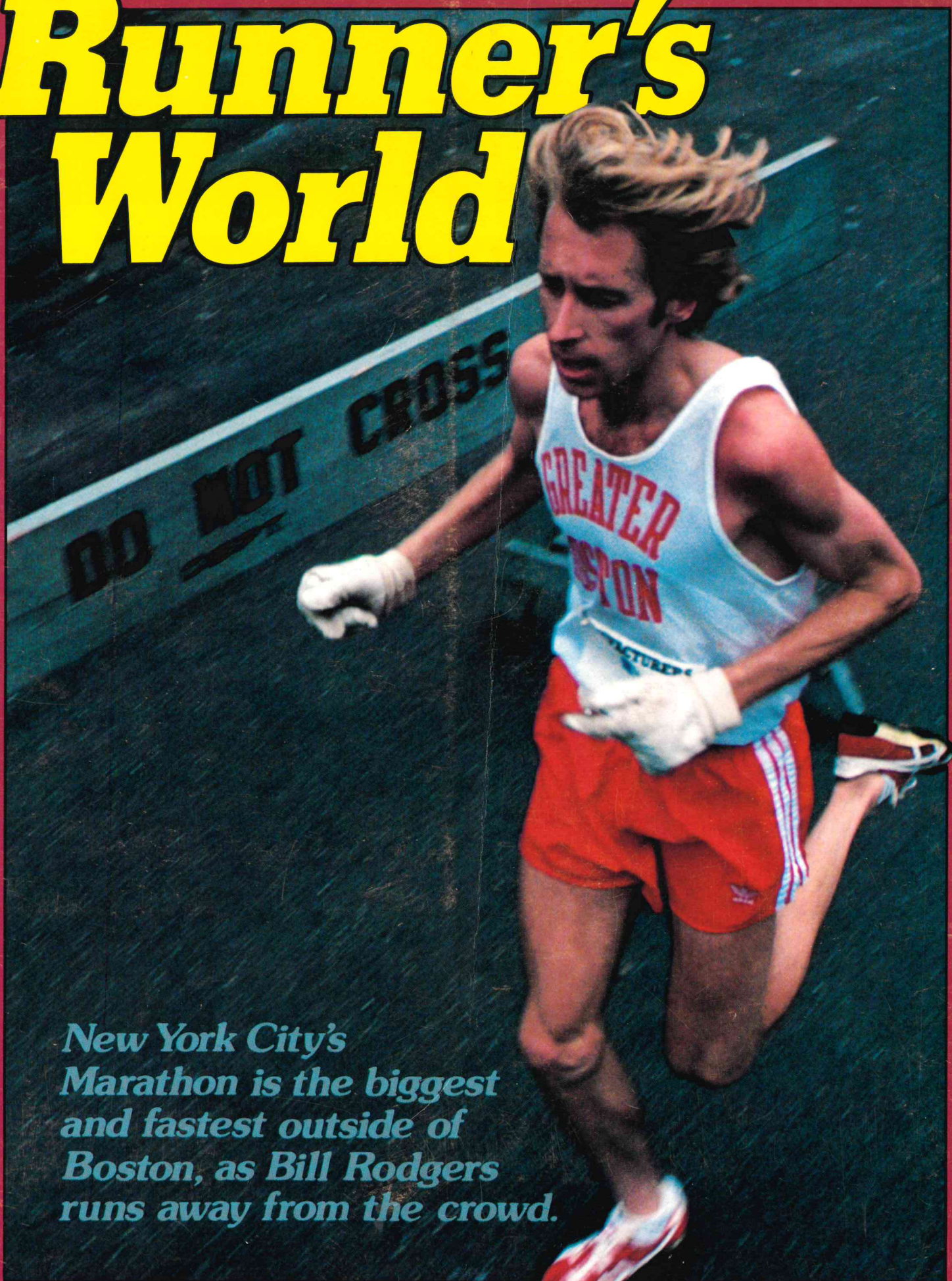


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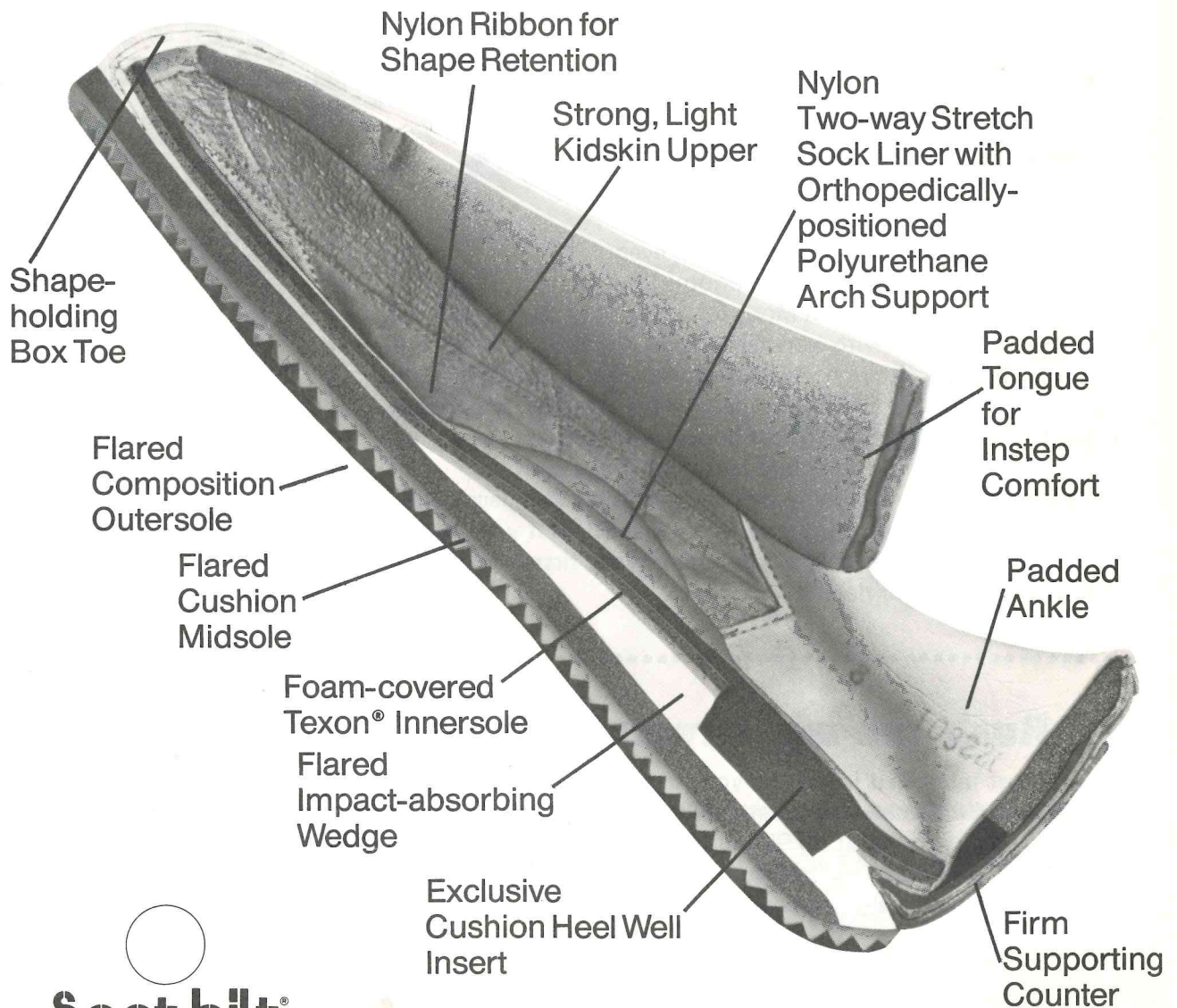



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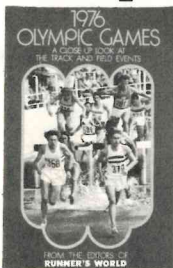

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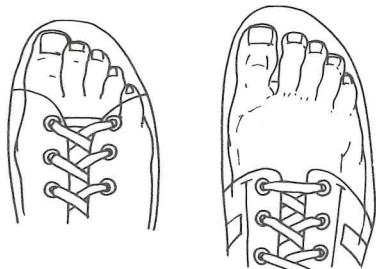
For additional information about our dealers in your area write: New Balance Athletic Shoes, 38-42 Everett Street Boston, Massachusetts 02135 617/783-4000.

The race goes to the fit.

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

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

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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.



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Please fill another order of Body Ammos 1 + 2. Your stuff is the best thing I come along in all the 16 years I've been at this damn long-distance game! I'm finally at peace with everything physically and mentally.

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A. Dan Hill

Dan Hill ran an average of five miles a day for years. With Body Ammo, he's now running 8-10 miles a day. Easily.

In the interest of all serious runners, Protein Research Laboratories has developed Body Ammo - a unique system of two products designed to help athletes increase their stamina, train harder, recover faster, and in general enjoy running more.

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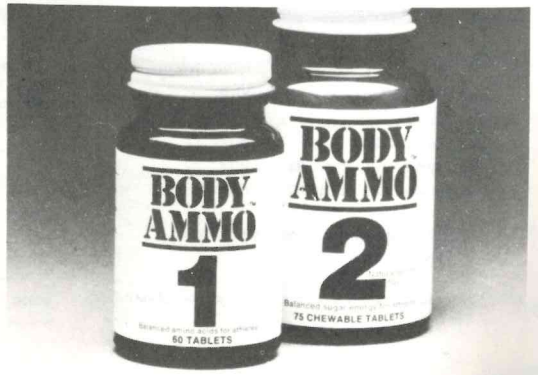
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COVER:

The thrilling chills of the Big Apple erased memories of Montreal for Bill Rodgers as he grabbed the top slot in the nation's marathoning ranks by winning the New York City Marathon. (Steve Phillips/NEW TIMES photo)

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Volume Eleven—December 1976—Number Twelve

Contents

ARTICLES

Two New Milestones for Marathoning	20	Ted Brock & Joe Henderson
Cierpinski: Best Man on that Day	26	Ivan Berenyi
Drut Won't Take the Money and Run	28	Jerome McFadden
Proud to Be Called a Jogger	29	Hal Higdon
Put Your Health in Your Hands	32	Donald Monkerud
Putting Running into the Act	38	
Racing to Stay Ahead of Swine Flu	40	
Running Away from School	42	Marc Bloom
A Championship Just for Women	44	Joan Uillyot, M.D.
Does the Sport Need New Blood?	57	Russell Pate, Ph.D.

DEPARTMENTS

Runner's Forum	6	Highlights	60
Running Commentary	12	January Coming Events	63
Medical Advice	14	Fun-Run Update	64
Interview: Duncan Macdonald	18	Club Notes	68
Technical Tips	52	Good News	70
Best of Times	58	Readers' Comments	74

From the Publisher

This issue marks the end of our 11th year of publishing. December is our 87th issue of *Runner's World* (*Distance Running News* for the first four years). We started publishing monthly in 1973. Before that, we only printed six issues per year for four years. In 1966, we had only two issues, and in 1967 and 1968 we had four per year. Since we are talking about figures . . .

We printed 1012 pages in 1976. In comparison, we printed 624 pages in 1973. Our subscription rate in 1973 was \$7.00 per year. That means that we were charging 1.12 cents per printed page. Now with our new rate of \$9.50 we are charging 1.07 cents per printed page. And consider that paper costs have gone up 40% since 1973. Postage has gone up more than that, and salaries at World Publications since 1973 have gone up 400% for the magazine staff.

We can continue to keep down the subscription rate for several reasons: (1) We are attracting more advertising than ever before because of our over 60,000 circulation (we have raised

our advertising rates much more than we have our subscription rates); (2) Our readers buy books and other items from us (our Starting Line Sports division is doing well, and many of the dollars collected there are put back into the magazine); (3) We are picking up a lot of new subscribers by word-of-mouth advertising which saves initial dollars in attracting subscribers.

We want to hold our \$9.50 rate as long as we can. But we also want to produce an even better publication. We can have the best of both worlds just by continuing what thousands of people have been doing. Keep supporting us as you have and we will continue to give you more.

Next year is going to be a good one. Already we have some exciting plans. Running is very much on the move now, and *Runner's World* is going to move with it.

Have a Merry Christmas and an exciting New Year.

Bob Anderson

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Runner's Forum

The free exchange of opinions, ideas
and information.

THE WINNER IS . . .

Several months ago, someone mentioned he had seen me running. My feelings about running were rather confused at the time, so I made some defensive comment about staying in shape. His reply was disrespectfully snorted, "In shape for what?"

Later, I came up with an answer: in shape for racing. And I race for T-shirts. In the beginning, I ran whatever races were available. Now there are enough races for me to be picky. I only run the ones which give shirts to all entrants or finishers.

Yes, that is a very materialistic attitude. But I have a thing about T-shirts. They are an important part of my wardrobe. Besides, I usually don't place well in races and with a shirt in hand I'm not going to come home empty-handed. That takes some of the pressure off me



Dankers Lauderdale

and thereby reduces the likelihood of my over-extending myself to try to win something.

We all run the same distance in any particular race, so why should only a select few get a medal or trophy? I'm not promoting equality of awards. Instead, I'm suggesting that more awards be given.

My ideal race would have an awards system something like this: T-shirts to all entrants; ribbons (good book-marks) and/or certificates (for wall-paper) to all finishers; plaques to the

top 10 at least, in each five-year age group; merchandise awards to the top 50% overall; and a nice big trophy to the overall first-place finisher in men's and women's divisions. Under this system, the runner would buy the awards with his entry fees. But isn't that better than paying the price and getting nothing?

While running is fun (most of the time), racing is work. And it is work which deserves to be rewarded.

I will no longer pay a \$3-4 entry fee at any race, not even Boston, if the only awards go to the top fraction of the field.

Fred Lawrence

PACE RACING

If you don't like racing, have you tried *pace*? Here is a method of running competition which puts the grandfather jogger like me on a competitive level with present and future world-class competitors. I don't know who started it, but those of us who are so compulsive we go long slow distances with a stopwatch in one hand can enter the winner's circle with the speedsters.

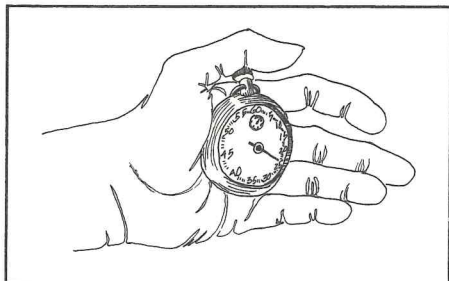
The basic idea is borrowed from sports car rally racing, where time at the checkpoint is the controlling factor. In pace racing, each runner, or walker for that matter, files his anticipated total time with the judges. At the end of the race, the runner whose actual time is closest to his estimated time is the winner. No runner is allowed to carry any sort of timepiece.

Several categories may be established, or all runners at all distances may compete in one category. One way to set up the competition is to award 100 points per mile and subtract one point for each second over or under the estimate.

To compare scores of a long distance runner against a miler, then, it would be necessary to average the points to a one-mile base. For example, if we wanted to compare a mile pace race with a five-mile pace race, here's what we'd do.

Say the miler estimates a final time of 9:15 but actually runs 8:45, and the five-miler estimates a final time of 32:10 but actually runs 30:42. Since the miler was 30 seconds off his esti-

mate, he would subtract that from 100, giving him a total of 70 points. The five-miler's difference would be 88 seconds, and he would subtract that from 500 (100 points for each mile), giving him 412 points. To find his one-mile base, he would then divide 412 by five. The resulting total of 82.4 would make him the winner.



Dankers Lauderdale

The appeal of pacing is that it allows slower runners to enjoy the run without feeling inferior or out of place in the running fraternity. It, too, gives them a chance at the prize of beating the faster runners at their own game.

H.W. Merchant

USA WANTS YOU

I feel rather strongly that progress can only be made in US Olympic policy through modifications in the status quo. One idea for that change is industry sponsorship.

This is not a new idea. During the 1950s, there was an industry-sponsored amateur basketball league. Industry subsidizing, however, presents some problems. One problem is who will get it. Who qualifies as a potential Olympic-class athlete? Will it just be for the Olympics? How about non-Olympic deals such as the Masters track and field program? Also, how will we get industry to do it?

Industry requires funding from somebody's budget (such as advertising, public relations or charities). This means it would be competing with organizations like the United Fund, and specific and definite results would be required. This may mean too big of a modification in the status quo.

A more likely possibility for change is an expansion of the "military-special services" concept. Why not have a US Army track team and a US Marine Corps track team? It could be done in all branches of service for many different Olympic-type sports. The facilities already exist for training at altitude, in all types of weather, over all types of terrain. There also would be, by design, pressure on the military to produce.

(continued on page 8)

Introducing your old running shoes.

If you're like most of us, you hate throwing away an old pair of running shoes. And for some good reasons. You paid good money for them. It took more than a few hard miles to break them in properly. And there's probably a lot of wear left in every part of them but the soles. So don't throw them away.

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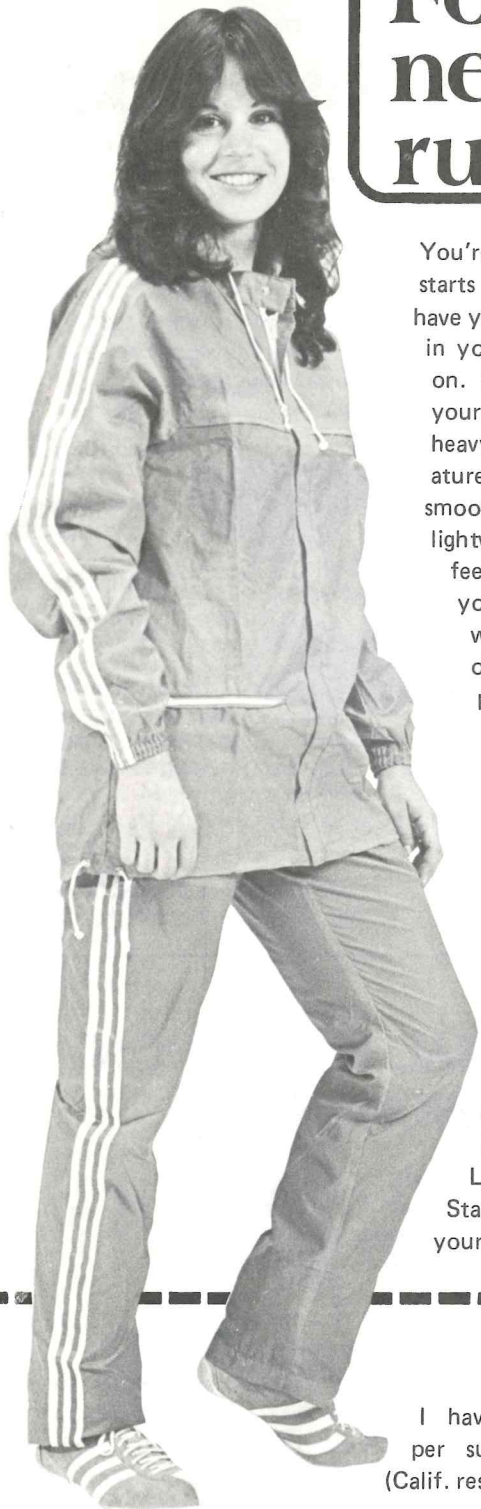
Olympic Marathon

- * Championship divisions: Junior (19-under), Open (20-39), Veteran (40-49), Master (50-59), Senior (60+), Women Open (39-under), Women Veteran (40+)
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- * Commemorative awards and certificates for all finishers
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Barry Jens

MENTAL MIDGET SYNDROME

How do you deal with top, experienced high school seniors who falter race after race? As a high school cross-country coach, I have experienced this problem.

Because of heavy workout schedules, distance runners who normally are active, interested and motivated begin to lose their individual ambition and feel compelled to run for coach's satisfaction or team loyalty. As a result, their personal performance falls well below par and they begin to suffer from what I call "mental midget syndrome."

After questioning each individual who exhibited these psychological symptoms, I started to question my own methods of coaching. I examined my workouts to determine if they were lacking in any phase of physical development. Next, I examined my attitudes, values and ideas related to running which I then expressed to my athletes. I talked to each affected athlete personally, but personal contact seldom suggested a cause or solution for the syndrome.

For example, in one case an 18-year-old senior was covering three-mile cross-country courses 20-30 seconds slower than he did in his junior year. As a junior, he was the number one man on the team, but this year he was forced into number two position by a junior runner with no past cross-country experience.

Rather than accept his number two position and try to run times comparable to or better than last year, he exhibited an "I-can't-beat-him-so-why-try" attitude, and simply went through the motions of running.

Another case involved a 17-year-old senior who also was running 20-30 seconds slower than the previous year. Both seasons he competed as third man. During his junior year he ran race after race with agonizing hip pain. Unfortunately, he didn't let his coaches know about the discomfort.

It wasn't until after the last meet of the season that we learned of a torn muscle in the hip region. This year, he is running without pain. Nevertheless, his times are slower than in the past.

His attitude seems to be "I want to do better today, but I can't."

The "mental midget syndrome" is a weird psychological ploy developed by the runner to reduce his performance and to create the impression that he is unable to withstand the pressures of competition. Many successful high school runners don't experience this syndrome until they arrive on the college scene.

However, I haven't found it uncommon at the high school level. Unless it is dealt with properly, the mental midget syndrome can cause depression, anxiety and frustration for the athlete, the coach and for other team members.

Greg Dunston

NATIONAL FITNESS POLICY

The proposed "national health insurance" plan has many drawbacks. The primary problem is the inhibitory costs.

Second, the plan contradicts its title. Rather than being a national health plan, it is a national *sick* plan, as it reinforces people to get sick rather than to stay well, by paying a person's health care charges. The current proposal gives no incentive to stay well, or to encourage preventive medicine.

Third, the proposal takes aim at the wrong problem. We do have a national health problem. But it is far better, in my estimation, to support preventive medicine rather than support "after-the-fact" medicine. Staying well is much cheaper than getting well.

A physician I know has treated patients who are under programs which pay their medical expenses. His conclusion is that these patients consistently fail to follow through with instructions to lose weight, to reduce alcohol consumption, to stop cigarette smoking or to help reduce other risk factors. People apparently do not feel motivated to carry out these programs unless they have paid for such advice.

Therefore, an alternative is needed. I propose a "national fitness policy." The intent would be to reward the individual who keeps himself in good physical condition. Dr. Kenneth H. Cooper's plan of Aerobic physical fitness (*The New Aerobics*, M. Evans and Company, Inc., 1970) could be the standard. An individual who passes the "excellent" rating for the Aerobics testing should be given a \$500 tax rebate at the end of the year. If the person passes the "good" rating, he should receive a \$300 tax rebate. Perhaps a deduction could be given for each dependent who also passes the aforementioned standard for

(continued on page 10)



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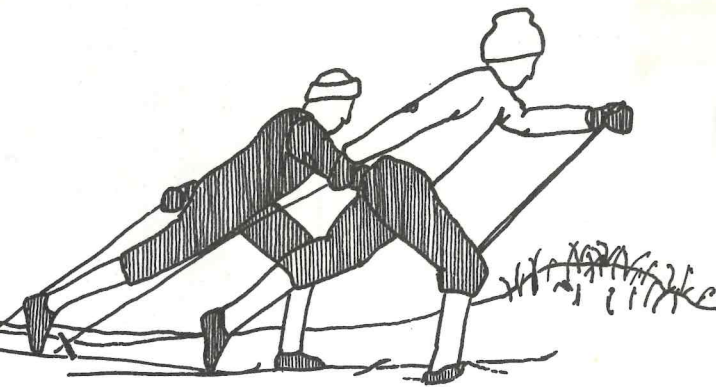
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his particular age group.

The advantages to this proposal are many. The most obvious is that the plan encourages physical fitness via monetary reward.

This plan also enhances diagnostic procedures. By maintaining an acceptable level of fitness, a person could tell much sooner that something is wrong with him physically, if it should occur.

The sedentary patient frequently has little warning of progressive disease, such as vascular compromise to the heart, brain, legs or other organs. On the other hand, the patient who complains of tiredness, and finishes in the "good" range, probably merits a shorter work-up than the patient finishing in the "poor" range.

A smoker whose performance drops annually may be receiving the signal of early progressive emphysema. The person who maintains a physical training program would know he is developing respiratory problems long before the person who had no such program. This could increase the conditioned person's prognosis.

This proposal could lead to a reduced need of medical care and, therefore, a decreased medical bill for the individual.

The present system of Medicaid is complicated by the fact that it takes into account an individual's salary. Lower income individuals get reduced medical charges. Because a physician has a certain amount of overhead, he must charge higher rates to others in order to pay his expenses. Therefore, the able-bodied people actually pay more. The proposed program is independent of salary.

A final advantage of the proposed program is that there is very little cost to the taxpayer—only for the administration of the program.

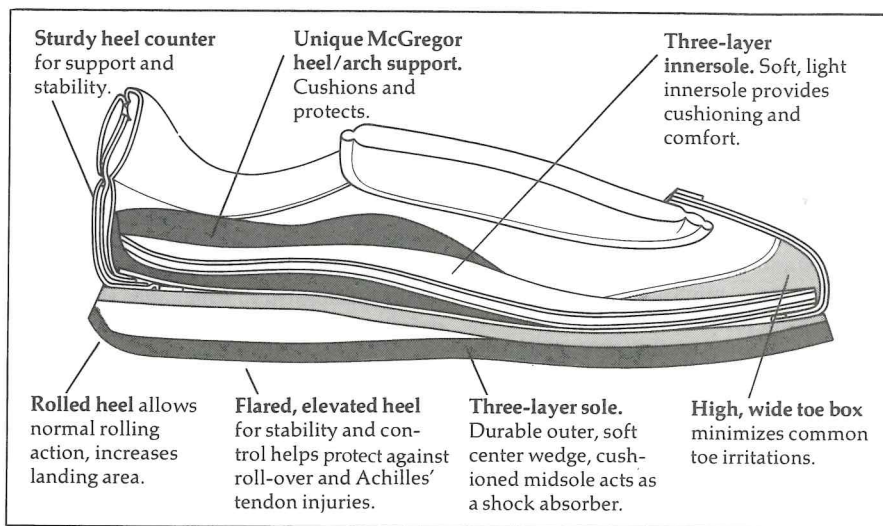
I suggest that the Aerobic testing be administered at military bases and at schools. Both schools and the military are familiar with the testing procedure (the Air Force already has adopted Dr. Cooper's program). Since fitness standards already have been outlined by Dr. Cooper, one could have all the participants in a certain age group tested on a certain day.

For example, age group 30-39 could go to a given testing facility on a given day and those who meet the criteria of fitness would receive a certificate for the rebate.

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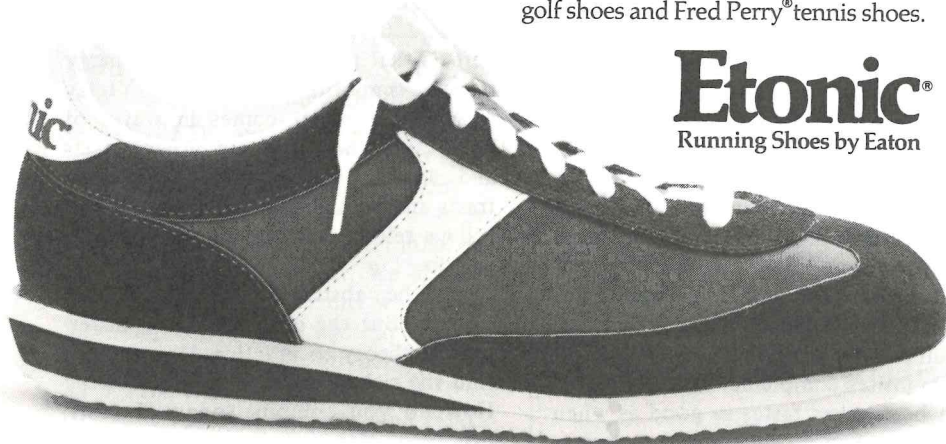


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Running Commentary

by Joe Henderson

Everybody Needs To Hurt a Little

We run partly because we express ourselves better through endurance than strength. In a similar way, I, like most writers, express myself better on paper than I do out loud. I can write what I have trouble saying.

A runner would sooner face 26 miles of hard road than face a 200-pound linebacker. Likewise, I have no fear of writing a 200-page book, but the thought of standing up to talk to a live audience for two minutes sets me to shaking weeks before.

When I have to talk, it's the naked me standing there. I have no rewriting or editing to stand behind. There's no time to pause and think, "Is this the best way to say it?"

I had to talk in October at the National AAU Marathon in Crowley, La. (see article page 23). I worried for the usual several weeks over what I'd say, then I said it poorly. I sweated and stuttered and stumbled through words which no one ever would have seen had they been written. They would have been penciled out.

But now that the talk is past, I don't regret going through those few minutes of torment. They were good for me if for no other reason than they showed how nice and easy writing is by comparison.

Runners may need the same kind of pain once in a while to appreciate their pleasure. That's what I tried to say to the audience in Crowley.

Any of them who had read what I'd written before may have been surprised to hear the old LSD, run-for-fun man talking in words of "work," "speed" and "pain." But more and more, I'm seeing that a little of these is essential to full running enjoyment.

Opposites complement each other. A cold beer never tastes so good as when you've worked up a big thirst. A shower only feels good after you've earned it with sweat. You're never so relaxed as

after you've done hard physical work. You never appreciate health so much as after you've been ill or injured. You can never savor success until you've failed.

A Chinese thinker named Lao-Tzu talked of this more than 20 centuries ago, and there must be enduring truth in his words if we still repeat them. He said, "One can see beauty only because there is ugliness . . . good only because there is evil. Difficult and easy complement each other, long and short contrast each other."

The Bible says much the same thing when it talks of a time to build up and a time to tear down, a time to sow and a time to reap, a time for everything and everything in its own good time.

Bill Bowerman, former coach at the University of Oregon, translated this into one of the basic truths of running: you must work hard some of the time, but you can't work hard all the time. You must balance work with relaxation.

Bowerman's "hard-easy" idea, along with the related principle of interval work, is at the center of all training. I'm talking about more than running 20 miles today and two tomorrow, or about doing 10 quarters on the track with a 220 jog in between. The message here is that the flow of running energy is never smooth, and we shouldn't try to make it so. It comes in waves of highs and lows, ups and downs, fasts and slows, longs and shorts. The contrasts and comparisons of the peaks and valleys tell us who we are and what we can do.

In the abstract, this sounds true enough. But the problem is in transferring the theory to practice. How do you find the right balance of hard and easy? How do you combine long and short, fast and slow, racing and training?

I don't have the absolute answer for you because I'm still looking for it for

myself after all these years in the sport. I can say that the temptation is to run to extremes.

Many of us run as a reaction to one of the extremes: the comfortable, effortless life which our machines have provided. We run to get away from living which is too easy.

Yet even among us runners there are extremists. On one side are those who never push themselves past the point of discomfort. On the other are those who never allow themselves a comfortable run.

I've been both. I've gone from the second extreme to the first, and only now am I arriving at what seems to be a better way somewhere in between.

Pushing, racing every day obviously didn't work. After high school and college, I'd torn my legs and spirit apart to the extent that I would have been happy to ease out of running the way most graduates did.

Instead, I stumbled into a gentler kind of running. It was completely satisfying for a long time because I remembered how hard running had been before. This was a nice contrast.

Then the memory faded. There were no fresh contrasts as I ran the same mileage at the same pace every day. Without comparisons, even these easy runs began to seem hard.

Finally, hard-easy running and intervals came back—not because I planned their return but because they were meant to be there all along and had been eliminated artificially. They came back naturally.

I now run long maybe three days a week, short the other days. And I follow Ernst van Aaken's formula every day. The German doctor has found that 95% distance and 5% speed is the ideal ratio, and who am I to dispute his 50 years of research? One fast minute in 20 is enough and not too much.

I thrive on running this way, but I don't recommend it to you in exactly this form. I recommend only that you find your own combination of ups and downs based on the hard-easy and interval principles. The principles apply to every runner, regardless of ability or ambitions. It's a rare person who can sustain a hard pace, mile after mile, day after day, year after year. We all need breaks. And it's a rarer one who can do anything worthwhile without working once in a while. We all need a little struggling, too.

Learn to combine work and relaxation, and let them feed on each other. Work to enjoy yourself, and enjoy it so you'll want to keep working. ●

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Medical Advice

George Sheehan, M.D.

MEASURING PULSE

Q: Some engineer friends of mine have developed a device to measure and display pulse rate while running. We think it will help beginning joggers to "train not strain" by maintaining their pulse at 60%-80% of their maximum rate. It will also show premature beats and other cardiac irregularities. Do you think it would be helpful? (R.P., Georgia)

A: I have led the fight to free athletes, especially runners, from such devices. Mine has been a campaign to listen to your body. I'm not saying this wouldn't be an excellent research tool for those people who direct cardiac rehabilitation programs.

But "train don't strain" implies we should use our body's reactions to effort, rather than as a way of setting running pace to the desired heart rate.

WEIGHT LOSS

Q: In 15 months of running, I have brought my weight down from 250 pounds to 185, but I seem unable to lose any more. I am still 20 pounds shy of my goal of 165, which I weighed as a high school wrestler. What can I do? (P.R., California)

A: In high school, you were probably not yet fully developed so your best weight may be higher than that now. Also, wrestlers have very little body fat, usually in the order of 3%-8%, which is very difficult to reach again.

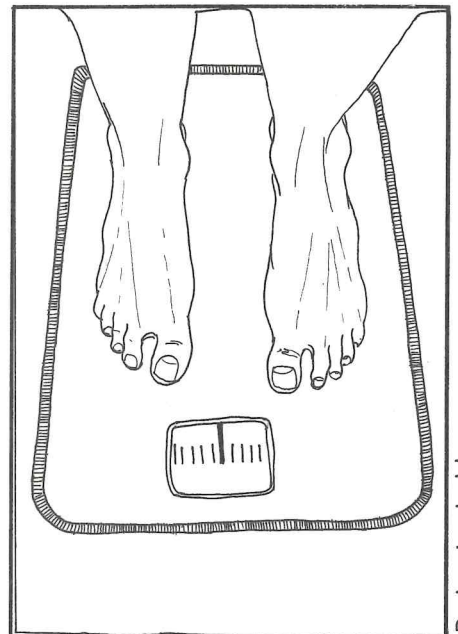
Still, your running has paid off and paid off well. You have hit a plateau which you cannot leave without changing your diet. What you should do is lower your intake from 250-500 calories a day. This will give you a weight loss of a half to one pound a week.

Pick out the major offenders—baked goods, beer, ice cream, candy—and reduce or eliminate them. Try eggs and bacon for breakfast rather than toast and cereal and juice. This will give you a good start and allow you to modify your lunch.

IDEAL WEIGHT

Q: I've read a lot of differing views about ideal weight. Every chart I see varies as to what I ought to weigh. Some charts refer to small, medium and large frames, which makes me suspect ideal

weight varies for people the same height. How can I tell my ideal weight? (R.H., Illinois)



Dankers Lauderdale

A: My professor of medicine used to say that your ideal weight was your lean body weight. So the less the percent body fat, the better off you are. You probably were at your optimum weight when you graduated from school or were married. Even then, you were probably 15% body fat. Take your weight at that age, then reduce it another 5% and you are near the figure you want as a runner. 140

MILK INTOLERANCE

Q: Having had considerable education and personal experience in the area of nutrition, I take exception to your recent advice to the 60-year-old runner who gave up dairy products because he could not digest milk protein. I think his nervousness is because of the calcium deficiency, not overtraining as you suggested. (B.T., Oregon)

A: The man's problem was inability to digest milk sugar (lactose). The prescribed diet is not free of dairy products, but of lactose. Yogurt, buttermilk and cheese are therefore allowed. At 60, a man who runs 5-10 miles daily does run the risk of overtraining and developing nervousness and agitation as a result.

BONE MEAL

Q: I am 54 years old and have a heel spur. A friend of mine has recommended taking bone meal, saying it cleared up his heel spur when nothing else would help. What are your feelings about bone meal as a therapy for this condition? (V.H., Connecticut)

A: I have difficulty understanding how bone meal helps what appears to be essentially a mechanical problem. My approach would be to restore structural and postural balance. At 54, you are likely to have significant limitations in flexibility. You should work on that. Heel spur pain usually indicates a weak, totally failing foot.

You need support for the foot. For longstanding difficulties it might be well to bypass home remedies, and see a sports podiatrist who is familiar with the treatment of this disorder.

EMPTY STOMACH

Q: I run 3-5 miles about four times a week. I start my run each morning at 5:30, after a five-minute warmup of calisthenics. Is the fact that I run on an empty stomach in any way harmful? (A.B., New York)

A: Unless it is very hot and humid so that you require extra fluids, it is much better to run without eating. When I run in the morning, if I eat I have more time to reconsider and sometimes go back to bed. Also I have found that even a light breakfast can provoke a bowel movement midway in the run, which at the very least is an embarrassment.

But perhaps most important, there is no need for any extra calories to take you through the distances you run; and exertion after eating frequently causes disturbances in the circulatory system which can be distressing.

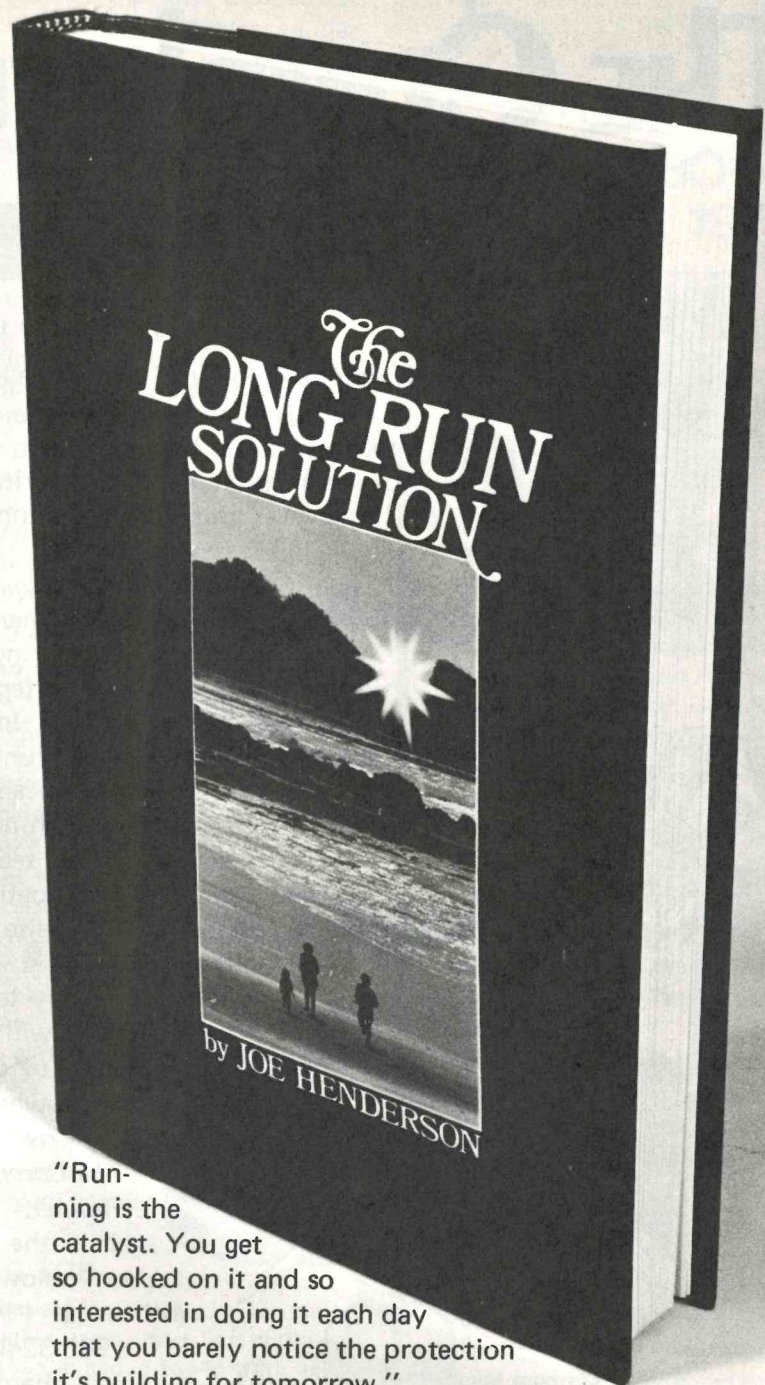
COFFEE AND TEA

Your "Medical Advice" column in the July 1976 issue contains statements about tea and coffee that could be misleading to your readers.

