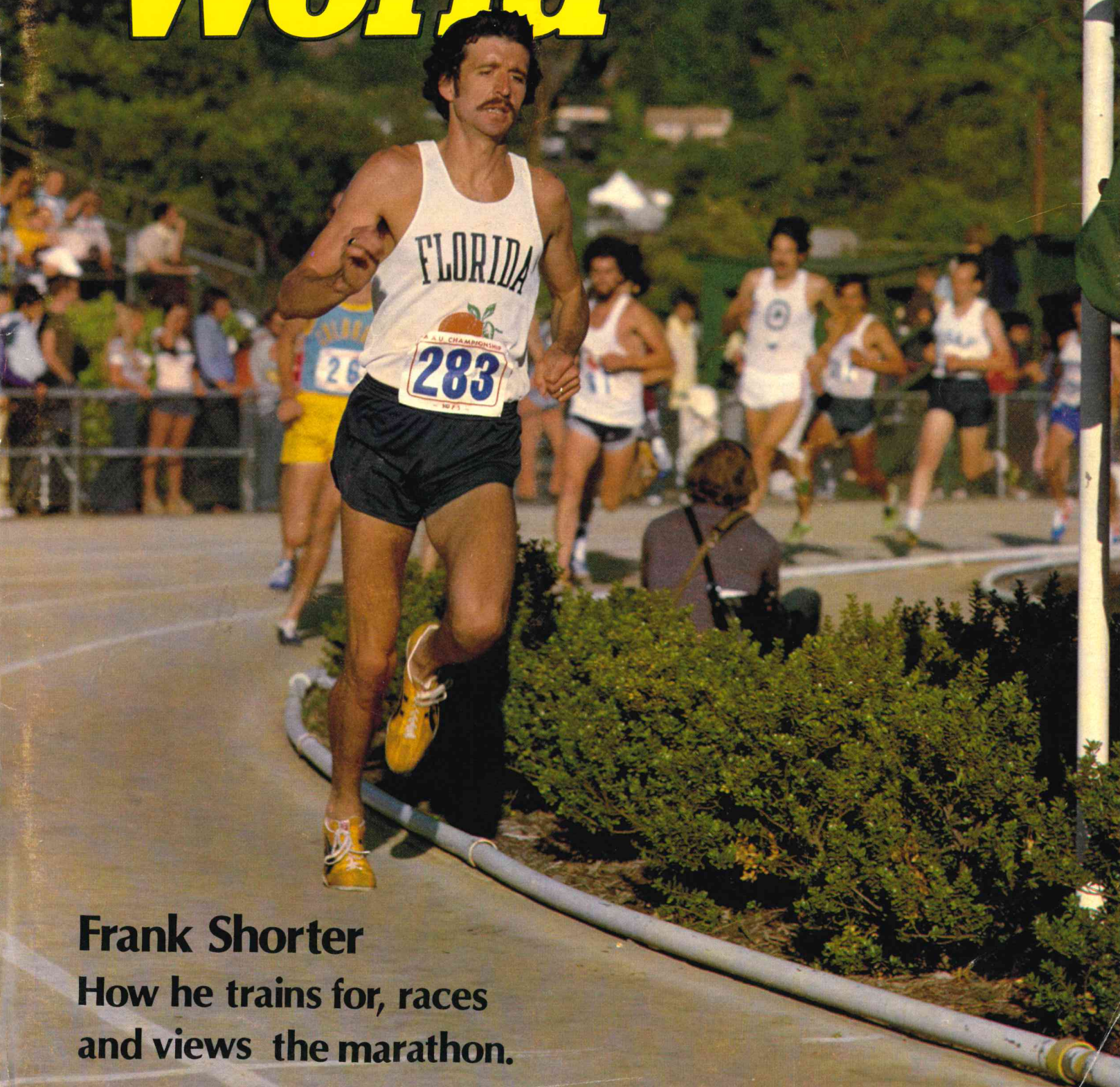


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# Runner's World



**Frank Shorter**

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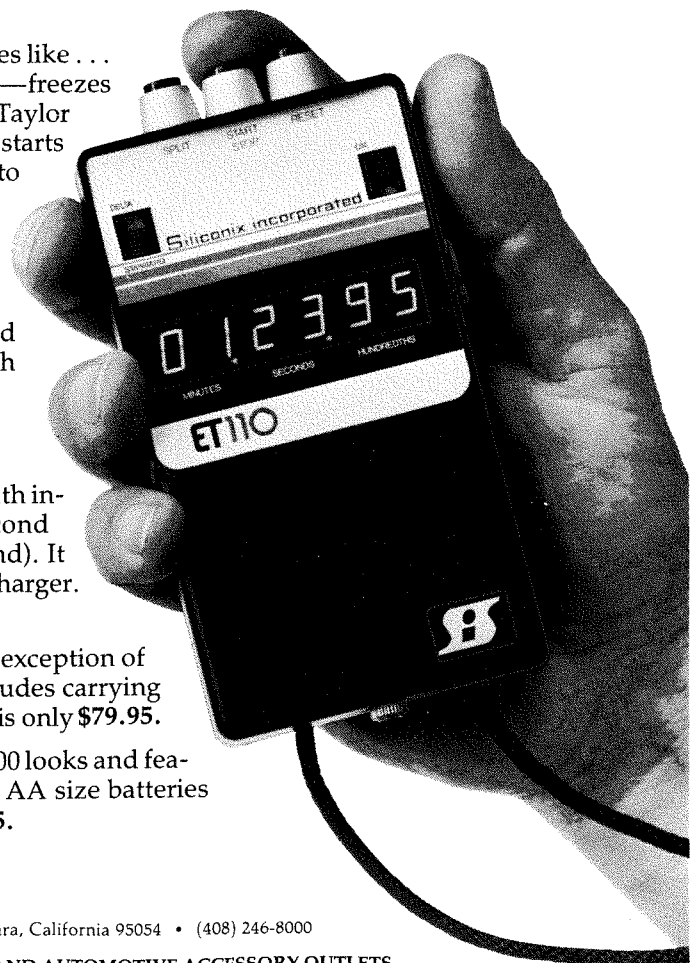
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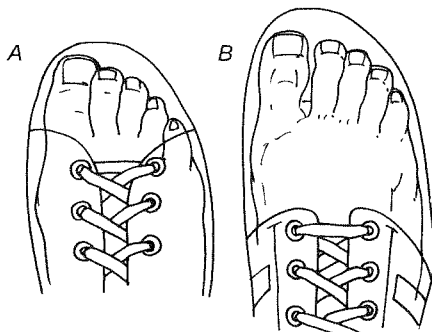
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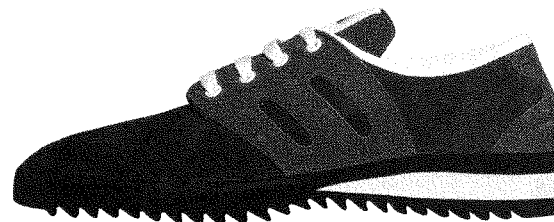
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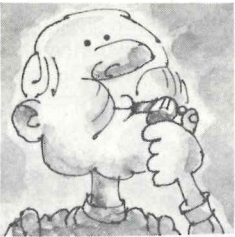
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**Track star FLASH McKEDS talks about stopwatch accuracy:** "I've been trying for six years to run a 4-minute mile, and the best I could ever do was 4 minutes and something like seven seconds, give or take a little. Then my coach traded in his mechanical stopwatch for a Cronus. I still haven't run a 4-minute mile, but I know I can do it in 4:05.72!"



**Legendary Swim Coach SPLASH GORDON talks about stopwatch ruggedness:** "I knew something was wrong that day I was carrying my old wind-up stopwatch and slipped on a wet go-ahead, because every lap I timed that day came out a new world record. Now I carry a Cronus, and so far it has survived two falls to the ground, a dunk in the pool, and one bout with a lady water polo star."



**Athletic Dept. Supervisor JIM NAZIU talks about stopwatch versatility:** "Because each of our coaches has to have a special kind of stopwatch with buttons for this and buttons for that, I had no end of trouble keeping track of what to order for whom. But then I discovered that a single Cronus offered Standard Start/Stop, Split/Cumulative,

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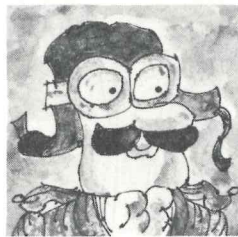
**Olympic Valley Timekeeper ANNIE ANASTIGMAT talks about stopwatch readability:** "All those little marks between all those big marks, trying to figure them out I just *never* knew if I was reading them right, even after I got my contact lenses. So you *know* how thrilled I am with my new Cronus, with its big bright numerals. And they're such a pretty color!"



**Master Navigator BOWDITCH ASTROLABÉ talks about stopwatch resolution:** "I always wondered how big an error there might be in a celestial fix because I couldn't get fractional seconds on the ship's solid-brass stopwatch. I found out one day, and after they refloated the ship the skipper bought me a Cronus with resolution of 1/100 of a second!"



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**Air race champ ACE McPYLON talks about stopwatch reliability:** "After I all but burned out my engine in the qualifying heat for the Reno Air Race, the official timekeeper said, 'Sorry, Ace, ya gotta do it again: my stopwatch didn't stop'. Well, fortunately for me they were able to successfully remove the timekeeper's little gem stopwatch from his throat; now he uses a Cronus with no moving parts to stick or wear out."

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# Runner's World

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Volume Eleven — January, 1976 — Number One

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## From the Publisher

As I was sitting here thinking about what I wanted to write, this letter was put on my desk. And I was so moved by it I wanted to share it with you. It is from Steve Sperry of Austin, Minnesota.

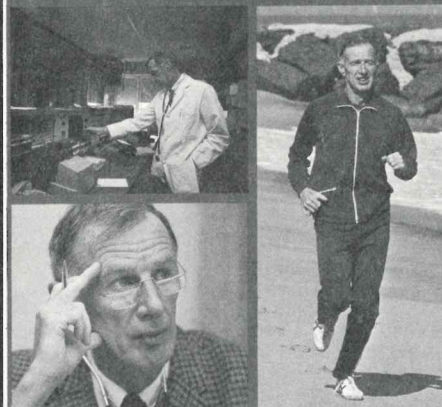
"As an original subscriber from the days of *Distance Running News* (our original name), I have received and have saved every issue. Looking back over the years the improvement in quality is truly amazing and a credit to you and your staff's genius. No other magazine has so clearly sought to satisfy the needs and desires of its readers and so successfully accomplished it. Congratulations 10 years after—You're not getting older, you're getting better. I want to be sure that I don't miss any of the future issues, therefore please enter my subscription for life."

Letters such as this really make my day. Many times it is easy to think about all the hard work but just something like this letter can really make it all worthwhile. Thanks, Steve and all the others for your support. We've only started and there is so much more we want to do.

This is a good opportunity for me to thank some people without whom we would not even have the magazine: our printers. As we begin our 11th year, I want to thank Hatcher Trade Press. Ben Harris and his staff have come through for us time after time and I certainly appreciate it. Thanks for an excellent job, Ben, Pete, Joe, Stewart, Jeff, Tony, Dennis, Hans, Eleanor, Kurt and Dorothy. Thanks also to Descalso Lithograph for their fine work: Paul, Bill, Ellen, Wanda and Leonard.

Bob Anderson

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### COVER:

Frank Shorter is equally at home on the track or road, as is clear in his interview with Dave Prokop beginning on page 46. (Doug Schwab photo)

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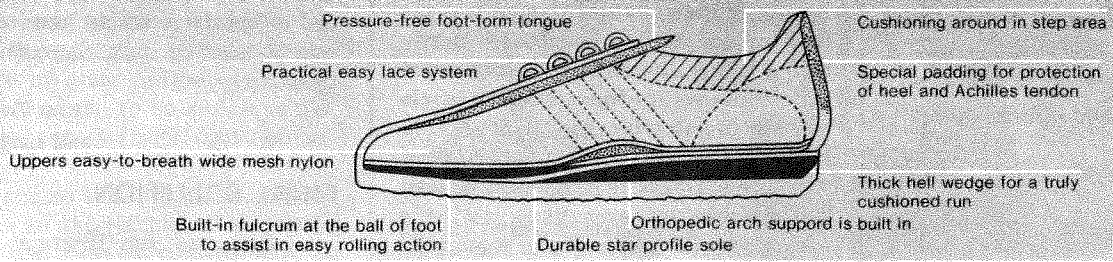
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# Runner's Forum

The free exchange of opinions, ideas  
and information.

## WOMEN'S MARATHON

The International Road Runner's Club based in Switzerland is currently studying the feasibility of including a marathon for women in the 1980 Olympic Games in Moscow. But recent events have confirmed that by rights women should be allowed to compete in the marathon at the 1976 Games in Montreal.

On Oct. 12, Jacki Hansen became the first woman to run a regulation marathon under 2:40, lowering the world mark to 2:38:19. Only 10 men in the field of nearly 100 finished in front of her in that race.

The winner of that race in Eugene, Jon Anderson, was duly impressed. He said, "She was real close to a six-minute pace, and that's a goal for many guys. A lot of men would be pretty pleased with a time like that."

Indeed they would. In the 1972 Olympic Marathon, for example, 10 men finished in a slower time (the last, in 3:24:21). Hansen's time, moreover, would have been good enough—had she been male—to with her a place on every American Olympic marathon squad up to the 1960 Games. What's more, with 2:38:19 she would have placed among the top six finishers in seven Olympic Games marathons—and would have won five of those races.

Hansen is no "freak." To date, seven different women have recorded sub-2:50 performances. More than 30 have broken three hours. Many of these athletes and others coming up will inevitably run much faster.

That this emergence of quality women marathoners has taken place during only the past few years makes their achievements all the more noteworthy. Consider, for example, that in the 1973 Boston Marathon Jacki Hansen was the first women finisher in 3:05:59—nearly half an hour slower than her present best time—while Jon Anderson again was the overall winner in 2:16:03, only five seconds off his time this year.

No one argues that the best women marathoners are ever likely to be a match for the best men, no more than they are in any track and field event. For example, after half a century of in-

ternational competition, the best women at 100 meters are still roughly 10 percent slower than the best men sprinters. Since the introduction of a women's 1500 meters in the 1972 Olympics, the gap between the best women and men middle-distance specialists has closed to about 12 percent. The best female marathoners currently run about 19 percent slower than their male counterparts, but this gap is bound to narrow rapidly over the next few years.

Consider that (1) men have been engaged in international marathoning for over 80 years, and (2) that over the past 40 years the men's marathon record has come down barely 20 minutes, whereas since 1967 the women's has fallen nearly 30 minutes.

Races create runners and opportunity develops talent. As more women continue to run more marathons, times continue to drop. All of which seems to soundly refute the argument that women have neither the strength for nor the interest in running long distances.

Since it was only in 1972 that a 1500 meter race was added to the women's Olympic schedule, the fact that a marathon study for the 1980 Games is even being done might be viewed as miraculous. But for today's top women marathoners throughout the world, the possibility of competing in Moscow four years hence is small consolation.

Olympic officialdom may argue that it is simply too late to include a women's marathon on this year's schedule at Montreal. But what's to prevent allowing each nation to enter three qualified women (those who have run, say, under three hours) to compete in an integrated marathon? No change in the present program would have to be made to accommodate these women marathoners. And odds are that no official or spectator would have to wait for one of them to stagger into the stadium dead last.

from Tom Sturak  
and Leal Reinhart

## FINAL SOLUTION

Having read Jim Hiserman's "Problems In Women's Track" (Aug. '75, RW), I'm sure the proposed cure he of-



fers is actually worse than the situation he's criticizing.

In Hiserman's blueprint of Women's Track Heaven, he makes the point that East Germany with only a population of 17½ million people did a great job in the 1972 Olympics. I applaud the success of the East Germans. But patterning ourselves after the East Germans is not going to solve our basic problems. Rather, it is going to *compound* problems.

By suggesting that we might benefit from the practices that the East Germans indulge in, Hiserman advocates acts that constitute a violation of our American sense of civil rights, the international amateur code and Dachau-like experiments with humans.

The fact, for example, that there is "this dossier, regularly updated and quite detailed (emphasis mine) stays with the child throughout school" smacks to me of something that is an improper invasion of privacy. This is especially true later when the person in question is placed in a sports academy where the dossier is subject to examination by all of the gathered experts and coaches. This which reflects only the opinion of the people who compiled it. This file is carried on throughout his or her career and allows for too much subjectiveness in determining what a person should do with their bodies.

Futher, Hiserman points out, "The sports emphasized are only those included in international championships, and the sport which the child is taught is determined by aptitude tests." I certainly do not agree with this. In America, for instance, it might come down to blacks competing only the sprints and jumps because of their "natural talent and pure speed which is inherited and not coached."

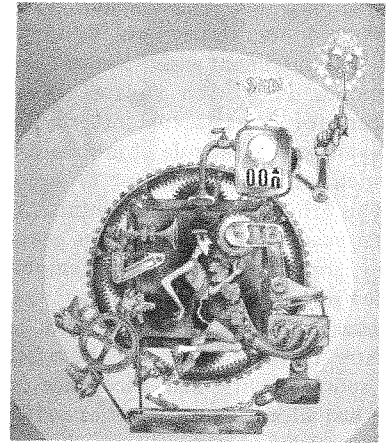
But there is even a more serious violation of basic rights, and that has to do with experimentation to develop the "experts" who have "worked on such projects as the use of hormones to build muscle mass." Since we know Hiserman is concerning his article with *female* athletes, and we also know that the kind of muscle mass we are talking about is induced through the stimulation or simulation of *male* hormone activity, there seems to me to be grotesque disregard for after-effects and consequences.

There are no in-depth and definitive findings as to the residual or long-term repercussions these experiments have on female subjects. Further, most of the

(continued on page 8)

# Sport Painting

*The perils of training for the big race surround this runner as he attempts to overcome all obstacles to stay in shape.*



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synthetic hormones used to build muscle mass are illegal under current Olympic doping restrictions. To suggest that we experiment with counter-female hormones in women violates a basic concern for human sexual integrity, and also violates a basic rule of international competition and fair play.

This brings us to another point: "The sports academies, funded by the government, are staffed by the *best* (emphasis mine) physiologist, biochemists . . . and physicians in East Germany." For any country to take its *best* in these fields for sport activity and excellence is a very bad allocation of expertise and limited resources.

Further, Hiserman states, "Women in the Sportwunder get all the amenities of an elite class . . . special foods . . . tax and military exemptions." The idea that a person gets special treatment based upon athletic ability runs counter to my sense of democracy and equality for all. In America, where government reports show actual malnutrition and starvation among our people, I have trouble thinking of athletes, under a government program, getting food in preference to these people.

I think Hiserman has allowed his enthusiasm for "success" to cloud his understanding of basic human rights and justification of sport.

from Brooks Johnson

## ON THE TREADMILL

Edward Trotter, president of Trotter Treadmills, responds to the November article "Run of the Mill Winter." The marathoner, who trains on treadmills as well as designing and marketing them, feels the article gave an incomplete and somewhat unfair picture of the machine.

Having logged in excess of 9000 miles on the treadmill since 1967, and many more miles on the road to complete several Boston Marathons since 1970, I have found the treadmill to be an asset in smoothing out my allotment of time and getting me through the tough winter months.

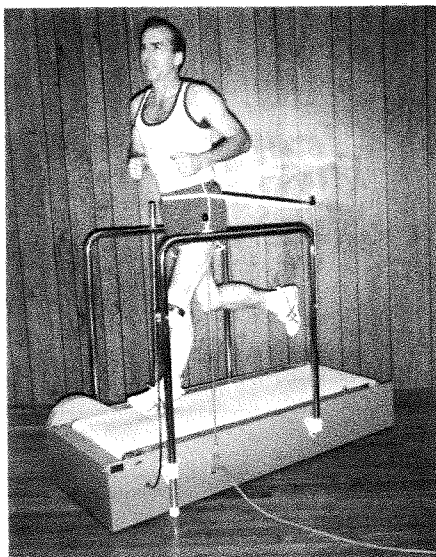
Here's how I would recommend using the treadmill: Set aside an hour, free from interruption, forget the television, radio and stereo music via earphones, etc. I find them to be distracting and a total nuisance. I don't rely on these outside, so why bombard myself with them on the treadmill? Without them, I find myself concentrating as I do on long runs outside.

I prefer the treadmill over the indoor track for off-season training, as going

around in circles is not for distance runners. A treadmill designed for the runner and used properly is a good training device.

Low elevation (2-6% grade) and the elastic "drag component" should be used to provide the correct work loads in relation to the runner's normal stride. The body responds to the natural feeling of running, and I have strived to emulate those conditions on the treadmill.

It is pure folly that one may produce a satisfactory piece of equipment for \$50—or even \$200—to replace running in a manner that the typical road runner has been accustomed to.



*Trotter Treadmill equipped with an elastic "drag strap."*

Assuming one developed a design for a treadmill and purchases the parts, he must expect to spend no less than \$565 without labor. My estimate is that it would require approximately 80 hours to complete fabrication, and at \$5 an hour that would equal \$400. Total: \$965. Then the question is: will it work when completed?

So it is obvious that a well-built treadmill is going to be rather expensive.

What should a runner look for in a treadmill design? First, the solid, low-friction support deck under the running belt is a superior concept and should be used by runners. Roller-type support decks under the running belt cause tender feet and should be avoided.

Next, drop off some of the armor plate, extra motors and other unnecessary parts, and use a running belt suitable for high speed ranges and prices for the individual.

The speed must be infinitely variable and changed while running without

breaking your stride. The unit should have a suitable speed indicator with a distance recording feature such as an odometer. The selected speed must be constant. Take care that the unit you purchase does the top speed indicated by specifications when you are on the belt.

Also choose a treadmill which lends itself to easy maintenance and sets you free from factory-service dependency.

The treadmill equipped with elevation, drag strap, smooth running surface, infinitely variable speed control and a small fan for fresh-air circulation sets up the conditions required for a natural run.

from Edward Trotter

## AWARDS GAME

There are a number of ways to distribute awards among running contestants other than the conventional "trophies to first three" syndrome. They can and should be occasionally distributed somewhat more equitably. ("Equitably" in the sense that everyone pays the same entry fee and everyone, presumably, is trying equally hard to do his or her best. What separates first and last place finishers is a combination of talent, training, age, sex and size.)

One of the innovations available is to space a fixed number of awards among the anticipated participants. That is, award prizes to places 1, 10, 20, 30, 40 and 50. Or 1, 2, 20, 40, 60, 80. An important factor is to spell out the system on your schedule or flyer, so people know what to expect. Also by predetermining the "winning" places, you avoid cheapening the unorthodox system by making a lottery out of it. Drawing numbers out of a hat after a race seems crass.

Another possibility is to specify that contestants bring a merchandise prize as their entry fee. Limit the value to \$1, \$2 or \$5. Then at the conclusion of the race the finishers, in order, select the prize they wish. Ideally, all bona fide entries "win" something, even if the last-place finisher gets stuck with his own old pair of sneakers.

When the regular system of awarding is used, strictly based on performance, the disadvantaged groups should be included in the sharing of the available prizes (paid for equally). They are, again, women, youth (maybe 15 and under), senior aged runners, etc. It's not right to overlook their presence and the fact there will be winners in those categories.

Another pertinent suggestion is to  
*(continued on page 10)*

★ SEVENTH ANNUAL

# TRAILS END MARATHON

"WHERE THE RUNNER IS KING OR QUEEN"

February 28, 1976 (11:30 a.m.) Seaside, Oregon

Run 26 miles 385 yards in the scenic beauty and cool sea air through the coastal communities of Seaside, Gearhart, Surf Pines and Sunset Beach.

World Marathon Runners Association U.S. Championships and District No. 2 NAIA Championships (scoring carries over into spring track championships.)

### DIVISIONS

Jr. High, Sr. High, 20-29, 30-39, 40-49, 50-59, 60 & over (male and female).

Special Competition: Husband & Wife, Father & Son, Father & Daughter, 3-4 Person Team, Runner coming from furthest distance to compete

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Merchandise to top three in all age group divisions, top six in NAIA. Three WMRA championship trophies.

All finishers receive T-shirts, official time cards & post-run meal.

Sponsored by the Seaside Chamber of Commerce.

\$3.00 fee. Entries not accepted after February 21, 1976.

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# ANNOUNCING

## 1976 NATIONAL TRACK COACHES CLINIC

**RICKEY'S HYATT HOUSE  
PALO ALTO, CALIFORNIA  
FRIDAY, SATURDAY  
JANUARY 30, 31, 1976**

- 1. LOCATION:** Rickeys is on El Camino Real, 25 miles South of San Francisco, 4 miles south of Stanford University
- 2. CLINIC FEE:** Pre-Registration \$27.00 (\$10.00 deposit required) \$35.00 at the door.
- 3. ACADEMIC CREDIT:** Post Graduate Credit through Santa Clara University may be requested at registration
- 4. HOUSING:** Special Clinic rates available at Clinic Headquarters Rickeys Hyatt House. For reservations call toll free (800-228-9000), or direct (415-493-8000), or write Rickeys Hyatt House, Palo Alto, CA 94306
- 5. PRE-REGISTRATION** is requested to insure housing and admission to Clinic. Full Clinic information will be sent upon receipt of pre-registration, or other request.
- 6. INFORMATION:** For information write: Jim Gaughran, Clinic Director, Department of Athletics, Stanford Univ., Stanford, CA 94305
- 7. CHECK IN AND LATE REGISTRATION:** 10:00 AM, Friday, January 30.  
First Speaker: 11:00 AM Friday, January 30  
Last Speaker: 5:00 PM Saturday, January 31

THE NATION'S PREMIER TRACK & FIELD CLINIC PROUDLY PRESENTS . . .

### A. SUPERSTARS:

PETER SNELL . . . . .New Zealand Training Program/Transition to Mile and 880 Competition

BRIAN OLDFIELD . . . . "Sling Shot" Shot Put

JON POWELL . . . . Discus Training & Technique/Weight Training

### B. SUPERCOACHES:

TED BANKS, U.T.E.P. . . . . Cross-Country/Sprint Relays

ERNIE BULLARD, San Jose State Univ. . . . . Pole Vault/Triple & Long Jump

STEVE SIMONS, Cal Poly, S.L.O. . . . . High Jump/Sprinting

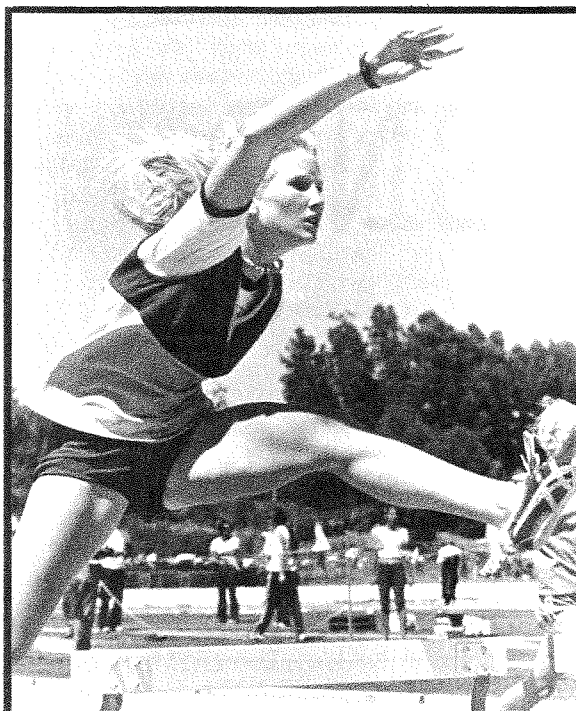
WILL STEPHENS, Will's Spikettes . . . . . Club Development/Training Women Athletes

### C. PLUS:

PAUL SCHECTER, Fresno State . . . . Nation's Top T&F Trainer

DR. PETER WOOD, Stanford . . . . .New discoveries in Training Women

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| SEND WITH FEE TO: JIM GAUGHRAN<br>Clinic Director, Dept. of Athletics, Stanford University,<br>Stanford, CA. 94305. |        |



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any sessions?**

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- Enclosed is \$1.00 (includes postage) per issue checked above.
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## BACK ISSUES

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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?

### DECEMBER, 1974

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

### JANUARY, 1975

Cross-Country Nationals  
Ernst Van Aaken Interview  
Running and your Knees

### JUNE, 1975 (\$2.00)

Boston Marathon Supplement  
Using Biorhythms  
Park Barner

### AUGUST, 1975

Prefontaine's Last Miles  
US Team China Tour  
Brooks Johnson on Kick

### OCTOBER, 1975 (\$2.00)

Special 96 page issue  
Running Shoe Supplement  
Pikes Peak Race

### DECEMBER, 1975

Bob Anderson Interview  
Women's National Marathon  
The Six in Ten Who Break Down

purchase more inexpensive awards than fewer expensive awards. Fifty contestants at 50 cents each will generate \$25 that can buy either five trophies or 17 apple pies. So whether you give the 17 pies to the first 17 or every third through 50, you're definitely going to enrich the experience of 12 more runners.

Each of these approaches has been used in Washington, D.C., area, with more success than anticipated. Even the quality runners who normally win something are happy to see the "have-nots" occasionally share in the prizes.

from Dave Theall

## SHOE REVIEW

The Shoe Supplement (Oct. '75 *RW*) is easily the most comprehensive study ever made on today's running shoes, and a real boon to the shoe buyer and seller. However, I feel your final rating of the 30 flats is definitely unfair to the runner's pocketbook, and to the excellent new or hard-to-find shoes.

*RW* is too nice to the overpriced shoes. Under the rating system, a shoe costing \$19.95 is in the "A" category, a shoe costing \$20.95 is a "B," and a shoe \$10 more at \$29.95 is also a "B." This price rating is unfair to those companies which keep their top shoes in the \$23-\$25 price range. A fairer rating, which rewards the \$23-25 shoes properly, is: A—under \$20; B—\$20-\$24.95; C—\$25 up.

The second major shortcoming is the "Number of Users" category. The rating gives the new models an automatic "C" in number of users, "so as not to have an unfair advantage in scoring." This "C" to the new models has the opposite effect of giving the new models a distinct disadvantage, and therefore a significantly lower score. This category also discriminates against those brands (Lydiard, Karhu) which are hard to find in this country, while rewarding a shoe available in nearly every city in the country. Availability and advertising are not factors by which one should judge a shoe. For this reason, I would eliminate the category entirely.

When using my new price rating, dropping the "users" category and retaining the other 10, the rating of top flats becomes: (listed alphabetically):

(1) New Balance Interval 3:05. (2) Nike Road Runner. (3) Tiger Jayhawk. (4) Tiger Montreal. (5) Adidas SL72-76; Brooks Drake, Nike Boston '73, Puma 9190; (9) Adidas Dragon, Nike Cortez Nylon, Tiger Nairobi.

I have personally trained in 10 of the

top 11 (and more of the others in the overall top 30), and this new ranking corresponds closely with how I would rank them.

from Gary Tuttle

## POETIC JUSTICE

Here are a couple of true items which indicate there is some poetic justice left in the life of the runner:

During a 10-mile race this fall in Southern California, a stocky man in a Cadillac honked his horn and yelled at leaders Paul Cook, Dave White and Carl Swift to get off the \*\$%! road. After several hundred yards of such abuse, one of the runners made the usual gesture to the gentleman—whereupon he drove up the road, turned around and sped back at them, actually trying to run them down. He then announced that he would return with the sheriff and have all the runners jailed for being a traffic hazard. He did return with the sheriff after the race was over. When the sponsor (from the Chamber of Commerce) and an official, Steve Broten, explained what had occurred, the sheriff wrote out a traffic ticket against the driver, and left him muttering to himself.

Don Boulanger was running in Miami, Fla. and kicked one of several dogs that were attacking him. On his return trip during that workout, Don was spotted by the dogs' owner—who knocked Don unconscious with a rake, lacerating his scalp. There were witnesses, and Don brought legal action against the dog owner, who was arrested and handcuffed by uniformed police. He settled out of court for \$10,000. Don now uses this as a travel fund to get to races in various states.

from Wes Alderson

## WHAT DO YOU THINK?

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

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

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

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

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

## Today's Run

A Booklet of 200 laughs for old and young, fast or slow. Includes: 30 Fullsize running cartoons (one for every day of the month).

## Plus

180 (10 to 100 word) "barbs" about intervals - hills - diets - wives - final kicks - age groups - marathons and all other "training agonies."

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\$3.00 per booklet.

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Repair your worn out shoes at home with Starting Line Sports' Sole Repair Kit. The kit contains an electric sole repair gun, ten sticks of special sole repair glue and complete instructions. Apply liquid sole repair glue to your worn shoes and keep right on running.

Send me \_\_\_\_\_ Sole Repair Kits for \$7.25 each, postpaid (Calif. residents add 6% tax.)  
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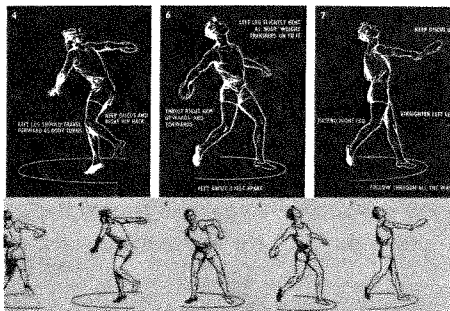
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Sequential drawings and easy-to-understand instructions provide enough information for both the beginner and the seasoned veteran. Each poster shows two events—each covered in detail. Posters on distance running and sprinting, hurdling and relay racing, pole vault and high jump, long jump and triple jump, discus and javelin, shot and hammer may be purchased separately or in the six-poster set.

You'll be surprised at how much you can learn from these posters. Each individual poster is \$1.75, plus .25 postage. The complete set of six is only \$10.00, postpaid. Use the handy order form in this ad to purchase your posters today.

### ORDER FORM

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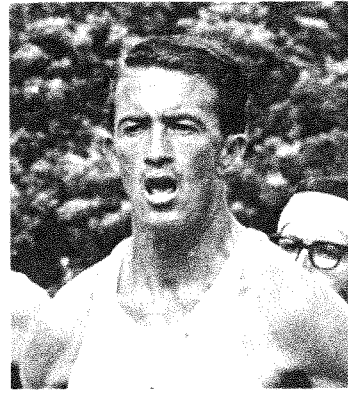
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### Dr. Sheehan on Running

This book of advice and philosophy from *Runner's World* medical editor Dr. George Sheehan is practical, thought-provoking, and controversial. Just published. 1975 Hb., & Ppb., 206 pp., ill., \$5.95/\$3.50.

