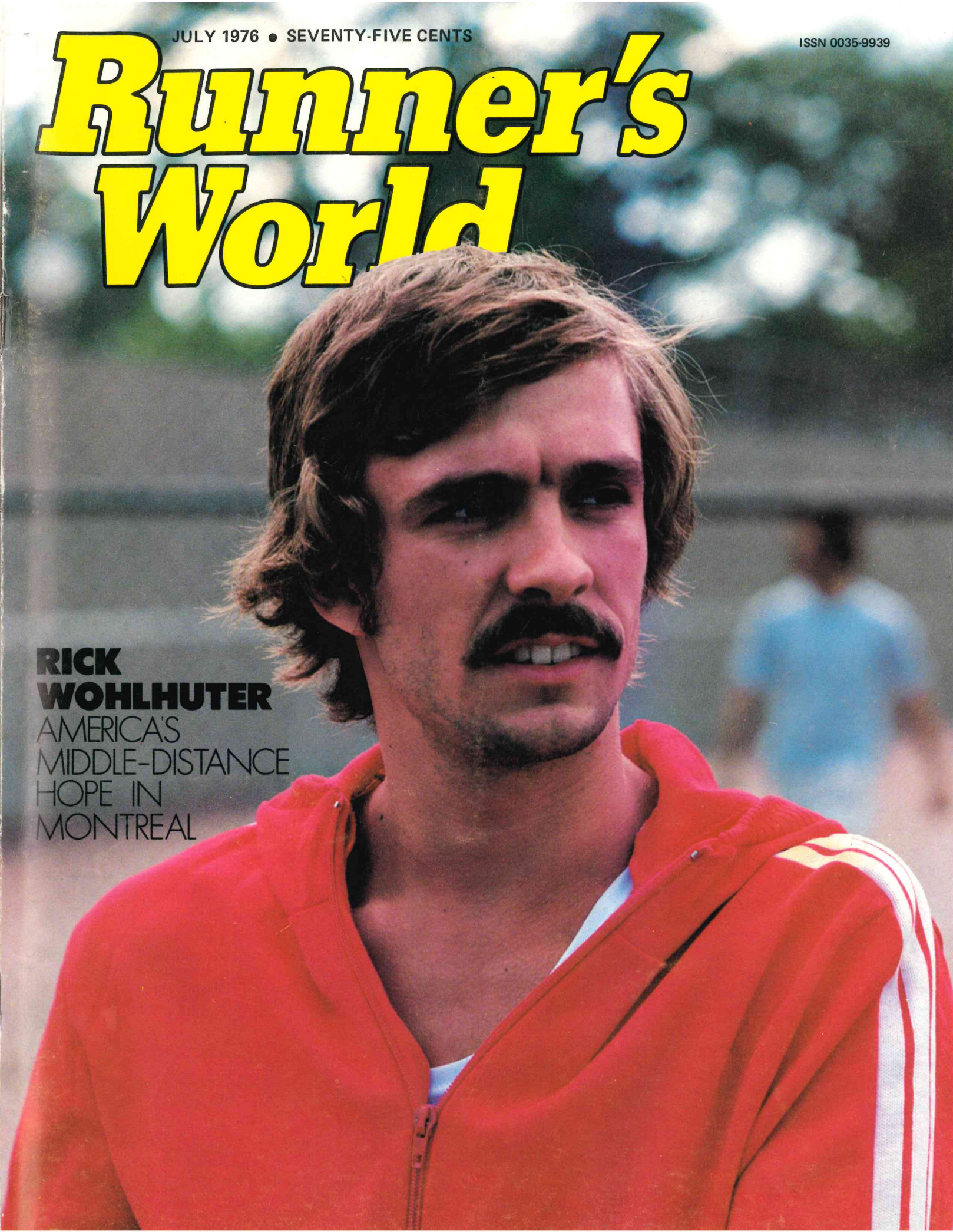


JULY 1976 • SEVENTY-FIVE CENTS

ISSN 0035-9939

# Runner's World



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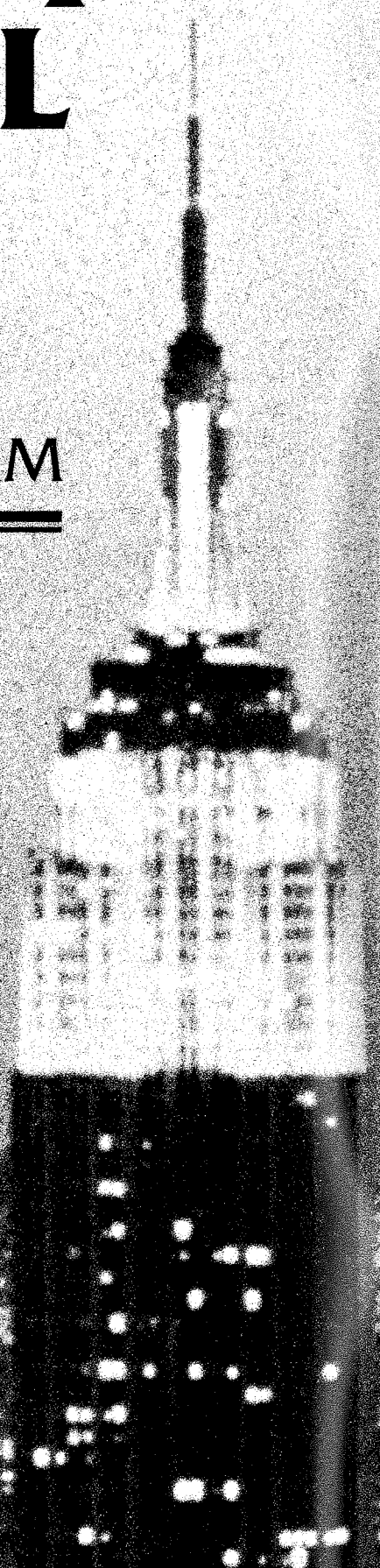
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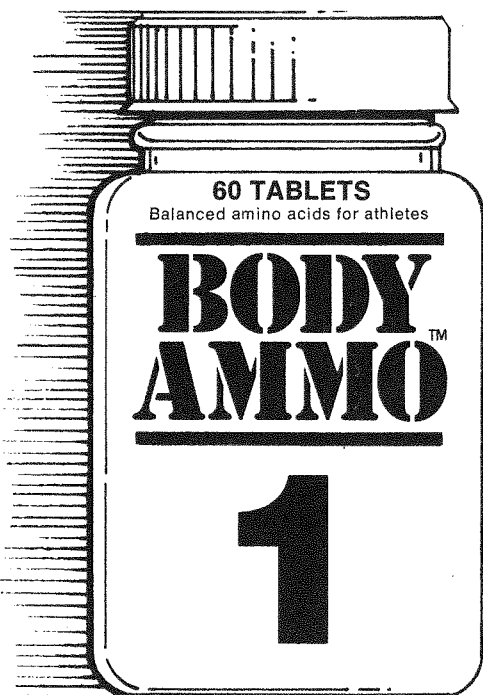
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Special Notice

The New York Academy of Sciences is convening a four day conference entitled—  
The Marathon: Physiological, Medical, Epidemiological, and Physiological Studies  
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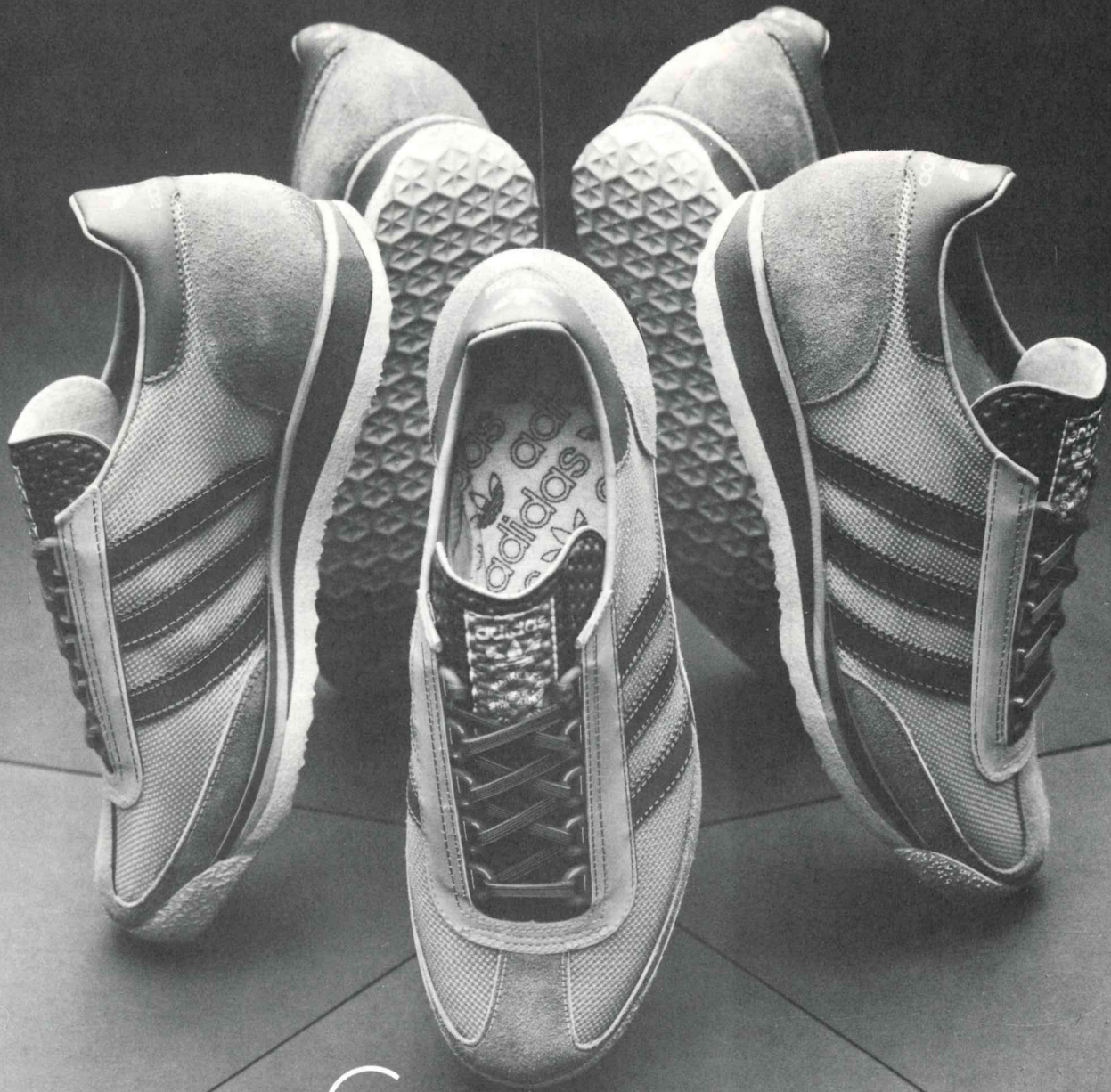
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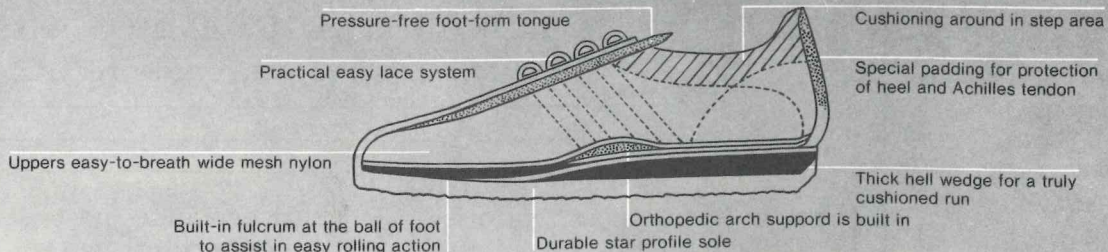
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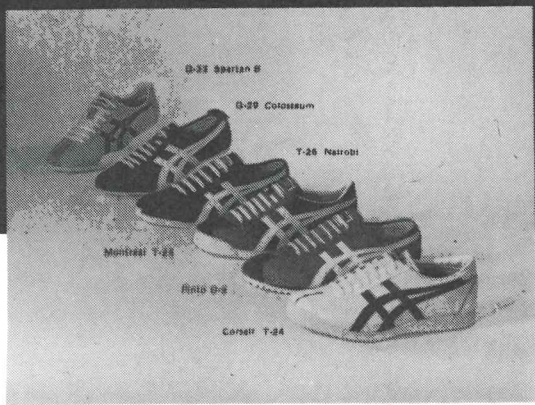
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Volume Eleven — July, 1976 — Number Seven

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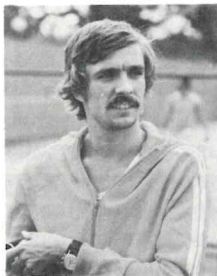
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The best US prospect for a gold medal in the middle-distance races at Montreal is Rick Wohlhuter. Hal Higdon's feature on the 800-meter man begins on page 33. (Don Sparks photo)

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## From the Publisher

I just got back from Kansas. I gave a talk on "Keeping Running Fun" at a sport medicine seminar in conjunction with the Hospital Hill Run. One of the major points I made during the talk was that "I do not run for fitness, fitness is only a by-product. I run because I enjoy it, just as I enjoy going out to dinner or a movie." I mentioned also that a person who just runs and never races is missing out on a lot. I used the example of a writer who writes a book but never publishes it. Climaxes are needed in life and competition can offer them. I mentioned also the social attractions of a race.

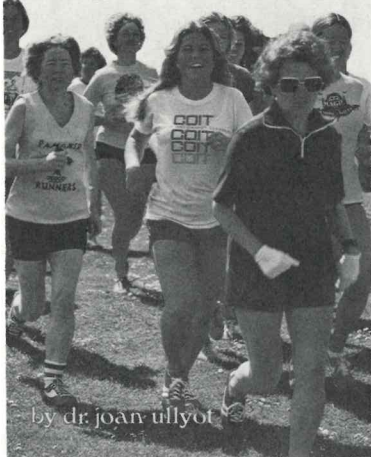
The following day after the talk, I ran the 7.7 mile race. The temperature must have been 90 degrees and the humidity was around 80% I think. About two miles into the race I realized I wasn't really enjoying it. I hadn't run for five days and with the heat I was really getting down. But I finished in the middle of the pack and went on to enjoy the race by the social conversation afterwards.

Weather really can make a difference. I think on hot days it is better just to forget it because it isn't fun.

Running is effected by so much but it is important to keep it fun.

Bob Anderson

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# Runner's Forum

The free exchange of opinions, ideas  
and information.

## SOCIAL RUNNERS

I was 42 when I entered my first marathon two years ago. Since then I have entered nine marathons plus several sub-marathon events. As a sociologist I have been interested first in finishing each event within a reasonable time and secondly in the effect of social factors upon running ability.

During the summer of 1975 I mailed questionnaires to all runners completing the Whitewater, Wisc., Marathon July 6. I entered this event, finishing with a time of 3:19:15. Some 44 of the 55 finishers completed the questionnaire which contained sociological material not of interest to most runners. Some of the information, however, is extremely relevant with respect to questions often posed by runners or by friends of runners.

One initial topic of interest is simply the basic characteristics of people who run the marathon. At Whitewater the runners were higher than the average person in terms of social class status. A majority of these runners reported professional or semi-professional employment for themselves or for their parents if they were not yet employed. Most of them enter sub-marathons as well as marathons.

A majority of these runners reported that they regularly read publications on running such as *Runner's World*. When asked about different types of competition during a race, most reported that improvement upon a prior marathon time was the most important competitive part of the race for them.

The information from the questionnaire also supports the idea that a long-distance runner sustains a relatively low level of general social participation. The runners indicated a strong pre-occupation with personal hobbies and activities with little active involvement in volunteer work or in the social life of clubs, churches or lodges.

When a sociologist attempts to explain something, he often uses a scheme in which a number of factors are considered for their predictive value. In this study I was interested in three general factors and how they might explain the finish order of a runner in the mara-

thon. The three factors were physical ability, feeling and attitude of the runner (psychological dimension) and, finally, social interaction (sociological dimension).

I defined physical ability in terms of age, experience in the running of a marathon and amount of time devoted to training during the eight weeks prior to the event. The psychological dimension included measures of basic attitude toward running. Sociological factors focused on such issues as the tendency to include others in workouts and, when attending a race, the amount of encouragement received while running in the race and general social vs. personal life style orientation.

The most important single factor in predicting finish order at the Whitewater race was the number of miles run each week during the eight weeks prior to the race. The second most important factor was psychological in nature (the degree of importance which the runner placed on finishing in the top group of runners). Only one of the sociological factors was weakly related to finish order (the frequency with which family or non-running friends accompany the runner to a marathon).

It could be that this study fails to support the importance of social factors because of the way these factors were defined and/or measured in the study. There was, for example, no opportunity for a careful analysis of social interaction during the race. Some of the written comments of the runners and my personal experiences suggest that this interaction may become important.

Social interaction during a race often concerns routine details regarding the run (exchange of information about time and place, talk about an injury and so on). Social exchange also serves as a form of emotional release. This is evident in the light banter and joking which takes place during a race.

This type of social interaction may serve a valuable function in reducing the conscious awareness of multiple hurts late in a race. We need more research on the role of social factors in marathon events.

Dean C. Jones



## OLYMPIC HEADLINES

With the 1976 Summer Olympic Games scheduled to start this month at Montreal, Canada, sports fans all over the world are preparing themselves for the barrage of media coverage that always accompanies the Games.

To those who have witnessed the Olympics for the past several years, some of that barrage may prove to be "the same song, second verse." After all, describing the action like it has never been described before might be asking just a little much of American newsmen.

Consequently, as a forewarning and possible preparation for that barrage, here is a sneak preview of just what viewers and readers might be subjected to during the next few weeks:

Assurance from Organizing Committee that facilities will be ready on time.

News of impending strike of construction workers in Montreal.

Formation of committees in Los Angeles and Detroit which will announce readiness of their cities to host displaced Olympics.

Deluge of articles about doping of athletes.

Deluge of articles about sex-testing, mostly very unfunny.

Deluge of articles analyzing impact of political terrorism on Games. All will conclude gloomily that Montreal may be a bloodbath.

Threats of ban on new type of pole, long-jump technique, whatever, (you fill in).

ABC announcing that Howard Cosell will triumphantly return to its team for Montreal.

Relentless grilling of all coaches by Cosell on up-to-date schedules.

Relentless grilling of Organizing Committee by United States' coaches for up-to-date schedules.

Charges of nationalism in judging (fill in sport).

ITA moans about "pros" not being allowed to compete in Games.

Moans from United States about professional athletes from Russia, East Germany, etc.

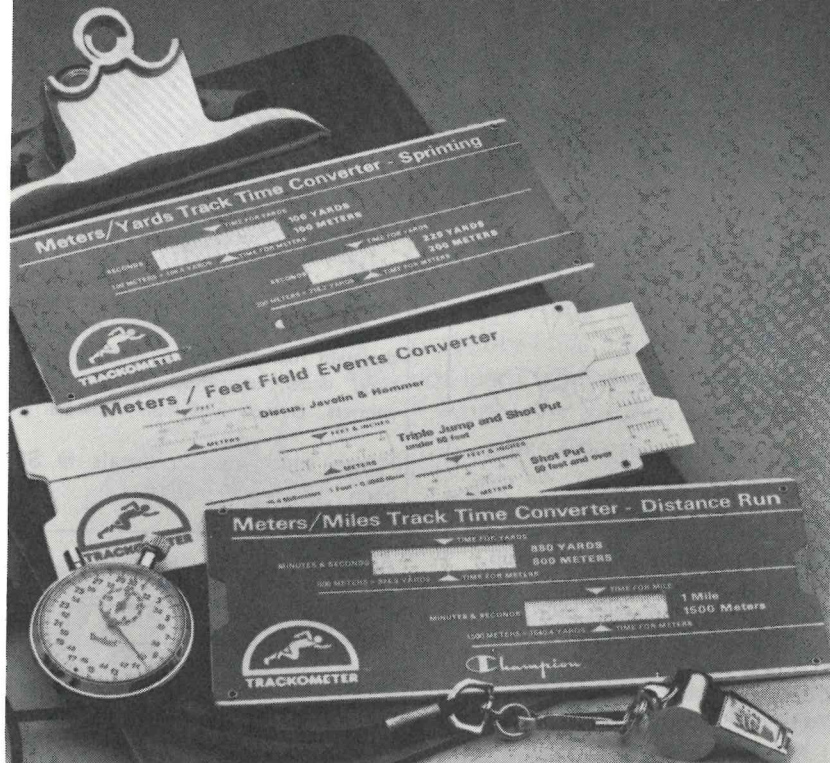
Moans from Russia, East Germany about professional athletes from United States.

Proposals from all sides about breaking up Olympics and dispersing various sports to scattered sites.

Barrage of TV, etc., commercials touting products "Selected for use by the United States Olympic Team."

*Desmond O'Neill  
(continued on page 8)*

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## PUNCH PILLS

It's the day of the big race. It could be Boston or any other important event. The runners anxiously sense the temperature rising. It'll be a hot one. As they start to congregate around the starting line, runners give last instructions to their faithful followers who will ride bicycles or drive cars over the route to "feed" them.

That last slug of Body Punch, ERG or similar concoction the runners have is reminiscent of the brave Japanese suicide pilots taking the ceremonial glass of Saki before their last flight.

But what about the poor runner who has no followers and must rely on the spectators or the race organization to provide refreshments? Many race committees operate on a shoestring budget and can't afford anything sweeter than water.

The answer to the problem of obtaining electrolytes on the run is to avoid mixing the water with the electrolyte until the last second. Usually water can be found along any training or race route. But to try to mix or consume an electrolyte in the commercially found form is next to impossible on the run. Or is it?

One alternative is an electrolyte pill similar to a sugar cube with the proper amount of electrolyte mixture to make an eight-ounce glass of solution. It sounds harder than it actually is.

In the 1975 and 1976 Boston Marathons, I personally made and used electrolytes carried in pill form with good results. I had planned on dropping the pills into cups of water but decided it doesn't really matter where the stuff is mixed. So I ate the pills periodically and washed them down with a good dose of water.

The advantages are twofold. Nothing is spilled and you don't finish the race sticky and goey like a maple syrup commercial. Second, and more important, the pills are lightweight and can be carried on long training runs or major races where electrolytes aren't available and you don't have someone to feed you.

To make these little gems, you naturally need the dried electrolytes usually coming in a packet that makes a half-gallon of solution.

To make an eight-ounce equivalent "pill," you'll need to divide the granulated electrolyte into eight equal parts. If you don't have a lab or letter scale (as was my situation), you can follow the division by two methods.

Pour the electrolyte on a clean sheet

of paper (8½ by 11 will do). Make a fairly symmetrical pile. Then using a knife or whatever, divide the pile in half. Continue to do this with the two piles created until you have eight equal piles. Scoop up each pile with a spoon and dump each into molds.

The mold that I used was made of aluminum foil carefully wrapped around an empty 35 millimeter film can. Don't be afraid to improvise on the mold. Be sure to test the aluminum foil mold with pure water for leaks before you dump the granulated electrolyte into it.

Once you're sure the molds don't leak, fill them with the proper amount of electrolyte. Then add enough water with an eyedropper to dissolve the electrolyte. An amount equal to the volume of the granulated electrolyte just about does it.

There may be some bubbling and fizzing. If you carefully bounce the molds about a half-hour to an hour after adding the water, you can remove a lot of the air bubbles.

Let the molds sit in the sun. It usually takes 3-4 days for the small amount of water to evaporate. The sun has a tendency to bleach out any artificial coloring added to the electrolyte so in the end you should have a white pill about one-half to five-eighths of an inch thick and 1¼ inch in diameter.

This year I individually wrapped each pill with aluminum foil and enclosed the pills in two-compartment plastic bags. I carried four pills at Boston by pinning a bag to each side of my shorts.

The system worked quite well. I could grab at a bag, pull out the bottom pill, and the top one remained protected from water sprays or sweat.

*Jim Gusek*

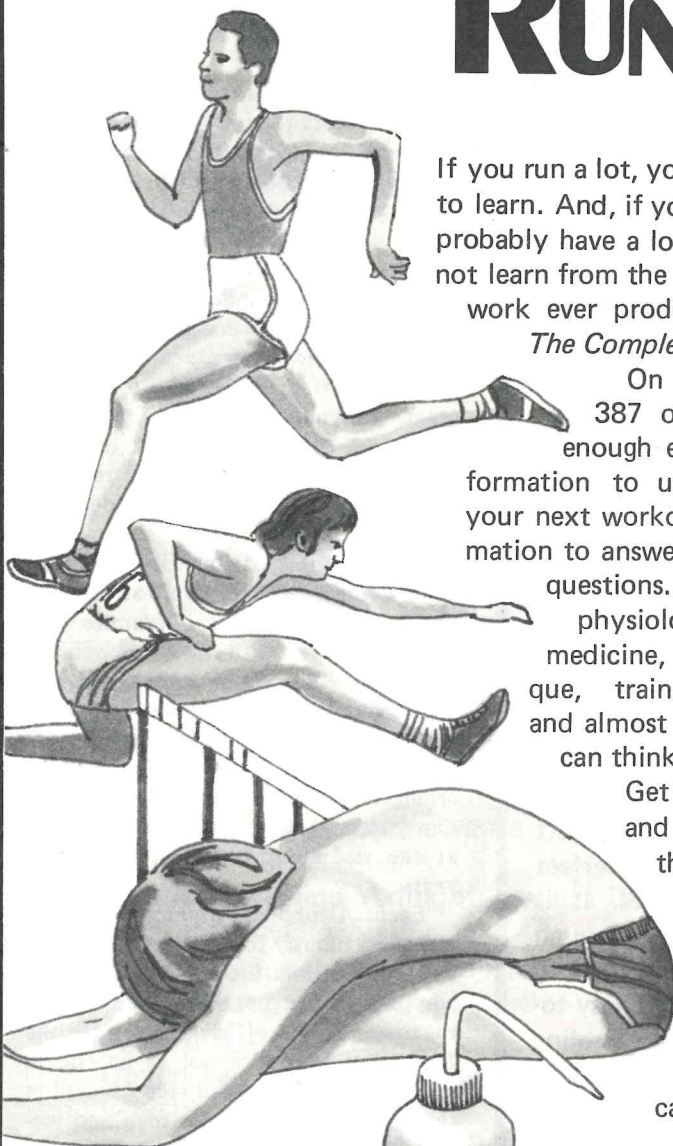
## ACTIVE ALCOHOLICS

It was one of George Bruce's proudest moments as he trotted around the curve of the College of the Canyons track in Valencia, Calif. As he ran past the grandstand, applause mingled with the stirring music of the marching band which was following him on the track. He mounted the victory stand on the infield and turned toward the spectators as he inaugurated the fourth annual Alcoholics Olympics.

The founder of the Alcoholics Olympics is Kurt Freeman, director of the Antelope Valley Rehabilitation Center. Freeman came to realize a few years ago that "alcoholics suffer from recreational deprivation" or, in other words, that the alcoholic has no pattern of lei-

*(continued on page 10)*

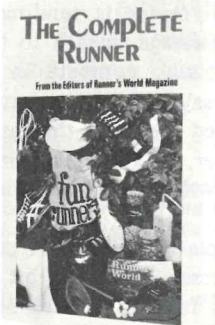
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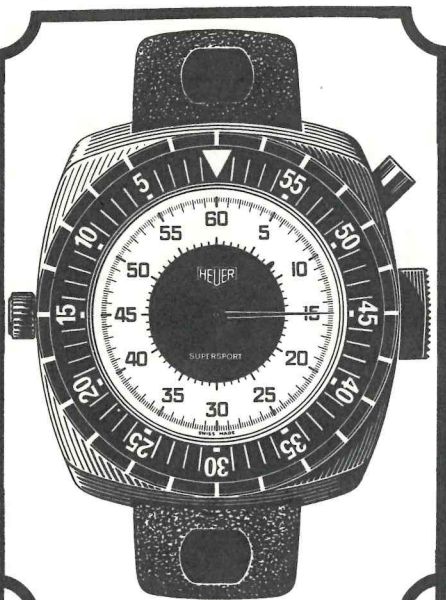
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sure time activity other than the destructive one of drinking.

Freeman was, at that time, director of the Warm Springs Rehabilitation Center and one of his patients ("residents" is the term used in these centers) was a former high school sprint star. The man had an interest in regaining the athletic activity of his life a decade earlier.

Freeman managed to get him, George Bruce and another resident entered in some open junior college track meets. In three meets the former sprinter came down from a 10.6 100-yard dash to a 9.4. More importantly than that, Freeman saw the healing effects of sports participation and training in his three runners and decided to start a track meet only for alcoholics.

He modelled the competition on the Olympic Games, and added such things as weight-lifting and archery to the program. Freeman advertised that first Alcoholics Olympics, in 1973, by fliers sent out to alcohol and drug rehabilitation centers and clinics throughout California.

About 150 participants, both men and women, showed up. Since that time, the Alcoholics Olympics has grown rapidly, with 400 competitors in 1974, 900-plus in 1975 and this year about 1500 men, women and children. A state grant in 1974 enabled Freeman to work out a fairly permanent arrangement with the College of the Canyons, and the event has been staged at the stadium there these past three years.

Each Alcoholics Olympics is planned meticulously for about nine months by Freeman and his aides. One reason why everything goes well is the spirited eagerness of the officials. They see the Alcoholics Olympics not as an end in itself, but as a beautiful step forward in the lives of many of the men and women participating.

Beyond the education of the public, the Alcoholics Olympics is sending a more important message inward to the men and women who compete in it.

George Bruce says of his own running, "It has helped me more than anything to stay sober, to understand myself, to find out what the *good* points of myself were."

These are people who know all too well their weaknesses. The little bit of success, the team feeling, the sense of having worked toward a goal, which go into their training and competition, make them better able to see good in themselves, more able to make it day by day against a terrible shadow lurking nearby.

The Alcoholics Olympics is unlike any other track meet. There are more cheers for even the last-placers in the events, more greeting and hugging of old friends, than at ordinary track meets.

"This may be the only track meet where *everyone* is sober," Freeman says.

Trophies are awarded to the winning teams, divided by the categories of "Large Agencies" (more than 50 beds for residents) and "Small Agencies." Individual winners of first, second and third places in the many events receive medals. Children of the alcoholics compete in some age-classified dashes, and the first three finishers in these receive small loving cups while all children running get small bags of jelly beans.

The day begins with an opening ceremony again modeled on the Olympic Games. Ahead of each team marches two of its members, carrying a large banner with the name of that rehabilitation center. The teams range in number from one with only six people to some with more than 50. The audience, made up largely of fellow residents and relatives, cheers as each team passed in front of the stands.

Perhaps the most typical of the participants in the Alcoholics Olympics was Didi Lucero, from the DTC (Detoxification Rehabilitation Center) in Los Angeles. Didi, whose work toward a master's degree in public administration was interrupted by alcoholism, says she had not taken part in any kind of sports since the fourth grade.

Didi won her heat in the 35- to 49-year-old women's 50-yard dash, but was nosed out for one of the three medals by faster times in other heats. But it didn't matter. One could look at her face, as with all the other people running and jumping this day, and know that she was thrilled with the experience.

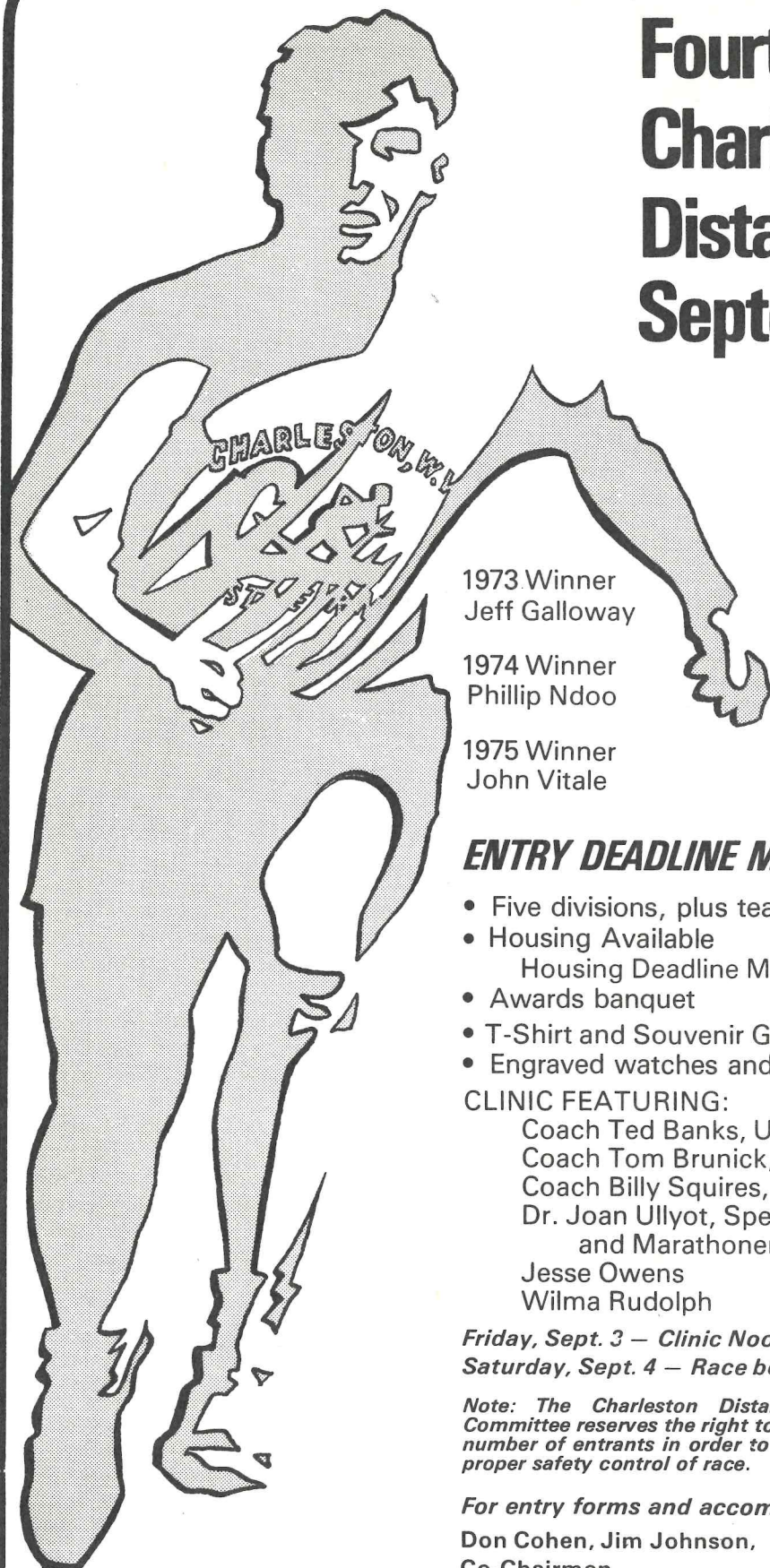
She exemplified what Kurt Freeman says he wants to use sports to show alcoholics. They "can have a natural high, and they can turn on to life."

Truman R. Clark

### CONTRIBUTORS

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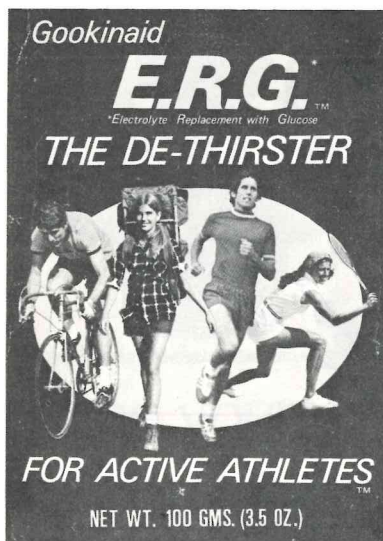
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# Running Commentary

by Joe Henderson

One of our biggest blessings and greatest failings as human beings is our ability to forget unpleasant events. With time, shocking, frightening and painful memories first blur around the edges then may fade completely out of focus.

At the same time, the happy days grow larger in size and brighter in color than they were when they happened. Memory retouches the blemishes of the past.

This is a blessing because it keeps our failures and hurts from eating at us the rest of our lives. It lets us, to paraphrase the well-circulated statement of Frank Shorter, run another marathon because we've forgotten how bad the last one felt.

But selective memory also is a human weakness because it causes us to repeat our mistakes and to hurt ourselves again in exactly the same ways. Wars are fought repeatedly by men who recall the glory of past battles and forget the victims.

In 1968 and '72, war and the Olympics weren't far apart. At Mexico City, there was gunfire in the night as students protested the extravagance of games in the midst of poverty and the police fired on them. At Munich, the gunfire reached into Olympic Village.

I was at Mexico City and said at the time, "The Olympics aren't worth dying over. They've gotten far out of the hands of the athletes and should be revised drastically." I said I wouldn't go again.

But four years later, the Olympics in Munich went on as before and I was there. I said, "This is not a track meet. It's a horror show. It has to be changed or dropped." I said, changed or not, I wouldn't go again.

The Montreal Olympics won't be changed, except maybe for the worse. And I'll be there. With hundreds of millions of others who remember the bigger-than-life happenings from the track but have forgotten the blemishes, I'm excited about the latest Games. I'm not sure whether this is a blessing or a failing of mine and ours.

I didn't think, after the non-athletic

craziness the last two Olympics attracted, that I could get this excited again. But here I am, talking about events like the shot put and decathlon which I barely recognize as part of the sport for three years out of four. And I'm fluttering with curiosity about how the "real" events—the ones of 800 meters and up—will develop.

The Olympics bring out the fan in me which normally lies so well concealed that he won't even come out to watch local meets, and peeks only with passing interest at the results in Sunday morning's paper.

In other words, like many of the runners who read this magazine, I am self-centered. It's the attitude that it doesn't much matter who else is running what, so long as I am running okay.

A runner whose main interest is in himself or herself can't waste four years worrying about and watching other people whose activities relate only distantly to his or her own. But few of us can escape the excitement the Olympians stir up for a couple of months in years like this one.

This is the sixth time I've been stirred up. Each time I've looked closer at the Olympics than the time before, and each time I've ended up being upset even by some of the things I saw on the track.

Since I'm now something of a veteran at spoiling my fun at the Olympics, I offer several ways to destroy your own joy in watching the events at Montreal.

1. *View the Olympics as sacred.* If you expect it to be a gathering of the gods rather than merely a track meet conducted by and for fallible people, then you can expect to be disappointed when they fail.

2. *Assume it is only for amateurs and that certain countries take advantage of others by cheating on the rules.* There probably is no serious contender who isn't supported fully or in large part by his or her government, national athletic federation, military branch, school or a private benefactor. This applies to Americans as well as Eastern Europeans.

3. *Count medals.* This isn't so much against the professed Olympic Spirit of individual competition as it is meaningless. You can't compare the winnings of countries with hundreds of Olympic athletes and hundreds of millions of people with those of tiny nations which send only a few dozen runners to the Games. The only count which might make sense is one based on population. Since countries like East Germany, Finland and New Zealand would be far ahead of anyone else under that system, we Americans can go back to watching the individual results which are most important anyway.

4. *Root only for the home team.* Treat it like a football game—us vs. them, the US taking on the rest of the world—and nine events in 10 will turn out the wrong way. Learn instead to appreciate the winner no matter what colors he or she wears, and at the same time realize that first place is not the only one which means anything at the Olympic Games.

5. *Make the athletes carry the hopes of all their countrymen.* And make them feel they've let us down if they don't live up to our hopes. John Smith said bitterly after the 400 meters in Munich (where he dropped out with an injury), "When there's a victory, the US wins. But when there's a loss, the individual loses."

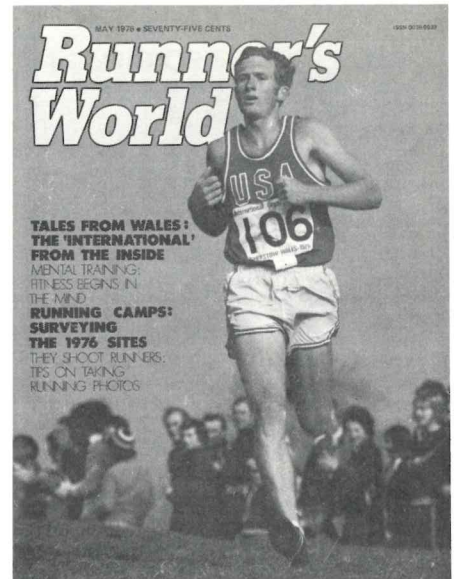
6. *Think that all the best athletes in the world are here.* Most of them are. But political affairs still exclude the Chinese and South Africans. The fourth-, fifth- and sixth-best runners from some other countries, who might be among the 10 best athletes in the world in certain events, are kept out because the limit is three per country. Others are injured. Others have peaked in the wrong years. The Olympic winners get there on luck as well as talent.