When used in moderation, caffeine usually does not "give the jitters" to individuals unless they are sensitive to the effects. Some doctors, in fact, use coffee to calm hyperactive children.

The matter of "gastric problems" should take into consideration recent findings that coffee, with or without caffeine, can stimulate the secretion of gastric acid. Results of the same study also show that coffee can have a posi-

(continued on page 16)



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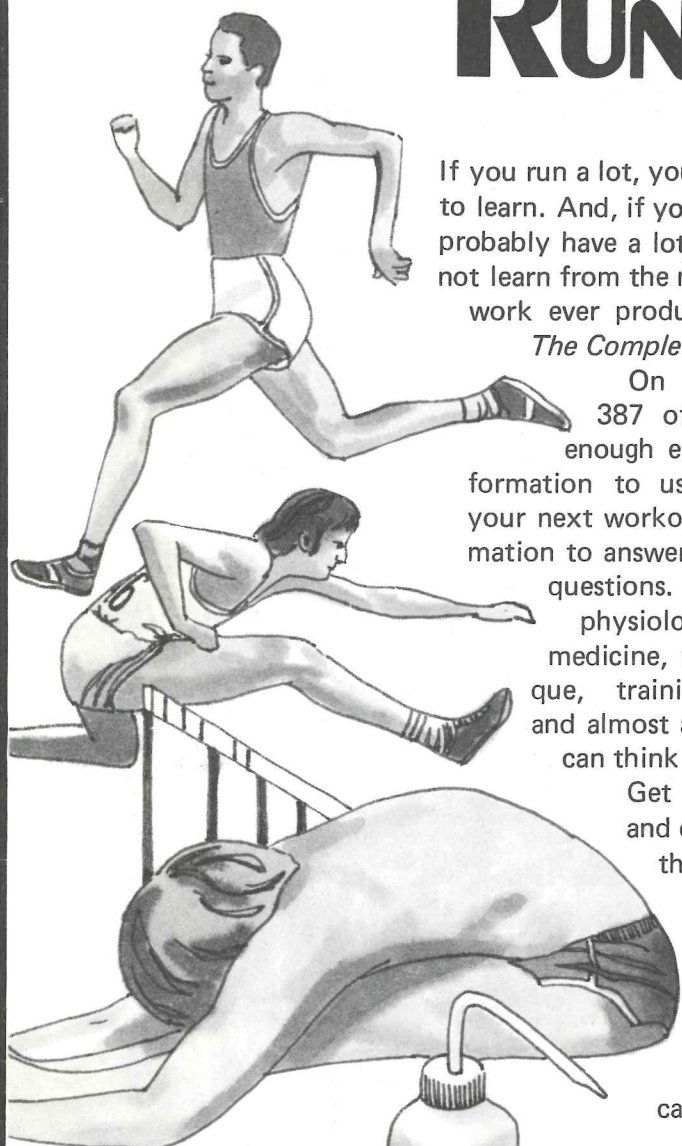
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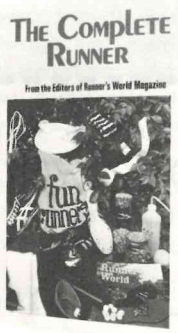
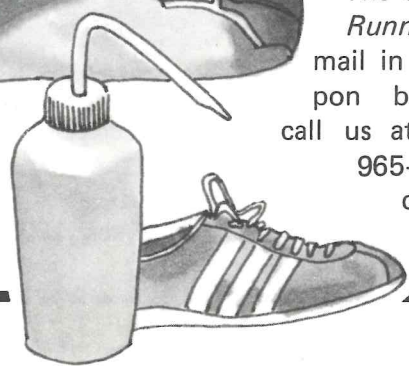
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tive effect on the lower esophageal sphincter. And a problem of tea drinking that appears to be lacking in coffee use is the gastric tract effects of tea tannis.

So it's not quite fair to state that "tea is a superior drink to coffee" from a scientific basis. (*Kenneth Anderson, Executive Director, Coffee Information Institute, New York, N.Y.*)



Dankers Lauderdale

A: The gastric effects of decaffeinated coffee have been well documented and show that it is the coffee itself, not the caffeine, that is the problem.

Still, my philosophy has always been to act as an experiment of one. Let everyone find out about coffee and tea for themselves. In my own case, I know tea to be milder and have little or no effect on my stomach and bowels. However, if I want a bowel movement in a hurry, and an extra lift before a race, I go to coffee.

POLLUTION

Q: I live, train and go to school near the center of a large city where the carbon monoxide is high. Should I be concerned about its effects during my running? Would I be better off not running at all? (*M.H., Ohio*)

A: Of course not. Ozone, which occurs in petrochemical smog and is rarely found in the East or Midwest, is the only really serious air pollutant for runners. Carbon monoxide binds to hemoglobin and lowers your available oxygen capacity. But this is actually the same as altitude training and the body adjusts to it.

Training in Cleveland in carbon monoxide would not be as difficult as training in Denver or Salt Lake City. You would actually have more available oxygen.

People who worry more about air pollution than about attending to their

physical condition are deluding themselves. They would feel much better running in the city and becoming fit than they would sitting around doing nothing in the pure air of the country.

COLA

Q: I am 28 years old and have run 30-50 miles a week for six years. Like most runners, I drink quite a bit of liquid each day. Perhaps the only thing I have in common with Frank Shorter is a passion for Coca-Cola. In fact, I drink about 2-3 quarts of cola per day. Time after time friends have told me, "That stuff will rot your stomach." Is there any evidence that I am indeed placing my digestive tract in danger? If so, what drinks, other than water, would be safe replacements? (*J.B., Massachusetts*)

A: Cola is a beverage with very few redeeming features except it is delightful to drink. It has sugar which is usually unnecessary, caffeine which is habit-forming at the least, and it is highly acidic.

I doubt, however, that cola initiates any stomach disorder, although it probably contributes to the discomfort should there be any inflammation present.



Dankers Lauderdale

I was taking the same amount of cola as you for some years, but have switched to diet cola. I had the feeling that I would be better off without all those calories. If you switched to diet cola, you probably could drop 5-6 pounds in a month.

HEEL WEDGE

Q: Since following your advice to

use an inner heel wedge, and do stretching exercises, my achilles tendinitis is cured. However, I still strike on the outer side of my heel, and my shoes show excessive wear in that area. What if I switched my heel wedge in the shoe from the inner edge to the outer edge? (*J.K., Kansas*)

A: I went through the same thought process with the wedge. It is there, however, to prevent you from tipping over to the inside (pronating). Actually, the wear of the shoe gives you a sort of automatic correction and defense against this. Still, the best thing to do is use the wedge and keep your heels in good repair.

Putting the wedges on the outer border of the heel will kill you. I have heard from a few runners that had that done and they got the miseries very quickly, mostly in the knee.

TENNIS SHOES

Q: An orthopedic specialist who is a friend of mine told me that you recommended a certain type of shoe for running. I have been doing two miles daily for some 20 years using my tennis shoes. Could you suggest a type of shoe? (*C.G., South Carolina*)

A: Let well enough alone. If you've had no discomfort with your tennis shoes, don't risk a change. The best shoe is the one that gives you no trouble, and you've already found yours.

I know runners who wear Hush Puppies, garage mechanic shoes and \$15 running shoe copies from discount houses, and never have any difficulty. Anyway, there is no shoe that is just right for everybody.

Enjoy your running and your tennis shoes.

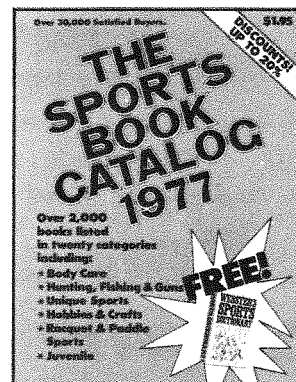
MISSING TOE

Q: I am a 56-year-old who was running 10 miles every other day until recently. Then I had a run-in with my lawn mower and lost the big toe on my left foot. Now I am wondering how that loss may affect my running. Just how important is a big toe to a runner? Will it make the pounding on the next toe worse or what? (*E.G., North Carolina*)

A: My sports podiatry colleague, Dr. Richard Schuster, tells me he sees about one such injury a week. He assures me that nothing needs to be done. If you develop a callus in the area just behind the missing toe, a podiatrist can make a "rocking" sole for you. This is an extra quarter-inch sole with the area cut out where the callus is forming.

Try swimming until the toe heals. Then go back to running. ●

THE SPORTS BOOK CATALOG 1977



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Duncan Macdonald

An interview with
the 5000-meter
record setter.

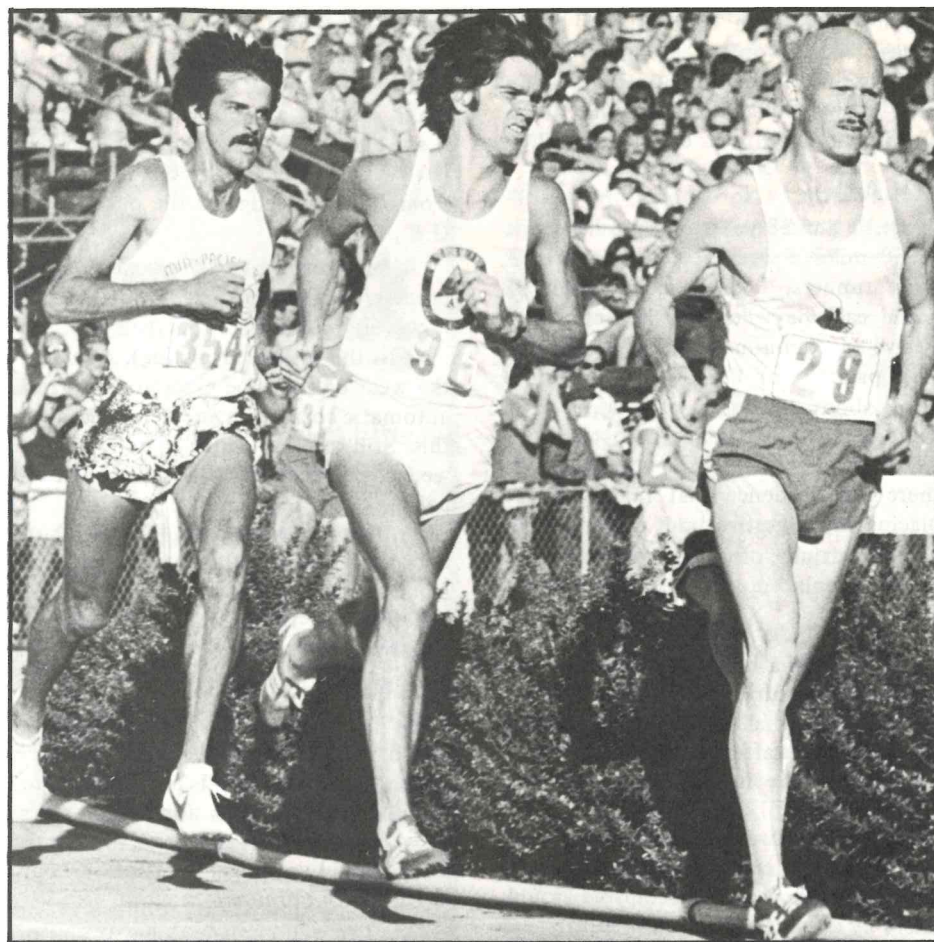
by Mike Tymn

In Hawaii, the thing a person does best is referred to as his *kuliana*, a word from the ancient Hawaiian language. It took Duncan Macdonald more than a decade of running to discover his *kuliana*, the 5000 meters. But when he finally did it, it was in a big way, with an American record of 13:19.4.

A 28-year-old medical student at the University of Hawaii, Macdonald did not come upon the 5000 in the usual manner of climbing the ladder of events. Instead, he went about it like an artillery officer zeroing in on his target, a method known as "bracketing"—going from one extreme to the other, working back and forth, and ending up somewhere around the middle.

While a student at Stanford University, the 5'11", 140-pound Macdonald was primarily a miler, clocking 3:58.4 during his senior year. He occasionally competed in the two-mile in college, but never broke nine minutes. He went on in 1972 to finish sixth in the Olympic 1500-meter Trial. It was also in 1972 that he ran his fastest marathon, a 2:21:30 effort (a later 2:19:52 effort was on a short course). This made him the fastest miler-marathoner in the nation that year, or perhaps any other year.

After graduating from Stanford in



Jeff Johnson

'72, Macdonald returned to his home in Hawaii. While road racing is popular in the 50th state, not much track competition is available. As a result, he had little opportunity to develop on the track. In February 1974, he underwent surgery on his achilles tendon. He returned to the road for a few more marathons and the second fastest 25 kilometers in the country during 1975.

With the Montreal Games approaching, Macdonald decided to take another shot at qualifying for the marathon team. He entered the 1975 Honolulu Marathon in hopes of bettering the 2:23 time necessary to compete in the US Olympic Trial. But a bad head cold forced him to drop out of the race.

It was then back to the track for another attempt at the 1500. He fell a little short of the qualifying mark in that event, then he entered the 10,000, a race almost totally foreign to him, and ran 28:53.6. That time didn't merit a trip to the Trials either.

There was only one event left, the 5000. Macdonald had never seriously run this distance, and his best effort had been a 13:56 three-mile. He entered the Prefontaine Classic and surprised everyone, including himself, with a second-place finish in 13:33.2, well under the 13:40 qualifying time. He

lowered this to 13:29.6 while finishing second to Dick Buerkle in the Trials.

In Montreal, Macdonald was the victim of a sinus condition and a slow tactical race, finishing sixth and out of the money in his qualifying heat. However, in Philadelphia the following week, he zipped off an 8:19.9 two-mile, finishing just behind Olympic silver medalist Dick Quax and ahead of Montreal winner Lasse Viren.

On Aug. 10 in Stockholm, Macdonald outkicked Rod Dixon and broke the late Steve Prefontaine's American 5000 record by three seconds.

Macdonald even gave the 800 a try during his European tour, but prefers not to talk about that one. For the time being, he plans to limit his spectrum of events to the 1500 through the marathon.

RW: How do you account for such a tremendous improvement in your times this year (8:55 two-mile to 8:19.9; 13:56 three-mile to 13:19.4 five kilometers; 29:55 six-mile to 28:53 10-kilometers)?

Macdonald: Old age, I guess. I feel that I've gotten stronger over the years. Also, I think that I'm more relaxed and more efficient now. I was impressed with Mohamed Gammoudi's

*The US Olympic 5000-meter team
(l-r): Duncan Macdonald, Paul
Geis and Dick Buerkle.*

form when I watched him in the '72 Olympics and have tried to model my form after his. Overall, I'd say it's just a combination of physical and mental maturity. Of course, I might have done better in races from 3000-10,000 before if I had concentrated on them and run more races at those distances.

RW: How did your training in preparation for Montreal compare with what you did at Stanford?

Macdonald: I trained a little harder at Stanford. I was putting in 80- and 90-mile weeks there, but I did 70- to 80-mile weeks this past year.

RW: What is a typical week for you as you prepare for competition?

Macdonald: My week starts on Sunday and runs through the other six days. On occasion I will omit a Thursday, or, if I'm feeling really good, have two Thursdays.

As far as training goes, I am a low-mileage man, but not necessarily by choice. The few 100-plus-mile weeks that I've run have been followed by illness or injury. I train best at 70-80 miles per week, mostly on the road.

Intervals on the track are a once-a-week occasion, with the possible exception of late track season when I'm trying to develop something that will pass for speed. Once a week or so, I like to do long intervals on a golf course near my home, about 1200 meters or so repeated anywhere from 4-12 times at about a 4:20 mile pace. I guess that's my favorite workout, although this past year I never did more than six repetitions.

The rest is road work of 5-18 miles, which I prefer to run at a fairly fast pace, slowing down when I get tired, then going again when I'm rested. I don't punish myself by any means. I really enjoy my workouts.

RW: Do you find Hawaii's heat and humidity a handicap?

Macdonald: It probably is, but like altitude training, the tougher the conditions give you more per mile in terms of effect. I'd say that racing in cooler weather certainly is easier than it is here in Hawaii. I don't know that I have any advantage over cool-weather runners under those conditions. I do think that I feel the heat less than they do when it is warm.

RW: Did you really expect to make

the US Olympic team after so little competition over the last four years?

Macdonald: I knew after the Trials in 1972 that I had not yet run my best race. Later that summer in Europe, Don Kardong (who was my roommate in my senior year at Stanford), a Norwegian friend and I all said that we'd be in Montreal in '76. Don and I had forgotten, but the friend reminded us of the pact before the Trials. I was shooting for personal records and had set the qualifying marks as my goals. Anything more than that was gravy. I was relaxed, as no one expected me to do anything. When I saw that Don made the team in the marathon, I decided that I could do it, too.

RW: Although you had made a name for yourself at Stanford, you were probably unknown to most of your competitors and the fans in Eugene. What was the reaction when you made the team?

Macdonald: I guess that I was a real dark horse. Kenny Moore was one of the few people who figured I'd be in there. After I ran 13:33 in the Prefontaine Classic, some of the other competitors began asking where I came from and what I had been doing.

RW: Why did you stick with the 1500 so long without seriously trying the 5000 and 10,000?

Macdonald: I was approaching my best times in the 1500 and mile without competition, something I don't think I can do yet in the longer distances. I thought that if I could get in a good race in the shorter distance I would be pulled to a PR and qualifying mark. It's difficult to compete seriously against yourself at a distance you've never raced before. You need competition to learn the race.

RW: Considering the winning time of 13:45.2 and your sixth-place 13:47.1, your qualifying heat in Montreal must have been a tactical race. If you could rerun that race, what would you do differently?

Macdonald: Finish in the top four and qualify.

Actually, I'm not sure what I could have done to change the order of finish. I had the lead briefly, but had dropped back to sixth when we started to kick. We all seemed to kick at the same speed, and so I wasn't able to gain anything.

More experience in the event, more knowledge of my competitors, more races close to the Olympics and feeling better at the time of the race might have resulted in a different outcome. I was having some kind of sinus problem or a

cold. I'm not really sure what it was. It may have had something to do with the change in climate. The doctor put me on antibiotics for the four days prior to the race, and I wasn't feeling all that strong at the time of the race.

RW: Did you know that you were capable of 13:19.4?

Macdonald: After the 8:19 two-mile in Philadelphia, I knew that I could run under 13:20, but I wasn't sure when or where I would be able to put things together. I was going for the American record in Stockholm.

RW: What were the other highlights of your European tour?

Macdonald: Seeing Tracy Sundlun run the opening 100 meters of a relay, hearing Guy Abrahams snore and riding in the same elevator as Irena Szewinska. (Sundlun is a Southern California club coach, Abrahams is a sprinter from Panama and Szewinska is the Olympic 400-meter champion.)

RW: Has any one individual particularly influenced your track career?

Macdonald: I've had several coaches, and they've all helped. But Marshall Clark, my coach at Stanford, really set me off in the right direction. He was very good at individualizing programs.

RW: Where do you go from here?

Macdonald: I'll continue on with medical school and hopefully will graduate in December 1977. As for running, I'm nursing a sore achilles right now, but I hope to get ready for the Honolulu Marathon (this December) and then the indoor season. Then I'd like to make an attempt at the 5000 world record next summer.

RW: Won't the marathon hurt you a little in preparing for the indoor season?

Macdonald: I've been able to bounce back pretty fast. In fact, I ran my fastest indoor mile, a 4:01, a week after running my fastest marathon.

RW: Are you motivated more by winning or by fast times?

Macdonald: Definitely the latter. I'm accustomed to losing, and it doesn't bother me that much. I'd rather set a PR in a losing effort than run a slow winning time.

RW: What happens when you find that you can no longer improve? Will you then hang it up?

Macdonald: Right now I don't see that day. I expect to continue to improve with age, and I have no plans to quit running altogether. If everything goes well, I hope to be in Moscow in 1980. ●

2 New Milestones for Marathoning

The biggest US city, New York, opens its streets to 2000 runners. And the Louisiana countryside is the scene of the South's first national championship.

All Around the Town

by Ted Brock

Fred Thompson, coach of the Atoms Track Club, appeared to have assembled every girl who had ever been an Atom, at the corner of Fourth Avenue and Flatbush—Brooklyn, home turf.

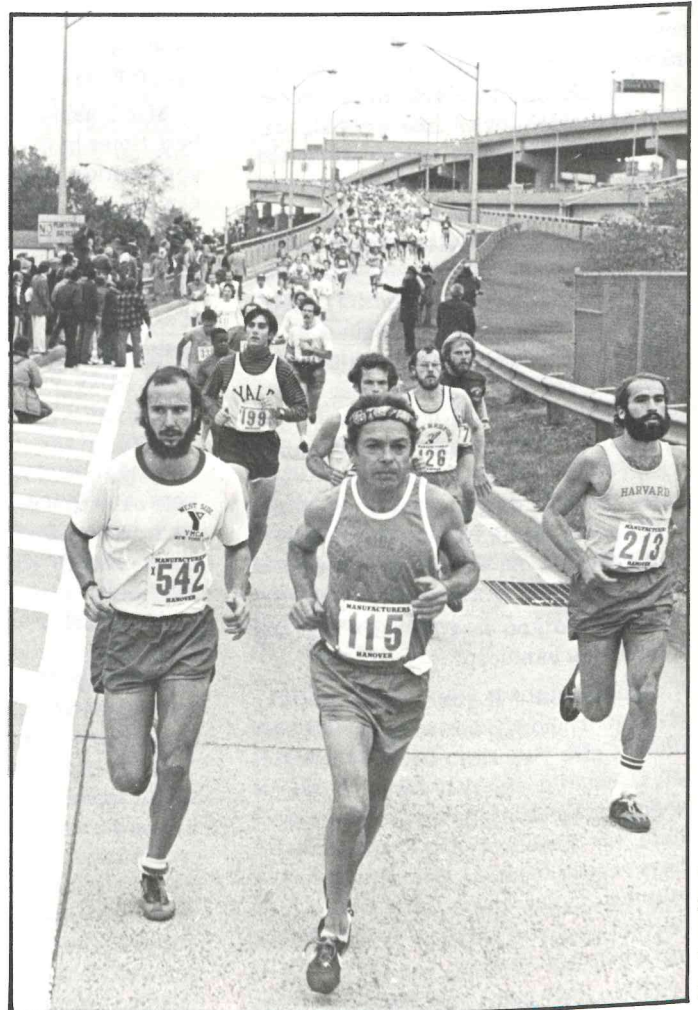
Now, I don't know Fred Thompson and he doesn't know me, personally that is. But when I saw him cheering and called "Hey, Fred!" he called back "How *you* doin' man?" Then he wished me luck as if he'd been waiting for me, right at the eight-mile mark of the New York City Marathon.

I was coming off Fourth Avenue at that point, fresh from a smooth six-mile straightaway lined with families watching from second-, third- and fourth-story windows above the storefronts. Old folks on the sidewalks in black overcoats and fedoras yelled, "Keep it up! Don't quit! You're all winners!" High school kids in high-top sneakers wisecracked, "Hey, ya goin' the *wrong way*. Ahaahahahaha!" A nervous mother warned her son, "For the last time, Michael, get your bike off the blue line, I'm telling you, you're gonna get hit."

Five miles of Brooklyn's most desolate industrial areas lay ahead—to be followed, after a sweeping view of the Manhattan skyline from the Pulaski Bridge, by two miles of Queens' most desolate industrial areas.

But the truly radical changes were beyond the halfway point, waiting to reverberate: the sophistication of Manhattan's upper East Side; the squalor of the south Bronx (only 50 yards of which was part of the race—one loop around the nearest lamp post, a gesture of mercy by the organizers); Harlem's cool acceptance and supportive good humor; and finally Central Park's rolling, womb-like receptiveness.

Across the bridges and through the five boroughs they ran, 2000 strong. Half had never raced a marathon before, yet the spirit of the event pulled most of them through.



Harrison Funk

The chute leading to the finish line was full of smiling faces and congratulations, the end of a three-hour standing ovation. On top of this came a very attractive participant's medal, one worth displaying for a change. Was it possible that full New York citizenship had just been conferred, by acclamation of half a million voices?

* * * *

"Meet the Marathoners" was just about wrapped up. Ron Hill, 38, had been sharing his satisfaction with a recent 1:36 time for a 20-mile road race. "I felt that if I could have gone on, I'd have run under 2:08 for a marathon," the Englishman said.

"I'm training at 65 miles a week, and I've run 2:16 this year off that," he added.

"I never have a strategy before a race. I always play it by ear, and I hope I'm listening well tomorrow."

Then race director Fred Lebow, who for months had been working 18-hour days to prepare the Big Apple for 2100 marathoners, and vice-versa, took the microphone for some last-day instructions.

"In about 16 hours, you'll be running over a brand new course. We have had two emergencies.

"The first was the problem of a sharp drop at the end of the walkway on the Willis Avenue Bridge, leading into and leaving The Bronx, at about the 21-mile point. We've solved that with plywood ramping.

"The other problem concerns the first two miles. We've been told by the Triboro Bridge Authority that on account of cold temperatures expected tonight, the fingers of the expansion joints on the Verrazano Bridge could widen to the point where we might have some sprained ankles.

"At 2:00 a.m. tomorrow an emergency crew will install half-inch plywood at the critical spots. So be careful."

* * * *

The Big Apple Bicentennial Marathon, the first footrace ever run through all five boroughs of New York City, took place Sunday, Oct. 24, under cloudy skies with temperatures in the upper 40s and low 50s, winds 10-20 miles per hour and occasional light showers.

A total of 2090 started the race, 2002 men and 88 women. Nearly three-quarters of them—1498 men and 63 women—finished in less than five hours.

Bill Rodgers (2:10:10) defeated Frank Shorter (2:13:12) for the championship. Rodgers' time is history's eighth best. He also holds the fourth best, 2:09:55 at Boston in 1975. These are the two fastest times on the American list.

Miki Gorman (2:39:11) was the first woman to finish, followed by Doris Brown Heritage (2:53:02).

Brad Kelley of Manhattan, a 10-year-old representing P.S. 84, ran 3:42:49 to place 979th.

More than 400 police officers worked the route, which included 218 intersections and five bridge crossings. The runners started at the toll gate of the Verrazano-Narrows Bridge, Staten Island, at 10:40 a.m. and finished at Tavern on the Green in Central Park.

There were no acts of violence or traffic mishaps reported in connection with the event, which (the *New York Times* estimated in its Monday editions) was viewed by a crowd of 500,000.

* * * *

Kenny Moore
c/o President's Commission on Olympic Sports
Washington, D.C.

Dear Kenny:

I looked for you at the finish of the New York Marathon and learned that while approaching the line you had been re-

2:10 Comes Too Late

Bill Rodgers had to run a lot of miles before he could forget what happened to him in Montreal on July 31.

Perhaps he still hasn't completely gotten over his 40th-place race there. But what he did in New York City seven weeks later went a long way toward erasing the pain.

Running without a human challenge in the hardest part of the race, Rodgers did 2:10:10. That was within 15 seconds of his wind-blown, somewhat downhill race at Boston a year and a half earlier. No other American has run faster anywhere, and no visitor has done better on US soil.

Possibly of more significance was the list of people Rodgers beat. It was the first time in more than five years that an American had outrun Frank Shorter. Bill left him three minutes behind. And Ron Hill, Akio Usami and Ian Thompson—all sub-2:11 men—were farther back.

This wasn't the Olympics, but Rodgers had trained more for the New York City Marathon than for the Games. He told *Boston Globe* Joe Concannon:

"I trained very hard after Montreal, harder than I've ever trained. I averaged 160 miles per week. One week, I did 178.

"I was psyched up just because I got nailed in Montreal. I was hoping (Olympic winner Waldemar) Cierpinski and (fifth-placer Lasse) Viren would come here so I could see how I'd be against them in weather I'm used to."

He likes it cool. In Boston in 1975, the temperature was cold enough for gloves. In New York, the day was gray and in the 40s—"ideal conditions for a marathon," Rodgers said. He'd complained earlier about Montreal's humidity ("Interview," Oct. '76 *RW*).

Bill called the tour of New York's five boroughs "a little tougher than Boston. Boston's course is basically downhill. This course had a few hills and fairly tough terrain. It was like running cross-country."

Rodgers left behind the last of his challengers (Chris Stewart of Great Britain) shortly after halfway, and a little farther along met Shorter as they were going in opposite directions.

This was during the token swing into the south Bronx. Shorter was going in, Rodgers coming back. As they passed, Frank said, "Nice going, Billy."

Bill smiled and waved. He now had more than the lead in this race. He had taken the lead in US marathoning which Shorter had held since 1971. And Rodgers may have it for a long time if Frank carries through his plan (see October "Interview") to run easily until 1979.

Shorter accepted the outcome with this comment: "You've got to learn to lose, too. You can't win all the time. Mentally, it's hard for you when someone gets so far ahead. About halfway into the race, Bill just ran away from everyone. I didn't have a particularly good day. He did."

Rodgers' run was good, anyway. Afterwards, he found that his car had been towed away, and that he would have to pay \$90 to bail it out. Race officials paid the bill for him.

"They take good care of the runners here," he said.

moved from the course by a howling race official. Photographs would later reveal this was, in fact, Joe Kleinerman, the tireless, venerable and likeable patriarch of the New York Road Runners and coach of the Millrose AA lads who snatched the cup at this year's London-Brighton 52½-mile run.

In the first picture, Joe is seen taking dead aim at your forehead with his index finger and shouting to the nearest policeman (I am told by the photographer), "Get him off the course! He's not officially entered! He doesn't have a number!"

In the next shot, you are giving it your best late '60s street radical smile as the police escort you into the crowd, and all that's visible in the last frame is a pair of trunks disappearing beneath a barricade.

The only other information I picked up was your quote in the *Times* the next morning, "This surface was probably the worst I've ever run under." No mean feat! As you were making the comment, I figure I was somewhere in Harlem, crushing my ankles on the cobblestones.

Someone asked Ron Hill if he shared the other leaders' complaints about running over potholes, bricks, steel grating, and so forth, and his answer was "What do marathoners want, anyway, a Tartan surface all around the course?"

I suppose I'll get to a weighty analysis of "The Racing Surfaces of the Five Boroughs" sooner or later, but for the time being I'm preoccupied with the notion of having finished my first marathon attempt and having remained lucid the entire way. I'll admit to a loony spell at the 20-mile point, where I heard my time was 2:19 and threw in a reckless 6:30 mile. It was a struggle to reach 24 miles in 2:51:00. From there, I was able to ride the waves of support through Central Park and finished 391st in 3:05:01. (I knew I'd made it when, a mile from the end, a woman yelled, "All New York is proud of you!" Think of the responsibilities.)

Before the race, I was afraid to submit my "how-have-you-been-training-for-the-last-two-weeks?" questionnaire. I'd have had to assume all guilt if the computer had broken down. I'm also wrestling with the idea of publishing my mileage for the six weeks prior to the Big Apple—30, 57, nine, 13, 45 and 18—because the distances could be construed either as boast or as recommendation, when, in fact, they were neither. They were mostly accidental, injury-related.

Clearly, I did not "pay the price" for mileage, and this could alienate a good chunk of those run-serious readers who practically insist on inspecting the last three months of one's diary before they'll enter the simplest conversation. That should take care of them!

Now to the heart of the matter: The Big Apple. Who were those half-million people, and how did they get me so high? I kept waiting for the city's energy to fall away and for physical pain to take over completely, thus creating the full Marathon Mystique—the existential choice at Heartbreak Hill, as Erich Segal might put it.

I'll admit I got pretty existential when I decided to take water as well as ERG in The Bronx, then poured half the cup over my head, ignoring the cold, probably because in every marathon I had ever seen at least one runner had performed this ritual. For no good reason, save the chance to do some spontaneous "stylin'", I was willing to let form dominate function, and body temperature be damned.

Aside from that, no heavy choices.

There seemed to be a small marathon boom in New York during the days following the race. No doubt 4000 will line up at the Bridge next year, half of them uninitiated (as half of us were this year), yet just as eager to see the Apple on foot,

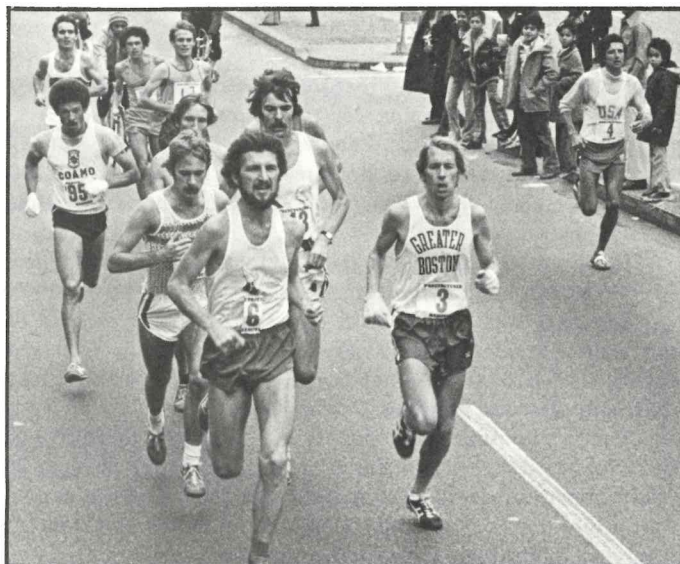
to wire The City borough-to-borough at whatever voltage they can generate.

By that time, I may have upped my mileage to a "respectable" 40-50 a week, and will need new advice. I'll consult with you then, if not sooner.

Best,
Ted

* * * *

The organizers of the Big Apple Marathon spend \$60,000, much of it in appearance fees for high-quality domestic and



Harrison Funk

Frank Shorter (right) wants to be left alone as Tom Fleming (No. 6) and Bill Rodgers (3) lead.

foreign competitors. Thanks to Finnair, Manufacturers Hanover Trust and Bonne Bell Cosmetics, among others, the event ran a mere \$20,000 deficit. In New York, this is financial success.

Whatever the cost, the public relations value and goodwill would be difficult to estimate. There is now an excellent chance that New York will replace Boston as "the people's race," or maybe "The Race." That possibility is not lost on either Fred Lebow or his assistant race director, Bob Glover.

Glover: "As a runner, I was one of the few who had been involved in the race from beginning to end, so I couldn't really do my best job. I was worried that police protection might not be adequate. No race other than Boston draws a crowd this size. Boston has its problems with cars and bicycles, but New York is so much more complex. We had to coordinate the Traffic Bureau, the Triboro Bridge Authority, the Navy, the Merchant Marines . . . Boston is a straight, open route."

Lebow: "I just talked with the Mayor's office. They've checked all departments, and there's been nothing but glowing responses. I was in the lead car, and the first thing I did when we got to the finish was to get on the radio. I was worried about what was happening out there, especially under the Queensboro Bridge, you know, where they shoot the *Kojak* episodes. But New York, a city synonymous with bad neighborhoods and muggings, did a better job in its first year."

Glover: "I ran at Boston when the requirement for men under 40 was 3:30. Even then, a lot of excitement was cut out. Now, with the *three-hour* requirement, the race is really cutthroat. Everyone's intense, and you don't get that sense of club running or running for the joy of finishing. That's the reason New York is already what Boston used to be, and more."

The South Has Risen



by Joe Henderson

Every area of the country needs a Dr. Attwood. Charlie Attwood, a pediatrician, decided three years ago to move his family back to his native South. And it's fortunate for running in that part of the country that he did. Otherwise, he might still be a struggling marathoner among thousands in running-rich Northern California. And the Deep South might be without a race which stands alongside those up north in size and quality.

It was 1973 when Charlie was looking for a place to relocate his practice. Coincidentally, he ran in his only AAU Marathon Championship—and had his only DNF—that summer in San Mateo, Calif. That event was to be significant to him later, though it seemed at the time to be a low point. He couldn't have imagined then that one day he would be directing a national event.

While scouting for small- to medium-sized towns, Attwood reached Crowley, La. He naturally wanted to take a jog there to check that aspect of the town. But almost as soon as he set foot on the tree-shaded streets of Crowley, the local police stopped him.

"Two of them put me in their car and questioned me," he said. "They weren't belligerent. They'd just never seen a grown man running before, and they wondered what I was doing."

He moved there anyway. And within a year, Attwood had most of the police force supporting running in Crowley by directing traffic during his races. There had been no races of any note between Houston and New Orleans (Crowley is about equal distance from each), so the doctor started one. He tied it in with a local celebration and called it the International Rice Festival Marathon.

In 1974, the times were fast but the field was small—about 50. Last year, the number of runners leaped to 300, and the times still were fast. This fall, the race had 500 entrants and was the National AAU Championship.

"If this can happen here in Crowley," Attwood said, "it can happen anywhere. This was about the most non-running area you could find, and yet we've been able to get the whole town turned on to this race."

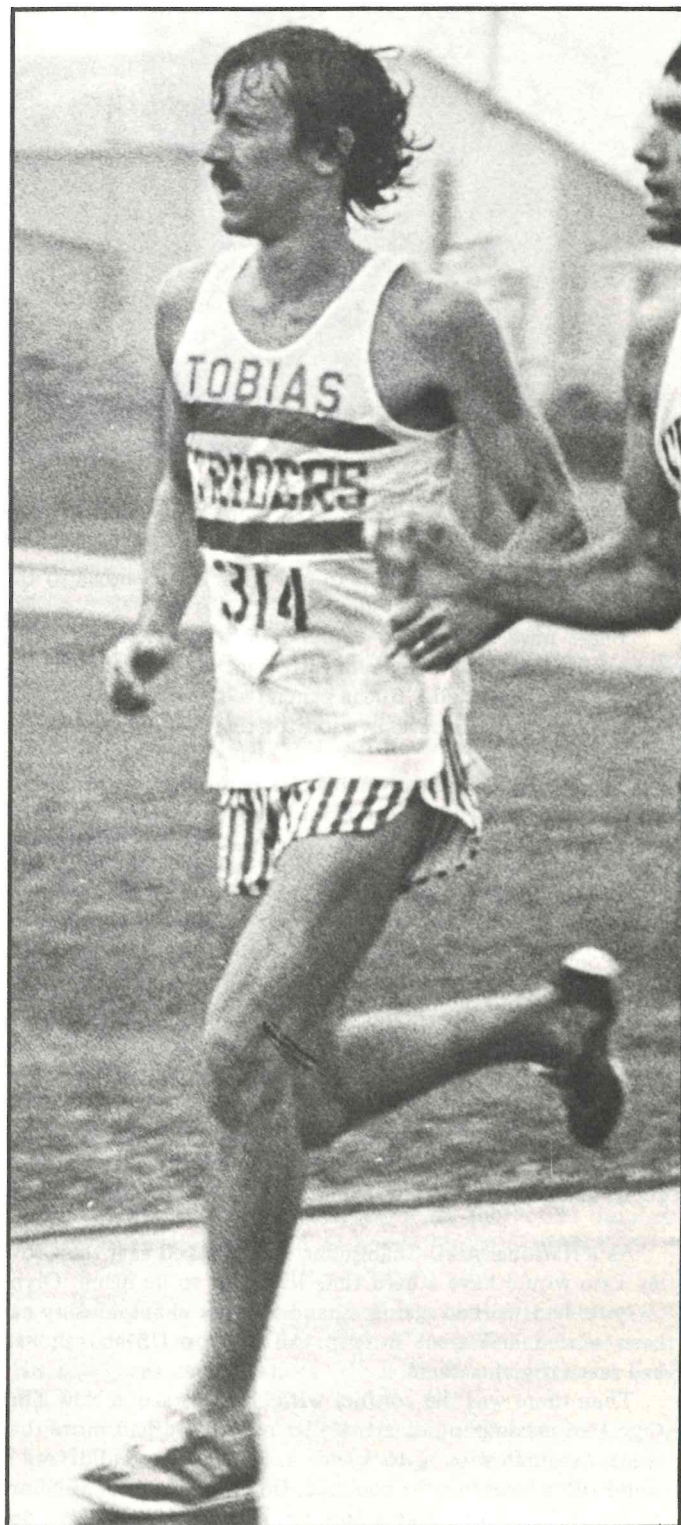
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Runners outside of southwest Louisiana might never have heard of Crowley if Dr. Charles Attwood hadn't moved there. And we wouldn't know of it now if it weren't for his race.

