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# Runner's World



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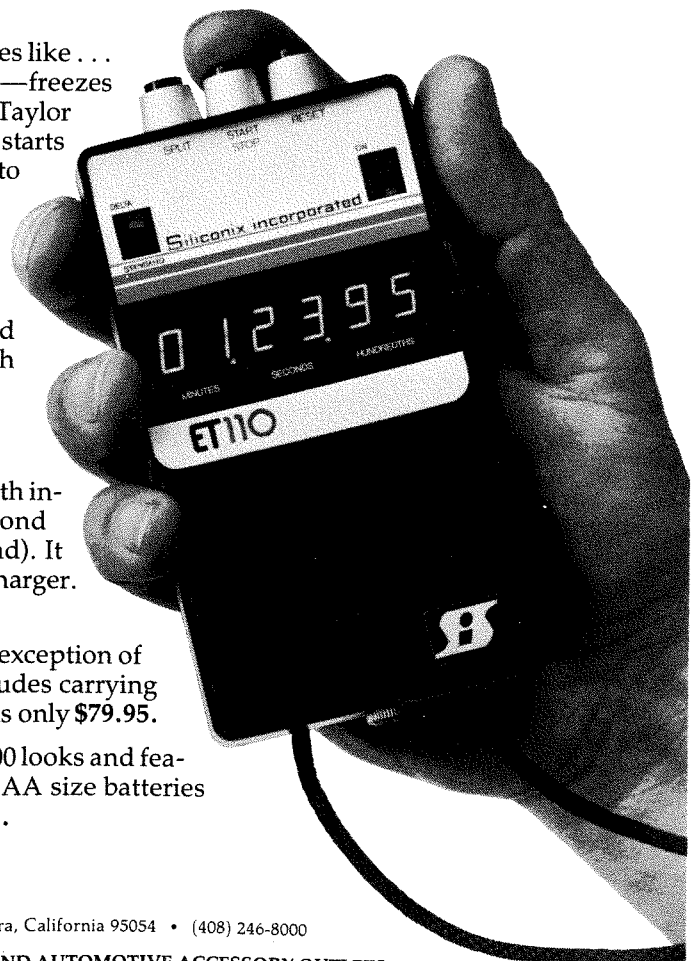
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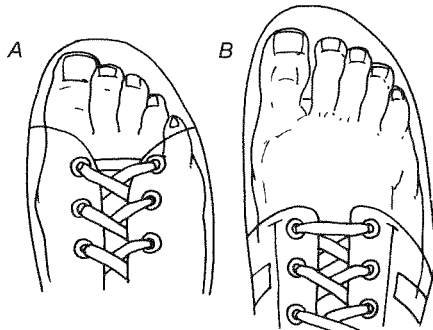
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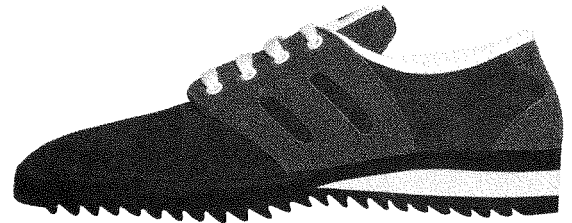
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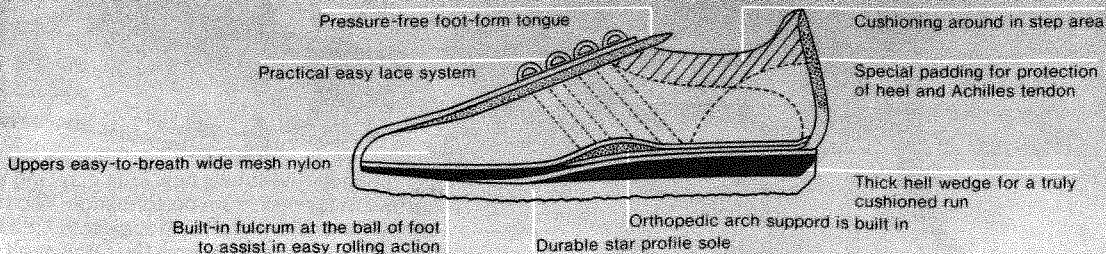




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# Runner's World

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Office: 1400 Stierlin Phone (415) 965-8777

Volume Eleven — February, 1976 — Number Two

## Contents

### ARTICLES

Champions, Champions Everywhere	14	<i>RW Staff</i>
Greg Fredericks, the Kicker	16	<i>Michael Hill</i>
Lynn Bjorklund, the Front-Runner	18	<i>Joe Henderson</i>
1976 Marathon Handbook	21	<i>RW Staff</i>
What Drives the "Average" Runner	74	<i>Frances Knowles</i>
How to Ruin an Athlete	76	<i>Byron Richardson</i>

### DEPARTMENTS

From the Publisher . . . . .	3	Looking at People . . . . .	77
Runner's Forum . . . . .	6	Medical Advice . . . . .	78
Running Commentary . . . . .	12	Racing Highlights . . . . .	84
City Series: Dallas . . . . .	69	March Coming Events . . . . .	85
Interview: Jim Pearson . . . . .	70	Readers' Comments . . . . .	86

## From the Publisher

The response to setting up Fun-Runs around the country has been very good. Several Fun-Runs are already being held, and several more will be starting very soon.

Two questions that many people ask are, "We are interested, but why mess around with races like quarter-miles, half-miles and miles?" and, "We already have a good AAU program so a Fun-Run set-up is not needed, is it?"

Too many people forget what it was like when they first started. I know when I started running in 1962 at age 14, a quarter-mile was a long way. I honestly feel the races one mile and under are the most important to have, and the longer ones offer additional challenges later on. I also don't think there should be any races over six miles. Fun-Runs should not take up the whole day, should be a length that wouldn't scare off the beginner and a length that doesn't take more than a day to recover from if a runner wasn't really prepared for the race. Most AAU races are over eight miles, so why not offer shorter races?

If you have a strong AAU program, great. Fun-Runs are meant to supplement AAU races, not compete with them. A lot of people get turned off by being required to sign up, join the AAU, or pay an entry fee, and they wonder how they could even stay in sight of the other runners because they are just getting started. AAU races come later.

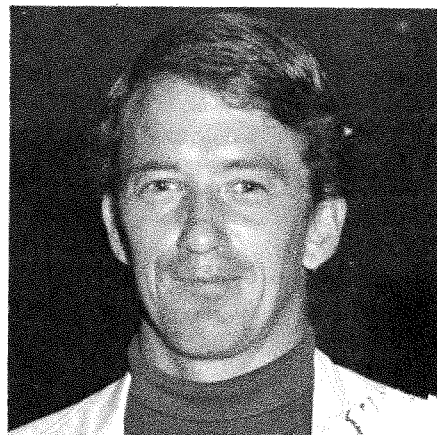
Give the beginner a chance to jump into something less "official," a race he or she can handle like a quarter-mile, and a race that can be regular. At Fun-Runs, the emphasis is not on who won or not but on time. Runners can judge how they did by the certificate they get.

We are now preparing a package to help you set up a Fun-Run program in your area. If you want to get involved do write me. Tell me a little about yourself, about the present running program in your area, population of the city, and your initial ideas. Let me hear from you.

Bob Anderson

# ALWAYS YOUNG

by Frank Dolson



George Young's story is one of an amateur athlete in America struggling to overcome the competition, the officials and himself. He struggled toward a goal—the Olympic gold medal—though he never quite attained it. Four times he tried, in events ranging from the steeplechase to the marathon, but the gold was not to be his.

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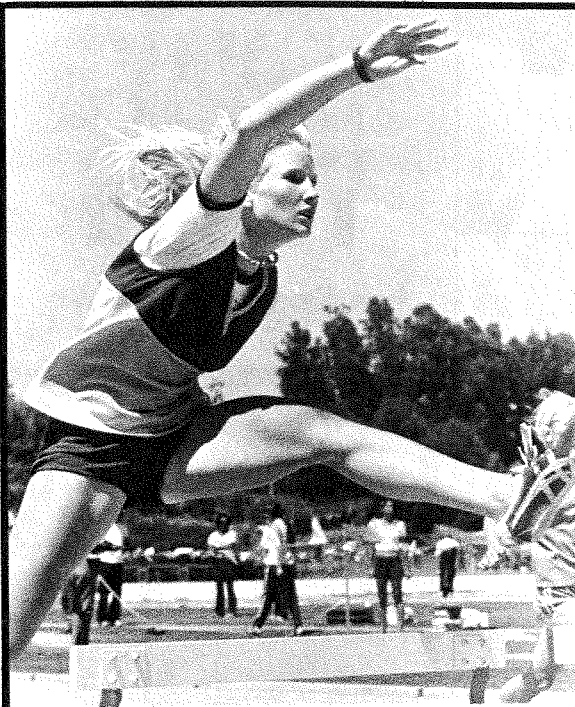
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Jim Ryan Interview  
 Introducing Orienteering

### NOVEMBER, 1971

Larry Young Interview  
 Another Look at LSD  
 Nutrition for the Runner

### APRIL, 1973

Peaking for Big Races  
 Running Tour of Europe

### MAY, 1973

The Root of All Training  
 Different Sprinting Style

### JUNE, 1973

Monitoring a Marathoner  
 Bowerman on the Olympics

### JULY, 1973

What Diet Can Do  
 Coping with Summer's Heat  
 Shoe Inserts

### AUGUST, 1973

Runs that Never End  
 Computerized Cross-Country  
 The New Africans

### APRIL, 1974

Women's National Marathon  
 Test of Running Potential

### JUNE, 1974

Rod Milburn Interview  
 Effects of Air Pollution  
 What Makes a 2:20 Marathoner?

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High Calorie Workouts  
 Pacing Long Races  
 Women's Secret Weapon: Fat

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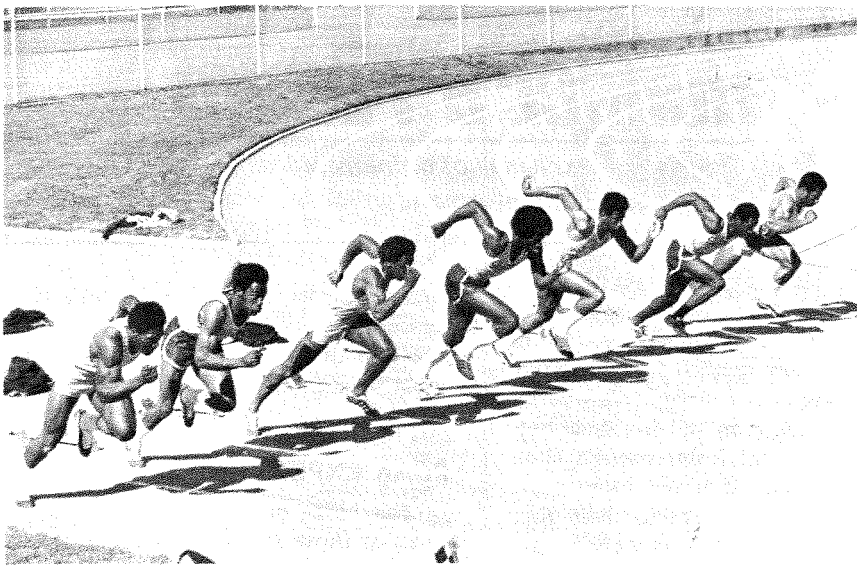
Marathoners like these in the 1975 Mission Bay race have never been more active. Read of them in the *Marathon Handbook* starting on page 21. (M.J. Baum)

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

Second class postage paid at Mountain View, CA 94040 and at additional mailing office (Burlingame, CA 94010). Postmasters: send form 3579 to Mountain View address. US and foreign subscription rates: \$9.50 per year, 18.00 two years. Single copies, 75 cents and back issues, \$1.00 each.

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# Runner's Forum

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

## WHERE TO GO?

The AAU cross-country course in Annapolis, Md., consisted of an inside loop then an outside loop, followed by the same inside loop and the same outside loop. As the faster runners completed their second inside loop, some slower men were finishing their first outside loop. And the confusion began.

Officials didn't take into consideration the fact that slower runners had merged with the faster ones. They sent everyone onto the outside loop. And as a result, some faster runners lost from 50-75 places.

After the small group I was running with decided to quit and not deny the fast people a place, I was stunned to hear officials say that slower runners should stay away from national championships.

We must remember who makes up the vast majority of participants. There are only a few Fredericks and Liguoris, but there are a growing number of us who are just as happy to be racing with them at our own speed. Within my limits, I race as hard as they do, and I pay the same AAU dues as they do. All I ask for is the opportunity to compete. I'd be extremely upset with the AAU if any move was made to restrict its national championships to a select few runners.

**Rich Crow**

## MAKING WAVES

Running in the wake of the big waves is the history of my career as a runner. They pull you along and sometimes you get a bit of the foam of inspiration as you watch them break into new records with the usual big public splash.

But now, at 41 and away from the collegiate breakers, I find myself in calmer seas where my little swell occasionally receives some local recognition. But my appreciation and admiration go out to the current which carries the waves along—the dedicated runners whose rewards are mainly in the activity of running for itself.

There is an underlying bond between the waves and the waters that remain in the shadows of the great breakers, because the waves and the underlying current have a mutual need. We sense flow

of the sea, its inspiration, its collective power, its depths, its support no matter the size of the waves we produce. No great wave crests without the sea.

**Vance Parkhurst**

## PEAK EXPERIENCES

I'm never more "one with myself" than at those times when I'm out running to prove myself to myself, as Gordon Pirie once put it.

It was this somewhat philosophical view of running that led me to my next consideration: namely, to what degree do other runners (all types) share the feeling I've described—that of complete integration as a human being?

Actually, I discovered that I was tackling the old question: Who are these people who call themselves runners and what is it that makes them run? I'm sure you've heard that one before.

Being interested in humanistic psychology—although by no stretch of the imagination expert—I turned to it for my answer; specifically, the findings of the late Abraham Maslow, noted psychologist.

Although Maslow doesn't speak directly to athletes, I think a lot of his research is applicable to runners and the running experience. I want to share one of his major spheres of interest, "self-actualizers" and "peak experiences." It sounds heavy, but it's not.

According to Maslow, self-actualizers are individuals who have come to the highest reaches of human nature. "Full-humanness" he calls it. These are the people who can be said to have achieved psychological health.

What are some of their characteristics? They are, above all, self-fulfilled, mature and healthy. Put another way, they are fully-functioning human beings.

Self-actualizing people, by and large, are inclined to have moments in their lives when they are more truly themselves, when they are more perfectly actualizing (making real) their potentialities, closer to being who they really are. These moments of joy, of ecstasy, of "having it all together," Maslow calls peak experiences.

It is my belief, based on what I've



read of Maslow, that many of us runners are self-actualizers and have had, and continue to have, the peak experiences he describes every time we run.

Can you not admit to the joy of running, long and slow, on a crisp fall morning, a front-row spectator to nature's cavalcade of colors? Or the joy at feeling the sun's warm rays on your face as you jog along a deserted beach by the water's edge in late afternoon? Or even the special joy that comes from running over winter's first soft blanket of snow?

And as for realness, all you need to do is run five, six, eight, 10 miles. Worked hard, but oh that feeling when it's over! Euphoria is the only word I can think of to describe it.

Thus, in many respects, it would be safe to conclude that we who run are closer to true psychological health than many of our non-athletic counterparts. One man's opinion.

Richard Watson

## TAKE A LONG WALK

Why walk when you can run? Answering with another question, such as, "Why swim the butterfly stroke when freestyle is faster?" has always left me uneasy. Recently, though, after talking with Fred Spector about mountain climbing technique and then having the opportunity to study the best European walkers in Montreal and in France, I have concluded that a major point about race walking style is overlooked in the United States. It seems to be extremely important for becoming a first-class walker but is never mentioned in discussions about race walking style.

Mountain climbing technique emphasizes straightening your knee as you climb. That way your muscles momentarily rest because your skeleton, which does not tire, takes the weight. Most European walkers also land with the forward leg straight, and the shock of landing is, in part, distributed up the leg skeleton to the hips and abdomen, not borne entirely by the leg muscles. Walking becomes by this a true endurance sport. Running is naturally for speed, and endurance running such as marathoning is basically speed for a relatively short time, in comparison with distances often walked. The 50-kilometer walk is a 4-4½-hour race, and 100 kilometers lasts 9½-10 hours for the best walkers. Roger Quemener of France recently did 2:22:20 for 200 kilometers, which begins to approach the world record for running 24 hours. Finishers of the Strasbourg to Paris race of about 525 kilo-

*(continued on page 8)*

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meters regularly finish in under 72 hours. In a stage race such as the Tour of Romandy, walkers will go an average of 37 kilometers a day for nine days. Every day is nearly as fast as a single race of that distance would be walked. Imagine running nine marathons in nine days, even at training speeds!

Walking has a definite place in track and field as an endurance discipline. Yet walkers are likely to be forced out of the Olympic Games because the Games



European walkers. (Shearman)

totally emphasize speed. One might ask how the Greek athletes and citizens traveled to the first Olympic Games, and how many 100-meter runners could walk from, say, New York to Montreal.

Tom Knatt

### THE COLLEGE TRY

Forty pairs of eyes stared at me from a conglomeration of female bodies assembled on the track. It was my first day as the women's track coach at Kansas State University, and obviously the first day in the track careers of many of these young women.

A hand shot up near the back of the group. "Is this fencing 261?" asked someone I had already assumed would be my best shot put prospect.

"No, this is a meeting for the women's 'varsity' track squad," I replied.

"But this must be," she protested. "My schedule says fencing meets in the gym at 7:30."

"This is the fieldhouse, not the gym," I explained. I gave her directions to the gym, and as she made her way down the stairs, two other red-faced fencers followed quietly.

"Okay," I said, trying to be heard above the giggling and whispers, "this meeting is for girls interested in trying out for the 'varsity' track squad." I thought 'varsity' sounded impressive.

No one moved.

"We will be competing 'intercollegiately'."

No one moved.

"Our workouts will be held Monday through Friday at this time" (a group of three quietly left) "and at noon on Saturday and Sunday."

Four more moved down the steps



and out the door, probably three sprinters and a high jumper, I thought.

The enthusiastic look on the remaining 30 faces eased the pain of losing 10 future Olympians before I even had the chance to tell them who I was. Oh well, maybe they'll make it in fencing.

"I'm Coach . . ." My voice cracked and my face turned red . . . "Anderson, and it looks like everybody here has decided you're in the right place."

Two faces in the front of the group smiled suspiciously and a terrible, uneasy feeling reddened my face even more. A sly glance at my fly eased my fears, and I quickly regained my composure.

"Let's begin by dividing into groups by events," I continued as several puzzled looks glared out from the crowd. "All the sprinters and hurdlers move over by the men's rest room sign. Distance runners meet by the purple trash can. All field event people stay where you are." What a commanding way to begin. I was proud of myself.

The migration to the assigned areas began slowly, with numerous quizzical glances among the group. Four members of the group walked slowly towards the trash can, the most promising of which wore cutoff green khaki pants, a US Marine Corps sweat shirt turned inside out, green sweat socks and a pair of boots. Must be a veteran.

A larger number of sprinters assembled under the sign reading "men"—10 in all, including two who may have been five feet tall counting the two-inch heels on their wedgies.

Our strength would obviously be in the field events, I assumed, as 16 women remained seated.

I handed out information cards with the help of the Marine, asking for all of the vital information needed by a university coach, such as name, age and phone number. Obviously, the toughest question must have been the one concerning the event or events they had competed in before and their best marks.

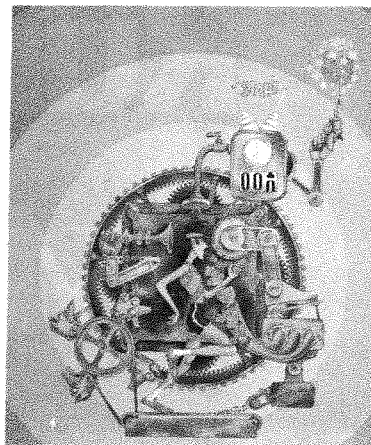
I wasn't sure, but I thought there might be some cheating going on by the quick glances at each other's cards. I couldn't imagine what they could copy. Not the name; I would catch that in a hurry. Must be the telephone number. I'll double check those, I thought.

After the Marine had collected the cards for me, I discovered their deceit. I had three state champions in the Class 2A 440-yard dash, all with the same time of 60.8, and in the same year. I was encouraged by the prospect of having at least one quarter-miler.

Barry Anderson •

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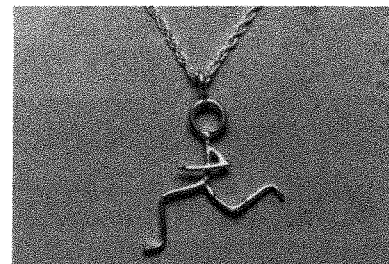
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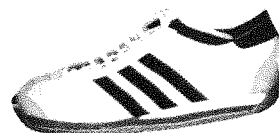
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# Running Commentary

by Joe Henderson

A mile is a mile is a mile. A minute is a minute is a minute. Distances and times look too perfect, too objective, too easily measured to be tampered with.

It's easy to say, "I am (or was) a pretty good runner," but hard to make that claim stand up to statistics which say otherwise. With the numbers as clearcut as they are, there wouldn't seem to be any room in this sport for liars and cheats.

But wasn't it Mark Twain who said, there are three ways to twist the truth—"lies, damn lies and statistics"? And didn't someone else once say, "Figures don't lie, but liars figure?"

Most of the lies spread the last few minutes before competition can be dismissed as necessary bull. You can't tell a rival, "I'm feeling great. I've been running 200 miles a week. And I'm going to burn you so bad they'll have to call the fire department to put you out." You can't say it even if you feel it. A worried mind and the rituals of racing won't allow it.

The mind says, "Be cautious. Set up excuses in advance in case something goes wrong." The ritual demands, "Be modest. Never make aggressive noises to others in the race." So a pre-race conversation goes something like this:

"Hi, Jim."

"Oh, hello, Fred. How's it going?"

"Not so good. How 'bout you?"

(Each one tries to get the other to commit himself first.)

"Awful. Did I see you limping in the warmup?"

"Yeah. You sound like you have a cold."

"Yeah. What about your limp?"

"Oh, my knee's been giving me some trouble. What about your cold?"

"Oh, I caught it last week. It's got me down. How's your training going?"

"Terrible. I'm way down in my mileage. How about you?"

"Nothing, man, nothing. I'm barely running. I'm just doing this for a workout today."

"Same here. See you. Good luck."

"Yeah, good luck. So long."

They fight each other to see who can dig the lower profile. They sound like two beginning runners on the way to

the hospital. Five minutes later, they're on their way to the races of their lives.

Before races, runners usually downgrade themselves. Afterwards, they exaggerate. The exaggeration grows with time. This is okay, too, because everyone plays this game and knows it is a game.

Another conversation:

"Hi, Pete. How's the running going?"

"Great John. Just great. I've been going under three hours regularly in the marathon."

(He once did 2:58:55, and a year earlier he'd done 2:59:30.)

"How about you, Pete? What have you been doing?"

"I've been staying away from races, building up my mileage for Boston next year. It's going well. I'm doing 100-120 a week."

(If he took the best seven days of his life and added them together, they'd total 101 miles.)

Fudging on times and distances is common. It happens more as runners put space between them and the event in question.

The years take off a tenth here, a second there, a minute someplace else. And the bars are filled with ex-10-flat sprinters and 4:20 milers. They tell the athletic version of fish stories.

The bending of statistics is harmless... until it starts depriving other runners of an award, a record, a scholarship, or even their money. This, sorry to say, is happening.

We heard recently of an older marathoner who set an age-group record. The time sounded too fast, so officials did some checking. No one remembered seeing the runner start. None of those who finished just before and after him ever saw him during the race. He wasn't checked through any of the five-mile points. He finished looking as if he'd only gone a couple of miles—which may have been close to the truth.

Another report came to us that a road racer was so trophy-hungry that he first cut courses and later hitched rides to make up the distance he couldn't close legitimately.

A woman had us believing for some time that she'd set a half-dozen world records in time-trials. She'd won a col-



lege scholarship with marks that she made only in her head.

A man convinced an entire town in Idaho that he was there to train for the Olympic Marathon, and that he'd win in Montreal. He'd never raced at any distance, and had only trained for a few months. But this didn't seem to matter. The townspeople gave him a place to stay, food and use of a car.

Runners in a Georgia city were more suspicious last fall when a runner claiming to be Jerome Drayton, the 2:10 marathoner from Canada, tried to work the same con. They reread a story on Drayton, asked the imposter a few personal questions, and sent him on his way when he couldn't answer them.

These runners are sick. And what they need most is to have someone they know and respect sit them down and tell them gently but firmly, "I'm onto you, and so are a lot of other people. What you're doing is wrong, and in the end you're hurting yourself."

The runners who lie this seriously do it to shore up a sagging self-image. They are frustrated searchers for something in themselves that isn't there.

A little dissatisfaction is good and healthy. Wanting to change what we are is the essential motivation which turns us into different and better people. This is the kind of thinking which turns six-minute freshman milers into 4:30 runners as seniors. It makes 150-pound distance runners of former 200-pound non-athletes.

People who can't accept themselves as they are can be driven to run great races, paint great pictures, compose great songs, write great books. They can also, with a bit more frustration, be driven to lying and cheating, and into the company of great head doctors. It's a matter of degree.

A friend of mine, Peter Mattei, once wanted to run 100 miles. The mental side of him did, anyway. The physical side desperately wanted to quit halfway through.

Peter could have cut off a mile or so on each lap. It was nighttime, no other runner was in sight, no one was monitoring the corners.

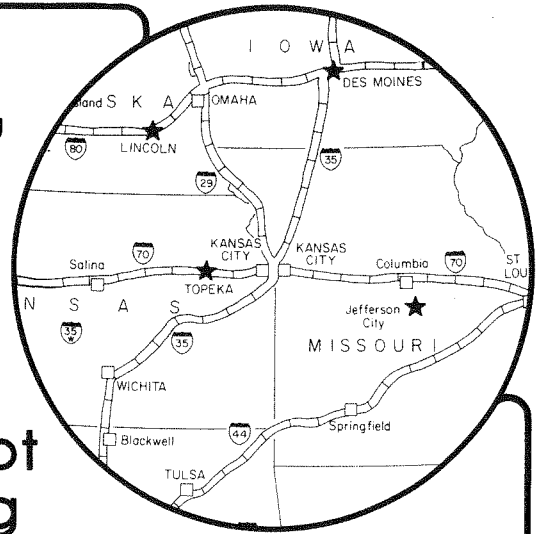
"Sure," he said, "I could have said I ran all the way. No one was there to prove otherwise. Only one person would have known I ran 90 miles and not 100. Me. And I wouldn't have been able to live with myself."

Lincoln once said something about not being able to fool all the people all the time. The one you can never fool is yourself. ●

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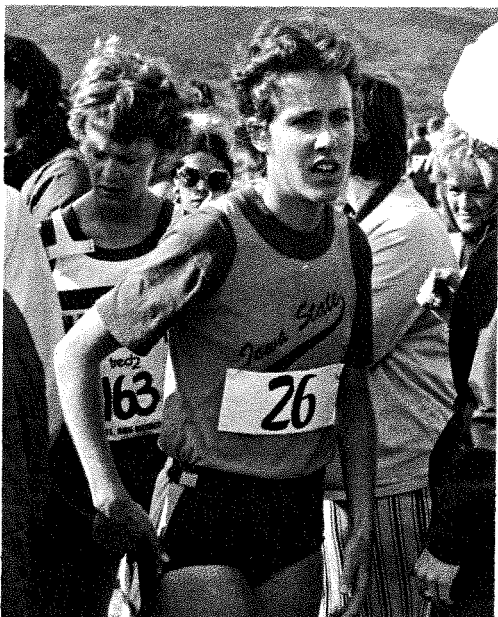
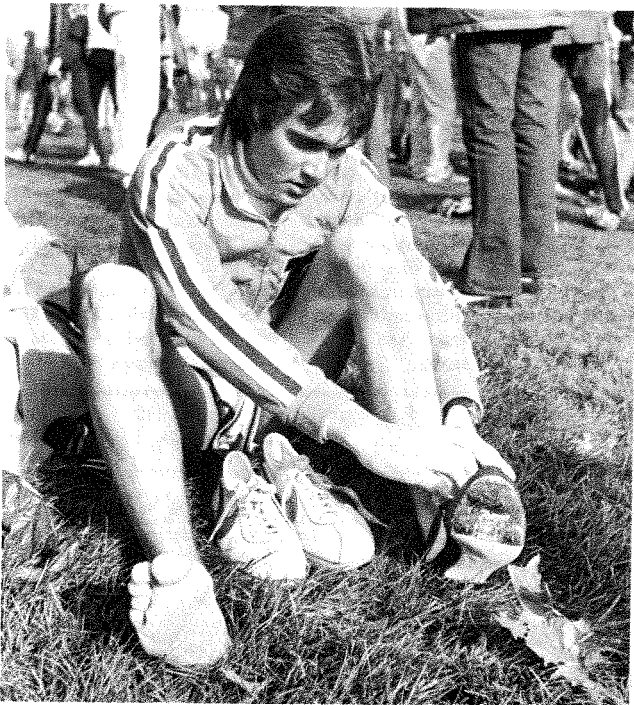
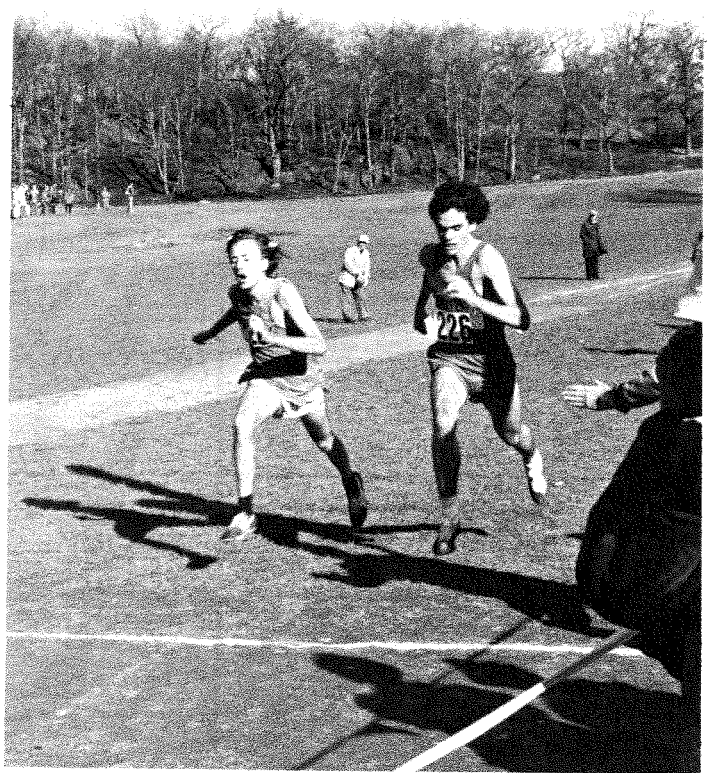
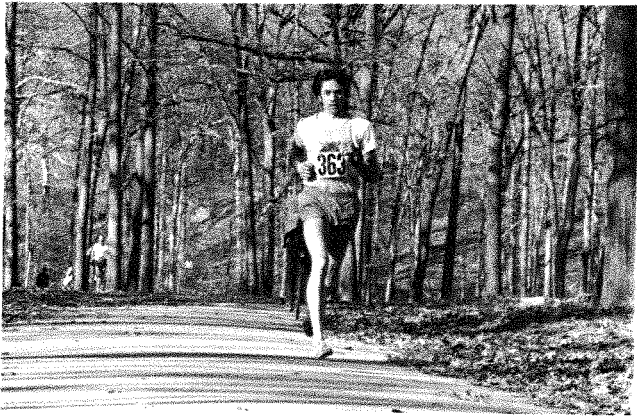
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# Champions, Champions, Everywhere

**S**eemingly everyone who races ran in a cross-country championship somewhere across the country, sometime during November—many of them in races carrying a national title.

It's hard to miss these races, there are so many of them. Six different organizations give out "national championships" in dozens of different divisions (see the list of winners below).

The best-known of these, of course, are the AAUs for men and women, and the university division of the NCAA. Greg Fredericks won the men's AAU in one of the closest finishes ever—six runners within four seconds. Lynn Bjorklund took the women's title for the second year in a row. (Features on these two races come later in this issue.) Craig Virgin, who has been pestered by ill health much of the time since high school, won the NCAA.

Yet none of these grown-up athletes had a better season than a nine-year-old boy from New Jersey. Joey O'Connor might be voted cross-country runner of the year if there were such an honor. He won *three* national races in his age-group: the AAU Boys, AAU Junior Olympics and Road Runners Club. Lalani Kelly, 17, won at the RRC and Junior Olympics.

Despite all the available titles, there was no overlap of winners except young O'Connor and Kelly. Just a few years ago, they couldn't have done it either. But cross-country is growing faster among the age-groupers and females than anyone else.

Both the men's and women's AAU meets now have races for boys and girls. The girls have had this for years, but the boys were running with the men for the first time this fall.

The biggest meet of the season was the Road Runners Club Age-Group championships in New York. It drew more than 3000 runners, with both sexes running the same distances and having nearly equal participation.

At the other extreme, the AAU Masters meet for men is well-established. Cross-country skiing star Larry Damon won the latest race. But women still didn't have a championship race for the older ages. That, however, should change next season as the women's AAU or "men's" Masters meet is almost certain to add this division.

Women's opportunity improved on another front this fall with the running of the first official college championships. While other runners traveled across the country to pick up their titles, Peg Neppel of Iowa State won this one on her home course.

Meet	Distance	Individual Winner	Time		
AAU Boys	1½ miles	(7-under) Glen Morgan	11:17		
	2½ miles	(8-9) Joseph O'Connor	16:27		
	2½ miles	(10-11) Frank Morgan	15:36		
	2½ miles	(12-13) Kevin Downey	14:45		
	2½ miles	(14-15) Frank Assuma	13:30		
AAU Girls	2½ miles	(16-17) Andy Martinez	13:09		
	1 mile	(9-under) Kathy Kiernan	5:54		
	1¼ miles	(10-11) Kiki Lantry	8:09		
	1½ miles	(12-13) Aileen O'Connor	10:23		
	2½ miles	(14-17) Kathy Mills	15:10		
AAU Jr. Men	10,000m	Dave Glidewell	33:30		
AAU Jr. Oly.	1 mile	(9-under) Joseph O'Connor	5:50		
	1 mile	Terkela Shogog	6:05		
	1¼ miles	(10-11) Roy Swintek	6:57		
	1¼ miles	Kari Jonassen	7:09		
	1½ miles	(12-13) Mark Abel	7:46		
	1½ miles	Tania Wells	8:24		
	2 miles	(14-15) Paul Schultz	10:21		
	2 miles	Kelley O'Toole	11:50		
	3 miles	(16-17) John Murphy	14:48		
	AAU Masters	2 miles	Lalani Kelly	11:24	
		10,000m	(40-49) Larry Damon	34:58	
		10,000m	(50-59) Jim O'Neil	38:50	
		10,000m	(60-up) John Wall	42:05	
		AAU Men	10,000m	Greg Fredericks	28:57
		AAU Team Race	3000m	Dick Buerkle	7:56
AAU Women		5000m	Lynn Bjorklund	16:32	
AIAW		3 miles	Peg Neppel	16:31	
NAIA		5 miles	Mike Boit	24:23	
NCAA Div. I		6 miles	Craig Virgin	28:24	
NCAA Div. II		5 miles	Ralph Serna	23:41	
NCAA Div. III		5 miles	Vin Fleming	24:27	
NJCAA		5 miles	Joe Ofsansky	24:26	
RRC Age-Group		1½ miles	(6-7) Peter Schwaswicki	11:20	
USTFF Masters		1½ miles	Tylnac Julian	12:13	
	1½ miles	(8-9) Joseph O'Connor	9:31		
	1½ miles	David Jackson	9:35		
	1½ miles	(10-11) Wayne Williams	8:55		
	1½ miles	Kim Gallagher	9:29		
	1½ miles	(12-13) Mark Soltis	8:30		
	1½ miles	Tita Lewis	9:12		
	1½ miles	(14-15) Ed Gallagher	8:15		
	1½ miles	Lynn Jennings	8:35		
	3 miles	(16-17) Bob Heller	16:29		
	3 miles	Lalani Kelly	18:08		
	3 miles	(open) Joe Sedlecki	15:10		
	3 miles	Jan Merrill	16:31		
	3 miles	(40-up) Henry Kupczyk	16:16		
	3 miles	(40-49) Wes Mayer	16:55		
3 miles	(50-59) Luke Steele	18:53			
3 miles	(60-up) Jack Bolten	22:53			
USTFF Men	6 miles	Alex Kasich	32:05		
USTFF Women	3 miles	Cindy Bremser	16:43		
	2 miles	(11-13) Heather Hearnese	11:38		
	2 miles	(14-16) Beth Huff	11:48		
	3 miles	(30-up) Mary Czarapata	20:25		

*PHOTOS: Left, from top—Larry Damon, AAU Masters champion (Steven Sutton/Duomo). Craig Virgin after winning the NCAA (S. Sutton). Women's Collegiate winner Peg Neppel (Jeff Johnson). Right, from top—Vin Fleming (r) nips Joel Jameson in NCAA Division III (James O'Brien). Age-groupers on the AAU women's course (OMPhoto). Craig Virgin's victory (S. Sutton).*



# Men's AAU

by Michael Hill

## Greg Fredericks THE KICKER

**C**old. That little four-letter word threatened to take the glamor off of the 1975 edition of the AAU Men's Cross-Country Championships.

Not that the weather at the rolling golf course just outside of Annapolis, Maryland was bad. Breezes coming off the nearby Chesapeake Bay kept the mid-50s temperatures quite comfortable, the sun peeking through a high overcast.

But it was cold in Taos, N.M.—cold enough to cause a blizzard that kept Frank Shorter from making the drive to the Albuquerque airport and getting a flight east. Shorter was reported to be quite disappointed that he couldn't redeem last year's 11th-place finish, which came after he had won this race the five previous years.

With Shorter snowbound and the NCAA top three of Craig Virgin, Nick Rose and defending AAU champ John Ngeno also absent, the task of maintaining the glamor fell to Marty Liquori, this country's top miler who was looking seriously at the AAU meet for indications of how he would do moving up to the 5000 meters in the Olympics.

But that four-letter word was also bothering Liquori. He made it to Annapolis okay, but a chest cold had him wishing he hadn't.

"I probably wouldn't have bothered to come if I hadn't agreed to speak at this clinic," Liquori said after giving his presentation the night before the race.

"I thought if I could stay close to Shorter for this distance, then that



would definitely push me towards the 5000 for the Olympics," Liquori said. But now with the cold bothering both him and Shorter, he wasn't sure what this race would mean.

Even without the cold, Liquori wasn't really planning on winning this meet (he finished 13th last year). When he was asked who might top the field, the first name he mentioned was Greg Fredericks.

"I think it's going to be someone who didn't go to China or the Pan-Am Games, who really didn't have that good a summer and isn't tired out," Marty said.

It hadn't been that good a summer for Greg Fredericks, but not as disappointing as his summer three years ago. A fine career at Penn State was capped off at the AAU track meet in 1972 when he sprinted past Shorter to take the 10,000 in the American record time of 28:08.0.

But then Greg failed to make the Olympic squad, Shorter quickly got the record back while running fifth in Munich, and Fredericks quit running, got married and settled into a teaching job.

Nearly a year later, Greg decided that he wasn't content to be just a brief footnote in running history and hit the roads again, following the program that

*ABOVE: The start at Annapolis. PAGE 17, Left: (l-r) Fredericks, Herold, Bjorklund and Kardong race for lead. Right: Greg Fredericks wins in the closest finish ever. (David Pickall photos)*

his coach, Harry Groves, had set up at Penn State, where Fredericks still lived.

"I just wasn't satisfied with what I had done and my wife encouraged me to take it up again," Fredericks said. His times had come back down into the respectable range, but he still hadn't made any of the national teams over the summer. Leading up to the AAU, he had been putting in 90-100 miles in five days of running each week, with one track and one fartlek session included.

But Fredericks, who was fourth last year, was just one of the many names being bandied about before the race, what with the absence of Shorter and the NCAA trio. Last year's two-three runners, Neil Cusack and Ted Castaneda, also lined up on the wide fairway that accommodated the opening dash of the 340 starters without much difficulty.

Spectators could have little complaint with the course that meet director Al Cantello, the Naval Academy

coach, had laid out. Fully half the race was visible from one point as the runners twice alternated a small inner loop and a larger outer loop.

And the two thousand onlookers who were present seemed to be waiting for someone to take command, to make the move that is always so crucial in cross-country.

The pack completed the first loop, less than a mile, and there were no real leaders, just those runners that happened to be at the head of the colorful, hissing stream that snaked along the fairways and through the rough.

After two miles, their names began drifting to the top, but it wasn't until past halfway that a group of seven appeared to have broken contact with the pack—Gary Tuttle, Paul Bannon, Don Kardong, John Gregorio, Glenn Herold, Garry Bjorklund and Fredericks.

The runners in that group were also waiting for someone to move. Bannon, a Scotsman who goes to Memphis State, tried, but at the end of the second small loop, he followed some slower runners who were just starting that loop, instead of taking the turn onto the larger loop.

Tuttle followed him off the course



and Kardong nearly made the same mistake. All caught up quickly with the lead group, but Bannon was never really a threat after that.

Fredericks was in first as they passed four and five miles, but no one really had the lead, the group was too close.

"I would try to make a move, but they would catch up everytime we'd go up a hill," Kardong said after the race.

"You couldn't break away, but you couldn't relax with that quality of runners," Tuttle commented.

Coming past the starting line and

back down the wide fairway, it was still, literally, anybody's race.

"All of a sudden, everybody seemed to be running abreast," Fredericks said later. "I was still thinking 'just maintain contact and wait and see what happens.' Gregorio made the first move."

The group went down a small hill and came back up with 150 yards to go. Gregorio and Fredericks were ahead, Gregorio with a slight edge.

"I had shortened my stride coming up the hill and I got more lift with that stride. I was kicking when I came off the hill," Fredericks said.

Greg showed the speed that put him on the mile relay team in college as he pulled away for a victory by 20 feet. His comment: "I was just lucky today."

No one could remember such a close 10,000-meter cross-country race. The first six finished within four seconds—Fredericks' 28:57 to Tuttle's 29:01, Bannon finishing seventh in 29:05.

Gregorio held off fellow Coloradan Bjorklund, Herold came across in fourth, and then Kardong nipped Tuttle.

The spectators were buzzing. It had been such an exciting race, though the Colorado Track Club made sure the



team competition wasn't as close by putting just four runners in the top 11.

Harry Groves was bragging about his former pupil to anyone who would listen. "The only thing keeping Greg Fredericks from being the best runner in the country is his need to get settled into a routine," he said.

Fredericks, young-looking for 25, was smiling a boyish grin and answering questions that came out of the crowd around him.

A few feet away an even bigger

crowd, many asking for autographs, encircled someone who had come across 20 seconds after the winner—Marty Liquori. A newly-shaven Liquori had leaned at the line to get 10th place from Ted Castaneda, perhaps one of those runners who was a victim of too good a summer.

"I didn't expect to do this well. I'm really happy," said an obviously-pleased Liquori, who had been near the front of the second group of runners throughout the race. "I thought the group ahead was fighting for second. I couldn't believe I was that close to the front."

"The cold bothered me some, but only going up the hills," he added. That was only one of the pre-race complaints that disappeared in the excited conversations after this race.

In part, this was because those conversations often talked of next June and the Olympic Trials. Today didn't seem so important, except for what it said about next June, and many people got good news—Fredericks, all the front runners, and Liquori in his consideration of the 5000.

Pre-race talk of hills and bad footing and questionable course mark-

ing was also buried under the excitement of the finish. Several of the top finishers commented on how much fun it was to run a race that was so hotly contested.

As it turned out, it was the cold that made it such a hot race. Fredericks said things would have been different if Shorter had made it to the start.

"Frank might remember '72 when I outkicked him. He wouldn't have let the pack hang together like that. He would have put a fast mile down in the middle just to break things up." ●

# Women's AAU

by Joe Henderson

## LYNN BJORKKLUND

### The Front-Runner

In 1974, Lynn Bjorklund and Julie Brown finished first and second, 10 seconds apart. In 1975, they placed one-two again, with about 11 seconds between them. So in a strictly numerical sense, the latest women's AAU cross-country race was little more than a re-run of the one before.

But cross-country is not a "number" sport to the extent that track and, increasingly, road racing are. Country distances are usually only approximations. Comparative times are meaningless. And this is how it should be here, since runners need a break from the statistical mania dominating the other two arms of running.

If cross-country at its best and purest is person-vs.-person racing over challenging, "natural" routes, this women's championship was a near-classic.

The race in the hills above Belmont, Calif., brought together all sorts of runners—as cross-country does better than track and road racing. It was a common meeting ground for the track people (Cyndy Poor, Cindy Bremser, Judy Graham), marathoners (Jacki Hansen, Joan Ulyot, Ruth Anderson) and such cross-country veterans as Doris Brown-Heritage and Cheryl Bridges.

The age spread grew, too. Besides the horde of youngsters in the four age-group races, the main event had more women in their 30s and 40s than ever before. It was a semi-organized show of strength by the older runners, who want their own Masters division—which for women starts at 30.

Joan Ulyot, 35, said before the race, "The AAU still has a hard time believing that anyone over 18 runs." (The next day, Joan flew to New Orleans and the AAU convention, where she helped push through legislation creating a women's long distance running committee, separate from track and field. It is sure to promote Masters activity.)



*A mile into the race, Lynn Bjorklund already has a lead which will be unbeatable. Julie Brown (161) is a distant second. (Jeff Johnson)*

But for all the diversity in the field, attention centered on two runners whose reputations have grown immensely in the last year.

Last fall, Julie Brown was still being confused in race results with Doris Brown—the five-time international cross-country winner. Lynn Bjorklund was thought—wrongly—to be the kid sister of top middle-distance man Garry Bjorklund. That is to say, Julie and

Lynn weren't yet well-known in their own right.

Then at the 1974 cross-country championships both of them surprised Francie Larrieu, who was thought at the time to be nearly untouchable by US women.

Brown quickly spread her fame by winning the international title in Morocco. And during the track season, the UCLA student won the national 1500 meters.

Bjorklund, who seems to disappear back into the New Mexico Mountains between AAU meets, didn't try out for the world cross-country team. But she did set an American record while win-



ning the national 3000-meter race on the track.

Francie Larrieu wasn't here for the 1975 cross-country race. She now competes in few of these wide-open scrambles for national championships, and yet she leaves no void as the Bjorklunds and Browns—and others—more than adequately replace her.

Lynn and Julie were co-favorites this time, with Brown the more favored of the two, as they stripped to their shorts and faced a chilling wind which climbed up to the bare hilltop from the San Francisco Bay.

mile gone, Bjorklund already was 50 or more yards ahead of Brown and the pack. Lynn's first mile took only 4:56.

From there on, it was a race between the pacer and the chaser. The gap between them neither opened nor closed significantly.

Dick Draper, a local newsman, pulled the two runners aside for interviews as soon as they left the finish chute. Their immediate reactions, before they'd had time to think of the right words to say, didn't so much reflect their places as the differences in their outlooks and personalities.

sour grapes, "But Lynn ran a good race, and I can't take anything away from her."

Blonde, freckled Lynn Bjorklund was doing more smiling than talking. The reporter asked her how she felt about winning for the second year in a row.

"I'm really pleased."

Did she plan to break away in the first mile like that?

"No, I didn't plan anything."

What were her impressions of the course?

"The course was great. I really enjoyed it... I just enjoy running."



*Two surprises: little-known Sue Kinsey finished third, 14-year-old Eryn Forbes was fourth. (Lorraine Rorke photo)*

The course, the same one the men ran in their AAU meet last year, was roughly a figure-eight: one loop to the north, back past the crowd, then a longer loop to the south. The surface: dirt trails. The terrain: either up or downhill for all but a few steps in three miles.

Last year, Bjorklund and Brown had run together for most of the race before Lynn pulled away. Now, with just a

Dark, intense Julie Brown reportedly is reluctant to be interviewed. She did, however, speak candidly into Draper's tape recorder.

"For me," she said, "it was first place or nothing. I was trained, ready to run, and I think it was more a mental mistake than physical (which lost the race).

"I got caught behind a group of girls at the beginning. When I was trying to get through, she (Lynn) spurted ahead by about 40 yards. Once I lost that distance, there wasn't any way I could make it up."

Brown added, as if thinking what she'd just said might be interpreted as

*Kathy Mills of the Syracuse Chargers won by nearly 15 seconds in the junior race—one of four events for younger girls. (Rorke)*

Was she happy with her time?  
"I don't know what the time was."

Various times were listed in newspapers the next day. Some showed 16:23, others 16:32. The distance was said to be 3.0 miles on the entry blank, 3.2 miles by some runners, 5000 meters by others.

No matter. In cross-country, the race and the place count for far more than any other numbers. ●

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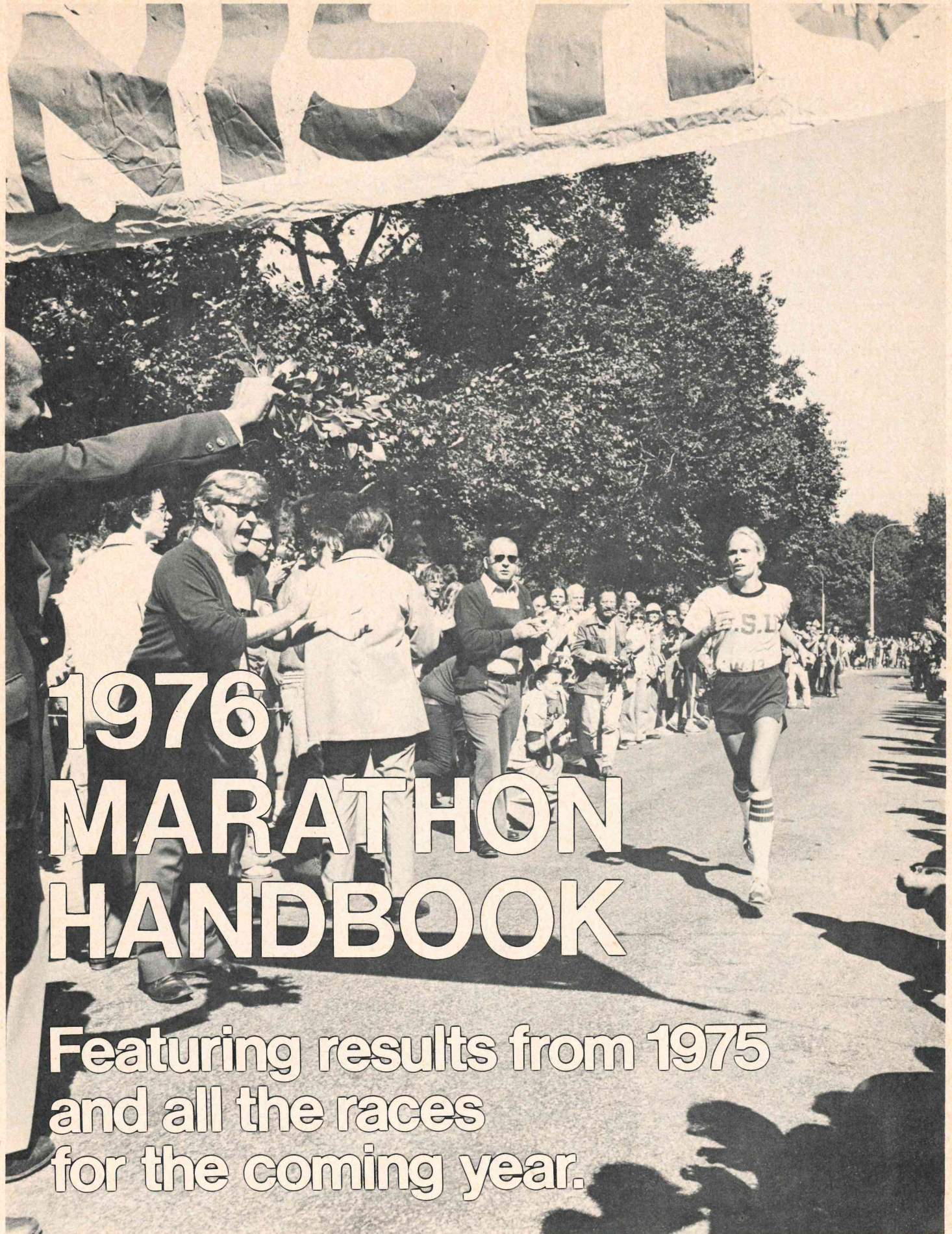
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# 1976 MARATHON HANDBOOK

Featuring results from 1975  
and all the races  
for the coming year.



# More People, More Speed

**T**he marathon, like most things worth doing, offers both risks and rewards. Because it gives a chance to go beyond usual boundaries—and at least an equal possibility of failing—the race both attracts and frightens runners. Testing one's limits is risky and frightening, but beating the odds and fears is a main attraction to this sport.

As the fastest active runner and the defending Olympic champion, Ian Thompson and Frank Shorter speak with some authority on the marathon.

Thompson, the Briton who ran 2:09:12 two years ago, said recently, "In track races, you are against one another. In the marathon, it's the event, the distance, you have to beat."

When you beat it, as Ian did in 1974, the experience is a heady one not matched by beating a mere human rival. Yet Thompson also said, "There are times when the thought of running a marathon quite frightens me."

That common fear undoubtedly sweetens the sense of vic-

tory all runners feel when they take on a race the size of the marathon and win by their own definition of that word. The winners may feel a bit superior to non-marathoners for what they've accomplished.

Frank Shorter sees a "superiority complex" developing among marathoners, and wants no part of the thinking which goes: "I run a marathon; you've never run one. Therefore, I'm better than you."

Frank tried in the *RW* interview last month to take some of the mystique away from this race. "Hell," he said, "anybody who goes out and trains for two months can probably run a marathon." It is, he implied, just another long run—and an over-emphasized, over-romanticized one at that.

However, it was Shorter's win in Munich which helped spur the boom of marathoning in the US. And it was Shorter who pointed out a most attractive mystery of the race.

Tom Jordan of *Track & Field News* said to Frank, "Most





people can't even run one five-minute mile, and you're able to string together 26 of them. Does that ever boggle your mind?"

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

This is a paradox of marathoning. More than any other regularly-run race, this is a personal challenge. Success is measured in personal terms. Yet here, perhaps more than in any other event, runners need competition to draw out the best from themselves. They need to lose themselves in the pace of the field to find what they can do. They need others to show them that the "impossible" can happen.

This is true from Frank Shorter's and Ian Thompson's level down through three and four hours. As competition improves, everyone gains.

First, there must be races—lots of full marathons in every part of the country. In 1969, there were fewer than 40 of them in the United States. The 1970 *Marathon Handbook* listed one American runner (Kenny Moore with an American best of 2:11:35) under 2:20 for the previous year. The women's world mark then was 3:07, and the number of women who ran this far could be counted on the toes of two feet because they had to break the AAU rules to enter races.

By 1975, the US Olympic qualifying standard had been set at 2:20, and 37 men had bettered it by year's end. Bill Rodgers led them with an American record of 2:09:55.

The women made even more incredible strides. Three of them—Liane Winter, Christa Vahlensieck and Jacki Hansen—took turns lowering the world record during '75. It ended the year at Hansen's 2:38:19. The 1969 world mark no longer makes the top 100 times.

There are many ways of explaining the improvement in performance in the 1970s, but no factor weighs so heavily as simple opportunity. US marathoners now have four times more races to enter, and women are always welcome.

New races create new marathoners, and they come together to produce faster races. The speed comes from two directions:

*The lineup: So many runners came in around three hours at Boston that they had to wait to finish. (Jeff Johnson photo)*

First, the crush of runners in the pack drives the winners to better times. And the winners pull everyone along at a stiffer pace.

In this sport, quantity and quality go together. The biggest races usually yield the fastest times. For instance, the Boston Marathon last year was both the biggest and fastest in US history. Nearly 900 runners broke three hours.



*Huge and varied fields were everywhere. The Trail's End race attracted more than 500. (Sharran Herriot)*

As all races grow, all times improve. We continue to publish every American man who goes under 3:00 (every woman below 4:00), and that list is now about 3000 names long.

This growing figure may bother runners who think the weight of numbers cheapens their performance. But there are other, better ways to read the statistics. Remember that each time represents a person who once doubted he or she could go so far, so fast. Think of each new name as someone who helped you go as far and fast as you did.