### Always Young

by Frank Dolson. George Young, four-time Olympian in events ranging from the steeplechase to the marathon, gives an inside view of the Games and the problematic world of the mature amateur athlete. November 1975 Hb. & Ppb., 206 pp., ill., \$4.95/\$2.95.

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"Run long, run daily, and don't eat like a pig," says Germany's famed doctor-coach Ernst van Aaken. This new English translation gives you a proven system for general good health and racing fitness. To be published, January 1976, Hb. & Ppb., \$5.95/\$3.95.

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by Joan Uillyot, M.D. Dr. Uillyot is one of the fastest female marathoners in the world. Drawing on her experiences as both a runner and a research physiologist, she tells women at all levels of the sport how to do it and get the most out of it. To be published, March 1976, Hb. & Ppb., \$5.95/\$3.95.

### The Long-Run Solution

by Joe Henderson. The editor of *Runner's World* tells you how to stay happy with running. He summarizes research

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Ron Daws says he made the Olympic marathon team not by out-running people, but by outsmarting them. Here he gives away for the first time his secrets of clothing, shoe design, heat training, pacing, and other things most people neglect. To be published, June 1976, Hb. & Ppb., \$5.95/\$3.50.

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# Running Commentary

by Joe Henderson

We felt a little sheepish about the idea from the start, since it seemed out of step with RW's every-runner-is-equal philosophy. But we rationalized the "Big Race" as part of National Running Week by thinking we needed it to make the week truly national. The purpose of the celebration was to attract attention to running, and flying in a few big-name athletes would help in that respect.

There are a growing number of races of this sort—road runs built around an invited group of stars. Generally, the trend is laudable. Road running has been a provincial sport, carried on in isolated pockets with little mixing of athletes from different pockets. The Big Races are bringing the better runners together.

But, unfortunately, they are making a few runners greedy—and these few in turn are hurting the races for the rest of us. Our Big Race died before it was born, and others are threatened because their budgets can't stand under-the-table payoffs.

I'm not an amateur purist. There are times and places for athletes to earn money for their work. If spectators at indoor and outdoor track meets are subsidizing the runners, fine. But road races are usually free shows. The promoters have to scrape and beg for every dollar, with many of the dollars coming from other runners. No runner is good enough to take money from another.

It surprised me in 1974 that there weren't more expressions of disgust when the *Los Angeles Times* put together a marathon with a \$100 entry fee. The money was said to go to "charity," and there's no reason to think it didn't.

The slower runners, as usual, paid up. Some 50-60 of them plunked down \$100 for the privilege of running on hot, smoggy streets for three or four hours. Meanwhile, the top runners ran for free. Not only that, but they had their flights, motels and meals paid for. And rumors sneaked around that the

leading men had been offered an extra \$1000, \$2000, \$3000—depending on the man and who was telling the story.

An official assured me the expense money didn't come from the charity pot. But that wasn't my main concern. What bothered me was the precedent of charging one group of runners an exorbitant fee while giving another group a lavish bonus.

I hear most of the stories about race directors' money troubles. But the problem didn't come home until recently. Our Running Week was a non-profit venture. Proceeds, if any, would go to the Special Olympics for the retarded.

The rock music stars and movie idols do "benefits" for worthy causes, accepting only their expenses. But apparently some runners are harder up.

Bob Anderson talked with one about our Midnight Run. The runner said sure, he'd come . . . as long as Bob paid him double expenses—for him and his wife, and then his wife would stay home.

To his credit, Bob said, "Forget it. We want no part of this kind of dealing." The incident so angered Anderson that he decided to scale down the race—to make it one for the people who like running enough to do it for nothing. ●

## 15th Annual WASHINGTON'S BIRTHDAY MARATHON WASHINGTON, D.C.

SUNDAY, FEBRUARY 15, 1976, 11:00 AM  
COURSE RECORD 2:24:17.8 (MARSHALL  
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- Awards:
  - 1st 5 women
  - 1st 5 age 40-49
  - 1st 3 age 50 & over
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- Merchandise Awards
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**ENTRY FEE OF \$2.50 MUST ACCOMPANY THIS  
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To receive information sheet and map of course, enclose stamped, self-addressed envelope.

\_\_\_\_ I request free lodging. (Requests must be received by Jan. 31, 1976.) I hereby release the sponsors and officials of the Washington's Birthday marathon to be held on Feb. 15, 1976, from all damages or injuries incurred during or arising out of my participation in this event.

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# Medical Advice

## George Sheehan, M.D.

The "Golden Rules" of good health and longevity were reported briefly in December ("Looking at People"). Here, Dr. Sheehan goes into more detail.

The rules for good health and long life have not changed since Hippocrates. Our days and their enjoyment are measured by following seven common sense commandments: (1) don't smoke; (2) get seven hours of sleep; (3) eat breakfast; (4) keep your weight down; (5) drink moderately; (6) exercise regularly; (7) don't eat between meals.

Dean Breslow and his group at the UCLA School of Public Health have studied what happened to people who kept or broke these rules. Their investigation came up with some interesting findings. A person who followed six of the seven rules had an 11 years longer life expectancy at age 45 than someone who followed less than four. And a 75-year-old who followed the prescription to the letter had the same physical health status as those age 35-44 who followed less than three.

Therefore, the first and basic commandment for health and longevity is the following: *Pursue your own perfection.* No one will have difficulty with this dogma. But as usual with dogma, we begin to have dissension when the theologians start interpreting it. Then we become schismatics and heretics, and start religions of our own.

In health, the main problems with orthodoxy are over the word "exercise." The leading heretics are Drs. Meyer Friedman and Ray Rosenman, the proponents of the stress theory of coronary disease who see exercise—particularly jogging—as unnecessary and even dangerous. Meanwhile, Dr. Kenneth Cooper, the aerobics advocate, regards exercise—especially jogging—as the panacea for the ailments that plague the Friedman-Rosenman "Type A" patients.

I am ready to start a new religion. I would change the controversial law (number six) to "play regularly." It is an hour's play a day that makes a man whole and healthy and long-lived. A man's exercise must be play or it will do him little good. It may even, as Friedman and Roseman claim, kill him.

I have scientific support for my position. Recent studies in both England

and Ireland have shown that hard physical work did not change the coronary risk factors or heart disease in over 30,000 men. However, in the same group, hard physical activity during leisure time was accompanied by significant reduction in risk factors and heart attacks. Not by hard work but by swimming and running and heavy gardening (and by tennis and squash and handball, and other forms of play) these men achieved health and long life.

So it is not effort that reduces heart attacks and degenerative disease. If it were only effort, then effort on the job would do the trick. So it is not running but running that is play that is necessary. Exercise that is work is worthless. But exercise that is play will give you health and long life.

Exercise that is not play accentuates rather than heals the split between body and spirit. Exercise that is drudgery, labor, something done only for the final result, is a waste of time. If I hated to run, and ran only for longevity and was killed by a truck after five years at the sport, I would have a right to shake my fist at whoever advised it.

And so we can see why Friedman and Rosenman, who see the only joy of jogging in the miraculous feeling of relief when it stops, have seen such bad results. It is not the runner but those impersonating the runner who is at hazard—those with the "hurry sickness"; those aggressively involved in achieving more and more with less and less time, those who are always competing with or challenging other people.

"Only the sick man and the ambition are in a hurry," wrote Ortega. And it is these "Type A" people who use jogging to escape from death, only to find it taking them to their appointment in Samarra.

What then should you do? Run only if you must, only if running is an imperative that comes from inside you and not from your doctor. Heed the inner calling to your own play. Do what you do best and feel best at, something you would do for nothing. Something that gives you security and self-acceptance and a feeling of completion.

"Therein lies perfection," said Marcus Aurelius, "to live out each day as one's last." That is why I run and will

always run. There is no better test for play than the desire to be doing it when you die.

## LOW BLOOD PRESSURE

**Q:** The last time I was examined by a doctor, I was told I had low blood pressure and to watch it. I have been running for over five years, and yet when I make a long run with friends it takes me two days to recover. They, on the other hand, are fully recovered the next day. Could this be related to my low blood pressure, and, if so, is there anything I can do to improve this condition? (W.C., Massachusetts)

**A:** Low blood pressure is common in distance runners. It becomes a problem when it is "orthostatic"—a condition where the blood pressure goes down when you stand up.

When this happens, it usually means you are overtrained or in an exhausted state. Your story suggests that you exhaust easily. You are a runner who needs a fair amount of time to snap back and recoup.

Accept that. We are all different. Many people can run only every other day. Some can only run every third day. Each of us is an experiment of one, and no one else's training program can be the same as yours.

I suggest you train on alternate days at a conversational pace, and take an hour nap each day off. Increase distance and pace, but be sure to take 1-3 days off a week.

## WEIGHTS

**Q:** I have just read your book, *Dr. Sheehan on Running*, and take exception to the statement that once past age 25 any weight one puts on is fat. I'm 38, and recently joined a health club to build up my strength. One of the goals set for me is to put on 10 or so pounds—in the form of muscle. Cannot someone my age increase his weight by purely muscular development? (I.R., Illinois)

**A:** Of course anyone can increase his weight by muscular development. Weight trainers have proven this over and over. The fact is, however, that very few people past 25 are weight lifters or other athletes. And I feel I can safely assume that almost all weight put on after that age is indeed fat.

## SIZE

**Q:** My husband has been jogging for about seven years. No long distances—just about two miles several times a week. My question is this. Can a man be too heavy to jog? My husband is 6'1"



and weighs about 190 pounds. When I see pictures of runners, they're all so thin. Should he lose some weight? (J.M., Wisconsin)

A: A few years back, I would have thought your husband was too big a man to enjoy running. Now I'm not so sure. There are more and more men of his build becoming dedicated runners. Usually, men of that physique are fairly good athletes and prefer other sports—often team sports.

If anything, he would have a psychological barrier to running rather than a physical one. There is no physical reason why your husband shouldn't run even long distances, so long as his exercise is play. If he feels that way about his running, you should be happy.

## RELAXATION

Herbert Benson of Harvard suggests a "non-cultic" form of relaxation exercise similar to transcendental meditation in its effects but without TM's mystical trappings.

1. Sit quietly in a comfortable position.
2. Close your eyes.
3. Deeply relax all your muscles, beginning with your feet and progressing up to your face. Keep them deeply relaxed.
4. Breathe through your nose. Become aware of your breathing. As you breathe out, say the word "one" silently. For example, breath in . . . out, "one," in . . . out, "one," etc.
5. Continue for 20 minutes. You may open your eyes to check the time, but do not use an alarm. When you finish, sit quietly for several minutes—at first with closed eyes and later with open eyes.

6. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, ignore them and continue repeating "one." With practice, the response should come with little effort.

Practice the technique twice daily, but not within two hours after a meal, since the digestive processes seem to interfere with the elicitation of anticipated changes.

(Reference: *Medical Tribune*, Nov. 19, 1975)

## ORTHOTICS

Many runners are wearing, or could profit by wearing, "orthotics." These are specially-made shoe inserts which control footplant, thereby relieving abnormal stresses on the foot and leg at impact. A well-crafted orthotic can cure many running injuries, but many such devices don't help. Podiatrist Steven Subotnick suggests six reasons why they fail:

1. The "neutral position" of the foot (from which the orthotics are casted) is difficult to find and mold. When in doubt, the podiatrist should err by making too small a correction.
2. Some runners can't stand full correction because their flexibility is greatly impaired.
3. The rear-foot correction with the rigid (usually plastic) orthotics is sometimes excessive. This causes jarring.
4. All rigid orthotics need adjustments. Runners may have to make several follow-up visits to get complete satisfaction.
5. Rigid orthotics are satisfactory at training speeds, but soft orthotics are usually

necessary for competition, field events and very rough footing.

6. The pay may be due to a cause which orthotics can't treat.

(Reference: *Podiatric Sports Medicine*, Futura Publishing Co., Mt. Kisco, N.Y., 1975)

## SHIN PAIN

Q: I am often bothered by a condition very similar to shin splints but on the insides of the calves rather than the fronts of the legs. I would appreciate information on this. (C.D., New York)

A: Your difficulty is with the posterior tibial muscle, its tendon and its attachment to the tibia. The tendon of this muscle goes under the inside ankle bone and then across under the arch to the base of the big toe. It thus forms a sling for the arch. When the foot pronates (flattens), it puts a strain on this tendon and pulls on the muscle, causing pain.

The solution is foot control—a support to stabilize the heel and keep the foot from pronating. I suggest you get a Dr. Scholl's "610" or Athletic A support to use all the time, running or not.

## BLOOD SUGAR

Q: For over two years, I have been bothered by symptoms which I just recently discovered might be low blood sugar. It started after an extended period of speed work and races. At first, I had trouble sleeping. Also, I would get sharp little nervous pains in various parts of my body. Sometimes my head felt funny and I would get feelings of nervousness when there was nothing to be nervous about. Could you give me any advice as to what I might try? (R.O., Indiana)

A: Your symptoms suggest overtraining. Insomnia, muscle pains and agitation such as you describe are frequent in runners who push themselves too far, too fast.

"Low blood sugar" is a diagnosis that encompasses a wide range of disorders, extending from depressions to instability of the autonomic nervous system (which controls your vital functions).

I would encourage you to follow a low-sugar, high-protein diet. Avoiding baked goods and candy has been advised since the time of Plato.

Primarily, I would suggest you rearrange your training program to allow your body to handle it. This may mean a hard day-easy day program, or even every other day off. Speed work which seems to be your strong suit can create problems from overwork very quickly. ●

## Read All About It!

If you missed National Running Week, you now have another chance to catch its events.

The March issue will report the highlights from the big week, concentrating on the workshops which covered the runner from head (sports psychology by Dr. Thomas Tutko) to toe (foot health by Dr. Steven Subotnick).

Read what some of the best known and most respected people in the sport had to say . . .

- Dr. Kenneth Cooper* on beginning running
- Ian Jackson* on yoga-stretching
- Jim Ryun and George Young* on track training
- Dr. David Costill* on diet
- Joe Henderson and Hal Higdon* on distance training
- Joan Uillyot* on women's running
- Dr. George Sheehan* on medicine
- David Pain* on the Masters movement

## Whys and Hows of Fun-Running

by Bob Anderson

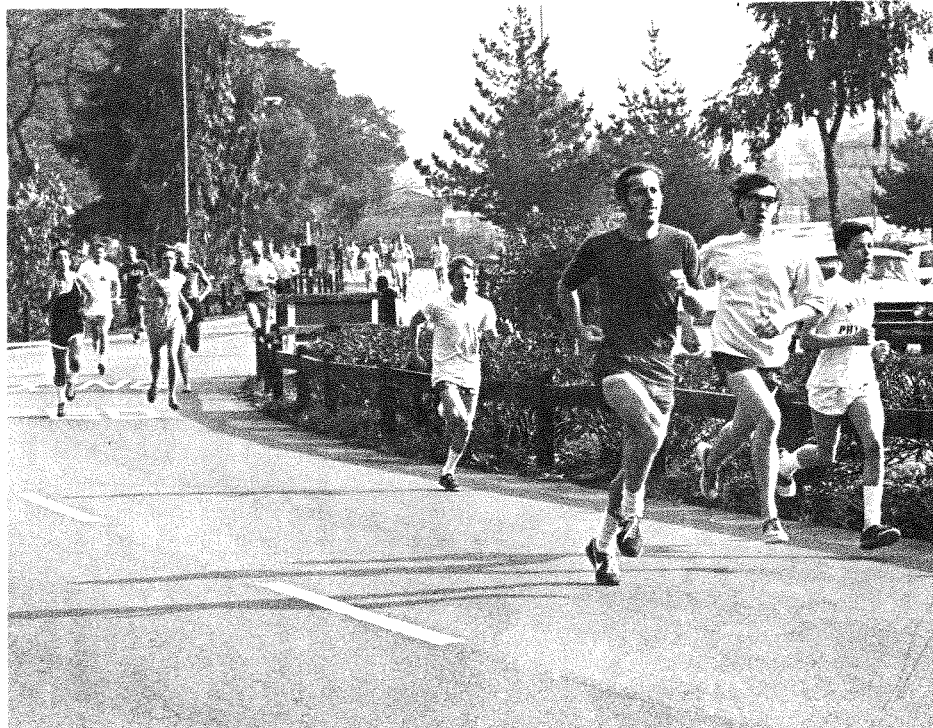
While being interviewed last month by Dave Prokop, I said in answer to one of his questions, "I don't regret not having become a better runner. In fact, I'm now super-glad I did not get any better than I did."

Dave challenged me on this, saying that I might give young runners the wrong impression, and hinting that I was rationalizing for a lack of ability or effort.

I should explain here that I ran 9:38 for two miles in high school. I certainly wasn't an exceptional runner by today's standards, but by the standards of 1965 I was fairly good.

Through high school, I had visions of becoming a great runner. But then, in my freshman year of college, I came to the realization that to get to the top you have to drop almost everything else and become a full-time runner. I had other things I wanted to do—mainly to build this magazine.

Now 10 years have passed, and I'm still running—not a lot, but I'm running and racing regularly. And I'm glad I haven't gotten better than I have because I can still enjoy it. I don't have to prove anything to anybody—including myself. I can run as well or as poorly as I want, as often or as seldom, and accept those facts. In other words, running has never become a second job—or my main one—and I don't want to have to live up to anyone's expectations but my own.



OMPhoto

Can you imagine a Frank Shorter going to a race not in shape and finishing in the middle of the pack? The headlines would read, "Olympic Champion Bombs in Five-Mile Race!" Even if no one wrote that or said anything, he would still find this hard to handle because once you have been that successful it's difficult to settle for anything less. And to be that successful, you almost have to make a job out of it. So it's a vicious circle.

A Frank Shorter accepting fun-running would be like me being satisfied with publishing *Distance Running News* again as a hobby. I liked it once, but couldn't go back.

So I'm not advising against shooting for the top. I'm saying this doesn't have to be the *only* way to run. A runner should realize there are options here.

One option is to train hard, try to be a world-class athlete, but to realize that the great amount of pressure and tremendous stress you go through to reach that level may ultimately kill your interest in running. In other words, a person may have to sacrifice the longevity of his running to be a great runner.

There appears to be a point of no return. I never got that good, so I don't have the pressures associated with it. I can run and race the way I want, and

can do it for the rest of my life.

But please don't misunderstand me here. I'm not against hard work some of the time, and I'm certainly not knocking competition. In fact, I love to compete, and I love to run hard and as well as I possibly can. I race every week, but in between races I only do a minimal amount of running. This way, I can stay fresh and eager.

I'm lucky enough to have a place to race every week. The Sunday Fun-Runs are my main motivation to keep going. It's very difficult to train, train, train and never race, and I need the occasional climax of a race to stay with it. I suspect that lots of other runners feel the same way.

I think we can get a little more insight into this by looking at the Aerobics program. I've talked with many people over the age of 30, and a large percentage of them started running because of Aerobics. But many who started with the Aerobics program have also stopped because of it. Let me explain why.

I feel the reason why Aerobics was a success in the first place was the point system—the fact that it gave you something to achieve, to shoot for. It gave you something to measure where you stood as far as fitness was concerned.

But once a person had reached the minimum fitness level of 30 points a week and had achieved that week after week, he was confused as to where he should go from there. The reason a lot of people who started in Aerobics have stopped running is that they climaxed as far as this program was concerned, and they needed something else. Yet they weren't capable of stepping up to the conventional racing programs.

This is why I feel there is the need for an in-between step—a Fun-Running (actually Fun-Racing) program to bridge the gap between the jogger and the runner. This is why I want to start promot-

ing actively a National Fun-Run Program.

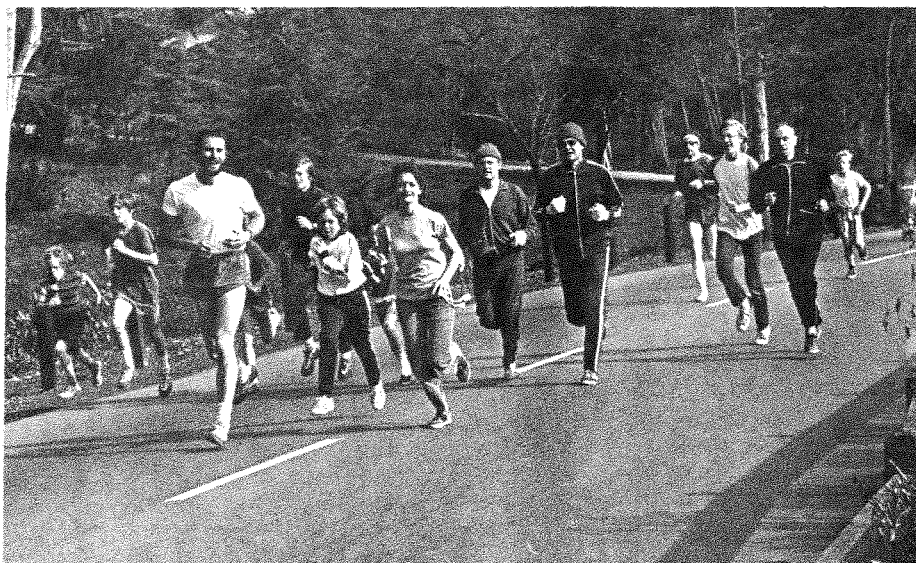
*RW* has promoted Fun-Runs every week for the last three years, and these races are immensely popular in our area. What we want to do now is get more Fun-Run programs established across the United States, to attract people who want to go beyond Aerobics or other beginning systems. We want them to be able to achieve climaxes week after week, and feel that they are putting their training to meaningful use. We want to show there is a purpose to it besides the health aspect.

The structure we have come up with

for the Fun-Runs is very simple and efficient. We avoid all the paperwork which might scare people away. We just announce that the run is about to begin, walk to the starting line, explain the course, tell the runners to listen for their times as they finish and to pick up their certificates from a table. Then we start the race and the watch. It's that simple.

I'm interested in extending this program far beyond our area. So if you are now putting on similar runs or would like to start, please let me know. We want to help you as you help other runners keep going.

## It's as Simple as That



*What are the purposes of the Fun-Runs? Aren't they simply a duplication of existing programs?*

Answering the second question first, no, this program is unique in several ways:

1. The Fun-Runs are an "in-between" step—above running simply for fitness, but below the more structured AAU or school programs. These are informally organized events, meant to supplement—not replace—existing races.

2. They are designed to include runners of all ability levels, but primarily appeal to the less-serious runner. The distances are modest (quarter-mile to six miles), and there is no special premium on finishing first or any stigma on finishing back in the pack. Everyone can be a "winner."

3. The runs offer a central focus to long-term runners—an opportunity to measure themselves over accurate courses at the same site, same time, every week, the year-round.

4. They are local events which can be run with a minimum of time and travel.

5. The Fun-Runs are simple. No sign-

ups, no entry fees, no AAU cards, no recorded results. One official can handle the entire program (though we recommend that more than one get involved).

*How is a Fun-Run carried out?*

The three keys are (1) accurately measured courses; (2) accurate timing, (3) certificates based on times.

We hold three runs each week, one after another. Always there are a quarter- or half-mile, a mile and a longer run of 2-6 miles. All are on lightly-traveled roads to minimize congestion and to permit running in all weather conditions.

Times are shouted to each runner as he or she crosses the finish line.

Color-coded certificates (gold, blue, red, green, white) are awarded according to a set of time standards—5:00 mile for gold, 6:00 for blue, etc.

The *Runner's World* Fun-Runs, which began in January 1973, draw between 100 and 200 people each week.

*What are the plans for a National Fun-Run program, and what is *RW* doing to promote it?*

Ideally, we'd like to see Fun-Runs in

*The typical mixture of people at a Runner's World Sunday Fun-Run. (OMPhoto)*

every city and town which has a large running population.

First, we want to hear from directors who already have programs or would like to start them. Starting in the March issue, *RW* will list the sites each month.

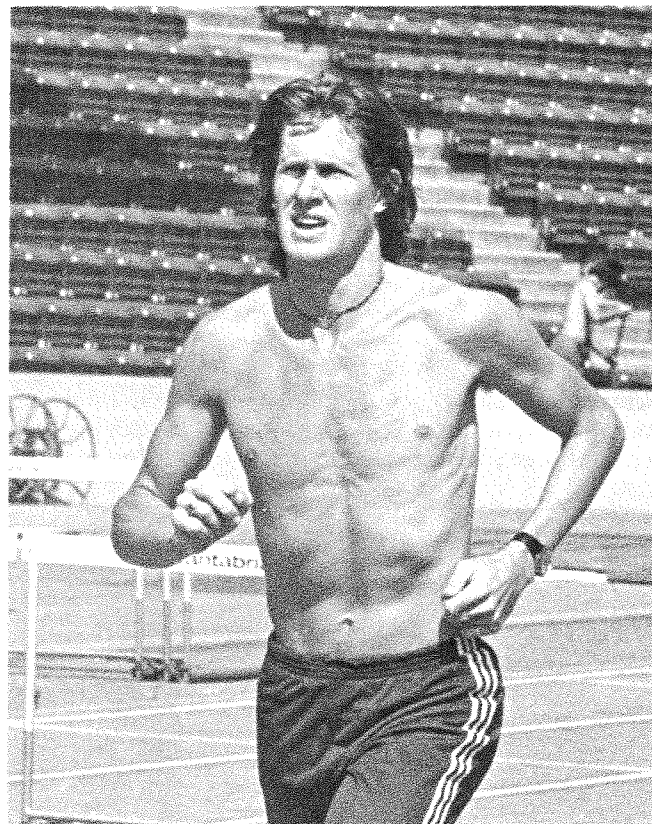
We will send you a packet including suggestions on organizing Fun-Runs and publicizing them. And we will assist you in printing flyers and certificates.

Later this year, and in subsequent years, we plan to print a National Fun-Run directory with more details about the programs and the people who run them.

Also, *RW* can help educate participating runners by making literature available to Fun-Run directors at a reduced cost.

Contact Bob Anderson (Publisher, *Runner's World*, P.O. Box 366, Mountain View, Calif. 94040) for more information. ●

# The Year of the Miler



Running for records is not important," Filbert Bayi recently told Maggie Steber in a copyrighted interview published by *Track & Field News*. "But many runners today train just to break records, not just for running itself."

The implication was that Bayi himself doesn't train and race that way. If he sets records, as he did last year in the 1500 meters and this year in the mile, it's because others force him to go that fast to win.

Which may be why the Tanzanian runner, whose *competitive* record compares favorably with anyone's, ranks fourth in the 1975 *RW* Athlete of the Year balloting. The men with the record *times* are ahead of him, because those times attract the most attention.

Bayi broke the mile record by a tenth-second in May. But John Walker, who lost to Bayi several times, ran 3:49.4 in August. Walker was a runaway choice for Athlete of the Year.

Anders Garderud, a hot-and-cold competitor, places second on the strength of his 8:09.8 steeplechase record. Guy Drut ranks third for his world mark (13.0) in the 110-meter hurdles. Bill Rodgers is fifth for his record-setting victory in the Boston Marathon.

However, Bayi is the only repeater from the 1974 list. He said to Maggie Steber, "Running is the most important thing, not setting records. If you make

records more important, they hurt you."

The statement may be prophetic in a year when Olympic races are to be won by the best competitors, not necessarily those with the records.

It was a brilliant year for male milers and female marathoners. Bayi and Walker, of course, combined to lower the most famous record of all by 1.7 seconds. And the top US middle-distance man, Marty Liquori, pushed his best time into the 3:52s.

Liane Winter, Christa Vahlensieck and Jacki Hansen took turns improving the world marathon best. It started the year at 2:43:54 (Hansen) and ended at 2:38:19 (Hansen again). So Jacki was rated the top US woman runner.

Summarizing the other leaders selected by an international panel of 30 *RW* contributors:

- **Sprints/hurdles**—Irena Szewinska, Poland's 440-yard record setter (51.3) and European Cup one-lap champion, repeated as Woman Athlete of the Year. Steve Williams had trouble with Don Quarrie during the year, but still tied three world records (100m, 200m, 220y) and is our top US male in this category. Pam Jiles, Pan-Am Games 100-meter winner and close runner-up in the 200, leads American women.

- **Middle distances**—Francie Larrieu maintains her hold on US honors for her

*John Walker of New Zealand, named RW "Athlete of the Year" for his record 3:49.4 mile. (Fionnbar Callanan photo)*

world record indoor mile (4:28.5) and 1500 meters (4:09.8). Grete Andersen of Norway leads the world for her best ever 3000 meters of 8.46.6.

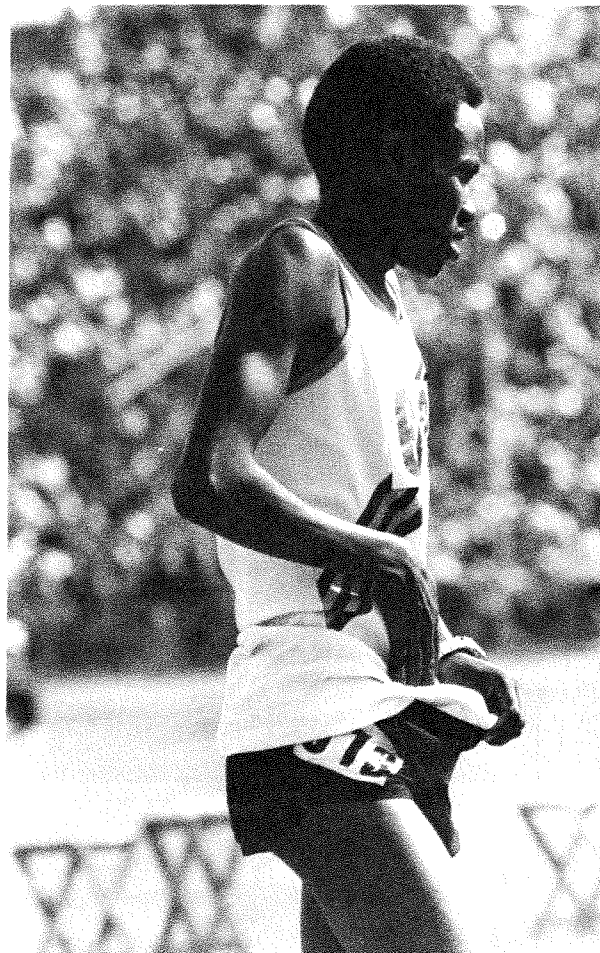
- **Race walks**—The Lugano Cup is this sports world championships in non-Olympic years. Karl-Heinz Stadtmuller won that 20-kilometer race. Margareta Simu took the women's 5000. Many-times AAU champion Larry Young and Sue Brodock are the US favorites.

- **Veterans**—Jack Foster, with a 2:16 marathon at age 43, is still clearly a man apart from the others his age—as Miki Gorman is among women with her 2:53 at 40. The top US man, Jack Greenwood, was a four-timer winner in the World Masters sprints and hurdles.

- **Juniors**—Age was little handicap to 19-year-old Silvio Leonard and 18-year-old Houston McTear. Cuban Leonard tied the world 100-meter record and won the Pan-Am Games 100. Leading US junior McTear sprinted a nine-flat 100 yards. Jan Merrill, 19, is now second only to Francie Larrieu in US 1500-meter running. Merrill did 4:10.6 and won the Pan-Am Games.

## RUNNER'S WORLD ATHLETES OF THE YEAR—1969-1975

| Year | World Men     | World Women    | US Men         | US Women        |
|------|---------------|----------------|----------------|-----------------|
| 1969 | Derek Clayton | J. Jehlikova   | George Young   | Doris Brown     |
| 1970 | Ron Hill      | K. Burneleit   | Frank Shorter  | Francie Larrieu |
| 1971 | J. Vaatainen  | K. Burneleit   | Marty Liquori  | Doris Brown     |
| 1972 | Lasse Viren   | L. Bragina     | Frank Shorter  | Kathy Hammond   |
| 1973 | Ben Jipcho    | Renate Stecher | Steve Williams | Mary Decker     |
| 1974 | R. Wohlutер   | I. Szewinska   | R. Wohlutер    | Francie Larrieu |
| 1975 | John Walker   | I. Szewinska   | Bill Rodgers   | Jacki Hansen    |



*Above: Filbert Bayi (Shearman)  
Left: Irena Szewinska (Muller)  
Below: Bill Rodgers (Johnson)*

## Leading Athletes of 1975

- |                                 |                            |
|---------------------------------|----------------------------|
| 1. John Walker (New Zealand)    | World record mile (3:49.4) |
| 2. Anders Garderud (Sweden)     | World record steeplechase  |
| 3. Guy Drut (France)            | World record high hurdles  |
| 4. Filbert Bayi (Tanzania)      | World record mile (3:51.0) |
| 5. Bill Rodgers (United States) | 2:09:55 marathon           |

### Woman Athlete of the Year:

Irena Szewinska (Poland)      World record 440y

### Category

Sprints/hurdles  
(440y and under)

Middle Distances  
(800-10,000m)

Long Distances  
(above 10,000m)

Race Walks  
(all distances)

Veterans  
(ages 40 and up)

Juniors  
(ages 19 and under)

### World

Guy Drut (France)  
Irena Szewinska (Pol)  
John Walker (New Zealand)  
Grete Andersen (Norway)  
Bill Rodgers (United States)  
Jacki Hansen (United States)  
K-H Stadtmuller (E. Germany)  
Margareta Simu (Sweden)  
Jack Foster (New Zealand)  
Miki Gorman (United States)  
Silvio Leonard (Cuba)  
Jan Merrill (United States)

### United States

Steve Williams  
Pam Jiles  
Marty Liquori  
Francie Larrieu  
Bill Rodgers  
Jacki Hansen  
Larry Young  
Sue Brodock  
Jack Greenwood  
Miki Gorman  
Houston McTear  
Jan Merrill





#### THE BEST OF 1975

*Athletes of the Year (clockwise from upper left): K.-H. Stadtmuller (right; Glusker); Jacki Hansen (Schwab); Guy Drut (Steve Sutton/DUOMO); Francie Larrieu (Baum); Margareta Simu (Glusker); Jan Merrill (Glusker). At right is Pam Giles (Glusker).*







# Catching Up with John Walker

**T**he news of John Walker's record mile hit my hometown, Zurich, one week before he and fellow New Zealander Rod Dixon were scheduled to appear there for the 1500-meter run in one of their last meets of the summer tour. An avid track and field fan and free-lance sport journalist, I grabbed the opportunity and showed up at their hotel early in the afternoon before the meet.