But the town has other distinctions. Coming in from the east on old Highway 90 is a sign boasting, "Crowley: the cleanest city in Louisiana! Population 17,121."

This is the heart of Cajun country. Creole French is the lan-

Gary Tuttle slipped away from Barry Brown in the last 10 miles to win the AAU Marathon. It was Tuttle's second straight national title.



Yankee Runner

guage in many homes. Business signs and mail boxes have many family names ending in "x." Restaurants feature crawfish and rice dishes.

Rice is the money crop here. It grows in the wet, lush flatlands around Crowley, and October is the time of the harvest. The farmers and townspeople celebrate that with an event of some importance in the area, the Rice Festival.

The marathon is a newcomer to the celebration which included concerts, a carnival and parade. In three years, the race



"Two fifty-five!" Dorothy Doolittle seems to exclaim as she wins the women's title.

has advanced from being one of the freaky side-shows to the main event in terms of the outsiders it brings in.

"There have been a few complaints from the farmers that we're trying to turn their event into what they call 'a big track meet,'" Attwood said. "But in general we've been able to convince them that the race is good for the overall Festival and the town."

Charlie is good at convincing. He combines well the hard-headed drive gained in part from living so long in the North and the smooth charm of one who was born a Southerner. He's a mover who doesn't irritate the people around him who like things as they always have been.

His is one of very few races in the country to account for its income and expenses in the results booklet. So we know that the Rice Festival supports the marathon with about \$2000 cash. A large share of the remaining \$10,000 in the budget comes from local donors—notably Finish Line Sports. Attwood started that business and turns much of its profits back to his sport.

The marathoners themselves pay only a fraction of the race's bills. For a \$2 entry fee, they receive \$15 worth of goods and services and a weekend on which no dollar value can be set.

As a National AAU Championship, it looked as if the Crowley race would have a hard time living up to its name. Olympic year had worked against it, and the true championship had been settled in Eugene in May. All the top US marathoners had raced together there.

Then there was the conflict with the big race in New York City (see accompanying article). It reportedly had more than twice as much money to spend as Dr. Attwood did, and it could offer incentives he couldn't. US Olympians Frank Shorter and Bill Rodgers, plus a number of leading foreigners, turn-

ed down the AAU invitation in favor of running in New York a week later.

It might have seemed, then, that the race for first at Crowley would be among the second-stringers—the hungry runners who hadn't yet scored well enough in national and international races to rate attention from New York. Yet it was as wrong to think that as it was to think that Crowley would put on a second-class national championship this year.

The town was the second smallest ever to host this event (Redfield, Iowa, population 800, had the 1970 race). And this was the first time it ever had been run in the South. But there was nothing small-time about it.

Crowley need apologize to no one for the kind of show it put on. It was a show lasting not a few hours but an entire weekend: clinic all afternoon on Friday, a spaghetti feed that night, a ham and rice (what else?) dinner after the race.

The field was as fast as could be expected considering the competition from New York. But more important, it was larger than any "national" had been before. Every finisher received a trophy. The organization was tops. What more could a championship be?

Even before the race began, longtime followers of the sport had the feeling that this race was not merely on a par with the big ones on the coasts. In many ways, it now was ahead of them.

* * * * *

Crowley combines the traditional Old South with the progressive New which was the subject of a full issue in *Time* a few months back.

Dr. Attwood's home symbolizes that combination. It's a plantation-style mansion built at the turn of the century. Frances Parkinson Keyes used it as a setting for her novel, *Blue Camellia*. But in back of the proud old house is a new swimming pool, equipped with a hot whirlpool bath.

Charlie Attwood and his wife Freddy open the home and the pool to the runners. The Rice Festival weekend is a continuous flow of Southern hospitality, good talk and good food. Runners are there before and after the race, and some spend the nights.

Gary Tuttle was there. He'd been tempted by an invitation to race in New York City. But he ended up defending his AAU Championship.

"Maybe if I win again," he said, "I can earn a trip." He was rather upset that his victory at Culver City last year took him nowhere.

Tuttle was hungry, despite the fact that he's one of the best all-round track, cross-country and road runners in the country. (He holds four American records in track and was the top US finisher in this year's International Cross-Country.) He'd hurt a foot before the Olympic Marathon Trial and had dropped out, and he'd missed the 10,000 team by two places.

This was an important week for Gary, whose drooping hair and mustache, and sad face make him look something like a blond Sonny Bono. His 29th birthday was Tuesday. The next Monday, he would open his new sporting goods store in Ventura, Calif.

It didn't bother Tuttle to room here with his leading rival for the AAU title, Barry Brown. Rivalries seldom spill off the roads in this sport. Brown, 32, also was a defending champion. He'd won in Crowley last year with 2:16. But like Tuttle, he had quit the Trials Marathon after helping carry the pace for almost 20 miles. Barry was hungry, too.

Tuttle and Brown ran and drank beer together on Friday evening. That night, they sat in the Attwoods' house trading stories and watching TV. The 10 o'clock news said Saturday morning would give them temperatures in the 60s and "wildly

scattered showers." Those showers were to be good and bad news for the racers.

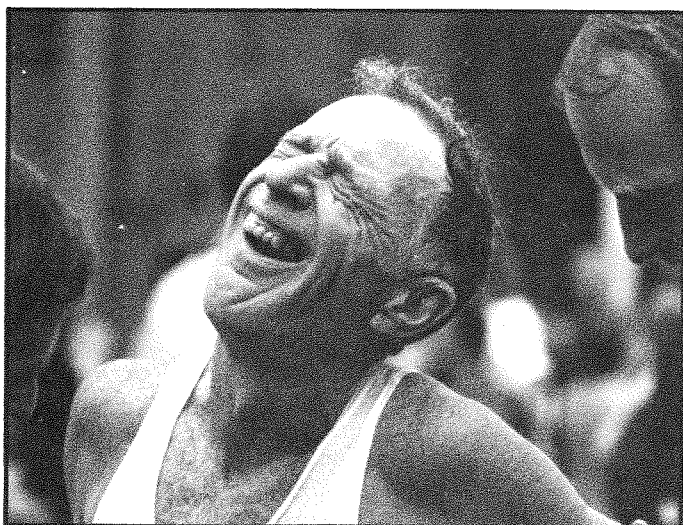
The good news was that one of the "wildly" scattered showers settled in over the Lafayette-Crowley area for the day. The light rain cooled the fears of runners who'd arrived Friday in muggy, mid-80s heat.

George Sheehan came here to speak and to receive an award. "I've had a cold for nearly a month," he'd said on Friday. "I'm not running tomorrow. But I always think that the night before a marathon. I may just wake up in the morning, see it's a good day and decide to run."

In the pre-dawn rain Saturday morning, George was with the other marathoners, dressed to run. This wasn't good news for Barry Brown. Barry had carefully defizzed his Coke—a Shorter trick—and poured it into squeeze bottles. He'd left it in Dr. Attwood's van. During the drive from Crowley to the start in Lafayette, 25 miles to the east, Sheehan drank Brown's Coke.

Tuttle—and dozens of others who wore slick-soled New Balance Super-Comps, Tiger Jayhawks and Nairobis, Nike Bostons and Stings—didn't know it yet, but the rain would be bad news for them in the last half of the race.

A local radio station broadcast the marathon live. Between that and Gary Tuttle's running commentary, a group of



George Sheehan, an honored guest at the race, experiences the agony of the feet.

reporters riding upfront were given a unique perspective on what was happening.

As Tuttle ran past the mile in exactly five minutes—a second behind Barry Brown—he shouted hello to a photographer friend squatted in the mud beside the road.

The radio man said, "We've just worked our way through the crowd of more than 500 runners here in Lafayette. Two runners seem to have broken away from the pack, but we don't know who they are just yet. They are running at about a four-minute mile pace early in the race."

They were out in flat rice-growing country now. Someone alongside the road yelled at the leaders, "Hey, what y'all doin'?"

Tuttle answered, "There are 500 homosexuals behind us, and we're trying to get away from them."

The broadcasters stopped Dr. Attwood and pulled him into their car for help. He talked for five minutes about the race and identified the runners in front.

By 10 miles, Brown had a 19-second lead on Tuttle. By halfway, Barry led by half a minute. Yet Tuttle looked calm. Two miles later, the gap was cut in half, and Gary said, "He's getting tired."

"Tuttle has caught up with Brown as they approach the 17-mile point," the man on the radio said. "Brown appears to be tiring. But something seems to be wrong with Tuttle as well. He's left the road and is running on the grassy shoulder. Well, that road probably gets mighty hard after all these miles."

Tuttle said, "I'm slipping like crazy on the road." He was wearing racing flats with nearly smooth soles. The road was asphalt with slick pebbles imbedded in it, and that combination of shoes and surface wasn't working.

If Gary kept running on the road, he risked blisters or a fall from the slippage. But if he ran on the rough grass, he risked injury. The foot he'd hurt this spring still gave him occasional trouble.

"The pain is still there," he'd said on Friday. "Some mornings I feel fine, but others I can hardly walk when I get up. This is one of the bad mornings."

He chose the shoulder and said as he passed 20 miles, "This has turned out to be cross-country running."

Barry Brown stopped at 20 miles and limped to Dr. Attwood's van in time to hear an instant replay on the radio. He hadn't slipped at all in his waffle-soled Nikes.

"I'm not tired now," Barry said as he stretched his left leg out straight and massaged his hip. "I just cramped up."

A little later, Brown said, "My race here last year (he called it his first serious marathon) gave me a false sense of security. I won that race but have dropped out of my last two."

Tuttle still was on the shoulder as Dr. Attwood's van left him to find a parking place at the finish line. Radio contact soon was lost.

Despite the rain, a fairly large crowd had gathered on Parkerson Avenue in downtown Crowley. The main street was lined with carnival booths and fast-food stands. The high school band played. A helicopter flapped through the wet air, signaling that a runner was coming.

It was Tuttle. The first thing he said as he heard the result was, "I'm pleased with the effort but not with the time. I just know there's a good one in me if I get the right conditions."

He still ran 2:15:15—his fastest and the best ever in an AAU Championship race.

More than five minutes behind Gary was runner-up Benji Durden (who along with Lee Fidler and Karl DeSantos won the team title for the Atlanta Track Club). Durden improved his best time by more than 15 minutes to outrun Olympic Trials qualifiers Fidler and Ron Kurrele.

Forty-year-old Al Lanctot of San Antonio, Tex., was the first Master with 2:35. He said, "I don't run to race. This is only the second race I've run all year, and the first marathon."

Dorothy Doolittle of Austin, Tex., ran 2:55 to lead a large field of women (nearly 40 entered, including 20-some who ran in the special husband-wife division).

As the runners continued to come in, another of the main events began as scheduled at noon. The rice-eating contest.

Early Sunday morning, Gary Tuttle carried the Governor's Trophy into the Lafayette airport. He seemed embarrassed. His prize was about half as tall as he was, and there was no place to hide it in his luggage.

A man grabbed a friend's arm and pointed to the trophy. "Look," he said. "There's the guy who won that marathon."

"Hey, great!" the other man said. Then he paused and asked, "What's a marathon?" ●

CIERPINSKI: Best Man on That Day

by Ivan Berenyi

On the night of July 31, a lonely figure ran stealthily along the tree-lined paths of the Olympic Park in Montreal, moving like a well-oiled clock. It was Waldemar Cierpinski, surprise winner of the marathon in only his fifth start over the distance earlier in the day.

"I suddenly woke up, after only an hour of sleep, and something simply pulled me out of bed," the newly-crowned Olympic champion later explained. "Unable to relax, I went out for a run and moved around at a fair clip for an hour or so."

Was it the shock of finding himself, contrary to expectations, the best marathon runner in the world? Was it a sudden need to release all the pent-up excitement or the joy of having been able to match the incredible performances of his East German teammates? Or was it an inner call to subject himself to physical strain, to do what he had been so meticulously programmed and prepared to do for months by his country's sport scientists?

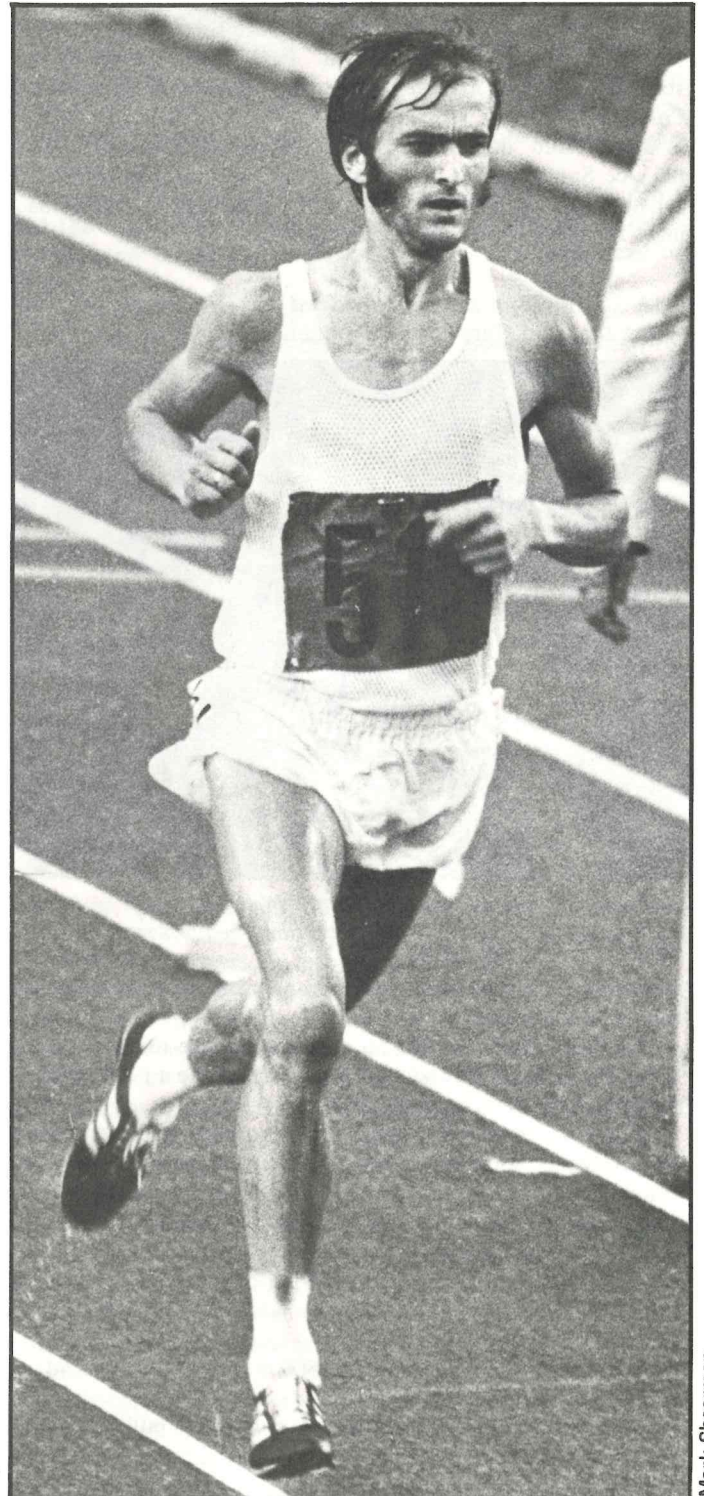
His comments in post-victory interviews show him to be an unassuming and by no means overtly self-confident person who tends to give more credit to his helpers for the glory that befell him than to himself.

"True enough, I was up front alone and ran by myself for some one-sixth of the race," he said. "But I do realize that my win was no solitary achievement. It was success borne out of collective effort. The exacting preparations of the whole team, the work of our team doctors and masseurs, of my coach Walter Schmidt, of my fellow marathon runners—it all played an organic part. And so did the phenomenal performance of the GDR (East German) Olympic squad as a whole. One victory generates another. It spurs you on if your teammates do so well."

He confessed to having been "very nervous" on arrival in Montreal, but gradually finding his cool as the East German golds were piling up.

"By the time I had to run, our athletes had already collected an avalanche of medals," he said. "This made me think: 'They could do it—why couldn't I?' And, conversely, I feel certain that my win provided a measure of inspiration to our soccer squad, which was to play in the final in the Stadium immediately afterwards and, of course, won the gold."

"I felt very happy, and grateful, that so many unknown people sent me congratulatory telegrams, and out of my depth at receiving my first ever messages from members of the gov-



Mark Shearman

Cierpinski said after his Montreal race, "One tends to forget the hardships and remember only the good things. This is especially true after such a successful race. But nonetheless, it was hard, very hard . . . It always is."

ernment," he said. "But I do hope that people won't see me as a different person at home. I don't want to be pointed out as someone special at every turn.

"What did I think of first, after the victory? My family. They are the most important for me, and I thought of them, hoping that they were all healthy. The Games? They were perfect. First, I felt a bit apprehensive about what I had considered excessive security measures. But the trouble-free staging of the whole Games proved the organizers right. The spectators were terrific. They cheered me on and gave me lots of encouragement."

The chief medic of the East German squad, Dr. Manfred Hoppner, without hesitation put his finger on Waldemar's prime asset.

"I would praise his attitude to discipline above all," he said. "He never balked at doing exactly what he had been told in training, and strictly followed all dietary advice, subjected himself to all the prescribed massage and other treatment. He also kept himself fit psychologically, as instructed, and avoided getting caught up in the feverish atmosphere of the Olympic Village. In his leisure time, he stayed in and quietly listened to records. He followed the daily routine as outlined to the dot. It helped, of course, that it rained on the day of the race. Otherwise, the 75% humidity would have made his tempo excessive."

What was most notable about Cierpinski's winning 2:09:55 run in the Montreal marathon was his unprecedentedly even pace. An analysis of the time at each five-kilometer interval shows that the differential between the fastest and slowest five kilometer was a mere 38 seconds—something that leaves it without parallel if compared to other sub-2:12 performances. The fastest five-kilometer split was between 10 and 15 kilometers (15:10), and slowest between 35 and 40 kilometers (15:48).

Furthermore, Cierpinski—though he failed to better Derek Clayton's 1969 world mark (2:08:33) and Ian Thompson's European best (2:09:12)—still had enough left to run an extra lap. Whether this was really a "fur all falle" (to be on the safe side) addition, as he claimed (because apparently the lap board still indicated the figure one when he finished the course) or because of an attempt to emulate the incomparable Abebe Bikila's Tokyo showmanship remains open to conjecture.

The East German's strategic plan was less than impressive. "I was told to stick with the leaders," he said, "and this is precisely what I did. I was really happy to see that Frank Shorter's early bursts thinned out the leading group, but I found no real difficulty in staying with him. At 34 kilometers, I started to break, because that's where I went away from the field once before (in Wittenberg eight weeks previously). It worked there, so I thought, 'Why shouldn't it work in Montreal?'"

Cierpinski's instructions reportedly included one thing that helped him—an order to stay very close to the favorite, Shorter, "almost to the point of body contact." The East Germans knew full-well that this is something Shorter dislikes, and told their man to play it awkward. This did lead to some mid-race skirmishes but afterwards Waldemar was all innocence and sweetness when questioned on the subject.

"It was the first time I competed against Shorter. He is a great sportsman, and a good, fair man," he said.

Shorter, asked by *Sportechno* (the East German sports daily) reporter if he was angry for being unable to retain his title, replied, "On the contrary. I am happy that I won the silver. This was a bigger and faster race than the one in Munich, and I did my best. On the day, Cierpinski could do better, and justifiably won."

Innocence continued to color Cierpinski's comments on a

host of other subjects, too, giving a strong impression that he had been schooled in what he was to say. On being asked about his diet, he said he had a substantial breakfast the day before the race, and "fowl" for lunch, but nothing very much on the day of the race.

"Of course, I do eat a lot of sweets before marathon races," he volunteered, much to the consternation of all present (who came to the probably wrong conclusion that he, and his helpers, had no idea of the carbohydrate-loading diet). "Cakes, chocolates, ice cream—anything sweet I like."

Did he feel the strain at any time during the race?

"Well, one tends to forget the hardships after a race and remember only the good things. This is especially true after such a successful race. But nonetheless, it was hard, very hard. When? Well, I could not exactly say. Here and there. It always is."

It would also be hard to imagine comments of this kind from the likes of an Emil Zatopek or Abebe Bikila, to mention just a couple of the all-time greats of the marathon event. But to be fair to Cierpinski, the conscious clouding of issues may not be entirely his idea. In East Germany, revealing "sports secrets" contravenes the local version of the official secrets act.

It does happen on occasion that a virtually unknown athlete emerges from an undistinguished field. But this rarely happens in the marathon, and the Montreal collection of marathon men was anything but undistinguished.

Cierpinski was little known prior to the Games, though he had been active competitor for a decade. Born in Neugattersleben on Aug. 3, 1950, he was transferred to the industrial town of Halle to realize his potential. Described as a sports student, he competes in the colors of the SC Chemie Halle club. Prior to the Games, his career had been somewhat undistinguished. He campaigned as a steeplechaser to start with, was national champion in that event and switched to the marathon 2½ years ago.

He says there was two reasons for the switch from the steeplechase. "One was that I felt that my 8:32 personal record was close to the very limit. The other was that I was injury-prone, due to my risky hurdling technique. And then I simply love running, especially long distances. That's what I like doing best."

Subsequently, he competed at 10,000 meters, achieving a best of 28:28 (not that impressive compared to Shorter's proven sub-28 ability) and his results over the marathon distance were to improve. He ran once each in the 1974 and 1975 seasons (2:20:28 and 2:17:30, respectively), and this year's results were, prior to the Games, 2:13:58 and 2:12:22. The first 1976 run in Karl Marx-Stadt put him into the top 10 on the world list, and the second (which was to decide Olympic nomination) in Wittenberg at the end of May, reflected the even tempo of his Montreal performance.

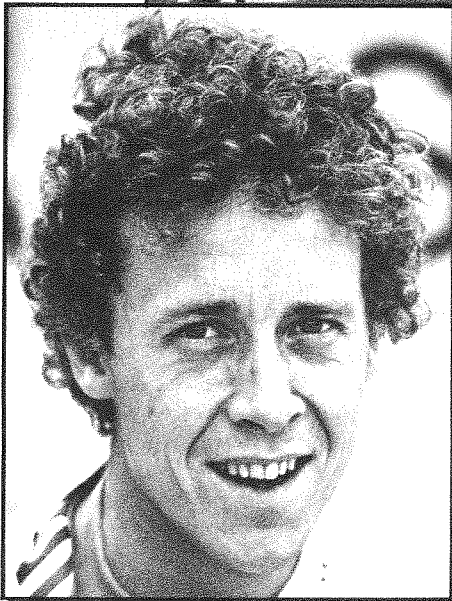
Is the 5'7", 128-pound athlete one of the genuine greats? Or is he just someone to have emerged momentarily from the welter of East Germany's athletic industry, only to disappear into oblivion soon? We shall see.

Cierpinski is, in any case, full of both short and long-term plans. He planned to compete in the celebrated Fukouka marathon event in Japan, in early December. "As for 1977," he said, "my plans are not clear-cut yet. But for one thing, I will run a lot of 10,000-meter races. Good, hard 10,000-meter runs are the key to success in the marathon." ●

This article originally appeared in the Oct. 1, 1976, issue of Athletic Weekly and is reprinted with permission of the editor.



Dave Drennan



Mark Shearman

Drut Won't Take the Money And Run Anymore

by Jerome McFadden

Guy Drut has decided to drop out and to speak out. That he should drop out of running isn't particularly startling. After 13 years of single-minded determination and at the age of 26, Drut has done more than most men could dream of accomplishing in a sport that is known for foundering the hopes of the most ambitious and the most dedicated.

With such credits as an Olympic silver medal (Munich), European championship (Rome), world record (13 seconds flat), the second fastest clocking in the world with electronic timing (13.28 to 13.24 for Rod Milburn) and, finally, an Olympic gold medal (Montreal), Drut has proved that he can run the 110-meter high hurdles. And now he feels maybe it is time to move on to something else, like earning a living.

Not that he hasn't earned a living running the hurdles. He never has admitted how much he has earned. But he always has been one of the few athletes in international competition to admit that the remuneration at that level of competition was attractive. Once he decided to drop out, however, he also decided to let it all hang out. In the Oct. 9 issue of *Paris Match* (a French

equivalent to the United States' old *Life* magazine), Drut, in an exclusive interview with Georges Renou, dropped a bombshell on French and European sports fans by telling all.

The cover featured him, medal hanging around the neck, cigarette in hand, with the blaring headline "Guy Drut Accuse" (loosely translated, Guy Drut tells it like it is).

"In the way so-called amateur sport is going, it's impossible for me to continue to run until the European Championships in Prague (in two years) or until the Moscow Games (four years from now), while touching the money under the table. I went along with the situation this year because of the Olympics, but I couldn't go along with it much longer.

"It has to be known. All of the 'amateur' runners are getting envelopes. The amount being received depends on the income of the athlete, the titles he holds, his times and the amount of time he spends in the stadium. A middle-distance runner, a high jumper or a pole vaulter gets more than a sprinter.

"The size of the 'prize' varies between \$700 and \$3000 per meet,

sometimes \$5000 (but there is only one who gets that, a certain double Olympic champion). We won't even talk about the bonuses for a great performance on the day of the meet.

"We've, therefore, practically become professionals. But, since there's no professional structure, the meet organizers double-cross each other and the athletes do not respect their moral contracts. There was a good example of that in Paris during the meet sponsored by the Stade Francais. A pirate meet was set up in London. And the athletes tried for both payoffs, with resulting poor performances and poor meets.

"I, myself, have earned between \$700 and \$1200 per meet, but I've always done what was asked of me. In the sum total of all my races, I was either first or second 85% of the time.

"I believe that track and field, if it continues in the same direction it has taken since last year, will be dead in a few more years. I think it's normal that an athlete should earn money in offering a show the public wants. But it has to be regulated with precise rules. And nobody wants to establish these rules which might jeopardize the Olympic Games.

"Everybody knows what is going on, but everybody pretends not to know. When (Frank) Shorter, the 1972 Olympic Marathon champion, swore that he touched money, the authorities pretended not to hear him. If he had been reprimanded, they would have had to disqualify the majority of the runners. And it is not only the runners from the West. Certain Eastern European runners take the money, too.

"In Finland, I saw a certain Olympic champion do publicity for a shoe company, without the public causing a scandal. In turn, I've had troubles because a newspaper published my impressions on a car that I tried. And I wasn't even paid for it. So what is permitted? To have a trade? (I'm a PE teacher.) To take an Olympic 'scholarship'? (Mine went up this year to \$90 a month.) To be paid by sporting equipment companies (which is never a fortune, anyway)?

"For me, the page has turned."

Drut, like Jean-Claude Killy, the last French Olympic hero before him, has decided to move to the United States to live on his reputation through endorsements and advertising. Like Killy, he hopes to be a strong success. But whatever he does, he has, with the help of *Paris Match* and Georges Renou, burned his bridges behind him. ●



PROUD TO BE A JOGGER

by Hal Higdon

The two figures could be seen from a distance thumping down the mountain road, a man and a boy, each clad in bright yellow shorts. As they grew nearer, they were moving fast. They were pulled by the tug of gravity and the steep slant of the highway near Brian Head, Utah, but pushed by their own desire to rush down the mountain at top speed. They swept past at full sprint, and the older of the two gave a quick wave before continuing his plunge like an avalanche roaring downhill.

The man was Rory Donaldson, the boy his son Chris. Although he gave every appearance of being a competitive runner, of one who races from a desire to beat people and establish fast times (and had, indeed, competed earlier in the Pike's Peak Marathon), Rory identifies himself as a "jogger," as one who runs more out of a desire for physical fitness and the joy of being both in motion and at peace with oneself.

Rory Donaldson serves as a board member of the National Jogging Association, as well as editor of that fitness organization's publication, *The Jogger*. He smiles when you mention that some individuals, who consider themselves "runners," resent being labeled "joggers" by friends and neighbors who see no distinction between the two terms.

"The controversy rages on between

what a jogger and a runner is," Donaldson said, "but I do consider myself a jogger, because I attempt to take my running low-key, and I don't point for races. I'm not interested in the competitive aspect of running (very much), although I like to go out occasionally and see what I can do.

"It fits into my concept of running as a hobby rather than a serious business. I don't have a competitive background as a runner, which is maybe why I'm not interested in competition. I was always physically active as a child, but I never participated in any sports. I didn't start jogging until 1971."

Donaldson stared out toward the mountains. He had finished his run (or jog) and was sitting on a broad lawn in front of the chalets at Runner's Mecca, where he had come to lecture.

He clasped his arms around his knees and considered further the differentiation between runners and joggers. "It depends," he continued. "Are you spelling Runner with a capital 'R' and jogger with a small 'j'? If the former is true, you definitely are competitive, and somewhere in the course of your regular diet, you're racing. As far as I'm concerned, that's fine. If you are a jogger, maybe you never race—and that's all right, too. But perhaps a more important question is: what's the difference between a jog-run and a walk?

"Both runners and joggers at some


point in their stride have both feet off the ground—as opposed to walkers who must have one foot on the ground at all times. So runners and joggers are both engaged in the same activity. A jog is a form of running.

"Beyond that, some people like a sort of technical definition that if both your feet leave the ground faster than 7:00 per mile, you are a runner. If both your feet leave the ground slower than 7:00 per mile, you are a jogger.

"But both joggers and runners are part of an elite. You cannot keep this up for more than six or eight months of time before you begin to feel, 'I'm a better person than someone who is not doing this sport.' I've talked to very few runners, or joggers, who did not feel this way."

A person talking with Donaldson suggested that was correct, because runners and joggers *are* better than other human beings.

He said, "Maybe the runners become even more elite. They tend, perhaps, to be the cream of the cream, because they are the people setting the records and going to the Olympics. And maybe we joggers are just the people out there putting in our less spectacular miles regularly with less intensity. Sometimes I like to pull out the stops, and when I do, I'm no longer jogging. I'm just flat flying! Yet Frank Shorter does a lot of jogging in his training when he's going slowly and not straining.



"I don't like to see joggers and runners becoming too entrenched in defending their position, so one group feels it is better than the other. I don't want this movement to become a schism between joggers and runners. I'd rather we had the common feeling that we are sharing the same event. We're both contributing to the quality of our lives, even though you may have just broken the 4:00 mile and I may have run 10:00. I'm not convinced you feel better at the end of your run than I do."

As recently as five years ago, Rory Donaldson was neither runner nor jogger. He was a teacher, born in Massachusetts in 1942, who attended Colorado College, taught for several years, then went back to graduate school at Antioch College in Ohio. That got him interested in experimental education, so during the summer of 1971 he signed up for an "Outward Bound" course, which seeks to challenge the individual both mentally and physically.

Outward Bound provided Donaldson with his introduction to jogging, since the group jogged up to a half-hour each morning. He felt he was just beginning to get in good physical shape during Outward Bound and saw the course as a beginning rather than an end.

Rory feels he was aided as a beginning jogger with good support from the other members of Outward Bound. By the time the 26-day course ended, he realized there was definitely something beyond the toil of huffing and puffing joggers went through during the initial phase of this fitness activity.

"Individuals reach a series of plateaus before they become accomplished Jog-

gers, with a capital 'J,'" he said. The first plateau comes at 8-12 weeks. "You have to hang in at least that long to start getting any benefits. Most people by 12 weeks begin to notice some differences. They feel better, and when they look in the mirror they see a better being looking back at them.

"The second plateau comes sometime around six months. You really have to hang in there a long time before jogging becomes part of your life style, accept it as a daily routine and lose your embarrassment about being discovered outdoors in a sweat suit.

"But it takes some people as long as two years before they feel that jogging is more than a 'task,' before they break through that plateau and discover that there is more pleasure than pain involved.

"Of course, some people never break through that plateau. Joe Henderson, (editor of *RW*) once made a comment that has plagued me, that something like 90% of all the people running this year are not going to be running next year. That is astounding. Obviously, a large number of well-intentioned people take up jogging and fail after a short period of time."

Donaldson feels he succeeded because he fell into his jogging routine low-key and with no sense of panic. After the Outward Bound course, he continued jogging off and on for nearly a year. The following summer, while in Colorado, he decided to attempt again a 10-mile run which had been part of the course. The previous year, he went much of that distance walking, but he found himself now able to jog the entire 10 miles.

"Fantastic!" he exulted when he

finished. He was hooked.

Donaldson became a bit of a fanatic about his running. Following his conversion, he decided that "normal" (or what the average citizen considered "normal") was totally unacceptable to him. He searched for nearly a year, on one occasion, to find a jogging dentist.

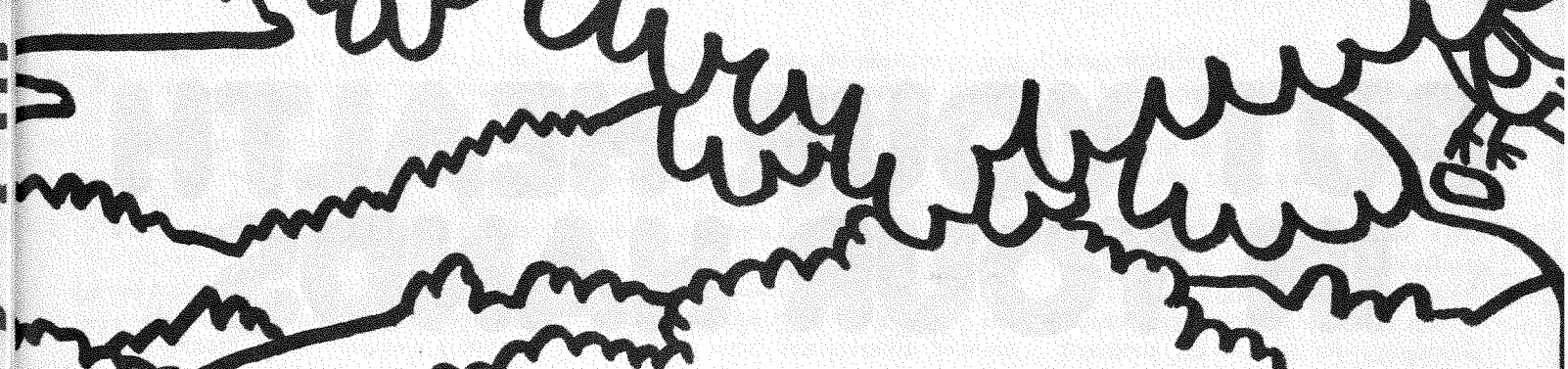
"I do not want to go to any member of the medical profession who is normalizing me against what is considered to be normal health, whether it's my teeth or whatever. What passes off as normal teeth in this country, I don't want. What passes off as a normal heart in this country, I don't want. What passes off as normal kidneys in this country, I don't want!" Donaldson said.

One evening in the summer of 1974, Donaldson picked up a copy of Kenneth Cooper's *Aerobics* and saw a reference to a National Jogging Association in Washington. He visited the association to obtain some literature and wound up being hired as the NJA's program developer.

The National Jogging Association, which is located at 1910 K St. NW, Suite 202 in Washington, was founded in 1968 by Richard Bohannon, M.D., former surgeon general of the Air Force. The organization now has grown to 7500 members.

"Dr. Bohannon came up with a slogan back in 1968 that still clearly defines what we do. He said the purpose of the National Jogging Association was to provide people with the cheapest, quickest and most effective way to achieve physical fitness: jogging. That's still a pretty good definition, although you might throw in the word 'successfully,' too," Donaldson said.

"What we try to do is help people



become successful joggers, and the reason I stress 'success' so much is we know there are a million and one people who are failed joggers. We are interested in helping people become successes in maybe one small area of their lives. We do emphasize the physical fitness aspect of jogging, but another very important factor is the *play* aspect of the sport.

"Many people jog initially because they want to look better in the mirror, or because they are afraid of the number one killer in America, heart disease. But if they continually have to postpone their gratification 10 or 15 years into the future, hoping it will make them live longer or feel better 10 or 15 years from now, they will not keep up with it.

"So I definitely emphasize that jogging is not something I'm doing for tomorrow. It's something I enjoy today. The proof of that for me was this morning. I jog so that I can make it to the top of Brian Head, and come back down feeling great.

"Yet not every day is a great experience. Some days I feel just as terrible as the next person. But one of our members, Gene Greer, explained this. He said, 'These days even when I feel bad, I feel better than I did in the old days when I felt good.'

"I feel I'm tapping into some very primitive, basic, animal parts of me which involve using my feet to run. I look at jogging as a dance. I look at it as yoga. I look at it as one of the purest expressions of freedom I have. Not that other sports don't have this same element, but I'm not a gymnast, or a diver, or a tennis player. I'm a jogger. This is my sport. It's the hobby-sport I

enjoy doing.

"So the NJA not only pushes for the quality of life, because we believe physical fitness can make people healthier, but we also push the quantity of life, because we feel that can increase through the concept of jogging. The NJA provides people with an organization, a movement, that they can plug into. They can obtain information on injuries, physicians, shoes, diet, stress. But most importantly, they can obtain encouragement and know someone is behind them."

The NJA also has awards and achievement programs, including one that Rory admits he thought was the corniest thing he ever heard when it first was suggested to him: a 1776-mile jog in celebration of the nation's Bicentennial. He thought nobody would be interested. To his surprise, more than 5000 people signed up.

"I don't know who our people out there are, for sure," he said. "We go from some very competitive runners to your five-miles-a-week joggers, but almost all these people want recognition for the mileage they put in, so we are expanding our awards and achievement program.

"There are thousands of people across the country who are lone, solitary joggers who do not get their support from anyplace, and that's one of the things we can do."

Donaldson occasionally does race. Before arriving at Runner's Mecca, he competed in a 10,000-meter race and then the Pike's Peak Marathon. He ascended the 14,110-foot mountain in 3:30, a respectable time but one he recognizes does not challenge the leaders.

"I'm not competing against (Pike's Peak winner) Rick Trujillo or Chuck Smead," he insisted. "I'm just trying to do a little better than I did last year. Often in the past, I turned my nose down at racing, because I knew that too many people get into racing far too rapidly.

"The best way to end up with injuries is to mix time and distance. If you go out and run a half-hour, fine. Or if you go out and run four miles, that's fine, too. But when you go out and try to run four miles in a half-hour, or any other combination, you risk getting hurt. So I discourage people from racing in the beginning of their careers. But once you build up a base, there's definitely a place for racing, and I'm now doing a bit myself."

Donaldson admitted that in editing *The Jogger* the past few years, he has subliminally been promoting the marathon, because his interest lay in that direction. (Yet he never has completed an official marathon, although he took part in the JFK 50-Mile Hike.)

"I think the marathon is tremendous, and I encourage people to go longer and longer distances, and keep testing their parameters. But I don't think there is anything intrinsically magic about 26 miles 385 yards, and I don't think everybody should set it as his goal," he said.

"Training for a marathon can be a great motivation, a carrot you can hold out in front of many of our people to suggest they can complete this well-revered distance after several years of training. But once you've finished one, you need other goals. We are more interested in jogging, or running as a lifetime activity." •

PUT YOUR HEALTH IN YOUR HANDS

Acupressure, a scientific treatment of body ailments which gained notoriety with its popularity among the athletes on the US Olympic team, was first discussed in the August, 1976, issue of RW ("Running Commentary"). A more extensive talk with Dr. Leroy Perry, whose assistance was being requested by those Olympic athletes, reveals more about acupressure. Dr. Perry is a chiropractor who practices in Pasadena, Calif. He frequently runs with his patients.

BY DON MONKERUD

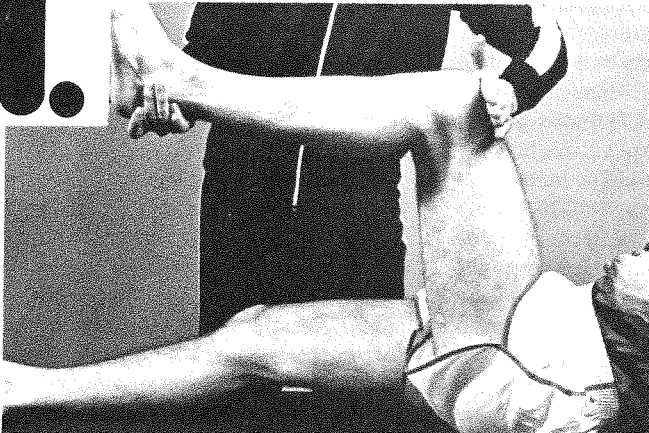
Western medicine offers the proverbial "Catch-22" solution to runners injuries: Would you rather be shot or hung? Translated into medical language, the choice is drugs or surgery.