7. *Say this is the only meet which counts.* Athletes will fall at Montreal and will pound their fists on the track as they wail, "Four years of my life, gone, wasted!" Nonsense. If there hadn't been four years of very good racing, the wouldn't be close enough to the track to touch it.

8. *Feel intimidated by the Olympians.* If they make you feel fat and slow and clumsy with their lithe power, if they make you wonder if you belong in the same sport, you've missed one of the points of the Olympics. There only can be a few Olympians, but those few can inspire the rest of us to participate, to reach for our own kinds of gold. ●

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# Medical Advice

**George Sheehan, M.D.**

## DRINKING TEA

**Q:** I would like to know the long-term effects of drinking tea, especially as compared to drinking coffee. Does tea contain caffeine or is there a harmful substance in tea? What amount, if any, per day could cause problems? I am an avid tea drinker and am hoping that it is not detrimental to my health.

*J.S., Canada*

**A:** Tea is a superior drink to coffee from a scientific basis. It has caffeine, but for some reason doesn't give the jitters people occasionally get from coffee. It also contains theophyllin which has a beneficial effect on the heart and circulation.

Further, tea doesn't create the gastric problems seen with coffee even if the coffee is decaffeinated.

I know of no particular limits on tea drinking. I am sure there are people who consume huge amounts each day without any noticeable harmful effects.

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*B.B., South Dakota*

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## PAIN IN QUADS

**Q:** After speaking with a number of runners following the Boston Marathon, I learned that many were afflicted with tightened quadriceps. In my own case, it was because of the lack of proper training (foot injuries resulted in inadequate mileage during the month and a half prior to the race).

I would appreciate your analysis of

why there were so many quads. Was it because of the heat and continual hosing down? In past races my main problems were tightening of the calves but this time it was the quads.

*E.K., Pennsylvania*

**A:** We oldtimers have learned annually of the effect of the Boston Marathon course on the quadriceps. The checking of going downhill in the early stages, the long downhill at Lower Newton Falls and then the climb through Newton puts tremendous strain on the quads.

Usually this becomes apparent as you descend from Boston College and then you feel it on every slight decline until the finish.

I find that for three days or so after Boston I have to go downstairs backwards. And I doubt that I am alone in this misery.

So it's the course that does it, not heat or humidity. Boston is the supreme test for your quadriceps muscles.

## LEG LENGTH IMBALANCE

**Q:** I am 17 years old and 6 feet 4 inches tall. I recently found out through X-rays of my pelvis that my left leg is exactly one inch longer than my right leg.

Is such a significant difference in leg length very rare and how severely does it affect running ability (such as stride, rhythm, injuries and so on)? It was just an accident that I found out the imbalance while at the doctor's office. I never previously detected the imbalance when running.

Do I really need a heel lift and, if so, how high and should it be placed inside the shoe or on the outside?

*J.S., California*

**A:** Leg length discrepancy is more frequently present than it is symptomatic. Unless it bothers you in some way, giving hip or knee pain (frequently on the opposite side), I would not bother treating it.

In treatment, I think the lift should be placed inside the shoe. Correction should never be more than one-half inch, and not the total of one inch you found.

## UNUSUAL DIZZINESS

**Q:** I have been training to run in my second marathon (I am 42 years old and



have been running competitively for the past two years) and in successive weeks I have run a 20-mile and two 10-mile races, all with times faster than what I ran last year.

A week after one of my 10-mile races I went on a 15-mile steady run at a 7:00-plus pace. It was hot and humid and I perspired profusely. I felt tired, at times very tired, during the run and when I finished I felt slightly sick (something I've never experienced after any runs or races). The feeling disappeared until I drank some cold juice, after which I began to feel ill once again. When I got up to go lie down, I felt dizzy, the room started to close in on me and I had to seek help to reach my bed. I then broke out in a cold sweat which lasted for the next 15 minutes. Although after this time I still felt tired, I no longer sweat and was feeling better.

I don't want to stop running. It is a part of my life. Should I stop or not? It seems silly to do something if it is going to make one ill.

*T.M., England*

**A:** You apparently had some sort of vagal spell associated with a slow pulse and a low blood pressure. It may have been that you had some sort of cardiac arrhythmia. In any case, one such instance would not worry me, especially with the unusual circumstances.

It might be worthwhile to see if you have the electrocardiogram of someone susceptible to such attacks. Not that you should stop running, but just so you could identify what happened.

### HEEL REPAIR HINT

I have recently been confronted with a number of runners complaining of lateral foot and ankle pain.

These patients had all been repairing their own heel wear with various liquid rubber products. Only after the heel wear was repaired did the symptoms occur.

Upon examination of the repaired shoes, it was interesting to note that the heels were repaired improperly with an excess of rubber built up at the point of maximum heel wear. Excess buildup of rubber effectively forced turning of the foot at heel strike, leading to lateral ankle ligamentous strain and in a few cases lateral ankle sprain.

I would strongly recommend that heel and sole repair be accomplished insuring that there is no excessive buildup of rubber material on either side of the defect to be repaired.

*Jeffrey F. Yale, D.P.M.*

*(continued on page 16)*

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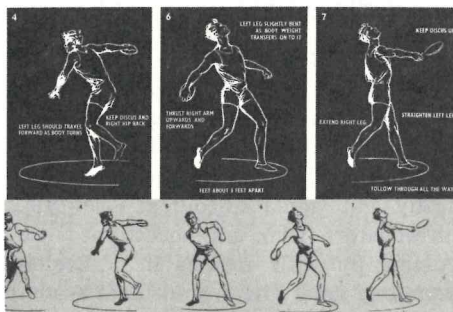
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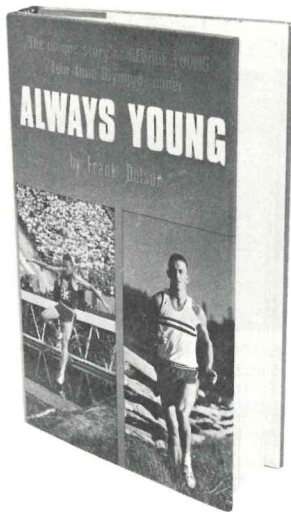
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## THE EXERCISED HEART

John D. Cantwell is the director of the Preventive Cardiology Clinic at Atlanta, Ga. He is the author of *Exercise and Coronary Heart Disease* (C. C. Thomas, 1974) and *Stay Young at Heart* (Nelson-Hall, 1975).

Numerous advances in our understanding of coronary heart disease have evolved over the past decade. Some of the accumulated data has direct relevance to the athlete and distance runner.

Animal experimental data provides overwhelming evidence that vigorous exercise has a beneficial effect on the animal heart. These effects are more impressive in the younger animals. In certain older animals, and in others who were intensively exercised, deterioration was observed in some of the heart muscle's energy-producing "factories" (mitochondria). It is always tenuous to extrapolate animal data to humans. But even while realizing these limitations, moderate aerobic exercise, begun early in life, would seem a prudent measure.

In at least 40-50 studies in man which have attempted to correlate physical activity habits and coronary heart disease rates, evidence shows a strong trend that coronary disease is less prevalent in the physically active.

But it is virtually impossible to prove beyond a shadow of a doubt that vigorous exercise prevents or appreciably delays the onset of coronary disease. Such a study would necessitate thousands of subjects, randomly assigned to either a long-term exercise group or to a non-exercise group. They would need to be followed for upwards of 25 years, which would be quite costly and would discourage scientific investigators who are accustomed to coming up with answers in a shorter period of time. The dropout rate would be high in the exercise group and a significant number in the control group would exercise on their own.

Recently, claims have been made that marathon runners are immune from coronary disease. No scientific data has been presented to support this allegation. Moreover, a review of the medical literature indicates at least four episodes of sudden death or heart attacks in marathoners.

Yet moderate jogging and running appear to have a role in cardiac rehabilitation. In 1880, the Germans discovered terrain cures (or mountain hiking) as an effective form of therapy for cardiac victims. This concept has evolved over the years to the present

method of medically-supervised exercise (including jogging) for many post-coronary patients.

Studies from a number of centers in the United States, Canada and Europe are consistent in showing both subjective and objective benefits from such therapy, including enhanced treadmill test performance and an augmented sense of well-being. However, there is no solid data to say conclusively that life can be prolonged or that recurrent rates of heart attacks can be reduced.

Several centers have utilized marathon running in a rehabilitative effort for selected post-cardiac patients. Indeed, a few of the 250 patients in our program at Georgia Baptist Hospital are capable of such an effort. But most are not, and some have difficulty merely walking about the gym because of their chest pain. Until convincing data is available, I have elected to follow a moderate regimen of therapeutic running.

I am always greatly disturbed to hear of the infrequent sudden death in runners and other athletes. This may be on the basis of a fatal disturbance of heart rhythm, usually associated with underlying coronary heart disease.

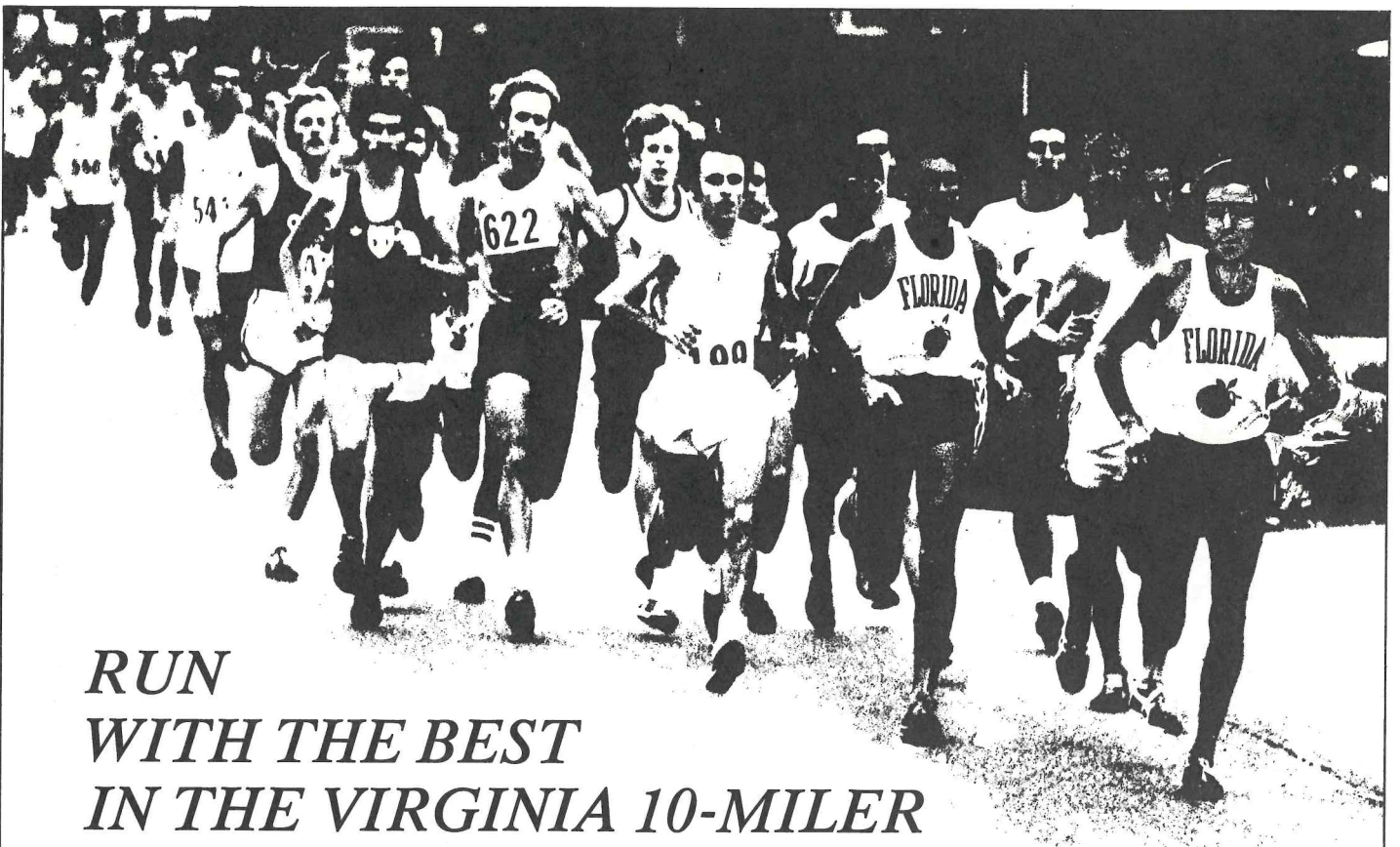
I have performed exercise stress tests on an occasional distance runner who has shown potentially fatal heart rhythm disturbances at a high working pulse rate. I caution such individuals to keep their exercise heart rates well below this threshold. It is because of such occasional findings that I recommend an annual stress test for distance runners over age 35.

Sudden death in athletes is rare, although I personally have heard of eight cases within the past year. Exercise stress testing may help to detect those who are at increased risk for an exercise-related disturbance in heart rhythm.

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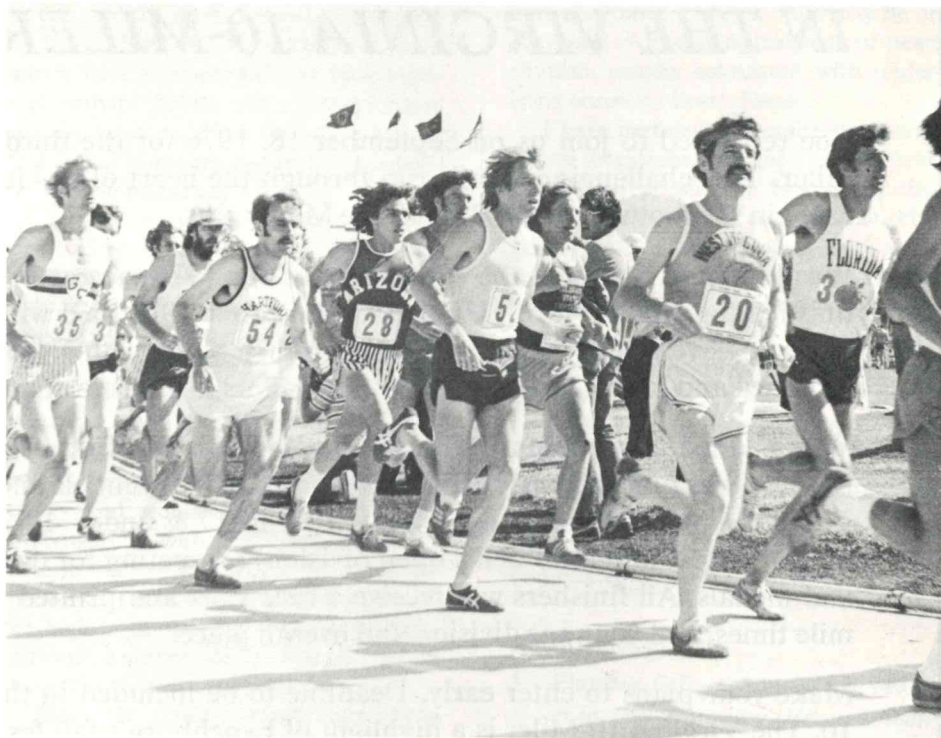
# Interview

by Mark Cullen

## The Talk of Eugene

The evening before the Olympic Trial Marathon in Eugene, a group of participants gathered to discuss various aspects of marathoning and simply to get acquainted. By the end of our conversation, more than 20 people were there. Among them were Jim Bowles, Tom Lee, John Vitale, Bill Rodgers, Tom Derderian, Amby Bur-

Tom Derderian responded first. "I think there's a difference. The guys that are running faster don't tend to think of much else except how to run faster. They just think about the race and the tactics. Guys that are running slower think of songs and recite poems in their head—do that sort of thing. One guy said that he . . ."



Brad Mosher

foot, Joe Carlson, John Samore, Ron Blackmore, John Bramley and Reid Harter.

To start the discussion, I explained, "I'm a marathoner, too, only my lifetime goal is to break three hours. I've found that the more I've talked with marathoners, the more it seems that the differences between the faster and slower ones are matters of degree, and that the same things seem to affect all of us. Maybe that view will change tonight."

Among the starters are Kirk Pfeiffer (35), John Vitale (54), Ed Mendoza (28), Bill Rodgers (52), Carl Hatfield (20).

Bill Rodgers interrupted ". . . built houses."

Derderian: "Built a house, yeah! I found it really hard to believe that you could actually think . . ."

Rodgers: "You couldn't do that standing still!"

There was a chorus of agreement from the other runners.

I asked about other differences which set these men, who had run 2:23 or better, apart from runners like me. Are they more competitive?

Rodgers said, "I guess you have to be. You train more so you must be more competitive—in terms of running, at any rate."

John Samore added, "Others might be interested just to talk about motivation—why you've got it. When I began in sports, I was very much in team sports. Then I had a bad experience when I was a freshman (in high school). I was put on the bench of the basketball team because I didn't fit in with the team (pause) or what the coach thought a team player was."

He went on to describe why he chose track. He wanted to find a sport in which there were only absolute measures of one's ability, a sport in which he would be less likely to be the victim of the subjective whims of a coach.

He said, "You could prove on a stopwatch you were good enough to run on the team. I think that's why I got into track . . . so much.

"I notice the more I run, the more it breeds a very intense individualism. At least where I come from (Sioux City, Iowa), there are still so very few runners, it's unique to see someone run. So I suppose individuality was bred more and more. It fed upon itself. I don't know if anybody else had a similar experience."

Most of the runners agreed with Samore's point of view. Team sports were a losing proposition for them. There was a consensus among the runners that they did not want to be measured by any standards but the ones that they chose.

Rodgers said of long-distance running, "It's a selfish sort of thing. Why share the glory with anyone else? You're out there on your own.

"I couldn't get into the team thing, either. (long pause) Even as a member of a track club now, I'm not that much into team championships—a little bit, but not that much."

Ron Kurrle continued the discussion of the individuality of runners. "A marathoner, particularly, is like an artist. You won't find any two of them who do exactly the same thing. They prepare differently. One might favor doing a lot of hills, one might favor doing the long slow running, others combinations of that. A lot of them don't even use a coach. They're their own

*(continued on page 20)*

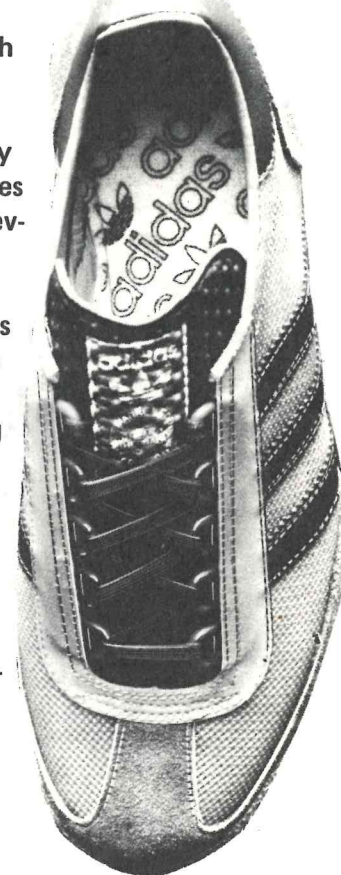
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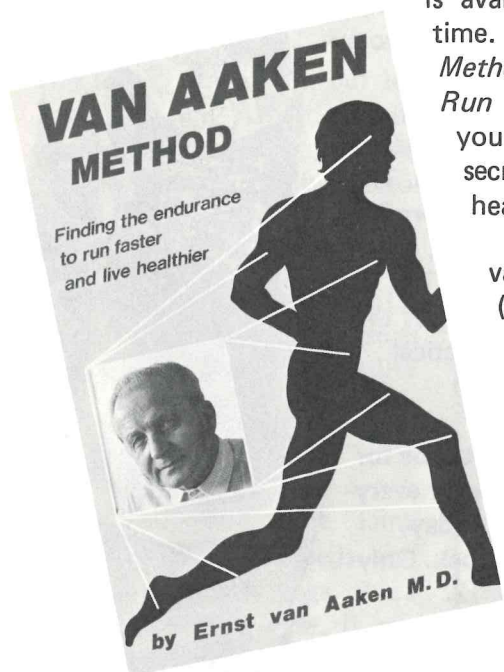
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coach. They make their own workouts, set their own life styles. And I think that's what makes marathoning unique in essence."

I asked, "Does what you do in races amaze or surprise you? If I ran my fastest mile, I would stay with you guys for one mile. But you go for 25 miles more. That is almost beyond my comprehension."

Kevin McDonald: "I know that I was pretty surprised at some of the things I ran (early in my career). But it did happen gradually, and when you see other people doing it, you start to believe, 'Well, maybe I can do it.' That takes away some of the surprise."

"Are other people your inspiration sometimes?"

McDonald said, "To a slight extent. Well, I never had any track background in high school or college, so I had to sort of learn through my own experience and from seeing what other people did. I'd ask other people, 'What's your training like, what do you do?' I'd try to glean something from them. I borrowed what I liked, and then what I couldn't take I wouldn't do."

John Samore: "You can see a lot of the effect of that in the way the times have escalated in the last year since those standards were declared. There were so few people in this country who could run under 2:20 five years ago. I think five years ago we probably all would have been amazed at the times we run now, but now we're disappointed with the times we have. No longer is 2:20 the standard of excellence. It's 2:15."

I shifted the discussion to the Olympics and asked what part they play in terms of setting goals. Do the ideals of the Olympics—the international brotherhood—play a large part, or have things gotten too cynical for that?

Tom Derderian answered, "I don't think that any Olympic ideals play a large part. If there was a world championship in every year to qualify for, I think the result would be the same. Everybody would be running just as fast. There's nothing that magical about the Olympics."

Rodgers: "In your day-to-day training, it's not there. I never even thought about it. Three years ago, I never thought I'd run under 2:20 or so. I said, ridiculous. I dropped out of my first marathon. No way! But in the last few months I'm sure it's been on all of our minds. So then it affects your training. You try to stay uninjured, that's it."

Joe Carlson: "You also don't train

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(specifically) for the Olympics in the marathon a year ahead as much as, say, a 400-meter runner would. You've got too many other things you have to worry about on the way."

I said, "Do you consider yourselves lucky to have gotten this far in terms of being relatively uninjured?"

Rodgers: "There's a number of top runners here now who were injured just days before. Let's face it, the name of the game is to be uninjured in track and field. How many of us here have had serious, really bad injuries?"

This question brought many comments from the group. It seemed everyone had been to see the same doctor.

John Samore said, "The Olympics is a nice ideal, but we realize how few people can ever attain it. At the same time, whether or not we made the team, every one of us is going to be running again, no matter how disappointed we are. Our body and our mind will make us go out. Just because we didn't make the team isn't going to mean the end of running.

"I think in distance running more so than anything else, you feel a camaraderie with other people. We quote Shorter's statement, he waits at the end and says, 'My God, we've made it. We've all made it.' There's a lot of truth in it. It sounds corny, but I think it's really true."

Rodgers: "It seems pretty rare that marathoners or long-distance runners attack each other. You do your attacking when you get out on the roads, in a different way. I mean, we are out there to defeat each other, or whatever you want to call it, or just to run a good race."

"Are many words ever exchanged?" I asked him.

"I think mostly if they are, they're just friendly. I've only been in one race in my life where I heard someone really get kind of vicious at someone else. That was at an important race, and someone was too close to someone else, and he said, 'Get off my ass!'"

Samore: "How often in track does somebody say 'Excuse me' when you get bumped. They always say that in a marathon."

Kevin McDonald: "Or people handing each other water during the Boston Marathon. You see a guy in front of you go for a glass and miss it, and about half of yours you don't want, so you give it to him."

Ron Blackmore: "It's sort of a supportive thing all the way—before and after the race, and even during it. Even

(continued on page 22)

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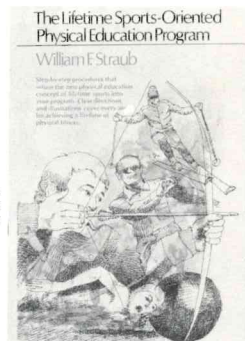
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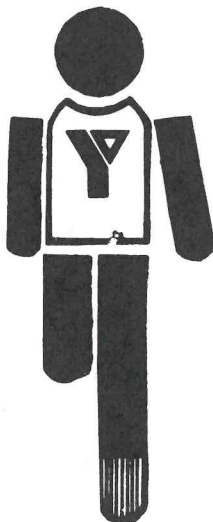
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by staying more competitive you're supporting the other runners, too, because they try to hang with you, or try to keep the same pace, or help with the pace."

When I mentioned the topic of training, I said that I hoped during the course of the Track Trials this summer to be able to gather information on other groups of athletes through similar meetings. I made the mistake of using discus throwers as an example of such a group, and soon was greeted with a chorus of, "Steroids! Steroids!" Obviously, those athletes who use unnatural means for improving their performances were not held in high regard.

We didn't get far on the subjects of training or nutrition, as the hour was getting late and the runners already had been more than generous with their time.

Tom Derderian said, "I bet training is similar for everybody in that you do as much as you can do . . ."

Rodgers added, ". . . without breaking down. You try to keep in touch with your body—how much you can take you learn after a while. If you're feeling really tired, there might be some serious aches and pains—lay off it, run easy.

I said "In a way I lament the passing of the marathon. It's not what it used to be. I hope I can say this without putting my foot in my mouth. It used to be for these guys with real guts and courage who did heroic things at the Olympics, like that Italian (Dorando Pietri) in the 1908 Olympics in London. That doesn't seem to happen much anymore."

Derderian: "That used to happen to me in high school, when I used to train two miles every other day. We'd all be out there in cross-country races in high school and everybody in the field would be walking up the hill, so they'd be struggling in—but nobody was in shape. The better shape you get in, then the faster you can run the race and the faster you can recover, and the less dramatic it looks. You're not falling down the last part of the race."

Joe Carlson: "I think a big change in the marathon is that a lot of guys who were running it four years ago are still running it. Finally, they're finding out that maybe they should be running at the peak age instead of peaking out at 21 when they finish their college careers."

We were not able to reach a consensus on the issue of training, as there was too great a variation among the various types. The most interesting training schedule came from Jim

Bowles, who told us he runs between 150 and 170 miles per week at an average pace of nine minutes per mile. Occasionally, he runs at a 7½-minute pace, for variety's sake. Every two weeks he runs a road race at around 5½ minutes per mile for his speed workout.

The runners also split on the effectiveness of the glycogen storage diet. Six people had followed it strictly in the week before this marathon, six loaded up on carbohydrates without going through the depletion phase (they felt that the depletion had only a placebo effect, and that it was only the carbohydrate loading that was important), while five didn't follow it at all. There was also a category for junk food addicts, but they will remain unnamed.

John Bramley observed that the psychological effect of the diet was good both during and after the race, while others found it disconcerting to feel so wiped out by the depletion phase just four days before running a marathon. Others complained that the depletion phase had a ruinous effect upon their social lives.

Reid Harter reported that his wife told him he was much more agreeable this week before the marathon than before previous ones. It was the first time he wasn't on the diet after four consecutive pre-race loading routines.

We briefly discussed the effect of running on runners' relationships with other people, especially spouses. Those who knew of runners who had been through divorces in which running was an issue felt that running was used as an excuse to avoid confronting more basic issues.

Harter settled this one quickly when he said, with his wife at his side, "Just let your wife know that she's number one."

In addition to those who attended the meeting, Don Kennedy, Chris Berka, Don Kardong, Jeff Galloway and many others provided invaluable assistance earlier in the week. All the runners were notably unpretentious. Though they all were gathered to compete for a lifetime's dream, they were the most mutually supportive group I have ever encountered. Whether they admitted it or not, they showed that all the corny Olympic ideals are alive and thriving.

At the close of the meeting, I told them that the trouble with having met so many of them was that there weren't 20 places on the team to accommodate them all.

Each runner, in his own way, was the class of his field. ●



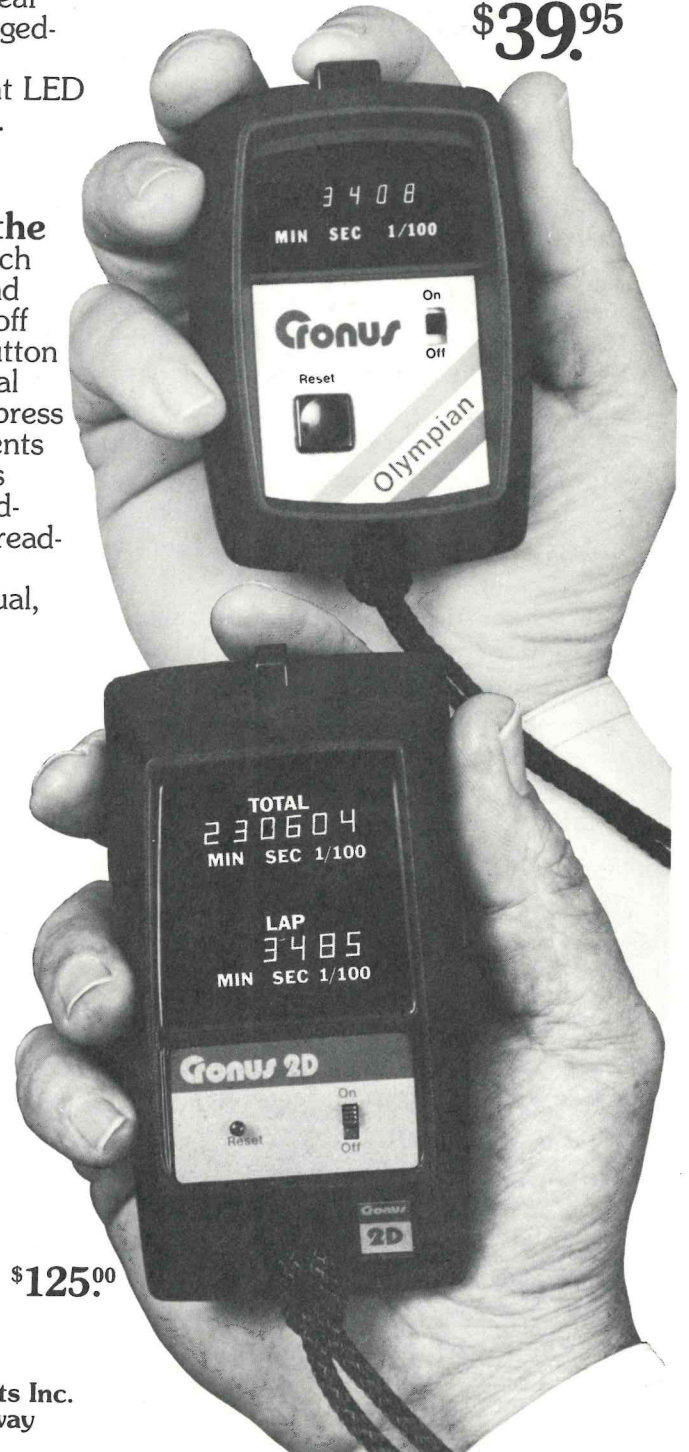
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There was some doubt then that there would be another Olympics—at least in the same form as before. There were calls from high places for reform, for a scaling down of the Games to "human proportions."

But time has washed away the blood of Sept. 5, 1972. The cries of outrage are stilled, and the Games of Montreal will go on—more extravagantly than ever.

"The Games must go on." They stumble on in spite of political protest and violence. They labor on without Avery Brundage, the now dead guardian of the Olympic Ideal for much of this century.

The Games, a columnist wrote in 1972, "are no longer a world apart. They are now part of a world that smashes people, not records."

Perhaps that always has been so, and Munich simply rid us of any illusions to the contrary. The Games—the athletic events themselves—may have to go on because their surroundings are so murky. We may need a high form of human expression to offset the many lows we see. We may require the beauty of physical performance to cancel out some of the ugliness which dominates so many human affairs.

The real world, of which the Olympics are part, probably won't let the Montreal Games go on without some trouble. But we can hope to enjoy the events this time without having them ruined by intruders as they nearly were in 1972.

Much of the joy of an Olympics is in the anticipation of events. This starts as one Games ends and goes on until finals are run at the next one. The anticipation takes the form of questions.

Was Valeriy Borzov lucky at Munich when he won the 100 and 200 meters? Can he handle Steve Williams and Don Quarrie this time?

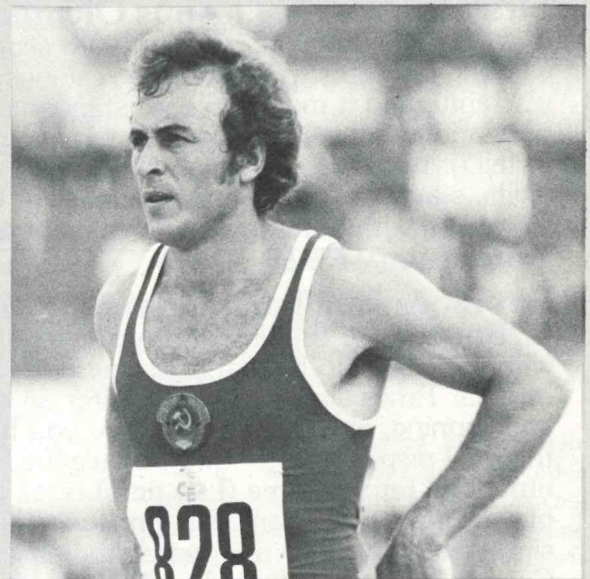
Is Frank Shorter tough enough to pull off a marathon double which only Abebe Bikila has accomplished before? Might Frank have a chance at 10,000 meters, too?

Will Rick Wohlhuter try for the "Snell double"—800 and 1500 golds in the same meet? How will he deal with Filbert Bayi and John Walker in the longer race, and how will they deal with each other?

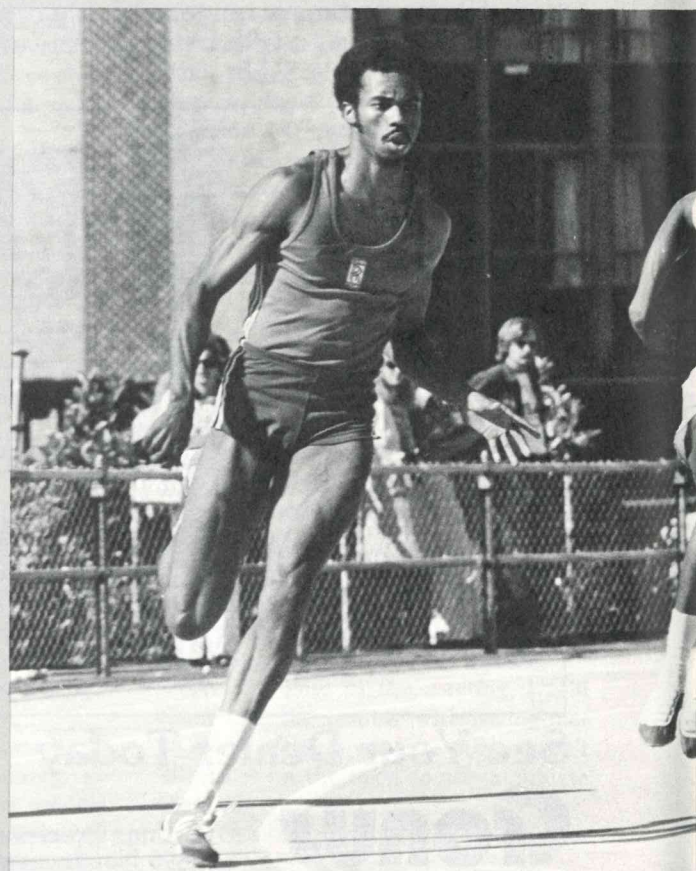
Can the 5000-10,000 winner from 1972, Lasse Viren, regain his fitness and confidence? Can John Akii-Bua be as awesome again in the 400-meter hurdles?

What about East Germany's two women, sprinter Renate Stecher and hurdler Annelie Ehrhardt? Will they retain their titles? In fact, will anyone keep the East German women from winning more than half of the gold medals?

# The Games Of Montreal



Horst Muller



# Deal



Kurt Eriksson

UPPER LEFT: Borzov tries to repeat.  
 LOWER LEFT: Williams challenges.  
 ABOVE: Walker, Bayi meet in 1500.  
 BELOW: Stecher leads the East Germans.



Mark Shearman

Will any one country or region monopolize men's middle-distance running the way the Finns did in 1972 and the East Africans did in '68?

Are the US runners about to lose their hold on the high hurdles title which they've had since 1932 and in the 400 meters where they've won since 1956? Can Guy Drut of France and Dave Jenkins of Britain end these streaks?

Who will be the gold medalists no one thought of as serious threats? And who will be the favorites who flop?

The Olympic athletes will answer these and other questions at Montreal's Olympic Stadium between July 23, when the first final event is the 20-kilometer walk, and July 31, when the racing ends with the marathon and the guessing begins anew.

## MEN'S EVENTS

EVENT	FINAL	RECORD
100 meters	Saturday, July 24	9.9
200 meters	Monday, July 26	19.8
400 meters	Thursday, July 29	43.8
800 meters	Sunday, July 25	1:44.3
1500 meters	Saturday, July 31	3:34.8
Steeplechase	Wednesday, July 28	8:23.6
5000 meters	Friday, July 30	13:26.4
10,000 meters	Monday, July 26	27:38.4
110m hurdles	Sunday, July 25	13.2
400m hurdles	Sunday, July 25	47.8
400m relay	Saturday, July 31	38.2
1600m relay	Saturday, July 31	2:56.1
Marathon	Saturday, July 31	2:12:11
20-K walk	Friday, July 23	1:26:42
High jump	Saturday, July 31	7'4 1/4"
Pole vault	Monday, July 26	18'0 1/2"
Long jump	Thursday, July 29	29'2 1/2"
Triple jump	Friday, July 30	57'0 3/4"
Shot put	Saturday, July 24	69'6"
Discus throw	Sunday, July 25	212'6 1/2"
Hammer throw	Wednesday, July 28	247'8 1/2"
Javelin throw	Monday, July 26	296'10"
Decathlon	Wed.-Thu., July 28-29	8454 pts.

## WOMEN'S EVENTS

EVENT	FINAL	RECORD
100 meters	Sunday, July 25	11.0
200 meters	Wednesday, July 28	22.4
400 meters	Thursday, July 29	51.1
800 meters	Monday, July 26	1:58.6
1500 meters	Friday, July 30	4:01.4
100m hurdles	Thursday, July 29	12.6
400m relay	Saturday, July 31	42.8
1600m relay	Saturday, July 31	3:23.0
High jump	Wednesday, July 28	6'3 5/8"
Long jump	Friday, July 23	22'4 3/4"
Shot put	Saturday, July 31	69'8"
Discus throw	Thursday, July 29	218'7"
Javelin throw	Saturday, July 24	209'7"
Pentathlon	Sun.-Mon., July 25-26	4801 pts. ●

# One, Two, Three or You're Out

## Olympic Marathon Trial by Joe Henderson

To be one of the three or not to be? That was the question. It always is the question in a US Olympic Trial race where only the first three runners move on to the Games.

More precisely, the question at the Olympic Marathon Trial in Eugene on May 22 was, "Who will be third?" Two of the three trips to Montreal generally were conceded to Frank Shorter and Bill Rodgers. Barring a total and totally unexpected collapse, they couldn't miss. They clearly were in a class above the other runners, as Shorter and Kenny Moore had been for this race in 1972 when they tied for first.

The only question about Shorter and Rodgers, who were meeting for the first time at this distance, was whether they'd try to beat each other as well as the other 80-odd runners or settle for a tie.

Frank both hinted at his confidence and gave away his plans in a story printed that Saturday in the *Eugene Register-Guard*. He told John Conrad, "Neither of us (he and Rodgers) will want to make it any tougher than we have to with the Olympics just two months away. I know if I've got third place locked up with six miles to go, I may just walk in."

Bill wasn't so sure of himself. He said, "I tend to group myself with all the other guys. I hope to be there at the end, but I don't take it for granted. Probably four or five guys will be right there (with me)."

