body size.

Cordellos is rated as an outstanding performer considering his relatively heavy weight of 162 pounds (he is 5'10 $\frac{3}{4}$ " tall). Top marathoners average 135 pounds, which contributes to their ability to run long distances.

Harry's low amount of body fat—10%—is common among marathoners, though the elite runners we tested showed an average figure of 4.7%. Normal for a sedentary man Harry's age is 23.0%.

All of his physiological data were either normal or above the sedentary average, and showed no reason why he should not continue training and competing on his present level. Our findings indicate he is rated a very low risk for coronary heart disease.

If Cordellos can find running partners who will allow him to improve his training distances and pace, he can improve significantly on his 2:59 marathon time. ●



Games for Hares and Hounds

by Pat Del Vecchio

Since 1971, residents of suburban Washington, D.C., have become accustomed to having the still of their Saturday afternoons shattered by a stampeding pack of 20-35 runners shouting, "On! On!"

The cry comes from the Hash House Harriers are the direct descendants of an organization based in the Orient, but more on that later. Once each week the DC-area Harriers gather to play a version of the English game of Hares 'n' Hounds.

One of the Hash Housers volunteers each week to be the "hare," and he selects the locale for the run, usually a suburban park or field. The other members of the club are given directions to the site of the run via the club's weekly newsletter. When the runners arrive, the hare already has begun laying a trail of flour for the pack to follow. The trail leads over field, hill and stream, and the pack dutifully follows, accepting any obstacle as part of the game.

Scattered along the way are checkpoints, interruptions of the trail of flour marked by a large X. Checkpoints indicate the trail is changing direction, and the pack then spreads out—seeking to pick up the trail again. A "hound" discovering the new flour trail, so signifies by yelling, "On! On!"

After the final checkpoint there is a long stretch of running to the finish.

Runs vary in length from 5-9 miles, depending on the hare.

Socializing is an important part of the Hash House Harriers, so the hare is always waiting at the finish with a generous supply of cold beer, soda and other refreshments.

Indeed, that is part of the charm of the group, which traces its ancestry to the original Hash House Harriers who still run in Kuala Lumpur, Malaysia.

"Hashing" began in 1937 when an Australian in KL decided to work off the exigencies of a weekend," explained a Washington Hasher. "So he began running on Monday nights." The runner, one A.S. Gispert, derived little benefit from his weekly run since he invariably concluded his workouts with several rounds of beer at a pub known as "The Hash House."

As Gispert's friends began to join him for the workouts, the weekly jog evolved into the English game of Hares 'n' Hounds. The enterprising proprietor of The Hash House started using a beer wagon to meet the runners at the end of their game.

The group continued to run following the Second World War (though Gispert was killed in the battle for Singapore) and the workouts developed into a Kuala Lumpur institution. Hashers who left there began forming new clubs in places such as Sydney and Melbourne. The Hash now boasts some 45

chapters through out the Far East and South Pacific.

The Washington chapter is the first of the "New World" chapters. The DC group was started by a couple of State Department employees who were Hashers in Malaysia. On their return to Washington they began their own Hash in late 1971, and it has been going strong in Washington since then. The DC Hashers have heard a rumor that a second Hash is running (and drinking) in Little Rock, Ark. and a third in Boston.

One recurring problem is that of losing members during the run. Runners occasionally miss checkpoints and wind up charting their own courses back to the finish. At a recent run of the DC Hashers a searching party was being organized just before a "lost" and bedraggled harrier showed up.

Because the DC group runs in reasonably developed areas, the member who strays is not likely to place himself in any danger. But a member who had run in Kuala Lumpur remembered a more serious incident.

"We had a hare who hadn't reeked (previously surveyed) the area very well," he recalled, "and he went off into the jungle and lost his way. The pack eventually caught him, and by this time he was tearing up his shirt and his shorts to lay the trail."

At that point, however, it was nearly dark, and since there are few things darker than a jungle at night, the pack wisely decided to spend the night with the bugs and snakes, until morning's light enabled them to find their way back.

Hashers may possess diverse traits, but competitiveness is not supposed to be one of them. Asked if many of the current DC members ran competitively, head man Lance Beath, a New Zealand diplomat, replied, "Yes, and that's the trouble."

Actually, the Hashers seem to vary greatly in their running habits. The Washington club has a number of competitive runners, including Jere Van Dyke, a sub-four-minute miler at the University of Oregon. Some members have run the Boston Marathon or race in the weekly events sponsored by the DC Road Runners Club. Yet others such as Beath are classical Hashers, running only at the weekly outings.

The workout itself is a form of fartlek. You can get a pretty good workout if you push, or take a more leisurely approach and enjoy a run in the woods. That seems to be the point of the Hash House Harriers: good running and good fellowship. ●

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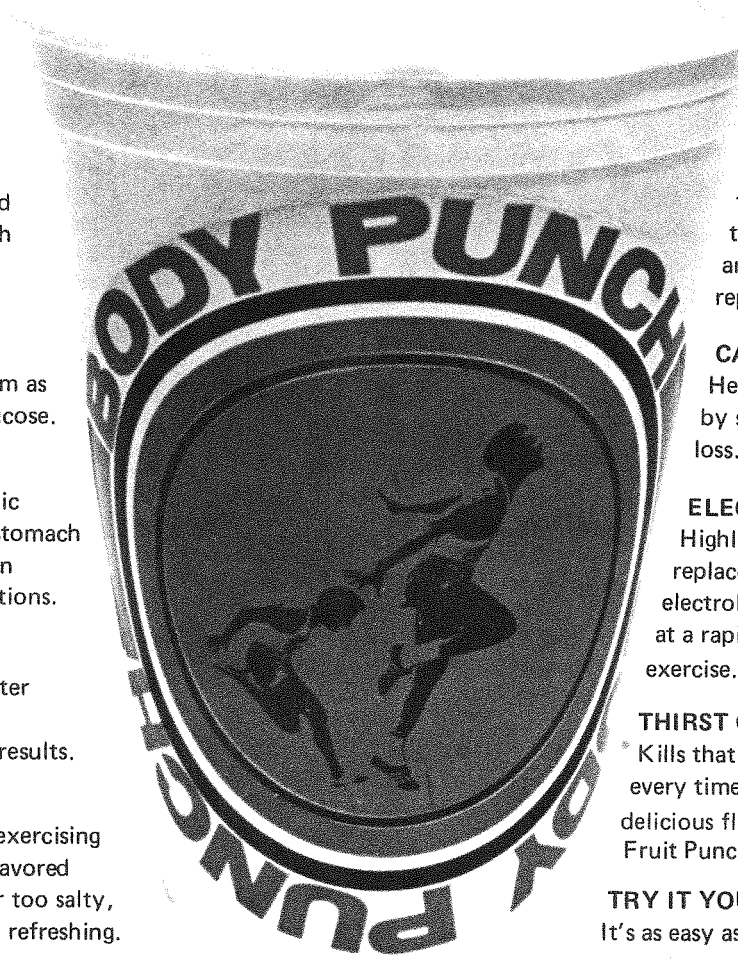
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City Series

by John Thelin

LOUISVILLE

The racing tradition in Louisville, Ky., definitely favors horses. But in the past three years the city has been eager to accommodate runners. For every Secretariat, Ruffian or Man O'War going through thoroughbred paces at Churchill Downs, dozens of Keds, Nikes, Adidas and Tigers are pounding and puffing through city parks.

In early May you can turn on the tube to catch three minutes of Kentucky Derby action. What you won't see, unfortunately, is that the local folks have been enjoying a week-long festival, including a 13-mile Derby Mini-Marathon road race.

Unless you paid close attention in sixth grade geography class, you may have to be reminded that Louisville is on the Ohio River, across from Indiana. Caught geographically and spiritually between the South and the Midwest, Louisville is Kentucky's sole claim to big city life (population 362,000). Not a bad life, either, as a surge of historical renovations, downtown malls and renewal, and construction of the Riverfront Plaza have produced a healthy civic spirit which provides citizens with a large number of concerts, ethnic festivals, celebrations and opportunities for running and recreation.

Where to Run. The city's park system is sufficiently large and accessible that running in the commercial and downtown sections is neither necessary nor attractive. A series of small and moderate sized parks (Shawnee, Chick-saw, Thruston and Twin Peaks) are scattered along the riverfront. If you insist on running the streets, the area between Jefferson and Broadway Streets allows you to pass and view the Hall of Justice, Courthouse, public library, Louisville Gardens and several old churches. The best running routes are found in the two large parks, Iroquois and Cherokee.

Cherokee Park, located on the east-

ern edge of the city off of I-64, has a seven-mile loop and numerous side roads over bridges, along streams and through grottos. If you want a longer course, it is convenient to go outside the park to adjacent tree-lined, hilly residential neighborhoods. Although park roads and paths offer ample running width, be wary of drivers.

Iroquois Park, in the southwest part of the city, is an urban runner's dream in the form of a mountainous forest. The winding course from base to peak is roughly 6½ miles. Off to the side of the main road are occasional meadows, fields and an amphitheatre.

Racing Opportunities. In the past three years Ken Combs of the Metropolitan Recreation Department has arranged an ambitious race schedule. The program is called Operation GAP (Games and People) and emphasizes lifelong participation in running.

In addition to the Mini-Marathon, eight weekend road races are sponsored per year, usually at Cherokee or Iroquois. Races range in distance from 2-10 miles, have special awards for men's and women's age-group winners and trophies for time prediction. At most races you can choose at the registration table whether you want to compete in, for example, the three-, six- or nine-mile distance. Entry fees are nominal—usually 50 cents to \$1. In addition to the weekend road races which draw fields ranging from 40 to 120 runners, Operation GAP sponsors all-comer track meets each Wednesday evening at the Atherton High School track. Events include a 440, 880, one-mile, two-mile and three-mile. A special one-mile jog is offered for those who are new to running competition.

What one finds in Louisville is a city which is relatively new to running, yet markedly curious and friendly. The Recreation Department listens to runners' suggestions, and receives assistance from

local high school track coaches, the Louisville Striders, the Kentuckiana Cinder Club, Blue Grass Runners Club and the YMCA.

One example of this attitude is the Mason-Dixon Games, conducted in February at the huge Freedom Hall facilities. A large crowd and the national press watch the stars run in the evening meet—but the morning and afternoon sessions are used to allow hundreds of local school athletes of both sexes to compete in dozens of indoor track and field events.

The Kentucky Derby Mini-Marathon has potential to become a national classic road race. Last year more than 500 runners entered the 13-mile race which circles Iroquois Park, goes through seven miles of downtown streets and ends at the Riverfront Plaza. Although the race is only three years old, it receives generous support from the city government, good local press coverage and has enthusiastic crowds along the race route.

One good sign that road racing is finding a home in Louisville is that local public figures are becoming regular participants. Mayor Harvey Sloane ran well in the Derby Mini-Marathon this year (the race offers a special award to elected officials). On a frosty 25-degree January Saturday morning, Judge Todd Hollenbach joined more than 50 runners to compete in a park race, an event which did not go unnoticed by a local television news station.

Winters are less severe than in the Northeast and Midwest, so training is bearable on all but a few days. Runners seeking additional racing competition are in easy driving distance of Cincinnati and Lexington.

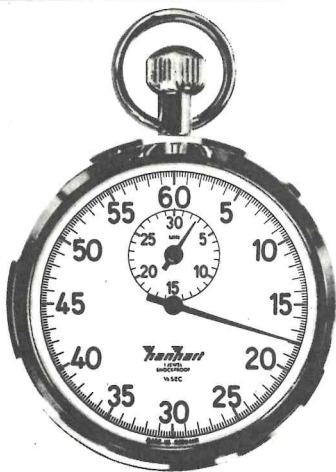
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Looking at People

Notes on the individuals making news this month.

• Liesel Lynn Davis, who will be three months old this month, has the distinctive honor of having participated in 1597 miles of running and 212 miles of skiing before she was born.

Liesel's running mate-mother had completed those distances during her pregnancy and thus answered skeptics who have asserted that running while pregnant is dangerous.

Sandra Davis completed the Molson's Golden Marathon when she was four weeks pregnant, the Canadian National Marathon Championships at eight weeks, a 10-kilometer cross-country ski race at 27 weeks, a 10-kilometer and 3½-kilometer relay leg on skis at 28 weeks, a 10-kilometer cross-country ski race at 29 weeks and a skiing 10-kilometer and five-kilometer relay leg at 30 weeks.

Liesel's mother noted that the day after her daughter's birth, Liesel was taken to a track meet and on her third day she was taken to a fun-run.

• Runners in Vancouver, Canada, are still pondering the recent death of Dr. Leslie Truelove, 53, one of the city's best known doctors, who collapsed and died during the Lion's Gate International Marathon, May 29.

Dr. Truelove had run from 5-8 miles daily and had taken part in numerous marathon races. An autopsy showed he had one weak spot on an artery of the heart which had bled a few drops.

The doctor was in his 21st mile of the race when he suffered the fatal attack.

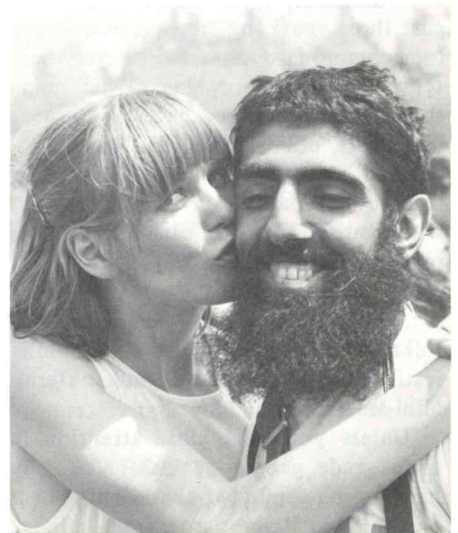
• Although Dick Traum finished last in a YMCA-sponsored five-mile race recently through New York City's Central Park, he received a standing ovation from fans gathered to witness the conclusion of the race.

Traum has one leg and runs with an artificial limb. It was the first time the 35-year-old Traum had entered. He had lost his leg above the knee 10 years ago when he was pinched between two cars while putting gas in his car at a filling station on the Jersey Turnpike.

"I began a physical fitness program a year ago and part of it included running," Traum said. "I am not trying to

prove anything. I run for relaxation. It relieves tension that sometimes builds up.

"I don't really run but sort of hop and swing my leg through. Sometimes when it is wet or icy I fall down. It's tough, but normally I get along well," Traum said.



Missy Warfield

Charlotte Lettis, Tom Derderian

• The emergence of top women athletes all over the world has produced some strange effects (especially in such areas as the International Track Association's "grudge matches" between women sprinters and shot putters) but has not affected the ways of love.

Several husband-wife "teams" appeared at Eugene, Ore., for the US Olympic Trials and probably received more publicity for their off-track activities than their athletic performances.

Charlotte Lettis, a 1500-meter runner, and Tom Derderian, a marathoner, were among the husband-wife combinations which did not make the team. One of the most publicized couples to make the squad, however, was Francie Larrieu, a 1500-meter specialist, and Mark Lutz, a 200-meter sprinter.

• "It would be too bad if a race that has been held since the turn of the century should fall because of people who shouldn't be out there," said Graham Knox, director of the Hamilton, Ontario, Around-the-Bay Road Race.

Knox's comments came after Hamilton Mayor **Vic Copps** collapsed from a heart attack (he survived) during the running of the annual race. Knox indicated in his comments that the ever-increasing numbers of runners entering races include a large percentage of casual joggers who have no business in such events.

"It's nerve-wracking on us. It's too risky out there. The leaders have good protection. It's the stragglers we're worried about," Knox said, adding that the possibilities of heart attacks, seizures or injuries are outweighed by the possibility of a straggler being hit by an automobile.

Knox said he was not attacking the principle of jogging but instead the inclination of casual joggers to run in seriously competitive races. He said those joggers know they are not competitive but instead are merely challenging their own ability to go the distance.