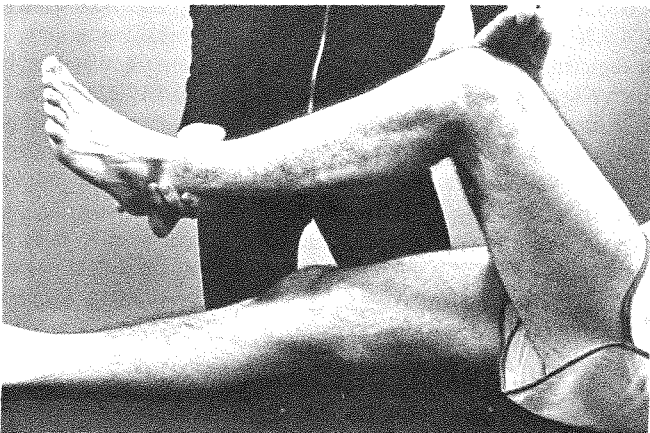
Balking at the side-effects of pain killers, restricted by the International Olympic Committee's "banned drugs" list and fearing risky, debilitating surgery, Olympic runners from around the world lined up at the door of Dr. Leroy


Perry in Montreal. They sought relief through acupressure.

Earlier in the year, Leroy Perry's acupressure had pushed Dwight Stones to a world high jump record, Mac Wilkins to a world discus record as well as helping such runners as Ken Randle, James Gilkes and Francie Larrieu.

In great demand by runners and other athletes at the Olympic Trials in Eugene, Perry, a chiropractor, became an unofficial member of the American medical team in Montreal.

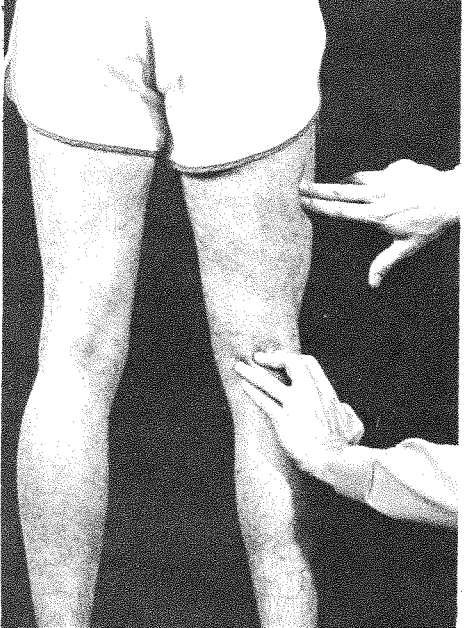






KNEE PAINS

According to a 1975 survey of RW readers, knee injuries account for 23% of their problems. Above are tests for strength in this area. (Left) Runner resists force to straighten his leg. (Right) He tries to keep leg from being pushed outward, and later inward. Muscles should not yield to force. Acupressure treatment involves holding the points indicated at left for 10 seconds, then massaging independently the points at right.



David Madison

"The concept of acupressure is foreign and people were skeptical because they didn't understand it," Perry said. "They heard it worked on athletes, but nobody knew if it was psychological or physical. More and more athletes started coming to me. I worked on athletes from 21 countries in Montreal, and beyond a doubt it works."

Although he works with many medical doctors, Perry considers a conservative approach to runners' injuries is the best policy. Rather than blunting the pain with drugs or immediately prescribing surgery, he feels acupressure can be attempted first.

Perry's basic premise is that by using the science of body movement. Through achieved with the aid of kinesiology, or science of body movement. Through acupressure, doctors have found that when a muscle becomes injured, weak muscles on the opposite side of the body cause the injured muscle to

tighten. Pain causes the muscles to pull the spine and skeletal structure out of line and to overcompensate, thus destroying the runner's basic body balance and alignment.

In contrast to symptom-oriented medicine (which isolates different parts of the body for injury treatment), Perry uses cause-oriented medicine. He deals with the body as a whole and examines inner relationships between muscles in order to promote healing. Often the pain in one area is caused by a problem in another body area, Perry said.

Focusing on knee problems of runners, Perry described his "holistic" approach.

"I'm interested in knees as structures and ligaments," he said. "But even more, I'm interested in what's happening with the feet, the ankles and the thighs. How is the runner compensating with his weight and why does he have recurring

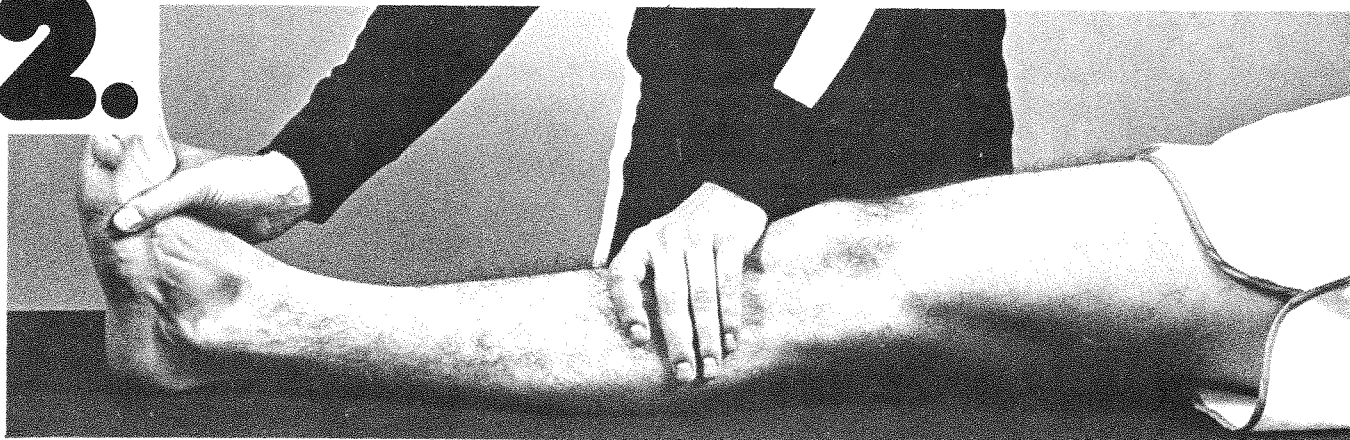
knee problems?"

A tight muscle in the hip caused by a weak antagonistic muscle will lead to a favoring of the hip, thus restricting hip motion. This places a strain on the foot. With the foot in a foreign position, other sets of muscles are affected. General posture is thrown off, which affects the internal organs, restricts digestion, changes excretions and alters normal functions. All of these affect the mind, causing the runner to think and feel differently. Every part of the body is affected by every other part, Perry said.

Examining the body from a holistic viewpoint reveals a life force or an energy flowing through pathways (meridians) in the body. Perry traces this view to an Eastern origin, which contends the energy is innately capable (if given proper care and support) of maintaining a healthy balance in the body.

The meridians, which contain a free-flowing, colorless, non-cellular liquid,

2.



SHIN SPLINTS

The Runner's World survey last year showed that the second most common injury among runner-readers was shin splints. This is a radiating pain along the major bone of the lower leg. Above is the test for strength in this area. The runner resists the tester's attempts to push his toes out straight. If muscles yield to this force, there is a weakness which predisposes the runner to shin splints. The acupressure treatment consists of holding the point on the inside of the knee for 10 seconds while massaging the two points on the foot. Test and treat both legs in all the examples given with this article.



David Madison

have been mapped by modern technological methods. With practice, 500 specific acupressure points along the meridians can be felt. The points are electro-magnetic and consist of small oval corpuscles which surround skin capillaries, and blood vessels and organs throughout the body. Using the pads of the fingers, light pressure is applied to these points for a few seconds. The points are so sensitive, the fingers need only come within two inches of the meridians for acupressure to be effective.

Perry believes acupressure interrupts the energy flow in the body. By temporarily slowing the flow, or interfering with it, resistance is broken down and the meridian is cleared to flow again at full capacity. Equalizing the energy flow will strengthen the weaker set of muscles, relieve pain, return innate body balance and increase the body's efficiency for healing itself.

"The end result is that the primary and secondary muscle groups are in balance," Perry said. "Normally, for example, there's a 2-1 relationship of strength between the hamstrings (back of upper leg) and quadriceps (front). Many runners will limber up for half an hour, begin running and pull a hamstring. They can't figure out what happened.

"When a meridian feeding the quads is low, a hamstring pull can result. They may have interrupted the meridian, causing the rear to stick out and the stomach to shift forward. They didn't do anything to loosen the quads. The stress decreases the nerve supply, leading to nerve and meridian imbalance which affects muscle balance. The whole body becomes structurally out of order," he said.

Perry finds quadriceps, hamstrings and achilles tendons to be the most common sources of problems for runners. All affect balance by overstimula-

tion of the muscles or under-ennervation (inadequate nerve supply). A common cause of these problems is a pattern of running where only one set of muscles is overworked while the opposite ones atrophy.

For example, patellate tendinitis (inflammation of the tendon holding the knee in place) is a direct result many times of overdeveloped thighs. The quadriceps, the primary antagonistic muscles, become overdeveloped, causing the patella (kneecap) to move upward and become irritated. By running with the patient (or studying films of him), Perry can discern problems and teach the runner his own acupressure points to strengthen the weak muscles.

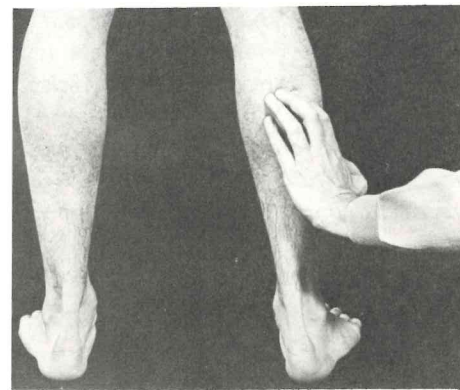
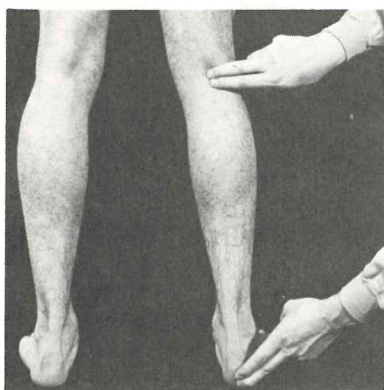
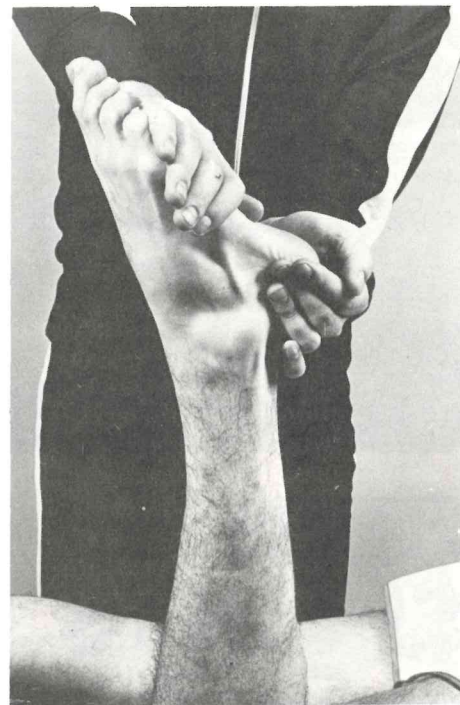
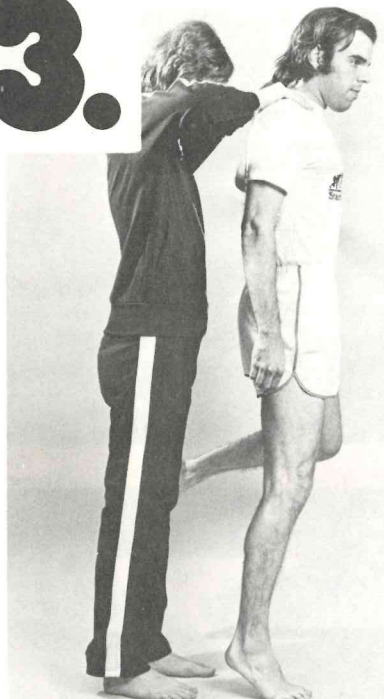
Acupressure is no mystery. Once shown the pressure points, a runner can heal his own injuries without hobbling to a doctor every time a problem recurs.

"The doctor becomes subjective to

3.

ACHILLES TENDONS

One of the most common and most distressing of running injuries is an inflammation or tear in the achilles tendon. This is the narrow band which connects the heel bone with the calf muscle. About one of our readers in every eight has been hurt here. The two tests above indicate weaknesses in this area. (Left) The runner attempts to rise up on the toes of one foot while the tester applies downward force on the shoulders. (Right) Runner resists force to push his foot down to normal position. If muscles are normally strong, they should not yield. Acupressure treatment is shown in the bottom photos. (Left) Hold points at back of knee and bottom of heel as indicated for 10 seconds. (Right) Independently massage the broadest portion of the calf muscle. Repeat testing and treatment on the other leg.



David Madison

the runner and not objective," Perry said. "This means the doctor spends time studying the patients' skills, their psychological goals, their kinetic activity, and then he puts it all together. The whole goal is for the runner to reach a level of self-attainment so he can become self-actualized. You take the responsibility off the doctor and give the runner responsibility for his own body. This is the ultimate as far as I'm concerned."

Towards this goal, Perry wrote the first drafts of a book later authored by John F. Thie entitled *Touch for Health*, (DeVorss, 1973), a practical guide "using acupressure touch and massage to improve postural balance and reduce physical and mental pain and tension."

For acute problems, Perry's holistic methods have opened up new and promising vistas for world-class runners from which even the casual runner can learn.

"The usual rehabilitation is, 'If it hurts, rest and don't use it,'" Perry said. "You can't tell Dwight Stones or Francie Larrieu not to run because their whole programs revolve around so many workouts per week. The doctor has to figure out how to produce muscular and cardiovascular exertion without producing injury to the affected area.

"For example, in Eugene we had Steve Williams in a pool swimming after he pulled a muscle. We got all the fluid out of his knee within an hour. If you hurt your ankle or your knee and can't run, then do something else. You have to keep an active form of exercise," Perry said.

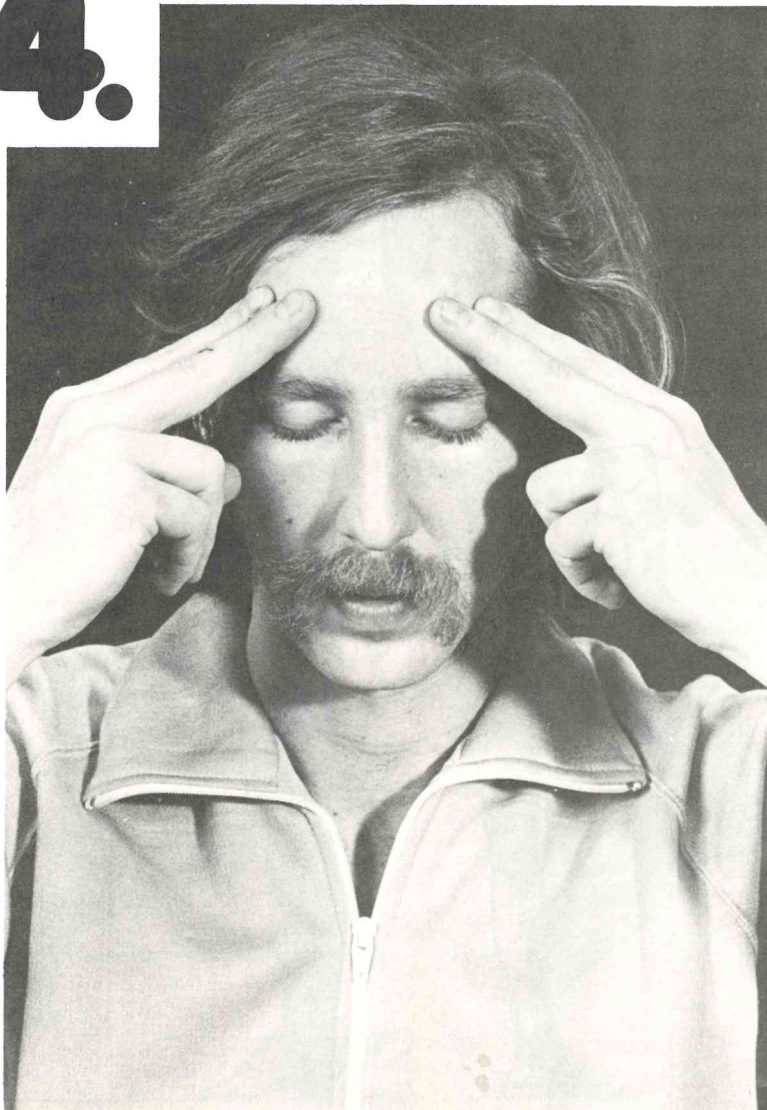
He recommends swimming for the injured runner because the freestyle crawl stimulates the meridians and allows body energy to flow freely. Many runners use the "cross-crawl" (a land technique developed from swimming) before

competing to help balance their bodies.

Cross-crawling is modeled on the correct crawling motions of the infant. The right arm and left leg are brought forward with the head turned toward the right arm. Then the left arm and right leg are brought forward with the head turned toward the arm. Standing or lying and completing 25 complete sets of the arm and leg motions, body energy is greatly enhanced making the body more fluid, rhythmic and efficient.

Another form of stimulating the body's energy is done by acupressure on the "emotional center points." Yoga and other Eastern disciplines use a similar mind-cleansing concept. By reliving an experience and meditating, athletes transcend their personal problems. This allows for self-analyzing and projection of feelings while entirely relaxed. Perry uses these emotional center points to get the runner to transcend what's

4.



EMOTIONAL CONTROL

The acupressure practitioners believe that proper touch to points on the forehead helps relieve tension and anxiety. The points are about midway between the eyebrows and hairline. Find a pulse and hold with a light touch. You begin to relax when the pulse on each side synchronizes. When the pulse in each hand diminishes, you are reaching rull relaxation. This is particularly helpful to runners about to enter competition. Dr. Leroy Perry says, "This works well with a person who is vomiting and nervous before he is going to run a race." He tells of James Gilkes, a sprinter who was so upset that he didn't think he could compete in the national championships. "We laid him down and used the emotional center points, talking over his problem with him," Perry says. "Afterwards, he got up and was able to run."

David Madison

bothering him.

"This works well with a person who is vomiting and nervous before he is going to run a race. I was an unofficial doctor of the University of Southern California at the NCAA meet in Philadelphia this year," he said. "James Gilkes, a runner from Guyana, was keyed up and couldn't run a relay. We laid him down and used the emotional center points, talking over his problem with him. He was worried because he wanted to do his best. Afterwards, he got up and was able to run his race."

In contrast to the hypnotic state, the emotional center points are the basis for a self-actualizing experience. The runner has control, can guide and can direct the outcome. Until the runner learns his own points, it is easier for someone else to hold the points.

Although he hasn't had such luck, Perry says some people claim they can permanently alleviate pain with this

technique. Perry admits the points will diminish pain by breaking the pain reflex, but usually the pain will return. Unless there is a specific trauma, the best advice is to prevent the injury rather than cure the pain.

The most common problem for fun and fitness runners is not knowing how to run, Perry said. This is the most common cause of injury among this group, he added. The last time they ran may have been when they were forced to run in high school. Now many are in their 30s and 40s and haven't exercised in a number of years. Then they decided jogging is the greatest form of exercise.

"Ever since I've become involved with sports medicine, I've been convinced jogging is, beyond a doubt, the worst thing you can do to your body," Perry said. "Of course, we have to define jogging. I mean a slow, rhythmic, high-knee step where the hands and arms are very high and close to the

body. The gait is very short and joggers are usually traumatizing their body by landing flat on their heels without any spring.

"If you looked at it in slow motion, you would see, as the body rose and torqued, the head would drop forward. They are traumatizing their necks and backs and creating all kinds of physical problems."

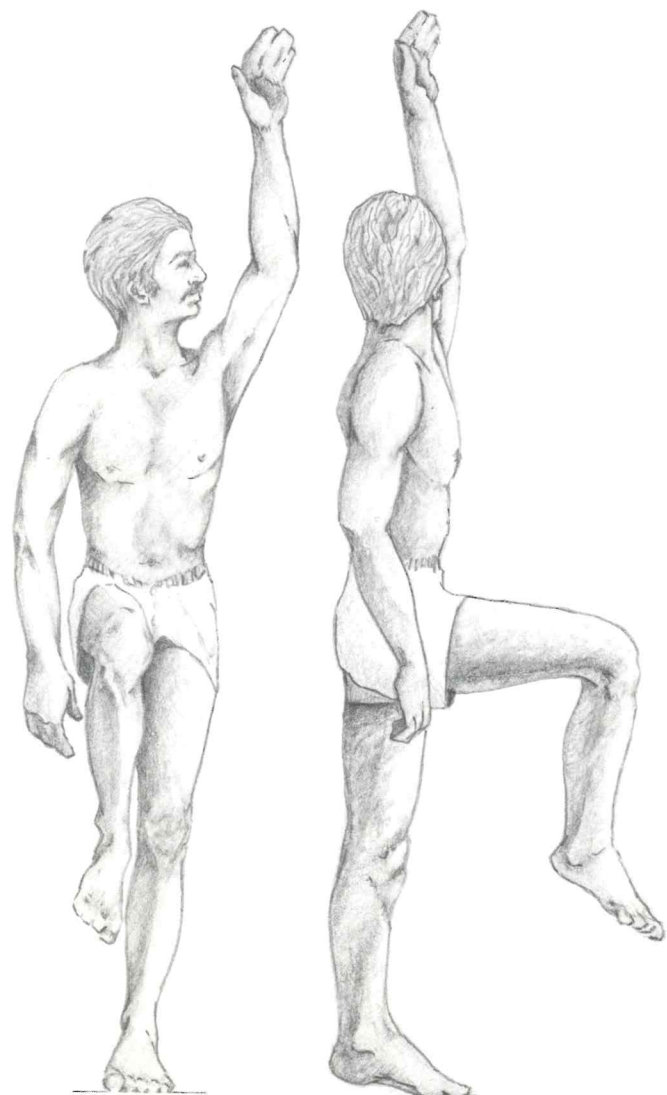
Perry said running is far superior to jogging because it avoids much of this jarring action.

"What I mean by running," Perry said, "is that the arms are projected forward with the body slanted 10-15 degrees forward and the pelvis underneath the body frame. You have flexibility in joint action. Your foot is landing in front of the heel, near the mid-arch, and you roll onto the ball of the foot and onto the toes."

The toes work in a shock-absorbing, balancing capacity, adding a forward

5. CROSS-CRAWLING

This technique, which approximates the free-style stroke in swimming, is used by runners primarily for warming up. It can be done either while standing or lying on the back. The opposite arm and leg rise together, and the head is turned in the direction of the raised arm. Cross-crawling, which mimics the correct crawling position of an infant, is said to enhance energy flow and to make the body more "rhythmic and fluid." It is recommended that a runner take 25 complete cycles of arm and leg motions.



Robin Kaufman

projection to the run. The way to check correct toe action, Perry said, is if the toes are spreading out as you roll onto them. The body is forward so it isn't jolted, and the joints aren't forced to act from an unnatural position. Viewing the body as an absorber of shock (and as a whole rather than as isolated parts) reveals how body weight can work for general body motion rather than working against it as in the jarring heel strike of jogging.

"If you could freeze the motion of a runner using the method I've described, you could see they are hitting and springing," Perry said. "You actually get a bit more acceleration this way, and it's one of the advantages people who run this way mention. They also feel a lot more positive in general attitude because they feel they are in complete control, and that's exactly how the runner wants to feel."

Perry said the runner will have fewer

injuries because body balance and energy flow are improved.

One way to check your own body balance and alignment is to lie down and relax on a flat, hard surface. Have a friend place his hands around your ankles, keeping the feet straight up. Then have him place his thumbs to the inside of the ankle joint between the ball and the foot while he faces you. If his thumbs come together, it means your body is in good balance, but chances are they won't come together.

Working from a book like *Touch for Health*, you can go through the whole body, testing each set of muscles for strength. (Muscle testing is the method used to evaluate the function and effectiveness of muscles by isolating them from the groups with which they normally work.) The illustrations show how to use the acupressure points to strengthen the muscles. With a little practice, you can immediately find the points

on your own body and use them to relieve chronic pain.

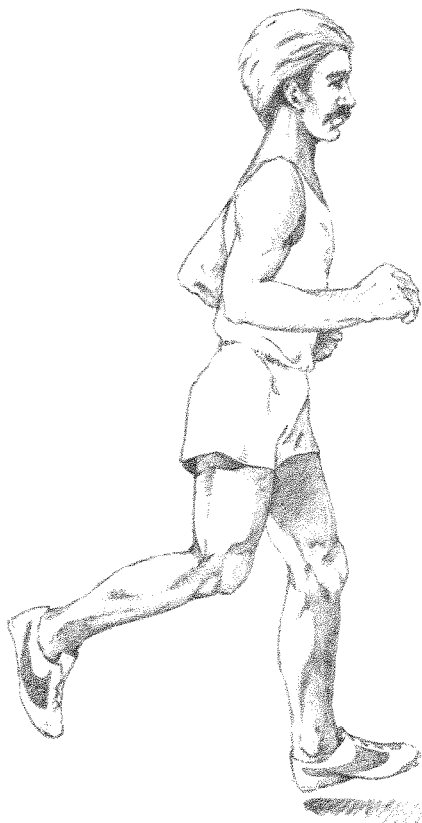
Although acupressure has proved successful on many runners and is an easily learned system of treating your own injuries, Perry was quick to mention that will not cure all injuries.

"All forms of therapy have a place, but it seems common sense to me that we are better to approach sport on a conservative measure," Perry said. "Then if we don't have any success, we can go ahead to more extreme methods. We don't have the only answer. Nobody has the only answer."

"What I really regret is that some medical people downplay acupressure and claim they have the only solutions. I've been working with as many medical people in sports medicine as I can. I'm completely open to testing new ideas and hope we can find solutions to dealing with the many problems runners and other athletes are experiencing." ●

6. RUNNING FORM

Dr. Perry says the heel-first landing during jogging (lower left and upper right) causes a jolt which may be unhealthy. However, during running at a faster pace (center and lower right), the plant of the foot acts as a shock absorber.



Robin Kaufman



Robert Barnett

Putting Running Into The ACT

by George Prokos

Albert Millaire is a distinguished Canadian actor-director who at 47 years of age looks at least 10 years younger.

"I had always thought I'd kept myself in pretty fair condition" he said, "until early this year when I undertook a unique theatrical role which called for me to run at least three miles a day. Then I found out some new things about conditioning."

It happened largely because of Millaire's initiative. When he heard of a play called *The Marathon*, he quickly flew to meet the author, Claude Confortes, in Paris and obtained rights to adapt and premiere the work in North America.

Millaire then developed the production (in which he directed and acted) that opened in his native Montreal just before the 1976 Olympics. The timing was excellent and *Marathon* "ran" successfully for four weeks.

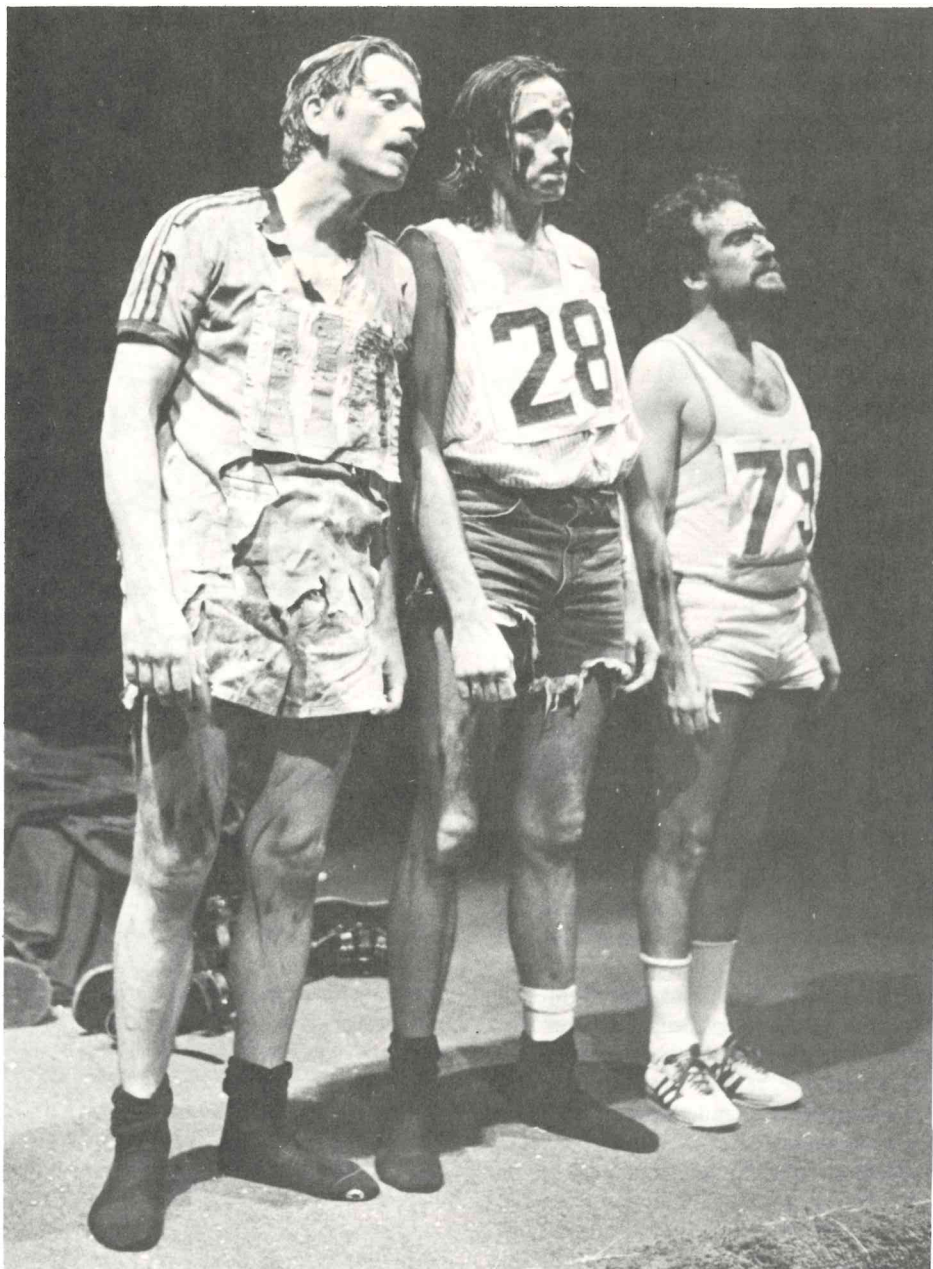
A 1½-hour tour de force, *Marathon* covered the gamut of feelings experienced by three long-distance runners as they literally raced through almost the entire performance.

Their romp was on specially-built ramps (covered with non-slip Ozite carpeting), in and out of the theatre audience. They ran through the aisles, passing across the stage at various levels as well as around the three-piece musical group at center stage which supplied background for the performance.

During the course of their run, the actor-runners stopped periodically to discourse philosophically about the human race, or to break out into song and dance and then resumed running.

The three actors started "rehearsal" not in a theatre but at a Montreal gymnasium under the direction of a trainer. Only one, Robert Lalonde, had any previous running experience, and then only briefly in high school. Work commenced early every morning with exercises in the gym, and then the actors hit the streets for longer distances each day.

"In the afternoons, we 'trained' with our lines, and worked them into the running. In two weeks, I lost eight pounds. Every night, I would drag myself home and fall into bed at far too early an hour—not the type of routine to which actors are accustomed," said



Robert Barnett

Each performance started with a 20-minute warmup backstage. After the first three minutes of intensive running on stage, the performers were soaked in perspiration. The problem was keeping warmed up during the intervals when they stopped to do other things. At intermission, they retreated behind the curtains for a 10-minute resuscitation, drinking two quarts of water and applying ice packs to painful areas.

The nature of the show made unusual incidents inevitable. Ushers were instructed to hold back late-comers to the theatre so that no collisions would occur with the cast as they sprinted down the aisles.

One night, a tardy gentleman and his wife chose to ignore the usher and started to move toward their seats. Suddenly, runner-actor Millaire came hurtling down the aisle, shouting imprecations not in the script. The frightened late-arrival pushed his wife into the nearest lap in the audience and then hurled himself headfirst onto the floor.

In all, *Marathon* played 52 performances (including a subsequent two-week engagement in Toronto) before the actor-runners hung up their running shoes. At three miles per performance, plus training sessions, they estimated they each logged more than 400 miles.

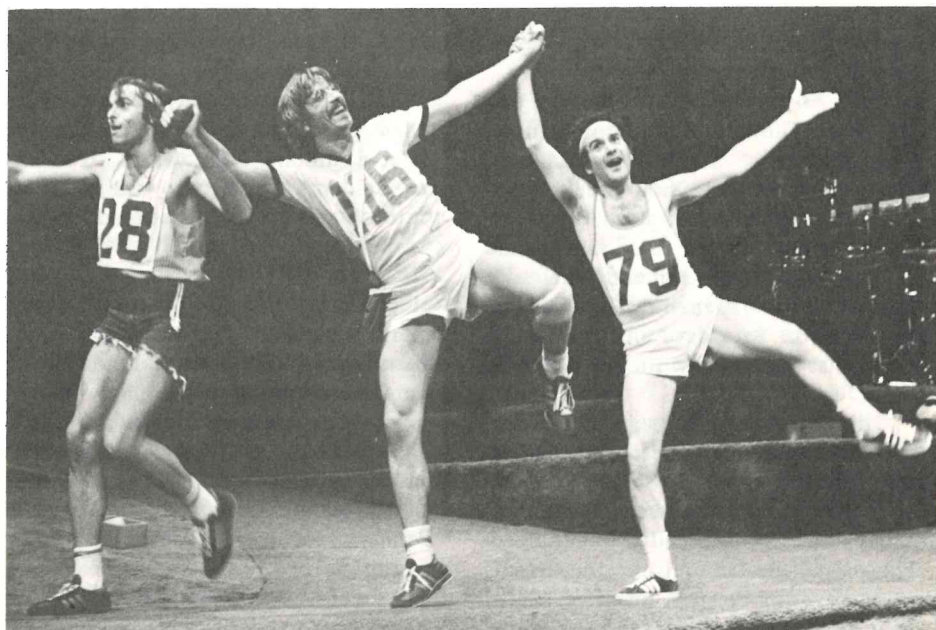
Albert Millaire looks back on it as "a beautiful experience. I have become more aware of my body and learned things that I will use for the rest of my life, such as warmup techniques before exercising and breathing techniques other than those every professional actor knows. I feel so 'in tune' that I will probably continue to run in the future." ●

The players: Jean-Pierre Chartrand (28), Robert Lalonde (79) and Albert Millaire (116).

Millaire, who played one of the three runners.

"Finally, when we got into shape, the show opened to good reviews at Montreal's Theatre du Nouveau Monde. We had to be careful with every step. With such a varied choreography, including figure eights, pushing, elbowing and even tripping, one miscue could have resulted in a broken bone which would have closed down the show," he said.

Throughout the run, the performers experienced an assortment of pains. In keeping with theatrical tradition, the show went on, but with the behind-the-scenes assistance of physiotherapists, masseurs, whirlpool baths and the like.



Andre Le Coz

RACING TO STAY AHEAD OF SWINE FLU

by Dennis McBride

Del Meriwether has been in the news a lot lately. Of course, that's nothing new. The doctor is a great sprinter, and people always pay more attention to track in an Olympic year like this one.

Meriwether, however, has a different reason for being in the news. For about a year, his more important race has been against time. Last April, Dr. W. Delano Meriwether was appointed director of the National Influenza Program and charged with protecting the United States against a possible swine flu epidemic. The program includes free vaccinations for all Americans wanting them.

The 33-year-old doctor accepted a job which allows little time for training. The number of hours he works each week varies, but a 40-hour week would probably seem like a vacation.

"There is no such thing as overtime in the federal government," he said. "There's no compensation for the time I put in on Saturdays and Sundays. I guess that's gratis. But the job has to be done."

His days are filled with luncheons, speeches, daily staff meetings, administrative problems, calls from Congress and the White House, and calls from other citizens concerned about the program and its administration. In his early days on the job, he often stayed in his office until 4 a.m. writing replies.

He shows a concern for the public unusual even for a scrupulous public official.

Dr. Meriwether said the swine flu vaccine is "among the safest ever produced. It is a 'killed' vaccine as opposed to a live vaccine, like the ones for polio, German measles and the mumps. There is a fever incidence of only 1.9%, compared to the fever incidence in the placebo group of 1.7%."

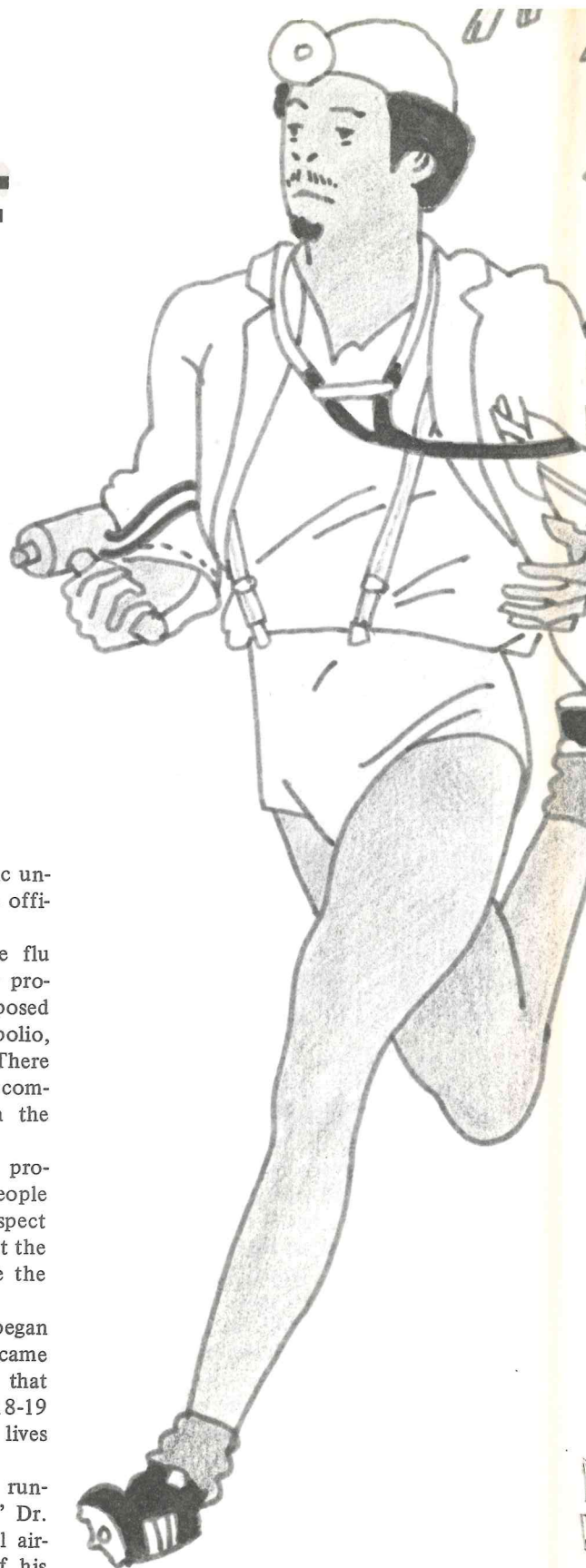
In response to criticism of the program he administers, he said, "If people don't want to get protected, I respect that right. But others should respect the rights of those who want to take the vaccine."

The clamor for the program began last February when 500 soldiers became ill at a military base, causing fear that an epidemic similar to the 1918-19 outbreak which took thousands of lives would occur.