"Excuse me," I asked. "Can you tell me if John Walker is here?"

"This is the information desk, Fraulien. You have to ask for Johnnie Walker at the bar."

The lobby was crawling with athletes relaxing before the evening meet. I saw Dwight Stones, Steve Williams, Jim Bolding, Karl-Heinz Reihm and Walter Schmidt, Valeriy Borzov, Pietro Mennea and Renate Stecher. But there was no sign of Walker or Dixon. Then a peek into the dining hall located them eating lunch with the meet organizers.

I wandered back into the lobby and took up a position with a good view of the dining room exit, determined not to lose my quarry. A few feet away stood three German journalists, and when one

by Lynn Diezi-Pellegrini

mentioned Walker and Dixon I sidled past them, whistling, and sauntered nonchalantly toward the dining hall, where I sat down at the table next to the two New Zealanders. As soon as they stood to leave, I accosted them, introducing myself and requesting an interview.

"Sorry," said Walker, "we just flew in from Stockholm, where we had a competition last night. We only slept four hours and want to sleep this afternoon."

I caught sight of the approaching

Germans and begged for "just 15 minutes." Walker consulted Dixon, relented, and then told me to meet them in their room in 10 minutes, and as I walked away, smiling sweetly at my competition, I could hear him say, "Sorry, mates, we just promised an interview."

Up in the room they shared, only Walker was present, already relaxing in bed. "I swore last night that I would not grant another interview on this trip," he began. "It took me four hours to get through one with a girl who started out by asking me how many laps constitute a mile! This has really been a great tour, but since my record the hassles with the press have been exhausting."

I asked him to elaborate on the tour, curious as to whether there had been much time to see the sights and to train between meets.

"Rod and I were on tour for four months this summer, our third European circuit together. We had a hectic schedule and really didn't have too much time for sightseeing. But we did train every day when there was no meet, just going out for a distance run, sometimes doing a little sprint work as well."



*Walker (114) and Dixon (113) in Zurich the week after the record mile. (J.E. Brazzer photo)*

I was anxious to mention Walker's one-week old record, but didn't want to appear too starry-eyed in the presence of a celebrity, since he didn't seem to be too fond of female reporters. So I approached the subject indirectly, asking why the mile was run in Goteborg and the two-mile a week later in Stockholm, when Dixon made a bid for the world mark.

"Rod and I requested the change from the 1500 and 3000 meters so we could take shots at the world records," Walker said. "I made it in Goteborg, but in Stockholm Rod fell short of Brendan Foster's two-mile mark (8:13.8) by almost four seconds. At Stockholm, I also failed to break Bayi's 1500 record (3:32.1) by the same margin. But I wasn't too disappointed. It feels great to be the champion in one event."

Walker paused for a second to stifle a yawn, and as I caught him glancing at his watch I decided to hit him fast with another question, since the 15 minutes promised me were long gone. Asked if he thought it was just a matter of time until the 1500-meter mark was his, too, his eyes lit up.

"I came close a couple of times this summer, including 3:32.4 in Oslo. I want the record, of course, but when I run I concentrate on winning, not so much on time. I run only as fast as I can run and still maintain form and keep up the pace. When Bayi broke the record in Jamaica, I was chasing him. To beat him and his record I can't chase him. I'm going to have to follow him and then outspurt him at the finish. There's a big difference between chasing and following in a race."

Thinking back quickly to the *RW* interview in June 1974, which I had memorized before meeting Walker, I recalled his comment that he considered himself to be an 800-meter runner—admitting, however, that the 1500 was his stronger event. I asked him if he still felt like an 800 man, in view of his new record.

He answered, "I still train over 800 meters for speed work. If I once let go of the 800, then I've lost the 1500 as well. One of the keys to an exceptional 1500 is an outstanding 800. My kick is effective over 200-300 meters, which is chiefly a result of my 800 and sprint training. The old technique for running the mile was to run the 800 in two minutes and then pick up the pace in

the second half to beat four minutes. Now it's desirable to run the 800 in 1:51 or 1:52, and then try to maintain that tempo through the finish. My time for the 800 in Goteborg was 1:54.2."

As Walker settled further down into the bed, I decided to ask a parting question. I thought it would be clever to ask him what he thought would be the "ideal finish" in the Olympic Games in Montreal, expecting some sort of prediction from him. His answer was, therefore, unexpected.

"The idea behind the Olympics is winning," he said, "not going after a record of sensational time. So the 'ideal final' for me would be the weakest possible field—perhaps a grandmother or two and some other senior citizens. It's the gold medal that counts, and I want to go after it. This last European trip has helped me enormously. I have more confidence in my finish kick and especially in my own ability. I know now what I have to do and what I can do."

I would like to have remained to talk longer with Walker, whose extrovertism is infectious. But with only five hours to start time, I didn't want to keep him any longer from getting some sleep. So I wished Walker all the best in that evening's competition. The newspapers had hinted for days about a possible world record, as newspapers will do.



*Mark Shearman photo*

What a surprise when it was Rod Dixon who won the 1500, outspurring the field over the last 100 meters! I in turn outspurred the crowd of 20,000 out of the stadium and dashed back to the hotel to wait for Dixon to show up. In the lobby, the three German journalists asked if I had seen Dixon and I sent them toward the bar.

I again posted myself near the dining

hall and this time caught the two New Zealanders entering the room. I threw questions at Dixon as he was filling his plate at the buffet. He acknowledged my congratulations as he dipped into the salad, and I asked him about the race in general, commenting that it ruined his reputation as Walker's pace man.

"You're the girl who was so eager to interview John this afternoon, aren't you?" he kidded me. "I sure turned the tables this time, beating John right at the end like that. That was the first time he was beaten over 1500 meters since the Commonwealth Games in May 1974, where Bayi set his world record and John also went under the old mark to place second. I guess I had a lucky streak to catch him."

I was impressed by Dixon. In his moment of glory, he was praising his teammate. Was there some kind of agreement that Dixon would usually play pace-maker?

Walker admitted hating to lead. "I used to have a psychological hang-up about it," he said, "fearing that I'd be bypassed at the end. I also used to hold back and then had too much left at the finish, and found myself recovering too fast. But I would never use Rod as a pace man. Off the track, we are good friends, but on the track we are very competitive. It's me for me and Rod for Rod. Right mate?"

Walker agreed, and Dixon continued, "About pacing, I guess I prefer to remain unpredictable so that people cannot say, 'Dixon's a front-runner,' or 'Dixon, he stays back in the pack and then comes up strong at the end.' Strategy, my dear. I don't mind setting the pace, though, when I have to run my own race. I do what the situation requires."

Dixon was not the only one in that room doing what the situation required. The waiter was tapping furiously on my shoulder requesting my banquet invitation. I smiled, mumbled something about speaking no German, and asked Dixon one last question, a query about his future plans.

"I have my sights set on the 5000 rather than the 1500 for 1976. I've run 13:26 and 13:27 this season and beaten (Emiel) Puttemans and (Brendan) Foster. Those two plus Marty Liquori are going to be the ones to watch in the final. And me too, I hope."

The waiter was pulling me bodily toward the exit, so I thanked Walker and Dixon, and was just leaving when I saw the three German reporters approach them, notebooks in hand. Then Walker said, "Sorry, no more interviews. Our tea's getting cold." ●

**H**e's a phenomenon! At 49 years of age, Jack Greenwood captured six first places and a second (this one in a relay) at the National AAU Masters Championships in August, and then a week later went on to collect four gold medals (and another second in a relay) at the first World Masters Championships.

Jack took first in the 100 meters (11.4), 200 (23.2), 400 (52.0), 400 hurdles (58.7), 110 high hurdles (15.3) and the mile relay, with a second in the 440 relay at the national championships. At the world meet Jack's firsts were in the 100 (11.6), 200 (23.8), 110 hurdles (15.6), 400 hurdles (57.8), and he was second in the relay where he ran his 400-meter leg in the astonishing time of 50.8.

Greenwood has long impressed the Masters in this country at local and national meets, and has become well-known in several other countries when he has made tours with the US team. *Sports Illustrated* spotlighted his recent achievements, yet ironically enough his hometown newspaper in Medicine Lodge, Kans., only carried a small, "Oh, by the way" article of the national and world meets.

That's the way it goes for Jack in his little corner of the world. He has virtually no one to run with since there are no other Master runners in or around Medicine Lodge. Wichita, an hour's drive away, is his closest contact with other older runners.

Greenwood trains on a dirt track or runs up his favorite hills where he has what he refers to as "his own private track." He has marked off a straightaway of about 180 yards that goes up a 40% incline. He runs intervals up and down the hill.

Jack, as you might assume, was an outstanding competitor in college. He attended the University of Kansas, where he set records in both the indoor and outdoor hurdles. Jack was selected to go on a national team to England, Ireland and Scotland after he took third in the 400-meter hurdles in a NCAA meet his senior year. After graduating, he tried to stay in shape for a shot at the 1948 Olympics, but he pulled a thigh muscle in his left leg which kept him out of the Trials.

Greenwood didn't do any more running until 1969, when he decided he needed some way to relieve the tension from his day at the office. (He is president and manager of a savings and loan company in Medicine Lodge where he lives with his wife, Nancy and their two sons, Riley and Marty.) Before long, he

# Greenwood's Age (49) Is No Obstacle

by Betty Pappas



*Master of the hurdles, Jack Greenwood. (Jack Bacheler)*

was training for sprints and hurdles, and competing again.

The hurdles are Jack's forte. He glides over the barriers with his long legs stretched out, muscles taut, the entire body co-operating in a maximum effort to combine timing, speed and endurance. In the Masters program, he thinks technique and strength are more important than speed. He says, "You can just go so fast at our age, and I've seen some men in their 50s and 60s run as hard as they can and then come to a dead stop and jump over the hurdles. They would have done a little better if they would have learned some technique and not run so hard."

Consistent speed so that the runner

can clear the hurdles smoothly will give him a better chance to win, according to Greenwood. He advises, "Forget the speed. Get the form and let the speed come on its own." He cautions that one of the pitfalls of running the 400-meter hurdles is running the first 200 meters too fast and running out of gas on the last half.

His training schedule consists of an easy three miles on Sunday. Monday—660 and 330 intervals. Tuesday—hurdles and 110 intervals. Wednesday—220 intervals. Thursday—light workout. Friday—rest. Saturday—a track meet if one is available.

Jack Greenwood is rare also in the fact that he has relatively few injuries. One reason is stretching exercises. He has always had to do a lot of stretching because of the hurdles, but he has found that they also help in every other running and field event.

The other reason he doesn't suffer the usual injuries is, "I never run more than 85% in practice; never run that hard, because if you do, something's gotta give. Save that for a meet and use practice for strength, endurance and form work."

Jack turns 50 in February. When asked what his goals are now, he says, "I wish I was 40 and starting all over. I really haven't given it too much thought, because at our age I've seen too many people get hurt and not get over their injuries. This is part of the reason every year I start slow and I keep thinking, 'Man, I'm never going to make it,' but suddenly, one day, it comes together. Sure, I've got goals. I want to be the best in the 100, 200, 400 and the hurdles, but I know there are guys like Dick Stolpe and a few other men around this world that are going to make me work."

Despite the fantastic competitive spirit Greenwood displays, he says that going out and running for the pure pleasure of it is just as important to him as training for competition. The clearing of the mind as well as the physical exercise is important. He says, "I can tell in the wintertime when I can't run because of the weather or the work load that I have to get done. I feel like I'm stoved up and want to growl at everybody."

What is the greatest benefit he has gained from running? "The fellowship is the greatest thing I have experienced from running. I would never have said that when I was in college, but now it's knowing all these people in Australia, Canada, California and just every place that's so great." ●

# How Great Ones Shape Up

by Stephen Dolinar

A famous Las Vegas comedian once said, "Show me a fat broad, and I'll show you a girl who will never be a showgirl." Harshly stated, but true. Yet comedians are known to be compassionate people, and maybe when he said it he was trying to save a lot of hopefuls the heartbreak and despair of being losers.

The same could be said when it comes to coaches looking for the great miler, or when weekend joggers start checking their times to the point where competition starts to beckon. The first question should be, "Does he (or do I) look like a miler?" If the answer is no, then start looking elsewhere—or run for health and fun, not competitive purposes. In the final analysis, that is what it is all about, anyway, isn't it? Running to improve the body and enjoy yourself. If an extra bonus comes along in the form of a four-minute mile or an 8:30 two-mile, then consider yourself blessed.

So a good starting point for greatness should be an examination of the makeup of a great distance runner. Should he be tall? Muscular? Slender? Barrel-chested? Black? White?

After watching thousands of cross-country and track meets all over the world, I have come to the conclusion that there is a common denominator among world-class distance runners—the way they are built. Self-sacrifice very definitely comes into play, along with training methods, but for now let's look only at the body build.

If a draft horse could run six furlongs fast, it would never have to pull a plow again. And if quarter-horses could run a mile and a quarter as fast as the first quarter, the Kentucky Derby would have to be run in heats. But nature didn't make it so.

So it is with exceptional distance runners. Seldom, if ever, is the truly great distance runner anything but *slender*. Moreover, he was that way even before he began to run. His basal metabolism was always such that what he consumed was turned into energy, not body weight.

Second, his *bone structure*. Although sometimes elongated (as with tall people), his bones are small. Look at the

head and hands for proof. Never is he jug-headed or ham-handed.

Third, and most important, the *legs*. If the legs are hinged properly at the hips, then he's the kind of runner who can "stride out." I use this term for want of any other to describe an effortless gait, free of "leg-whipping," or "arm-reaching," or "head-pumping"—free of excess arm-crossing, or a posture that causes the runner to either lean too far forward or look like a ramrod. It all starts with how the hips are hinged. Observing a runner from a point either directly in front of or behind him would answer most of the questions a distance coach must ask himself in deciding a runner's future. Legs that run straight, parallel like pistons, with little if any body rotation, are what to look for. They are capable of producing the basic speed which is essential in great distance running.

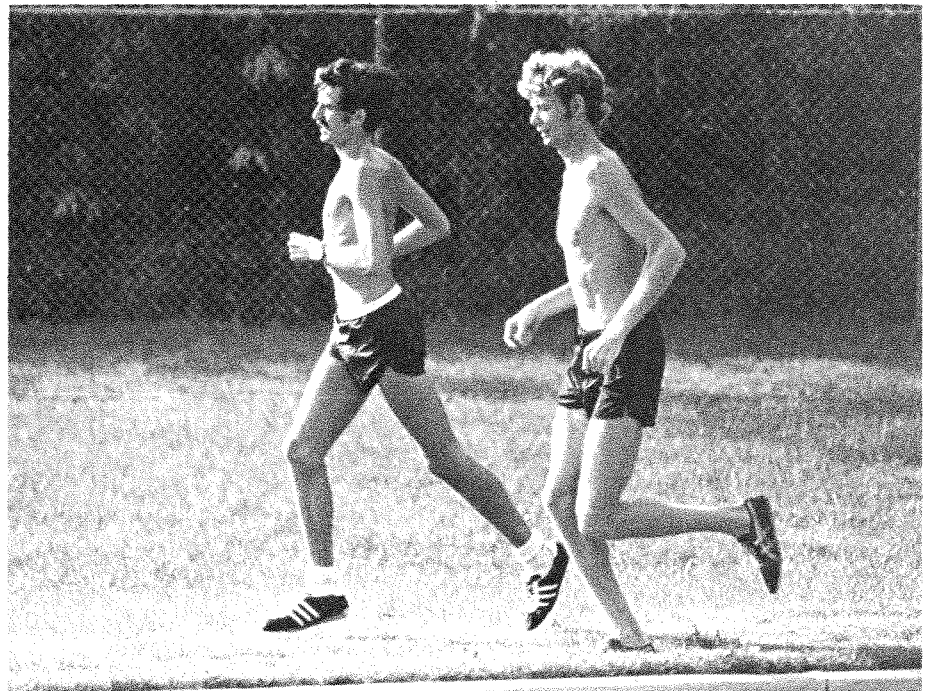
Fourth, how far and how fast will these legs take him? Look at the *ankles* first. Are they slender? They'd better be. A distance runner with fat ankles is

as rare as 20-cents-per-gallon gasoline. Next, look at the *calves*. Are they set fairly high? The higher the better. The muscle, tendon and ligament makeup of runners with slender ankles and high calves lends itself not only to fast but also tireless running.

So now we know what he looks like from a distance: slender, small-boned, picturebook style, high calves and slender ankles. But what does he look like up close? What do you see in his face? If you don't detect a *twinkle of intelligence* (not education) in him, forget it. If he doesn't have good sense to know how to pace himself, all the talking in the world won't help him.

Having the "stuff" alone, however, doesn't get him there. There are probably thousands of boys in America who meet these requirements. Just as "the best books have never been published," or the "best speeches have never been heard," so it is that maybe the best runners in America today have never been on a track, or don't know what a cross-country race is all about. The sad thing is that they don't know how great they could be, and coaches don't take the time to recognize them. ●

*Frank Shorter (left), shown here with miler John Parker, has the wiry power which is common to top distance runners.*



# Taking Off the Fat of the Land

Of the many preoccupations runners have, one that seems the most curious is with weight—curious because as a group they are among the leanest in the population.

E.C. Frederick, author of *The Running Body*, gives a clue as to why runners are so weight-conscious: “Researchers have shown high degrees of correlation between percent of body fat and performance.” In other words, fatness and fitness don’t go together.

How much should you weigh? The question isn’t easily answered. Standard weight charts aren’t much help, because they list averages which can be off by a dozen or more pounds—usually on the heavy side for runners.

These charts, says Dr. Jack Wilmore, director of the National Athletic Health Institute, are “grossly inaccurate for a large percentage of the population . . . It is not unusual for an individual to fall within the normal range for his or her category but actually to have 10-30 pounds of excess body fat.”

Wilmore, an exercise physiologist, says percentage of body fat is much more reliable than weight as a measure of fitness. “It is not generally accepted,” he notes, “that men and women should not exceed 15-20% and 25-30%, respectively.”

Well-trained runners usually are at least 5% below these figures. For instance, Gary Tuttle, holder of several American records, recently tested out at 1.3% fat. Wilmore has tested women runners as low as 7%.

The testing for fat isn’t as easy as stepping on the bathroom scales. The surest measurements involve complicated laboratory procedures and trained technicians. However, a simple and fairly accurate self-test is now available. Robert Bahr describes it in the following article.

Even when runners are down to their leanest weight, distance running is inherently unfair. It favors people who are



OMPhoto

born with light frames and small muscles. A runner may register 5% body fat but be 6’4” and weigh 200 pounds. He has little chance against a 140-pound marathoner, and he can never weigh 140.

The “heavyweights,” therefore, can make a good case for special weight divisions in races. John Murphy pleads for this consideration at the end of this series.

## Can You Pass the Pinch Test?

by Robert Bahr

My wife tips the scales at 136 pounds. She’s 5’8” tall and has a medium frame. Thus, according to the Metropolitan Life Insurance Company’s height/weight chart she is comfortably within the limits of her ideal weight—128-143 pounds.

Yet, she’s been complaining for years that she looks and feels flabby, and now we both know why. In his new book, *Activetics* (Peter Wyden, \$9.95), Charles T. Kuntzleman talks about figures just like my wife’s. As national program director for the YMCA Fitness-Finders program, Kuntzleman has rid the world of at least 10 tons of fat in the past few years. His new book could well have been subtitled, *Everything You Always Wanted to Know About Fat*.

Says Dr. Kuntzleman (his Ph.D. is in exercise physiology), “In the United States, the height/weight tables exercise a kind of tyranny not seen in other countries. It’s a cultural phenomenon, and a rather curious one. In Scandinavia, for example, a fit and attractive body is emphasized; pounds are just numbers on a scale and relatively unimportant.

“Here, though, I’ve known people who had an almost fanatical desire to weigh what the tables say they ought to—unaware, for the most part, that the indicated ‘ideal’ weights may

not be at all ideal in terms of structure and composition of their own individual bodies.”

Take my wife, for example. Her body ought to be composed of approximately 23% fat. Yet after reading *Activetics*, we decided to make an experiment and decide whether or not Alice had an excess of body fat.

The procedure was simple enough, thanks to Kuntzleman’s foresight. Printed into the back of his book on sturdy cardboard stock is a two-piece caliper—he calls it a “Fitness-Finder.” It can be punched out and assembled in 20 seconds, and then you’re ready to race the bad news.

In Alice’s case, it was bad indeed. Although nine pounds below her maximum ideal weight, she discovered that she was outrageously obese. Unadulterated fat composed 43% of her body. Considering the fact that adipose tissue is only one-third as heavy as muscle, it’s easy to understand why she was complaining that she looked overweight even though, according to the height/weight charts, she wasn’t.

Says Kuntzleman, “I think, in view of all this, the height/weight tables should always be taken as something less than the last word. At best, they’re just a rough guide to how much

you ought to weigh. But don't be misled. And don't be one of the many Americans who use the tables to put one over on themselves. It's easy to do!"

Both men and women tend to lie to themselves when using the height/weight charts—but they do it in different ways. According to Kuntzleman, women who are *small* framed and admit that fact when their weight is low suddenly describe themselves as *medium* framed as they put on pounds. That provides them with an added safety zone of 9-11 pounds.

Men on the other hand stick to the same frames, but convince themselves that they grow taller over the years if they've been gaining weight. That allows them four or five extra pounds.

Self-deceit is virtually ruled out in the caliper test. Says Kuntzleman, "Most people under the age of 50 have at least half of their body fat stored directly beneath the skin. By measuring the fold produced when the skin and the tissue just under it are firmly grasped, it is possible to get a good idea of how much fat is present."

Women take two tests. Men take those and an additional two. The tests taken by both are:

1. *The triceps (back of the arm)*. Your arms hang at your sides. An assistant firmly grasps the skin midway between shoulder and elbow at the back of your arm, pulling it tightly away from the underlying tissues. The measure is taken vertically, and the Fitness-Finder should pinch firmly enough to make a small indentation on the skin. Write that figure down.

2. *The suprailiac (hip)*. Midway between the lower rib and the hip bone, about an inch above the hip, is a fatfold. Lean

*(continued on page 28)*

*Although runners come in every description, the good ones are never fat. Male runners usually have less than 10% fat, women below 20%. (Jeff Johnson photo)*

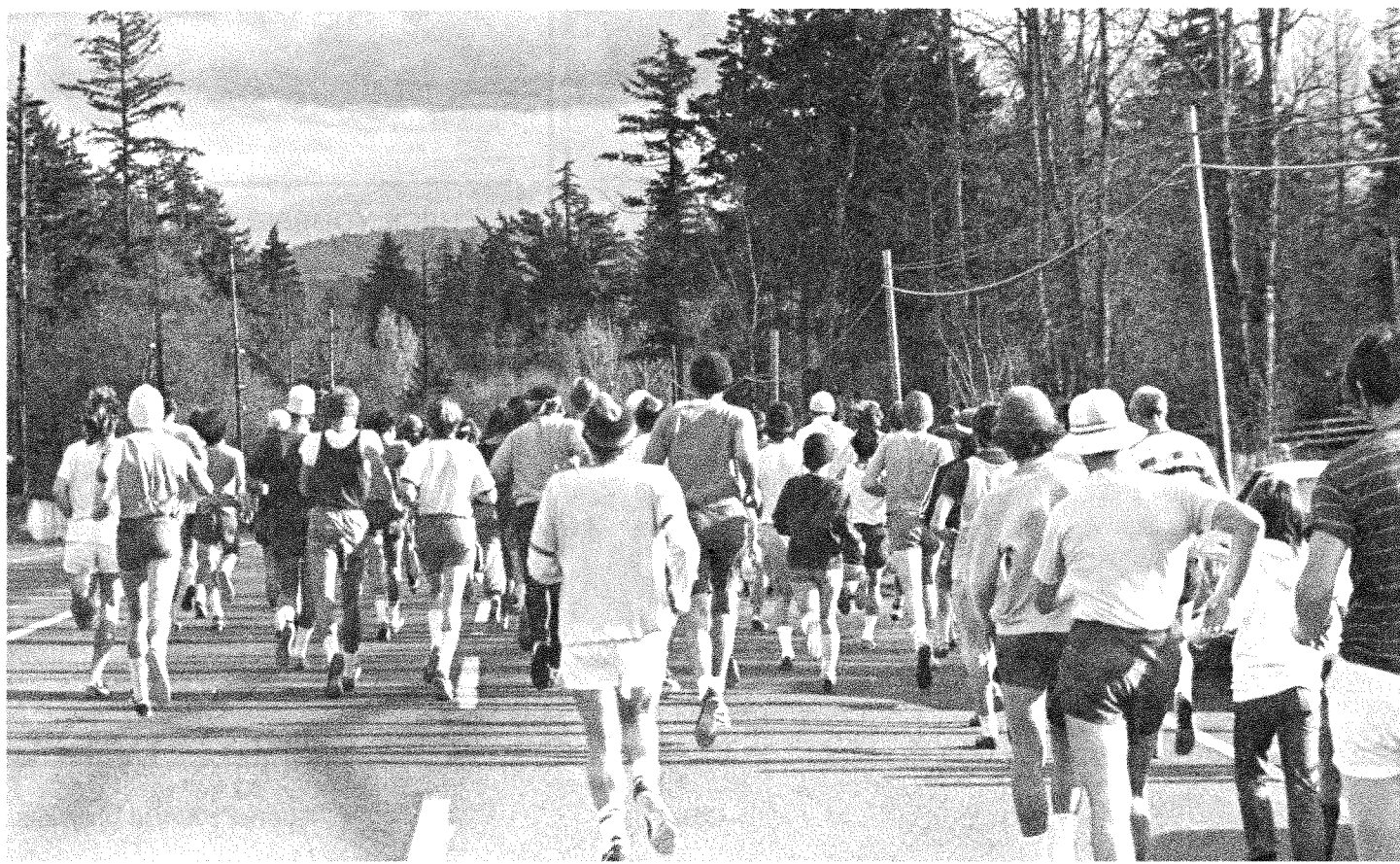
## WOMEN

| Total mm. | % Fat |
|-----------|-------|
| 8         | 13    |
| 12        | 14    |
| 14        | 15    |
| 18        | 16    |
| 20        | 17    |
| 24        | 18    |
| 26        | 19    |
| 30        | 20    |
| 32        | 21    |
| 34        | 22    |
| 38        | 23    |
| 40        | 24    |
| 42        | 25    |
| 44        | 26    |
| 48        | 27    |
| 50        | 28    |
| 52        | 29    |
| 56        | 30    |
| 58        | 31    |
| 62        | 32    |
| 64        | 33    |
| 68        | 34    |
| 70        | 35    |
| 76        | 37    |
| 80        | 38    |
| 82        | 39    |
| 86        | 40    |
| 88        | 41    |
| 90        | 42    |

## MEN

| Total mm. | % Fat |
|-----------|-------|
| 15        | 5     |
| 20        | 9     |
| 25        | 11    |
| 30        | 13    |
| 35        | 15    |
| 40        | 17    |
| 45        | 18    |
| 50        | 20    |
| 55        | 21    |
| 60        | 22    |
| 65        | 23    |
| 70        | 24    |
| 75        | 25    |
| 80        | 26    |
| 90        | 27    |
| 100       | 28    |
| 110       | 29    |
| 120       | 30    |
| 130       | 31    |
| 140       | 32    |
| 150       | 33    |
| 160       | 34    |
| 175       | 35    |
| 190       | 36    |
| 205       | 37    |
| 220       | 38    |
| 235       | 39    |
| 255       | 40    |
| 275       | 41    |
| 295       | 42    |

From *Activetics*, by Charles T. Kuntzleman.



toward the side from which you are taking the measurement, and it will be easy to find. The bulge should be made to run parallel to the beltline.

Women should add that measurement to the previous one. The total is located on a chart Kuntzleman has devised, and that gives the percent of body fat. (See page 27).

For example, suppose the woman's arm measurement was 15 millimeters and her hip measurement was 80 mm. On the chart, she would locate 45 mm., and she would learn that she had a body fat content of 26%-30%, above the ideal but still fair.

Men have two additional tests:

3. *The biceps (front of the arm)*. Again, the arm should hang loose and the skinfold taken vertically on the opposite side of the arm from the first test.

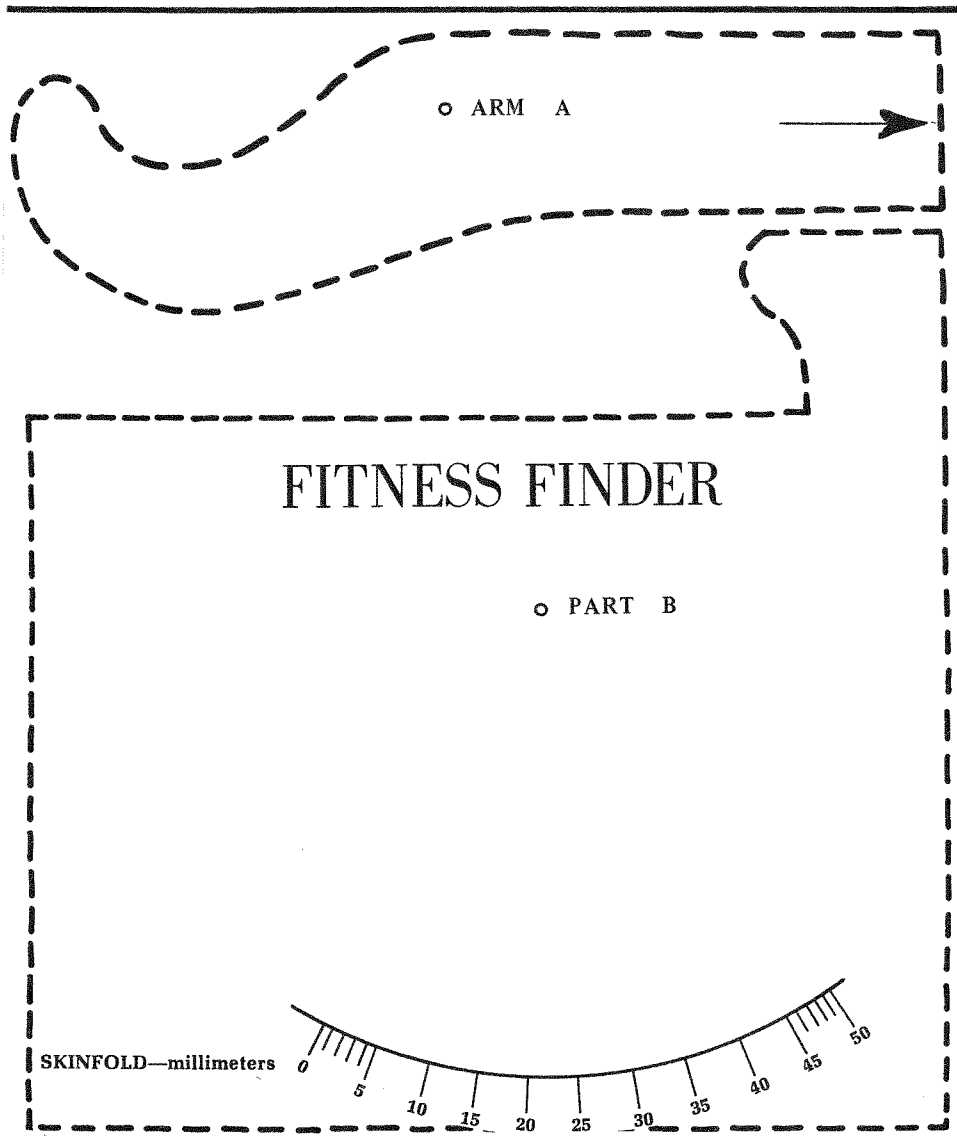
4. *The subscapular (the upper back)*. The measurement is taken just below the lower part of the shoulder blade. It should be made at about a 45-degree angle to the vertical.

All four measurements should be added together, and the total located on Kuntzleman's chart. In my case, the measurements were: (1) triceps 2; (2) hips 15; (3) biceps 2; (4) back 10. My total skinfold score was 29, and, much to my wife's chagrin, my total body fat was 13%. Gloatingly, I added that anything below 19% is ideal for the general male population (not necessarily for distance runners.) With a smirk of self-satisfaction I reminded her that I exercise and she didn't.

Below, reproduced with his permission, is Kuntzleman's "Fat as Percent Body Weight" charts.

Today, Alice is exercising, too. It's not the easiest thing in the world—she has much less muscle than she should have to carry her weight. Fortunately, physical activity—"Activetics" as Kuntzleman would call it—will change that. It will burn the fat while building muscle. Right now, according to another chart in Kuntzleman's book, if Alice's body fat were somehow to drop to an ideal level, she would only weigh 102 pounds! She would, at 5'8", be virtually invisible! However, the weight at which her fat level is ideal should go up as she gains muscle.

She's got a long way to go—along with hundreds of thousands of others in this country. And she won't do it by dieting, only by exercising.