If any of the other runners believed that, there was little sign of it in their talk as they began arriving in Eugene at mid-week. The consensus among those who thought they had a chance to make the team was, "I'm running for third."

The race to speculate about most eagerly and to watch most closely, then, was not the one at the front but the one for third. This routinely happens in the Olympic Trials and nowhere else.

Assuming Shorter and Rodgers all but had their places won, that left 85 marathoners to race for third. Only one of the 85 would get to be completely satisfied.

It may have been the most select group of marathoners racing anywhere, any time. The qualifying standard of 2:23 was the most severe ever. The Olympic Games, which has no standard,



Steve Thompson

*Shorter (39), Rodgers (52) and all those who ran for third at the Eugene Trial.*

may have a few faster men, but it also has lots of slower ones.

The final winnowing down from 85 runners to one started before the race did. Eleven eligible men—including Wayne Badgley, George Christopher, Herb Lorenz, Jim Stanley and Jeff Wells who had broken 2:20—didn't enter.

Seven others signed up but couldn't compete, five of them either current or former members of the host Oregon Track Club. Kenny Moore lost a chance at making his third Olympic team when he came down with pneumonia a week before the marathon. Jon Anderson, an Olympian at 10,000 meters last time, suffered a combination of injury and illness. Ex-Eugene resident Ron Wayne, national marathon champion in 1974, was ill on race day.

\* \* \* \*

So 67 runners now remained to compete for the one spot. In the race headquarters that Saturday morning, I listed the runners with "realistic chances" (the words on top of the three-by-five card) of placing third. The card had 12 names, plus another which was apart from the rest and had a "?" beside it.

I added the name "Sandoval" only on the advice of his teammate Roy Kis-

sin. I'd run with Roy a few days before, and he'd said, "You can't overlook Sandy. Who else in there has run a 1:51 half-mile?"

Sandoval had run well at all the track distances all spring, and the marathon now is a race among fast trackmen who've moved up. But he also was the least experienced (one previous marathon) and one of the youngest (at 22) runners in Eugene. Hence, the question mark.

Mark Cullen was in the room, gathering information for his story which would appear in the program for the Track Trials in June.

He said, "How are you picking it?"

I told him my thoughts on Shorter and Rodgers, and Mark nodded as if to say, sure, everyone knows that. But what about third?

I showed him my card with all the names on it and said, "It could be any of these. I'd like to see Tom Fleming or Chuck Smead make it because they come from 'us'—the pure road runners. But if I had to bet on it, I'd say Gary Tuttle. He seems to have everything—speed, experience..."

John Bork, a shoe company representative, broke in. "Haven't you heard?" he said. "Gary tore a ligament on the top of his foot while training on Monday. He's been getting cortisone shots all week, and he'll need a

pain-killer before he can run here.”

Ken Ellingwood, the Florida Track Club's team doctor, interrupted to say, "He won't pass the doping test. The top five finishers will be tested after the race.”

Bork rushed away to warn Tuttle.

Dr. Ellingwood then made his prediction. "No one can beat Frank," he said. "I think he could run 4:40 miles all the way if he were pressed.”

Okay, what about third?

"Barry Brown. He ran a four-minute mile recently.”

Brown had just left the room. He was smiling and confident, at least compared to his teammate Jeff Galloway, who had picked up bronchitis at a critical time and "only got back to training 2½ weeks ago." Galloway had finished fourth in the 1972 Trial after making the team at 10,000 meters.

Barry had said to Jeff as he left the room, "Stay on your feet . . . I'll buy you lunch—all you can eat at McDonald's.”

I asked Mark Cullen, the writer, about his favorite.

"Don Kardong," he said. "Anyone who can run 12:57 for three miles and finish sixth in the Olympic Marathon Trial (1972) a month after having mono must have something going for him.”

Kardong wasn't on my list, which shows how much I know.

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I didn't see the Olympic Trial, even though I was paid to report it and was there in town with watching that race as my only purpose. I tried to see the race which promised to be the fastest in US, if not world, long-distance running history.

I was in the stadium for the start. But that never is more than a group warmup in a marathon. The "race" may have started, but the *racing* hasn't.

I was back in the stadium to watch the finish. But this one lap around the track seldom is more than a victory celebration for those who have run well, a last insult for those who have labored and lost. Either way, the race is *finished* before the actual "finish.”

In between the two times on the track, the real racing went on out there on the road. Even the watchers who were thoughtless enough to spew fumes at the runners from cars or get in their way with bicycles only saw the runners they were with. Those spectators who stood beside the road to watch only saw blurs of passing runners who came and were gone before they were recognized.

By cutting the course on the run, you were able to catch glimpses of the marathoners at five different points here. But the important developments in the race happened in the vast spaces between those points.

Because so much was going on that you didn't see, and so much was riding on the results, this was an even more frustrating and fascinating marathon than most to try to watch.

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The runners who thought they had a chance for third place chose one of two strategies: "all or nothing," or "hang back and hope.”

Those who chose the latter course wouldn't be known until late in the race, if at all.

Barry Brown chose to go all-out from the start. He ran with Shorter and Rodgers, as did a group of about 10 others. Of them, only Lionel Ortega, John Vitale and Tom Fleming stayed with the favorites and Brown for long. The first three led the second three by 15 seconds at 10 miles.

The only place spectators on the course could get a good idea of the developing race was a little past halfway. They couldn't tell this soon who would be third, but they knew who wouldn't.

Shorter, Rodgers and Brown went by together, a minute up on Fleming. Vitale was back to seventh now, behind Bob Varsha and Kirk Pfeffer. Ortega was out of the first dozen. Gary Tuttle was out of the race. Chuck Smead, in 19th, appeared to be struggling. But that could have been misleading. The pace was so incredible—sub-5:00 miles at the front—that all sense of perspective was lost. Runners who usually lead races looked like joggers here. Don Kardong and Tony Sandoval ran together in 11th and 12th, which wouldn't mean anything until later when we found out they had moved up from 26th and 27th at 10 miles.

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The most frustrating and fascinating part of the waiting then began: the last hour back at the stadium.

There were periodic announcements of the progress of the marathon, but they never came soon enough or said enough. They raised more questions than they answered.

"After 15 miles of the marathon, the leader is Bill Rodgers in 1:14:26. In second, Frank Shorter and Barry Brown. Fourth is Tom Fleming. Fifth, Bob Varsha.”

"What are the other times? Is Rodgers pulling away? Is Fleming moving up?"

The women had finished their 10,000 meters on the track, which unfortunately was timed so that the marathon fans who were on the course couldn't see both races. Peg Neppel had set an American record of 34:19, beating former record holder Carol Cool and lapping Jacki Hansen in the process. Now, Neppel was making a call to someone back home in Iowa from a booth beside the track.

Ed Chaidez had led the marathoners out onto the road, now he walked back in. Jim Bowles followed. Bowles said he'd been hit by a bicycle in the first two miles. (A hundred or more cyclists went along with the runners, despite the efforts of officials and police to stop them.)

Another progress report:

"At 20 miles of the marathon, the leader is Frank Shorter in 1:39:22. Second is Bill Rodgers, also 1:39:22. Third is Barry Brown; fourth, Bob Varsha; fifth, Tom Fleming.”

More questions:

"Is Varsha gaining on Brown. Is anyone with them?" No answer.

Tom Derderian walked in and sat down on the infield grass. He blamed his shoes for his dropout, took them off and sat staring at them.

In contrast, Ed Mendoza was smiling. The 2:14 marathoner said to the group of walk-ins, "Did you guys have any trouble out there today?"

He told me his legs went dead after 10 miles. And when he saw he couldn't be third, "I decided to save it for the track nationals in two weeks. I have another chance in the 10,000.”

It was 6:25 p.m. The marathoners had been out almost two hours when the announcer said, "We now have a six-man race in the marathon—Frank Shorter, Bill Rodgers, Bob Varsha, Tom Fleming, Tony Sandoval and Don Kardong.”

"How far between them?"

Bill Squires, Rodgers' coach, stood beside me at the gate the runners would come through. He didn't look worried.

"Those guys are playing with each other out there," he said of Shorter and Rodgers.

I asked about Barry Brown and learned that at 18 miles he had been running along easily with the leaders, talking from time to time. He suddenly dropped back, then out.

Chuck Smead and Steve Hoag walked in.

A roar started outside and moved to the higher rows of the stadium where people could see the street.

(continued on page 28)

"The first runner is approaching," the announcer said. "It's Frank Shorter. And right behind him is Bill Rodgers."

Shorter appeared fresh, Rodgers nearly spent. They completed their lap of the track before the real question of the race was answered.

Several voices shouted at once, "It's Kardong!"

A grin split Don's face and he slapped a friend's hands as he came through the gate, then he barely touched the ground as he dashed into his final lap.

Tony Sandoval came in next, and the

difference in his face and pace from Kardong's told the story of how far apart third and fourth places are in an Olympic Trial.

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Marshall Clark cried as he saw Kardong and Sandoval on the track at the

## Marathoners Who Made It

Brian Chapman, an Australian studying at the University of Oregon, has researched US marathon performances back to the beginning of the Olympic movement. His work is summarized here.

When Frank Shorter, Kenny Moore and Jack Bachelier finished 1-4-9 at Munich, it was called by some the best US performance ever in an Olympic Games Marathon. It may have been in terms of time, but not in placings. Looking back to the early days of the Games, we see that Tom Hicks led a sweep of the medals in 1904, and Johnny Hayes paced a 1-3-4 finish four years later.

The United States, one of the few countries to enter marathoners in every Olympics, has a rich tradition in the event. By searching the records of all past Games and Olympic Trials, I was able to compile a complete list of the runners who have contributed to this tradition. We can't list the Trials results here, but all the Olympic competitors are included.

It was 1932 in Los Angeles before the current three-man entry limit was imposed. Before that, the US had entered as many as 13 runners.

Only since 1968 has the US selected its team from a single qualifying race after using a series of Trials for nearly half a century. Only since '72 has there been any restriction on who can enter the Trials.

The lone three-time US Olympic marathoner was Clarence DeMar. His Olympic career spanned 16 years, and he won the bronze medal at Paris.

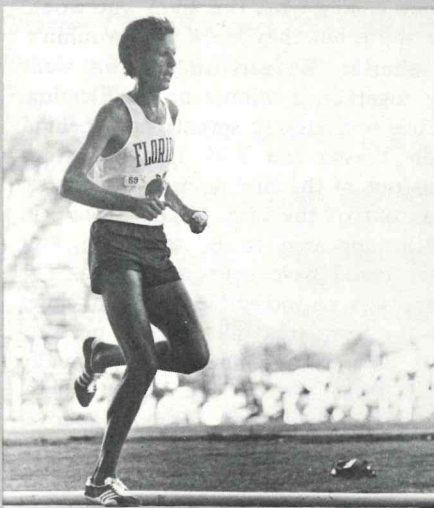
1896—No trial; lone US runner in the Games was middle-distance man Arthur Blake, who dropped out after 14½ miles of the 24-mile 1500-yard race at Athens.

1900—No trial; New York Athletic Club sent two athletes, and 800-meter runner John Cregan entered after arriving at the Games. Results from Paris (24 miles 1500 yards): 5. Albert New-

ton 4:03; 6. Dick Grant no time; 7. Cregan nt.

1904—No trial; runners could enter by submitting their names to the World's Fair Committee. Results from St. Louis (24 miles 1500 yards): 1. Tom Hicks 3:28:53; 2. Albert Corey 3:34:4; 3. Albert Newton 3:47:33; 6. D. Kneeland no time; 7. H. Brawley nt; 8. Sidney Hatch nt; 11. F. Devlin nt. Bill Garcia, Sam Mellor, Mike Spring, John Lorden, Frank Pierce didn't finish; Fred Lorz disqualified.

1908—Trials at Boston and St. Louis. Results from London: 1. Johnny Hayes 2:55:18; 3. Joseph Forshaw 2:57:10; 4. Roy Welton 2:59:44; 9. Louis Tewanima 3:09:15; 14. Sidney Hatch 3:17:52; Mike Ryan, Tom Morrissey didn't finish.



Stan Pantovic

*Jack Bachelier, No. 3 at Munich.*

1912—Trial at Boston. Results from Stockholm (25 miles 243 yards): 3. Gaston Strobino 2:38:42; 4. Andrew Sockalexis 2:42:07; 7. John Gallagher 2:44:19; 8. Joe Erxleben 2:45:47; 9. Richard Piggott 2:46:40; 10. Joseph Forshaw 2:49:49; 12. Clarence DeMar 2:50:46; 16. Louis Tewanima 2:52:41; 17. Harry Smith 2:52:53; 18. Tom Lilley 2:59:35; Mike Ryan, John Reynolds didn't finish.

1920—Trials at Brooklyn, Detroit, Boston, New York. Results from Antwerp (26 miles 987 yards): 7. Joe Organ 2:41:30; 11. Carl Linder 2:44:21; 12. Charles Mellor 2:45:30; Arthur

Roth didn't finish; Frank Zuna, Jack Weber didn't start.

1924—Trial at Boston. Results from Paris: 3. Clarence DeMar 2:48:14; 16. Frank Wendling 3:05:09; 18. Frank Zuna 3:05:52; 23. William Churchill 3:19:18; 25. Charles Mellor 3:24:07; Ralph Williams didn't finish; Carl Linder didn't start.

1928—Trials at Boston, Long Beach, Baltimore. Results from Amsterdam: 5. Joie Ray 2:36:04; 9. Albert Michelsen 2:38:56; 27. Clarence DeMar 2:50:42; 39. Jimmy Henigan 2:56:50; 41. Harvey Frick 2:57:24; 44. William Agee 2:58:50.

1932—Trials at Boston, Baltimore, Los Angeles. Results from Los Angeles Games: 7. Albert Michelsen 2:39:58; 11. Hans Oldag 2:47:26; Jimmy Henigan didn't finish.

1936—Trials at Boston, Washington, D.C. Results from Berlin: 18. John A. Kelley 2:49:32; Ellison Brown, William McMahon didn't finish.

1948—Trials at Boston 1947, Yonkers, Boston 1948. Results from London: 14. Ted Vogel 2:45:27; 21. John A. Kelly 2:51:56; 24. Ollie Manninen 2:56:49.

1952—Trials at Yonkers 1951, Boston, Yonkers 1952. Results from Helsinki: 13. Vic Dyrvall 2:32:52; 36. Tom Jones 2:42:50; 44. Ted Corbitt 2:51:09.

1956—Trials at Boston, Yonkers. Results from Melbourne: 20. Nick Costes 2:42:20; 21. John A. Kelley 2:43:40; Dean Thackeray didn't finish.

1960—Trials at Boston, Yonkers. Results from Rome: 19. John A. Kelley 2:24:58; 30. Alex Breckenridge 2:29:38. 48. Gordon McKenzie 2:35:16.

1964—Trials at Yonkers, Culver City. Results from Tokyo: 6. Leonard Edelen 2:18:12; 14. Bill Mills 2:22:55; 23. Peter McArdle 2:26:24.

1968—Trial at Alamosa, Colo. Results from Mexico City: 14. Kenny Moore 2:29:49; 16. George Young 2:31:15; 22. Ron Daws 2:33:53

1972—Trial at Eugene. Results from Munich: 1. Frank Shorter 2:12:19; 4. Kenny Moore 2:15:39; 9. Jack Bachelier 2:17:38. ●

same time. He is the distance coach at Stanford University and had coached both runners.

As Clark rushed across the field to congratulate one runner and console the other, he said, "I have mixed feelings about that one, I tell you."

## Notes and Times from Eugene

• "Everyone just let us go," Frank Shorter said after the race. It's no wonder. He and Bill Rodgers averaged 4:58 per mile through 20 miles. By then, Rodgers had begun to cramp. Shorter said, "Bill and I really helped each other. I slowed for him at the finish, but it seemed the slower I ran the slower he ran. We should have finished together, because we ran the whole race together. It was just a good, hard 20-mile run and then a nice jog home."

• Shorter, Rodgers and Don Kardong are similar in several respects. Shorter and Rodgers are 28 years old, Kardong is 27. All are capable of running in the Track Trials as well. And they hardly could be called diet fad-dists. Frank said he never has done carbohydrate loading, and he drinks de-fizzed Coke during his races. Rodgers' coach, Bill Squires, said, "Billy is on permanent carbohydrate loading. He lives on ice cream and pizza." Kardong was seen eating a candy bar just before the start of this marathon.

• Whether transcendental meditation had anything to do with it or not, only his guru knows. But Bob Varsha, who was featured in "Sit Down and Relax" (June '76 *RW*), made the biggest improvement of the marathoners at the Trials. He cut an even five minutes from his best time. Tony Sandoval improved by 4:37, and Kardong by 4:11. The only other runners to get PRs at Eugene were John Bramley, Kirk Pfeffer, Jeff Galloway and Perry Forrester. Ten of the 49 finishers bettered their qualifying times. Amby Burfoot, in 10th ran his best race since 1968.

• Galloway, 30, and Burfoot, 29, were the oldest runners among the top 10 and among the oldest in the race. The oldest qualifier was Ken Mueller, 39, who didn't run. The oldest entrant was Bob Fitts, 33, who didn't finish. Pfeffer, at 19, was the youngest.

• Jon Anderson, the most surprising runner in the 1972 Trials when he made the 10,000-meter team, might

Kardong and Sandoval had roomed together in Eugene, and had run together for much of the marathon.

With little more than a mile to go, Don had turned to his younger, smaller friend and said, "Sandy, I've got to go."

As Sandoval finished, Kardong put

have done it again. He said, "I had nothing but progress since my 2:16 here last October. Five weeks ago, I was ready to start my 'sharpening,' then . . . illness, injury, everything—five weeks worth." Someone asked him, "Are you going to try for the 10,000 now?" He said, "I'm going to start my training for '80."

• Jack Fultz, winner at Boston five weeks earlier, finished 29th here. Recovering from the April race wasn't his problem, he said. It was his shoes. His socks were red with blood after the race, as were those of many other runners. Incredibly, many of them wore the new shoes which were being given to all the entrants.

• Hal Heller, National AAU registration chairman, was checking the cards of the runners. He found that 13 of the 69 who ran were not AAU members.

• Southerners Barry Brown and Galloway were hoping for a warm day. The chilly overcast burned away by early afternoon, and the temperature at the 4:30 p.m. starting time was in the mid-60s. It dropped into the 50s by the finish. A stiff breeze blew throughout the race.

### PROGRESS

**5 miles:** Shorter, Fleming, Brown, Rodgers, Vitale among a group of 13 at about 24:41; Kardong and Sandoval in about 22nd at 25:10.

**10 miles:** 1. Shorter, Brown, Rodgers 49:22 (24:41); 4. Vitale (25:16); 5. Fleming, Ortega 49:37 (25:16) . . . 26. Kardong 51:21 (26:11); 27. Sandoval 51:30 (26:20).

**15 miles:** 1. Rodgers, Shorter 1:14:26 (25:04); 3. Brown 1:14:30 (25:08); 4. Fleming 1:15:25 (25:48); . . . 5. Varsha 1:15:36 (25:48) . . . 11. Sandoval 1:16:48 (25:18); 12. Kardong 1:16:52 (25:31).

**20 miles:** 1. Shorter 1:39:22 (24:56); 2. Rodgers 1:39:24 (24:58); 3. Brown 1:41:07 (26:37), Varsha 1:41:07 (25:31); 5. Fleming 1:41:14 (25:38); 6. Sandoval 1:41:20 (24:32); 7. Kardong 1:41:27 (24:35).

**25 miles:** 1. Shorter 2:05:30 (26:08), Rodgers 2:05:30 (26:04); 3. Kardong, no time listed; 4. Sandoval, no time listed.

### RESULTS

1. Frank Shorter (Florida TC) 2:11:51; 2. Bill Rodgers (Greater Boston TC) 2:11:58; 3. Don Kardong (Club Northwest) 2:13:54; 4. Tony Sandoval (Stanford U) 2:14:58; 5. Tom Fleming (New York AC) 2:15:48; 6.

his arm around him and said, "I'm going to try for the 5000 meters. If I make it, I'll drop out of the marathon and you'll go as the first alternate."

The question about the third man wouldn't finally be answered for another month. ●

Bob Varsha (Atlanta TC) 2:15:50; 7. John Bramley (Colorado State U) 2:17:16; 8. Kirk Pfeffer (Jamul Toads) 2:17:58; 9. Jeff Galloway (Florida TC) 2:18:29; 10. Amby Burfoot (Mohegan Striders) 2:18:56.

11. Bob Busby (unat) 2:19:05; 12. Carl Hatfield (West Virginia TC) 2:19:18; 13. Martin Sudzina (unat) 2:19:55; 14. Perry Forrester (Santa Monica TC) 2:20:01; 15. Ron Kurrle (San Fernando TC) 2:20:18; 16. Phil Camp (San Diego TC) 2:20:27; 17. Ed Strabel (North Carolina TC) 2:20:40; 18. Lee Fidler (Atlanta TC) 2:20:56; 19. Russ Pate (Columbia TC) 2:20:59; 20. Kevin McDonald (Central Park TC) 2:21:24.

21. Chris Berka (West Valley TC) 2:22:56; 22. Greg Carlberg (Plains TC) 2:24:10; 23. Don Kennedy (Fort Worth TC) 2:24:22; 24. Ron Zarate (unat) 2:24:37; 25. Dan Cloeter (U of Chicago TC) 2:24:57; 26. Joe Carlson (American Avenue TC) 2:25:04; 27. Ed Bingham (unat) 2:27:21; 28. Ron Nabers (Florida TC) 2:27:43; 29. Jack Fultz (Georgetown AA) 2:28:04; 30. Reid Harter (Santa Monica TC) 2:28:10.

31. Dennis Delmott (Emporia State TC) 2:28:23; 32. John Vitale (Hartford TC) 2:28:57; 33. John Samore (Sioux Valley TC) 2:29:23; 34. Jim Pearson (Freedom Flower RR) 2:29:33; 35. Max White (Charlottesville TC) 2:29:33; 36. Bill Haviland (Knoxville TC) 2:29:59; 37. Bob Hensley (Oregon TC) 2:30:34; 38. Carl Swift (Athletes in Action) 2:30:43; 39. Tom Lee (Culver City AC) 2:31:20; 40. Tom Hoffman (UCTC) 2:31:58.

41. Tom Antczak (unat) 2:31:58; 42. Bill Bragg (NYAC) 2:33:10; 43. John Dimick (Green Mountain AA) 2:33:50; 44. Lionel Ortega (New Mexico U) 2:34:18; 45. Larry Olsen (North Medford Club) 2:34:59; 46. Garry Barrett (UCTC) 2:36:35; 47. Ron Blackmore (Syracuse Chargers) 2:36:40; 48. Terry Ziegler (Tulsa AC) 2:39:12; 49. Terry Heath (Idaho State U) 2:44:59.

**Did not finish:** Jim Bowles (West Valley TC); Barry Brown (Florida TC); Ed Chaidez (Cal State/Northridge); Steve Dean (unat); Tom Derderian (Sugarloaf Mt AC); Bob Fitts (St. Louis TC); Dave Harper (Jamul Toads); Steve Hoag (Twin Cities TC); Charles Maguire (Philadelphia Pioneers); Ed Mendoza (Arizona U); Dan Moynihan (Mid-Pacific RR); Kim Nutter (US Army); Dan Rincon (Delaware SC); Bruce Robinson (Washington RC); Joe Skaja (Oregon RR); Bill Stewart (Ypsi United); Phil Stewart (Washington RC); Paul Talkington (Summit AC); Gary Tuttle (Bev-erly Hills Striders); Roberg Wagner (US Army).

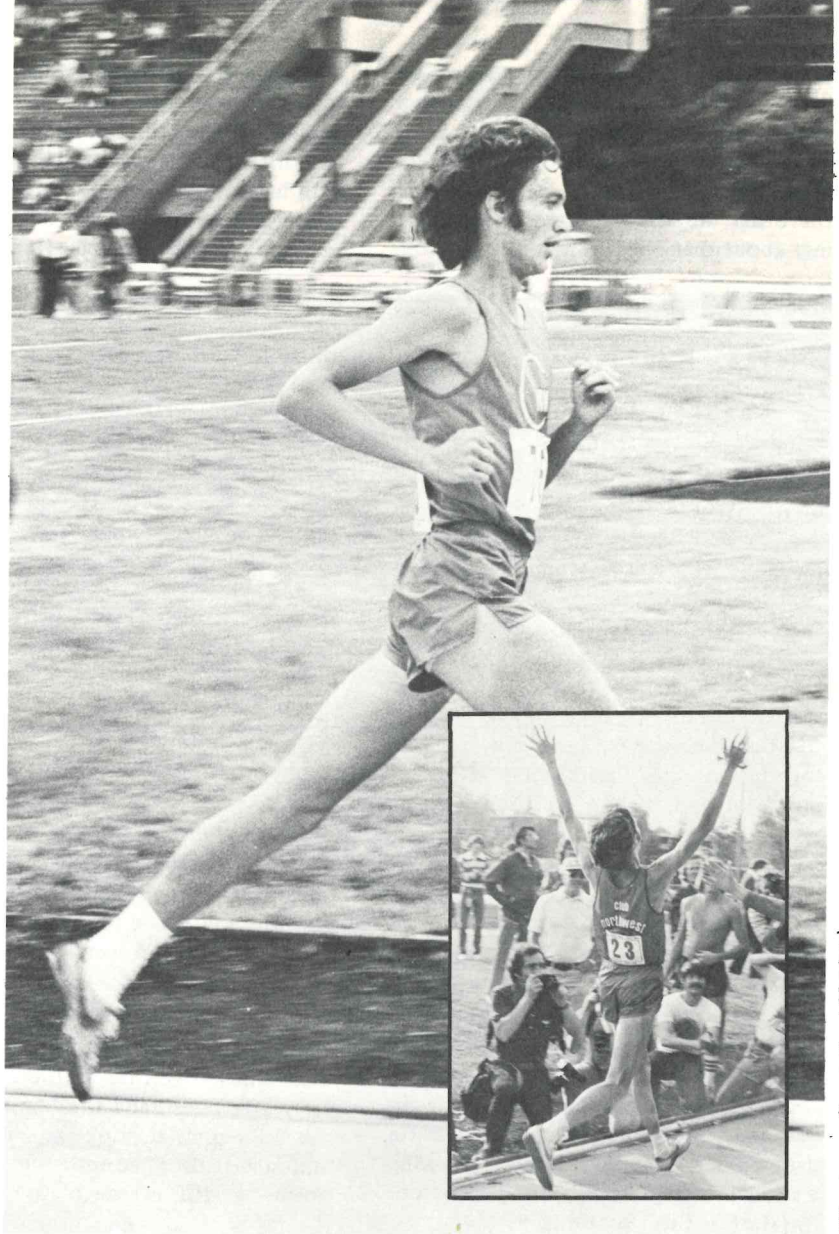
**Did not start:** Jon Anderson (Oregon TC); Tom Bryant (Santa Monica TC); Damien Koch (Oregon TC); Kenny Moore (Oregon TC); Ken Mueller (Boston AA); Ken Norton (Oregon TC); Ron Wayne (West Valley TC).

**Did not enter:** Don Anderson; Wayne Badgley; Rick Bayko; George Christopher; Peter Farwell; John Gregorio; John Jones; Cliff Karthaus; Herb Lorenz; Jim Stanley; Jeff Wells. ●

# DON KARDONG

The Big Winner in Third

by Roy Kissin



Mike Lyons (inset, Brad Mosher)

When I first met Don Kardong, I was a gangly 14-year-old kid while he was one of the hottest young runners to surface in 1972. Much has happened in four years. Don missed the Olympic team in 1972, slowed by mononucleosis. His interest in running appeared to be waning until he suddenly re-emerged with a superb 12:57.6 three-mile two years later. Last year was another one in which there shone few real bright spots. But through it all, Don has remained a force with which to be reckoned on the American running scene.

In the four years I have known him, my relationship with Don has changed from one of veneration to one of respect and warm friendship. Still, I'm proud to consider myself one of his number one fans.

Even to those who know him, Don Kardong remains something of an enigma. Perhaps plain vertical distance has something to do with it. At 6'3" tall, he is narrow as a flagpole, with legs that

seem to converge less than a foot below his neck. In running with Don, this phenomenon presents a special problem. You're not running with just anyone when you have to be alert constantly to the possibility of being kicked in the chin!

But I think when his teammates at Stanford nicknamed him "Large Don," they were considering more the expanse of his character. Don is sensitive and intelligent, and he feels life deeply. His five years of difficult post-graduate running have shaped his personality and hardened him as a competitor. But any tendency toward introversion is quickly counter-balanced by an outlandish sense of humor, which may erupt without warning.

Once, when asked what he thought might be responsible for the 22.2-second drop in his three-mile time, he said, "It's my diet. A typical day's diet for me is in the morning, a couple of bowls of Froot Loops and some or-

ange juice. At lunch, two peanut butter and jelly sandwiches and a small bag of cookies. And for dinner, pizza and beer. And that's pretty much the reason for my improvement."

With this in mind, the uncanny prediction imparted to Don just before the start of the '76 Olympic Marathon Trial by two-time Olympic champion Kenny Moore was understandable.

"I think you'll fit in well with them," Moore said, pointing to Frank Shorter and Bill Rodgers. "The two veterans will appreciate your exuberance in Montreal.

**RW:** Don, you're an Olympian—surprised?

**Kardong:** I was surprised, but the marathon has always been such an uncertain event—uncertain as far as who's going to show up at the starting line, uncertain as far as who's going to be able to finish the race—so it was a perfect opportunity for someone like myself to come popping in there.



**RW:** Yes, you were obviously in the back of everybody's mind, but it does seem a little peculiar considering your great year in '72 up until the Trials and your 12:57.6 three-mile in '74. You haven't run as well in the last two years. It seems like you were on a little bit of a downer this year.

**Kardong:** Yeah, I guess I was, though it is a bit deceptive for two reasons. I've been having a recurring side stitch. That's problem number one. And the second problem is that in Spokane, Wash., it's virtually impossible to get a race. It's not just Spokane; it's the same for anyone who doesn't live in California or Boulder Colo. or in a track center on the East Coast. So I felt that my training was going well. I just couldn't get the races I needed.

Some ridiculous things have happened. I've gotten some of the greatest runners in the world right here at Washington State University, but do I ever get to run against them? No. Either they're gone someplace else or when they do come to Spokane I can't run against them because of some stupid blankety-blank rule the Pac-8 Conference has about open runners being in their races. There are so many restrictions against getting good competition once you're out of college. Just this year I've spent \$1000 flying myself around.

**RW:** The old dilemma of the post graduate runner?

**Kardong:** It sure is. Once I get into races, I feel fine except for this side stitch.

**RW:** Tell us about it. You speak as if it's been an ongoing thing.

**Kardong:** The first season I had a problem with it was my junior year at Stanford (1969) in cross-country. It's popped up now and again since then, but I've dealt with it. This year, though, it's been particularly bad all year. It's seldom been something that's knocked me out of a race, but it's always there, every race. The doctor and I've been working on it, but we really don't have it figured out.

**RW:** Does it hinder your training as well, or does it just appear during races

**Kardong:** Well, I get it during training but I'm able to massage it out if I just slow down a little bit. I've had it so long I've learned to live with it.

**RW:** What about your background. How did you get started running?

**Kardong:** When I was 10, I ran to my grandmother's house about four miles away.

**RW:** And ate pizza, beer and Froot Loops, right?

**Kardong:** It was a big ego trip running four miles. All the kids I hung around with were impressed. But then I took about a five-year layoff. Both my brothers ran track but I never really thought about it. I eventually got sucked in from high school physical education class. I wanted to get in shape for basketball. But I had good success right away. The second day of practice I ran five interval miles.—That'll give you some idea of what the coach was like.

**RW:** So now you're an Olympian.

**Kardong:** Right. And that second day was the only time my legs were more sore than they are now.

**RW:** Then you went to Stanford with pretty good high school credentials?

**Kardong:** Not that good actually. I didn't qualify for the Washington state meet my senior year. I enjoyed running at Stanford. I enjoyed the social aspects of it, and I enjoyed the running itself and kind of got hooked. Especially when Marshall Clark became coach, that's when things really started falling into place. My sophomore year we almost upset Villanova for the NCAA championship in cross-country and that was a high point.

**RW:** What is your outlook on it all now? Despite all you've had to put up with, the job situation, the sideache, the lack of racing, you still seem to get such a kick out of running.

**Kardong:** Yeah, I do. I think a healthy outlook on running and competition for myself is . . . well, let me put it this way. I have been trying to make the Olympic team for a long time, but all the time I've been telling myself that the world does not begin or end according to whether I'm on the team or not. I think there are some runners who push so hard for a particular goal like that they lose the enjoyment along the way.

Being on the Olympic team is really important to me, personally. Let's face it, though, being third man in the marathon is just not that important to anyone else.

**RW:** Then, you're not thinking in terms of what you'll do in Montreal? Or is it just that you haven't had time yet to think about it?

**Kardong:** Well, I have thought about it. Now that I've made the team, the point is I might as well throw the caution to the wind and go for a medal. It sounds a little outrageous, but I might as well try, because that's the whole purpose. I guess I'll find out by trying. That's how I broke 13 in the three-mile.

I decided to go out and hang with Shorter and Pre. That was a matter of breaking down my own mental barriers.

**RW:** You're now a 2:13:54 marathoner and a 12:57.6 three-miler. That makes you a pretty versatile runner. Which event is your best? Which do you prefer?

**Kardong:** As far as possibilities for doing well, the marathon still looks best because anything can happen. In a 5000 it's more difficult to blow open a race. Maybe that's a preconception I shouldn't have. I don't know. I'd kind of like to run the 5000 if I could qualify (for the Olympic team), although it would be a more difficult event.

**RW:** Is wanting your friend Tony Sandoval to go to Montreal a consideration? (This interview was done before the track trials, and Kardong had said he would give his marathon spot to Sandoval if Don made the team in the 5000.)

**Kardong:** Yes, but the thing that will happen if I make it in the 5000 is someone I like will get fourth. Then it would be even a tougher decision. No, seriously, I felt the strangest collection of emotions after the marathon because I was so elated but so able to identify with what Sandy was feeling. I was elated and sad at the same time.

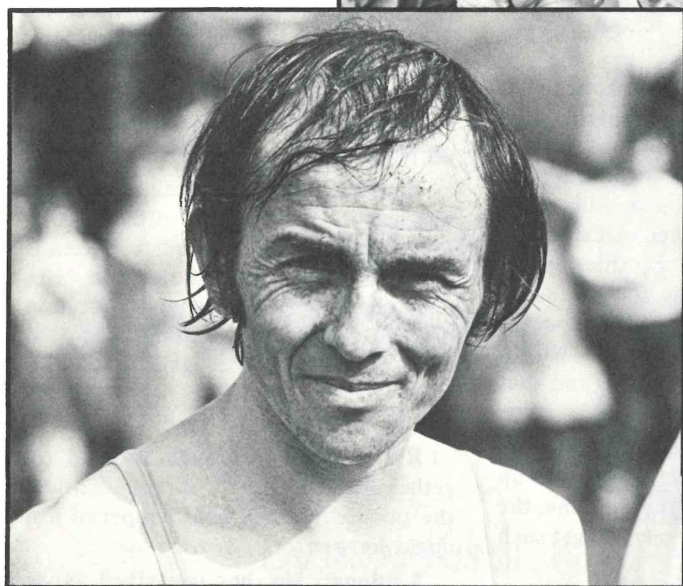
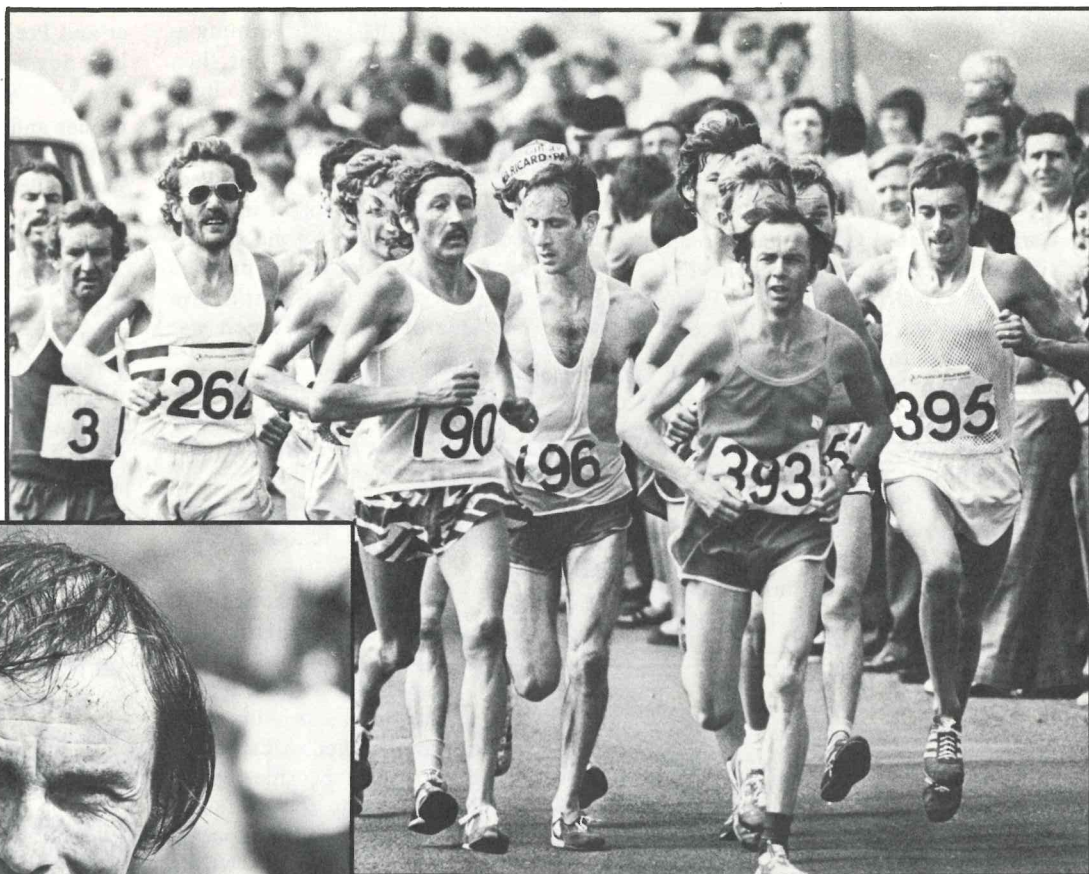
**RW:** You and Sandy roomed together at Eugene. Did you consider the possibility that what happened just might happen?

**Kardong:** No, but we talked about strategy and staying off the hard early pace, I know I felt very strongly very early in the race that it was either going to be Sandy or me. I had such a strong premonition of it. It was incredible, especially since we came from so far back.

At one point, about 10 miles, Sandy looked up and saw how far ahead the leaders were. He asked, "Is that good?" I said, "Yeah, that's good." They all came back to us. But I had a feeling it was going to be one or the other of us for third.

I really felt like I was in a movie. In fact, I even remember when the movie ended. It ended when I was back here in Spokane. I was doing one of those jogs to try to recover, about a five-miler, and coming back through my neighborhood here. A little kid comes riding up on his bike and asks, "Gone a mile yet?" I said, "Yeah, I've gone about five." He says, "Don't you hate running?" Right then, the camera should have just panned right on by. Honestly, at that point, if I had seen it all in a movie I would have thought it was a little overdone. ●

After years of running in the pack, Barry Watson (393) burst away to win the British Olympic Trial. He left behind Ron Hill (190) and Ian Thompson (directly in back of Watson).



E.D. Lacey

E.D. Lacey

# A British Upset By Watson

by Mick Hamlin

Watson, Norman, Angus. If you can tell who these three people are and what they have in common only by hearing their last names, you are truly a student of marathoning.

Who are they? Barry Watson, Jeff Norman and Keith Angus finished one-two-three in the British Marathon Championship and Olympic Trial at Rotherham in May. In the process, they beat three-time Olympian Ron Hill (he finished fourth) and previously undefeated Ian Thompson (seventh).

To most readers outside of Britain, the name Barry Watson means nothing. Yet to road runners in his country, he is a known and respected competitor with a long record of outstanding performances. In fact, he won his first marathon 10 years ago.

In his early days as a distance runner, Watson quickly established a reputation for "attacking" a race. He would always set off with the leaders, often dropping out of contention later—but never out of the race. His dropout total is extremely low.

Barry gained another reputation as well. Among his competitors, he became known for his talkativeness. As the leading group struggled with a fast early pace, Barry would be running along with them, his head bobbing around the other runners' elbows, talking away to the others in the group.