## Handbook Contents

More People, More Speed (Introduction) . . . . .	22	Sub-3:00 Men for 1975 . . . . .	49
See How They Run (by Bill Rodgers and Jacki Hansen) . .	25	Sub-4:00 Women for 1975 . . . . .	62
1976 Marathon Calendar . . . . .	29	Men's Age-Group Records . . . . .	63
United States Races (alphabetically) . . . . .	29	Women's Age-Group Records . . . . .	63
Canadian Races (alphabetically) . . . . .	39	1975 Men's Age-Group Leaders . . . . .	64
Listing by States and Dates . . . . .	39	1975 Women's Age-Group Leaders . . . . .	64
World Marathoning (by Antonin Heyda) . . . . .	41	Canadian Marathoning (by Norman Patenaude) . . . . .	65
All-Time Men's Leaders . . . . .	41	All-Time Men's Leaders . . . . .	65
All-Time Women's Leaders . . . . .	42	All-Time Women's Leaders . . . . .	66
Top 100 Men for 1975 . . . . .	43	Sub-3:00 Men for 1975 . . . . .	66
Top 100 Women for 1975 . . . . .	45	Sub-4:00 Women for 1975 . . . . .	67
United States Marathoning (by Hugh Bowen) . . . . .	47		
All-Time Men's Leaders . . . . .	47		
All-Time Women's Leaders . . . . .	48		

*COVER: Kim Merritt had only run one marathon prior to the 1975 AAU Women's Championship in New York. She won the national title in 2:46. (R.E. Cosmillo photo)*



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# See How They Run

**B**ill Rodgers started the year 1975 as a 2:19 marathoner—one of many in the distant wake of Frank Shorter. Bill ended the year faster than any American, including Shorter, who has ever run this distance.

Rodgers' 2:09:55 race came in his hometown of Boston. The same April day that he was setting his record, Jacki Hansen was losing hers.

Jacki started the year as the American and world record-holder. Liane Winter of West Germany broke the latter mark at Boston, where Hansen didn't race. Another German, Christa

Vahlensieck, brought it down some more a few weeks later.

Then in October, in a carefully plotted race at Eugene, Jacki improved her time by 6½ minutes to 2:38:19. She ended the year as record-holder again.

Here, both Rodgers and Hansen talk about their races and the preparation for them. Notice the similarities between them in (1) the emphasis they put on speed training for what used to be a long, slow race, and (2) the credit they give to their coaches and friends in what is thought to be a lonely, independent pursuit.

## Bill Rodgers -- 2:09:55

In trying to assess the factors which were important in my running 2:09:55 at Boston last April, I realize it was not one or two months of specific training that aided me. Rather, it was a combination of several factors which combined over a period of perhaps three years.

These factors were training technique, luck, emotion and—more important than any other variable—several people who helped me in a variety of ways.

In terms of training-racing, prior to the last three years, I ought to point out I ran track and cross-country in high school and college. Therefore, I had seven years of running behind me before I started training specifically for the marathon in the winter of '72-73.

At that time, I met my future wife, Ellen. She, more than any other person, has helped me in my running-racing efforts. She encouraged me to train, went to my races, and gave me endless time, support and enthusiasm.

Several other people helped me in my training for the marathon. Among them is Jock Semple of the Boston Athletic Association. I belonged to the BAA for nearly a year, during which time Jock gave coaching advice, accompanied me to races, helped me with physical therapy when I suffered from injuries, and yelled like hell for me when I raced.

In 1973, I joined the club I now belong to: the Greater Boston TC. It is impossible to calculate how much I benefitted by joining this truly fine group. I believe environment plays a



*Bill Rodgers: "We have all had our perfect races or have come close to having them. Mine came at Boston." (Jeff Johnson photo)*



major role in how well one develops as a runner, and belonging to a club whose members are friends and very supportive of each other is important.

The unity of our club stems from our coach-manager, a man who has given more of himself to running than anyone I've met, Billy Squires. It isn't Billy's knowledge of track and field, his reputation as a runner, etc., that motivates our team to train and race well. It's Billy's love and enthusiasm for running which affects our team and which played a role in psyching me up for a good marathon.

In terms of type of training I did to prepare for the Boston race, I ran 100-140 miles per week year-round. The previous year, I did similar mileage and ran 2:19:34. However, in 1975 I did more speedwork, especially indoor track work, which I initially did to prepare for the International Cross-Country Trials, held in early February 1975.

I am now convinced that some form of race-pace-or-faster speedwork is vital to running a fast marathon. Though I generally favor long slow distance training, I feel fast continuous runs of 3-8 miles at race pace are very effective preparation for a fast marathon. This is in addition to slightly-faster-than-race-pace interval work on the track, perhaps once or twice a week.

From January through March 1975, I concentrated on several of those fast 3-8-milers a week at 5:00-5:30 pace. I also ran speedwork on the track indoors once or twice a week during this period. The interval work usually consisted of "lad-

ders." A typical session might be a half-mile in 2:20, a three-quarter-mile in 3:30, a mile in 4:45, 1½ miles in 7:15. We would jog between each run for three or four minutes.

All our team workouts are completed in a relaxed atmosphere. We seldom get carried away and attempt to run faster than Billy Squires has suggested. In fact, we make determined efforts to hit accurate split times in our interval workouts. Workouts are like club social gatherings, and the work we complete—though adequate—is never excessively demanding. One can still look forward to training the next day.

The luck factor plays a critical role in every fast race, and my good marathon was no exception. The weather happened to be perfect, there was a tailwind, and there was good competition to force the pace. In addition, I was fortunate not to have been seriously injured in the previous months. This is often a matter of chance.

Emotion as a stimulating factor is a quality scientists and researchers cannot analyze effectively. The physiological results induced by a highly charged emotional frame of mind can be devastating. A good example of a runner exceeding himself in a superlative effort is Billy Mills' tremendous 10,000-meter victory in the 1964 Olympics.

However, one hardly has to be in the Olympic Stadium as a competitor to run the race of his life. We have all had our perfect races or have come close to having them. Mine came at Boston.

## Jacki Hansen -- 2:38:19

Since marathon running has evolved as my "specialty," my training is basically geared toward the longer distances—although I do compete in track and cross-country as well. Speaking very generally, my workouts can be outlined as three days of intervals per week and three days of moderate running, plus one day for racing or a long run (15-20 miles).

Whenever I'm asked what a typical interval workout might be, I am at a loss for an answer. With my coach, Laszlo Tabori, there is no "typical" workout. Under his expert direction, each runner is given no more, no less than he determines that runner is capable of doing. And though I'm quite sure Tabori methodically outlines the workouts in his "little black book" the night before, I'm also quite sure he never hesitates to modify the workout according to circumstances of the moment.

For several months prior to the Nike-Oregon Track Club Marathon last October, I had been prospecting for a race with potentially the best conditions. This one seemed to fulfill all the requirements: an AAU-certified course, flat roads and bike paths, probable cool and accommodating weather, pleasant environment, etc. I felt the timing was good.

In the previous 14 weeks of training, I had averaged about 100 miles a week and taken 10 Sunday morning runs of 20 miles each. In addition, I'd run seven or eight different races of between three and 16 miles, and had maintained an uninter-

rupted schedule of Tabori's interval workouts. So the decision, reached only a couple weeks prior to the race, seemed a sound one.

Regarding my preparation for the race, one friend wrote me, "You must have found the perfect formula." And maybe I did for the moment. All I know is what has worked for me in the past, and experience has been a good teacher. One week before race day, I ran 19-20 miles slowly to deplete my carbohydrate reserves in preparation for a carbohydrate-loading diet. With that completed, I began a four-day diet of meat, fish, natural cheeses, cottage cheese, tomatoes, lettuce, butter, eggs. Other foods, negligible in calories, included small amounts of mushrooms, parsley, spinach, celery, onions and spices to make the meals more delectable.

Now that I've worked with this diet for three marathons, I'm becoming a gourmet of such dishes as egg-and-cheese omelets altered with mushrooms, chives, baco-bits or parsley; poached or lightly fried fish; salads of lettuce or spinach and tomatoes with homemade dressings of oil, vinegar and spices only; boiled chicken in broth with celery, onions and spices. Snacks are pretty much limited to cheese and celery. The only possible beverages, of course, are coffee, tea, water or those awful diet-sodas. I limited myself to water and occasionally tea.

I should mention that my primarily vegetarian-oriented reg-



ular diet only slightly reduces the variety of dishes possible under this diet. If one is given to eating meat, the possibilities are unlimited. The main thing to remember is *no* sugars, in any form (fructose in fruit, lactose in milk and so on). My only exception is tomatoes, with their fractional amount of carbohydrate.

My protein diet ended Thursday morning, when I consumed a normal breakfast, relishing every morsel of grapefruit and granola. Without overdoing the loading aspect, I simply supplemented my regular diet with high-carbohydrate foods, especially the last pre-race meal which I prefer to be rice with chicken and green beans. I had no problems other than overcoming my lack of desire to eat, since I had lost five pounds and my stomach had shrunk. However, arriving in Eugene two days before the meet, my appetite was stimulated by Joy Ledbetter's great zucchini bread.

During the final week, workouts remained basically the same as always, with some tapering off: Monday—an easy 11-mile run; Tuesday—a regular interval workout; Wednesday—nine miles easy; Thursday—a brief interval workout; Friday—a scenic five-mile run with a noon-running group at Oregon University; Saturday—only 3-4 miles easy running in the Ledbetter's neighborhood.

The morning of the race, I knew it was to be a good day. The clouds overhead were threatening rain, but they only provided an overcast that shut out the sun. Temperatures remained in the 50s, and there was no wind. Everyone checked in at Nike's Athletic Department store for their numbers and last-minute instructions.

I met Jon Anderson and silently wished it to be a good omen. The last time we ran a marathon together was our duo-win at Boston in 1973. Janet Heinonen, marathoner and writer, came prepared to assist with dispersing drinks or leading the way on her bike. We had met once before in Charleston's 15-mile extravaganza, but neither of us was sure the other remembered.

Personally, I was much relieved at Janet's presence. The thought of going off course while fixated on my running tempo was frightening. As every marathoner knows, to navigate is no easy task after 20 miles of running. (Unfortunately, two of my friends from California found this to be true that day, ruining their chances for a good marathon time.)

The race began smoothly with the relatively small field of runners leaving the downtown area of Eugene for the Willamette River and the adjoining woods. Nowhere to be seen were the runners who earlier offered to pace me. As I discovered later, all had gone out too fast and typically fell behind in the latter stages of the race. Fortunately for me, I fell into a comfortable pace of about six minutes per mile. In the company of several of the runners, the time flew by, and I felt secure about staying on the course.

Conversation was at a minimum, but relaxed. At times, I found this distracting and lapsed into a panicky feeling, losing concentration. But here, a little mental discipline carried a long

way. Zeroing my thoughts in on my pace and the rhythm of my breathing, I was able to regain a calm mood and close out any distractions. Like meditation, it made the time sail by and really eased my efforts. I was able to concentrate on my running, drink my ERG, converse coherently, appreciate the surrounding natural beauty, feeling in total control of the entire situation. This "in-control" feeling was really a new and exciting experience.

Before long, we reached 20 miles in 2:01, and the last I heard from accompanying runners was, "Gee, you must be feeling pretty good." Indeed I was, knowing the same pace would match the record. Every second faster would better it that much more. And with that thought in mind, I emerged from the woods to the finish in a park clearing where my friends were waiting.

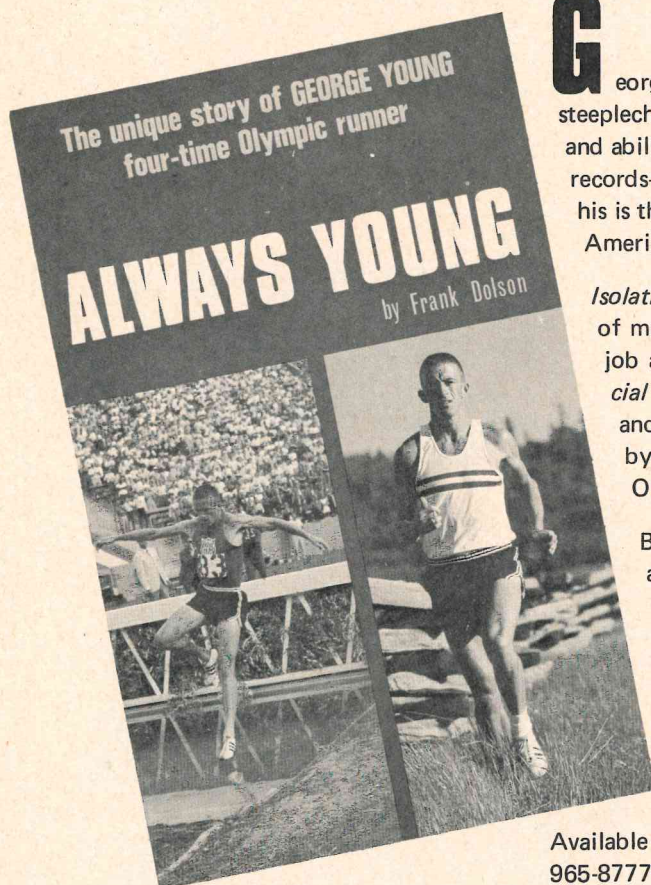
As I crossed the line, hearing 2:38:19, I was greeted by numerous hugs from Lili Ledbetter (a world-class marathoner in her own right) and Doug Schwab, who was capturing the joyous event on film. How lucky I considered myself to be, that I could have such a splendid experience shared with special friends. I could not have asked for more.



*Jacki Hansen: "I had been prospecting for a race with potentially the best conditions. This one seemed to fulfill all the requirements: an AAU-certified course, flat roads and bike paths, cool and accommodating weather, pleasant environment, etc. I felt the timing was good." (OMPhoto)*



# One Man's Race Against Frustration



**G**eorge Young, four-time Olympian in events ranging from the steeplechase to the marathon, has a story to tell runners of every age and ability level. The story of George Young is not in his victories and records—though there were many of those—but in his struggles. For his is the not-always pleasant story of the mature amateur athlete in America.

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# 1976 Marathon Calendar

**T**here aren't many excuses left for not becoming a marathoner. All kinds of people are doing it, as you'll see in the records and results sections. And they're running the distance all over the country. Opportunity was never greater, with more than 150 races scheduled for 1976.

A record of 148 were run last year—in a record 43 states. Another state, Wyoming, and the District of Columbia, have now joined the trend, leaving Alabama, Delaware, Idaho, Mississippi, Rhode Island, and South Carolina as the only hold-outs.

The scheduled races first are listed alphabetically by the event's name. After this long list comes a schedule broken down by states and dates.

Race directors provide the information, including how long the marathon has been held (3rd annual, 80th, etc.), where and when it is run. Some dates weren't set when this magazine went to press. Those are listed by probable month and with a "?". Contact the director for exact information.

If you've already missed this year's race, remember that it's probably an annual event held at about the same time each year. Use the relevant information for 1977. January, Febru-

ary, and March 1977 dates are included when directors reported that information.

"Loop" courses are those starting and finishing at the same place, but not repeating themselves. "Laps" are repeated runs over the same circuit. "Out-and-back" courses run to a turnaround point then retrace themselves. "Point-to-point" courses start and finish in different places and have no repetition.

"Certified" courses are only those which have been approved as the official distance by the National AAU committee on standards, headed by Ted Corbitt. These are the courses certified by Jan. 1, 1976. Others may be okayed before the 1976 race date.

The records indicated are the best for the particular race, not necessarily the best time on the current course. Records and 1975 winners are included for both men and women.

Almost all of the events here are open to runners of all abilities and both sexes.

We advise you to contact the race director (whose address is noted) well in advance of the race. This information was supplied up to a year before the scheduled race date, and important details often change.

## United States Races

● **ALL-AMERICAN (3rd)**, Fort Bragg, North Carolina, November 13 (10 a.m.). Course: point-to-point, certified '75. Records: 2:36:13, Joe O'Flaherty '75 4:41:49, Delores Lanz '75. 1975 Results: 119 finished, 7 under 3:00, 48 under 4:00; won by O'Flaherty and Lanz. Contact: Recreation Services Officer, 82 Airborne Division, Fort Bragg, N.C. 28307.

● **AAU (OPEN) CHAMPIONSHIP**, Crowley, Louisiana, October 16 (8 a.m.). 1975 Results: 369 finished, 145 under 3:00, 331 under 4:00; won by Gary Tuttle, 2:17:26. (See "International Rice Festival" for further details).

● **AAU MASTERS CHAMPIONSHIP**, Honolulu, Hawaii, December 12 (6:30 a.m.). 1975 Results: 42 finished, 19 under 3:00, 38 under 4:00; won by Ray Menzie, 2:36:40. Entry restrictions: age 40 and up. (See "Honolulu" for further details).

● **AAU WOMEN'S CHAMPIONSHIP**, Culver City, California, December 5 (8 a.m.). 1975 Results: 36 finished, 5 under 3:00, 23 under 4:00; won by Kim Merritt, 2:46:14. (See "Western Hemisphere" for further details).

● **AMERICAN NATIONAL MARATHON (8th)**, Galveston, Texas (Seawall Blvd.), December 4 (11 a.m.). Course: out-and-back, certified '72. Records: 2:29:35, Gary Tuttle '73; 3:36:18, Kathy Loper '73. 1975 Results: 166 finished, 26 under 3:00, 139 under 4:00; won by Clent Mericle, 2:33:40, and Sally Jurgensen 3:37:58. Contact: Gerit M. Hoogenboezem, P.O. Box 2052, Galveston, Tx. 77550.

● **ANDREW JACKSON (5th)**, Jackson, Tennessee (Tigrett Junior High School), September 25 (7 a.m.). Course: out-and-back, certified '72. Records: 2:29:30, David Collins '75; 3:04:46, Cathy Sigler '75. 1975 Results: 30 finished, 11 under 3:00, 30 under 4:00; won by Collins and Sigler. Contact: Dennis Maginn, 28 Bethany Drive, Jackson, Tenn. 38301.

● **ANDY PAYNE (4th)**, Weatherford, Oklahoma, August ?.

Course: out-and-back, not certified. Records: 2:30:33, Larry Aduddell, 2:45:34. Contact: Special Events Committee, P.O. Box 729, Weatherford, Oklahoma 73096.

● **ARIZONA ADMISSIONS DAY (8th)**, Tucson, Arizona (Community Center), February 14 (9 a.m.). Course: one loop, not certified. Records: 2:26:42, Jerry Jobski '71; 3:54:54, Lauri Snider '75. 1975 Results: 101 finished, 31 under 3:00, 91 under 4:00; won by Ruben Ruiz, 2:29:57, and Snider. Contact: J. McGee Evans, 400 No. 2nd Ave., Tucson, Arizona 85705.

● **ARROWHEAD (2nd)**, San Bernardino, California, December?. Course: certified '75. Records: 2:21:56, Cresencio Martinez; 3:13:38, Marie Albert '75. 1975 Results: 27 finished, 12 under 3:00; won by Martinez and Albert. Contact: Chamber of Commerce, P.O. Box 658, 546 W. 6th St., Santa Barbara, Cal. 92402.

● **ATHENS (9th)**, Athens, Ohio (Ohio University Stadium), March 14 (noon), March 13, 1977. Course: out-and-back, not certified. Records: 2:20:41, Carl Hat-

field '73; 3:23:38, Susan Mallery '73. 1975 Results: 88 finished, 21 under 3:00, 78 under 4:00; won by Duane Spitz, 2:27:04. Contact: Ellsworth J. Holden, Jr., 26 Northwood, Athens, Ohio 45701.

● **ATLANTIC CITY (17th)**, Atlantic City, New Jersey (Albany Ave. on the Boardwalk), September 26 (noon). Course: out-and-back three times, certified '73. Records: 2:28:44, Herb Lorenz '75. 1975 Results: 62 finished, 12 under 3:00, 62 under 4:00, won by Lorenz and Suzanne Patton, 3:54:19. Contact: Ed League, P.O. Box 732, Atlantic City, N.J. 08404.

● **AURORA (2nd)**, Aurora, Illinois (Aurora YMCA), July 17 (7:00 a.m.). Course: out-and-back, not certified. Records: 2:41:56, Dale Roe '75. 1975 Results: 35 finished, 3 under 3:00, 11 under 4:00; won by Roe. Contact: Alberto Meza, Waubonsee C.C., 47 at Harter Rd., Sugar Grove, Ill. 60554.

● **AVENUE OF THE GIANTS (5th)**, Weott, California (Bull Creek Flats Road), May 2 (9 a.m.).

(continued on page 30)





*Kirk Pfeffer—shown here winning the Marathon Marathon—is the fastest "Junior" (19 and under) runner ever with his 2:17:44 at age 18.*

Course: out-and-back, certified '72. Records: 2:17:43, Bill Scooby '73; 3:04:42, Caron Schaumberg '75. 1975 Results: 271 finished, 69 under 3:00, 222 under 4:00; won by Wayne Badgley, 2:18:06, and Schaumberg. Contact: Dick Meyer, Rt. 1, Box 153A, Eureka, Cal. 95501.

● **BAKERSFIELD (2nd)**, Bakersfield, California (West High School), February 7 (10 a.m.), February 5, 1977. Course: 2 laps, flat, not certified. Records: 2:38:50, Eddie Cadena '75; 3:45:15, Marie Albert '75. 1975 Results: 35 finished, 9 under 3:00, 31 under 4:00; won by Cadena and Albert. Contact: Frank Fish, Greater Bakersfield Chamber of Commerce, P.O. Box 1947, Bakersfield, Cal. 93303.

● **BAY STATE (6th)**, Framingham, Massachusetts, October 31 (10 a.m.). Course: 5 laps, certified '73. Records: 2:27:20, Peter Stipe '74; 3:04:40, Sara Berman '72. 1975 Results: 143 finished, 41 under 3:00, 128 under 4:00; won by Ray Currier, no time available, and Paula Davenport 3:29:19. Contact: Richard Fermoye, 473 Potter Road, Framingham, Mass. 01701.

● **BIRCH BAY (8th)**, Blaine, Washington (Birch Bay State Park), April 10 (noon). Course: Out 2½ miles, 2 laps of 10.6 miles, back 2½ miles; certified

'72. Records: 2:26:26, Jim Pearson '72; 3:19:06, Janet Heinonen '74. 1975 Results: 62 finished, 16 under 3:00, 46 under 4:00; won by Jim Pearson 2:27:17, and Pam Hammond 3:29:36. Contact: Jim Pearson, 521 17th St., Bellingham, Wash. 98225.

● **BLUEGRASS INVITATIONAL (2nd)**, Lexington, Kentucky (Henry Clay High School), December 5. Course: 5 laps, certified '75. Records: 2:33:13, Jim Buell '75. 1975 Results: 17 finished, 10 under 3:00, 17 under 4:00, won by Buell. Contact: Jerry Stone, Bluegrass RC, 15 Merlin Dr., Georgetown, Ky. 40324.

● **BOSTON ATHLETIC ASSOCIATION (80th)**, Hopkinton to Boston, Massachusetts, April 19 (noon). Course: point-to-point, certified '67. Records: 2:09:55, William Rodgers '75; 2:42:24, Liane Winter '75. 1975 Results: 887 under 3:00; won by Rodgers and Winter. Entry restrictions: must have run a marathon in 3 hours or less during the preceding year; masters (over 40) and women, 3½ hours; and must send in photostatic copies of results or newspaper clippings. Contact: Will Cloney, Boston Marathon, Boston Garden, Boston, Mass. 02114.

● **BOSTON QUALIFIER (3rd)**, Champaign, Illinois, February 29

(7 a.m.). Course: 2½ miles out, 3 laps of 7 miles, 2½ miles back, not certified. Records: 2:43:39, Robert O'Connell '75; 3:19:59, Peggy Stafford '75. 1975 Results: 5 finished, 1 under 3:00; won by O'Connell and Stafford. Contact: Illinois Track Club, Box 2976, Station A, Champaign, Ill. 61820.

● **BOSTON QUALIFIER (7th)**, Ithaca, New York (Barton Hall), March 21, 1976 (1 p.m.), March 20, 1977. Course: one loop, not certified. Records: 2:33:30, Jim Andrews '75. 1975 Results: 46 finished, 13 under 3:00, 46 under 4:00; won by Andrews. Contact: James Hartshorne, 108 Kay St., Ithaca, N.Y. 14850.

● **BRECKENRIDGE (4th)**, Breckenridge, Michigan, July 3 (6:30 a.m.). Course: out-and-back, certified '74. Records: 2:38:11, Craig Harms '75. 1975 Results: 21 finished, 2 under 3:00, 16 under 4:00; won by Harms. Contact: Breckenridge Track Club, Rt. 1, Box 4, Breckenridge, Mich. 48615.

● **CAL STATE SONOMA (2nd)**, Rohnert Park, California (Sonoma State College), October 31 (9 a.m.). Course: out-and-back in irregular figure eight, not certified. Records: 2:30:18, Humber-

to Hernandez '75; 3:04:51, Penny DeMoss '75. 1975 Results: 116 finished, 23 under 3:00, 95 under 4:00; won by Hernandez and DeMoss. Contact: Bob Lynde, Track Coach, P.E. Dept., Sonoma State College, Rohnert Park, Calif. 94928.

● **CANTON YMCA (7th)**, Canton, Ohio (Kent State University-Stark Co. Branch), October 3 (noon). Course: one loop, not certified. Records: 2:31:13, Mike Markley '75; 3:16:38, Kay Flatten '75. 1975 Results: 85 finished, 14 under 3:00, 62 under 4:00; won by Markley and Flatten. Entry restrictions: all children under 12 must be accompanied by an adult. Contact: Tom J. White, Physical and Athletic Club Director, Downtown YMCA, 405 2nd NW, Canton, Ohio 44702.

● **CCAP SOUTHERN ILLINOIS (new in 1976)**, Flora, Illinois, September 4. Course: not certified. Contact: Rose Gill, 113 S. Main, Clay City, Ill. 62824.

● **CHAMPLAIN VALLEY (6th)** Rouses Point to Plattsburgh, New York, May 22 (noon). Course: point-to-point, not certified. Records: 2:27:40, Ralph Thomas '73; 3:14:00, ELen Turkel '74. 1975 Results: 91 finished, 16 under



3:00, 69 under 4:00; won by Mary Hanley 3:27:49. Contact: John Francis, Race Chairman, YMCA, 13 Oak St., Plattsburgh, N.Y. 12901.

● **CHENEY (5th)**, Cheney, Washington (Moos Field), November 20 (11 a.m.). Course: one loop, certified '73. Records: 2:23:00, Terry Heath '72; 4:37:28, Denise Hoskins '75. 1975 Results: 28 finished, 5 under 3:00, 22 under 4:00; won by Robert Ruggeri,

● **DARTMOUTH MEDICAL SCHOOL (4th)**, Hanover, New Hampshire, October 17 (10 a.m.). Course: point-to-point, not certified. Records: 2:36:32, Kirk Randall '75. 1975 Results: 40 finished, 11 under 3:00, 38 under 4:00, won by Randall, no women entered. Contact: Marathon, Dartmouth Medical School, Hanover, N.H. 03755.

● **DENVER YMCA (4th)**, Denver, Colorado, October 9 (8 a.m.).

Results: 172 finished, 76 under 3:00, 161 under 4:00; won by Rosa and Moes. Contact: Robert Ehrhart Track Coach, Drake University, Des Moines, Ia. 50311.

● **EARTH DAY**, Westbury, New York, March 12 (noon). Course: 5 laps, certified '75. Records: 2:23:17, Tom Hollander '72; 2:59:43, Nina Kuscsik '72. 1975 Results: 433 finished, 73 under 3:00, 359 under 4:00; won by Sean Healy, 2:27:14, and Ellen

3:00; won by Mendoza and Barrett. Contact: Race Director, Fiesta Bowl, 3410 E. Van Buren, Phoenix, Ariz.

● **FINGER LAKES (7th)**, Ithaca to Marathon, New York, October 10 (12:30 p.m.). Course: point-to-point, certified '73. Records: 2:31:28, Larry Frederick '75; 3:39:47, Nikki Kilgore '73. 1975 Results: 46 finished, 12 under 3:00, 42 under 4:00; won by Fredericks. Contact: James Hart-



2:49:43, and Hoskins. Contact: Lawson Van Kuren, Cheney Club, 418 Cocolalla, Cheney, Wash. 99004.

● **CLUB NORTH SHORE**, Lake Bluff, Illinois, October 10 (10 a.m.). Course: out-and-back 3 times, certified '74. Records: 2:25:08, Charles Burrows '74; 3:14:54, Pat McSwegin, '75. 1975 Results: 75 finished, 15 under 3:00, 71 under 4:00 won by Ken Norton, 2:37:15, and McSwegin. Contact: Ron Fox, Club North Shore, 3272 Western, Highland Park, Ill. 60035.

● **COVERED BRIDGE (7th)**, Indianola, to Winterset, Iowa, October 10 (8 a.m.). Course: point-to-point, not certified. Records: 2:32:44, Loren Moes '72. 1975 Results: 45 finished, 5 under 3:00, 18 under 4:00; won by Mike Kelly, 2:35:26. Contact: Robert Kaldenberg, RR 1, St. Charles, Iowa 50240.

Course: not certified. Records: 2:24:31, Ron Nabors '75; 3:34:49, Donna Messinger '73. 1975 Results: 40 finished, 17 under 3:00, 38 under 4:00; won by Nabors, no women. Contact: Philip M. Guries, Denver Central YMCA, 25 E. 16th Ave., Denver, Colo. 80202.

● **DESERET NEWS (7th)**, Salt Lake City, Utah, July 24. Course: point-to-point, not certified. Records: 2:20:54, Scott Bringhurst '74, 3:17:04, Christie Shultis '75. 1975 Results: 164 finished, 27 under 3:00, 129 under 4:00; won by James Berka, 2:30:00, and Shultis. Contact: Keith West, Deseret News Marathon, P.O. Box 1257, Salt Lake City, Utah 84110.

● **DRAKE RELAYS (8th)**, Des Moines, Iowa (State Capitol), April 24 (9:15 a.m.). Course: point-to-point, not certified. Records: 2:18:57, Lucian Rosa '75; 3:47:29, Doreen Moes '75. 1975

*Carlo Cherubino and Larry Frederick ran together and finished together, in an intentional tie, at the Philadelphia Marathon. They won in 2:26:12. (Carl Rothman photo)*

Turkel 3:06:03. Contact: Paul Fetscher, 183 Maxine Court, West Hempstead, N.Y. 11511.

● **EQUINOX (14th)**, Fairbanks, Alaska (University of Alaska), September 18 (8 a.m.). Course: one loop, not certified. Records: 2:58:19, Chris Haines '73; 3:51:39, Mel Langdon '74. 1975 Results: 153 finished, 32 under 4:00; won by Peter May, 3:01:15, and Carol Coe 3:52:54. Contact: William Smith, P.E. Dept., University of Alaska, Fairbanks, Alaska 99701.

● **FIESTA BOWL (6th)**, Cave Creek to Scottsdale, Arizona, December 18 (9 a.m.). Course: point-to-point, certified '72. Records: 2:14:13, Ed Mendoza '75, 2:50:21, Diane Barrett '75. 1975 Results: 291 finished, 91 under

shorne, 108 Kay Street, Ithaca, N.Y. 14850.

● **FIRST TRUST-NORTH AREA Y (7th)**, Liverpool, New York (Griffin Field), May 16. Course: out-and-back, certified '72. Records: 2:24:42, Ed Norris '72; 3:15:28, Kathrine Switzer '71. 1975 Results: 90 finished, 19 under 3:00, 84 under 4:00; won by Ron Blackmore, 2:30:46, and Mary Lynch 3:25:50. Contact: Mrs. Diana D. Peil, Marathon Secretary, 406 Ruth Road, North Syracuse, N.Y. 13212.

● **FLORIDA (9th)**, Ft. Myers, Florida (Cape Coral Bridge), March 20, 1976 (8 a.m.), March 19, 1977. Course: out-and-back, not certified. Records: 2:51:33, Ron Chase '73; 4:05:48, Sue  
*(continued on page 32)*





*Winner Rick Trujillo picks his way through the boulders at Pike's Peak. (Andy Cox photo)*

Trapp '75. 1975 Results: 18 finished, 2 under 3:00, 15 under 4:00; won by John Grabowski, 2:55:50, and Trapp. Contact: Lou Cappi, Ft. Myers-Lee County YMCA, P.O. Box 6488, Ft. Myers, Fla. 33901.

● **FLORIDA RELAYS (4th)**, Gainesville, Florida (University of Florida), March 6, 1976 (7:30 a.m.), March 5, 1977. Course: out-and-back, certified '73. Records: 2:30:31, Ken Misner '74; 3:24:17, Mary Glenney '75. 1975 Results: 28 finished, 8 under 3:00, 27 under 4:00; won by Pat Chester, 2:32:06, and Glenney. Contact: Boy Benson, University of Fla. Athletic Dept., Gainesville, Fla. 32604.

● **FREEDOM (8th)**, Monticello, Illinois (Allerton Park), October 17 (7:30 a.m.). Course: out-and-back three times, certified '73. Records: 2:29:56, Ken Burke '74; 3:25:09, Sandy Davis '74. 1975 Results: 70 finished, 21 under 3:00, 68 under 4:00; won by Peter Elliott, 2:33:27, and Jenny Johnson 4:32:00. Contact: Illinois Track Club, Box 2976 Station A, Champaign, Ill. 61820.

● **FRONTIER DAYS (new in 1976)**, Cheyenne, Wyoming, July 25 (7 a.m.). Course: point-to-point, uncertified. Contact: Cheyenne Track Club, P.O. Box 10154, Cheyenne, Wyo.

● **GLASS CITY (6th)**, Toledo, Ohio (Health Education Bldg., University of Toledo), June 20 (8 a.m.). Course: out-and-back, certified '74. Records: 2:27:06, Walt Rodriguez '72; 3:12:01, Sigrid Nadon '74. 1975 Results: 213 finished, 32 under 3:00, 164 under 4:00; won by Donald Slusser, 2:28:19, and Rose Thomas 3:38:54. Contact: Arthur Johnson, 2520 Aldringham Rd., Toledo, Ohio 43606.

● **GOD'S COUNTRY (2nd)**, Galeton to Coudersport, Pa., June 12 (9 a.m.). Course: point-to-point, not certified. Records: 2:42:08, Donald Brown '75; 4:41:02, Carolyn Brown '75. 1975 Results: 66 finished, 8 under 3:00, 53 under 4:00; won by D. Brown

and C. Brown. Contact: Ralph Wentz, Box 117-US Route 6, Ulysses, Penn. 16948.

● **GOLD COAST (4th)**, Boca Raton, Florida, January?. Course: out-and-back, not certified. Records: 2:35:17, Ron Chase '75. 1975 Results: 27 finished, 8 under 3:00, 22 under 4:00. Contact: Ray Russell, 208 SE 6th St., Fort Lauderdale, Fla. 33301.

● **GOLDEN SPIKE (New in 1976)**, Corinne to Promatory, Utah, May 8 (6:30 a.m.). Course: point-to-point, not certified. Contact: John Ensign, P.O. Box 338, Brigham City, Utah.

● **GOVERNOR'S CUP (2nd)**, Missoula, Montana, June?. Records: 2:56:46, John Duffield '75. 1975 Results: 10 finished, 2 under 3:00, 9 under 4:00; won by Duffield. Contact: Mayo Ashley, 1032 Yreka Ct., Missoula, Mont.

● **GRAND VALLEY (7th)**, Grand Rapids, Michigan (Grand Valley State College), October 16 (noon). Course: one loop, certified '72. Records: 2:26:42, Barney Hance '73; 3:13:41, Claire Wellnitz '75. 1975 Results: 103 finished, 22 under 3:00, 96 under 4:00; won by Martin Boyd, 2:34:21, and Wellnitz. Contact: Central YMCA, 33 Library St. NE., Grand Rapids, Mich. 49502.

● **GREEN MOUNTAIN**, Colchester, Vermont, October?. Course: certified '75. Records: 2:31:43, Ralph Thomas '71. 1975 Results: 4 under 3:00, won by Norm Stebbins, 2:53:02. Contact: Larry Kimball, RFD 2, River Rd., Winoski, Vt. 06404.

● **GREENSBORO TO WINSTON-SALEM (12th)**, Greensboro to Winston-Salem, North Carolina, August?. Course: point-to-point, certified '68. Records: 2:29:50, Gareth Hayes '72. 1975 Results: 45 finished, 5 under 3:00, 39 under 4:00; won by DeNorris Bradley, 2:48:35. Contact: Scott Brent, 2725 Brightwood Court, Winston-Salem, N.C. 27107.

● **GROUND HOG DAY (9th)**, Little Rock, Arkansas (Little Rock Air Force Base), January 31 (noon). Course: Out 4 miles, 19-mile loop, back 3 miles, certified '75. Records: 2:21:55, Terry Ziegler '73. 1975 Results: 20 finished, 7 under 3:00, 20 under 4:00; won by Roger Vann, 2:38:18. Contact: Gerald Hastings, 2612 Kavanaugh, Little Rock, Ark. 72205.

● **GUAM (5th)**, Mangilao to Tumon, Guam, March 27 (4 a.m.). Course: point-to-point, certified '72. Records: 2:55:50, Keith Crowder '74; 3:54:55, Debbie Anderson '75. 1975 Results: 18 finished, none under 3:00, 16 under 4:00; won by Bob Wade, 3:04:02, and Anderson. Contact: Joe Lawton, University of Guam, Box EK, Agana, Guam 96910.

● **HALL OF FAME (2nd)**, Huntington, West Virginia (Marshall University), March 20. Course: not certified. Records: 2:23:23, Craig Harms '75. 1975 Results: 21 finished, 12 under 3:00, 19 under 4:00; won by Harms. Contact: Ed Canterbury, 714 Mary St., Huntington, W. Va. 28704.

● **HARRISBURG NATIONAL (4th)**, Harrisburg, Pennsylvania (Central YMCA), November 7 (10 a.m.). Course: out-and-back, certified '75. Records: 2:23:41, Jeff Bradley '75; 3:14:30, Sherrye Henry '75. 1975 Results: 237 finished, 28 under 3:00, 163 under 4:00; won by Bradley and Henry. Contact: Jim Juntz—Central YMCA, Front and North Sts., Harrisburg, Pa. 17101.

● **HEART OF AMERICA (17th)**, Columbia, Missouri, September 6 (6 a.m.). Course: out 4 miles, 17-mile loop, then back 5 miles, certification pending. Records: 2:34:07, Barry Crawford '66; 4:34:28, Marsha Weiss '74. 1975 Results: 78 finished, 12 under 3:00, 57 under 4:00; won by Tim Hendricks, 2:38:42, and Cathy Russell, 4:40:21. Contact: Joe Duncan, 4004 Defoe Dr., Columbia, Mo. 65201.

● **HEARTWATCHERS (3rd)**, Toledo, Ohio (University of Toledo), March?. Course: out-and-back, not certified. Records: 2:30:41, Ed Steingraber '75; 3:33:01, Marja Wright '75. 1975 Results: 123 finished, 22 under 3:00, 97 under 4:00; won by Steinbraber and Wright. Contact: Sy Mah, H. 241, University of Toledo, Toledo, Ohio 43606.

● **HONOLULU & AAU MASTERS (4th)**, Honolulu, Hawaii (Aloha Tower); December 12 (6:30 a.m.). Course: out-and-back, certified. Records: 2:17:24, Jack Foster '75; 2:49:24, Jackie Hansen '75. 1975 Results: 706 finished, 46 under 3:00, 341 under 4:00; won by Foster and Hansen. Contact: Thomas Ferguson, 4191 Halupa St., Honolulu, Ha. 96818.

● **HOUSTON (4th)**, Houston, Texas (Memorial Park), January 17, 1976 (8 a.m.), January 15, 1977. Course: 5 laps, certified '73. Records: 2:32:33, Danny Green '72; 3:31:24, Dorothy Doolittle '75. 1975 Results: 75 finished, 14 under 3:00, 67 under 4:00; won by Clent Mericle, 2:35:00, and Doolittle. Contact: George Kleeman, 227 Faust, Houston, Tex. 77024.

● **HUDSON-MOHAWK (3rd)**, Albany, New York, March 14 (noon). Course: 4 laps, not certified. Records: 2:43:12, Don Wilken '75. 1975 Results: 25 finished, 5 under 3:00, 23 under 4:00; won by Wilken. Contact: Burke Adams, 21 Chestnut Court, Rensselaer, N.Y. 12144.

*(continued on page 34)*



### COURSE

Traffic-free; scenic out & back; follows Rideau Canal & Ottawa River; no heartbreak hills

### WEATHER FOR MAY 2nd

Year	Temp(F)	Wind	Rain
1975	46/61	SW/6	Trace
1974	26/54	S/6	Nil
1973	48/71	S/10	.11"
1972	37/50	NE/15	.18"
1971	43/52	NE/7	Trace

### CATEGORIES

Open, Masters, Women, Military, Team, Special (oldest, youngest, first novice, husband/wife, etc etc.)

### BANQUET

Awards presentation buffet free to runners, videotape highlights of race

# NATIONAL CAPITAL MARATHON



**9 A.M. SUNDAY  
2 MAY, 1976**

### **FOR ENTRY FORMS CONTACT:**

National Capital Marathon  
COMMUNITY DEVELOPMENT DEPARTMENT  
RECREATION AND PARKS BRANCH  
111 Sussex Drive  
Ottawa, Ontario, CANADA  
K1N 5A1 (1-613-563-3222)

### AWARDS

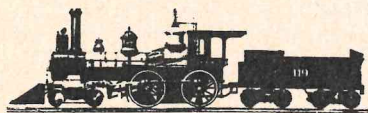
Trophies, medals, merchandise prizes, T-shirts and commemorative patches, certificates.

### 1975 WINNING TIMES

Open 2:26:38  
Masters 2:32:20  
Women 3:27:28

### 1976 RACE

1. National Capital Marathon - Open to all
2. 1976 Canadian Olympic Marathon Trials
3. 1976 Canadian Military Championships.



## GOLDEN SPIKE MARATHON

Sat. May 8, 1976 6:30 a.m.  
Corinne, Utah

Finish at National Historic Site, Promontory, Utah



Six Age Groups  
Commemorative Pins  
5 Mile Rest Stations  
Split Times  
Awards



Golden Spike Track Club  
P.O. Box 338  
Brigham City, Utah  
84302

## PALMENTO Cup Road Race



Columbia, South Carolina  
Saturday, March 27, 1976

1-, 2-, 5- and 15-mile races  
15-mile-Billy Webster Mini Marathon  
Open, Men and Women  
17 & under, 20-29, 30-39, 40-49, 50+

- \*Certificates to all entrants
- \*Trophies & medals to winners
- \*T-shirts to top finishers

Contact:  
Governor's Council on Physical Fitness  
1800 St. Julian Place  
Columbia, S.C. 29204  
(803) 758-3954

## U.S. Masters International Track Team



### ANNOUNCING THE US MASTERS TRACK TEAM COMPETITION CALENDAR FOR 1976:

April 13-20-Hawaiian Masters T&F Championships. Sub-Masters & Women's events. Jet Air-Fare, plus 7 nites housing, Waikiki. Only: \$273 to \$293.

July 2-5-AAU Masters T&F Championships, Gresham, Oregon. Mt. Hood Community College. Special Transport and housing.

August 4-15-US MTT British Tour. British vets T&F Championships, Manchester, England 9th World Vets Marathon & 10 km, Coventry. World's most prestigious Masters Marathon. Men 40 & up; Women 35 & up. Visit Coventry Cathedral. Tour British Midlands.

December 17-January 9-US MTT South African T&F Tour. Participate in the first US Athletics Team Tour to South Africa since 1961. Bi-racial competition guaranteed. Compete in Johannesburg, Cape Town, Port Elizabeth, Durban and Pretoria. Visit Diamond and gold mines; famous Kruger National Park and see Africa's exotic wildlife. Special reduced group fare. Expenses partially sponsored for qualified competitors. Non-competitors welcome.

Contact USMTT for entry information and travel details. Receive bi-monthly Newsletter devoted exclusively to Master Athletics. Dues \$6.00/yr. USMTT, 1951 Cable Street, San Diego, CA 92107, (714) 225-9555.



● **INTERMOUNTAIN AAU (4th)**, Draper, Utah (ballpark), September 25 (6 a.m.). Course: not certified. Records: 2:59:34, Doug Draper '75. 1975 Results: 13 finished, 1 under 3:00, 12 under 4:00; won by Draper. Contact: Ben Peterson, 1054 E. 8600 So., Sandy, Ut. 84070.

● **INTERNATIONAL RICE FESTIVAL & AAU CHAMPIONSHIP (2nd)**, Lafayette to Crowley, Louisiana, October 16 (8 a.m.). Course: point-to-point, certified '74. Records: 2:14:27, Neil Cusack '74; 2:51:22, Dorothy Doolittle '75. 1975 Results: 280 finished, 85 under 3:00, 237 under 4:00; won by Barry Brown, 2:16:43, and Doolittle. Contact: Charlie Attwood, M.D., 621 N. Ave. K., Crowley La. 70526.

● **ISLAND (5th)**, Portland, Oregon (Sauvie Island Bridge), November 27 (11 a.m.). Course: 2 laps, certified '73. Records: 2:19:00, Larry Miller '74; 2:43:10, Marilyn Paul '75. 1975 Results: 252 Finished, 76 under 3:00, 217 under 4:00; won by Terry Heath, 2:20:20, and Paul. Contact: Bill Gorman, 200 SW 1st Ave., Portland, Ore. 97201.

● **JERSEY SHORE (6th)**, Asbury Park, New Jersey (Convention Hall), January 18, 1976 (11 a.m.), January 16, 1977. Course: out and back, certified '73. Records: 2:19:16, Tom Fleming '73; 3:02:42, Pat Barrett, '75. 1975 Results: 220 finished, 62 under 3:00, 209 under 4:00; won by Jeff Bradley, 2:24:47, and Barrett. Contact: Tom Baum, 1307 Ocean Ave., Spring Lake, N.J. 07762.

● **JOHNSTOWN (2nd)**, Johnstown, Pennsylvania, October 2 (11 a.m.). Course: point-to-point, certified '75. Records: 2:23:09 Steve Molnar '75; 4:01:24, Penny Parks '75. 1975 Results: 69 finished, 22 under 3:00, 57 under 4:00; won by Molnar and Parks. Contact: Thomas Loughran, YMCA, Market St., Johnstown, Penn. 15901.

● **JOHN W. ENGLISH (5th)**, Middletown, Connecticut (Wesleyan University), March 7, 1976 (noon), March 6, 1977. Course: 2 laps, not certified. Records: 2:19:01, John Vitale '72; 3:00:10, Kathy Gervasi '74. 1975 Results: 131 finished, 32 under 3:00, 125 under 4:00; won by Tim Smith, 2:31:33, and Martha Newell 3:45:15. Contact: Bernie O'Rourke, Dir. of Parks and Recreation, City of Middletown, Town Hall, P.O. Box 141, Middletown, Conn. 06457.

● **JOLIET-WILL COUNTY (2nd)**, Joliet, Illinois, November ?. Course: not certified. Records: 2:33:18, Roger Rouiller '75; 3:24:47, Linda Eiben '75. 1975 Results: 124 finished, 20 under

3:00, 83 under 4:00; won by Rouiller and Eiben. Contact: Tom Brunnick, College of St. Francis, Joliet, Ill.

● **JUNEAU (6th)**, Juneau, Alaska, June ?. Course: out-and-back twice, not certified. Records: 3:01:07, Dale Harmer '73. 1975 Results: 8 finished, none under 3:00, 6 under 4:00; won by Glen Frick, 3:06:22. Contact: Jim Dumont, Recreation Director, Juneau, Alaska 99801.



*Runners in the "lower 48" think of marathons as rather flat road runs, but Alaska's Equinox race looks more like a ski trail. (Evan Bracken photo)*

● **KALISPELL (5th)**, Kalispell, Montana (Kalispell Jr. High School), September 25 (1:30 p.m.). Course: out-and-back, not certified. Records: 2:44:31, Ralph Stadelman '74. 1975 Results: 4 finished, none under 3:00, 3 under 4:00; won by Skip Youngdahl, 3:21:15. Contact: Cliff Collins, 45 East Wyoming St., Kalispell, Montana 59901.

● **KANSAS RELAYS (7th)**, Lawrence, Kansas (Memorial Stadium), April 17 (9 a.m.). Course: out-and-back, certified '72. Records: 2:21:15, Terry Ziegler '73. 1975 Results: 87 finished, 38 under 3:00, 86 under 4:00; won by Robert Busby, 2:22:38. Contact: Bob Timmons, Relays Director, or Edwin Elbel, Relays Manager, Allen Fieldhouse, Univ. of Kansas, Lawrence, Kans. 66045.

● **KENTUCKY-PIONEER (new race in 1976)**, Frankfort, Ken-

tucky (downtown YMCA), May 9. Course: 4 laps, not certified. Contact: Bob Gilbertson, Frankfort YMCA, Capitol Plaza, Frankfort, Ky. 40601.

● **KNIGHTS OF COLUMBUS (4th)**, Cupertino, California (Paul Masson Winery), April 17 (9 a.m.). Course: one loop, certified '73. Records: 2:21:12, Ron Wayne '75; 3:05:32, Nancy Ihrman '73. 1975 Results: 8 under 3:00; won by Wayne and Mary Etta Boitano

out-and-back, not certified. Records: 2:31:15, Jim Ewing '75; 3:30:36, Sally Jurgensen '75. 1975 Results: 43 finished, 16 under 3:00, 40 under 4:00; won by Ewing and Jurgensen. Contact: Diego Vacca, 903 N. St. Mary's St., San Antonio, Tex. 78215.

● **LAS VEGAS (10th)**, Las Vegas, Nevada (University of Nevada, Las Vegas), February 8, 1976 (9 a.m.), February 6, 1977. Course: one loop, certified '72. Records: 2:19:24, Scott Bringhurst '72; 3:27:02, Alexandra Boies '75. 1975 Results: 73 finished, 22 under 3:00, 64 under 4:00; won by Don Ocana, 2:29:05, and Boies. Contact: William Freedman, 309 S. Third St. No. 316, Las Vegas, Nev. 89101.

● **LIVERMORE (3rd)**, Livermore Calif., (Lawrence Livermore Lab), December 11 (10 a.m.). Course: one loop, certified '74. Records: 2:26:54, Ernie Rivas '75; 3:00:56; Joan Ulliyot '74. 1975 Results: 212 finished, 44 under 3:00, 178 under 4:00; won by Rivas and Sue Neary, 3:04:30. Contact: Dan Moore, 663 Jefferson Ave., Livermore, Calif. 94550.

● **LONGEST DAY (7th)**, Brookings, South Dakota, November 7 (1 p.m.). Course: one loop, certified '71. Records: 2:25:42, Michael Seaman '74; 4:30:17, Kathy Magnuson '75. 1975 Results: 28 finished, 8 under 3:00, 26 under 4:00; won by Ken Keehn, 2:32:59, and Magnuson. Contact: Track Office: Dept. of HPER and Athletics, South Dakota State University, Brookings, S.D. 57006.

● **LOS ANGELES (6th)**, Los Angeles, Calif. (Police Academy), March 20 (8 a.m.). Course: not certified. Records: 2:24:19, Bill Scobey '74, 3:06:57, Marie Albert '75. 1975 Results: 124 finished, 27 under 3:00, 40 under 4:00; won by Ken Moffitt, 2:26:46, and Albert. Contact: Frederick Honda, 200 N. Main St., City Hall East, 13th Floor, Los Angeles, Calif. 90012.

● **LOZANO (6th)**, San Antonio, Texas, December ?. Course: 4 laps, not certified. Records: 2:44:21, John Butterfield '75; 3:06:00, Dorothy Doolittle '75. 1975 Results: 3 under 3:00; won by Butterfield and Doolittle. Contact: Jesse Martinez, 1715 N. Panam, San Antonio, Tex. 78208.

● **MADERA (7th)**, Madera, California (Madera High School), December 18 (noon). Course: 2 laps, not certified. Records: 2:26:11, Skip Houk '71. 1975 Results: 25 finished, 8 under 3:00, 24 under 4:00; won by Paul Cook, 2:29:35. Contact: Coach Dee DeWitt, 200 South L St., Madera, Calif. 93637.

● **MADISON (3rd)**, Madison, Wisconsin (Capitol Square), June 26



(7 a.m.). Course: point-to-point, certified '75. Records: 2:36:00, Joe Kreutz '75; 3:50:51, Diane Holum '74. 1975 Results: 119 finished, 12 under 3:00 85 under 4:00; won by Kreutz and Georgette Goonan, 4:04:02. Contact: Dale Roe, 1104 Moorland Rd., No. 3, Madison, Wisc. 53713.

● **MALLETTS BAY (2nd)**, Malletts Bay, Vermont (Sunset Drive-Inn Theatre), March ?. Course: 5 laps, not certified. Records: 2:51:12, Len Hall '74. Not held in '75. Contact: Duane Ranard, 26 Poirier Place, Burlington, Vt. 05404.

● **MARATHON (5th)**, Terre Haute, Indiana, June 5 (7 a.m.). Course: point-to-point, certified '75. Records: 2:20:52, Kirk Pfeffer '75; 2:55:00, Lora Cartwright '75. 1975 Results: 206 finished, 45 under 3:00, 168 under 4:00; won by Pfeffer and Cartwright. Contact: Bill Stegemoller, Marathon-Marathon, Indiana State Univ., Terre Haute, Ind. 47803.

● **MARDI GRAS (14th)**, New Orleans, Louisiana (G. Gernon Brown Gym), February 21 (8 a.m.). Course: 18.5-mile loop, 7.7-mile loop, certified '71. Records: 2:20:24, Amby Burfoot '73; 3:21:13, Constance Junghans '75. 1975 Results: 77 finished, 16 under 3:00, 55 under 4:00; won by Doug Schmenk 2:27:08, and Junghans. Contact: John T. McMahon, 231 E. Livingston Place, Metairie, Louisiana 70005.

● **MARINE RESERVE (new race in 1976)**, Washington, D.C., (Iwo Jima Memorial), November 7 (10 a.m.). Course: out-and-back, not certified. Contact: Col. J.L. Fowler, Hdqts. USMC (Code RES), Washington, D.C. 20380.

● **MARYLAND (4th)**, Baltimore, Maryland (Memorial Stadium), December ?. Course: out-and-back, certified '73. Records: 2:17:02, John Vitale '75; 2:52:23, Liane Winter '75. 1975 Results: 576 finished, 157 under 3:00, 487 under 4:00; won by Vitale and Winter. Contact: Hy Levasseur, Maryland Marathon Commission, 5th Floor, 201 W. Preston St., Baltimore, Md. 21201.

● **MAUI (22nd)**, Kaluhui to Kaanapoli, Maui, April ?. Course: point-to-point, not certified. Records: 2:19:53, Duncan Macdonald '75; 3:23:47, Leah Ferris '74. 1975 Results: 46 finished, 11 under 3:00, 35 under 4:00; won by Macdonald and Sue Stricklin, 3:40:49. Contact: Bob Getzen, Box 215, Hana, Maui, Hawaii 96713.

● **MAYOR'S (3rd)**, Anchorage, Alaska, June 19 (7:30 a.m.). Course: not certified. Records: 2:28:26, Vern Campbell '75; 3:25:06, Betsy Haines '75. 1975

Results: 49 finished, 5 under 3:00, 30 under 4:00; won by Campbell and Haines. Contact: Terry Martin, 3960 Reka Dr. No. B-6, Anchorage, Alaska 99504.

● **MELBOURNE (6th)**, Melbourne, Florida (Wickman Park), December 26. Course: out-and-back, not certified. Records: 2:28:22, Clayton Craig '72; 3:19:45, Sue Ellen Trapp '75. 1975 Results: 84 finished, 32 under 3:00; won by Dean Foster, 2:30:03, and Trapp. Contact: Melbourne Rec. Dept., 1551 Highland Ave., Melbourne, Fla. 32935.

● **MEL VOS MEMORIAL (5th)**, Topeka, Kansas (Lake Shawnee), December 4 (1 p.m.). Course: 4 laps, not certified. Records: 2:31:38, John Roscoe '75; 2:55:45, Teri Anderson '72. 1975 Results: 34 finished, 17 under 3:00, 30 under 4:00; won by Roscoe and Christine Gamel, 4:37:40. Contact: Karlton Naylor, 120 NW 35th, Topeka, Kans. 66617.