- An editorial run in the Bloomington, Ind., *Herald-Telephone* shortly after a hit-and-run driver struck Olympic-hopeful **Steve Heidenreich** (see "A Life Saved, a Dream Lost," May '76 *RW*) during a training run prompted a letter to the editor which was so heated that it made this year's Boston Marathon look like the annual Vasaloppet ski race.

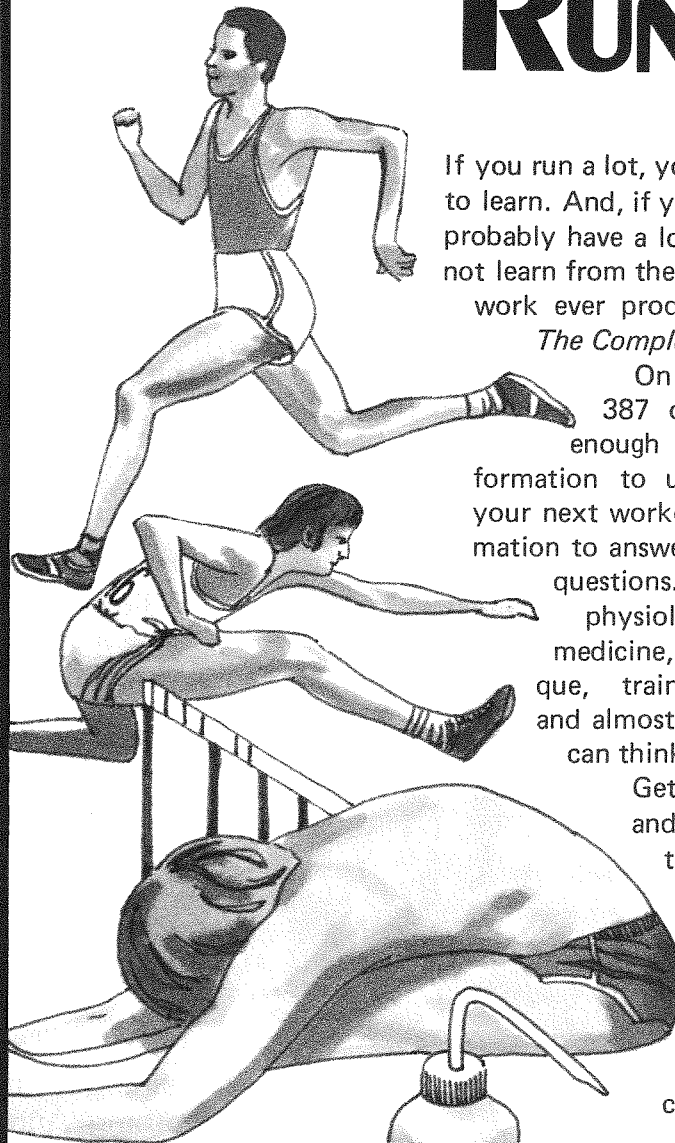
"In your March 23 editorial, you imply that the roads and streets should be abandoned by the pedestrian and the biker and left to the drunk, the drugged, the sadistic and careless and anyone else who happens to fit your definition of normal and drives around in a 2000-pound legal weapon which may be used to maim, kill and just plain punish those who intrude upon the hallowed ground of the automobile. Others do not have the right to be there," **David Fleming** said in the first paragraph of the letter.

"Most drivers are conscientious and considerate, but far too many drive like frustrated race drivers who never had any talent anyway . . .

"Your solution is to eliminate the victim. That is like fighting robbery by not owning anything . . .

"If it had been 10-year-old Steve Smith on his way to school rather than 23-year-old Steve Heidenreich on his way to the Olympics, would you have have editorialized against going to school? Wouldn't it be better to deplore the car as a weapon in the hands of the drunk, the drugged and sadistic, the careless?" •

The Complete Runner



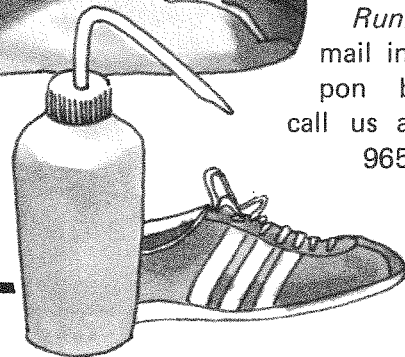
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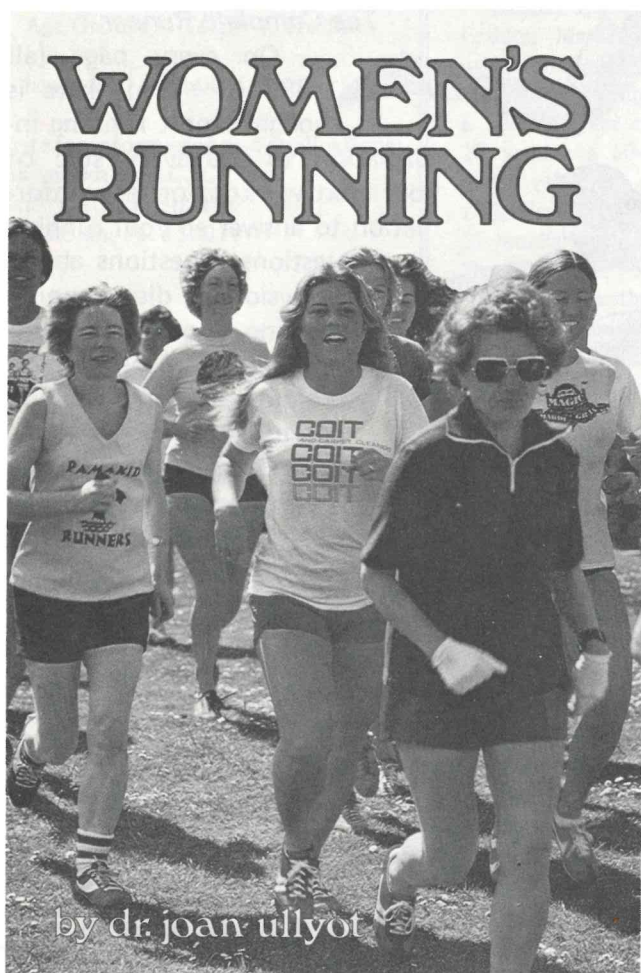
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WOMEN'S RUNNING

"The hardest step for a woman who wants to run is the first one out the door.."



Dr. Joan Ullyot, a woman, physician and runner, all wrapped up in one, has just completed her fascinating new book, *Women's Running*. A breakthrough in modern running literature—the first book of its kind to take a serious look at women of all running levels. Beginning jogger to competitive long distance runner.

After age 30, Dr. Ullyot developed herself from "the ultimate creampuff" into a world ranked marathoner. This transition is the basis of *Women's Running*—but the book is more than a biographical sketch.

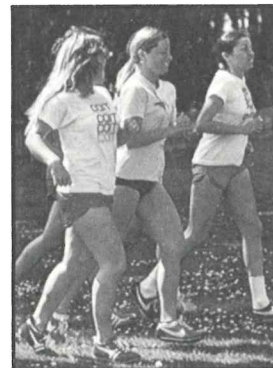
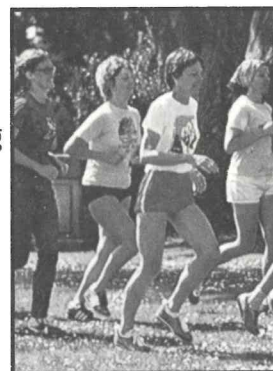
Four separate sections entitled "Training Plans," "Aids and Advice," "Running Medicine" and "The Results" are broken into

fact-filled chapters, covering specific running questions.

Emphasis on the mature woman who runs for fitness and long distance competition. Medical advice for avoiding or correcting the ailments women encounter in run-

ing. Tips on shoes, clothing, diet and more. Training routines for women at all stages of running. And women-related research findings (Dr. Ullyot specializes in exercise physiology).

Women's Running knocks down the barriers. It guides women past the prejudices, through the first steps, with a view of what's ahead. Great reading for men, too. What to expect when your wife or girlfriend becomes a serious runner. Pick up your copy today at your local bookstore. Or use the order form.



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Technical Tips

Answering the needs of our readers.

The subscribers write much of this magazine. "Technical Tips," for instance, is a collection of lessons reader-runners offer to others like themselves.

We encourage submissions for this column, as well as short articles, notes and questions for several other parts of the magazine.

STRESS AND DISTRESS

Walt Schafer teaches a regular course on stress at Chico State University of California during the fall semester. He also teaches weekend extension courses entitled "Personal Stress and Social Change."

Space does not permit a description of the physiological processes of distress, but chronic stressors do create a constant state of bodily, mental and emotional alarm—a condition which, if continued too long, surely will take its toll sooner or later in decreased performance, illness, emotional disturbance or whatever.

Whether an event or situation, in fact, produces physiological or psychological distress depends, of course, on how the individual handles it. We do have options. We can learn to listen to internal cues our bodies send out and to respond in constructive-beneficial rather than destructive-harmful ways, and to build into our daily lives methods of preventing or minimizing unwanted distress.

Which now brings me to stress, distress and running. I would like to briefly focus on six connections between the two.

1. As we all know, running can serve as a partial prevention in the build-up of unwanted or excessive stresses. Through a program of regular jogging or training, we experience a release of mental and physical tensions, followed by hours of a relaxed, alert calmness. On easy, casual runs, my mind wanders, almost in a dream-like state. Although I have no objective proof, I intuitively know that emotional pressures are released at these times, just as they are in night time dreaming.

Through release and relaxation, running can be effective for many persons

both for getting through acutely distressful times and for getting through acutely distressful times and for keeping tensions down during chronically difficult periods. Running is no panacea. But it can be useful when times are rough.

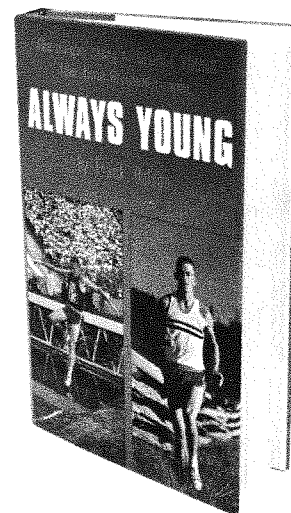
2. A quality in persons especially susceptible to distress is helplessness or the sense that events rather than self are in the driver's seat. In the midst of a challenging workout or race, I feel in charge, on top of things. And afterwards I feel much the same not only about running but about most things in my daily life. It can be argued, of course, that people attracted to regular running are internally motivated to begin with. This probably is partly true. But I suspect regular running builds as well as reflects a sense of being in control of events or at least being in charge of oneself.

3. Most of us have experienced creative breakthroughs while on the run—new approaches, syntheses, solutions to problems. I am not a psychophysiological, so I don't know why, but I do know it often happens to me and to others. Whatever else is going on in one's life, running affords a welcome respite, a time to put things together, to come up with new answers or approaches to actual or potential distressful situations or events.

4. While running can help prevent distress, it can also add to it. This may happen, for example, if one presses in training when rest or moderate running are needed; if one is determined to win or to improve performance whatever the cost to self or others; if rushing to and from the run are part of a life pattern of "hurry sickness." Like anything else, running can be constructive or destructive. Attention to its place in our inner lives and outer style of life is important to assure that it plays a beneficial, not harmful, part in one's total picture.

5. Maintaining a life-style with only moderate stresses and a minimum of distress is an important ingredient in optimizing performance for those inter-

(continued on page 66)



Always ready, Always there, Always Young

The Olympics was the backdrop for one of the most interesting stories in amateur athletics history. George Young's story. He struggled toward an Olympic gold medal, through four Olympic competitions, only to be stymied by the competition, the officials and himself.

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ested in more serious competition. I personally have found that serious breaks in daily routines like cross-country travel, irregular meals or irregular sleep interfere with a smooth pattern of progressive improvement or build-up to a race. Undue pressures from other parts of my life also interfere. Sometimes such shifts and pressures are unavoidable. Yet I view routine and minimum overload as two vital elements in an effective training program. Otherwise too much psychic and physical energy goes to coping and adjusting.

6. Finally, running, and especially moderate competitive running, provides an excellent chance to experience the excitement and rewards from constructive, self-directed mobilization of stress toward useful ends. Stress is not all bad or to be avoided. In fact, stress in moderate amounts is what moves us forward toward greater fulfillment and development of talents. Sustained training and race preparation have symbolic as well as concrete value for me, since they afford a testing ground for calling on my energies in the precise ways and at the precise times I need them to reach a goal or meet a challenge.

There no doubt are other linkages between running on one hand and stress and distress on the other. These are a few. Consider that regular running is like good sex—while not a cure-all, it is both enjoyable and good for you.

Walt Schafer

INJURY FREE

Train, don't strain. Speed kills. Overload-breakdown. Run long and slow distance. Run continuous fast pace. Collapse point. Seventy miles a week, 40 miles a week, 100 miles a week.

The list of what to do and how to do it goes on and on. The one common thread is that if you want to run fast and run long, then a good measure of your ability to do so is your maximum oxygen uptake capacity. In other words, your running performance correlates strongly with your maximum oxygen uptake capacity.

Arthur Lydiard advises that a runner "work at speeds just under his maximum oxygen uptake. He should be working at a rate which puts some pressure on his heart. So what the LSD runner does in two years, maybe he can do in one."

It seems to me that as surely as the maximum oxygen uptake capacity correlates strongly with running performance, the "do-it-in-one-year" approach correlates strongly with injury and

breakdown from stress.

I have been running for 23 years. During that time I have been relatively injury-free. I also have been interested in going fast and long and have worked on improving my maximum oxygen uptake. I found that in doing this I often have been at cross purposes with trying to stay healthy. Therefore, intervals, high mileage and desiring faster times each racing season have not really been a lasting part of my routine. The one thing I've found is that stress is stress is stress. It doesn't matter whether you apply a large dose over a short period (as in intervals) or a small amount over a long period of time (LSD). The result is the same if you apply too much—the inevitable breakdown.

Over the past four years I have been able to move up to around 65 miles a week and be at ease. However, it took me four years of slow running to progress from 55 to 65 miles. Whether or not I'll continue to increase my mileage or to decrease it doesn't seem to be as important as how I'll continue to find enjoyment in my running.

The runs are definitely therapeutic in nature, and if it takes me 10 years to accomplish what I could have accomplished in one, then so much the better. I'll have been running and enjoying it for those 10 years.

It has been said that training has a delayed effect. In other words, what you do today won't help you tomorrow but sometime next month. The same thing might be said for too much training, or overstress. It may not hurt you tomorrow but may clobber you next month or even next year.

It seems that runners get into trouble when they are trying to balance between applying enough stress for improvement but not so much so as to lead to a breakdown.

The problem is not that we don't know how to train and avoid injuries but instead it is an attitude problem. If you truly enjoy racing, then you must accept the risk involved in increasing your maximum oxygen uptake. Just as there is no perfect shoe, there is no perfect training regimen. Like the shoe where you must sacrifice support for light weight, you must chance stress injury when you train fast or train very long.

If racing isn't important, then going slow, attempting only moderate distances of up to 10 miles or so, and keeping the weekly totals under 45 miles with plenty of rest and yoga exercises should be all you need.

If what I have suggested sounds like a lot to some of you or like not enough to others, let me say that this prescription is based on my own experience and is supported by the school of thought that recommends at least six miles a day for general health, especially cardio-respiratory health. This includes the opinions of Dr. Ernst van Aaken and Dr. Thomas Bassler.

In my own case I need at least six miles to get into the rhythm of the run. Somewhere around three miles I begin to feel good, and if the pace is right I move along without having to pay my body a great deal of attention. Instead, I am able to explore my mind, work on a problem or get in touch with my environment. This can go up to about 12 miles. Then I begin to tire somewhat, my attention is focused back on what I'm doing, and my mind has to wrestle with my body to keep going.

I run two competitive marathons a year, and I can accept two long runs a week for about six weeks. The rest of the year is devoted to enjoying the daily run and finishing each run feeling better than when I started.