If Watson did not know who another runner was, he would ask, "Who are you, then? Have you run this race before? What times have you done?"

This friendliness was a bit too much for his competitors, and they would either try to drop him, try to get him out of breath or—more often—drop off the pace themselves.

Impressive as his record has been since the middle '60s, Watson had never been selected for an overseas team until he won the recent British Trial in 2:15:15. So he will be making his international debut at age 32 in the most prestigious race of all.

Barry Watson may not get any of the experts' votes as a favorite to win the biggie. But he'll be out there on the streets of Montreal running, as always, as fast as he can for as far as he can.

I have this vision: Here come the leaders. Who's that short little one in the string vest? As they pad effortlessly past, the little one turns around to the dark-haired, sun-tanned American on his right and says, "Who are you, then? Have you ever run in the Olympics before?" ●

# The Fall and Rise of Rick Wohlhuter

by Hal Higdon

**R**ick Wohlhuter can laugh about it now, his fall at Munich when 80,000 people in the stadium and millions more worldwide on television watched him lying on the ground after tripping during a qualifying heat in the 800 meters at the Olympic Games.

"I can still remember when I was on the track looking up," Rick recalls. "I said, 'Holy cow!'" He chuckles lightly. "I was on my back looking into the stands and people were staring back at me. Well, we don't want to delve into that."

Wohlhuter's fall seemed like the final and ultimate indignity in his problem-plagued career to that point. During four years at Notre Dame University, his tremendous talent was stifled by one disappointment after another: pulled hamstrings, inflamed achilles tendons and disqualification in the NCAA meet his senior year. No one would have blamed him had he stayed down.

But he sprang to his feet, still chasing an Olympic medal though 25 yards behind. Now he was up on his toes, sprinting, moving with the stylish flow that is his style. For nearly a lap, a long stretch of daylight separated him from the field.

*(continued on page 34)*



Dave Drennan

On the second lap of the two-lap race, he began to catch a few of the stragglers, then he was up with the pack. Down the last straightaway, he moved into third place, which would have qualified him for the next round. But he began tying up, spent from his desperate sprint. In the last two strides, another runner sped past Wohlhuter, eliminating Rick from the event.

"I got a pretty good cheer out of the crowd," he says, understating the tremendous ovation the Munich spectators gave him for his heroic effort. "I suppose it was because my name is German."

The echoes of those cheers still in his ears, Rick Wohlhuter has been chasing that Olympic medal for four years—and the middle-distance runners of the world have been chasing him. Little heard of before his Olympic fall (despite having won an NCAA indoor title while attending Notre Dame), he soon emerged as the world's top two-lapper. In 1973 he broke the world half-mile record. He improved on his time in 1974 as well as setting a world standard for 1000 meters. The AAU gave him the Sullivan Award and *Runner's World* selected him Runner of the Year.

During 1975, Wohlhuter had somewhat of an "off" year, but still ranked third in the world in his specialty, according to *Track & Field News*. This year he went undefeated indoors, and although nothing is ever certain when it comes to the Olympics, he appears the favorite to win the gold medal in the 800 meters, despite stiff competition from Kenya's Mike Boit, Yugoslavia's Luciano Susanj and possibly Mark Enyeart of the US.

Although 800 meters remains his main Olympic event, Rick Wohlhuter can compete with dignity at other distances as well. Last year, he ran 3:53.8 in the mile in the same Jamaican race where Filbert Bayi of Tanzania broke Jim Ryun's world record with 3:51.0. Yet Rick wasn't thrilled by his achievement.

"That was a disappointment to me," he sighs. "I made a tactical error and got too far behind. I had a bad start, which happens now and then to us smaller people."

At 5'9" and 130 pounds, Wohlhuter seems fragile, delicate, almost too slight to be a world-class middle-distance runner. Modishly attired in a business suit with pageboy hair and trim mustache, he seems even younger than his 26 years while eating one noon in a Chicago restaurant near his office. He speaks softly,

the kind of person who might have been standing near you for a long time before you noticed him.

His humor is dry, controlled.

"Is it permissible for a distance runner to drink coffee?" he wonders.

"I don't think it's on the Olympic Committee's list of banned drugs," suggests his luncheon companion.

"Well, it could be a related substance," smiles Wohlhuter. "You never know."

Yet when he steps on a track, a dominant trait in his personality emerges. Anyone who has run behind Rick Wohlhuter—and there have been many—notices almost immediately that he seems to rise off the ground, gaining several inches in stature. Of all the athletes running today, or yesterday, few have exhibited such a capacity for floating above a track when they run.

One of Wohlhuter's physical attributes is short achilles tendons, which have been both a liability and an asset to him. His short tendons have been a liability because they caused the plague of injuries that limited his collegiate success. But they also are an asset, according to Alex Wilson, his former coach at Notre Dame.

"I wouldn't advocate short achilles tendons for anybody, but this physical fault does keep him up on his toes, which is a more advantageous position for getting speed," Wilson says.

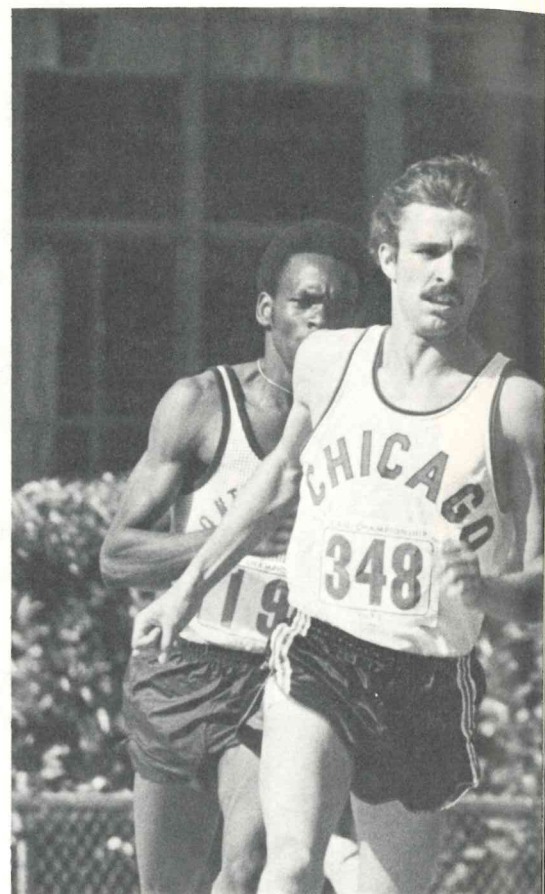
But while Rick in many respects is a natural, a thoroughbred born for success, other world-class runners have as much or more speed or endurance. What separates Wohlhuter from the pack is his ability to use that speed when it counts, to perform consistently well, race after race, year after year. Indeed, one has to look all the way back to Munich in 1972 for a bad performance—and even there he ran 1:49.4 after falling to the ground. Though a natural, he also is a great competitor.

"I appreciate the fact that some runners compete better than others," Rick claims, "and I've always said, 'Boy, am I glad of that.' If everybody ran 100%, I'd be an also-ran."

Well, maybe.

\* \* \* \*

The fact is that Rick Wohlhuter exhibited great potential the first year he tried out for track at the age of 14. He joined the team in St. Charles, Ill., a small town west of Chicago, because most of his friends joined the team. He started as a sprinter, moved up to the 440 (running 58 seconds in eighth grade) and soon found a home in



the half-mile, placing third in the state meet his sophomore year and winning as a junior and senior. His fastest high school time was 1:51.9.

A hamstring injury limited his effectiveness his freshman year at Notre Dame, but the following season he won the Central Collegiate 600-yard title indoors. He also anchored Notre Dame's second place two-mile relay team at the NCAA Indoor Championships. But early in the outdoor season, he strained an achilles tendon after running 1:50.7 to beat Juris Luzins.

As a junior, Rick appeared at the NCAA Indoor meet in Detroit, displaying what his coach, Alex Wilson, recalls as a tremendous confidence in his ability to win. Before the start of the 600, Wilson told him, "You're going to have to go under 1:10 today."

"Of course," Wohlhuter replied.

He ran 1:09.6 on Cobo Hall's tight, banked board track, missing the meet record by one-tenth of a second and winning his first (and only) NCAA championship.

Aware that Wohlhuter's tender tendons could not take too many races, Alex Wilson asked NCAA officials if champions were exempt from the 1:50.2 qualifying standard for the half-mile in the outdoor meet. Wilson claims he was assured that there was no prob-



Stan Pantovic

*During the 1975 AAU Nationals, Wohlhuter finished second in the 800-meter to Mark Enyeart.*

lem, so he avoided entering Rick in any late-season meets where he might have improved on his outdoor best of 1:50.5. When Wilson arrived at the NCAA meet in Des Moines, however, he learned that Wohlhuter—indoor champion or not—could not run because he had failed to make the standard.

Wohlhuter had even less luck with the officials his senior year at the NCAA. Properly qualified after having won the IC4A half in 1:49.0, he placed second in his heat, qualifying for the final, but was disqualified for cutting from his lane too soon. Several coaches in position to see the lanes thought the official erred. But Wilson concedes that Wohlhuter, still injury-plagued, was not in shape to have challenged Mark Winzenried for victory, anyway. Still, it was a discouraging way to end a discouraging college career.

Rick says now, "That's all past history. My success has gone beyond the NCAA, so I don't argue that point any longer."

During his last few years in college, through discussions with trainers and doctors, he began to accumulate the in-

formation to enable him to break the chain of achilles tendon-related injuries which limited his success. He instituted a program of daily stretching exercises, not only for his achilles tendons but also to loosen his calf and hamstring muscles. (His most important exercise is leaning against a wall, feet several feet away from that wall, heels flat on the ground.) It amuses Wohlhuter that while many distance runners feel success can only be achieved by training 100 miles a week, he may earn an Olympic medal by leaning against a wall.

But perhaps an equally important factor in avoiding injury was that once out of college he could avoid the stress of competitive cross-country. He had captained the cross-country team his senior year and he ran number one or two man on what Alex Wilson remembers was not one of Notre Dame's better teams.

After leaving the South Bend campus, Wohlhuter spent a year in graduate school at Illinois State University. He worked out with the cross-country team that fall but ran no races. Although he experienced some minor hamstring strains the next spring, he has remained relatively injury-free ever since, with resulting improvement in performances. He surprised many people who had forgotten his early promise by making the American Olympic team at 800 meters in 1972, and he might have won a medal had he not fallen.

"I don't know why I fell," Rick says. "I would be easy to make up an excuse, but I can't. Perhaps somebody stepped on my heel. Who knows? I went down rather quickly."

Alex Wilson believes "he ticked the runner ahead of him, caught his spikes, and went over him."

As for his achievement in running 1:49.4 after rebounding from the track, Rick says, "It showed I was in pretty good shape, but that's about all it showed."

\* \* \* \*

Rick Wohlhuter finally reached his true potential in 1973. By then he was living in Chicago, working for Massachusetts Mutual Life Insurance Company, competing for the University of Chicago Track Club (as he had in 1972) and training daily under the guidance of Ted Haydon, who is the most relaxed track coach in America, perhaps in the world. Haydon makes no attempt to dominate his athletes in the Igloi/Cerutti/Lydiard manner, either by deciding their every movement or by prescribing massive mileage doses. Hay-

don merely provides athletes with a track, an opportunity to run on it, then steps out of the way. If they come to him for advice he listens, but more often he allows runners to succeed or fail through their own efforts.

"I've always run under a relaxed system and the Track Club and Ted Haydon worked for me," Wohlhuter says. "I like the informal approach to training and competing, rather than feeling pressure from a coach driving me or belonging to a sponsored team where I have to produce to keep my name up in headlines. If I moved to California, I would not run one step farther than in Chicago. It might be easier to train due to the weather, but that's the only advantage, and whether that's an advantage I'm not sure. If you're sufficiently motivated, you can get the job done whether it is 75 degrees or 35."

He adds, "I've always felt that running is a management problem. Getting through all the races you have to run in a season requires proper management. You have to look at your assets and liabilities, and apply them over a 12-month period."

"I'm a salesman and, in essence, I'm self-employed. I can give myself time off to travel out of town for a meet. I don't have to show up at the office at any particular time, because I'm in the field most of the day. But I try to maintain as regular hours as possible. I may take off early to run, but then I work a lot in the evening. You have to keep organized. If I'm not running, I'm working, and I'm afraid to say that at this point in my life there's not much exception to that, although I do maintain some social life on the side."

He breaks his year into two 26-week periods, the first period beginning at the end of his European racing season in August. It contains mostly low-key, no-pressure training. The second 26-week period contains competitive speed work with more pressure involved.

Each 26-week period is further broken down into two other periods, the first part road work and interval training, and the second speed work.

"I take the indoor season more or less relaxed, to travel around and compete to break up the training monotony," he says.

In March, Rick gets down to serious business, noting, "The outdoor season is more important to me. Everything it brings is what I want."

During the past decade, the University of Chicago Track Club has attracted many of the best middle-distance

*(continued on page 36)*

runners in the world, having won the AAU indoor two-mile relay championship seven of the last eight seasons. Six out of the 40 fastest Americans in the 800 meters last year competed for UCTC: Wohlhuter (1:44.1), Rob Mango (1:47.2), Ken Popejoy (1:47.2), Lowell Paul (1:48.5), Ken Sparks (1:48.5) and Tom Bach (1:48.8).

The UCTC also holds the world two-mile relay record of 7:10.4, set by Bach, Sparks, Paul and Wohlhuter in 1973. Significantly, it is the only world record held by a team that races together year-round rather than by a national all-star group.

Yet only Wohlhuter trains daily on the University of Chicago Track; the rest are scattered around the Midwest. He has no regular training partners with the possible exception of distance runner Bruce Fischer on occasion. Perhaps for this reason Wohlhuter, unlike many middle-distance runners, is not afraid to run from the front.

"Rick is never afraid to set the pace," Ted Haydon says.

Two weeks after Wohlhuter anchored the UCTC world record two-mile relay team, he traveled to Los Angeles to run against Mark Winzenried and Danie Malan. Winzenried brought the field through the quarter in 52.0, then Malan of South Africa took the lead. Wohlhuter blew past both runners coming down the home straightaway.

He recalls, "It was pretty exciting, because at the Coliseum coming down to the finish line you can see the scoreboard clock. As I got closer and closer, I looked up and I could see the time clicking off and I knew I was close to the world record."

His time of 1:44.6 broke Jim Ryun's standard by three-tenths of a second.

\* \* \* \*

In 1974, Wohlhuter improved his mile best indoors from 4:09.5 to 3:59.1. (He says, "You have to change goals in life to avoid becoming stale.") He also improved his world half-mile record to 1:44.1 at Eugene, Ore., in June, in what was strictly a solo effort. The second-place runner failed to break 1:51.0.

Traveling in Europe that summer, Wohlhuter lined up against Kenya's Mike Boit, and John Walker and Rod Dixon of New Zealand in Oslo on July 30. Danie Malan's 1000-meter record of 2:16.0 was on Rick's mind.

"We had an excellent field that day and I hoped to knock off a couple of them," Rick recalls. "I wanted to get in a quick tempo that day because the

miler types wilt under a fast pace and that tends to kill off a lot of people."

He took the lead at 600 meters and said to himself, "I know I'll get the record." He did 2:13.9, a time actually statistically superior to his half-mile mark.

Two days later in Helsinki he ran the mile in 3:54.4, beating Boit again. But Wohlhuter's efforts to run fast miles the following year, 1975, may have contributed to that year being, for him, rather mediocre.

"Rick doesn't put in enough miles training to be really good at the mile," Alex Wilson suggests. "But if he did, he would increase the risk of more injuries."

Frustrated by his 3:53.8 during Bayi's record run in Jamaica, Wohlhuter chose to go all-out in the mile two weeks later at the USTFF meet in Wichita. He won in 3:53.3, slightly improving his personal best. But the strain of too many fast miles in too short a time may have been too much.

He says, "By the time I got to the AAU meet, I was physically tired. My work got in the way for several weeks, my training was off. Normally I might have gotten away with it, but Mark Enyeart was running extremely well."

Enyeart beat Wohlhuter in the AAU meet, 1:44.9 to 1:45.3.

Rick flew to Europe and ran two and three times a week, losing six times to Mike Boit and four times to Luciano Susanj (beating them twice and once respectively). At one point during the tour, however, he rested 10 days before a race and ran 1:44.1, his best of the season, against West Germany and Africa. *Track & Field News* ranked him third in the world behind Boit and Susanj.

"Overall, I was pleased with my European tour," Rick claims. "I proved durability. I wasn't in bad shape, just off key. It was a good time to experiment with tactics and take a look at the competition."

\* \* \* \*

As the Olympic Trials of 1976 approached, Rick said he still had not made up his mind whether to attempt 1500 as well as 800 meters. Since the Olympic schedule has the latter before the former, both in the Trials and the Games, he conceivably could enter the 1500 as a backup race. However, Alex Wilson, his college coach, feels he might do better concentrating on one event, the shorter distance. "I would hate to see him risk an injury by attempting too much," Wilson says.

Wohlhuter said before the Trials, "I

would love to run the mile more and run it more competitively. But with the Olympics coming up I better use my best cards, and they certainly are not in the 1500 where the competition will be stiff between Bayi and Walker. I'm sure I could run a good 1500 and be right in there with them, close to them. But I don't have to worry about being close to anybody in the 'eight.'"

Ted Haydon, however, said more directly, "He knows he's going to run both. He'll concentrate on the 800, but he definitely will run the 1500 too, and as a *second* race, not for a backup. He would be very unhappy if it were to become a backup race.

"There's ample time in the Olympic schedule after the final of the 800 for him to recover, and he's remarkably tough. If he wins a gold medal in the 800 and gets all charged up, Bayi and Walker may find him difficult to beat. It may seem insignificant, but that 120 yards or so the 1500 is shorter than a mile will work to his advantage."

In discussing his gold medal prospects, Rick Wohlhuter makes the standard, semi-obligatory pronouncement about the Olympic Games being overrated ("I want to stand on my record throughout the years rather than what I do in this particular Olympic Games"), but he is fooling nobody, including himself. He wants to win the 800 meters at Montreal, he *plans* to win the 800 meters at Montreal, and moreover he *knows* he will win the 800 meters at Montreal. It is just a matter of proper management.

He sees Boit and Susanj as his main rivals.

"I think when it gets down to the last heat of the 800 meters, it will probably be some of the old veterans who have been around, who have the strength and experience to get to the finals. We'll be fighting it out to see who can get a medal or two."

Concerning experience, he explains, "Experience involves more than tactics. A lot of pressure is involved. The goals are quite high. To be able to perform well under pressure, you must understand your opponents and have flexibility in what you do.

"One strategy is to say, 'to hell with everybody else,' and just keep them behind. If they work their way to your shoulder coming down that last straightaway, just hope they will have fought so hard to get there they don't have the speed or strength to go by. I'll be looking toward the finish line and not worrying about what the others will do." ●



# Conditioning Without Crashing

**T**he high school cross-country coach faces a dilemma. In September, he (or she) inherits a hopelessly heterogeneous group of essentially untrained young people. Within 30 days, the coach must prepare the team for its first competition. In a 75 days or less, the team will encounter its "big race" of the season, the league or state championship.

Among those trying out for the team will be those with absolutely no training or competitive experience. Confronted with the challenging task of converting these novices into trained distance runners, the coach must make a difficult decision.

Will he use that first month to run his young charges to their physiological breaking points in order to prepare for the first meet?

Or will he preach patience and use those first weeks to orient the bodies and minds of his athletes to the rigors of distance running?

The almost irresistible temptation is to adopt a "crash" training program designed to bring about four years

by Russell Pate, Ph.D.

worth of physiological, psychological and cognitive changes in a few weeks months. In essence, many coaches assume the role of miracle working Sir Galahads and confidently set off to short-cut their way to the Holy Grail (an undefeated season capped by a state championship).

I find this most unfortunate for, in my experience as a distance runner, most short-cuts are only deceiving dead ends. In fact, I've observed that crash programs virtually insure that neither the team nor the individual athletes will accomplish their most valued long-range objectives.

Crash programs are attractive to

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many coaches and athletes because they promise, and often deliver, a rapid training response. Typical crash schedules involve immediate exposure of the relatively untrained athlete to very heavy training. Long runs, numerous fast intervals, time trials and even two-per-day workouts are employed. Commonly, the beginner will experience intense muscle soreness, blisters, joint pain and general fatigue.

If the athlete chooses to persevere, these immediate responses may subside after 7-14 days, and for a few weeks he or she may train and compete rather well. But ultimately the piper will be paid. This payment often takes the form of "staleness" or "peaking out," a situation characterized by sub-par performance, illness, injury, etc.

Dr. Hans Selye, a Canadian endocrinologist, has studied the response of man and other mammals to numerous stressors including exercise. He has concluded that the response to stress follows a consistent three-staged pattern. The three stages are: (a) the "alarm

(continued on page 38)

reaction;" (b) the "stage of resistance," and (c) the "stage of exhaustion." Collectively, the three stages are referred to as the general adaptation syndrome (GAS).

The alarm reaction is the immediate response to stress and often involves increased hormonal activity and inflammation.

During the stage of resistance an organism appears well-adapted to the stress and may show greater resistance to stressors of all kinds.

However, the animal will pass into the stage of exhaustion if the original stressor is maintained for long periods or if it is compounded by additional stressors. The stage of exhaustion is characterized by physiological breakdown.

Crash training programs elicit the GAS and are so deceptively attractive because the athlete does indeed pass through the stage of resistance. Unfortunately, with crash programs the stay in the stage of resistance is usually a brief one. Within weeks he will encounter the stage of exhaustion and a frustrating decline in performance capacity. At this point, the athlete's body is forcing him to take the rest he should have been taking throughout the season.

All successful running programs have several basic characteristics in common. The most important are (a) provision of an overload of the relevant physiological systems; (b) consistency in training over extended periods of time; (c) inclusion of sufficient numbers of "easy" or "rest" days, and (d) application of the previous three principles in a fashion which is most advantageous to the individual athlete. Many programs are consistent with principles "a" and "b" but ultimately fail because they violate principle "c" or principle "d" or both.

In dealing with the beginner, it is critical that the training program be consistent with all of the principles. However, the coach faces a problem in that he may possess little information concerning the beginner's natural ability, current level of fitness and psychological characteristics.

Thus it is tempting for the coach to start pre-season training with a "time trial" or "test effort". While recognizing that some sort of test run is needed early in the program, I advise against scheduling this run during the first week of practice. Rather, I suggest using the first 7-14 days for introduction of the beginner to training and pacing. This will serve two purposes.

First, it will avoid exposing the ath-

lete to the physical and psychological stress involved with racing on his first day of practice.

Second, some experience with running will make the test effort a more valid measure of the athlete's ability. After the first few practices the novice will have some idea of his own ability and will possess a basic understanding of pacing.

Former University of Oregon coach Bill Bowerman has suggested that serious training should not begin until the athlete is able to run continuously, without strain, for an hour. This excellent suggestion essentially means that the athlete should concentrate on developing a solid foundation of aerobic fitness before moving on to the more stressful modes of training.

During the first two weeks of training, the coach should concentrate on gradually bringing the athlete to the point of tolerating one hour of continuous, moderate activity. While the basic form of activity should be running and jogging, the coach can make the program more tolerable for the beginner by utilizing games which incorporate continuous running. Such activities as modified leap-frog and run-to-the-front can be used to considerable benefit.

For the first two weeks, I suggest a program incorporating the following:

- Prescribe six training sessions per week with one day of complete rest.
- Precede each workout with 5-10 minutes of static stretching exercises.
- Include various courses and activities, gradually increasing the dose of continuous, moderate activity from 15 minutes on the first day to one hour on the 13th day. Each athlete should be taught to take his own pulse rate and instructed to decrease his pace if the rate exceeds 165 beats per minute.
- Following the continuous activity, each athlete should *stride* (not sprint) 10 times 100 yards.
- Complete the workout with 10 minutes of calisthenics with the emphasis on exercises which develop lower body flexibility and upper body strength.

● Give mini-lectures on pace, training methods and injury prevention.

Having developed a basic level of fitness, it seems logical to conduct a test effort sometime during the third week of training. This trial need not be presented to the athletes as a race. Instead, it should be considered an attempt to run at a pre-determined pace for a given distance (for instance, six-

minute mile pace for 1½ miles). The designated pace ought to be challenging but not exhausting. The perceptive coach can learn all he needs to learn about an athlete's level of fitness without putting the athlete through the psychological rigors of an intra-squad race.

Using the results of the test effort, the coach may proceed to develop individualized training programs for each athlete. It may be possible to group athletes according to fitness level. But it is critical that, insofar as possible,



the training program be geared to the needs of the individual athlete.

For those who display a low fitness level on the test effort, continued exclusive emphasis on development of aerobic fitness is required. There is no point in wasting time with "sharpening" for those athletes whose basic fitness will prevent them from being competitive.

The athletes who perform well on the test effort should change over to a program which combines steady,



easy-paced running with faster-paced fartlek and interval training sessions. This can be best accomplished with the so-called "hard-easy" approach as advocated by Bowerman. This involves alternating days of interval training with days of easy distance running. In the early season, the intervals should be of the long, slow variety, perhaps repeated miles or 880s. As the season progresses and championship meets approach, more emphasis should be placed on shorter, faster intervals like 440s and 330s.



Jeff Johnson

The process of physiological acclimatization to strenuous training can be eased considerably with pre-season training during the summer months. For the complete novice this training should be relatively light, perhaps beginning with only 15-30 minutes of jogging three days per week. The aim should be a gradual progression toward daily training for one hour per session.

Often the coach will not be available to supervise summer training. However, if the coach encourages pre-season work

he has the responsibility to provide the athlete with proper guidance. It is not acceptable to tell the neophyte to "get in some miles this summer."

A team meeting should be held prior to the summer vacation for the purpose of outlining reasonable training programs, recommending proper footwear and cautioning against overwork in the heat. During the summer the coach should correspond with the athletes to provide continued motivation and to reinforce the ideas introduced at the team meeting.

Above all, it must be emphasized that any pre-season training undertaken by the beginner must be moderate. Unguided youthful enthusiasm can lead to some of the problems associated with crash programs. Pre-season training, if properly employed, can buffer the abrupt transition to heavy training and can provide a solid foundation of aerobic fitness upon which to base the early season program.

A major aim of the overall training program is preparation for competition. Racing can become exciting, satisfying and self-actualizing. However, for the beginner competition can be a frightening experience. Fear of pain, fear of failure and fear of the unknown can combine to make racing very traumatic. The coach's role should be to minimize this trauma. But, unfortunately, coaches often have the opposite effect.

A coach can do several things to aid the novice in developing a positive attitude toward competition.

1. The coach must realize that, if the training program has been properly designed, there will be no need for "psyching up." If the athlete is prepared and rested, he will be eager for competition and will be naturally as "psyched" as he needs to be. On the other hand, if the athlete is unfit or overtired, no amount of coach-inspired psyching-up will produce success. So the cross-country coach should skip the motivational oratory and confine his pre-race remarks to a dispassionate discussion of mundane matters such as the course, pacing and strategy.

2. The coach should be prepared to provide praise and other psychological or tangible rewards to athletes who show personal improvement in their racing. Too often coaches lavish praise on their high placers while overlooking the psychological needs of their other athletes.

3. The coach should attempt to structure the competitive schedule in

such a way as to optimize the chances for success. Toward this end, races should not be scheduled until a reasonable amount of fitness has been developed. Also, it makes sense to retain freshman or junior varsity races or both for the younger and less fit competitors. Financial problems have caused some school systems to eliminate sub-varsity competitions. This dictates that the beginner be "thrown to the wolves" in the earlier races.

Another problem related to scheduling is over-racing. In peak season, no more than one competition should be scheduled per week. In fact, I see no sin in missing a week occasionally.

4. The coach should make an effort to ease the beginner into racing, just as he should ease him into training. This "easing in" process has both psychological and physiological components. He might begin by scheduling one or two practice meets with neighboring schools. This approach has the benefit of providing some race experience while avoiding the psychological stress of a full-blown race.

In addition, the coach should de-emphasize the early season competitions by training through them (that is, taking less than a complete rest prior to the race) and by impressing on the athletes the greater importance of the late season competitions. Many coaches fail their athletes by over-emphasizing the importance of being peaked for the first meet.

5. The coach's method of dealing with success and failure can shape the athlete's attitude toward competition. Rejection by the coach after an unsuccessful race simply reinforces the athlete's fear of failure and can compound his pre-race nervousness. The practice of providing excessive praise after a success, I believe, makes it difficult for the coach to approach the athlete after a defeat. The best practice for the coach is to retain a fairly cool and analytical attitude toward both success and failure. That is, he should be thinking and saying "Okay, let's figure out what you did right and what you did wrong." The coach must attempt to disassociate the athlete from his performance. He must continue to accept the athlete as a person regardless of the quality of his performance.

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**T**wo fists, clenched and raised and covered with black gloves, dominated the Olympics in Mexico City eight years ago. A superb 200-meter run propelled the two black Americans to the victory stand, but what took place on the stand attracted far more attention than the race.

As the winner of the 200 meters, Tommie Smith was the press' focal point of the "Olympic demonstration." No less instrumental in the historical episode was John Carlos, who won the bronze medal in that event.

Carlos still is the outspoken and energetic, purposeful man he was while in America's "negative spotlight." He can now offer an insider's perspective to an important chapter of American history and politics that is embedded in the showcase of international athletics.

by Jon Brower

"Basically, we demonstrated on the victory stand that we were two black individuals who won medals representing black Americans," Carlos says. "All the words didn't cover black people or other minority people, and I didn't feel that I should stand at attention and applaud something that I disagreed with."

Consequently, the American flag and national anthem was disregarded by two of America's finest sprinters.

Does Carlos see his participation in track hindered as a result of his political stance? The answer best can be stated with the fact that the current accept-

ed 200-meter record is 19.8 seconds held by Tommie Smith and Don Quarrie. Yet Carlos ran 19.7 in 1968, wearing "brush-spike" shoes which weren't approved for competition at the time. The "illegal shoes," maintained the AAU, nullified any chance for a record. Carlos argues that the shoes and the record were not approved because he, John Carlos, militant black, offended and threatened the power structure of the AAU, among others.

"The AAU got me to the point where I learned to run and win and make myself look good because what time I ran wasn't necessarily the time I was going to be given," Carlos says.

He is quick to point out that the overwhelming majority of AAU officials are white and old, many in their 60s and beyond.

# John Carlos, After The Stand



"If they don't believe in your philosophy, you're not going to get the record," Carlos states. "So at the time (1968), I felt I accomplished my goal of breaking the world record. They announced the record but then said they wouldn't give it to me because my shoes weren't approved. I'm not concerned about the shoes. I'm not concerned about dead thoughts. A large enough audience in person and on TV saw the race and will pass it down to later generations that I ran the time but got jammed for one reason or another."

As an example of officials giving questionable records to athletes they like and of whose politics they approve, Carlos speaks of Ivory Crockett.

"I don't feel Ivory Crockett can beat 90% of the dudes out there. Ivory is a heck of an athlete, but I don't feel he is capable of running nine-flat (for 100 yards) unless other dudes have been running under nine-flat for a long time. But Crockett is the 'yes-type' dude and he's like Joe Frazier, so we'll make you the champ. All you got to do is look like you were trying."

Why hasn't Carlos been a regular performer on the professional track circuit, the ITA? Surely his ability would lead him to be a consistent winner on the pro circuit. Basically, the answer lies in Carlos' feeling of self-worth and monetary worth which differs from what Mike O'Hara, head of the ITA, views as Carlos' value.

According to Carlos, "O'Hara gives Jim Ryun \$65,000 as a bonus for signing and he offers me \$6000. I thought my name was just as well known in the world of track and field as Jim Ryun's. I've done just as much as him, and I wanted to be compensated with some decent money. And he (O'Hara) wouldn't go for it."

Consequently, Carlos has no contract with the ITA but has run in a few selected meets of his choice. On running as a part-time pro, he comments, "I feel frustrated at one end, and at the other end I'm satisfied that I'm not out there making somebody else a few million dollars while I'm making chump change. For me to get up as big as I am and say that I'm going to run 60 yards at 30 years of age against a younger dude, and the most I can win is \$500 and I might come home with nothing, is an insult to me. I would be belittling myself to even tolerate something like that. This is one reason I didn't go to Europe with them in '75.

*PAGE 40: Carlos (right) in a rare race as a "freelance pro."*

"Besides, I knew they were going to have a lot of animosity flowing among the athletes because they're trying to get them like the killer football instinct and I just can't be bothered by that. I see a lot of dudes out there putting their guts into Mike O'Hara's bank account. And I don't intend to do that if I can't come home and say this is the money I got and I'm going to run X amount of meets. But I can't be guaranteeing my family nothing running off with them."

While Carlos gets some degree of satisfaction knowing his running abilities are not exploited by others, one only can wonder how an artist in the sprints of the caliber of a John Carlos can fulfill his powerful form of self-expression by competing so sporadically in the few ITA meets he chooses. It's as though this wonderful running prowess lies dormant, giving neither the possessor nor the spectator the pleasure of seeing it reach its full and magnificent potential.

Financial survival after the Olympics was not easy for the branded "black militant" and "ungrateful athlete." Two abortive attempts in professional football (the Philadelphia Eagles of the National Football League and the Montreal Alouettes of the Canadian Football League) provided next to nothing in terms of income. The only realistic avenues as Carlos saw them were to go back to the lessons of survival he learned while coming up in Harlem—hustling. His environment as a child proved to be crucial for his mode of existence in the late '60s and early '70s.

"Coming up in Harlem," Carlos says, "there are various things you do where you can hustle and make money. I had initiative to support my family. I'm divorced from my wife, but I have two kids and my primary concern is to see that my kids get a fair shot as best I can."

In recent months Carlos has had his first real, stable job since the '68 Olympics. He works as an aide for Los Angeles Councilman David Cunningham.

"To be quite frank," Carlos says in retrospect, "I thought at the time in '68 that I would never be involved in politics because I didn't feel there were any politicians out there doing anything for the people. I did as much research on Dave Cunningham as he did on me, and everything added up. I saw the man was taking care of business. He was a dude who believed in his convictions."

As an aide, Carlos is working on a five-year capital improvement program including such things as street mainten-

ance, lighting, landscaping and anything else that would go under the heading of public works. Also, he is in charge of organizing and running community sporting events such as track meets and tennis tournaments.

Eight years after Mexico City, John Carlos has no regrets for the way he has lived his life and the stands he has taken.

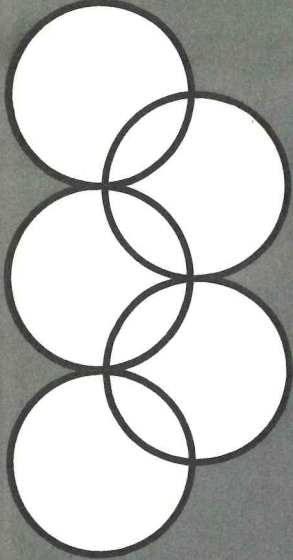
"I feel like what I did on the victory stand," he maintains, "was firm, strong and something that I believed in." And as an important corollary to that he adds, "At the same time, I felt it was non-violent; a way to awaken people, to arouse people, to bring them back to reality."

That reality played back on him and Tommie Smith. "The American reaction to us just shined that much more light on what we did. America did imprison us. We couldn't work, we were followed around, our phones were tapped and travel out of the country was hindered. I was starting a Muhammed Ali syndrome in track and field. The people dug my ability as an athlete, and a lot of them started giving second thoughts about my philosophy and they were saying, 'The dude might be right.'

"Basically, what I was saying in '68 is that there was a brush fire, and if everybody would get off their rump they could do something about it. But don't wait until it gets to be a raging forest fire. And shortly after that, a lot of white people saw what I was talking about after the shootings at Kent State. The militia was no longer just gunning down black dissidents in Harlem but now upper-middle-class whites. The white generation is starting to get aroused at what's been taking place."

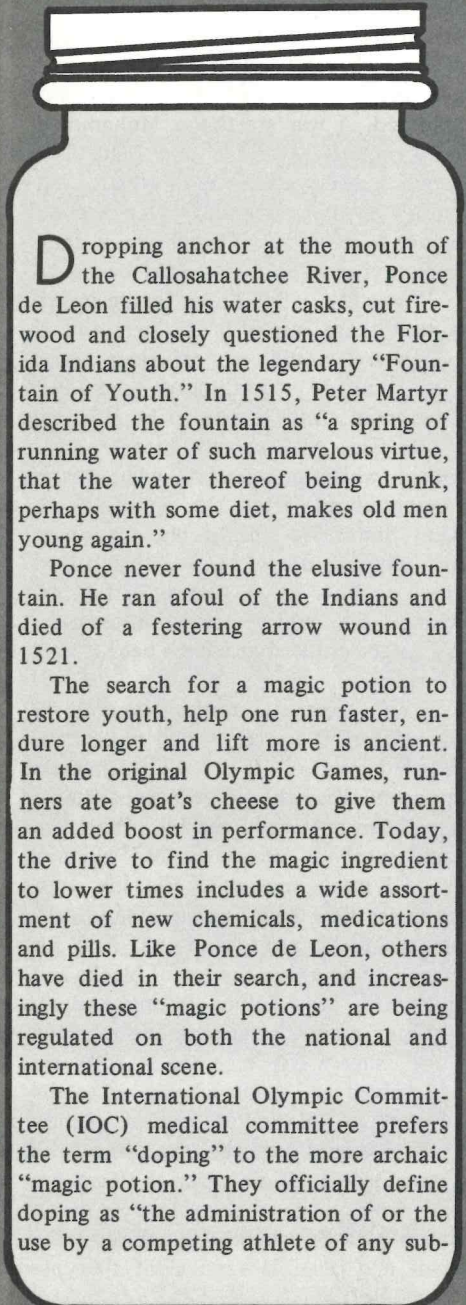
Some apparent ironies come flushing out of the athletic and radical career of one of the world's greatest sprinters. His athletic accomplishments have been overshadowed by a short and tame symbolic demonstration while in the Olympic spotlight. His life and struggles now have him working in the establishment political arena. And his efforts to improve the lot of blacks and minorities have helped to make many younger white Americans see that the same issues with which the Third World is involved are in fact important to the survival of all people on the planet.

Who would have thought that a John Carlos leaving Harlem for the fortunes and glory on the track oval would someday play a role in history of race relations and possible survival of all types of people? ●



# Closing the Olympic Drug Net

by Donald Monkerud

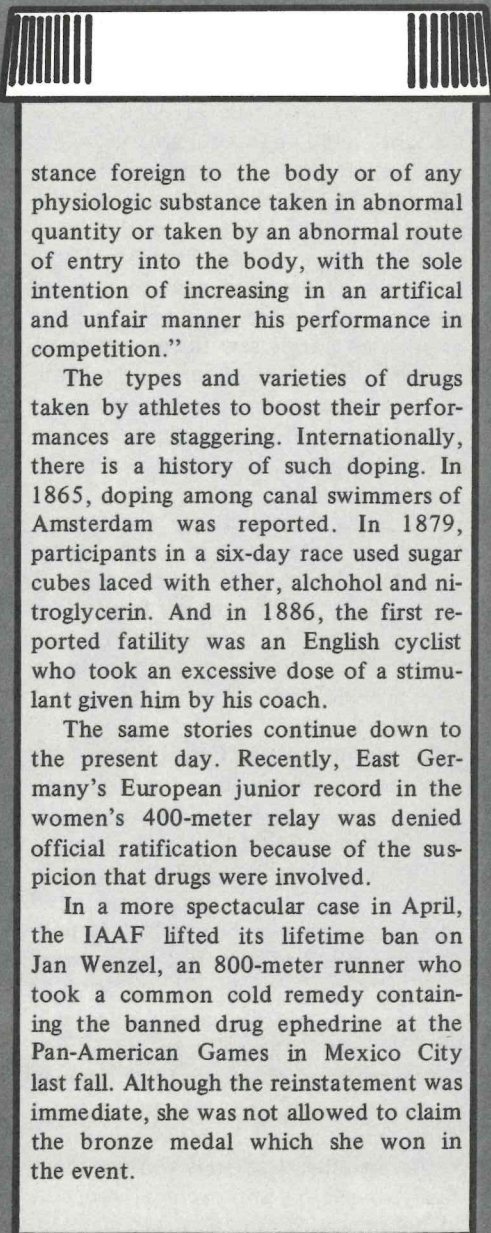


**D**ropping anchor at the mouth of the Callosahatchee River, Ponce de Leon filled his water casks, cut firewood and closely questioned the Florida Indians about the legendary "Fountain of Youth." In 1515, Peter Martyr described the fountain as "a spring of running water of such marvelous virtue, that the water thereof being drunk, perhaps with some diet, makes old men young again."