● **MIAMI BICENTENNIAL (2nd)**, Miami, Florida, February 15, 1976 (8 a.m.), February 13, 1977. Course: out-and-back, not certified. Records: 2:47:30, Lee Cohee '75. 1975 Results: 32 finished, 5 under 3:00, 24 under 4:00; won by Cohee. Contact: George Zell, 8794 S.W. 12 St., No. 204, Miami, Fla. 33144.

● **MIDNIGHT SUN (3rd)**, Eielson Air Force Base, Alaska (Field House), June 11 (8 a.m.). Course: 2 laps, not certified. Records: 3:04:30, Paul Vanture '75, 3:02:41, Marian May '75. 1975 Results: 40 finished, none under 3:00, 21 under 4:00. Contact: LTC Paul D. Vanture, Army ROTC, Box 95552, University of Alaska, Fairbanks, Alaska 99701.

● **MISSION BAY (13th)**, San Diego (Mission Bay Park), January 10, 1976 (8 a.m.), Jan. 15, 1977. Course: 2 dissimilar loops, certified '74. Records: 2:16:33, Ed Mendoza '75; 2:54:28, Judy Ikenberry '74. 1975 Results: 412 finished, 130 under 3:00, 396 under 4:00; won by Mendoza & Eileen Waters, 3:16:44. Contact: Bill Gookin, 5946 Wenrich Drive, San Diego, Calif. 92120.

● **MONROE (9th)**, Monroe, Ohio (Congress Inn Motel), October 17 (noon). Course: out-and-back twice, certified '74. Records: 2:40:45, Nick Tsanges '75. 1975 Results: 16 finished, 6 under 3:00, 16 under 4:00; won by Tsanges. Contact: Mike Sims, 737 Millard Dr., Franklin, Ohio 45005.

● **MOTOR CITY (14th)**, Detroit, Michigan (Belle Isle Park), October 24 (9 a.m.). Course: 5 laps, certified '68. 1975 Results: 151 finished, 60 under 3:00, 141

under 4:00; won by Bill Stewart 2:21:05, and Ella Willis, 3:13:51. Contact: Dr. Edward Kozloff, 10144 Lincoln, Huntington Woods, Mich. 48070.

● **NATIONAL ASSOCIATION OF INTERCOLLEGIATE ATHLETICS (5th)**, contact NAIA for location, May ?. Course: uncertified. Records: 2:22:54, Lucian Rosa '74. 1976 Results: won by Roger Vann, 2:29:14. Entry restrictions: eligible collegians only. Contact: NAIA, 106 W. 12th St., Kansas City, Mo. 64105.

● **NATIONAL JUNIOR COLLEGE (3rd)**, Dowagiac, Michigan (Southwestern Michigan College), June 19 (8:05 a.m.). Course: one loop, not certified. Records: 2:28:48, Terry Baker '74. 1975 Results: 29 finished, 10 under 3:00 and 29 under 4:00; won by John Roscoe, 2:36:00. Entry restriction: NJCAA eligible athletes only. Contact: Ron Gunn, Southwestern Michigan College, Dowagiac, Mich. 49047.

● **NEW YORK CITY (7th)**, New York, New York (Central Park), October 24 (11 a.m.). Course: 4 laps, certified '73. Records: 2:19:27, Tom Fleming '75 2:46:43, Kim Merritt '75. 1975 Results: 238 finished, 77 under 3:00, 269 under 4:00; won by Fleming and Merritt. Contact: N.Y. Road Runners Club, Box 881, FDR Station, N.Y., N.Y. 10022.

● **NIKE OREGON TC (5th)**, Eugene, Oregon (Athletic Dept.), October 10 (9 a.m.). Course: point-to-point, certified '74. Records: 2:16:08, Jon Anderson '75, 2:38:19, Jacki Hansen '75. 1975 Results: 73 finished, 31 under 3:00, 70 under 4:00; won by Anderson and Hansen. Contact: The Athletic Department, 99 W. 10th, Suite 104, Eugene, Ore. 97401.

● **NITTANY VALLEY TRACK CLUB (4th)**, State College, Pennsylvania (American Legion Lodge), February 15 (11 a.m.). Course: out-and-back, not certified. Records: 2:37:39, Carl Bechdel '75; 3:48:15, Maria Skinner '75. 1975 Results: 35 finished, 10 under 3:00, 35 under 4:00; won by Bechdel and Skinner. Contact: Harry Groves (Track Coach, Penn State Univ.), 263 Recreation Hall, University Park, Penn. 16802.

● **NORTH CAROLINA TRACK CLUB (new race in 1976)**, Bethel, North Carolina, January 10, 1976 (11 a.m.), January 8, 1977. Course: out-and-back, certified '75. Contact: Jim Lee, Star Route 1, Southport, N.C. 28461.

● **NORTH DAKOTA (5th)**, Fisher's Landing, Minnesota, to Grand Forks, North Dakota, June 26 (8 a.m.). Course: point-to-point, not certified. Records:

2:41:35, Larry Seethaler '75; 3:19:00, Jan Arenz '75. 1975 Results: 30 finished, 4 under 3:00, 23 under 4:00; won by Seethaler and Arenz. Contact: Eric Parker, 520 Park Dr., Grand Forks, N.D. 58201.

● **NORTH CENTRAL (10th)**, Naperville, Illinois (North Central College), December 4 (11 a.m.). Course: out-and-back, not certified. Records: 2:27:15, Peter Farwell '73; 3:03:18, Kim Piper '73. 1975 Results: 116 finished, 49 under 3:00, 114 under 4:00; won by Dave Elger, 2:30:07. Contact: Bob Schrader, North Central College Field House, Naperville, Ill. 60540.



Maryland Marathon winner John Vitale. (Dawn Bressie)

● **NORTH TEXAS STATE (5th)**, Denton, Texas (Fout Field), January 10, 1976 (9 a.m.), January 8, 1977. Course: one loop, not certified. Records: 2:20:54, Tom Hess '73. 1975 Results: 34 finished, 9 under 3:00, 33 under 4:00; won by Mike Matheny, 2:32:52. Contact: John McKenzie, Athletic Department, N.T.S.U., Denton, Tex. 76203.

● **ODESSA (5th)**, Odessa, Texas (Nimitz Jr. High), December ?. Course: out-and-back, certified '74. Records: 2:24:19, Kevin Shaw '74; 3:56:51, Elizabeth Williams '75. 1975 Results: 10 under 3:00; won by Mike Albert, 2:36:59, and Williams. Contact: Jack Petty, 907 West 2nd, Odessa, Tex. 79763.

● **OIL CAPITAL (5th)**, Tulsa, Oklahoma (Mohawk Park), March 27, 1976 (9 a.m.), March 26, 1977. Course: 3.1-mile laps, certified '71. Records: 2:18:10, Terry Ziegler '75; 3:29:47, Nancy Laird '72. 1975 Results: 52 finished, 11 under 3:00, 52 under 4:00; won by Ziegler and Askew, 4:07:53.

(continued on page 36)



Contact: Larry Aduddell, 4519 S. Kingston, Tulsa, Okla. 74135.

● **OKLAHOMA CITY (2nd)**, Oklahoma City, Oklahoma (Lake Hefner), November ?. Course: not certified. Records: 2:33:22, Nolan Grayson '75. 1975 Results: 45 finished, 14 under 3:00, 40 under 4:00; won by Grayson. Contact: Larry Aduddell, 4519 S. Kingston, Tulsa, Okla. 74135.

● **OMAHA (2nd)**, Omaha, Nebraska (9th and Capital), August 2 (6:30 a.m.). Course: out-and-back, certified '75. Records: 2:26:48, Bob Busby '75; 4:39:07, Jennie Stevens '75. 1975 Results: 130 finished, 21 under 3:00, 89 under 4:00; won by Busby and Stevens. Contact: Bob Lozeau, c/o Omaha Jaycees, 1620 Dodge, Omaha, Neb. 68102.

● **PAAVO NURMI (8th)**, Upson to Hurley, Wisconsin, August 14 (8 a.m.). Course: point-to-point, certified '74. Records: 2:22:59, Lucian Rosa '73; 3:02:03, Lora Cartwright '75. 1975 Results: 397 finished, 80 under 3:00, 301 under 4:00; won by Thomas Antczak 2:26:19, and Cartwright. Contact: Hurley Chamber of Commerce, 203 Silver St., Hurley, Wisc. 54534.

● **PALOS VERDES (10th)**, Palos Verdes Peninsula, California (Peninsula Center), June 12 (8 a.m.). Course: point-to-point, certified '75. Records: 2:20:04, Ed Chaidz '75; 3:11:26, Yvette Cotte '75. 1975 Results: 652 finished, 75 under 3:00, 487 under 4:00; won by Chaidz and Cotte. Contact: Les Woodson, 2209 Via Anocopa, Palos Verdes, Calif.

● **PAUL BUNYAN (2nd)**, Orono, Maine (University of Maine), July 10 (8 a.m.). Course: out-and-back, certification pending. Records: 2:36:32, T. Smith '75; 3:56:54, Diane Fournier '75. 1975 Results: 53 finished, 12 under 3:00, 39 under 4:00, won by Smith and Fournier. Contact: Dick McGrath, Bangor Daily News, Bangor, Maine 04401.

● **PAUL BUNYAN DAYS (2nd)**, Union Lake, Michigan, July ?. Course: not certified. Record: 2:44:44, Pat Fitzgerald '75. 1975 Results: 42 finished, 9 under 3:00, 37 under 4:00; won by Fitzgerald. Contact: Ben Buckner, 4748-D Blairfield Dr., Columbus, Ohio 43214.

● **PAUL SMITH'S COLLEGE (3rd)**, Paul Smiths, New York, September 18 (noon). Course: one loop, not certified. Records: 2:44:00, Jim Ochse '74. 1975 Results: 12 finished, 2 under 3:00, 10 under 4:00; won by Peter Jaffers, 2:49:49. Contact: Tom Agan, Box 83, Paul Smiths, N.Y. 12970.

● **PEACH BOWL (16th)**, Atlanta, Georgia (Westminster School), December 18 (noon), Course: 2

laps, certified '74. Records: 2:16:18, Neil Cusack '71; 2:57:11, Gayle Barron '75. 1975 Results: 121 finished, 61 under 3:00, 119 under 4:00; won by George Christopher, 2:17:49, and Barron. Tim Singleton, Dean of Men, Georgia State Univ., Univ. Plaza, Atlanta, Ga. 30303.

● **PENN RELAYS (4th)**, Philadelphia, Pennsylvania (Fairmount Park), April ?. Course: out-and-back 3 times, certified '66. Records: 2:27:32, Arthur Hall '75; 3:37:31, Eileen Disken '75. 1975 Results: 54 finished, 32 under 3:00, 54 under 4:00. Contact: J.P. Tuppeny, Weightman Hall E-7, University of Penn., Philadelphia, Penn. 19174.

● **PHILADELPHIA (7th)**, Philadelphia (Boathouse Row), November 28 (noon). Course: 3 laps, certified '66. Records: 2:21:57, Bill Rodgers '74; 3:04:44, Nancy Kent '75. 1975 Results: 200 finished, 60 under 3:00; won by Carlo Cherubino and Larry Frederick 2:26:12, and Kent. Contact: Tom Sander, 515 W. Godfrey Ave., Philadelphia, Penn. 19126.

● **PIKES PEAK (21st)**, Manitou Springs, Colorado, August 1 (7:30 a.m.). Course: out-and-back, not certified. Records: 3:31:05, Rick Trujillo '75; 5:20:21, Joan Ulyot '75. 1975 Results: won by Trujillo and Ulyot. Contact: Rudy Fahl, 2400 W. Colorado Ave., Colorado Springs, Colo. 80904.

● **PRESQUE ISLE (3rd)**, Erie, Pennsylvania (Presque Isle State Park), August 8 (8 a.m.). Course: 2 laps, not certified. Records: 2:26:35, George Pfeiffer '75; 3:40:26, Patty Weldon '75. 1975 Results: 65 finished, 19 under 3:00, 64 under 4:00; won by Pfeiffer and Weldon. Contact: Ed Whitman/John O'Sullivan Gould, 451 West 9th St., Erie, Pa. 16501.

● **PUEBLO HOLIDAY (5th)**, Pueblo, Colorado (Pueblo County High School), December 18 (10 a.m.). Course: out-and-back, not certified. Records: 2:31:51, Ron Nabers '74. 1975 Results: 21 finished, 5 under 3:00, 18 under 4:00; won by Bob Jackson 2:52:57. Contact: Jeff Arnold, 131 Garfield, Pueblo, Colo. 81004.

● **RACE OF CHAMPIONS (14th)**, Holyoke, Massachusetts, May 31 (1 p.m.). Course: certified. Records: 2:32:06, Ron Wallingford, '71; 3:16:52, Sara Berman '70. 1975 Results: 56 finished, 12 under 3:00, 49 under 4:00; won by Rick Bayko, 2:34:40, and Merry Cushing 3:34:10. Contact: Walter Childs, P.O. Box 1484, Springfield, Mass.

● **RESURRECTION PASS (6th)**, Hope, Alaska, August 1 (10 a.m.). Course: out-and-back, not certified. Records: 2:41:59, Chris Haines '73, 3:25:16, Marian May

'73. 1975 Results: 52 finished, 1 under 3:00, 16 under 4:00. Contact: Lyla Richards, University of Alaska at Anchorage, 2651 Providence Dr., Anchorage, Alaska 99504.

● **ROCHESTER (5th)**, Rochester, New York (Downtown YMCA), September 6 (8 a.m.). Course: out-and-back, certified '72. Records: 2:25:39, Dick Buerkle '75; 4:05:25, Carolyn Brown '75. 1975 Results: 88 finished, 27 under 3:00, 70 under 4:00; won by Buerkle and Brown. Contact: Len Bagley, 88 Nettlecreek Rd., Fairport, N.Y. 14450.

● **ROTARY SHAMROCK (4th)**, Virginia Beach, Virginia (boardwalk), March 20 (10 a.m.). Course: point-to-point, certified 1973. Records: 2:25:27, Dan Dreschel '75; 3:28:37, Elizabeth Sadoff '75. 1975 Results: 121 finished, 33 under 3:00, 14 under 4:00; won by Dreschel and Sadoff. Contact: Karl Schwartz, 1661 Laskin Rd., Virginia Beach, Va. 23451.

● **SAM BOSSETTI (2nd)**, Hilo, Hawaii (Mooheau Park), July 3 (6:30 a.m.). Course: out-and-back, not certified. Records: 2:33:49, Duncan Macdonald '75; 3:18:17, Cindy Dalrymple '75. 1975 Results: 55 finished, 8 under 3:00, 40 under 4:00; won by Macdonald and Dalrymple. Contact: Jack Healy, 2296 Kalaniana'ole Hwy, Hilo, Ha. 96720.

● **SAN MARTIN MARATHON OF THE LAKES (5th)**, San Martin, California, March 21, 1976 (9 a.m.), March 20, 1977. Course: one loop, certified '72. Records: 2:29:23, Steve Dean '75; 3:59:59, Laurie Bangert '75. 1975 Results: 46 finished, 8 under 3:00, 40 under 4:00; won by Dean and Bangert. Contact: William Flodberg, 12925 Foothill, San Martin, Calif. 95046.

● **SANTA BARBARA (21th)**, Santa Barbara, California (La Playa Stadium), October 10 (7:30 a.m.). Course: out-and-back, certified '67. Records: 2:27:59, Carl Swift '74; 3:03:28, Eileen Waters '74. 1975 Results: 181 finished, 36 under 3:00, 146 under 4:00; won by Doug Schmenk, 2:28:21, and Mary Carman 3:20:20. Contact: John Brennand, 4476 Meadowlark Lane, Santa Barbara, Calif. 93105.

● **SANTA MONICA (4th)**, Santa Monica, California, December 29 (7:30 a.m.). Course: 2 laps, not certified. Records: 2:24:12, Bill Scobey '73; 3:09:00, Linda Heinmiller '75. Results: 269 finished, 47 under 3:00, 219 under 4:00; won by Dave Askren, 2:24:44 and Heinmiller. Contact: Dodie Mosby, 1685 Main St., Room 202 (City Hall), Santa Monica, Calif. 90401.

● **SEATTLE (7th)**, Seattle, Washington (Seward Park), November

27 (11 a.m.). Course: out-and-back twice, certification pending. Records: 2:25:25, Wolf Schlamberger; 3:21:09, Helen Spiegelman '74. 1975 Results: 99 finished, 29 under 3:00, 86 under 4:00; won by Greg Adams, 2:30:29, and Nancy Krenowicz 3:43:46. Contact: Dean Ingram, 507 Cobb Medical Center, Seattle, Wash. 98101.

● **SEBAGO LAKE (2nd)**, Sebago Lake, Maine, August? Course: not certified. Records: 2:40:32, Chris Chambers '75. 1975 Results: 6 under 3:00; won by Chambers. Contact: Joseph Rundin, Sunset View Apts No. 8, Gray, Maine 04039.

● **SENIOR OLYMPICS (7th)**, Irvine, California (University High School), June 6 (7 a.m.). Course: out-and-back, not certified. 1975 Results: 40 finished, 13 under 3:00, 8 under 4:00; won by Truman Clark, 2:32:28, and Luanne Kralick, 3:29:53. Entry restrictions: age 25 or older. Contact: Senior Olympics, 5225 Wilshire Blvd., No. 302, Los Angeles, Calif. 90036.

● **SKYLON INTERNATIONAL (3rd)**, Buffalo, New York to Niagara Falls, Ontario, Canada, October 16 (12:30 p.m.). Course: point-to-point, certified '75. Records: 2:22:53, Russell Pate '74; 2:58:16, Ellen Turkel '74. 1975 Results: 613 finished, 137 under 3:00, 522 under 4:00; won by Martin Sudzina, 2:23:16, and Eleanor Thomas 3:16:18. Contact: Alan Gross, 38 Depew Ave., Buffalo, N.Y. 14214.

● **SILVER LAKE (2nd)**, Newton, Massachusetts, February 15. Course: point-to-point, not certified. 1975 Results: 112 finished, 33 under 3:00, 105 under 4:00; won by Ralph Thomas, 2:29:23, and Janet Greaney 3:18:43. Contact: Fred Brown, 157 Walsh St., Medford, Mass. 02155.

● **SILVER STATE BICENTENNIAL (new race in 1976)**, Reno, Nevada, May 30 (8 a.m.). Contact: Tom Feroah, Nevada Heart Fitness Institute, Reno YMCA, 1300 Foster Dr., Reno, Nev. 89502.

● **SMOKY MOUNTAIN (3rd)**, Knoxville, Tennessee Central High School, February 14, 1976 (1 p.m.), February 12, 1977. Course: out-and-back, not certified. Records: 2:36:35, Terry Gallagher '75. 1975 Results: 21 finished, 2 under 3:00, 21 under 4:00; won by Gallagher. Contact: Harold Canfield, 502 Alandale Rd., Knoxville, Tenn. 37920.

● **SOUTHEASTERN MASTERS (5th)**, Raleigh, North Carolina (State Univ. Campus), April 4 (7 a.m.). Course: 2 laps, not certified. Records: 2:44:55, Bill King '75. 1975 Results: 13 finished, 3 under 3:00, 12 under 4:00; won by King. Contact: Raiford Fulghum, Box 590, Raleigh Parks and Recreation, Raleigh, N.C. 27602.

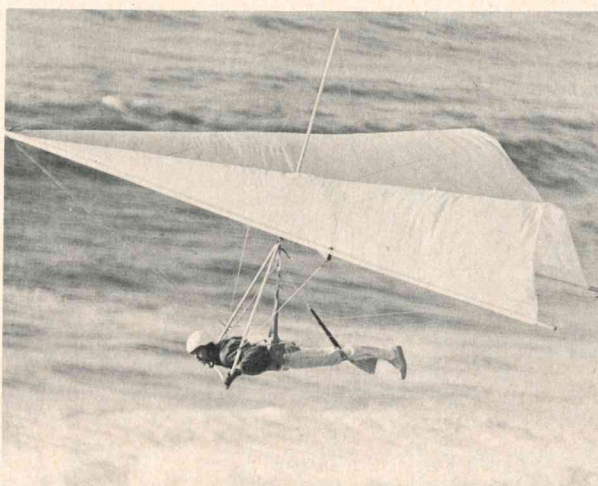
(continued on page 38)



# SportSource

Edited by Bob Anderson

Runner's World Publisher



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World Publications, Box 366, Mountain View, CA 94040



● **STILLWATER** (new race in 1977), Stillwater, Oklahoma, January 15, 1977. Contact: B.L. Crynes, 920 W. Cantwell, Stillwater, Okla. 74074

● **STONE MOUNTAIN (3rd)**, Atlanta, Georgia (Stone Mountain Memorial Park), February 21 (9 a.m.). Course: laps, not certified. Records: 2:48:22, Dave Henderson '75. 1975 Results: 18 finished, 2 under 3:00, 18 under 4:00; won

(Cardwell Park), October 17 (8 a.m.). Course: loop, not certified. Records: 2:27:12, Lionel Ortega '74; 3:55:22, Jeanie Perrow '75. 1975 Results: 71 finished, 11 under 3:00, 32 under 4:00; won by McLane Wilson, 2:41:39, and Perrow. Contact: Gil Duran, New Mexico Track Club, P.O. Box 4071, Albuquerque, N.M. 87106.

● **TRAIL'S END (7th)**, Seaside, Oregon (turnaround), February 28

2:21:15, John Bramley; 3:29:57, Laura Shepherd. 1975 Results: 64 finished, 29 under 3:00, 4 under 4:00; won by Bramley. Contact: Herm Wilson, Track Coach, Wichita State University, Campus Box 18, Wichita, Kans. 67208.

● **UNIVERSITY OF NORTHERN IOWA (4th)**, Cedar Falls, Iowa (UNI Stadium), April 4 (noon). Course: not certified. Records: 2:27:33, Dave Elger '75. 1975 Re-

● **WESTERN RESERVE** (new race in 1976), Hudson to Cleveland, Ohio, May 9 (noon). Course: point-to-point, not certified. Contact: John Adams O'Neil, Room 116, Baker, Case-Western Reserve University, Cleveland, Ohio 44106.

● **WEST VALLEY (6th)**, San Mateo, California (San Mateo High School), February 8, 1976 (9 a.m.), February 13, 1977. Course: 5 laps, certified '73. Records: 2:15:48, Doug Schmenk '73; 2:55:17, Judy Ikenberry '74. 1975 Results: 27 finished, 7 under 3:00. 27 under 4:00; won by Bill Emerling, 2:26:59, and Judy Gumbs 3:19:45. Contact: West Valley Track Club, P.O. Box 1551, San Mateo, Calif. 94401.

● **WHITE ROCK (6th)**, Dallas, Texas (White Rock Lake Park), February 21 (9 a.m.). Course: 3 laps, certified '74. Records: 2:19:18, Terry Ziegler '74; 3:00:54, Kathy Loper '75. 1975 Results: 167 finished, 46 under 3:00, 149 under 4:00; won by Terry Ziegler, 2:26:07, and Loper. Contact: Cross Country Club of Dallas, 6891 Avalon, Dallas, Tex. 75214.

● **WINDY (7th)**, Carmel, Indiana (Carmel Clay Junior High), March 14, 1976 (noon), March 13, 1977. Course: out-and-back twice, not certified. Records: 2:35:15, Jerry Pierce '75; 3:11:09, Lora Cartwright '75. 1975 Results: 34 finished, 9 under 3:00, 30 under 4:00, won by Pierce and Cartwright. Contact: Jack Beasley, 11040 Winding Brook, Indianapolis, Ind. 46280.

● **WISCONSIN MAYFAIR (4th)**, Milwaukee, Wisconsin (Mayfair Shopping Center), May 30 (7:30 a.m.). Course: 2 laps, not certified. Records: 2:31:25, Dennis McBride '74; 3:37:28, Mary Belling '75. 1975 Results: 110 finished, 24 under 3:00, 78 under 4:00; won by Bruce Fraser and Dennis McBride, 2:31:52, and Belling. Contact: G. Roger Bodart, Mayfair Associates, Inc., Mayfair Shopping Mall, 2500 North Mayfair Rd., Milwaukee, Wisc. 53226.

● **WORLD MASTERS (6th)**, Orange, California (Chapman College), January? Course: one loop, certified '73. Records: 2:19:36, Ron Kurrle '74; 3:24:48, Susan Lane '75. 1975 Results: 163 finished, 53 under 3:00, 137 under 4:00; won by Ron Kurrle, 2:22:47, and Lane. Contact: Bill Selvin, 2125 N. Tustin, Space 3, Orange, Calif. 92665.

● **YONKERS (40th)**, Yonkers, New York (Yonkers Raceway), May 23 (noon). Course: 4 laps, certified '74. Records: 2:18:52, Ron Wayne '74; 2:58:50, Nina Kuscsik '73. 1975 Results: 130 finished, 21 under 3:00, 101 under 4:00; won by Marty Sudzina, 2:27:37, and Chloe Foote, 4:23:08. Contact: Mel Goldberg, Yonkers Raceway, Yonkers, N.Y. 10704.



by Henderson. Contact: Herb Benario, 763 Houston Mill Rd. N.E., Atlanta, Ga. 30329.

● **SUGAR RIVER TRAIL** (new race in 1976), New Glarus to Brodhead, Wisconsin, October 24 (9 a.m.). Course: point-to-point, uncertified. Contact: Terry Cooley, 1319 Chandler, Madison, Wisc.

● **TEXAS RELAYS (2nd)**, Austin Texas (Zelker Park on Townlake), April 3 (8 a.m.). Course: not certified. Records: 2:36:51, Mike Matheny '75; 3:08:41, Dorothy Doolittle '75. 1975 Results: 29 finished, 9 under 3:00, 24 under 4:00; won by Matheny and Doolittle. Contact: Hector Cisneros, Littlefield Building, Austin, Tex.

● **THIRD OLYMPIAD MEMORIAL (4th)**, St. Louis, Missouri (Washington Univ), February 29 (8 a.m.). Course: point-to-point, certified '73. Records: 2:21:00, Bob Busby '75; 2:53:40, Teri Anderson '73. 1975 Results: 142 finished, 52 under 3:00, 137 under 4:00; won by Busby and Carolyn Gibbard, 3:30:28. Contact: Jerry Kokesh, 116-E. Mesa Verde, Manchester, Mo. 63011.

● **THREE RIVER FESTIVAL (2nd)**, Fort Wayne, Indiana (Memorial Coliseum), July 18 (8 a.m.). Course: out-and-back, certified 175. Records: 2:33:00, Kenneth Ellingwood '75; 3:04:12, Lora Cartwright. Contact: Cal Mahlock, WKJG-TV/33, 2633 W. State Blvd., Fort Wayne, Ind. 46808.

● **TOUR OF ALBUQUERQUE (7th)**, Albuquerque, New Mexico

*Ray Menzie (running third here) pulled away to beat Vance Parkhurst (left) and Ross Smith in the AAU Masters.*

(11:30 a.m.). Course: out-and-back certified '73. Records: 2:16:28, Tom Howard '74; 2:56:07, Lili Ledbetter '75. 1975 Results: 449 finished, 110 under 3:00, 341 under 4:00; won by Tom Heinonen, 2:21:26, and Ledbetter. Contact: Seaside Chamber of Commerce, P.O. Box 7, Seaside, Ore. 97138.

● **TRI-STATES (11th)**, White Cloud, Kansas to Fall City, Nebr., October 17 (8 a.m.). Course: point-to-point, not certified. Records: 2:21:36, Bob Busby '74; 3:54:34, Sylvia Wiegand '75. 1975 Results: 58 finished, 18 under 3:00, 47 under 4:00; won by Greg Carlberg, 2:25:58, and Wiegand. Contact: Louis Fritz, Verdon, Nebr. 68457.

● **US-MEXICO (3rd)**, El Paso (Old Bowie High School) to Juarez, Mexico (Chamizal Park), November 28 (9 a.m.). Course: point-to-point, not certified. Records: 2:20:03, Larry Brown '75; 4:44:52, Anna Black '75. 1975 Results: 49 finished, 13 under 3:00, 34 under 4:00; won by Brown and Black. Contact: Norman Pittenger, 2727 Montana Ave., El Paso, Tex. 79903.

● **US OLYMPIC TRIAL** (new race in 1976), Eugene, Oregon, May 22. Course: certified in '72. Contact: Athletic Department, University of Oregon, Eugene, Ore. 97403.

● **USTFF CHAMPIONSHIP (8th)**, Wichita, Kansas (Cessna Stadium), May 29 (7 a.m.). Course: out-and-back, not certified. Records:

12 finished, 4 under 3:00, 10 under 4:00; won by Elger. Contact: Jack Jennett, Men's Gym, Cedar Falls, Ia. 50613.

● **VALENTINE RUNNING FESTIVAL (5th)**, Shalimar, Florida (Eglin AFB), February 14. Course: one loop, not certified. Records: 2:19:34, Jeff Galloway '72; 3:46:15, Tracie Sigler '75. 1975 Results: 16 finished, 2 under 3:00, 11 under 4:00. Contact: John Oeltmann, Box 386, Shalimar, Fla.

● **WASHINGTON'S BIRTHDAY (15th)**, Beltsville, Maryland (Agricultural Research Center), February 15, 1976 (11 a.m.), February 13, 1977. Course: 3 laps, certified '72. Records: 2:24:17, Marshall Adams '73; 3:04:32, Marilyn Bevans '75. 1975 Results: 276 finished, 71 under 3:00, 345 under 4:00; won by Carl Hereford, 2:24:30, and Bevans. Contact: Bob Rothenberg, 13 G. Ridge Rd., Greenbelt, Md. 20770.

● **WESTERN HEMISPHERE and AAU WOMEN'S CHAMPIONSHIP (29th)**, Culver City, California (Veterans' Memorial Auditorium), December 5 (8 a.m.). Course: out-and-back, certified '69. Records: 2:15:21, Bill Scobey, 2:43:54, Jacki Hansen, 1975 Results: 369 finished, 145 under 3:00, 331 under 4:00; won by Gary Tuttle, 2:17:26, and Miki Gorman 2:47:45. Contact: Carl Porter, 4117 Overland Ave., Culver City, Calif. 90230.



# Canadian Races

- **ALBERTA (9th)**, Calgary, Alberta (Bowness Park), May 23 (9 a.m.). Course: 2 laps. Records: 2:35:15, Brian Spielman '75; 3:59:12, Carmin Robinson '75. 1975 Results: 45 finished, 10 under 3:00, 35 under 4:00; won by Spielman and Robinson. Contact: Bill Wyllie, 2932 13th Ave. N.W., Calgary, Alberta, Canada T2N 1M2.
- **ILE D'ORLEANS (4th)**, Ile d'Orleans (Quebec), St. Pierre I.O., St. Jean I.O., October 10 (noon). Records: 2:34:43, Pat Muntuoro '75; 3:25:17, Francine Poirier '74. 1975 Results: 60 finished, 17 under 3:00, 58 under 4:00; won by Muntuoro and Poirier. Contact: Jean-Guy Cote, 26 rue Goudreault, St. Brigitte de Laval, Quebec, Canada, GOA 3K0.
- **LABOR DAY (5th)**, Winnipeg (St. Vital Park), August 29 (9 a.m.).

Course: 7 laps. Records: 3:00:48, Tom Devine '75; 3:40:01, Jan Vallentyne '75. 1975 Results: 9 finished, none under 3:00, 8 under 4:00; won by Devine and Vallentyne. Contact: Steve Gajerski, 47 Royal Salinger Rd., Winnipeg, Manitoba, Canada K2J 2P1.

● **LIONS GATE INTERNATIONAL (5th)**, Vancouver, British Columbia, May? Course: laps. Records: 2:14:33, Tom Howard '74; 3:03:15, Maria Brzezinska '74. 1975 Results: 102 finished, 40 under 3:00, 97 under 4:00; won by Joe Skaja, 2:19:58, and Linda Winslow, 3:06:49. Contact: Don Basham, 1505-1640 Alberni St., Vancouver, B.C. V6G 1A7 Canada.

● **MANITOBA CHAMPIONSHIP (8th)**, Winnipeg (Pan Am Stadium), May 23 (10 a.m.). Course: out-and-back. Records: 2:23:02, Andy Boychuk '69. 1975 Results: 7 finished, 3 under 3:00, 7 under 4:00; won by Bob Moody, 2:52:05. Contact: Doug Sammons, 144 Kenaston Blvd., Winnipeg, Manitoba, Canada.

● **MOLSON GOLDEN (7th)**, Regina, Saskatchewan, September 11 (9 a.m.). Course: laps. 1975 Results: 13 finished, 4 under 3:00, 12 under 4:00; won by Phil Davis, 2:28:09, and Sandra Davis, 3:24:45. Contact: George Reed, Sales Promotion Manager, Molson Saskatchewan Brewery Ltd., 1300 Dewdney Ave., Regina, Saskatchewan, Canada.

● **MONTREAL (4th)**, Montreal, Quebec, March 14, 1976 (noon), March 13, 1977. Course: laps. Records: 2:39:07, Patrick Muntuoro '75; 3:08:08, Maria Brzezinska '75. 1975 Results: 48 finished, 11 under 3:00, 48 under 4:00; won by Muntuoro and Brzezinska. Contact: Michel Rose, 12 232 Armand Bombardier, Montreal, Quebec, H1E 1W7, Canada.

● **NATIONAL CAPITAL**, Ontario, May 2. 1975 Results: 143 finished 28 under 3:00, 99 under 4:00. Contact: Ken Parker, 79-A Glen Park Dr., Ottawa, Ontario K1B 321 Canada.

● **NOVA SCOTIA**, Shelburne, Nova Scotia, August ? 1975 Results: 25 finished, 7 under 3:00, 22 under 4:00; won by Harry Welles, 2:44:52. Contact: Bob Waugh, P.O. Box 358, Shelburne, Nova Scotia B0T 1W0 Canada.

● **OKTOBERFEST (5th)**, Kitchner-Waterloo, Ontario, October? 1975 Results: 70 finished under 3:00; won by Brian Maxwell, 2:18:40, and Joan McKintz 2:57:40. Contact: Race Director, Waterloo Family Y, 145 Lincoln Road, Waterloo, Ontario, Canada.

● **POLICE GAMES**, Toronto, Ontario, July? 1975 Results: 26 finished, 16 under 3:00, 26 under 4:00; won by Wayne Yetman, 2:22:05. Contact: Mike Freeman, 154 Cactus Ave., No. 57, Willowdale, Ontario MZR 2V3 Canada.

● **WESTERN CANADIAN**, Regina Saskatchewan, August? Results: 10 under 3:00; won by Rich Bourrier, 2:20:57. Contact: Lloyd Culham, 4616 Argyle St., Regina, Saskatchewan, Canada.

# States and Dates

## UNITED STATES

**Alabama**  
(no races)

**Alaska**

June? Juneau  
June 11 Midnight Sun, Eielson AFB  
June 19 Mayor's, Anchorage  
Aug. 1 Resurrection Pass, Hope  
Sept. 18 Equinox, Fairbanks

**Arizona**

Feb. 14 Admissions Day, Tucson  
Dec. 18. Fiesta Bowl, Cave Creek to Scottsdale

**Arkansas**

Jan. 31 Ground Hog Day, Little Rock

**California**

Jan. 10 Mission Bay, San Diego  
Jan. 25 World Masters, Orange  
Feb. 7 Bakersfield  
Feb. 8 West Valley, San Mateo  
March 20 Los Angeles  
March 21 San Martin  
April 17 Knights of Columbus, Cupertino  
  
May 2 Ave. of the Giants, Weott  
June 6 Senior Olympics, Irvine  
June 12 Palos Verdes  
Oct. 10 Santa Barbara  
Oct. 31 Cal State Sonoma, Rohnert Park  
Dec. ? Arrowhead, San Bernardino  
Dec. 5 Western Hemisphere, Culver City  
Dec. 11 Livermore  
Dec. 18 Madera  
Dec. 29 Santa Monica

Jan. 15 1977 Mission Bay, San Diego  
Feb. 5 1977 Bakersfield  
Feb. 13 1977 West Valley, San Mateo  
March 20 1977 San Martin

**Colorado**

Aug. 1 Pike's Peak, Manitou Springs  
Oct. 9 Denver YMCA, Denver  
Dec. 18 Pueblo Holiday, Pueblo

**Connecticut**

March 7 John W. English, Middletown  
March 6 1977 J.W. English, Middletown

**Delaware**  
(no races)

**District of Columbia**

Nov. 7 Marine Reserve

**Florida**

Jan. ? Gold Coast, Boca Raton  
Feb. 14 Valentine, Shalimar  
Feb. 15 Miami Bicentennial  
March 6 Florida Relays, Gainesville  
March 20 Florida, Ft. Myers  
Dec. 26 Melbourne  
Feb. 13 1977 Miami Bicentennial  
March 5 1977 Florida Relays, Gainesville  
March 19 1977 Florida, Ft. Myers

**Georgia**

Feb. 21 Stone Mountain, Atlanta  
Dec. 18 Peach Bowl, Atlanta

**Hawaii**

April ? Maui, Kaluhui to Kaanapoli  
July 3 Sam Bossetti, Hilo  
Dec. 12 Honolulu

**Idaho**  
(no races)

**Illinois**

Feb. 29 Boston Qualifier, Champaign  
July 17 Aurora  
Sept. 4 CCAP Southern Illinois, Flora  
Oct. 10 Club North Shore, Lake Bluff  
Oct. 17 Freedom, Monticello  
Nov. ? Joliet-Will County, Joliet  
Dec. 4 North Central, Naperville

**Indiana**

March 14 Windy, Carmel  
June 5 Marathon, Terre Haute  
July 18 Three Rivers Festival, Ft. Wayne  
March 13 1977 Windy, Carmel

**Iowa**

April 4 UNI, Cedar Falls  
April 24 Drake Relays, Des Moines  
Oct. 10 Covered Bridge, Indianola to Winterset

**Kansas**

April 17 Kansas Relays, Lawrence  
May 29 USTFF, Wichita  
Oct. 17 Tri-States, White Cloud, Kan., to Falls City, Nebr.  
Dec. 4 Mel Vos Memorial, Topeka

**Kentucky**

May 9 Kentucky-Pioneer, Frankfurt  
Dec. 5 Bluegrass Invitational, Lexington

**Louisiana**

Feb. 21 Mardi Gras, New Orleans  
Oct. 16 International Rice Festival, Crowley

**Maine**

July 10 Paul Bunyan, Orono  
Aug. ? Sebago Lake

**Maryland**

Feb. 15 Washington's Birthday, Beltsville  
Dec. ? Maryland, Baltimore



Feb. 13 1977 Washington's Birthday, Beltsville

**Massachusetts**  
 Feb. 15 Silver Lake, Newton  
 April 19 Boston AA, Hopkinton to Boston  
 May 31 Race of Champions  
 Oct. 31 Bay State, Framingham

March 21 Boston Qualifier, Ithaca  
 May 16 First Trust, Liverpool  
 May 22 Champlain Valley, Rouser Point to Plattsburgh  
 Yonkers  
 May 23 Rochester  
 Sept. 6 Paul Smith's  
 Sept. 18 Finger Lakes, Ithaca to Marathon  
 Oct. 10

**Pennsylvania**  
 Feb. 15 Nittany Valley TC, State College  
 April ? Penn Relays, Philadelphia  
 June 12 God's Country, Galeton to Coudersport  
 Aug. 8 Presque Isle, Erie  
 Oct. 2 Johnstown  
 Nov. 7 Harrisburg National  
 Nov. 28 Philadelphia

**Rhode Island**  
 (no races)

**South Carolina**  
 (no races)

**South Dakota**

Nov. 7 Longest Day, Brookings

**Tennessee**

Feb. 14 Smoky Mountain, Knoxville  
 Sept. 25 Andrew Jackson, Jackson  
 Feb. 12 1977 Smoky Mt., Knoxville

**Texas**

Jan. 10 North Texas State, Denton  
 Jan. 17 Houston  
 Feb. 21 White Rock, Dallas  
 April 3 Texad Relays, Austin  
 May 29 Las Colonias, San Antonio  
 Nov. 28 US-Mexico, El Paso  
 Dec. ? Odessa  
 Dec. ? Lozano, San Antonio  
 Dec. 4 American National, Galveston  
 Jan. 8 1977 North Texas State, Denton  
 Jan. 15 1977 Houston

**Utah**

May 8 Golden Spike, Corinne to Promatory  
 Deseret News, Salt Lake City  
 July 24 Intermountain AAU, Draper  
 Sept. 25

**Vermont**

March ? Malletts Bay  
 Oct. ? Green Mountain, Colchester

**Virginia**

March 20 Rotary Shamrock, Virginia Beach

**Washington**

April 10 Birch Bay, Blaine  
 Nov. 20 Cheney  
 Nov. 27 Seattle

**West Virginia**

March 20 Hall of Fame, Huntington

**Wisconsin**

May 30 Wisconsin-Mayfair, Milwaukee  
 June 26 Madison  
 Aug. 14 Paavo Nurmi, Upson to Hurley  
 Oct. 24 Sugar River Trail, New Glarus to Brodhead

**Wyoming**

July 25 Frontier Days, Cheyenne

## CANADA

**Alberta**

May 23 Alberta, Calgary

**British Columbia**

May ? Lion's Gate, Vancouver

**Manitoba**

May 23 Manitoba, Winnipeg  
 Aug. 29 Labor Day, Winnipeg

**Nova Scotia**

Aug. ? Nova Scotia, Shelburne

**Ontario**

May 2 National Capital, Ottawa  
 July ? Police Games, Toronto  
 Oct. ? Oktoberfest, Kitchener-Waterloo

**Quebec**

March 14 Montreal  
 Octb 10 Ile d'Orleans

**Saskatchewan**

Aug? Western Canadian Games, Regina  
 Sept. 11 Molson Golden, Regina



*New York's Central Park on a Sunday. The road is closed to auto traffic, open only to bicyclists and pedestrians... like these runners in the New York City Marathon. (Steve Murdock photo)*

**Michigan**

June 19 National Junior College, Dowagiac  
 July ? Paul Bunyan Days, Union Lake  
 July 3 Breckenridge  
 Oct. 16 Grand Valley, Grand Rapids  
 Oct. 24 Motor City, Detroit

**Minnesota**

Oct. 24 Land of Lakes, Bald Eagle Lake

**Missouri**

Feb. 29 Third Olympiad Memorial, St. Louis  
 Sept. 6 Heart of America, Columbia

**Mississippi**

(no races)

**Montana**

June ? Governor's Cup, Missoula  
 Sept. 25 Kalispell

**Nebraska**

Aug. 2 Omaha  
 Oct. 17 Tri-States, White Cloud, Kan., to Falls City, Nebr.

**Nevada**

Feb. 8 Las Vegas  
 May 20 Silver State, Reno  
 July 18 Lake Tahoe, Incline Village  
 Feb. 6 1977 Las Vegas

**New Hampshire**

Oct. 17 Dartmouth Medical School, Hanover

**New York**

March 12 Earth Day, Westbury  
 March 14 Hudson-Mohawk, Albany

Oct. 16 Skylon International, Buffalo to Niagara Falls

March 20 1977 Boston Qualifier, Ithaca

**North Carolina**

Jan. 10 North Carolina TC, Bethel  
 April 4 Southeastern Masters, Raleigh  
 Aug. ? Greensboro to Winston-Salem  
 Nov. 13 All-American, Ft. Bragg  
 Jan. 8 1977 NCTC, Bethel

**North Dakota**

June 26 North Dakota, Grand Forks

**Ohio**

March ? Heartwatchers, Toledo  
 March 14 Athens  
 May 9 Western Reserve, Hudson to Cleveland

June 20

Oct. 3 Glass City, Toledo

Oct. 17 Canton YMCA, Canton

March 13 Monroe  
 1977 Athens

**Oklahoma**

March 27 Oil Capital, Tulsa  
 Aug. ? Andy Payne, Weatherford  
 Nov. ? Oklahoma City  
 Jan. 15 1977 Stillwater  
 March 26 1977 Oil Capital, Tulsa

**Oregon**

Feb. 28 Trail's End, Seaside  
 May 22 US Olympic Trial, Eugene  
 Oct. 10 Nike-Oregon TC, Eugene  
 Nov. 27 Island, Portland  
 Feb. 26 1977 Trail's End, Seaside



# World Marathoning

by Antonin Heyda

**T**wo figures illustrate what's happening in men's and women's marathons:

Back in 1969, when we were compiling the first *Marathon Handbook*, Derek Clayton had the world best for men at 2:08:33. The fastest woman was Anni Erdkamp with 3:07:26. Now, more than six years later, Clayton still leads the world. Erdkamp, meanwhile, stands 72nd on the all-time list. By this time next year, she'll probably be gone from the top 100.

This past year alone, the world best for women dropped by 6½ minutes. Three different runners contributed to the improvement: Liane Winter (2:42:24), Christa Vahlensieck (2:40:15) and Jacki Hansen (2:38:19).

The time required to make the yearly top 100 list went down from 3:26 to 3:20. Twenty-seven women broke three hours, compared to 17 the year before.

The evolution in men's performances is much less dramatic, but of course they have a richer history to compete with. Progress is harder to see here, but it keeps coming.

We see it in overall figures: 100 runners at 2:18:10 or better in 1974, 2:17:45 or faster in the new list. But a more realistic view comes from looking at individuals instead of packs.

The two top runners of 1974, Frank Shorter and Ian Thompson, didn't race much last year. Coming up to replace them were two bright new prospects and a revitalized veteran who moved to fourth, fifth and sixth on the all-time list.

Bill Rodgers and David Chettle ran 2:09:55 and 2:10:20, and they hadn't been on that list before. Jerome Drayton got on in 1969, but hadn't improved. Then he won at Fukuoka with 2:10:08. That kind of progress is most significant.

## All-Time Men's Leaders

NAME (NATION)	TIME (YEAR)
1. Derek Clayton (Aus)	2:08:33 (69)
2. Ian Thompson (GB)	2:09:12 (74)
3. Ron Hill (GB)	2:09:28 (70)
4. Bill Rodgers (US)	2:09:55 (75)
5. Jerome Drayton (Can)	2:10:08 (75)
6. David Chettle (Aus)	2:10:20 (75)
7. Frank Shorter (US)	2:10:30 (72)
8. Akio Usami (Japan)	2:10:37 (70)
9. Bill Adcocks (GB)	2:10:47 (68)
10. Eamon O'Reilly (US)	2:11:12 (73)
John Farrington (Aus)	2:11:12 (70)
12. Karel Lismont (Bel)	2:11:13 (74)
13. Seiichiro Sasaki (Japan)	2:11:17 (67)
14. Jack Foster (NZ)	2:11:18 (74)
15. Kenny Moore (US)	2:11:35 (70)
16. Giuseppe Cindolo (Italy)	2:11:45 (75)
17. Steve Hoag (US)	2:11:54 (75)
18. Morio Shigematsu (Japan)	2:12:00 (65)
19. Eckhard Lesse (EG)	2:12:02 (74)
20. Hayami Tanimura (Japan)	2:12:03 (69)
21. Jim Alder (GB)	2:12:04 (70)
22. Tom Fleming (US)	2:12:05 (75)
23. Hernandez Rodriguez (Col)	2:12:08 (75)



Jack Foster—2:11 at age 41. (Stan Pantovic/Duomo)

24. Pekka Paivarinta (Fin)	2:12:10 (74)
25. Abebe Bikila (Eth)	2:12:11 (64)
26. Yoshiaki Unetani (Japan)	2:12:12 (70)
27. Don Faircloth (GB)	2:12:19 (70)
28. David McKenzie (NZ)	2:12:25 (67)
29. Ferdie Le Grange (SA)	2:12:47 (74)
30. Lutz Philipp (WG)	2:12:50 (71)
31. Takeshi Sou (Japan)	2:12:52 (75)
32. Pablo Garrido (Mex)	2:12:52 (69)
33. Richard Mabuza (Swaz)	2:12:54 (74)
34. Terry Manners (NZ)	2:12:58 (74)
35. Yasunori Hamada (Japan)	2:13:04 (74)
36. Jerzy Gross (Pol)	2:13:05 (75)
37. Toshiharu Sasaki (Japan)	2:13:06 (69)
38. Chris Stewart (GB)	2:13:11 (74)
39. Makoto Hattori (Japan)	2:13:13 (75)
40. Kevin Ryan (NZ)	2:13:15 (75)
41. Igor Schcherbak (SU)	2:13:16 (72)
42. Hans-J. Truppel (EG)	2:13:17 (75)
43. Akio Yoshida (Japan)	2:13:21 (69)
44. Tom Howard (Can)	2:13:23 (75)
45. Yoshinoba Kitayama (Japan)	2:13:24 (73)
46. Kenji Kimihara (Japan)	2:13:25 (69)
47. Roman Legowski (Pol)	2:13:26 (75)
48. Nicolae Mustata (Rum)	2:13:26 (68)
49. Trevor Wright (GB)	2:13:27 (71)
50. Brian Armstrong (Can)	2:13:30 (73)
51. Tadaaki Ueoka (Japan)	2:13:37 (68)

(continued on page 42)



52. Toru Terasawa (Japan)	2:13:41 (65)	64. Bernd Arnold (EG)	2:14:11 (75)	76. Jeff Julian (NZ)	2:14:38 (69)
53. Ismail Akcay (Tur)	2:13:43 (68)	65. Ed Mendoza (US)	2:14:13 (75)	77. Masatsugu Futsuhara (Japan)	2:14:40 (67)
54. Alastair Wood (GB)	2:13:45 (66)	66. Reino Paukkonen (Fin)	2:14:14 (73)	78. Brian Kilby (GB)	2:14:43 (63)
Jurgen Busch (EG)	2:13:45 (68)	67. Don MacGregor (GB)	2:14:15 (74)	79. Kazuo Yamashita (Japan)	2:14:44 (68)
56. Basil Heatley (GB)	2:13:55 (64)	68. Noriyasu Mitsukami (Japan)	2:14:21 (74)	80. Hirokazu Okabe (Japan)	2:14:52 (66)
57. Martin Schroder (EG)	2:13:58 (75)	69. Aleksandr Gozki (SU)	2:14:23 (75)	Yetneberk Belete (Eth)	2:14:52 (72)
58. Vladimir Moissejev (SU)	2:13:59 (72)	70. Ichiro Mihara (Japan)	2:14:27 (74)	82. Pat McMahon (Ire)	2:14:53 (70)
59. Kenichi Otsuki (Japan)	2:14:00 (72)	71. Bud Edelen (US)	2:14:14 (73)	83. Jim Stanley (US)	2:14:54 (75)
60. Seppo Nikkari (Fin)	2:14:02 (72)	72. Amby Burfoot (US)	2:14:28 (68)	84. Bernard Plain (GB)	2:14:56 (74)
61. Mike Ryan (NZ)	2:14:04 (66)	Yuriy Volkov (SU)	2:14:28 (70)	Miroslav Krsek (Czech)	2:14:56 (75)
62. Hidekuni Hiroshima (Japan)	2:14:05 (66)	74. Lucian Rosa (SL)	2:14:31 (75)	86. Guyla Toth (Hun)	2:14:59 (68)
63. Yoshiaki Morita (Japan)	2:14:06 (73)	75. Brenton Norman (Aus)	2:14:33 (73)	Pentti Rummakko (Fin)	2:14:59 (70)

## All-Time Women's Leaders

### NAME (AGE, COUNTRY) TIME (YEAR)

1. Jacki Hansen (26, US)	2:38:19 (75)
2. Christa Vahlensieck (WG)	2:40:15 (75)
3. Liane Winter (WG)	2:42:24 (75)
4. Kim Merritt (20, US)	2:46:14 (75)
5. Chantal Langlace (19, Fr)	2:46:24 (74)
6. Miki Gorman (38, US)	2:46:36 (73)
7. Cheryl Bridges (23, US)	2:49:40 (71)
8. Diane Barrett (14, US)	2:50:21 (75)
9. Claire Spauwen (25, Hol)	2:51:21 (75)
10. Dorothy Doolittle (29, US)	2:51:22 (75)
11. Kathrine Switzer (28, US)	2:51:37 (75)
12. Marjorie Kaput (16, US)	2:51:38 (74)
13. Annick Loir (18, Fr)	2:53:26 (75)
14. Teri Anderson (19, US)	2:53:40 (73)
15. Marilyn Paul (37, US)	2:54:10 (75)
16. Gayle Barron (29, US)	2:54:11 (75)
17. Cindy Dalrymple (33, US)	2:54:25 (75)
18. Judy Ikenberry (31, US)	2:54:28 (74)
19. Sarolta Monspart (27, Hun)	2:54:57 (75)
20. Lora Cartwright (13, US)	2:55:00 (75)
21. Beth Bonner (19, US)	2:55:22 (71)
22. Nina Kuscsik (35, US)	2:55:24 (74)
23. Marilyn Bevans (24, US)	2:55:52 (75)
24. Manuela Preuss (27, WG)	2:55:59 (74)
25. Lili Ledbetter (13, US)	2:56:07 (75)
26. Merry Cushing (US)	2:56:57 (75)
27. Corrie Konings (37, Hol)	2:57:12 (75)
28. Christa Kloth (WG)	2:57:16 (75)
29. Joan McKinty (Cal)	2:57:40 (75)
30. Karin Pagaard (27, Den)	2:57:41 (74)
31. Joan Ulyot (34, US)	2:58:09 (74)
32. Ellen Turkel (20, US)	2:58:16 (74)
33. Irja Pettinen (24, Fin)	2:54:38 (74)
34. Sue Mallery (US)	2:58:39 (75)
35. Peggy Lyman (26, US)	2:58:55 (74)
36. Patricia Hall (16, US)	2:59:04 (75)
37. Kathy Loper (US)	2:59:10 (75)
38. Margie Norem (20, US)	2:59:12 (73)
39. Marijke Moser (28, Switz)	2:59:24 (74)
40. Kathy Gervasi (US)	3:00:10 (74)
41. Penny DeMoss (25, US)	3:00:19 (75)
42. Paola Cacchi (26, Italy)	3:00:47 (71)
43. Mary Etta Boitano (10, US)	3:01:15 (74)
44. Gabriele Schiess (Switz)	3:01:27 (74)
Laurie Taylor (14, US)	3:01:27 (75)
46. Eileen Waters (28, US)	3:01:49 (74)
47. Anne-Marie Saugnac (32, Fr)	3:02:48 (74)
48. Marian May (21, US)	3:02:41 (75)
49. Patricia Barrett (20, US)	3:02:42 (75)
50. Caroline Walker (16, US)	3:02:53 (70)
51. Judy Gumbs (US)	3:02:54 (75)
52. Jan Arenz (US)	3:03:03 (75)
53. Betty Wake (35, US)	3:03:12 (72)
54. Maria Brzezinska (25, Can)	3:03:15 (74)
55. Sue Neary (17, US)	3:04:30 (75)



*Christa Vahlensieck (right) held the women's record briefly at 2:40:15. (Horst Muller photo)*

56. Cathy Sigler (14, US)	3:04:36 (75)	76. Lisa Lorrain (US)	3:08:14 (75)
57. Leal Reinhart (US)	3:04:37 (75)	77. June Chun (14, US)	3:08:23 (74)
58. Sara Berman (35, US)	3:04:40 (72)	78. Nina Koustrup (15, Den)	3:08:24 (74)
59. Caron Schaumburg (34, US)	3:04:42 (75)	79. Donna Gookin (36, US)	3:08:26 (73)
60. Nancy Kent (US)	3:04:44 (75)	80. Harve Yamamoto (Japan)	3:08:36 (75)
61. Siv Jansen (Swe)	3:05:06 (74)	81. Renate Kieninger (WG)	3:08:44 (74)
62. Lucy Bunz (27, US)	3:05:07 (74)	82. Charlotte Lettis (US)	3:08:54 (74)
63. Lydia Ritter (32, WG)	3:05:12 (74)	83. Linda Heinmiller (US)	3:09:00 (75)
64. Regina Schiek (39, WG)	3:05:27 (75)	84. Odette Vetter (Switz)	3:09:09 (75)
65. Nancy Ihrman (17, US)	3:05:32 (73)	85. Valerie Rogosheske (27, US)	3:09:26 (74)
66. Tracie Sigler (15, US)	3:06:07 (75)	86. Lone Dybdahl (Den)	3:09:29 (74)
67. Carmen Hirsch (19, WG)	3:06:14 (75)	87. Sigrun Schumacher (31, WG)	3:09:45 (75)
68. Linda Winslow (Can)	3:06:49 (75)	88. Kirsten Carlsen (33, Den)	3:10:05 (71)
69. Nancy Lindsay (26, US)	3:06:53 (75)	89. Ruth Anderson (46, US)	3:10:10 (75)
70. Marie Albert (US)	3:06:57 (75)	90. Jenifer Haas (US)	3:11:23 (75)
71. Audibert (Fr)	3:07:15 (75)	91. Yvette Cotte (US)	3:11:26 (75)
72. Anni Erdkamp (27, WG)	3:07:26 (67)	92. Lilo Kalweit (41, WG)	3:11:50 (75)
73. Gerda Reinke (WG)	3:07:26 (75)	93. Martha Klopfer (40, US)	3:11:50 (75)
74. Kathryn Rankin (22, US)	3:07:38 (75)	94. Anne Clark (GB)	3:11:54 (75)
75. Margaret Thompson (GB)	3:07:47 (75)	95. Sigrud Nadon (33, Can)	3:12:01 (74)
		96. Esther Fioramonti (27, Switz)	3:12:04 (74)
		97. Irene Rudolf (32, US)	3:12:11 (74)
		98. Sally McPherson (19, US)	3:12:18 (75)
		99. Luanne Kralick (43, US)	3:12:25 (74)
		100. Jenny Taylor (26, US)	3:12:27 (74)



# Top 100 Men for 1975

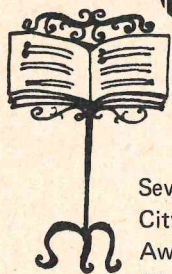
NAME (NATION)	TIME		TIME		TIME
1. Bill Rodgers (US)	2:09:55	37. Shigeki Seri (Japan)	2:15:46	69. John Vitale (US)	2:17:02
2. Jerome Drayton (Can)	2:10:08	38. Soy Choy Chang (Korea)	2:15:47	Fernand Kolbeck (Fr)	2:17:02
3. David Chettle (Aus)	2:10:20	Son Go Chun (Korea)	2:15:47	71. Susumu Sato (Japan)	2:17:04
4. Guiseppe Cindolo (Italy)	2:11:45	40. Jeff Norman (GB)	2:15:40	72. Dietmar Knies (EG)	2:17:05
5. Steve Hoag (US)	2:11:54	Shigeru Mune (Japan)	2:15:50	73. Vaclav Mladek (Czech)	2:17:06
6. Tom Fleming (US)	2:12:05	42. Gerald Umbach (EG)	2:15:53	74. John McLoughlin (GB)	2:17:07
7. Hernandez Rodriguez (Col)	2:12:08	43. Sead Kondo (Yug)	2:15:54	75. Noriyasu Mizukami (Japan)	2:17:08
8. Ron Hill (GB)	2:12:34	44. Nikolay Penzin (SU)	2:15:56	Sik Park Kiog (Korea)	2:17:08
9. Akio Usami (Japan)	2:12:40	45. Paavo Leiviska (Fin)	2:15:58	77. Trevor Wright (GB)	2:17:14
10. Eckhard Lesse (EG)	2:12:42	46. Mario Quezas (Mex)	2:16:03	78. Tony Brien (Ire)	2:17:20
11. Takeshi Sou (Japan)	2:12:52	47. Gabashane Rakabaele (US)	2:16:06	John Farrington (Aus)	2:17:20
12. Jerzy Gross (Pol)	2:13:05	48. Jon Anderson (US)	2:16:08	80. Kinichi Ozawa (Japan)	2:17:21
13. Makoto Hattori (Japan)	2:13:13	49. Sandy Keith (GB)	2:16:12	81. Terry Ziegler (US)	2:17:23
14. Kevin Ryan (NZ)	2:13:15	50. Andy Boychuk (Can)	2:16:13	82. Jack Foster (NZ)	2:17:24
15. Hans-Joachim Truppel (EG)	2:13:17	51. Keith Angus (GB)	2:16:14	Hans Dahler (Switz)	2:17:24
16. Tom Howard (Can)	2:13:23	52. Yasunori Watanabe (Japan)	2:16:17	84. Gary Tuttle (US)	2:17:26
17. Roman Legowski (Pol)	2:13:26	53. Anatoliy Strelez (SU)	2:16:19	85. Derek Pratt (GB)	2:17:27
18. Yasunori Hamada (Japan)	2:13:47	54. Jukka Toivola (Fin)	2:16:20	Hiromi Sonoda (Japan)	2:17:27
19. Martin Schroder (EG)	2:13:58	55. Colin Kirkham (GB)	2:16:21	87. Ferencz Szekeres (Hun)	2:17:28
20. Bernd Arnold (EG)	2:14:11	56. Aarno Ristimaki (Fin)	2:16:29	88. Waldemar Cierpinski (EG)	2:17:30
21. Ed Mendoza (US)	2:14:13	Frank Shorter (US)	2:16:29	39. Ari-Pekka Gyelling (Fin)	2:17:32
22. Pekka Paivarinta (Fin)	2:14:17	Jiri Stehlik (Czech)	2:16:29	90. Norman Deakin (GB)	2:17:33
23. Aleksandr Gozki (SU)	2:14:23	Seppo Nikkari (Fin)	2:16:29	91. Don Faircloth (GB)	2:17:34
24. Lucian Rosa (SL)	2:14:31	60. Son Kim Chang (Korea)	2:16:36	Kenji Kaya (Japan)	2:17:34
25. Jim Stanley (US)	2:14:54	61. Tim Johnston (GB)	2:16:40	93. Damir Muchamedzjanov (SU)	2:17:35
26. Miroslav Krsek (Czech)	2:14:56	62. Barry Brown (US)	2:16:43	94. Sueyoshi Tanaka (Japan)	2:17:37
27. Anatoliy Baranov (SU)	2:15:16	63. Viktor Krause (SU)	2:16:47	95. Eric Austin (GB)	2:17:41
28. Mineteru Sakamoto (Japan)	2:15:17	64. Colin Youngson (GB)	2:16:50	Jozsef Babinyecz (Hun)	2:17:41
29. Russ Pate (US)	2:15:22	Robert Holt (GB)	2:16:50	97. Herb Lorenz (US)	2:17:43
30. Edward Legowski (Pol)	2:15:23	66. Lee Fidler (US)	2:16:51	98. Kirk Pfeffer (US)	2:17:44
31. Jurgen Eberling (EG)	2:15:26	Jorgen Jensen (Den)	2:16:51	Ondrej Zelenansky (Czech)	2:17:44
32. Grigoriy Vinjar (SU)	2:15:27	68. Henk Kalf (Hol)	2:16:53	100. Carl-Magnus Bergh (Swe)	2:17:45
33. Jyoji Takeuchi (Japan)	2:15:31				
34. Karl-Heinz Baumbach (EG)	2:15:36				
35. Peter Fredriksson (Swe)	2:15:38				
36. Aleksandr Matvejev (SU)	2:15:42				

*Six of the year's top 25 runners got their best times at Boston--among them Tom Howard of Canada, leader of this group. (Jeff Johnson photo)*





7th ANNUAL  
**MUSIC  
 CITY  
 RUN**



Saturday  
 March 27, 1976

Seventh Annual Music  
 City Run.