"They didn't have a crazy pig running around kissing 500 soldiers," Dr. Meriwether said. "It was a typical airborne virus." He spends much of his time calming public fears.

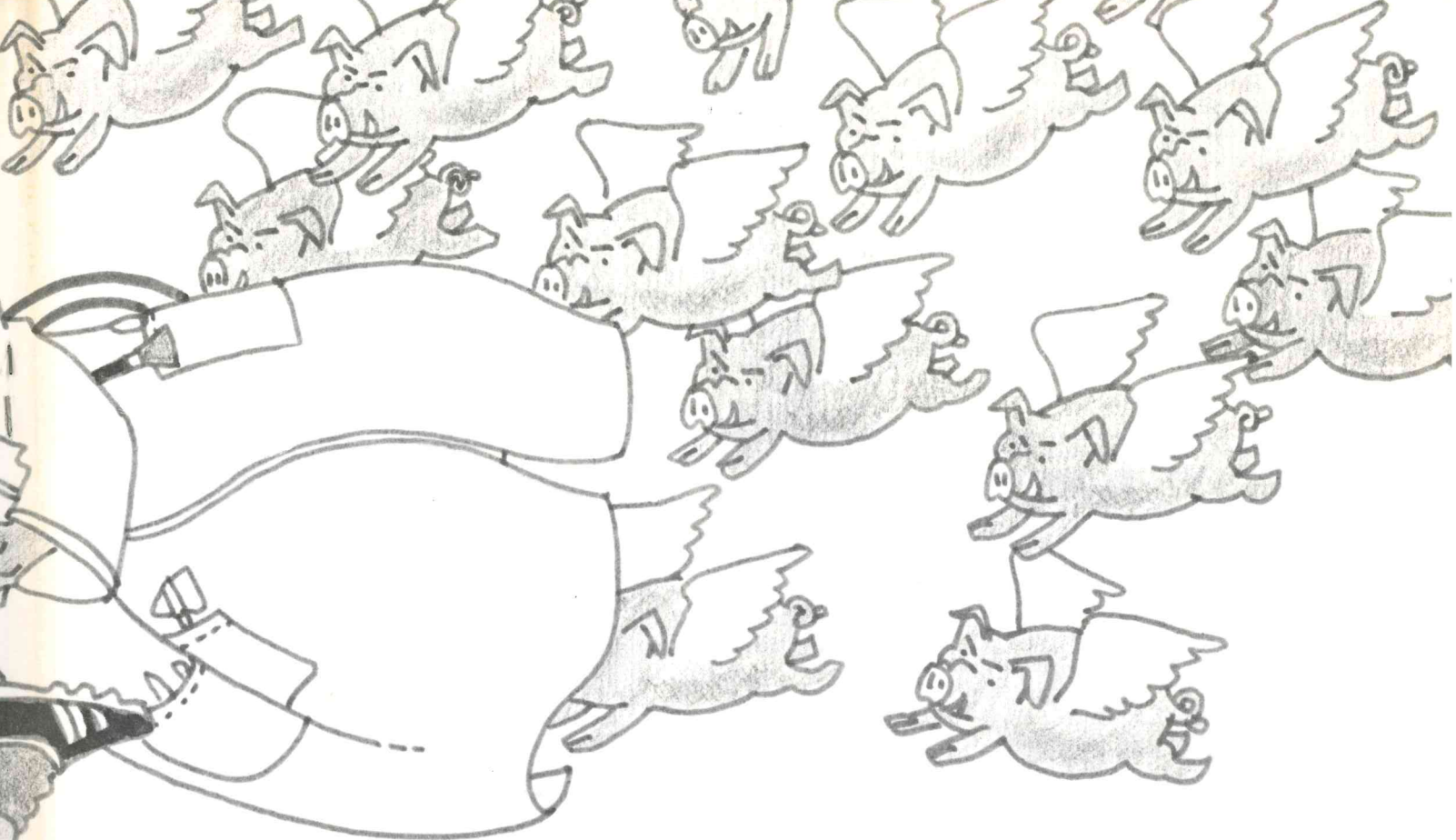
He is a good man for the role. After undergraduate study at Michigan State and medical school at Duke, he did additional study at the University of Pennsylvania and Ohio State.

For a time, he worked in leukemia and sickle cell anemia research at the Baltimore Cancer Research Hospital and



the Harvard Medical Unit and Boston City Hospital. He also completed a one-year White House fellowship program.

Dr. Meriwether had been in Washington for about three years, working in the Department of Health, Education and Welfare, when he was asked to take charge of the \$135 million swine flu



program.

Through all of this pressure, the doctor keeps running, and running well. His athletic story is almost legendary.

His Charleston, S.C., high school had no track team, and he did not run in college. He has never had a coach.

Dr. Meriwether, who practices personal preventive medicine, ran for fitness for years before becoming a sprinter. A televised track meet changed his life at age 27.

He was watching as Ivory Crockett lined up with others for the 100-yard dash. After the race, he told his wife, Myrtle, that he could run with, and even defeat, the sprinters he had just watched.

"My wife was paying little attention to my comments," he remembered. "In the privacy of one's own home, one has a habit of mouthing off."

But, Dr. Meriwether has become a star and a crowd favorite. His talent and his costume of a white hospital shirt, yellow swim trunks and bright suspenders have seen to that.

He won the 1971 AAU 100-yard dash title with a wind-aided 9.0, and took the AAU indoor 60-yard title in 1972. An injury kept him off the 1972 US Olympic team, but he ran on the US Pan-American Games team the previous year.

In 1975, he was a member of the US track and field team which toured the

People's Republic of China (which he calls "the most notable of all my experiences"). By his own admission, he is "interested in people," and that tour showed him a new side of life.

"My original reason for running was not to compete," he said. "One knows there are biological and physiological benefits that any human being can accrue from running. That coupled with the enjoyment I receive from running makes it worthwhile. And it's not just running that can do that. If one prefers to swim or to play tennis, fine.

"It just so happens that I feel I can enjoy running and get the physiological benefits from it. The competitive element is really a bonus. It gives you something to look forward to and makes life interesting."

At 33, or even 27, sprinters are considered old. Aware of this notion, Dr. Meriwether thinks that it is especially hard for sprinters to keep going after college because of limited opportunities to compete.

"Longer-distance runners are in a different category," he said. "Sprinters, of course, think all distance runners are a little bit different, but I'm sure you distance runners feel that anyone who runs for 10 seconds and then stops is different, too.

"I suppose the definition of 'crazy' is applicable to both groups. It is a bit stupid to run 100 yards in a straight line,

and maybe it is more stupid to run 24 laps on a quarter-mile track. One could question running like that, but I can live with that kind of behavior for the enjoyment and physiological pleasure it brings me. I think more people should be crazy. This is really a sedentary society."

Sedentary is one word that will never describe Dr. Meriwether. He somehow has time enough to run two or three times a week, changing into running clothes in his car before working out at high schools near his Silver Spring, Md., home. Some days, too, he will bike the 14 miles to work and back. He still finds time to spend with his wife and two daughters, Mitzi, 6, and Margo, 2.

He again found time last year to try out for the US Olympic team, but was injured in his 200-meter semifinal heat. Could he have found time to run in Montreal if he had qualified?

"I don't know, but I would've liked to have had the option of deciding," he said. "It would have been up to the US Olympic Committee. If they had wanted me up there for 30 days, I couldn't have done it. Unfortunately, I wasn't faced with that problem."

By 1980, the doctor will be 37.

"I have no goals as to how long I may compete," he said. "The danger is that I'll reach that goal and quit, but that's not the real reason I run." ●



RUNNING AWAY FROM SCHOOL

by Marc Bloom

Want to make a great movie? Take a handsome high school all-American distance runner, have him break a team rule or two, get him thrown off the squad. Make him crave for competition, train in solitude and finally get that Big Break in the Nationals where a European tour is on the line. Call it the "Jim Shields Story."

As in all formula films, the hero walks off into the sunset after successfully meeting his challenge. Here,

though, he does not walk. He runs, with grace and power, and his calling card has not a pair of six-shooters on it, but a water jump. Jim Shields is a steeplechaser.

There are too many ripples in this tale for the pattern to be exceedingly predictable. On July 7, in the West German city of Leudenscheid, Shields misjudged a steeplechase barrier. The error cost him a sure victory and a poss-

ible US high school record. Such a foible would tend to cause smoke to rise through the ears of a hungry teenager. Jim was mad alright, but back home in Rockville Centre, N.Y., he dismissed the incident resolutely.

"There were three laps to go," Jim recalled. "I had a 10- or 15-yard lead. I just got lazy and wasn't concentrating. I led with my right foot, as I always do. Then my left knee smacked into the barrier."

More than regret, Shields felt relief that the banged-up knee suffered no more than a bruise. He was able to resume running for the remainder of the summer in anticipation of his first collegiate cross-country season at William and Mary.

What gave Jim this controlled posture was that the US record he blew belonged to him. He astounded even astute track insiders in June when he won the Junior AAU steeple in 8:52.6. He earned a berth on the US team and beat the Soviets four days prior to the German setback.

Steeplechasing, like hammer throwing and race walking, is an American Tragedy. The steeple is saved from total obscurity by the water jump, through which many a runner gets a premature rinsing to the delight of spectators and news photographers.

The water jump picture has become the staple of media track meet coverage. But who won? Who cares? Think for a moment and name the Olympic steeple champion. Sure, we will never forget Lasse Viren. But let us also remember that a world record went to Anders Garderud.

But as in many things ignored by the masses, steeplechasing is a lost art. It is part of the High Culture of sport. A perfectly-run steeple has few equals in athletic beauty.

Shields was very close to perfection in his record run in Knoxville, Tenn. He ran over the barriers and through the water jump with the grace and stability of an intermediate hurdler. Jim's loping, high-knee strides lost little efficiency as he circled the track for the 3000-meter event. He showed a European sense of control and flawlessness.

"I knew I was running fast," Jim said after the race. "I saw the ground go by very quickly . . . It was great. I was high off the (water) jump. On the hurdles, I was keeping down low and shooting out. But I didn't expect to do it that fast."

Besides lowering his previous best by 21 seconds and the high school record by 14 seconds, Jim's 8:52 rates highly in post-scholastic circles. The mark would have won several major college conference championships and even would have been respectable in the NCAA, AAU and Olympic Trials. Is this so because Shields is precocious or American steeplechasing is weak? Both are true.

It was ironic that Shields attributed his rapid development to being summarily axed from his Chaminade High School team back in mid-April, after

his second meet of the outdoor season. "Being on my own," Jim said in retrospect, "enabled me to train more leisurely."

Shields admits to being the kind of guy who doesn't mind a little fun now and then—mostly now. So when some of this Chaminade colleagues thought it would be a good idea to move the team bus—without the bus driver—Jim obliged. It was the end of a meet, and the squad was awaiting the return of its coach. When he did return, he found a gang of athletes pushing the bus from the rear and Jim in the driver's seat.

Two days later, Shields was suspended. The coach stated the reason as "a rules violation." The athletic director mimicked him. Jim contended that school officials "used me as a scapegoat" because of previous friction between them. Jim and his family appealed the decision, but the school principal affirmed the suspension.

"The punishment didn't fit the crime," Shields lamented.

Two weeks later, Shields watched from the grandstand as his teammates competed in Franklin Field, the Eastern track mecca, for the Penn Relays. He had no team, no formal training and no spirited competition. All he had was a chip on his shoulder, some self-pity and the hope that the Long Island Athletic Club would come to his side.

Come, it did. The club told Shields it would send him to the Tom Black Classic in Knoxville. That was the impetus that encouraged Jim to train more vigorously by himself at his old junior high track.

Almost one month to the day before his Junior AAU victory, and on the same University of Tennessee track, Shields placed 17th in the Tom Black steeplechase. The field was filled with Olympic hopefuls. Jim's time was 9:13, then the fourth best ever by a prep.

Jim prepared for the Juniors with a weekly output of 70-80 miles. Typically, he would run the roads for an hour, covering about 10 miles. Or he might run a dozen 440s, each over four steeple barriers, in a brisk 68 seconds. He was given some training guidance by Walt Krolman, his longtime advisor from the LIAC, and Steve Lurie of New Jersey.

But the outgoing Shields, 18 years old last May, still missed mixing it up with his peers, on and off the track. That's what made his European tour so satisfying. He was part of a team again, a traveling team at that. Shields, for whom Knoxville was a big trip, was going abroad.

It was more than camaraderie that

made Shields' trip fulfilling. Against the Soviets in the Estonian town of Tallinn, Shields was victorious in the steeple in 9:03. Four days later came the German mishap. But Jim still took pleasure in his performance, which he says would have been in the mid-8:40s if not for his clumsiness.

Competing in Russia two weeks before the 1976 Olympics and knowing that the Games would be in Moscow in 1980 is quite enough to stimulate a runner's fantasies.

"Yeah, it occurred to me," admitted Shields, who may be a US Olympic contender after another four years of progress. (He said he's "thinking 8:30s" for his freshman year at William and Mary. The national junior-19 and under record is 8:38.8.)

To move into the world-class range, Shields may have to adopt some of the style that has made the Europeans so successful. He was careful, then, to observe the work of his German and Soviet counterparts.

"They did everything by the book," Shields said. "The two of them ran together. They accelerated into every hurdle. But they never came out of them well. I ran a more even pace."

In three months of this year, Shields had a lifetime of experiences, good and bad. His physical foundation was complemented by emotional strengths, and the combination of the two is required for high-level steeplechasing. ●





Horst Muller

A Championship Just For WOMEN

by Joan Ulliyot M.D.

What is so special about Waldniel?" the German reporter asked during a pre-race press conference.

Eleven Americans were entered in the Second International Women's Marathon on Oct. 2, and the question was a natural one.

"Surely you have marathons closer to home, even very prestigious ones," he continued. "Why have you all traveled so far, at your own expense, to compete here?"

Jacqueline Hansen, world record-holder and best known of the Americans, answered for the group. "This is the 'Olympic marathon' for women, since we didn't have a chance to run in

Montreal. Here, we can compete against the top women runners in the world."

And we all nodded in agreement, since this opportunity to compete internationally had been a major inducement in making the trip.

Waldniel's renowned Dr. Ernst van Aaken, foremost promoter of women's distance running, had worked hard to assemble a stellar field for his second extravaganza. Almost 60 marathoners from 10 countries gathered in this small German town, close to the Dutch border.

The American AAU had given its official blessing to the event, and had helped to assemble (if not to finance) a

strong team. Besides Hansen, there were National AAU champion Kim Merritt, three of the next four finishers in the 1975 National Championships (Gayle Barron, myself and Marilyn Bevans), two official representatives from the Pacific AAU (Judy Gumbs and Penny DeMoss), and two veterans of the previous Waldniel marathon (Marilyn Paul and Diane Williams).

The US contingent was strengthened unexpectedly by Jenny Tuthill and Karen Kokesh, both of whom had interrupted European trips to run in Waldniel. Seven of the 11 already had cracked the three-hour barrier, and the rest looked hungry to do so. Seven of

Kim Merritt (2), Christa Vahlensiek (25) and Jacqueline Hansen (1) are in the lead right away.

the European contestants also had run under three hours.

Van Aaken obviously hoped the top competition would produce fast times, perhaps a world record, and give impetus to his stated goal of having a women's marathon in the Olympic Games.

As race day approached, the doctor was in his element, hustling around full of energy, organizing activities and publicity. Much energy was needed to pick up and greet the foreign competitors, who all seemed to arrive on different days and from different directions. It was chaotic and pleasantly unpredictable.

One local delegation set off for Dusseldorf airport to meet Jenny Tuthill, and returned instead with Marilyn Paul. Meanwhile, Jenny was rumored to be lost somewhere in Holland. Kim Merritt and her husband had been spotted in Luxemburg, but took two more days to find Waldniel, which doesn't appear at all on most maps.

Once they arrived, most of the foreign runners were housed in the friendly Hotel Rath, where hosts Peter and Marie hovered over us anxiously, making sure we ate enough to keep up our strength.

Marie was relieved to learn we were skipping or already past the protein phase of the carbohydrate-loading diet. In 1974, we had resisted her efforts to sneak a few noodles into the broth or tempt us with rolls during our Spartan boiled-egg breakfasts. This time, the piles of rolls and potatoes disappeared faster than she could put them on the table.

There were plenty of activities to keep our minds off the coming race. Besides the press conference and a formal reception, there were sight-seeing trips to Dusseldorf, Bonn and across the border into Holland.

One morning, we all submitted to EKGs and were informed by a cheerful van Aaken that all the tracings were abnormal (which was to be expected since we were world-class athletes in good condition).

Somehow, a last few training runs were squeezed in among all the other activities. The race loop of 10 kilometers was marked by arrows which occasionally indicated a turn too early and led the unwary runner into fields of beets.

A further challenge was provided by dense clouds of gnats which hovered

near wooded stretches. We soon learned to keep our mouths—and eyes—shut along these sections.

The weather was humid and warm all week, with no change on Saturday—race day. Starting time was 1 p.m. Before the start, the Germans gave an impressive display of Prussian efficiency by filling in the gaping construction ditch which had obstructed the course up to the day before the race.

There was also time to greet and chat with German friends from 1974. One of the most cheerful was 57-year-old Eva-Marie Westphal, small, gray-haired and roly-poly as a dumpling. Manuela Preuss (now Angenvoorth), who has a 2:43 marathon to her credit, was equally cheerful but doubtful about her chances in this race.

"It's my legs," she explained. "Pains everywhere. I'm falling to pieces. I

hurt. The main difficulty, she thought, was mental fatigue. "You get so tired of running so long."

Privately, I had to give Christa the status of favorite in Waldniel, in view of her ultra-marathon strength, her 10,000-meter speed (she holds the women's world record of 34:04) and her familiarity with the course.

Kim Merritt was also a strong contender, having run 2:47 in the 1976 Boston Inferno and a recent 1:28 in the Charleston 15-Miler. Jacqueline Hansen, though admittedly not in top form, could always be counted on to run strongly. For the dark horse, I had my eye on Gayle Barron of Atlanta.

I told Gayle on Saturday morning that the way she'd been running, I thought she could do 2:45.

"No way!" she exclaimed.

"Well, under 2:50 anyway," I re-



Manuela Angenvoorth (left) and Sarolta Monspart (center) close their eyes to Vahlensiek.

shouldn't be running." But she said all this with a smile, and I suspected a tendency to exaggerate.

Christa Vahlensiek, the German champion who has run 2:40, looked relaxed and strong. One month earlier, she had run a 100-kilometer race, finishing fourth overall (out of 800 runners) in the fantastic time of 7:50 for 62-plus miles. I asked her, curiously, how that race had felt.

"Oh, much easier than a marathon," Christa replied. Not even her legs had

plied. Hordes of small children believed me and besieged Gayle for autographs before the race.

Space was cleared in the dense crowd of TV crews and spectators, and we lined up in front of the high school. As in 1974, the Americans were seeded to the front row, along with other exotic foreigners like Eleonora de Mendonca of Brazil (currently living in the Boston area) and Sarolta Monspert of Hungary. The Germans and their nearest neighbors lined up behind us while the sun shone down warmly and ominously.

Finally, the police and photographers in the road ahead revved up their engines to precede us. The gun sounded,

and we surged forward in a bunch—most of us, that is.

Kim Merritt, true to form, was 100 yards in front almost as soon as we were moving. Behind her came Christa, Jacqueline, Manuela and about five others who had hopes of maintaining that fast pace. Behind them were most of the other Americans—all but Marilyn Bevans

The day remained humid, though a slight overcast kept the temperature down in the low 70s. Those of us who declined to run in a pack scattered quickly. For me, the course loops dragged on monotonously. The only variety was provided by clapping spectators and by the clouds of hovering gnats that flew into our eyes. Our course was on a

al best of 3:00:36, while I trailed in with 3:01:07 and was not displeased.

One of the best things about finishing a marathon (besides restoring oneself with hot tea or cold beer) is learning what happened in the rest of the race. I knew, from having passed them, that some of the Americans hadn't fared too well.

Marilyn Paul, plagued with knee pain since her 2:49 marathon last spring, was forced to slow and eventually to drop out at about 18 miles. Penny DeMoss developed stomach cramps and was unable to finish. I had also passed Marilyn Bevans, slowed by her head cold, and 16-year-old Diane Williams.

I now learned that Christa had eventually caught Kim and won the race in 2:45:24. German TV cameras had filmed the crucial moment and played it back on the news that evening—the strong surge of Christa at 23 miles, overtaking a tiring Kim, who had led from the start. Kim had never been passed by a woman before in a marathon, and was obviously demoralized by Christa's move. She slowed visibly and lost almost two minutes in the final half-lap, finishing in 2:47:11.

Happily fulfilling my prediction, Gayle Barron ran strongly and evenly to finish close behind Kim in 2:47:43—a best time by seven minutes. Gayle, a smart pacer, had started with the second pack of Americans (not the faster multi-national group) and had eventually overtaken all but two runners.

Other Americans—Hansen, Gumbs, Tuthill and myself—placed 8-9-11-12 for a very strong team showing. And the remarkably well-qualified field gave unprecedented overall results: five women under 2:50, 10 under 3:00, 16 under 3:30 in a single race with 45 finishers. Eva Westphal, at age 57, finished with a smile in 3:53.

After the awards ceremony, we all adjourned to the by-now-traditional van Aaken evening party. The hours passed quickly as we did justice to the piles of food, sampled the German beer and wines, telephoned home and watched ourselves on TV reruns. (Kim tired quickly—and understandably—of watching herself being overtaken.)

Van Aaken finally capped the evening by announcing that this "unofficial world championship" had so impressed the German Athletic Federation representative that there will probably be an official race in 1977. He said it will be sanctioned by the International Amateur Athletic Federation, sponsored by Germany and will take place, where else but in Waldniel. ●



Horst Muller

and I, who had slight head colds and were running conservatively.

Kim, despite her fast pace and large lead, wasn't running in quite her usual Kamikaze style—all out all the way. As she explained later, being out there all alone made her nervous. She looked back occasionally, wondering where everyone else was, but didn't slow up.

It was her first marathon where she was the overall leader as well as the first woman, and she had the consequent pace-setting responsibility. Christa and the pack behind her seemed to be playing a waiting game, keeping together and hoping for Kim and the others to drop off the pace.

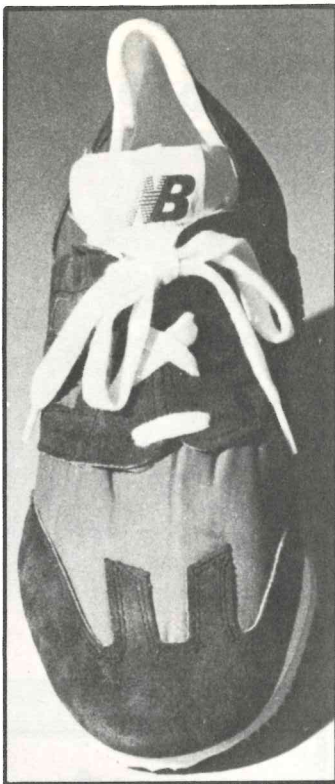
I, too, waited for attrition to improve my position. Not in very strong condition after a summer of travel and low mileage, my only hope was in even-paced laps. My goal was 42 minutes per 10-kilometer lap. Not surprisingly, after the first 10 kilometers at this pace, I was way back in 20th place.

Dr. Ernst van Aaken, father and host of the Women's International, greets Vahlensiek. Germans have won both of these championships.

bike path, and little boys (as well as a few illegal "pacers") rode by uncomfortably close.

I kept up my spirits by passing competitors who had started too fast, and eventually picked off nine along the way, leaving me feeling smug. However, three miles from the finish, I too was passed—by Jenny Tuthill.

Jenny, who had learned from experience the dire consequences of fast running in warm weather, ran even more cautiously than I and was stronger at the finish. Somehow, I wasn't particularly bothered as she surged past me, since I knew of her fast starts and assumed that she was already up ahead somewhere. Jenny finished in a person-



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Brooks Villanova II

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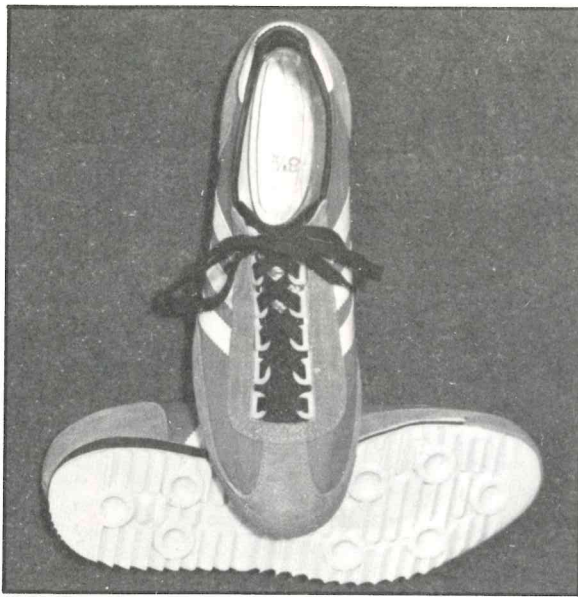


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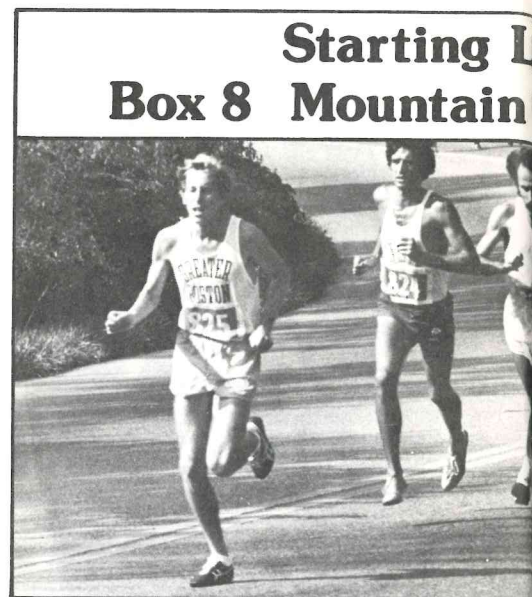
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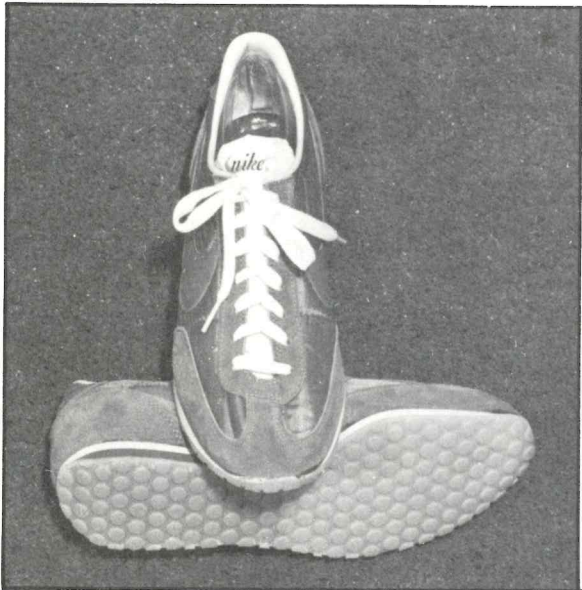


Adidas SL-72-76

This is one of the most popular and best selling running shoes. It combines strength and durability with comfort and support—strong heel counter. Nylon uppers allow for fast drying after wet weather workouts. 76 model is green nylon with yellow trim, 72 model is blue nylon with white trim, sizes 5-13, \$30.95.



Starting Line Box 8 Mountain



Nike Road Runner

This trainer is a strong, substantial model. A good shoe for training on roads or highways which have unforgiving surfaces that could cause leg injury. Used for long-distance training, as it absorbs road shock. Its light weight also allows for racing. Green nylon uppers have blue leather and green suede reinforcements, sizes 3-13, \$22.95.



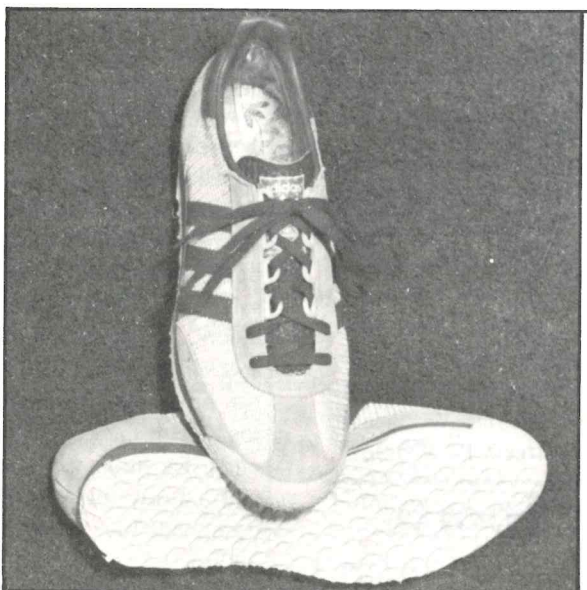
TIGER GRAND PRIX

Flexible upper construction make this trainer one of the most comfortable shoes available. Sizes 4-13, \$26.95.



TIGER MONTREAL '76

Has a well supported heel with good upper comfort. Navy blue nylon with royal blue heel. Sizes 3-13, \$25.95.



Adidas Runner

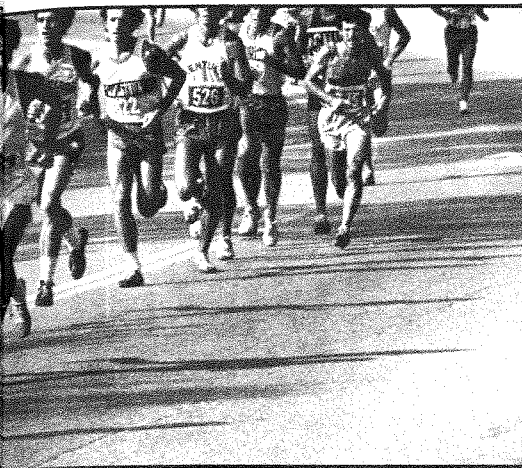
The perfect shoe for the long-distance runner. Good for cross country training in the woods, or road races on pavement. Has beautiful easy-breathing mesh nylon uppers, with velour reinforcements at crucial stress points. Built-in wedge and star profile sole gives lots of good, hard mileage. Yellow nylon mesh with gold suede heel and toe reinforcement, it has blue trim and white sole, sizes 7-12, \$35.95.



NIKE OREGON WAFFLE

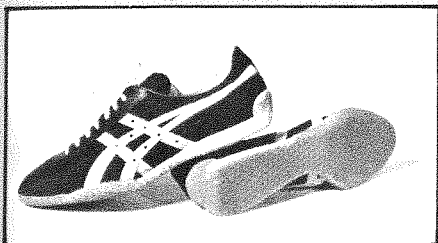
This shoe presents a unique sole design that resembles a waffle pattern. Sizes 4½-13, \$25.95.

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Nike Waffle Trainer

A more conservative version of the LD-1000, has good stability and protection with flared waffle sole design. Unique sole design gives great traction on all types of surfaces. Also, the waffle sole provides resistance to road shock. Is light enough for long-distance racing. Blue nylon with blue suede toe and heel reinforcement. Sizes 7-12, \$28.95.



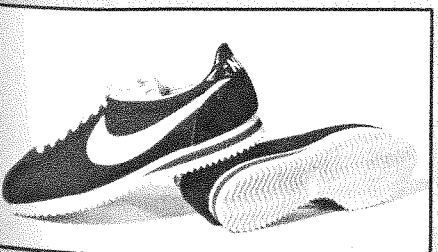
TIGER OHBORI

A light-weight shoe best suited for track racing. Sole has good flex. Has strong heel counter. Sizes 5-13, \$27.95.



PUMA 9190S

This shoe has been a long-time favorite of runners. Blue nylon with yellow leather Puma stripe. Sizes 3-13, \$29.95.



NIKE NYLON CORTEZ

Has substantial padding, but is the lightest of any training flat. Light enough for racing. Sizes 7-12, \$26.95.

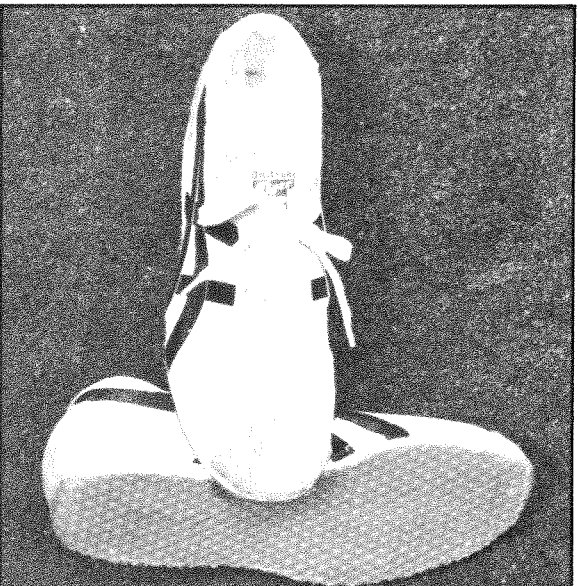
Adidas Marathon

Truly a marathon shoe, capable of long-distance running. An excellent shoe for marathon racing, or road racing. A comfortable shoe that will give your feet the support they need in a long race. Good inside support—a durable racer. Blue suede and lightweight with white nylon stripes and black rubber heel counter, sizes 6-12, \$39.95.



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

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

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

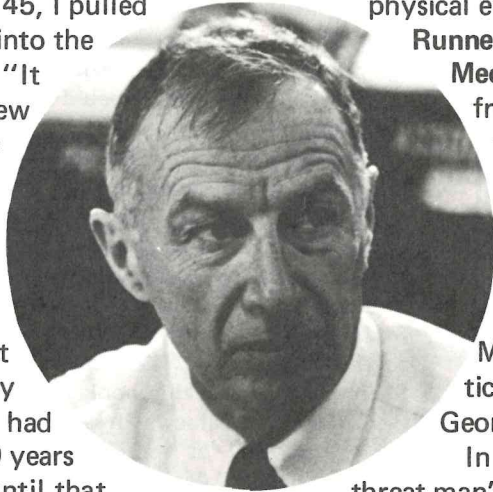
He uncovered his latent talent in this sport at 50, and set a world record in the mile for his age group. Now in his late 50s, he still races regularly—including running the Boston Marathon each year.

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

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

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

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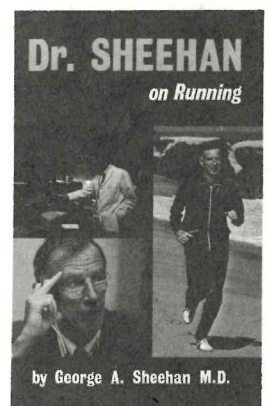
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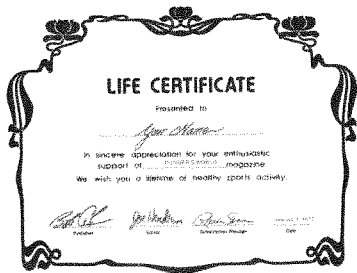
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Technical Tips

Answering the needs of our readers.

LONG WAY FROM HOME

I recently ran along the Pacific Coast from Santa Barbara to Los Angeles, a distance of 93 miles, in three days. This type of running isn't stressed too much in *RW* or anywhere else, but I found it an interesting, and even fun, experience.

First of all, anyone can run something like this. Multiply your daily average mileage for the last month by three to see what you probably could average for several days.

Now that you've decided you can do it, where are you going to run? If you don't know anyone living 100 miles away, just pick any stretch of road which would be scenic for running. This should be the least of your worries.

There are two ways available for you to find lodging. One, the amateur Don Shepherd way (see his book *My Run Across the US*, Tafnews Press, 1970), is simply to stay at motels and with friendly people along the way. This poses a problem if motels aren't conveniently located, but you still can hitchhike to the nearest town at the end of the day (of course, you'll have to hitch back again in the morning).

Another way is the professional Bruce Tulloh method (see his book *Four Million Footsteps*, Tafnews Press, 1969). Although you don't need an accompanying caravan of trailers and press buses, if you have a friend, spouse or parent to pick you up at the end of the day they could take you home and bring you back in the morning.

Depending on how and where you run, you may need to carry things with you. The best way to do this is to get a hip pack. It fits snugly around the waist, is easy to run with and carries quite a bit. It is available from sporting good stores or from Recreational Equipment, Inc., for less than \$10.

How should you run, all day or in spurts? I found each day to be different. The first day I was content with running 10 miles at a time (including two or three five-minute drink stops) and then taking an hour break. The second day I took three major breaks and did my running in about five-mile stretches. The third day I went

so slow I had to run most of the day to get to my destination.

Don't overdo the first day. If most of your training runs are at 7-8 minutes a mile, a good average to shoot for is 10 minutes a mile. Don't do what I did and run until you're sore the first day. You'll regret it the next day. Better to push the latter days.

At more than a marathon per day, you will encounter muscle soreness on the trip. I found a hot bath and plenty of sleep to help the most. Another leg problem to be careful of is "runner's knee," caused by long distances on the slanted rather than flat portions of the road.

Wear a sign on your back indicating where you started and where you're going. Mine said "SB to LA," and then underneath in small letters "hopefully." You'll receive some helpful encouragement from passing motorists. There is nothing like a friendly clenched fist salute and a "keep it up" at the end of the day.

Go over the course by car first if you can. Not only will you familiarize yourself with rest and food stops, but also you can check out the mileage.

You probably should not change your eating habits while on one of these long runs. I found I wasn't hungry during the day since I drank so much. I did take frequent fruit flavored Life-saver breaks though. It would probably be wise to increase your normal caloric intake on the run.

All in all, a run like this is easier than a marathon. You can choose your own pace, rest when you want, take time to enjoy your surroundings. And, like a marathon, you can feel a sense of achievement and accomplishment.

Kevin Young

FEEL-GOOD FOODS

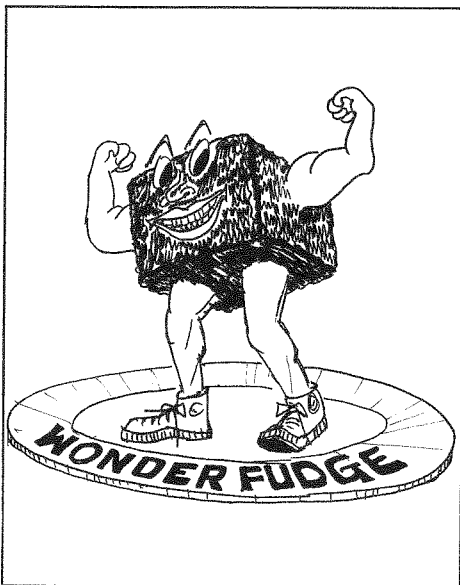
Now that sports medicine is with us, can *preventive* sports medicine be far behind? Such a science would let us know that super foods do exist in nature's pharmacopia. By definition, a super food should pack some seemingly miraculous punch, improve recovery and consistency, soup up endurance and

strength, as well as enhance one's overall performance and feeling of well-being.

These are a few of the top-seeded feel-good foods:

- *Wheat germ and wheat germ oil (raw)*. In a remarkable series of studies in 1956 at the University of Illinois, T.K. Cureton increased the stamina of a group of Olympic swimmers by 51.5% simply by adding wheat germ and its oil to their daily fare for a period of three months. The wheat-germ-fed swimmers outranked the competition in all events.

Because of the large amounts of naturally occurring vitamins B and E it contains, wheat germ keeps the capillaries and muscles of the heart tissues open, increasing the flow of blood in the arteries. Note that wheat germ oil provides more vitamin E than the germ itself, but less protein. One-half cup of wheat germ contains 24 grams of pro-



tein, eight times as much as you'll find in a slice of white bread.

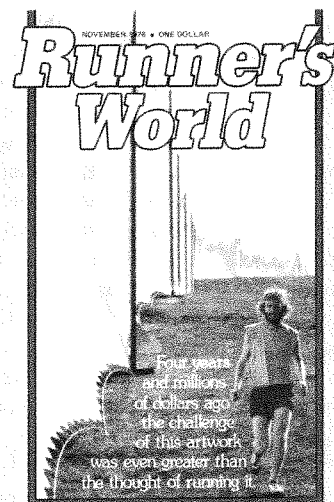
- *Liver*: Any athlete trying to push up his or her oxygen intake can ill afford even a mild case of iron deficiency anemia. Fortunately, it can be prevented or remedied by adding iron-rich liver to the diet.