The great majority of us must seek our rewards and satisfactions in our daily runs rather than in races. All you ever have is the run on which you are about to embark, and it is up to you to make the best of it. If you join ranks with the too-much-too-soon school of thought, then be prepared to be injured. If you choose to go really long in terms of years, then each day's run will have to be a unique experience and will have to be taken on its own merits and not done for some future goal.

"Take care of today and tomorrow will take care of itself" may be a time-worn cliché, but there is a lot of truth in it.

Daniel Ellison

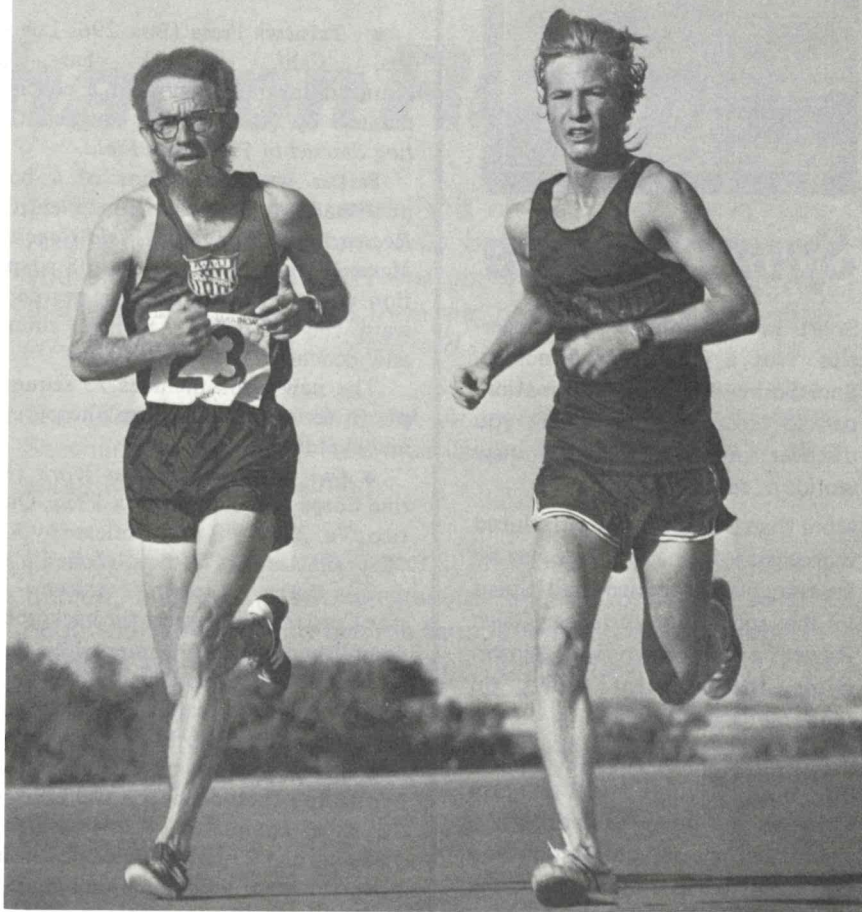
SOLE SEARCHING

Runners should be advised *not* to add Spenco innersoles to a pair of new shoes until they've worn them enough for the shoes to pick up the contours of the foot. I made that mistake, and my feet felt as if I'd been beating them with a hammer. The problem is that the Spencos don't let the shoes break in properly.

A second tip is to use Energine or lighter fluid on the heels of shoes before repairing them with glue. This removes the oily film which almost inevitably coats the sole and keeps the hot glue from adhering well.

Dr. H.K. Nixon •

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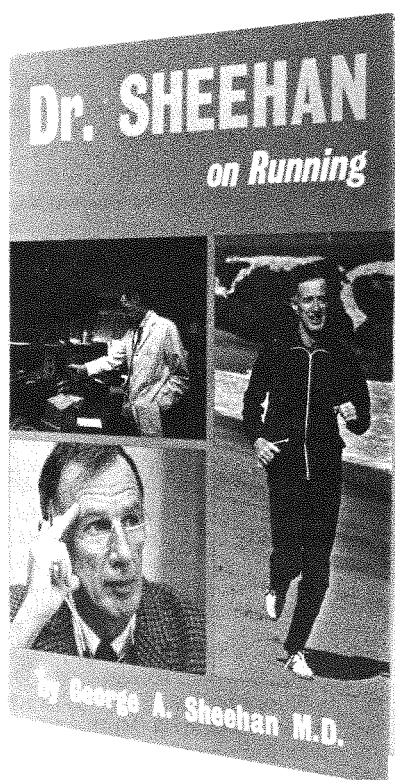
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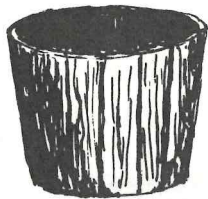
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Best of Times

Statistics and analysis by Ken Young, National Running Data Center.

Participation in distance races by both younger and older runners has greatly increased in the past decade. Since these runners cannot compete on an equal basis with runners in their 20s and 30s, competition within age groups has become quite popular. In fact, several sizeable races in the United States are restricted to runners 40 years old and up.

This interest has led to the keeping of age-by-age records for the marathon and hour runs (among the distance events), and I frequently receive requests for age records for other standard distances. To fill this need, I have prepared *tentative* age records for all standard distances, 15 kilometers and longer. I'll start by listing the best times for 10 miles, this being the most frequently run distance next to the marathon.

These records are tentative in two regards. First, there should be many performances better than those listed that I do not have in my data files. Second, a record needs to be verified both in the date of the performance and the birthdate of the runner. Birthdates are most often missing.

Performances on road courses may be influenced by factors such as terrain and surface. However, the accuracy to which the course is measured is usually the dominant variable from course to course. Hence, records should be restricted to marks made on Road Runners Club of America or National AAU-certified courses. I have listed marks from uncertified courses (indicated by an asterisk) when they are faster than the marks for certified courses, but *only* for purposes of comparison. Marks made on tracks are not included. A list of track 10-mile age records will be available this fall.

In order to make these records as complete as possible, I need your help. If you have information on the listed performances that I am lacking, or if you know of performances better than those listed, please let me know. Information on performances not already listed should include date, place, course, time run, runner's name, age, hometown (and state) and birthdate. Solo time trials cannot be listed. Marks must

be made in association with an official race. Send me a postcard with the pertinent information. (Ken Young, Institute of Atmospheric Physics, University of Arizona, Tucson, Ariz. 85721).

I will be able to process requests for age records for standard distances, 15 kilometers and longer, after Sept. 1. These usually run about four pages (both men's and women's lists) per event and will cost 50 cents per event to cover duplicating and mailing costs.

I encourage race directors to send in complete results of their races. Even if your race is not included in "Highlights," your runners may appear in the twice annual interim rankings, the final (year-end) rankings that will appear here or may be included in age or state record lists. If your race is at one of the standard distances (15 kilometers and up), it will be listed in the annual *US Distance Rankings* and your runners will be included in the rankings.

TENTATIVE MEN'S RECORDS

(? information missing on the date of the race, birthdate of the runner or both; please help by supplying the missing data. *time from an uncertified course, listed for purposes of comparison only)

Age	Name (State)	Time
7	Mike Florance (Ohio)	1:22:50*
8	Bruce Kramer?	1:26:15*
9	Dennis Shepherd (Md)?	1:22:33
10	Chris Sherwin?	1:04:08
11	Daniel Fleig?	1:22:00
	David Trusel (Calif)?	1:00:27*
12	Gene Mirkin (Md)	1:07:10
	Harold Tinsley Jr. (Ala)	1:00:12*
13	Jimmy Saylor (Va)	1:05:04
	Matt Payne?	1:02:42*
14	Tom Noel (Md)?	1:05:31
	Mitch Settle?	57:33
15	Anthony Desir?	58:33
	Larry Woods (NY)?	55:51*
16	John Winston (La)?	54:00
17	Bynum Merritt?	52:07
18	James Dill?	55:46
	John Rayo (NY)?	51:02*
19	Paul Stemmer (N)?	52:48
	Stanley Thompson (Ky)?	51:37*
20	Bill O'Brian (NY)?	51:11
	Kim Nutter (Ohio)?	50:03*
21	John Magner?	52:48
	Dan Clark?	51:03*
22	Marvin Wilson?	51:20
	James Stanley (Ohio)?	50:45*
23	Morgan Fennell (NY)?	50:32
24	Dave Milliman?	51:21
	Terry Ziegler (Okla)?	49:53*
25	Robert Boglione?	52:19
	Phil Camp (Calif)?	51:07*

26	Larry Frederick (NY)?	52:47
	Carl Hatfield (WV)	49:07
27	Jeff Galloway (Fla)	47:49
28	Lee Courkamp (Colo)?	54:26
	Heinz Wiegand (Tenn)?	51:57*
29	Derck Frechette (NY)?	55:40
	Tom Heinonen (Ore)	51:00
30	Jack Bacheler (NC)	48:54
31	Jack Mahurin (Md)	50:50
	Bill Clark (Calif)	49:41*
32	Jack Mahurin (Md)	53:14
	Jack Mahurin (Md)	52:42*
33	Chuck Wiltsie (NY)?	54:35
34	Mike Sabino (Md)?	52:38
35	Norman Rustad (NJ)?	1:00:23
	Roger Rouiller (WV)?	54:05
36	Chuck Johnson (Va)?	59:09
	Ron Daws (Minn)	51:59*
37	Charles Ross (Md)?	58:21
	Ken Winn (Ga)?	54:52*
38	Ed Winrow (NY)?	59:19
	Ralph Thomas (Me)?	51:33*
39	Bill Hoss (Va)?	55:18
	Ralph Thomas (Me)?	53:48*
40	Gar Williams (Va)?	54:27
	Gar Williams (Va)?	53:17*
41	Earl Bradley (Ohio)?	55:50
	Chet Fortier?	55:32*
42	Jerry Riordan (NY)?	56:38
	August Jarvis (Ohio)	54:22*
43	George Vernosky?	58:29
	Hal Higdon (Ind)	53:35*
44	Hal Higdon (Ind)	51:30
45	Bill King (Pa)?	58:26
	Manfred Kandschur?	55:32*
46	Ed Stabler (NY)?	56:54
	Anthony Sapienza (Mass)	56:20*
47	John Schwanger?	1:02:23
	Robert Malain (Calif)?	57:54*
48	Herb Chisholm (Va)?	1:05:27
	John Wallace (Ala)?	1:01:35*
49	Roland Anspach (Ohio)?	1:00:28
	Jim O'Neil (Calif)?	57:22*
50	Joe Fernandez (NY)?	1:08:14
	G. Brown?	1:00:06*
51	Gilbert Martin (Md)?	1:10:59
	Tom Kempf (Okla)?	59:19*
52	John Davenport?	1:05:24
	Leon Dreher (Pa)?	59:29*
53	Paul Thurston	1:03:12
	Ed Almeida (Calif)?	1:00:30*
54	Paul Thurston	1:05:20
55	George Sheehan (NJ)	1:04:14
	Bill Tribou (CT)?	1:03:33*
	Bill Tribou (Conn)?	1:03:33*
56	Bob Horman (Va)?	59:08
57	Nick Ruggberi (NY)?	1:16:50
	Bob Horman (Va)?	1:03:02*
58	Bob Ewart (NY)?	1:22:26
	Eugene Osborne (NY)?	1:05:32*
59	Irving Taylor (NJ)?	1:14:20
	Clive Davies (Ore)	1:00:40*
60	George Major (Va)	1:08:59
	Hank Braddock (Ohio)?	1:07:36*
61	Hank Braddock (Ohio)	1:09:35
	Albert Clark (Calif)	1:09:30*
62	James Jenkins (Md)?	1:19:48
	Bill Andberg (Minn)	1:04:26*
63	Bill Shafer?	1:17:35
	Chick Dahlsten (Calif)?	1:09:48*
64	Norm Bright (Wash)?	1:01:51*
65	John Kelley (Mass)	1:06:23*
66	John Kelley (Mass)	1:06:42*
67	Paul Fairbank?	1:27:09
	Monty Montgomery (Calif)	1:03:38*
68	Otto Essig (Mass)?	1:12:22*
69	Otto Essig (Mass)?	1:10:02*
70	Percy Perry (NJ)?	1:27:55
	Les Pawson?	1:12:34*
71	Victor Grossman?	1:30:39

72	F. Sargent?	1:25:43*
	F. Sargent?	1:27:02*
73	none	
74	none	
75	Marty Cavanaugh (Mass)?	1:30:28*
76	Marty Cavanaugh (Mass)?	1:29:22*
77	Carl Wilberg?	1:29:16*
78	Marty Cavanaugh (Mass)?	1:33:22*

WOMEN'S RECORDS

9	David Jackson	1:13:44
10	Charyl Delore?	1:18:16
	Tracy Grant (DC)	1:18:16
	Debbie Koffel (Ore)?	1:06:19*
11	Tracy Grant (DC)	1:13:23
	Linda Bottlik (Calif)?	1:12:05*
12	Monica Sherwin?	1:09:27
13	Aileen O'Connor (DC)?	1:05:19
14	Robin Hillidayoke (DC)	1:06:58
15	Cathy Greene (NY)?	1:04:58
	Julie Shea (NC)	59:55*
16	Kathy Good (DC)?	1:23:41
	Julie Shea (NC)	57:04*
17	Teresa Strong?	1:11:03
	Kathy Taylor?	1:02:38*
18	Kathy Good (DC)?	1:29:36
	Katy Schilly (NY)?	1:02:18*
19	Mary Hoffman (NY)?	1:17:02
20	Jane Janousek (Calif)?	1:21:04
21	Pam Felmer?	1:13:23*
22	Karen Fennessey (NY)?	1:33:32
23	Linda Farrell (NY)?	1:28:15
	Christine Schilly (NY)?	1:11:53*
24	Elizabeth Sadoff (DC)?	1:15:08
25	Carol Fridley?	1:02:48
26	Connie Junghans?	1:10:10
27	Margaret Rosasco (Md)?	1:05:49*
28	Cathy Burnam (NY)?	1:19:13
	Sue Jacobs (Md)?	1:13:21*
29	Nicole Librandi (NY)?	1:17:32
	Kay Flatten (Ind)?	1:15:31*
30	Barbara Martin (Colo)?	1:15:00*
31	Patricia Garcia (Calif)?	1:09:42*
32	Linda Meckfessel?	1:23:17
	Donna Messenger (Colo)	1:09:32*
33	Karen Fady (Va)?	1:18:25
34	Sue Williams?	1:11:28
35	Berry Phillips (NY)?	1:29:49
36	Donna Gookin (Calif)?	1:13:13
	Marilyn Paul (Ore)?	1:03:44*
37	Janet McDougall (NY)?	1:10:25
	Marilyn Paul (Ore)?	1:05:24*
38	Ann Degroff (NY)?	1:27:07
	Betsy Harrower (Colo)?	1:11:09*
39	none	
40	Diane LaForce?	1:24:27
41	Elsie Henn (NJ)?	1:34:23*
42	none	
43	Doreen Lever?	2:02:17*
44	Helen Parker (Calif)?	1:27:25*
45	Gail Sedgwick?	1:15:40
	Ruth Anderson (Calif)?	1:09:36*
46-48	none	
49	Loretta Eiben (Mass)?	1:24:21*
50-54	none	
55	Marion Epstein (NY)?	1:44:48

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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.

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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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September Coming Events

Items for publication in the "Coming Events" section of *RW* should be in the hands of the editors at least two or three months in advance of the month of publication. Items received any later are impossible to publish in this section.

Those seeking information about events in this column should contact the individual race directors listed and not the staff of *RW*.