Awards for first through  
 fifth places in all divisions.

One of the largest runs in the Southeast. We look for over 500 runners. Events for everyone, awards for every finisher. Divisions: Grade 1 to 9 (boys & girls), High School through all older age divisions, even 30 & up Women and 60 & up Men. Special Record Breaker awards. Three courses: 1.5-mile, 6-mile and 11-mile in a beautiful park.

Contact Mr. Kent Rea, YMCA, 1000 Church Street, Nashville, Tennessee 37203.

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 of the Case Western Reserve University

**MARATHON '76  
 WESTERN RESERVE**

26 miles, 385 yards  
 Sunday, May 9, 1976  
 in cooperation with Revco Drug Centers



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HISTORIC AND SCENIC ROUTE

Good inexpensive housing at the University. Families  
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Peak for the  
 Ultramarathoner's Special  
 FOURTH ANNUAL

**C & O Canal  
 300-100 Kilometer Run**

November 6, 1976

**BE AN ULTRA-  
 MARATHONER**

*Reveal to yourself the limitless scope of human possibility by conceiving the inconceivable and then accomplishing it; Confirm to yourself your liberation of body and mind from the chains of physical and social inertia;*

*Run your own race, "climb your own mountain," and become the unique person you are.*

**HOW ?**

Run the length of the flat C&O Canal Towpath from Washington, D.C. to the Appalachians through the most beautiful scenery in the East.

Compete in a 2 or 4 man team, one man each day in successive legs of 100 kilometers (62 miles), 40, 41, and 43 miles. Compete alone in the daily legs, totaling 186 miles (300 kilometers), or run "non-stop" in the first 48-hour run.

Individualized T-shirts, parchment certificates, trophies, and color slides to all finishers. All six entrants in 1974 and all eight in 1975 finished. Special awards for open, masters, and military teams. Contact Bob Crane, 511 Kramer Drive, Vienna, Virginia 22180.



# Top 100 Women for 1975

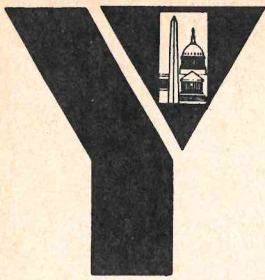
NAME (NATION)	TIME
1. Jacki Hansen (US)	2:38:19
2. Christa Bahlensieck (WG)	2:40:15
3. Liane Winter (WG)	2:42:24
4. Kim Merritt (US)	2:46:14
5. Miki Gorman (US)	2:47:45
6. Diane Barrett (US)	2:50:21
7. Claire Spauwen (Hol)	2:51:21
8. Dorothy Doolittle (US)	2:51:22
9. Kathrine Switzer (US)	2:51:37
10. Annick Loir (Fr)	2:53:26
11. Marilyn Paul (US)	2:54:10
12. Gayle Barron (US)	2:54:11
13. Cindy Dalrymple (US)	2:54:25
14. Sarolte Monspart (Hun)	2:54:57
15. Lora Cartwright (US)	2:55:00
16. Marilyn Bevans (US)	2:55:52
17. Manuella Preuss (WG)	2:56:02
18. Lili Ledbetter (US)	2:56:07
19. Merry Cushing (US)	2:56:57
20. Corrie Konings (Hol)	2:57:12
21. Christa Kloth (WG)	2:57:16
22. Joan McKinty (Can)	2:57:40
23. Joan Ulliyot (US)	2:58:30
24. Sue Mallery (US)	2:58:39
25. Chantal Langlace (Fr)	2:58:50
26. Patricia Hall (US)	2:59:04
27. Kathy Loper (US)	2:59:10
28. Penny DeMoss (US)	3:00:19
29. Laurie Taylor (US)	3:01:27
30. Marian May (US)	3:02:41
31. Patricia Barrett (US)	3:02:42
32. Marjorie Kaput (US)	3:02:47
33. Judy Gumbs (US)	3:02:54
34. Janice Arenz (US)	3:03:03
35. Sue Neary (US)	3:04:30
36. Cathy Sigler (US)	3:04:36
37. Leal Reinhart (US)	3:04:37
38. Caron Schaumberg (US)	3:04:42
39. Nancy Kent (US)	3:04:44
40. Regina Schiek (WG)	3:05:27
41. Ellen Turkel (US)	3:06:03
42. Tracie Sigler (US)	3:06:07
43. Carmen Hirsch (WG)	3:06:14
44. Linda Winslow (Can)	3:06:49
45. Mary Etta Boitano (US)	3:06:50
46. Nancy Lindsay (US)	3:06:53
47. Marie Albert (US)	3:06:57
48. Audibert (Fr)	3:07:15
49. Gerda Reinke (WG)	3:07:26
50. Kathryn Rankin (US)	3:07:38
51. Margaret Thompson (GB)	3:07:47
52. Maria Brzezinska (Can)	3:08:08
53. Lisa Lorrain (US)	3:08:14
54. Harue Yamamoto (Japan)	3:08:26
55. Linda Heinmiller (US)	3:09:00
56. Odette Vetter (Switz)	3:09:09
57. Eileen Waters (US)	3:09:41
58. Donna Gookin (US)	3:09:42
59. Sigrun Schumacher (WG)	3:09:45
60. Ruth Anderson (US)	3:10:10
61. Jenifer Haas (US)	3:11:23
62. Yvette Cotte (US)	3:11:26
63. Martha Klopfer (US)	3:11:50
Lilo Kalweit-Marloth (WG)	3:11:50
65. Anne Clark (GB)	3:11:54
66. Sally McPherson (US)	3:12:18



*West Germany's Liane Winter led off the furious year of women's record breaking. Here, she's being led off after her 2:42:24 race at Boston. She lost the mark two weeks later to country-woman Christa Vahlensieck. (Jeff Johnson photo)*

67. Gretel Meschede (WG)	3:12:51	84. Darlene Wallach (US)	3:16:18
68. Margaret Rosasco (US)	3:12:56	85. Eleanor Thomas (Can)	3:16:18
69. Irrgard Grau (WG)	3:13:05	86. Christine Shultis (US)	3:17:04
70. Kathy Smith (US)	3:13:20	87. Ellen Meehan (US)	3:17:52
71. Mary Glennly (US)	3:13:34	88. Nitte (WG)	3:17:59
72. Clare Wellnitz (US)	3:13:41	89. Caleen King (US)	3:18:18
73. Ella Willis (US)	3:13:51	90. Lydia Ritter (WG)	3:18:19
74. Irene Rudolf (US)	3:14:06	91. Alicia Kirkorn (US)	3:18:36
75. Sherry Henry (US)	3:14:30	92. Kelly Cerda (Cal)	3:18:37
76. Pat McSwegin (US)	3:14:54	93. Janet Greaney (US)	3:18:43
77. Sue Munday (US)	3:14:58	94. Janet Heinonen (US)	3:19:00
78. Ingrid Unger (WG)	3:15:09	95. Winfried Geller (Can)	3:19:05
79. Ursula Blaschke (WG)	3:15:28	96. Sandra Davis (Can)	3:19:14
80. Siv Jansson (Swe)	3:15:28	97. Ursula Detree (WG)	3:19:35
81. Denise Aerni (Switz)	3:15:35	98. Sue Ellen Trapp (US)	3:19:45
82. Martha Gallagher (US)	3:15:47	99. Peggy Stafford (US)	3:19:59
83. Jeanne Bocci (US)	3:15:48	100. Roberta Moore (US)	3:20:12





# FOURTH ANNUAL ACACIA CHERRY BLOSSOM CLASSIC



Acacia  
Mutual  
Life

Washington, D.C.  
Sunday - April 4, 1976 - 9:00 A.M.

## EVENTS

- 10 Mile Open Run
- 10 Mile Walk
- 2 Mile Run for Fitness

- Pre-registration for 10-mile run and 10-mile walk *required* by March 16, 1976.
- Two Mile Registration: 7:45 to 8:45 A.M., in vicinity of East Potomac Park Golf Club House, Hains Point. Ten milers also check in during this period.
- Post-race refreshments.
- NO ENTRY FEE - thanks to sponsorship by Acacia Mutual Life Insurance Company.



## AWARDS

### ACACIA CUP to 10 Mile Winner

First five in each group in 10-mile run.

12 and under	40-44
13-16	45-49
17-22	50-54
23-29	55-59
30-34	60-69
35-39	70 and over

first 15 women, first woman over 35, first three 5-person official teams; first three race walkers under 20; first three race walkers over 20.

**1975 WINNER - Carl Hatfield, West. Va. T.C. (51:47)**



Commemorative awards to all finishers  
in BOTH EVENTS.

Events conducted by D.C. Road Runners Club in cooperation with Metropolitan Washington YMCA and President's Council on Physical Fitness and Sports.



Sanctioned by Road Runners Club of America, Amateur Athletic Union and U.S. Track and Field Federation

Event:                                     10 Miles                                     2 Miles                                     10 Mile Walk

I hereby waive and release any and all rights and claims for damages I may have against the sponsors and officials of the Acacia Cherry Blossom Classic to be held on April 6, 1976 for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for this event.

Signature in full \_\_\_\_\_ (Parent if under 17 years old)

Print name \_\_\_\_\_ Occupation \_\_\_\_\_

Street \_\_\_\_\_ City, State & Zip \_\_\_\_\_

Age (as of 4:4:76) \_\_\_\_\_ Team \_\_\_\_\_ Sex \_\_\_\_\_

Registration for 10-mile run must be submitted no later than March 16. Send entries to Jeff Darman, 2737 Devonshire Pl. N.W., Washington, D.C. 20008. Tourist information may be obtained from the Washington Area Convention and Visitors Bureau, 1129 20th Street N.W., Washington, D.C.

**AB-SOLUTELY NO LATE MAIL OR ANY TELEPHONE ENTRIES!!**



# United States Marathoning

by Hugh Bowen

The big names of 1975 were, of course, Hansen and Rodgers. Jacki and Bill broke American records, and the 2:40 and 2:10 barriers. They tell earlier in the booklet how they prepared for those races.

Neither of them, however, was a national champion—possibly because neither competed in the AAU races. Those titles went to Kim Merritt and Gary Tuttle—two rather inexperienced marathoners who still would have been hard to beat by anyone.

Other highlights from 1975:

- Rodgers, Steve Hoag, and Tom Fleming made a rare 1-2-3 sweep for the US at Boston.

- Marian May became the first woman to win a marathon open to both sexes when she ran 3:01 in Alaska.

- The outcry echoed across the country when a 2:20 qualifying standard was announced for the Olympic Trials this spring. But standards like this have a way of dragging people up to meet them. By year's end, 37 men had qualified.

The first year we listed all sub-3:00 runners in the *Handbook* was 1970. That year, 812 made it. At Boston alone in 1975, 887 finished below the magic number. And nationwide, the total was more than 3060.

Some 230 women ran under four hours during the past year, nearly 100 more than the 1975 total.

Startling performances continued to come from the young and old age-groupers. Lora Cartwright and Lili Ledbetter, both 13, ran faster than any male their age with 2:55:00 and 2:56:07. Miki Gorman turned 40, yet placed second in the national championships and ran 2:47:45. Clive Davis clocked 2:47:46 at age 60, and Monty Montgomery was well under three hours again at 68.

Jennifer Amyx, 5, was the youngest American ever to finish a marathon, and Claud Mullholland, 84, was the oldest.

We list age-group records and 1975 marks later in this section. Also state records—the fastest times ever recorded within a state's boundaries, whether by residents or visitors.

Note: Despite repeated requests, we received no results from the Bay State, Boston Qualifer (Illinois), Florida and Omaha Marathons. Only partial results came in from the Marathon Marathon, NAIA, North Dakota and Thanksgiving events.

The following races were scheduled for 1975, but we have no indication whether or not they were held: Alexandria Two-Bridges, Appalachicola Forest, Castleton, Chicago-Hinsdale, Eastern New Mexico, Last Chance, Mackinaw Trails, Mile-High, Mountain, Quincy, and Road Runner.

Please let us know if you have information on any of them, or others we may have overlooked. Please send the details to: *Runner's World*, P.O. Box 366, Mt. View, California 94040.

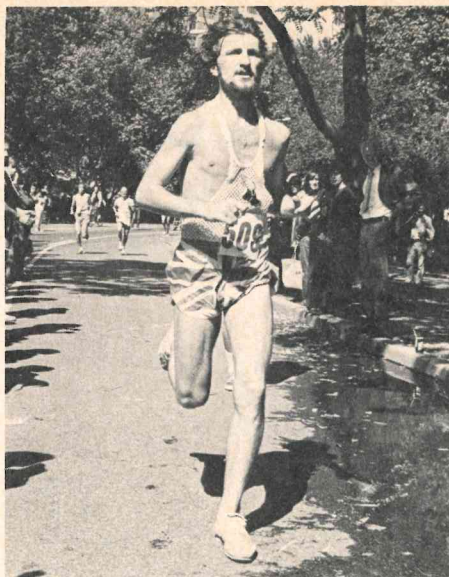
## All-Time Men's Leaders

NAME (AGE)	TIME (YEAR)		TIME (YEAR)		TIME (YEAR)
1. Bill Rodgers (27)	2:09:55 (72)	22. Lee Fidler	2:16:51 (75)	44. Jim Bowles (25)	2:19:25 (75)
2. Frank Shorter (25)	2:10:30 (72)	23. Terry Ziegler (26)	2:17:23 (75)	45. Dave White (20)	2:19:31 (72)
3. Eamon O'Reilly (25)	2:11:12 (70)	24. Gary Tuttle (28)	2:17:26 (75)	46. Ed Bingham (27)	2:19:32 (75)
4. Kenny Moore (27)	2:11:35 (70)	25. Carl Hatfield (26)	2:17:36 (74)	Dan Cloeter (23)	2:19:32 (75)
5. Steve Hoag (28)	2:11:54 (75)	26. Jack Bacheler (28)	2:17:38 (72)	Bill Haviland	2:19:32 (75)
6. Tom Fleming (23)	2:12:05 (75)	27. Herb Lorenz (36)	2:17:43 (75)	49. Martin Sudzina	2:19:33 (75)
7. Ed Mendoza (23)	2:14:13 (75)	28. Kirk Pfeffer (18)	2:17:44 (75)	50. Jeff Galloway (26)	2:19:34 (72)
8. Bud Edelen (25)	2:14:28 (63)	29. Lou Castagnola (30)	2:17:48 (67)	51. Tony Sandoval (21)	2:19:35 (75)
Amby Burfoot (22)	2:14:28 (68)	30. George Christopher	2:17:49 (75)	52. Tom Antczak	2:19:36 (75)
10. Jim Stanley	2:14:54 (75)	31. Don Kardong (23)	2:18:05 (72)	Ron Kurrle (25)	2:19:36 (74)
11. Dennis Williams (29)	2:15:18 (74)	32. Wayne Badgley (30)	2:18:06 (75)	54. Tom Hoffman (27)	2:19:38 (75)
12. Bill Scobey (26)	2:15:21 (71)	33. Lionel Ortega	2:18:15 (75)	55. John Dimick (26)	2:19:51 (75)
13. Russ Pate (28)	2:15:22 (75)	34. Tom Heinonen (22)	2:18:29 (68)	56. Duncan Macdonald (26)	2:20:03 (75)
14. Doug Schmenk (22)	2:15:48 (73)	35. Don Kennedy (27)	2:18:31 (75)	57. Joe Skaja	2:19:58 (75)
15. Norm Higgins (35)	2:15:52 (71)	36. Charlie Maguire (23)	2:18:35 (75)	58. Phil Stewart	2:19:35 (75)
Jon Anderson (24)	2:15:52 (73)	37. Bob Busby (26)	2:18:40 (75)	59. Bruce Mortenson (28)	2:19:59 (72)
17. John Vitale (24)	2:16:15 (73)	38. Pete Span (25)	2:18:49 (73)	60. Larry Brown (32)	2:20:03 (75)
18. Ron Wayne (25)	2:16:16 (74)	39. Larry Miller	2:19:00 (74)	61. Ed Chaidez	2:20:04 (75)
19. Mike Hazilla (25)	2:16:20 (71)	40. Tom Derderian (26)	2:19:04 (75)	62. John Kelley (26)	2:20:05 (57)
20. Barry Brown (31)	2:16:43 (75)	41. Reid Harter (23)	2:19:13 (74)	63. Daniel Rincon (22)	2:20:07 (75)
21. Tom Laris (26)	2:16:48 (67)	Dan Moynihan	2:19:13 (74)		
		43. Scott Bringham (23)	2:19:24 (72)		

(continued on page 48)



64. Peter Farwell (24)	2:20:09 (75)
65. Ed Strabel	2:20:12 (75)
Paul Talkington (26)	2:20:12 (73)
67. Bill Bragg	2:20:18 (75)
68. Ralph Buschmann (25)	2:20:20 (65)
69. Terry Heath	2:20:20 (75)
70. Ron Daws (31)	2:20:23 (69)
71. Kevin McDonald	2:20:24 (75)
72. Justin Gubbins (22)	2:20:26 (74)
73. Phil Camp (25)	2:20:27 (73)
74. Damien Koch	2:20:28 (75)
75. Steve Dean	2:20:29 (75)
76. John Gregorio	2:20:33 (75)
77. Bill Clark (26)	2:20:39 (70)
78. Max White (24)	2:20:40 (75)
79. Steve Matthews (26)	2:20:41 (68)
80. Tom Hess (22)	2:20:43 (75)
81. Mike Gregorio (25)	2:20:45 (72)
82. Floyd Godwin (23)	2:20:52 (68)
83. Rick Bayko (26)	2:20:56 (74)
84. Wayne Ristau	2:21:04 (74)
85. Chuck Smead (22)	2:21:05 (74)
Bill Stewart (32)	2:21:05 (75)
87. Byron Lowry (23)	2:21:07 (70)



88. Dennis Delmott	2:21:10 (75)
89. John Bramley	2:21:15 (75)
90. Mike Mittelstadt	2:21:21 (70)
91. George Stewart (24)	2:21:29 (73)
92. Cliff Karthauer (22)	2:21:30 (75)
93. Ken Moffitt (22)	2:21:32 (75)
94. Ray Hughes (35)	2:21:45 (74)
Larry Olsen (28)	2:21:45 (75)
96. John Samore	2:21:46 (75)
97. Jay Dirksen (24)	2:21:53 (69)
98. Hal Higdon (32)	2:21:55 (64)
99. Ron Blackmore	2:21:56 (75)
100. Tom Robinson (20)	2:22:00 (71)

For the third year in a row, Tom Fleming improved his best time at Boston. Now it's down to 2:12:05. (Here, he's winning the New York City Marathon. (Harrison Funk photo)

## All-Time Women's Leaders

Name (Age)	Time (Year)
1. Jacki Hansen (26)	2:38:19 (75)
2. Kim Merritt (20)	2:46:14 (75)
3. Miki Gorman (38)	2:46:36 (73)
4. Cheryl Bridges (23)	2:49:40 (71)
5. Diane Barrett (14)	2:50:21 (75)
6. Dorothy Doolittle (29)	2:51:22 (75)
7. Kathrine Switzer (28)	2:51:37 (75)
8. Marjorie Kaput (16)	2:51:38 (74)
9. Teri Anderson (19)	2:53:40 (73)
10. Marilyn Paul (37)	2:54:10 (75)
11. Gayle Barron (29)	2:54:11 (75)
12. Cindy Darlymple (33)	2:54:25 (75)
13. Judy Ikenberry (31)	2:54:28 (74)
14. Lora Cartwright (13)	2:55:00 (75)
15. Beth Bonner (19)	2:55:22 (71)
16. Nina Kuscsik (35)	2:55:24 (74)
17. Marilyn Bevans (24)	2:55:52 (75)
18. Lili Ledbetter (13)	2:56:07 (75)
19. Merry Cushing	2:56:57 (75)
20. Joan Ulliyot (34)	2:58:09 (74)
21. Ellen Trukel (20)	2:58:16 (74)
22. Sue Mallery	2:58:39 (75)
23. Peggy Lyman (26)	2:58:55 (74)
24. Patricia Hall (16)	2:59:04 (75)
25. Kathryn Loper	2:59:10 (75)
26. Margie Norem (20)	2:59:12 (73)
27. Kathy Gervasi	3:00:10 (74)
28. Penny DeMoss (25)	3:00:19 (75)
29. Mary Etta Boitano (10)	3:01:15 (74)
30. Laurie Taylor (14)	3:01:27 (75)
31. Eileen Waters (28)	3:01:49 (74)
32. Marian May (21)	3:02:41 (75)
33. Patricia Barrett (20)	3:02:42 (75)
34. Caroline Walker (16)	3:02:53 (70)
35. Judy Gumbs	3:02:54 (75)
36. Janice Arenz	3:03:03 (75)
37. Betty Wake (35)	3:03:12 (72)
38. Sue Neary (17)	3:04:30 (75)
39. Cathy Sigler (14)	3:04:36 (75)
40. Leal Reinhart	3:04:37 (75)
41. Sara Berman (35)	3:04:40 (72)
42. Caron Schaumberg (34)	3:04:42 (75)
43. Nancy Kent	3:04:44 (74)
44. Lucy Bunz (27)	3:05:07 (75)
45. Nancy Ihrman (17)	3:05:32 (73)



Kim Merritt jumped quickly to second on the all-time women's list with her AAU victory. (Steven Sutton/Duomo photo)

46. Tracie Sigler (15)	3:06:07 (75)
47. Nancy Linday (26)	3:06:53 (75)
48. Marie Albert	3:06:57 (75)
49. Kathryn Rankin (22)	3:07:38 (75)
50. Lisa Lorrain	3:08:14 (75)
51. June Chun (14)	3:08:23 (74)
52. Donna Gookin (36)	3:08:26 (73)
53. Charlotte Lettis	3:08:54 (74)
54. Linda Heinmiller	3:09:00 (75)

55. Valerie Rogosheske (27)	3:09:26 (74)
56. Ruth Anderson (46)	3:10:10 (75)
57. Jenifer Haas	3:11:23 (75)
58. Yvette Cotte	3:11:26 (75)
59. Martha Klopfer (40)	3:11:50 (75)
60. Irene Rudolf (32)	3:12:11 (74)
61. Sally McPherson (19)	3:12:18 (75)
62. Luanne Kralick (43)	3:12:25 (74)
63. Jenny Taylor (26)	3:12:27 (74)
64. Margaret Rosasco (27)	3:12:56 (75)
65. Diane Williams (13)	3:13:13 (74)
66. Kathy Smith	3:13:30 (75)
67. Mary Glenney	3:13:34 (75)
68. Clare Wellnitz	3:13:41 (75)
69. Ella Willis (18)	3:13:51 (75)
70. Sherrye Henry (16)	3:14:30 (75)
71. Pat McSwegin (32)	3:14:54 (75)
72. Sue Munday (13)	3:14:58 (75)
73. Nicki Hobson (44)	3:15:20 (74)
74. Claire Choate	3:15:44 (73)
75. Martha Gallagher (27)	3:15:47 (75)
76. Jeanne Bocci (32)	3:15:48 (75)
77. Leah Ferris (31)	3:16:01 (74)
78. Darlene Wallach (23)	3:16:15 (74)
79. Kay Flatten	3:16:38 (75)
80. Patti Hurl (24)	3:16:44 (73)
81. Joy Chun (14)	3:16:49 (74)
82. Christine Shultis	3:17:04 (75)
83. Jeanne Crandall	3:17:14 (74)
84. Ellen Meehan (18)	3:17:52 (75)
85. Natalie Cullimore (33)	3:18:00 (71)
86. Calleen King	3:18:18 (75)
87. Virginia Moore (27)	3:18:29 (74)
88. Alicia Kirkorn	3:18:36 (75)
89. Kelly Cerda	3:18:37 (75)
90. Janet Greaney (23)	3:18:43 (75)
91. Teri Jobnson (21)	3:18:56 (73)
92. Janet Heinonen	3:19:00 (75)
93. Bozena Syska (19)	3:19:02 (74)
94. Pam Weigle (29)	3:19:11 (74)
95. Pam Earle (31)	3:19:24 (74)
96. Sue Ellen Trapp (29)	3:19:45 (75)
97. Peggy Stafford	3:19:59 (75)
98. Nadia Garcia (18)	3:20:00 (72)
99. Chris Sakelarios (14)	3:20:11 (74)
100. Roberta Moore	3:20:12 (75)



# Sub-3:00 Men for 1975

## NAME (AGE, STATE)

1. Bill Rodgers (27, Mass)	2:09:55
2. Steve Hoag (28, Minn)	2:11:54
3. Tom Fleming (24, NJ)	2:12:05
4. Ed Mendoza (23, Ariz)	2:14:13
5. James Stanley (Ohio)	2:14:54
6. Russ Pate (28, SC)	2:15:22
7. Jon Anderson (Ore)	2:16:08
8. Frank Shorter (28, Colo)	2:16:29
9. Barry Brown (31, Fla)	2:16:43
10. Lee Fidler (Ga)	2:16:51
11. John Vitale (27, Conn)	2:17:02
12. Terry Ziegler (26, Okla)	2:17:23
13. Gary Tuttle (28, Cal)	2:17:26
14. Herb Lorenz (36, Pa)	2:17:43
15. Kirk Pfeffer (18, Cal)	2:17:44
16. George Christopher (21, Pa)	2:17:49
17. Wayne Badgley (30, Cal)	2:18:06
18. Lionel Ortega (NM)	2:18:15
19. Don Kennedy (27, Tex)	2:18:31
20. Charles Maguire (23, Pa)	2:18:35
21. Bob Busby (25, Mo)	2:18:40
22. Ron Wayne (Cal)	2:18:46
23. Tom Derderian (26, Mass)	2:19:04
24. Don Kardong (Wash)	2:19:14
25. Jim Bowles (25, NY)	2:19:25
26. Ed Bingham (27, Colo)	2:19:32
Dan Cloeter (23, Ind)	2:19:32
Bill Haviland (Tenn)	2:19:32
29. Martin Sudzina (Pa)	2:19:33
30. Tony Sandoval (21, Cal)	2:19:35
31. Tom Antczak (24, Ill)	2:19:36
32. Tom Hoffman (27, Wisc)	2:19:38
33. John Dimick (26, Vt)	2:19:51
34. Duncan Macdonald (26, Hi)	2:19:53
35. Joe Skaja (Ore)	2:19:58
36. Phil Stewart (Md)	2:19:58
37. Jeff Galloway (30, Fla)	2:19:59
38. Larry Brown (23, Tex)	2:20:03
39. Ed Chaidez (Cal)	2:20:04
40. Daniel Rincon (22, Del)	2:20:07
41. Peter Farwell (24, Ill)	2:20:09
42. Ed Strabel (NC)	2:20:12
43. Bill Bragg (NJ)	2:20:18
44. Terry Heath (Idaho)	2:20:20
45. Kevin McDonald (NJ)	2:20:24
46. Carl Hatfield (WV)	2:20:26
47. Damien Koch (Ore)	2:20:28
48. John Gregorio (Colo)	2:20:33
49. Max White (24, Va)	2:20:40
50. Reid Harter (24, Cal)	2:20:55
51. Bill Stewart (32, Mich)	2:21:05
52. Dennis Delmott (Ia)	2:21:10
53. John Bramley (Colo)	2:21:15
54. Amby Burfoot (Conn)	2:21:20
55. Tom Heinonen (29, Ore)	2:21:26
56. Rick Bayko (Mass)	2:21:28
57. Cliff Karthaus (22, Nebr)	2:21:30
58. Ken Moffitt (22, Cal)	2:21:32
59. Larry Olsen (28, Mass)	2:21:45
60. John Samore (Ia)	2:21:46
61. Ron Blackmore (NY)	2:21:56
62. Carl Swift (22, Cal)	2:22:12
63. Gary Barrett (26, Ill)	2:22:14
64. Ken Mueller (38, Mass)	2:22:26
65. Jim Pearson (30, Wash)	2:22:32
66. Dan Moynihan (24, Hi)	2:22:39
67. Ken Norton (Ore)	2:22:45
68. Ron Kurrle (26, Cal)	2:22:47
69. Wayne Akiyama (Cal)	2:22:55

## TIME

70. Don Anderson (22, Mich)	2:22:58
71. Sam Young (22, Cal)	2:22:59
72. Dike Stirrett (27, Ill.)	2:23:02
73. James Berka (Mont)	2:23:04
74. Steve Molnar (24, Pa)	2:23:09
75. Chuck Smead (Colo)	2:23:11
76. Duane Spitz (Mich)	2:23:18
77. Gary Fanelli (24, Pa)	2:23:22
78. Craig Harms (25, Ohio)	2:23:23
79. Edward Fuchs (26, Colo)	2:23:27
80. Ham Amer (23, Mass)	2:23:30
Ralph Thomas (39, Me)	2:23:30
82. Mark Stanforth (25, Hi)	2:23:31
83. Ray Hughes (37, Cal)	2:23:37
84. Bob Fitts (Mo)	2:23:39
85. Jeff Bradley (22, Pa)	2:23:41

86. Tom Lee (Cal)	2:23:44
Mike Merrell	2:23:44
88. Denny Kasischke (Cal)	2:23:48
89. Bernd Heinrich (Cal)	2:23:49
90. Patrick Rupel (Colo)	2:23:51
91. Jim Nuccio (Cal)	2:23:56
92. Chuck Copp (Kans)	2:24:03
93. Art Redhair (20, Ariz)	2:24:04
94. Thom Hunt (17, Cal)	2:24:06
95. Barney Hance (Ill)	2:24:12
96. Joe Carlson (Cal)	2:24:14
97. Robert Conn (Conn)	2:24:18
98. Pete Elliott (28, Ill)	2:24:19
Peter Stipe (Mass)	2:24:19
100. Mark Kushner (22, Cal)	2:24:22

(continued on page 50)

The front pack in the National AAU Championship race at Culver City. Gary Tuttle (barely visible over the shoulder of number 425, John Bramley) won in 2:17. Other identifiable leaders are Ari-Pekka Gylling (5), Jim Nuccio (353), Lionel Ortega (269) and Russ Pate (296). (Bill Leung Jr. photo)





**2:24:24 to 2:24:59**

Walter Johnson (23, Ariz) 2:24:24  
 John Cedarholm (33, Mass) 2:24:27  
 Carl Hereford (27, NC) 2:24:30  
 Ron Nabors (Colo) 2:24:31  
 Bill Clark (Cal) 2:24:33  
 Fred Ritcherson (25, Ore) 2:24:36  
 Fred Best (36, NJ) 2:24:38  
 David Askren (Cal) 2:24:44  
 Gary Rizzo (23, Mich) 2:24:53  
 Fred New (23, Wash) 2:24:57

**2:25:00 to 2:25:59**

Skip Hamilton (Colo) 2:25:00  
 Kenneth Bell (24, Wash) 2:25:07  
 Steven Ferber (20, Hawaii) 2:25:09  
 Scott Graham (Mass) 2:25:14  
 Charles Trayer (21) 2:25:20  
 Donald Slusser (Penn) 2:25:21  
 Roger Rouiller (37, W. Va.) 2:25:24  
 Frank Bozanich (31, Colo) 2:25:26  
 Dan Dreschel (Va) 2:25:27  
 Neil Coville (Mass) 2:25:33  
 Dick Buerkle (NY) 2:25:39  
 James Barker (29, Hawaii) 2:25:43  
 Rick Rojas (NM) 2:25:45  
 Brook Thomas (Cal) 2:25:47  
 Greg Carlberg (26, Nebr) 2:25:58

**2:26:00 to 2:26:59**

Dave White (Cal) 2:26:01  
 Tim Smith (27, Conn) 2:26:03  
 Joel Pasternack (NJ) 2:26:07  
 John Perry (KY) 2:26:07  
 Gerald Crane (Mich) 2:26:09  
 Stephen Lubar (Penn) 2:26:11  
 Carlo Cherubino (NY) 2:26:12  
 Larry Frederick (NY) 2:26:12  
 Milton Place (Ohio) 2:26:14  
 Larry Miller (24, Ore) 2:26:15  
 Lou Patterson (Cal) 2:26:16  
 Dennis Williams (NM) 2:26:16  
 Rob Duncan (Mass) 2:26:18  
 Ed Steingraber (19, Ill) 2:26:19  
 George Pfieffer (25, NY) 2:26:35  
 Chuck Riley (Mass) 2:26:37  
 Donald Brown (Penn) 2:26:41  
 Bruce Robinson (Md) 2:26:44  
 Steve Williams (Wash) 2:26:47  
 Martin Boyd (22, Mich) 2:26:48  
 George Oja (31, Ore) 2:26:48  
 Ernie Rivas (NY) 2:26:48  
 Kenneth Ralston (NY) 2:26:50  
 Mike Sabino (36, Md) 2:26:51  
 Michael Baxter (Mass) 2:26:53  
 Fred Emerling (24, Cal) 2:26:59

**2:27:00 to 2:27:59**

Jeff Ford (Colo) 2:27:07  
 Doug Schmenk (24, Cal) 2:27:08  
 Terry Gallagher (30, Mass) 2:27:12  
 Douglas Ford (22, Colo) 2:27:23  
 Dave Milliman (NY) 2:27:27  
 Michael O'Callaghan (22, Ariz) 2:27:30  
 Julian Nichols (28, Fla) 2:27:31  
 Arthur Hall (NY) 2:27:32  
 Richard Lower (Colo) 2:27:38  
 James Lears (29, Md) 2:27:39  
 Dave Richards (Wash) 2:27:39  
 Mike Albert (20, Tx) 2:27:43  
 Bob Thurston (31) 2:27:53

**2:28:00 to 2:28:59**

Jim Arquilla (Cal) 2:28:01  
 Dave Chilko (Minn) 2:28:06  
 John Pfeil (NY) 2:28:09  
 Stephen Lamb (Conn) 2:28:11  
 Jim Barker (28, Cal) 2:28:11  
 Mark Stevenson (17, Cal) 2:28:11  
 Peter Jeffers (NY) 2:28:14  
 Paul Fetscher (NY) 2:28:16  
 Ken Turner (Wash) 2:28:18  
 Hank Pfeifle (24, Tex) 2:28:19  
 Patrick Buzbee (23, Cal) 2:28:22  
 Hersh Jenkins (23, Cal) 2:28:22  
 Michael Markley (Ohio) 2:28:22  
 Joseph Catalano (Mass) 2:28:25  
 Vernon Campbell (17, Alaska) 2:28:26  
 Harry Shaw (24, Wash) 2:28:26  
 Frederick Gordon (NY) 2:28:27  
 Dennis Gyllenhaal (20, Mo) 2:28:29  
 Vincent Fleming (Mass) 2:28:36

Ronald Johnson (27, Ore) 2:28:37  
 Todd Ferguson (30, Cal) 2:28:38  
 Kaj Johansen (Cal) 2:28:38  
 Rafael Ortega (26, Ariz) 2:28:38  
 Kenny Moore (32, Ariz) 2:28:39  
 Michael Robins (Ohio) 2:28:39  
 Ray Morrison 2:28:42  
 Dennis Fridley (30, Nev) 2:28:44  
 Fran Verdoliva (23, NY) 2:28:52  
 Frank Goldcamp 2:28:58  
 James Perez (28) 2:28:59

**2:29:00 to 2:29:59**

Jim Boyle (NY) 2:29:01  
 William Carr (Mo) 2:29:01  
 Donald Ocana (24, Cal) 2:29:01  
 Phil Suelzer (23, Ind) 2:29:08  
 Paul Thompson (Mass) 2:29:08  
 Roger Pekuri (25, Mich) 2:29:11  
 Roger Vann (20, Ark) 2:29:14  
 Jim Swan (Ky) 2:29:18  
 Steve Dean (Cal) 2:29:23  
 Curt Ankeny (Cal) 2:29:24  
 Kenneth Smith (22, Tex) 2:29:24  
 George Mason (19, Ks) 2:29:25  
 Greg Adams (24) 2:29:27  
 Tim Hendricks (29) 2:29:28  
 David Collins 2:29:30  
 Cyril Haines (20, Colo) 2:29:30  
 Mario Sanchez (28, Ida) 2:29:30  
 Paul Cook (23, Cal) 2:29:35  
 John Loeschhorn (Cal) 2:29:36  
 Ken Blakely (Cal) 2:29:37  
 Carl Bechdel (21, Pa) 2:29:38  
 David Anderson (Pa) 2:29:39  
 Doug McLean (Cal) 2:29:41  
 Mike Shaw (24) 2:29:42  
 Michael Konig (29, NY) 2:29:42  
 Bruce Carpenter (Fla) 2:29:43  
 Raymond Currier (NH) 2:29:44  
 Aaron Folsom (21) 2:29:46  
 Samuel Maizel (NY) 2:29:55  
 Ruben Ruiz (17, Ariz) 2:29:57  
 Bill Sieben (22, NJ) 2:29:57

**2:30:00 to 2:30:59**

Robert Frankum (40, NY) 2:30:00  
 Heinz Weigand (27, Tenn) 2:30:00  
 Dave Elger (22, Wisc) 2:30:07  
 Juan Garza (29,) 2:30:08  
 Chris Chambers (Me) 2:30:11  
 Gary Dobrentz (28, Cal) 2:30:15  
 Darren George (22, Cal) 2:30:15  
 Walter Crawford (26, Ill) 2:30:16  
 Gary Pierce (NJ) 2:30:17  
 Brian Claxton (Ia) 2:30:18  
 Humberto Hernandez (28, Cal) 2:30:18  
 Pat Rumpel (Colo) 2:30:18  
 Thomas Stoothoof (24, NY) 2:30:18  
 Paul Shimon (28, Ks) 2:30:19  
 John Brabowski (20, Mich) 2:30:21  
 Douglas Kurtis (Mich) 2:30:30  
 Stephen Kalog (Conn) 2:30:31  
 Michael Seaman (Minn) 2:30:31  
 Mark Bauman (Fla) 2:30:32  
 Dave Hambley (35, Wash) 2:30:35  
 Michael Bordell (19, Colo) 2:30:36  
 Martin Smith (23, Va) 2:30:40  
 Remulo Mejia 2:30:41  
 Gregory Leroy (Penn) 2:30:42  
 Kris Soler (17) 2:30:42  
 Mark McGarity (21, Mo) 2:30:43  
 William Reding 2:30:44  
 David Coyne (NY) 2:30:50  
 Michael Buzbee (23, Cal) 2:30:52  
 Clayton Steinke (Ore) 2:30:52  
 William McDermott 2:30:53  
 Robert Hempton (Del) 2:30:54  
 Eric Hulst (17, Cal) 2:30:56  
 Thomas Wild (Conn) 2:30:56  
 Dave Patterson (NY) 2:30:57  
 Jeff Kicia 2:30:59

**2:31:00 to 2:31:59**

Mark Adamson (20, Ore) 2:31:00  
 James Carter (Mich) 2:31:00  
 Leonard Hill (22, Ore) 2:31:00  
 David Johnson (21, Utah) 2:31:00  
 Carlos Alfaro (Cal) 2:31:03  
 Maxwell Nichols (Penn) 2:31:07  
 Kenneth Young (34, Ariz) 2:31:07

Jan Sershen (28, Cal) 2:31:11  
 Tim Welles (NY) 2:31:12  
 Kevin Ellis (18, Va) 2:31:14  
 Jim Ewing (35, Tx) 2:31:15  
 Lee Wilcox (37, Wisc) 2:31:25  
 Scott Bringhurst (27, Utah) 2:31:28  
 Stephen Flanagan (27, Colo) 2:31:28  
 Thomas Kuczynski (NJ) 2:31:29  
 Marc Gottesdiener (Conn) 2:31:31  
 Taylor Aultman (24, La) 2:31:34  
 James Kelley (Ariz) 2:31:34  
 Clent Mericle (Tx) 2:31:35  
 John Freemuth (24, Cal) 2:31:36  
 Kenneth Leonowicz (26, Mich) 2:31:36  
 Gary Hill (20) 2:31:38  
 John Roscoe (19) 2:31:38  
 Jack Brennan (NY) 2:31:39  
 Leon Henderson (28, Ore) 2:31:39  
 Steve Adler 2:31:43  
 T.S. Berger (24) 2:31:46  
 Lawrence Garner (Fla) 2:31:48  
 Charles Hodge (Cal) 2:31:48  
 David Walters 2:31:48  
 Earl Bradley (41, Ohio) 2:31:49  
 Jim Green (40+, Mass) 2:31:51  
 Bruce Fraser 2:31:52  
 Dennis McBride (Wisc) 2:31:52  
 Tom Nolan (La) 2:31:52  
 Mark Cocker (26, Ohio) 2:31:53  
 Dale Roe (28, Wisc) 2:31:53  
 Ronald Nehring (28, Utah) 2:31:56

**2:32:00 to 2:32:59**

Bob Bunnell (24, Cal) 2:32:00  
 Mike Sylvester (jr, Ore) 2:32:04  
 Pat Chester (Ala) 2:32:06  
 Christoph Quinby (Fla) 2:32:06  
 David Oropeza (28, Ariz) 2:32:08  
 Gene Fitzgerald (32, Cal) 2:32:09  
 Richard Holloway (Ill) 2:32:09  
 Matt Woessher (20, Cal) 2:32:10  
 Larry Hidalgo (19, Ariz) 2:32:13  
 Jim Sane (17, Cal) 2:32:14  
 James Gusek (Mass) 2:32:16  
 Michael Koenigbauer 2:32:18  
 Ron Daws (38, Minn) 2:32:19  
 Kerry Green (Penn) 2:32:20  
 Bruce Mortenson (31, Ore) 2:32:21  
 Pat Gubbins (NJ) 2:32:22  
 Dennis Spencer (23, Ga) 2:32:24  
 Kenneth Schultz 2:32:25  
 Kim Murphy (Conn) 2:32:27  
 Truman Clark (39, Cal) 2:32:28  
 Mark Everson (Conn) 2:32:28  
 Skip Shaffer (Cal) 2:32:30  
 Thomas Allison (29, Penn) 2:32:31  
 Steven Palm (SD) 2:32:34  
 Akan Sommerville (30, Penn) 2:32:37  
 Bill Scholl (DC) 2:32:39  
 Steve Broten (22, Cal) 2:32:40  
 Jeff Rawlings (Cal) 2:32:41  
 Paul Huyffer (Mass) 2:32:42  
 Kerry Mayer (29, Wisc) 2:32:44  
 Andrew McBride (18) 2:32:44  
 Tom Clark (24, Fla) 2:32:45  
 Steve Wolfe (21) 2:32:45  
 Robert Gray (28, Mass) 2:32:47  
 Thomas Lowman (20, Md) 2:32:50  
 Mike Matheny 2:32:52  
 Clayton Belmont (21) 2:32:55  
 Kris Roberts (Mass) 2:32:58  
 Ken Keahn (24, SD) 2:32:59  
 Pete Kelly 2:32:59  
 Tommy Raynor (25, Ga) 2:32:59

**2:33:00 to 2:33:59**

Kenneth Eillingwood (Fla) 2:33:00  
 Justin Eviliszer (24, Fla) 2:33:00  
 Bob Branch (29, Cal) 2:33:03  
 Ron Chase (Fla) 2:33:04  
 Jeffrey Good (20, Md) 2:33:05  
 Michael Garcia (19, Hawaii) 2:33:06  
 Scott Lutrey (22, Md) 2:33:06  
 Rory Suomi (19, Conn) 2:33:06  
 Ray Frederickson 2:33:11  
 Jim Buell (20, Ky) 2:33:13  
 Edward Burns (NY) 2:33:14  
 Donald Gregory (21, Cal) 2:33:19  
 Earl Swartzendruber (24, Md) 2:33:19  
 John Balsler (26, NY) 2:33:22  
 Nolan Grayson (28, Okla) 2:33:22