In tests conducted by Dr. B.H. Ershoff of the Thurston Laboratories in Los Angeles, rats were divided into three groups with only the final group receiving desiccated (dried) liver as a portion of their daily diet. At the end of three months, the rats were pitted against one another in a test of swimming endurance. Both of the groups not fed liver expired after 13 minutes.

Liver is a blood builder, a superior source of iron and all other major minerals, and, like yeast, a superior source
(continued on page 54)

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of every B vitamin you can name and then some.

● *Brewer's Yeast*: Otherwise known as "food yeast" or "nutritional yeast" or "eastng yeast" (but never "baker's yeast"). This is available in tablets, capsules, flakes, powders of varying strengths and flavors at drug stores and natural food shops. This yellowish powder with its faint "peanutty" flavor is a rapid energizer. Yeast contains all the elements of the B vitamin complex in perfect harmony. It is a first-rate source of iron in its natural form (plus 18 other minerals and micronutrients) and is low in calories and carbohydrates.

● *Nuts, seeds, oils and others*: Studies by Dr. Kenneth Cooper at the Aerobic Institute indicate that, contrary to the old saw about salt depletion, the main minerals lost on playing fields are electrolytes such as potassium and magnesium, not sodium. Nuts and seeds are a good source of both and should be liberally sprinkled raw (cooking destroys 30% of the nutrients) by sportspersons on everything from mustard greens to ice cream. These little packages of power have the richest potassium count and the highest rating for magnesium among all foods surveyed by US Department of Agriculture.

Another seed with a distinguished service record is the sesame seed (packed with calcium, another mineral female athletes in particular often need). Combine it with all raw salad oil cold-pressed from unprocessed sesame seeds or with nuts or sprouted soybeans and you have a double wonder.

According to an exercise physiologist, Lars Carlson of Stockholm, these nut oils, being rich in a super-nutrient called linoleic acid, have a turnover rate of 40 times that of glycogen. Taken in conjunction with exercise, these seeds stimulate the production of muscle glycogen, a prime energy source.

Further muscle hustle is provided by fruit and vegetables like the avocado, which provides more energy per pound than almost any other food known. It is as digestible, say nutritionists, as raw milk, contains 17 unsaturated oils and contains vitamins A, B, D, E and K.

Almost all of these foods can be combined into a food I call "wonder fudge." The recipe:

one-half cup powdered milk
one-fourth cup soy or wheat germ oil
one-fourth cup ground sunflower seeds
one-half cup chopped or ground dried fruit (dates, raisins, figs, prunes or any mixture thereof)

one-fourth cup honey
one cup shredded coconut
one-half cup nuts
one-quarter cup water
two tablespoons brewers yeast
one-half cup sesame seeds
one-fourth cup carob or cocoa powder
Combine everything in large bowl. When mixture sticks together, press into a buttered pan. Chill. Cut into squares, parcel in clear plastic wrap and refrigerate for a quick pick-me-up. Yield: 1½ lbs.

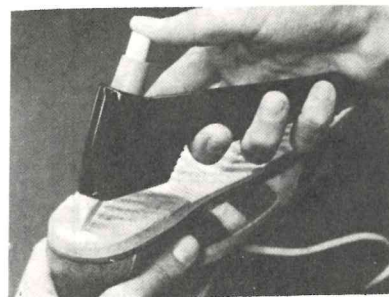
Frances Sheridan Goulart

(Frances Sheridan Goulart is a long-distance runner and author of four natural foods cookbooks. In addition, she is the founder of the country's only year-round natural foods cooking school. She is currently at work on a book exploring the link between nutrition and sport entitled Eating To Win.)

POWER START

The power start is an illustrative term given to a type of standing start in which emphasis is on a quick, strong drive off the line. It can be utilized by middle- and long-distance runners as their racing start, or other runners in practice to develop rapid acceleration. Beginning sprinters will find it a great aid in learning starting-block skills.

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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.

The Sole Repair Kit can provide a way out of this dilemma. Proper use of the Kit builds up worn areas of the soles, extends the useful life of the shoes and prevents needless injury and expense.

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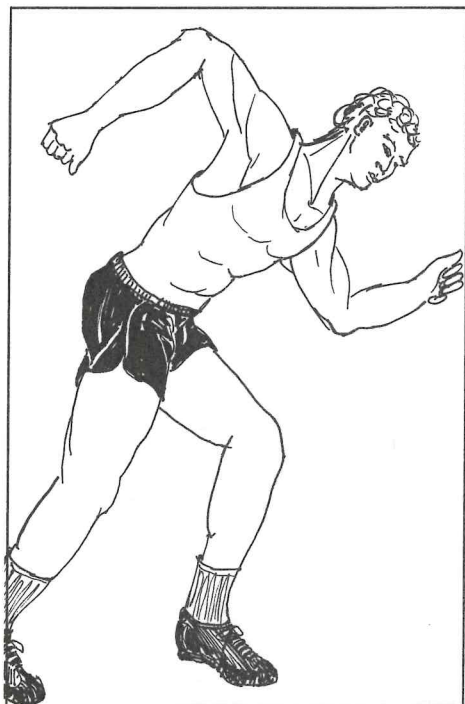
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Prior to the start of a practice run, the runner positions himself on the line with his feet set as they would be in starting blocks (one foot on the line 12-16 inches ahead of the other and both feet pointed straight ahead). On each practice run, the regular race commands of "on your mark," "set" and "go" should be given by the coach or a member of the running group.

When "on your mark" is called, the runner bends his knees slightly. He leans forward so his head tilts downward and moves forward the arm on his front-foot side. He moves to the rear



Dankers Lauderdale

the arm on the back-foot side, keeping both arms bent at 90-degree angles. The runner should now be concentrating fully on the run, although full physical readiness doesn't come until the "set" command is given.

The "go" command should bring a forceful response similar to the reaction to the starter's pistol in a race. The strong drive of the front foot should be matched with an equally forceful thrust of the arm on that side.

Since the first few steps will be in a low, driving position, the arm thrusts should bring the hands up even with the head. By bringing the hands to this height, which is nearly the same height they should be carried during the run at full speed, balance is maintained during those crucial first few steps. Good balance allows the runner to rise up slowly during the acceleration phase.

If power starts are done conscientiously, they can be as valuable in the development of starting balance and drive as coming out of the blocks.

For sprinters who have trouble getting the necessary arm drive from the blocks, the one-arm-back part of the power start can be utilized in the blocks. While having only one hand on the ground can cause some balance problems, this type of start is used only on an interim basis until the problem of arm drive has been corrected. (Russian sprinter Valeriy Borzov used this one-armed start regularly in competition, with much success, while recovering from a wrist injury.)

For those who use a standing start for their races, the power start is a must. The arm drive on the power

start achieves a high rate of acceleration without expending much energy. When you want to be the first runner to the "break" line, a power start is the way to get there.

The power start has one further racing application. It's the natural way to achieve rapid acceleration in relay races.

The final word is one of caution. As with any technique, it can only help a runner as much as he helps himself. Concentrate on each and every power start. Without concentration, there can be no power.

Bob Hyten •

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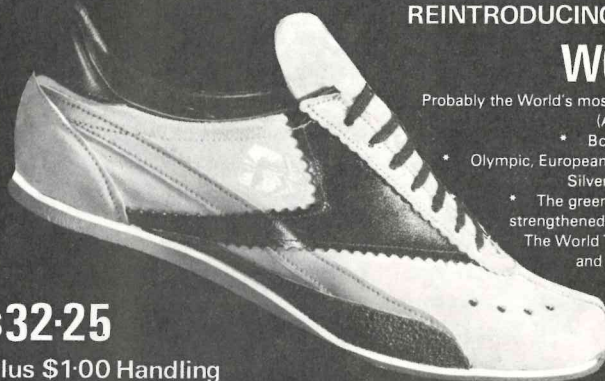
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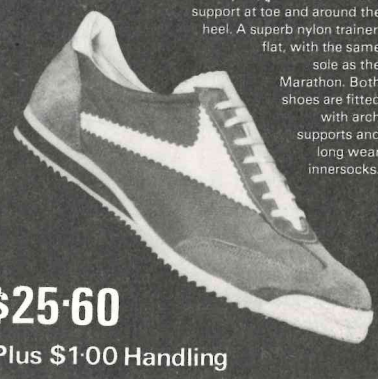


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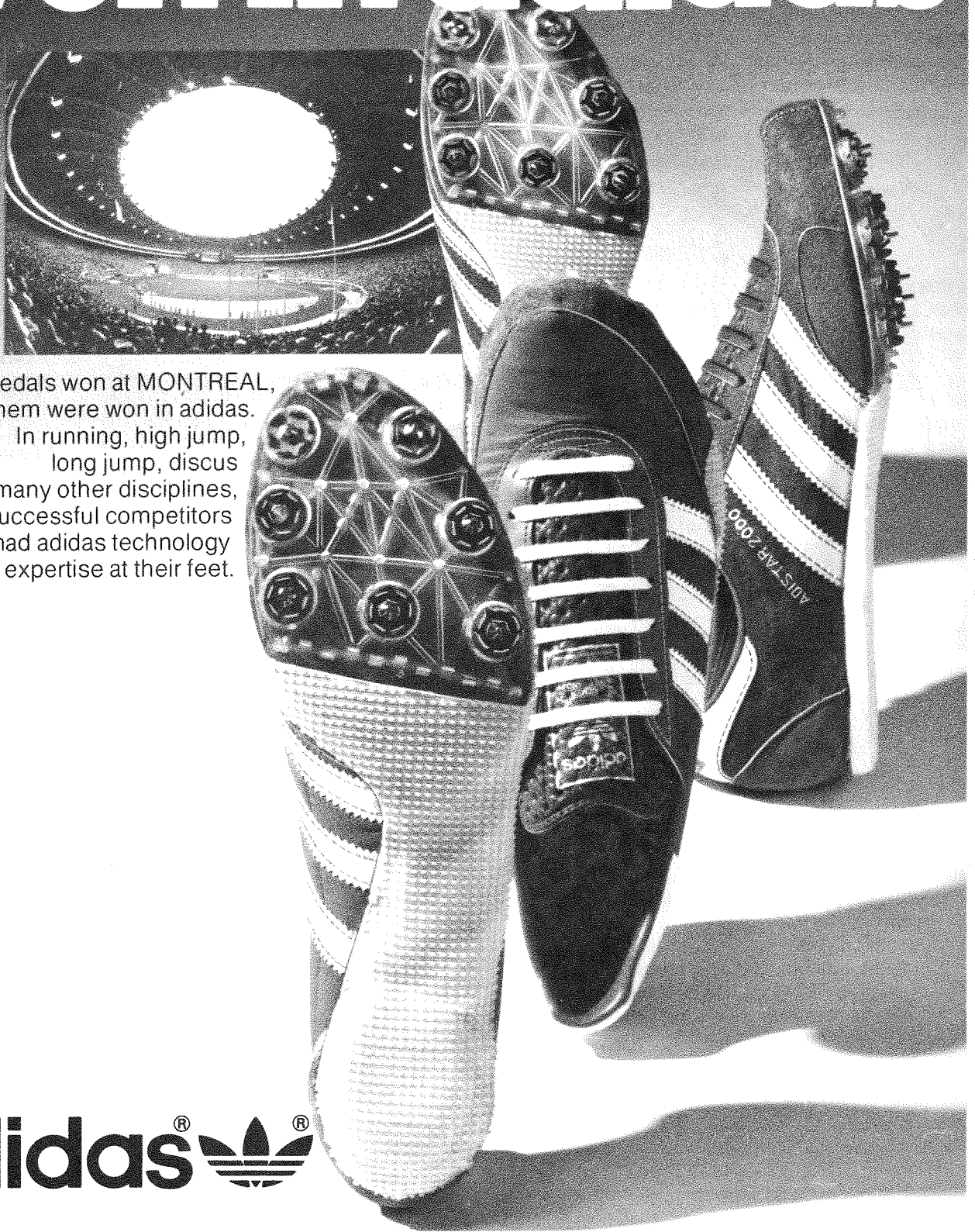


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Does the Sport Need New Blood?

by Russell Pate, Ph.D.

Due to a printer's error which came too late in the publication process to be corrected, a portion of Dr. Pate's fine article was garbled.

We apologize to readers for any confusion this error might have caused them, and to the author for any embarrassment this may have brought him.

Here, we clarify and continue that article from the November issue, pages 25-27.

Did he or didn't he? That was the question about Lasse Viren of Finland at the 1976 Olympic Games. Did he suddenly come from three years of near-obscurity to win two Olympic titles under his own power, or did he have help from doctors? Specifically, was he using a rather new and controversial technique popularly known as "blood doping"?

The rumor in Montreal was that Viren had experimented with this technique which neither is "doping" in the usual sense of the word (it involves no drugs) nor is it outlawed by international athletic rules. The double winner would neither confirm nor deny that anyone had tampered with his blood.

I certainly do not have the facts to say whether Viren did or didn't "blood-dope." As an exercise physiologist, I prefer to address myself two questions of wider significance.

1. What is blood doping?

2. Does it really help endurance athletes improve their performance?

This technique involves the withdrawal of about a liter of an athlete's blood. After he has trained for several weeks and his body has replenished the blood loss, his own blood is reinfused. In theory, this improves performance by giving him a greater oxygen-carrying capacity via red blood cells.

Early research done in Scandinavia gave quite promising results. However,

more recently methods of study used and the interpretation of these results have been questioned by scientists. Performances may improve after blood reinfusion, but not nearly to the extent the original tests showed.

(At the top of page 26 in the Pate article, a piece is repeated. Skip to the 16th line of the third column for the continuation.)

I stated in the November article, "In my opinion, a healthy skepticism concerning the effects of blood doping is warranted." The problems are (1) the increased red-blood-cell count increases the blood's viscosity and may reduce the heart's ability to pump blood to the muscles; (2) the muscles may not be able to use the additional oxygen because of limitations imposed by the enzyme systems.

In short, there are sound physiological reasons for arguing that blood doping may be useless to athletes performing at sea level, though it may have some benefit at altitude.

A deeper look at the scientific literature reveals that Dr. Bjorn Ekblom's original work in this area represents only one of several published studies on blood reinfusion. Early interest in blood reinfusion grew from the observation that altitude acclimatization involves the development of "polycythemia," which is a condition characterized by a greater than normal hemoglobin concentration.

With acclimatization, endurance capacity at altitude returns toward that attained at sea level. Physiologists were interested in studying the role of polycythemia in this adaptation to altitude. Using the blood-doping protocol, several studies have shown that artificially induced polycythemia does enhance performance of endurance work *at altitude*. This finding, however, does not neces-

sarily mean that polycythemia is of any benefit at sea level.

Sea level studies of polycythemia are few and, when taken together, are inconclusive. Two studies used submaximal exercise heart rate to evaluate performance. Both found lower heart rates after blood reinfusion. This implies improved performance, but the changes were small and the heart rate method of fitness evaluation leaves much to conjecture in this particular research area.

Three studies have used forms of maximal exercise to evaluate the effects of blood reinfusion. Ekblom found increases in treadmill work time to exhaustion and maximal oxygen uptake.

However, B. Robinson and co-workers observed no significant changes in maximal oxygen uptake when 1000-1200 milliliters of blood were reinfused into a group of six subjects.

M.H. Williams and his associates, employing a double-blind research design to control for placebo effect, found no significant change in treadmill run time to exhaustion. (Williams did not measure maximal oxygen uptake or hemoglobin levels and infused less blood—500 milliliters—than used by the other investigators.)

Thus, at present it is not possible to draw a firm conclusion regarding the effects of blood reinfusion on performance of maximal endurance exercise at sea level. Additional research is needed to clarify this basic question. Future studies should employ larger groups and double-blind research designs. Ideally, studies should be done on various groups ranging from untrained persons to international-class athletes. Furthermore, other studies should focus on possible harmful side-effects.

Until more research is done, there is little evidence to suggest that blood doping increases endurance. ●

Best of Times

Statistics and analysis by Ken Young, National Running Data Center.

1976 INTERIM RANKINGS

Quality distance performances continue to highlight this Olympic year as we present the second interim listing of best US performances for 1976. Half of the events listed show marks already better than for all of 1975.

The 30-kilometer, 100-kilometer and 100-mile rankings are unchanged from the previous listing (July '76 RW "Best of Times") and are not repeated here. We list the leaders in the remaining 13 standard distance events—the top five overall and the fastest junior (19 and under), veteran (40-49), master (50-59), senior (60 and over) and women. Asterisks denote marks on uncertified road courses (unacceptable for records); "t" indicates an outdoor track mark, "i" indicates an indoor track mark.

These marks represent races reported to us by Oct. 15, 1976, reflecting races through mid-September. Often, results are late, incomplete or missing ages, which may lead to omissions in these lists. Please send additions and corrections to Ken Young, Institute of Atmospheric Physics, University of Arizona, Tucson, Ariz. 85721 or to *Runner's World*.

10 KILOMETERS (ROAD)

1. Don Kardong (27, Wash.) 29:14
2. Bill Rodgers (28, Mass.) 29:16
3. Frank Shorter (28, Colo.) 29:23*
4. Ed Leddy (24, Tenn.) 29:41
5. Herbert Lindsay (21, Mich.) 29:44*
6. Mark Finucane (19, N.Y.) 30:12*
7. Jeff Galloway (30, Ga.) 30:24
8. Steve Bolt (21, Ala.) 30:32
9. Benji Durden (24, Ga.) 30:38
10. Mitch Kingery (20, Calif.) 30:40*

Junior (19 and under):

1. Mark Finucane (19, N.Y.) 30:12*
2. Ray Krombol (18, Pa.) 30:55*
3. Mike Cotton (17, N.Y.) 31:01

Veteran (40-49):

1. Ralph Thomas (Me.) 31:54*
2. Paul Noreen (40, Minn.) 32:24*
3. Bill Crum (40, Calif.) 33:54*

Master (50-59):

1. Hubert Morgan (54, Pa.) 37:16*
2. Tom Kempf (51, Okla.) 37:50
3. Bill Coyne (54, N.Y.) 38:21

Senior (60 and over):

1. Wm. Brobston Sr. (63, N.Y.) 43:18
2. Chuck Dahlsten (65, Calif.) 43:31*
3. William Vied (60, Ga.) 44:34*

Women:

1. Francis Larrieu (23, Calif.) 33:44*

2. Cyndy Poor (23, Calif.) 34:32*
3. Julie Shea (17, N.C.) 34:52

15 KILOMETERS

1. Kevin McDonald 44:48*
2. Jim Nuccio (Calif.) 44:59*
3. Gary Tuttle (28, Calif.) 45:42
4. Chuck Smead (24, Calif.) 46:12
5. Ron Tabb (21, Mo.) 46:13*
6. George Mason (20, Kan.) 46:44*
7. John McGrail 46:47*
8. Tim Steele (25, N.J.) 46:53
9. Jan Sershen (Calif.) 46:59*
10. Tom Bryant (23, Calif.) 47:01

Junior:

1. George Aguirre (18, Calif.) 47:27
2. Thom Hunt (18, Calif.) 48:23
3. Mike Cotton (17, N.Y.) 48:31

Veteran:

1. Hal Higdon (45, Ind.) 49:15*
2. Fred Best (40, N.J.) 49:34
3. James Shettler (Calif.) 50:14*

Master:

1. Ed Almeida (Calif.) 53:15
2. George Sheehan (57, N.J.) 57:15
3. Jim McDonagh (52, N.Y.) 57:41

Senior:

1. Clive Davies (60, Ore.) 54:52*
2. Wm. Brobston Sr. (63, N.Y.) 67:03
3. Louis Young (64, Mass.) 69:08*

Women:

1. Vicki Bray 56:35*
2. Nadia Garcia (Calif.) 56:45
3. Diane Barrett (Ariz.) 57:16*

10 MILES

1. Bill Rodgers (Mass.) 47:19*
2. Jim Nuccio (Calif.) 48:37*
3. Fred Doyle (Mass.) 48:49*
4. Frank Shorter (28, Colo.) 48:53*
5. Carl Hatfield (28, W. Va.) 49:09
6. Fred Carnahan (Calif.) 49:21*
7. Tom Derderian (Mass.) 49:22*
8. John Vitale (28, Conn.) 49:26*
9. Bob Varsha (Ga.) 49:33
10. James Buell (21, Ky.) 49:36*

Junior:

1. Jeff Peterson (19) 51:37
2. John Hunsaker (19, Colo.) 51:50*
3. Jon Sinclair (18, Colo.) 51:50*

Veteran:

1. Ralph Thomas (40, Me.) 51:42*
2. Frank Pflaging (43) 54:08
3. Al Claremont 54:31*

Master:

1. Jim O'Neil (50, Calif.) 57:38*
2. Alex Ratelle (51, Minn.) 58:51*
3. Charles Robbins (56, N.Y.) 60:55*

Senior:

1. John Wall (62, Md.) 63:42
2. Johnny Kelley (69) 67:46*
3. Bill Andberg (64, Minn.) 68:24*

Women:

1. Julie Shea (16, N.C.) 57:04
2. Aileen O'Connor (15) 59:51
3. Karen Cramond 59:59*

ONE HOUR RUN

1. Jim Nuccio (26, Calif.) 12m 372y
2. Chuck Smead (24, Calif.) 12m 307y
3. Bill Haviland (25, Tenn.) 12m 148y
4. Jeff Galloway (30, Ga.) 12m 107y
5. Howie Ryan (31, N.Y.) 12m 57y
6. Cliff Clark (32) 11m 1588y
7. Joe Skaja (25, Ore.) 11m 1550y
8. Jim Birnbaum (24) 11m 1511y
9. George Aguirre (18, Calif.) 11m 1483y
10. Jan Sershen (28, Calif.) 11m 1437y

Junior:

1. George Aguirre (18, Calif.) 11m 1483y
2. Mike Bordell (19) 11m 1159y
3. Marty Froelick (18) 11m 905y

Veteran:

1. Ray Hatton (44) 11m 740y
2. Denny Meyer (43) 11m 187y
3. Truman Clark (40, Calif.) 11m 103y

Master:

1. Hubert Morgan (54, Pa.) 10m 263y
2. Jim McDonagh (52, N.Y.) 10m 232y
3. Bob Bartling (50, S.D.) 9m 995y

Senior:

1. Clive Davies (60, Ore.) 10m 201y
2. Norman Bright (66, Wash.) 9m 360y
3. Robert Boal (64, N.C.) 8m 1639y

Women:

1. Mary Shea (15, N.C.) 10m 121y
2. Carol Cook (22, Mo.) 9m 1653y
3. Gayle Barron (30, Ga.) 9m 1336y

20 KILOMETERS

1. Duane Gaston (24, Ohio) 1:01:55
2. Dan Cloeter (23, Ill.) 1:02:08
3. Jason Lindsey (24, Ohio) 1:02:10
4. Michael Kelley (26) 1:02:28
5. Jim Drews (24, Wis.) 1:02:54*
6. Barney Klecker (24, Wisc.) 1:03:09*
7. Ron Wayne (Calif.) 1:03:26
8. Paul Stemmer 1:03:32*
9. Brian Maxwell 1:03:34
10. Bill Gavaghan (24, Ind.) 1:03:42

Junior:

1. Chris Hallinan (18) 1:04:02*
2. Mike Cotton (17, N.Y.) 1:07:28
3. Paul Courtney (17, N.Y.) 1:08:49

Veteran:

1. Hal Higdon (45, Ind.) 1:07:48
2. Truman Clark (40, Calif.) 1:08:52*
3. Fred Best (40, N.J.) 1:09:06

Master:

1. Ed Almeida (54, Calif.) 1:13:01*
2. Roland Anspach (50, Ohio) 1:14:26
3. Frank Rullifson (50, Md.) 1:15:34

Senior:

1. John Wall (62, Md.) 1:19:13*
2. Norman Bright (66, Wash.) 1:20:53
3. Ray Sears (69, Ind.) 1:30:13

Women:

1. Carolyn Bravakis 1:17:54*
2. Marge Rosasco 1:18:18*
3. Kathryn Loper (Mich.) 1:19:09*

HALF MARATHON

1. Chuck Smead (24, Calif.) 1:00:46*
 2. Phil Camp (28) 1:02:32*
 3. Jeff Bradley 1:04:36*
 4. John Dimick 1:05:55*
 5. Glenn Herold (25, Wisc.) 1:06:09*
 6. Heinz Wiegand (28) 1:06:27*
 7. Tom Fleming (24, N.J.) 1:06:28*
 8. John Samore (Iowa) 1:06:37*
 9. Robert Waugh (Ariz.) 1:07:30*
 10. Gary Barrett 1:07:45*
- Junior:
1. Jeff Milliman (Fla.) 1:09:40*

2. Don Coleman (19) 1:10:29*
 3. Ed Palmer (19, Ala.) 1:10:32*
- Veteran:**
 1. Bill Olrich (40) 1:11:12*
 2. Ralph Thomas (Me.) 1:12:14*
 3. Alan Claremont (Wisc.) 1:12:49*

- Master:**
 1. Ed Almeida (Calif.) 1:16:53
 2. Bill Gordon (52, Del.) 1:23:18*
 3. J. Lafferty 1:23:53

- Senior:**
 1. John Oeltmann (63, Fla.) 1:34:42*
 2. Donald Logan (61) 1:37:12*
 3. Hank Crielly (64) 1:40:33*

- Women:**
 1. Diane Barrett (Ariz.) 1:22:40*
 2. Nadia Garcia (Calif.) 1:23:08
 3. Lora Cartwright (14, Ind.) 1:23:23*

15 MILES

1. Frank Shorter (28, Colo.) 1:14:37*
 2. Gary Tuttle (28, Calif.) 1:15:14*
 3. Lucien Rosa (31, Wisc.) 1:15:34*
 4. John Vitale (27, Conn.) 1:15:49*
 5. David Long (22, Ky.) 1:16:33*
 6. Amby Burfoot (30, Conn.) 1:17:10*
 7. Barry Brown (32, Fla.) 1:17:11*
 8. Bob Varsha (25, Ga.) 1:17:36*
 9. Sam Bair (30, Pa.) 1:17:46*
 10. Daniel Rincon (23, Md.) 1:17:58*
 11. Wally Saeger (23) 1:17:58*

- Junior:**
 1. William Gallagher (19, Ohio) 1:21:46*
 2. Dave Casillas (19, Ill.) 1:21:50*
 3. Jim Lyons (18, Pa.) 1:23:12*

- Veteran:**
 1. Ralph Thomas (40, Me.) 1:25:01*
 2. Larry Fuselier (40) 1:26:12*
 3. Truman Clark (40, Calif.) 1:26:37*

- Master:**
 1. Bob Carlson (51, Colo.) 1:40:43*
 2. Harvey Mills (50, S.D.) 1:41:11*
 3. Don Liljequist (50, Ind.) 1:44:40*

- Senior:**
 1. Robert Boal (64, N.C.) 1:48:22*
 2. Hank Braddock (61) 1:56:53*
 3. Lorne Bartling (61, S.D.) 1:57:30*

- Women:**
 1. Kim Merritt (21, Wisc.) 1:28:50*
 2. Laura Craven (11, Ohio) 1:33:00*
 3. Gayle Barron (31, Ga.) 1:34:51*

25 KILOMETERS

1. John Vitale (27, Conn.) 1:20:11*
 2. Scott Graham (Mass.) 1:20:24*
 3. Tom Derderian (Mass.) 1:21:56*
 4. Justin Gubbins (25, N.Y.) 1:22:07
 5. Marvin Wilson (27, N.Y.) 1:22:09
 6. Dike Stirrett (27, Ill.) 1:22:21
 7. Fred Doyle (Mass.) 1:22:32*
 8. John Stopa (Conn.) 1:22:35*
 9. Earl McGilverly (Mass.) 1:22:49*
 10. Peter Stipe (Mass.) 1:22:51*

- Junior:**
 1. Joe Kreutz (19, Wisc.) 1:27:07i
 2. Doug Vermillion (19, N.Y.) 1:27:39
 3. Marty Brown (19, N.Y.) 1:29:18

- Veteran:**
 1. Truman Clark (40, Calif.) 1:29:47t
 2. Vince Chiappetta (42, N.Y.) 1:30:09
 3. Colin Beer (40, N.J.) 1:30:22

- Master:**
 1. Walter Brown (51, N.Y.) 1:42:20
 2. Arnold Fraiman (50, N.Y.) 1:42:42
 3. Jesus Garza 1:42:53

- Senior:**
 1. Warren Steckmest (60, N.Y.) 1:56:24
 2. Irving Taylor (61, N.J.) 1:56:26

Women:

1. Jacqueline Hansen (27, Calif.) 1:35:39
 2. Mikl Gorman (Calif.) 1:40:17
 3. Jenny Tuthill (Mass.) 1:43:16*

TWO HOUR RUN

1. Truman Clark (40, Calif.) 20m 997y
 2. John Siebel (32) 20m 659y
 3. Leo McCrary (27) 19m 1331y
 4. Bob Bellora (26) 19m 1220y
 5. Charlie Gatti (23) 19m 877y
 6. Jerry Adams (36) 19m 452y
 7. Jerry Hamilton (39) 19m 288y
 8. Jack Goldkamp (26) 18m 1473y
 9. Hardy McNees (28) 18m 352y
 10. Chuck Mostov (28) 18m 352y

- Junior:**
 1. Mark Young (16) 18m 136y

- Veteran:**
 1. Truman Clark (40, Calif.) 20m 997y

- Master:**
 1. Walter Bauer (50) 17m 1681y
 2. John Gray (52) 16m 1368y
 3. Matt Sullivan (51) 16m 1206y

- Senior:**
 1. Norman Nail (61) 13m 1550y

- Women:**
 1. Karen Kokesh (24, Mo.) 16m 1099y

20 MILES

1. Tom Fleming (24, N.J.) 1:43:34
 2. Lucien Rosa (32, Wisc.) 1:45:44
 3. Justin Gubbins (23, N.Y.) 1:49:26
 4. Bill Bragg (27, N.J.) 1:49:58
 5. John Bramley (22, Colo.) 1:50:09*
 6. Kerry Mayer (29, Wisc.) 1:50:48
 7. Dale Roe (28, Wisc.) 1:51:40
 8. Mike Konig (29, N.Y.) 1:52:54
 9. William Kilday (20, N.Y.) 1:53:37
 10. Jack Brennan (26, N.Y.) 1:53:45

- Junior:**
 1. Greg Julich (19, Wisc.) 1:58:48
 2. Mike Rivers (18, Ill.) 2:00:09
 3. Ray Hintz (19, Wisc.) 2:02:29

- Veteran:**
 1. Al Claremont (40, Wisc.) 1:54:38
 2. Truman Clark (40, Calif.) 1:56:51t
 3. Joe Burns (47, N.Y.) 2:00:07

- Master:**
 1. Arnold Fraiman (50, N.Y.) 2:16:57
 2. Walter Brown (51, N.Y.) 2:18:10
 3. Bill Coyne (54, N.Y.) 2:19:14

- Senior:**
 1. John Archer (61, Wisc.) 2:22:04
 2. Warren Steckmest (60, N.Y.) 2:30:35
 3. Russell Metcalf (61, Wisc.) 2:38:35

- Women:**
 1. Toshiko D'Elia (46, N.J.) 2:27:22
 2. Donna Senzig (35, Wisc.) 2:30:33
 3. Cindy Therriault (23, Wisc.) 2:34:09

MARATHON

1. Frank Shorter (28, Colo.) 2:10:45
 2. Don Kardong (27, Wash.) 2:11:15
 3. Bill Rodgers (Mass.) 2:11:58
 4. Tony Sandoval (22, Calif.) 2:14:58
 5. Tom Fleming (24, N.J.) 2:15:48
 6. Bob Varsha (Ga.) 2:15:50
 7. Brian Maxwell (22, Calif.) 2:17:13
 8. John Bramley (Colo.) 2:17:16
 9. Jeff Wells (21, Tex.) 2:17:46
 10. Kirl Pfeffer (19, Calif.) 2:17:58

- Junior:**
 1. Kirk Pfeffer (19, Calif.) 2:17:58
 2. Tom Wysocki (19, Nev.) 2:26:18
 3. Mitch Kingery (19, Calif.) 2:26:56

- Veteran:**
 1. Truman Clark (Calif.) 2:28:00*

2. Ralph Thomas (40, Me.) 2:28:43*
 3. Fritz Muller (40, N.Y.) 2:33:02

- Master:**
 1. Ed Almeida (53, Calif.) 2:41:09
 2. Jim O'Neil (Calif.) 2:44:38*
 3. Alex Ratelle (51, Minn.) 2:45:29

- Senior:**
 1. Monty Montgomery (69, Calif.) 3:09:45*
 2. Clive Davies (60, Ore.) 3:11:19
 3. Len Dahlsten (65, Calif.) 3:12:41

- Women:**
 1. Kim Merritt (Wisc.) 2:47:10
 2. Doris Brown-Heritage (33, Wash.) 2:47:35*
 3. Marilyn Paul (Ore.) 2:49:30*

50 KILOMETERS

1. Chuck Smead (24, Calif.) 2:50:46
 2. Jim Pearson (32, Wash.) 3:03:39
 3. Darryl Beardall (38, Calif.) 3:06:18
 4. Brian Chapman (29, Ore.) 3:10:05
 5. Howard Labrie (25) 3:11:30
 6. Ken Moffitt (23, Calif.) 3:12:04*
 7. Kaj Johansen (31, Calif.) 3:18:26
 8. Pete Paterson (33) 3:20:00*
 9. Truman Clark (40, Calif.) 3:20:30
 10. Mike Harrie (20, Calif.) 3:21:11*

- Junior:**
 1. Gary Cohen (18) 3:25:02*
 2. Jim Sane (18, Calif.) 3:31:10
 3. Greg Hill (10, Calif.) 3:54:24*

- Veteran:**
 1. Truman Clark (40, Calif.) 3:20:30
 2. John Rudberg (41, Calif.) 3:27:25
 3. Dave Parker (45, Calif.) 3:31:27

- Master:**
 1. Vic Crosetti (50) 4:20:40
 2. Art Waggoner (50, Calif.) 4:23:14
 3. Richard Davies (54, Calif.) 4:25:01*

- Senior:**
 1. James Bole (68, Calif.) 5:18:31*

- Women:**
 1. Penny DeMoss (26, Calif.) 3:48:27
 2. Ruth Anderson (46, Calif.) 4:17:53
 3. Yvette Cotte (16, Calif.) 4:26:16

50 MILES

1. Frank Bozanich (32, Calif.) 5:30:31t
 2. Park Barner (32, Pa.) 5:48:51
 3. Nick Marshall (28, Pa.) 5:54:08t
 4. Don Marvel (33, Md.) 6:00:23t
 5. Bob Branch (30, Calif.) 6:02:19t
 6. John Hess (33, Pa.) 6:15:03t
 7. Al Meehan 6:15:57
 8. Andrew Levinson (28, Calif.) 6:18:46t
 9. Darryl Beardall (38, Calif.) 6:21:59*
 10. Robert Cooper (21, Calif.) 6:30:43*

- Junior:**
 1. Greg Hill (10, Calif.) 6:49:29t
 2. Jack Wiley (18, Calif.) 8:08:05*
 3. Phil Schaffner (19, Calif.) 8:17:33*

- Veteran:**
 1. Conrad Eroen (47, Calif.) 6:36:30t
 2. Tom Knoll (Hawaii) 7:21:02*
 3. Gordon Dugan (42) 7:50:- *

- Master:**
 1. Vic Crosetti (50) 7:33:15*
 2. Joe Klass (54, Calif.) 7:58:55t
 3. Paul Reese (58, Calif.) 8:03:40*

- Senior:**
 1. John Montoya (64, Calif.) 8:33:11t
 2. Alex Corpacius (69) 10:16:-*
 3. Walt Stack (Calif.) 10:58:- *

- Women:**
 1. Donna Gookin (39, Calif.) 8:29:42t
 2. Jo Ann Schroeder (Hawaii) 9:23:28*
 3. Mary Alice Best (31) 10:10:- *

Highlights

Although Autumn signals the death of many things, the cooler weather is perfect for growing many of the biggest and best marathons of the year. This fall's "marathon season" witnessed more than 500 runners in the AAU in Crowley, La., nearly 1000 the next day in the Buffalo to Niagara Skylon, 2000 the next weekend at New York City, and on the same day, a collection of 600 in Newport, R.I.

Simultaneous to this growth in participation came some of the quickest times ever at the distance. Bill Rodgers ran a 2:10:10 at New York, only 15 seconds off his own American record, and in the same race 41-year-old Miki Gorman's 2:39:11 made her the second fastest woman ever. Gary Tuttle's 2:15:15 won him a second consecutive AAU title. Americans finished second and third in the Women's International Marathon in Germany, won by Christa Vahlensiek.

Besides marathons, several of the most prestigious invitational races were run recently. The Springbank race in Canada featured victories by Lionel Ortega (12-mile), Nick Rose (4½-mile), Donna Valaitis (women's 4½), Larry Damon (Masters six) and Tom Lobsinger (high school). Frank Shorter and Peg Neppel conquered a herd of 1300 at the Bonne Bell race in Cleveland, and in the AAU One-Hour Postal Run, Jim Nuccio and Mary Shea ran the farthest.

NATIONAL

One of the largest and most unique of championships, the AAU One-Hour Run, was held at 29 different sites throughout the year. Eight hundred and four competitors participated.

Jim Nuccio, Bill Haviland and Howie Ryun all averaged better than five-minute miles, while 15-year-old Mary Shea was the only woman to record an average of under six minutes per mile. Ray Hatton led the Masters, and George Aguirre topped the Juniors.

AAU ONE-HOUR RUN

1. Jim Nuccio (26) 12m 372y; 2. William Haviland (25) 12m 148y; 3. Howie Ryan (31) 12m 57y; 4. Joe Skaja (25) 11m 1650y; 5. Brian Maxwell (23) 11m 1601y; 6. Cliff Clark (32) 11m 1588y; 7. Jim Birnbaum (24) 11m 1511y; 8. George Aguirre (18) 11m 1483y; 9. Jan Sershen (28) 11m 1437y; 10. Reid Harter (25) 11m 1290y.

11. Don Ocana (26) 11m 1253y; 12. Mike Bordell (19) 11m 1159y; 13. Morgan Fennell (25) 11m 1122 y. 14. Richard Aguirre (20) 11m 1110y; 15. Phil Ryan (32) 11m 1081y; 16. Jim Schankel (20) 11m 1074y; 17. Jack Leydig (32) 11m 959y; 18. Brian Sobczak (28) 11m 921y; 19. Marty Froelick (18) 11m 905y; 20. Jim Perez (29) 11m 861y.

21. Larry Olsen (29) 11m 855y; 22. Larry Reyes (24) 11m 837y; 23. Ray Hall (28) 11m 750y; 24. Ray Hatton (44) 11m 740y; 25. Ron Kurrle (28) 11m 549y; 26. Mike Niemiec (26) 11m 559y; 27. Gary Barrett (27) 11m 520y; 28. Hal Tompkins (22) 11m 508y; 29. Kenneth Moffitt (23) 11m 477y; 30. Jeff Rigdon (23) 11m 470y.

Juniors: 1. George Aguirre (18) 11m 1483y; 2. Mike Bordell (19) 11m 1159y; 3. Marty Froelick (18) 11m 905y; 4. Joey Gomez (16) 11m 133y; 5. Thom Hunt (18) 11m 131y.

Women: 1. Mary Shea (15) 10m 121y; 2. Carol Cook (22) 9m 1653y; 3. Sandy Lawrence (26) 9m 1561y; 4. Carol Urish (24) 9m 1256y; 5. Judy Gumbs (25) 9m 743y.

Masters: 1. Ray Hatton (44) 11m 740y; 2. Denny Meyer (43) 11m 187y; 3. Truman Clark (40) 10m 1660y; 4. Graham Parnell (46) 10m 1306y; 5. Richard Bartek (43) 10m 1273y . . . Jim McDonagh (52) 10m 232y (first over-50) . . . Clive Davies (61) 10m 201y (first over-60).