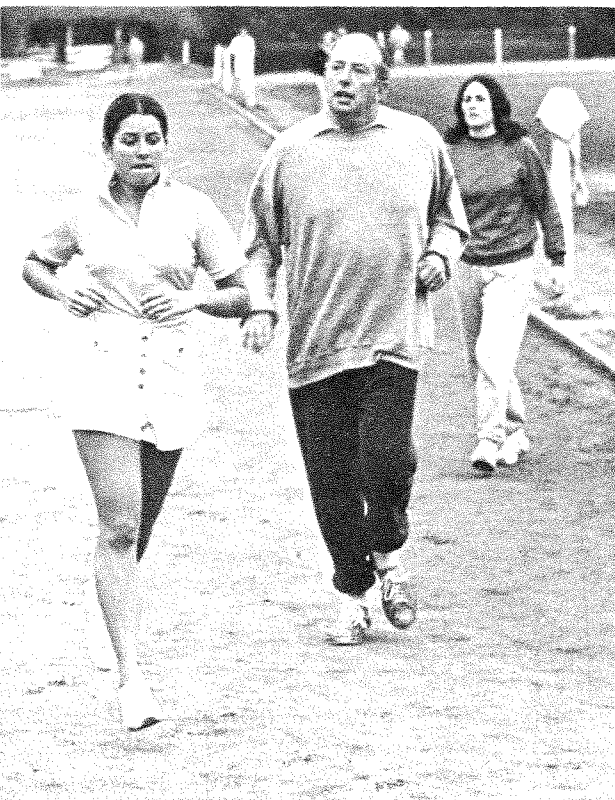
#### CHECK YOURSELF OUT

*How fat are you? Here's a way to establish a close estimate. Either use metal calipers, or construct a "Fitness Finder" from the pattern at left. Then follow the instructions Robert Bahr gives in his article.*

*If you're making your own calipers, glue the pattern to heavy cardboard, then cut carefully along the dotted lines. Fit the pieces together with a clip through the holes.*

*Measure the fat at the places indicated, then add up the total and refer to the chart on page 27 for the result in percent.*

*Weight of itself is not a problem. Fat is. Runners must work fat percentages down to acceptable levels if they are to perform at their best. But even then their size may put them at a disadvantage. So many "heavyweights" are calling for special weight divisions. (Photos by OM, below, and Jeff Johnson, right)*



# Handicapping the Heavyweights

by John Murphy

I want to do my best in running. I train as hard as I can, enjoy racing and *could* thrive on competition at five miles to the marathon.

However, my races are becoming more and more an exercise in futility. I don't feel like a competitor, but only a "participant" because of my body build.

I am 5'9" tall and weigh in at about 170 pounds. I train 50-70 miles a week, have dieted, fasted, etc. My weight has been below what it is now, but I was left with virtually no strength. Doctors advised me that 170 is my right weight—taking into account bone structure, amount of muscle, and percentage of body fat.

There is no way I can compete with runners who weigh in

the 130-150 pound range. So I feel penalized because of my physique—sort of like a lightweight boxer having to fight in the heavyweight division, but in reverse.

Race directors take into consideration age and sex when setting up their various categories. Why not set up weight divisions also? The procedure wouldn't be complicated at all. Simply weigh in the runners on an accurate scale as they sign up, then at the finish award first-, second- and third-place prizes for the 160s, 170s, 180s, etc.

This concept would give many more runners a true sense of competing instead of merely participating. Personal records are nice, the Fun-Run idea is a good one, but competition is still at the heart of the sport. Why restrict it to the lean and light? ●

# The Mix of Endurance, Pace, Speed

by Richard Holloway  
and Steven Miller



**R**unners and their coaches must address themselves to three basic questions when planning their training:

- How much running should be done?
- How fast should the running be?
- At what point will the runner be in the best physical and mental condition?

During the 1975 track season at Bloom High School in Chicago Heights, Ill., a training program for the distance runners was formulated which provided us with answers to these questions.

In planning the workouts, the competitive season was divided into five 21-day sets. At the beginning of each 21-day set, the runners were given the new schedule and questions were answered. The workout schedule included the distance, pace, and amount of recovery time (where applicable).

The "21-day set" concept had a number of positive aspects:

1. It forced periodic, detailed evaluation of where the runners were physically and mentally.
2. Distance runners knew exactly what to expect each day, enabling them to better plan their morning workouts (mostly long slow distance).
3. Workouts which were considered more beneficial could be retained for the next set. This was especially useful in experimenting with new workouts.

4. Unnecessary duplication or repetition of individual workouts was eliminated. The maximum any workout was run was four times during the five 21-day sets.

5. The program concept allowed for athletes to participate in its preparation and administration (resulting in better understanding and implementation).

In order to effectively plan and evaluate the workouts run during the 21-day sets, each was classified according to common distance running terminology. Specifically, three general types of running were done as defined:

*Long Slow Distance*—relaxed, easy running at 6:30-8:00 minutes per mile, covering anywhere from 5-18 miles.

*Interval Running*—repetition running at race pace (e.g., 70-second 440s for 9:20 two-milers). Distance varied from 220-3300 yards, with recovery times between intervals equal to running time.

*Speed Running*—repetition running at 5-10 seconds faster

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*Steve Miller is head track coach at Bloom High School in Chicago Heights, Ill., and president of the Illinois Track Coaches Association. Richard Holloway, a chemical engineer, formulated the training schedule described here, and ran all the workouts with the Bloom distance runners. During this period, he set personal bests at distances on one mile through the marathon.*



Good racing on the track (right) starts with long runs on the road (left) and progresses through pace and speed training in the proper amounts and combinations. (Photos by Jeff Johnson, page 30, and Peter Draues, page 31)

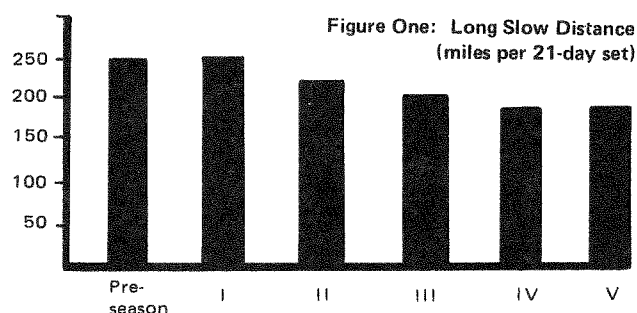


than race pace. Distances ranged from 220-1320 yards, and complete recovery between runs was used (pulse rate 20-40 above resting).

Or primary importance in the success of distance runners is the proper integration of the three running types during the competitive season. Over-emphasizing interval and speedwork can often produce injury, especially if a good distance base has not been established. Likewise, a running diet of completely long slow distance will not give the distance runner the necessary oxygen uptake capability required in the mile and two-mile runs.

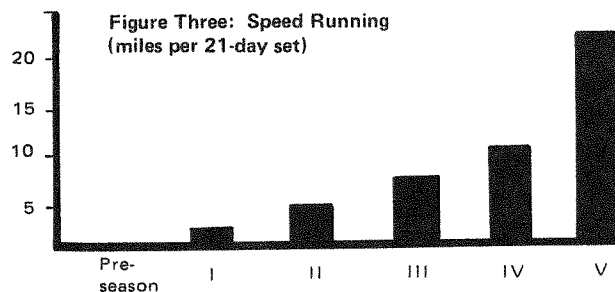
These are felt to be primary factors in successfully integrating long slow distance, interval and speed running.

1. A distance base is maintained throughout the entire season. In the early part of the season (21-day sets one and two), this provided the proper distance base which allowed interval running to be done with less chance of injury. During the final two sets, the long slow distance running provided a relaxing pause in the stress of both workouts and competition.



2. Interval running is increased through the middle of the season, and then tapered off. The amount of interval running was gradually increased through sets 1-3, corresponding to the runners' improving physical condition during this period. As the track season approached the home stretch, the interval running was cut down to allow for more speed running and to reduce the total severity of the last two 21-day sets.

3. Speed work is progressively increased through the season. The speed workouts run during the season were concentrated in the last two 21-day sets (75% of total.) This shift from quantity to quality running was accomplished by increasing speed work with a corresponding decrease in interval running.



#### WORKOUTS FROM THE 21-DAY SETS

| Type     | Workout   | Pace*          | in Sets |
|----------|---|----------------|---------|
| LSD      | 2 hours   | 6:30-7:00/mile | 1,2     |
| LSD      | 1½ hours  | 6:30-7:00/mile | 2,3,4   |
| LSD      | 1 hour  | 6:30-7:00/mile | 4,5     |
| Interval | 20 x 440y   | 69-71 sec./440 | 1,2,3,4 |
| Interval | 220-440-660-880-1320-<br>mile-1320-880-660-440-<br>220y | 70 sec./440    | 2,3,4   |
| Interval | 3 x 330y  | 9:15-9:30      | 1,2,3,4 |
| Interval | 10 x 660  | 1:40-1:45      | 1,2,3,4 |
| Speed    | 8 x 440   | 58-62 sec.     | 3,4,5   |
| Speed    | 5 x 660   | 1:32-1:35      | 4,5     |
| Speed    | 30 x 220  | 28-31 sec.     | 4,5     |
| Speed    | 4 sets of 550-110<br>jog-220                            | 29 sec./220    | 4,5     |

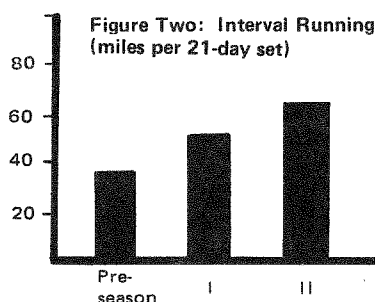
\* The times listed are for runners of approximately 9:20 two-mile ability; they are adjusted to the racing paces of faster and slower runners.

The amounts of each type of running are shown in the accompanying graphs. It should be pointed that these workouts are developed for a group of high-caliber runners who had won the Illinois state cross-country championship the previous fall.

The performance of the distance runners was the main criteria in attempting to evaluate this combination of LSD, interval and speed running. The effectiveness of the training schedule was examined using the number and time of the season during which the six distance runners achieved personal bests in the 880, mile or two-mile. The results indicate an increase in performance during the last two 21-day sets as compared with the second and third sets.

| Set. No | I | II | III | IV | V |
|---------|---|----|-----|----|---|
| Bests   | 9 | 4  | 1   | 5  | 8 |

The large number of personal bests during the first set indicates improvement over times from the previous track season. For example, a 9:40 two-miler ran 9:20 in the first 21-day set, then did not improve on that until the fourth set, where he ran 9:17 and two 9:05s. The general pattern for the distance runners was similar in that after personal bests early in the season, performances fell off due to the high severity of workouts in the middle of the season. However, as the interval running was reduced and speed running increased ("quantity to quality") seasonal bests were run in the final two 21-day sets. ●



# Lose Your Worries in the Warmup

by Hans Kraus, M.D.

An evening run in New York City's Central Park offers the opportunity to view runners of all sizes, shapes and running styles. One of the most visible characters is the "Type A" personality/runner with a very tight, tense running style. ("Type A" is Dr. Meyer Friedman's description of a hyper impatient, chronically harried individual.)

The "Type A" runner is easily recognized by his tense face muscles, tight shoulders and short, choppy stride. He's often a successful man who works hard and runs hard. He runs, at least in part, as an escape from his environmental pressures.

Unfortunately, the runner's tensions are visibly carried with him during workout. He usually doesn't take time to properly stretch and warm up prior to beating his body into the hard, paved roads, and tight leg muscles and back pain are often the penalty for this oversight.

Running in the park one day I met Arno Niemand, a marathon runner. He fit the "Type A" description perfectly. He is a gutty, powerful runner but was complaining of a short stride and back pain. I asked him to take the "toe-touch" test. He couldn't come within a foot of the floor with his fingertips as he bent from the waist with knees straight. Minimally, a person should be able to touch the floor.

I consoled Niemand with the fact that more than 80% of the adults I have tested for flexibility failed this test. I suggested that he try our "Y's Way To A Healthy Back" program, a new approach to exercise developed at the West Side YMCA with Dr. Hans Kraus. Arno said he'd try anything to improve his condition.

He was asked to do three things: (1) to learn how to properly stretch and relax; (2) do special exercises at home and at work on a regular basis; (3) do the relaxing and stretching exercises before running.

Niemand's progress was significant. He felt much more relaxed, his flexibility improved tremendously, and his back pain was relieved.

Other runners also can profit by learning to relax and stretch their muscles before and after running, so that they can leave their physical as well as emotional tenseness in the locker room rather than carry it along for a run. The result would be a far less incidence of back pain and flexibility deficiencies among runners, and more relaxed, enjoyable workouts.

Dr. Kraus, an authority on tension-related ailments (he has written a book titled *Backache, Stress and Tension* and helped develop the Kraus-Weber tests of strength and flexibility,) is now applying his techniques to runners. Here, he tells us how to relax.

Bob Glover, Fitness Director  
West Side YMCA, New York City

Running itself, will tense leg muscles and back muscles, and lead to muscle stiffness. This, in turn, will lead to injury, as many writers in this magazine and elsewhere have pointed out. Exercises to stretch these muscles have been advocated. However, there is no mention of the fact that the muscle has to be relaxed first before it can be successfully stretched.

Relaxation training should therefore precede stretching exercises. These, in turn, should be followed by more vigorous warmup activity, and only then should normal running begin. The program that we advocate, and which is practiced by an increasing number of YMCAs around the country as the "Y's Way To A Healthy Back," starts as follows:

1. Runner lies on back, with knees flexed or supported by a pillow.
2. Closes eyes and takes a deep breath, inhales deeply and exhales, rests. Inhales, rests.
3. Pulls up shoulders to ears and lets go. Repeats and lets go.
4. Drops head to the left and then to the right, then to the left and then to the right.
5. Raises forearms from elbow and drops same.
6. Drops one leg and brings it back, drops the other leg and brings it back, inhales deeply, exhales.

The runner continues this series of relaxing movements and relaxation, concentrating on breathing. It is repeated, depending on needs, for two or three minutes—up to five and 10 if one is really tense. Only then are limbering exercises added for the back, hamstrings and calves. (See "Six Steps Toward Painless Running," Dec. '75 *RW*.)

The older the runner, the more tense or unfit he or she is, the longer relaxation, limbering/stretching has to last. This is especially true for workers who tense up on their jogs and habitually run without adequate preparation.

People who have suffered muscle injuries are advised to do these exercises, then walk, then start slow jogging and increase the pace gradually to normal speed. When finished, they should again walk for a little while and then do these exercises in reverse.

I advise runners to avoid exercise programs based on isometrics or multi-repetition speed exercises. These tense and tighten muscles, which is the reverse of what you're trying to accomplish.

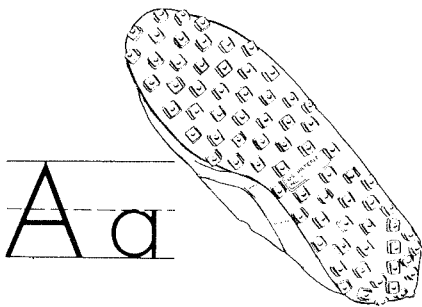
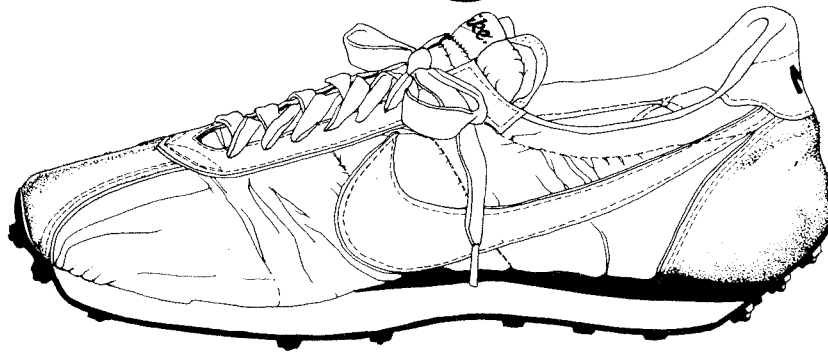
Several years ago, we saw a great number of runners sent to us by a university coach in New York. They all came with hamstring and calf muscle tears and strains which required immediate treatment.

After the acute phase, we had to work quite a while before the muscles became relaxed and stretched enough for the runners to return to the track. I told the coach that what his boys needed was a regular pre-running and post-running routine such as the one I've described.

I did not see any more patients from that university, and thought that their coach had decided to send them to a "really good doctor" who didn't give him advice but did something for his patients. A year or two later, I happened to meet this same coach. He said that after his runners started a program of relaxing, limbering/stretching exercises and a sufficient warm-up (a warm-up that lasted not only 10 minutes but between a half-hour and an hour, for sprinters, less for distance runners) the incidence of injury had dropped to zero.

This program, then, is a must for any runner who wants to continue these activities without undue interference from muscle strains and other injury. The community of runners would greatly benefit if everyone were to accept such a program as a permanent fixture of their workouts. ●

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The Waffle. The design of the entire shoe begins here. The waffle is an original concept of Dr. William J. Bowerman, the famous track coach and head of the Nike research and development department. "Bill" Bowerman's penchant for waffles was to develop an entirely new concept in sole material.

The "waffle studs" provide cushion and traction. Cushion comes from the studs expanding into the space around them. A conventional ripple sole just isn't capable of this kind of cushion.

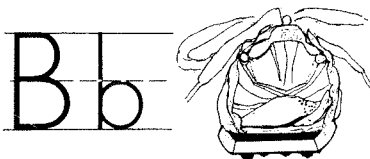
Greater surface area is achieved by running the waffle diagonal across the heel. The end result is low net weight, superb traction, and comfortable work outs. Bowerman's waffle bears U.S. Patent No. 3793750 and is also a great golf sole.

The midsole is nothing less than space age. It has bevels and flairs nearly everywhere. It's beveled at the heel and toe to reduce the effective lever.

The flairs and bevels help to prevent common running injuries by providing stability encouraging proper foot placement.

The compound of the midsole is a soft cushion crepe which provides shock absorption with limited weight. The midsole negates any transference of energy from the waffle material. Extra sole is placed under the most common stress points, the metatarsal heads, and elevated to the heel. This elevated heel, a constant in Nike/Bowerman design, reduces Achilles tendon stress.

Exclusively used Spenco innersole provides additional cushion to resist blistering and provide comfort.

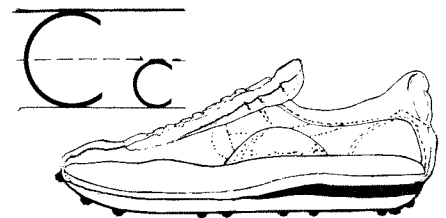


Comfort. Besides using the finest innersole available, Nike's arch support used in the waffle trainers is one of the largest in production sportshoes.

The tongue is padded foam to protect the tendons running down the top of the foot and also guards against lace pressure.

The ankle collar and Achilles heel pad is super smooth which prevents rubbing and blistering.

The sock liner is smooth nylon which also reduces blow outs.



Durability. The powerful nylon upper is so sturdy and impervious to damage that it invites retreading with waffle material available from Nike. This retreading can extend the life of the shoe many times.

Lateral and Medial arch bandages and suede toe heel pieces are added for durability. The suede absorbs more glue to reduce separation and is double stitched.

The waffle trainer fits the widest range of shoe sizes of any trainer we've had on the market.

**You can see the NIKE Waffle Trainer at your local dealer.**



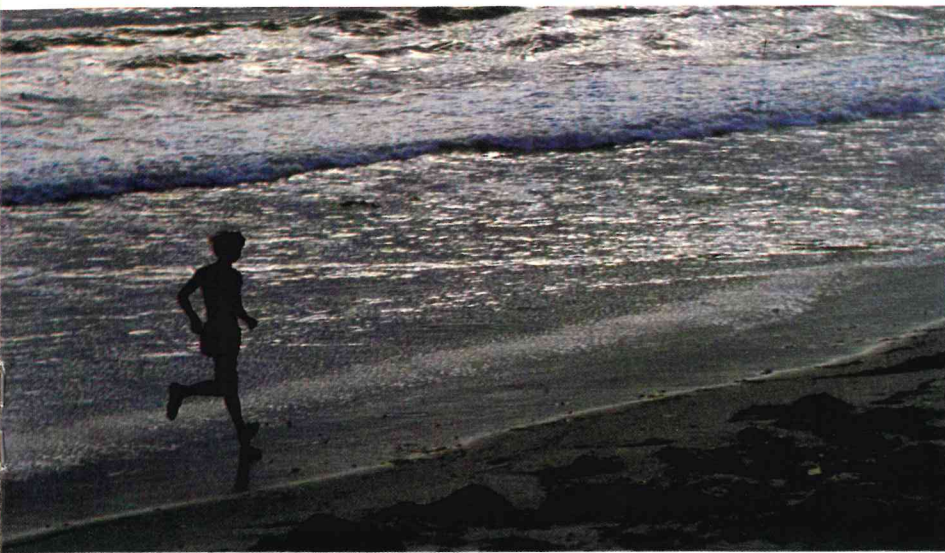
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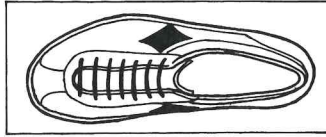
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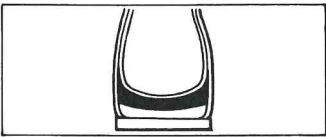
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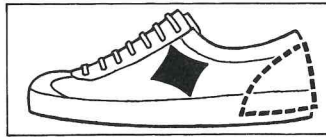


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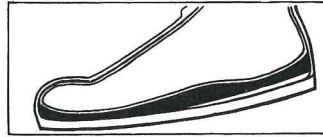
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# Black Distance Runners: Minority within a Minority

by Ron Somers

In recent years, black distance runners like Kip Keino, Ben Jipcho, and Filbert Bayi have broken many world records and won a pile of Olympic and Commonwealth Games medals on the track. Other black runners such as Reggie McAfee, Tommie Fulton, Denis Fikes and Byron Dyce have excelled on the American track scene.

But what about black road runners—the marathoners and ultra-marathoners? Not as well known, but no less significant, are three American blacks who have achieved as much in road running as the Bayis and Jipchos have achieved on the track.

Jared Beads, a 46-year-old Baltimore maintenance man, holds the American record for non-stop running at 121¼ miles. Beads set the record in 1969, and at the time it was also a world record. In 1974, an Australian named Tony Rafferty ran 140 miles non-stop, but Beads vows to get his record back.

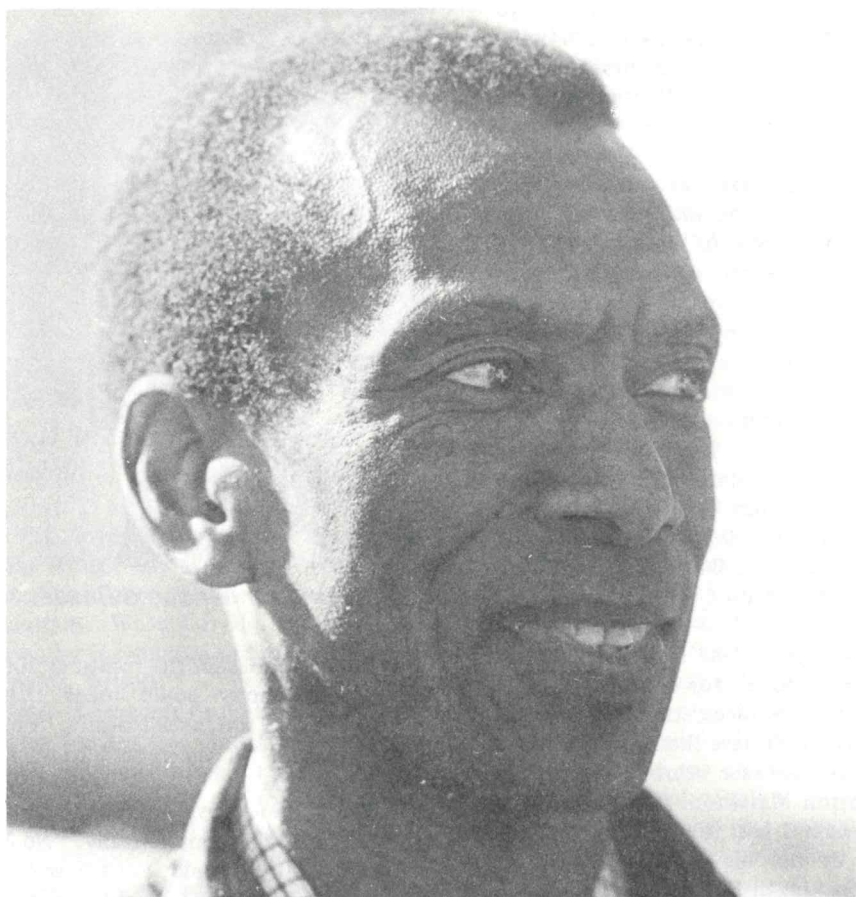
Ted Corbitt, a 55-year-old New York physical therapist, is the “father of American ultra-marathoning,” and is world record holder for career marathons. He’s run more than 180 of them, and has yet to record a DNF.

Marilyn Bevans, a 24-year-old Baltimore physical education teacher, is one of the top women marathoners in the US by virtue of her fifth-place finish at Boston this year and her fifth in the AAU championship.

Let’s take a closer look at each of these black road running stars:

## JARED BEADS

In November 1974, Beads attempted to break Rafferty’s non-stop world record, not by one mile, not by two miles, but by 60 miles! He had tried to run from New York City to Baltimore’s City Hall—a distance of 200 miles. The



*America’s most enduring runner, Ted Corbitt. (S. Sutton/Duomo)*

run ended in disappointment when Beads limped into a Philadelphia gas station along busy US Route 1, his left knee so swollen he couldn’t run another step.

He leaned on the car that had accompanied him the 103 miles from the George Washington Bridge in New York and told a reporter: “I’ll be back. I’m not a quitter. There’s no way I’m going to let the devil win over me.”

Though deeply disappointed in his

failure at completing the New York to Baltimore run, Beads is brimming with confidence that he’ll succeed in his next attempt. “The world record? You better believe I’m gonna get it, no doubt about it,” he says enthusiastically.

“What happened last time was I pulled a muscle in the fold of my knee at about 60 miles,” he recounts. “I thought it was arthritis, but my doctor said it was a pull.” Swollen knee and all, Beads plugged on for another 45 miles

before he realized he wasn't going to make it to Baltimore, and wisely quit.

"I'm gonna run it on a track this time," says the likeable 5'10", 140-pound running fanatic of his next record attempt. That would mean 800 laps of a standard 440 track. "It does get boring going around a track," he admits, recalling his 481 lap run in 1969, "but you get your mind on something, and you keep thinking about it, and you pass the time that way. I think about my wife, my children, relatives, friends, and even my job. Everything comes across your mind when you run, good and bad. The bad thoughts slow you down, but if you live a clean life you can do anything."

Beads first gained attention in the Baltimore area about 10 years ago when he ran non-stop from Baltimore to Washington, D.C., and back—a 64-mile run that took him nine hours. Later, he ran from City Hall in Baltimore to the White House and back—80 miles in 12 hours.

"I thought that was a world record, so I called up the *Baltimore Sun* and asked them if it was," he recalls. "They checked the *Guinness Book of Records* and found out the record was 100 miles, 175 yards run by an Englishman at Madison Square Garden in 1882." From then on, Beads was determined to get the record, and keep it.

Despite his incredible physical stamina and mental tenacity, Beads seldom races. "Most of the races in Baltimore just aren't long enough for me," he says, despite a Baltimore Road Runners Club schedule liberally sprinkled with 15-, 18-, and 20-milers. "I'm a *long* distance runner," he says, drawing out the word "long" for emphasis. "I like to run 50-mile races, stuff like that, and they just don't have them around here."

Beads does race nearly every year in the Boston Marathon, though. He says, "The older I get, the better I get." In 1974, he ran his fastest marathon, a 2:42 clocking at Boston.

He started running in his early 20s when he was a boxer doing road work. Typically, his mother worried about him getting hurt in the ring. "She made me quit, but I wanted to stay in shape, so I stuck with running."

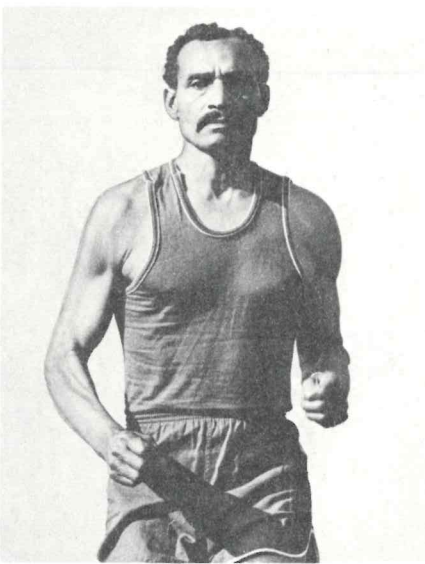
In the early 1960s, Beads began running with Walter Korpman and Dr. Gabe Mirkin, two of the founders of the distance running movement in the Baltimore area. Beads remembers the one- and two-mile races that Korpman and Mirkin organized: "I'd run 'em and get nothing out of it. I never got tired, so I decided I was a *long* distance run-

ner." (He emphasizes the "long" again.)

His present training consists of "15, 20, 25 miles a day—on the days that I work that is." On weekends, Beads will run up to 50 miles a day. Frequently, he'll become restless watching TV in the evening with his wife and six children. He'll put on his running clothes and go out for an all-night run just to relax.

Surprisingly, Beads develops few injuries. Probably the fact that he runs at such a slow pace keeps him injury-free. When he does get an ache or a pain he runs it out. "I always overcome injuries by running them out," he claims.

Beads adheres to no special training diet. "I just eat regular food," he says. "I enjoy eating raw ground beef. I ate that and raw eggs on the New York to Baltimore run."



*Lo-o-ong runner Jared Beads*

What if he does set the record at 200 miles? "Somebody could break that record too," he states realistically. "But if they do, I'll get the record back. It could go on and on."

Asked if he will ever retire from running, Beads replies emphatically, "No." When I'm 100 years old, I'm still gonna be running. The only way I'll retire is when they put me six feet under—I'm serious."

### TED CORBITT

Corbitt is "possibly interested" in breaking Beads' non-stop record, but even if Ted never runs another step, he'll go down in the record books as one of the all-time great road runners. Corbitt has done it all, from 26 miles on up. Back in 1952, he was an Olympian in the marathon. In only his seventh 26-miler, he placed 44th in 2:51 at the Helsinki Olympics—a decent showing for an American in the dark ages before road

running was fully developed in the US.

Four years later, he missed the US team but was an alternate. By then, however, Corbitt was finding that standard marathons no longer challenged him. So he gave birth to the ultra-marathon movement in the United States. With the help of the Road Runners Club of America, he organized a 30-mile race in the Bronx in 1958. Corbitt of course won the event in 3:04:14.

Then he tried to organize a 50-mile track run in New York, but the AAU refused to sanction the race. They couldn't believe that anyone would want to run 50 miles.

Corbitt's thirst for ultra-marathons was so strong that he began a series of yearly treks to England to run the London to Brighton 52½-miler. In his first one in 1962 he finished fourth. In 1963 Corbitt won the 44-mile RRCA championship. Then it was back to England in '64 for another go at London to Brighton. This time he finished second.

In the early stages of the 1965 London-Brighton, he developed a pain in his foot. "When you've trained so hard and come so far for a race, you want to make a good showing no matter what," he says, so he stayed in the race and finished a gutsy second, only a minute behind the winner.

He returned for the '66 London-Brighton race and placed fifth. Then he stayed in England a few extra weeks to run a 50-mile track race. He placed third. But more importantly, at age 46 he broke the American record with a 5:54 clocking.

Despite his age, Corbitt's best running was ahead of him. He ran from London to Brighton in 1969 in 5:38:11, breaking the American record for 50 miles again, even with the 2½-mile handicap. He had averaged 2:49 for each 26¼-mile segment of the race, a remarkable feat considering that 17 years earlier his marathon time at the Helsinki Olympics was 2:51. Again, he stayed in England for a few more weeks, this time to run a 100-miler, which he ran in 13:33.

Corbitt's greatest accomplishment is probably his American record for the 24-hour run—134 miles, 1200 yards run in England in 1973.

"I wasn't really pleased though," says Ted. "I finished so far from my target of 155 miles." For the first hour of the race, he was right on schedule—7¼ miles. Then something happened during the second hour. "I was overcome by this euphoria, and ran nine miles the second hour, way too much," he recalls. "The euphoria wore off, and I settled



down to a reasonable pace, but my thighs started bothering me.”

Though he had scheduled several walks as rest periods (a fact that distinguishes this run from Beads’ run), his tight thighs forced him to walk more than he wanted. “I was not functioning well. After that third hour, it became a downhill thing for me.”

Nevertheless, Corbitt hit 50 miles in 6:48 and 100 miles in 15:22. He remembers the last nine hours as “a real struggle, as I covered only 34 more miles.” Corbitt finished third in the event which was won by Ron Bentley in a world record of 161 miles.

Corbitt began running as a child. “Mother Nature programmed you to run and walk. I grew up on a farm and ran and walked everywhere I went,” he says.

As a college runner at the University of Cincinnati, Corbitt was a versatile performer running everything from the 220 to two miles. He didn’t become interested in road running until the mid-’30s when he saw a picture of the Boston marathon winner, Tarzan Brown. “He intrigued me because he wasn’t white. At the time, I thought he was a Negro, but later I found out he was an Indian,” Corbitt recalls. It wasn’t until 1951, however, that Ted ran his first marathon.

Though Corbitt has never run a sub-2:20, he can’t be beaten for durability or consistency. “I’m especially proud of my record of running sub-2:50 for 22 years in a row, from 1951 to 1972,” he boasts. His career total of 180-plus marathons (the total is still growing) is a record that has as much likelihood of being broken as Lou Gehrig’s record of appearing in every New York Yankee ball game for some 14 years.

Corbitt’s contributions to long distance running are not limited to his achievements on the road or track, though. He has written many articles on the sport, devised a weight training program for runners and served on the AAU course certification and timing committees.

At 55, Corbitt has no plans to retire or slow down. He says, “I still hope to reach 200 career marathons, run the Pike’s Peak Marathon and walk 100 miles in less than 24 hours.”

Like every other runner who spends hours pounding the pavement, Corbitt has had his share of injuries. “It’s harder to shake those nagging injuries as you get older,” he admits. “Injuries damage the spirit more than the body, but I’m motivated to overcome injuries because I still have competitive goals.”

## MARILYN BEVANS

Like Beads and Corbitt, who see no end to their running, Marilyn Bevans says: “I never want to stop running. I can hear it now,” she once told a newspaper reporter, “the announcer says, ‘And now running in her 56th Boston Marathon, Marilyn Bevans.’”