NORTHEAST

- 6 Rochester Marathon, Rochester, N.Y. (8 a.m., downtown YMCA; Len Bagley, 88 Nettlecreek Rd., Fairport, N.Y. 14450).
- 6 Westport 10.2-Mile, Westport, Conn. (9 a.m.; RRC, Box 881, FDR Station, New York, N.Y. 10022).
- 12 Fulton Firemen Annual 10-Mile, Fulton, N.Y. (noon; Sam Galizia, 48 West Fifth St., Fulton, N.Y. 13069).
- 12 12th Annual H. Willard Shaner Memorial 16-Mile Relay, Atlantic City, N.J. (noon, President Motor Inn; Ed League, Box 732, Atlantic City, N.J. 08404).
- 18 Paul Smiths Marathon Run, Paul Smiths, N.Y. (noon; Tom Agan, Box 83, Paul Smiths, N.Y.).
- 19 Sixth Annual Absecon Island Beach and Boardwalk Run, Atlantic City, N.J. (noon, President Motor Inn; Ed League, Box 732, Atlantic City, N.J. 08404).
- 26 Metropolitan AAU and RRC 30-Kilometer, New York, N.Y. (11 a.m., Central Park; RRC, Box 881, FDR Station, New York, N.Y. 10022).
- 26 Atlantic City Marathon, Atlantic City, N.J. (Albany Avenue on the Boardwalk; Ed League, Box 732, Atlantic City, N.J. 08404).

SOUTHEAST

- 11 Rabun Gap One-Mile and Eight-Mile, Rabun Gap, Ga. (9 a.m.; Bob Bennett, Rabun Gap-Nacoochee School Rabun Gap, Ga. 30568).
- 18 Stone Mountain Road Races One-, Five- and 10-Mile, Stone Mountain, Ga. (9 a.m.; Billy Daniel, 1760 Dyson Dr. NE, Atlanta, Ga. 30307).
- 25 Andrew Jackson Marathon, Jackson, Tenn. (Tigrett Jr. High School; Dennis Maginn, 28 Bethany Dr., Jackson, Tenn. 38301).

MIDWEST

- 4 Saline City Labor Day Six-Mile Race, Saline City, Ind. (5 p.m.; Gary Wilson, RR 2, Box 274 F, Farmersburg, Ind. 47850).
- 5 Midwest Masters 20-Kilometer, Aurora, Ill. (Alberto Meza, 23 Greenbriar Rd., Aurora, Ill. 60538).

Mile, Mayville, Wisc. (10 a.m., Mayville Golf Course; Richard Guse, 724 Short St., Mayville, Wisc. 53050).

SOUTHWEST

- 4 15-Kilometer, Tulsa, Okla. (7 a.m., Mohawk Park; Vern Whiteside, 6916 S. Knoxville Ave., Tulsa, Okla. 74136).



Gary Hoover

Starters in an earlier Rochester (N.Y.) marathon.

- 6 Crosby Park Eight-Mile, St. Paul, Minn. (Paul Raether, 627 Ontario St. SE, Minneapolis, Minn. 55414).
- 6 Heart of America Marathon, Columbia, Mo. (6 a.m.; Joe Duncan, 4004 Defoe Dr., Columbia, Mo. 65201).
- 11 Iowa 30-Kilometer, Ames, Iowa (8 a.m.; Dave Eidahl, Pekin High School, Packwood, Iowa 52580).
- 11 CCAP Southern Illinois Marathon, Flora, Ill. (Rose Gill, 113 South Main, Clay City, Ill. 62824).
- 12 LE-AAU 25-Kilometer, Rocky River, Ohio (10 a.m.; Jack Kelly 216-871-4614).
- 25 Fennville Cross-Country Open, Fennville, Mich. (George Bruder, Fennville High School, N. Elizabeth St., Fennville, Mich. 49408).
- ? Mayville Seven- and Two-

- 6 Sakauro National Monument Road Race, Tucson, Ariz. (Gary Cary, 8338 Julia St., Tucson, Ariz. 85710).
- 10 10-Mile, Bartlesville, Okla. (9 a.m.; Vern Whiteside, 6916 S. Knoxville Ave., Tulsa, Okla. 74136).
- 11 Arkansas 15-Kilometer, North Little Rock, Ark. (7 a.m.; Terry Mathews, 2200 Worthen Bank Bldg., Little Rock, Ark. 72201).
- 18 GAAU 10-Kilometer, Houston, Tex. (8 a.m., Bear Creek Park; George Kleeman, 227 Faust Lane, Houston, Tex. 77024).
- 18 10-Mile Lake Hefner Race, Oklahoma City, Okla. (9 a.m.; Vern Whiteside, 6916 S. Knoxville Ave., Tulsa, Okla. 74136).

ROCKY MOUNTAINS

- 6 Fifth Annual Garden of Eden Road Race, 11 Miles, Kaysville, Utah (8 a.m.,

- General Store; Beehive Track Club, 289 S. 200 East, Kaysville, Utah 84037).
- 18 Great Salt Lake Beach Race, Kaysville, Utah (10 a.m., Silver Sands Beach; Beehive Track Club, 289 S. 200 East, Kaysville, Utah 84037).
- 25 Kalispell Marathon, Kalispell, Mont. (1:30 p.m., Kalispell Junior High School; Cliff Collins, 45 E. Wyoming St., Kalispell, Mont. 59901).

WEST

- 5 Hawaiian Association AAU 30-Kilometer Run, Honolulu, Hawaii (Kapiolani Park; Mid-Pacific Road Runners Club, 47-3168 Hui Iwa St., Kaneohe, Hawaii 96744).
- 9 Triathlon, San Diego, Calif. (5:30 p.m., Fiesta Island; Jack Johnstone 714-461-4514).
- 14 Crater Lake Rim Run, marathon and half-marathon, Crater Lake, Ore. (8 a.m.; Frank Shields, Box 485, Chiloquin, Ore. 97624).
- 18 Equinox Marathon, Fairbanks, Alaska (8 a.m., University of Alaska; William L. Smith, Phys. Ed. Department, University of Alaska, Fairbanks, Alaska 99701).

CANADA

- 11 Molson Golden Marathon, Regina, Saskatchewan (9 a.m.; George Reed, Sales Promotion Manager, Molson Saskatchewan Brewery Ltd., 1300 Dewdney Ave., Regina, Saskatchewan, Canada).
- 26 Ninth Annual Springbank International Road Races, open men's 12- and 4½-mile, open women's 4½, masters six-mile, high school three-mile, London, Ontario (Springbank Park; Dave Prokop, Meet Director, P.O. Box 366, Mountain View, Calif. 94040).

WALKS

- 5 National AAU Class B 15-Kilometer, Mackinac Island, Mich. (Dr. John Botitano, 46 McLeod Place, Stratford, Conn. 06497).
- 12 GAAU 15-Kilometer Walk, Houston, Tex. (10 a.m., Memorial Park; John Evans, 4011 Old Galveston Rd. 133, Houston, Tex. 77017).
- 25-26 100-Mile Walk, Columbia, Mo. (1 p.m.; Joe Duncan, 4004 Defoe Dr., Columbia, Mo. 65201). ●

Highlights

Just before the Olympic Trials in June, Frank Shorter and Bill Rodgers raced at 10 kilometers on the road. Shorter won the Ohio race by 10 seconds, about the same margin he had on Rodgers at the Trials.

Ron Laird had been winning most of the race walking championships prior to the Trials. The most significant victory was in the National 20-Kilometer. However, he lost at Eugene to Todd Scully (see "Interview").

Older marathoners were running well in the late spring. Ralph Thomas, 40, ran 2:28. Ed Almeida, 50, did 2:41. Two women in their 40s, Mary Czarapata and Fatima Ali, won major races. And Ruth Anderson, 46, ran 3:05.

NORTHEAST

Park Barner raced 100 kilometers for the second time in three months, again breaking his American record. He ran about a minute faster in May than he'd gone in March (see results, right).

In a double national championship event on Long Island, Nancy Lindsay won the AAU Women's 20-Kilometer title and Mike Cotton took the junior event (results at right).

Easterners rushed to get in their marathons before the worst of the summer heat set in. Forty-year-old Ralph Thomas of Maine had the best race. In the Champlain Valley Marathon (Plattsburgh, N.Y., May 22), Thomas ran 2:28:43. That's just 16 seconds shy of the over-40 record. Canadian Jacques Mainguay finished second with 2:29:14. Another 40-year-old, Werner Tersago, placed fifth in 2:37:03.

Ray Hall and Art Hall placed one-two in the Yonkers, N.Y., Marathon (May 23). Ray did 2:27:58, Art ran 2:32:38. Gary Muhrcke, 35 years old, beat Fritz Muller, 40, by one second for the next place. Muhrcke ran 2:33:01. Lynn Blackstone was the women's winner with 3:39:11 in the race which had 301 finishers.

In the God's Country Marathon (Coudersport, Pa., June 12), Stephen Molnar won with 2:30:30. Garry Lehman, 2:36:50, and Peter Jeffers, 2:37:04, placed second and third. The women's title went to 42-year-old Fatima Ali, 3:45:28.

The hottest of the marathons was the New England AAU Marathon (Holyoke, Mass., May 31). With the temperature in the 80s, Larry Fredericks won at 2:34:52. Nina Kuscsik, 3:34:38, led the

women.

In shorter races, Carlo Cherubino and Cathy Shrader were winners in the AAU Eastern Regional 15-Kilometer (results below). Larry Schemelia's 40:47 time won an eight-miler at Pomona, N.J. (June 6). Bill Blewett ran 51:47 for 10 miles in 82-degree heat (Aberdeen Proving Ground, Md., June 5).

50-MILE/100-KILOMETER

Lake Waramaug, Conn., May 15—100 kilometers: 1. Park Barner 7:15:14; 2. Tom Barrett 11:05:06 (only finishers). 50 miles: 1. Barner 5:48:51 (en route to 100-K); 2. Nick Marshall 5:56:05; 3. Al Meehan 6:15:57; 4. Luther Route 6:43:43; 5. Martin Kittel 6:48:55; 6. Robert Mitchell 6:55:00; 7. Fred Robbins 6:57:00. (13 finished, 12 under 8:00).

EASTERN 15-KILOMETER

Gloversville, N.Y., June 6—1. Carlo Cherubino (unat) 50:50; 2. Larry Fredericks (New York AC) 50:57; 3. Donald Brown (Rochester TC) 51:51; 4. Steve Rabideau (Capitol TC) 52:32; 5. William Tylutki (Utica Pacemakers) 52:40 . . . Colin Beer (40+, Shore AC) 55:44 . . . Hugh Short (50+, New York Pioneer Club) 59:45. Women: 1. Cathy Shrader (Elec City) 1:03:36; 2. Mary Lynch (Syracuse Chargers) 1:07:35. Team: Capital TC. (from Warren Dennie).

AAU WOMEN'S 20-KILOMETER

Long Island, N.Y.—1. Nancy Lindsay (27, unat) 1:19:25; 2. Marie Roach (28, Long Island Golden Spikes) 1:21:28; 3. Cheryl Norton (27, Columbia UAA) 1:21:39; 4. Brenda Saunders (16, LIGS) 1:26:23; 5. Nina Kuscsik (37, Suffolk AC) 1:27:35; 6. Mary Kiely (15, LIGS) 1:27:54; 7. Lynn Blackstone (35, Central Park TC) 1:37:28; 8. Sandra Beck (23, West Side Y) 1:38:36; 9. Jane Killion (27, West Side Y) 1:39:04; 10. Kathy Knight (41, Central Park TC) 1:41:55 . . . 18. Dorthy Rosenfeld (51, unat) 1:54:53. Team: Long Island Golden Spikes 12. (20 finished).

AAU JUNIOR 20-KILOMETER

Long Island, N.Y.—(ages 19 and under): 1. Mike Cotton (17, Millrose AA) 1:07:28; 2. Paul Courtney (17, Westchester RR) 1:08:49; 3. Al Diovanni (18, Millrose AA) 1:10:08; 4. Carlos Ward (19, East Coast AC) 1:10:21; 5. Marty Brown (19, Natural Str) 1:11:07; 6. Charles Castiglione (17, ECAC) 1:11:15; 7. Jerry Sookbisingh (17, ECAC)

1:11:22; 8. Frank Busanic (18, ECAC) 1:12:15; 9. Fred Kellog (18, Westchester RR) 1:14:22; 10. Jesus Estrada (16, unat) 1:14:28. Team: East Coast AC. (31 finished, 19 under 1:20).

SOUTHEAST

Finally, results have come in on the big Kentucky Derby "Mini-Marathon." The highlights are listed below for the race won by Heinz Wiegand and Lora Cartwright.

The field for the Bay to Bay race in St. Petersburg, Fla., grew to nearly 300 this year, with Barry Brown winning it a week after running his fast first 20 miles in the Olympic Trial Mara-

Weis).

BAY TO BAY

St. Petersburg, Fla., May 30—7.5 miles: 1. Barry Brown 37:47; 2. Tom Childers 38:30; 3. Jerry Slaven 39:19; 4. Herb Wills (high school) 39:25; 5. Dave Harrison 39:54; 6. Chuck Mitchell 39:58 . . . Ted Beardsley (40+) 47:03; Jim Montgomery (40+) 47:04. . . Paul Jarrett (50+) 47:17. Women: 1. Janice Gage 47:08; 2. Virginia Godfrey 51:55.

MIDWEST

The area's marathon titles went to Pete Hallop (USTFF), Bruce Fraser (Wisconsin Mayfair) and Tim Frye/Robin Holland



Harrison Funk

Eventual runner-up Art Hall (right, "Staten Island") is among the early leaders of the Yonkers Marathon.

thon (results follow).

Two 10-kilometer races showed good results. At Gatlinburg, Tenn. (June 6), Bill Herron and Heinz Wiegand tied for first in 32:07, while Vicki Johnson won the women's division with 42:12. At Winterville, Ga. (June 19), Benji Durden ran 32:23 and high schooler John McCartney, 32:36.

KENTUCKY DERBY "MINI"

Louisville, Ky., April 26—12.854 miles: 1. Heinz Wiegand (28) 1:06:26; 2. Bruce Carlson (22) 1:08:18; 3. John Perry (21) 1:09:16; 4. Bill Meece (20) 1:09:33; 5. John Unger (20) 1:09:45; 6. Don Coleman (19) 1:10:29; 7. Dan Dusch (30) 1:10:39; 8. Louis Riley (22) 1:11:01; 9. Brad Swope (26) 1:11:07; 10. Bill Olrich (40) 1:11:12. Women: 1. Lora Cartwright (14) 1:23:23; 2. Sharon Underwood (20), Elizabeth Moore (20), Jenny Utz (20) 1:29:11. (568 finished, 50 under 1:20, 141 under 1:30; from Gene

(National Junior College). Results are on page 75.

Frank Shorter and Bill Rodgers came to Akron, Ohio, June 13 for a 10-kilometer run to benefit the Kidney Foundation. Shorter won by 10 seconds with 29:23. Carl Hatfield took the accompanying 20-K in 1:06:11.

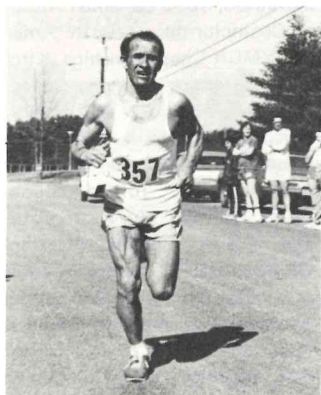
Gary Romesser led a fast six-mile road race at Bedford, Ind. (June 19). He ran 28:47 to beat Jason Lindsey, 29:03. Lora Cartwright did 34:04.

Duane Gaston's 1:01:55 (Terre Haute, Ind., May 1) was one of the fastest 20-kilometer road times ever, and he had to go that fast to win. Pushing him were Dan Cloeter with 1:02:08, Jason Lindsey at 1:02:10 and Michael Kelley in 1:02:28.

More than 300 runners finished the Syttende Mai 20-Mile in Wisconsin. Lucian Rosa won with 1:45:44. Alan Claremont was the first over-40 finisher at 1:54:38, and Donna Senzig led women with 2:30:33.

In Michigan, Bill Stewart won the Midwest 20-Kilometer at Saginaw (June 19) in 1:05:54. Fifteen-year-old Mike White did five miles in 25:42 at Jackson (June 12).

Mark Stanforth was the winner of South Dakota's major race, the Jackrabbit 15-Mile (Brookings, June 12). He ran 1:21:34.



Ralph Thomas narrowly missed the over-40 marathon record.