Teams: open: 1. United States Air Force 58m 889y; 2. West Valley Track Club 57m 965y. Masters: 1. Snohomish Track Club 52m 284y; 2. North Medford Club 52m 205y. Junior: 1. Placentia Track Club 53m 1467y; 2. Santa Barbara Athletic Association 51m 542y. Women: 1. Rialto Road Runners 44m 852y; 2. San Diego Track Club 42m 1412y. (53 over 11 miles; 122 over 10½ miles; 231 over 10 miles; 319 over 9½ miles; 437 over 9 miles; from John Brennard)

NORTHEAST

The New York City Marathon took a giant leap in prestige this year with the nation's second largest field and second-best time ever run in the US. Bill Rodgers beat a field that included Frank Shorter, Ian Thompson and Ron Hill. Miki Gorman was less than a minute shy of Jacki Hansen's world mark for women (results follow).

Bill Stewart and Patricia Hall captured firsts in the Buffalo-Niagara Skylon Marathon, a race with 880 finishers (results follow).

Two weeks after he became a Master, Ken Mueller was a Masters champion, winning the AAU 15-kilometer cross-country title (results follow).

Julie Shea won the Eastern Regional Women's 10-Kilometer Championship by nearly a minute and a half, setting an American road record in the process (results follow).

The abundance of major marathons has taken nothing away from the lesser ones as they too continue to grow faster and larger. Some of the others:

● Super Sunday (Philadelphia, Oct. 10)—David Patterson's 2:22:38 put him more than a mile ahead of Finn Esbensen's 2:30:58. Bill King was top Master with 2:42:06, and Nancy Kent's 2:57:02 beat the women.

● Rochester, N.Y. (Sept. 6)—Jim Boyle won in 2:28:42, besting Max Barr's 2:36:17. Joe Erskine was top Master at 2:46:17.

● Presque Isle (Erie, Pa., Sept. 11)—Lou Gunderman beat Robert Brown, 2:29:40 to 2:30:53. First Master was John Graham, 2:55:51, and top woman was Louise Weschler, 3:23:18.

● Finger Lakes (Ithaca, N.Y., Oct. 10)—Peter Defers and Larry Frederick led the open runners (2:30:09 and 2:32:20), while Chuck Collins was the fastest Master with 2:43:48.

● Atlantic City, N.J. (Sept. 26)—Ron Veneman topped Fenton Carez, 2:32:07 to 2:35:18, as Hubert Morgan's 2:59:33 was the finest 50-and-over showing.

In other races, John Dimick outran a fast field in Manchester, N.H., (Oct. 10) over 15 kilometers, recording 46:53 to George Reed's 47:05, Hank Pfeifle's 47:11 and Tom Derderian's 47:14.

In Fulton, N.Y. (Sept. 12), Bob Daniels covered 10 miles in 51:27 to beat Steve Pulos' 51:46.

Two races in New York City were easily won by Tony Colon. On Oct. 3, he captured a four-miler in 20:00.2, and on Oct. 10 he won a 10-kilometer cross-country run in 32:20.2.

The Virginia Cross-Country Championship in McLean (Oct. 16) was won by Dan Rincon, who clocked 31:58 for 6.5 miles. Mike Fleming and Jenny White led Masters and women at shorter distances.

Ray Ceranowski won the 18-mile Long Beach Commemorative race in New Jersey by finishing in 1:36:53, four minutes in front of runner-up Ken Kling. M. Thomas Fort was seventh in 1:46:02.

Finally, in a 50-miler (Worcester, Mass., Oct. 3), four runners broke seven hours; Roger Welch (6:14:21), Park Barner (6:37:13), Harold Gabriel (6:44:55) and Ronald Kimiec (6:49:10).

AAU MASTERS X-C

Bronx, N.Y., Oct. 17. 1. Ken Mueller (40) 51:23; 2. Larry Damon (42) 53:36; 3. George Vernosky (46) 54:22; 4. Fred Best (40) 54:33; 5. Charles Dyson (42) 54:47; 6. Manfred Kandschur (46) 54:52; 7. Dennis Burnell (42) 54:59; 8. Ed Stabler (44) 55:07; 9. Walter McConnell (45) 55:09; 10. John Pistone (43) 56:41.

Ages 50-59: 1. Leon Dreher (55) 1:00:37; 2. Tom Walnut (52) 1:02:31; 3. Steve Richardson (56) 1:03:49. Ages 60-69: 1. John Wall (63) 1:05:22; 2. Walt Westerholm. Ages 70 and up: 1. Lou Gregory 1:21:09.

Teams: 1. Hartford Track Club; 2. Syracuse Chargers. (41 finished, 16 under 1:00)

EASTERN WOMEN'S 10-K

Washington, D.C., Oct. 10—1. Julie Shea 34:51:5 (US road record); 2. Donna Draycott (16) 36:14; 3. Mary Shea (15) 36:17; Carol Fridley (28) 36:27; 5. Marge Rosasco (28) 36:59; 6. Charlotte Lettis (25) 37:36; 7. Jenifer White (22) 38:08; 8. Marilyn Bevans (27) 38:32; 9. Virginia Forehand (15) 39:19; 10. Liz Cunningham (20) 39:26 . . . 17. Sue Patton (41) 42:01 (first over 40). (112 finished; from Dave Theall)

BUFFALO TO NIAGARA

Buffalo, N.Y., Oct. 16—1. William Stewart 2:24:01; 2. Martin Sudzina 2:24:27; 3. Russel Evans 2:25:14; 4. Gary Reffitt 2:25:33; 5. David Yaeger 2:26:08; 6. Derck Frechette 2:28:41. 7. Guy Racine 2:30:04; 8. Ralph Zimmerman 2:30:06; 9. Louis Gunderman 2:31:15; 10. John Fitzgerald 2:32:02. Clifford Hall (50+, Canada) 2:40:12 . . . William Hoss (40+) 2:41:37 . . . Reg Rollason (60+) 3:23:24.

Women: 1. Patricia Hall 2:58:49; 2. Eleanor Thomas 3:04:18; 3. Winifred Geller 3:10:25.

Teams: 1. Belle Watling Athletic Club; 2. Metro Toronto Fitness Club. (880 finished, 188 under 3:00, 521 under 3:30, 741 under 4:00; from Allen Gross)

NEW YORK CITY MARATHON

New York, N.Y., Oct. 24—1. Bill Rodgers (Greater Boston TC) 2:10:10; 2. Frank Shorter (Florida TC) 2:13:12; 3. Chris Stewart (Britain) 2:13:21; 4. Richard Hughson (Toronto Olympic Club) 2:16:10; 5. Pekka Paivarinta (Finland) 2:16:17; 6. Tom Fleming (NYAC) 2:16:52. 7. Carl Hatfield

(West Virginia TC) 2:17:26; 8. Daniel McDaid (Ireland) 2:17:48; Guenther Mielke (West Germany) 2:18:16; 10. Ron Hill (Britain) 2:19:43;

11. Akio Usami (Japan) 2:20:30; 12. Robert Moore (Toronto Olympic Club) 2:21:09; 13. Charles Burrows (Twin Cities TC) 2:21:40; 14. Louis Calvano (Millrose AA) 2:22:46; 15. William Bragg (NYAC) 2:23:19; 16. Bruce Robinson (Washington Running Club) 2:23:42; 17. Ryszard Chudecki (Poland) 2:24:13; 18. Philip Stewart (Washington Running Club) 2:24:30; 19. Richard Mabuza (Swaziland) 2:25:18; 20. Scott Graham (Greater Boston TC) 2:25:18;

21. Gary Muhrcke (Millrose AA) 2:26:26; 22. Ian Thompson (Britain) 2:26:26; 23. Paul Raether (Twin Cities TC); 24. Brian Armstrong (Toronto Olympic Club) 2:27:35; 25. Joel Pasterneck 2:27:39.

Women: 1. Miki Gorman (San Fernando TC) 2:39:11; 2. Doris Brown 2:53:20; 3. Toshiko D'Elia (Jersey Senior TC) 3:08:17; 4. Lauri Pedrinan (West Side YMCA) 3:15:50; 5. Cheryl Norton (Columbia AA) 3:18:50.

SOUTHEAST

Besides the National AAU Marathon, which was the first such race ever run in the South, the region's main event was the Governor's Cup Race in South Carolina, which featured three races and 846 runners. Scott Eden and Lee Fidler won the two longest races. (results follow).

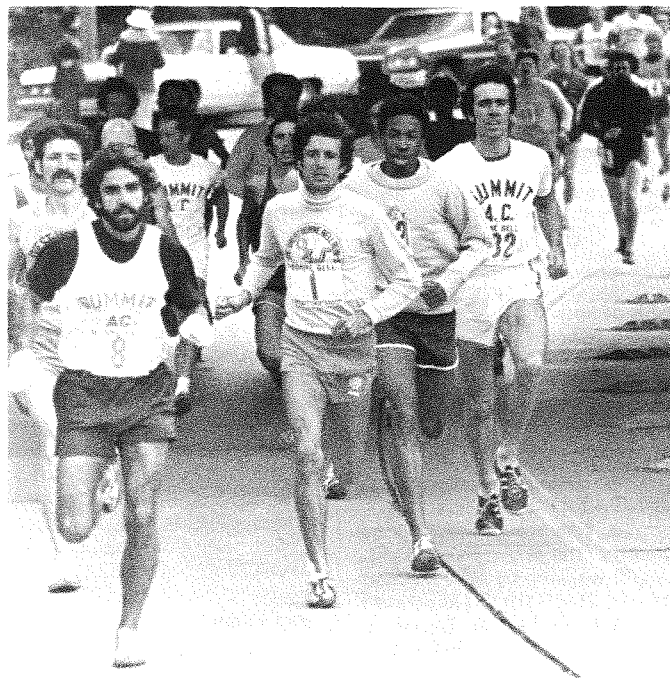
Nick Rose captured the Kentucky AAU Cross-Country (Lexington, Oct. 16) in 29:27 over Tom Burridge, 30:03.

Marshall Adams won two races in Chattanooga, the Signal Mountain 6.8-miler (Sept. 19) in 36:37 and the *News Free-Press* Cross-Country run (Oct. 17) in 34:10.

GOVERNOR'S CUP

Columbia, S.C. Oct. 2—15-mile: 1. Scott Eden (22, Atlanta TC) 1:13:42; 2. Russ Pate (29, Columbia TC) 1:14:59; 3. James Zabel (26, Greenville TC) 1:19:42; 4. Jim Deni (North Carolina TC) 1:19:58; 5. Ken Ellingwood (29, Florida TC) 1:21:40; . . . 58 Robert Thompson (50), 1:40:20. Women: 1. Jane Blair (35, Columbia TC) 1:55:34; (131 finished)

Five-mile: 1. Lee Fidler (Atlanta TC) 23:16; 2. Leon Cook (USC) 23:47; 3. Gary Hill (USC) 24:06; 4. Jim Carey (USC) 24:25; 5. George Howe (Greenville TC) 24:56; . . . 194. Joe Haltiwanger



Lanny Sherwin

The first Bonne Bell Run-In drew 1300 entrants, many of whom came to see Frank Shorter (No. 1) close up.

(51) 33:10. Women: 1. Kitty Consolo (Wake Forest Univ.) 29:26. (347 finished; from Richard Harris)

AAU MEN'S MARATHON

Crowley, La., Oct. 16-1. Gary Tuttle (29) 2:15:15; 2. Benji Durden (25, Atlanta TC) 2:20:23; 3. Ron Kurrle (28, San Fernando Valley TC) 2:21:38; 4. Tom Nolan (23) 2:23:16; 5. Lee Fidler (27, Atlanta TC) 2:24:55; 6. Rick Bayko (29, North Medford Club) 2:25:25; 7. John Samore (28) 2:26:18; 8. David Collins (23, Mason Dixon Athletic) 2:26:24; 9. Jim Boyle (26, Greater Rochester TC) 2:26:55; 10. Chris Quinby (30, Ft. Lauderdale RR) 2:28:43;

11. Karl deSantos (26, Atlanta TC) 2:30:45; 12. John Cramer (25, Twin Cities TC) 2:32:24; 13. Tom Raynor (25, Atlanta TC) 2:32:55; 14. Juan Garza (31, Terlingna) 2:34:52; 15. Aldor Lanctot (40) 2:35:38; 16. Michael Chambliss (27, Basin Blues) 2:35:54; 17. Lee Cohee (35, Florida TC) 2:36:35; 18. J.D. Euilsizer (24, Ft. Lauderdale RR) 2:37:23; 19. Mark Bauman (26, Florida TC) 2:37:30; 20. Clent Merlice (23, Corpus Christi TC) 2:37:52.

21. Ross Huntington (23, Miss. TC) 2:38:08; 22. Bill Oirich (41, Mason Dixon AC) 2:39:01; 23. Rick McAdem (29, Mason Dixon AC) 2:39:01; 24.

Michael Roberts (21, Athens TC) 2:39:41; 25. Steve Parrino (28) 2:40:30;

Women: 1. Dorothy Doolittle (29, Austin Runner's Club) 2:55:38; 2. Sue Ellen Trapp (40, Ft. Meyers YMCA) 3:10:32; 3. Peggy Kokevnot (23, American National) 3:25:46; Team: Atlanta TC (417 finished, 94 under 3:00, 227 under 3:30; 337 under 4:00.)

MIDWEST

Sam Bair's return to amateur racing (he was reinstated following a short stint with ITA) was spoiled by Frank Shorter, who beat him in the "Great Run-In," a race sponsored by the Bonne Bell Company. Peg Neppel beat 11-year old Laura Craven in the women's division (results follow). Preceding the inevitable snow flurries that all but end the road racing season came a flurry of marathons in the Midwest.

At the Freedom race (Monticello, Ill., Oct. 17), Dike Stirret won in 2:23:51 over Ken Kurke, 2:27:39. Forty-three-year-old Steve Goldberg ran 2:43:15.

Lee Wilcox and Tad Pinkerton tied for first in the Sugar River Trail Marathon (Brodhead, Wisc., Oct. 24). Cedric Michalok, age 40, clocked 2:43:30, and Mary Czarapata, 41, ran 3:06:53.

Lake Bluff, Ill. (Oct. 10)—Ed Steingraber beat Bruce Hill-

ner 2:33:08 to 2:37:19, in the Club North Shore Marathon.

Allendale, Mich., (Oct. 16)—Jeff Scott (18) was first in 2:37:45, and Sue Mallers was the first woman with 3:00:25, in the Grand Valley Marathon.

Indianola, Iowa (Oct. 10)—Mohammed Shivrib Musuee won with 2:38:29, with Mary Burns leading the women in 3:13:31.

There were two big shorter races in Ohio. The Canton YMCA 10-Kilometer (Oct. 3) had 658 finishers, led by Hamilton Amer (30:36), Paul Talkington (30:38), Duane Gaston (30:53). Shannon Cline ran 36:53 in the women's division. And in the Columbus Day 15-Kilometer (Oct. 10), Vic Nelson's 47:29 beat Robin Smith (47:40) and Jeff Hlinko (47:58). Shannon Cline ran 55:22.

In Mansfield, Ind., Duane Gaston and Bill Gavaghan captured the first two spots in a 10-miler, 51:33 and 51:35.

A half-marathon in Wisconsin (Janesville, Oct. 10) was won by Glenn Harold in 1:07:17 over Tony Rodiez, 1:08:05. Al Claremont (40) clocked 1:14:18.

And in South Dakota (Brookings, Oct. 3), Warren Eide ran farthest in an hour, 11 miles 574 yards.

BONNIE BELL RUN-IN

Cleveland, Ohio, Oct. 17—7.6 miles: Frank Shorter 37:15; 2. Sam Bair 37:25.5; 3. Carl Hatfield 37:25.9 . . . 17. Rick Branaham (first Junior) . . . 49. August Jarvis (first 40-49) . . . 145. John Leitch (first 50-59).

Women: 1. Peg Neppel 41:53; 2. Laura Craven 42:26; 3. Donna Valaitis 42:37.

SOUTHWEST

In a region where the terrain encourages more challenging races, New Mexico's La Luz Trail Race follows a trail to the top of 10,678-foot Sandia Peak near Albuquerque. This year's race was extremely narrow as Rick Trujillo beat Al Waquie by a mere four seconds (results follow).

Elsewhere in New Mexico, Waquie edged Dennis Williams in a half-marathon (Albuquerque, Sept. 19) 1:07:18 to 1:07:37. Springbank winner Lionel Ortega was third in 1:08:10. Karen Crammond was top woman with 1:21:59.

In the Clovis Marathon, Bill Welsh beat his nearest competitor by 20 minutes, winning in 2:37:55.

In Arizona, 18-year-old Chris Halliman won the Monument

Highlights

Run (8.3 miles) by more than 1½ minutes, in 42:54.

Dan Green and Jim Ewing won separate Gulf AAU titles, Green capturing the 20-kilometer in 1:06:21 (with Ewing second in 1:06:57), while Ewing won the 10-kilometer in 31:53.

Jim Crawford won a 10.4-miler in Dallas (Oct. 23) in 55:57.

And in a 10.8-miler in the same city (Oct. 2), Bill Parmelee beat Mike Matheny, 58:43 to 58:47.

LA LUZ TRAIL RACE

Albuquerque, N.M., Aug. 22—7½ miles: 1. Rick Trujillo 1:02:13; 2. Al Waquie 1:02:17; 3. Dennis Williams 1:06:51; 4. Ron McGurley 1:07:07; 5. Matt Segura 1:08:44 . . . Maclean Wilson (18) 1:10:42 (first Junior) . . . Peter Richards (41) 1:18:58; . . . Harry White (50) 1:28:38; . . . Jack Pardee (63) 1:39:25.

Women: 1. Lynn Bjorklund (19) 1:13:51; 2. Karen Crammond (18) 1:15:16.

ROCKIES

Colorado Master Bob Greene finished a strong second in the Denver YMCA Fall Marathon, losing to James Gusek, 2:42:22 to 2:44:00, at mile-high altitude. Judy Flook led the women at 3:29:59.

In an Idaho half-marathon (Fort Hall Indian Reservation), Terry Heath won in 1:09:06.

WEST

The West shared the nation's wealth in marathons. The Oregon TC-Nike (Eugene, Oct. 10) had Bob Hensley winning with 2:21:56, beating Mike Merrill (2:23:27) and George Oja (2:25:46). Drago Balich led the Masters at 2:39:02, and 15-year-old Diane Barrett was the top woman with 2:51:05.

Carl Swift won two California marathons in a seven-week period. On Aug. 29, he captured the Santa Monica race (with Sandy DeNoon leading the women in 3:18:07) in 2:28:15. Then, on Oct. 17, he placed first in the Santa Barbara run with a time of 2:25:48. Also under two and a half hours at Santa Barbara were Ed Cadena (2:28:25) and Bill McDermott (2:29:41). In the women's competition, Judy Miller beat Luanne Kralik (44), 3:17:08 to 3:17:34. But perhaps the most outstanding performance of all was that of Monty Montgomery who ran 3:15:45 at age 70.

At the Silver State Bicentennial Marathon (Reno, Nev., Sept. 5), Bob Cooper won in 2:39:09 with Skip Houk second at 2:43:15.

There were two non-marathon races of note:

Jim Nuccio covered 25-kilometers (San Francisco, Sept. 12) in 1:18:59 to beat Bill Seaver, 1:20:18, and Ron Zarate, 1:20:20. Ralph Bowles was top Master with 1:29:09, and Diane Williams won the women's division in 1:41:33.

The Regional USTFF Cross-Country Run (Long Beach, Calif., Oct. 9) was won by Rich McCandlers in 29:47 for 10-kilometers, followed by Chuck Smead in 30:06 and Jon Sutherland in 30:14.

CANADA

The Springbank International Road Race in London, Ontario, was the first of the major international races, dating from 1968. It is also the only one to run numerous divisions separately (results follow).

Dave Peckham captured the feature event of the Ontario Road Racing Championships (Banford, Sept. 19), running 20-kilometers in 1:07:56.

In the Thanksgiving Road Races (Guelph, Ont., Oct. 14), Bob Legge won the six-mile in 29:45.4.

A 20-kilometer in Quebec was won by Guy Racine in 1:04:07 over Rick Slezak, 1:05:15.

In the Ile d'Orleans Marathon (Oct. 9), Marc Corcoran beat Mike Worthen 2:36:36 to 2:36:52.

SPRINGBANK INT'L

London, Ontario, Sept. 16—Men's 4½-mile: 1. Nick Rose (Western Kentucky University) 19:31.5; 2. Greg Meyer (University of Michigan) 19:57.2; 3. Rick Green (Western Kentucky University) 20:14; 4. Peter Butler (University of New Mexico) 20:16; 5. Bob Steele (Scarboro Optimists) 20:18; 6. Dennis Packard (Edinboro State College) 20:21; 7. Mike Dyon (University of Toronto TC) 20:22; 8. Jon Cross (University of Michigan) 20:23; 9. Doug Sweaze (University of Michigan) 20:24; 10. Mark Muggleton (Edinboro State College) 20:25.

Men's 12-mile: 1. Lionel Ortega (University of New Mexico) 55:47.6; 2. John Vitale (Hartford TC) 55:52; 3. Dave Northey (Waterloo County AAA) 55:55;

4. Steve Kenyon (England) 56:10; 5. Jack Fultz (Georgetown University) 56:27; 6. Brian Armstrong (Ohio L-Co RR) 56:34; 7. Dean Foster (Waterloo County AAA) 56:34; 8. Kevin Foley (Edinboro State College) 56:59; 9. Doug Scorrar (Ottawa Kinsmen Harriers) 57:11; 10. Bob Moore (Toronto Olympic Club) 57:12 . . . 14. Don Kardong 58:10.

Masters Six-Mile: 1. Larry Damon (Green Mountain AC) 30:13; 2. Arthur Taylor (Waterloo County AAA) 30:16; 3. Tony Gibli (Waterloo County AAA) 30:26; 4. Bob Bowman (Waterloo County AAA) 31:11; 5. Ron Wallingford (Laurentian University TC) 31:16.

Women 4½-mile: 1. Donna Valaitis (Toronto Olympic Club) 22:45; 2. Peg Neppel (Iowa State) 23:21; 3. Kathy Prosser (Brock University) 23:34; 4. Brenda Webb (Wright State University) 23:54; 5. Francie Larriau 23:57.

High School Three-Mile: 1. Tom Lobsinger (Track West) 13:26; 2. Dave Peckham (Scarborough Optimists) 13:29; 3. Rob Earl (Track West) 13:30; 4. Mike Cotton 13:31; 5. Steve Conner (London Western TC) 13:35.

INTERNATIONAL

Gayle Barron, Judy Gumbs and Jenny Taylor-Tuthill all recorded personal best times by finishing among the top 11 runners in the Women's International Marathon (Waldniel, West Germany, Oct. 2). However, world record holder Jacqueline Hansen slipped to 2:55 and eighth place (results follow).

The Millrose Athletic Association of New York won the team title in the 52½-mile London to Brighton race (results follow).

WOMEN'S MARATHON

Waldniel, West Germany, Oct. 2—1. Christa Vahlensiek (West Germany) 2:45:24; 2. Kim Merrit (USA) 2:47:11; 3. Gayle Barron (USA) 2:47:43; 4. Claire Spauwen (Holland) 2:47:50; 5. Manuela Angevoorth (West Germany) 2:48:28; 6. Sarolta Monspart (Hungary) 2:51:23; 7. Magda Ilands (Belgium) 2:54:45; 8. Jacqueline Hansen (US) 2:55:50; 9. Judy Gumbs (US) 2:57:13; 10. Chantal Langlace (France) 2:58:08.

11. Jennifer Tuthill (US) 3:00:36; 12. Joan Ulyot (US) 3:01:07; 13. Christa Kloth (West Germany) 3:02:11; 14. Eleonora Mendonca (Brazil) 3:04:10; 15. Annick Loir (France) 3:05:31; 16. Marilyn Bevans (US) 3:10:40; 17. Irene Schneider (West Germany) 3:11:43; 18. Anni Horn 3:11:44; 19. Lydia Ritter (West Germany) 3:14:44; 20. Gretel

Meschede (West Germany) 3:17:17; 21. Diane Williams (US) 3:18:03 . . . 24. Karen Kokesch (US) 3:25:25 (45 finished, 25 under 3:30, 40 under 4:00).

LONDON TO BRIGHTON

London, England, Sept. 16—52½ miles: 1. T.P. O'Reilly 5:25:32; 2. A.P. Kearns 5:30:12; 3. Gary Muhrcke (US) 5:32:33; 4. M.J. Orton 5:36:28; 5. M.J. Newton 5:37:24; 6. G. Kay 5:39:48; 7. John Garlepp (US) 5:50:03; 8. T.E. Roden 5:51:10; 9. Norbert Sander (US) 6:01:12; 10. M.W. Thompson 6:01:41 . . . 13. J. Burke 6:10:01; . . . 17. J. Erskine (US) 6:15:16 . . . 20. S. Grotsky (US) 6:23:53; . . . 41. R.W. Mitchell (US) . . . B. Merriman (Canada) 7:48:59 . . . 48. P.M. Richards (US) 7:57:02 . . . 54. D.C. Logan (US) 8:11:10.

WALKS

Augie Hirt was the first of seven finishers in the National 100-mile walk. He broke 10 hours in an event with a 24-hour time limit (results follow).

With the 50-kilometer walk now out of the Olympics, walkers staged a World Championship. The title went to Venyamin Soldatenko of the USSR. He and three others broke four hours (results follow).

In the National AAU Class B 15-Kilometer Walk (Mackinac Island, Mich., Sept. 3), Steve Pecinovskiy's 1:12:12 was good for first, while Martin Craft walked the same time.

WORLD 50-KILOMETER

Malmö, Sweden, Sept. 18—1. Venyamin Soldatenko 3:54:40; 2. Enrique Vera (Mexico) 3:58:14; 3. Reima Salonen (Finland) 3:58:58; 4. Domingo Colin (Mexico) 4:00:34; 5. Mattias Kroell (East Germany) 4:00:58; 6. Yevgeniy Lychin (Soviet Union) 4:06:36; 7. Paolo Grecucci (Italy) 4:04:59; 8. Falk Knuetter (East Germany) 4:05:41; 9. Gerald Weidner (West Germany) 4:06:20; 10. Yevgeniy Yevsakov (Soviet Union) 4:07:14 . . . 21. Larry Young (US) 4:16:27 . . . August Hirt (US) 4:28:35 . . . 28. Pat Farrelly (Canada) 4:29:34 . . . 33. Glen Sweazey (Canada) 4:36:00 . . . 36. Helmut Boeck (Canada) 4:50:52 . . . 37. Hank Klein (Virgin Islands) 5:09:04 . . . Frank Godwin (US) dnf.

100 MILE WALK

Columbia, Mo., Sept. 25-26—1. August Hirt (25) 19:55:16; 2. Chuck Hunter (39) 20:05:50; 3. Leonard Busen (46) 21:49:21; 4. Jack Blackburn (40) 22:11:57; 5. Rob Spier (54) 22:35:01; 6. Bob Gragg (51) 23:37:30; 7. John Argo (62) 23:43:10. ●

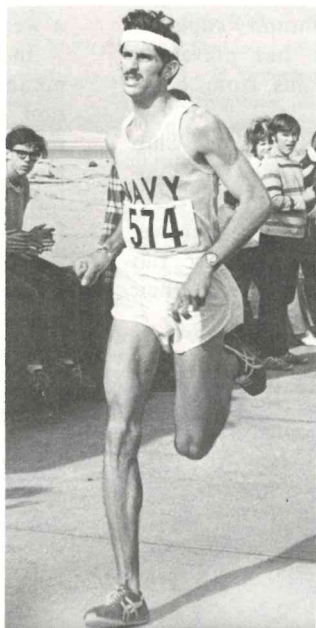
January Coming Events

MARATHONS

Runner's World is now collecting information for its Eighth Annual Marathon Handbook, to appear in the February 1977 issue. Each year the number of marathons multiplies, and each year *RW* summarizes the results of the previous year and gives a complete schedule of marathons for the new year. To help make this the most complete and comprehensive Handbook ever, we need the results of any 1976 marathons in the United States or Canada not previously reported. And we want details on 1977 marathons so we can

Phil Camp lost the Mission Bay Marathon last January by less than a second (to Mario Cuevas) with 2:18:06. The 1977 race, one of the largest and fastest in the West, is scheduled for Jan. 15.

include them in our calendar. If you have information about marathons in the US or Canada, please send it to *RW* Marathon Handbook, Box 366, Mountain View, Calif. 94042.



Jeff Johnson

NORTHEAST

16 Jersey Shore Marathon, Asbury Park, N.J. (11 a.m., Convention Hall; Tom Baum, 1307 Ocean Ave., Spring Lake, N.J. 07762).

SOUTHEAST

30 25-Kilometer Louisiana State RRCA Championships. (Ray Durham, 675 Dale Drive, Slidell, La. 70458).

MIDWEST

15 USTFF National Masters and Sub-Masters Indoor Championships, Lincoln, Neb. (Nebraska Wesleyan U.; Forest Doling, Lincoln Track Club, 2316 B St., Lincoln, Neb. 68502).

SOUTHWEST

1 New Year 10-Kilometer Handicap and Open, Tulsa, Okla. (11 a.m., Mohawk Park; Vern Whiteside, 6916 S. Knoxville Ave., Tulsa, Okla. 74136).
15 Stillwater Marathon, Stillwater, Okla. (B.L. Crynes,

920 W. Cantwell, Stillwater, Okla. 74074).

22 Gulf AAU Marathon, Houston, Tex. (8 a.m.; George Kleeman, 227 Faust Lane, Houston, Tex. 77024).

WEST

8 25-Kilometer Championships, Las Vegas, Nev. (9 a.m.; Tommy Hodges, 6245 Hobart, Las Vegas, Nev. 89107).

8 Sixth Annual Baskin Robbins Cal-10, Stockton, Calif. (9 a.m.; Frank Hagerty, 3525 Benjamin Holt No. 314, Stockton, Calif. 95209).

15 Mission Bay Marathon, San Diego, Calif. (8 a.m., Mission Bay Park; Bill Gookin, 5946 Wenrich Drive, San Diego, Calif. 92120).

16 Cupertino-Saratoga Paul Masson Marathon, Cupertino, Calif. (9 a.m.; Dan O'Keefe, 20032 Rodriguez Ave., Cupertino, Calif. 95014).

22 30-Kilometer Championships, Las Vegas, Nev. (9 a.m.; Tommy Hodges, 6245 Hobart, Las Vegas, Nev. 89107).

23 PA-AAU 20-Kilometer Championships, Portola Valley, Calif. (Portola Valley School; Harold DeMoss, 765 Campbell Ave., Los Altos, Calif. 94022). ●

16th ANNUAL WASHINGTON'S BIRTHDAY MARATHON WASHINGTON, D.C.

- Awards :
1st 35 finishers
1st 5 women
1st 3 17 & under
1st 5 age 40-49
1st 3 age 50 & over
- 3 sets of team awards (3-man registered teams)
- T-shirts to all finishers
- Post-race meal
- Immediate results

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Directions: From Capital Beltway (I-495) exit 27, north on Route 1, 1.6 miles. Turn right on Powder Mill Rd., 2 miles to Log Cabin on right.

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SUNDAY, FEBRUARY 20, 1977, 11 00 AM
COURSE RECORD 2 24 17 8 MARSHALL
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To receive information sheet and map of course, enclose stamped, self-addressed envelope.

I request free lodging. (Requests must be received by Jan. 31, 1977.) I hereby release the sponsors and officials of the Washington's Birthday marathon to be held on Feb. 20, 1977, from all damages or injuries incurred during or arising out of my participation in this event.

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NAME _____ AGE _____

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WOMEN'S RUNNING



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Fun-Run Update

Where and when the Runner's World events are scheduled.

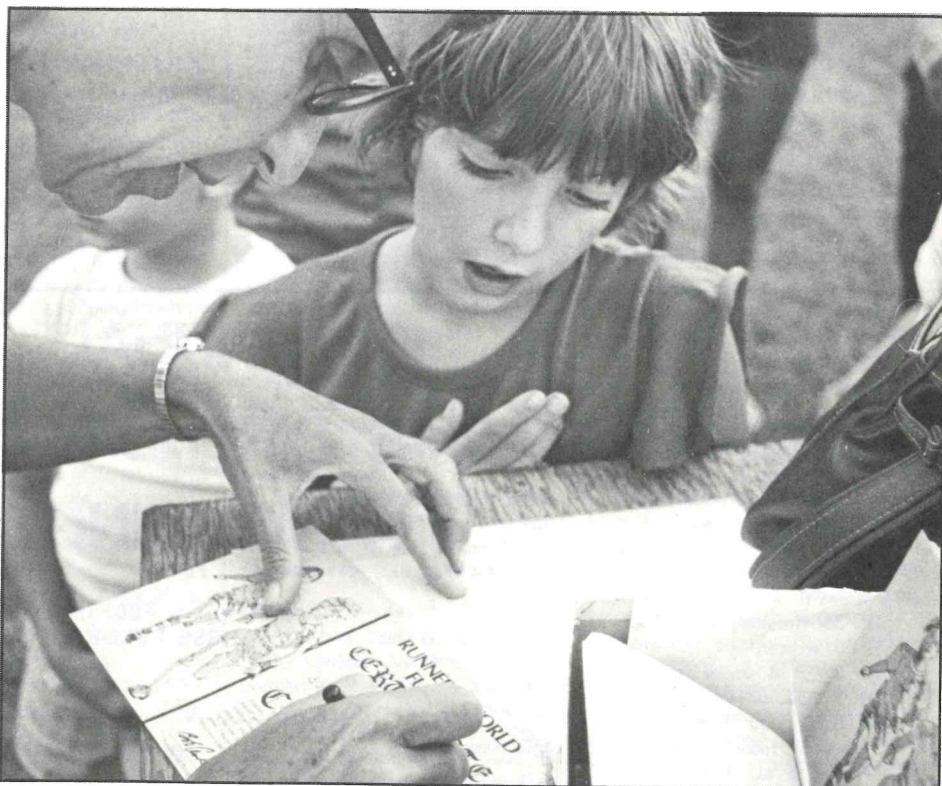
Beginning Fun-Run organizers sometimes fear that their enthusiasm might be out-run by their community's apathy. This feeling probably has prevented some potential Fun-Runs from being staged.

When the North County Track Club of Munising, Mich., launched its Fun-Run program on June 29, a Tuesday, the organizers, too, were apprehensive. When conditions for their first run were 36 degrees, windy and wet, their expectations turned gloomy.

weather track, and feature quarter-mile, half-mile and one-mile, as well as a weekly three-mile trek on the roads.

In addition, the club has sponsored a number of other activities in conjunction with the Fun-Runs. In July, it staged an Old Timers' Track and Field Meet; in August, a 12-minute endurance test, and on Oct. 10, National Jogging Day Activities.

The organizers have found excellent cooperation from the community school's program, and because of



Don Shepard

A winner in Munising, Mich.

"Was I in for a surprise," coordinator Norma Harger recalls. Twenty-one people and one dog participated first day, and "their enthusiasm was overwhelming."

They immediately changed their schedule from bi-weekly to weekly, and have since had more than 115 enthusiastic runners turn out, aged three to 53.

The North County Track Club Fun-Runs take place on a brand new all-

Harger's position as chairperson of the County's Bicentennial Youth Committee have been able to coordinate all their activities into a county-wide project.

"Thanks," they say, "for a tremendous idea and such an unselfish program."

If you're interested in starting a Fun-Run in your area, write to *Runner's World* Fun-Run, Box 366, Mountain View, Calif. 94042, and we will send you an application to be listed in our files and in the magazine each

month. Every official Fun-Run site will have available certificates for all runners who complete their selected distances.

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 P., 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. Rich Vasquez, 3 Barcelone Way, Clayton, Calif. 94517.
- **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** — Salina YMCA, Salina, Kan. Bi-monthly (second and fourth) Saturday, 12:30 p.m., in progress. John Schliffe, 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. Bea von 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.

(continued on page 66)



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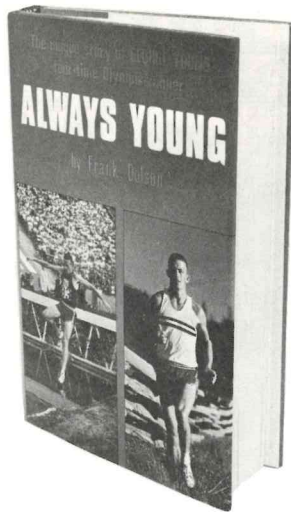
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Bob Olson, 1054 N. Lincoln Dr., Hancock, Mich. 49930.

● **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 036** — Rice Festival Building, Crowley, La. Bi-monthly, Saturday 3:30 p.m., in progress. Don Stuckey, 627 E. 11th St., Crowley, La. 70526.

● **Site 037** — Runner's Mecca (running camp), Mesa, Ariz. Weekly, in progress. Rich Heywood, Box 2186, Mesa, Ariz. 85204.

● **Site 038** — Memorial Field (Rock Island Arsenal), Rock Island, Ill. Bi-monthly, Saturday (second and fourth) 8 a.m., in progress. Dick Clarke, 1821 Pineacre, Davenport, Iowa 52803.

● **Site 039** — South Park (children's park playground parking lot), Pittsburgh, Pa. Monthly, Saturday (last each month) 9:30 a.m., in progress. Jim Enright, 1700 Patrick Place, Apartment T-10, Library, Penn. 15129.

● **Site 040** — Windmont Park, Kewanee, Ill. Monthly, Saturday 1:30 p.m., in progress. Steve Ryan, Wichita Running Club, 9804 W. 12th St., Wichita, Kan. 67212.

● **Site 041**—Wichita High School, Wichita, Kan. Monthly, Saturday 8 a.m., in progress. Brent Wooten, 1010 W. 44th St. S. No. 44, Wichita, Kan. 67217.

● **Site 042** — Gypsy Hill Park, Staunton, Va. Bi-monthly, Wednesday 7 p.m., in progress. Gwyn R. Sanders, REcreation Department, Box 58, Staunton, Va. 24401.

● **Site 043** — Columbus AFB (recreation track), Columbus, Miss. Weekly, Saturday 10 a.m., in progress. Gaylon M. Bates, 211 Holly Hills Road, Columbus, Miss. 39701.

● **Site 044** — Worthington High School track, Worthington, Ohio. Bi-monthly (first and third) Sunday, 10 a.m., in progress. Donald K. Fox, 321 Highland Ave., Worthington, Ohio 43085.

● **Site 045** — Marina High School track, Huntington Beach, Calif. Weekly, Sunday 10 a.m., in progress. Rick Russ, 5582 Mosuale, Huntington Beach, Calif. 92649.

● **Site 046** — Cordova Park, Rancho Cordova, Calif. Bi-weekly, Saturday 9 a.m., in progress. Henry Rosendale, 2513 Augibi Way, Rancho Cordova, Calif. 95670.

● **Site 047** — Corner of Wallace Hill Rd. and Lafayette Dr., Franconia, N.H. Weekly, Sunday 10 a.m., in progress. William Funicella, RR 2, Landaff, N.H. 03585.

● **Site 048** — 40th and Fairview Park, Downers Grove, Ill. Weekly, Sunday, 3 p.m., in progress. David Tworkowski, 6801 S. Main, Downers Grove, Ill. 60515.

● **Site 049** — Sheridan College track enclosure, Oakville, Ontario, Canada. Weekly, Sunday 9:30 a.m., in progress. Richard Mahler, 2413 Breton Close, Oakville, Ont., Canada.

● **Site 050** — Cabrillo College, Santa

Cruz, Calif. Weekly, Sunday 10 a.m., in progress. John H. Smead, Box 718, Soquel, Calif. 95073.

● **Site 051**—Dr. Powers Park, Tracy, Calif. Weekly, Sunday 11 a.m., in progress. Kurt Schroers, 1801 Newport Court, Tracy, Calif. 95376.

● **Site 052**—Riverview Park, St. Joseph, Mich. Monthly, Saturday 10:30 a.m., in progress. Dick Sharkey, Benton Harbor-St. Joseph YMCA, 233 Michigan St., Benton Harbor, Mich. 49022.

● **Site 053**—St. Louis County Fairgrounds, Hibbing, Minn. Weekly, Sunday, noon, in progress. D.R. Stewart, Memorial Building, Hibbing, Minn. 55746.

● **Site 054**—White Rock Lake (Big Thicket Cabin), Dallas, Tex. Weekly, Sunday 9 a.m., in progress. David L. Branning, Cross-Country Club of Dallas, 6891 Avalon, Dallas, Tex. 75214.