John Greer (NY)	2:33:25	Clark Rosen (26, Cal)	2:35:24	Dike Stirrett	2:37:04
Geoff Pietsch (37, Fla)	2:33:25	Paul Hoffman (Tx)	2:35:25	Jim Howard (Cal)	2:37:05
Jerry Jobski (31, Ariz)	2:33:27	Jake White (33, Cal)	2:35:25	John Rudberg (40, Cal)	2:37:05
Sheldon Karlin (25, DC)	2:33:27	Wayne Jacob (Conn)	2:35:26	Lou Putnam (29, Mich)	2:37:07
Tony Wilcox	2:33:27	Mike Kelly (Mo)	2:35:26	Jay Sidman	2:37:07
Mike Dunlap (18)	2:33:28	Tim McLoone (26, NJ)	2:35:26	Seth Bergman (25, Penn)	2:37:11
Roger Gerard (31, Colo)	2:33:28	Luis Arreola (17, Cal)	2:35:29	Bob Coleman (Cal)	2:37:14
Patrick Tobin (21)	2:33:28	Joe Nichols (Pa)	2:35:35	Lawrence Vorwerk (Ia)	2:37:14
Bruce Jayne (Ill)	2:33:29	David Lomeli (16)	2:35:36	Charles Warthan	2:37:14
Jim Andrews (27)	2:33:30	Pete Soutullo (26, La)	2:35:39	Ron Redfield (23)	2:37:15
Harold Tinsley (39, Ala)	2:33:32	Stephen Mousetis (Mass)	2:35:40	Clinton Firstbrook (Minn)	2:37:18
Gordon Haller (Cal)	2:33:35	John Cramer (23, Minn)	2:35:43	Thomas Silvia (Mich)	2:37:20
Richard Ruiz (jr., Ariz)	2:33:35	David Smith (NY)	2:35:43	Joseph Burgasser (Cal)	2:37:21
David Wise	2:33:35	Jack Callaci (NY)	2:35:44	Rex Wiggins (Va)	2:37:21
Bill Brouillet (20, Idaho)	2:33:36	Karl Mueller (39, NY)	2:35:44	Robert Brown (25, Penn)	2:37:22
Nick Johnson	2:33:36	Greg Brock (27, Cal)	2:35:46	William McMullen (Conn)	2:37:22
Peter Pappas (Cal)	2:33:37	Conrad Lowry (23, NY)	2:35:46	Mick McNamara	2:37:22
Simon McNamee (35, Tx)	2:33:39	Larry Anderson (18, Fla)	2:35:48	Richard Bartek (Cal)	2:37:23
Charles Dyson (Conn)	2:33:45	Stephen Goldberg (40, Mass)	2:35:48	Robert McCarthy (Conn)	2:37:23
Dennis Manske (28, Tx)	2:33:47	Robert Zoellick (Pa)	2:35:48	David Saylor (38, Cal)	2:37:23
Dennis Katzer (Nebr)	2:33:49	George Lucas (18, Md)	2:35:50	Scott Spencer (18, NM)	2:37:23
Thomas Dowling (27, NH)	2:33:50	Perry Smith (Ill)	2:35:50	George Schobel (RI)	2:37:28
Walter Gantz (Mich)	2:33:52	Mark Sullivan (Ill)	2:35:50	Charles Bernick (19)	2:37:30
Roland Lass (29, Wisc)	2:33:52	William Martin (21, NY)	2:35:52	Aris Antipas	2:37:31
Raymond Menzie (40, Cal)	2:33:54	Leo Turchyn	2:35:53	Ken Stephens (33, Ariz)	2:37:31
Fred Waybright (27, W.Va.)	2:33:54	Tony Towe (Ky)	2:35:54	Roy Buchanan (21)	2:37:36
Jon Higley (Cal)	2:33:55	Orville Atkins (38, Cal)	2:35:55	Bob Darling (26, Cal)	2:37:36
Dan Wojak (Cal)	2:33:56	Jean Ellis (Ohio)	2:35:55	Sam Winebaum	2:37:39
		Derck Frechette (NY)	2:35:55	Roger Barnes (Ohio)	2:37:40
		Jack Bannick (Mich)	2:35:56	Lawrence Schenelia (23)	2:37:40
		Tad Pinkerton (Wisc)	2:35:59	William Bernard (Ohio)	2:37:41
<b>2:34:00 to 2:34:59</b>				Timothy Fox (22, Mich)	2:37:45
Darryl Beardall (Cal)	2:34:00	<b>2:36:00 to 2:36:59</b>		John Watts (19, Ore)	2:36:58
Paul Shimon (29, Fla)	2:34:00	Joe Kreutz (18, Wisc)	2:36:00	Johnathan Harris (Mass)	2:37:46
Richard Hagin (26)	2:34:02	Brian Sobczak (27, Ohio)	2:36:00	Thomas Brant (27, Ore)	2:37:48
Daniel Winzenried	2:34:03	Richard Giannini (Mass)	2:36:01	Phillip Ryan (Cal)	2:37:50
John Del Sordo (Penn)	2:34:05	Jay Haavik	2:36:01	Shawn Flanagan (20, Wis)	2:37:51
Cyril Haines (Colo)	2:34:07	Davy Collins (22, Ky)	2:36:02	Larry Franks (26)	2:37:51
Herb Parsons (Mass)	2:34:08	Ronald Drogin (Mass)	2:36:02	Ken Leonowicz (Mich)	2:37:56
Larry Fox (Ohio)	2:34:10	John Thomas (27, Ore)	2:36:02	James Samuelson (25, Wisc)	2:37:56
Ken King (24)	2:34:10	MacLean Wilson (18, NM)	2:36:03	Peter Senzig (34, Wisc)	2:37:56
John Kelley (40+, Conn)	2:34:11	Gary Long (Ind)	2:36:04	Ken Dawson (Mass)	2:37:57
Eddy Cadena (28, Cal)	2:34:13	Gregory Griffin (20, Cal)	2:36:06	Jim Schraeder (NY)	2:37:57
Pat Davis	2:34:13	William Johnson (23, Cal)	2:36:06	Paul Hetzel (NY)	2:37:59
Brian Harrington (29, Tx)	2:34:14	Randy Ohman (20, Minn)	2:36:06	Kevin Mahoney	2:37:59
Peter Millard (Mass)	2:34:19	Patrick Davis (Ill)	2:36:07		
Ken Winn (38, Ga)	2:34:21	James Vedder (34, Wisc)	2:36:07	<b>2:38:00 to 2:38:59</b>	
Jerome Williams	2:34:23	Matt Henderson (25, Wash)	2:36:08	Steve Williams	2:38:00
Bennett Beach (Wash, D.C.)	2:34:26	Dale Bateman	2:36:09	David Smith (Penn)	2:38:01
John Swift (17, Cal)	2:34:29	Keith Blackmore (NY)	2:36:10	Louis Grieco (18)	2:38:04
Ron Chase (Fla)	2:34:30	Ajim Baksh (jr., Cal)	2:36:15	Dick Waltz (36, Wisc)	2:38:04
John Filosa (16, Ill)	2:34:34	Mike Naples (Penn)	2:36:17	Wayne Roe (24, Md)	2:38:07
David Hudson (NJ)	2:34:34	Robert Clifford (Conn)	2:36:19	Charles Rose (37, Md)	2:38:07
Joe Analla (NM)	2:34:35	Benji Durden (24, Ga)	2:36:19	Walt Waltmire (21, Cal)	2:38:07
David McLeod (Mass)	2:34:36	Allan Kirik (NY)	2:36:19	Frank Ratti (Ore)	2:38:08
Peter Bly (19, NY)	2:34:37	John Rose (19, Hawaii)	2:36:21	Bob Tegtmier (26)	2:38:08
Larry Ridgeway (30, Wisc)	2:34:38	Dan Kaprowicz (24)	2:36:23	Greg Jacob	2:38:09
George Guins (Ohio)	2:34:40	Bennett Gershman (33, NY)	2:36:27	Glen Town (25, Okla)	2:38:09
Reynaldo Calderon (28)	2:34:41	Haywood Harrell (NC)	2:36:27	John Goudy (Penn)	2:38:10
Thomas Nobles (22, Va)	2:34:41	John Tetzlaff (NJ)	2:36:28	William Gordon (40, NY)	2:38:11
Tom Wysocki (18)	2:34:43	William Kraus (Ohio)	2:36:30	Brad Johnson (jr, Ore)	2:38:11
Ronald Kay (Mass)	2:34:45	Kirk Randall (NH)	2:36:32	Mark Steinberg (19, Ia)	2:38:14
Rick Katz (26, Mo)	2:34:46	Tim Swezey (Cal)	2:36:33	Isa Lapas (25, Ill)	2:38:15
Jerry Peterson (26, Ore)	2:34:46	Cedric Michalak (Wisc)	2:36:34	David Gillett (21, Tx)	2:38:16
Daniel Larson (24, NY)	2:34:47	Doug Osborn (21, Ind)	2:36:34	Cletus Griffin (Ohio)	2:38:16
Michael Tymn (39, Hawaii)	2:34:47	Robert Cooper (21, Cal)	2:36:35	Chuck Johnson (31, Md)	2:38:18
William Olrich (40, KY)	2:34:48	Hector Gonzales (17, Puerto Rico)	2:36:35	Daniel Sekerak (Ohio)	2:38:18
Scot Van Norwick (24, Fla)	2:34:50	Steve Hall (23, Tenn)	2:36:37	Jacki Hansen (26, Cal)	2:38:19
Peter Cross (Pa)	2:34:52	John Capps (NM)	2:36:39	David Odum (25, Tx)	2:38:20
Thomas Clarke (NY)	2:34:53	Patrick Cullen (Ill)	2:36:40	Stephen Ward (21)	2:38:23
Dick Hessler (34, Mo)	2:34:53	Donald Dudley (Mass)	2:36:40	Tim Garcia (Kans)	2:38:24
John Stopa (23, Conn)	2:34:53	Ron Strand (Ore)	2:36:42	Peter Hyde (Mass)	2:38:24
Larry Aduddell (30, Ok)	2:34:54	Mike Anderberg (20)	2:36:44	Mike Considine (Ill)	2:38:25
Aldor Lanctot (38, Tx)	2:34:55	Alphonse Ruffner (44, Mich)	2:36:44	Carl-Erik Westberg (33, Conn)	2:38:25
Norbert Sander (NY)	2:34:56	Clayton Bristol (Conn)	2:36:45	Gary Bryan (38, Wash)	2:38:26
William Donnelly (NY)	2:34:57	Paul Crego (19, NY)	2:36:46	Mark Stevenson (18, Md)	2:38:26
Dennis Spars (Wisc)	2:34:58	William Whitman (20, NY)	2:36:46	David Mitchell (21)	2:38:27
		Patrick Bastick (40+, Conn)	2:36:47	Carey Simons (Cal)	2:38:27
<b>2:35:00 to 2:35:59</b>		Jim Deer (28, Tx)	2:36:49	Terry Habecker (NY)	2:38:30
Robert Langenbach (Wash)	2:35:04	Donald DeWitt (Md)	2:36:51	Russ Smith (40+, Cal)	2:38:30
Jeff Rigdon (21, Cal)	2:35:04	Tom Castro (28, Cal)	2:36:54	Brendon Voss (27, Fla)	2:38:30
Joe Witkowski (28, NJ)	2:35:04	Rick Walker (19)	2:36:54	Brian Freeman (48, Cal)	2:38:31
Alex Fierros (26)	2:35:06	Wendell Maize	2:36:55	Denis O'Halloran (23, Cal)	2:38:32
Tim Zumbaugh	2:35:06	William Marten (39, Wisc)	2:36:55	Ken Smith (Kans)	2:38:32
Jerry Pierce (27, Ind)	2:35:08	Scott Schweitzer (21)	2:36:56	Danny Brewer (Ill)	2:38:33
Anthony Wilcox Mass	2:35:12	Ron Fillhart (18, NY)	2:36:57	S. Trenholme (17, Cal)	2:38:34
Joe Duke (Penn)	2:35:14	Robert Ray (22, Ore)	2:36:57	Johnny Faerber	2:38:35
Michael Lestz (28, Conn)	2:35:15	John Watts (19, Ore)	2:36:58	George Groezinger (Ind)	2:38:35
Glen Leckman (24)	2:35:17			Scott Brown	2:38:36
Donald Wilken (NY)	2:35:20				
Coleman Mooney (34)	2:35:22				
Jan Day (Cal)	2:35:23	<b>2:37:00 to 2:37:59</b>			
David Worthen (Cal)	2:35:23	Dennis McNulty (Ind)	2:37:02		

(continued on page 52)



Brent Coffman (Kans)	2:38:36	Bill Fox (33)	2:40:08	Mike Clay (Fla)	2:41:14
Gerard Benedict (29)	2:38:39	Fred Glemmer	2:40:08	Nick Marshall (27, Pa)	2:41:15
Robert Bazley (NJ)	2:38:40	Bruce Talavyma (28, Va)	2:40:08	John Rayburn (39, Ohio)	2:41:15
Jim Eastman (19, NY)	2:38:40	Robert Russell (Conn)	2:40:09	Vito Perrone (16, Ariz)	2:41:16
Manuel Gatica (21, NJ)	2:38:40	Philip Heath (Mass)	2:40:10	Ian Christopherson (Mont)	2:41:17
Paul Caruccio (Mass)	2:38:41	Edward Bosch (Pa)	2:40:11	George Stewart (Cal)	2:41:17
Jim Eastman (Fla)	2:38:41	Daniel Brannen (Pa)	2:40:11	Joseph Schuessler (21, NY)	2:41:18
Edwin Jerome (31, Tx)	2:38:45	Robert Powers (NH)	2:40:12	Don Miller (20, Md)	2:41:19
David Blankenship (Ohio)	2:38:47	Joe O'Shea (31, Ill)	2:40:13	Lerdy J. Harvey (37, Tx)	2:41:20
Dennis Gordon (21, La)	2:38:47	Roy Prior (21)	2:40:13	Wayne Wallgren (24, Okla)	2:41:20
Steve Kalas (23)	2:38:47	Charles Frosolone	2:40:14	D. Huggins	2:41:22
Arlen Sunn (41, Minn)	2:38:47	Joe Worden (Pa)	2:40:15	Steve McGrew (Ore)	2:41:22
Anthony Stagliano (Cal)	2:38:48	Gary Goettelman (Cal)	2:40:19	Emilio Rotondi (Mass)	2:41:22
Holger Pagel (Ore)	2:38:49	William Beckwith (42, Ore)	2:40:22	Joseph Gorman (Mass)	2:41:23
Nick Ortega (16)	2:38:50	Kenneth Kvam (Kans)	2:40:23	Rick Wilson	2:41:24
Richard Adams (23, Tx)	2:38:51	Steve Rabideau (19, NY)	2:40:23	Lloyd Geggatt (27, Cal)	2:41:25
Damien Howell (Va)	2:38:51	Keith Forman (33, Wash)	2:40:24	Charlie Schmid (Mo)	2:41:25
Dennis Dillie (23, Cal)	2:38:52	Jan Ahlberg (40, Ariz)	2:40:25	John Jefferson (Ohio)	2:41:26
Earl McGilvery (Mass)	2:38:52	Robert Kocent (21, Pa)	2:40:25	Mark Elmer (Mass)	2:41:27
Robert Mitchell (Mass)	2:38:53	Jim Trapp (21, Ariz)	2:40:25	Bruce Fay (15, Ariz)	2:41:27
Glen Town (Okla)	2:38:53	Dan Brown (Ore)	2:40:26	Colin Beer (41, NJ)	2:41:28
Daniel Grace (Conn)	2:38:55	Bill Hammack (Va)	2:40:27	Lee Courcamp	2:41:29
Benny Holt (31, Cal)	2:38:56	John Hammond (25, Ohio)	2:40:27	Bob Pinion	2:41:29
Dale Keenan (24, NJ)	2:38:57	Joseph Viverito (42, NY)	2:40:27	Stuart Ross (Pa)	2:41:29
Steve Martinez (20, Ill)	2:38:58	Richard Jamborsky (Va)	2:40:28	Jim Hershberger (40+, Kans)	2:41:31
John Rayburn (Ohio)	2:38:59	Walt Shafer (35, Cal)	2:40:28	William Van Dyke (31, Ill)	2:41:31
<b>2:39:00 to 2:39:59</b>		Chris Elliot (23)	2:40:29	Allen Westman (Minn)	2:41:31
Art Costantino (28, Penn)	2:39:00	Ron Calderon	2:40:30	Ed Dally (43, Calif)	2:41:33
George Lysy (22, Utah)	2:39:00	Jeff Halteman (22, Pa)	2:40:30	Steve Floto	2:41:34
Kim Wrinkle (17, Tx)	2:39:01	Manuel Ruiz (23, Tx)	2:40:31	Richard Englehardt (23, Md)	2:41:35
Roy Lapidus (NJ)	2:39:02	Robert Crowther (35, Ill)	2:40:32	Fran Lanciaux	2:41:35
Lawrence Rush (NJ)	2:39:03	Glynn Wood (41, Wash., D.C.)	2:40:32	Larry Seethaler	2:41:35
Scott Underwood	2:39:05	Jerry Balदानo (16, Cal)	2:40:33	Dale Arbour (25, Mich)	2:41:38
Joel Cameron (18, Kans)	2:39:07	Raymond Bonner (33, Cal)	2:40:33	Dave Waco (43, Cal)	2:41:38
Gary Hidalgo (19, Ariz)	2:39:09	Chris Doyle (Ohio)	2:40:33	Joseph Burns (45, NJ)	2:41:39
Michael Just (24, Alaska)	2:39:09	Andrew Levinson (Cal)	2:40:33	Eddy Decook (32, Penn)	2:41:39
Jon Lehman (20)	2:39:09	Phil Sweeney (18)	2:40:35	Ed O'Neill (30, NJ)	2:41:39
Tim Donovan (Cal)	2:39:10	Doug Hill (20, Ill)	2:40:36	Ralph Anievas (28, Cal)	2:41:40
Dan Schwetker	2:39:11	Brian Sykes (30, Utah)	2:40:36	Tim Rollings (24, Ind)	2:41:40
Robert Gormley (Mass)	2:39:12	P.T. Brown (22, NY)	2:40:37	Robert Walsh (NY)	2:41:41
Malcom Kidd (NH)	2:39:13	Bruce Frederickson (37, NY)	2:40:37	Dewayne Jackson	2:41:42
Rick Clear (20, Mo)	2:39:14	Carl Cook (Va)	2:40:39	Jim Varner (Ind)	2:41:42
George Vernosky (Md)	2:39:14	William McKitchen	2:40:39	Tim Latham (21, Tx)	2:41:43
Randy Cook (27, Mo)	2:39:17	Tom Molloy (18, Ariz)	2:40:39	Allen Rude (25)	2:41:45
Mike Wycoff	2:39:21	Vance Parkhurst (41, Ore)	2:40:39	Michael Ward (21, Md)	2:41:45
Victor Lants (Ill)	2:39:22	Jeffery Radak (19, Ohio)	2:40:39	Dennis Werling (34, Ill)	2:41:46
John Brennan (39, Cal)	2:39:24	Bob Mackel (32, Cal)	2:40:42	Jim Gallup	2:41:47
Stephan Hanvey (Va)	2:39:25	Dave Mitchell	2:40:44	Gordon Lutes (Cal)	2:41:47
Loren Moes (Ia)	2:39:26	Roger Toothman (25, Ohio)	2:40:44	Paul Yeatts (38, Ariz)	2:41:48
Paul Roche (Mass)	2:39:27	Roger Wilcox (Colo)	2:40:44	Barry Glennan (Cal)	2:41:50
Ken Katzer (Neb)	2:39:28	Ronald Fideldy (Minn)	2:40:45	Martin Cohen	2:41:51
Mike Baer (Colo)	2:39:39	Michael Hill (25, Md)	2:40:45	Dean McComb	2:41:51
Robert Greene (40+)	2:39:39	Alan Jensen (36, Ore)	2:40:45	Lou Wagner (31, Ohio)	2:41:51
Ron Love (20, Okla)	2:39:30	William Martin	2:40:45	Hank Brame (Ark)	2:41:53
Bob Rosen (24, Mo)	2:39:31	Ernest Thieleker (Fla)	2:40:45	Gary Park (W Va)	2:41:53
John Pagliano (35, Cal)	2:39:32	Nick Tsanges (24)	2:40:45	Vern Horn (27, Tx)	2:41:56
Daswell Campbell (Mich)	2:39:34	David Warren (Cal)	2:40:45	Louis Hurtado (16)	2:41:56
Francis Giannino (23, NY)	2:39:34	Dennis Burnell (Conn)	2:40:46	Walter Schafer (35, Cal)	2:41:56
Steve Foster	2:39:37	Roger Johnson (26, Ill)	2:40:46	Mark Anderson (16)	2:41:59
Kevin Kirby (18, Cal)	2:39:38	Roland Watson (30, Cal)	2:40:47	Bill Giulian (Pa)	2:41:59
John Bobalik (27, Ind)	2:39:39	Richard Terhune (Ill)	2:40:48	Robert Wiese	2:41:59
Bob Carlin (NY)	2:39:39	Peter Kuchinski (21, Mass)	2:40:51	<b>2:42:00 to 2:42:59</b>	
Douglas White (Del)	2:39:39	David Thomashow (NY)	2:40:53	Steve Naylor (31, Utah)	2:42:00
Oswaldo Enriquez (18, Tx)	2:39:40	Martin Duffy (Mass)	2:40:54	Ross Oliver (20, Tx)	2:42:00
Don Brown (NY)	2:39:42	Matthew McGowan (18, Ohio)	2:40:55	Don Jones (48, Cal)	2:42:01
Steven Russell (Maine)	2:39:42	Samuel Shaffer (20, Md)	2:40:55	Todd Stone (18)	2:42:05
Alfred Bleyker	2:39:43	C. Allan (40+, Va)	2:40:56	Doug Radach (Wash)	2:42:06
Dan Wojcik	2:39:43	Juan Casas (20, Cal)	2:40:56	Graham Thomas (Va)	2:42:06
Dan Goodrich	2:39:44	Jim Alexander	2:40:57	Richard Green	2:42:07
Ronald Deis (18)	2:39:45	John Hastings (Conn)	2:40:57	David Call (19, Cal)	2:42:08
Tony Gerardi (28, Nev)	2:39:49	Jim Hurlley (Cal)	2:40:57	Paul Fetcher (29, NY)	2:42:08
Eric McFadden (18)	2:39:51	Dan Moore (34, Cal)	2:40:57	Jim Flannery (17, Ill)	2:42:08
Rusty Lamade (38, Mass)	2:39:52	Bill Hemphill (18, Colo)	2:40:58	David Bogdan (27, NY)	2:42:11
Jeff Whitbeck (19, Mo)	2:39:52	John Weinstock (39, Tex)	2:40:58	Richard Harris (35, Penn)	2:42:11
Lee Cohee (34, Fla)	2:39:53	Marshall Spalding (17, Cal)	2:40:59	Bob O'Connell	2:42:11
Mike Cotton	2:39:54	<b>2:41:00 to 2:41:59</b>		Tom Phillips	2:42:11
Michael Sayward (27)	2:39:55	Mark Roth (18, Penn)	2:41:00	Philip Miller (DC)	2:42:12
Ron Gayer (33, Ill)	2:39:56	Thomas Amon McCann (jr, Cal)	2:41:01	Tom Slater (23, Wisc)	2:42:13
John Bitner (30)	2:39:57	William O'Loughlin (NY)	2:41:01	George Wilson (26, Tx)	2:42:13
Dennis Huffman (Ohio)	2:39:57	George Stranznitskas (Conn)	2:41:03	Richard Burdick (30, Wisc)	2:42:15
<b>2:40:00 to 2:40:59</b>		Bob Arce (22)	2:41:04	Dennis Caldwell (Cal)	2:42:15
Max Barr	2:40:02	Kevin Harper (22)	2:41:04	Gary Steffens (20)	2:42:15
Mike Sommers	2:40:02	Charles Perry (Conn)	2:41:04	James Deni (NC)	2:42:16
Gar Williams (40+, Colo)	2:40:02	Randy Presson (Mich)	2:41:07	Mike Conroy (30, Cal)	2:42:17
Steven Kelly (24, Ariz)	2:40:04	Will Albers (19, Va)	2:41:08	Michael Braun (22, Wi)	2:42:19
Dave Blackstone (34, NY)	2:40:07	Mac Larson (NY)	2:41:08	Rick Caraccioco	2:42:19
Norman Cooper (Tx)	2:40:07	Mark Foster (36, Colo)	2:41:10	Allen Miller (Ill)	2:42:19
Ronald Sessums (Tx)	2:40:07	John Sullivan (Mass)	2:41:10	Nichola Pott	2:42:19
Dennis Smith (27, Cal)	2:40:07	Terrence Krall	2:41:11	Rich Rohde	2:42:19
		Bruce LaBelle (20, NY)	2:41:11	Gerhart Sasman (Wisc)	2:42:19



Dan Simeck (27, Mich)	2:42:19	Robert O'Connell (Ill)	2:43:22	Ken Kendall (24, Cal)	2:44:17
Christopher Hughes (16)	2:42:21	Dennis Wingerter (Wash)	2:43:22	Gary Ortner (32, Wash)	2:44:17
Jim Eisenberg (Md)	2:42:23	John Stowers (46, Tx)	2:43:23	Mark Williams (23, Conn)	2:44:17
Buddy Carmody (22, Ore)	2:42:25	Bill Caldwell (20, Tenn)	2:43:24	James Friem (29, Okla)	2:44:18
Dimas Iglesias (17, Cal)	2:42:25	Jim Hearn (28, Colo)	2:43:24	Ed Almeida (50+, Cal)	2:44:19
Randall Kilpatrick (Cal)	2:42:25	Dave Senechalle (34, NY)	2:43:24	Charles Hipp (Ohio)	2:44:19
Louis Aguiar (Mass)	2:42:26	Werner Tersago (NJ)	2:43:24	John Butterfield (39, Tx)	2:44:21
Bob Doran (20, Cal)	2:42:26	Jeffrey Halterman (23, Penn)	2:43:25	Craig Mason (17, Ind)	2:44:21
Gregory Gonzales (19, La)	2:42:26	Steve Sobale (20, Hawaii)	2:43:25	James Reid (Mass)	2:44:21
Mark Markey (26, La)	2:42:27	Dave Aaby (21, Ill)	2:43:26	Kenneth Bowles (17, Ohio)	2:44:22
Jim Jorgenson (22)	2:42:28	Dick Arkley (34)	2:43:26	William Dawson (24, Pa)	2:44:22
Derek Mahaffey (40+, Wash)	2:42:28	Stewart Boden (20)	2:43:26	Bill Tylutki	2:44:22
Gary Choen (22, Va)	2:42:29	George Boring (38, NJ)	2:43:30	William Bove (Kans)	2:44:24
Jim Rosenberg (23, Md)	2:42:29	Ken Byers (32, Ga)	2:43:30	Brian Clifford (33)	2:44:25
Peter Powers (25, Wisc)	2:42:31	Robert Hollister	2:43:30	Dennis Leach (NY)	2:44:25
Mark Proteau (22, Cal)	2:42:31	Jack McCullough	2:43:31	Robert Andrew (Wash)	2:44:26
Ronald Chase (27)	2:42:32	Ken Rogotzke	2:43:32	Joe Fiore (31, Nev)	2:44:26
George Rivera (18, Ariz)	2:42:32	James Yankaskas (Conn)	2:43:32	Danny Green (26)	2:44:27
Jim Graham (28, Tex)	2:42:33	Rob Neilsen (Penn)	2:43:33	Edward Darken (21, Pa)	2:44:28
Mike Meger (17, Ill)	2:42:34	Stan Arthur (32, Ala)	2:43:35	Paul Kaftanski (NY)	2:44:28
Bill Bradna (27, Ill)	2:42:38	Charles Jewell, Jr. (18, Fla)	2:43:35	Randall Brown (23, Ill)	2:44:30
Gary McIntosh (32, Ore)	2:42:38	William Walker (NC)	2:43:36	Paul French (17, Cal)	2:44:30
Bill King (46, Pa)	2:42:39	James King (Mass)	2:43:39	Tony Mezzapelli (Cal)	2:44:30
Anthony Geraldi (Nev)	2:42:40	Alexander Apfelbaum (Conn)	2:43:41	Phil Edelen (20, Tx)	2:44:31
Mike Kearns	2:42:40	Ed Ayres (33, DC)	2:43:41	Patrick Glover (NY)	2:44:31
William Kone (Mass)	2:42:40	Timothy Close (18, Ill)	2:43:42	Lawrence Bauer (Mass)	2:44:32
Richard Todd (27, Mo)	2:42:40	John Gaetland	2:43:44	Brian Bonner (28, Cal)	2:44:34
William Johanson (NJ)	2:42:41	Stephen Grotzky (NY)	2:43:45	Thomas Boone (Mass)	2:44:34
Gregory Rorke (RI)	2:42:41	Joe Perske (19, Minn)	2:43:45	Gerald Koch (40+, Tenn)	2:44:35
Roger Hauck (30, NY)	2:42:42	Herb Willis (15)	2:43:45	William McMullen (22, NY)	2:44:35
Mike Maron (26, Cal)	2:42:43	Kenneth Bellor (23, NY)	2:43:46	Rick Garrison (22)	2:44:37
Paul Dulaney	2:42:44	John Doub (18, Pa)	2:43:46	Richard King (20, Va)	2:44:37
Ken Englert (Ill)	2:42:44	Lou Fritz (32, Neb)	2:43:46	Thomas Ross (Miss)	2:44:37
Victor Kelley (28, Va)	2:42:45	David Machey (18, Ariz)	2:43:46	Rick Halvorsen (17, Ariz)	2:44:38
Robert Ladum (Ore)	2:42:46	Jeff Brain (Minn)	2:43:47	Vince Phillips (Pa)	2:44:38
David Mactaggart (17)	2:42:49	Walter Propert (Pa)	2:43:47	Chris Gregg (Ore)	2:44:39
John O'Rourke (Mass)	2:42:49	Rene Ruzi (32, Cal)	2:43:47	Mark Parker (Conn)	2:44:39
Richard Alejandre (Ca)	2:42:50	Gary Stanley (22, La)	2:43:47	Robert Slick (Cal)	2:44:39
H.L. Cohee (Fla)	2:42:51	Walter Christie (NJ)	2:43:49	David Hunter (27, Wash)	2:44:40
William Kilday (NY)	2:42:52	Bill Griffin (18, Mich)	2:43:49	Thomas Love (Va)	2:44:41
Steve Ross (Wisc)	2:42:53	Charles Hipp (36, Md)	2:43:50	Charles Koester (30, Md)	2:44:42
Paul Zulak (21)	2:42:53	Bill Dunlap (Pa)	2:43:52	Bruce Allen (19, Okla)	2:44:44
Jim Butler (NJ)	2:42:54	Robert Linvill (Va)	2:43:52	Jack Anderson	2:44:44
Matt Cebulski	2:42:54	Lynn Lee	2:43:52	Sam Bray (Pa)	2:44:44
John Garlepp (37, NY)	2:42:54	Edward Wood (Mass)	2:43:54	Pat Fitzgerald (18, Mich)	2:44:44
Braden Gothard (23, NY)	2:42:54	Ken Sekaquaptewa (26, Ariz)	2:43:55	Dwight Higgins (22, Tx)	2:44:44
Jon Brower (30)	2:42:55	Al Wick (42, Pa)	2:43:55	Thomas Homeyer (26, NY)	2:44:44
Gregory Harger (16, Mich)	2:42:55	Douglas Burke (La)	2:43:56	Sterling Speirn (Ohio)	2:44:44
Alan Hitchens (Va)	2:42:55	John Lowe (19)	2:43:56	Lanny Endicott (31, Okla)	2:44:45
Scott Mosenthao (22, NY)	2:42:57	Felix Norton (Cal)	2:43:56	Hank Votava (Mo)	2:44:46
Tom Schartow (19, Ill)	2:42:58	Dave Sexton (18, Ky)	2:43:56	Peter Pawlitschek (Minn)	2:44:48
Kerry Kilgore (28, Cal)	2:42:59	Sal Citarella (33, Md)	2:43:57	James Smith	2:44:48
		Michael Hughes (Vt)	2:43:57	Rodney Reinsour (24, Tx)	2:44:49
<b>2:43:00 to 2:43:59</b>		Don McDonald (21, Ark)	2:43:57	Gene McLain (29)	2:44:50
Brian Brouillet (19)	2:43:00	Dave Welch (21, NY)	2:43:57	Steven Rosasco (18, Md)	2:44:50
John Kittelson (19)	2:43:00	John Langholz (Ia)	2:43:58	Ron Stangeland (20)	2:44:50
Steven Humphrey (31)	2:43:01	Jim Ochse (NJ)	2:43:58	James Roberts (Mass)	2:44:51
Frank McBride (44, Mich)	2:43:02	Bradley Stene (Ia)	2:43:58	Michael Curtis	2:44:52
Robert Miller (37, NJ)	2:43:02	Kevin Higgins (21, NY)	2:43:59	Craig Lowrie (Cal)	2:44:52
Kenneth Terrell (21, Md)	2:43:02	Gerald Kirkpatrick (37, Ariz)	2:43:59	John Walker (54, Nev)	2:44:52
Ed Lopez (18, Cal)	2:43:04			Neil Weygand (28, Pa)	2:44:52
Brian Clayton (Ia)	2:43:05	<b>2:44:00 to 2:44:59</b>		Pat Burke (34, NY)	2:44:53
Bob Dalton (22, NY)	2:43:05	Don Fass (21, Wisc)	2:44:00	Ken Klipp	2:44:53
James Kehoe (Ill)	2:43:05	Charles Stewart (23, Del)	2:44:00	John Naslund (Minn)	2:44:53
Byron Mundy (Pa)	2:43:06	Conrad Eroen (45, Cal)	2:44:02	John Clay (Fla)	2:44:54
Tim Brown	2:43:07	Bill O'Shea (NJ)	2:44:02	Gary Weston (Wisc)	2:44:54
Tom Catrio (28, Cal)	2:43:08	Gordon Spicer (Ohio)	2:44:02	Chris Heulings (Cal)	2:44:56
Joe Holly (21)	2:43:08	Tony Diamond (45, Wash, D.C.)	2:44:03	Paul Kinyon (27, Ill)	2:44:56
John Palladino (19)	2:43:08	Ross Huntington (23, Miss)	2:44:05	Alex Medina (32, Md)	2:44:56
Martin Treviso (18, Ariz)	2:43:08	John Rupp (29)	2:44:05	Frederick Silver (Mass)	2:44:57
James Dow (NY)	2:43:09	Gary Wallace (25,)	2:44:05	Andrew Cragg (28, Minn)	2:44:58
John Grabowski (20)	2:43:09	Irwin Zablick (31, NY)	2:44:05	Robert Myers (35, Cal)	2:44:59
Al Gilman (Minn)	2:43:10	Michael Robbins (20, Ohio)	2:44:06		
Don Chaffee (36, Cal)	2:43:11	Danny Yazzie	2:44:06	<b>2:45:00 to 2:45:59</b>	
Thomas Gleason (32, Cal)	2:43:11	Walter Roettger (Colo)	2:44:07	Jeff Kroot (32, Cal)	2:45:00
Donald Santry (NY)	2:43:11	Bill Wirtanen (30)	2:44:07	Richard Caldwell (23, Mo)	2:45:01
John Fisanotti	2:43:12	Bill Gates (31)	2:44:08	Bill Divita (29, Cal)	2:45:01
Ron Dunham (19, Ore)	2:43:14	Don Huggins (21, Tx)	2:44:08	Joseph Meza (17)	2:45:01
Pat Miller (Cal)	2:43:14	Albert Buhl (NJ)	2:44:09	John Notch (26, Haw)	2:45:01
Dishon Olsen (Ore)	2:43:14	Donald Marvel (32, Md)	2:44:11	Kerry Barnett (20, Ark)	2:45:02
Merlin Nelson (Ore)	2:43:15	Jim Dunaway (18)	2:44:12	Frank Handelman (30, NY)	2:45:03
Tom McAloon (Minn)	2:43:16	Allan Lockyer (NJ)	2:44:12	Kenneth Kraus (22, Tx)	2:45:03
Finn-aage Esbenson (Mass)	2:43:17	Darryl Downey (Cal)	2:44:13	Henry Caret (22, Conn)	2:45:05
Bob Schwartzberg	2:43:17	William Hoss (Va)	2:44:14	Steve McCalley (21, Cal)	2:45:05
Don Morris (38, Colo)	2:43:18	Joseph O'Flaherty (NC)	2:44:14	Glenn Lyle (23, Ill)	2:45:06
Paul Koski (30, Cal)	2:43:19	Ivan Torres (28, Kans)	2:44:14	Daniel Tischler (17, Ill)	2:45:06
Glen Stafford (23, Tx)	2:43:20	Dave Whybrew (29)	2:44:14	Philip Graffe (37, La)	2:45:07
Mike Patter (Pa)	2:43:21	Don Coffman (32, Ky)	2:44:15	Brendon Moore (Colo)	2:45:07
Dean Shonts (NJ)	2:43:21	Cliff Cole (19, Cal)	2:44:15	L. Hall (22, NH)	2:45:08
Mark Winder (19)	2:43:21	Dennis Weidler (Pa)	2:44:15		
		Jim Johnson (21, NJ)	2:44:16		

(continued on page 54)



Lawrence, Garner (22, Fla)	2:45:10	Edwin Taylor (Ind)	2:46:13	Larry Fuselier (39, La)	2:47:10
Ron Vogt (20, Ore)	2:45:12	Tom Cory	2:46:14	Doug Hawley (33, Tenn)	2:47:00
Eugene Wiltison (38, Md)	2:45:13	Patrick Maher (21, NY)	2:46:14	William Howard (Pa)	2:47:10
Albert Hill (Md)	2:45:14	Kim Merritt (20, Wisc)	2:46:14	Randy Coburn (24, Ok)	2:47:12
Louden Kiracoff	2:45:14	Pete Castillo (20, NM)	2:46:15	Don Hawthorne	2:47:12
Dave Casillas (18)	2:45:15	Curt Duff (Utah)	2:46:15	David Smith (NJ)	2:47:12
Stephen Graves (23, NY)	2:45:15	W.F. Newhall	2:46:15	Phil Cooper	2:47:14
Alex Ratelle (50+, Minn)	2:45:15	Steve Wilkin (22)	2:46:16	Jeff McGuire (18, Pa)	2:47:14
Larry Langer (28, NY)	2:45:16	Frank Machnik (Mich)	2:46:17	Don Shanahan (32, Cal)	2:47:14
Stewart Boden (Ca)	2:45:17	Gary Stanley (21, La)	2:46:17	Edwin Dierdorff (39, Haw)	2:47:15
Michael Georgi (23, Cal)	2:45:17	Glenn Wright (27, Mo)	2:46:18	Clint Sanders (19)	2:47:15
James Rocha (24, Cal)	2:45:17	John Cassani (Mich)	2:46:19	Paul Vanture (40+, Alaska)	2:47:15
Christopher Sims	2:45:17	George Croitori (28, Mich)	2:46:20	Alex Himwick	2:47:16
George Crandall (42, Cal)	2:45:18	John Trahan (Mass)	2:46:20	Julius Aulisio (20, Md)	2:47:17
Jay Birmingham	2:45:19	Jeffrey Brandt (20, Pa)	2:46:21	Gary Lace (31, Ill)	2:47:18
Stephen Hanson (21, NY)	2:45:20	Robert MacDougall. (Mass)	2:46:21	Byron Long (Cal)	2:47:19
Charlie Schmid (20)	2:45:20	Benjamin Sawyer (37)	2:46:21	Karl Marek (NJ)	2:47:19
Don Layne (36, Md)	2:45:21	Rich Redman (39)	2:46:22	Al Becken (46, Tx)	2:47:20
Bob Satko (19, Pa)	2:45:22	David Brier (Pa)	2:46:23	Richard Becker (29, NY)	2:47:20
Mitsu Kanda (27, Tx)	2:45:23	Wayne Dey	2:46:23	William Orlando (19)	2:47:21
Robert Lamberson (Pa)	2:45:23	Paul Means	2:46:23	Jim Dugger (19, Fla)	2:47:22
James Smith (Mass)	2:45:24	Glenn Town (Ohio)	2:46:25	Claus Pedersen (24, Cal)	2:47:22
Bernie Allen (Md)	2:45:25	Dave Parker (44, Cal)	2:46:28	Don Granberg (Ore)	2:47:25
B. Deering (27, Me)	2:45:25	Paul Piechowski	2:46:28	R.D. Ramsay (30, Ill)	2:47:25
Damien Howell (25, Va)	2:45:25	Richard Widener (Wisc)	2:46:28	Dave Vaught (Ore)	2:47:25
Bradford Mudge (19, Md)	2:45:26	James Janicki (Wisc)	2:46:32	Karl Naylor (38)	2:47:26
Robert Wood (39, Pa)	2:45:26	Steven Prouty (Mass)	2:46:33	Christopher Heulings	2:47:27
Neil Kozlowski	2:45:27	Tom Rotkis (27, Ariz)		R. Randall (33, NH)	2:47:27
Darty Cronin (47, Cal)	2:45:28	William Murray (Ia)	2:46:34	Stephen London (Mass)	2:47:28
Scott Marsh	2:45:28	Eric Brown (Mass)	2:46:35	Stephen Graves (Mass)	2:47:29
Dan Sheeran (47, Cal)	2:45:28	Pete Boyd	2:46:36	Dennis Hahn (Minn)	2:47:30
Lew Paquin (Fla)	2:45:29	Douglas Colton (NY)	2:46:36	John Duwell (Wisc)	2:47:30
Norman Cooper (32, Tx)	2:45:30	Bruce Batchelder (NC)	2:46:37	Robert Downs (Cal)	2:47:31
Steve Podgayny (24, NJ)	2:45:30	Terry Gibson (Cal)	2:46:37	Steve Nojeim (19, NY)	2:47:31
Steve Pulos	2:45:30	Pete Haley (42, Alaska)	2:46:37	Howard Rosenblatt (Conn)	2:47:31
Paul Siml (18, Ariz)	2:45:30	Robert Harper (26, Wash. D.C.)	2:46:38	Thomas Takach (22, Utah)	2:47:31
Mike Novak (23, Mich)	2:45:31	Anthony Sapienza (40+, Mass)	2:46:38	Dan Dusch (Ky)	2:47:33
John Noyes (32, Me)	2:45:31	Tom Mayfield (38, Tex)	2:46:39	Frank Ittleman (Vt)	2:47:33
David Smith (Wash)	2:45:31	Thomas Devine (ND)	2:46:40	Daniel Rindfleisch	2:47:33
Bill Martin (26, Mich)	2:45:32	Dave Seiler (44, Va)	2:46:40	Garry Sigle (Kans)	2:47:33
Larry Pontinen (Cal)	2:45:32	Mark Weber (21, Mo)	2:46:40	Michael Boyd (23, Va)	2:47:34
Herbert Pschunder (NJ)	2:45:33	Loren Kambestad (23, SD)	2:46:41	David Eiben (25, Ind)	2:47:34
Norman Sandstrom (28)	2:45:34	Burton Ellison (NM)	2:46:42	Floyd Salvador (18, Ariz)	2:47:34
Mark Casanova (Cal)	2:45:35	Donald Rudd (36, NM)	2:46:42	Randy Huskey (21, Ore)	2:47:35
Dan McKinney (Wisc)	2:45:35	James Simpson (44, Cal)	2:46:42	Thomas Abbot (20, Pa)	2:47:36
Valdemer Sanchez (25, Md)	2:45:37	Tom Lawrence (38)	2:46:43	George Conn (40, Tenn)	2:47:36
Don Dixon (48, NY)	2:45:38	Robert Nielsen (Mass)	2:46:43	Kevin Hellman	2:47:36
Johnny Lloyd (22, Ky)	2:45:38	Dave Bashaw (Ill)	2:46:44	Karl Robinson (33, NY)	2:47:36
Jay Birmingham (30, Fla)	2:45:40	Ed Brennan	2:46:44	Myles Saulibio (21, Hawaii)	2:47:36
Steven Ware (Mass)	2:45:40	Donald Burnett (21, Okla)	2:46:45	Dan Wilder (22, Hawaii)	2:47:36
Jimmie Edwards (Ohio)	2:45:43	Lester Page (31, Md)	2:46:45	Luke Brandonisio (17)	2:47:37
Michael Nichols	2:45:43	Ray Rubio (18, Cal)	2:46:45	Chuck Pollard (Wisc)	2:47:38
Jerome Adams (Mo)	2:45:44	Jim Phillips (17)	2:46:46	John Whitehouse (39, Ill)	2:47:38
Chaplain Nichols	2:45:44	Roger Simon (16, Ariz)	2:46:46	Samuel Paris (37, NY)	2:47:39
John Butterfield	2:45:45	Al Meehan (31, NY)	2:46:47	Jim Smith (20, Wash)	2:47:39
David Cummings (25, Md)	2:45:46	David Saries (35, NY)	2:46:48	Steve Thomas	2:47:39
Tom Cladek	2:45:49	Gerald Haslam (37)	2:46:49	Mike Kaziolonis	2:47:40
Jeffrey Greve (Md)	2:45:49	Fred Mansueto (32, Cal)	2:46:49	Jonathan Reed (17, NY)	2:47:41
Les Adler (Ohio)	2:45:50	Mike Morrow (Ore)	2:46:49	Bob Lark	2:47:42
Kenneth Terrell (Md)	2:45:50	James Concannon (Mass)	2:46:51	Bob Layton (34)	2:47:42
Steve Henson (20, Ore)	2:45:51	Doug Kersey	2:46:51	Benjamin Ewers	2:47:43
Les Kinion (Md)	2:45:51	Stacey Cook (18)	2:46:52	Albert Saul (Mass)	2:47:43
J.P. Andrews (20, KY)	2:45:52	Bart Coventry (34)	2:46:52	Torry Lingbloom (15)	2:47:44
Keith Colburn (Cal)	2:45:52	Robert Malain (47, Cal)	2:46:52	Patrick Palmer (Ill)	2:47:44
Willard Bennett (Conn)	2:45:53	Charles Wiltse (NY)	2:46:53	Miki Gorman (40, Cal)	2:47:45
John Lacy (32, Ariz)	2:45:53	Mike Sims (27, Tx)	2:46:54	Clive Davies (59, Ore)	2:47:46
John Babington (Mass)	2:45:54	Donald Hendricks (Pa)	2:46:55	Clark Beegle (18, Mich)	2:47:47
Albert VanNorwick (Mich)	2:45:55	James Speer (24, Wash)	2:46:55	Stephen Foster (28)	2:47:47
Deane Foss (Conn)	2:45:56	Quirino Caro (24, Tx)	2:46:56	Simon McNamee (Tx)	2:47:47
Brian Manghan	2:45:56	Jim Powell	2:46:56	Paul Myers (Wisc)	2:47:47
Ernest Oakes (29, Tx)	2:45:57	Robert Steiner (28)	2:46:56	Don Ward (20, Mich)	2:47:47
Charles Barone	2:45:58	Patrick Thomas (20, Ohio)	2:46:56	Frank Donahue (23, Cal)	2:47:49
Dale Beam (28, Wisc)	2:45:59	John Maloney (Mass)	2:46:57	Daniel Lori (Mich)	2:47:49
Rick McAdam	2:45:59	James Isenberg (Md)	2:46:58	Dennis Mellish (Pa)	2:47:49
		Ted Rice (22, Okla)	2:46:58	Mike Popkins (23, Cal)	2:47:49
		Scott Wilkins (14, Cal)	2:46:58	Edgar Arenz (Minn)	2:47:50
		Donald Lucas (Tx)	2:46:59	Larry Story (32, Tx)	2:47:50
<b>2:46:00 to 2:46:59</b>				Alan Baribeau (Tx)	2:47:51
Mitch Milliette (16, Wash)	2:46:00	<b>2:47:00 to 2:47:59</b>		Steven Jones (28, Md)	2:47:51
Mike Stapleton (23)	2:46:00	William Cook (20, Conn)	2:47:01	William Duggan (NY)	2:47:52
Pete Hallop (28, Mich)	2:46:03	John Popoff (19, Ariz)	2:47:01	Douglas Allen (35, NY)	2:47:54
Caleb Rossiter (NY)	2:46:04	David Sils (36, Cal)	2:47:01	Keith Kruse (Cal)	2:47:55
Theodore Bick (NY)	2:46:05	Howard Basis,	2:47:03	Ronald Trapp (Fla)	2:47:55
Federico Buittron	2:46:05	John Dalheim (Ohio)	2:47:03	Jake Mahoney (Mass)	2:47:56
Mark Cotler (15)	2:46:05	David Vandebroek (NC)	2:47:04	Henry Danver (28, Md)	2:47:57
Tim Engel	2:46:06	Robert Coldren (Ohio)	2:47:05	Neal Picken (34, Tx)	2:47:57
Kenneth Ganezer (Cal)	2:46:06	Louis Daugherty (34, Cal)	2:47:06	John Popkins (33, Cal)	2:47:57
Joe Salazar (17, Cal)	2:46:06	Roy Cobb (Ohio)	2:47:07	Grady Silver (45)	2:47:57
David Sils (Cal)	2:46:09	Egil Bredholt (34, NY)	2:47:08	B. Cattell (40+)	2:47:58
Alan Fielitz (22, NY)	2:46:10	Bill Cowles	2:47:09	David Evans (16, Conn)	2:47:58
George Gallagher (29, Mass)	2:46:11	Thomas Tuchy (Ill)	2:47:09		
William Moore	2:46:13				



Robert Urie (NY)	2:47:58	John McDaniel (21)	2:48:56	Roger Major (34, Cal)	2:49:46
<b>2:48:00 to 2:48:59</b>		Chris Menlings	2:48:56	Todd Bradley (Ore)	2:49:48
Harold DeMoss (40, Cal)	2:48:00	Richard Tashjian (Mass)	2:48:56	Jim Newbauer	2:49:48
Timothy Docheff (21, Wash)	2:48:00	Peter Dane (Penn)	2:48:57	Timothy Donovan (Mass)	2:49:49
Jay Garza	2:48:00	Don Martin (18, Pa)	2:48:57	Richard Meyer (35, Cal)	2:49:49
Paul Schell (Mass)	2:48:00	Mike Neal (43, Nev)	2:48:57	Robert Reinertsen	2:49:49
Brent Beams (18, Ohio)	2:48:04	Dexter Allen (Fla)	2:48:58	Charles Feaux (Ga)	2:49:52
Bill Brownsberger (19)	2:48:04	Don Wright (17, Cal)	2:48:59	William Soilers (NJ)	2:49:53
Irv Frawley (38, NY)	2:48:04	<b>2:49:00 to 2:49:59</b>		David Johnson (NJ)	2:49:54
Phil Giusto (39, Fla)	2:48:05	David Blinkinsop (Cal)	2:49:00	Howard Miller (48)	2:49:54
Art Menchaca (Ariz)	2:48:05	Mal Burwell (30, Md)	2:49:00	Alan Dowell (17, Ariz)	2:49:55
Robert Alford (Cal)	2:48:06	Jeff Richey (29)	2:49:00	Ronald Kramer (Mass)	2:49:55
Michael Harrie (Cal)	2:48:08	Laruel Prieb	2:49:02	Gene Weiss (27, Ky)	2:49:55
Tim Keen (16, WVa)	2:48:08	Donald Spencer (18, Ariz)	2:49:02	Robert Whetten (15, Ariz)	2:49:55
John Leonard (18, NY)	2:48:09	Vito Bonaiuto (Conn)	2:49:04	Jack Leydig (31, Cal)	2:49:57
Ronald Newstat (21)	2:48:09	Steve Gradeless (Ind)	2:49:05	John Weldy (41, Ariz)	2:49:58
David Benson (28)	2:48:10	Donald May (28, Conn)	2:49:05	William Soilers (Md)	2:49:59
Stephen Shostrom (Ill)	2:48:10	Reynaldo Consemiu (17)	2:49:06	Thompson Webb (31, Wi)	2:49:59
Martin Brekeller (NY)	2:48:11	William Mullen (27, NY)	2:49:06	<b>2:50:00 to 2:50:59</b>	
William McNulty (33, RI)	2:48:11	Lester Sam	2:49:06	Edvardo Castro (18, Fla)	2:50:00
Wesley Hikida (17)	2:48:12	Graham Huston (38, Va)	2:49:07	Craig Lewis (25, Ill)	2:50:00
Chuck Collins	2:48:14	John Birmingham (29, Fla)	2:49:09	Wayne Schwark (32)	2:50:00
Tony Fortunato (28, NY)	2:48:15	Al Buhl (NJ)	2:49:09	Matthew Thompson (NJ)	2:50:01
Jerry Miller (33, Ohio)	2:48:15	David Weilenga (Cal)	2:49:09	Michael Thompson (19, NJ)	2:50:01
Jim Thomas (24, Ill)	2:48:15	Bob Wolfe (28, La)	2:49:09	James Koch	2:50:02
Mark Johnson (23, Colo)	2:48:16	Gary Meltzer (30, NY)	2:49:11	Conrad Eborn	2:50:03
John Gaston (18, Ark)	2:48:17	Charles Payne (23, Va)	2:49:11	L.R. Heyn (28, Mo)	2:50:03
James Wolfe (20, NY)	2:48:19	Douglas Peterson	2:49:11	Bill McNulty (Mass)	2:50:03
Jim Heerwald (22, Tx)	2:48:22	John Siebel (Mo)	2:49:11	John Clary	2:50:04
Dave Henderson (21, Ga)	2:48:22	Robert Benz	2:49:12	Charles Ratti (Mass)	2:50:04
Matt Kidder	2:48:22	Robert Rice (Ore)	2:49:12	Michael Baginski (Mich)	2:50:05
Don Mooney (Minn)	2:48:23	Jeffrey Burkett (Ind)	2:49:15	Greg Galen (20, Ill)	2:50:06
Jack Hackman (27, Cal)	2:48:24	Jeffy Gagnon (17, Pa)	2:49:15	David Rothlave	2:50:06
William King (46, Pa)	2:48:25	James Gleason (19, Tx)	2:49:15	Andrew Sandoy (NY)	2:50:06
Rex Lane (21, Kan)	2:48:25	Dan Eidem (36, Tx)	2:49:16	David Holland (35)	2:50:07
Johanthan Herbert	2:48:26	William Redmon (43, Md)	2:49:16	Paul Kish (17, Ill)	2:50:07
Brent Weisman (22, Md)	2:48:26	Edward Barvick (34, Pa)	2:49:17	John Lilly	2:50:07
Frank Arlinghaus	2:48:27	Jeff Wise	2:49:17	Dale Erickson (19, Fla)	2:50:10
Dale Hager (31, Tx)	2:48:27	Mike Health	2:49:18	Matthew Walker (22)	2:50:10
Henry Brigman(37, Tx)	2:48:28	Tim Masters (25, Mich)	2:49:18	William Carson (20)	2:50:11
David Cornine (NJ)	2:48:28	Francis Spadaro (NY)	2:49:18	Steve Parrino (27, Tex)	2:50:11
Russell Quirici (NY)	2:48:28	Gregor Klipan (26, Ohio)	2:49:19	Terry Ackerman (25, Wisc)	2:50:12
John Grabowski	2:48:29	David Sprandel (Ohio)	2:49:19	Ulrich Kaempf (44, Cal)	2:50:12
Jim Murley	2:48:29	David Lagerton (Pa)	2:49:20	Tim Trelfa (25, Mich)	2:50:12
Larry Hanson	2:48:30	John Copeland (27, Ariz)	2:49:21	George Vermosky (44, Wash. D.C.)	2:50:12
William Hirsch	2:48:30	Gary Hardin (37, Tx)	2:49:22	James Fady (NJ)	2:50:13
Dillion Maier (NY)	2:48:30	David Mount (37, Ariz)	2:49:22	George Shorter (20, NY)	2:50:14
Gregory Kirsch (22, NY)	2:48:31	Peter Sim (Va)	2:49:22	Walt van Zant (36, Cal)	2:50:14
Arthur Leary (26, Va)	2:48:31	Ralph Taite	2:49:22	Tony Formichella	2:50:15
Richard May (33, Va)	2:48:31	Chip Bowles (27)	2:49:23	Spencer Marsh (NJ)	2:50:15
William Ott (20)	2:48:32	Francis Brough (Conn)	2:49:23	Hal Stern (27, NY)	2:50:15
Thomas Wizd (Conn)	2:48:32	Jay Rammerzell (Wash)	2:49:23	John Sharp (NH)	2:50:16
Patrick Newberry (20)	2:48:33	John Blankfield (16, Md)	2:49:24	Gerald Good (Mass)	2:50:17
Franklin Roth (NY)	2:48:34	James McBride	2:49:24	Walt Conrad (18 Md)	2:50:18
DeNorris Bradley (NC)	2:48:35	Dale Tribby (SD)	2:49:24	Raymond Edgerly (Conn)	2:50:19
Ron Lancaster (Ill)	2:48:35	Joe Schaessler (NY)	2:49:25	Edward Donovan (Mass)	2:50:20
Mike Rivelli (20, Ore)	2:48:35	Dennis Troskey (35, Fla)	2:49:25	Gary Gayman (17, Ga)	2:50:20
Dean Elleman (17, Ill)	2:48:36	Jim Smith (21, Wash. D.C.)	2:49:26	Scott Claypoole (21, Cal)	2:50:21
Knut Frostad (35)	2:48:36	Kevin Kellogg (17)	2:49:27	David Duval (Mass)	2:50:21
Andrew Jaffe (23, Mass)	2:48:36	Randall Walker (25, Pa)	2:49:28	Joseph Keba	2:50:21
John Michaels (21, Fla)	2:48:37	Harold Gabriel (33, Mass)	2:49:29	Andy Maloney (17)	2:50:21
Denny Williamson (34, Ky)	2:48:39	John Armstrong (47, Cal)	2:49:32	Terrence McCool (23, NY)	2:50:21
Bill Fancher (19, Ill)	2:48:40	Russell Bowles (Va)	2:49:32	Frank Markowitz	2:50:22
Ronald Knowlton (42, Ill)	2:48:40	Rene Lozoya (19, Tex)	2:49:32	Jim Patterson (NY)	2:50:22
Jim Waters (Cal)	2:48:40	Bob Congdon (NY)	2:49:33	Vincent Phillips (NJ)	2:50:22
Gene Toomey (35, NY)	2:48:41	Henry Dodd	2:49:33	James Branson (Cal)	2:50:24
Thomas Waites (Conn)	2:48:41	Rudolph Williams (W Va)	2:49:33	Martin Kittell (21, NY)	2:50:24
Dave Duffy (Ariz)	2:48:42	Lenny Escarda (40, Cal)	2:49:34	Roger Kline (20, Ind)	2:50:24
Conrad Erden (45)	2:48:43	Gerald Hastings (Ark)	2:49:34	Ed Sears (32, Fla)	2:50:25
James Gray (Mass)	2:48:43	T.H. Holland (33, Tx)	2:49:37	Richard Kendall (45)	2:50:26
Bob Reid (24, Tx)	2:48:44	John Richardson (42, NY)	2:49:37	Sam Steffee (34, Tx)	2:50:26
Walt Betschart (47, Cal)	2:48:45	Paul Wielenga (18)	2:49:37	Peter Welles (Mass)	2:50:26
Bob Ratcliffe (15, Ill)	2:48:45	Glenn Charbonneau (Mass)	2:49:38	Larry Jowett (Mass)	2:50:27
Dabney Wooldridge (Pa)	2:48:46	Steve Russel	2:49:38	Duane Gomez (Ohio)	2:50:28
Galen Green	2:48:47	Andy Ruiz (18, Ariz)	2:49:39	John Long (32, Wash. D.C.)	2:50:29
Paul Wright (28)	2:48:47	Robert Negrotti (Mass)	2:49:40	Charles Duboise (20)	2:50:30
Michael Exton	2:48:48	Peter Richards (40, NM)	2:49:40	Bill Hine (25, Mass)	2:50:30
John Lees (30, Ill)	2:48:48	Steve Rodriguez	2:49:40	David Dodd (37)	2:50:31
Joe Maher (28, Cal)	2:48:48	Fred Kenyon (42, Cal)	2:49:41	Eric von Berg (18, Ohio)	2:50:31
David Gershon (NY)	2:48:50	William Wynne (RI)	2:49:41	Brent Ayer (MD)	2:50:32
Robert Ribyat (26, NY)	2:48:50	Marshall Edwards (NC)	2:49:42	David Niederhaus (Va)	2:50:32
Peter Stein (29, Cal)	2:48:50	R. Birmingham (34, Hawaii)	2:49:43	Bruce Nystrom (Va)	2:50:32
Paul Coffin	2:48:51	Robert Ruggeri (39, Wash)	2:49:43	William Benton (Mich)	2:50:35
Jack Cohen (39, NY)	2:48:51	Hayden Smith (27, Ariz)	2:49:43	Wade Brown (NC)	2:50:36
Raymond Hosler (23, Wyo.)	2:48:51	Ruben Weyand (17, Cal)	2:49:44	Howard Morris (20)	2:50:36
James Harrison	2:48:52	David Wilson (19, Md)	2:49:44	Mark Windschitl (Ia)	2:50:36
Leonel Saenz (19, Tx)	2:48:53	Bruce Smith (18, Mich)	2:49:45	Terry Cooley (28, Wisc)	2:50:37
Larry Swanson (24, Ill)	2:48:53	James Voss (22, Wisc)	2:49:45	David Nobel (34., Hawaii)	2:50:37
Vasili Triantos (20, Md)	2:48:54	Mike Dowd (16)	2:49:46		
Arnie Jackson (Mich)	2:48:55	Mark Eames	2:49:46		

(continued on page 56)