Ponce never found the elusive fountain. He ran afoul of the Indians and died of a festering arrow wound in 1521.

The search for a magic potion to restore youth, help one run faster, endure longer and lift more is ancient. In the original Olympic Games, runners ate goat's cheese to give them an added boost in performance. Today, the drive to find the magic ingredient to lower times includes a wide assortment of new chemicals, medications and pills. Like Ponce de Leon, others have died in their search, and increasingly these "magic potions" are being regulated on both the national and international scene.

The International Olympic Committee (IOC) medical committee prefers the term "doping" to the more archaic "magic potion." They officially define doping as "the administration of or the use by a competing athlete of any sub-

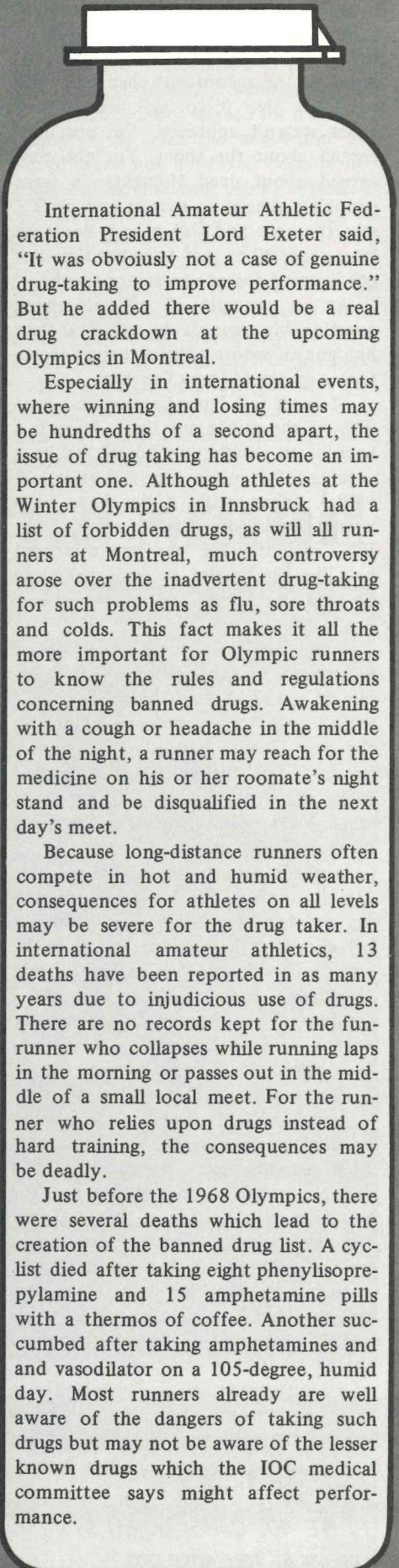


stance foreign to the body or of any physiologic substance taken in abnormal quantity or taken by an abnormal route of entry into the body, with the sole intention of increasing in an artificial and unfair manner his performance in competition."

The types and varieties of drugs taken by athletes to boost their performances are staggering. Internationally, there is a history of such doping. In 1865, doping among canal swimmers of Amsterdam was reported. In 1879, participants in a six-day race used sugar cubes laced with ether, alcohol and nitroglycerin. And in 1886, the first reported fatality was an English cyclist who took an excessive dose of a stimulant given him by his coach.

The same stories continue down to the present day. Recently, East Germany's European junior record in the women's 400-meter relay was denied official ratification because of the suspicion that drugs were involved.

In a more spectacular case in April, the IAAF lifted its lifetime ban on Jan Wenzel, an 800-meter runner who took a common cold remedy containing the banned drug ephedrine at the Pan-American Games in Mexico City last fall. Although the reinstatement was immediate, she was not allowed to claim the bronze medal which she won in the event.

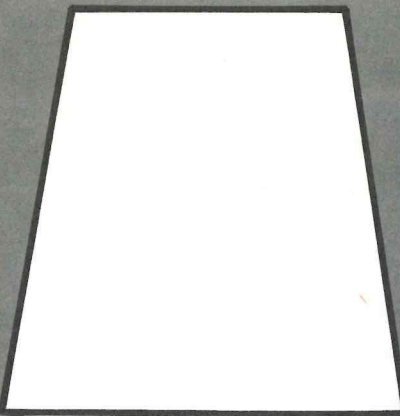


International Amateur Athletic Federation President Lord Exeter said, "It was obviously not a case of genuine drug-taking to improve performance." But he added there would be a real drug crackdown at the upcoming Olympics in Montreal.

Especially in international events, where winning and losing times may be hundredths of a second apart, the issue of drug taking has become an important one. Although athletes at the Winter Olympics in Innsbruck had a list of forbidden drugs, as will all runners at Montreal, much controversy arose over the inadvertent drug-taking for such problems as flu, sore throats and colds. This fact makes it all the more important for Olympic runners to know the rules and regulations concerning banned drugs. Awakening with a cough or headache in the middle of the night, a runner may reach for the medicine on his or her roommate's night stand and be disqualified in the next day's meet.

Because long-distance runners often compete in hot and humid weather, consequences for athletes on all levels may be severe for the drug taker. In international amateur athletics, 13 deaths have been reported in as many years due to injudicious use of drugs. There are no records kept for the runner who collapses while running laps in the morning or passes out in the middle of a small local meet. For the runner who relies upon drugs instead of hard training, the consequences may be deadly.

Just before the 1968 Olympics, there were several deaths which lead to the creation of the banned drug list. A cyclist died after taking eight phenylisopropylamine and 15 amphetamine pills with a thermos of coffee. Another succumbed after taking amphetamines and a vasodilator on a 105-degree, humid day. Most runners already are well aware of the dangers of taking such drugs but may not be aware of the lesser known drugs which the IOC medical committee says might affect performance.

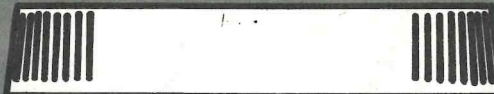


At the Olympics, Olympic Trials and other important meets, the leading finishers are tested for 30 banned drugs. After the competition, the competitors are handed a green card by a representative of the IOC and instructed to report to the doping control station. Random checks will be made each day at Montreal. If doping is suspected, the IOC medical committee has the right to have additional athletes checked. In the case of anabolic steroids (a muscle-building drug used primarily for weight men), competitors may be obliged to submit to doping control before the competition.

After two bottles (at least 50 milliliters) of urine are collected from each athlete, the bottles are sent immediately to the lab. If results are positive on one bottle, various representatives are consulted, and the duplicate sample is analyzed by different persons. If both urinalyses turn up "positive," the International Olympic Committee strips the runner of his or her medal, if any, and considers other disciplinary action.

Recently, a new screening test for the hard-to-detect anabolic steroids was developed in England. Steroids probably are the most widely abused drug in track and field.

Dr. Daniel Hanley, US member of the IOC medical committee, said the vast number of foreign substances that can be found in an athlete's body. According to Dr. Hanley, "Time and again it's the physicians who are overly generous with the drugs. And it's appalling. One athlete I know—a 'normal,' healthy young woman with no history of significant illness—was taking 15 pills a day—diuretics, digitalis (powdered leaf), desiccated thyroid, muscle relaxants, diet pills, hormones and vitamins."



When the athlete's samples are analyzed, only the forbidden drugs are tested for, although the US Olympic Committee uses its own test to give added information about the conditions of the athlete's body. The banned drugs are listed under five headings—each containing long lists of trade names and related compounds. The medical committee stresses that the list is not yet complete and other drugs may be added later. Currently the list includes:

1. "Psychomotor stimulant drugs" which help muscular action. Amphetamine, methedrine, benzedrine and cocaine are in this group.

2. "Sympathomimetic amines which simulate sympathetic nervous action and includes 42 different drugs containing ephedrine.

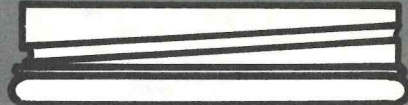
3. Miscellaneous "central nervous system stimulants" of which the most commonly known is strychnine, usually in the form of iron-quinine-strychnine tonic.

4. "Narcotic analgesics" which usually are taken to make the body insensitive to pain. This section includes 73 compounds containing codeine and cold and cough medicines including four Vicks products, St. Joseph's and Dristan cough syrups, Pertussin, Coldene and Coryban D. The "hard" narcotics—heroin, morphine, opium and methadone are included here.

5. "Anabolic steroids" which are said to be especially popular with shot putters.

While some runners may feel drugs will aid their performances, many doctors tend to disagree. Some research has indicated steroids don't help performances. And there is some evidence that the use of amphetamines may decrease work output rather than increase it.

The pressure in our culture toward drug taking is quite strong. Even Dr. Hanley describes this as a "pill-popping culture." A recent issue of *Physician and Sportsmedicine* magazine contains 55 pages of drug ads compared to 65 pages of text. With such saturation advertising for drugs, aggressive drug salesmen and the search for the winner,



runners must be careful of the doctor they pick for medical advice. Once drug-taking begins, it is sometimes difficult to know where to draw the line.

But the line has been drawn. Because of the relatively recent development of the banned drug list, many people feel the rules may be too strict and that athletes may become innocent victims. Jan Wenzel, the Canadian runner, was penalized for taking a cold pill. Rick DeMont's gold medal being taken from him at the Munich Olympics because of his use of an anti-asthmatic medication is another example. Galina Kulakova of the Soviet Union's ski team was disqualified for having traces of the nasal drops containing the drug ephedrine. These problems may be worked out in the future to allow routine medication for minor medical problems. But in the meantime, athletes must know the rules.

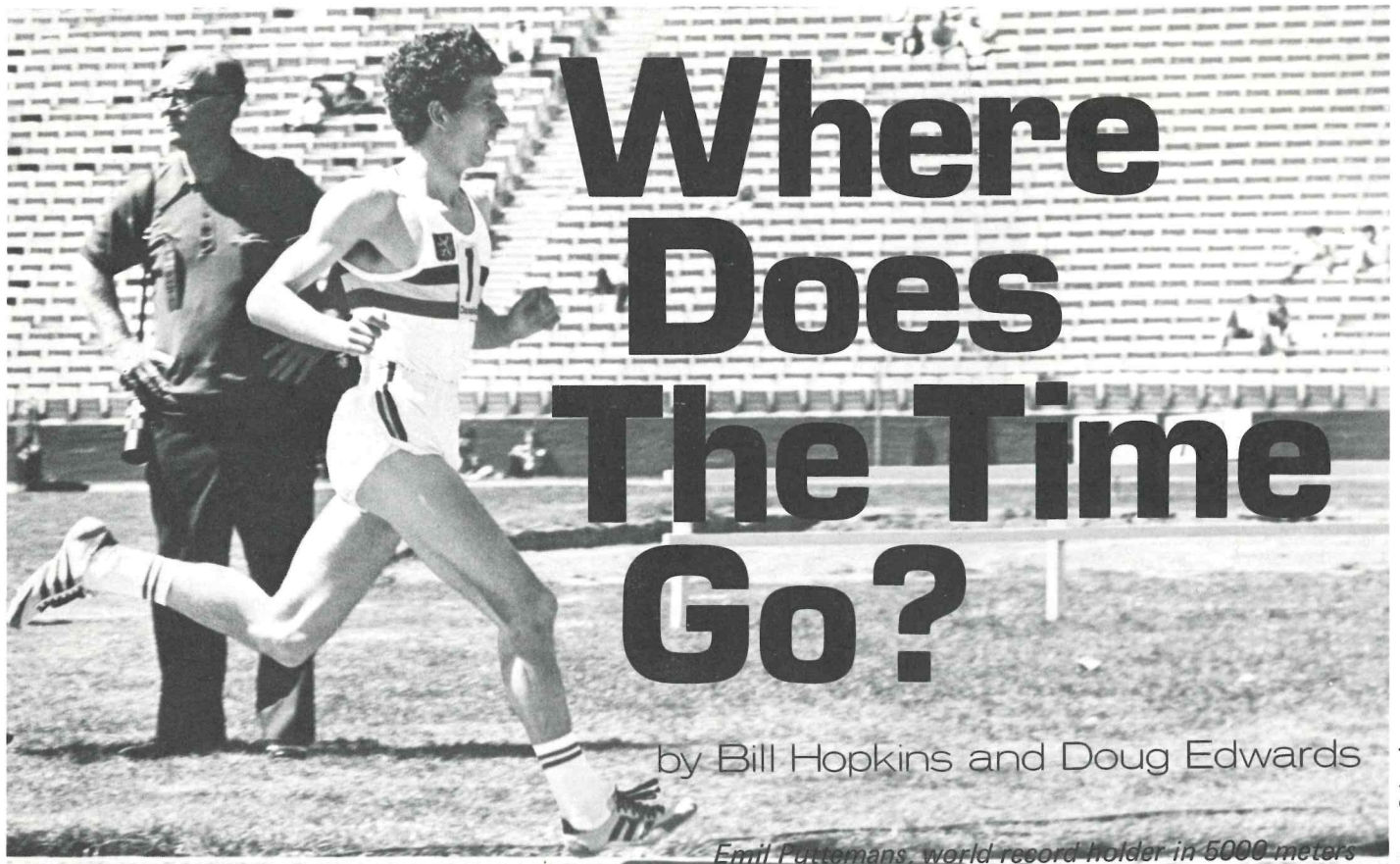
For those running for their own enjoyment and health, it would be a good idea to be aware of the list of banned drugs and their possible impact on overall health and possible effect on running times. The runner concerned about overall health might decide to cut down on training or take a short rest if a bad cold, pains or emotional problems persist. This is far better than loading up on drugs.

If, on the other hand, one plans on competing in the national or Olympic category, it is best to ask questions and receive adequate and satisfactory explanations from a physician.

Dr. John B. Anderson Jr., chief team physician for the US Olympic Committee, says, "There's only one answer. Don't take anything unless it has been given out by the team physicians or checked by them."

In the end, runners must draw upon their inner reserve and forget about the "magic potions".

(The complete list of banned drugs and related compounds is available from the US Olympic Committee, Olympic House, 57 Park Ave., New York, N.Y. 10016.) ●



# Where Does The Time Go?

by Bill Hopkins and Doug Edwards

*Emil Puttonans, world record holder in 5000 meters*

Doug Schwab

In 1954, when Roger Bannister of England ran the mile in 3:59.4, the whole world stopped to applaud. Many experts had said the four-minute mile was beyond the reach of human capability, a barrier that might be approached but never crossed.

Twenty-one years later, John Walker of New Zealand ran the mile in 3:49.4, a full 10 seconds faster than Bannister. By then, of course, it was clear that the four-minute mile had been more a trick of the mind than a gauge of the ultimate in human ability. The "limit" was not, and never had been, four minutes.

In spite of the familiar saying that "records are made to be broken," people feel intuitively that there must be some limiting time in which it is possible for a human being to run a given distance. It is assumed that records are broken by ever-decreasing periods of time, so that the true limits are approached gradually over a long period of years. If the limit for the mile is not four minutes, then probably it is 3:40 or some such number. Certainly the time must be greater than, say, three minutes flat.

However, there is no evidence to support these ideas. The concept of a limit to human performance, in track at least, will not bear objective analysis.

The intuitive idea of a limit is repre-

sented graphically in Fig. 1 one page 45. The line curves as it approaches insufficient data available on 200m and ing at the speed of light.

Since the official records are known for many decades past, we can plot the data and draw the solid part of the line for an event such as the mile. It should then be possible to estimate, from the shape of the curve, what the limit will be for that distance.

Actual record times for the mile, plotted in this manner, are shown in Fig. 2 on page 45. Note that the trend line does not show the expected curvature. It is a straight line drawn with a ruler. The slope of the line indicates that the mile record decreases on the average by 0.429 seconds per year.

According to this line, which represents data for a period of more than 60 years, the record time for the mile in 1975 should have been about 3:49.3. The actual record (3:49.4) is remarkably close to that. This reinforces the conclusion that the data up to 1975 show no significant deviation from the expected improvement.

This type of relationship is not limited to the mile. Indeed, it may apply to all distances. The table above shows the results of data analysis for events ranging from 100 meters to more than 26 miles. It appears that record times in male track events *always* de-

crease at constant rates. The same generalization may or may not apply to women's running. The relevant data have yet to be collected and analyzed.

## RECORD PROJECTIONS

Distance	Present	Projections	
	Record	1976	2000
100m	9.9	9.8	9.5
400m	43.8	43.7	42.1
800m	1:43.7	1:42.1	1:40.4
1500m	3:32.2	3:30.6	3:20.8
5000m	13:13.0	13:09.0	12:20.0
10,000m	27:30.8	27:10.0	25:17.0
Marathon	2:08:33	2:06:30	1:55:00

Insufficient data available on 200m and hurdle events to make calculations.

A straight line with a negative slope must eventually reach zero, and when this happens the runners will be traveling at the speed of light.

The prediction of races requiring zero time will come as a surprise to physicists, and some may even dispute it. The idea of human travel at the speed of light is usually associated with great space ships, unlimited power sources of the future and oceans of space in which to accelerate and decelerate. It is surprising to find that the occasion is not really so many years away, when considered in terms of the long history of mankind, and that no

equipment other than a track suit and spikes will be necessary.

Shortly thereafter, the record times will become negative. It is curious that we already have a common expression to describe this, namely that "the race was over before it was run." How did this get into the language? It is as if some mysterious agency were preparing our minds for the future by subtly injecting suggestive ideas and phrases into our speech.

Extrapolation into the past is also instructive. As little as 1000 years ago, the fastest men required about 12 minutes to run a mile, and 10,000 years ago it took them almost two hours. A million years ago, man was virtually immobile.

We are, of course, talking facetiously about the distant future and past. However, no reasonable person can deny the meaning of our extrapolations with respect to the last several decades and the next few. Today's record times could have been predicted with a good degree of accuracy from information available 10 or 20 years ago, using simple extrapolation.

In fact, it was the Bannister mile that first caused one of us to plot the records of the past and conclude that the mile limit is nowhere in sight. Thus, we do not hesitate to predict what the approximate records will be in the year 2000, only 24 years away. These are listed in the table. The mile record, if anyone is still running this distance, will be about 3:38.4. The marathon time will be comfortably under two hours.

The times for 1976, also listed in the table, are of interest for this year's Olympic Games. They help to pinpoint the races where new records are most likely to be made. In the 800 meters, for example, the existing record of 1:43.7 is fully 1.6 seconds above the predicted time for 1976. This record is, therefore, overdue for revision. On the other hand, the existing 400-meter record is already about the same as listed mark and is more difficult to exceed.

Use of the data will also help to spotlight unusual performances. A runner can be regarded as far ahead of his

time, or quite outstanding in his time, if he exceeds the line value by a large margin.

It may be felt that this type of analysis will tend to de-humanize the sport, but we do not think so. To say that a man will run the 100 meters in about 9.5 seconds by the year 2000 takes nothing away from the individual who achieves this extraordinary mark. He will be a wonderful human being and his running performance will be a thing of beauty. We look forward to knowing his name and watching him in action. We will make no apology for knowing that he was bound to come. ●

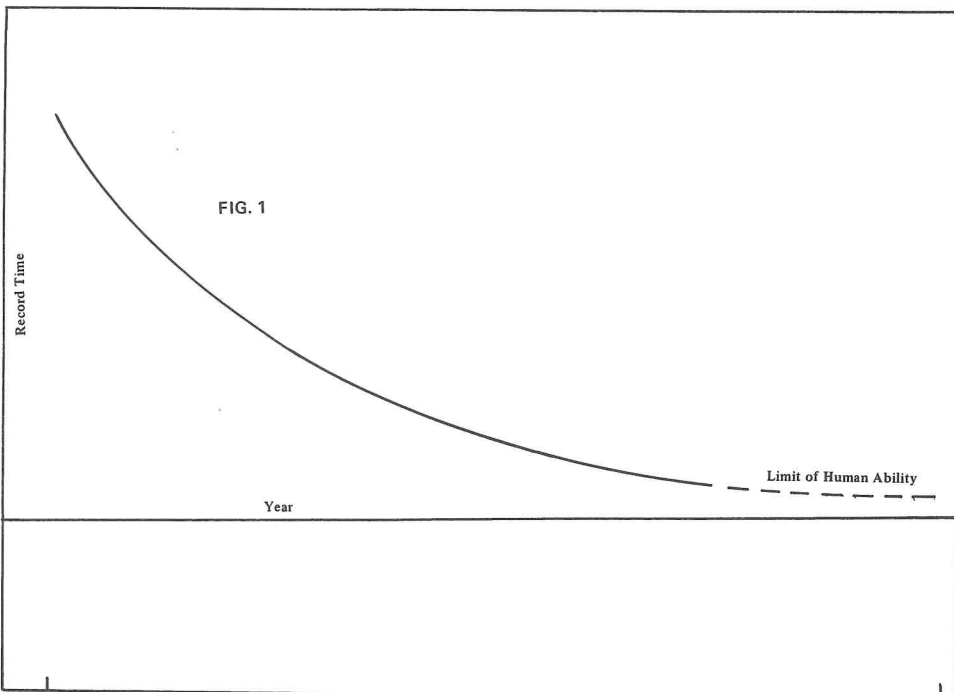
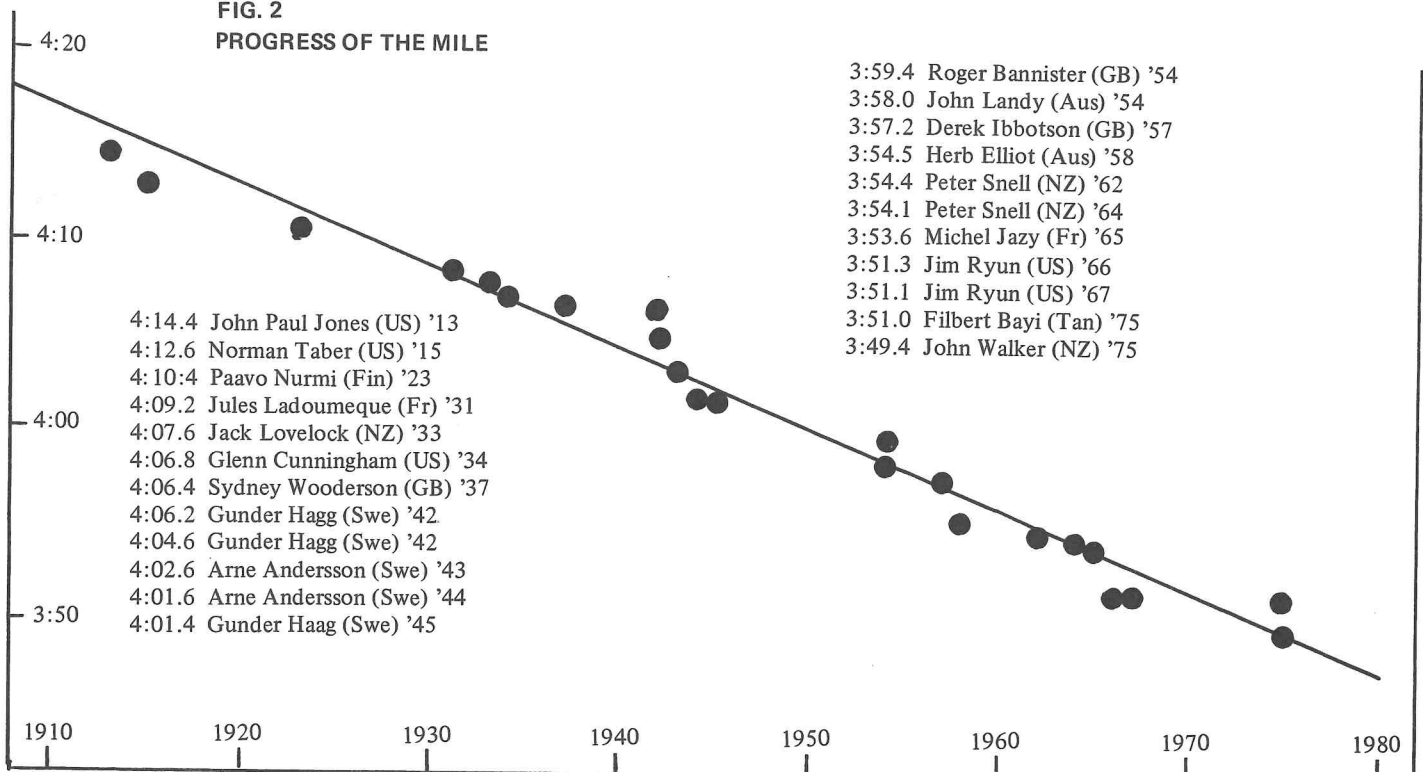
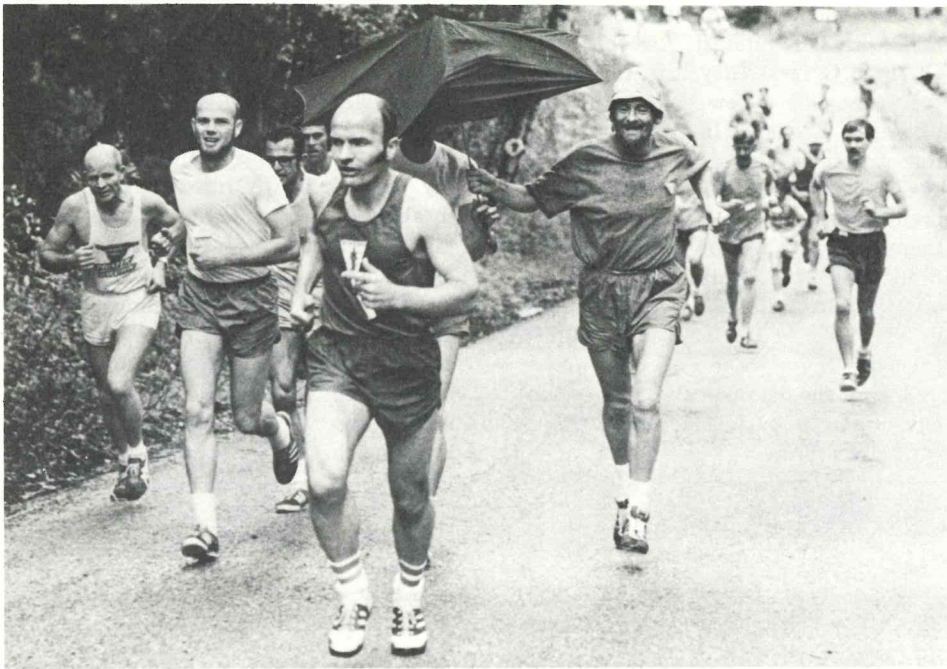


FIG. 2  
PROGRESS OF THE MILE





OMPphoto

# EVERY BODY IS RIGHT

by Tom Miller

Excess body fat in runners is extra baggage to be carried and is saturated with blood vessels which reduce available oxygen needed by the muscles for running. Both undesirable characteristics contribute to slower running times. However, many of the heavier runners are not necessarily overweight in terms of percentage of body fat.

Naturally larger bone and muscle structures account for extra weight, but these runners may be as lean as the more slender runners. Is there a place for these "big bodies" in our runners' world? I say yes. Every body has the right to enjoy the fun and benefits of running.

To enjoy running, the big-bodied runner needs to understand the basic fundamentals of efficient running, how to establish realistic goals and the basic fundamentals of stress training and how to apply it to his running.

Breathing is of much greater importance to the heavier runner than style. Since oxygen is essential for efficient muscle movement, an understanding of the oxygen requirement relative to body weight is most useful in determining appropriate breathing techniques.

Recent studies by Dr. David Costill

and other researchers indicate that the oxygen consumption per pound of body weight is relatively constant at a given pace, regardless of the total weight of the runner being tested. Therefore, the heavier a runner is, the more oxygen he must be able to process and distribute to his muscles at a given running pace.

A rhythmic, belly-breathing technique will meet this requirement much more efficiently than the more commonly used "gasping" method. The forceful exhale minimizes the carbon dioxide left in the lungs. Since carbon dioxide is more soluble than oxygen, the carbon dioxide would go back into the blood stream and hasten the formation of lactic acid and fatigue. The vacuum caused by the forceful exhale also allows the fresh air to be sucked into the lungs with little conscious or physical effort.

Belly-breathing contracts the stomach muscles forcefully to exhale, and

---

**Tom Miller is a US Marine Corps officer whose education has been in the field of engineering. An avid runner, Miller has tested the theories presented here on fellow Marines during weight control programs.**

then relaxes the stomach muscles to allow the diaphragm to drop and the body to suck in the fresh air. The rhythm, established by exhaling every other time your left foot contacts the ground (four-count breathing), is easy to establish and contributes to a gentle, efficient, flowing running style for larger runners.

Once the techniques have been mastered, the runners learn automatically to shift gears to run efficiently. The earlier mechanical emphasis experienced while learning to belly-breathe is replaced by a more efficient, relaxed running style.

Determining realistic weight goals is essential to those runners to lose or control weight. But many big bodies are already relatively lean in terms of body fat. Heavy runners can spend years of frustration trying to get that 2-1 weight (in pounds) to height (in inches) ratio so often mentioned as optimum for distance running performance. Those naturally slender runners still have from 5-10% body fat which is considered ideal for distance runners. Big-bodied runners should concentrate on reducing their *fat* to an acceptable level, even if their *weight* remains relatively high.

The second type of goal important to heavier runners relates to running performance. Many of us have trained for years trying to break 60 minutes for 10 miles, three hours for the marathon or some other traditional standard that was established when almost every runner was slender. If the heavy runner is relatively lean (5-10% body fat) but still over the 2-1 weight-height ratio, what alternative performance standards could be used to evaluate his running performance?

I suggest determining relative levels of performance based upon the amount of kinetic energy required to produce a given running performance will establish this standard. The kinetic energy determination considers both how fast the runner ran over the given distance and how much he weighs.

The runner who is six feet tall and 150 pounds is better built for running than the runner who is 5½ feet tall and 150 pounds. Constant oxygen consumption per pound of body weight at a given pace suggests a relationship between oxygen requirements and kinetic energy requirements in weight-height ratios. As the weight-height ratio increases (the average weight per inch of height goes up), both the oxygen consumption and the kinetic energy per inch of height increases.

This suggests a higher degree of





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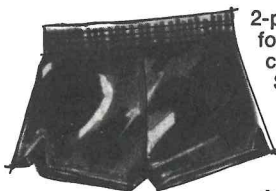
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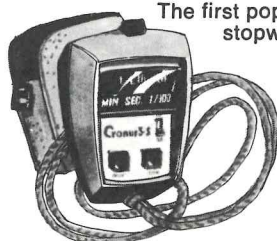
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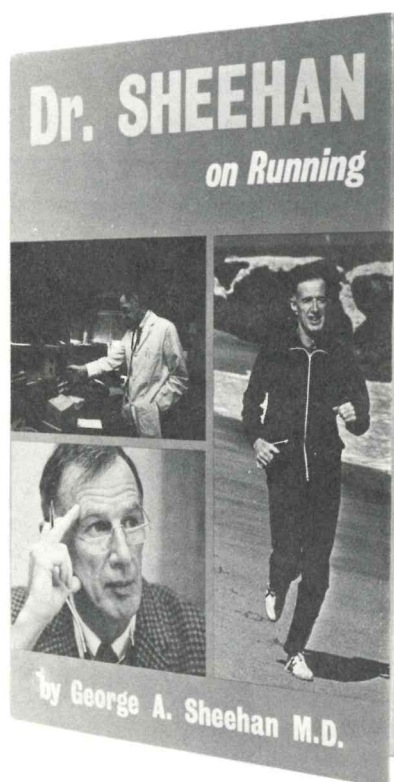
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# In San Diego, They Follow Nicki Hobson

by Bill Stock

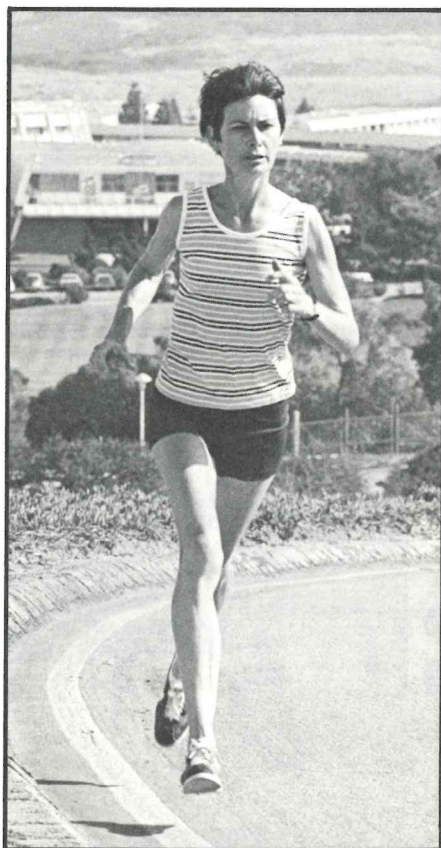
**N**ekita O. Hobson is an executive secretary at Gulf General Atomic. And it's hoped she'll not cause the big blast there that she has on the San Diego running scene.

Nicki began to run at age 37 because of the usual concerns over physical condition. The progression from running around the block, to an adult fitness class and then to competition was gradual and natural. She didn't mess around with a small-time start in racing, however. Her first competition was the 1971 Women's National AAU Cross-Country Championships, where she finished somewhere back in the pack. That only whetted the appetite for more racing, and for improvement.

Nicki was a local stand-out from the beginning due to the dearth of women Masters. Now, even as the number of women competitors has grown, she is still a leader in more than one sense.

Nicki's athletic ability is not her most interesting feature. Many runners can burn up the courses, but prior to and after the races they are nowhere to be seen. One of the biggest assets of the San Diego Track Club is the practice of participants taking a turn at being officials and meet directors. This no doubt started with charter member, Bill Gookin, who it is said would set up the race and course, fire the gun and start the watch, then get back first so he could time the other finishers.

Nicki doesn't quite do that well, but she is a stellar example to her followers. Followers? As the president



Lester Wolf

and chairman of the board of directors of the San Diego TC, Nicki has some 700 followers. She also serves as women's long-distance running chairman for the Pacific Southwest AAU, is on the National AAU Women's LDR committee and has been meet director of at least five events, including the 1975 National AAU 15-Kilometer Championships.

Doing all these volunteer jobs in a thorough, efficient manner while working full-time and managing to keep her home and three children operating, it seems she would have little time or energy for anything else. But then we have Nekita Hobson, the runner.

A marathon runner certainly has to do more than wash dishes or take short-hand to attain and maintain fitness. So in her spare time she does a bit of training, to the tune of 60-70 miles per week. There is a suspicion that, first, Nicki has never heard that common phrase, "I just don't have time to do that," and, second, she has found a formula to squeeze 30 hours out of a 24-hour day.

About six weeks prior to the 1976 Mission Bay Marathon, she decided she'd like to avail herself of the training methods and coaching which had carried my wife Dorothy to the 5000-meter track and 10,000-meter cross-country titles at the World Masters Championships in Toronto.

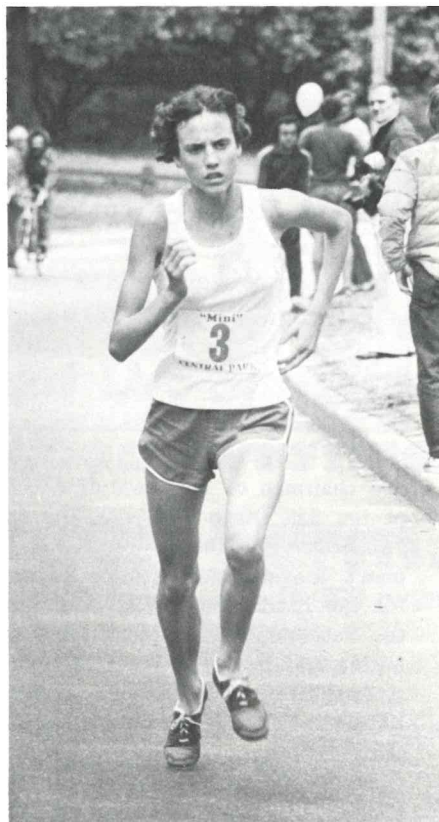
With a slight revision in her training, Nicki improved her personal record by 10 minutes to 3:05:18 at Mission Bay to finish first among women—and that at age 44, one of the oldest among those competing. After Mission Bay, further revisions were made, with a target of three hours at the Last-Gasp Marathon in March. At this race, several runners with Boston qualifying marks as goals took off with Nicki, as they were aware of her proclivity for even-paced marathon running and her three-hour goal. She did indeed run evenly. And a little pick-up at the end took her away from all but two of her "tag-alongs" and to an age-45 world record of 2:57:41. Only 40-year-old Miki Gorman of the women Masters athletes has run faster. ●



Richard Becker photos

# The Women's 'Mini' Gets BIG

by Nina Kuscsik  
and Lynn Blackstone



**ABOVE:** Part of the largest women's road race field ever. **BELOW:** Julie Shea broke the record by more than 50 seconds.

On the late afternoon of Saturday, May 8, Julie Shea, winner and new record holder of the prestigious Mini-Marathon, stood in New York City's LaGuardia Airport. In one hand she carried a plastic bag crammed with the 10-foot-long "START" banner, cosmetic kits, T-shirts, race posters and a large blue Tiffany box containing the engraved sterling silver bowl race sponsor Arno Niemand had selected for the victor. In the other hand, she carried a 4½-foot perpetual trophy.

Sixteen-year-old Julie's day began early that morning in Raleigh, N.C. While most of the other out-of-town competitors had arrived in New York one or more days prior to the race, Julie had stayed home in order to compete in her state high school sectional meet the night before. There she won the mile and anchored a mile relay with a 59-second quarter.

On her arrival at LaGuardia at 9:30 a.m., Shea was whisked off to the West Side YMCA for check-in and then to Central Park for her warmup. Although nervous and wondering aloud what she was doing here, there was no doubt that she had come to win the fifth annual race for women only.

Four hundred twenty-five women, ranging in age from 6-57, were on the

line in Central Park at 12 noon when former Olympian Ted Corbitt fired the starting gun. It was the largest field of women ever assembled for a road race.

After the first half-mile of the 10,000-meter course, Shea and world marathon record-holder Jacqueline Hansen emerged as the leaders, running stride for stride for the next two miles.

About four miles into the race, Nadia Garcia began closing in on Hansen, who was losing ground to Shea. The race now was for second. Cresting the hill with a mile and a half to go, Nadia edged in front of Jacqueline.

Shea's final time of 35:04.8 bettered by more than 50 seconds the "Mini" record set last year by Charlotte Lettis. Garcia held off Hansen, 35:58 to 36:04, and Joan Benoit ran 36:08.

Of the 425 runners who started, only 17 did not finish.

The Mini, initiated by New York Road Runners Club President Fred Lebow, epitomizes RRC philosophy of encouraging participation as well as competition. This year's field, representing 21 states, was five times the size of the first field and overall performance was better. Three runners who competed in the 1972 event ran under 6:30 per mile, the winner doing 6:10. This year, 28 ran under 6:30, the winner averaging 5:39 per mile.

Responding to a Road Runners Club call for assistance, Arno Niemand, a distance runner and member of the New York RRC, agreed to underwrite and direct the 1974 and '75 Minis, while trying to find appropriate sponsors for future races. Each year he interested various companies, including Bonne Bell Cosmetics, in providing merchandise prizes. This year, after firsthand experience with the race (his wife Juliana ran) the company's chief executive Jess Bell decided to sponsor the 1977 Mini-Marathon.

Next year, this feast for women runners may include several hundred more runners. With the growth of women's sports in the high schools, the New York State High School Athletic Association has organized girls track, but has restricted teams in terms of distance (two miles) and competition (school only). As a result, many girls were forced to cancel their Mini-Marathon plans. Good news is that the state association may legislate that 10,000 meters on the road is long-distance running—and a separate sport over which it will claim no jurisdiction.