● **Site 055**—Pritchard Stadium, Fort Hood, Tex. Weekly, Saturday 8 a.m., in progress. John T. Parker, 51704-4 Karankawa Circle 22-16, Fort Hood, Tex. 76544.

● **Site 056**—Highland High School Track, Highland, Ind. Weekly, Sunday 9 a.m., in progress. Jim Tarka, Omni 41 Health Club, 222S Rt. 41, Schererville, Ind. 46375.

● **Site 057**—Imperial Palace Moat, Tokyo, Japan. Bi-weekly, Sunday (first and third of month), 8 a.m., in progress. R.F. Connelly, Akasaka, Box 10, Tokyo, 107-91 Japan.

● **Site 058**—Potterville Middle School, Potterville, Mich. Weekly, Monday 7 a.m., in progress. Tom Swanson, Potterville Middle School, Potterville, Mich. 48876.

● **Site 059**—Snug Harbor State Park, North Muskegon, Mich. Weekly, Sunday 10 a.m., in progress. Dwayne Weeda, 425 W. Circle Dr., North Muskegon, Mich. 49445.

● **Site 060**—Perkins Stadium, Las Vegas, N.M. Bi-weekly, Sunday 8:30 a.m., in progress. John C. Drissel, Drissel and Associates PA, 314 National Ave., Las Vegas, N.M. 87701.

● **Site 061**—St. John's College, Santa Fe, N.M. Monthly, Sunday 9:30 a.m., in progress. Norm Mugleston, 141 E. Lupita Rd., Santa Fe, N.M. 87501.

● **Site 062** — Spring Lake Park, Santa Rosa, Calif. Weekly, Saturday 8:15 a.m., in progress. Robert Yee, M.D., 1200 Sonoma Ave., Santa Rosa, Calif. 95405.

● **Site 063** — Welch Stadium, Emporia, Kan. Weekly, Sunday 3:00 p.m., in progress. Clyde Davidson, 928 Neosho, Emporia, Kan. 66801.

● **Site 064** — Shadyside Bike Path, Anderson, Ind. Weekly, Saturday 9:30 a.m., in progress. Garry L. Estle, 731 W. 5th, Anderson, Ind. 46016.

● **Site 065** — Central High School Fieldhouse, Cheyenne, Wyo. Weekly, Wednesday 7 p.m., in progress. Don McMahill, 1401 Dunn Ave., Cheyenne, Wyo. 82001.

● **Site 066** — Sharon Woods, Cincinnati, Ohio. Bi-weekly, Saturday 9 a.m., in progress. Ernest D. Perry, 3840 St. Johns Terrace, Cincinnati, Ohio 45236. ●

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January, 1977

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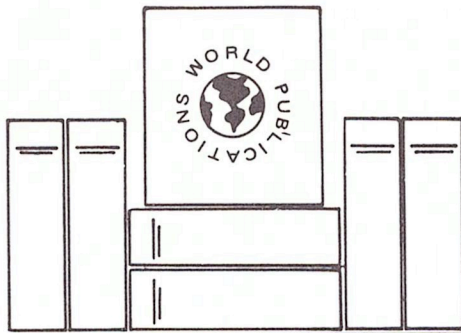
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Club Notes

News from the sport's organized groups and ruling bodies.

CULTIVATION OF CLUBS

Basically, only two levels of competitive running exist—as an individual and as a team member. Anyone can run in road races and most open track meets as an individual competitor, but to be scored as a team member involves affiliation with a club.

Rick Riley, Hal Higdon and other highly respected runners have written in *RW* about the sorry state of club running in the United States and its inferiority to the European system, where runners are neatly organized into local competitive clubs.

When Jeff Darman, current co-president of the Road Runners Club of America debuted on the Washington, D.C., running scene in 1971, he found club running limited to the classy Washington Sports Club and the somewhat exclusive Georgetown AA. Neither club was apt to extend an invitation to a 60-minute 10-miler.

Seeing a lack of meaningful team competition and realizing that a city with more than 1000 runners could have a viable club program with a little initiative, Darman set out with a plan. After an inordinate amount of delay and frustration with local AAU officials, he launched the DC Harriers Club, made up principally of officials and friends in the DC Road Runners Club.

The thought behind the movement was that there should be an opportunity for every runner to join a small club with friendly people who enjoy competing, despite the likelihood of "losing" to stronger teams. This radical approach, which articulated a belief that runners really weren't introverted loners, set the stage for the formation of other clubs:

- Dan Reeks, a former American University cross-country captain and currently a high school coach, formalized a group of long-term runners into the Distance Unlimited club.

- Ray Gordon and Ed Barron independently organized a club of over-30 aged runners named the Potomac Valley Seniors, which excels at both long-distance and track events. A zeal to attract stronger competitors to compete successfully in major age-group track meets has resulted in a large club of some 170

members, many of whom don't know each other.

- Army Major Paul Naylor launched a club of business and professional men (and a few women) into the Capital Beltway Striders. By adding just two strong runners who were languishing unattached, the Striders have combined the best of both worlds—competitive respectability and camaraderie through smallness.

- Meanwhile on Capitol Hill, Gary Ceponis of the FBI and Chuck Evans of the Environmental Protection Agency were figuring out if they could carve out a team of semi-serious men and women who would enjoy competing on a limited level of competence with 15 or so members. They've succeeded.

Other small clubs have emerged with the helping hand of veteran organizers. Recent additions to the scene include the Coast Guard AC, the NIH Health Angels and the Alexandria Striders. This spawning of new clubs can continue if the large competitive clubs exercise some restraint in their recruitment and expansion efforts. Otherwise, meaningful competition among fairly equal clubs will suffer.

A significant development on the political scene was the decision by the Harriers and Beltway Striders to sever their relationship (and \$25 annual fee) with the local AAU, on the simple grounds that the AAU wasn't providing a service or earning its money. Similarly, sponsoring clubs such as the Hagerstown Run For Fun Club have been asking questions such as the substance of the word "sanction" and what services are provided for fees paid.

Alternatives to the established clubs are available, if organizers will take whatever steps are necessary to identify a minimum of 7-10 willing participants. To register with a supervisory body involves wading through paperwork and payment to satisfy the local officials. The services various local organizations provide vary widely, so investigate before you invest.

Perhaps a drawback of team competition is that a runner will feel obligated to drive himself beyond realistic goals for the benefit of the team. But on the plus side of the ledger, a team member

gains a feeling of fellowship never known as an unattached runner.

Barry Brown of the Florida Track Club said that having friends to run with at Gainesville is the difference between training and not training on days when he otherwise doesn't feel motivated. Teammate Frank Shorter suggested that, while the club dimension should be available to those who desire it, he himself never felt a need to be part of a club.

They both acknowledged, however, that the club isn't a typical local group of runners. Its members are almost as far flung as those of the famous New York AC.

Another Olympian interviewed on this subject was Bill Rodgers of the Greater Boston TC. He expressed enthusiasm for the fellowship his relatively new club has provided, and supports the proliferation of small, intimate clubs. What modest Rodgers didn't mention is the guidance he has given toward the development of younger team members, such as Hamilton Amer, Scott Graham and Alberto Salazar.

For team running to become a reality, we need more dedicated people such as Washington's Jeff Darman, Boston's Billy Squires, San Francisco's Walter Stack and Maryland's Bill and Anna Jackson. They have persevered and made small sacrifices to feather the nest for those of varying abilities who wish to gain the benefits which can only come through club running.

Dave Theall

RRCA NEWS

• For the first time ever, the national convention for the Road Runners Club of America will not be held in the East. Because of its central location, convention facilities and scheduled road racing activities, St. Louis has been awarded the 1977 convention Feb. 26-27. The St. Louis Track Club will host the convention which will be headquartered in the Roadway Inn (2600 Market St.).

A two-day agenda is planned to include deliberation of club issues, election of national officers, presentation of annual awards, running clinics, seminars and a schedule of races designed to appeal to everyone. Race activities will include a fun run, a 10-kilometer race and the RRCA National Marathon Championships. The marathon will be run Sunday, Feb. 27, and will follow the course of the Third Olympiad marathon. Other activities include sport product exhibits, a banquet and an awards ceremony. •

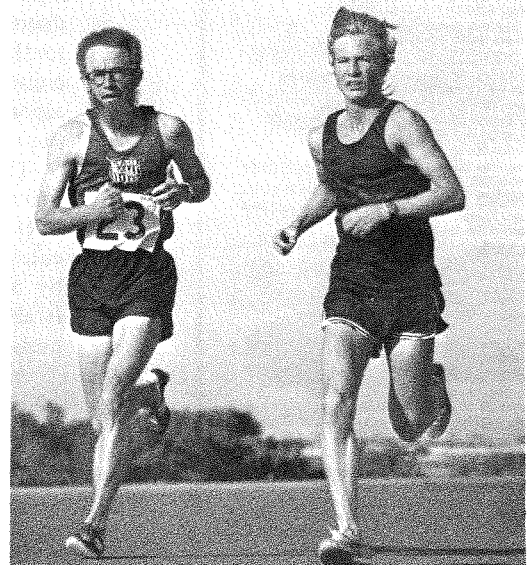
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City of Industry 91744 (213) 965-9060

Footlocker #7103, Fox Hill Mall
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Footlocker #7104, Santa Anita Fashion Mall
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Westminster 92683 (714) 893-9596

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Riverside 92503 (714) 689-9372

Footlocker #7112, Lakewood Shopping Center
Lakewood 90712 (213) 634-9375

Muzik's, 1012 S. Pacific Coast Highway
Redondo Beach 90277 (213) 748-2178

Steve's Sporting Goods, 2577 Pacific Coast Hwy.
Torrance 90505 (213) 326-3736

Steve's Sporting Goods, 4330 Redondo Bch Blvd.
Torrance 90504 (213) 370-5585

Stub Five Shoes, 265 N. Hickory St.
Escondido 92025 (714) 746-3377

T. R. S. Sporting Goods, 9242 Slauson
Pico Rivera 90680 (213) 949-1254

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Footlocker #7114, Southglen Shopping Center
Littleton 80122 (303) 794-9826

The Front Runner, 2825 E. Second Ave.
Denver 80206 (303) 355-3876

The Front Runner, Cinderella City
Englewood 80110 (303) 781-0702

Sporting Feet, 30th at Baseline
Boulder 80303 (303) 447-0875

ILLINOIS

The Front Runner, 1812-14 N. Clark
Chicago 60614 (312) 642-2042

INDIANA

Bob's Tennis Shop, 583 Broadway
Anderson 46012 (317) 643-3010

MASSACHUSETTS

Marathon Sports, 1654 Massachusetts Ave.
Cambridge 02138 (617) 354-4161

Runner's Shop, 15 Strong Ave.
Northampton 01060 (413) 586-1971

MISSISSIPPI

Bill Brumley Sporting Goods, 313 Main St.
Columbus 39701 (601) 328-0935

MINNESOTA

Body 'n Sole, 4006 20th Ave. So.
Minneapolis 55407 (612) 721-4743

Footlocker #7102, Ridgedale Shopping Center
Minnetonka 55343 (612) 545-0008

Footlocker #7105, Maplewood Shopping Center
Maplewood 55109 (612) 770-5111

Footlocker #7111, Brookdale Shopping Center
Brooklyn Center 55443

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The Athlete's Foot, Woodbridge Center Mall
Woodbridge 07095 (201) 636-2024

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The Athlete's Foot, Sunrise Mall
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Long Island Track Equipment, 1935 Wantagh Ave.
Wantagh 11793 (516) 781-0203

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All Sports, 3160 West Broad St.
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Hermiston 97838 (503) 567-9559

Running Necessities & Such, 233 N.E. 28th
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The Athlete's House International, 1700 Portland Ave.
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WISCONSIN

Barefoot Sports, University Square Mall
Madison 53715 (608) 251-6900

The Running Foot, 707 Westhaven Road
Chippewa Falls 54729 (715) 723-7375

Good News

New products, publications and services for runners.

PRODUCTS

● "Hi-speed lacing loops" is the latest addition to Brooks' new Trojan shoe. These lacing loops are designed to provide a more comfortable and efficient fit.

For more information on the Trojan shoe line write Brook's Shoes, Factory St., Hanover, Pa. 17331.

● Chafitz, Inc., introduces Time Machine, a calculator designed to automatically add, subtract, multiply and divide hours, minutes, seconds and tenths of seconds without the normal cumbersome conversions. It's said to be especially useful to runners in figuring their training and racing pace.

This unique instrument has both manual and automatic modes, and results of tests in the field indicate the calculator reduced most calculating times by 50% and in some cases up to 70%. It also converts hours, minutes and seconds to decimal form and vice versa.

Available for \$49.95 from Chafitz, 10055 First Street, Rockville, Md. 20850.

● The world's smallest electronic stopwatch is now available from Heuer Time and Electronics. Mini-Microsplit is a miniaturized electronic digital stopwatch with three timing methods that offer versatile timing up to a hundredth of a second.

Start-stop timing is convenient for timing an individual event. Split timing is good when there are several competitors, making it necessary to keep individual, continuous and competitive times simultaneously. Taylor timing is used to measure individual lap times in auto racing, swimming or long-distance track running. In addition, the watch features a special time-out function.

Mini-Microsplit is available in two models, the 430 and 420. Model 430 uses regular batteries, while 420 is a rechargeable unit. Model 430 has a suggested retail price of \$79.95; Model 420 is \$99.50, plus the charger unit.

For more information, write to Ries and Geltzer, 1212 Avenue of the Americas, New York, N.Y. 10036.

● *Extraordinary Powers* is a film that explores mind-body connections of some of the fastest men and women

runners in the world. The film deals with belief and performance and features International Track Association professional athletes.

The 12-minute color film may be rented for \$15 or bought for \$190, from Western World Productions, P.O. Box 3594, San Francisco, Calif. 94119.

● A wristwatch that tells not only time and date, but also heartbeat rate, is being developed by Pulse Watch, Inc., of Tiburon, Calif. An optical transducer is mounted on the back of the watch case which emits light to arterial tissue. The detected signal is electronically processed to determine the pulse rate, which is then displayed digitally on the watch face.

For more information: Robert Forney, P.O. Box 444, Tiburon, Calif. 91920.

PUBLICATIONS

● Nikon, Inc., has produced a picture book of the 1976 Summer Olympics. *Montreal, '76, the Games of the XXI Olympiad* is a collection of 194 photos, many previously unpublished, by contributors to the Associated Press, *Sports Illustrated* and *Time*. A compilation of medal winners also is included.

The book comprises 96 8 x 10½-inch pages, 64 of which are in color, and is on sale at selected bookstores, newstands and Nikon photographic dealers for \$4.95.

Published by Island Heritage Ltd., 1746-B, South Bretania Street, Honolulu, Hawaii 96814.

SERVICES

● Post Cereals is launching a nationwide program wherein elementary school youngsters can exchange cereal box tops for physical fitness and recreational equipment ranging from complete gymnasiums down to bats, balls and gloves.

"You name the sport or activity and we'll supply the equipment," says R.M. Alpha, project director of Post Cereals of General Foods.

The program is named "Fun 'N Fitness," and will enable the public, private and parochial schools throughout the country to replace worn-out and broken recreational equipment free. ●



1919 SAO PAULO - Handmade. Super light exclusively for racing. Seamless toes, pressure proof suction cup sole provides great traction on wet or dry surfaces. Blue/White available in sizes 3½-13 **\$39.95 postpaid**



1130 ROADRUNNER - Handmade. This design will absorb the continual stress of covering long distances on the road. All new long wearing sole for "76" with greater flexibility. Beige/Orange available in sizes 3½-13. **\$36.95 postpaid**



1144 SPURT - Training shoe, with hard wearing herring bone pattern sole. Blue/Red/Green. Available in sizes 5½-13. **\$31.95 postpaid**



1810 JUNIOR - Nylon training and racing shoe with cupped outer heel for stability. Blue/Red/White. Available in sizes 7-11. **\$19.95 postpaid**



1140 CHAMPION - Nylon all purpose training shoe. White/Blue. Available in sizes 5½-13. **\$34.95 postpaid**



1533 SPRINT - Suction cup sole provides great traction on wet or dry surfaces. Interchangeable six spike system. The Shank-to-heel wedge provides padding for protection of the heel and Achilles tendon. Blue/Red/Green in sizes 3½-13. **\$31.95 postpaid**



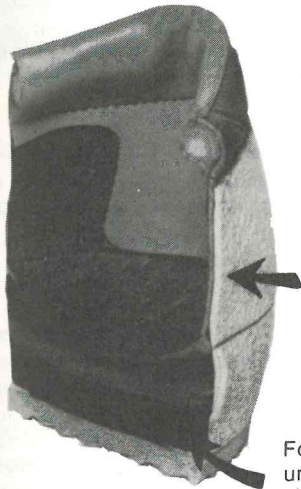
1575 INTERVALL - Originally designed as a training shoe, the seamless toe and lightweight pressure proof suction cup sole with six removable spikes have made this model a favorite racing shoe for many. The elastic shank-to-heel wedge protects ligaments, joints and heel against injury. White/Green in sizes 3½-13. **\$36.95 postpaid**



1572 MUNICH - Super light shoe. The new interchangeable six spike position together with newly developed suction cup sole. Provides great traction on wet or dry surfaces even under the most adverse conditions. Red/White. Available in sizes 3½-13. **\$43.95 postpaid**

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RE: SOLES BY RUNNER'S SHOP—all major brands, Adidas, Nike, Tiger, New Balance, Puma, etc. Re:soled for only \$11.00 post-paid. Shoes returned by UPS, not parcel post. Re:soles by Runner's Shop, 15 Strong Avenue, Northampton, MA 01060.

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.

RON HILL FREEDOM SHORTS The ultimate in running gear. Union Jack, Stars/Stripes, nylon. Stamped, Self-addressed envelope for brochure. Smartt Products, 6142 Navajo, Westminster, CA 92683.

FREEDOM SHORTS—from Ron Hill Sports, from \$5.75. Nylon, sunburst, flag styles. For brochure, send stamped, self-addressed envelope to: Total Environmental Sports, 424 W. 4th St., Rochester, MI 48063.

TUCSON—4th Annual 20 Km. Cross Country Run—Beautiful run

with hills, streams, backroads, trails, and part of a National Park. One mile; 1.8 mile; and 20 Km. runs. 12 divisions! Many Awards. Southwest Truckers Running Club. December 5th, 1976. Register 8-8:30. Racetime is 9 a.m. Director: Chuck Kerr, 8850 E. Lee St., Tucson, Arizona 85715. Special Ribbons to all finishers! Start: Sabino High School parking lot, 5000 N. Bowes Rd., Tucson, Arizona.

FREE—Water Bottle w/stem for each pair of Reebok World Ten just \$32.25. Send your size & \$1.00 postage (CA residents add 6% tax) to John Rupp, Box 2161 TA, Los Angeles, CA 90051.

T-SHIRT COLLECTORS—One of a kind genuine collector T-shirts. Quality cotton "T"s. World's greatest running shirt, "Feet Don't Fail Me Now" plus 1976 AAU Track & Field Nationals, Long Beach Relays, Montreal '76 and Canadian National Team Shirt. Your choice while they last. \$3.95 plus 6% tax (CA res. only). Send check or money order: N.F. Enterprises, 4051 Massachusetts St., Long Beach, CA 90814. Include your name, address, city, state, zip and your shirt size and 1st and 2nd choice. Two weeks delivery.

WHY—do Russian and eastern European athletes take B-15 and pollen? For free literature send S.A.S.E. to: Sports Nutrition, 1330 E. Dover St., Mesa, AZ 85203.

TEE-SHIRTS CUSTOM PRINTED—Sweat shirts, jackets and jerseys. Schools, teams and clubs. Minimum:12. Quantity discounts. Free Catalog. Mandelker's RW, 2603 N. Downer Ave., WI 53211.

THE JOG SHOP—is looking for runners throughout the US interested in becoming part-time salespersons specializing in running shoes. Sell to your friends, clubmates, and other runners in your area. Easy money! Fun! Send stamped, self-addressed envelope to: (for info) James Morris, The Jog Shop, 1203 East Warren, Brownfield, TX 79316.

LAS VEGAS MARATHON—February 6th. T-shirts, Ron Clarke medals, certified course. Contact: Bill Freedman, 309 South Third St., Suite 316, Las Vegas, NV 89101.

A RUNNER'S NEW YEARS RESOLUTION—I will join up with the National Jogging Association for only \$15.00 annually. Contact NJA, 1910 K St., N.W., Suite 202-D, Washington, D.C. 20006.

FREE—New Balance T-shirt with purchase of NB 320—only \$24.95 ppd. Brooks Villanova II \$19.95 ppd. "Ron Hill" Freedom shorts \$6.50. Mesh vests \$6.50. (Please include sizes). Send to: Steve Hoag, 1681 Grand Ave., St. Paul, MN 55105.

USTFF NATIONAL MASTERS—and Submasters Indoor Championships, January 15, 1977, Lincoln. 12 men's, 4 women's events. Contact Forrest Doling, Lincoln Track Club, 2316 B St., Lincoln, NE 68502. (402) 432-8456.

JERSEY SHORE MARATHON—Ashbury Park, NJ, January 16, 1977. 11:00 a.m., fast, scenic course. For entries send "S.A.S.E." to Tom Baum, 1307 Ocean Ave., Spring Lake, NJ 07762.

MARDI GRAS MARATHON—& 5 Mile "Beeper" Run, sponsored by the New Orleans Track Club. AAU Certified Course. T-shirts, medals, patches, age group awards, lunch. Contact Mayo Emory, 925 Sena Drive, Metairie, LA 70005.

RUNNER'S GAZETTE—now available. 32 pages on runs, runners. \$1 buys two issues. 12 issues—\$6. Runners Gazette, 102 W. Water St., Lansford, PA 18232.

NOTICE—Runner's Mecca is seeking two cooks for the summer of 1977. Room, board and small salary. These positions would allow time for training and recreation. Duties include purchasing, supervising kitchen and cooking. Also menu planning. Health certificate required. Contact: Rich Heywood, Box 2186, Mesa, AZ 85204.

SHOES, T-SHIRTS, EQUIPMENT—Nike, Brooks, Tigers, Adidas, Puma, Men's-Women's shoes. For information must send self-addressed stamped envelope to: The Athlete's House, 1700 Portland, Nashville, TN 37212.

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. February 1977 Closing date: Dec. 20. Contact Advertising Manager, P.O. Box 366, Mountain View, CA 94042.

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11th Annual Governor's Marathon—Mexico, Baja California, Mexico, January 1, 1977—11:00 a.m. 42.195 meters—26 Miles 385 yds. Open to all ages, men and women; no entry fee. For information: Profr. Salvador Roque Leos, Casa de la Juventud, Mexicali, Bja. Cfa., Mexico. Tel. 5-1230.

NIKE/TIGER SHOES—Nylon Cortez/Montreal (size 7-12) — \$20.95; Nike Roadrunner (size 8-13) — \$19.95; Hanhart 1/10 sec. stopwatches; 1 Jewel—reg. \$39.95, now \$19.99; 7 Jewel—reg. \$49.95, now \$29.99; Cronus Olympian—\$39.95, 3-s — \$69.95, 2D — \$125.00. Payment by money order shipped immediately. Please add \$1.00 PR. postage. KD Sports, P.O. Box 3961, Rochester, NY 14610.

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A three loop course in Memorial Park, Houston, Texas. Houston Marathon Trophy to overall winner, plaques to 2-14th in open and first three places in each of seven age groups. Custom designed steins to first 100 plus first 10 women. T-shirts to first 500 entrants. Marathon program results and participation ribbons to all. Awards lunch after race. Aid stations every 2 miles. Certified AAU course. Times every mile. Course record 2:17:46. Contact Curry Hall, 12318 Nova Ct., Houston, TX 77077. (713) 497-2298.

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The Complete Runner's Christmas Catalog

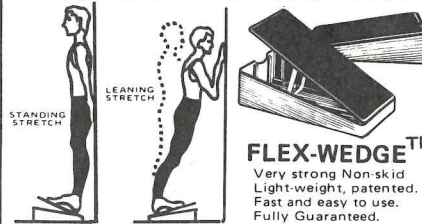
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3RD ANNUAL BAKERSFIELD MARATHON & MINI—Saturday, Feb. 5, 1977. 26 Mile 385 yard AAU certified course. Record is 2:24:13 set by Paul Cook last year.

*The course is flat and paved consisting of two 13.1 mile loops.

*Trophies and ribbon to the usual age groups.

*Free T-shirts to all marathon entrants.

*Free color photos to all marathon finishers as they cross the finish line.

*Entry fee: \$4.00 marathon (\$5.00 late), \$2.00 mini.

*Splits every 5 miles. Each mile marked on pavement.

*Aid every three miles.

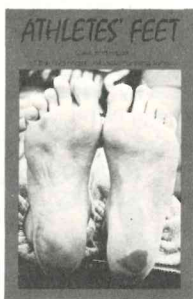
*Write: Larry Arnt, 5000 Belle Terrace No. 72, Bakersfield, CA 93309.

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Your feet are your most valuable running tools. Athletes' Feet is written by the editors of *Runner's World* to help you understand the causes of serious foot-related ailments and how to prevent them. Medical experts contribute information on abnormal feet, patterns of shoe wear, and foot exercises. For foot care and repair, get Athletes' Feet today. Only \$1.75.

Please send me _____ copies of Athletes' Feet at \$1.75 plus 40 cents per copy postage. Calif. residents add 6% tax.

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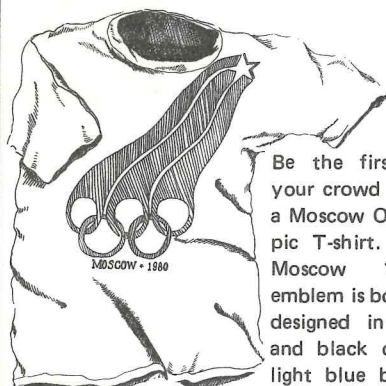
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Readers' Comments

Reactions to events in the sport and features in the magazine.

CIERPINSKI

At the medal presentation for the marathon at Montreal, I was amazed to see (Waldemar) Cierpinski effortlessly leap to the top of the award platform. (Frank) Shorter had to put his hand on his thigh for aid to lift himself to the lower level, and (Karel) Lismont had great difficulty getting on the platform. Has the *Runner's World* staff or any of the readers ever seen a runner complete a faster marathon without any apparent stiffness or soreness?

Allan Novak
Peru, N. Y.

MULTIPLE MARATHONS

In his September interview, Craig Harms says he's never heard of anyone else running marathons on consecutive days. Several others have done so, however.

Tarzan Brown has probably the first ever to pull off such a double. In 1936, he not only ran back-to-back marathons but won them both! According to *Sports Illustrated*, doubles were also performed by Walt Stack and Pax Beale, both in 1968.

More recently, Park Barner has made a habit of racing two marathons (or farther) in a weekend. His fastest pair came in the fall of '74 when he did a 2:37 in Baltimore and followed it next day with a 2:39 at Philadelphia. Four weeks earlier, he was runner-up in the National 50-Mile with a 5:50 clocking in New York on a Saturday and then did a 2:44 at the Harrisburg Marathon on Sunday. In fact, sandwiched in between these two impressive weekends, Barner also raced and won the three-day, 300-kilometer C&O Canal Run. During a span of five weekends, Park recorded more than 360 miles of racing!

I would be surprised if there aren't at least a handful of other runners who have also done back-to-back marathons. Even so, Craig Harms' record remains awesome.

Nick Marshall
Camp Hill, Pa.

RUNNERS' HEARTS

One of the notes in "Looking At People" (August '76 *RW*) concerned

the collapse and death of Dr. Leslie Truelove at the 21-mile mark of the Lion's Gate Road Runners Marathon. Unfortunately, the writer was misinformed in stating that Dr. Truelove "had taken part in numerous marathon races."

It is true that he had run from 5-8 miles daily (I ran with him once or twice a week). However, this was his first attempt at running a marathon. He had taken up running six years earlier at age 47 to increase his fitness, and until July '75 averaged three miles a day. Since then, he increased his mileage and in October '75 completed a 20-mile race in 2:55. His next race was an 8½-miler on April 16, 1976.

In the marathon, he passed the 20-mile mark in 2:48 and was feeling well. He collapsed and died one mile later, just on approaching the spectators leading to the finish. Presumably he had put in an extra effort at this point (his family was out to watch the race) and this increased his blood pressure which in turn caused a weakened wall in a tiny artery to burst. Lifting a couch or any other means of raising the blood pressure could have produced the same tragic results.

Our club feels that this point should be clarified lest some runners reading the article misinterpret it and give up distance running or become fearful of running long distances.

Wolf Schamberger, M.D.
Vancouver, B.C.

I just read the account of the death of Jim Shettler ("Running Commentary," Sept. '76 *RW*). The comment was made that his cholesterol "was not dangerously high." It has not been uncommon practice, in my experience, that people have had cholesterols of 250 or 270 and have been told that is normal. Consequently, they continue to run with the false belief that they are at zero risk. Eventually, that high cholesterol will cause a cardiac problem and eventual death. A true normal cholesterol should be less than 180 and is related to dietary intake alone.

Another very important consideration is that Shettler had undergone a

treadmill stress test within the past two years. It is an important distinction whether he had a submaximal or maximal stress test. A submaximal stress test in which a patient is taken to approximately 80% of his maximum heart rate is inadequate. The only good test is a maximal stress treadmill test, which will approach 90-95% diagnostic accuracy.

A runner more than 35 years of age has to understand two things very clearly. He must get his cholesterol below 180, and he should have a maximal stress treadmill test at least every two years.

Joseph Arends, M.D.
Troy, Mich.

I have just read the generally excellent article by Dr. Joan Ulyot regarding Jim Shettler's death. I found the entire article informative and accurate with the exception of one sentence where she refers to coronary arteriogram as a "hazardous test."

The fact is, in competent hands cardiac catheterization and coronary arteriograms are among the safest procedures when one considers the risk against the information gained from such a test. Any competent catheterization laboratory in the country performs with a risk of less than 0.1% and this includes morbidity (injury) as well as mortality (death).

I only object to this point since coronary disease and its symptoms are so common and one of your readers is very likely one day to need to face this test. The statistic I quote above includes tests performed on critically ill patients who have had infarctions before, who may be on the verge of an infarction, or who may even have heart failure. In an individual not on the threshold of a heart attack, with an otherwise undamaged heart, the risks are incredibly small.

Richard E. Silberman, M.D.
Milwaukee, Wisc.

The tragic death of a comparatively young and apparently healthy runner like Jim Shettler should not be upsetting or discouraging to other runners. Running is not the key to immortality. There is no question, however, that running does improve the quality of life. What more can we ask than that? Even if it didn't give us one extra day of life, it would still be worth it.

Henry Loble
Helena, Mont.

(continued on page 76)

VAN AAKEN

Expert *RUNNING* information from a running expert

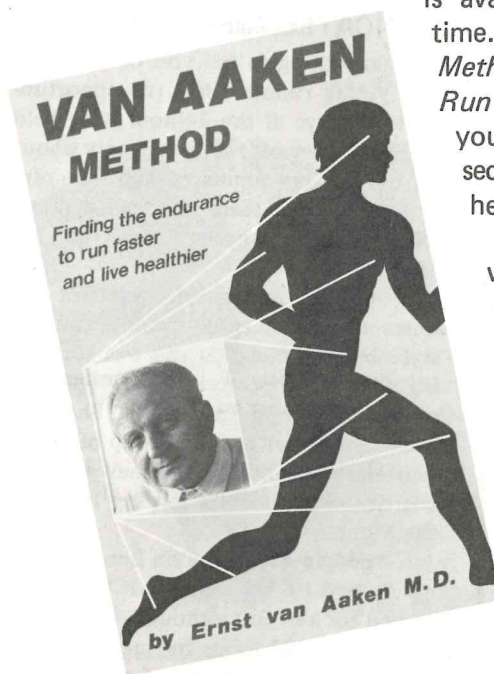
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THE HILL STORY

Byron Richardson's article "A View From The Hill" (August '76 RW) is indeed a good reference story. The examples of how to run the hills were simple yet important.

However, it was distressing to see such a prejudiced article on just running hills. The article slandered the basic training method—running on flat ground. Striding is very important to running. It helps develop a fast but comfortable pace at which run.

As in other sports, an athlete tries to find a groove. When Dave Kingman is hitting home runs, you don't see him changing his batting stance. The same is true for running. When you are improving your pace, don't change your training.

Why train on hill running if you're going to run a majority of races on level ground?

*Robert Price
Springfield, Mass.*

DEDICATED ANGEL

I am writing to tell you of a remarkable young runner I had the opportunity to observe at the 24-hour relay held at Ft. Meade, Md. She was only about 19 or 20, very animated and was running on a coed team that called themselves Health's Angels. I never got her name.

What was remarkable was not her times or her beautifully smooth running style but the fact that she was competing with a temperature of 101 degrees rather than let her team down. She soon became a favorite of the group of Quantico Marines who cheered her on quite heartily each time she ran her laps past their tents.

I tried to keep tabs on her fever situation and let her know that I was concerned for her. But although it remained in the 100-102 range for more than 14 hours, she never let on of the discomfort she must have been experiencing.

When I questioned her on her reasons for running, she told me that the entire atmosphere of vitality and camaraderie were more than reason enough. I don't know if my love of running will ever be as strong as hers obviously was, but she really was an inspiration to me and seemed to affect quite a few of the other runners at the meet.

*Walter Davis
Washington, D.C.*

DRIVERS

I enjoyed reading Pete Hanrahan's article ("Smile and Drive Them Crazy,"

Oct. '76 RW) on responding to hecklers. However, I don't think men are ever subjected to the idiots who are a threat to women running alone.

I am still fuming at the guy who threw an egg at me four years ago. I did not smile and wave as it dripped from my shoulder.

All runners should be aware of any vehicle slowing down. And be ready to remember license plate numbers.

*Elsie Feliz
Sacramento, Calif.*

A few evenings ago I was running my usual route when something happened that brightened my whole day. As I approached a street which I needed to cross, a car that was waiting at the corner backed up so that I might continue running without altering my direction. As I passed by, I waved a thank you to the driver as this was a first for me.

The fleeting episode started me thinking of what a small but thoughtful courtesy the driver had extended to me. I read and hear about all the hassles that runners have with auto riders. Indeed, I have also experienced this ignorant type of behavior.

However, I cannot help but think that if runners would gratefully acknowledge any courtesies such as that which I experienced, the good feeling might spread and the automobile drivers would begin to realize that runners might be emotional humans after all.

*James Pivarnik
Harrisonburg, Va.*

INCREASING THE PACE

Believe it or not, reading *Runner's World* has increased my speed. That is, my reading speed (wish I could say its done the same for my running speed). Can't wait to read each new article. I've actually doubled my reading speed.

*Mark Gerson
Huntington Beach, Calif.*

HOT CONVERSATION

I want to call your attention to a note in the National AAU Marathon ad on page 88 of the August 1976 RW. As a final event in the marathon, there was to be an "Informal poolside party featuring bubbling 140-degree pool 'conversation pit' for tired legs."

Since a friend tells me that a temperature considerably under that is used in leather processing for scalding bristles for pigskins, I can imagine the conversation those marathoners had once their legs hit the water.

*Howard Kenneth Nixon, M.D.
Muncie, Ind. ●*

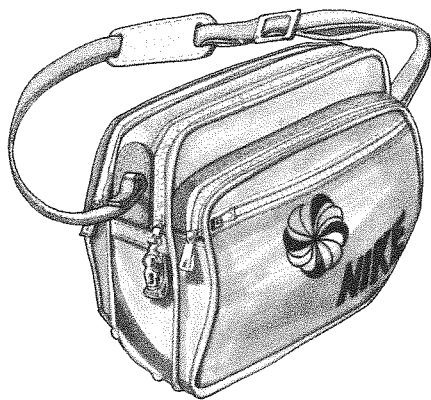
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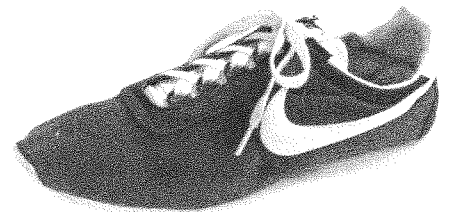
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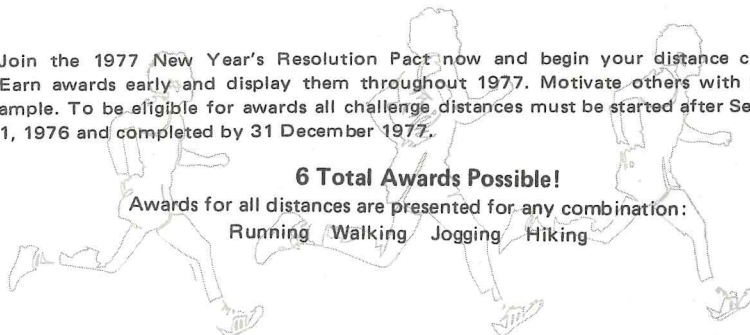
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3 MILE CHALLENGES

(1 Mile = 1.60934 Kilometers)

1. 365 Miles (587.39 Kilometers) A mile a day may be just right for you to start and get in the swing of things. We dare say you'll soon be increasing the average distance, tho, and be the first kid on your block to receive the attractive, embossed silk ribbon that will be presented to you on completion.

2. 1,000 Miles (1,609.34 Kilometers) Are you good for three miles per day? If so, you will be eligible for the red, white and blue 1,000 mile emblem, especially made for this NJA milestone.

3. 1,977 Miles (3,181.67 Kilometers) The greatest challenge of all and an achievement that will lay to rest doubts about your sanity and willingness to go the extra mile (or more!) Completion and certification will earn you an embroidered emblem of superior design, and national publicity.

3 KILOMETER CHALLENGES

(1 kilometer = .62137 miles)

1. 365 Kilometers (226.8 miles) A modest challenge for beginners or those with physical limitations. If you're in a way where a mile a day isn't quite your style, gear up for "A K per day." One will lead to another and when you've reached the full 365, send for your embossed, silk ribbon right away.

2. 1,000 Kilometers (621.37 miles) An achievable challenge in a year's time at 3 K's per day. Advanced runners may meet this challenge in two or three months. Completion will earn a distinctive embroidered "1,000 Kilometer" emblem for your shirt or jacket.

3. 1,977 Kilometers (1,228.45 miles) The Challenge of the Year. And an achievement worthy of admiration and respect. Completion and certification will earn an exclusive, embroidered emblem and enrollment in NJA's 1977 Resolution-Conquered Club.

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Upon receipt of your Application (below) and enrollment fee, the National Jogging Association will promptly send you a letter of acknowledgement and your personal 1977 New Year's Challenge Logbook. You may embark upon your goals as of Sept. 1, 1976 or immediately upon receipt of log. Enter the distance covered daily and the total distance to date in your log. As you complete each of the cumulative challenges for 365 and/or 1,000 kilometers or miles, notify NJA headquarters by card or letter for presentation of your earned award. Entrants completing the 1,977 Kilometer or Mile Challenge must submit their Logbook for certification and presentation of award. The Logbook will be returned with your award.

Throughout 1977, the NJA Newsletter, *The Jogger*, will carry reported stories of interest on particular courses or distances run in accomplishing challenges.

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I accept the challenge of NJA's 1977 New Year's Program. Enroll me today!

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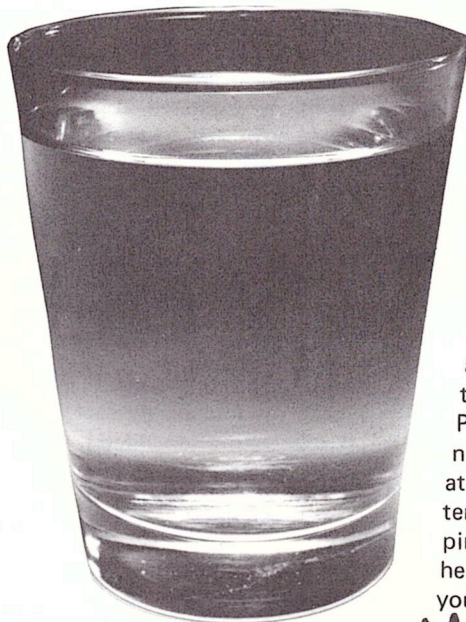


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