Bevans has an incredible enthusiasm for running. “It’s not my whole life, but it’s a big part of it,” she says. “I go to clinics and I read all I can about running. I love it.” As a physical education teacher in the Baltimore school system, Bevans promotes running and fitness all day long. She has started a girls cross-country team, and she hopes to set a good example for her girls and instill in them the love she has for running.



*Beads often leaves his wife and children . . . for all-night runs!*

“I’d love to have one of my girls make it big,” she says. “My dream is to see all my girls pass me in the Boston Marathon. When I’m old, they’ll all go flying by me waving and saying hello to ‘Granny’ Bevans.”

Her main goal in running is to consistently break three hours in the marathon. She broke three for the first time last April in Boston, improving her best by nine minutes. “I believe in being realistic,” Bevans says. “I’d like to be one of the best women marathoners, but maybe it’s not for me. I’d just like to be known as a halfway decent woman marathoner.”

Bevans is already well known for her habit of carrying a transistor radio with her whenever she runs. “The only time I don’t carry it is when I do intervals,” she chuckles. “I’m a nut about music,” she confesses. “I carry my radio through rain, sleet and snow. It really helps me in my marathons. After about six miles, I get bored and the radio keeps me entertained.”

Marilyn began running in high school. She wanted to run on the track

team, but there was no girls team and girls weren’t allowed on the boys team. That didn’t stop her from running on her own, though. She continued to run throughout her four years at Morgan State University in Baltimore, but didn’t run her first race until grad school in Springfield, Mass.

By the time she returned to Baltimore, she was running eight miles a day. “I ran a half-marathon, and figured if I could do that I could run anything,” she recalls.

Like most American women runners, Bevans is not pleased with the job the AAU is doing with women’s running. She would like to see longer track and cross-country races for women. “I’m not too good on the track,” she says. “I love cross-country but the races are only 2½ and three miles. All the fast track women win those. I only finished 44th in the cross-country nationals last year, but I’d like to do better. Longer races would help.”

As a coach, Bevans finds that there are still many social pressures against women and girls who want to become runners. “I see on TV where they say ‘you’ve come a long way baby’ and all that, but we still have a long way to go. “I have to convince my girls and their parents that you can still be feminine and run. I know how it is. I went through stages like that, too. At first, I would get into my car and go over to the park to run. Now, I don’t care if my neighbors see me running. I just start out running at my house and I run through the neighborhood. I like shocking them,” she says of the unenlightened people she still encounters.

According to Bevans, many males still can’t believe that a woman can run a marathon. She remembers one boy student at her school who said: “Man, if Miss Bevans can run 26 miles, I could probably run a hundred miles.”

Marilyn is convinced that women can do a lot more than they think they can, and not a day passes that she doesn’t try to spread this philosophy to her students and her running proteges. Bevans wastes no time being militant. She simply runs harder, recruits more girls, and helps them discover the joys and satisfactions of running.

“There aren’t many black women distance runners,” she points out. So not only is she showing her students that distance running is for women but it’s for blacks, too.

With runners like Beads, Corbitt and Bevans on the scene, the old stereotype of blacks as strictly sprinters is definitely dying. ●

# Running's Seven Deadly Virtues

by Virginia Collins

**Y**ou say your ankle hurts at every step for the whole 10 miles? Then why do you run 10 miles?"

I explain patiently, as though to a child, "Because there's a marathon coming up in two months." His face is still blank. "I have to get in my mileage. You don't get in shape with days off."

"You runners! You turn an ordinary virtue into a vice. Take a week off . . . and what's a marathon?"

I refuse to answer. He's wrong, of course. The average runner has given up all vices in the first year, and spends the rest of his or her life pursuing virtue. I find that these virtues fall into seven general categories. You can work them all at once or perfect them one at a time. Either way leads to the same end.

*1. If it feels bad, do it.* This is a good rule for the philosophically inclined. It gives you a handy guide to judge things by. We all know how we feel after a slow, leisurely, pleasant run. Guilty. Full of doubts. If we had just pushed till it hurt, we could have taken five minutes off our time. This same guilty feeling nags at us if we stuff ourselves or stay up late, or skip a workout and spend the morning reading the Sunday paper.

On the other hand, getting out of a warm bed in the pre-dawn darkness, running through wind and rain, training with muscle cramps, side stitches and sore throats is painful and unpleasant. That's why we do them. It's a lot better than feeling guilty. Remember, you're not in this to have fun.

*2. If an ordinary diet is good, think what super nutrition can do.* We get all our energy from the foods we eat. The trick is to find the perfect food, the one that will bring out our hidden resources,

the one that will make us faster than other people our age. There are a lot of good things to choose from: brewer's yeast, liver, soybeans, bone meal. How will you know what they can do until you've tried?

Start by giving up all the foods you usually eat and like. Assume that they're not doing you the good they should, or else why don't you ever win? Now add the super foods one at a time to your diet. Write down any unusual reaction you have. Stick with the ones which have dramatic results. The more unusual the food, the better it seems to work. They say the Hunzas eat a lot of apricot pits, and the Tarahumaras practically live on pinole. And everyone knows how healthy they are.

If you ever have to eat away from home, it's best to bring your own dinner. Any hostess will understand when you explain. One final plus to this way of eating: you will never overeat again.

*3. Talk a lot about your feet.* Feet are one of the last hangups we have from Victorian morality. People who will talk about their sex lives at their grandmother's birthday party are still reluctant to talk about their feet. But that doesn't mean they aren't interested. Don't be embarrassed to explain what marvels of engineering feet are, how delicately the 26 bones interrelate, how necessary foot health is to every aspect of life. Explain why you're willing to pay \$30 for a pair of running shoes, while you buy everyday shoes at the grocery store. Describe Morton's toe, heel spurs, black toenails and fallen arches. Be specific as to their treatment.

Don't be discouraged if no one else seems to be saying much at this point.

People aren't used to hearing anyone talk so freely and unself-consciously about feet. It's only by open discussion like this that they will begin to see what beautiful things feet are. If you're *sure* that they are really interested, show them that big blister you picked up in last week's race. That sort of thing impresses a lot of people.

*4. Training.* You can be more virtuous here than almost anywhere else. Always think "What more can I do?" not "How little can I get away with?" There's a lot of nonsense written about training. I recently read an article that said 30 minutes of exercise a day, three times a week, will keep you in good health. Runners aren't after good health, they're after *perfect* health. And this sort of half-truth does a lot of harm. If you only run three days a week then you're letting other things come first. You're letting work and hobbies take too much of your time. You are running—God forbid—only when it's convenient.

Figure out what is an easy, comfortable number of miles a week, and double that. You'll be about right. Suppose one day you come on the scene of a terrible accident and someone can't live more than three hours. The nearest doctor is 26¼ miles away, and everyone gives up hope. But you start running, and you make it! Those training miles had a purpose that everyone now can see. Always keep a pair of running shoes in your car. It could save a life.

*5. Narrow down your world.* Some people might object to this. The sort of person who spreads himself too thinly, who likes to play golf or tennis, and enjoys a night out will say you've gone to extremes here. But look at it this way.

By focusing everything through the burning-glass of running, you get rid of the non-essentials. You can devote every waking minute to what's important. If a thing's worth doing, it's worth doing all the time. Did Beethoven compose symphonies only three days a week? Did Michelangelo paint that ceiling only on weekends?

Don't worry about friends and family. They'll understand and soon leave you alone all the time.

6. *Plan vacations around running.* This is quite easy, with a little thought. Forget about scenic spots and historical sites. If you can't run for two weeks, you won't like them. Try to pick a time that a race is going on. It may be the highlight of the trip. Mountains are good. Pike's Peak, for instance, affords steep, narrow trails to build up your legs, rocks, holes and roots to jump over for agility, and near the top almost no air, which helps build up the hemoglobin. It's ideal.

Another area that is especially good is the salt flats of Utah, since they're never crowded. The running is fast, level and goes in any direction. I would avoid the East this summer. There will be nothing but bicentennial celebrations going on, and it will be too crowded to run.

A cold, foggy spot is best. You'll be able to get in two runs a day if it's foggy enough. Avoid warm, sunny areas if possible. Several weeks ago I had an unfortunate experience in Hawaii. The weather was 85 degrees and sunny, too hot to run. I was forced to lie on the beach and swim in the ocean all day.

7. *Sleep.* Poets write about it, we all love it, but it's hard to get as much as a runner needs. Some people get a few extra winks during commercials and while waiting for appointments. Some even drift off during their TM classes instead of meditating. But this is too erratic. You need a regular routine if you're going to get the nine hours a night you need. This will be no problem if you run in the afternoon. You can stay up till nine o'clock. However, if you run first thing in the morning you'll have to go to bed early. The only other solution is to take a nap on the couch for a couple of hours before bedtime.

Don't be put off by those envious people who say runners are extremists who turn virtue into vice. Remember the words of that ancient Roman, Aurum Aqua: "Extremism in the pursuit of excellence is no vice." With virtues like these, a runner has no room for vice. ●

# Food for Fitness

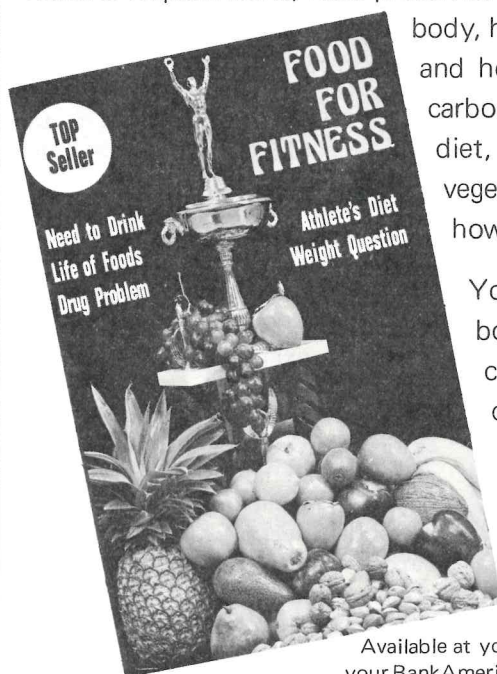
the secrets of eating  
to improve your performance

No matter what your sport is, you'll find information in FOOD FOR FITNESS that gives you the key to improving on your "best."

It's not a book written for those who lightly dismiss the importance of diet in sports. Rather, it's a no-nonsense guide for those who want to learn all the facts about the foods they eat.

Its seven big chapters talk about specifics—protein, vitamin and mineral requirements, food preservatives and their effect on your body, how much you should weigh and how to reach that weight, carbohydrate loading, pre-race diet, the advantages of fasting and vegetarianism for athletes, and how to change your eating habits.

You'll find this to be the one book which honestly gives the complete hard facts behind diet's controversial issues—and gives them from the athlete's point of view. 1975 Hb. & Ppb., 144 pp., ill., color cover, \$5.95/\$2.95.



Available at your local bookstore. You can charge to your BankAmericard or Master Charge by calling Ms. Pat Perez at (415) 965-8777. Or use the order form below.

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It was time to go to the animal hospital for the afternoon appointments, but the tightness in my chest had been growing into a pain which was making breathing increasingly difficult. I was now reduced to taking short, gasping breaths. The pain in my chest was starting to radiate down my left arm, and my fingertips tingled with a growing numbness. The symptoms were classical. I knew I was having a heart attack.

My mind raced. I was angry and resentful. Here I was, supposedly coronary proof, having a full-fledged heart attack. I who trained a minimum of 43 miles a week for the last five years and ran six marathons in the last year plus any number of shorter races.

Later, in the hospital, I started to retrace the steps which led me to this attack. It all happened because of the Boston Marathon which I, just like about a million others, wanted to run.

I am 50 years old. I had never run prior to 10 years ago, and had originally gotten started for problems related to alcohol and later to lack of fitness. About five years ago, I became addicted to competitive running by chance, and came to find it motivating and enjoyable despite my almost complete lack of talent. What I didn't know—and found out the hard way—was that I had pre-existing cardiac disease.

I thought I had a chance to make the Boston Marathon qualifying standard of 3:30, since my best was 3:36. Then I ran the Albuquerque Marathon.

I can't say that I felt badly during the race, but I didn't feel all that good either. My chest felt vaguely uncomfortable after 15 miles, which I attributed to altitude and dehydration. In the last seven miles I was reduced to walking, which I had never done before in any race. My time was the shocker: 5:10!

I didn't feel too hot after the race, either. Flying home, I again felt uncomfortable in the chest region, but it was nothing really definable or alarming. I worked the next day with a vague malaise that I couldn't put my finger on and simply disregarded. It was not until noon of the second day after the race that I got pain . . . the typical cardiac pain.

By day three, I was out of intensive care and feeling fine. On the ninth day I was giving the doctors such a bad time that they threw up their hands and discharged me with orders not to run. On day 10 . . . I ran . . . and every day thereafter. I was a little weak at first, but within a few days was pretty much my old self.

# "This Wasn't Supposed to Happen"

by Allen Schauffler

Thirty days after the attack, I underwent extensive testing. What did the procedures reveal? A lot of things. Shocking things! First of all, my heart attack had damaged my heart permanently. There was an aneurism or thin place on my left ventricle. I had coronary artery disease, presumably of long standing. You could see the obstructions lining and protruding into the coronary arteries, for which I had evidently compensated over the years by enlarging them tremendously in the process of running. That's what probably saved my life.

On the positive side, the tests revealed that most of my heart functions and pressures were normal. But the question remained, would the aneurism stabilize with scar tissue, or would it enlarge and burst, causing almost instantaneous death without warning . . . a time bomb ticking away inside of me!

The doctors again told me not to run. I ran. I literally tried to "run myself into the ground." I felt that fate had dealt me an unfair blow, and I ran in anger, almost as if I wanted to see if I would succeed in doing myself in. My family, I told myself, would have to accept the risk if I could do so. I felt selfish—and guilty. But I ran anyway. I had decided I didn't like the idea of life without running. I still don't.

I ran the Fiesta Bowl Marathon. I took it easy and did a 4:13. Beat a 54-year-old who always beats me in half-marathons. That made my day, just 60 days after my heart attack!

Then more medical testing. There was no evidence of further enlargement, and the wall of the heart was contracting all in one piece, which it had not been do-

ing previously. Things looked good. Since I had survived the critical period despite my foolishness, it was now a pretty good bet that I could make the grade and continue running.

So where does that leave me now? I am running daily, as usual. I am racing as usual, but I won't be doing more than two marathons a year. I am closely approaching my old times again, as I become more rested. I think that my heart may not perform quite as well as it did, but I seem able to compensate by controlling my weight. Will my aneurism rupture? It's possible, but not likely. It seems to have fibrosed and scarred satisfactorily. Will I hang up some crud from a coronary artery wall? Probably not so long as I avoid dehydration and undue stress, either by too hard racing or too many races.

What are the lessons to be gained from my experience?

1. If you start running at an older age, or if you are obese, consider cardiac catheterization with cineradiography to establish whether you have coronary disease which would put you at risk. Treadmill ECG stress-testing is okay as far as it goes, but it won't demonstrate diseased arteries. It only detects electrical abnormalities under stress. (I tested completely normal on a stress ECG!)

2. Don't run too many races or overtrain, as I did. Exhaustion may not have caused my heart attack, but it probably contributed to it.

3. Avoid "Boston Marathonitis" in its more malignant forms, especially if you lack talent.

4. Always have support during longer races and avoid dehydration by taking frequent electrolyte solution.

5. The American Medical Joggers Association claims that running six miles per day and two marathons a year means you are coronary proof. Evidence is mounting to support some of this, but it isn't established for sure. So far as I am concerned, there are exceptions.

6. Find a doctor who works with and understands runners. Sedentary types may lack interest and sympathy. Let your doctor help set up your running program. If possible, run under supervision.

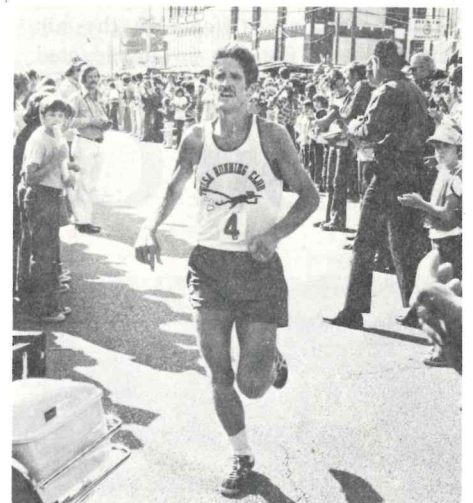
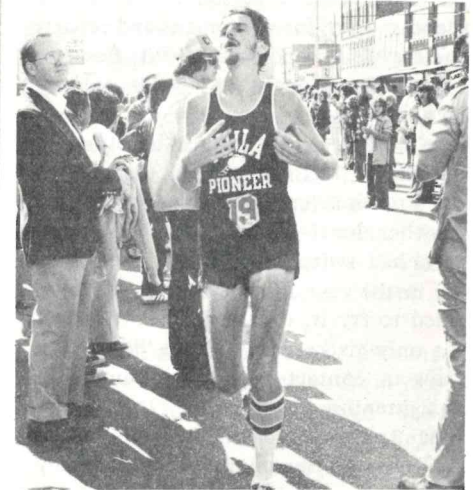
7. Develop a relaxed philosophy about running. Enjoy it. Don't take the bit in your teeth. I can't say my mental health in these matters is exemplary, but I'm working on it. It helps.

Most authorities say you won't live longer by running, but surely you will live better. That's the name of the game. Go do it, but do it wisely. ●



# Rice Festival Marathon

by Gary Fanelli



*Above: Winner Barry Brown  
Upper right: Gary Fanelli  
Lower right: Terry Ziegler*

I was sitting in a bathtub relaxing my legs after a short run when I heard voices. Looking down from the window, I saw Rick Bayko from Massachusetts and Terry Ziegler from Oklahoma in the swimming pool. A man alongside is telling jokes. It is Walt Stack, 68, self-proclaimed "dirty old man" of marathoning from San Francisco. Right then, I knew the International Rice Festival Marathon two days away was going to be a festival indeed.

We were at the home of Dr. Charlie Atwood, the race founder and director. Dr. Attwood, originally from Arkansas, lived in California for about 15 years before moving back to the South two years ago. In the short time he has been back, he has put together one of the best races in the United States—on one of the fastest courses in the world. (Neil Cusack ran 2:14:27 here in 1974, and Frank Shorter had a 2:16 solo run two weeks before the 1975 race.)

Crowley, La., is in the Bayou Country, 140 miles west of New Orleans. The town's population is only 17,000, but three times that many people were here for the Rice Festival. Crowley is considered the rice capital of America, and each year it celebrates the harvest.

More than 300 runners gathered at the starting line in Lafayette—26 miles

from Crowley—on Oct. 18, compared to only 45 starters last year. The temperature was ideal (58 degrees) and the humidity was low. The only difficulty encountered was a headwind between 16 and 20 miles. Times were called every mile, and ERG, Gatorade, water and sponges were available every two miles. Who could ask for more?

The large pack upfront began to break up when Neil Cusack, the defending champion, stopped at 15 miles due to leg cramps. A few miles later, Minnesotans Ron Daws and Steve Hoag pulled up. Barry Brown eventually broke away to win in 2:16:43—40 seconds ahead of Terry Ziegler. The first six finishers all ran personal bests, and qualified for the Olympic Trials by breaking 2:20.

The last 400 yards of the race was through the main street of Crowley, which at this time was a carnival midway. The runners were escorted by a motorcycle policeman, a band was playing, and swarms of people were clapping as we take our final steps. This welcome was as much a thrill to me as running my best time of 2:23:22.

I walked back to Dr. Attwood's

house, a few blocks away. Already, six runners were in the whirlpool section of his swimming pool, and five more were waiting to ease their tired legs.

Later, at the awards banquet, prizes were given in at least a dozen different categories. Every finisher also received a one-pound bag of rice in addition to his or her T-shirt. Then we moved on to a party at Dr. Attwood's, where Walt Stack had everyone rolling as he told his jokes for the third time.

Because this race combines excellent organization, a fast course and Southern hospitality at its finest, even bigger things are bound to happen here in the future. ●

Continuous, acute pain from an injury can abruptly end or interrupt a runner's career. If the injury is below the knee, the athlete may seek another activity such as swimming or bicycling. But what of us among the walking wounded who can't get off our feet?

I will use myself as an example. I can't swim. A few years ago after a partial rupture of the achilles tendon, I tried swimming and I sank. So I dragged out my Schwinn Varsity bicycle. I enjoyed touring with it, but to be a competitive cyclist a person has to really spend money for equipment and repairs and travel. I couldn't afford it. Besides, I guess I'm a purist and dislike relying on a machine.

After a year of chronic heel pain, I felt like quitting running altogether. Then I discovered a viable alternative. Another local runner, Mike Rummelhart, had switched to race walking earlier in the year after being injured. I decided to try it. I walked four miles, trying only to keep my stride "legal" (always in contact with the ground and straightening the "driving" leg by the time it passes under the body).

The next morning, I could barely walk to the front door because of muscle soreness and stiffness in the hip joints. But I noticed an unexpected

phenomenon. The pain in my heel was gone. I loosened up slowly with a five-mile walk, and the heel remained painless. The third day, I repeated the same distance with no pain during or after the walk. My wife was as happy as I—she didn't have to listen to me complain about the heel!

I walked short distances the rest of that week. Then I impulsively entered a 15-kilometer walking race that weekend. Four of us showed up. I've never been accused of having the sharpest competitive urge, so my first thought was, "I can't do any worse than fourth." At the outset, I grabbed fourth place, and I never relinquished it.

I was prepared to be patient because a chronic injury makes a person that way. I have to remind a new, self-coached walker that success doesn't come in a week, a month, or perhaps even years. Times seem high at first, until the technique of walking is mastered. You feel inferior when you figure out the paces world champions maintain. Looking over the race results reported to *RW* over the last few months, the average winning pace for 20-kilometer races was 8:06 per mile, and for 50-kilometer the pace was 8:47. However, third- and fourth-place times are 30-60 seconds per mile slower, so a novice can

feel respectable racing at 10-12 minutes a mile. I didn't intend to reach 10-minute miles for 20 kilometers or longer until six months after I started walking—yet somehow I reached that goal in less than two months.

Walking has its own special injuries, I learned during my first race. The walking action includes vigorous arm movement compared to middle and long distance running. Unused to it, I pulled a group of shoulder and chest muscles. If a new walker has done nothing but slow distance running with no hard intervals or upper-body strengthening, the possibility of a shoulder injury is great, especially during a race when the pace is necessarily faster.

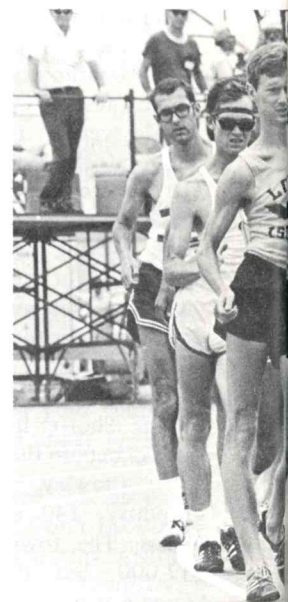
An awkward, side-to-side motion of the arms rather than a more forward-backward motion contributed to my injury. I learned from other walkers to pump the hands from about the middle of the chest to the level of the hip joint with the arm bent at about 90 degrees. More action than that, except in sprint walking, tends to do nothing for me but hasten fatigue.

In his booklet *Race Walking*, Martin Rudow lists two programs of weight training to build up the musculature involved in walking. Repetition for endurance rather than few repetitions with

# If You Can't Run, Try Walking



Photos by Mark Shearman (above)  
Wayne Glusker (right)



heavy weights is emphasized. Exercise for runners also includes basic weight training instruction.

The area along the shins also gave me trouble, especially those muscles and connective tissue which help raise the toes and flex the ankle. There had always been a stiffness in this area since I switched from running, but only after a long workout in high heat and humidity over broken ground did an injury occur. I treated it as I would any other muscle strain, using an ice pack for 30 minutes as soon as possible after the workout, a one-day layoff with heat applied to the painful area, and an easy workout the following day. This took all the pain away.

I've never had true shin splints, but people prone to them may find intensive walking aggravates the condition initially. However, easier walking appears to strengthen the muscles in this area and give them eventual relief from shin splints. (Coach Bob Hyten discussed this in "Start Sprints at a Walk," June '75 RW).

The hamstrings also may be vulnerable to a beginner walker who "pulls" hard on the ground with the feet before the muscles involved (as well as the connective tissue around the knee) have been strengthened. It was several weeks

before I really could plant my heels and pull back with the knees locked.

One of the difficult problems in taking up walking is footwear, or the lack of it. *Shoes for Runners* lists the requirements for a walking shoe as follows: (1) "a heel that will stand up to . . . slamming action," (2) "support around the back," (3) "a low yet solid heel," (4) "it (the heel) should be angled somewhat." I agree with the first three criteria, but the heel, for me, need not be angled for a shoe to be effective.

Running shoes tend to have soles that are too pliable for walking. I tried Nike Cortez training flats and found them too spongy. And they gave little lateral support to the heel, a critical spot in walking foot placement. Adidas SL-72s gave more support to the heel but suffered from the same problem many training flats have when a walker uses them—You feel like you're falling off a small hill with every step because of the elevated heel wedge.

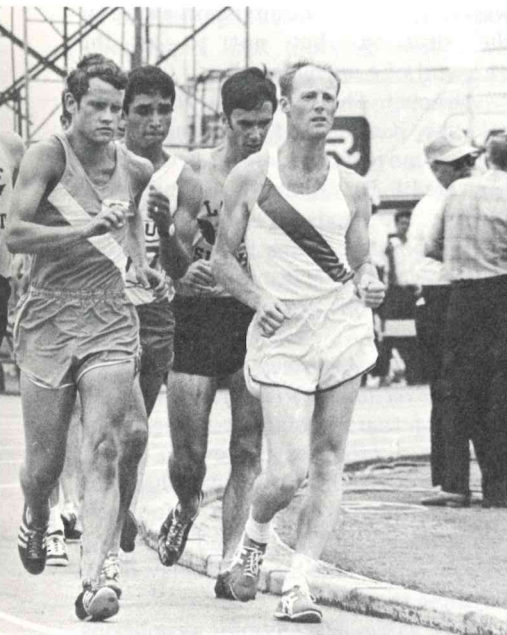
Such a wedge is needed for its cushioning effect and assistance in the push off in running, but it interferes with a walker's heel plant prior to the pulling action of the straightened leg. I've measured my stride lengths using the Cortez and SL-72 and found that they are shorter than with a lower-wedged shoe.

The Brooks Drake has a thin, comparatively inflexible heel wedge with a rigid, stable counter. It really wasn't suited for my way of running. But in the first few miles after I switched to walking, I realized that that style of shoe was quite acceptable for this action.

Other shoes I've seen being used for walking are New Balance Trackster III and Interval 3:05, Tiger Jayhawk and Puma 9190. New Balance makes shoes in widths but the tops of the counters cut into my achilles tendons even though the shoe appeared to be somewhat padded. Pumas, with a bit lower heel wedge than SL-72, tend to be wider than any other shoe I've tried. I haven't been able to test the Tigers. Adidas advertises that its "Marathon" style is usable for race walking, and the pictures of the shoe show a low heel wedge. But this style is also unavailable locally so I have not been able to check it first-hand.

I haven't shaken the world of amateur athletics since switching from running to walking. I have, though, been able to stay in condition without less unnecessary pain, to compete, to test myself physically, to know I am an endurance athlete and experience all the good that goes with it. ●

by Bob Jordan



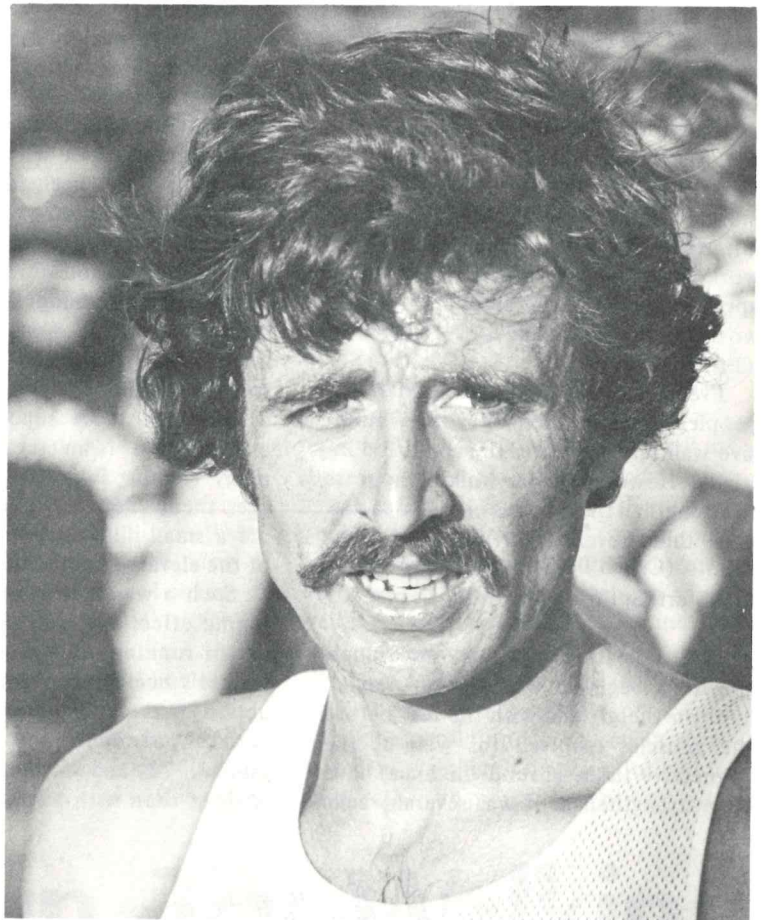
Photos by Jeff Johnson (above)  
Wayne Glusker (right)



Glusker

by Dave Prokop

## Frank Shorter



Jeff Johnson photo

"He isn't interested in running at Montreal."

"He will run, but won't try to repeat the marathon."

"He wants to double, but he's about to lose his amateur standing."

We've heard all of these rumors about Frank Shorter in recent months, so before moving into the interview proper, we should deal with them one at a time. Frank dismisses the first two with single, blunt sentences:

"I want to run again at Montreal," he says, putting an end to speculation that at age 28 his interest in running is waning and that he's anxious to spend full-time establishing his law career.

This fall, a club newsletter reported that Shorter might forget the marathon and concentrate on the 10,000 meters—an event in which he had the world's second fastest time last year.

"No," he says, "I never said that." He implies in this interview that the marathon is "his" event, and that the track races are diversions to keep him interested in his long training.

The third rumor—the one dealing with his amateur status—is more serious and can't be dismissed so easily. Shorter, it seems, broke an unwritten rule of amateur athletics while testifying before the President's Commission on Olympic Sports. That is, "We all know the athletes are taking money under the table. But under no circumstances is anyone to rock the boat by talking about it."

Frank talked openly about money he had seen move from promoters' hands to runners' pockets, including his own. He said, "I've looked at the 25 rules (on amateurism), and they can get any one of us if they want to. We are all professionals."

The IAAF, ruling body for international track, is investigating Shorter for his statement. Through mid-November, however, no action had been taken—and it appears unlikely any move will be made to bar the Olympic marathon champion. The amateur system is on shaky enough ground as it is without making a martyr of Shorter.

"I was just saying what is common

knowledge," Frank notes. "My object was to make the Commission aware of the situation, but not to be the vanguard of a movement."

Although Shorter would decline the role, he has been at the vanguard of another movement in recent years. If we can credit Dr. Kenneth Cooper with starting thousands of people running, we can point to Frank Shorter's victory at Munich as the inspiration for hundreds of people who now race marathons.

Strange as it may seem, though, we've never talked with Frank about his views of marathoning in general, and how he approaches the event. Twice, *RW* has carried interviews with him. But the first (March '73) came before he'd run a marathon. The second (Nov. '72) was merely a mile-by-mile replay of his Olympic race.

Now as the new Olympic year begins, Shorter is running better than ever, and is going for the double which only one other man—the legendary Abebe Bikila—has accomplished. These are



Frank's thoughts with Montreal only a winter and spring away.

**RW:** You were a very successful track runner in the late 1960s and early 70s. How was it that you turned to the marathon?

**Shorter:** I just decided to give it a try because I'd always run well over longer distances. I always enjoyed training very long, and all the way through school I was always the one who ran the longest event. So it seemed natural to give it (the marathon) a go.

It turned out that I ran all right. The first one (AAU championship, 1971) didn't go that well. But I had this feeling after I finished second in that one that I was really going to do a lot better the next time I ran.

**RW:** The public equates the marathon with something really strenuous and excruciating. Did the concept of running 26 miles cause you any concern before you first did it?

**Shorter:** Yeah, because I'd never run that far before—and I (still) never run that far in training. It bothered me, because I wasn't really sure I could go that far. But once I did it, I knew how I had to go about training for it. Everything fell into place, and I felt very comfortable with the distance. I think mostly it was mental—knowing that mentally I could get myself through it.

**RW:** What is it like running the marathon—for you? You make running seem so easy?

**Shorter:** Well, the first one was kind of interesting, because I was just experimenting. I kept thinking what it was going to be like once I started going beyond the (longest) distance I'd ever run. Once I did, I found out that it really is a strange feeling of having everything drained out of me and having to push myself very hard mentally.

I think that's precisely what it is. Everything sort of leaves. You can almost feel it draining away—"it" being a sort of all-inclusive term for strength and speed and awareness. You begin to get a little fuzzy, and you're trying to push yourself to keep going. That's about all it is. It's a battle to maintain a certain effort and pace.

**RW:** How is that different—or is it—from running a very hard 10,000 meters?

**Shorter:** You have to think about it a lot more in the marathon. You slow down so much that you can actually make yourself run a little faster by using your mind to push yourself. Whereas in

the 10,000, if you're training for it, you're just going to run it as fast as you can the whole way. You can't sit there and say to yourself, "Okay, now, I want to run a 65-second lap," and do it. It's more like your body is doing what it was trained to do, and your mind isn't that important a factor.