USTFF MARATHON

Wichita, Kans., May 29—1. Pete Hallop (unat) 2:34:09; 2. Tim Hendricks (unat) 2:36:50; 3. Rich Caracelolo (unat) 2:37:02; 4. Bob Boswell (East Oklahoma State) 2:39:02; 5. Jeff Ford (Air Force) 2:40:27. Women: 1. Becky Armstrong 4:25:35. (56 finished, 19 under 3:00, 29 under 3:30).

WISCONSIN MAYFAIR

Milwaukee, Wisc., May 30—Marathon: 1. Bruce Fraser (31, Kegonsa TC) 2:25:12; 2. Thomas Marino (19) 2:27:17; 3. Abie Khatchadourian (22, UWMTC) 2:29:17; 4. Joe Kreutz (19, UWMTC) 2:29:50; 5. Dale Roe (28, Kegonsa TC) 2:32:43 . . . Duane Holz (43, UWMTC) 2:43:24 . . . Alex Ratelle (51, Twin Cities TC) 2:48:55. Women: 1. Mary Czarapata (40) 3:13:26. Team: University of Wisconsin/Milwaukee TC.

14.6 mile: 1. Lucian Rosa (32, Parkside TC) 1:13:50; 2. Jim Drews (24, UWMTC) 1:15:06 . . . Alan Claremont (40, Spoilers) 1:20:05 . . . John Archer (61, UWMTC) 1:39:48. Women: 1. Kim Merritt (21, Parkside TC) 1:29:29. (from G. Roger Bodart).

JUNIOR COLLEGE

Dowagiac, Mich., June 19—Marathon: 1. Tom Frye (Allegheny CC) and Robin Holland (Allegheny CC) 2:23:56; 2. Glen Bartholomew (Meramec) 2:26:23; 4. Bill Stewart (Allegheny CC) 2:27:24; 5. Mike Clark (Allegheny CC) 2:31:19; 6. Denis Beatty (Allegheny CC) 2:33:00; 7. Tim Fox (Macomb) 2:34:34; 8. Steve Harmon (Meramec)

2:35:12; 9. Steve Carlson (Lansing) 2:35:33; 10. Geoffrey Godfrey (Lake City) 2:36:28. Women: 1. Sylvia DeLage (Schoolcraft) 4:03:05. Teams: 1. Allegheny 7; 2. Meramec 29. (45 finished, 34 under 3:00; from Bob Bellora).

SOUTHWEST

One of the stranger races in the United States passes through three states in its 41 miles. It's called the Okie Relays, and it begins in Elkhart, Kans., crosses the Oklahoma Panhandle, then finishes in Texoma, Tex. This year's race attracted more than 40 teams of four. Winning was Eastern New Mexico University (Larry Sims, Bert Torres, Jack McQuown and Nils Lavallee) in 3:45:58.

At mile-high Albuquerque (May 30), Matthew Segura raced 10.1 miles in 50:42, Al Waquie 51:30 and Dennis Williams 52:21. Equally impressive was the run of Karen Cramond, who finished one second under one hour.



Park Barner took a minute from his 100-kilometer best.

WEST

Jacki Hansen's first marathon of the year was a 2:50:18 in the Avenue of the Giants race. Forth-six-year-old Ruth Anderson ran 3:05:49. Ernie Rivas won that marathon in 2:23:17 (see results at right).

The first over-40 finisher in the Senior Olympics was Dan Sheeran. Kaj Johansen led the sub-Masters (results follow).

The field for the Sound to Narrows race in Tacoma, Wash., totaled about 1700, with Phil

English winning (results below).

Terry Ziegler's 2:27:32 (Helena, June 5) was one of the fastest marathons ever run in the state of Montana. In Alaska, Ben Beach won the Midnight Sun race (Eielson Air Force Base, June 12) from 41-year-old Paul Vanture, 2:46:02.

AVENUE MARATHON

Weott, Calif., May 2—1. Ernie Rivas (26) 2:23:17; 2. Paul Cook (23) 2:23:26; 3. James Barker (29) 2:26:52; 4. Denis O'Halloran (24) 2:26:57; 5. Ed Schelegle (22) 2:27:24; 6. Howard Labrie (25) 2:27:48; 7. Daryl Zapata (30) 2:27:54; 8. Brock Hinzman (23) 2:29:15; 9. Gary Goettelmann (30) 2:29:28; 10. Pat Buzbee (24) 2:29:52; 11. Jim Sane (18) 2:31:50 . . . 22. John Rudberg (41) 2:40:28 . . . 24. Ed Almeida (53) 2:41:11.

Women: 1. Jacki Hansen (27) 2:50:18; 2. Judy Gumbs (25) 3:01:19; 3. Leal-Ann Reinhart (28) 3:02:43; 4. Ruth Anderson (46) 3:05:49; 5. Marilyn Taylor (23) 3:09:32. (408 finished, 98 under 3:00; from Dick Meyer).

SOUND TO NARROWS

Tacoma, Wash., June 5—7.6 miles: 1. Phil English (Washington State U) 38:27; 2. Jim Hennessy (Central Wash) 38:28; 3. Sam Ring (Club Northwest) 38:41; 4. Rick Becker (Green River CC) 38:46; 5. Paul Eichenberger 38:53; 6. Brian Brouillett (Puget Sound U) 39:04; 7. Doug Heaberlin 39:09; 8. Bob Skar (Puget Sound) 39:12; 9. Bruce Manclark (CW) 39:17; 10. Dan Winger (CNW) . . . 30. Earl Ellis (40+) 41:40 . . . 1661. Wilhelm Hinkel (72) 1:54:00. Women: 1. Doris Brown Heritage (Falcon TC) 44:33. (1697 finished, 123 under 45:00; from Dick Kunkle).

SENIOR OLYMPICS

Irvine, Calif., June 6—Marathon division winners: 25-29—Glen Leckman 2:50:41; 30-34—Kaj Johansen 2:33:19; 35-39—Skip Shaffer 2:41:09; 40-44—Harold Winton 2:57:51; 45-50—Daniel Sheeran 2:50:50; 50-54—John Cleary 3:53:44; 55-59—Burt Simonsen 3:21:54; 60-64—Albert Clark 3:38:47. Women: 25-29—Tisha Whitney 3:21:09.

CANADA

The half-marathon is Sherbrooke (May 29) was a huge race by Quebec standards, with 249 finishers. Guy Lepine outran Norman Patenaude for the title, 1:10:35 to 1:11:40. The women's winner: Lucie Laflamme, 1:27:41.

Peter Moore won the Alberta Marathon (Calgary, May 23) in 2:30:02, nearly six minutes ahead of Bill Herriot. Arthur Dyson ran 4:27:01 at age 72.

WALKS

Championships, championships everywhere! Todd Scully and Ron Laird won the most important of them, the Olympic Trial and National AAU 10-Kilometers. The results:

NATIONAL 20-K

New York, N.Y., May 2—1. Ron Laird (New York AC) 1:33:53; 2. Dan O'Connor (NYAC) 1:35:41; 3. Larry Young (Columbia TC) 1:36:15; 4. Wayne Glusker (West Valley TC) 1:38:10; 5. Jim Heiring (Wisconsin-Parkside) 1:38:23; 6. Bob Kitchen (DC Striders) 1:39:09; 7. Glen Sweazey (Canada) 1:39:32; 8. Ron Kulik (NYAC) 1:40:26; 9. Tom Knatt (North Medford Club) 1:40:26; 10. Augie Hirt (Columbia TC) 1:43:49. (from Jack Mortland).

NATIONAL 10-K

Boulder, Colo., May 15—1. Ron Laird 45:06; 2. Greg McGuire 48:36; 3. Floyd Godwin 49:33; 4. Jerry Givner 51:55; 5. Pete Van Arsdale 54:23; 6. Chris Amoroso 55:06; 7. Chuck Hunter 55:31; 8. John Tarin 56:54; 9. Paul Lightsey 58:35; 10. Bob Carlson 1:00:10. (from Jack Mortland).

NATIONAL 15-K

Champaign, Ill., May 29—1. Ron Laird (NYAC) 1:08:49; 2. John Knifton (NYAC) 1:13:33; 3. Jerry Brown (Colorado TC) 1:14:35; 4. Floyd Godwin (Colo TC) 1:15:40; 5. Alan Price (DC Striders) 1:18:30; 6. Jerry Young (Columbia TC) 1:19:19; 7. Jack Mortland (Ohio TC) 1:19:58; 8. Jim Breitenbucher (Columbia TC) 1:23:00; 9. Leonard Busen (Columbia TC) 1:25:00; 10. Randy Mimm (Columbia TC) 1:27:00. (from Jack Mortland).

OLYMPIC TRIAL 20-K

Eugene, Ore., June 19—Actually about 18.5 kilometers: 1. Todd Scully (Shore AC) 1:35:28; 2. Ron Laird (New York AC) 1:25:43; 3. Larry Walker (Tobias Striders) 1:25:56; 4. Larry Young (Columbia TC) 1:26:40; 5. Jim Heiring (Wisconsin-Parkside) 1:27:16; 6. Goetz Klopfer (Golden Gate TC) 1:28:14; 7. Dan O'Connor (NYAC) 1:28:30; 8. Tom Dooley (West Valley TC) 1:29:59; 9. Bob Henderson (unat) 1:29:59; 10. Jerry Brown (Colorado TC) 1:30:19.

11. Jerry Lansing (WVTC) 1:30:29; 12. Augie Hirt (Columbia TC) 1:30:34; 13. Ron Daniel (NYAC) 1:30:51; 14. Ed Bouldin (LA Sheriff's Dept) 1:31:09; 15. Wayne Glusker (WVTC) 1:31:15; 16. John Knifton (NYAC) 1:31:30; 17. Bill Ranney (GGTC) 1:32:30; 18. Tom Knatt (North Medford Club) 1:33:12; 19. Neil Pyke (Fla TC) 1:33:21; 20. Bob Kitchen (DC Striders) 1:34:41; 21. Ron Kulik (NYAC) 1:38:33.●

Classifieds

June 1976

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EIGHTH ANNUAL FREEDOM MARATHON—Sunday, October 17, 1976; 7:30 A.M. Three lap courses through beautiful Allerton Park near Monticello, IL. Age group awards and T-shirts. Inexpensive housing available. Contact: Illinois Track Club, Box 2976, Station A, Champaign, IL 61820.

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O.T.F.A. ROAD RACING CHAMPIONSHIPS—Masters and Senior 20 Km., Junior 10 km. Individual and Team Awards. Also 10 Km. Race Walk and a 5 Km. Fitness Run. Sunday, 19 September. Challenging course, accurately measured, entirely paved. Site: Bancroft, Ontario. Contact: Tom MacWilliam, P.O. Box 989. Bancroft, Ontario, K01 1C0, Canada.

USTFF WOMEN'S NATIONAL XC CHAMPIONSHIPS—Men's National, Vets and Masters November 6, 1976. Also, Mid-American Men's Open, Junior Men (18 & Under). Other Classes: Girls 10 and Under, 11-14, 14-16; Boys 12 and Under, 15 & Under. UW-Parkside, Kenosha, WI 53140. (414) 553-2245.

TYLER ROSERUNNERS—3rd Annual Rose Run—Saturday, October 9, 1976, 9:00 A.M. 3 and 6 miles. Age group awards, men and women; T-shirts all finishers. 1 mile "Ribbon Run" for children. \$2.00 before October 6, \$3.00 late entry. 1975 winners, Jon Kraus, 14:59; Don Kennedy, 31:09. Contact Jim Reed, 1311 Balmoral, Tyler, TX 75701.

CALIFORNIA TRACK NEWS—Long Distance Running, Cross Country, Masters, Women, High School, College/Open, Results, Profiles, Pictures, Schedules, Rankings. One year subscriptions \$3.50. California Track News, 1717 So. Chestnut Ave., Fresno, CA 93702.

RUNNING SHOES—Full inventory of Tiger, Nike, Adidas and Puma running shoes. Great prices like Warrior \$11.95, Helsinki \$18.95, Bangkok \$14.95, SL-72 and 76 \$25.95, Waffle Trainer \$23.95 and 36 more models. Write for price list or call for personal service. Dick Pond, c/o Dekan Athletic, 879 Duane, Glen Ellyn, IL 60137. Phone (312) 858-2567.

NEW ZEALAND'S BEST MARATHON—Hamilton, Saturday, October 23. Sponsored by Eclipse Wire Ltd. Wide range of trophies. T-shirt and Certificate to all finishers. Free accommodation to all overseas visitors. Write: Race Organizer, P.O. Box 10-106, Hamilton, New Zealand.

CLOVIS NEW MEXICO 2ND ANNUAL "CHOOSE YOUR OWN RACE"—Simultaneous Marathon, 13 and 6 miler. 9:00 A.M. October 16, 1976. 7 miles west of Clovis at Cannon Air Force Base. AAU certified, flat course, dressing/shower facilities available. Age divisions. 25 total trophies with medals to all finishers. \$2.00 entry fee. Information obtained with stamped self-addressed envelope to Al Sass, P.O. Box 1020, Clovis, NM 88101. (505) 762-1441.

HARRISBURG NATIONAL MARATHON, 4TH Annual. 7 November 1976, 10 a.m. Certified course, out and back. Luncheon, shirts, certificates, awards provided. Entry details, course map, write: Park Barner, Marathon '76, Central YMCA, Front and North Streets, Harrisburg, Pa., 17101. Tele: (717) 234-6221.

BICENTENNIAL SPECIAL—Tiger Jayhawk and Montreal '76 —\$17.76 Pair. Minimum order—2 pair. Sizes 6-12. Add \$1.50 postage one pair, plus 50 cents each additional pair. Offer effective thru August 31. Write: James Morris, The Jog Shop, 1203 E. Warren, Brownfield, TX 79316.

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.

1976 NATIONAL AAU MASTERS MARATHON CHAMPIONSHIPS—This event to be held in conjunction with the 4th Annual Honolulu Marathon, Sunday, December 12, 1976. For details send self-addressed stamped envelope (legal size) to: Masters Marathon, P.O. Box 27144, Chinatown Station, Honolulu, HI 96827.

NEW BALANCE 320's—\$22.95, 305's \$20.95, 220's \$19.95, 205's \$18.95, TR3's \$23.95, Competitions \$15.50, Tiger Jayhawks \$19.95, Leather Cortez \$23.95 Nylon Shorts \$3.00. Boston Marathon, Montreal T-shirts \$3.25. ERG, Gatorade, 10 gallons \$9.95, Body Punch 12 gallons \$13.95. Quantity Discounts. Postpaid. Bauman's, 8308-91st Terrace, Seminole, FL 33542.

SHOES, T-SHIRTS, EQUIPMENT—Nike, Brooks, Tigers, Adidas, Puma, Men's-Women's shoes. Information send self-addressed stamped envelope to: The Athlete's House, 1700 Portland, Nashville, TN 37212.

DISCOUNTED!—Tiger Montreal \$19.95 (Size 6½-11½). Nike Nylon Cortez \$19.95 (Size 6-13). Nike Waffle Trainer \$23.95 (Size 7-12). Payment by money order, shipped immediately. \$1.00 postage per pair. KD Sports, P.O. Box 3961, Rochester, NY 14610.

OKTOBERFEST—5th Annual Marathon, 1976 Canadian National Championships, North American YMCA Championships. Kitchener Waterloo, Ontario, Canada, Saturday, October 9th, 1 PM. Certified 26 mile, 385 yards. Course record: 2:17:58. Closed course, scenic rolling country route by two rivers, reception and awards, Canadian National OKTOBERFEST OPEN, Oktoberfest Masters and Oktoberfest Womens. For entry forms write: Waterloo Family Y, 145 Lincoln Rd., Waterloo, Ontario, Canada. Entry Fee: \$4.00, Closing date: October 2nd, 1976. Concurrent 3 mile and 5 mile jogs.

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.

MID-SOUTH 5-MILE CLASSIC—Saturday, August 21, noon at Overton Park, Memphis, Tennessee. AAU sanctioned. 8 divisions, 24 trophies. Sponsored by Delta Sigma Pi, Memphis State University. Entry \$2.00 pre-registration, \$3.00 race day. Additional information send self-addressed stamped envelope to Shields Hood, 3387 Steve Road No. 10, Memphis, TN 38111.