If Julie Shea, a high schooler, had lived in New York she wouldn't have been able to run this race she won. ●

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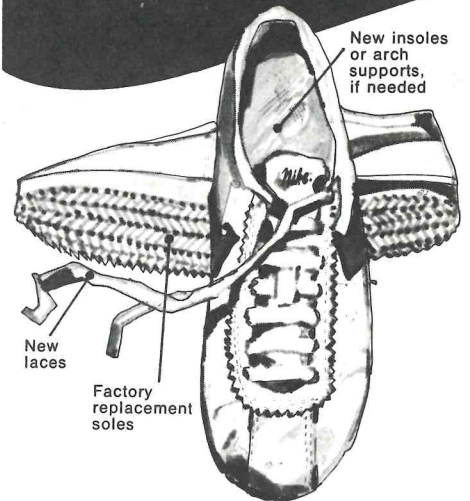
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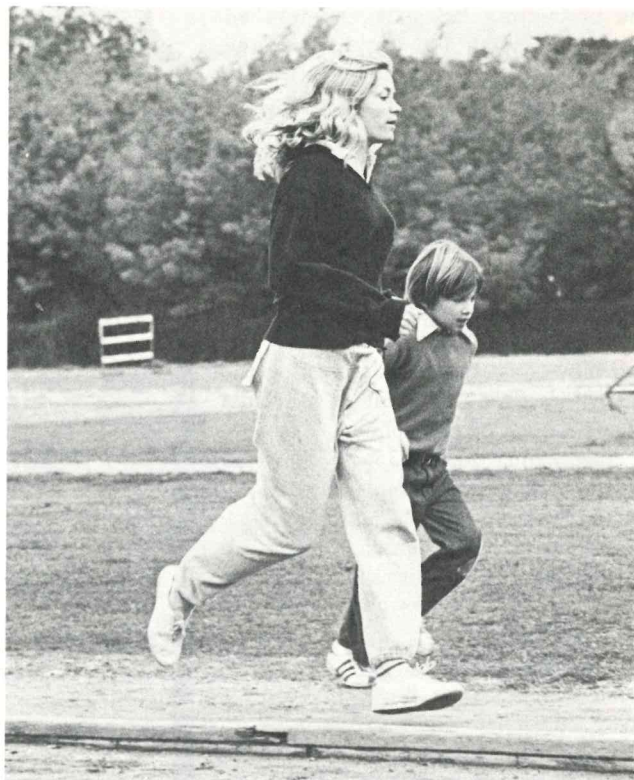
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# Women Who Run For Themselves



OMPhoto

by Frances Knowles

**P**ublic attention finally is being drawn to women athletes who have excelled in their areas of specialization. And for every athlete who attains national or international recognition, there are hundreds of young women who are striving to work their way up the pyramid.

This is a positive trend for female athletics, because the dedication and acceptance of these athletes has motivated thousands of other women to consider physical conditioning for themselves.

I am especially interested in the women who quietly and independently have chosen to include running in their present life-style. Who are they? What are they like? How far do they run? How fast do they run? What are their reasons for running?

To find some answers, I surveyed more than 60 women runners in a Southern California coastal area. A previous survey of 109 men and women, ("What Drives the Average Runner, Feb. 76 *RW*) led me to attempt to present a profile of the "average" woman runner.

Each woman completed a three-page questionnaire. The answers received provided the foundation for the information that follows.

Although it was mathematically possible to calculate an "average" for most of the questions asked, it was evident

that the women joggers surveyed were individuals who independently chose their time of day, their place of running and their method of running to fit their own personal life-style.

The morning hours (between 5 a.m. and 10 a.m.), were found to be the most popular, with 46% of the women running then. Thirty-eight percent ran during the evening hours (3-8 p.m.). Many of the women in this third category specifically mentioned the noon hour. It may be that they substitute jogging for lunch, a feat which we are not all able to accomplish.

When asked where they ran, it was found that 54% of the women used the track, while the beaches were favored by 16%, the streets by 6%, and open roads, fields, parks and gymnasiums were the chosen locations for 4% of the women. The remaining 20% indicated that they used more than one of these places.

While the majority of women (53%) used only distance as a measure of their work, 38% used both distance and time to check themselves, and 8% gauged themselves solely by time.

When asked how many minutes were spent in each session, the length of time ranged from eight to 60 minutes, with the mode, or most frequent response, being 20 minutes.

In regard to the number of miles logged during each session, the range was between one and five, again revealing the individual styles of the women

surveyed. The average was two miles.

How often do these women run each week? The average was 4-5 sessions. But once again, it is more interesting to look at the range. Two women ran only twice a week, while one woman ran twice a *day*, seven days a week.

Generally speaking, then, the "average" woman runner puts in between 400 and 500 miles per year, and devotes 70-90 hours in this activity.

How many weeks, months or years have these women been developing such a program? The average was a little over two years. There was, however, that familiar wide range, with a newcomer of one week's experience at one extreme and a runner of 10 years' standing at the other extreme.

It was more difficult for the women to answer how long it had taken them to get "hooked" on running. Fourteen women did not respond at all to that question. Of those who did respond, the average time to become "hooked" was between one and three months.

A substantial majority of the women (65%), viewed their goals in running as being long-term, while 34% felt that their goals included a combination of long- and short-term objectives, and only 3% stated that they were running in an attempt to achieve only short-term results.

A great majority of those surveyed indicated that they also used health foods, exercises, diets, diet supplements and sports such as tennis, bicy-



cling, swimming and skiing to achieve a balance in their striving toward physical and mental well-being.

From the responses to another question, a clue was given as to why these women were involved in physical activity of any kind. The majority of women reported that their employment required practically no physical exertion.

Consistent with those responses, it was found that approximately 70% of the women felt that running helped them to be more productive in their daily activities.

The women were asked whether or nor they enjoyed running. Eighty-four percent of the participants said they did like the activity. Those who said that they did not added such unsolicited comments as, "But I enjoy the benefits," and, "I enjoy the way it makes me feel!"

When they were asked who else in their family ran, the person most often mentioned by the women was their husband.

A certain amount of descriptive data was asked for, and the responses to such variables as age, height, weight and the like revealed the following information.

The average age was 33 years, with the majority of the women between the ages of 23 and 43. The youngest runner was 18 years old and the oldest was 57.

The average height was 5'4", the shortest jogger being 4'11" and the tallest reaching 6'0".

The average weight was determined to be between 123 and 125 pounds.

Further questions in this study revealed that the typical woman runner was married and had been for an average of seven years, having had one child during that time.

In regard to educational background, 90% of the women surveyed had either some college experience or a degree from a college or university. Further inquiry disclosed that as many of them were in a professional or managerial position (teacher, engineer, registered nurse, research associate), as in a clerical, service or sales position (secretary, salesperson, airline hostess, recreation leader). Each of these two categories received a 34% response, while 9% of the participants were classified in a semi-professional, skilled, or supervisory position (lab technician, research technician, technical artist, nutritional counselor). The remaining 13% were listed in the position of housewife.

The survey results showed that the women's major reasons for jogging were

generally based on theories of preventive medicine, both of a physical and mental nature.

It was found that cardiovascular and respiratory conditioning were important to many of the women, as well as the building up of endurance and stamina for all-around good health. Several of the women said that they were running in preparation for another sport such as skiing, tennis or hiking. Weight control and body toning also were specified reasons for running.

In regard to mental well-being,

the women said that running provided a means of relaxing, releasing tensions, improving concentration, increasing productivity, and serving as an area where self-accomplishment, a sense of pride and a feeling of self-worth could be achieved.

These women are finding fulfillment outside of the public eye. The survey results show that they are not alone in their interests and efforts, but it is they alone who make the decision to direct their energies toward self-success through running. ●

# Oktoberfest<sup>U.S.A.</sup>

## U.S.A. ROAD RACES

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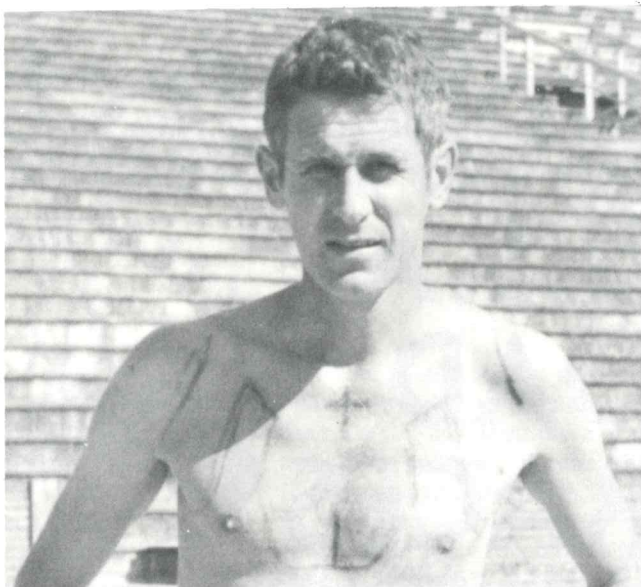
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# SIMON SAYS

# HE CAN'T STOP FOR THIS

by Al Lawrence



Outside of the Texas Gulf Coast area, Simon McNamee probably is unknown to most American distance running fans. A sharp student of the sport might know that McNamee had run a 2:32 marathon in 1973. But that effort would make hardly a ripple in these days of superlative distance running performances.

Why, then, a story about this man? Because his is the most incredible epic of courage and fortitude I have encountered in 25 years of track, 12 of them as a well-traveled international competitor.

This story begins at the USTFF Marathon Championship in Wichita on May 31, 1975. McNamee ran a disappointing 2:45 for 15th place. During the month following this race, his training was off, and in a few local races he participated in he performed poorly. He revealed to me that he was experiencing a loss of appetite and he was having trouble staying awake after 8 p.m.

There was no change in this situation during July, and during the latter part of the month, during a vacation in Colo-

*The lines indicate areas affected by McNamee's disease.*

rado, he began to sweat profusely during the night. Simon blamed these episodes on the 8500-foot altitude of his vacation cottage.

However, back in Houston after the vacation, the nightly sweats continued. It was apparent to those of us who ran with Simon that something was seriously amiss. His race results were poor and a substantial drop in his weight bothered us.

A complete physical examination by one of the physicians who ran with our small group soon followed. Several shady areas were detected on Simon's chest X-ray. A few days later, he showed me an ugly lump on the side of his neck, and told me that he was being referred to another doctor for a second opinion.

During consultation with the second physician, it was suggested to Simon that the troublesome glands in his neck should be surgically removed and examined.

On Sept. 2, 1975, McNamee underwent a two-hour operation, after which a confirmed diagnosis was given: Hodgkins disease.

The news that our running buddy had a form of lymph-gland cancer left us stunned and shocked. But what followed that announcement is a story that should be told.

\*\*\*

When Simon left the hospital two days after his neck surgery, he began a period of intensive testing to determine the extent of the cancerous invasion. During these difficult days, he remained in astonishing high spirits. Not so myself.

I remembered a former teammate of mine, Hector Hogan, who died of leukemia exactly four years after winning a bronze medal in the 100 meters at the 1956 Olympic Games. I recalled another friend and opponent, Peter Driver of England, who had died of cancer several years previously. I feared the worst for Simon.

On Sept. 16, a laporotomy (surgical removal of the spleen) was performed on him. Certain nodes in his abdomen were also removed for biopsy. He tolerated the surgery well.

Two nights after his surgery, I visited him and found a can of beer iced down in his water jug. When I pointed out to him the necessity of following post-surgical orders, he just grinned.

"I've got to have my usual night cap, Al. Besides it helps me sleep at night," he said.

At that moment, a nurse came into the room and began to take his temperature and pulse. Her eyes fastened on the waste basket beside his bed.

"Mr. McNamee!" She exclaimed. "You've been eating chocolates again. If you want to get well, you must follow your doctor's instructions."

"Well, I want to get out of here by the weekend, and I need to build up my strength," Simon replied.

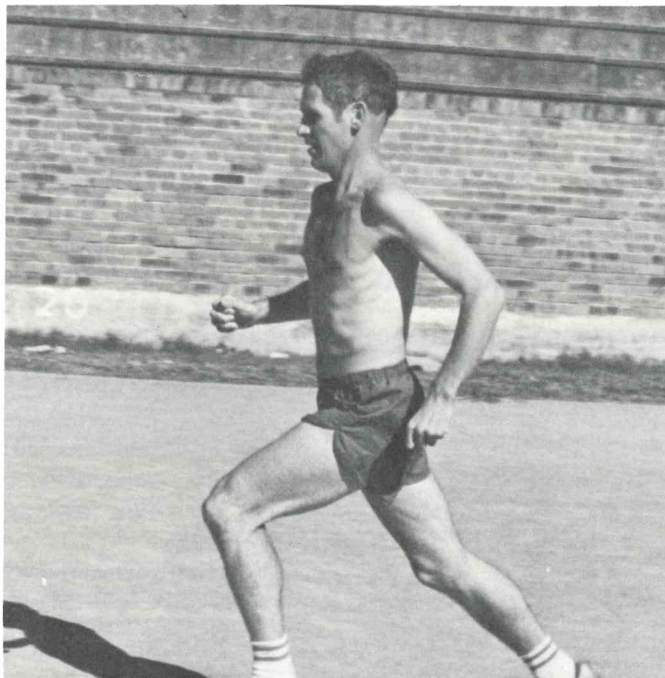
The nurse finished her work and walked out of the room, shrugging her shoulders in futility and rolling her eyes heavenward as she passed me.

Just as he had predicted, Simon was discharged from the hospital that weekend. Intense radiation therapy began four days later.

In early October, Simon found a way to begin some sly jogging after his radiation treatments. His wife, Sue, would drive him to the Methodist Hospital for these treatments and would return for him after the treatments were over. With careful planning, Simon had

arranged these treatments close to the noon hour, when many of us were running on our lunch hour at the nearby Rice University track.

Four days a week, I could count on Simon suddenly appearing through a hole in the fence. He would run several laps before returning to the hospital via the basement. He then would make his way upstairs to the lobby where his wife was waiting to drive him home. The entire maneuver was a masterpiece of crafty planning and superb timing.



*Even while he was undergoing cancer treatment, Simon sneaked out of the hospital to run on the Rice University track.*

Our physician friend who had originally examined Simon would shake his head in amazement as Simon slowly lapped the Rice track during these covert operations.

Although Simon kept telling me that the lumps in his neck were getting smaller, he still looked much the same as before surgery: obviously much underweight with a death-like pallor. Worse, he was still experiencing the nightly sweating episodes which necessitated a change of pajamas at least once each night.

By mid-October the nightly sweating problem was almost under control, but his weight remained well below normal.

I now began to question the wisdom of running with and encouraging Simon to run while he was undergoing the radiation therapy. I felt decidedly uncomfortable when I saw his wife at social functions. She obviously had no idea that Simon was running during his treatments. Several physicians who ran at Rice during the noon hour expressed similar concern.

McNamee was still displaying discomfort from his surgery during this period. Although he never complained about the post-operative pain, I knew he was hurting as he ran with a pronounced lean on his left side.

\* \* \* \*

To understand the fighting spirit of Simon McNamee, one has only to examine his childhood and genetic linkage.

Born 36 years ago in England ("Only by accident," says Simon. "My parents,

who are Irish, had moved to England in search of work"), he spent his formative years with English children. This part of his life was to leave an indelible impression on the young Irishman.

His home life also had a significant impact on his later development. Born into a family steeped in the tradition of riding and training steeplechase horses, he was indoctrinated early in perseverance and courage.

Simon might have become a steeple jockey except for an escalating weight problem and a chance coincidence: His home was at the halfway point on the Polytechnic Marathon course. He saw many of these races. From this early exposure he graduated into middle distance running.

In 1959, Simon received a track scholarship to Lamar University in Beaumont, Texas. His college days were not spectacular, but he managed to maintain his scholarship without showing any particular brilliance.

Shortly after graduation, he married his college girl friend, the former Susan Clark. A six-year absence from compet-

itive running followed while Simon concentrated on establishing his business career.

He made a return to racing in 1970 and soon became one of the top six distance runners in the Texas Gulf Coast area.

\* \* \* \*

By mid-November 1975, Simon appeared to be making a miraculous recovery. His radiation treatments had been terminated, and he was back to his racing weight. The ominous lumps in his neck had been reduced to almost normal size. None of our jogging group could stay with him in any tough training effort. I kept asking him why he was pushing so hard. He would just grin as though he was a small boy with a secret.

In December, he covered a total of 225 miles in training. During his entire ordeal Simon McNamee has displayed traits of character that are worthy of any champion in any sport. Gratitude, perseverance, courage, humor and humility are a few that come to mind.

His wife, who patiently but reluctantly put up with Simon's dedication to training and competition with all of its ramifications, now realizes that the very sport she barely tolerated probably was responsible for saving Simon's life.

"If Macca hadn't been racing so poorly, he would never have gone in for that examination," she said.

For my own part, I can now thrust aside the discomfort of chronic lower back pain that has reduced me to a jogger. Figuratively speaking, I can no longer complain about no shoes—for I have seen the man with no feet.

Younger runners within our group, including a national champion, likewise have been inspired by Simon's example and his refusal to admit defeat.

McNamee himself also has been touched by his illness. One gets the feeling that he is somewhat embarrassed but sincerely flattered by the great concern for his welfare by so many individuals during his ordeal. His feelings are simply but expressively stated with remarks like: "People really do care, Al."

*(Author's note: A group of us were running this January when Len Hilton suggested the idea that somebody should tell Simon's story to the distance running world. Shortly after this discussion, the Houston Marathon was run. Down in the long list of finishing results and times, almost buried in the small print was the following: 37. Simon McNamee—3:05:08.) ●*



by Richard Mason

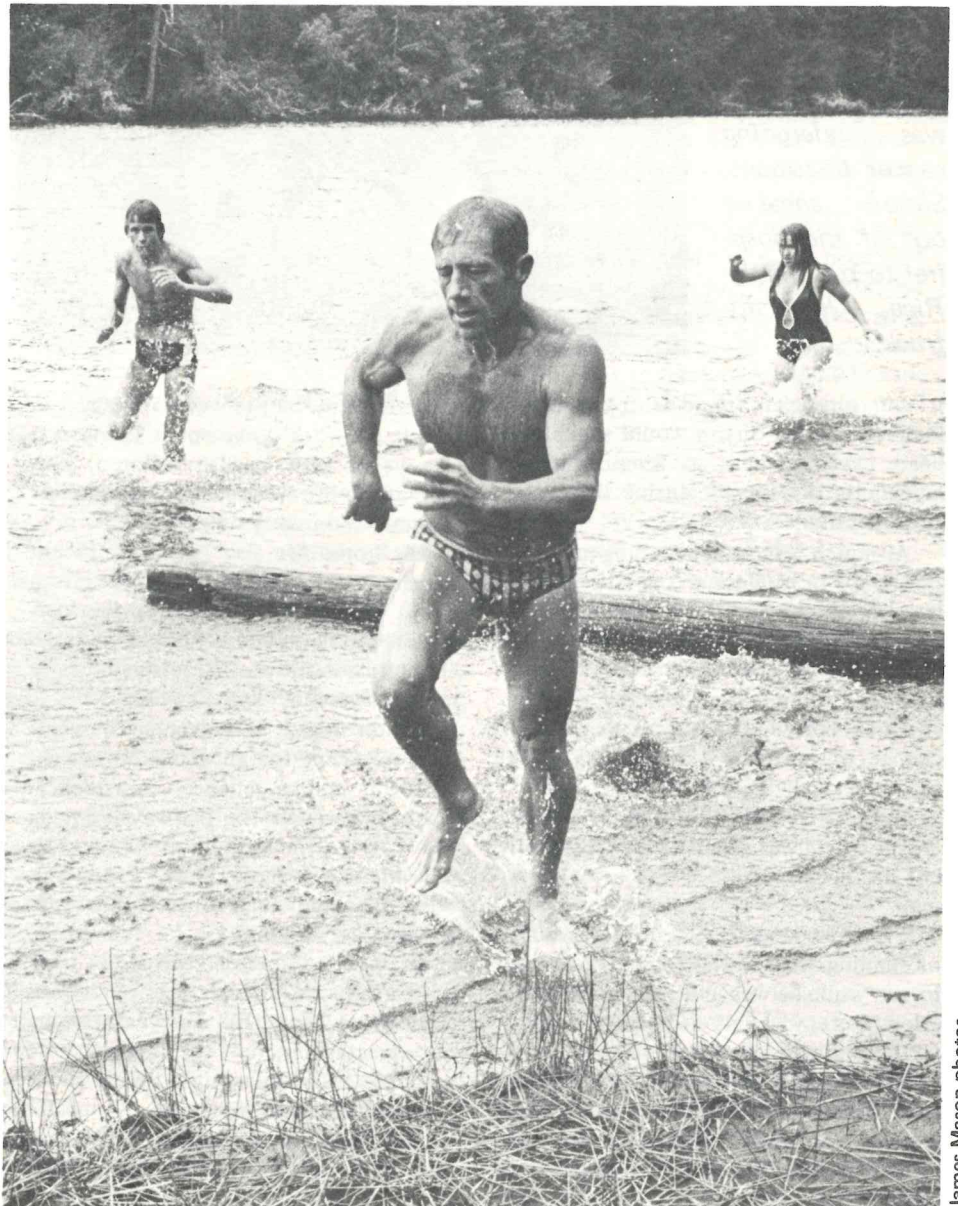
**I**t's not often that I enter a race with the intention of winning it. Usually, I just try to beat all the women and children. This isn't because I'm not a serious runner. I'm a realist and I set realistic goals. But last summer I competed in one of the few races where I could consider myself a contender. It's a unique event, a test of versatility called the "biathlon."

Biathlons are conducted at many sites throughout the country, using a variety of format. The Oregon Road Runners Club sponsors this race. Participants run a 3½-mile circuit around Coffenbury Lake, then plunge into the lake and swim a half-mile across it. The run itself is not easy. Much of the course is on a roller-coaster path complicated by low limbs, exposed tree roots and an occasional log. The freshwater lake is a bit cool but Oregon clean. The race is an annual affair, but this was my first crack at it.

Before the race, I was as nervous as the day I was drafted. For one thing I worried about the undefeated champ, an old acquaintance, Steve Johnson. I knew how well he swam. He and my brother Jim had comprised half of the 1964 Oregon state championship free-style relay team. But how fast could he run?

And then the bizarre nature of the event beathed a little fear into my heart. I didn't know what to expect when I hit into the lake after racing 3½ miles. Would I freeze up? Might I drown?

"In the three years we've operated this race, we've suffered no casualties



James Mason photos

... that we're aware of," Ken Weidkamp, race director, assured us in the pre-race rundown. He suggested we use our own judgment about diving into the water. Boats would float among us for safety.

The run was a real zoo. Despite the overcast skies and cool weather, most people ran shirtless. Many ran in their swimsuits. I wore black nylon shorts over my Speedo. The suit is rather revealing, and I didn't want to alarm any spectators. Someone wearing spikes clattered into position behind me. I listened in vain for the flip-flop of swim fins.

Meanwhile, I'd lost contact with Johnson. There were about five runners between him and me in the single file pack. I kept my eye on his back but began doubting myself. I already was tiring, so I slowed my pace.

The hills, the curves and the narrow path brought roller derby to mind, the "jammers" in this case being the lithe, supercharged runners who were leading the competition. I regarded myself more as a "blocker." At 6'0" and 170 pounds, I felt like one, too. I plodded in the middle of the trail and discouraged the remaining jammers from going out on the jam.

Slowly, we rounded the east corner of the lake and headed back toward the starting line. I was fading and prayed for a rush of adrenalin as we passed the screaming fans.

An official enumerated our standings as we ran through the sparse crowd: "61 . . . 62 . . . 63." I laughed to myself at the prospect of passing 62 swimmers to win. "I'll need an act of God," I thought.

The last half-mile of the run really dragged. I got a stitch in one side and deteriorated mentally. I could see some people already in the lake. I felt like I was watching my plane leave without me. Finally, I reached the boat ramp and brother Jim was there with enthusiastic encouragement.

"The first guys hit the water 4½ minutes ago. They looked like lemmings rushing into the sea. I don't think any swimmers have made it here yet."

I removed my shorts and shoes, waded into the water and swam breast-stroke until the cold lost its bite. Then I switched to freestyle and set a good steady rhythm.

I didn't freeze up and I didn't drown. I unplugged my mind and worked like a rented nag heading for the barn. When I lifted my head for a long look, I saw arms and heads, splashing and bobbing the length of the lake.

Still I pressed on, passing many of those who had blitzed me on the trail. It was a long swim, but I felt at home there.

Finally, I heard spectators at the finish line cheering as biathletes emerged from the deep and sprinted the final 10 yards. I pulled a bit harder through the water and crawled over a floating log. Soon I was on my feet.

I was little more than a zombie when I surfaced. I staggered out of the shallow water, glancing behind me for a challenger. I shuffled up the chute and received my tongue depressor: number 23.

Later, I sat with Steve Johnson as Ken Weidkamp presented the awards. The overall winner as the New Zealand national biathlon champion who happened to be in the neighborhood. Steve placed second, five seconds behind the winner. Both beat the old record by almost a minute.

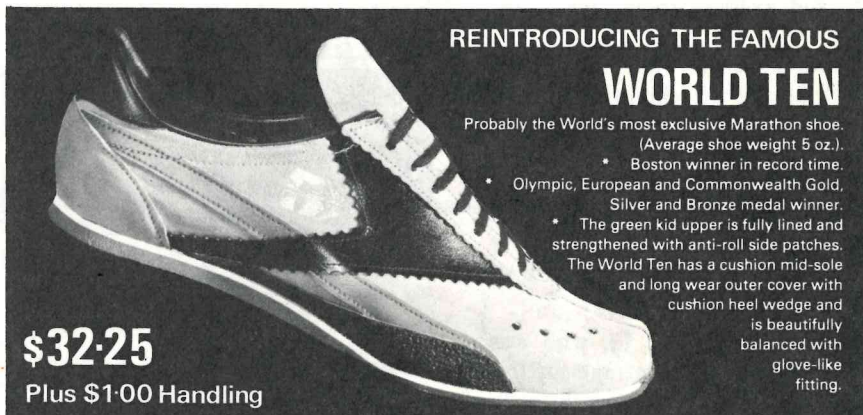
This summer, there will be another biathlon in Oregon. Chances are it will have a larger field and the times will be even faster. If I'm in town, I'll definitely enter, but not with the intention of winning it. This year I'm going after the record. ●

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# Looking at People

Notes on the individuals making news this month.

● **Jess A. Bell**, president of Bonne Bell Cosmetics who asks his employees to run the full distance to work if they live two or three miles from the office, is building a multi-million dollar production and distribution plant at Westlake, Ohio, a suburb of Cleveland, this fall. What will make this plant unique from others across the country probably will be the running track around the facility.

The track, which will be opened to the public, is being modeled after the Swiss idea of having exercise stations every 150 to 200 yards along the way to provide exercise during rest periods. In addition, the plant will include shower and exercise rooms inside the building.

An earlier plan to encourage health programs among his employees failed. Bell offered his employees running suits and shoes, dangled a \$1 per mile bait in front of them if they ran, 50 cents if they walked and 25 cents if they bicycled.

"I only lasted six months," he said. "We literally ran out of money."

● When **James Vasil**, 32, who was one of more than 300 entrants in this year's San Antonio Mission Run (a 10,000-meter event), tried to sprint in at the finish line, he said he heard a snap just as the clock reached 41:00. Vasil collapsed just a few yards from the finish line without hitting an obstruction in the course and without turning his foot.

Doctors at the race site quickly determined that Vasil had broken both the tibia and fibula about three inches above the ankle. But being a die-hard runner, Vasil asked to be dragged across the finish line before being taken to a hospital. His request was granted and, with time-out allowed, his time was recorded as 41:10.

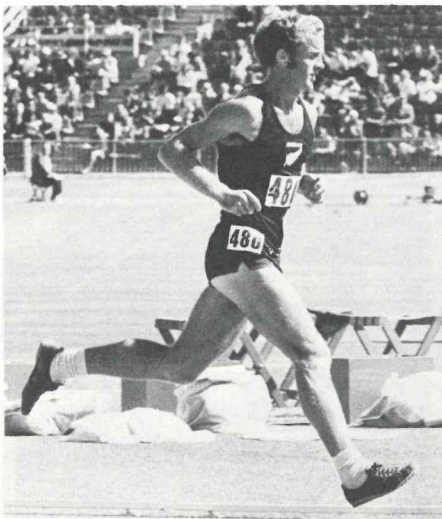
Vasil had been running seriously for the past eight months, averaging about three miles per day. Doctors could not offer any reason for the injury other than perhaps a weakness or pre-existing defect in his foot.

Vasil said he enjoyed the run immensely and will be back for next year's event.

● **Steve Williams**, who tied the world record in March for the 100 meters, has the confidence of his coach that he could win Olympic gold medals this year in the 100- and 200-meter dashes.

In fact, the coach, **Brooks Johnson**, has so much confidence in his runner that he agreed to wager with a noted track expert who was giving 3-1 odds against Williams winning in the two events. The expert listed several conceivable misfortunes such as better competitors and the possibility of injury as factors which make the 3-1 bet a good one.

"If he gets injured, then, as his coach, I'm to blame and I'll deserve to lose the bet," Johnson told **Bob Hersh** of the *New York Times*.



Mark Shearman

## Arthritis victim Dick Tayler

● Following his surprise victory in the Commonwealth Games, 10,000-meter in 1974, **Dick Tayler** became affected by a mysterious form of arthritis. The disease began to cripple the runner soon after an undefeated tour of North America which earned him top ranking in the world for the 10,000-meter event.

But just recently Tayler revealed he has been jogging daily for the past several months. The revelation came as a shock to those who had learned that Tayler's disease had caused his joints and limbs to swell so much that he lost almost all mobility. As medical experts tried to solve the riddle, Tayler was barely able to walk.

"I'm not building up my hopes that I'll be able to run competitively again," Tayler said. "But if things are going to come right, I'm certainly going to leave all the doors open."

● One of the "rookies" in this year's Boston Marathon was 35-year-old former world class tennis player **Jim McManus**. McManus said following the run that it was his second marathon ever and the first time for Boston. The "rookie" finished but 35 minutes behind winner, **Jack Fultz**, with a time of 2:55:16. His official finishing place was 308th.

McManus was invited to run in the classic by **Jock Semple**, a race official who overlooked the fact that McManus' best time of 3:06 did not officially qualify him to compete. Semple had built up the Marathon through the years when he was serving as masseur to the tennis pros whenever the circuit hit Boston.

The day before the Marathon, McManus ran a training run of 20 miles.

The "rookie" noted that he has no coach, follows no real training regimen and learns what he knows about long-distance running from reading *Runner's World*.

● San Francisco's nationally famous 7.6-mile Bay-to-Breakers race drew some attention from San Francisco Chronicle columnist **Herb Caen** recently wrote:

"You romantics will be pleased to hear there's more than running in the annual Bay-to-Breakers race. Last Sunday, Atty. Barry Reder was jogging within earshot as a fellow runner said to a young woman juggler, 'What's a nice girl doing in a race like this?' She: 'Let's put it this way, who says I'm a nice girl?' Without losing a stride, both took a left turn in Golden Gate Park and were never seen again. Winning isn't everything. Races, I mean."

● With the list of opponents in any sort of running (and possibly any sort of exercise) growing ridiculously larger, some anti-runners might be interested in knowing what Chinese leader **Mao Tse-tung** has to say on the subject.

In an essay written in 1918, the 25-year-old Mao advocated sport as a means of building the moral fiber of the Chinese as a modern nation. The essay was written prior to Mao's conversion to Communist philosophies.

He wrote, "In general, any form of exercise, if pursued continuously, will help to train us in perseverance. Long-distance running is particularly good in training in perseverance." ●

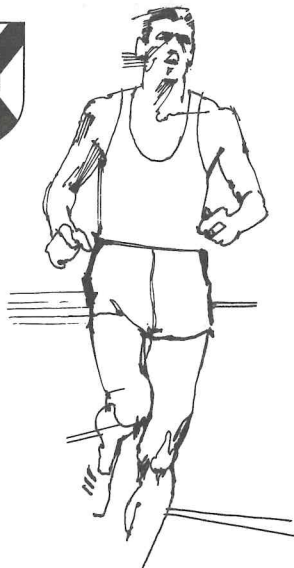
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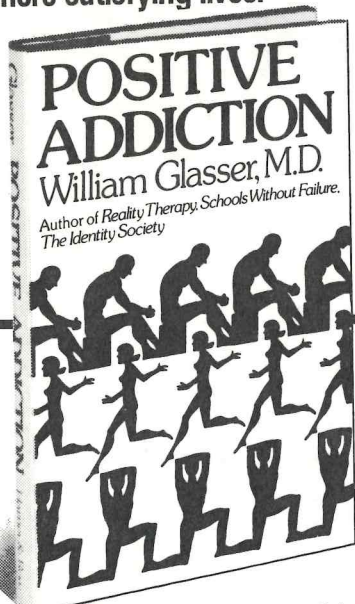
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# Technical Tips

*Answering the needs of our readers.*

## WEIGHING ISSUES

Bill Reynolds offers some potentially dangerous advice for runners in his article "Strength for Distance Runners" (*Runner's World*, April 1976). Anyone with a basic understanding of kinesiology, and who has taken the time to make a mechanical analysis of the military press, will see that it places excessive stress on their lower back. Hence, one finds that a majority of lower back injuries in weight lifting are because of the military press.

Long-distance runners do need total body strength with the critical areas being the lower back and legs and to a lesser degree the shoulders and arms. Every runner's weight training program must emphasize the development of these areas. Such exercises as the back hyperextension, stiff-legged deadlift, hack-squat and power clean, together with flexibility movements, will meet the general strength fitness needs of most runners.

Next, to recommend five minutes of weight training is unrealistic in terms of results. The minimum amount of time is 15-20 minutes with the number of repetitions 8-15 and the sets 2-3. For the body to respond to any type of training the progressive overload principle must be applied, and once the runner reaches his or her desired strength fitness level, a maintenance program then can be followed.

Too, the weight program will have far better results if it is performed before running. If it is performed after, when the runner is in a fatigued state, there is far greater danger of injury.

Strength fitness (force of muscle contraction, muscular endurance, flexibility and coordination) is an important attribute every runner needs and is acquired only through the application of scientific principles of training.

*John P. O'Shea*

*(Bill Reynolds comments: I think I can defend my selection of the military press on several levels. If it has detrimental effect on the lower back (and note that I'm definitely not conceding this point) it is placed last on the recommended routine after three*

*movements that should help to warm up the entire spinal musculature.*

*My second defense is the fact that I intended to present an easy-to-follow and quick program that could be done with a single piece of equipment.*

*Third, I always try to base the programs which I formulate on the best available advice from experts in the field. I consider the late Percy Cerutti to have been such an expert with relation to running and weight training.*

*Turning to your critique of my use (or lack of use) of leg exercises, let me turn you to my statement about distance runners doing 5000-mile years. This leads, surprisingly, to an overdevelopment of the hamstrings and occasionally a muscular imbalance in relation to the quads. You recommend in your letter to use the stiff leg deadlifts and back hyperextensions, both of which in my opinion would only aggravate this situation. And while I agree with you that quad work might be a good idea, I recommend leg extensions.*

*In responding to your third point about five minutes of weight training, there is no way to present research evidence to support my point here. I've read all the studies, from the early ones in Research Quarterly 20 years ago.*

*Why should you progressively overload a muscle and make it grow bigger when all you need is a little more strength? The five-minute program doesn't prove out in the light of what you and I know about research in exercise physiology, but it certainly works in practice.)*

## A MATTER OF TIMING

Numerous annoying instances have occurred in my running career when I've been cheated out of several seconds in my race times. I began to consider devising a system that could be used as back-up at races to resolve mistakes in times and places and which would yield accurate results. I figured that such a system would need to be reliable, inexpensive and simple.

The major components of the method I eventually devised are a cassette recorder and a short wave radio. Accur-



ate time, broadcast over the short wave radio, is recorded simultaneously with a sharp sound made by the operator as each runner crosses the finish line. The start of the race is similarly recorded. The recorder is played back later for compilation of places and times. A runner's race time is the difference between his finish time and the start time, both being actual times of day.

The time signals are broadcast over short wave frequencies of 2.5, 5, 10, 15, 20, 25 from station WWV, the National Bureau of Standards Propagation Laboratory. Similar signals are heard over a frequency of 7.335 from station CHU in Canada. One of these frequencies can be tuned almost anywhere on the continent using a radio or time cube of reasonably good quality. The signals are heard as "beeps" or clicks each second and a distinct high pitched tone each minute which is identified by voice prior to the tone.

With the recorder running, microphone pointed toward the starting gun and radio beeping the time signals loud enough to be recorded, the operator is all set. When the gun sounds, the radio and recorder can be shut off, provided that an announced minute tone has been clearly recorded prior to the start. If not, the system would need to continue to run until such a tone is recorded. This information is used to fix the clock time of the start.

On playback, the operator starts a stopwatch on the announced minute tone and stops the watch at the sound of the gun. The stopwatch reading added to the announced minute is the precise Universal or Eastern time at which the race started. Another way to fix the starting time is to start the race on the announced time signal.

The finish time of each runner is recorded in a manner similar to the start. The recorder and radio are turned on a minute or two in advance and an announced minute time signal is recorded. The runner's identification is announced into the microphone a few seconds before his finish. Each runner should be identified by place, number, name and whatever means possible.

After the identification and warning that a runner is about to finish, his exact instant of finish is recorded by ringing a bell, striking the microphone with a pencil or other suitable distinct signal. The radio need not be kept running but it is important to have frequent minute signals recorded because there could be a slight difference in the recording and playback tape speed, particularly if batteries are used. It is

important to keep the recorder running as long as runners are approaching so as to not miss anyone. But, it can be shut off if there are large gaps between runners. This saves tape.

To avoid confusion later on the playback, the fact that the recorder is being shut off temporarily should be stated. When it is turned on again, that should also be mentioned, otherwise the gaps are unrecognizable and may not be accounted for properly during playback. After a temporary shutdown, the operator proceeds just as before.

The primary advantages of this timing-recording method are:

- It's primary value is as a reliable back up system. Information concerning close finishes can be recorded. Mistakes can be resolved later. The information is preserved and does not get lost in the confusion.
- Every runner has an accurate time, within a fraction of a second. There is no need to make estimates as are done in some races when there is confusion at the finish line.
- The system is both inexpensive and highly reliable in comparison with other backup systems.
- Just one person is needed and he needs no pencils, clip-boards, recording forms or stopwatches until later when results are compiled. Thus, there are no papers to get smudged in the rain or blown away in the wind.

One should be aware of a few precautions before using the system. By all means practice beforehand and check the equipment just before the start of the race. Use electricity rather than batteries if possible. Weak batteries cause varying tape speed. Make sure the radio is of a good enough quality and in a location to receive the time signal clearly. Have enough tape on hand to cover the span of time between the winner and the slow runners. Be careful not to let the tape run out as finishers are crossing the line. Plan for bad weather by seeking shelter, such as an umbrella. Avoid noisy areas if possible.

For faster compilation of results, two recorders can be used. When, say, the first 30 minutes of runners have been recorded in a marathon, those results can be compiled by that operator with the same recorder, and someone else can continue with the other recorder. With this approach, most of the results can probably be compiled while the officials are still tearing their hair straightening out their paperwork.

Runners deserve to be given an accurate finish time at any race, just as they

(continued on page 64)

## HEADQUARTERS FOR STOPWATCHES AND ELECTRONIC DIGITAL TIMERS

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deserve to have the distance accurate to within a few yards of that which is stated. Otherwise, the use of the race as a test of ability or training suitability is of little value.

Ordinarily a few seconds or a few yards won't make much difference, except when you are close to a personal record or to some magical time like 60 minutes for a 10-mile or three hours a marathon, but runners must recognize that practically every race they enter has significant mistakes or errors somewhere, either in distances or times.

They must start insisting that standards be improved, otherwise most of their races are not true tests of their ability or measures of their effort.

Distance races are multiplying in number. The methods used for recording and timing are carry-overs from track practices. It is time that race directors recognize that road races are not track races and that special systems need to be used so that runners get the accuracy they deserve.

This system will help runners to gain the maximum fulfillment from their

race because they can at least be assured that their time and place is accurate.

*Ben Buckner*

## STRETCH WITHOUT STRAIN

It is well accepted in medical practice that certain activities predispose us to low back pain, herniated discs or sciatica. Activities that involve bending over at the waist are known to precipitate these problems. Because of this, physicians often advise their patients to pick up things by bending their legs and then lift by straightening the legs rather than bending over to pick up objects.

Runners, as well as other athletes, seem to have their fair share of low back problems. This has, at times, been attributed to certain muscle imbalances produced by running activities.