I feel much more in control of the race itself in the marathon than I do when I'm running the 10,000, because in the 10,000 you just go all-out the whole way if you run it right.

**RW:** What about the whole area of fatigue, or the discomfort factor? How would you compare those two races in that respect?

**Shorter:** It's different. In the marathon, it comes on much more slowly. It comes on and stays with you for six or seven or eight miles . . . that old feeling that everybody says you get. Whereas in the 10,000 you maybe get it for one or two or three laps, and that's all.

**Shorter:** It's like a lot of races. You can actually suffer a little bit more going slowly than when you're going really fast. A faster marathon might even be easier than a slow one, in terms of what it takes out of you mentally. I know some track races when you're really going at a hard, fast pace, you feel much better than you do when you're slogging around and everybody is sort of looking at each other.

**RW:** Could you briefly outline how you approach a marathon—how you prepare for it mentally?

**Shorter:** I don't think about it that much. I just go into it and try to be as mentally prepared as I can, and run as hard as I can the whole way. It's a basic race. I don't think there are a helluva lot of tactics involved. You just go out and run like crazy. That's all there is to it. And if you run hard enough (and fast enough), you win.

That's why I like it. They shoot the



*"You can actually suffer a little bit more going slowly than when you're going really fast. A faster marathon might even be easier than a slow one, in terms of what it takes out of you mentally . . ." (Jeff Johnson photo)*

That's infinitesimal, really, compared to the amount of time you have to deal with it in the marathon.

**RW:** It's said that there's no such thing as an "easy" marathon. It's a matter of degree of pain. I'm interested in your reaction to this.

gun, and the guy that gets there first wins, and it really doesn't matter who else is in the race. That's more the mentality of the marathoner than the tactician who's going to stick on somebody's shoulder, and keep poking his elbow and knocking him off-stride and kicking his heels.

**RW:** You make holding on to the pace sound as if it's no big deal for you.

**Shorter:** I just figure that's what you're trained for, and that's what you have to be prepared to do. And again, that's the mental part. Either you're go-

of have that kind of attitude, and this is not my philosophy. Hell, anybody who goes out and trains for two months can probably run a marathon.

**RW:** I know you make your racing look easy, but a heck of a lot of hard

**RW:** Could you give a brief outline of your training?

**Shorter:** I run intervals three times a week, long once a week, and that's about it. And I don't really vary it much. I go like that about all the time, and I just vary the number and the speed and the recovery of the intervals. It's a very simple theory. I don't go on a season. I don't have build-ups and cross-country seasons and winter seasons and speed seasons. Maybe it's to my detriment, but it seems that I function best when I do it this way . . . all the time.

**RW:** I know you run seven miles or so every morning. And you've said you run interval work three times a week, and long distance once. What about the other afternoon workouts?

**Shorter:** That leaves three days. (I count a race day as one of the interval days.) I run however I want (on the easy days). Some days, I run a really hard distance run up a mountain or something, but other days I may do nothing.

**RW:** Some people say that the increased number of runners in this country accounted in some way for the fact that you and the other Americans did so well in the marathon at Munich. What's your response to this?

**Shorter:** The other guys, Kenny Moore and Jack Bachelier, had been running for years. I think their motivation was self-inflicted, if you want to put it that way. They'd decided a long time ago that's what they wanted to do. I think Jack went into the marathon because he couldn't make the 10,000-meter team. Kenny is very cool and calculating. He'd probably been working toward this since about 1965. So he'd been going for it for seven years. I don't think we can equate it with any kind of mass movement, because we're all individuals and it is such an individual event.

**RW:** Three and a half years have passed since you won at Munich. How do you reflect on this victory now?

**Shorter:** Whenever you win a big race, there's always a letdown. And actually, the race has diminished in importance right after you've won it. It's gone. That's what you did. Now you're going on to the next thing. Once you start dwelling on it, I think it's time to retire. You know, you're over a beer in the bar telling everybody what a great runner you used to be.

I really don't think about it anymore, because it's a performance. It's something you do, and then when it's done, it's over. ●



*"If there's any sacrifice involved, it's in doing the training every day as in any other sport. There's no secret. You just go out and do it all the time. I imagine there are a lot of people who, if they were to go out and do it all the time the way I do, might be better than I am . . ." (Johnson)*

ing to be able to do it or you're not. I've had points in some races where I haven't done it, others where I have. If you lie awake at night worrying about it, that's not going to do you any good.

**RW:** You've said, I believe, that you don't really consider yourself a "marathoner," but rather a good distance runner who happens to run the marathon. Does this pretty well sum up the way you feel?

**Shorter:** Yeah, it does. That's just the way I approach it. I couldn't do all that long, long kind of training if I didn't have the other kinds of competition to look forward to. I don't think I do quite as well at it (as at the marathon), but I sure try. And I think I'd become terribly bored if all I did was run marathons.

Also, some people have the idea that, "I run the marathon; you've never run one. Therefore, I'm better than you are." I think a lot of marathoners sort

work has gone into it. Just how much effort is it?

**Shorter:** It all depends on how you define "effort." I think the consistency (in training) is most important. I'm pretty good at training consistently, and consistently hard. I don't kill myself every day, but I go pretty near my limit. And I kind of play with the fine line, with how much I think I can do. I think I'm fairly good at testing myself in the workouts—not so much with the stopwatch, but just every day going out and doing it.

If there's any sacrifice involved, it's in doing the training every day as in any other sport. There's no secret. You just go out and do it all the time. I imagine there are a lot of people who, if they were to go out and do it all the time the way I do, might be better than I am. But maybe that's where I had the advantage. For some reason, I don't see it as that much of a burden to go out and train every day.

# Second Thoughts on the Pan-Ams

by Chuck Smead (with Don McMahon)



**R**unning people have a hard time believing Chuck Smead is for real. He almost had to force his way into the Pan-Am Marathon Trials, even after winning a regional qualifying race. He had to pay his own way to the Flagstaff Trial, where he finished second to Rick Rojas.

Some said Chuck wouldn't have made the Pan-Am team if the "big boys" had tried out, or if he hadn't lived the last two years at altitude. But the point is, Chuck did make the team while other runners were only making excuses.

Smead, a 24-year-old schoolteacher who set a high school marathon record in 1969, went to Mexico City as a second-stringer. Rojas was expected to win. Instead, Rick dropped out while Chuck finished a close second to Carlos Mendoza of Cuba (the times were 2:25:03 and 2:25:32).

Here are Smead's impressions of his Pan-American Games marathon.

I figured the two Mexicans, two Colombians, Tom Howard from Canada and Rick Rojas would be the people to beat. It didn't occur to me before the race that a Cuban might be a serious contender, since Cuba doesn't have high altitude or a strong tradition in marathoning.

Without a doubt, I was one of the strongest runners in Mexico City. I might not have been the fastest, but I

*Chuck Smead, training on his favorite mountain trails.*

certainly thought I would be able to keep going when others were dropping off the pace.

I'm stronger than most, I think, because of the way I train. A lot of people thought I was crazy for running a 15-kilometer race in Littleton, Colo., one day, then attempting Pike's Peak the next (only three weeks before the Pan-Am Trial). I didn't win at either race, but those two runs plus a couple of others a week later cinched me a spot on the Games team.

I've been known to criticize our national officials for problems I and other athletes have had with them. But now I should give credit where it's due. I can't say enough about the Pan-Am coaching and managerial staff. They were super, and really knew the needs of distance men. They would do anything for us. I would recommend the same men (Rich Hollander, Roy Griak, Joe Vigil, Frank Sabasteanski, William Bennett and Orville Gregory) for the 1976 Olympic team.

It was widely reported in this country that the US team was booed, spat upon and in general treated rather poorly at the Games. But I think the press blew it way out of proportion. A small, well-organized group composed

mostly of Cubans did all the trouble-making. The Mexican people and officials generally were very nice to us.

We were housed in a village similar to an Olympic Village. The meals and beds were just fine. Travel arrangements were first-class. Oh, there were a few foul-ups but those are to be expected with an event this size.

We were all supposed to live together like a bunch of high school boys, and not worry about women. However, most of us who are married made unofficial arrangements to see our wives.

My wife Carol gets very excited about my running. In fact, she's my coach—the best coach in the world! Since the field was so strong for the marathon, we were merely looking for a place in the top three. Carol was so nervous she couldn't watch the race.

Tom Howard took the lead at the start, and I followed. We had 200 meters on the field after five kilometers and 250 meters at 10. I felt pretty good. But after that, every time I stopped at an aid station Howard would gain 30-50 meters on me. I've got to practice drinking on the run more often.

I should mention that it was a warm, sunny day. I wore my old Humboldt State top instead of the national uniform in the race. I got some flak for this, as some people thought I was making a protest. Actually, the USA uniforms were well made and attractive, but too heavy. I needed all the ventilation I could get, and the Humboldt top was more conducive to running marathons.

I began hurting at 17 miles, and the Cuban (Mendoza) caught and passed me. We went past Howard a mile later. I finally got to feeling stronger in the last five miles, and was closing the gap rapidly by the end of the race. Another few laps on the track and I would have caught Mendoza. But Howard was also only 14 seconds behind me.

Rick Rojas actually was the fastest runner there, but he couldn't get it together at the right time. He dropped out at 25 kilometers.

Some of Rick's workouts had been unbelievable. For example, one day he ran a two-mile time trial with the track men and blew them all off the track with an 8:48—at Mexico City's 7500-foot elevation. Rick has to be considered a top contender for the 10,000-meter team in Montreal this summer.

It's kind of funny. Of the runners in the three longest races, Ted Castaneda (5000m) and I looked the worst in practice. Yet we were the ones who picked up the silver medals and almost won. ●

# City Series

by Wolf Bronet and David Abugov

## Montreal



Ah Montreal, gastronomic capital of North America. Montreal, with its three-island EXPO '67 World's Fair, its bicultural *savoir-faire*, its mountain in the middle of town. Montreal, host for the fast-approaching 1976 Summer Olympics.

The city offers terrain enough to satisfy any discriminating runner. Emphasis must be directed to the Downtown city-center area, which encompasses most of the major Olympic arenas and Village. This is for the benefit of the millions of visitors who will be flooding in to occupy hundreds of thousands of hotel, motel and private rooms available during the Games. However, all points

*The McGill University area of Montreal, through which the Olympic Marathon will run.*

in Montreal supply "the galloping gourmet" with a well-balanced diet of indoor/outdoor tracks, nature paths, paved and gravel roads.

Mount Royal serves as the focal point for running activity, throughout the year. On or at the base of its slopes are all major hotels; the city Y's; Montreal, Quebec, Concordia and McGill Universities.

Mount Royal is perfect for short, middle and long distance runs. By in-

cluding the streets immediately surrounding the mountain, routes can be charted for 10 miles or more. The Montreal public has been well conditioned to road runners. They are gentle and courteous behind the wheel. Caution need only be taken with approaching out-of-town license plates.

The mountain has dozens of cross-country trails weaving a loose network over its surface. Popular with local fitness buffs are the packed dirt roads, where horse and buggy pull tourists about and all motorized vehicles are strictly forbidden.

The paved road cutting through the mountain is known as Camilien Houde

Boulevard. Rising sharply from Park Avenue to the summit, it changes here to Remembrance Road. This route continues alongside Mount Royal Cemetery, where miles of open grass fields offer true peace and sanctity.

Several runs on Mount Royal have been labelled for easy identification by Montreal's largest and oldest fun-run group, the UM-UWHA Wolfpack. "The Bread and Butter Run" is a five-miler, starting from Beaver Lake, down to the Monument on Park Avenue, around and back again to the lake.

"The Houde," a climb of about 400 vertical feet along Camilien Houde for 1¼ miles, has served as strong medicine for those in training for the Boston Marathon.

A most beautiful paved and cross-country route is "The Belevedere—starting at Beaver Lake, down Remembrance Road, across Cote des Neiges, up Belvedere, around Summit Crescent and Surrey Gardens and finally past Westmount Lookout, which affords a Swiss Alps-like panoramic view of the French Canadian metropolis.

The "Sherbrooke Street Run" takes you from the Y (located at 5500 Westbury Ave.) down Decarie Boulevard to Sherbrooke Street, east on Sherbrooke to Pie IX Boulevard and right to the

Olympic Village doorstep. Back again to the Y and you've kindled 17 miles worth of calories.

For those at Olympic Park, the adjacent City Botanical Gardens serve up some pretty paths for the jogging horticulturalist.

The mountain is the city's natural sanctuary for small animal wildlife and other wild runners of the forest. In winter, snow blankets and moonlight turn Beaver Lake into a white dream. The city packs all trails properly after each fresh fall, so that local runners can treat their aching shin splints and achilles tendons to nature's own carpet.

St. Helen's Island, just off the city Island Proper, is the site of the EXPO '67 World's Fair Exhibition. The Fair, now under the name "Man & His World," will once again be operating this summer. The major part of the island serves the visitor as a natural park, with fine restaurants, trails and historic fortifications tucked into surroundings. Whether running along the shores of the

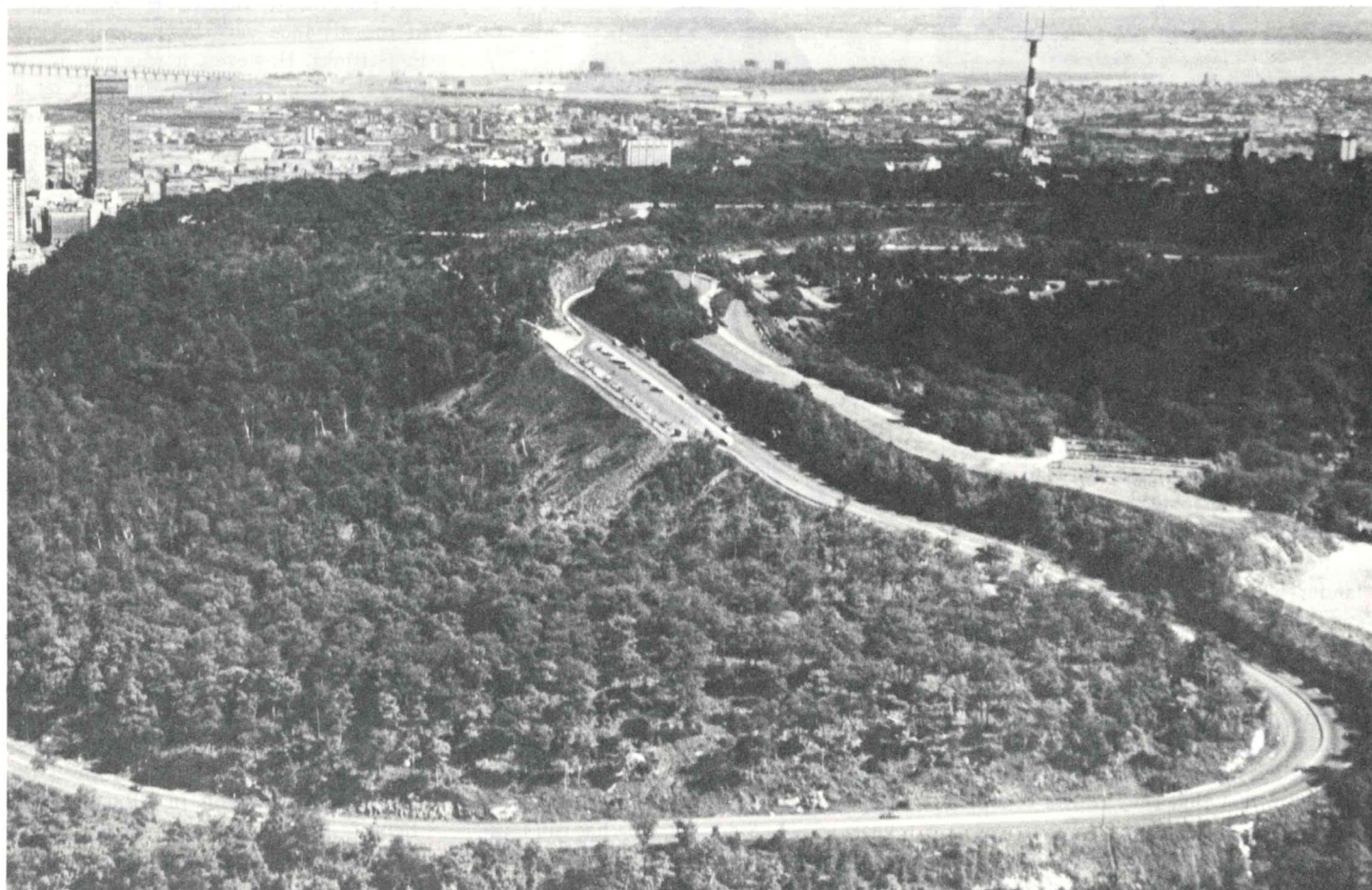
mighty St. Lawrence River or rustling through the Island forests, the isolation and clear air reinforces inner peace and cleanses the soul.

Each spring, the Montreal Marathon is held, under the organization of "L'association des coureurs surs route amateur du Quebec." President Michel Rose has certified a route which demands skill, courage and thick blood (for the icy spring winds blowing off the river). Running along Gouin Boulevard and Riviere des Prairies to Henri Bourassa and back to Gouin and the start, the 13.1-mile circuit is completed twice.

The proposed Olympic Marathon remains well marked with a six-inch-wide blue line from start to finish. It runs through McGill University along Park Avenue and Sherbrooke to the Olympic Village.

When in Montreal, call us. There is a run every day of the year, from 1-20 miles. Contact the Wolfpack at 735-6551, or Wolf Bronet at 288-9189). ●

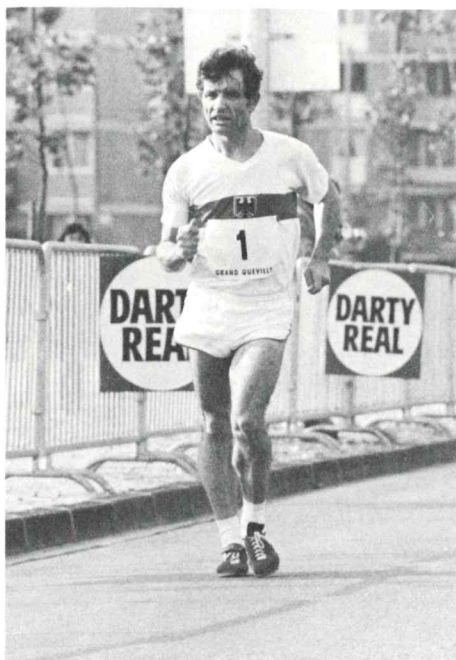
*"Mount Royal serves as the focal point for running activity throughout the year. On or at the base of its slopes are all major hotels; the city Y's; Montreal, Quebec, Concordia and McGill Universities."*



# Looking at People

● Imagine a runner breaking the world record for a half-mile—en route to a record-breaking mile. Now multiply those distances by 100 and you can appreciate **Cavin Woodward's** recent feat.

Woodward, of Britain, became the first runner to average sub-six-minute miles for 50 miles—running 4:58:33. Then he continued for another 50. The pace slowed dramatically, to be sure. He averaged just under eight minutes the rest of the way, but still set a 100-mile mark of 11:38:54.



*Gerhard Weidner (Wayne Glusker)*

● Although **Jack Foster** was voted "Athlete of the Year" among over-40-year-olds, that honor just as well could have gone to **Gerhard Weidner**. The 42-year-old West German finished second in the Lugano Cup 50-kilometer walk, the world championship of the sport. He recently lost his world "50" record to **Bernd Kannenberg**.

Foster, of course, is the New Zealander who ran a 2:16 marathon in '75.

● Tucked in among the memorabilia at the Prudential Bicentennial Pavilion in Boston are two pairs of dirt-stained thoroughly-worn Tiger shoes belonging to **Larry and Sara Mae Berman**. The shoestrings are tied together, symbolizing the fact that they've run together for 20 years.

She says, "In the beginning, I ran to make a point. Larry convinced me that

this was an incentive for other women to run. He has an uncanny sense of being ahead of his time. I've made that point, and now I'm working to do it better."

● **Jennifer Amyx** of Woodsboro, Md., is now the youngest girl ever to finish a marathon. At age five, she ran 4:56:00—two full hours faster than the record for boys her age.

● **Barbara Barnes**, 47, recently ran down the Grand Canyon's Bright Angel Trail and back up again in 2:50. Park Rangers said this is the fastest ever for a woman. The average hiker makes the nine-mile round trip in 6-8 hours.

● The Los Angeles-based **Whittaker Corporation** has received a \$19 million contract from the Saudi Arabian government to upgrade that country's sports program. Whittaker signed **Atis "Pete" Petersons**, a highly-respected West Coast club coach (formerly with the Southern California Striders and Club West) to work with the Saudi runners.



*Pete Petersons*

**Berny Wagner**, successful Oregon State coach, has left his school to train athletes in the Middle East.

● **Bill Hargus** of San Diego began running in the 1960s after suffering a heart attack. Since then, he has run hundreds of races. Not only did he develop into a sub-three-hour marathoner, but

he converted his family to running (son **David** and wife **Cathy** have held age-group records) and was active in local and national running organizations. **Bill** died in October at 53, apparently as a result of his long-standing heart problem.



*Ian Thompson (Mark Shearman)*

● **Ian Thompson's** fifth marathon was his slowest. He won (he hasn't lost at the distance yet), but ran only 2:24 in Helsinki. However, it was one of his proudest days. His wife **Margaret** set a British women's record of 3:07. She was running at 2:53 pace before a cramp struck her at 18 miles.

● **John Ravage** reports in *Yankee* magazine, "Sports writers around Boston will try to tell you that the Boston Marathon is the oldest race in the United States. Don't you believe it."

"In 1891, six years before those 15 johnny-come-latelies gathered in Ashland, 143 men from 28 states and 13 countries started the first Bemis Pie Race on the Mt. Hermon (prep school) campus in Northfield, Mass. . . . Their successors have been at it ever since."

Mt. Hermon happens to be **Frank Shorter's** old school. Ravage says Frank showed up at the race in the fall of 1967 "just as the starter was raising his gun." The start was delayed while Shorter changed clothes. He won and set a record for the six-mile course.

● If you read the fine print in this magazine, you might have noticed the name **Larry Damon** in "Racing High-lights." He won the over-40 race at the Springbank International, and then the National AAU Masters Cross-Country.

We went to the book *Training for Nordic Skiing* to learn of his background: "I have competed on four US Olympic teams in cross-country skiing," he writes. "I have raced on foot at all distances from the half-mile to the marathon, with 10th place in the 1962 Boston Marathon as the high point of my career.

"At present, I can average five minutes per mile over five miles as a foot runner. As a cross-country skier, I am limited to tour racing since I am now a professional instructor (at the Trapp Family Lodge, Stowe, Vt.). However, I still feel I am close to my Olympic form."



*Harry Cordellos (left) and Pete Strudwick. (Earl Benton)*

● Spectators at the Charleston 15-mile race had an unusual treat as they watched **Harry Cordellos** and **Pete Strudwick** run the distance together.

Cordellos, from San Francisco, is blind, and Southern Californian Strudwick was born without feet. Pete guided Harry through the race—and Harry backed off from his usual pace to run with his friend.

Both are veteran marathoners, Cordellos having run 2:57.

● A year ago, **David Merrick** was so hobbled by a knee injury that he could

only watch the cross-country season go by. His search for the right doctor led him to **George Sheehan**, and away from the surgery which had been suggested.

"I thought Dr. Sheehan was nuts at first," the University of Pennsylvania student said. "I thought he was some quack. Here my knees are swollen, and he's looking at my feet."

Merrick was sent to New York podiatrist **Dr. Richard Schuster**, who fitted Dave with foot supports. With his foot-plant realigned, the knee pain disappeared. This fall, Merrick won the IC4A Cross-Country Championship in record time.

● Great runners have a strange affinity for the stinky, traffic-clogged Bayshore Freeway near San Francisco International Airport. Once, **Ben Jipcho** was hauled off the highway by police. Recently, **Bill Rodgers** was seen there, exposing his legs and lungs to thousands of cars.

Rodgers was on the ground briefly during his flight to Fukuoka, Japan, for a marathon. (This issue went to press before results of that famous race were in.) He'll go back to Japan in February for a 30-kilometer run—a trip now being given each year to the winner of the Boston Marathon.

Finally, Rodgers was the long distance running nominee for the Sullivan Award, given annually to the country's leading amateur athlete.

● Possibly you've read the incredible tale of the University of North Carolina professor, **Dr. Robert Ramsey**, who was arrested for running on his school's track during a "closed" football practice session.

Ramsey says, "The coach told me I'd have to get off the field. I ran another lap, and a security officer grabbed my arm and told me I'd have to leave. I told them they'd have to arrest me before I'd leave, and they did."

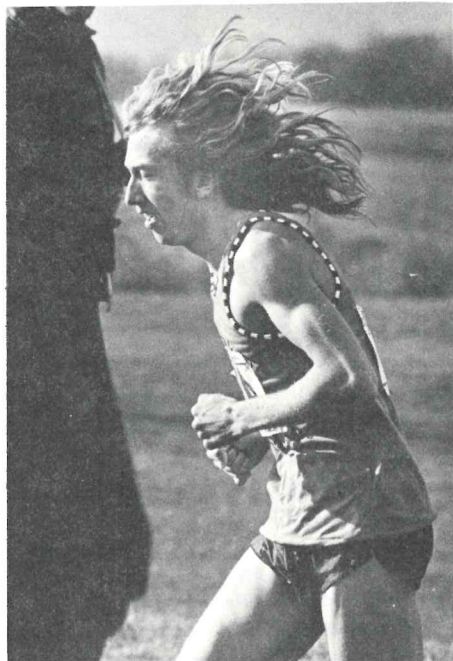
The professor was charged with resisting, delaying and obstructing a public officer. But the university later asked that charges be dropped.

Ramsey is still somewhat disturbed by the incident. "My reputation has been damaged," he says. "I'm a big State fan. I'm glad we have a good football team. But there's a certain price I won't pay for that team."

● Someone in Albany, N.Y., doesn't like runners, or at least doesn't care for **Steven Barton**. Barton writes:

"I used to get up early (around 4 a.m.) to run my six miles. Somebody

along my route didn't like that, so he decided to harass me. Whoever it was put up a trip wire three times. He threw a heavy wad of wire into my front window. He also tried to run me over. We called the police, but there isn't much they can do. So I have been forced to cut my distance down to two miles and go out later."



*Nick Rose (Dave Repp)*

● **Nick Rose**, long-haired, British-born NCAA cross-country champion (in 1974; he was runner-up this fall) from Western Kentucky University is now "Col. Rose." Kentucky, which honors its distinguished residents this way, has given him a commission.

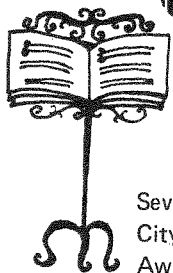
● A Los Angeles TV station promotes a "Sports Fantasy" show in which viewers live out their fantasies on the air.

**Dick Wager-Smith** told the show's host, "I'd like to prove that an aging, balding 45-year-old can beat **Francie Larrieu** in a quarter-mile run." Francie wasn't available, but a sprinter from UCLA's women's team took the challenge.

**Al Sheehan** writes, "With the television cameras grinding, Wager-Smith preceded to singlehandedly advance the cause of women's lib. Normally a 59-second quarter-miler, he picked this occasion to run 63—while his opponent, who went by Dick so fast that he still doesn't know her name, breezed home in 57."

Would he race the woman again? "Sure I would. Maybe I could beat her two out of three." ●

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# Technical Tips

Answering the needs of our readers.

## BENDING SOLES

**Q:** Two categories in your rating of running flats ("Special Shoe Supplement," Oct. '75) are sole flexibility and sole cushioning. But it seems to me that the two work against each other. If a shoe is thick under the ball of the foot, it is inflexible. If it is thin there, it lacks cushioning. Is there a shoe which has the best of both? (H.J., Illinois)

**A:** Probably not. You'll have to strike a compromise between the two factors, depending on your needs. However, if you're game to try something radical, here's a suggestion from Dr. Harry Hlavac, a running podiatrist.

Hlavac has always found the Nike Cortezes-Kenyas-Finlands and Tiger Corsairs-Montreals to be too stiff in the soles. He thinks the stiffness may aggravate shin, achilles tendon and calf problems. A scale showed it took 20-25 pounds of force to bend these shoes, compared to half that much for thinner soled models. Yet he liked the cushioning of these Tigers and Nikes.

So he sliced across the soles at the widest point (under the ball of the foot) with a hacksaw, cutting through the first layer of rubber. Then he made one or two more cuts on either side of the original—each about an inch apart.

Harry again tested the bend on the scale. It was now 10 pounds.

## FASTER OR LONGER?

**Q:** In *The New Aerobics*, Dr. Kenneth Cooper discusses the value of the Aerobic point system. He relates an experience he had in measuring the fitness of two men of equal age and size who apparently ran an equal distance per week. But in measuring the physical fitness of these men on the treadmill, the doctor was surprised to discover that one man was in excellent but the other barely passed the test. The difference was that the first man ran his two miles (five times a week) in 13:30-14:00. The second did the same, but in a time over 20:00.

Cooper concludes by saying, "You achieve a greater training effect if you put more effort into your exercise. Consequently, the point system was developed so that I knew exactly how

much effort was being expended. For example, if you ran a mile in 11:30, you can earn three points. Run the mile in 8:30 and you earn four points."

Yet I often read in your magazine that a person should not worry about speed—just concentrate on getting in the distance. What is the basis for this reasoning which seems to conflict with Cooper's advice? (D.M., California)

**A:** Dr. Cooper is absolutely right in what he says . . . as far as he goes. When the distance of the run is the same, the faster runner gets more aerobic benefits than the slower one.

But it's the feeling of many distance running authorities that you're better off in the long run to *increase distance* rather than worrying about pace. There are two reasons for this: (1) pace increases naturally as you get in better shape, and (2) low distance at faster and faster speed is a dead-end.

The second point needs explaining. Say you're running a mile and a half a day, without any intention of ever increasing it. The most Aerobic points you can ever get for that, according to Cooper, is 10 per run. If that's all you're concerned about getting, fine.

But what if you want a lot more points than that? Or if you want to get your points with less strain? Look to the runner who goes 5-10 miles a day at a comfortable pace for your answer.

Theoretically, he can get more points, no matter how slow he goes, than the 1½-mile man can get at world-record speed.

The longer, slower runs are also thought to be safer and more psychologically pleasing. Or are they? Read on.

## MARATHON BUILDUP

**Q:** I would like to work up to 100 miles a week, but don't think my knees will allow me to do straight 14-milers day after day. My question, then, is this: For conditioning purposes, can I get the same benefits from running two seven-mile courses a day as from running a straight 14 miles? (D.E., California)

**A:** The best answer may be that you don't need to run 14 miles a day. Not yet, anyway. Not until your knees can comfortably handle half that much.



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Runner's World  
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# Technical Tips

Answering the needs of our readers.

## BENDING SOLES

**Q:** Two categories in your rating of running flats ("Special Shoe Supplement," Oct. '75) are sole flexibility and sole cushioning. But it seems to me that the two work against each other. If a shoe is thick under the ball of the foot, it is inflexible. If it is thin there, it lacks cushioning. Is there a shoe which has the best of both? (H.J., Illinois)

**A:** Probably not. You'll have to strike a compromise between the two factors, depending on your needs. However, if you're game to try something radical, here's a suggestion from Dr. Harry Hlavac, a running podiatrist.

Hlavac has always found the Nike Cortezes-Kenyas-Finlands and Tiger Corsairs-Montreals to be too stiff in the soles. He thinks the stiffness may aggravate shin, achilles tendon and calf problems. A scale showed it took 20-25 pounds of force to bend these shoes, compared to half that much for thinner soled models. Yet he liked the cushioning of these Tigers and Nikes.

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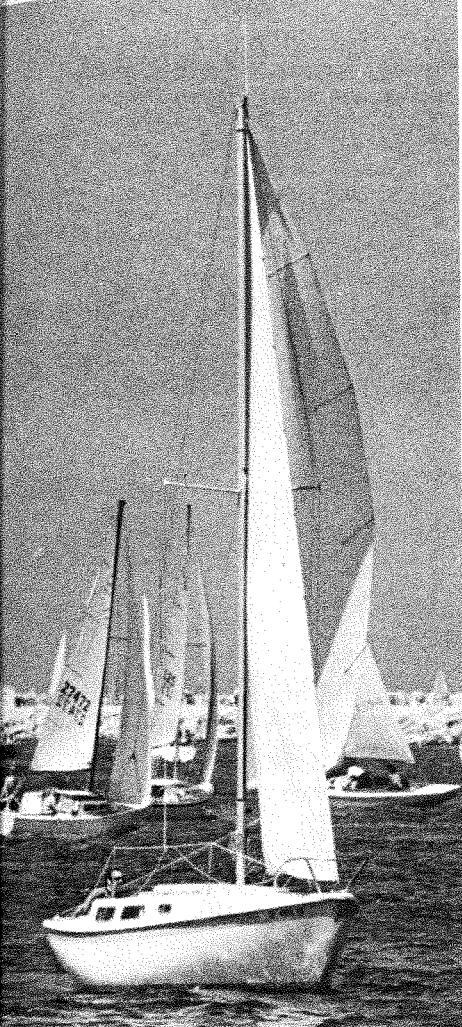
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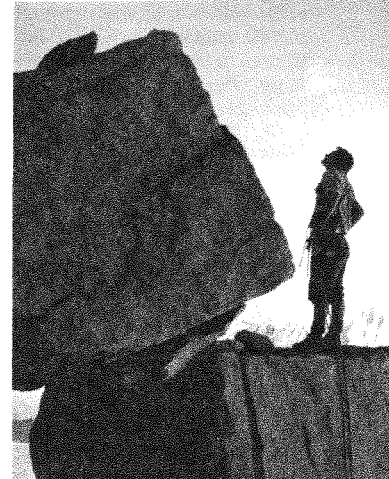
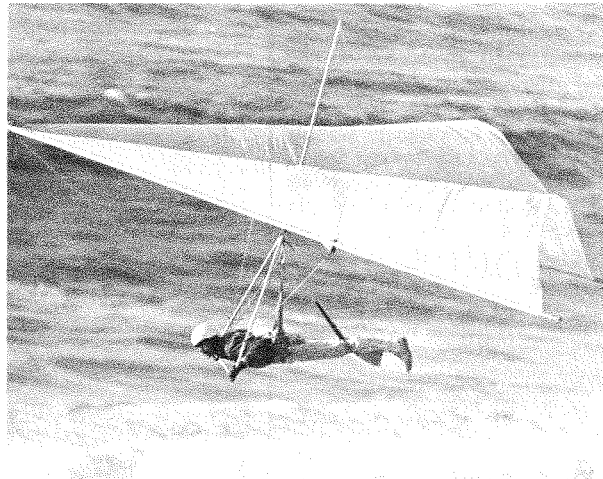
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# SportSource

Edited by Bob Anderson  
Runner's World Publisher



When you need sports information, where do you turn? To the sports page of the paper? Maybe—but not if you want to know something about tournament casting, luge or kite sailing. Now there is one place you can find information on those sports and many more—**SportSource**.