Kris Krichko (Ore)	2:52:08	Bob Jackson (17, Colo)	2:52:57	Daniel Sims (18)	2:53:37
Frank Wos (NJ)	2:52:08	Robert Riordan (Mass)	2:52:57	Jose Solorio (15, Nev)	2:53:37
Jimmy Chandler (19)	2:52:09	Vincent Chiappetta (NY)	2:52:58	Daniel Walter (40)	2:53:37
Daven Chun (11, Hawaii)	2:52:09	Arthur Durhaime (43, Va)	2:52:58	George Brown	2:53:38
Eric Kaplan (17, NY)	2:52:09	Jim Flanigan	2:52:58	Kim Hildebrandt (Mich)	2:53:38
Ken Schuster (Pa)	2:52:09	Jim McFadden (36, Ia)	2:52:58	Steven Kehne (16, Md)	2:53:38
Dick Lake (40, Mo)	2:52:11	Martin Brekewer	2:52:59	Jeffery Kehne (18, Pa)	2:53:38
William Lamar (17, Md)	2:52:12	Felipe Brizula (20, Cal)	2:52:59	Jacques Pittet (28)	2:53:38
John Wallace (Mass)	2:52:12	Bruce Delaplaine	2:52:59	Bob Mullin	2:53:39
Chris Mollahan (19, Ore)	2:52:15	<b>2:53:00 to 2:53:59</b>		Paul Rix	2:53:39
Ronald Rosen (NY)	2:52:15	James Ford (Conn)	2:53:00	Roland Anspach (49, Ohio)	2:53:40
Archie King (18, Ill)	2:52:16	George Gegas (30, Ill)	2:53:00	Chet Fortier (Mass)	2:53:40
Brendon O'Flaerty (NJ)	2:52:16	Thomas Bond (NY)	2:53:01	Bill Hackley	2:53:41
Micky Moberg (Cal)	2:52:18	Jerry Hamilton (38, Mo)	2:53:01	Bryan Burdo (Wash)	2:53:42
David Phegley (28, Ind)	2:52:18	Barry James	2:53:01	Edward Gustavson (Hi)	2:53:42
Frank Burk	2:52:19	Mark Kotapka (19, Md)	2:53:01	Robert Richards (34)	2:53:42
Aubert Metayer (32, Mass)	2:52:19	Richard Mead (18)	2:53:01	William Spencer (Conn)	2:53:42
Henry Jimenez (18, Ia)	2:52:20	Park Barner (31, Pa)	2:53:02	Steven Vaughan (21, Md)	2:53:42
Allen Maddaus	2:52:20	William Damsel (NY)	2:53:02	Wynn Englisbe (27, SC)	2:53:43
David Seroskie (26, Va)	2:52:20	Harry Daniell (46, Cal)	2:53:02	John Joyce (31, Ill)	2:53:43
Alan Williams (26)	2:52:20	Norm Stebbins	2:53:02	Eddie O'Rourke (Md)	2:53:44
Jack Harper (45, Cal)	2:52:21	Dennis Wilson (18)	2:53:02	Kevin Cole (19, Minn)	2:53:45
Robert Press (Ill)	2:52:21	Lawrence Gridley (Tenn)	2:53:03	Stephen Dixon (25, Fla)	2:53:45
Bob Taylor (NY)	2:52:21	Ike Carpenter (NH)	2:53:04	Kerry Baruth (28, Md)	2:53:46
Ralph Jackson (27, Wash D.C.)	2:52:22	James Curry (Cal)	2:53:04	Philip Cole (Mass)	2:53:46
Rodger Johnson (28, Md)	2:52:22	Jackson Lansford (19, NY)	2:53:04	Jay Johnson (15, Minn)	2:53:46
Rodney Vargas (Mass)	2:52:23	G. Miller (30, NH)	2:53:04	Leo McCrary (26, Mo)	2:53:46
David Hutchins (30, Mich)	2:52:24	Curtis Fields (Ore)	2:53:05	Gordon Schafer	2:53:46
Stephen Lorenz (Va)	2:52:24	Mark Jensen (17, Ore)	2:53:05	Jim Bilsborrow (25, Mich)	2:53:47
Tim Singleton (39, Ga)	2:52:25	Rod Smith (24)	2:53:05	Robert Letter (16, Md)	2:53:47
Bob Brown (21, Ill)	2:52:27	Felton Wright (18, Fla)	2:53:06	Michael McCarty (Mass)	2:53:47
Edward Dodd (29, NJ)	2:52:27	Dennis Smith (33, Cal)	2:53:07	Vincent Valdez (16, NM)	2:53:47
John Merola (44, Ohio)	2:52:27	Allen Peterson (28, Cal)	2:53:09	Robert Lichman (Ohio)	2:53:48
Tom Duranti (23)	2:52:28	Brian Stansauk (22, Cal)	2:53:09	Carroll Young (Ky)	2:53:48
Kirk Rader (17)	2:52:28	George Branum (44, Ind)	2:53:10	Robert Gray (Conn)	2:53:49
Glenn Roberts	2:52:28	Gary Lieberman	2:53:10	Sam Nicholson (Cal)	2:53:49
Robert Schrader (36, Ill)	2:52:29	Douglas Nelson (SC)	2:53:10	Mark Fels (Mo)	2:53:50
Frank Ruliffson (49, Md)	2:52:30	Tom Stewart (37)	2:53:10	William Hickman (Ga)	2:53:50
Mike Haglund (17)	2:52:32	David Molland	2:53:11	William Sergeant (Ia)	2:53:50
Flory Rodd (52, Cal)	2:52:32	Keith Whittingslow (Cal)	2:53:11	Ross Oliver (20, Tex)	2:53:51
Karl Vehrs (45, Va)	2:52:32	Patrick Chambers (Cal)	2:53:12	Bob Paklaian (39, Mich)	2:53:51
Ronald Green	2:52:33	John Hale (33, Conn)	2:53:12	Frank Summers (19, NY)	2:53:51
Dale Ladd (NY)	2:52:33	Reggie Heywood (11, Ariz)	2:53:12	Larry Glose (20, NY)	2:53:52
Chris Cortez (Cal)	2:52:34	Neil MacMullen (NS)	2:53:13	Peter Teachout (Mass)	2:53:52
Robert Goodell (NY)	2:52:34	William Holland (Conn)	2:53:14	Tom Altemus (17, Ill)	2:53:53
John Frey (Ore)	2:52:35	Tom Mann (33, Cal)	2:53:14	Craig Callio (NC)	2:53:53
Jimmy Gray (33, Okla)	2:52:35	Patrick Connelly (17, NY)	2:53:15	Howard Miller (23, Ore)	2:53:53
Preston Morell (27, Tx)	2:52:35	Lee Hildebrandt (28, Ohio)	2:53:15	Larry Prudhomme (33, Mich)	2:53:53
Frank Kraemer (21, Fla)	2:52:36	Craig Dorsh (17, Md)	2:53:17	Daniel Russell (NJ)	2:53:53
Guenter Erich (42, NJ)	2:52:37	Sigurd Larson (Ill)	2:53:17	Pat Hickey (19)	2:53:54
Jay Fordice (21, NY)	2:52:37	Chuck Letourneau (19, Ut)	2:53:18	James Young (Ore)	2:53:54
George Holland (Neb)	2:52:37	Santos Reynaga (26, Cal)	2:53:18	Vic Gilliland (40)	2:53:55
Jeff John (NY)	2:52:37	Lou Weinberger	2:53:18	Ken Steffens (16)	2:53:55
Paul Gaetano (34, Hawaii)	2:52:38	Richard Alcorn (20, Hi)	2:53:19	J. Herries (20, NY)	2:53:56
Michael Bregante	2:52:39	Roger Johnston (21, Minn)	2:53:20	Karl Deffener (38, Va)	2:53:57
Kenneth Brown (31, Md)	2:52:39	Bill Neace (45, Ga)	2:53:20	Terry Werner (23, Wi)	2:53:58
David Sauers (42, Pa)	2:52:39	James William (NY)	2:53:20	Augusto Diamantini (Conn)	2:53:59
Bob Wetzel (NY)	2:52:39	David Bussiere (25, Tx)	2:53:22	James Jacobs (40+)	2:53:59
William Earnest (24, Va)	2:52:40	Mike Cain (16, Fla)	2:53:22	<b>2:54:00 to 2:54:59</b>	
Max Nemazi (50, Mich)	2:52:40	William Heim (25, NY)	2:53:22	Jerry Hall (28)	2:54:00
Bill LaGrange (Colo)	2:52:41	Paul Skudder (Mass)	2:53:22	Duane Holz (43, Wisc)	2:54:00
Gilbert Franques	2:52:42	John Smith (17, Pa)	2:53:22	Bill Freedman (46, Nev)	2:54:01
Kippie Leyva (20, NM)	2:52:42	Dennis Trosky (Fla)	2:53:23	Robin Taliaferro (Cal)	2:54:02
Frank Thomas (40+, Cal)	2:52:42	Wallace Wood (22, Ill)	2:53:23	Sanford Baker (Cal)	2:54:03
Keith Wright (25, Mich)	2:52:44	Fred Albright (28, Wisc)	2:53:24	Mark Scharmer (Wash)	2:54:03
Gordon Dugan (41)	2:52:45	Paul Nowicki (Va)	2:53:24	Jack Petty (32, Tex)	2:54:03
James Fahey (35, Conn)	2:52:46	Michael Stuehler (22)	2:53:24	Frank Scaccia (15)	2:54:04
Jeff Fulton (25, Mich)	2:52:47	Anthony Alioto (Ohio)	2:53:25	Steve Comer (34)	2:54:05
Bailey St. Clair (36, Md)	2:52:47	Jeff Keck (28, Mo)	2:53:26	Boyd Hartley (Cal)	2:54:05
John Chase (19, Idaho)	2:52:49	Dave Boyer (24, Mich)	2:53:27	Joel Rabdau (39, Mo)	2:54:05
John Ekkens (28, Mich)	2:52:50	Donald Bowler (Ore)	2:53:28	Tom Reinecke (20, La)	2:54:05
Frank Freyne (35)	2:52:50	John Londa (18, NY)	2:53:28	Allen Baribeau (29, Tx)	2:54:06
A. Percival (NM)	2:52:50	Tom Miller (17)	2:53:28	Richard Haviland (29, Tenn)	2:54:06
Dennis Winegarter	2:52:50	Gerald Crasso (Mass)	2:53:30	Terrence Parsons (34, Pa)	2:54:06
Dave Haugen (37, Wash)	2:52:51	Bailey St. Clair (36, Md)	2:53:30	Rich Breiner	2:54:07
Dick Meyer (35, Cal)	2:52:51	Steven Taylor (Pa)	2:53:30	Carmen Hagelgans (44, Pa)	2:54:07
Ernie Taylor (30, Mich)	2:52:51	Bob Muir	2:53:31	Jimmy Landeros (17)	2:54:07
Pete Wall (36, Colo)	2:52:51	Richard Rome (41, Kan)	2:53:31	Joseph Fleischmann (32, Md)	2:54:08
David Hatheway (Ohio)	2:52:52	Richard Stephens (Mass)	2:53:31	Jeffy Masterpool (16, Hawaii)	2:54:08
James Oleson(50+, Cal)	2:52:52	Paul Cantrell (W Va)	2:53:32	Fred Pomeroy (35, NM)	2:54:08
Robert Coffey (Tx)	2:52:53	Richard Seidman (NY)	2:53:32	Barry Starkey (17)	2:54:08
Mark Dudzik (Conn)	2:52:53	Jerold Chun (16, Hi)	2:53:33	Rich Pokorny	2:54:09
Paul Johnson (Wash)	2:52:53	Jay Clark	2:53:33	Valentine Ramos (18, Cal)	2:54:09
John Soubrier (43, Cal)	2:52:53	Robert Falk (32, NY)	2:53:33	Alexander Barnes (Md)	2:54:10
Allan Hennessy (Va)	2:52:54	Richard Fargo (Conn)	2:53:33	Dan Ouslay (29, Ore)	2:54:10
Martin Kraft (27, Mich)	2:52:54	Frank Krebs (32, Cal)	2:53:35	Marilyn Paul (37, Ore)	2:54:10
Bob Duesman (21)	2:52:55	Stan Smith (27, Ia)	2:53:35	Tom Wahe	2:54:10
Jim Smith (Cal)	2:52:55	Sean Whaling (17 Cal)	2:53:35	Gayle Barron (30, Ga)	2:54:11
Fay Bradley (La)	2:52:56	Richard Petronella (Pa)	2:53:36	Fred D'Agostino (15)	2:54:11
Lawrence Nafie (30, NY)	2:52:56	Nicky Siciliano (Mass)	2:53:36		

(continued on page 58)



*treat yourself to the*

# Madison Marathon

JUNE 26, 1976 7:00 A.M.

**Nat. Jr. USTFF Championship**

- A unique and scenic course featuring Madison's finest areas
- Course winds through 7 city parks, the city zoo, and arboretum on streets, bike paths, bridges & trails
- Plenty of shade, aid stations, hoses, and ducks
- Mile markers at every mile
- Loss of elevation from start to finish
- Six or more divisions
- Time splits every five miles
- Free T-shirts & pop to finishers

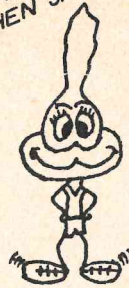
TROPHIES - MEDALS - AWARDS

For more information write:

**Dale Roe**  
1104 Moorland Rd. \*(3)  
Madison, Wisc. 53713

## FIRST ANNUAL MAPLE CITY RUN

(SPONSORED BY GOSHEN JAYCEES)



SATURDAY, MARCH  
6th, 12:00 AM.  
GOSHEN, INDIANA

**COURSE: 5, 10 MILE RUN**

**ENTRY FEE: 2.00, DUE WITH ENTRY.  
CHECKS PAYABLE TO GOSHEN JAYCEES  
POST ENTRIES 3.00**

**REPORT TO MODEL SCHOOL, 412  
GREEN ROAD, BY 10:00 AM.**

**AWARDS: 1-3 TROPHIES  
HIGH SCHOOL, OPEN, 30-39, 40-49  
50-OVER, WOMEN,  
CERTIFICATES TO ALL FINISHERS  
ENTRANTS EXPECTED TO SIGN  
STANDARD RELEASE FORMS PRIOR  
TO RACE**

**SEND ENTRIES TO:**

**PATSY CROWDER**  
509 SOUTH 7th ST.  
GOSHEN, INDIANA 46526

**PHONE: 219-533-6252**

Robert Glover (28, NY)	2:54:11
Ron Hoskins (23, Mo)	2:54:11
Mike LaValee	2:54:11
Steven Hodge (18)	2:54:12
Tim Tabor	2:54:12
Thomas Wheeler (Mass)	2:54:12
Wayne Younce (43, Kans)	2:54:12
Gary Ceponis (25, Va)	2:54:13
Stephen Humphrey (Cal)	2:54:13
Thomas Humphreys	2:54:13
Tom Deardorff (Ind)	2:54:14
R. French (40+)	2:54:14
Coleman Hicks (Wash, D.C.)	2:54:14
William Schwartz (37, Md)	2:54:14
Dennis Kurtis (Mich)	2:54:15
Mark Patterson	2:54:15
Tom Kempf (50, Okla)	2:54:16
Richard Reich (NY)	2:54:16
Rich Weyand	2:54:16
Earl Lang (22, Ore)	2:54:17
Allan Ryan (30, Wash. D.C.)	2:54:17
Jairo Scurggs (La)	2:54:17
Christophe Tatreau (Pa)	2:54:17
Bob Truman (45, Mich)	2:54:17
Dennis Kavanaugh (35, Colo)	2:54:18
Miles Keefe (36, Va)	2:54:18
William Neely (SC)	2:54:18
Robert Olsman (21, Mo)	2:54:18
William Brobston (NY)	2:54:19
Michael Baxter (Conn)	2:54:20
Scott Giddings (27, Ariz)	2:54:20
Royce Undersood (Ohio)	2:54:20
Larry Bova (22, NJ)	2:54:21
Kevin Petrovek (Mass)	2:54:21
Cliff Hall (17, Colo)	2:54:22
Enrique Sigala (jr)	2:54:22
Bob Spain	2:54:22
Kess Tuinzing (Cal)	2:54:22
John Altemus (19, Colo)	2:54:23
David Kryshak (Wisc)	2:54:23
Rod Siegle	2:54:24
Tom Simons (31, Mich)	2:54:24
Cindy Dalrymple (33, Hawaii)	2:54:25
Rudy Zingler (NY)	2:54:25
John Mumm (NY)	2:54:26
Dieter Diekmeyer (Cal)	2:54:27
Arthur Kijek (NY)	2:54:27
Vena Novy (29, Va)	2:54:27
Bob Sympsory	2:54:27
Walter Greene (43, Pa)	2:54:28
John Riddle (25)	2:54:28
Robert Watane	2:54:29
Kenneth Wilson (Pa)	2:54:29
William Gordon (Del)	2:54:30
Chris Heiser (17, NJ)	2:54:30
Craig Williams (16)	2:54:30
George Branam (Ind)	2:54:31
Jim Barahal (Mich)	2:54:32
Vincent Contreras (38, Tex)	2:54:32
James Korb	2:54:32
Matthew Bell (18, Cal)	2:54:33
Jim Roe (34, Mich)	2:54:33
John Seybold (28, Va)	2:54:33
Richard Wellington (VA)	2:54:33
Douglas Deutsch (NJ)	2:54:34
Raul Arbesu (48, Cal)	2:54:35
Mervin Bryan (Pa)	2:54:36
Daniel Egy (30, NY)	2:54:36
David Troy	2:54:36
Ted Urban (38, Pa)	2:54:37
Larry Black (26, Tx)	2:54:38
Dan Kacprowicz (Mo)	2:54:38
Steven Mconnkey (19, Wisc)	2:54:38
Myron Shapero (Cal)	2:54:38
Alan Reynolds (17)	2:54:39
Joe Messina	2:54:40
Robert Immen (Minn)	2:54:41
Jim Morrow (Wash)	2:54:41
Don Baer	2:54:42
Anthony Czepik (23, Md)	2:54:42
Jack Beasley	2:54:44
Tom Fischer	2:54:44
Michael Garrett (Cal)	2:54:44
Larry Clark (30)	2:54:45
Donald Kalmar (32)	2:54:45
Dave Urbanek (Pa)	2:54:45
Ernesto Vigil (20, Wash)	2:54:45
Jim Riehl	2:54:46
Robert Bartlett (Minn)	2:54:47
Norman DeRosa (18, W Va)	2:54:47

## THE LONG BEACH GRAND PRIX ASSOCIATION

AND

## THE UNITED STATES TRACK AND FIELD FEDERATION

PRESENT



### THE GRAND PRIX ROAD RACES

LONG BEACH, CALIFORNIA

Saturday, March 27, 1976 - 1 P.M.



Run in conjunction with the U.S. Grand Prix-West Auto Trials

Featuring



### NIKE 10,000 METER RUN

For runners with ability to run 43 minutes or better  
Entry Fee \$3.00 - Team and Individual Awards

including

#### ADULT 2-MILE FUN RUN

18 and older, men and women,  
four age groups  
Entry Fee \$2.00

#### YOUTH 2-MILE FUN RUN

17 and under, boys and girls,  
four age groups  
Entry Fee \$1.00

Sponsored by the Downtown Long Beach YMCA

Merchandise Awards - T-Shirts - Trophies - Certificates

Information and Entry Forms:

Grand Prix Road Run

P.O. Box 4581, Long Beach, CA 90804



Pete Salas (19, Mich)	2:54:47	Bob Jeffrey (Cal)	2:55:27	Robert Hamel (21, Wash)	2:56:03
Paul Wilson	2:54:47	Charles Evans (Va)	2:55:28	Edwin Hutchins (29, Wisc)	2:56:03
Dave Peele (37, Mich)	2:54:48	Patrick McShea (21, Pa)	2:55:28	Ralph Leonard (Mass)	2:56:03
Monty Montgomery (68, Cal)	2:54:49	Gerald Miller (Ohio)	2:55:28	Zeus Preckwinkle (28, Ill)	2:56:03
Don Young (26, Ore)	2:54:49	H. Russell (19, Me)	2:55:28	David Boles (Cal)	2:56:04
Michael Chastaine (15, Ariz)	2:54:50	Robert Mullin (Ore)	2:55:29	Scott Rutherford (42, Md)	2:56:05
Floyd Hauffman (26, Md)	2:54:50	Joseph Bennington (Pa)	2:55:30	Gerald Summers (42, Tex)	2:56:05
William Leonard (37, NY)	2:54:50	Peter Kloepper (45, NC)	2:55:30	Brent Carter (18, Ore)	2:56:06
Richard Westbrook	2:54:50	Pete Schoener (34, Cal)	2:55:30	Danny Jackson (Wash)	2:56:06
Ron Baker (45, Mich)	2:54:51	John Cass	2:55:31	Thomas Stiles (Wash)	2:56:06
Bob Cook (27, Ill)	2:54:51	Marshall Childs (41)	2:55:32	Lili Ledbetter (13, Ore)	2:56:07
Pat Darden (17, Tex)	2:54:51	Richard Durand (47, Cal)	2:55:32	Don MacIntosh (43, Cal)	2:56:07
Jan Mitchell (24, NY)	2:54:51	Dave Fields (34, SC)	2:55:33	Dave Brior	2:56:08
Jack Currie (38, Ariz)	2:54:52	Rex Frazer (43, Mo)	2:55:33	Aurelio Gamacho (41, Cal)	2:56:08
Edward Branigan (Va)	2:54:53	John Applin	2:55:36	W.R. Hedrick (31, Hi)	2:56:08
Gary Evans (28, Guam)	2:54:53	Martin Crane (25, Del)	2:55:36	Roger McGuire (Pa)	2:56:08
Richard Langsam	2:54:53	Jim Sacca (23, Cal)	2:55:36	Kevin Setnes	2:56:08
Doug Sortino	2:54:53	Richard Sadowske	2:55:36	Mike Feres (20, Cal)	2:56:09
Curt Hoegh	2:54:54	John Smith (Mo)	2:55:37	Jerome Milks (20, NY)	2:56:09
James McDade (Mass)	2:54:54	Stan Woods	2:55:37	Ian Reed (NY)	2:56:09
Joseph Orris (20, Ill)	2:54:54	Dennis Branham (45, Fla)	2:55:38	Ernest Ilgenfritz (41, Md)	2:56:10
Norman Hommen (19, Wi)	2:54:55	Mike Dundin (NY)	2:55:38	Thomas White (Fla)	2:56:10
Briton Kilbourne (Pa)	2:54:55	Ray Durham (36, La)	2:55:38	Alan Nathan (Mass)	2:56:11
Daniel O'Connell (24, Ore)	2:54:57	Peter Monahan (41, Md)	2:55:38	Ken Wilkening	2:56:11
Fred Helms (Conn)	2:54:58	Rick McAdam (Ky)	2:55:39	Jim Weiss	2:56:11
Mark Hemphill (26)	2:54:58	Thomas Benedict (31, Ill)	2:55:41	Jim Lundberg (24, Minn)	2:56:12
Richard Herzog (31)	2:54:58	Steven Bland (Cal)	2:55:41	Paul Mingo (26, Ga)	2:56:12
Doug Best (16)	2:54:59	Harold Cole (40, Hawaii)	2:55:41	Dan Skarda	2:56:12
Joe Goodman (Cal)	2:54:59	William Freeman (28, Ore)	2:55:41	Eric Owers (34, Ariz)	2:56:13
<b>2:55:00 to 2:55:59</b>		Randy Howell (18)	2:55:41	Arthur Clausing	2:56:14
Lora Cartwright (13, Ind)	2:55:00	William Oates (Ariz)	2:55:41	Terry Hickman (36, Tx)	2:56:14
Michael Jones (Md)	2:55:00	Mark Parish (37, Wi)	2:55:41	Ralph Zimmermann (34, NY)	2:56:14
Steve Jenness (15, Hawaii)	2:55:01	Derrick Balsam	2:55:42	Gerry McIntosh (27, Ky)	2:56:15
David Brondum	2:55:02	David Clifford (Ill)	2:55:42	Don Murray	2:56:15
Mark Piechota (30, Mass)	2:55:02	Roger Kavanaugh (34, Mich)	2:55:42	Robert Perez (26, Tx)	2:56:15
Norman Schwendler (35, NY)	2:55:02	Neil Schutzman (19, NY)	2:55:42	Kurt Swanson (17)	2:56:15
Robert Cichowski (Conn)	2:55:03	Blake Wood (Cal)	2:55:42	Fred Stone (28)	2:56:16
Carroll Dryden (18, Md)	2:55:03	Wayne Humphreys (NJ)	2:55:43	David McClendon (19, Okla)	2:56:17
Frank Nolan (Cal)	2:55:04	Jay Lucas (Minn)	2:55:43	Robert Read (Va)	2:56:18
James Taylor (Conn)	2:55:04	Richard Cadwell	2:55:44	Aaron Goldman	2:56:19
Michael Williams (22)	2:55:04	Joe Dickman	2:55:44	Dale Ogden (16, Ill)	2:56:20
Thomas Mitchell (Conn)	2:55:05	Carlos Conejo (Fla)	2:55:45	John Reed (Ill)	2:56:20
Stanley Walsh (17)	2:55:05	Joe Marks (Mo)	2:55:45	Richard Gordan (Pa)	2:56:21
Frank Collins (NM)	2:55:06	Brian Waterbury (Cal)	2:55:45	Michael Gregg (18, Pa)	2:56:21
Dave Nielsen (40+)	2:55:07	Jerry Pellegrini (16, Ill)	2:55:46	James Barbee (42, Ohio)	2:56:22
Craid Anderson (28, Va)	2:55:08	David Amey (Va)	2:55:47	Gary Furlong (NY)	2:56:22
Jose Benavidas (24)	2:55:08	Mike Boyd (23, Fla)	2:55:47	Jeff Jones (18)	2:56:22
Leslie Prentiss (27, Ariz)	2:55:08	Robert Brown	2:55:47	Richard Lacey (NY)	2:56:22
Laird Hames	2:55:10	Pruitt	2:55:47	Joseph Dickmann (Mo)	2:56:23
Mathew Hyde (NY)	2:55:10	Joe Keating	2:55:48	Clifford Emery	2:56:23
Robert Jimi (19, Wash)	2:55:10	Ron Kenny	2:55:48	John Graham (42, Pa)	2:56:23
Glen Pruitt (32, Cal)	2:55:10	Felix Leyba	2:55:48	Joe Koch (Pa)	2:56:23
James Bradner (41, Md)	2:55:11	Sam Nicholson (45, Cal)	2:55:48	Hoyt Walker (24, Cal)	2:56:23
William Harriman (Mass)	2:55:12	Robert Spain (32, Mo)	2:55:48	T.A. deLusignan (44, Cal)	2:56:24
Jerry Jones (37, Ariz)	2:55:12	Doug Berry (16, Cal)	2:55:49	C. Leslie (Ill)	2:56:24
Steve Rothenberg (34, NY)	2:55:12	Jeff Milles	2:55:50	Jeff Miller (Ill)	2:56:24
Mike Taylor (33, Mich)	2:55:12	Joseph Ryan (Mass)	2:55:50	William Weigel (25, NY)	2:56:24
Richard Langsam (24, NY)	2:55:13	Marilyn Bevans (25, Md)	2:55:52	Wayne Aiken (22, NY)	2:56:25
Michael Lehman (16, Ore)	2:55:13	William Davis (44, Ecuador)	2:55:52	Joseph Carlino (Mass)	2:56:25
Thomas Zownir (RI)	2:55:14	Walter Elliott (16)	2:55:52	Bernard Greene (31, Pa)	2:56:25
Robert Jeffrey	2:55:15	Mike Guidarelli (21, NY)	2:55:52	Jacob Johansen (24, Alaska)	2:56:25
Robert Arkes (14, Ore)	2:55:16	Dick Hipp (35, Md)	2:55:53	Jay White (16)	2:56:25
Rat Atlins (18)	2:55:16	Douglas Walsh (18, NY)	2:55:53	Jim Fiedler (19, Ill)	2:56:26
Tom Perry (30)	2:55:16	Allen Greenberg (Md)	2:55:54	Dan Greenwald (Ohio)	2:56:26
Dallas Kloke (35, Wash)	2:55:17	Charles Swanson	2:55:54	Mike Lohr	2:56:26
James Gunias (Ohio)	2:55:18	John Therault (28, Mass)	2:55:54	Paul Keller (16, Cal)	2:56:27
Julin Rodriguez (Conn)	2:55:18	Don Wade	2:55:54	Jeffrey Javors (20, Ill)	2:56:28
Ken Ross (26, Ill)	2:55:18	Jim Baehr (20, Ore)	2:55:55	Timothy Ohlmann (19, Kans)	2:56:28
Alex Wright (18)	2:55:18	Todd Gordon	2:55:55	Don Schwab (20, Ill)	2:56:28
Bill Cook (35, Tex)	2:55:19	Richard Kenney (Wash)	2:55:55	Charles Maddaus (NH)	2:56:29
Andy Vega Aleis (NY)	2:55:21	Glen Nason (NY)	2:55:55	Charles Apalategui (16, Ariz)	2:56:30
Mark Baughey (21, Ind)	2:55:21	Charlie Pratt (Mass)	2:55:55	Hans Giesecke (19)	2:56:30
Stephen Kellogg (19, Cal)	2:55:21	Don Wimber	2:55:52	Bob Schmitt (Kans)	2:56:30
J.P. Yazzie	2:55:21	Mike Huber (22, Ind)	2:55:56	Scott Hamilton (47, Hi)	2:56:31
Robert Opliger (Cal)	2:55:22	Edward Sandler (Mass)	2:55:57	Hal Stockton (40, Tex)	2:56:31
Joe Schrag (36)	2:55:22	Stan Woods	2:55:57	Bill Villa	2:56:31
Bob Wiermaa (42, Cal)	2:55:22	Al Anson (W Va)	2:55:58	Geoffrey Hollenbeck (21)	2:56:32
John Zieserl	2:55:22	Robert Berthold (33)	2:55:58	Jim McDonagh (50, NY)	2:56:32
John Ammermon (Wisc)	2:55:23	Henry Denver (27, Md)	2:55:58	Peter Riley (42, Tex)	2:56:32
Frank Clark (35)	2:55:23	Daniel Gonzales (NY)	2:55:58	Ed Ardessi	2:56:33
Phil Heit (NY)	2:55:23	Larry Martinez (Ariz)	2:55:58	Thomas Bond (30, NY)	2:56:33
Ronald Day (18, Utah)	2:55:24	<b>2:56:00 to 2:56:59</b>		Steven Frayne (Cal)	2:56:33
Dominic Bolognini	2:55:25	David Bloor (Va)	2:56:00	Jim Hiserman	2:56:33
Bob Macy (Ore)	2:55:25	James Lambe	2:56:01	Graig Kunze	2:56:33
Thomas Palguta (Va)	2:55:25	George Maine (Conn)	2:56:01	Regis Costello (46, Pa)	2:56:34
Richard Dewey (28, Cal)	2:55:26	Ed Weber (43, Mo)	2:56:01	Jordan Krim (18, NM)	2:56:34
Mike Lovy (22)	2:55:26	Bruce Williams	2:56:01	Francis Angiolillo	2:56:35
Rick Moore (NC)	2:55:26	Arne Richards (42, Ks)	2:56:02	Patrick Blaney (21, Ill)	2:56:35
Randy Campbell (19, Cal)	2:55:27	Ray Russell (36)	2:56:02	Lou Disanto	2:56:35
Collin Guiver (46, Cal)	2:55:27	Tom Bailey (46, Colo)	2:56:03		

(continued on page 60)



David Goggins (29, Tenn)	2:56:35	Kevin O'Brien (18, Pa)	2:57:09	Walte Saur (Ia)	2:57:52
Abner Oldham	2:56:36	Ronald Quелlette (37, Pa)	2:57:10	Barney Brown (Ohio)	2:57:54
Tom Powell (38, Mich)	2:56:36	Bob Bartling (49, S.D.)	2:57:11	Daniel Cafferey (38, NY)	2:57:54
Louis Marovischi (Ill)	2:56:37	David Copp (21, Kans)	2:57:11	Rhett Hernandez (NY)	2:57:54
Daniel Parrish (Cal)	2:56:37	Richard Dailey (Wash)	2:57:11	Joseph Mandel	2:57:54
William Pewen (17)	2:56:37	Edward Ford (28, Ore)	2:57:11	James Nicholson (45, Cal)	2:57:54
Bob Ramage (44, Tx)	2:56:37	Phillip Isenberg (Mass)	2:57:12	Timothy Piper (18, Ontario)	2:57:54
Stan Gomez	2:56:38	Rex Jackson (20, Mo)	2:57:12	John Uncapher (27)	2:57:54
John Laird	2:56:38	Mike Martonrao (Tex)	2:57:12	Kenneth Baker (37, Va)	2:57:55
Ronald Ouellette (37, Pa)	2:56:38	William Mashburn (20)	2:57:12	James Snyder	2:57:55
Paul Butler (Ore)	2:56:39	John Romasco (26, Wash, D.C.)	2:57:12	Dick Vincent (23, NY)	2:57:55
Steven Cole (Wash)	2:56:39	Gary Driscoll (22, Mass)	2:57:14	Mike Darden (16, Tex)	2:57:56
Pat Patterson (27)	2:56:39	Tom Kaufman (22, Wisc)	2:57:14	John Nitek (23, NJ)	2:57:56
David Pearce (38, NY)	2:56:39	John Moreland (Minn)	2:57:14	John Noble (Md)	2:57:58
Mark Drissall (Cal)	2:56:40	Jeff Eversmeyer (Pa)	2:57:15	Ed Stromberg (32, Cal)	2:57:56
Ray Roe (NY)	2:56:40	Michael Shields (22, Ga)	2:57:16	Peter Wood (Cal)	2:57:56
Joseph Kozlin (Conn)	2:56:42	Dwight Galloway (25, Hawaii)	2:57:18	Dave Coppock (Ia)	2:57:57
Michael Farrar (Ohio)	2:56:43	Robert Wilson (17, Tex)	2:57:18	Erik Lindberg (Ia)	2:57:57
Ron Ancelet (16, La)	2:56:44	Paul Cain (22)	2:57:19	Richard Davies (53, Cal)	2:57:59
John Hudetz	2:56:44	Stephen Rice	2:57:19	Fred Fegan (Md)	2:57:59
Jerome F. White (22, NY)	2:56:44	John Wegner	2:57:19	Michael Madsen (Mass)	2:57:59
John Eisner (28, NY)	2:56:45	Adam Weimer (16, Mich)	2:57:19	Stephen Northrup (30, Pa)	2:57:59
Richard Gilrane (18, Fla)	2:56:45	Larry Woods (15, NY)	2:57:19	Dave Terrey (20, Ind)	2:57:59
John Schwanger (Pa)	2:56:45	Roy DeGroot	2:57:20	<b>2:58:00 to 2:58:59</b>	
Elwyn Davis (33, Pa)	2:56:46	John Kerr (Cal)	2:57:20	Chris Kolb (17, Ind)	2:58:00
John Duffield	2:56:46	Richard Brown (30, Alaska)	2:57:22	Jim Biese (28, WI)	2:58:01
John Garlepp (NJ)	2:56:46	Tevis Herd (33, Tex)	2:57:23	Johnny Clark (27, Nev)	2:58:01
Vincent Vitto (Mass)	2:56:46	Tom Hilton (19, Mich)	2:57:24	Joseph Edgerton (34, Va)	2:58:01
Richard Henderson (Maine)	2:56:47	Cal Alsleben (Ore)	2:57:25	Robert McAndrews (36, Colo)	2:58:01
Wayne King (Ohio)	2:56:47	Lonnie Hansen (16)	2:57:25	Mark Percival	2:58:01
David Covey (17, Cal)	2:56:48	Doug Strum (27, Wash)	2:57:25	Larry Wiles (Wash)	2:58:01
Robert Nash (Ill)	2:56:48	Frederic Young (Mass)	2:57:25	Robert Ernst (30)	2:58:02
John Postlethait	2:56:48	Bill Giulian (21)	2:57:27	Bill, Mullen	2:58:02
Martin Scharf (Pa)	2:56:49	James Hunter	2:57:27	Anthony Crimi (Wash)	2:58:03
Brian Stephenson (16)	2:56:49	Jeff Sharp (17, Ga)	2:57:27	Roy Long (Ariz)	2:58:03
Roland Giuntini (NY)	2:56:51	Jim Tully (17)	2:57:27	Tom Bleakley (35, Mich)	2:58:04
Garry Lehman (23, Pa)	2:56:51	John Clay (37, Neb)	2:57:28	Pat Davis (28, Mo)	2:58:04
Ed Tubby	2:56:51	Patrick Budin	2:57:29	John Reppy (44)	2:58:04
Ken Worthen	2:56:51	Ed Barkett (17)	2:57:30	Bob Storr (32, Ariz)	2:58:04
Gregory Clark (20, NY)	2:56:52	George Davall (41)	2:57:30	James Thornton (Va)	2:58:04
Joey Frausto (17)	2:56:52	John Gault (29, Mich)	2:57:30	Robert Stuart (25, Ariz)	2:58:05
Venerico Gizzi	2:56:52	Edward Martella (40, Fla)	2:57:30	Dick Sullivan (47, NY)	2:58:05
Jerry Lentz (Conn)	2:56:52	Anthony Silverman (Minn)	2:57:30	James Benam (18, Mich)	2:58:06
Byron Richardson (Cal)	2:56:52	Robert Emmerling (39)	2:57:31	Thomas F. Hovey (46, NY)	2:58:06
James Acton (41, Ohio)	2:56:54	Vernon Matsukawa	2:57:31	Tim Cohelan (29, Cal)	2:58:07
Art Boettcher (40, Pa)	2:56:55	Robert Parker (30, Va)	2:57:31	Jim Smith (40)	2:58:07
Lon Clearwaters (Cal)	2:56:55	George Jepsen (NH)	2:57:32	Gary Swain	2:58:07
Doug Curtis (30, La)	2:56:55	John Lippincott (Tex)	2:57:32	Brad Anderson (Kans)	2:58:08
John Houlgate	2:56:55	Sabin Snow (33, NJ)	2:57:32	Barry Brolley (17, Ill)	2:58:08
Ellis Laitala (Md)	2:56:55	Branche Davidson (Ore)	2:57:33	Steve Sobajo	2:58:09
Edward Mahlowitz (Mass)	2:56:56	Steve Kux (29, Hawaii)	2:57:34	Bill Church (16, Okla)	2:58:10
Robert Stephenson (28, Cal)	2:56:56	Mark Wojohn	2:57:34	Bob Guthris	2:58:10
David Taylor	2:56:56	James DeYoung	2:57:35	Kevin Young (17)	2:58:10
Joe Bowan (17, Ind)	2:56:57	Edward Anderson	2:57:36	Harry Ricards (NJ)	2:58:11
Merry Cushing (Mass)	2:56:57	Harold Beal (20)	2:57:36	William Kinsella (31, NY)	2:58:12
Frank Nelms	2:56:57	Bob Dunbar (40, Tex)	2:57:36	Ronald Kmiec (Mass)	2:58:12
Andrew Standerfer (16, Ore)	2:56:57	Michael Glass (24, Mich)	2:57:36	Rick Terhue	2:58:12
James Fitzgerald (Md)	2:56:58	Joseph Kelly (27, Md)	2:57:36	David Weenstra (NY)	2:58:12
Dave Parker	2:56:58	Jackson Pharris (Va)	2:57:36	Mark Ortman (Kans)	2:58:13
Richard Walters (34, NY)	2:56:59	Steve Smith (28, Cal)	2:57:36	Max Sanders (36, Cal)	2:58:13
<b>2:57:00 to 2:57:59</b>		Paul Holmes (38, Cal)	2:57:37	Duke Vaughn (32, Cal)	2:58:13
Mike Rummelhart (Ia)	2:57:00	Mike Revello (19, Mi)	2:57:37	Dan Granoff (Ohio)	2:58:14
Vaughn Hendricks (Nebr)	2:57:00	David Tahan (16)	2:57:37	Ross Lushbough (27, Md)	2:58:14
John Hess (32, Pa)	2:57:00	Brent Cushberry (16, Cal)	2:57:38	Bill Pascual (31)	2:58:14
Joseph Marino (Cal)	2:57:00	Douglas Dreker	2:57:38	Chester Brojek (31, Fla)	2:58:15
Glen Westphalen (37)	2:57:01	Ludwig Gutmann (42, W. Va)	2:57:38	Don Brown (29, Cal)	2:58:17
Dave Lemon (Ia)	2:57:02	William Herbert (NY)	2:57:38	Norman Gill (Mass)	2:58:17
Dennis Saul (NY)	2:57:02	Jim Skalski (33, Mich)	2:57:39	Eamonn McEvilly (Va)	2:58:17
Richard Gilchrist (39, Cal)	2:57:03	Marvin Winer (37, Cal)	2:57:39	James Placke (27, Fla)	2:58:17
Chuck Livingston (36, Tx)	2:57:03	James Massey (36, Tx)	2:57:40	Eric Smith (32)	2:58:17
B. Don Lynch (Va)	2:57:03	Alfred Denblyker (NJ)	2:57:41	Dick Bentsen (50+)	2:58:18
Michael Mason (26, NY)	2:57:03	John Engle (31, Ohio)	2:57:41	Richard Borucki	2:58:19
Bill O'Brien (44)	2:57:03	Marshall Ledesma (23, Tx)	2:57:41	Norman McAlbee (Cal)	2:58:19
Mike Rowley (NY)	2:57:03	Norman Rustedad (36, NJ)	2:57:41	Clinton Eckstein	2:58:20
Michael Coleman (26)	2:57:04	C.P. Thomas (40)	2:57:41	John Harris (Mass)	2:58:20
Louis Fiorillo (19, NY)	2:57:04	Jim Lytle (40, Ohio)	2:57:41	Bruce Smith (Cal)	2:58:20
Carl Glatze (27, Wash)	2:57:04	Donald Pyle (Ore)	2:57:43	Mike Costello	2:58:21
James Liedtke (36)	2:57:04	Thomas Berg (28, Minn)	2:57:44	Peter Magnus	2:58:21
Wally Marae (43, NY)	2:57:04	William Molloy (25, Ariz)	2:57:44	Mike Webb (36, Ind)	2:58:21
Douglas Oberst (Ore)	2:57:04	Dave Boucher	2:57:45	Patrick Byrnes (Ohio)	2:58:22
Jim Clark	2:57:05	Ralph Davies (53, Cal)	2:57:45	Louis Neeb (Tex)	2:58:23
Terence Voss (33, Fla)	2:57:05	Sanders F. Haley (32, DC)	2:57:45	Michael Gulli (16, Cal)	2:58:24
Sheldon Johnson (Mich)	2:57:06	Michael Fero (Cal)	2:57:46	Pete Chadwick (41, Va)	2:58:25
James Peelen (33, Wisc)	2:57:06	Laurence Halley (45, NY)	2:57:46	Paul Raether (22)	2:58:25
William Kraus (20, Mass)	2:57:08	Paul Butchko (36, Pa)	2:57:49	Don Baker (15, Ill)	2:58:27
Michael Saxton (Mass)	2:57:08	Ray Carlson (Ill)	2:57:49	Haywood Norton (27)	2:58:27
Robert Simpson (NJ)	2:57:08	Joseph Radcliffe	2:57:49	David Perry (25, La)	2:58:28
Pete Wilson (29, Fla)	2:57:08	Dan Fuller (Mich)	2:57:50	Ben Barron (32, Ga)	2:58:29
Jim Fahey (34, NY)	2:57:09	David Lee (38, Mich)	2:57:51	James Barron (Ga)	2:58:30
Achim Knust (38, NY)	2:57:09	George Davall (Cal)	2:57:52	Joan Ulliott (35, Cal)	2:58:30



Larry Plumsett	2:58:31
Earle Carroll (26, Tx)	2:58:33
Hal Lerch (37, Fla)	2:58:33
Timothy Oldham (Md)	2:58:33
Dan Poore	2:58:33
Jeffery Dean (21, Cal)	2:58:34
Bill Wegener (Ia)	2:58:34
Myron Bigelow (Mass)	2:58:35
John Randolph (36, Md)	2:58:35
Richard Casperson (Idaho)	2:58:36
Frank Delgado (39)	2:58:36
Terry Mullen	2:58:36
Roger Mackenchnie (19, Ariz)	2:58:37
Frank Canez (Ariz)	2:58:38
Steve Carey	2:58:38
Chris Hayden (Cal)	2:58:38
Ray Valek	2:58:38
Robert Weisenfeld (NY)	2:58:38
Ted Wilson (38, Cal)	2:58:38
William Deasey (Pa)	2:58:39
Charles Elliott	2:58:39
Franklin Fry (Cal)	2:58:39
Michael Hormann (17, Ill)	2:58:39
Susan Mallery (21, Va)	2:58:39
J. Lafferty (55+)	2:58:40
Gene Minor (NJ)	2:58:40
Raymond Alley (47, NJ)	2:58:41
Paul Bakstad	2:58:41
James Brod	2:58:41
Mitchell Cohen (16)	2:58:42
Jeffrey Hartjoy (Wash)	2:58:42
Val Lewton (DC)	2:58:42
Michael Ranck (Pa)	2:58:43
Ray Floyiani (NJ)	2:58:44
Bud Kellett (Md)	2:58:44
Michael Lumijarvi (Ore)	2:58:44
Ray Baldauf (33, Mich)	2:58:45
Anthony Derobbio (37, RI)	2:58:45
John Houle (Pa)	2:58:45
Dwight Huggins (21, Tx)	2:58:45
Philip Nichols (Mass)	2:58:45
Peter Clement (35, Mass)	2:58:46
Edmond Connor (Mass)	2:58:46
Jack Moran (41, Minn)	2:58:46
Stephen Piercy (Ill)	2:58:47
Stephen Zander (25, NM)	2:58:47
Harry Berkowitz (NY)	2:58:48
Joe Caldwell (42, NY)	2:58:48
Al Del Guercio (18, Fla)	2:58:48
Russell McCarter (Mass)	2:58:49
Anthony Julianelle (Ill)	2:58:50
Russ Littlejohn (15, Ill)	2:58:50
John Eubank (Ia)	2:58:51
Michael Mieszczyk (NY)	2:58:51
Stanley Warren (37, Okla)	2:58:51
Robert Bish (36, Okla)	2:58:52
Julian Siegel (Mass)	2:58:52
Wilbert Talashoma (16, Ariz)	2:58:52
John Browne	2:58:53
Jim Cane	2:58:53
William Gordon (48, Pa)	2:58:53
Mark Lisak (Ind)	2:58:53
Geroge Brown	2:58:54
Gaive Kempe (32, Md)	2:58:54
Lawrence Roberts (34, Mo)	2:58:54
Jim Foure (Minn)	2:58:55
Ruben Moncivaiz (24)	2:58:56
Randy Edwards (Vt)	2:58:57
Robert Myers (27)	2:58:57
Richard Peterson (33, Ill)	2:58:57
James Shoonmaker (NY)	2:58:58
Harold Himmich (Ill)	2:58:59
Jason Moreno (26)	2:58:59
Craig Soucy (16, Ariz)	2:58:59
<b>2:59:00 to 2:59:59</b>	
John Swanson (Wash)	2:59:00
John Wells	2:59:00
George White (32, NY)	2:59:00
Dale Markley (Ohio)	2:59:01
Robert Spousta (Mass)	2:59:01
Donald Wann (33, Md)	2:59:01
Alexander Monterrosa (28)	2:59:02
Lew Sanza	2:59:02
Charles McLochlin (25, Md)	2:59:03
John Prinos (33)	2:59:03
Kevin Renaghan (Mass)	2:59:03
Jim Windnagle (16, Ohio)	2:59:03
Paul G. Gammon (35, Utah)	2:59:04
Patricia Hall (16, Pa)	2:59:04
Juan Perez (23, Tx)	2:59:04

Robert Trame (21, Ohio)	2:59:04
Roger Clark (NJ)	2:59:05
Bub Fouts (37, Tx)	2:59:05
Sandy Horn (39, Ill)	2:59:05
Stanley Dubin (NY)	2:59:06
Stanley Hoover (Ill)	2:59:06
Duane Powers (17)	2:59:07
Russell Chateauueuf (Mass)	2:59:08
Mark Sprenger (NJ)	2:59:08
Kathy Loper (32, Tx)	2:59:10
Jerry Cruse	2:59:11
Bill Meinhardt (35, Cal)	2:59:11
James Placentino (Mass)	2:59:12
Ralph Paffenbarger (50+, Cal)	2:59:13
Roger Phelan (17, Cal)	2:59:13
Harold Richardson (31)	2:59:14
Patrick Whalen (Va)	2:59:14
Ben Buckner (36, Ohio)	2:59:15
Harry Cordellos (Cal)	2:59:15
Brad Grooms (Kans)	2:59:15
Thomas Limp (Cal)	2:59:16
Ed Zimmerman (26, Mich)	2:59:16
Richard MacDonald (40+, Me)	2:59:17



*Blind runner Harry Cordellos (I) broke three hours. (OMPhoto)*

Steven Patterson (NY)	2:59:17
Guy Scott (Ohio)	2:59:17
Peter Henning (Mich)	2:59:18
Ed Williams	2:59:18
Jerry Kersnar	2:59:19
John Spratt (22, NY)	2:59:19
Peter Swift (NY)	2:59:19
William Cherry (Mass)	2:59:20
Jack Cline (42, Cal)	2:59:20
Allen Hire (28, Cal)	2:59:20
Jerry Kokesh (25, Mo)	2:59:20
David Kays (W Va)	2:59:21
Richard Marshall (Ohio)	2:59:21
Frederick Schaffstein	2:59:21
William Gray (17, Minn)	2:59:22
Kenneth Pugh (Mass)	2:59:22
David Johnson (Ill)	2:59:24
Mark Williams (17, Kans)	2:59:24
Harold Goforth (Cal)	2:59:25
Dean Goodwin (Cal)	2:59:25
Gene Useiton (44, NM)	2:59:25
Jeffery Winokur (24, Mass)	2:59:25
Craig Attebery (Cal)	2:59:26
Arne Fliflet (Va)	2:59:26
Russell Hendee	2:59:26
Al Meza (34, Ill)	2:59:26
Enrie Cunliffe (Tex)	2:59:27

Bud Kelle (27, Md)	2:59:27
Curtis Kinsman (NY)	2:59:28
Joseph Regele (23, NY)	2:59:28
Bill Reichert	2:59:28
James Way (Vt)	2:59:28
William Stuart (28, Ore)	2:59:29
Davis Swanson (Mass)	2:59:29
Bob Bruce (54, Ill)	2:59:30
Mark Harris (18, Ind)	2:59:30
Gerry Kramer (43, Pa)	2:59:30
Joel Strote (Cal)	2:59:30
David Hansen (32, Ariz)	2:59:31
Steve Haug (Fla)	2:59:31
Theodore Jones (Cal)	2:59:31
Diego Vacca (29, Tx)	2:59:31
David Brahms (37, Va)	2:59:32
David Kafer (36, Ohio)	2:59:32
Jim Rutkowski (Penn)	2:59:32
John Weidinger (34, Colo)	2:59:32
Jarry Mettler (Mass)	2:59:33
James Moon (18, Wash)	2:59:33
Steve Pusztay (27, Ohio)	2:59:33
Bob Cronther	2:59:34
Doug Draper (Utah)	2:59:34
Mark Hebron (18, Tx)	2:59:34
Charles Paul (Va)	2:59:34
Robert Huntington (23, Conn)	2:59:35
Joe Young (15)	2:59:35
Paul Duelo	2:59:36
Ted Helms (Mich)	2:59:36
Brad Kester (jr)	2:59:36
Kukolick (35, Ariz)	2:59:37
Walter Rotkis (29, Ariz)	2:59:37
David Jenny (Conn)	2:59:38
Paul Cranford (31, Miss)	2:59:39
James Speer (NY)	2:59:39
Bill Billing (Conn)	2:59:40
William Gregory (NY)	2:59:40
Armando Menacal (34, Cal)	2:59:40
Robert Powless (33, Ill)	2:59:40
Albert Taft (17, Ore)	2:59:40
Josef Fodor (Ohio)	2:59:41
Robert Hanson (16, Ore)	2:59:41
Berney Hamrock (Ohio)	2:59:42
Michael Martorand	2:59:42
Robert Whitney (Mass)	2:59:42
Sid DeLong (28, Colo)	2:59:43
Doug Fertig	2:59:43
Leroy Kelly (39, Md)	2:59:43
William Evans (Mass)	2:59:44
Richard Kornfehl (37, Wisc)	2:59:44
Jerry Stonick (37, Mich)	2:59:44
Edwin Hagerman (Colo)	2:59:45
Roberts French (Mass)	2:59:46
Joseph Nee (Mass)	2:59:47
Mike Simms (Colo)	2:59:47
Dennis Vetter (30, Wisc)	2:59:47
Henderson Cleaves (Fla)	2:59:48
Alvin Holt (Ohio)	2:59:48
Bob Laach	2:59:48
Harry Ainsleigh (Cal)	2:59:49
John Bammerlin (40, Ohio)	2:59:49
Dave Bernstein (17, Cal)	2:59:50
Douglas Eakin (27, Ore)	2:59:50
John Perkins (48)	2:59:50
Chuck Thoma	2:59:50
Steve Andes (29, Cal)	2:59:51
George Conefrey (Mass)	2:59:51
John Drasich (19, Va)	2:59:51
Robert Jensen	2:59:51
Greg Kosmowski (27, Mich)	2:59:51
Steven Barry (NY)	2:59:52
Nicholas Cochran (20, Ore)	2:59:52
Tom Mathews (Cal)	2:59:52
Paul McSorley (45)	2:59:52
Henry Shands (Ind)	2:59:52
John Marquart	2:59:53
David Sanford (RI)	2:59:53
J. Taylor (50+)	2:59:53
Charles Horioka (Mass)	2:59:54
Donald Heimiller (Md)	2:59:55
Patrick O'Connor (32, Cal)	2:59:55
Luther Lewer (Wisc)	2:59:56
John Howes (Conn)	2:59:57
George Butterworth (Mass)	2:59:58
Art Browning (43, Okla)	2:59:59
John Kostinshak (19, Mich)	2:59:59
Larry Littlejohn (26, Mass)	2:59:59
Steve Totten (28, Cal)	2:59:59

*(continued on page 62)*



# Sub-4:00 Women for 1975

NAME (AGE, STATE)	TIME
1. Jacki Hansen (26, Cal)	2:38:19
2. Kim Merritt (20, Wisc)	2:46:14
3. Miki Gorman (40, Cal)	2:47:45
4. Diane Barrett (14, Ariz)	2:50:21
5. Dorothy Doolittle (29, Tex)	2:51:22
6. Kathrine Switzer (28, NY)	2:51:37
7. Marilyn Paul (37, Ore)	2:54:10
8. Gayle Barron (29, Ga)	2:54:11
9. Cindy Dalrymple (33, Hi)	2:54:25
10. Lora Cartwright (13, Ind)	2:55:00
11. Marilyn Bevans (25, Md)	2:55:52
12. Lili Ledbetter (13, Ore)	2:56:07
13. Merry Cushing (Mass)	2:56:57
14. Joan Ulliyot (35, Cal)	2:58:30
15. Susan Mallery (21, Va)	2:58:39
16. Patricia Hall (16, Pa)	2:59:04
17. Kathy Loper (32, Tex)	2:59:10
18. Penny DeMoss (25, Cal)	3:00:19
19. Laurie Taylor (14)	3:01:27
20. Marian May (21, Alas)	3:02:41
21. Patricia Barrett (20, NJ)	3:02:42
22. Marjorie Kaput (17, Ariz)	3:02:47
23. Judy Gumbs (23, Cal)	3:02:54
24. Janice Arenz (25, Minn)	3:03:03
25. Sue Neary (17, Cal)	3:04:30
26. Cathy Sigler (14, Fla)	3:04:36
27. Leal Reinhart (Cal)	3:04:37
28. Caron Schaumberg (34, Cal)	3:04:42
29. Nancy Kent (Pa)	3:04:44
30. Ellen Turkel (NY)	3:06:03
31. Tracie Sigler (15, Fla)	3:06:07
32. Mary Etta Boitano (12, Cal)	3:06:50
33. Nancy Linday (26, NY)	3:06:53
34. Marie Albert (Cal)	3:06:57
35. Kathryn Rankin (22, Cal)	3:07:38
36. Lisa Lorrain (Ga)	3:08:14
37. Linda Heinmiller (Cal)	3:09:00
38. Eileen Waters (30, Cal)	3:09:41
39. Donna Gookin (38, Cal)	3:09:42
40. Ruth Anderson (46, Cal)	3:10:10
41. Jenifer Haas (Va)	3:11:23
42. Yvette Cotte (15, Cal)	3:11:26
43. Martha Klopfer (40, NC)	3:11:50
44. Sally McPherson (19, Cal)	3:12:18
45. Margaret Rosasco (27, Md)	3:12:56
46. Kathy Smith (Md)	3:13:20
47. Mary Glenney (Fla)	3:13:34
48. Clare Wellnitz (Mich)	3:13:41
49. Ella Willis (18, Mich)	3:13:51
50. Irene Rudolf (33, Cal)	3:14:06
51. Sherry Henry (17, NY)	3:14:30
52. Pat McSwegin (32, Ohio)	3:14:54
53. Sue Munday (13, Cal)	3:14:58
54. Martha Gallagher (27, Mass)	3:15:47
55. Jeanne Bocci (32, Mich)	3:15:48
56. Margaret Rosasco (26, Md)	3:16:01
57. Darlene Wallach (24, Cal)	3:16:18
58. Christine Shultz (Mont)	3:17:04
59. Ellen Meehan (18, NJ)	3:17:52
60. Calleen King (Ore)	3:18:18
61. Alicia Kirkorn (Cal)	3:18:36
62. Kelly Cerda (Cal)	3:18:37
63. Janet Greaney (23, Mass)	3:18:43
64. Janet Heinonen (Ore)	3:19:00
65. Sue Ellen Trapp (Fla)	3:19:45
66. Peggy Stafford (Wisc)	3:19:59
67. Roberta Moore (28, Ore)	3:20:12