ROAD RUNNER'S CLUB—of America Eastern Regional Women's 10 Kilometer Road Race Championship, October 10, Washington, D.C. Awards in four age groups, T-shirts to first 100 and ribbons to all finishers. Sponsored by Fun and Fitness, Inc. in cooperation with D.C. Road Runners, D.C. Harriers and RRCA. Women of all ages and skill levels are invited to compete and participate. Entry: self-addressed stamped envelope to Ellen Darman, 2737 Devonshire Place NW, Washington, D.C. 20008.

LA LUZ TRAIL RUN—7½ miles up a 12½% grade makes the La Luz Trail Run the most brutal challenge on physical endurance in the US today. Only those in the most superb condition should attempt to conquer the majestic Sandia Mountains. Race

date is August 22. Entries are open to both men and women in 6 age categories. Large trophies awarded for first man and first woman runners. Medals for first 3 places in each category. Ribbons for next 3 places. All finishers receive certificates of completion. Write for information. Albuquerque Police Athletic League, 121 Arno N.E., Albuquerque, NM 87102.

EISENHOWER ANNUAL VETERANS DAY RUN—Sat., November 13, 1976. Sponsored by Eisenhower College and V.F.W. Post 6433. Age Championships. High School Boys and Girls. Open Men and Women. 3 courses, red-white-blue. Contact Fred Eleielr, Eisenhower College, Seneca Falls, NY 13148.

JOE BINKS MEMORIAL X-C RUNS—September 4 in suburban

Louisville, KY. 9 a.m., girls' and women's 3,000; 9:30, boys' 5,000; 10:00, open 10,000. Gently rolling, shady, close-cropped grass throughout. Merchandise awards, age group awards, team prizes. Sponsored by Mason-Dixon AC, sanctioned by AAU and HS. Charlie Zipprich, meet director, 3400 Taylorsville Road, Louisville, KY 40205.

SEPTEMBER 12, 1976 CATHARTIC, NEW YORK—Greene County Savings Bank "Savathon." Adirondack, A.A.U. Half-Mara-

thon Championship. 13.11 miles, certified. Open, masters, women. Send self-addressed stamped envelope to Dick Vincent—Jct 9W & 23A—Catskill, NY 12414.

CLASSIFIED RATES—Race Notices: 40c/word, \$10.00 minimum. General Notices: 75c/word, \$20.00 minimum. Ads must be paid in advance. Next issue for ads: Oct., '76. Closing date: Aug. 23, '76. Contact: Advertising Manager, P.O. Box 366, Mountain View, CA 94043.

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- Ancient Marathoner • 1000 Mile Club
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Kitchener-Waterloo, Canada OKTOBERFEST 5th Annual MARATHON

1976 Canadian National & North American YMCA Championships. Sat. Oct. 9th 1:00 p.m. Certified 26 Mi. 385 Yd., Course Record 2:17:58 Closed course, scenic rolling country route by two rivers - Reception.

Awards: Canadian National, Oktoberfest - Open, Oktoberfest Masters & Oktoberfest - Womens For entry form write Waterloo Family Y, 145 Lincoln Rd., Waterloo, Ontario, Canada. Entry \$4.00, Closing Date Oct. 2, 1976 Concurrent 3 mi. & 5 mi. jogs.

ROGER BANNISTER—first sub-minute miler 90 minute cassette tape. **JACK FOSTER**—marathoner 60 minute cassette tape. Listen to the chaps tell you how they did it. \$8.95 ea. both tapes for \$16. Send to Sports Tapes, P.O. Box 4704 North Hollywood, CA 91607.



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5th ANNUAL ROCHESTER MARATHON

Monday, September 6th, Labor Day 8:00 a.m., Rochester, New York Certified Course.

Entry fee \$2.00, due with entry—checks payable to Rochester Road Runners. After Aug. 25th & post entries \$4.00. Report to Central YMCA, 100 Gibbs St. (one block east of Main St., Downtown Rochester) by 7:00 a.m.

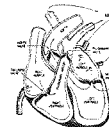
Awards: 1-3: Open, under 18, 30-39, 40-49, 50-over, women. Free 8 x 10 photo of each runner. Certificates to all finishers.

Send entries to: L.A. Bagley, 88 Nettle-creek Rd., Fairport, NY 14450 (716) 223-2940.



Immediately following the October 24 NEW YORK MARATHON (see ad, this issue) there will be a four day NEW YORK ACADEMY OF SCIENCES conference entitled "THE MARATHON: PHYSIOLOGICAL 'MEDICAL' EPIDEMIOLOGICAL AND PSYCHOLOGICAL STUDIES". Doctors and scientists from nine countries will present new information on all aspects of long distance running. For details, registration forms and program write to Dr. Paul Milvy, 327 Central Park West, New York, N.Y. 10025. Would you like to purchase a \$3 conference T shirt? Do you plan to run in the marathon as well?

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1 inch	\$35	\$10
2 inch	70	15
3 inch	100	20

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- [] Foot Ointment, 3 oz., \$2.95
- [] Dextrotabs, 300 tablets, \$5.25
- [] Atomic Rubdown, ½ pint, \$2.95. Quart, \$6.95
- [] Atomic Balm, 3 oz. \$2.95
- [] Skin Lube, 3 oz, \$1.95
- [] Vitamin C, 100 tablets, \$4.95
- [] Nitrotan, 6 oz. spray, \$2.95
- [] Tuf-skin, 6 oz. spray, \$2.50

Enclose 40 cents per item postage (\$2.00 maximum), plus 6% tax (Calif. residents only).

Enclosed is \$ _____

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

Club Notes

News from the sport's organized groups and ruling bodies.

- Those Darlin Ole Boys, a group of five "senior citizens" whose average age is 67, recently completed in 28 days a run-drive across the country from Los Angeles to the Liberty Bell at Philadelphia and back to the West Coast.

Albert Clark, 62, George Nations, 61, Bill Selvin, 65, Walter Frederick, 68, and Noel Johnson, 76, averaged 270-300 miles each during the trip and all contributed to helping out with "health clinics" in 19 cities along the way.

In addition to the thousands of people they met in person, the five runners estimated they reached about 20 million people through media coverage. The main purpose of the trip, said organizer Selvin, was to prove to all the people along the way that physical condition can be improved regardless of age.

- Organizers at Duke University found a new approach to racing by scheduling some unique events for children as well as a special mixed mini-marathon.

Scheduled were a "run to Mom 20-yard dash" for ages six months to 13 months, a "run to Mom 40-yard dash" for children ages 14-23 months, a "run to Mom 50-yard dash" for ages 2-3 years and a "run to Mom 60-yard dash" for ages 3-4 years.

The special mixed mini-marathon lasted for exactly 26 minutes 38.5 seconds. Organizer Aaron Jermundson said each team consisted of one female and one male runner. The total distance completed by the team determined its standing in relation to the other teams.

- The International Track Association (ITA) will open its second half of the 1976 pro circuit in mid-August, Mike O'Hara, ITA president, said recently.

The pros are looking forward to the addition of several Olympians to the circuit following the Olympic Games at Montreal in July. O'Hara noted after the first half of the pro tour this year, athletes in the ITA either hold world marks or are close to world marks in the shot, the vault, the 440, the high jump and the 880. He blamed the high winds at El Paso during the recent ITA championships as keeping the sprinters and hurdlers from smashing world marks.

As it was, John Smith came within two-tenths of a second of his 440-yard record by running 44.7.

"Our staff is finalizing plans for our post-Olympic tour which will include seven meets. My personal view is one of eager anticipation. I can hardly wait for those meets. The entire sport, ourselves certainly included, needs the creation of new heroes, who, for the time being at least, only the Olympic Games seem to be able to create," O'Hara said.

- An international high school track meet series between athletes from the Midwest and the Bayer Uerdingen Club of Krefeld, West Germany, was well-received by fans in the sponsoring state of Wisconsin last month.

Three meets were scheduled with the West Germans meeting the top tracksters from the Greater Milwaukee area July 10, from the state of Wisconsin July 16 and an international open meet July 18. The international open drew track stars from all over the Midwest including those from Illinois, Iowa and Wisconsin.

The meet marks one of the few times in American track history that a European junior team has competed in this country.

- Several new track clubs have sprung up in the state of California. These include the Boys Clubs of Humboldt County (track and field), Box 6516, Eureka, Calif. 95501; Eastside Youth Athletic Club (TF), 2671 Rosalinda Ct., San Jose, Calif. 95121; Delta Road Runners (long-distance running, race walking, TF), 3030 Railroad Ave., Pittsburg, Calif. 94565; Hilltop Track Club (TF), c/o Arthur Hunt, 2812 Wiswall Dr., San Pablo, Calif. 94806; St. Michael's Livermore Track Club (LD, TF), c/o Mrs. Stocking, 2020 First St., Livermore, Calif. 94550; and Turk Street Running Club (LD), 433 Turk St., San Francisco, Calif. 94102.

- The Macomb County (Mich.) Road Runners Club decided to celebrate the nation's Bicentennial this summer by running a 200-minute endurance race. On June 3 and 4, participants were required to run for 100 minutes per night with the combined distance for

the two nights to determine finish placings.

● The President's Commission on Olympic Sports, established last summer by executive order from President Gerald Ford, is seeking help from competitors, coaches, officials and administrators.

The Commission was established to define and eliminate barriers which may limit athletes in development of their skills in Olympic sports, eliminate jurisdictional conflicts between amateur sports organizations, develop a selection process for securing the best possible athletes to represent the US in Olympic competition and increase the available resources for amateur sports efforts.

Consequently, the Commission is asking amateur athletes across the country to aid in the efforts of the group by completing a questionnaire about what problems exist in the sports of the Olympics.

In a further effort to aid US Olympic athletes, the President's Commission is urging employers of Olympians to pay the athletes for time off during training and competition at Montreal.

"This action is permitted by Olympic and international amateur rules and would serve as an outstanding gift to America's Bicentennial celebration, as it would contribute to the success of our athletes in the upcoming Olympic Games," the Commission said.

More information about the Commission and the questionnaire can be obtained by writing to the Commission, 2025 M. Street NW, Suite 3002, Washington, D.C. 20506.

● In patriotic celebration of the beginning of America's 200th year of independence, a group of 13 runners from the Liberty Torch Bicentennial Group ran a 360-mile round-the-clock relay earlier this year following a route from New York through Philadelphia back to Washington, D.C.

The run lasted more than 50 hours. As it progressed, a flaming torch was passed from runner to runner symbolizing the rekindling of the deeper spiritual values and human ideals upon which the country was founded, organizers said.

Upon completion of the marathon run, the 13 participants were met by Casey Conrad, the President's advisor on physical fitness. Conrad awarded the group with the prestigious seal of the President's Council on Physical Fitness for their efforts. ●

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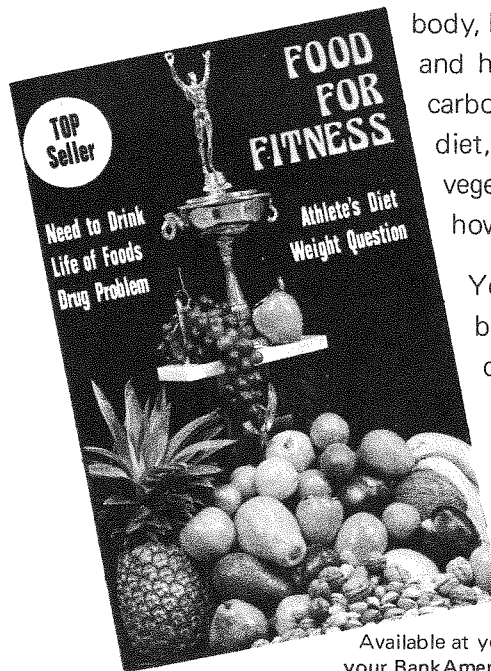
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Fun-Run Update

Where and when the Runner's World events are scheduled.

"Just keep those cards and letters rolling in."

Although the phraseology may be a little overused by now, the thought is still good. We need your comments and suggestions, but most of all we need to hear from you.

By sanctioning events such as these all across the country, we are assuming a large amount of responsibility. After all, those Fun-Runs which come under our sanction bear our name, use our certificates and even distribute current copies of *RW*.

Our overall philosophy behind the Fun-Run concept is to encourage as many people as possible to participate. We have offered our help because our resources extend further than those of the average man off the street. Our goal is to make sure the Fun-Runs are organized and that the events which are advertised actually take place when and where the sponsors have promised.

Consequently, in an effort to keep the organization and the smoothness which should accompany all Fun-Runs, we are asking sponsors to keep in touch. Should the sponsors of an official Fun-Run change a time of a run, change the location or alter the schedule in any way, we need to hear from them.

To be included in the monthly "Fun-Run Update," sponsors should send their completed applications (for our files) to *RW*, Box 366, Mountain View, Calif. 94040. Sponsors will then receive free certificates, an optional supply of magazines and monthly listing in the magazine.

THE OFFICIAL FUN-RUNS

● **Site 001** — Foothill College (lower parking lot) Los Altos Hills, Calif. Weekly, Sunday 10:30 a.m., in progress. Bob Anderson, Box 366, Mountain View, Calif. 94040.

● **Site 002** — Spring Lake Park (fairground entrance), Texarkana, Tex. Weekly, Saturday 8 a.m., in progress. Bill Jones, 1209 Trinity, Texarkana, Tex. 75501.

● **Site 003** — Doughboy Field, Fort Benning, Ga. Bi-monthly (first and third), Saturday 10:30 a.m., in progress. Dr. Edward Carns, 127 Rainbow Lane, Fort Benning, Ga. 31905.

● **Site 004** — Stewart Park (behind the Gloucester County YMCA), Woodbury, N.J. Weekly, Sunday 10:30 a.m., in progress. Sports East, 238 South Broadway St., Woodbury, N.J. 08096.

● **Site 005** — Hooker Oak Recreation Area (within Bidwell Park), Chico, Calif. Weekly, Saturday 9 a.m., in progress. Jim Remillard, Box 106 Cohasset Stage, Chico, Calif. 95926.

● **Site 006** — Pine Banks Park (on the Malden-Melrose border), Malden, Mass. Weekly, Saturday 10 a.m., in progress. Michael Morrill, 21 Elmwood Park, Malden, Mass. 02148.

● **Site 007** — Heather Farm Park (off Ygnacio Valley Rd. on San Carlos), Walnut Creek, Calif. Weekly, Sunday 10 a.m., in progress. Ray Brammeier, 1704 Tennyson Dr., Concord, Calif. 94521.

● **Site 008** — Gerlach Field, Fort Leonard Wood, Mo. Bi-weekly, Saturday 8:30 a.m., in progress. Rex Frazer, 41 Totten Place, Fort Leonard Wood, Mo. 65473.

● **Site 009**—Dike Road, Granite Falls, Minn. Weekly, Saturday 10 a.m., in progress. Pat Foley, 315 11th Ave., Granite Falls, Minn. 52641.

● **Site 010** — Tawas Area High School (highway M-55), Tawas City, Mich. Weekly, Sunday 10:30 a.m., in progress. Tess Haislip, Box 165, Tawas City, Mich. 48763.

● **Site 011** — Fresno High School (Roeding Park), Fresno, Calif. Bi-weekly, Saturday 7 a.m., in progress. Sid L. Toabe, 4566 N. Del Mar, Fresno, Calif. 93704.

● **Site 012** — Cross-country course at the old airport, Salina, Kan. Weekly, Saturday 12:30 p.m., in progress. John Schlife, Salina YMCA, 315 West Iron, Salina, Kan. 67401.

● **Site 013** — West High School and Beach Park, alternately, Bakersfield, Calif. Bi-weekly, Saturday 8 a.m., in progress. Larry Arnt, 5000 Belle Terr., No. 72, Bakersfield, Calif. 93309.

● **Site 014** — Methuen High School track, Methuen, Mass. Bi-weekly, Sunday 10 a.m., in progress. John Cahalane, 38 Weybosset St., Methuen, Mass. 01844.