It has been my observation that low back pain in athletes may be caused by certain exercises. The biggest offender appears to be the toe touch which involves bending at the waist, the legs straight and touching the toes or floor with the fingers or palms. The purpose of this exercise is, of course, to stretch the hamstrings. This exercise certainly does that effectively but, at the same time, puts a great deal of pressure on the lumbar disc and ligaments so that the individual may risk herniating a disc or stretching ligaments about the disc. Doing the exercise aggressively prior to any warmup of the body makes it all the worse.

The following exercise is a preferable method of stretching hamstrings and is a reasonable alternative to toe-touching. One lies on the back and lifts one leg at a time at the hip with the knees straight. The leg is flexed at the hip as much as possible, stretching the hamstrings. The buttocks remain flat on floor and there is no flexing at the lumbar spine.

Sit-ups are done primarily to strengthen the abdominal muscles. The maximum benefit from this exercise is obtained very early in the exercise so that just lifting the shoulders off the floor will give the desired result without much flexion at the waist.

*Ludwig Gutmann, M.D.*

We like to think each of the issues is a little bit special, but we hope that the next three will be particularly so. In August, we'll cover the Olympic Track Trials; in September, the Games from Montreal, and in October we'll publish the annual report on running shoes. ●

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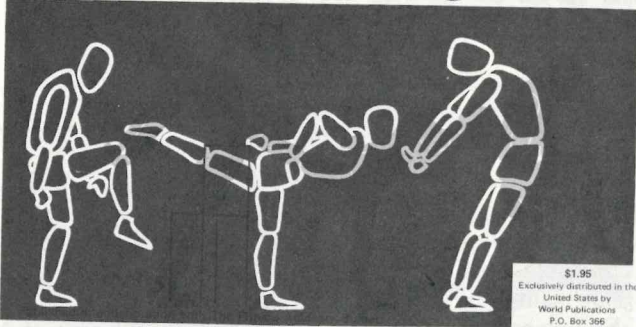
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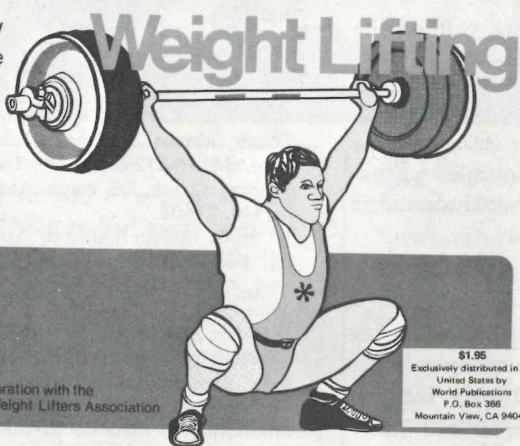
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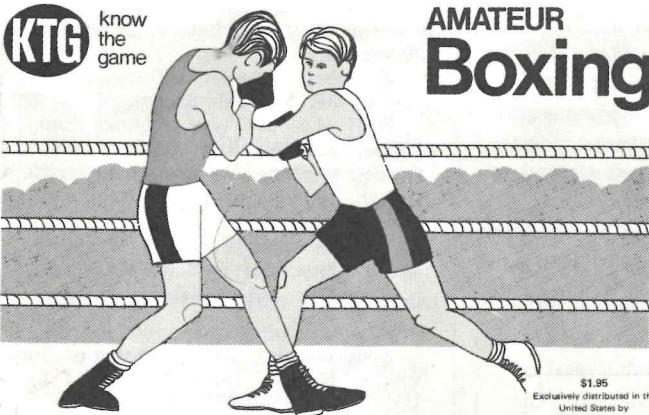


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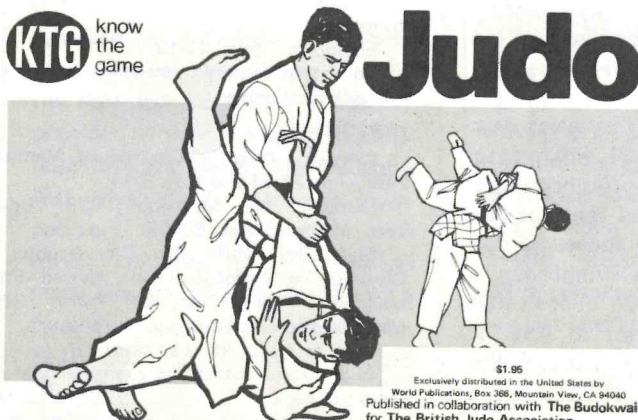


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# Good News

*New products, publications and services for runners.*

## SHOES

● New Balance Athletic Shoes has a new manufacturing facility at Boston, Mass., a recent newsletter from the company indicated. The new plant will give the company increased capacity and broader product capability, the letter said.

If you have ordered a pair of the 220s, 305s or 320s but have not received your shoes as of yet, be patient as the company has experienced vast increases in the number of orders for those shoes. The company also has expanded its accessories to include shorts and shirts by Dolfin.

## PUBLICATIONS

● H. Browning Ross, whose *Long Distance Log* inspired many runners during the late '50s and early '60s, has edited the 32-page, 1976 edition of the *Track and Field Olympic Preview*.

The *Preview* is being sold for \$1 to help raise funds for local and national track activities, Tom Sander, also an editor for the publication, said.

Included are official pictograms from Montreal, pictures of Olympic posters, a complete schedule of events and an Olympic Village guide.

More information about the *Preview* can be obtained by writing to Tom Sander, 515 W. Godfrey Ave., Philadelphia, Pa. 19126.

## CAMPS

● The Third Symposium on Running at Rotherwood (Columbia, Va.) is scheduled to open its doors to male and female runners of all ages next month (August) under the direction of Fred Hardy (Box 6, University of Richmond, Richmond, Va. 23173).

The symposium, open to males Aug. 8-14 and females Aug. 15-21, will feature a new concept derived by Hardy and his staff from experience and the thoughts of several internationally successful colleagues. The fee for the symposium is \$150 with a required \$25 deposit and the balance payable prior to Aug. 8.

● Additional camp listings (for others see May and June 1976 *Runner's World*) include:

## MARYLAND

**Mountain Cross-Country Camp**, Catocctin, Md., Aug. 16-22.

Director: Jeff Whitmore, 5128 Clavel Terr., Rockville, Md. 20853.

Staff: Marvin Vann, Paul Buckley, guest speakers and college runners.

Cost: \$50 (covers room, board and instructions).

Eligibility: junior and senior high boys and girls.

Emphasis: preseason conditioning.

**Blue Ridge Running Clinic**, Mount St. Mary's College, Emmitsburg, Md., Aug. 22-27;

Director: Frank Zarnowski, Cross-Country Coach, Mount St. Mary's College, Emmitsburg, Md. 21727 and Al Cantello, Cross-Country Coach, US Naval Academy, Annapolis, Md. 21402.

Staff: Tony Waldrop, Steve Stageberg, Dr. William Clancey, Jack Griffin, Bil Gilbert, Alberto Salazar, Gabe Mirkin, M.D. and John Cook.

Cost: \$89 each (team discounts available).

Eligibility: Boys and girls 12 years and older (high school senior boys are excluded).

Emphasis: the principles of training and philosophy of distance running.

## NEW YORK

**Empire Track and Field Camp for Girls**, Westport, N.Y. (on Lake Champlain), Aug. 29-Sept. 4.

Director: Louise Mead Tricard or Beverly Griffin, RR 1, North Bangor, N.Y. 12966.

Staff: Lacey O'Neal, Conrad Ford, Al Bonney, Alex Ferenczy, Dr. Bert Lyle, Dave Rodda, Madeline Manning Jackson, Kathy Weston, Joni Huntley, Denise Wood and Martha Watson.

Cost: not available.

Eligibility: not available.

Emphasis: not available.

## OHIO

**Cross-Country Camp**, Conestoga Sports Village, Minerva, Ohio, July 18-24 (boys) and July 25-28 (girls).

Director: Mike Garcia, Camp Conestoga, RR 1 Box 31, Minerva, Ohio 44657.

Staff: not available.

Cost: \$90 per week (includes camper insurance).

Eligibility: ages 13-19.

Emphasis: stamina, strength, speed, skill and self confidence.

## WISCONSIN

**Wisconsin Camp of Champions**, Madison, Wisc., July 25-31 and Aug. 8-14.

Director: Dan McClimon, 428 Virginia Terr., Madison, Wisc. 53705.

Staff: Bob White, Rev. Dale Grubba, Al Cantello, Dave Wottle, Glenn Herold, Steve Lacy, Dr. Allan Ryan, Bill Perrin, Gerry Lindgren and Dan Candiano.

Cost: \$110 (resident tuition).

Eligibility: cross-country and middle distance runners.

Emphasis: techniques and training. ●

# RUNNER'S BOOK PACKAGE

The Runner's Book Series is still available to you in a special package deal. Subscribe today and we will begin your subscription by sending you the first four books of the series. We will send you the remaining books as soon as they come off the presses. You can't afford to pass up an offer like this, so subscribe to the entire series today. (Or order each book individually) Ordering information is on the coupon.

**1.** *Runner's World* Medical Editor, Dr. George Sheehan, presents his practical, thought-provoking advice and philosophy on running. He sifts it through his own experiences as a runner, physician and a writer to bring you a book not so much for athletes who want to conquer the world as for those who want to explore the fascinating worlds within themselves. 1975, 206 pages, illustrated, \$5.95 Hb., \$3.50 Ppb.

**2.** George Young, four-time Olympian in events ranging from the steeplechase to the marathon, provides an inside view of the amateur athlete's world. The pleasures and problems of workouts, competitions and relationships with other athletes and promoters made George Young's world both a fascinating and distressing world. 1975, 206 pages, illustrated, \$4.95 Hb., \$2.95 Ppb.

**3.** An English translation of the famous German doctor-coach Dr. Ernst van Aaken's book explains the running secrets that helped him develop world class runners. He also explains his formula for excellent health and general fitness. "Run long, run daily and don't eat like a pig." This is essential, he adds, for anyone to stay in the best physical condition. 1976, 135 pages, illustrated, \$5.95 Hb., \$3.95 Ppb.

**4.** Joe Henderson, editor of *Runner's World*, tells you how to keep your life happier and freer through running. His own twenty years of running experience is the basis of this book. Joe explains how running has helped clear up his "gummed-up thinking," allowing him to be freer from worries than the average person. "Running at a gentle, meditative pace for an hour or so is literally a pursuit of happiness." 1976, 182 pages, illustrated, \$5.95 Hb., \$3.95 Ppb.

**5.** The addition of females to the ranks of distance runners is a fairly recent phenomenon. But now they are joining faster than ever before. Dr. Joan Ulliyot, one of the fastest female marathoners in the world, draws on her experiences as a runner and a research physiologist and tells women at all levels of running how to get into running and how to get the most out of

it. To be published soon. 1976, \$5.95 Hb., \$3.95 Ppb.

**6.** Former Olympian Ron Daws says he made the Olympic marathon team not by out-running his opponents, but by outsmarting them. In his new book he gives away for the first time all his secrets of clothing and shoe design, heat training, pacing and other things most runners neglect. A unique book for anyone aspiring to make an Olympic team or for those interested in how Olympians finally make the team. To be published soon. 1976, \$5.95 Hb., \$3.95 Ppb.

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5. Women's Running  
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6. Self-Made Olympian  
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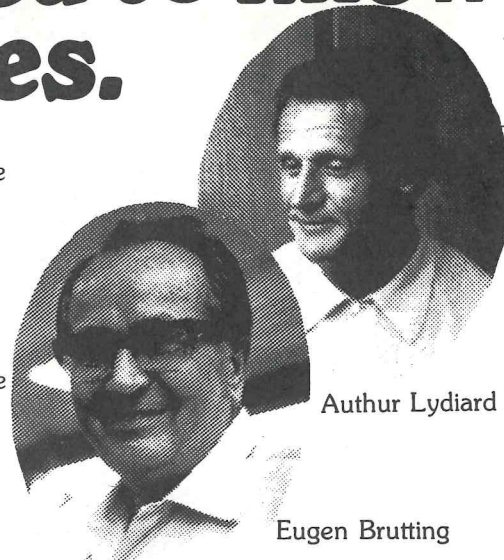
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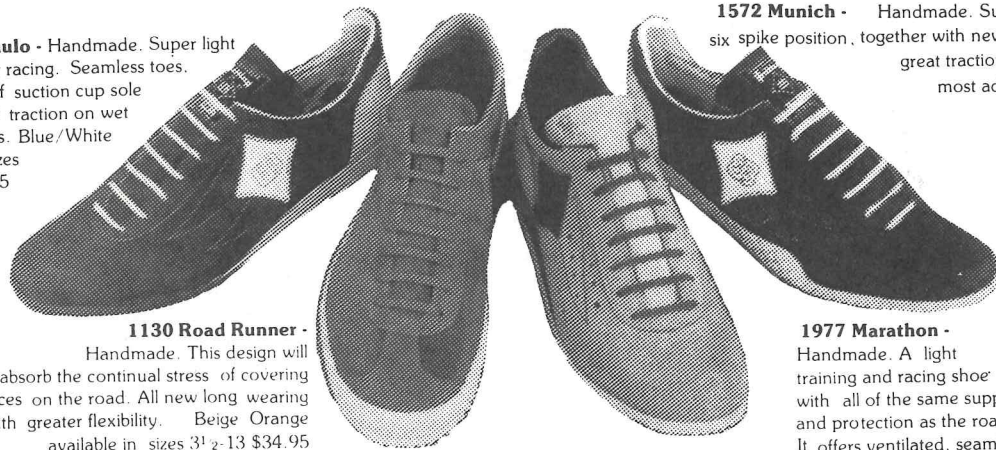
Authur Lydiard

Eugen Brutting

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



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**Long Island Track Equipment Inc., 1935 Wantagh Ave., Wantagh NY 11793. Telephone: (516) 781- 0203**

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# Best of Times

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

With the year barely five months old, two men and five women already had raced to times which are believed to be the best ever by Americans in long-distance events.

The best men's times are Bill Rodgers' 1:29:04 for 30 kilometers and Chuck Smead's 2:50:45 for 50 K.

Women's "record setters" are Francie Larrieu (33:44 for 10 K on the road), Julie Shea (57:04 for 10 miles), Jacki Hansen (1:54:47 for 30 K), Penny DeMoss (3:48:27 for 50 K) and Sharon Horner (13:22:05 for 100 K).

The leaders among the older runners so far in 1976 have included Fred Best at 15 kilometers, Alan Claremont at 10 miles and Ralph Thomas at the marathon.

Here, we list the leaders in all the standard long-distance events—the top five in the open division, and the fastest junior (19 and under), veteran (40-49), master (50-59), senior (60-up) and woman.

These marks were reported to us before June 1. Please send additions and corrections to Ken Young, Institute of Atmospheric Physics, University of Arizona, Tucson, Ariz. 85721, or to *Runner's World*.

## 10 KILOMETERS (ROAD)

1. Tony Colon (24, NY)	30:42
2. Tom Childers (Fla)	30:46
3. Morgan Fennell (NY)	30:56
4. Mike Cotton (17, NY)	31:01
5. Norbert Sander (33, NY)	31:07
J. Mike Cotton (17, NY)	31:01
V. Ralph Thomas (40, Me)	31:54
M. Bill Coyne (54, NY)	38:21
S. William Bobston (63, NY)	43:18
W. Francie Larrieu (Cal)	33:44

## 15 KILOMETERS

1. Jim Nuccio (Cal)	44:59
2. Tim Steele (25, NJ)	46:53
3. Jan Ser-shen (Cal)	46:59
4. Daniel Hall (22, Ore)	47:06
5. Phil Camp (Cal)	47:15
J. Mike Cotton (17, NY)	48:31
V. Fred Best (40, NJ)	49:34
M. Jim O'Neil (50, Cal)	50:27
S. Clive Davies (60, Ore)	54:52
W. Vicki Bray (15, Cal)	56:35

## 10 MILES

1. Jim Nuccio (Cal)	48:37
2. Carl Hatfield (WV)	49:09
3. Bob Varsha (Ga)	49:33
4. Fred Carnahan (Cal)	49:21
5. Jack Mahurin (Md)	49:47

J. Ed Palmer (19, Ala)	51:59
V. Alan Claremont (40, Wisc)	51:57
M. James Gunias (52)	61:06
S. Bill Andberg (64, Minn)	68:24
W. Julie Shea (16, NC)	57:04

## 1 HOUR RUN

1. Chuck Smead (24, Cal)	12m 307y
2. Bill Haviland (25, Tenn)	12m 148y
3. Jeff Galloway (Ga)	12m 107y
4. Howie Ryan (31, NY)	12m 57y
5. Joe Skaja (25, Ore)	11m 1550y
J. Marty Froelick (18, Tex)	11m 905y
V. Walt Renaud (44, Mo)	10m 1487y
M. Hubert Morgan (54, Pa)	10m 263y
S. Clyde Villemez (64, Tex)	8m 385y
W. Gayle Barron (Ga)	9m 1336y

## 20 KILOMETERS

1. Ron Wayne (Cal)	1:03:25
2. Chris Hallinan	1:04:02
3. Bill Clark (Cal)	1:04:47
4. Humberto Hernandez (Cal)	1:04:54
5. Jan Ser-shen (Cal)	1:04:58
J. Chris Hallinan	1:04:02
V. Fred Best (40, NJ)	1:09:06
M. Roland Anspach (50, Ohio)	1:14:26
S. John Wall (Md)	1:19:13
W. Margaret Rosasco	1:18:18

## HALF-MARATHON

1. Glenn Herold (Wisc)	1:06:09
2. Tom Fleming (NY)	1:06:28
3. John Samore (Ia)	1:06:37
4. Rob Waugh (Ariz)	1:07:30
5. Tom Hoffman (Wisc)	1:08:42
J. Jeff Milliman (Fla)	1:09:40
V. Alan Claremont (Wisc)	1:12:49
M. Ed Almeida (Cal)	1:17:34
S. John Oeltmann (63, Fla)	1:34:42
W. Diane Barrett (Ariz)	1:22:40

## 15 MILES

1. Heinz Wiegand (27, Tenn)	1:18:44
2. John Vitale (CT)	1:20:11*
3. Scott Graham (Mass)	1:20:24*
3. Tom Derderian (Mass)	1:21:56*
5. Justin Gibbins (25, NY)	1:22:07*
J. Joe Kreutz (19, Wisc)	1:24:13
V. Larry Fuselier (40, La)	1:26:12
M. Ernest Fuselier (50)	1:48:19
S. none	
W. Jacki Hansen (27, Cal)	1:35:39*

## 25 KILOMETERS

1. John Vitale (Ct)	1:20:11
2. Scott Graham (Mass)	1:20:24
3. Tom Derderian (Mass)	1:21:56
4. Justin Gibbins (25, NY)	1:22:07
5. Marvin Wilson (27, NY)	1:22:09
J. Joe Kreutz (19, Wisc)	1:27:07
V. Vince Chiappetta (42, NY)	1:30:09
M. Walter Brown (51, NY)	1:42:20
S. Warren Steckmest (60, NY)	1:56:24
W. Jacki Hansen (27, Cal)	1:35:39

## 30 KILOMETERS

1. Bill Rodgers (Mass)	1:29:04
2. Tom Fleming (NY)	1:30:59
3. John Dimick (Vt)	1:31:46

4. Amby Burfoot (Ct)	1:33:26
5. John Vitale (Ct)	1:33:28
J. Mike Cotton	1:38:53
V. Colin Beer (NJ)	1:45:36
M. Ed Almeida (53, Cal)	1:51:17
S. John Wall (MD)	2:06:03
W. Jacki Hansen (27, Cal)	1:54:47

## TWO-HOUR RUN

1. John Siebel (32)	20m 659y
2. Leo McCrary (27)	19m 1331y
3. Bob Bellora (26)	19m 1220y
4. Charlie Gatti (23)	19m 877y
5. Jerry Adams (36)	19m 452y
J. Mark Young (16)	18m 136y
V. none	
M. Walter Bauer (50)	17m 1681y
S. Norman Nail (61)	13m 1550y
W. Karen Kokesh (24)	16m 1099y

## 20 MILES

1. Tom Fleming (24, NJ)	1:43:33
2. Justin Gibbins (23, NY)	1:49:26
3. Bill Bragg (27, NY)	1:49:58
4. Mike Konig (29, NY)	1:52:54
5. William Kilday (20, NY)	1:53:37
J. Frank Busanic (18, NY)	2:03:22
V. Joe Burns (47, NJ)	2:00:07
M. Arnold Fraiman (50, NY)	2:16:57
S. Warren Steckmest (60, NY)	2:30:35
W. Toshiko D'Elia (46, NJ)	2:27:22

## MARATHON

1. Frank Shorter (Colo)	2:11:51
2. Bill Rodgers (Mass)	2:11:58
3. Don Kardong (Wash)	2:13:54
4. Tony Sandoval (Cal)	2:14:58
5. Tom Fleming (NJ)	2:15:48
J. Tom Wysocki (19, Nev)	2:26:18
V. Ralph Thomas (40, Me)	2:29:52
M. Ed Almeida (53, Cal)	2:41:09
S. Monty Montgomery (Cal)	3:09:45
W. Kim Merritt (20, Wisc)	2:47:10

## 50 KILOMETERS

1. Chuck Smead (24, Cal)	2:50:45
2. Jim Pearson (31, Wash)	3:03:39
3. Darryl Beardall (38, Cal)	3:06:18
4. Howard Labrie (25, Cal)	3:11:30
5. Ken Moffitt (Cal)	3:12:04
J. Jim Sane (18, Cal)	3:31:10
V. Truman Clark (40, Cal)	3:20:30
M. Vic Crosetti (50, Cal)	4:20:40
S. Jim Bole (Cal)	5:18:31
W. Penny DeMoss (26, Cal)	3:48:27

## 50 MILES

1. Darryl Beardall (38, Cal)	6:21:59
2. Robert Cooper (21, Cal)	6:30:43
3. Isa Lapaj (25, Ill)	6:32:27
4. Abe Underwood (37, Cal)	6:48:12
5. Andy Burns	6:52:35
J. Jack Wiley (18, Cal)	8:08:05
V. Gordon Dugan (42)	7:50:—
M. Vic Crosetti (50, Cal)	7:33:15
S. Alex Corpacius (69, Hi)	10:16:—
W. Mary Alice Best (31)	10:10:—

## 100 KILOMETERS

1. Park Barner (32, Pa)	7:16:15
2. Nick Marshall (28, Pa)	7:35:15
3. Eddy DeCook (32, Pa)	8:23:48
4. John Hess (33, Pa)	8:38:46
5. Donald Heimiller (44 Md)	9:29:10
J. none	
V. Donald Heimiller (44, Md)	9:29:10
M. none	
S. none	
W. Sharon Horner (21, Pa)	13:22:05

## 100 MILES

1. Don Choi (Cal)	21:36:31
2. John Arberry (Cal)	23:26:06 ●

# Highlights

May was the month of Olympic Trials in the marathon—British and Canadian as well as the race for the US team which is reported on page 26.

In Britain, the news of the runners who missed the team was as startling as the results of those who did (Barry Watson, Jeff Norman and Keith Angus). Ron Hill barely lost out on his fourth Olympic trip by finishing fourth. Previously unbeaten Ian Thompson was seventh.

With Canada's top marathoner, Jerome Drayton, out of the Trial, Wayne Yetman ran his fastest time to win. Forty-nine-year-old Art Taylor set a North American veterans' record with 2:26:35 in the race at Ottawa.

Women 10,000-meter runners were both abundant and fast in the US during May. The largest all-female field ever for a road race, 400 plus, competed in the New York RRC Mini-Marathon. Julie Shea won there in record time.

In a track 10,000 on the same day as the Olympic Trial Marathon, Peg Neppel broke the American record with 34:19. Neppel recently set US marks at three miles and 5000 meters as well.

San Francisco's Bay to Breakers race, already the country's biggest, grew some more. The official field approached 7000, and hundreds of others ran without numbers.

## RECORDS

100 meters (men)—9.9 by Steve Williams (US) and Harvey Glance (US), twice each, tying world and American records.

2000 meters (women) — 5:44.0 by Natalia Marcescu (Romania), WR.

Three miles (women) — 15:46.0 by Peg Neppel, AR.  
5000 meters (women) — 16:28.6 by Peg Neppel; 16:16.2 by Jan Merrill, AR.

10,000 meters (women) — 34:19.0 by Peg Neppel, AR.  
800-meter relay (men) — 1:21.5 by University of Tennessee (US), 1:21.5 by Tennessee, WR and AR.

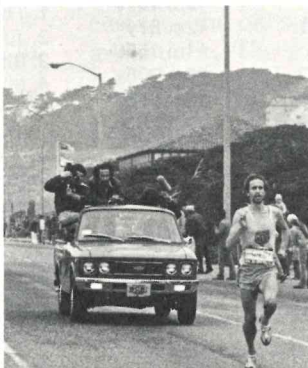
880-yard relay (men) — 1:21.7 by University of Tennessee, AR.

## NORTHEAST

Facing Julie Shea in the New York Mini-Marathon for women were Jacki Hansen, the world's

fastest female marathoner, and Nadia Garcia, the top American in the hour run. Yet Shea, 16, beat them both—and the course record — by almost a minute. Four hundred and eight women finished the 10-kilometer race in Central Park (see results below).

Fred Best, who recently turned 40, won his first national Masters championship in the 20-kilometer race (see results below).



Dennis O'Rourke

### Chris Wardlaw, winner of Bay to Breakers.

Fritz Muller of New York celebrated his 40th birthday in May with a 2:33:02 marathon (Yonkers, N.Y., May 23). Ray Hall led that event with 2:27:58. Lynn Blackstone was the first woman was 3:39:11.

Jim McDonagh, now 52, continues to run impressively. He went 10 miles 232 yards in an hour (Bayside, N.Y., May 9) behind winner Morgan Fennell, 11 miles 1122 yards.

In another New York City race (May 2), Ron Veneman recorded 1:05:35 for 20 kilometers and Nina Kuscsik did 1:29:15.

Fred Doyle ran a quick 50:59 for 10 miles in Boston (May 23). Eleanor Mendonca won the accompanying women's five-mile in 31:38.

George Pfeiffer was an easy winner at 2:34:00 in the First Trust Marathon (Syracuse, N.Y., May 16). The runner-up was 11 minutes back. Carroll Myers led the women with 3:25:46. Tom Greer won the 5 $\frac{1}{4}$ -miler the same day in 29:33 from a field of 212.

### WOMEN'S "MINI"

New York, N.Y. May 8-10 kilometers: 1. Julie Shea (16, NC) 35:04; 2. Nadia Garcia (22, Calif) 35:58; 3. Jacki Hansen (27, Calif) 36:02; 4. Joan Benoit (18, Mass) 36:08; 5. Nancy Frank (15, NY) 36:31; 6. Margaret Rosasco

(28, Md) 37:00; 7. Kelly O'Toole (15, NY) 37:21; 8. Nancy Lindsay (NY) 37:21; 9. Gayle Barron (31, Ga) 37:33; 10. Nina Crampe (26, Pa) 37:35.

11. Marie Roach (28, NY) 37:36; 12. Janice Gage (25, Fla) 37:50; 13. Debroah Richie (17, Mass) 37:57; 14. Marilyn Bevans (26, Md) 38:03; 15. Lori Schafer (13, Mich) 38:26; 16. Kathy Loper (33, Tex) 38:58; 17. Cynthia Flick (16, Mass) 39:19; 18. Penny DeMoss (26, Cal) 39:26; 19. Pat Barrett (21, NJ) 39:27; 20. Lisa Matoucik (20, Pa) 39:28.

27. Toshiko D'Elia (46, NJ) 40:06 . . . 34. Suzanne Patton (40, Del) 41:05 . . . 66. Nancy Tighe (45, NY) 44:16 . . . 143. Loretta Eiben (50, Mass) 48:11. Teams: 1. Liberty AC 34; 2. Long Island GS 51. (408 finished, 26 under 40:00, 175 under 50:00. 325 under 1:00; from Joe Kleinerman).

### AAU MASTERS 20-K

Washington, D.C., May 22—  
1. Fred Best (40, NJ) 1:09:06;  
2. George Vernosky (46, Md) and Glynn Wood (42, DC) 1:09:56; 4. Frank Pflaging (43, Md) 1:12:41; 5. William Hose (41, Va) 1:14:04; 6. Whitney Hicks (40, Va) 1:15:02; 7. Dave Seiler (45, Va) 1:15:26; 8. Mike Heylin (45, DC) 1:15:51; 9. Arthur DuHaime (44, Va) 1:17:11; 10. Al Marcy (40, Va) 1:17:51.

Ages 50-59: 1. Roland Anspach (50, Ohio) 1:14:26; 2. Frank Rullifson (50, Md) 1:15:33; 3. Harold Holtom (59, NC) 1:19:57; 4. John Davenport (54, Md) 1:22:26; 5. Pat White (50, Ohio) 1:22:26;  
Ages 60-69: 1. Norman Bright (66, Wash) 1:20:53; 2. John Wall (62, Md) 1:21:19; 3. Bill Shafer (65, Md) 1:37:40.

Ages 70-up: No finishers. (total of 74 finished, 20 under 1:20. 43 under 1:30) Teams: (40-49) Potomac Valley Seniors; (50-up) Potomac Valley Seniors.

## SOUTHEAST

Only the sketchiest of reports is available on one of the area's main events—the Kentucky Derby Mini-Marathon (Louisville, Ky., April 26). In fact, we only know that Heinz Wiegand won the 13.1-miler in 1:06:26 as 598 others finished.

Bill Haviland turned up for the Olympic Trial Marathon by running 12 miles 148 yards in an hour (Knoxville, Tenn., May 8), winning by nearly a mile. Vicki Johnson ran nine miles 124 yards in that race.

Carl Hatfield totaled 11 miles 1210 yards the same day in an hour run at Morgantown, W. Va. Marathon and ultra-marathon

highlights from the South included Bruce Carlson's 2:27:36 victory in the Kentucky Pioneer Marathon (Frankfort, May 23) and Andy Burns' 6:52:35 for 50 miles (Tallahassee, Fla., May 22).

## MIDWEST

Paul Talkington was the last man to qualify for the Olympic Trial in Eugene. He ran 2:22:04 to win the Case-Western Reserve Marathon (Cleveland, May 9).

Felix Rendina ran second with 2:28:20. The women's race featured 40-year-old Miki Gorman against 14-year-old Lora Cartwright. Miki won, 3:00:25 to 3:03:57.

High winds during the Kansas Relays Marathon (Lawrence, April 17) worked against the runners, several of whom were making a final try at the Trial standard. Mike Bordell, 2:30:13, led a field of 122.

Steve Hoag, the fifth fastest marathoner in US history is coming back from a year of injuries. In May, he ran two races in Wisconsin. First, he came rather close to Jim Drews in a 10-mile at Eau Claire. Drews ran 50:44, Hoag 50:58. But in the Syttende Mai 17-mile at Grantsburg, Hoag (apparently wasn't running all-out) finished 18th with 1:50:25. Dave Erler won with 1:32:19. Jim Vedder ran 1:36:11 in second. Arlen Sunn led the 40-plus division with 1:40:36, and Alexandra Boies was the first woman with 2:19:27.

Finishers in the Fairfield, Iowa, 50-mile (May 16): 1. Isa Lapaj 6:32:27; 2. Bob Hunnerdosse 6:59:51; 3. Dick Guse (41) 8:09:54.

The only notable race from the Southwest to be reported recently was Larry Aduddell's 11 miles 298 yards in an hour run (Tulsa, May 8).

## WEST

It will be some time before the Bay to Breakers race across San Francisco has any challengers as the country's largest road running event. And there is no talk of limiting it in size. The sponsor, a local newspaper, loves the publicity which the thousands of runners generate. The winners of the 7.6-miler was Chris Wardlaw of Australia (men) and Mary Etta Boitano (women). (See results on page 71).

When she set her American 10,000-meter record at Eugene, Peg Neppel beat an invited field which included the former record holder, Carol Cook, and Jacki Hansen (see results on page 71).



In March, Hansen ran one of the fastest 25-kilometer times ever by a woman—1:35:39. Miki Gorman did 1:40:17 in the same race at Los Angeles.

Truman Clark may have set a US marathon record for men 40 and older. He ran 2:28:00 at Los Alamitos, Calif., on May 1, which would break Virgil Yehmert's mark by 27 seconds. However, there is some question about the distance of the course on which Clark ran.

Ken Moffitt won the Southern Pacific AAU 50-Kilometer (Pasadena, Calif., April 25) in 3:12:04. But of equal note was the performance of Greg Hill. The 10-year-old did 3:54:24 for the run which is five miles longer than a marathon.

Rick Lower was the winner in the first Golden Spike Marathon between Corinne and Promatry, Utah (May 8). Lower ran 2:41:30.

In shorter races, Fred Carnahan ran 49:21 and Curt Elia, 50:24 for 10 miles (Readley, Calif., May 1). Jerry Alexander had 50:34 for the same distance (Los Angeles, May 9). Reid Harter went six miles on the roads in 29:29, beating Mike Chamblis, 29:51 (Los Angeles, May 1). Gary Purpua won a 20-kilometer at Portland in 1:05:44.

#### BAY TO BREAKERS

San Francisco, Calif., May 16-7.6 miles: 1. Chris Wardlaw (Australia) 37:28; 2. Jim Nuccio (West Valley TC) 37:45; 3. Matthew Segura (New Mexico TC) 37:50; 4. Ron Zarate (Reno TC) 38:10; 5. Ron Wayne (WVTC) 38:12; 6. Jon Sutherland (unat) 38:14; 7. Mike Bardell (US Air Force) 38:22; 8. Bill Clark (WVTC) 38:32; 9. Jan Sershen (Excelsior) 38:37; 10. Mike Niemiec (WVTC) 38:49.

11. Tom Derderian (Sugarloaf Mountain AC) 38:56; 12. Brian Maxwell (WVTC) 38:59; 14. Jim Birnbaum (USAF) 39:05; 15. John Moreno (San Francisco State U) 39:07; 16. Mike Chambliss (Basin Blues) 39:17; 17. Bill Morgan (unat) 39:20; 18. Damon Wood (Cal) 39:34; 19. Darren George (Athletes in Action) 39:37; 20. Daryl Zapata (WVTC) 39:41.

Women: 1. Mary Etta Boitano (Roseville Gazelles) 49:33; 3. Joan Uilyot (WVTC) 51:09. Team: West Valley TC. (6888 official entrants, 22 under 40:00. 190 under 45:00, 430 under 50:00; from Frank Geis).

#### WOMEN'S 10,000

Eugene, Ore., May 22—1. Peg Neppel (Iowa State U) 34:19.0 (American record); 2. Carol Cook (ISU) 34:42.2; 3.

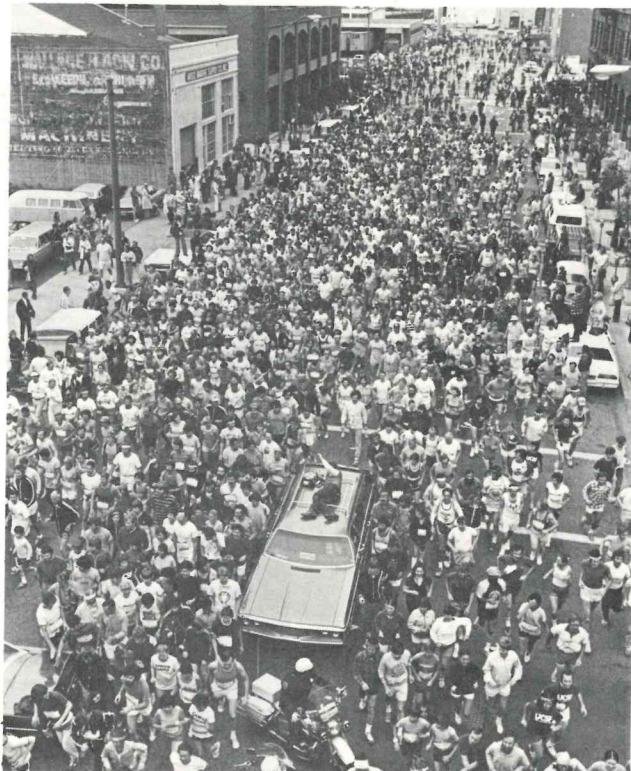
Cheryl Bridges (Los Angeles TC) 35:33.6; 4. Nadia Garcia (San Diego TC) 36:10.6; 5. Jacki-Hansen (San Fernando Valley TC) 36:27.6; 6. Marilyn Paul (Portland) 38:21.2 (from Janet Heinonen).

## CANADA

Jerome Drayton was guaranteed a spot on the Canadian Olympic marathon team for his 2:10:08 race last December. He didn't compete in the Trial at Ottawa. But the rest of the fastest Canadians were there: Tom Howard, Brian Armstrong, Bob Moore, Brian Maxwell, However, Wayne Yetman beat them

Dewsberry (21) 2:24:27; 15. Chris Chambers (29, US) 2:24:34; 16. Ron Flint (29) 2:24:49; 17. Larry Switzer (24) 2:25:43; 18. Brian Maxwell (21) 2:26:06; 19. Bruce Kidd (35) 2:26:17; 20. Paul Chmiel (30) 2:26:28; 21. Art Taylor (49) 2:26:35; 22. David Yaeger (22) 2:26:59; 23. Joseph Catalino (27) 2:27:55; 24. Paul Hoffman (35) 2:28:01; 25. John Grabowski (21, US) 2:30:39.

Women: 1. Eleanor Thomas (31) 3:09:27; 2. Shannon Hughes (15) 3:30:07; 3. Anne McMillan (19) 3:33:01. (410 finished, 124 under 3:00, 257 under 3:30; from Ken Parker).



Dave Drennan

Some of the 6888 official starters in the Bay to Breakers, the country's largest race.

all, improving his best time by 5½ minutes. Art Taylor, Canada's 49-year-old answer to Jack Foster, ran 2:26:35. The field of 500-plus starters was the largest ever in Canada.

#### CANADIAN OLYMPIC TRIAL

Ottawa, Ontario, May 2—National Capital Marathon: 1. Wayne Yetman (29) 2:16:32; 2. Rick Hughson (26) 2:17:29; 3. Tom Howard (27) 2:19:02; 4. Bob Moore (35) 2:20:00; 5. Brian Armstrong (28) 2:20:48; 6. Rick Bourrier (22) 2:21:02; 7. Tony Barren 2:22:18; 8. Reid Morrison (25) 2:22:18; 9. Sheldon Reynolds (22) 2:22:56; 10. Ron Nabers (27, US) 2:23:36.

11. Art McAndrew (32 US) 2:23:58; 12. David Landrialt (25) 2:24:02; 13. Wolf Schamberger (31) 2:24:04; 14. Bruce

## INTERNAT'L

Women in Britain and New Zealand are cutting into the early lead established by the marathoners in the United States and Germany. Recently, Beverly Shingles of New Zealand ran 2:48:46. The British women had their first national championship, with Christine Readdy running 2:50:55, Lyn Billington 2:50:13 and Caroline Rodgers 2:58:44.

These marks by US citizens were reported from German races: Kim Nutter 2:22:47; Robert Wagner 2:22:53; Brian Quinn 2:29:47.

#### BRITISH TRIAL

Rotherham, England, May 2:18:52; 6. Sandy Keith 2:18:07; 7. Ian Thompson 2:19:07; 8.

Angus 2:15:55; 4. Ron Hill 2:16:59; 5. Bernie Plain 2:18:52; 6. Sandy Keith 2:19:02; 7. Ian Thompson 2:19:07; 8. Tim Johnston 2:19:50.

## WALKS

Partial results of the National AAU 100-Kilometer were given last month. See more details below. At 10-kilometers, Steve Di Bernardo won the National Class B title, while Scott Massinger led the Junior Five-Kilometer.

#### NATIONAL 100-K

Longmont, Colo., April 3—National AAU 100-Kilometer: 1. Paul Ide 10:31:27; 2. Augie Hirt 10:45:38; 3. Jerry Brown 11:24:44; 4. Chuck Hunter 11:44:03; 5. Chris Amoroso 12:20:31; 6. George Lattarulo 13:07:02. (from Jack Mortland).

#### NATIONAL "5-10"

Portland, Ore., May 2—National AAU Junior Five-Kilometer: 1. Scott Massinger (OCE) 26:22; 2. Phil Millard (Snohomish TC) 28:20; 3. Pat Wilson (North Idaho) 29:04; 4. Julie Partridge 31:29; 5. Dave Farber 31:49; 6. Nolan Johnson (Spartan TC) 33:13.