Ruth Anderson—3:10:10 at age 46.  
(Jim Engle photo)

68. Mary Carman (14, Cal)	3:20:20
69. Frances Olsen	3:20:22
70. Mary Healy (28, Cal)	3:20:24
71. Skip Swannack (33, Cal)	3:20:25
72. Alexa Kraft (27, Mich)	3:20:33
73. Gail Gustafson (32, Cal)	3:20:48
74. Kathy Magnuson (Minn)	3:20:49
Susan Rossiter (Wash)	3:20:49
76. Constance Junghaus (27, DC)	3:21:13
77. Mary Lynch (NY)	3:21:20
78. Nine Kuscsik (NY)	3:21:21
79. Jeannette Cotte (13, Cal)	3:21:23
80. Martha Newell (Conn)	3:21:26
81. Christine Allison (26, Pa)	3:21:37
82. Suzanne Williams (Md)	3:21:47
83. Patti Price (38, Tex)	3:21:35
84. May Chun (17, Hi)	3:23:47
85. Jennifer Meyer (22, Ariz)	3:23:49
86. Ruth Yani (Ariz)	3:23:52
Betsy White (36, Cal)	3:23:52
88. Sue Stricklin (Hi)	3:23:57
89. Michelle Evans (Ind)	3:24:00
90. Louise Burns (34, Cal)	3:24:26
91. Linda Eiben (Ill)	3:24:47
92. Susan Lane (16, Cal)	3:24:48
93. Betsy Haines (14, Alas)	3:25:06
94. Diane Hargrove (Cal)	3:25:11
95. Mary Sanders (34, Cal)	3:25:40

96. Tina Lingbloom (Wash)	3:25:52
97. Virginia Moore (Hi)	3:26:45
98. Alex Boies (30, Minn)	3:26:49
99. Patricia Cornish (17, Md)	3:27:33
100. Rozanne Enerson (23, Ore)	3:27:35
100. Joy Chun (15, Hi)	3:27:49
Mary Hanley (27, DC)	3:27:49

## 3:27 to 3:30

Joy Chun (15, Hi)	3:27:49
Mary Hanley (27, DC)	3:27:49
Marcie Trent (57, Alas)	3:27:—
Mary Uhrig (21, Hi)	3:28:06
Karen Bessey (Cal)	3:28:12
Carol Myers (18, Pa)	3:28:15
Elizabeth Sandoff (Pa)	3:29:37
Virginia Collins (44, Cal)	3:28:38
Karen Kokesh (23, Mo)	3:28:53
Norma Viault (Cal)	3:29:15
Pam Hammond (32, Wash)	3:29:36
Luanne Kralick (43, Cal)	3:29:53
Mary Ann Persan (NY)	3:29:56

## 3:30 to 3:34

Betty Best (39, Cal)	3:30:20
Carolyn Gibbard (36, Ill)	3:30:28
Marilyn Good (40, Ill)	3:30:29
Sally Jurgenson (29, Tex)	3:30:36
Brenda Hon (32, Tex)	3:30:47
Doria Stech (13, NY)	3:31:25
Jackie Fiske (Wash)	3:32:13
Jennifer Daniell (21, Hi)	3:32:27
Debbie Koffel (10, Ore)	3:32:29
Dalana Pursel (21, Cal)	3:32:51
Kee Good (18, Ill)	3:33:14
Sherry Simmons (Cal)	3:33:41
Cathy Greene (16, NY)	3:33:48
Jan Newhart (47, Hi)	3:33:54
Diana Cartwright (11, Ind)	3:34:01
Kim Tanabe (Cal)	3:34:27
Diane Major (30, Cal)	3:34:50
Barbara Jones (26, Va)	3:34:53
Deborah Anderson (27, Guam)	3:34:55

## 3:35 to 3:39

Mary Best (30, Hi)	3:35:11
Janet Della-Bristol (Vt)	3:35:28
Christina Troffer (16, Cal)	3:35:52
Ludy Lutter (Minn)	3:35:53
Sharon Cogbill (Ill)	3:36:30
Nancy Pease (14, Alas)	3:36:33
Elina Arbesu (41, Cal)	3:36:42
Gay Fowler (28, Tex)	3:36:50
Arlene Weeks (30, NM)	3:36:55
Mary Belling (19, Wisc)	3:37:28
Eileen Disken (Pa)	3:37:31
Julie Magin (14, Md)	3:37:32
Sally Jurgensen (29, Tex)	3:37:58
Cecilia Negaard (31, Cal)	3:37:59
Debbi Haines (17, Alas)	3:38:33
Rose Thomas (Pa)	3:38:54
Lynn Blackstone (35, NY)	3:39:32
Janine Paciarelli (27, Md)	3:39:36

## 3:40 to 3:44

Mary Jane Skillin (Mass)	3:40:09
Nancy Tighe (44, NY)	3:40:15
Patty Weldon (19, Pa)	3:40:26
Noel Murchie (41, Hi)	3:40:55
Elizabeth Hagan (33, Cal)	3:41:10
Arlee Montalvo (23, Cal)	3:41:11
Jane Underhill (30, Ore)	3:41:34
Marryanne Motter (NJ)	3:41:51
Rosalie Pitts (29, Cal)	3:41:57
Fatima Ali (42, Pa)	3:42:40
Carroll O'Conner (44, Cal)	3:42:53
Kathy Keller (27, Cal)	3:43:23



Nancy Skrimstad (18, Hi)	3:43:40	Andrea Worden (Cal)	3:49:47	Lauri Snider (15, Ariz)	3:54:54
Sue Ellen Hamilton (29, Fla)	3:43:44	<b>3:50 to 3:54</b>		Deb Anderson (Guam)	3:54:55
Nancy Krenowicz (17, Wash)	3:43:46	Lynn Ann Johnson (13, Cal)	3:50:23	Sarah Newman (16, Ore)	3:54:55
Ruth McGreecham (25, Pa)	3:44:44	Kathy Stefferud (24, Hi)	3:50:24	<b>3:55 to 3:59</b>	
Valerie Herwig (29, Md)	3:44:50	Mary Briant (32, La)	3:50:47	Jeanie Perrow (NM)	3:55:22
Roberta Widmann (Ind)	3:44:52	Amy Cartwright (8, Ind)	3:51:09	Natalie Lewis (40+, Cal)	3:55:26
Jan Herhold (24, Cal)	3:44:57	Laurie Bangert (Cal)	3:51:36	Lorraine Rorke (29, Cal)	3:55:32
<b>3:45 to 3:49</b>		Carol Coe (13, Alas)	3:51:45	Karren Scannell (37, Cal)	3:55:32
Catherine Kleeman (27, Md)	3:45:01	Helene Stech (11, NY)	3:51:46	Sherryl Cargill (24, Hi)	3:55:43
Kimberly Daniels (24, Cal)	3:45:11	Mary McBrayer (41, Tex)	3:52:10	Janet Hunerdosse (1a)	3:55:46
Megs Corson (Pa)	3:45:22	Renee Yuen (27, Hi)	3:52:27	Margaret Crockett (31, Md)	3:56:21
Becky Pierce (27, Ind)	3:45:28	Cheryl Hultman (28, Minn)	3:52:38	Marianne McKay (15, NY)	3:56:40
Ramona Klinger (28, Hi)	3:45:37	Martha Cochran (NH)	3:52:44	Barbara Norris (NM)	3:56:49
Marcy Francisco (Utah)	3:45:39	Tina Chee (24, Cal)	3:53:04	Elizabeth Williams (28, Tex)	3:56:51
Karen Fady (33, Va)	3:45:43	Christiana Walford (34, NY)	3:53:13	Diane Fournier (28, Me)	3:56:54
Lida Askew (48, Tex)	3:46:21	Leah Ferris (32, Hi)	3:53:25	Pamela Peterson (19, Fla)	3:58:05
Nancy McIntyre (NC)	3:46:58	Pris Butterfield (Tex)	3:53:35	Linda Dellicker (18, Cal)	3:58:08
Doreen Moes (1a)	3:47:29	Gloria McLeod (46, Tex)	3:53:35	Nancy Laird (33, Tex)	3:58:11
Jean Irwin (42, Ore)	3:47:30	Ruth Dettering (49, Cal)	3:53:55	Jeanette Beaman (16, Cal)	3:58:22
Carol Ouchi (24, Hi)	3:47:40	Suzanne Patton (40, Del)	3:54:19	Collette Murphy (Ohio)	3:58:42
Sue Trapp (Fla)	3:47:50	Louise Weschler (27, Pa)	3:54:24	Sue Jacobs (28, Md)	3:58:57
Barbara Carlson (41, Cal)	3:47:52	Sylvia Wiegand (30)	3:54:34	Deborah Gehring (Ind)	3:59:03
Maria Skinner (Pa)	3:48:15	Robbin Schellhous (28, Tex)	3:54:42	Jan Gontang (Cal)	3:59:18
Amy Hoyt (19, Cal)	3:49:32	Catherine Kakadelas (Cal)	3:54:42	Jessie Smith (Cal)	3:59:20

## Men's Age - Group Records

AGE	NAME	TIME						
5	Kevin Strain	6:56:33	30	Lou Castagnola	2:17:48	55	Bob Horman	2:48:35
6	Kevin Strain	4:15:01	31	Barry Brown	2:16:43	56	John Kelley	2:49:14
7	Eric Huss	3:50:55	32	Herb Lorenz	2:19:16	57	John Kelley	2:48:32
8	Ralph Salcido	3:30:08	33	John Kelley	2:22:15	58	William Andberg	2:51:44
9	Daven Chun	3:05:--	34	Norm Higgins	2:22:54	59	Clive Davies	2:52:29
10	Reggie Heywood	2:57:24	35	Norm Higgins	2:15:52	60	Clive Davies	2:47:46
11	Daven Chun	2:52:09	36	Herb Lorenz	2:17:43	61	John Kelley	2:58:40
12	Mike Boitano	2:54:34	37	Ray Hughes	2:23:37	62	John Kelley	3:02:18
13	Scott Slovic	2:45:15	38	Ken Mueller	2:22:26	63	Monty Montgomery	2:54:56
14	Kevin Kitze	2:41:43	39	Ralph Thomas	2:23:30	64	Monty Montgomery	2:55:45
15	Mitch Kingery	2:29:11	40	Robert Frankum	2:30:00	65	Monty Montgomery	2:53:03
16	Mitch Kingery	2:23:47	41	Virgil Yehmert	2:28:27	66	Monty Montgomery	2:56:48
17	Thom Hunt	2:24:06	42	Walt Renaud	2:31:18	67	Alex Corpacious	3:36:55
18	Kirk Pfeffer	2:17:44	43	Jim McDonagh	2:29:55	68	Monty Montgomery	2:54:49
19	Kirk Pfeffer	2:18:05	44	Ted Corbitt	2:35:03	69	Monty Montgomery	3:00:57
20	Mike Hazilla	2:18:46	45	Jim McDonagh	2:29:07	70	(none)	
21	Doug Schmenk	2:17:45	46	Jim McDonagh	2:28:49	71	Fred Grace	3:53:43
22	Tom Fleming	2:14:25	47	Jim McDonagh	2:33:13	72	Fred Grace	3:45:20
23	Tom Fleming	2:12:05	48	Howard Miller	2:37:49	73	Fred Grace	4:03:38
24	Frank Shorter	2:12:19	49	Jim McDonagh	2:37:30	74	Fred Grace	3:45:15
25	Frank Shorter	2:10:30	50	Clarence DeMar	2:43:30	75	Fred Grace	4:05:40
26	Frank Shorter	2:11:45	51	Charles Gibson	2:42:24	76	Fred Grace	4:10:57
27	Bill Rodgers	2:09:55	52	Ed Almeida	2:44:19	77	Fred Grace	4:20:51
28	Steve Hoag	2:11:54	53	John Kelley	2:44:53	78-83	(none)	
29	Dennis Williams	2:15:18	54	John Kelley	2:37:42	84	Claude Mulholland	7:35:--

## Women's Age-Group Records

Age	Name	Time	13	Lora Cartwright	2:55:00	22	Kathryn Rankin	3:07:38
5	Jennifer Amyx	4:56:00	14	Diane Barrett	2:50:21	23	Cheryl Bridges	2:49:40
6	Mary Etta Boitano	4:27:32	15	Tracie Sigler	3:06:07	24	Cheryl Bridges	2:55:44
7	Mary Etta Boitano	3:57:42	16	Marjorie Kaput	2:51:38	2a5	Marilyn Bevans	2:55:52
8	Mary Etta Boitano	3:37:15	17	Marjorie Kaput	3:02:47	26	Jacki Hansen	2:38:19
9	Mary Etta Boitano	3:28:17	18	Beth Bonner	3:01:42	27	Jacki Hansen	2:49:24
10	Mary Etta Boitano	3:01:15	19	Teri Anderson	2:53:40	28	Kathrine Switzer	2:51:37
11	Mary Etta Boitano	3:08:21	20	Kim Merritt	2:46:14	29	Dorothy Doolittle	2:51:22
12	Lili Ledbetter	3:03:32	21	Susan Mallery	2:58:39			

(continued on page 64)



30	Gayle Barron	2:57:11	40	Miki Gorman	2:47:45	50	Isa Varela	4:01:15
31	Judy Ikenberry	2:54:28	41	Luanne Kralick	3:29:07	51	(none)	
32	Nina Kuscsik	2:56:04	42	Luanne Kralick	3:18:45	52	Marcie Trent	4:40:03
33	Cindy Dalrymple	2:54:25	43	Luanne Kralick	3:12:25	53	Cathy Hargus	4:13:26
34	Nina Kuscsik	2:57:07	44	Nicki Hobson	3:15:20	54	Marcie Trent	3:43:37
35	Nina Kuscsik	2:55:24	45	Ruth Anderson	3:16:12	55	Marcie Trent	4:15:23
36	Marilyn Paul	2:58:44	46	Ruth Anderson	3:10:10	56	Marcie Trent	3:50:34
37	Marilyn Paul	2:54:10	47	Jan Newhart	3:33:54	57	Marcie Trent	3:27:??
38	Miki Gorman	2:46:36	48	Lida Askew	3:46:21	58-60	(none)	
39	Martha Klopfer	3:23:22	49	Isa Varela	3:52:21	61	Burnis Hicks	4:45:23

## 1975 Men's Age-Group Leaders

### Ages 9 and Under

1.	John Foley (9, Cal)	3:20:12
2.	Kevin Strain (7, Alas)	3:34:30
3.	Greg Hill (9, Cal)	3:46:32
4.	James Myers (9, Cal)	3:56:12
5.	Abran Salazar (8, Nev)	3:59:51

### Ages 10-11

1.	Daven Chun (11, Hi)	2:52:09
2.	Reggie Heywood (11, Ariz)	2:53:12
3.	Jim Kelly (11, Cal)	3:09:36
4.	Peter Ewers (11, Nebr)	3:18:36

### Ages 12-13

1.	Jimmy Sayler (13, Va)	3:06:28
2.	Mike Boitano (13, Cal)	3:14:45
3.	Dutch Workman (12, Ariz)	3:21:01
4.	Thomas Whitson (13, Md)	3:22:05
5.	Everett Rubel (13, Alas)	3:27:00

### Ages 14-15

1.	Bruce Fay (15, Ariz)	2:41:27
2.	Herb Willis (15)	2:43:45
3.	Mark Cotler (15)	2:46:05
4.	Scott Wilkens (14, Colo)	2:46:58
5.	Tory Lingbloom (15, Wash)	2:47:44
6.	Bob Ratcliffe (15, Ill)	2:48:45

7.	Jose Sorolia (15, Nev)	2:53:37
8.	Jay Johnson (15, Minn)	2:53:46
9.	Frank Scaccia (15)	2:54:04
10.	Fred D'Agostino (15)	2:54:11

### Ages 16-19

1.	Kirk Pfeffer (18, Cal)	2:17:44
2.	Thom Hunt (17, Cal)	2:24:06
3.	Ed Steingraber (19, Ill)	2:26:19
4.	Mark Stevenson (17, Cal)	2:28:11
5.	Vernon Campbell (17, Alas)	2:28:26
6.	George Mason (19, Kans)	2:29:25
7.	Ruben Ruiz (17, Ariz)	2:29:57
8.	Michael Bordell (19, Colo)	2:30:36
9.	Kris Soler (17)	2:30:42
10.	Eric Hulst (17, Cal)	2:30:56

### Ages 40-49

1.	Robert Frankum (40, NY)	2:30:00
2.	Earl Bradley (41, Ohio)	2:31:49
3.	Jim Green (Mass)	2:31:51
4.	Ray Menzie (40, Cal)	2:33:54
5.	John Kelley (Conn)	2:34:11
6.	William Olrich (40, Ky)	2:34:48
7.	Steve Goldberg	2:35:48
8.	Pat Bastick (NY)	2:36:47
9.	John Rudberg (40, Cal)	2:37:05
10.	Richard Bartek (42, Cal)	2:37:23

### Ages 50-59

1.	Ed Almeida (52, Cal)	2:44:19
2.	John Walker (54, Nev)	2:44:52
3.	Alex Ratelle (50, Minn)	2:45:15
4.	Hubert Morgan (53, Pa)	2:51:32
5.	Flory Rodd (52, Cal)	2:52:32
6.	Max Nemazi (50, Mich)	2:52:40
7.	James Oleson (Cal)	2:52:52
8.	Tom Kempf (50, Okla)	2:54:16
9.	Jim McDonagh (50, NY)	2:56:32
10.	Ralph Davies (53, Cal)	2:57:45

### Ages 60-69

1.	Clive Davies (60, Ore)	2:47:46
2.	Monty Montgomery (68, Cal)	2:54:49
3.	John Wall (62, Md)	3:02:11
4.	John Montoya (Cal)	3:10:35
5.	Norm Bright (65, Wash)	3:10:54
6.	Chick Dahlsten (64, Cal)	3:11:31
7.	John Archer (60, Wisc)	3:12:31
8.	Don Logan (60, NY)	3:15:46
9.	Urban Miller (63, Wash)	3:16:54
10.	Hank Braddock (61, Ohio)	3:20:43

### Ages 70-Up

1.	Fred Grace (77, Cal)	4:20:51
2.	Bob Bowen (73, Fla)	4:36:40
3.	Ben Hirsch (73, Cal)	4:42:15
4.	Claude Mulholland (84, Ore)	7:35:--

## 1975 Women's Age-Group Leaders

### Ages 10-11

1.	Debbie Koffel (10, Ore)	3:32:29
2.	Diana Cartwright (11, Ind)	3:34:01
3.	Helene Stech (11, NY)	3:51:46

### Ages 9 and Under

1.	Amy Cartwright (8, Ind)	3:51:09
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### Ages 12-13

1.	Lora Cartwright (13, Ind)	2:55:00
2.	Lili Ledbetter (13, Ore)	2:56:07
3.	Mary Etta Boitano (12, Cal)	3:06:50
4.	Sue Munday (13, Cal)	3:14:58
5.	Jeannette Cotte (13, Cal)	3:21:23
6.	Doria Stech (13, NY)	3:31:25
7.	Lynn Ann Johnson (13, Cal)	3:50:23
8.	Carol Coe (13, Alas)	3:51:45

### Ages 14-15

1.	Diane Barrett (14, Ariz)	2:50:21
2.	Laurie Taylor (14)	3:01:27
3.	Cathy Sigler (14, Fla)	3:04:36
4.	Tracie Sigler (15, Fla)	3:06:07
5.	Yvette Cotte (Cal)	3:11:26
6.	Mary Carman (14, Cal)	3:20:20
7.	Betsy Haines (14, Alas)	3:25:06
8.	Joy Chun (15, Hi)	3:27:49
9.	Nancy Pease (14, Alas)	3:36:33

### Ages 16-19

1.	Patricia Hall (16, Pa)	2:59:04
2.	Marjorie Kaput (17, Ariz)	3:02:47
3.	Sue Neary (17, Cal)	3:04:30
4.	Sally McPherson (19, Cal)	3:12:18
5.	Ella Willis (18, Mich)	3:13:51
6.	Sherrye Henry (17, NY)	3:14:30
7.	Ellen Meehan (18, NJ)	3:17:52

8.	May Chun (17, Hi)	3:23:47
9.	Susan Lane (16, Cal)	3:24:48
10.	Patricia Cornish (17, Md)	3:27:33

### Ages 40-49

1.	Miki Gorman (40, Cal)	2:47:45
2.	Ruth Anderson (46, Cal)	3:10:10
3.	Martha Klopfer (40, NC)	3:11:50
4.	Virginia Collins (44, Cal)	3:28:28
5.	Luanne Kralick (43, Cal)	3:29:53
6.	Marilyn Good (40, Ill)	3:30:29
7.	Jan Newhart (47, Hi)	3:33:47
8.	Nancy Tighe (44, NY)	3:40:15
9.	Noel Murchie (41, Hi)	3:40:55
10.	Fatima Ali (42, Pa)	3:42:40

### Ages 50-up

1.	Marcie Trent (47, Alas)	3:27:--
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# Canadian Marathoning

by Norman Patenaude

The marathoning explosion doesn't die out at the United States' northern border, but spills into Canada without losing much of its force. The same things are happening to the sport here that are going on in the US.

Canadians set national records for both men and women during 1975. After six years of non-progress, and an early season marred by a dropout in the late miles at Boston, Jerome Drayton won the most prestigious race of the year with the best time of his life. He ran 2:10:08 at Fukuoka, Japan.

Joan McKinty became the first Canadian woman under three hours when she did 2:57:40 in the national championship race.

Few countries will have stronger runners at Montreal than host Canada. Besides Drayton, the team will likely include Tom Howard. He placed fourth at Boston (in 2:13:23) and

third at the Pan-American Games last year.

At the moment, two runners with opposite backgrounds are in good shape to take the final Olympic spot. Seasoned internationalist Andy Boychuk ran his best time of 2:16:13 last year at age 34. Young Brian Maxwell won the national title with 2:18:40 in his first ever marathon.

As in the US, Canada also had record participation during 1975. New races sprung up in the more remote provinces, and the number of male runners under three hours and females under four resulted from the growing opportunity and competitive push.

The only thing slow about the Canadians was their mail service. In fact, for a time in the fall it was stopped completely by a nationwide strike. While these lists are nearly complete, a few results didn't get here in time for publication.

## All-Time Men's Leaders



NAME (AGE)	TIME (YEAR)
1. Jerome Drayton (30)	2:10:08 (75)
2. Tom Howard (26)	2:13:23 (75)
3. Brian Armstrong (24)	2:13:30 (73)
4. Andy Boychuk (34)	2:16:13 (75)
5. Bob Moore (33)	2:16:45 (74)
6. Brian Maxwell (22)	2:18:40 (75)
7. Ron Wallingford (32)	2:19:24 (66)
8. Dave Ellis (28)	2:19:47 (66)
9. Doug Scorrar (27)	2:20:02 (75)
10. Wolf Schamberger (27)	2:20:09 (73)
11. Bruce Shaw (27)	2:20:13 (73)
12. Jerry Tighe (27)	2:20:16 (73)
13. Bruce Kidd (31)	2:20:18 (74)
14. Rick Bourrier (20)	2:20:57 (75)
15. Peter Lever (26)	2:21:19 (72)
16. Norm Patenaude (28)	2:21:42 (73)
17. Gordon Dickson (26)	2:21:50 (58)
18. Wayne Yetman (23)	2:22:13 (69)
19. Ross Jackson (29)	2:22:20 (74)
20. Paul Pearson (25)	2:22:22 (72)

(continued on page 66)

*Jerome Drayton (9) beat Frank Shorter in the Springbank International, then won at Fukuoka in 2:10:08. (Rick Levy photo)*



21. Ray Will (31)	2:22:47 (69)	42. Arthur Taylor (47)	2:27:01 (74)
22. Garry Harrison (33)	2:22:53 (71)	43. Al Kerr (32)	2:27:04 (75)
23. Bruce Dewsberry	2:22:57 (75)	44. Dave Landriault (21)	2:27:08 (73)
24. Morris Aarbo (30)	2:23:06 (67)	45. Russ Evans (31)	2:27:13 (75)
25. Tony Barron (33)	2:23:06 (75)	46. John Currie (24)	2:27:33 (75)
26. Richard Whiting (37)	2:23:24 (75)	47. Darrel Frank (20)	2:27:41 (72)
27. Jack Burnett (31)	2:24:28 (68)	48. Richard Pyne (26)	2:27:44 (73)
28. John Cliff (27)	2:24:33 (70)	49. Mike Kucharew (23)	2:27:47 (74)
29. Carl Christensen (25)	2:24:42 (73)	50. Graham Laughlin (22)	2:27:48 (73)
30. John Mowatt (25)	2:24:53 (72)	51. Brian Drewett (28)	2:28:09 (69)
31. Brian Stackhouse	2:25:03 (73)	52. Charlie Thorne (23)	2:28:21 (71)
32. Rick Hanna (26)	2:25:21 (73)	53. Myron Neville (24)	2:28:24 (73)
33. Jack Taunton (25)	2:25:28 (73)	54. Gerard Cote (29)	2:28:25 (43)
34. Paul Hoffman (24)	2:25:45 (66)	55. Bill MacBlain (29)	2:28:31 (75)
35. Rick Hughson (26)	2:25:50 (75)	56. Chris Kelk (32)	2:28:38 (75)
36. Phil Davis (29)	2:25:54 (75)	57. Bob Fahy (28)	2:28:51 (70)
37. Bill Herriot (32)	2:25:56 (73)	58. Bob Kochan (32)	2:28:53 (71)
38. Bill Allen (32)	2:26:02 (64)	59. Jim Haddow (38)	2:29:20 (67)
39. Peter Moore (27)	2:26:26 (75)	60. Richard Chouinard (24)	2:29:27 (75)
40. David Yaeger (22)	2:26:35 (75)	61. Robert Taylor (32)	2:29:35 (73)
41. Medhi Jaouhar (28)	2:26:38 (75)	62. Charles Pell	2:29:53 (64)

## All-Time Women's Leaders

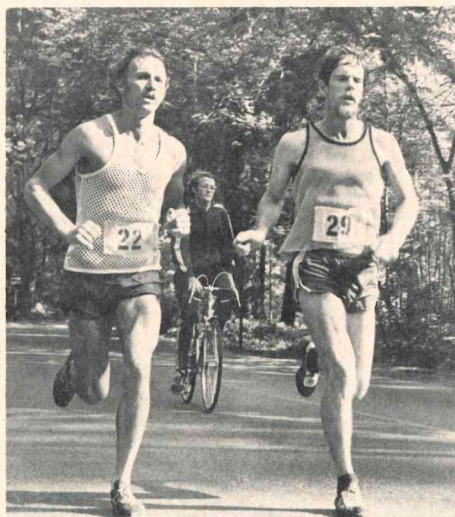
Name (Age)	Time (Year)
1. Joan McKinty (23)	2:57:40 (75)
2. Maria Brzezinska (25)	3:03:15 (74)
3. Linda Winslow	3:06:49 (75)
4. Sigrid Nadon (33)	3:12:01 (74)
5. Maureen Wilton (13)	3:15:22 (67)
6. Eleanor Thomas (31)	3:16:18 (75)
7. Winifred Geller	3:19:05 (75)
8. Sandra Davis	3:19:14 (75)
9. Teresa Ashworth (25)	3:19:24 (74)
10. Debbie Collins (20)	3:20:13 (73)
11. Sylvia Weiner (44)	3:20:31 (75)
12. Francine Poirrier (22)	3:24:26 (74)
13. Suzanne Taylor (29)	3:27:12 (73)
14. Brenda Makichuk (25)	3:29:13 (75)

## Sub-3:00 Men for 1975

### NAME (AGE, PROVINCE)

### TIME

1. Jerome Drayton (30, Ont)	2:10:08
2. Tom Howard (26, BC)	2:13:23
3. Andy Boychuk (34, Ont)	2:16:13
4. Brian Maxwell (22, Ont)	2:18:40
5. Doug Scorrar (27, Ont)	2:20:02
6. Wolf Schamberger (29, BC)	2:20:31
7. Rick Bourrier (20, Man)	2:20:57
8. Ross Jackson (30, BC)	2:22:47
9. Bruce Dewsberry (20, Ont)	2:22:57
10. Tony Barron (33, BC)	2:23:06
11. Richard Whiting (37, BC)	2:23:24
12. Robert Moore (34, Ont)	2:25:22
13. Wayne Yetman (29, Ont)	2:25:45
14. Rick Hughson (26, Ont)	2:25:50
15. Phil Davis (29, Sask)	2:25:54
16. Peter Moore (27, Alta)	2:26:26
17. David Yaeger (22, Ont)	2:26:35
18. Mehdi Jaouhar (28, Que)	2:26:38
19. Al Kerr (31, BC)	2:27:04
20. Russ Evans (31, Ont)	2:27:13
21. Jack Taunton (27, BC)	2:27:16
22. John Currie (24, BC)	2:27:33
23. Bruce Shaw (BC)	2:27:39
24. Richard Pyne (29, Que)	2:28:26
25. Bill MacBlain (29, Alta)	2:28:31
26. Chris Kelk (32, Ont)	2:28:38
27. Norm Patenaude (30, BC)	2:28:42
28. Brian Armstrong (27, Ont)	2:28:57
29. Richard Chouinard (24, Que)	2:29:27
30. Dean Foster (20, Ont)	2:30:03
31. Vaughn Johnston (23, Ont)	2:30:03
32. Bob Town (Man)	2:30:05
33. Bill Young (20, Ont)	2:30:46
34. Dave Wise (32, Ont)	2:30:57
35. Art Taylor (48, Ont)	2:31:12
36. Ronald McGraw (20, NS)	2:31:31
37. Miro Svab (35, Ont)	2:31:37
38. Victor Matthews (Ont)	2:32:04
39. Ron Flint (28, Ont)	2:32:15
40. John Doyle (42, Ont)	2:33:39
41. Rob Taylor (34, BC)	2:33:50



*Two of western Canada's best—Bruce Shaw (l) and Tom Howard. (Sharran Herriot photo)*

42. Bob Moody (31, Man)	2:34:11
43. Patrick Montuoro	2:34:13
44. Brian Bisson (29, Ont)	2:34:21
45. Jack Freil (34, Ont)	2:34:37
46. Jacques Mainguy (24, Que)	2:34:30
47. Fred Clemmer (Ont)	2:34:57
Bill Herriot (34, Alta)	2:34:57
49. Gary Rantalli (30, Ont)	2:35:00
50. Philip Garland (NS)	2:35:11
51. Brian Spielman (21, Alta)	2:35:15
52. Bill Wirtanen (30, BC)	2:35:39
53. Michel Begin	2:36:22
54. Craig Storey (26, Alta)	2:36:28
55. Brent Swanick (Ont)	2:36:39
56. Brad Blain (22, Ont)	2:36:44
Arthur Drevins (Ont)	2:36:44

58. Bob Lazenby (43, Ont)	2:38:09
59. Roar Gjessing (41, BC)	2:38:43
60. Cliff Hall (49, Ont)	2:38:52
61. Tory Tronrund (BC)	2:39:08
62. Erik Quackenbush (Ont)	2:39:09
63. Gary Goplen (Sask)	2:39:13
64. Tim Uuksulainen (23, Ont)	2:39:16
65. Jean Rochette (23, Que)	2:39:35
66. Stephen Peet (Ont)	2:40:16
67. Linden Bland (36, Alta)	2:40:18
68. Richard Quevillon (Que)	2:40:23
69. John Grabowski	2:40:28
70. James Gilchrist (Ont)	2:40:37
71. Harry Welles (30, NS)	2:40:38
72. Jack Farrell (BC)	2:40:50
73. Garry Dowling (28, Ont)	2:40:51
74. Dave Gogliati (Ont)	2:40:56
75. Maxwell Barr (Ont)	2:41:02
76. Bob Bowman (44, Ont)	2:41:14
77. Fred Wright (41, Ont)	2:41:28
78. Scott Bailey (33, Ont)	2:41:30
79. Barry Ault (29, Ont)	2:41:38
80. Bruce Kidd (32, Ont)	2:41:39
81. Frank Okoh (30, Ont)	2:41:55
82. Mike Shaw (Ont)	2:41:56
83. John Brown (Que)	2:41:57
84. Joseph Zielinski	2:42:32
85. David Hambleton (42, BC)	2:42:37
86. Stewart Fall (41, BC)	2:42:42
87. Ted McKeigan (Ont)	2:42:47
88. Dominik Machek (Ont)	2:42:48
89. Chris Garrett-Petts (BC)	2:43:19
90. Doug Sammons (26)	2:43:20
91. R. Weber (Ont)	2:43:23
92. Bryan Kerr (19, Ont)	2:43:26
93. Pierre Pelletier	2:43:27
94. Ulf Peterson (31, Alta)	2:43:31
95. John Bohnet (40, Alta)	2:43:56
96. Dave Welch (21, Ont)	2:43:57
97. Tony Frensch (18, Ont)	2:44:01
98. Lorne Buck (41, Ont)	2:44:13
99. Fenwick Gray (40, NS)	2:44:17
100. Doug Cantley (31)	2:44:22



**2:44 to 2:49**

Fred Rayner (33, Ont)	2:44:38
Murray Wotherspoon	2:44:58
William Beattie (Ont)	2:45:10
Ron Miskowicz (NS)	2:45:25
William Norton (31, NS)	2:45:55
Dennis Coveney (42, BC)	2:46:07
Jim Herriot (34, Alta)	2:46:08
Ken Bellor	2:46:17
Neil Wakelin (BC)	2:46:20
Daryl Merrett (Sask)	2:46:27
Chris Soler (BC)	2:46:28
David Neilson	2:46:41
Marcel Jobin (40', Que)	2:46:42
Scott Bailey (34, Ont)	2:46:43
J. Rochette (Que)	2:46:45
Cy Allen (45, NS)	2:46:50
Jack Reid (47, Ont)	2:46:53
Jerry Gonser (41, Ont)	2:46:55
Hugh Graham (41)	2:46:56
Mike Harrington (44, Ont)	2:46:56
Robin Pearson (28, BC)	2:46:58
Harry Mason (24, Ont)	2:47:17
Mickey Nicholson	2:47:19
Yvon Dumont (41, Que)	2:47:27
Paul Young (NB)	2:47:35
Hubert Hendriks (29, Ont)	2:47:52
Francis Gelinis (Ont)	2:48:13
Hughes Roger	2:48:13
Adelard Boudreau (Que)	2:48:47
David Grant (Ont)	2:49:04
Jim Wendland (Ont)	2:49:05
Jacques Cyr (Que)	2:49:07
Frank Smith (48)	2:49:17
Lonnie Connelly (20, Ont)	2:49:20
Craig Southwell (Que)	2:49:21
Benedict Dunne (Ont)	2:49:31
Clement Berube (Que)	2:49:32
David Cogliati	2:49:37
J. Thompson (Ont)	2:49:41
Ian Williams (Ont)	2:49:41
Gary McKeever (Que)	2:49:45
Pat McCarthy (Ont)	2:49:47

**2:50 to 2:54**

Al Salmoni (28, Ont)	2:50:03
Trevor Banks (40, Ont)	2:50:22
C. Davenport (40+)	2:50:22
Grant Wach (Ont)	2:50:34
Miles Marshall (47, Ont)	2:50:38
Ian Stockwell (BC)	2:50:38
Daniel Calef	2:50:43
Robert Andrew	2:50:55
David Smith	2:51:12
Morton Bloomberg (35, Que)	2:51:14
Peter Beyer (25, Ont)	2:51:18
Jorgen Lorenzen (20, Ont)	2:51:19
Hylke van der Wal (Sask)	2:51:28
Steve Thomas (Ont)	2:51:35
William Buck (40+, Ont)	2:51:50
William Salter (43, Ont)	2:51:50
John Newlands (Ont)	2:51:52
Steve Skolik (43, Ont)	2:51:58
Syd Shuttleworth (45, Ont)	2:52:15
Peter Eckstein (Que)	2:52:21
Byron Kangelis (27, Que)	2:52:27
Greg Kulzkowski (22, Ont)	2:52:29
Jacques Paynter (Que)	2:52:30
Ian Atkinson (Ont)	2:52:31
Bud Willis (26, Ont)	2:52:31
Howard Cohen (26)	2:52:57
Steve Hanbling (Ont)	2:53:15
Douglas Wolfe (45, Ont)	2:53:39
John Reeves (48, Ont)	2:53:46
Craig Spiers (Ont)	2:53:52
Pierre Chartier	2:53:59
David Palmer	2:54:04
Bill Griesbach (Ont)	2:54:28
Douglas Shields (Ont)	2:54:35
John Gaskin (40+, Ont)	2:54:40
Robert Richards	2:54:41

Don Johnson (Ont)	2:54:52
J. Cassani	2:54:58
Harry Braaksma (Ont)	2:54:59
N. May (Ont)	2:54:59

**2:55 to 2:59**

Arthur Vondette (Que)	2:55:11
Douglas Bain (Que)	2:55:22
Bill Wyllie (42, Alta)	2:55:27
Robert Rice	2:55:30
Donald Davis (NB)	2:55:51
John Reeves (46, Ont)	2:55:53
Ian Sinclair (Ont)	2:55:56
J. Howe (40+, Ont)	2:55:59
F. Couillard (Ont)	2:56:02
Garry Dowling (Ont)	2:56:02
Ramond Imbeault (30, Que)	2:56:02
David Abugov (23, Que)	2:56:10
Rolf Gundersen (BC)	2:56:10
John Wright	2:56:12
Andrew Ivan (Ont)	2:56:13
Bob Truman (45)	2:56:16
Alex Vance (40, Ont)	2:56:21
Ken Parker (Ont)	2:56:24
Norm Kerr (Ont)	2:56:31
Bill Williams (32, Ont)	2:56:35
Peter Morgan (47, Ont)	2:56:36
Stanley Baldry (BC)	2:56:37
John Moore (Ont)	2:56:39
Harold Gabriel (Ont)	2:56:40
Gary Babiuk (Ont)	2:56:50
John Kendall (42, Ont)	2:56:55
David Shaw (BC)	2:57:03
William Ingman (40+, Ont)	2:57:04
John Power (Ont)	2:57:05
John Sheppard (Ont)	2:57:10
R. Svenningson (40, Alta)	2:57:22
P. Chartier (Ont)	2:57:22
Allan Nathan (Ont)	2:57:31
Douglas Beatty (Ont)	2:57:36
B. Williams	2:57:38
Brent Hall (18, Ont)	2:57:40
Joan McKinty (23, Ont)	2:57:40
William Salter (43, Ont)	2:57:48
Wayne Sargent (32, Ont)	2:57:53
Roland Waechter (Ont)	2:57:54
Tim Piper (18, Ont)	2:57:54
Cornelius Potma (31, Ont)	2:57:57
Gordon McLennan (15, BC)	2:58:19
Bob Yealland (34, Ont)	2:58:20
John McCallum (28, Ont)	2:58:23
Doug MacDonald (Ont)	2:58:33
Michel Fillion (Que)	2:59:05

William Williams (32, Ont)	2:59:07
Peter Mustart (Ont)	2:59:13
Assad Bishay (40, BC)	2:59:14
Gordon Singer (26, Que)	2:59:15
Don MacMillan (Ont)	2:59:20
R. Robinson (Ont)	2:59:23
Ron Reid (BC)	2:59:36

**Ages 9-Under**

Hall (8, BC)	4:29:55
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**Ages 10-11**

Kruse (11, BC)	3:45:14
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**Ages 12-13**

(none reported)

**Ages 14-15**

Gordon MacLennan (15, BC)	2:58:19
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**Ages 40-49**

Arthur Taylor (48, Ont)	2:31:12
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**Ages 50-59**

Stan Baldry (53, BC)	2:57:12
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**Ages 60-69**

J. Murray (Ont)	3:35:29
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**Ages 70-Up**

Arthur Dyson (71, Alta)	4:21:52
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**Sub-4:00 Women for 1975**

1. Joan McKinty (23, Ont)	2:57:40
2. Linda Winslow	3:06:49
3. Maria Brzezinska (Que)	3:08:08
4. Eleanor Thomas (31, Ont)	3:16:18
5. Winifred Geller (Que)	3:19:05
6. Sandra Davis (Sask)	3:19:14
7. Sylvia Weiner (44, Que)	3:20:31
8. Brenda Makichuk (25, Ont)	3:29:13
9. Teresa Ashworth (Ont)	3:29:20
10. Marja Wright (28, Ont)	3:33:01
11. Jan Valentyne (Man)	3:45:01
12. Cathy Penrose (27, Ont)	3:46:39
13. M. Jackson (Ont)	3:52:31
14. Trice Cameron	3:58:33
15. Carmen Robinson (41, Alta)	3:59:15
<b>Ages 50-Up</b>	
Judy Kazdan (55, Ont)	4:48:28



*Bill Wyllie (left) and Jim Herriot, prime-movers of running in Alberta, splash through a race in their province. (Sharran Herriot photo)*



# 100 things your doctor never told you about running.

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

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

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

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

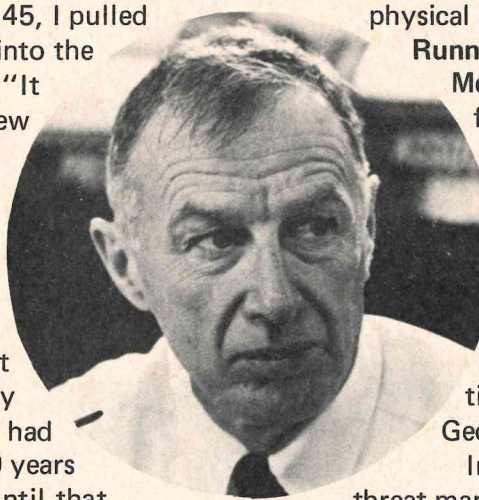
He uncovered his latent talent in this sport at 50, and set a world record in the mile for his age group. Now in his late 50s, he still races regularly—including running the Boston Marathon each year.

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

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

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

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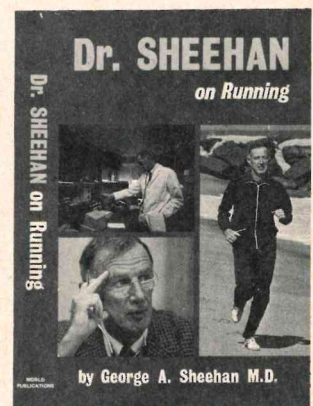
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# City Series

by E. Eugene Greer

## DALLAS

Dallas is beautiful for runners. The weather, people and places make it so. A couple of times a year there may be icing or snow, but it's gone quickly. In the heat of July and August, some days may reach 100 degrees, but early mornings and evenings are okay. And the winds are always making it cooler than it might appear.

Everywhere, there are those who run. The Dallas City Council has had some of the most prominent runners in town on it. Dallas is the hometown of retired Lt. Gen. R.L. Bohannon, M.D., who jogs daily and is president and founder of the National Jogging Association.

Running events of community interest are promoted twice annually by the Downtown YMCA. In the spring of each year is the six-mile Bunny Hop. In 1969, 41 finished, and last spring the number had grown to 159. The other annual YMCA race is the Thanksgiving Day eight-mile Turkey Trot, which now attracts more than 500 runners.

In 1969, Tal and Fran Morrison, with the help of Norman Alsobrook, organized the Cross Country Club of Dallas. Their first race was a "Witness to Fitness" event, at the Lake Highlands High School track. The site was later moved to the east side of White Rock Lake to accommodate the crowds. Monthly meets are promoted. It is customary now for 150-175 runners to participate. The club races each month on the first Saturday. It also initiated the White Rock Marathon, held annually in February. The races start and end at The Big Thicket on East Lawther Drive, about half a mile south from the intersection of East Lawther and Mockingbird. Starting time is 9 a.m.

Other running groups include the Irving Striders and the Metroplex Striders. The latter club for women sent Miki Hervey to the National AAU Masters Championships in 1975. She won the 800-meter title with a 2:14.8 and placed second in the 200 meters.

Dallas is of course best known internationally for its Aerobics Center. After opening his private practice of preventive medicine in Dallas in 1970, Dr. Kenneth Cooper, soon had a massive following with beautiful support, particularly from the business community. It is not unusual for a runner, making friendly conversation with another runner, to discover that his new friend on the road is one of Cooper's Dallas Test Group. That is a group of people who cooperate to help determine the factors related to physical fitness and physical exercise, particularly running. The Aerobics Activity Center at 12100 Preston Rd. has a track, marked in tenths of a mile, which winds through a campus of huge crepe myrtle and willow trees, around the pond and has a quarter- as well as a half-mile route. All visitors are accompanied by members and the fee is \$3. The Center is open Monday-Saturday, 5:30 a.m.-9:30 p.m.

The coaches at the high schools are supportive, and the following schools welcome visiting runners at most any time:

Jesuit High School, 12345 Inwood Road; Lake Highlands High School, 9449 Church Rd.

Bishop Lynch High School, 9750 Ferguson Rd.

North Mesquite High School, LBJ Freeway at Town East Boulevard.

Duncanville High School, 900 W. Camp Wisdom Rd.

Dallas Baptist College, 3000 Florina.

Richardson High School, 1250 Belt Line Rd.

St. Marks School of Texas, 10600 Preston Rd.

Owenby Stadium, Southern Methodist University, Mockingbird and Airline.

At noon daily a group of distance runners leave the Downtown YMCA for a six- or eight-mile Turtle Creek Boulevard run. On mostly concrete surface, the run offers a view of manicured and exquisitely kept landscapes and a wink at one of Dallas' most scenic areas.

The classic running place in Dallas is around the rustic shores of White Rock Lake. The lake shore is alive with runners the year round, especially on Saturday and Sunday mornings from 5:30 to 9:00 a.m. A popular starting point is The Big Thicket where the races begin. Except for about two miles of the course, the road is jammed up against the shores of the lake, or is within a few yards of it.

Among the people who will give runners a Texas welcome to Dallas are Norman Alsobrook, President, Cross Country Club of Dallas, 348-3626; Ralph Taite, immediate past president, CCD, 324-0947; Fred A. White, Texas Masters Champion, 331-8311; Russ Harris, Director, Aerobics Activity Center, 233-3842; Tal Morrison, 821-3904; and Denis Adams, Health Club Director, YMCA, 742-3251. ●



# Interview

by Carole Nygren

## Jim Pearson

At a time when the best marathoners were seldom slower than 4:10 for a single mile and ran close to five minutes for each of 26, Jim Pearson thought he had nowhere to go but up.

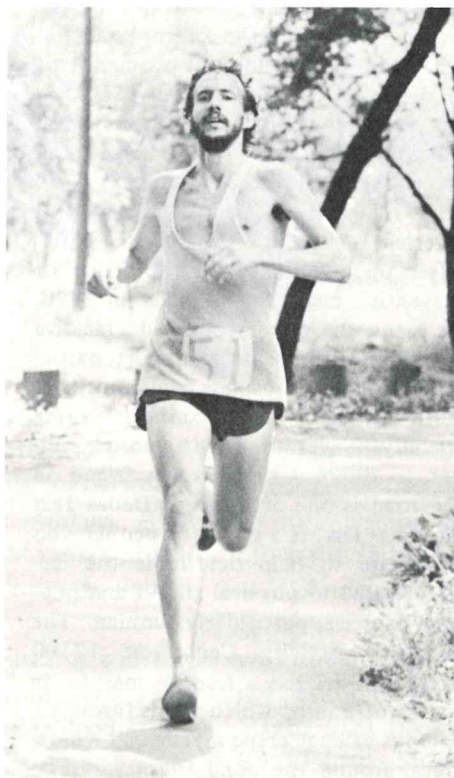
"They are sprinters," said Pearson, a school teacher in the Seattle area. Though he was one of the most consistent marathoners in the country—10 races under 2:30—he felt he had approached his speed limit. His fastest mile was 4:44.

So for several years he thought of races longer than 26 miles—the so-called "ultra-marathons." Lack of opportunity to run this far, and an injury, prevented any serious attempts until this past October.

Then Jim competed in the National AAU 50-mile at Seattle. He won, and ran the fastest time ever by an American—5:12:40. A month later, he moved back down to the marathon—and ran his best time of 2:22:32 to qualify with the "sprinters" for the Olympic Trials.

**RW:** How long have you been considering a 50-mile race?

**Pearson:** Since 1972, when I started running marathons under 2:30. I was doing a marathon every 45 days and was going strong at the end, so I thought the longer distance might be to my advantage. But due to a change in schedules, I didn't get to run one that year, and things just kind of dwindled away in 1973. In 1974, I ran the national 50-kilometer even though I was injured, so the 50-mile stayed on my mind as something I wanted to do. I thought I could be good at it. I thought I could be the best. I can't keep up with good marathoners. They're sprinters.



*Jim Pearson at the end of his 50 miles. (Evan Shull photo)*

**RW:** You've run 10 marathons under 2:30, so you have experienced success as a distance runner. How did your feelings after the 50-mile compare with post-race feelings in the past?

**Pearson:** Well, after the 50-mile, knowing that I'd won the national championship and that I'd set an American record made this probably much more enjoyable, and I guess it would be hard to compare it to any marathon I'd ever run. I had already determined that earlier in the summer, when I ran 11 miles

844 yards for the hour, that that was the best race of my life. Really, I guess the 50-mile would surpass any marathon.

**RW:** What were you thinking about during a race of this distance?

**Pearson:** For the first 11 miles, I was able to talk to Norm Patenaude and Max White about diet, training, and other runner things. We were joking a lot and just having a pretty enjoyable time. After I pulled away, I thought some about the race and the lake. I remember looking at the lake and noticing certain things that I've never seen before. I was thinking a bit about my pace. I was thinking about how odd it seemed that we were going around the lake so fast. Hitting the marathon seemed like about a 20-minute run.

I remember a few songs, a couple Bob Dylan songs, popping into my head. I was thinking about the race the Ferndale High School kids had the day before. I was wondering who won the Ferndale football game. I don't know, I just seemed to be thinking my normal thoughts.

Going 16 times around the lake didn't seem to bother me at all. In fact, I rather enjoyed it. Not a bit of boredom, anyhow. I can say that. I was just out there having fun. I think maybe if I'd been, you know, having a lot of pain, that maybe my thoughts would have been different.

Of course, then with 11 miles remaining I was told I had an American record going. I first thought, "You guys just don't know anything about what the record is." I thought they had things wrong. As I got closer, I started realizing that maybe I did have a chance. But I didn't think about this much either because I really didn't care at that point.



I was just concerned with finishing 50 miles. Trying to pick it up for an American record could have been a disaster, so I just didn't pay attention to it.

**RW:** What do you consider the ultimate limit for 50 miles?

**Pearson:** Athletes that we have in the world right now could hit as low as 4:35 (the world record is 4:58). Actually, I don't even think that's a barrier. I see no reason they cannot run that fast. My 5:12 didn't seem all that difficult. I feel that with proper training and proper conditions, the really talented athletes could really lower the mark.

**RW:** How would you describe your own running background?

**Pearson:** Well, I've always run. I guess I started running because when I was in junior high school nobody else wanted to run over a 220, so I ran the 660—the longest event we had. I was the best in school because I was the only one who wanted to run that far.

I had pretty bad health until about junior high. I wasn't allowed in sports. I wasn't allowed to swim or ride a bike, or anything like that. I had bad blood and bad lungs. Even when I was allowed to play at recess during the lower grades, I was the last one to be chosen for any type of game. So running just became the thing to do because nobody else wanted to.

I also long jumped, and I guess that is probably more important because it kept me in track throughout high school. I ended up going to state, and that took me to college as a field event person. I stayed that way for two years before switching over to the distance races. I did that because we picked up two freshmen who could go over 23 feet, and that pretty well eliminated me.

A friend, Jim Freeman (2:22 marathoner), suggested I run a marathon—whatever that was. He told me marathons were easy, and I believed him. Well, I finished in 3:05 and could hardly walk for several days, since I'd run it solely on long jump training.

After several more tries at the distance, I quit training for three years. Somehow I got started again in 1969, and have been running consistently ever since. I've run almost six years without missing a day. I did retire from racing two years ago, but I continued to run 75 or more miles a week just because it was a fun thing to do.

I wasn't going to compete any more because of a leg injury, but I started taking Ferndale High School kids to open division races and didn't like standing around, so I entered a few. All of a sud-

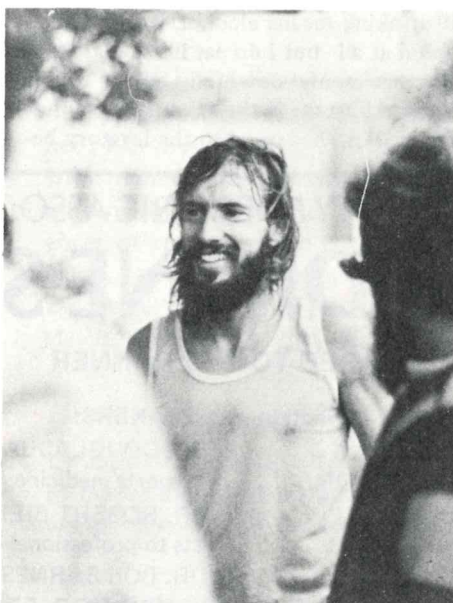
den I was competing again. A short time later, I was running the best of my life.

**RW:** You run for enjoyment then?

**Pearson:** Well, yes. That's the reason I continued to run when I wasn't racing, and that is why it was easy to start racing again since what I did for fun wasn't too far away from what I did to compete. The difference in intensity between training and pure fun running isn't all that great with me. What really got me back into racing was a trip to the Island Marathon in Oregon, where I photographed the race. I got so excited I fasted for a couple days, lost 14 pounds, and won the Seattle Marathon the following week in 2:33.

**RW:** What type of training do you do?

**Pearson:** Well, it's something like the Oregon system of hard-easy, only I go "easy-easier." I call that the Pearson system. I train twice a day, seven days a week, 365 days a year. I usually run 5-7 miles in the morning and 10-12 in the afternoon. I don't vary my pattern very much, except that when I'm tired, I go



*Pearson: "I've run almost six years without missing a day . . ."*

easier. Even on days when I'm not tired, I rarely run hard. I would say I run between 6:30 and 7:30 pace all the time, with most of the runs being at the slower end of the spectrum.

One year, I trained almost daily with a ninth-grade girl whose best mile at that time was 6:47, so I know we couldn't have been going very fast during our runs. I believe I can get by with this because of the fact that I run twice daily without any gaps. I average over 100 miles per week for the entire year and have

done this for many years. I'm very consistent. I think consistency is what has gotten me this far.

But I do believe in rest, and that's what I do on my "easier" days. Rest doesn't mean taking a day off or necessarily even shortening the mileage. It usually just means to slow down.

I believe that you should have a long run on weekends, occasionally, but I've rarely done that because it just isn't convenient. I don't like to do anything that is going to make my running unenjoyable, since the training is really where it's all at for me. That's what I do. And if training is not going to be enjoyable, I'd probably give up the whole works.

In '72, I spent about one week trying to do some peaking for the Olympic Trials Marathon. After that one week, I found that I was getting sore in the knees and my muscles weren't feeling too good, and I thought, "Heck with it. No marathon is worth that much," and I went back to my normal style of training, which is just long and easy running at a smiling pace, at a talking pace.

**RW:** What did you do specifically for the 50-mile run?

**Pearson:** I put in 1800 miles in 12 weeks this summer. That's a 150 per week average, but I got into it slowly and moved up to a 180-mile week. During this time I ran some races including a PR hour run, a PR six-mile (the last six of the 180-mile week), a PR three-mile and a PR two-mile without easing up a bit. One day, I ran 29 miles and followed it with another 29-mile day where the 27th mile was a mile run of 4:51—only seven seconds off my best. These are the things which made me realize I had a good chance to do well in the 50-mile.