● **Site 015** — Southeast YMCA, Pittsford, N.Y. Bi-weekly, Sunday 9 a.m., in progress. Elizabeth A. Francis, Southeast YMCA, 111 Jefferson Rd., Pittsford, N.Y. 14534.

● **Site 016** — Windward Hills golf course, Talafofo, Guam. Monthly, Saturday 4:30 p.m., in progress. Robert Wade, No. 5 Windward Hills, Talafofo, Guam 96914.

● **Site 017** — Carthage High School, Carthage, Ill. Weekly, Saturday 10 a.m., in progress. Philip Clark, RR2, Carthage, Ill. 62321.

● **Site 018** — Incline High School, Incline Village, Nev. Weekly, Sunday 10:30 a.m., in progress. Lawrence Watkins, Box 3193 or Skip Youngdahl, Box 4745, Incline Village, Nev. 89450.

● **Site 019** — Eisenhower High School track, Saginaw, Mich. Weekly, Saturday 10 a.m., in progress. Ray F. Bartels, 4440 Winfield, Saginaw, Mich. 48603.

● **Site 020**—R.W. Nebel Memorial Track, Munising, Mich. Bi-weekly, Tuesday 8 p.m., in progress. Norma Harger, RR 1 Box 284E, Munising, Mich. 49862.

● **Site 021**—Hosmer Field, Rumford, Me. Bi-weekly, Sunday, 10 a.m., in progress. Beavon Tobel, Box 346, Canton, Me. 04221.

● **Site 022** — Nathan Calder Stadium, Menasha, Wisc. Weekly, Friday 6:30 a.m., in progress. John T. Lingnofski, 110 W.N. Water St., Neenah, Wisc. 54956.

● **Site 023**—Page High School, Greensboro, N.C. Bi-weekly, Friday 6:30 p.m., in progress. Bill Howard, 1305 Valleymede Rd., Greensboro, N.C. 27410.

● **Site 024**—Robinson Junior High School, Kingsport, Tenn. Weekly, Sunday, 6 p.m., in progress. Tom Coughenour, 4817 Tinker Lane, Kingsport, Tenn. 37664.

● **Site 025**—Weatherbee-McGraw School, Hampden, Me. Weekly, Sunday, 9:30 a.m., in progress. Paul Howard, Box 562, Bangor, Me. 04401.

● **Site 026** — Next to Walla Walla High School track, Walla Walla, Wash. Monthly, (fourth) Saturday 8 a.m., in progress. Paul C. Fredericks, 1712 Durant St., Walla Walla, Wash. 99362.

● **Site 027** — James Monroe High School, Fredericksburg, Va. Weekly, Saturday 9 a.m., in progress. O. Dale Saylor, RR 2 Box 17-B, Fredericksburg, VA. 22401.

● **Site 028** — Fritz-Grupe Park, Stockton, Calif. Weekly, Saturday 9 a.m., in progress. Frank Hagerty, 3525 Benjamin Holt No. 314, Stockton, Calif. 95209.

● **Site 029** — Curtis High School (University Place), Tacoma, Wash. Bi-weekly, (first and third) Sunday 11:30 a.m., in progress. Craig T. Hatton, 7505 96th Ave. SW, Tacoma, Wash. 98498.

● **Site 030** — Interama, North Miami, Fla. Weekly, Saturday 9 a.m., in progress. Victor T. Palffy, 12895 NE Second Ave., North Miami, Fla. 33161.

● **Site 031** — Livonia YMCA, Livonia, Mich. Monthly, Saturday 8 a.m., in progress. Jeff Sandowsky, 14255 Stark Rd., Livonia, Mich. 48154.

● **Site 032** — Condon Field, Hancock, Mich. Weekly, Tuesday 7 p.m., in progress. Bob Olson, 1054 N. Lincoln Dr., Hancock, Mich. 49930.

● **Site 033** — Community Center, Sharon, Mass. Weekly, Saturday 8 a.m., in progress. Dale L. Van Meter, 66 Summit Ave., Sharon, Mass. 02067.

● **Site 034** — Citrus High School Track, Inverness, Fla. Weekly, Saturday 7:30 a.m., in progress. Paul Schwarting, RR 3 Box 244, Inverness, Fla. 32650.

● **Site 035** — Adams Elementary School, Adams, N.Y. Weekly, Wednesday 7 p.m., in progress. Ron Fillhart, RR 2, Adams, N.Y. 13605.

● **Site 036** — Rice Festival Building, Crowley, La. Bi-monthly, Saturday 3:30 p.m., in progress. Don Stuckey, 627 E. 11th St., Crowley, La. 70526. ●

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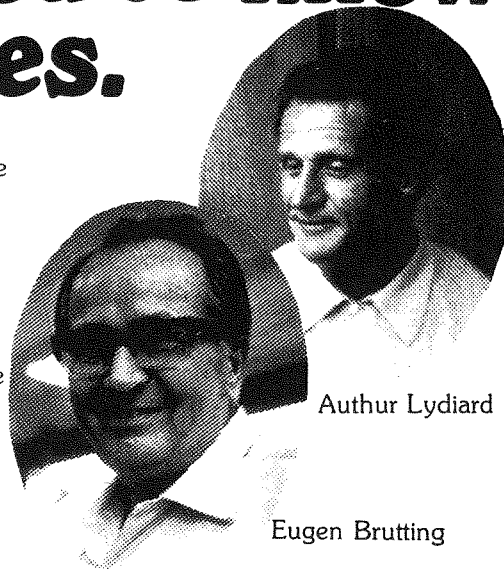
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Authur Lydiard

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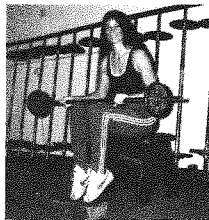
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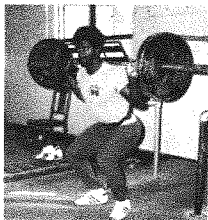
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Readers' Comments

Reactions to events in the sport and features in the magazine

TAKING A CHANCE

In your June '76 issue ("Run for the Hoses") you said Ron Wayne was the only US sub-2:20 man to risk a fast race here so close to the Trials.

Bob Busby of Warrensburg, Mo., was entered at Boston and has a 2:18:40 to his credit.

*A Satisfied Reader
 Warrensburg, Mo.*

REMEMBER THE WOMEN

Marathons, road races, long-distance affairs and runs for fun always seem to have oodles of age groups and categories. What it amounts to is a half-dozen or more categories for men and always one for women entitled simply "women."

Why not state the age groups and say for "male" or "female." So what if there are only two women in the 40-49 age group, or even one or none. At least some distinctions for being the eighth female in a field of eight women would be enlightening. Perhaps I would place third in my age group.

*Bonnie Kay Bankol
 Durham, N.C.*

BRAVO, BROWNING

I just read your "Running Commentary" (June '76). When I finished I said I must do two things: write you a letter and go through my boxes of old stuff to look for my oldest copy of the *Long Distance Log*.

I must write because I agree 100% with all you say about Browning Ross. To me he is Mr. Long-Distance Runner of the US. I started running AAU meets and RRC meets in 1956-57 in the Philadelphia area, and Browning was the force that started it all for us guys out of college and high school and who wanted to run something besides a mile on the track. He was always there. Things may have been a bit loose and semi-organized, but he sacrificed time and time again to give birth and life to long-distance running.

I can't say that he ever coached me or talked to me personally about my running abilities, but I'm sure that his example, efforts and dedication are major factors in explaining why a 4:28

miler and a 2:52 marathoner (times run 15 years ago) like myself is still running at age 38.

I'm sure that many who are running today owe Browning the same thanks that I've neglected to say to him personally during the 20 years I've known him. That's why I was so happy to see your article because it says what many hundreds of us should have said to Browning long ago.

*C. Joe Stefanowicz
 Marcus Hook, Pa.*

I suppose my most vivid memory connected with Browning Ross will always be of the occasion when I came staggering to the finish line of a 10-mile race, literally on the verge of death from heat prostration.

Even though I was not conscious of anything else (even seeing) those final few hundred yards, I remember hearing Browning's voice (as out of a tunnel) yell, "It's Truman—someone catch him! He's in trouble!" (I was. I came within a hair of dying, with an ambulance arriving and putting oxygen to me just at the last moment.)

I'll bet he still remembers that from 10 years ago.

*Truman Clark
 Los Angeles, Calif.*

WALK ON

Since the first time I picked up a copy and ran home with it in the spring of '72, I have found your magazine to be the most informative of sources when it comes to the world of running.

Then it happened in late '73 that an operation on my right foot left me in the world of walking. I made the transition to race walking, finding this method of travel to be easier on my foot than the pounding created by walking's cousin. With a running best of 4:07 in the mile, I found this different type of foot travel to be especially slow. Despite this and other related feelings, I continued in my new sport with all the loyalty that I had earlier applied to my running.

With the reinforcement of occasional articles on race walking, and the frantic turning of pages to the results column to see what others in the sport were doing,

your magazine came through once again. I found this kind of motivation paid off, aiding my successful transition. I no longer felt inferior to the runner I once had been. Accomplishing within a year the time of 6:38 in the mile, I abandoned my feeling that walking was slow.

I agree with that article in the June "Readers' Comments" in the suggestion for a monthly article pertaining to race walking. It is my belief that this kind of exposure would benefit the race walking program in the US. It would help many new walkers to realize that their sport has a definite place in the world of track and field. So for those of us who live in a runner's world at heart, while the rest of our being walks, it would do our hearts good to have a monthly feature on race walking.

Steven DiBernardo
Olympia, Wash.

INTERNATIONAL FUN-RUNS

I have read with great interest your "Fun-Run Update" in the May '76 issue of *Runner's World*.

I organized a similar fun-run last October in Oakville. It does not have any awards other than good food and drink afterwards. Originally, we had only five runners, but now are up to about 15. These runs are usually held monthly and cover a distance of about 5-8 miles.

I am sure your magazine is well read in the Toronto-Oakville-Hamilton area, and I wonder if you have considered becoming "international" by sponsoring a *Runner's World* Fun-Run in Oakville. Oakville is a small, picturesque community on the shores of Lake Ontario midway between Toronto and Hamilton and would be the ideal location for a fun-run of this type.

Richard Mahler
Oakville, Ontario

(This month's "Fun-Run Update" explains how interested sponsors should contact us so that we may send the necessary forms for our records. "International" has a nice ring to it.)

I recently read some of the articles on Fun-Runs in the US. I was not aware that such a thing existed. I think you might be interested in the Italian version of the Fun-Run.

My husband is in the Air Force and we have been stationed at Aviano Air Base, Italy, for one year. We expect to be here for at least two more years.

We became aware of these runs quite by accident. My husband was talking running with a member of the Arrano Road Runners one day. He invited us
(continued on page 84)

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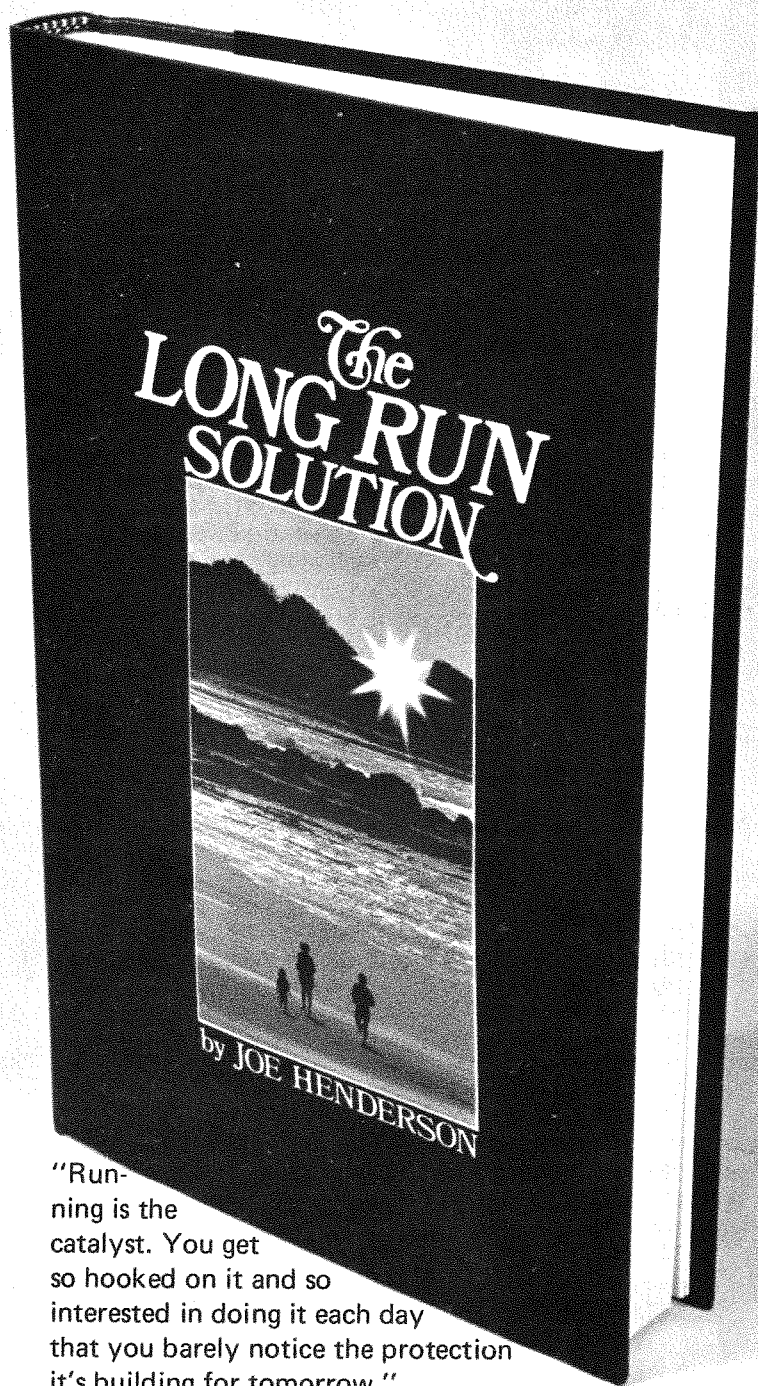
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Their runs are called "marcia" which means walk. There is the "marci-alonga" consisting of 20 or more kilometers to 12 or sometimes 16.

The participant pays between 1500 to 2000 lire (roughly \$1.50 to \$2) to sign up. All participants get a medal or small trophy for finishing.

Runs are conducted every Sunday and on holidays. Runs are non-competitive and you may walk, crawl or run. At least one rest stop is allowed and during that rest stop you may get warm tea and lemons or oranges. At longer races you might get chocolate and buns. The minimum age to participate is four and there is no maximum age.

These are truly "fun-runs" in that there is always an air of festivity. Runner's urge each other on and after the run it turns into a picnic.

*Maria Parkins
Aviano, Italy*

DOG GONE

I agree with what Carole Smith said in the June '76 issue of *Runner's World* ("Readers' Comments") about dogs. I have never been attacked or bothered by any dogs. I have, however, had quite a few run along with me.

But where I live we have another problem—birds. June and early July are when the birds hatch their eggs and if you happen to run onto their nesting grounds, you're in trouble. They fly along behind you and then dive at your head.

I have never been hit but I have been brushed by wings quite a few times. They only bother you when you are alone, so I always try to run with someone else.

*Ken Angevine
Walnut Creek, Calif.*

(Although the name of the writer of that earlier letter about dogs did appear as Carole Smith, the name should have read Carole R. Seiler from Rugby, N.D.)

One shouldn't place too much faith in Ms. (Seiler's) method of stopping a chasing dog. After running for five years, my number finally came up in the dog lottery.

I was cutting across a large park just west of Boston when a shaggy-haired creep followed me. I slowed, whispered, pleaded—everything. He kept right at my feet. I was scared. (Contrary to popular belief, a person does have the natural right to be afraid of a dog).