Chapter after chapter of sport information, ranging through the alphabet from abalone diving to logrolling to skydiving to yoga, will motivate you to actively pursue a sport of your own—whether it is a physical sport like handball or a mental sport like checkers.

But, **SportSource** isn't simply a catalog or directory, it is an information-packed volume that will help you discover many fascinating new worlds of sport. Even if you currently are involved in a sport, there is plenty to learn from this volume. Did you know a logroller is known as a birler, or that backgammon is over 5000 years old?

Each sport is introduced with basic information, leading into an essay written by a prominent participant in the sport. For example, Jocko Burks, a former Western Logrolling Champion, gives you further insight into logrolling, whetting your appetite to give logrolling a whirl. Al Unser, professional auto racer, offers some personal anecdotes on track auto racing to make the sport more appealing to the non-racer.

"For More Information," at the end of each sport's section, provides all the book, periodical and equipment source information you will need to learn more about the sport. Also, groups, associations and clubs are listed for you to contact when you are ready to become a sports participant.

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# Classifieds

January, 1976

## NIKE-TIGER SPORT SHOES —

The largest supply of Nikes at the lowest prices available in the Midwest. Immediate delivery on all orders. Write or call: Nike-Tiger Sport Shoes, 1203 E. Harding Dr., Urbana, IL 61801 (217) 367-0808.

## SPEND EASTER IN HAWAII—

3rd Hawaii Masters International Track Meet, April 15-17, 5 year age groups from 30, standard events on tartan field, 15 km road race on Easter Morning around rim of Pearl Harbor. For details send self-addressed stamped envelope to Harold Chapson, 1350 Ala Moana Blvd., No. 1308, Honolulu, HI 96814.

## THIRD OLYMPIAD MEMORIAL MARATHON—

Feb. 29, 1976, St. Louis, MO. Good opportunity to qualify for Boston. For details, see December *Runner's World* ad or contact: Jerry Kokesh, 116-E Mesa Verde, Manchester, MO 63011.

## RUNNERS MEDICAL LECTURE

and "Fun Run" sponsored by the Alameda County Heart Association. February 15, 1976. Lecture 8:30—10:30 a.m., race 11:00 a.m., 5K or 10K, around Lake Merritt in Oakland, CA. Donations for Lecture and Race: Adults \$10.00; Students \$5.00; Race only \$3.00. T-shirts to all finishers. For entry call (415) 632-9606.

NEW BALANCE—3:05 \$19.95  
2:05 \$17.95, Competition \$14.50,

Tracksters \$22.95. ERG \$13.00 case. Shaklee products 20-40% off. No shipping. Bauman's, 8308 Terrace, Seminole, FL 33542.

## STRETCHING—

by Bob Anderson. A fully-illustrated book about static stretching with stretching routines for running, plus a section on developmental exercises. Paperback, 183 pages, \$6.50 plus 50c for postage and handling (Colorado tax-22c) to: Stretching, P.O. Box 1002, Englewood, CO 80110.

## TIGER Jayhawk \$18.95; Montreal

'76 - \$20.95; Nairobi \$16.95; Nike Boston '73 - \$16.95. Clearance on Leather Tiger Corsair and Nike Cortez \$17.95 while they last. Sizes 6 - 12. Add \$1.25 postage one pair, plus 50 cents each additional pair. Team prices on request. Send self-addressed stamped envelope. Write: James Morris, The Jog Shop, 1203 E. Warren, Brownfield, TX 79316.

## TO DR. GEORGE SHEEHAN & DR. EMORY SZANTO—

Thanks for getting me back on "the road" to run. Milton Pataky, NYC.

## FIRST WOMEN'S MARATHON—

in London, England in April 1976. Full details: D. Billington, 10 Richmond Ave., Bedford, Middx, England.

## IN JACKSONVILLE FLORIDA—

the Turtle Club runs every Saturday at 7 AM, 1, 2, 4, 6, 8 miles. You choose. You run for your life

not against time. Meet behind the "Y" at 7 AM. For more information: call Stan Kantor, Bill Carroll, or Dick Kerekes.

## U.S. MASTERS INTERNATIONAL TRACK TEAM,

a non-profit corp., invites all male and female athletes over 30 to join. Receive bi-monthly Newsletter devoted exclusively to the Veteran athlete. Dues \$6.00/yr. Participate in inexpensive Jet Tours. 1976 schedule includes Hawaiian Masters in April, British Vets T&F Championships plus World Masters Marathon in August, and South African T&F Competitions in October. For details plus U.S. Masters and World Masters '75 results, send \$1.00 plus 40c postage (stamps) to D. Pain, 1951 Cable St., San Diego, CA 92107.

## CALL FOR ABSTRACTS

of scientific and medical papers for presentation on final day of New York Academy of Science Conference entitled: The Marathon: physiological, medical, epidemiological and psychological studies October 25-28, 1976, New York City (N.Y. Marathon is on Sunday, Oct. 24). For information contact Dr. Paul Milvy, Environmental Sciences Laboratory, Mount Sinai Hospital, 100th Street and 5th Avenue, New York, N.Y. 10029.

## \$250 REWARD:

to your school, running club, or YMCA. For assistance leading to satisfying service oriented "long run" employment opportunity. Interests: Outdoor recreation equipment—sales & service, Trust Department trainee, College-University staff assistant: personnel, purchasing, business

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## NIKE, TIGER, BROOKS SHOES—

Men's Brooks, 1-13, Women's Brooks, 4-10, Women's BC sizes. Nike 3-13. New women's training shoe & excellent men's. Nike, USA Track, Montreal 76 T-shirts. Information send self-addressed, stamped envelope: The Athlete's House, 1700 Portland Ave., Nashville, TN 37212.

## EASTERN 100-EVENT SCHEDULE—

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

## CLASSIFIED ADVERTISING

RATES—An effective and economical way to advertise equipment, training aids, and races. Over 30,000 runners read these ads each month. Rates: race notices 30c/word, \$7.50 minimum; general notices 40c/word, \$10.00 minimum. All ads must be paid in advance. Next issue for advertising: April '76. Closing date: Feb. 20, 1976. Contact: Mimi Kight Kirsch, Advertising Manager, P.O. Box 366, Mountain View, CA 94040.

# Marketplace

January, 1976

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See October issue, page 15.



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RATES, contact Mimi Kight Kirsch, Runner's World, Box 366, Mountain View, CA 94040. Deadline for April '76: Feb. 20 1976

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Send to: House of Lincoln, 7 NW Edgewood Dr., Corvallis, OR. 97330; 503-753-6286

Thomas—3:16:18 (Canada)  
527. Ralph Agone (60+) 4:02:34  
... 599. Martin Cavanaugh (78)  
4:50:35. (613 finished, 137 under  
3:00, 393 under 3:30, 522  
under 4:00; from Allen Gross)

#### RRC AGE-GROUP

Bronx, N.Y., Nov. 2: 1½-  
mile Boys race: 6-7—Peter  
Schwaswick 11:20; 8-9—Joe O'-  
Connor 9:31; 10-11—Wayne Wil-  
liams 8:55; 12-13—Mark Soltis  
8:30; 14-15—Ed Gallagher 8:15.  
Girls 6-7—TyImac Julian 12:13;  
8-9—David Jackson 9:35; 10-11  
—Kim Gallagher 9:29; 12-13—  
Tita Lewis 9:12; 14-15—Lynn  
Jennings 8:35.

Three-mile races: boys 16-17—  
Bob Heller 16:26; girls 16-17—  
Lalani Kelly 18:08; women's

an (39) 42:20; 2. D'Elia (45)  
43:01; 3. Constant (32) 46:03; 4.  
Pashkin (33) 52:07; 5. Henn (42)  
1:01:14.

## SOUTHEAST

Gary Fanelli reported on the  
classy International Rice Festival  
Marathon earlier in this issue. Re-  
sults are listed below. Other  
regional highlights were Bill  
Skiles' fast win in the Cades Cove  
10-mile (Smoky Mountain  
National Park, Nov. 16). He ran  
48:51 to beat Tom Carter by just  
eight seconds. Taylor Aultman  
won the traditional New Orleans  
Thanksgiving Day five-mile in  
24:10. Tom Douple (24:35) and  
John Mayfield (24:37) also aver-  
aged better than five-minute miles.

Bremser and Wes Mayer won the  
USTFF National women's and  
Master's titles. (See results be-  
low.)

In the Motor City Marathon  
(Detroit, Oct. 26), five runners  
broke 2:25; Bill Stewart  
(2:21:05), Don Anderson  
(2:22:58), Dike Stirrett (2:23:02),  
Pete Elliott (2:24:19) and Gary  
Rizzo (2:24:53).

#### USTFF WOMEN'S X-C

Kenosha, Wisc., Nov. 1: (3  
miles) 1. Cindy Bremser (Madison  
TC) 16:43; 2. Katy Schilly (Syrac-  
use Chargers) 16:49; 3. Kim Mer-  
ritt (UW Parkside) 17:08; 4.  
Cheryl Bridges (unat) 17:21; 5.  
Georgette Goonan (Iowa State)  
17:46; 6. Mary Ann Opalewski  
(unat) 17:47; 7. Lynn Morin  
(Madison TC) 17:52; 8. Brenda  
Webb (Wright State U) 17:56; 9.  
Mary Kunkel (Kirkwood TC)  
18:01; 10. Barb Brown (Iowa  
State) 18:06. Teams: 1. Iowa  
State 44; 2. Peoria Pacerettes  
57. Ages 14-16 (2 miles): 1. Dewi  
Olson (Herea AC) 11:51:2; 2.  
Peggy Fitzgerald 11:51.4. Ages  
11-13 (2 miles): 1. Heather  
Hearnes (Kirkwood TC) 11:38;  
2. Beth Huff (Michigammas)  
11:48. Ages 30-up (3 miles):  
Mary Czarapata 20:25; 2. Barbara  
Merry 25:48.

#### USTFF MASTERS X-C

Kenosha, Wisc., Nov. 1 (3  
miles): 1. Wes Mayer (unat)  
16:55; 2. Duane Holz (UWMTCC)  
17:01; 3. Al Brodzik (UCTC)  
17:08; 4. Henning Falkenstein  
(Ind. Striders) 17:09; 5. Roger  
Swank (unat) 17:29... Luke  
Steele (50+, UCTC) 18:53...  
Jack Bolton (60+, UCTC) 22:53.

Steve Serna (SW Mich) 25:00; 6.  
Phillip Rolle (Miami Dade S)  
25:06; 7. John Reedy (SW Mich)  
25:07; 8. Joe Franklin (Lake  
City) 25:13. 9. Bob Bostater  
(Jackson) 25:14; 10. Dennis Bar-  
ker (Golden Valley) 25:15.  
Teams: 1. Southwest Michigan  
39; 2. Central Arizona 62; 3. Alle-  
gheny 145. (231 finished).

#### AAU JUNIOR X-C

Bloomington, Ind., Nov. 9—  
(10,000m): 1. Dave Glidewell  
(Kettering) 33:30; 2. Jeff Spang-  
ler (Ind. U) 34:33; 3. Dave Lewis  
(Motor City) 34:35; 4. Dan Heik-  
kinen (Motor City) 34:52; 5.  
Tony Provenzola (Motor City)  
34:58; 6. Jim Kemplin (Kett)  
34:59; 7. Leo Turchyn (Ind. U)  
35:04; 8. Wayne Machala (EW)  
35:10; 9. Sam James (MC) 35:21;  
10. Tom Templey (Ind. U) 35:23.  
Teams: 1. Motor City 25; 2.  
Indiana U 38. (49 finished; from  
Steve Kearny).

#### NAIA CROSS-COUNTRY

Salina, Kans., Nov. 15: (5  
miles) 1. Boit (ENM) 24:23; 2.  
Brien (Marymount) 24:26; 3. Hall  
(Willamette) 25:01; 4. Conover  
(Pittsburg State) 25:07; 5. O'Con-  
nor (Angelo State) 25:12; 6.  
Korte (Loras) 25:20; 7. Gatson  
(NW Louisiana) 25:22; 8. Winger  
(Edinboro State) 25:23; 9.  
Hanson (La Crosse) 25:24; 10.  
Hendrickson (W. Va. Wesleyan)  
25:25. Teams: 1. Edinboro State  
97; 2. Eastern New Mexico 144;  
3. Fort Hays State 188. (368  
finished).

## SOUTHWEST

Olympian at 5000 meters and  
sub-four-minute miler Len Hilton  
stretched out his distance to 20  
kilometers and ran 1:04:16 to  
win the Gulf AAU championship  
(Houston, Nov. 1). In Oklahoma,  
Larry Aduddell nipped Randy  
Coburn, 1:22:24 to 1:22:45, in a  
15-miler (Oklahoma City, Oct.  
18). However, Aduddell lost to  
Nolan Grayson in Oklahoma  
City's first marathon (Nov. 15)  
Grayson ran 2:33:22.

## WEST

Jim Pearson ran the fastest 50-  
mile in US history while winning  
the national 50-mile champion-  
ship. He bettered by about 2½  
minutes the time run by Bob  
Deines five years ago. While Ray  
Menzie was winning the AAU  
Masters Marathon, Clive Davies  
was setting a world record for 60-  
year-olds with 2:47:46. (See re-  
sults below).

In other area events, Duncan  
Macdonald ran a fast 1:20:22 for  
25 kilometers (Honolulu, Nov.  
16), and Joe Skaja did 50:17 for  
10 miles on the track (Portland,  
Nov. 8).

(continued on page 60)



Dave Babiracki (9) narrowly beat Bill Rodgers (2) in the AAU  
20-kilometer. John Vitale was third. (James O'Brien)

open—Jan Merrill 16:31; men's  
open—Joe Siedlecki 15:10; mas-  
ters—Henry Kupczyk (42) 16:16  
... George Haller (51) 19:48.  
(3018 total entrants; from Kurt  
Steiner)

#### AAU MASTERS X-C

Bronx, N.Y., Nov. 15:  
(10,000m) Ages 40-49—1. Damon  
(41) 34:58; 2. Dyson (41) 35:47;  
3. Pflaging (43) 35:59; 4. Kand-  
schure (45) 36:06; 5. Vinnosky  
(45) 36:09; 6. Chiappetta  
(42) 36:23; 7. Fortier (42)  
36:49; 8. Menzie (41) 36:53; 9.  
Bamford (40) 36:65; 10. Hig-  
don (44) 36:56; 11. Fandetti  
(44) 36:57; 12. Bradley (42)  
36:59; 13. King (46) 37:00; 14.  
Tersago (40) 37:02; 15. Slocum  
(42) 37:06. Teams: 1. North  
Medford 44; 2. Hartford 51. (96  
finished, 43 under 40:00).

Ages 50-59—1. O'Neil (50)  
38:50; 2. McDonagh (51) 38:52;  
3. Dreher (54) 39:40; 4. Richard-  
son (55) 40:52; 5. Rodd (52)  
41:20. (21 finished, 11 under  
45:00). Ages 60-up—1. Wall (52)  
42:05; 2. Taylor (61) 45:31; 3.  
Westerholm (61) 52:46; 4. D'Elia  
(67) 54:40; 5. Lacey (65) 54:56.  
Women (ages 30-up)—1. Buchan-

#### RICE FESTIVAL MARATHON

Crowley, La., Oct. 18: 1.  
Barry Brown (31) 2:16:43; 2.  
Terry Ziegler (26) 2:17:23; 3.  
Bob Busby (26) 2:18:40; 4. Dan  
Cloeter (23) and Bill Haviland  
2:19:32; 6. John Dimick (26)  
2:19:51; 7. Ron Wayne (26)  
2:20:29; 8. Gary Fanelli (26)  
2:23:22; 9. Ham Amer (23)  
2:23:30; 10. John Cederholm  
(33) 2:24:27; 11. Don Kennedy  
(27) 2:24:57; 12. Ralph Thomas  
(39) 2:25:19; 13. Bill Bragg  
(26) 2:27:20; 14. Tom Hoffman  
(27) 2:29:19; 15. Ken Smith (23)  
2:29:55... Larry Fuselier (40)  
3:00:30; Charles Merkley (53)  
3:07:35; John Wall (62) 3:09:20;  
Dorothy Doolittle 2:51:22;  
Martha Klopfer (40) 3:11:50.  
(278 finished, 85 under 3:00, 173  
under 3:30; 273 under 4:00; from  
Charlie Atwood).

## MIDWEST

Kenyan half-miler Mike Boit  
won the NAIA Cross-Country  
Championship, Joe Ofsansky was  
the National Junior College  
winner, Dave Glidewell led the  
National AAU Juniors, Cindy



National Junior College  
champion Joe Ofsansky.

#### NATIONAL JUNIOR COLLEGE

Rochester, Minn., Nov. 8: (5  
miles) 1. Joe Ofsansky (SW Mich)  
24:26; 2. Art Redhair (Central  
Ariz) 24:28; 3. Robin Holland  
(Allegheny) 24:34; 4. Ruben  
Reyes (Central Ariz) 24:53; 5.

# Highlights

The changes in this month's "Highlights" may not please all of you. Not the hundreds of race directors throughout the country who think their events should have some publicity, not those of you who think we should publish more results, nor those who think we shouldn't include any.

But we feel the changes are needed for these reasons:

1. This never has been and never will be a "news" magazine. We could easily fill each issue with meet stories and results, but choose to limit this kind of reporting to a few pages while giving most of the attention to more practical and personal stories.

2. The number of distance races is growing at such a rate that we can't do much more than list the place, date, distance and winner within the available space.

3. Most readers seem to be interested in results from their areas, and they often have seen them already—in more detail—in local and regional publications.

4. Casual fans have had to dig

too hard to find the true highlights.

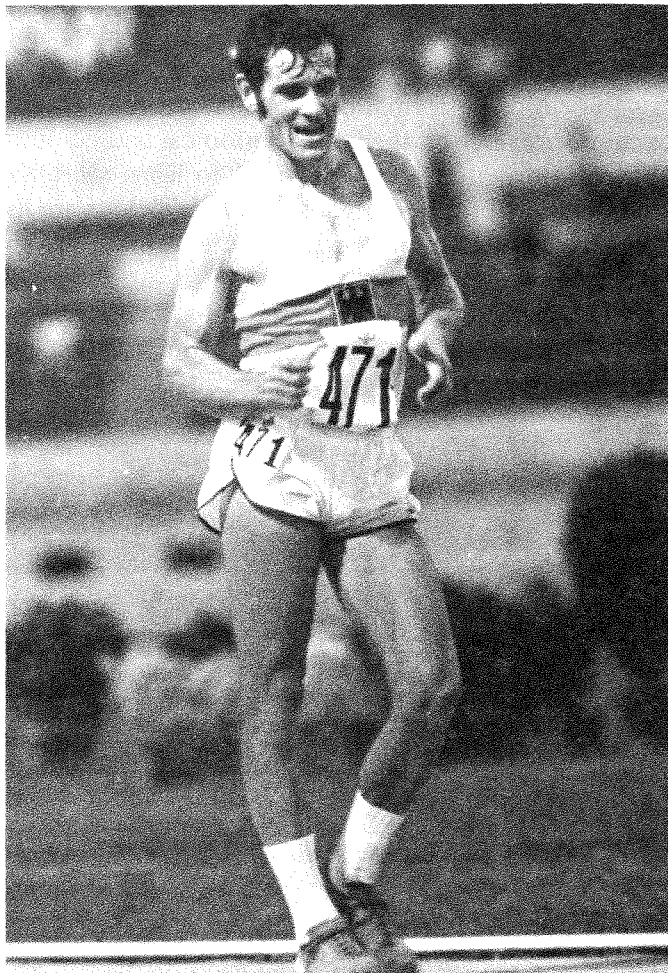
So here's how we'll treat this section from now on: Summarize the best results from each area in story form. List the results of major events (mostly national distance championships) in much more depth than before. Bring together the best times from around the country as statistical lists.

The lists will be compiled by Ken Young, for the standard distances five miles and above (5, 10, 15, 20, 30, 40, 50, and 100 miles; 10, 15, 20, 30, 40, 50, and 100 kilometers; marathon, half-marathon, hour and two-hour runs; 20- and 50-kilometer walks). Send results of all races to Young c/o RW, Box 366, Mountain View, CA 94040.

## RECORDS

Cavin Woodward's incredible double record—50 miles and 100 in the same race—was run Oct. 25

*Bernd Kannenberg set world records in the 30-mile and 50-kilometer walks. (Horst Muller photo)*



in England. His 50-mile time of 4:58:33 broke the record of 5:01:01, and his 11:38:54 at 100 miles easily bettered the old mark of 11:56:56.

West Germany's Bernd Kannenberg now holds five of the six internationally recognized walking records. He walked 30 miles in 3:48:23.4 and 50 kilometers in 3:56:51.4 at Milan, Italy, on Nov. 16. The previous records were 3:51:48.6 and 4:00:27.0.

## NORTHEAST

Many of the country's biggest races were clustered in this section during the fall. Dave Babiracki outran Bill Rodgers in the national 20-kilometer championship. The Road Runners Club Age-Group meet drew more than 3000 entrants. Larry Damon, Jim O'Neil and John Wall won their divisions in the AAU Masters Cross-Country.

Dick Buerkle took the National 3000-meter race. More than 600 runners finished the Skylon Marathon. (See results of these races below.)

In other Northeastern events, ultra-marathoners were active in three places. Dean Perry and Steve Grotzky finished within a minute of each other (5:58:25 and 5:59:17) in the Metropolitan AAU 50-mile (New York City, Nov. 1). Louis Aguiar won the New England 50 (Cambridge, Mass., Nov. 16) in 5:56:36. Eighteen-year-old Bob Stack was the sole finisher in the C&O Canal 300-kilometer run (Washington, D.C.). His total time for the three 62.2-mile legs was 47:51:32. Nick Marshall won the concurrent 100-kilometer race in 8:25:52.

Jeff Bradley won two fast races in Pennsylvania: the Harrisburg National Marathon (Nov. 2) in 2:23:41 and a 10-miler at Millersburg (Nov. 23) in 49:55.

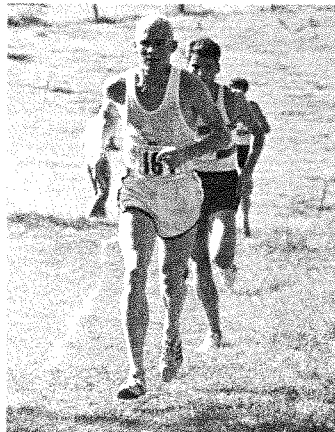
### AAU 3000-METER

Lakewood, N.J., Oct. 19: 1. Dick Buerkle (NYAC) 7:56; 2. Pete Squires (NYAC) 7:59; 3. Bill Sieben (NYAC) 8:04; 4. Tony Colon (NYAC) 8:09; 5. Ron Spiers (NYAC) 8:13; 6. Mike Roche (NYAC) 8:15; 7. Jack McDonald (GBTC) 8:18; 8. Randy Thomas (GBTC) 8:19; 9. Dave Reinhardt (Shore AC) 8:23; 10. Paul Anastasia (NYAC) 8:25; 11. Chris Hallinan (NJ Striders) 8:36; 12. Bob Bazley (Shore AC) 8:27; 13. Brian McElroy (NYAC) 8:27; 14. Tom Robinson (NYAC) 8:28; 15. Fred Doyle (GBTC) 8:29. Teams: 1. New York AC 15; 2. Greater Boston TC 57. (from Elliott Denman)

### AAU 20-KILOMETER

Gardner, Mass., Oct. 26: 1. Dave Babiracki (San Fernando Valley TC) 1:00:20; 2. Bill

Rodgers (Greater Boston TC) 1:00:24; 3. John Vitale (Hartford TC) 1:02:12; 4. Scott Eden (Atlanta TC) 1:02:45; 5. Amby Burfoot (Mohegan Striders) 1:02:50; 6. Robert Hodge (GBTC) 1:02:56; 7. Randy Thomas (GBTC) 1:03:06; 8. Tom



*Dick Buerkle, winner of AAU 3000m. (Bob Kasper photo)*

Fleming (New York AC) 1:03:16; 9. Ron Wayne (West Valley TC) 1:03:37; 10. Howie Ryan (NYAC) 1:03:47.

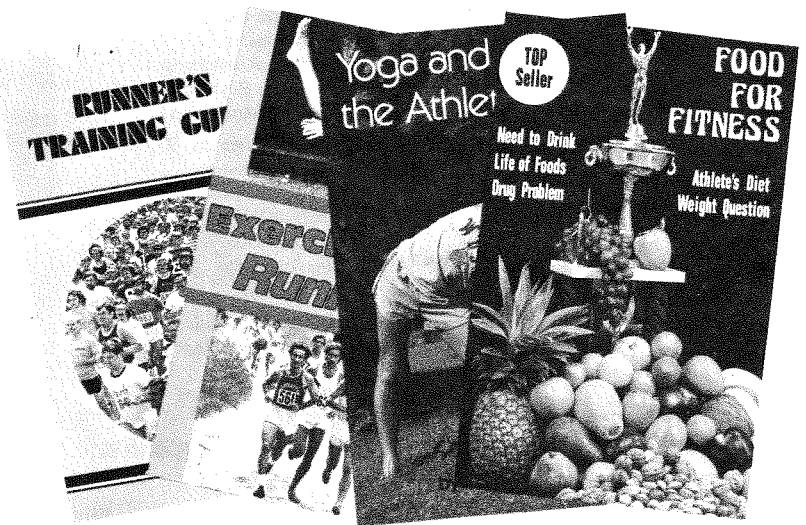
11. Cletus Griffin (Summit AC) 1:04:12; 12. Paul Talkington (Summit AC) 1:04:16; 13. George Conefrey (Brockton TC) 1:04:19; 14. Paul Cook (unat) 1:04:24; 15. Justin Gubbins (NYAC) 1:04:31; 16. Ray Currier (Boston AA) 1:04:38; 17. Jack Mahurin (North Carolina TC) 1:04:47; 18. Earl McGilvery (North Medford) 1:04:50; 19. Art Dulong (GBTC) 1:05:03; 20. Kevin Prest (unat) 1:05:08.

21. Robert Lunn (Summit AC) 1:05:42; 22. Bob Thurston (Washington RC) 1:05:55; 23. Sheldon Karlin (Washington RC) 1:06:08; 24. Dick Mahoney (GBTC) 1:06:10; 25. Vincent Fleming (unat) 1:06:13; 26. William Bragg (NYAC) 1:06:14; 27. Jim Stanley (Summit AC) 1:06:28; 28. Timothy Smith (Mohegan Striders) 1:06:37; 29. Tony Wilcox (Sugarloaf Mt. AC) 1:06:40; 30. Rory Suomi (Mohegan Striders) 1:06:41. Teams: 1. Greater Boston TC 38; 2. New York AC 73; 3. Summit AC 86. (180 finished, 50 under 1:10, 86 under 1:15, 1:25 under 1:20; from Fred Brown)

### SKYLON MARATHON

Buffalo to Niagara, N.Y., Oct. 25: 1. Martin Sudzina 2:23:16; 2. Wayne Yetman (Canada) 2:25:45; 3. Carl Hatfield 2:26:50; 4. Russ Evans (Canada) 2:27:13; 5. Dave Milliman 2:27:27; 6. Jim Boyle 2:29:01; 7. Larry Frederick 2:29:31; 8. Chris Chambers 2:30:11; 9. Bob Fitts 2:31:24; 10. Rob Flint 2:32:15 . . . 38. Lorne Buck (40+, Canada) 2:44:13 . . . 163. Bob Robinson (50+) 3:03:45 . . . 267. Eleanor

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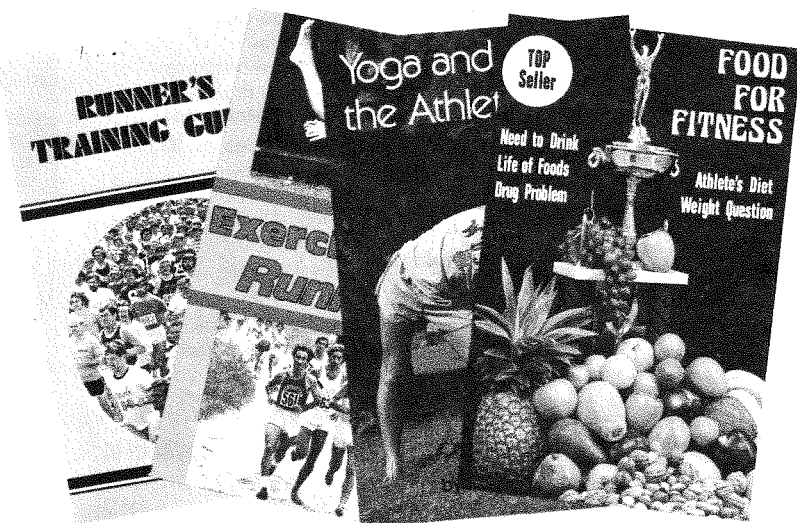
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# Highlights (cont'd)

## AAU MASTERS MARATHON

Medford, Ore., Oct. 12: 1. Ray Menzie (40) 2:36:40; 2. Ross Smith (47) 2:39:15; 3. William Beckwith (42) 2:40:22; 4. Vance Parkhurst (41) 2:40:39; 5. Stewart Fall (41, Canada) 2:44:49; 6. Dennis Coveney (42, Canada)



AAU Masters Marathon winner Ray Menzie.

2:46:07; 7. David Parker (45) 2:46:28; 8. Clive Davies (60) 2:47:46; 9. Conrad Eroen (46) 2:48:43; 10. Lenny Escarda (44) 2:49:34.  
11. Walt Betschart (48) 2:50:35; 12. Dave Soukup (41)

2:51:30; 13. James Nicholson (45) 2:51:37; 14. Jack Harper (45) 2:52:21; 15. Harry Daniell (47) 2:53:02; 16. James Oleson (57) 2:53:10; 17. James Jacobs (42) 2:53:59; 18. William Davis (44) 2:55:52; 19. Don McIntosh (43) 2:56:07 ... 23. Norman Bright (65) 3:10:54; ... 26. John Montoya (63) 3:12:37 ... 30. Ruth Anderson (46) 3:15:47. (42 finished, 33 under 3:30; 38 under 4:00; from Jerry Swartsley).

## AAU 50-MILE

Seattle, Wash., Oct. 25: 1. Jim Pearson 5:12:40; 2. Max White 5:27:59; 3. John Pagliano 5:58:53; 4. Bill Davita 6:27:02; 5. Don Kirby 6:36:00; 6. Gordon Dugan 9:05:19; 7. Dennis Lem 8:06:03; 8. Antonio Reyes 8:33:30; 9. Jim Faus 8:46:00; 10. George Shafer 9:40:22; 11. Chuck Berkey 10:03:17; 12. Rod Miller 11:38:06; 13. Harry Siitonen 11:52:30; 14. Roger Anawalt 13:20:24. Team: Pamakid Runners. (from Dean Ingram)

## CANADA

Brian Maxwell, running his first marathon, won the Canadian National Championship in 2:18:40. In the same race, Joan McKinty set a national record for women with 2:57:40.

## NATIONAL MARATHON

Kitchener-Waterloo, Ontario, Oct. 11: 1. Brian Maxwell 2:18:40; 2. D. Scorrar 2:20:02; 3. A. Barren 2:25:38; 4. R. Hughson

2:25:50; 4. P. Davis 2:25:54; 6. R. Jackson 2:26:35; 7. J. Pasternack (US) 2:27:37; 8. R. McGraw 2:31:31; 9. A. Taylor (49) 2:33:08; 10. B. Bisson 2:34:21.

11. J. Mainguy 2:34:30; 12. F. Climmir 2:34:57; 13. J. Friel 2:36:14; 14. B. Swanick 2:36:39; 15. B. Blain 2:36:44; 16. J. Taunton 2:37:07; 17. K. Leonwicz 2:37:56; 18. B. Herriot 2:38:51; 19. E. Quackenbush 2:39:09; 20. S. Peet 2:40:16 ... Joan McKinty 2:57:40; Elenor Thomas 3:17:18; 3. Sandra Davis 3:19:14. (186 finished, 70 under 3:00; from Bob Lozenby).

## WALKS

Before setting his records at 30 miles and 60 kilometers, Bernd Kannenbreg lost the Lugano Cup 20-kilometer walk to Karl-Heinz Stadtmuller of East Germany. Yevgeniy Lyungin of the Soviet Union won the Lugano 50-K, and Margareta Simu of Sweden led the women's five-kilometer race. Bob Kitchen, Augie Hirt and Sue Brodock were the leading Americans in the three events.

Larry Young and John Knifton won AAU championships at 30 and 35 kilometers, Knifton beating Young in the longer race.

## LUGANO CUP

Toulon, France, Oct. 11-12: 20-kilometer—1. Stadtmuller (EG) 1:26:11; 2. Kannenberg (WG) 1:26:20; 3. Frenkel (EG) 1:26:54; 4. Bartsch (USSR) 1:27:35; 5. Visini (Italy) 1:27:38 ... 26. Kitchen (US) 1:34:15 ... 31. Glusker (US) 1:38:07. Teams: 1. East Germany 71; 2. USSR 64 ... 9. US 8.