I go along with Ron Clarke's statement: "If Ron Clarke can do it, anybody can." When I first read that, I chuckled because he was my hero and a superman. However, as years went on, I realized as I was getting better that he was right. It's a matter of whether or not a person wants to put in the work. If one puts in the work, the improvement will come. There probably isn't a limit to this improvement, either.

This philosophy, I think, has gotten me quite a ways in the last two or three years. I'm 31 years old, but I'm not really worried about my age. I feel that Jack Foster really isn't an exception. I think that people start getting slower with age only when they no longer want to get better. When you no longer want to be good, you no longer want to put in the required amount of training. Then you are probably going to ease up and not be



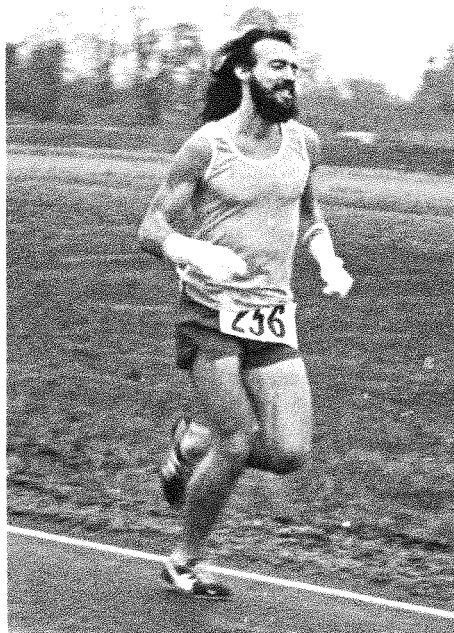
good any more, and blame age for bringing you down.

I can see going well over 40 and continuing to improve. Using my style of training, where I train easy and easier, I can see going even farther than a lot of people because I never put myself under a super amount of stress. Well, I did do that this summer when I was running very high mileage, but the fact that I would break it up, say run 12 in the morning and 12-18 in the afternoon, made it quite enjoyable. I was going to summer school, so I really had quite a bit of rest during the day.

**RW:** Has diet had much to do with your success?

**Pearson:** Well, this is really hard to tell. I know that going off a meat diet in 1971 made me feel a lot better. I had had some trouble with constipation for a considerable period of time. Almost immediately upon switching to a lacto-ovo vegetarian diet, I overcame that. I can't prove that there's any great benefit from the vegetarian diet, but I do know that in no way does it hurt you. In fact, when we were out in the lead as a trio there in the 50-mile, Patenaude, White, and I discovered that we were all vegetarians to various degrees.

I guess I go along with something Dr.



Janet Hartvig photo

Ernst van Aaken said: "Run long, run daily, drink little, and don't eat like a pig." I do run long, I do run daily, and if drinking means alcohol, I drink no alcohol at all—but I do eat like a pig. Maybe this is my downfall, but it didn't seem to hurt me in the 50-mile, except at 22¾ miles I had to go to the lavatory be-

cause of my grandmother's cookies. Had I not been staying at my grandmother's, I wouldn't have eaten the 20 cookies. I just couldn't help it. I realized at the time they'd probably make me stop, but I couldn't stop myself because I'm Jim the Pig.

**RW:** Don't you believe in drinking during a race?

**Pearson:** Actually I don't drink during a race if I can help it. The last time I tried, I ended up with a severe stomach cramp, possibly because I'm not used to it and I don't drink during training, so my body is not used to having such an influx of fluid. To me, it's a risk to take a drink since it can cause stomach problems. Unless I really think it's necessary, I'm not going to drink.

**RW:** What are your plans for the future as far as running is concerned?

**Pearson:** My immediate plans following the 50-mile were to be able to run the next day, but I found there was not much difficulty there except for having to overcome hamstring soreness for the first half mile or so. I was going to wait until February to run at Seaside, Ore. in the Trail's End Marathon, but I was so excited that I ran the Island Marathon at Portland in November, and got my best time of 2:22. ●

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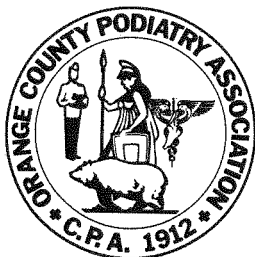
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DR. JOAN ULLYOT—marathoner, research physiologist, author

JACKI HANSEN—world record holder in the marathon

JOHN JESSE—author, specialist in physical training, weight training, and exercise

LASLO TABORI—coach (former Olympian)

LARRY CARTER—head trainer, UCLA

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# What Drives the "Average" Runner?

by Frances Knowles

For years, I have passed fellow runners on the streets, around the track or along the beach. As we shared a brief smile or a wave of the hand, a number of questions about them came to mind.

Who are they? How long have they been running? How often do they get out? How far do they run? What kinds of jobs do they have? Why do they run? If I were to try to look at these people as a group, what would I find?

My chance came while I was studying for a masters degree, as I was given permission to survey these "average runners" for my thesis. In doing so, many of my questions were answered and, in the process, new ones were raised.

First, I found that "randomly sampling" a group of runners is no easy task. It takes a lot of running to catch up with many solo runners. However, with persistence and patience I managed to get information from 109 of them after distributing questionnaires to 133.

In surveying these "average" runners, I discovered it may not be possible to compute averages that mean very much. The differences in the way individuals run are too great.

I had assumed, as most runners do, that others approached the activity as I did. For example, I had always thought the only time to run was when the morning sun made its appearance in the east.

But when those surveyed were asked what time of the day they ran, the mid-day hours were most often mentioned (41%), then came early morning hours (37%) and third most popular were the evening hours at 22%. By minding my own business and running at my own selected time of day, I had overlooked 63% of the runners.

When asked how long they had been running, the participants' responses again indicated that runners often fall into several categories rather than converging into one easily-computed



*The "average runner" runs about three miles per session. (OMPhoto)*

average. The answers to this question clustered into four groups: "beginning runners" (less than a year), "fairly experienced" (1-3½ years), "experienced" (4-9 years), and "very experienced" runners (10-25 years).

This piece of information gave me the goal of "hanging in" for another two years to become classified as a "very experienced" runner. At this point, however, I confess to being addicted to the habit of running. It is not a habit I would choose to break.

In line with that thought, the participants in this survey were asked how long they felt it took them to get "hooked" on running. The average length of time reported was 6½ months. One honest respondent blatantly stated that the estimated time to get "hooked" on such an activity would be 100 years. The question of this person's motivation crossed my mind.

When the runners were asked where they preferred to do their running, the first choice was a track, with the streets in second place. The beaches of Southern California came in as the third most

popular choice. In all fairness, the beaches probably have a rank higher than this survey showed. But have you ever tried to figure out where people's starting and stopping points are along miles and miles of beach? Beach runners are hard to catch.

It was especially interesting to learn about reasons for running. I began running in an attempt to win a lifelong weight battle. Through years of running my purposes have shifted, and I now focus primarily on building endurance as well as inner health and strength.

Through the survey, I found that most runners run because they, too, want to stay physically and mentally healthy. This was illustrated by such comments as, "to keep in shape," "to feel better physically," "to improve stamina and endurance," "for peace of mind," "to feel better emotionally," and "for relaxation and tension release."

Several of the runners specifically mentioned cardiovascular and respiratory conditioning. Weight control was also stated often as a purpose for running. Other reasons mentioned were: the enjoyment of running, the self-confidence and sense of accomplishment received from running, improvement in the ability to concentrate, and an increase in the amount of productivity at work.

In addition to these specific reasons for running, the people were asked whether their overall goals were short-term, long-term or both. Sixty-one per cent described their objectives as being long-term, 34% felt their goals were both short-term and long-term, and 4% said that their ulterior motives were short-term.

In response to my question about what people did for a living, four categories were found. It was learned that 61% of the runners held positions at the professional and managerial levels; 18% were listed as semi-professional, skilled



and supervisory employees; 14% fell under the category of clerical, service and sales; 6% were described as homewriters and housewives, and only one runner was unemployed. Most were college graduates, and the average annual income was \$20,500.

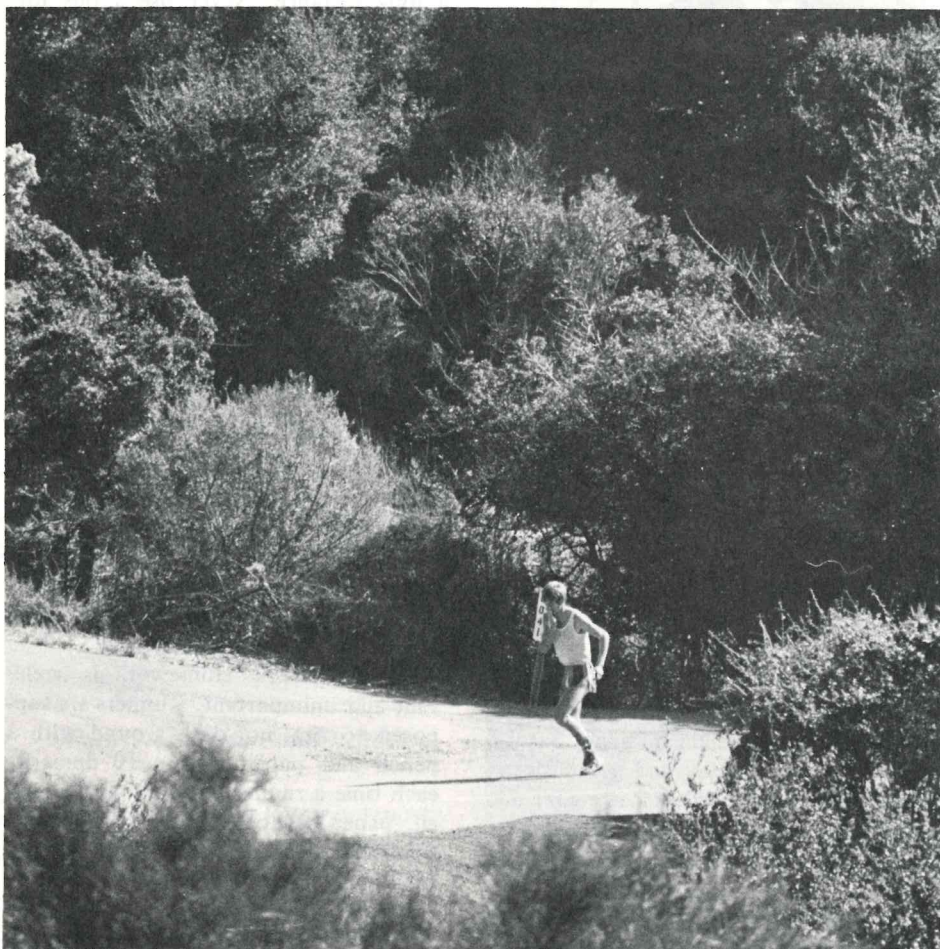
It was especially interesting to note that a majority of the runners indicated their occupations involved no amount of physical activity worth mentioning.

The "average runner" seems to run about three miles per session. For those of you who are statistically inclined, the mean distance was determined to be 3.1

Even though one respondent said that running was indulged in only once a week (this was not our friend who admitted to never getting hooked on running), there were others who said that they ran every day. The average turned out to be four times a week.

Nearly three-fourths of the runners surveyed were male. The typical age was 40 years. However, my search for an average was again denied since the youngest runner was 21 years of age and the oldest was 68, covering several generations.

It was obvious that height placed no



*"The runner is an independent, self-motivated person . . . deeply committed to running and optimistic about life . . ." (OMPhoto)*

miles. However, there were four most frequently mentioned distances (or "modes" for you statisticians). They were, in rank order, two miles, five miles, one mile, and three miles.

When the people surveyed were asked for the length of time they ran, the range was between a low of eight minutes and a high of 90 minutes. The average was found to be approximately 30 minutes. Therefore, the "average runner" moves along at slightly over six miles per hour or about 10 minutes per mile.

limitation on the runners surveyed, as the shortest person was 4'9", and the tallest was 6'4". The average height was determined to be 5'8". The lightest runner weighed 105 pounds, and the heaviest was 220 pounds. If you were to insist on an "average," I would have to report it being between 160 and 165 pounds.

As for marriage, the average number of years was found to have been approximately 13, during which time an average of two children had been produced.

In reflecting upon my ambitious scientific efforts, it became clear that those of us who are "average runners" are not very average at all. We rarely fit neatly under that famous "bell-shaped curve."

"Average runners" include all types of people. The persistent runner may be your co-worker, or your neighbor, or your child's school teacher. In completing my survey, however, I did discover many things that runners do have in common. For example, the runner you find on the streets, track or beach is an independent, self-motivated person. These people are generally deeply committed to running and are optimistic about life. I found runners to be an energetic and friendly group, always ready to enthusiastically discuss running, health or life in general.

I also discovered that any runner knows several other runners, and that runners form an intensely loyal but extremely individualistic subculture, if that makes any sense in sociological jargon.

Perhaps the fact that we are individuals who defy averages was my major discovery . . . something we all could have guessed in the first place, but which we can now say with documented certainty. ●

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# How to Ruin an Athlete

by Byron Richardson



This information is not intended for the half-hearted coach. It is purely for the dyed-in-the-wool, true-blue, totally conscientious coach who wants to insure that his athletes never run again when they finish school. For simplicity's sake, I have broken the program down into three areas: the workouts, the races and the social life of the athletes. All three can be manipulated in such a manner as to quickly end an athlete's career.

## The Workouts

1. Keep as little variety as possible in the workouts. Do all training on the track during track season. During cross-country season, use the same course day after day. If meets are on Saturdays have one stock workout for Mondays and Wednesdays, and another for Tuesdays and Thursdays.

2. Make sure your athletes are overtrained. The best way to check on training load is to compare meet times with practice session times. If meet times are slower than times projected from practice sessions, the athlete is overtrained. To accomplish this goal, make sure you don't give trivial workouts such as 10 x 440. Do at least 20 for starters, and increase to 30 or more after the first week of practice.

3. Make sure it hurts. After all, train without pain is train without gain. Establish a point system, with a trophy awarded to the most fragile individual.

For instance, the point scale may be:

doesn't complete workout—10 points; throws up on field—10 points; has to be carried off field—25 points; needs hospital treatment—50 points; needs hospitalization—100 points per day; crippled for life—500 points; dies—750 points; dies on field—1000 points.

4. Keep individual attention to an absolute minimum. Assign all athletes numbers at the first practice. Always call them by number rather than name. Never give individual instruction or constructive criticism. If office hours are mandatory, make them midnight Saturday to 4 a.m. Sunday and go to sleep in the back room. Simply materialize on the track on practice days, read times off the stopwatch, and go home immediately.

5. Keep the pressure on. Every practice is life-or-death, every meet a war. There is no room on the competitive boat for fun-runners. Every runner has to improve by a certain amount every day . . . Always bark or snarl; never speak softly. When you bawl out a runner (and you must do this often), do it in front of the whole team. Make sure everyone knows what hopeless cases they are.

## The Meets

Meets are of course an extension of practice sessions, and the rules outlined above can apply to meets as well as to practice sessions. There are a few additional pointers the coach will find useful, though.

Chew everyone out royally after

their races. These are but a few of the sarcastic gems available:

"Number 31, you look like: (1) Wilt Chamberlain on a 20-inch bicycle; (b) A 500-pound woman on a pegleg; (c) The tin man in *The Wizard of Oz*—before he oiled himself; (d) An elephant with gout; (e) A Nazi soldier marching through a mud puddle."

2. Schedule only "away" meets. The athletes are too crummy to merit a chance to perform in front of the home crowd. Never leave the night before a meet and stay over. Leave at 4 a.m. the day of the meet. Or drive all night if it is a long distance. Never use a bus for transportation. Volkswagens are ideal, but station wagons will do if there is a minimum of 10 passengers per car.

3. After making sure your runners are overtrained, insist that they perform up to practice levels. For instance, after overtraining ex-4:30 miler Joe Smith to 5:00, insist that he do at least 4:30, preferably 4:15.

## Social and Academic Life

This should pretty well take care of itself. A four-hour workout daily should insure that your runners will not have time either for homework or for any kind of social life. If this doesn't prove effective, an additional 6 a.m. workout should help. Stretch the afternoon practice out by delivering an inane one-hour lecture about how great Filbert Bayi, John Walker, Frank Shorter, etc., looked in their last race.

1. Homework. Homework is irrelevant and unimportant. Runners are supposed to run, not dink around with a pencil and paper. Assign 10 demerits each time a runner is caught with a pencil, paper or notebook; 25 for a textbook; 50 if he is caught doing homework; 100 for taking study hall.

2. Dating. A 9 p.m. curfew will probably be unnecessary, as your runners will collapse the minute they get home. However, a few pointers about dating may be necessary for a particularly stubborn runner. The opposite sex ranks somewhere in the area of bubonic plague, cancer and cyanide as a threat to a runner's career. Assign at least 100 demerits to a runner who is caught with anyone of the opposite sex, family excluded.

Above all, make sure your runners know the price of success. Emphasize that the road to the Olympics is paved with blood, sweat and broken bones. To destroy an athlete, particularly a highly motivated one, requires patience, perseverance, and a total lack of understanding. ●

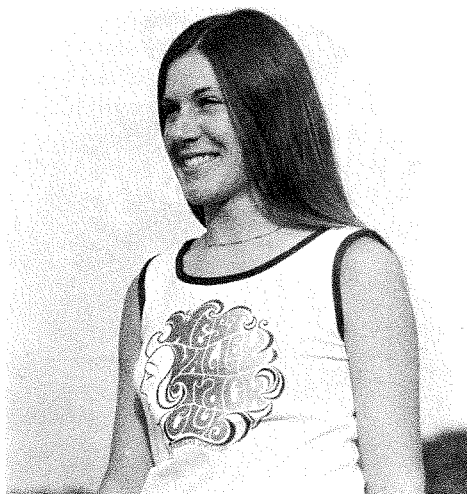


# Looking at People

● For a woman who'd never finished a marathon until last March (her first full one was en route to 50 kilometers, in which she set a US women's record), **Penny DeMoss** had high ambitions: to break three hours before year's end.

She didn't quite make it. But within just 13 days of December, the 25-year-old Californian ran the following: Western Hemisphere—3:01:14; Livermore—3:05:57; Fiesta Bowl—3:00:19.

There is a family precedent for this kind of effort. Penny's husband **Harold** once ran four marathons in a month.



*Penny DeMoss (OMPhoto)*

● It was premature to say in January ("Black Distance Runners") that **Ted Corbitt** had a career record for number of marathons which may never be broken. Ted's total is approaching 190. But we hadn't considered **Craig Harms**. Craig ran 23 of these races in the last year alone, and expects to reach 100 by midyear. And he is only 25 years old.

● If the last month's mail is any hint, 200-mile relays will be "in" this year. **Dave Seiler** reports that 200 Marines from Quantico have already run a mile apiece, and "claim the record of 21:09:25." In Phoenix, smaller-sized teams ran the same distance.

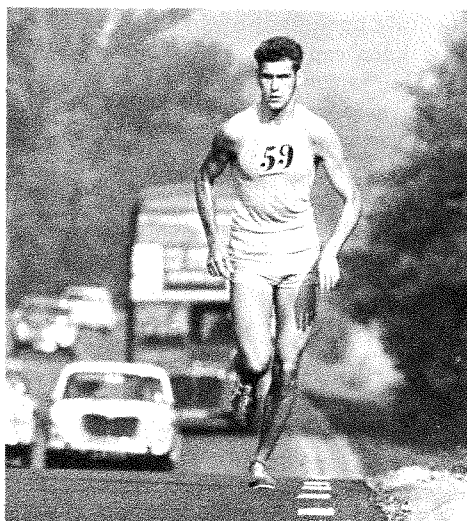
**Lee Wilcox** of Wisconsin writes, "I had been pondering what I could do to commemorate the Bicentennial. I considered trying to run 200 miles in the week of July 4, then realized this was more than a marathon a day. That's when I began to think about some kind of 200-mile

relay, with the objective of involving as many runners as possible. Our Vilas Running Club will sponsor a 200 x one-mile relay and expect at least five full teams.

● **Gar Williams** of the Road Runners Club offers another twist to the Bicentennial theme. "In honor of the nation's 200th birthday," he says, "there will be a special award to every person covering at least 1976 miles during the year."

This is a part of the RRC's new "Personal Fitness Program," which rewards people who reach certain mileage quotas. The other categories are 150, 275, 550 and 800 miles in six months. Registration is required before the halfway point of each six-month period. Write to Joseph Fleig, 11044 Ring Road, Reston, Va. 22090.

● Few people are more vigorous in the promotion of the sport than **Tom Brunick**, coach of the country's only collegiate road racing team, and **Don Cohen**, founder of the Charleston (W. Va.) 15-mile. Now, they're combining to in-



*Park Barner (Mark Shearman)*

itiate a "National Collegiate Road Racing Championship." The first of the 10-mile races is set for mid-March 1977 at Charleston. Brunick and Cohen say it will be open to all eligible collegians—whether NCAA, NAIA or junior college—and will have a women's division.

● **Nick Marshall** is proud of his young club—the Harrisburg (Pa.) Area Road Runners Club—pronounced like "Hark" for short.

"This past year," he says, "there were only four single-day events longer than 50 miles in the US, and three of them were won by members of our club, which has only been in existence 18 months. In all, only 12 different Americans managed to finish races of these distances, and three of them—**Park Barner**, **Al Somerville** and I—live within four miles of each other."

But while he's proud, Marshall is also realistic. "Noting the hundreds of names ahead of us in the marathon lists, it is reasonable to assume there are numerous other runners across the country who could also do as well at these longer distances. Presumably, it is only a matter of time before races over 50 miles experience at least a small boom in popularity."



*Parts of the Danish mob.*

● While American race directors tear their hair over how to handle fields of 1000, the Danes have solved the problem with 10 times that many starters.

**C. Carson (Casey) Conrad**, executive director of the President's Council on Physical Fitness and Sports, watched the Hermitage Run in Copenhagen last fall. The field for the 14-kilometer run totaled 9226.

Conrad writes, "The entrants were each assigned a starting number according to age, sex and how the individual placed the year before. There were 14 different divisions. The first 500 ("serious" runners) started the race, then groups of 1000 started at five-minute intervals. Each runner carried a computer card around his or her neck, and the card was stamped at one of six time stations at the end."

The computer quickly sorted out the results for all 9000-plus. ●



# Medical Advice

**George Sheehan, M.D.**



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## MERRICK'S KNEES

Distance runner Dave Merrick's painful knees and how they were cured should be the sports medicine story of the year. Not for the football people perhaps, or the physicians whose weekly job it is to patch up those warriors for another game, but certainly for most of America's athletes young and old, daily and weekend, whose difficulties come from overuse, not from contact.

Merrick's knees are our knees. And what helped him will help us. Here is the story.

One year ago, Merrick, a junior at the University of Pennsylvania and a 4:07 miler in high school, was being advised to have a second operation for the difficulties with his knees. He had been unable to train seriously for almost 14 months because of recurrent knee pains. During that time, the medical establishment in Philadelphia had taken its best shot to restore him to health. First rest, then exercises, then whirlpool, then drugs. Next, cortisone shots. Finally, a delicate operation in which the back of the knee cap was shaved. In every instance, as soon as he resumed training the pain returned.

When surgery was offered the second time, Merrick and his coach Jim Tuppeny blew the whistle. Orthodoxy had been tried and found wanting. It was time to see a doctor who was a runner and might know something not in the books. They came to me.

They were not immediately impressed. "I thought Dr. Sheehan was nuts at first," Merrick told reporters. "I thought he was some kind of quack. Here my knees are all swollen and he's looking at my feet."

What I saw were two almost flat feet. No one had bothered to look at his feet on previous examinations, or to ask about them. I did.

"I always wore corrective shoes when I was little," he said. "But then I started wearing loafers and got away from them."

So Merrick had weak feet and had always had them. When he ran, each time his foot hit the ground it flattened out and sent a short, quick twist up to the knee. This in turn pulled the kneecap out of its groove and irritated the

cartilage. All he needed was someone to treat his feet. The knee would take care of itself.

In common with most doctors, I know little about the foot, and even less about the foot in action. So I sent him to Dr. Richard Schuster, a podiatrist or specialist of the foot, who knows about the foot in action because he has treated more than 1000 athletes in the New York area.



*David Merrick (Steven Sutton/Duomo)*

This is most important. Even if you see feet day in and day out, examine them, diagnose them and prescribe for them, the athlete can be a difficult patient. He needs meticulous measurements, special care and frequent adjustments.

Schuster, whose patients include ballet dancers and cyclists and tennis players, gave Merrick that kind of examination and treatment. He made him custom-fitted supports or orthotics. These maintained Dave's feet in the neutral position through foot-strike and pushoff.

It was as if he had given Merrick wings. Within six weeks, he was in top form. He really began to roll this cross-country season, breaking course and meet records on four separate occasions. In November, he became the first man in history to break 24 minutes in the five-mile course at Van Cortlandt Park.



Merrick has passed the final test—prolonged pain-free running. As long as he wears his orthotics he is “cured.”

Merrick's 14 months of pain using traditional methods should not go unnoticed. We doctors keep using treatments that fail because we have nothing better to substitute for them. Now that is no longer necessary in chondromalacia (“runner's knee”). There is a cure: treating the foot. And there is a man who can do this: the sports podiatrist.

### EXERCISES

I recently read a description of your “Magic Six” (“Six Steps Toward Painless Running,” Dec. '75 RW). A very good exercise regimen. However, from a podiatric standpoint, the wall pushups should *not* be performed barefooted. These exercises ideally should be performed with the subtalar joints (of the foot) in the neutral position via orthotics.

Of course, the majority of runners do not have orthotics. And this majority should wear shoes during the exercise. To allow the feet to pronate (turn inward) excessively during the exercise leads to strain of the medial longitudinal arch ligaments and plantar fasciitis. (Jeffrey Yale, D.P.M., Ansonia, Conn.)

### CANCER

**Q:** As a physician, I am interested in the medical correlates of running, pro and con. I recently read an article in a journal not related to sports medicine (*Proceedings of the National Academy of Sciences*, 71:1780, 1974) that cancer formation in cells grown in a test tube is prevented by exposure to oxygenated hemoglobin. The authors postulate that lowered oxygen content may play a role in producing a cancer. The question that arises is this: Do runners have less cancer because of the increased oxygenation of their tissues? (W.L., California)

**A:** It has long been the contention of Dr. Ernst van Aaken that distance running does protect runners for the reason you describe. However, another recent report shows that distance runners may have *more* cancer than the average population. This is the thesis of a study reported in the *Journal of Sports Medicine and Physical Fitness*, June 1975.

Whether running makes a difference one way or another, I can't say. But I can say that anyone who is running just to prevent heart attacks or cancer should be casting around for a more satisfying activity. Life is too short to waste it on such practical things as fitness for its own sake. ●

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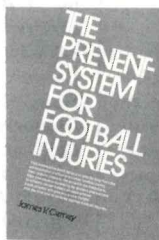
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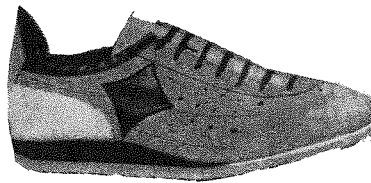
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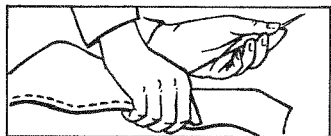
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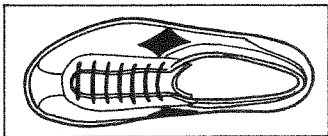
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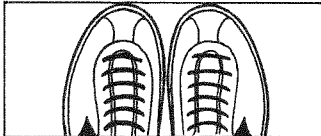
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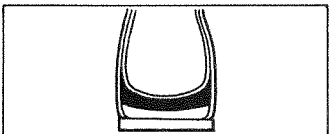
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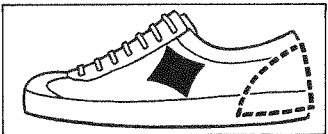
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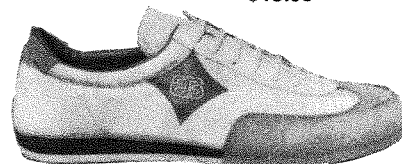
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# Highlights

Not long ago, December was a quiet month for running. Cross-country was over. Californians had the Western Hemisphere Marathon early in the month, then most runners took an extended holiday.

No more. Activity now is packed into the final month as if people are trying to make up for procrastination the rest of the year. Five of the country's biggest marathons are in December—Fiesta Bowl, Honolulu, Peach Bowl and Maryland, plus the traditional Western Hemisphere. This December, among other things, these races picked a national champion (Gary Tuttle) and qualified 11 more Americans for full expenses to the Olympic Trials (with sub-2:20 times).



Alex Kasich (517) leads USTFF race. (Gregory Henshall)

All the marathon leaders for 1975 are in the Handbook supplement to this issue. Cross-country is covered in more detail near the front of the magazine.

The only recent records came in the 20-mile walk. Vittorio Visini of Italy clocked 2:27:37 (Venice, Nov. 1), breaking a mark of 2:30:38.

## NORTHEAST

See "Greg Fredericks, The Kicker," earlier in this issue for a report on the exciting men's AAU Cross-Country race.

A co-highlight from the area was John Vitale's victory over former Boston winners Ron Hill and Neil Cusack at the Maryland Marathon. Four women, led by Liane Winter of West Germany, broke three hours there. More than 500 runners finished.

The size of this year's field wasn't noted on the sketchy results we received, but without question the JFK 50-mile (Hagerstown, Md., November) is still the largest US ultra-marathon. The first 17 were under 8:00, with

Angelo Gioiosa winning in 6:27:58.

Canadian Bob Legge won the Berick (Pa) "Marathon"—a 15-kilometer race—in 45:08. This was the 66th annual Thanksgiving Day event.

Huge crowds turned out in New York's Central Park during December for the Pernod Series. Marvin Wilson led a six-miler on the 14th (29:55) and a 10-miler a week later (53:25). Allan Kirik took the Met AAU 50-kilometer (New York, Dec. 20) with 3:09:10.

Carlo Cherubino and Larry Frederick tied for first at 2:26:12 in the Philadelphia Marathon (Nov. 29), while Nancy Kent was the first woman in 3:04:44.

## AAU MEN'S CROSS-COUNTRY

Annapolis, Md., Nov. 30—10,000 meters: 1. Greg Fredericks (Phila PC) 28:57; 2. John Gregorio (Colo TC) 28:58; 3. Garry Bjorklund (Colo TC) 28:58; 4. Glenn Herold (Wisc TC) 28:59; 5. Don Kardong (Club NW) 29:01; 6. Gary Tuttle (BH Striders) 29:01; 7. Paul Bannon (Memphis State) 29:05; 8. Steve Flanagan (Colo TC) 29:13; 9. George Malley (Nittany Valley TC) 29:16; 10. Marty Liquori (NYAC) 29:17.

11. Ted Castaneda (Colo TC) 29:17; 12. Doug Brown (Knoxville TC) 29:18; 13. Amby Burfoot (Mohegan Striders) 29:21; 14. Dave Babiracki (San Fernando VTC) 29:23; 15. Ed Mendoza 29:26; 16. Paul Stemmer (Nittany Valley TC) 29:30; 17. Charlie McGuire (Phila PC) 29:23; 18. Tim Steele (Shore AC) 29:33; 19. Don Timm (Athletes in Action) 29:34; 20. James Peterson (Georgetown AA) 29:35.

21. Barry Brown (Fla TC) 29:36; 22. Charles Vigil (Colo TC) 29:37; 23. Pete Squires (NYAC) 29:38; 24. Al Salazar (Greater Boston TC) 29:39; 25. Ron Zarate (Nev TC) 29:40. (340 finished, 39 under 30:00, 97 under 31:00, 163 under 32:00) Teams: 1. Colorado TC 31; 2. New York AC 124; 3. Florida TC 136; 4. Philadelphia PC 140; 5. Nittany Valley TC 147. (from John Jones)

## MARYLAND MARATHON

Baltimore, Md., Dec. 7: 1. John Vitale (27) 2:17:02; 2. Ron Hill (36, England) 2:17:06; 3. Neil Cusack (23, Ireland) 2:19:37; 4. Daniel Rincon (22) 2:20:07; 5. Ron Kurrle (27)

2:23:53; 6. Mike Sabino (36) 2:26:51; 7. Cliff Karthaus (22) 2:27:25; 8. Julian Nichols (28) 2:27:31; 9. James Lears (29) 2:27:39; 10. Mike Keogh (25, Ireland) 2:28:14... 29. Glynn Wood (41) 2:40:32... Arnold Fraiman (50) 3:01:17... John Wall (62) 3:03:34.

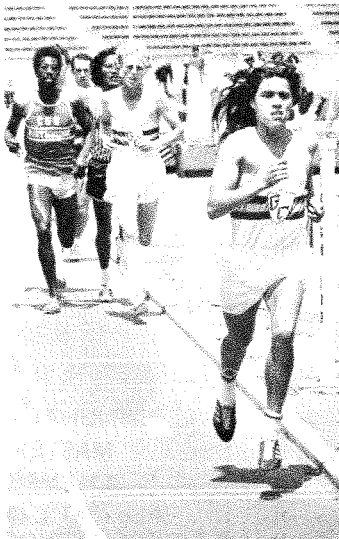
Women: 1. Liane Winter (33, West Germany) 2:53:23; 2. Marilyn Bevans (27) 2:57:39; 3. Susan Mallory 2:58:39; 4. Patricia Hall (16) 2:59:04. (564 finished, 157 under 3:00).

## SOUTHEAST

Atlanta's Peach Bowl Marathon (Dec. 27) maintained its tradition for fast times. George Christopher won in 2:17:49 and Gayle Barron led women with 2:57:12—her third sub-3:00 race of the year.

Alex Kasich took the USTFF Cross-Country title over a course many runners called the toughest they had ever seen.

Fred Best (26:28), John Brennan (26:51) and new AAU long distance committee co-chairman Vince Chiappetta (29:59) led the annual delegates five-mile race during the AAU Convention at New Orleans. (Dec. 3).



Ed Mendoza—2:14:13 in Fiesta Bowl Marathon. (Mosher)

## USTFF CROSS-COUNTRY

Charleston, W.Va., Nov. 29—6 miles: 1. Alex Kasich (WVTC) 32:04; 2. Mark Brown (East Tennessee) 32:17; 3. Mark Finucane (East Tennessee) 32:29; 4. James Buell (Kentucky U) 32:37; 5. Carl Hatfield (WVTC) 32:54; 6. Raymond McBride (East Tennessee) 33:01; 7. Daniel David (Bucknell) 33:05; 8. David Ritchie (East Tennessee) 33:18; 9. David Casillas (Coll of St. Francis) 33:30; 10. Ray Temple (Nevada LV) 33:37. (89 finished, 28 under 35:00). Teams: 1. East Tennessee 28; 2. Bucknell 76.

## PEACH BOWL MARATHON

Atlanta, Ga., Dec. 27—1. George Christopher (21, Nittany Valley TC) 2:17:49; 2. Charles Thayer (21, Appalachian AC) 2:25:20; 3. Terry Gallagher (30) 2:27:12; 4. Bob Thurston (31, Wash RC) 2:27:53; 5. Carl Bechdel (21, Nittany Valley TC) 2:29:38... 17. Bill Olrich (40, Kentuckiana CC) 2:38:51. Women: 1. Gayle Barron (30, ATC) 2:57:11; 2. Lisa Lorrain (20, ATC) 3:08:14. (121 finished, 61 under 3:00). Teams: 1. Atlanta TC 27; 2. Kentuckiana Cinder Club 53. (from Tim Singleton).

## MIDWEST

Youngstown, Ohio, joined the trend toward invitational road races with a classy 20-kilometer (Nov. 22) in which John Vitale beat Tom Fleming.

Elsewhere, the hottest Midwestern runner appeared to be John Samore of Iowa. On Thanksgiving Day, he won a marathon at Sioux City in 2:21:46. On Dec. 20 in the same city, he ran 10 miles in 50:04.

## YOUNGSTOWN ROAD RACES

Youngstown, Ohio, Nov. 22—20 kilometers: 1. John Vitale (26, Hartford TC) 1:01:45; 2. Tom Fleming (24, NYAC) 1:02:43; 3. Paul Talkington (29, Summit AC) 1:03:41; 4. Oscar Moore (37) 1:03:42; 5. Steve Hoag (28, Twin Cities TC) 1:04:04; 6. Justin Gubbins (24, NYAC) 1:05:15; 7. Ham Amer (24, Greater Boston TC) 1:05:35; 8. Howie Ryan (30, NYAC) 1:05:42; 9. Neil McConnell (20, Scrubbs International) 1:05:44; 10. Brian Sobczak (27) 1:05:57... 53. John Wall (62, Howard County Striders) 1:20:22.

Women: 1. Lynn Friedman (20, Oberlin Leftovers) 1:22:40. (95 finished, 21 under 1:10).

10-kilometers: 1. Carl Hatfield 30:34; 2. Duane Gaston 31:10. Woman: Christine Allison 40:47. (155 finished) 18 under 35:00; from Don Smaltz).

## SOUTHWEST

Ed Mendoza and Diane Barrett recorded world-class times of 2:14:13 and 2:50:21 while winning their divisions of the Fiesta Bowl Marathon. Diane's mark is a record for 14-year-old girls.

In the US-Mexico Marathon (El Paso to Juarez, Nov. 30), Larry Brown ran away from the field for a 2:20:03 victory. The next man was 14 minutes behind.

## FIESTA BOWL MARATHON

Cave Creek to Scottsdale, Ariz., Dec. 20: 1. Ed Mendoza (23) 2:14:13; 2. Charles Maguire (23) 2:18:35; 3. Edward Bingham (27) 2:19:32; 4. Tony Sandoval (21) 2:19:35; 4. Ed Strabel (30)



2:22:14; 6. Gary Barrett (26) 2:22:40; 7. Carl Swift (22) 2:23:13; 8. Arthur Redhair (20) 2:24:04; 9. Walter Johnson (23) 2:24:24; 10. Tom Antczak (24) 2:26:31; 11. Douglas Ford (22) 2:27:23; 12. Michael O'Callaghan (22) 2:27:30; 13. Roger Rouiller (37) 2:27:38; 14. Rafael Ortega (26) 2:28:38; 15. Dennis Fridly (20) 2:29:30.

Women: 1. Diane Barrett (14) 2:50:21; 2. Penny DeMoss (25) 3:00:19; 3. Marjorie Kaput (17) 3:02:47. (291 finished, 91 under 3:00; from Edward Francisco).



Julie Brown—second again in women's AAU. (Glusker)

## WEST

Which name should go first? Gary Tuttle, Jack Foster, Miki Gorman, Jacki Hansen, Marilyn Paul? They all had splendid marathon races at year's end.

Tuttle and Gorman made their marks in the AAU/Western Hemisphere race at Culver City; Foster and Hansen at Honolulu (see results below). Note that the Honolulu event had an incredible 706 finishers. Paul, 37 years old, ran her best time of 2:54:10 at the Island Marathon.

Nearly 1000 runners streamed up the Pacific Coast in the annual Christmas Relay (Santa Cruz to Half Moon Bay, Calif., Dec. 21), with the seven-man West Valley Track Club team winning in 4:07:45.

Details on the AAU Women's Cross-Country appear earlier in this issue.

### AAU WOMEN'S CROSS-COUNTRY

Belmont, Calif., Nov. 29—5000 meters: 1. Lynn Bjorklund (NMI) 16:32; 2. Julie Brown (LATC) 16:44; 3. Sue Kinsey (SFVTC) 16:52; 4. Eryn Forbes (Portland TC) 16:53; 5. Cindy Bremser (Wisc TC) 16:57; 6. Debbie Quatier (Falcon TC) 17:11; 7. Judy Graham (San Jose Cindergals) 17:12; 8. Peg Neppel (Iowa State U) 17:14; 9. Cheryl Bridges (LATC) 17:23; 10. Cyndy Poor (SJC) 17:32.

11. Kristen Bankes (NVTC)

17:39; 12. Doris Brown-Heritage (Falcon TC) 17:40; 13. Karen Cramond (NMI) 17:44; 14. Kathy Costello 17:53; 15. Katy Schilly (Syracuse Chargers) 17:54; 16. Jacki Hansen (SFVTC) 17:55; 17. Lynn Morin (WTC) 18:08; 18. Donna Gardner (KK) 18:08; 19. Nadia Garcia (SDTC) 18:10; 20. Carol Fridley 18:11.

21. Phyllis Olrich (WVTC) 18:12; 22. Chris Troffer (LATC) 18:13; 23. Linda Heinmiller (LATC) 18:14; 24. Susan Vigil (NMI) 18:15; 25. Lil Warnes (MSU) 18:16. (140 finished, 49 under 19:00, 72 under 20:00). Teams: 1. Los Angeles TC 87; 2. Falton TC 111; 3. Wisconsin TC 128; 4. San Jose Cindergals 130; 5. New Mexico International 139.

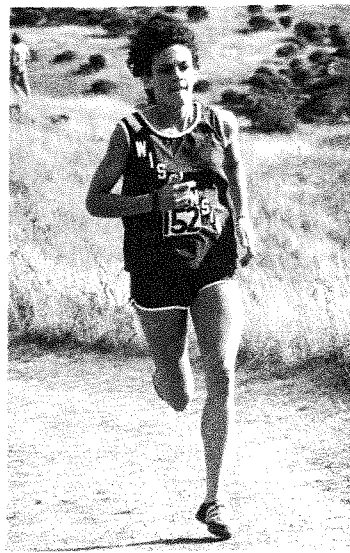
### ISLAND MARATHON

Portland, Ore., Nov. 27: 1. Terry Heath (21) 2:20:20; 2. Damien Koch (29) 2:20:28; 3. Jim Pearson (31) 2:22:32; 4. Ken Norton (24) 2:25:55; 5. Williams (33) 2:26:27; 6. Dave Richard (22) 2:27:39; 7. Bruce Shaw (Canada) 2:27:39; 8. Ken Turner (21) 2:28:18; 9. David Hamblly (36) 2:30:35; 10. Clayton Steinke (33) 2:30:52.

Women: 1. Marilyn Paul (37) 2:54:10; 2. Susan Rossiter (29) 3:21:08. (246 finished, 73 under 3:00).

### WESTERN HEMISPHERE MARATHON

Culver City, Calif., Dec. 7 (also the AAU Men's Champion-



Cindy Bremser—fifth in AAU cross-country. (Rorke)

ship): 1. Gary Tuttle 2:17:26; 2. Kirk Pfeffer 2:19:07; 3. Lionel Ortega 2:19:16; 4. Ari-Pekka Gylling (Finland) 2:19:33; 5. Martin Sudzina 2:19:40; 6. John Gregorio 2:20:33; 7. Wayne Badgley 2:22:30; 8. Russ Pate 2:22:40; 9. Tom Lee 2:23:44; 10. Jim Nuccio 2:23:56.

11. Thom Hunt (17) 2:24:06; 12. Bill Clark 2:24:33; 13. Phil Stewart 2:25:40; 14. Brook Thomas 2:25:47; 15. Ken Moffitt 2:25:54; 16. Lou Patterson 2:26:16; 17. Skip Hamilton

2:26:52; 18. Bruce Robinson 2:27:03; 19. Bruce Dewsberry (Canada) 2:27:18; 20. Rich Whitney (Canada) 2:29:14.

21. Wolf Schamberger (Canada) 2:29:16; 22. Curt Ankeny 2:29:24; 23. Ken Blakely 2:29:37; 24. Eric Hulst 2:30:56; 25. Carlos Alfaro 2:31:03 . . . 37. Richard Bartek (40+) 2:37:23 . . . 61. Alex Ratelle (50+) 2:45:15 . . . 150. Monty Montgomery (69) 3:00:57.

Women: 1. Miki Gorman (40) 2:47:45; 2. Penny DeMoss 3:01:14; 3. Leal Reinhart 3:04:37. (145 under 3:00; from Carl Porter).

### HONOLULU MARATHON

Honolulu, Hawaii, Dec. 14: 1. Jack Foster (43, New Zealand) 2:17:24; 2. Jeff Galloway (30) 2:19:54; 3. Tom Howard (27, Canada) 2:21:46; 4. Dan Moynihan (24) 2:22:39; 5. Steve Hoag (28) 2:23:23; 6. Mark Stanforth (25) 2:23:31; 7. Steve Ferber (20) 2:25:09; 8. Jim Barker (29) 2:25:43; 9. Kenny Moore (32) 2:28:39; 10. Mike Garcia (19) 2:33:06 . . . 16. Jim Gallup (40) 2:43:23 . . . 27. Daven Chun (11) 2:52:09 . . . 54. Bill Zappas (54) 3:04:54 . . . 300. Alex Corpacios (68) 3:53:36.

Women: 1. Jacki Hansen (27) 2:49:24; 2. Cindy Dalrymple (33) 2:54:25; 3. Joan Ulyot (35) 3:01:59; 4. Eileen Waters (30) 3:09:41 . . . Jan Newhart (47) 3:33:54. (706 finished, 46 under 3:00; from Tom Ferguson). ●

# March Coming Events

For marathon races scheduled during March see the "States and Dates" calendar on pages 38-40, and the alphabetical listing beginning on page 29.

## NORTHEAST

7 Sugar Loaf Town & Country 10-mile, Amherst, Mass. Tom Derderian, P.O. Box 853, Amherst, Mass. 01002.

28 AAU Open and Masters 30-KM, Albany, N.Y. Warren Dennis, Gloversville, N.Y.

## SOUTHEAST

13 8-Mile, Louisville, Ky. (9:30 a.m., Iroquois Park). Ken Combs, Metro Rec. Board, Louisville, Ky.

13 7-Mile, Greenville S.C. (Furman Univ.) Greenville T.C., c/o Adrian Craven, 213 Brookwood Dr.,

Greenville, S.C. 29605.

13 6-, 3-, 1-Mile, Ft. Walton Beach, Fla. (9 a.m., Moon-ey Road Tennis Courts). Harvy Bryan, 503 Marlowe Dr., Ft. Walton Beach, Fla.

14 K.T.C. 5.5-Mile & 19.7-Mile, Knoxville, Tenn. Hal Canfield, 502 Alandale Rd., Knoxville, Tenn. 37920.

27 Palmetto Cup Road Races, Columbia, S.C. Governor's Council on Physical Fitness, 1800 St. Julian Place, Columbia, S.C. 29204.

28 5- and 10-Mile, Athens, Ga. Athens T.C., c/o Joe Neuwirth, 155 Crossbow Place, Wintersville, Ga. 30683.

## SOUTHWEST

13 G-AAU One-Hour Run, Houston, Tex. (6 p.m., Rice University Track). George Kleeman, 227 Faust Lane, Houston, Tex. 77024.

## WEST

7 PA-AAU 30-Km. Champ., Watsonville, Cal. (10 a.m., Bradley School). Mike Jones, 109 Valencia Ave., Aptos, Cal. 95003.

13 Camellia Festival 100-Mile, Sacramento, Cal. (8 a.m., State Fairgrounds). John Hill, 604 Flint Way, Sacramento, Cal. 95818.

13 15-Km, Big Creek, Calif. Dave Bronzan, P.O. Box 271, Fresno, Cal. 93708.

21 Buffalo Stampede 10-Mile, & PA-AAU 50-Km. Champ., Sacramento, Cal. (10 a.m., Interstate 5 Bridge over Sacramento River). Abe Underwood, 6555 Riverside Blvd., Sacramento, Cal. 95831.

27 PA-AAU 15-Km. Champ. Palo Alto, Cal. (10 a.m.) Dave Himmelberger, 1763 Park Blvd., Palo Alto, Cal. 94306. ●



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# Readers' Comments

Reactions to events in the sport and features in the magazine.

## COLD

Dr. Alan Claremont's excellent article ("Don't Be Left Out in the Cold," Nov. '75) fails to point out one important aspect of cold-weather running. A runner moving at 7-10 miles per hour generates his own wind-chilling effect. For instance, an athlete running at 10 m.p.h. when the temperature is zero degrees (F) causes a chilling effect of minus-20 degrees. The addition of a five m.p.h. breeze lowers the effective temperature to minus-30... a temperature at which exposed flesh may freeze within one minute.

Although the energy generated by running can maintain normal core body temperature in this degree of cold, the self-generated wind-chill effect can result in superficial frostbite of exposed areas—particularly the nose, ears and cheeks. This emphasizes the need to cover every skin surface with a light insulating layer when running in cold weather—even on calm days.

*William Brant, M.D.  
Anchorage, Alaska*

Running in cold weather has always caused me two problems. One was cold hands and the other was a running nose. I have solved both problems by wearing a pair of all-cotton sweat socks on my hands. They keep my hands nice and warm, and I can use them for wiping my nose while running.

*Jack Schlaflin  
Holmdel, N.J.*

## REST

"After Working, the Rest Is Easy," (Dec. '75 by E.C. Frederick and J.E. Welch) is much the best I've read on applying the concepts of interval training to time intervals of days and months. Others have said the same thing, but Frederick and Welch have said it better by building on what had been written.

In going back over *RW* since 1970, it is interesting to observe that all of the "new ideas" of today were around six years ago, and often were advocated by the same people throughout this period. What has changed is our depth of understanding. The Frederick-Welch article is a model of an idea which has matured

to perfection. I predict a lot of runners will apply this idea, instead of just talking about it as they have in the past.

*Robert Crane  
Vienna, Va.*

## COACHING

I am writing to correct erroneous information which was printed with an article I co-authored ("The Mix of Endurance, Pace and Speed," Jan. '76). It was stated in the description of the authors that Richard Holloway formulated the training schedule. Richard and I collaborated on the article, but the original concept of this type of program was mine.

*Steven Miller  
Head Track and Field Coach  
Bloom High School  
Chicago, Ill.*

## SMOKE

The Wayne Moss article ("Nicotine Loading," Dec. '75) illustrated the improved performance one can expect from smoking, but didn't point out that cigarettes are also valuable in the prevention of running injuries. Perhaps this is because Moss doesn't smoke enough to realize these benefits. In my case, as a 1½-2 pack a day smoker, I feel these benefits should be brought to the running public's attention.

A couple of months ago, I quit smoking for awhile. After two weeks without a single cigarette, I tried a 10-mile course for which my previous best had been 69:44. I didn't run hard, just adjusted my pace to where I didn't have to breathe hard, and finished in 66:02. I was feeling strong—except for injuries to both knees, left hip, left heel and lower back. Smoking, you see, stresses the cardiovascular system, forcing the runner to slow down to a pace his body can tolerate.

*John Carroll  
Arlington, Va.*

May I suggest Wayne Moss train with a plastic bag over his head. He could train his body to get along without oxygen entirely. Besides, plastic bags are cheaper than cigarettes.

*Jim Davis  
Annville, Pa. ●*



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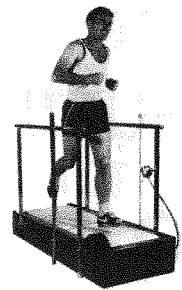
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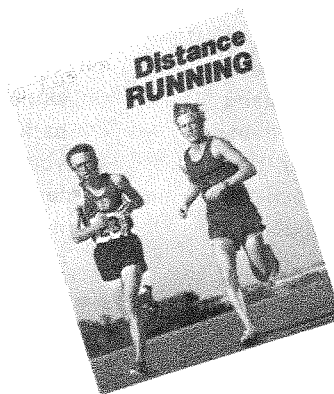
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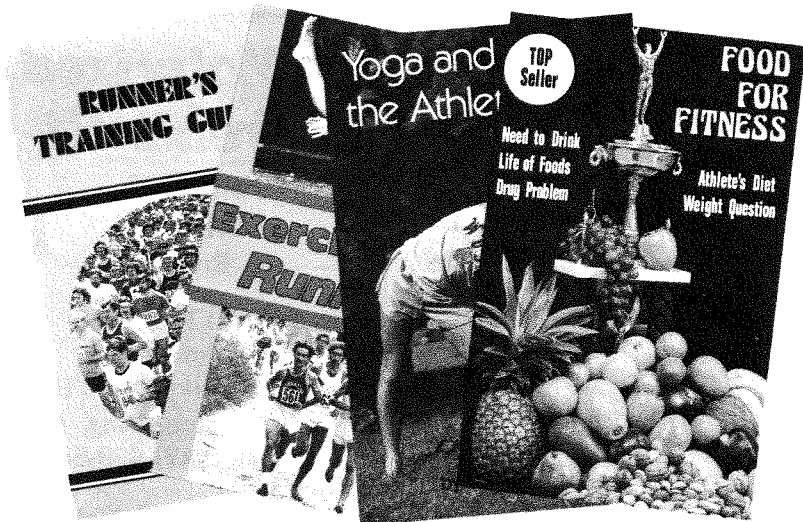
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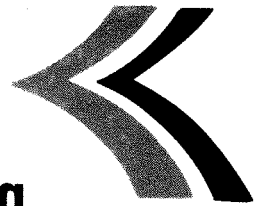
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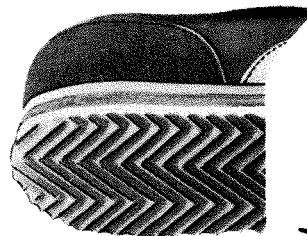
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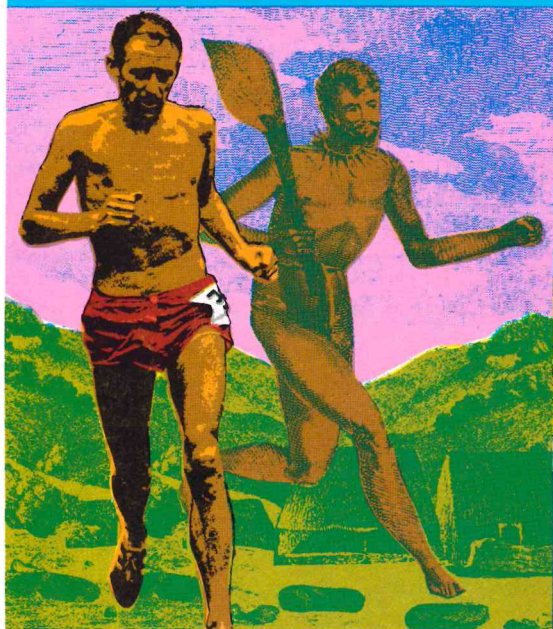
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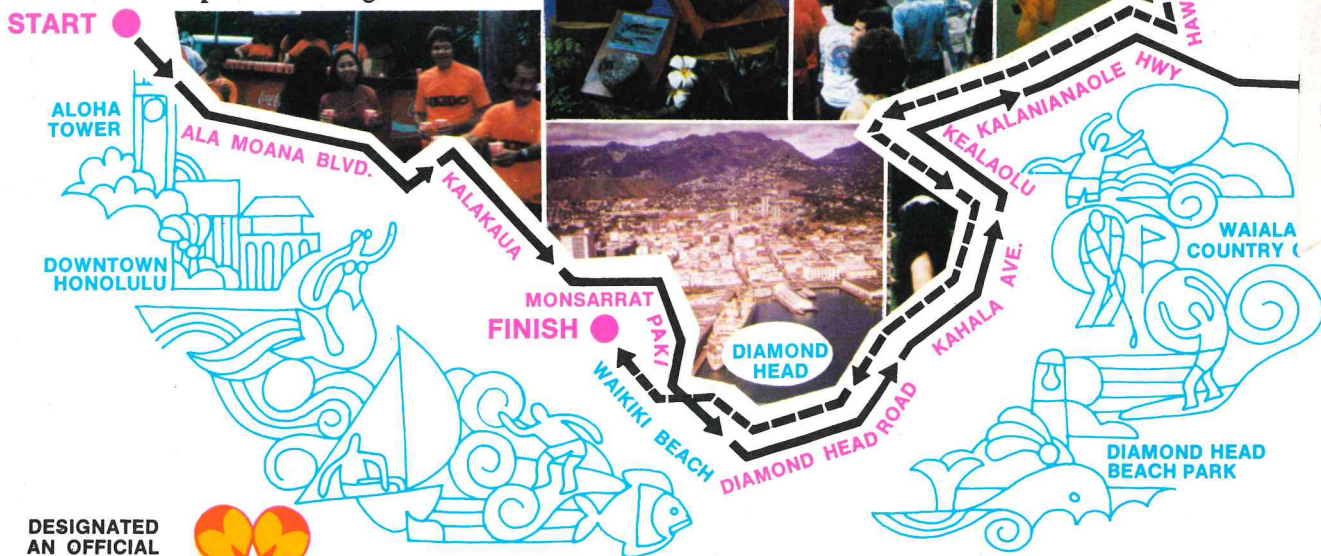
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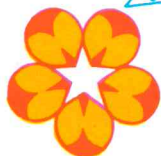


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