When I told the dog to go, he snarled, frothed and leaped at me. I scream-

ed, much to the delight of a Sunday morning softball team, and spontaneously threw my transistor radio (which I carry as a running companion) into the face of my attacker. The radio split into pieces and both the dog and I knew I meant business. He turned and ran, barking, and I knew I had gone mad when I dared him to come back. I was so fired up I was going to eat him.

I now consider the experience one for the good guys. Everyone talks about dogs and cars as the joggers' enemies. But I have never had to gouge automobile exhaust from my ripple soles.

*Richard Waldman
Newton, Mass.*

BY GEORGE

George Sheehan is the greatest. He knows more about running and the hazards of such better than any man I have come across. Readers should be thankful that they can get this information so cheaply.

*W.J. Murphy
Spring Hill, Fla.*

I think "Children of Boston" by George Sheehan (June '76) is one of the finest and most sensitive pieces of writing I have ever seen. Dr. Sheehan has a better feel for the soul of the runner than any other person as demonstrated here and in all his other work as well.

*John Campbell
Hingham, Mass.*

DO AS HE DOES

Dave Prokop's interview with Dr. Kenneth Cooper (*RW*, June '76) should encourage all of us to increase our mileage. Although Dr. Cooper mentions only 30-35 points a week, he has run 15,000 miles himself. This includes marathon runs. The longshoremans he mentions were doing 1876 kilocalories per day of hard work to earn the coronary protection and that equals 30 kilometers per day.

I would like to see all of us follow in Dr. Cooler's footsteps—run 15,000 miles and a few marathons—and then we might be able to settle back to five kilometers per day and relax.

*T.J. Bassler, M.D.
Inglewood, Calif.*

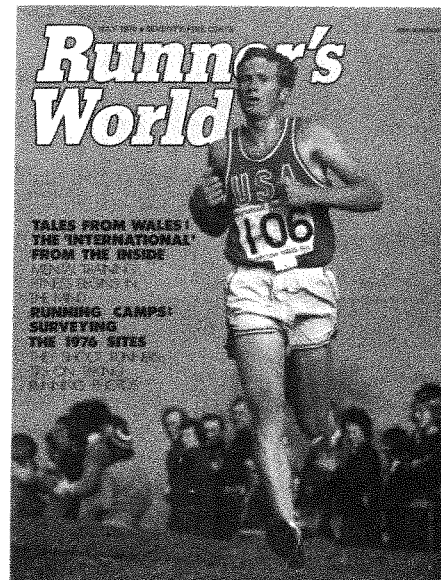
TRIALS BY FIRE

The truly unfair nature of the US Olympic selection process was made all the more pronounced with the recent track and field Trials in Eugene, where the best sprinter this country ever had (Steve Williams) failed to qualify despite the fact that he possesses the best record of any sprinter in the world.

(continued on page 86)

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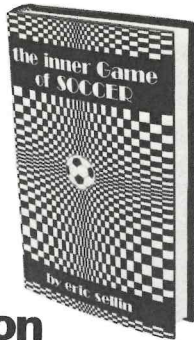
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Clark Saleski
 Austin, Tex.

FEAST OR FAMINE

If I may, I'd like to disagree (for the first time) with Dr. Sheehan's column on "Eat and Run" in the June issue.

My personal experience and experiments with some members of the Spanishtown Flyers relay team have shown us that Dr. Sheehan's fourth rule ("Always compete on an empty stomach . . .") is not necessarily so. I believe he should have stated this rule for races in which a person goes all out constantly (anaerobic, perhaps).

I followed Dr. Sheehan's statement from the days of high school track in the 30s. Then some of us noted that famous marathoners consumed cream puffs and cookies with jam before competition.

Quite accidentally, earlier this year I had to do a long training run within 1½ hours after eating a couple of sandwiches—either run then or not until the next day. After 10 miles and on to the end at 20 I was very conscious of feeling well and strong, although I hadn't expected to.

We passed this discovery around the Flyers and there were eight or 10 further long runs made (including two at the Avenue of the Giants Marathon) by various members, at about two hours after eating. None had an adverse effect. Some elected not to try it.

We are very much aware that certain foods will not be attempted. So far, pancakes and waffles have been the items most commonly tried. We have felt unusually strong toward the latter half of a race or long run. It is in marked contrast to previous weakness or lethargy. We shall continue to eat before long races.

I hope this information will encourage someone to conduct a full-scale survey. We are such a small group that our results could hardly form a solid basis for action. But we're so pleased with the results that we want to share it.

Ted Wurm
 Oakland, Calif. ●

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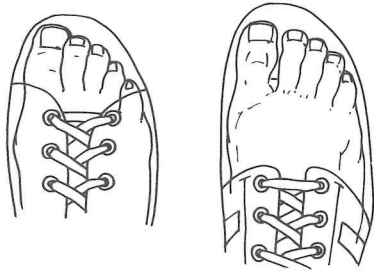
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Lacing to the toe constricts the toes and may cause blistering on top of the foot.

The New Balance method restricts lace tightening to our saddle over the instep, which avoids chafing, assures toe freedom, and eliminates the need for shoe break-in.



320 The complete training shoe for beginning jogger and Olympic runner alike. "best I've ever worn," according to one of the country's leading doctors of sports medicine. Two layers of thick Softee cushioning in the wedge/midsole combination, plus width sizing and a leather-reinforced, flocked nylon upper to encase the foot in a nearly frictionless environment. A flared heel and molded plastic counter for maximum cushioning and great lateral stability, and our new Achilles tendon pad for maximum protection and support coupled with light weight. Men and women, 3½AA to 15EEE, in Royal blue with white trim.



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



305 Tough but lightweight; durable enough for training, yet light enough for racing. Leather-reinforced nylon upper with flocked nylon lining. Protective midsole plus heel-elevating Softee wedge to reduce extension of the Achilles tendon and cushion the leg. With our new Achilles tendon pad incorporating a molded plastic counter, above a flared heel to stabilize the foot during heel strike and reduce ankle-roll injuries. Men and women, 3½AA to 15EEE, in Royal blue with white trim and red midsole. One of the top five running shoes available, according to *Runner's World*.



220 A new training shoe with a unique wedge and midsole combination incorporating two 18-Iron layers of Softee cushioning. With our new Achilles tendon pad for protection and the conventional rounded heel for maximum cushioning on heel strike. Full midsole protecting both the ball of the foot and the metatarsal head area. Lightweight, extremely durable "octopus" sole for maximum traction on all surfaces. Men and women, 3½AA to 15EEE, in Royal blue with white trim.



Competition The totally new idea in racing shoes: a perfect fit for maximum performance. Width sizing, plus ultra-light 7½ oz. weight (size 8D). Knobby sole for excellent traction on all surfaces, and New Balance's unique-at-the-price wedge/midsole combination to keep weight forward and absorb shock. Men and women, 3½AA to 15EEE, in Royal blue with white trim. The shoe that placed third in the Boston Marathon and took first at New York.

pair 320 at \$26.95 length width
 pair 305 at \$24.95 Size: _____
 pair 220 at \$23.95 Size: _____
 pair Trackster III at \$29.95 Size: _____
 pair Competition at \$18.50 Size: _____

Spare Pair resoling service information
 free New Balance catalog
 I will include \$1.75 per pair for postage and handling.

I enclose a total of \$ _____. I am also enclosing a foot tracing taken while standing, in sox (if worn), to help you guarantee me a perfect fit. Yes, I remembered to hold the pencil vertically when I took the tracing.

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1976 National AAU Marathon Championship is the International Rice Festival Marathon. Come On Down!



Eight world class runners share the lead at 5 miles in our 1975 race. Seven of them broke 2:20 to qualify for the Olympic Trials.

NATIONAL AAU SENIOR (OPEN) MARATHON CHAMPIONSHIP

Saturday October 16 8:00 AM Crowley, Louisiana 70526

- Sanctioned By:** Amateur Athletic Union of the United States and the Southern AAU Association.
- Sponsored By:** Finish Line Sports, Inc. and the International Rice Festival Marathon Association.
- Eligibility:** Open to all AAU registered athletes. National AAU Championship awards to senior (open) division winners ages 20-39. Separate awards for junior, women, age group and masters divisions.
- Report:** Race headquarters.. Finish Line Sports, Inc. 212 N. Parkerson, Crowley, Louisiana. Free busses leave race headquarters for starting line at 7:00 AM. Pre-registered runners with race packets may report directly to the starting line at 4416 Johnston; Lafayette, Louisiana no later than 7:30 AM.
- Entries:** \$2.00 fee and entry form sent to race director, Dr. Charlie Attwood at 621 N. Ave. K, Crowley, La. 70526 Tel. (318) 783-8215. Make checks payable to International Rice Festival Marathon.

To speak and meet runners at the clinic and the two free dinners will be Dr. George Sheehan, Joe Henderson, Jack Daniels, Dr. David Drez, and other surprise guests. The clinic will start at 2 PM and may last until the spaghetti dinner starts at 6 PM.

Finish Line Sports Travel Service offers the following low cost motel accommodations near the starting line. Occupants of these rooms are eligible for special runners discount meals at the motel restaurant and free transportation to the starting line and return transportation from the finish line after the race. Transport of your bags and warmups from the start to finish lines will also be provided.

- Oct 15 Friday afternoon Running Clinic 2-4 PM
Friday night Spaghetti dinner 6 PM
- Oct 16 National AAU Marathon 8:00 AM. Awards Banquet 4:00 PM
Informal poolside party featuring bubbling 140 degree pool "conversation pit" for tired legs. 6:00 PM.
- Reserve for me _____ motel rooms (single occupancy) at \$19.00 per person per day for (dates _____) . . . \$ _____
- Reserve for me _____ motel rooms (double occupancy) at \$14.00 per person per day for (dates _____) . . . \$ _____
- Send me _____ guest tickets (\$3.50) for the Friday night spaghetti dinner \$ _____
- Send me _____ guest tickets (\$3.50) for the Saturday afternoon Awards Banquet \$ _____
- Send me _____ National AAU Marathon Championship T-shirts in the following adult sizes _____ at \$2.95 each (includes postage) \$ _____

This unusual point-to-point flat course through the Southwestern Louisiana Cajun Country is lined by cheering crowds, musical groups, Dixiland music, and as always a pacer's dream with a timer every mile. Every finisher is escorted through the final 385 yards by motorcycle police through 100,000 cheering spectators. A trophy is awarded to every finisher.

During the past 2 years this race has been run by Frank Shorter, Neil Cusack, Barry Brown (last year's winner), Steve Hoag, Ron Daws, Ron Wayne, Terry Ziegler, Dan Cloeter, Bill Haviland, Bob Busby, Don Kennedy, John Dimick, Bill Bragg, Rick Bayko ask them about this "great weekend of friendly people, cajun food, world class runners and joggers." Frank Shorter said "this may be the fastest marathon course in the world." Another runner after his 2:14 here predicted that the world marathon record would soon be broken on this course.

During the past 6 years this weekend in October has had Temperatures averaging 54 degrees and low humidity.

Awards: National Championship Medals and Trophies to first 6 places and first 3 teams. National Championship Patches to all individual winners and winning team members. International Rice Festival Marathon trophies and medals to all finishers. National Marathon Championship T-shirts to all entries. International Rice Festival awards to women, masters and age group winners.

Teams: Maximum of 5 members, top 3 for scoring.

Course: Point-to-point, flat, AAU Certified 1974.

Housing & Transportation: Crowley, La. is located on Interstate 10 approximately midway between Houston and New Orleans. Airport is in Lafayette, La. Finish Line Sports, Inc. Travel Service, a division of the sponsor is offering several low cost plans for runners and guests to include housing, all local transportation and meals.

Misc.: A free spaghetti dinner for runners is scheduled for Friday night at 6:00 PM. Runners may bring guests to this dinner as well as the Awards Banquet Saturday afternoon at 4:00 PM. Tickets for all guests must be purchased from race director when sending entry form. Both dinners will feature surprise guest speakers. Tickets for non-runners are \$3.50.

As in all previous International Rice Festival Marathons, all finishers get a trophy. We have a timer-every-mile. The best police protection in the world and 100,000 cheering people at the finish. Last year the first 6 finished under 2:20.

Course record, Neil Cusack 2:14:27 1974

Send me _____ National AAU Marathon Championship T-shirts in the following YOUTH sizes _____ at \$2.95 each (includes postage) \$ _____

Note: Runners will receive one of the beautiful 4-color championship T-shirts free and one ticket to each of the dinners in their race packet on registration at race headquarters.

Enclosed is my race entry fee (\$2.00) \$ _____

Enclose check TOTAL \$ _____

Make all checks payable to: International Rice Festival Marathon Association

Name _____ Age _____ AAU Number _____
Street _____ City _____ State _____

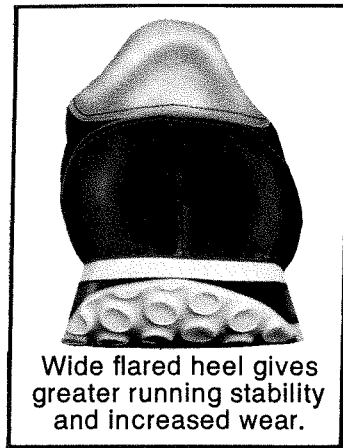
If running as a member of a team, place team name here. _____

If running in divisions other than Open, (masters, women, etc.) place division here _____

Return to Race Director, Dr. Charlie Attwood 621 North Ave. K. Crowley, Louisiana. 70526

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Because;
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Wide flared heel gives greater running stability and increased wear.

HEEL COUNTER A
 Non-breakable rigid counter covering entire heel

HEEL LIFT A
 1" thick soft crepe heel dropping to 1/2" at ball

SHANK SUPPORT A
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INSIDE SUPPORT A
 Built-in orthopedic arch support covered with sponge

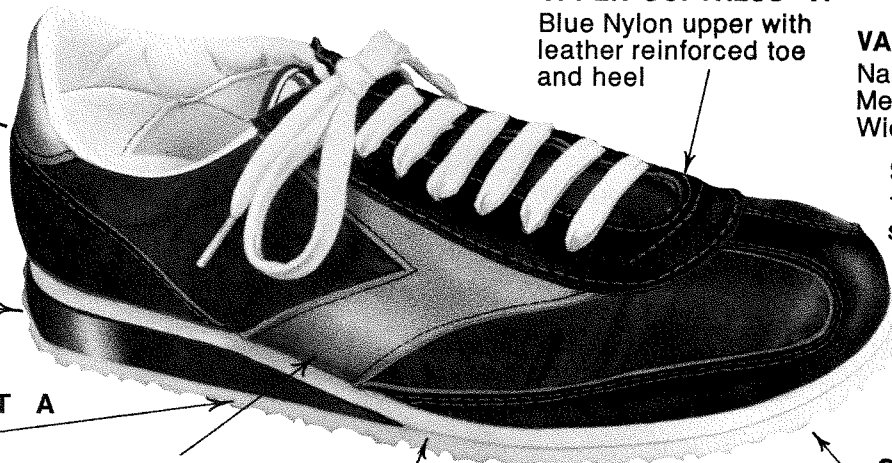
SOLE BEND A
 Special flexibility at ball normally found in racing shoes

SOLE MAKE-UP A
 2 layer sole—1/2" thick at ball

UPPER SOFTNESS A
 Blue Nylon upper with leather reinforced toe and heel

VARIABLE WIDTHS A
 Narrow 8-11
 Medium 4-13
 Wide 8-11

SHOE WEIGHT B
 11 ozs.—ideal training shoe weight



When you add up the scores, it's the new Villanova II by BROOKS that has all the best features plus the extra wide flared heel for greater running stability and durability. Help us help you. We need your comments to stay on top.

	Retail Price	Variable Widths	Number of Users	Drop Rate	Sole Makeup	Sole Bend	Shank Support	Heel Lift	Inside Support	Upper Softness	Heel Counter	Shoe Weight	Total Score
Villanova II	A	A	C	C	A	A	A	A	A	A	A	B	17 Points
SL 72/76	B	C	A	B	B	A	A	A	B	A	A	B	19 Points

Rating Criteria established by Runner's World A = 1 B = 2 C = 3



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Last Grade Completed

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(Area Code)