50 kilometers—1. Lyungin (USSR) 4:03:41; 2. Weidner (WG) 4:09:58; 3. Svenhenikov (USSR) 4:11:31; 4. Warhurst (GB) 4:14:35; 5. Vecchio (Italy) 4:15:33 ... 21. Hirt (US) 4:31:19 ... 26. Knatt (US) 5:01:10; 27. Ide (US) 5:15:08. Teams: 1. USSR 117; 2. East Germany 105 ... 9. US 24.

Women's 5 kilometers—1. Margareta Simu (Sweden) 23:40; 2. Siv Gustafsson (Sdeden) 24:33; 3. Britt Holmqvist (Sweden) 24:45; 4. Torild Glyder (Norway) 25:05; 5. Sue Brodock (US) 25:12 ... 22. Becky Villavazo (US) 27:38; ... 27. Sandy Briscoe (US) 28:17. Teams: 1. Sweden 70; 2. Great Britain 46 ... 6. US 29.

## AAU 30-KILOMETER

Columbia, Mo., Oct. 26: 1. Larry Young (Columbia TC) 2:25:26; 2. Paul Ide (CTC) 2:38:10; 3. Augie Hirt (CTC) 2:44:27; 4. Dave Eidahl (Iowa) 2:49:07; 5. Jim Breitenbucher (CTC) 2:49:13; 6. Chris Amoroso (Colo TC) 2:56:27; 2. Leonard Busen (CTC) 2:59:12; 8. Dave Leuthold (CTC) 2:59:35; 9. Bob Chapin 3:05:30; 10. Chuck Hunter (CTC) 3:07:45.

## AAU 35-KILOMETER

Pittsburgh, Pa., Nov. 9: 1. John Kifton (NYAC) 2:53:04; 2. Larry Young (Columbia TC) 2:55:36; 3. Paul Ide (Columbia TC) 3:08:19; 4. Ray Floriani (Shore AC) 3:16:33; 5. Ron Kulik (NYAC) 3:22:30; 6. Ron Daniel (NYAC) 3:23:11; 7. Bob Falciola (Shore AC) 3:31:34; 8. Jim Breitenbucher (Columbia TC) 3:35:10; 9. Alex Turner (Shore AC) 3:46:46; 10. Gary Bywaters (Burgettstown SC) 3:54:25. ●

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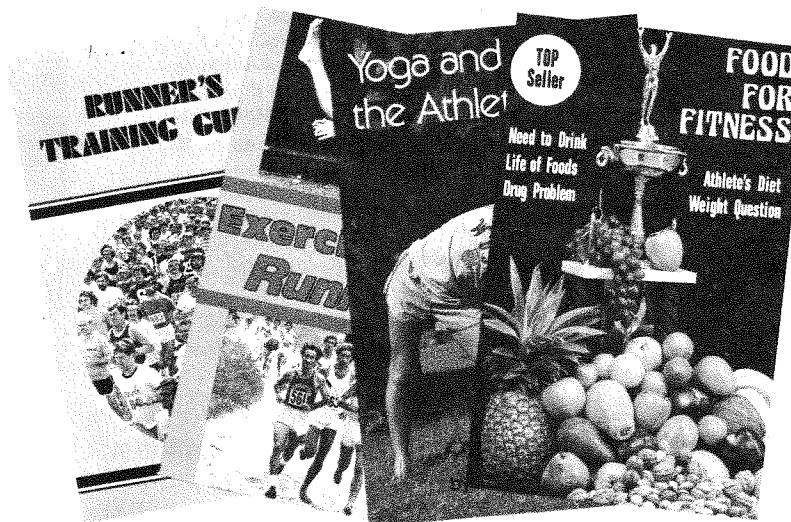
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# February Coming Events

## NORTHEAST

15 Newark Distance Run, 12-mile, 4-mile, Newark, N.J. (11 a.m., Richard Welch, Distance Run Chairman, 819 S. 19th St., Newark, N.J. 07108).

## SOUTHEAST

8 Suncoast Mini-Marathon, St. Petersburg, Fla. (9 a.m., Tom White, 1250 Jungle Ave., St. Petersburg, Fla. 33710).  
14 Smoky Mt. Marathon, Knoxville, Tenn. (1 p.m., Harold Canfield, 502 Alandale Rd., Knoxville, Tenn. 37920).  
14 Valentine Running Festival, 13-, 5-, 2-, 1-mile, Shalimar, Fla. (Foster Stadium, Elgin AFB, John Oeltmann, Box 386, Shalimar, Fla. Mardi Gras Marathon, New Orleans, La. (G. Gernon

Brown Gym, 8 a.m., John T. McMahon, 231 E. Livingston Place, Metairie, La. 70005.)

21 Arkansas 10-km. N. Little Rock, Ark. (Burns Park, 11 a.m., Woody Jolley, Track Coach/Parkview H.S., 2500 Barrow Rd., Little Rock, Ark., 72204).

## MIDWEST

29 Third Olympiad Memorial Marathon, St. Louis, Mo. (Washington Univ., 8 a.m., Jerry R. Kokesh, 116-E Mesa Verde, Manchester, Mo. 63011).  
29 Boston Qualifier Marathon, Champaign, Ill. (7 a.m., Illinois Track Club, Box 2976 Station A, Champaign, Ill., 61820).

## SOUTHWEST

14 Arizona Admissions Day Marathon, Tucson, Ariz.

(Community Theater, 9 a.m., J. McGee Evans, 400 N. 2nd Ave., Tucson, Ariz. 85705).

## ROCKIES

8 Las Vegas Marathon, Las Vegas, Nev. (Univ. of Las Vegas, 9 a.m., William Freedman, 309 S. Third St., No. 316, Las Vegas, Nev. 89101).

## WEST

7 Bakersfield Marathon, Bakersfield, Calif. (West High School, 10 a.m., Frank Fish, c/o Greater Bakersfield Chamber of Commerce, P.O. Box 1947, Bakersfield, Calif. 93303).  
7 Oregon AAU 30-Km., Eugene, Ore. (Crow High School, 1 p.m. Geoff Hollister, 99 W. 10th, Suite 104, Eugene, Ore. 97401).  
8 West Valley Marathon, San

Mateo, Calif. (Humboldt & Poplar, 9 a.m., Jack Leydig, P.O. Box 1551, San Mateo, Calif. 94401).

14 National & Oregon AAU One-Hour Run, Roseburg, Ore. (Roseburg High School, 11 a.m., Stan Stafford, 900 S. E. Douglas, Roseburg, Ore. 97470).  
22 PA-AAU 50-Mile Champ. Sacramento, Calif. (8:30 a.m., Paul Reese, P.O. Box 2271, Sacramento, Calif. 95810).  
28 Trail's End Marathon, Seaside, Ore. (11:30 a.m., Seaside Chamber of Commerce, P.O. Box 7, Seaside, Ore. 97138).

## INTERNATIONAL

28 I.A.A.F. Cross-Country, Chapstow, Wales. (G.A. Frazier, 89 Court Rd., Barry, S. Glamorgan, Wales, Gt. Britain). ●

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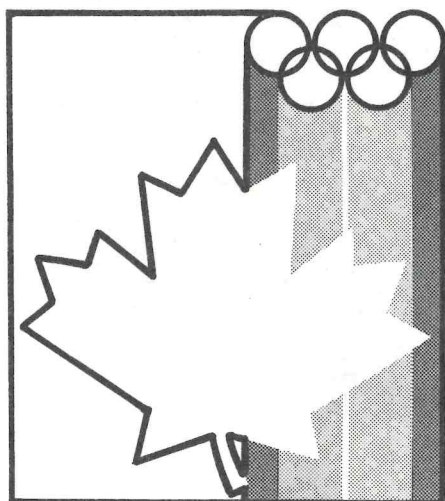
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# Montreal '76



Good news for marathoners. The qualifying period has been kicked back to April 1, 1975—meaning Boston times will count. And runners with times of 2:20-2:23 will be allowed to compete if they pay their own way to Eugene.

The most important race in past US Olympic Trials has not been for first place, but for third. Three runners or walkers in each event made the team, the others stayed home.

For a time this fall, a ripple of fear circulated among contenders. A wire-service report from Europe said a country would now be limited to two athletes per event. The big race would now be for second place, and the same number of people would be scrambling for two-thirds as many spots.

Olympic officials, however, quickly denied the rumor. The qualifying process would be the same as for Munich and other recent Games: one "free" entry per country per event, two others if they have qualifying marks.

The final US qualifying races reportedly will have fields of 16-30, with virtually all of the men and women having gone below Olympic standards before the June 19-27 Trials at Eugene.

The events, Final Trial dates, Olympic standards and athletes who've met them (h=hand timed; e=electrically timed; \*=qualifying times for Trials only, no standards for Games):

## WOMEN

### 100m (June 21; 11.4h, 11.64e)

|                   |        |
|-------------------|--------|
| Pam Jiles         | 11.38e |
| Brenda Morehead   | 11.4h  |
| Chandra Cheesboro | 11.4h  |
| Renaye Bowen      | 11.50e |
| Rosalyn Bryant    | 11.60e |

### 200m (June 22; 23.5h, 23.74e)

|                   |        |
|-------------------|--------|
| Chandra Cheesboro | 22.77e |
| Pam Jiles         | 22.81e |
| Debbie Armstrong  | 23.0h  |
| Rosalyn Bryant    | 23.2h  |
| Brenda Morehead   | 23.2h  |

### 400m (June 25; 53.5h, 53.64e)

|                  |        |
|------------------|--------|
| Debra Sapenter   | 51.6h  |
| Robin Campbell   | 52.3h  |
| Debbie Armstrong | 52.6h  |
| Sharon Dabney    | 52.68e |
| Jarvis Scott     | 53.0h  |
| Pat Helms        | 53.3h  |

### 800m (June 22; 2:04.0)

|                  |        |
|------------------|--------|
| Madeline Jackson | 2:00.3 |
| Kathy Weston     | 2:02.9 |
| Cheryl Toussaint | 2:03.0 |
| Cyndy Poor       | 2:03.8 |

### 1500m (June 27; 4:15.0)

|                 |        |
|-----------------|--------|
| Francie Larrieu | 4:08.5 |
| Jan Merrill     | 4:10.6 |
| Cyndy Poor      | 4:11.6 |
| Julie Brown     | 4:13.5 |
| Cindy Bremser   | 4:15.0 |

### 100mH (June 17; 13.4h, 13.64e)

|                |        |
|----------------|--------|
| Jane Frederick | 13.4h  |
| Deby LaPlante  | 13.64e |

## MEN

### 100m (June 20; 10.2h, 10.44e)

|                |        |
|----------------|--------|
| Reggie Jones   | 9.9h   |
| Steve Williams | 9.9h   |
| Houston McTear | 10.0h  |
| Steve Riddick  | 10.0h  |
| Charlie Wells  | 10.0h  |
| Ed Preston     | 10.2h  |
| Bill Collins   | 10.33e |
| Clancy Edwards | 10.33e |

### 200m (June 22; 20.8h, 21.04e)

|                   |        |
|-------------------|--------|
| Steve Williams    | 19.8h  |
| Steve Riddick     | 20.3h  |
| Larry Brown       | 20.5h  |
| Charlie Wells     | 20.6h  |
| Ed Preston        | 20.7h  |
| Louis Wilson      | 20.8h  |
| Reggie Jones      | 20.59e |
| Bill Collins      | 20.74e |
| Clancy Edwards    | 20.84e |
| John Pettus       | 20.89e |
| Mark Lutz         | 20.96e |
| Delano Meriwether | 20.97e |

### 400m (June 25; 46.4h, 46.54e)

|                 |        |
|-----------------|--------|
| Ron Ray         | 44.45e |
| Stan Vinson     | 45.2h  |
| Fred Newhouse   | 45.2h  |
| Robert Taylor   | 45.26e |
| Maurice Peoples | 45.26e |
| Ken Randle      | 45.63e |
| Jim Bolding     | 45.8h  |
| Benny Brown     | 45.82e |
| Billy Hicks     | 46.06e |
| Tony Darden     | 46.2h  |
| Maxie Parks     | 46.25e |
| Herman Frazier  | 46.45e |

### 800m (June 21; 1:47.4)

|                |        |
|----------------|--------|
| Rick Wohlhuter | 1:44.1 |
| Mark Enyeart   | 1:44.9 |
| Tom McLean     | 1:46.1 |
| Keith Francis  | 1:47.2 |
| James Baxter   | 1:47.3 |
| Ken Schappert  | 1:46.5 |

### 1500m (June 27; 3:40.6)

|                  |        |
|------------------|--------|
| Rick Wohlhuter   | 3:36.4 |
| Marty Liquori    | 3:37.7 |
| Len Hilton       | 3:38.3 |
| Ken Popejoy      | 3:38.4 |
| Steve Heidenrich | 3:38.8 |
| Mark Schilling   | 3:38.9 |

### 5000m (June 27; 13:40.0)

|                 |         |
|-----------------|---------|
| Marty Liquori   | 13:23.6 |
| Dick Buerkle    | 13:31.6 |
| Ted Castaneda   | 13:33.2 |
| Craig Virgin    | 13:35.2 |
| Greg Fredericks | 13:37.6 |
| Frank Shorter   | 13:37.8 |
| John Gregorio   | 13:38.4 |

### 10,000m (June 22; 28:40.0)

|                 |         |
|-----------------|---------|
| Frank Shorter   | 27:46.0 |
| Glenn Herold    | 28:05.2 |
| Chris McCubbins | 28:16.6 |
| Ted Castaneda   | 28:32.8 |
| Garry Bjorklund | 28:36.6 |

### Steeplechase (June 27; 8:32.0)

|               |        |
|---------------|--------|
| Randy Smith   | 8:28.0 |
| Kent McDonald | 8:28.8 |

### 100m H (June 24; 13.8h, 14.04e)

|                |        |
|----------------|--------|
| Charles Foster | 13.2h  |
| Jerry Wilson   | 13.38e |
| Larry Shipp    | 13.66e |
| Clim Jackson   | 13.59e |
| Vance Roland   | 13.71d |
| Mike Shine     | 13.8h  |
| James Owens    | 13.82e |
| Alfred Larry   | 13.80e |
| Charles Rich   | 13.88e |
| Charles Dobson | 13.95e |
| Stan Druckery  | 13.98e |

### 400m H (June 21; 50.5h, 50.64e)

|               |       |
|---------------|-------|
| Jim Bolding   | 48.4h |
| Ralph Mann    | 48.7h |
| James King    | 49.0h |
| Bob Casselman | 49.4h |
| Bruce Collins | 49.6h |
| Rick Walker   | 49.6h |
| Wes Williams  | 49.7h |
| Mike Shine    | 49.9h |

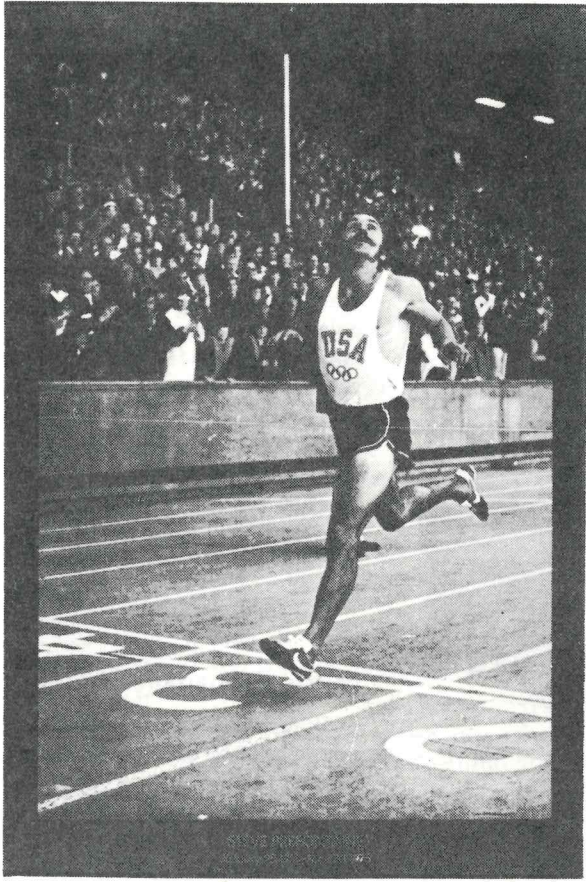
### Marathon (May 22; 2:20:00\*)

|               |         |
|---------------|---------|
| Bill Rodgers  | 2:09:55 |
| Steve Hoag    | 2:11:54 |
| Tom Fleming   | 2:12:05 |
| Jim Stanley   | 2:14:54 |
| Russ Pate     | 2:15:22 |
| Jon Anderson  | 2:16:08 |
| Frank Shorter | 2:16:29 |
| Barry Brown   | 2:16:43 |
| Lee Fidler    | 2:16:51 |
| Terry Ziegler | 2:17:23 |
| Herb Lorenz   | 2:17:43 |
| Wayne Badgley | 2:18:06 |
| Don Kennedy   | 2:18:31 |
| Bob Busby     | 2:18:40 |
| Ron Wayne     | 2:18:55 |
| Tom Derderian | 2:19:04 |
| Don Kardong   | 2:19:14 |
| Jim Bowles    | 2:19:25 |
| Dan Cloeter   | 2:19:32 |
| Bill Haviland | 2:19:32 |
| Tom Antczak   | 2:19:36 |
| Tom Hoffman   | 2:19:38 |
| John Dimick   | 2:19:51 |
| Phil Stewart  | 2:19:58 |

### 20-K Walk (June 19, 1:35:00\*)

|               |         |
|---------------|---------|
| Jerry Brown   | 1:32:51 |
| Bob Kitchen   | 1:34:15 |
| Todd Scully   | 1:34:15 |
| Larry Young   | 1:34:15 |
| Bob Henderson | 1:34:15 |

Marathoners are reminded that their times must be set on courses certified by the AAU at least 60 days in advance of the race. AAU long distance co-chairman Bob Campbell will rule on the validity of all performances. ●



## In Commemoration of Steve Prefontaine.

In conjunction with the First National Running Week we are distributing the "Pre" running week poster for \$2.00. All proceeds will go to the Steve Prefontaine Memorial Fund, a fund to establish a center for trophies, awards and memorabilia, to create an international exchange program, and to assist post-graduate Oregon runners in furthering their competition.

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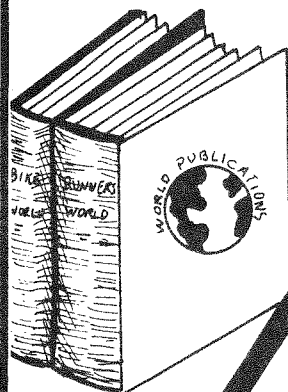
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|  |  |
|--|--|
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| *If unsure of size enclose outline of your foot at weightbearing.  | Unit Price                                     |
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# Readers' Comments

Reactions to events in the sport and features in the magazine.

## SHOES

Your *Shoe Supplement* (Oct. '75) is really great, but you made a slight oversight. In your review of the Adidas Spider, you say that the shoe has no heel. However, this is an early model. The Spider now has a substantial heel wedge. I have a pair, and they are quite sufficient for distance races. John Walker obviously thinks so, too, because he is wearing a pair in the picture on page seven of the same issue.

Allan Jackson  
Birmingham, Ala.

*(We had a problem with several Adidas shoes because the ones sent to us by the US distributor were obsolete models.)*

On page 30, where "drop rate" is explained, shouldn't you have said, "the number who have quit, divided by the number of users . . ." rather than "the number of users divided by the number who have quit"? Otherwise, you would get strange answers.

Joseph Stannard  
Glastonbury, Conn.

*(You are right, we were wrong.)*

I believe it is necessary to rate separately those shoes especially designed for training and those built for racing purposes. In this year's rankings, such criteria as weight and sole makeup were employed in differentiating among shoes. The bias was towards lightness and thickness, respectively.

Clearly, a training shoe, designed for protection, will be heavier than a racing flat, built for speed. Thus, the racing flat's advantage in this category is meaningless if one is shopping for a training shoe. Likewise, a training shoe will have a thicker sole than a racing shoe. This information serves no purpose to a runner looking for a racing flat.

Peter Spaeth  
Princeton, N.J.

*(The "Spaeth system" will be used in future supplements.)*

Here's an idea that helps make shoe fit more adjustable. Buy two short pairs of laces. Use one for the first three or

four sets of holes (closest to the toes). Start the next laces in the next set of holes. Now you can snug the heel down into the shoe with the upper lace, and yet adjust the toe for maximum comfort with the lower lace. I keep my upper laces tight and my lowers loose, and it works fine.

This system works best for shoes with at least seven sets of holes, which start down close to the toes.

John Moe, M.D.  
Indianapolis, Ind.

## SNOW RUNNING

For those who run less during the winter months because of snow cover, I have a few suggestions:

Put your ankles on and cover them with plastic bags. Then take 1½-inch cloth adhesive tape and begin to wrap the shoe, starting at the toe and overlapping as you go. This makes a warm, waterproof shoe, and the cloth tape provides surprising traction.

If the snow is a foot deep or more, try using ski poles for balance. The poles should be the same size or slightly shorter than those you use for skiing, and are excellent for short workouts of 1-3 miles.

J.K. Leestma  
Alma, Mich.

## COACHING

I nominate Hammond High School Coach Dan Candiano ("Coaching Indiana's Super Kids," Sept. '75) for "Nearerthral of the Year." I'm a track coach and I have a dozen kids under 5:00 in the mile, and my best kid ran 4:16 as a junior last year. He did it on 30 miles a week—which was what he was ready for at the time. I know he will improve, and that's good to know.

It's even better to know he will have Olympic potential in 1980. And it's best to know that he'll most likely be running well into his fourth decade—because he loves to run. I like to win meets, but not to the extent that an athlete's potential—physical and mental—is sacrificed for the elusive "today."

Bruce Jones  
Point Richmond, Calif.

## RESULTS

I noticed one reader's comment (Nov. '75) that he didn't like "Racing Highlights." I strongly disagree. I think the running community is still small enough that the real nuts can and want to follow the careers of people they have never met. For example, I wouldn't know Carl Hatfield if I met him running down the street. But primarily through "Racing Highlights," I feel I know quite a bit about him.

*Jeff Arnold  
Pueblo, Colo.*

## NUMBERS

A recent letter ("Readers' Comments," Nov. '75) complained about the number of "charts and graphs" in each issue. It *almost* made me ashamed of my fascination with numbers. The word "almost" is important, though, since I decided instead to write of this fascination.

I am a mathematician, brought up and educated in Britain, which means that in school and college I studied only math from 16-26 with no other diversionary courses. Numbers and their interaction are therefore part of my life, my interests and my career.

Marathon times, pulse rates, running rates and miles are a diversion into abstract mathematical countryside, as beautiful and fascinating as watching leaves shimmering in the sunlight. One is to the mind and imagination as the other is to visual joy.

I keep records of every numerical facet of running. Every run adds both to my running enjoyment as well as my mathematical jigsaw. Mostly, they co-exist and provide me with double pleasure. Maybe other runners feel this way, too.

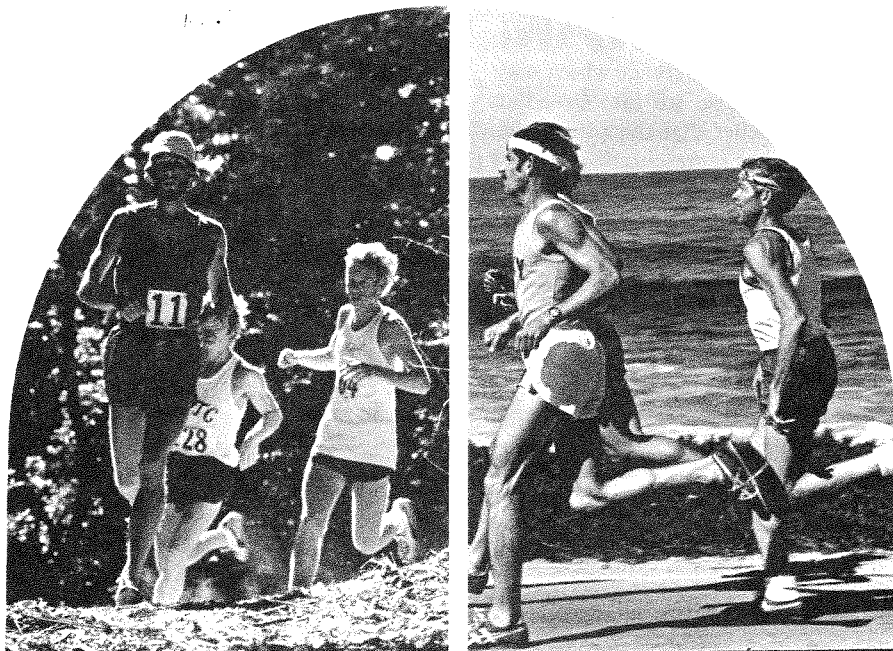
*John Graham  
Monroeville, Pa.*

## MASTERS

I would like to comment on your editorial, "A Victory over Political Meddling" (Nov. '75).

There is no question that David Pain has made a significant contribution to the growth of Masters track and field in this country. However, one gets the impression from reading this article that the Masters program revolves around Dave Pain to the exclusion of everybody else in the sport.

To say that "Pain led a 500-member US group to the first World Masters Championships" is nonsense. Those of us from the US attended and competed  
*(continued on page 66)*



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as individuals, and in no way were we under the direction of Dave Pain in any national context.

It is this kind of inference which may have lent credence to the Canadian government's belief that the South Africans competed as representatives of that country.

The concept of individuality was later used by Mr. Pain in his intemperate remarks against the Canadian government in his defense of the South Africans. However, despite these protestations, Dave and our Canadian hosts contributed to the illusion of national

competition when they allowed competitors to march into the stadium during the opening ceremonies in national groups with flags unfurled.

Avoiding political meddling in the future of international Masters competition will require some discretion on the part of organizers and participants regarding even the illusion of nationalism in competition. Perhaps in this way we can set an example to the directors of the Olympics.

Ed Barron  
Arlington, Va.

I feel you made a significant oversight in your November issue. I am referring specifically to your coverage of the Masters meets ("Masters' Growing Power and Pains"). In both the men's and women's categories, you failed to mention or list the winners of the various sub-Masters (ages 30-39) races.

One way to perpetuate the Masters program is to provide incentives for those who are too old to compete with the college-age runners but yet under age 40. As it presently exists, this group has virtually been neglected. Only a minimum number of events were provided in both the National and World meets.

Gary Carr  
Mascoutah, Ill.

*(The intention was not to slight the sub-Masters but to emphasize the marks of the over-40s. We felt that listing the results of races which were essentially "exhibitions" would detract from the performances of the older runners by whom and for whom the meets were organized.)*

#### THANK YOU

I cannot begin to thank all of you for the help you have given the Janet Scott Fund through your magazine. (Mrs. Scott was severely beaten and left for dead while running: "Looking at People," Oct. '75.) It has been wonderful to see so many people, especially all the fellow runners, who have been so eager to help.

I'm glad to be able to let you know that I have recovered remarkably well. Even the doctors are amazed. And I'm back out there running again. In fact, I even run faster now. Maybe it's something psychological!

Janet Scott  
Newburyport, Mass.

#### DIET

In reference to your article "Sweet and Sour" (Nov. '75) concerning sources of potassium, I would refer you to the following book: *Composition of Foods*, Agriculture Handbook No. 8, Consumer and Food Economics Research Division, US Department of Agriculture.

This would be a handy book for the diet-conscious runner, and would give a source of alternatives for a particular mineral or vitamin. For example, three good sources of potassium are bananas, dates and peanut butter. They are also rich in magnesium and calories.

Jack Currie  
Tucson, Ariz.

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Fasting has been termed rejuvenative, therapeutic and exhilarating.

As a distance walker, I've found the effects of a long race to affectively act as a "mini-fast." There is the pre-race letdown (at least in part due to less training and therefore a buildup of toxins in the body), increased defecation and urination from nervousness, no food but liquid during the race, the discomfort of the effort, and the talkative "high" afterwards, which has been appropriately called "diarrhea of the mouth." This high feeling can last a day or two, because we are cleansed physically as well as mentally.

*Alan Wood  
Pompton Lakes, N.J.*

## INJURY RATES

I would like to point out, with reference to the fact that miles per week influence the rate of injury ("The 6 in 10 Who Break Down," Dec. '75) that if you *normalize* the injury rate per mile run, the injury rate—within experimental errors—remains constant.

That is to say, you would expect that if you're actually running more than twice as far (over 50 miles per week as opposed to less than 25 miles per week) you would experience more than twice as many injuries. After all, the runner has performed more than twice as many strides. And this is exactly what the data show. So it's not clear that high mileage, per se, makes you more prone to injury.

*Paul Milvy  
New York, N.Y.*

## LIFE-DEATH

Never has an article brought tears to my eyes as did "Life is a Marathon," (Oct. '75). I have run 10 marathons and I, too, often wonder what's the significance of all that running. Now I know. A person with a terminal disease who keeps on running and makes such a fantastic comparison between a marathon and a lifespan makes it all worthwhile. He isn't giving up, and he has inspired me and probably many others to continue their running. Thank you, whoever wrote the article, for giving of yourself.

*Beth Nava  
Fairbanks, Alaska*

## LETTERS

As you've noticed this issue, we're increasing reader participation. We welcome all of your questions and comments, and publish many of them in "Medical Advice," "Runner's Forum," "Technical Tips" and "Readers' Comments." Send letters to *RW*, Box 366, Mountain View, Calif. 94040. ●

# BAKERSFIELD MARATHON

SATURDAY, FEB. 7, 1976 10 A.M.

(Sponsored by Bakersfield Chamber of Commerce  
and the Bakersfield Track Club)



Eddie Cadena won the 1975 marathon in 2:38.58.



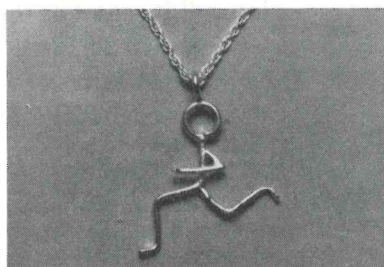
Jacki Hansen was the first woman in the 1975 "mini" in 1:21.59.

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by FRANK DOLSON

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(Harriet Beecher Stowe, quoted in *Always Young*.)

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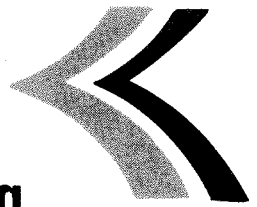
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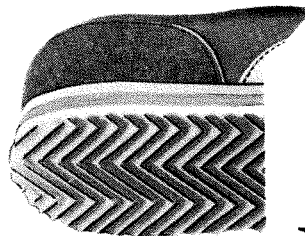
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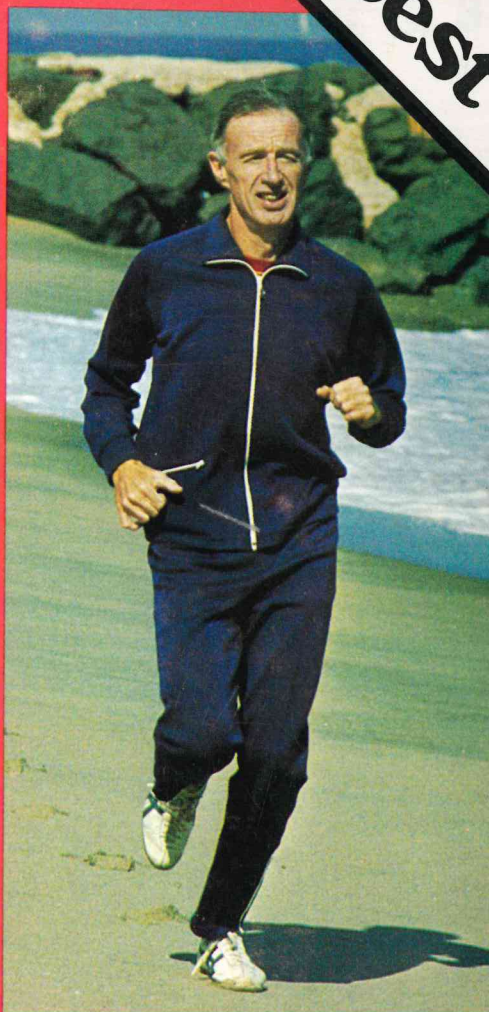
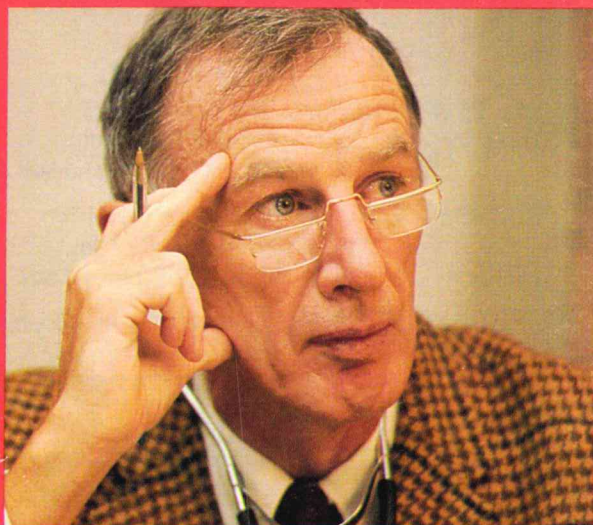
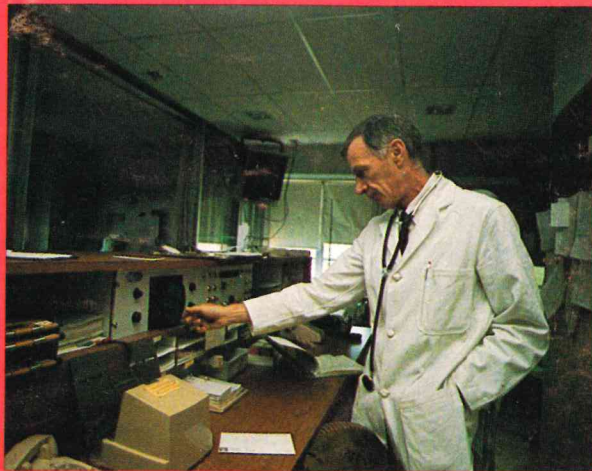
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