National AAU Class B 10-Kilometer: 1. Steve DiBernardo (Snohomish TC) 50:10; 2. Duke Henslee (OCE) 51:18; 3. Brian Conway (Linfield) 54:47; 4. John McCabe (Lewis & Clark) 55:07; 5. John Henslee (OCE) 55:44. (11 finished; from Don Jacobs).

## CORRECTIONS

#### 24-HOUR RELAY

The five-man team record should be 249 miles 436 yards, set by the Adams State Alliance team (Findlay, Ohio) in 1974.

The Illinois state record is 277 miles 714 yards by the Suburban All-Stars in 1973; the Massachusetts record, 278 miles 573 yards by the Williams Road Runners Club "A" team in 1974; the New Hampshire record, 251 miles 440 yards by Portsmouth High School in 1975.

#### MARATHON HANDBOOK

US men (1975)—Gordon Pekuri (Mich) 2:39:46.

World women (1975 and all-time) — Norma Campbell (47, England) 3:16:20.

Age-group men — Nine and under—Greg Hill (9, Cal) 3:15:34. 12-13—Tommy Ansberry (12) 3:00:52; Brent Ridonski (13, Ill) 3:08:30.

Age-group women—Sue Monday should be listed as age 17, not 13. Her time is 3:14:58. ●

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**FAYETTE COUNTRY FAIR ROAD RUN**—(5 miles). 6 age divisions. Men and women. Trophies, medals awarded. Free watermelon. \$1.50 entry. Con-

tact: Bob Scott, 361 S. Vine St. West Union, LA 52175.

**BICENTENNIAL SPECIAL**—Tiger Jayhawk and Montreal '76 —\$17.76 Pair. Minimum order—2 pair. Sizes 6-12. Add \$1.50 postage one pair, plus 50 cents each additional pair. Offer effective thru August 31. Write: James Morris, The Jog Shop, 1203 E. Warren, Brownfield, TX 79316.

**PAUL SMITH'S COLLEGE MARATHON**—scheduled for September 18, 1976, cancelled.

**O.T.F.A. ROAD RACING CHAMPIONSHIPS**—Masters and Senior 20 Km., Junior 10 km. Individual and Team Awards. Also 10 Km. Race Walk and a 5 Km. Fitness Run. Sunday, 19 September. Challenging course, accurately measured, entirely paved. Site: Bancroft, Ontario. Contact: Tom MacWilliam, P.O. Box 989. Bancroft, Ontario, K01 1C0, Canada.

**HOW MUCH DO YOU KNOW** about shoes? If you need expert help in choosing running or leisure wear shoes, send for the Shoe Supplement issue of Runner's World. It's got evaluations of quality, price, intended use and popularity, and since it's part of the October issue of Runner's World, it's available for \$1.75. Runner's World, Box 366, Mtn. View, CA 94040.

**EISENHOWER ANNUAL VETERANS DAY RUN**—Sat., November 13, 1976. Sponsored by Eisenhower College and V.F.W. Post 6433. Age Championships. High School Boys and Girls. Open Men and Women. 3 courses, red-white-blue. Contact Fred Bleielr, Eisenhower College, Seneca Falls, NY 13148.

**GOYA LOG BOOKS**—For recording work-outs, races, fun runs, etc. See ad, Marketplace, April RW. Postpaid \$3.25 ea. Excellent for finishing awards. Contact for quantity discounts. Send check or money order to GOYA, 1111 S. Elm, Pittsburg, KS 66762.

**DISCOUNTED!**—Tiger Montreal \$19.95 (Size 6½-11½). Nike Nylon Cortez \$19.95 (Size 6-13). Nike Waffle Trainer \$23.95 (Size 7-12). Payment by money order, shipped immediately. \$1.00 pos-

tage per pair. KD Sports, P.O. Box 3961, Rochester, NY 14610.

**OKTOBERFEST**—5th Annual Marathon, 1976 Canadian National Championships, North American YMCA Championships. Kitchener Waterloo, Ontario, Canada, Saturday, October 9th, 1 PM. Certified 26 mile, 385 yards. Course record: 2:17:58, Closed course, scenic rolling country route by two rivers, reception and awards, Canadian National OKTOBERFEST OPEN, Oktoberfest Masters and Oktoberfest Womens. For entry forms write: Waterloo Family Y, 145 Lincoln Rd., Waterloo, Ontario, Canada. Entry Fee: \$4.00, Closing date: October 2nd, 1976. Concurrent 3 mile and 5 mile jogs.

**OHIO'S BEST DISTANCE RUNNING CAMP**—coached by Mike Garcia of Austintown-Fitch High School. State AAA Cross Country Champions 1971, 1972, 1973. State Runners up 1970-1974. Boys Session July 18-24, girls session, July 25-28. Camp Conestoga (216) 863-1606, Minerva, OH 44657.

**NEW BALANCE 320's**—\$22.95, 305's \$20.95, 220's \$19.95, 205's \$18.95, TR3's \$23.95, Competitions \$15.50, Tiger Jayhawks \$19.95, Leather Cortez \$23.95 Nylon Shorts \$3.00. Boston Marathon, Montreal T-shirts \$3.25. ERG, Gatorade, 10 gallons \$9.95, Body Punch 12 gallons \$13.95. Quantity Discounts. Postpaid. Bauman's, 8308-91st Terrace, Seminole, FL 33542.

**BOB WOLF JOGGER**—Great shoe for casual wear and light training. Real bargain, at only \$4.95. Rugged blue nylon with rubber toe cap. Sizes 8½ to 11. Add \$2.00 postage, plus 6% tax (CA residents only) when ordering. Order from Starting Line Sports, Box 8, Mountain View, CA 94040.

**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.

**LOW CUT SOCKS**—Perfect for running shoe wear. Women's Soft, \$1.50, Miss Raquet, \$2.00. White with navy, red or light blue

trim. Men's Mr. Lokut, \$1.85, white. Order from Starting Line Sports, Box 8, Mountain View, CA 94040 (Add 25 cents postage and 6% tax, CA res. only).

**RE: SOLES BY RUNNER'S SHOP**—all major brands, Adidas, Nike, Tiger, New Balance, Puma, etc. Re-soled for only \$11.00 post-paid. Shoes returned by UPS, not parcel post. Re-soles by Runner's Shop, 15 Strong Avenue, Northampton, MA 01060.

**LAKE SCOTT 10 KILOMETER RUN**—Saturday, August 14, 1976. Once around scenic Lake Scott, Located 10 miles north and 5 miles northwest of Scott City, Kansas. Awards to all finishers. \$2.00 entry fee. Contact: Brad Burnett, Rt. 3, Scott City, KS 67871.

**KOCH BREWERY FARM FESTIVAL**—August 21, Fredonia, NY Clinic, 3 mile fitness run/jog, 3 mile race walk, 10 K RACE. Flat, fast, safe course. 100 + awards—teams, 15 age groups, specials, ribbons. T-shirts to first 300 entries. For info/entry stamped envelope to Carl Olson, 25 University, Fredonia, NY 14063

**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.

**7th ANNUAL MID-ATLANTIC RUNNING CAMP**—Medford Lakes, New Jersey. August 29 thru September 3rd. Directors—Former Villanova Olympians, Larry James and Browning Ross. Individualized instruction and top international runners, college coaches, and lecturers. Write for brochure: Larry James, Track Coach, Stockton State College, Pomona, NJ or Browning Ross, Sports East, 238 South Broad St., Woodbury, NJ 08096.

**TEE SHIRTS CUSTOM PRINTED**—Sweat shirts, jackets, jerseys. Schools, teams, clubs. Minimum 12: quantity discounts. Free catalog. Mandelker's RW, 2603 N. Downer Ave., Milwaukee, WI 53211.

**NOW IN NEW YORK CITY**—Lydiard training and racing shoes at Runner's Incorporated, 198 7th Ave., NYC, tel 691-2565, also Tigers, Adidas, Puma.

**BROOKS**—Drakes, Penns, Texans & Spikes. All models 2pr/\$25 + \$1.25 postage per pair. Choose from single model or combination. Not all sizes available so enclose several choices (minimum order 2 pairs). Send to: Windy City Sports, 402 E. Virginia, Bensenville, IL 60106. (For additional information send self-addressed stamped envelope).

**LA LUZ TRAIL RUN**—7½ miles up a 12½% grade makes the La Luz Trail Run the most brutal challenge on physical endurance in the US today. Only those in the most superb condition

should attempt to conquer the majestic Sandia Mountains. Race date is August 22. Entries are open to both men and women in 6 age categories. Large trophies awarded for first man and first woman runners. Medals for first 3 places in each category. Ribbons for next 3 places. All finishers receive certificates of completion. Write for information. Albuquerque Police Athletic League, 121 Arno N.E., Albuquerque, NM 87102.

**FIRST FOUR MINUTES**—Roger Bannister's own account of his dynamic running career. The first

man to run the mile in less than four minutes. Only \$4.95, plus 40 cents postage and 6% tax (CA residents only). Order from Runner's World, Box 366, Mountain View, CA 94040.

**NEW MARATHON THIS FALL**—in Philadelphia. Sponsored by Provident National Bank. Seventy-five excellent awards. Buffet and T-shirts. Finish at Philadelphia's Super Sunday celebration. A race conducted by marathoners. Details, Chris Tatreau, Memorial Hall, West Park, Philadelphia, PA 19131.

**STRETCHING**—by Bob Anderson. Best book in its field. A must for every runner. 183 pages, fully illus. \$7.00 post paid. (Colorado tax—22c) to: Stretching, Box 1002, Englewood, CO 80110.

**CLASSIFIED ADVERTISING RATES**—Race Notices: 40c/word, \$10.00 minimum. General Notices: 75c/word, \$20.00 minimum. All ads must be paid in advance. Next issue for advertising: September, '76. Closing date: July 19, 1976. Contact: Advertising Manager, P.O. Box 366, Mountain View, CA 94043.

# Marketplace

## Anti-Fog

Keeps your glasses clear and free of mist for hours. \$1.95, postpaid.

Starting Line Sports, Box 8, Mountain View, CA 94040

**ROGER BANNISTER**—first sub-minute miler 90 minute cassette tape.  
**JACK FOSTER**—marathoner 60 minute cassette tape. Listen to the chaps tell you how they did it. \$8.95 ea. both tapes for \$16. Send to Sports Tapes, P.O. Box 4704 North Hollywood, CA 91607.



\$4.95 @ (includes postage & handling)

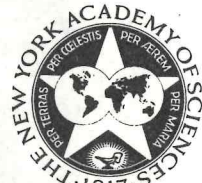
100% cotton T-shirts, machine washable. Specify color and size: Men's or Women's S-M-L; White letters on forest green or yellow on navy blue.

Send \$4.95 check or money order to: Jogging Shirts, 331-1/2 Grand Canal, Balboa Island, CA 92662. Money refunded if not completely satisfied.

**MASTERS** — get the new booklet called -- **SUPER JOG**. 100's of stories from the zany world of a 60 yr. old man—who loves to run.

**SUPER JOG** - 1.75 + .25 postage

W. F. PIPER AGENCY  
543 E. San Bernardino Rd. Covina, Ca 91723  
... Runners novelty, brochure included ...



Immediately following the October 24 NEW YORK MARATHON (see ad, this issue) there will be a four day NEW YORK ACADEMY OF SCIENCES conference entitled "THE MARATHON: PHYSIOLOGICAL 'MEDICAL' EPIDEMIOLOGICAL AND PSYCHOLOGICAL STUDIES". Doctors and scientists from nine countries will present new information on all aspects of long distance running. For details, registration forms and program write to Dr. Paul Milvy, 327 Central Park West, New York, N.Y. 10025. Would you like to purchase a \$3 conference T shirt? Do you plan to run in the marathon as well?



U.S.A. lettered special order track shirt — contrasting two-color neck & arm trim. Navy 100% stretch nylon \$24.50. Men's even sizes 36-46. Navy 100% stretch nylon mesh imprinted U.S.A. shirt \$19.75. Men's even sizes 34-44. Add \$2.00 Shipping Charge. Extra-large sizes & body lengths. Inquire. Send 25¢ for postage & handling for brochure on special order track shirts, shorts, warmups, sweats, running shoes to: SCORE-LINEUP COMPANY, P. O. Box 8344 Dept. RW76, Spokane, Washington 99203

## RUN CLINIC & RACE

Conducted by the Hunky Bunch at their high altitude training camp in the Sierra

10:00 AM July 24th

NO entry fee

Sorensens Resort  
Hope Valley, Ca. 96139  
(916) 694-2203

## RUNNING T-SHIRTS

- Ancient Marathoner ● 1000 Mile Club
- Montreal '76 ● Go Pre! Memorial Shirt
- Boston Marathon (with finishing time) all \$3.95 each

- "You design it" . . . \$2.50 plus 15c per letter

Ask for greatly reduced quantity prices for 15 shirts or more. Add 50c per shirt or \$1.00 per three shirts postage.

FINISH LINE SPORTS, INC.  
212 N. Parkerson  
Crowley, LA 70526

## MARKETPLACE ADVERTISING RATES

Now you can advertise races, camps, clinics and equipment in small box-display ads. It's effective and eye-catching and we'll even do the layout and typesetting for you.

Deadline for September; July 19, 1976. Send ad to Judith Madden Magruder, Adv. Manager, Box 366, Mt. View, CA 94040.

Box Size	Rate	Layout Charge (if not camera-ready)
1 inch	\$35	\$10
2 inch	70	15
3 inch	100	20

# Coming Events

AUGUST 1976

## NORTHEAST

- 7 John J. Kelley 12-Mile, New London, Conn. (noon RRC, Box 881, FDR Station, New York, N.Y. 10022).
- 8 Presque Isle Marathon, Erie, Pa. (8 a.m., Presque Isle State Park; Ed Whitman or John O'Sullivan Gould, 451 W. Ninth St., Erie, Pa. 16501).
- 8 Eastern AAU 5-Kilometer, New York, N.Y. (10 a.m., Queensboro Community College, RRC, Box 881, FDR Station, New York, N.Y. 10022).
- 14-15 24-Hour *Runner's World* Eastern Championship Relay plus 50-Miler, (Fort Meade, Md.; Les Kinion, 1363 Halstead Rd., Baltimore, Md. 21234).
- 14-15 50- and 100-Mile, New York, N.Y. (noon, Queensboro Community College; RRC, Box 881, FDR Station, New York, N.Y. 10022).
- 15 Rhode Island Fourth Annual 10-Mile. (11 a.m.; George Silva, 401-295-0582).
- 22 Eastern AAU 10-Kilometer, New York, N.Y. (10 a.m., Queensboro Community College; RRC, Box 881, FDR Station, New York, N.Y. 10022).
- 29 Puerto Rican Hispanic 13.1-Mile, New York, N.Y. (10 a.m., Central Park; RRC, Box 881, FDR Station, New York, N.Y. 10022).
- ? Sebago Lake Marathon, Sebago Lake, ME (Joseph Rundin, Sunset View Apartments Number 8, Gray, ME 04039).

## SOUTHEAST

- 14 Westminster One- and Six-Mile, Atlanta, Ga. (9 a.m., Westminster School; Wayne Roach, 1763 N. Cliff Valley Way Apt. J-1, Atlanta, Ga. 30319).
- 20-23 Track and Field AAU Junior Olympics, Memphis, Tenn.
- ? Greensboro/Winston-Salem Marathon, Winston-Salem,

N.C. (Scott Brent, 2725 Brightwood Court, Winston-Salem, N.C. 27107).

## MIDWEST

- 1 Omaha Marathon, Omaha, Neb. (6:30 a.m., Ninth and Capital; Bob Lozeau, c/o Omaha Jaycees, 1620 Dodge, Omaha, Neb. 68102).
- 1 Paul Bunyan Days Marathon, Uniar Lake, Mich. (Lynn Reed, Oakland Community College, 7350 Cooley Lake Rd., Union Lake, Mich. 48085).
- 7 Terry Peak Railroad Run 6.5-Mile, Spearfish, S.D. (9 a.m., Terry Peak chairlift; Dave Little, Track Coach, Black Hills State College, Spearfish, S.D. 57783).
- 14 Paavo Nurmi Marathon, Hurley, Wisc. (8 a.m.; Hurley Chamber of Commerce, 203 Silver St., Hurley, WI 54534).
- 14 Oahe Days Eight-Mile Road Race, Pierre, S.D. (Oahe Dam; Kerry Dilly, Pierre YMCA, 105 S. Huron, Pierre, S.D. 57501).
- 21 South Dakota AAU 20-Kilometer, Brandon, S.D. (7 p.m.; Lyle Claussen, Track Coach, Brandon Valley High School, Brandon, S.D. 57005).
- 28 Minnesota AAU 20-Kilometer, St. Paul, Minn. (Ed Arenz, 1818 Walnut, St. Paul, Minn. 55113).
- 28 Bristol Eight-Mile Road Race, Bristol, S.D. (7 p.m.; Floyd Hansmeier, Bristol, S.D. 57219).

## SOUTHWEST

- 21 Seven-Mile Lake Overholser, Oklahoma City, Okla. (9 a.m.; Vern Whiteside, 6916 S. Knoxville Ave., Tulsa, Okla. 74136).

## WEST

- 7 Canadian Bacon Six-Mile, Rancho Cordona, Calif. (10 a.m.; Larry Marler, 10696 Biscay Way, Rancho Cordova, Calif. 95670).

- 21 Ocean to Bay Marathon and PA AAU Women's International Qualifier, Half Moon Bay, Calif. (8 a.m., Half Moon Bay to Belmont, Calif.; Ken Israel, 305 Del Rosa Way, San Mateo, Calif. 94403).
- 29 Santa Monica Marathon, Santa Monica, Calif. (7:30 a.m., Santa Monica College; Dodie Mosby, 1685

## WALKS

- 1 National AAU Junior 20-Kilometer, Long Branch, N.J.
- 8 National AAU 40-Kilometer, Long Branch, N.J.



*The Paavo Nurmi Marathon is well supported by the people of Hurley, Wisc. This year's race is Aug. 14.*

Main St., Room 202 (city hall), Santa Monica, Calif. 90401).

## CANADA

- 29 Labor Day Marathon, Winnipeg, Manitoba (9 a.m., St. Vital Park; Steve Gajerski, 47 Royal Salinger Rd., Winnipeg, Manitoba, Canada K2J 1P1).
- ? Western Canadian Marathon, Regina, Saskatchewan (Lloyd Culham, 4616 Argyle St., Regina, Saskatchewan, Canada).

## INTERNATIONAL

- 14 Milk Marathon, Preston, England (2 p.m.; C. Gemson, 28 Cromwell Rd., Lancaster, England).
- 15 Ninth World Veterans Championships—Marathon, Coventry, England (9 a.m.,

men 40 and over and women 35 and over; P.M. MacGregor, Director of Recreation, Ninth World Veterans Championships, Marathon, Council House, Earl Street, Coventry England CV1 5RR).

- 21 Two Bridges 36-Mile, Dumbartonshire, England (10 a.m.; W. MacPherson, 17 Drumfork Rd., Craigen-dosan, Dumbartonshire, England G84 7TN).

## WALKS

- 1 National AAU Junior 20-Kilometer, Long Branch, N.J.
- 8 National AAU 40-Kilometer, Long Branch, N.J.

Jay McNally

- 8 National AAU Class B 40-Kilometer, Long Branch, N.J.
  - 8 National AAU Masters 40-Kilometer, Long Branch N.J.
  - 15 National AAU 50-Kilometer, Columbia, MO
  - 28 National AAU 30-Kilometer, Des Moines, Iowa.
- (For information on All National AAU walks, contact Dr. John Boitano, 46 McLeod Place, Stratford, Conn. 06497).

## CORRECTION

The Three Rivers Festival Marathon at Fort Wayne, Ind., was incorrectly listed as taking place June 18. That race will, in fact, be conducted July 18, 8 a.m., Memorial Coliseum. For more information contact Cal Mahlock, WKJG-TV/33, 2633 W. State Blvd., Fort Wayne, Ind. 46808. ●

# Club Notes

News from the sport's organized groups and ruling bodies.

● Race directors for sanctioned Pacific Association of the AAU long-distance events will be pleased to know if they are short on equipment they can now rent whatever they need from a newly opened warehouse at Los Altos, Calif.

Listed on a checkout sheet as available from the warehouse are measuring wheels (for certification), bike revolution counters, five-gallon water jugs (plastic), plywood (for aid tables), small orange traffic cones, large traffic cones, 600-foot segments of nylon rope, megaphones, plastic buckets, plastic pitchers, a "chalker" for course marking, a digital display clock, large plastic garbage cans, red directional flags, time sheets and display boards for finish tags.

For those who need items not stocked by the warehouse, contacts have been made with area businesses in order to secure those items.

All items borrowed from the warehouse must be returned to the current location within five days following the race unless special permission is granted.

More information about the warehouse can be obtained by contacting Harold (men) or Penny (women) DeMoss, 765 Campbell, Los Altos, Calif. 94022.

● The Pacific Association's AAU Women's International Qualifier race, which will determine which of the top women runners from the West Coast will travel to Waldniel, West Germany, for the Women's International Marathon Oct. 2, has been scheduled for Aug. 21 beginning at Half Moon Bay near San Francisco, Calif.

The first place finisher in the race will have her round trip air fare paid by the AAU to West Germany. The second and third place finishers will have round trip air fare paid to Los Angeles, Calif., for the Women's National Marathon Championship Dec. 5 at Culver City, Calif.

Joan Ullyot and Penny DeMoss, both top contenders in women's marathoning today, will pay their own way to West Germany and consequently will not be competing in the qualifier.

The Pacific Association of the AAU has taken the lead in recent years in the increasing effort to promote women's marathoning in the United States. The qualifying race will mark the first time money has been collected by the AAU to send a US women's marathoner to international competition.

● Organizers for the "Tartan Terrible 10-K Cross Country AAU Open" race which was scheduled for June 26 at Lake Elmo, Minn., decided to defy the AAU while playing that organization's game. An AAU regulation prohibits track coaches from participating in any AAU-sanctioned meet because the AAU considers the coaches "professionals."

In obvious disagreement with the AAU, the 3M Running Club and the Minnesota Distance Running Association, co-sponsors for the race, established a separate category for coaches. Although the special category was outside the jurisdiction of the AAU, to "pro" coaches were allowed to compete "separately but simultaneously" with the AAU race.

An announcement for the race listed eligibility requirements for participants: "Coaches considered as professionals—no problem."

● Bob Lafferty, track and field administrator of the Amateur of the Amateur Athletic Union (AAU), is giving up his post with that organization because "for professional and personal reasons it has become necessary for me to seek employment elsewhere."

Lafferty follows the recent retirement of Jesse Lipscomb from his position as assistant track and field administrator. Lipscomb will become coach of the United States Army team at San Francisco's Presidio.

Ollan Cassell, executive director of the AAU, said the non-profit organization is experiencing financial problems that will force it to rely more on voluntary committee work rather than replace both men at once.

*If you have information about unique happenings within your club, send it to Runner's Club Notes, Box 366, Mountain View, Calif. 94040.* ●

5TH ANNUAL

# Andrew Jackson Marathon

SEPTEMBER 25TH

7:00 A.M.

- Course AAU Certified—(Record 2:29:30)
- Trophies, Awards, Certificates
- Post-Race Lunch For All Participants
- Half-Marathon (Record 1:08:11)
- Out & Back Course

For information contact:

Dennis Maginn  
Jackson Track Club  
28 Bethany Drive  
Jackson, TN. 38301

Entry fee \$3.00 by Sept. 18

—Late entries \$5.00

## Your guide to Distance Running

Five excellent chapters cover physiology and technique, races and racing, coaching and training, psychology and well-known runners. A sixth presents a fantastic pictorial survey of distance running with more than 100



photographs. Compiled in 1971 and revised in 1974, this book has been used extensively by runners around the world. 1971 Ppb., 206 oversize pages, illustrated, \$5.95.

Please send me \_\_\_\_\_ copy(ies) of Guide to Distance Running. Enclosed is \$5.95, plus 40 cents postage and 6% tax (CA res. only) per copy.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

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

# Fun-Run Update

Where and when the Runner's World events are scheduled.

Her time had not set a world record by any means, but the 2-year-old's eyes had lit up like the proverbial Christmas tree when she had completed her short quarter-mile jaunt. To her, the pleasures of the run, the relaxation of good exercise and the pride of finishing her first race probably were outweighed by the fact that she had imitated her parents and done well.

Children of all ages, men and women, young and old are experiencing the newly found excitement of individual competition mixed with the social fascination of sharing a common interest with the "people down the street."

Friendships are being formed by people who, without the official Fun-Run, would never have met, people whose lives may be as different as night and day except that they all enjoy running.

Obviously more exists at the Fun-Runs than just the pure satisfaction of running well. After all, when that many people gather in one place, when that many life styles merge on a common ground of running, the social values and advantages of the participants must be immense.

With the Olympics just around the corner, many running enthusiasts will be keeping their eyes on running idols. Those fantasies we all enjoy, especially on the lonely runs around the neighborhood, can now become reality as every week or two weeks runners may exchange thoughts and armchair advice about their favorite Olympians as well as enjoy the key to the Olympic Games competition, without leaving their hometowns.

Obviously, with as many Fun-Runs as are being set up across the country, problems will exist. Organizers are reminded that without registering the proper forms with *Runner's World* and without using the official certificates supplied by *RW*, the runs are not official and cannot be listed in our monthly publication.

For those who have not yet set up a Fun-Run in their area, more information and the proper forms can be obtained by writing to Fun-Run, *Runner's World*, Box 366, Mountain View, Calif. 94040.

● **Site 001** — Foothill College (lower parking lot) Los Altos Hills, Calif. Weekly, Sunday 10:30 a.m., in progress. Bob Anderson, Box 366, Mountain View, Calif. 94040.

● **Site 002** — Spring Lake Park (fairground entrance), Texarkana, Tex. Weekly, Saturday 8 a.m., in progress. Bill Jones, 1209 Trinity, Texarkana, Tex. 75501.



Jeff Johnson

● **Site 003** — Doughboy Field, Fort Benning, Ga. Bi-monthly (first and third), Saturday 10:30 a.m., in progress. John A. McAuliffe, 617 Gibson Ct., Fort Benning, Ga. 31905.

● **Site 004** — Stewart Park (behind the Gloucester County YMCA), Woodbury, N.J. Weekly, Sunday 10:30 a.m., in progress. Sports East, 238 South Broadway St., Woodbury, N.J. 08096.

● **Site 005** — Hooker Oak Recreation Area (within Bidwell Park), Chico, Calif. Weekly, Saturday 9 a.m., in progress. Jim Remillard, Box 106 Cohasset Stage, Chico, Calif. 95926.

● **Site 006** — Pine Banks Park (on the Malden-Melrose border), Malden, Mass. Weekly, Saturday 10 a.m., in progress. Michael Morrill, 21 Elmwood Park, Malden, Mass. 02148.

● **Site 007** — Heather Farm Park (off Ygnacio Valley Rd. on San Carlos), Walnut Creek, Calif. Weekly, Sunday 10 a.m., in progress. Ray Brammeier, 1704 Tennyson Dr., Concord, Calif. 94521.

● **Site 008** — Gerlach Field, Fort Leonard

Wood, Mo. Bi-weekly, Saturday 8:30 a.m., in progress. Rex Frazer, 41 Totten Place, Fort Leonard Wood, Mo. 65473.

● **Site 009**—Dike Road, Granite Falls, Minn. Weekly, Saturday 10 a.m., in progress. Pat Foley, 315 11th Ave., Granite Falls, Minn. 52641.

● **Site 010** — Tawas Area High School (highway M-55), Tawas City, Mich. Weekly, Sunday 10:30 a.m., in progress. Tess Haislip, Box 165, Tawas City, Mich. 48763.

● **Site 011** — Fresno High School (Roeding Park), Fresno, Calif. Bi-weekly, Saturday 7 a.m., in progress. Sid L. Toabe, 4566 N. Del Mar, Fresno, Calif. 93704.

● **Site 012** — Cross-country course at the old airport, Salina, Kan. Weekly, Saturday 12:30 p.m., in progress. John Schliffe, Salina YMCA, 315 West Iron, Salina, Kan. 67401.

● **Site 013** — West High School and Beach Park, alternately, Bakersfield, Calif. Bi-weekly, Saturday 8 a.m., in progress. Larry Arnt, 5000 Belle Terr., No. 72, Bakersfield, Calif. 93309.

● **Site 014** — Methuen High School track, Methuen, Mass. Bi-weekly, Sunday 10 a.m., in progress. John Cahalane, 38 Weybosset St., Methuen, Mass. 01844.

● **Site 015** — Southeast YMCA, Pittsford, N.Y. Bi-weekly, Sunday 9 a.m., in progress. Elizabeth A. Francis, Southeast YMCA, 111 Jefferson Rd., Pittsford, N.Y. 14534.

● **Site 016** — Windward Hills golf course, Talafofo, Guam. Monthly, Saturday 4:30 p.m., in progress. Robert Wade, No. 5 Windward Hills, Talafofo, Guam 96914.

● **Site 017** — Carthage High School, Carthage, Ill. Weekly, Saturday 10 a.m., in progress. Philip Clark, RR2, Carthage, Ill. 62321.

● **Site 018** - Incline High School, Incline Village, Nev. Weekly, Sunday 10:30 a.m., in progress. Lawrence Watkins, Box 3193 or Skip Youngdahl, Box 4745, Incline Village, Nev. 89450.

● **Site 019** — Eisenhower High School track, Saginaw, Mich. Weekly, Saturday 10 a.m., in progress. Ray F. Bartels, 4440 Winfield, Saginaw, Mich. 48603.

● **Site 020**—R.W. Nebel Memorial Track, Munising, Mich. Bi-weekly, Tuesday, 8 p.m., in progress. Norma Harger, RR 1 Box 284E, Munising, Mich. 49862.

● **Site 021**—Hosmer Field, Rumford, Me. Bi-weekly, Sunday, 10 a.m., in progress. Bea von Tobel, Box 346, Canton, Me. 04221.

● **Site 022**—Nathan Calder Stadium, Menasha, Wisc. Weekly, Friday, 6:30 or 7 a.m., in progress. John T. Lingnofski, 110 W.N. Water St., Neenah, Wisc. 54956.

● **Site 023**—Page High School, Greensboro, N.C. Bi-weekly, Friday (in July it will be Thursday), 6:30 p.m., in progress. Bill Howard, 1305 Valleymede Rd., Greensboro, N.C. 27410.

● **Site 024**—Robinson Junior High School, Kingsport, Tenn. Weekly, Sunday, 6 p.m., in progress. Tom Coughenour, 4817 Tinker Lane, Kingsport, Tenn. 37664.

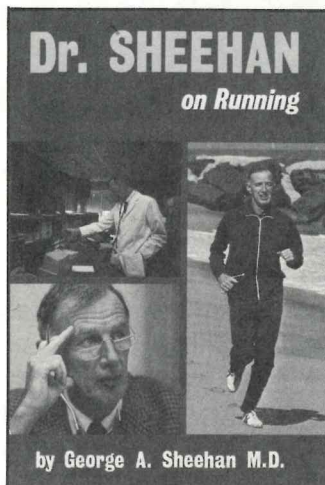
● **Site 025**—Weatherbee-McGraw School, Hampden, Me. Weekly, Sunday, 9:30 a.m., starting July 4. Paul Howard, Box 562, Bangor, Me. 04401. ●



# WORLD PUBLICATIONS

## NEW RELEASES

## BEST SELLERS



### DR. SHEEHAN ON RUNNING

by George A. Sheehan, M.D.

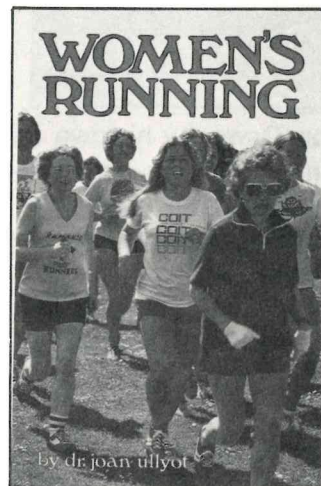
The lean silhouette of a runner gliding along a country road at dusk has pricked many imaginations. Never has anyone expressed his vision of the meaning of running with the powerful eloquence of George Sheehan. Equally at ease when writing about lactic acid or Buckminster Fuller, Sheehan bounds from posterior tibial tendinitis to the controversy over amateur vs. professional sports. A diverse book from a Renaissance man, *Dr. Sheehan On Running* will grip runners and enlighten anyone. 1975 Hb. & Ppb., 205 pp., ill., \$5.95/\$3.50.

August, 1976

### THE COMPLETE BOOK OF BALLOONING

by Will Hayes.

If you don't have 80 days to spare for a leisurely circumnavigation of the globe, how about one sunny afternoon? Imagine floating with the clouds in your hot air balloon, sliding silently over the patchwork quilt of the land below. Sound good? Well, if you want to do it, or even just read about it, this book answers questions about fuel, burner systems, ground and chase crew instructions, flight training sequence, Federal Aviation Administration exams and other mechanics that will insure a smooth rise into the sky. The author also provides a personal view of the ethereal pleasures of ballooning that will inspire you to look into joining the growing ranks of balloonists. It's a surprisingly accessible sport. August, 1976 Hb., 160 (oversize) pp., ill., \$8.95.

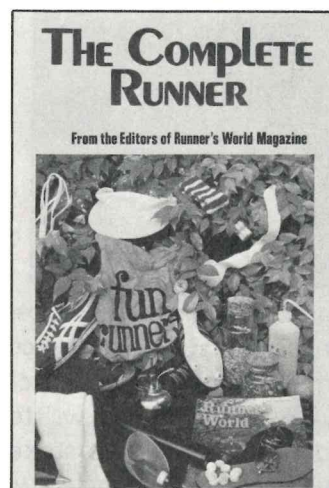


July, 1976

### WOMEN'S RUNNING

by Joan Uillyot, M.D.

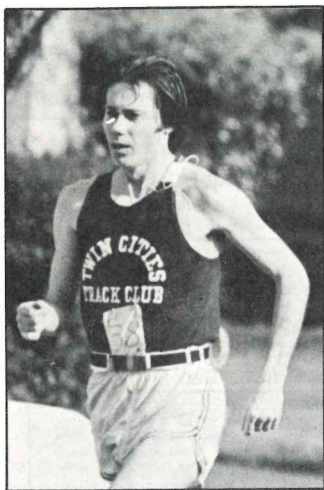
Dr. Uillyot herself began running for fitness, then blossomed into one of the best long distance racers in the world. From her own career and medical research she has developed practical suggestions for female runners of all ages, abilities and ambitions. July, 1976 Hb. & Ppb., 150 pp., ill., \$5.95/\$3.95.



### THE COMPLETE RUNNER

by the editors of *Runner's World*

*The Complete Runner* is possibly the most complete book about running in print and it is certainly the most enjoyable to read. In it, experts explain the aspects of running that they know best, in language you can understand. The 14 big chapters cover philosophy, psychology, physiology principles, athletic medicine, diet, the runner's lifestyle, shoes, environment, running technique, supplementary exercises, how to train, how to race, teamwork and race promotion. 1974 Hb., 391 pp., ill., \$10.95.

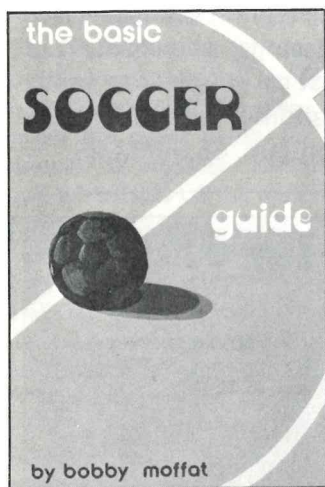


August, 1976

### SELF-MADE OLYMPIAN

by Ron Daws

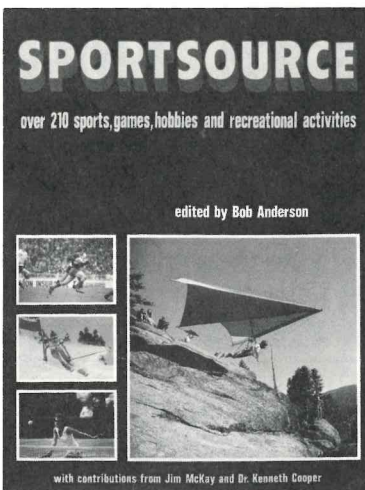
Ron Daws, by his own admission, has no talent as a runner. He says he made the 1968 Olympic team as a marathoner by outsmarting his competitors, not by outrunning them. Here he tells for the first time his methods of training, his pacing, tactics, clothing, shoe design and how he deals the elements. August, 1976 Hb. & Ppb., 150 pp., ill., \$5.95/\$3.50.



### THE BASIC SOCCER GUIDE

by Bobby Moffat

Soccer is spreading across the nation like a wind-driven grass fire with soccer-crazy kids and the volunteer parents who coach them fueling the blaze. Bobby Moffat has written his coaching guide for youth teams to help stoke that fire. His love of kids and soccer intermingled with his experience and writing skills make this the perfect book for the coaches or players in youth soccer leagues. 1975 Ppb., 144 pp., ill., \$3.50.



### SPORTSOURCE

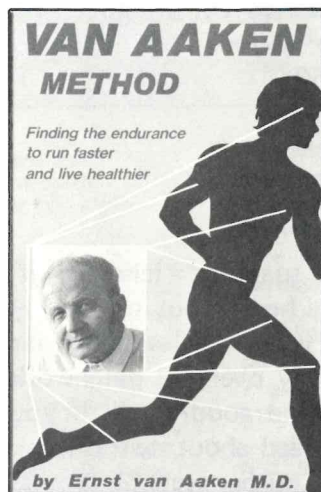
Bob Anderson, editor

The gold medalist book on sports. Renowned authors like Gale Sayers, Al Unser and Dr. Kenneth Cooper provide expert views of the history, rules, techniques and famous competitions of more than 200 physical activities, with comprehensive lists of additional sources following each entry. 1975 Hb., 430 (over-size) pp., ill., \$9.95.

### ALL ABOUT BICYCLE RACING

by the editors of *Bike World*

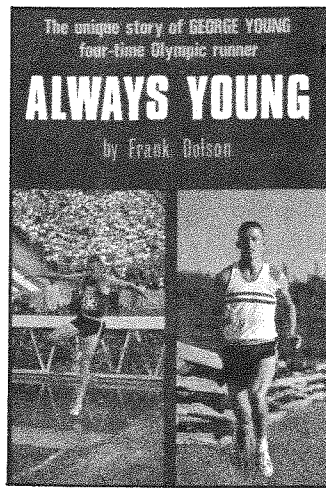
When the exhausted winner of the renowned *Tour de France* bicycle race hits the finish line, it's a tribute to hard and intelligent training, years of practice and an intimate knowledge of bicycling equipment. This highly-detailed book from the editors of *Bike World* goes over all the factors that lead to top performance in bicycle racing. 1975 Ppb., 96 pp., ill., \$2.95.



### VAN AAKEN METHOD

by Ernst van Aaken, M.D.

The German doctor offers a prescription for good health and long life: "Run long, run daily, don't eat like a pig." A lifetime of experience and research backs up his claim that regular endurance activity is a sound way of preventing degenerative diseases. (This is a translation and condensation from a book originally published in German.) 1976 Hb. & Ppb., 144 pp. ill., \$5.95/\$3.95.

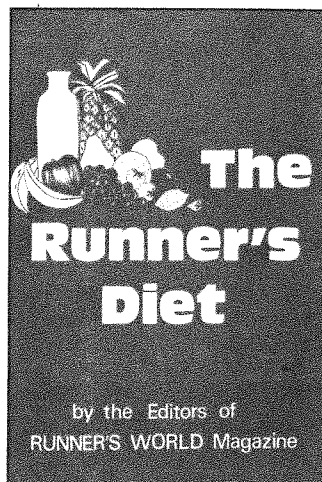


**ALWAYS YOUNG**  
by Frank Dolson

This isn't the story of George Young the great runner, of his world records or of his unsurpassed four trips to the Olympics. It's a portrait of a man with determination and a radiant spirit. Even with the lack of support that plagues amateur athletics in the United States, Young never broke stride in his quest for excellence. He is a man who indeed will be always young. 1975 Hb. & Ppb., 206 pp., ill., \$4.95/\$2.95.

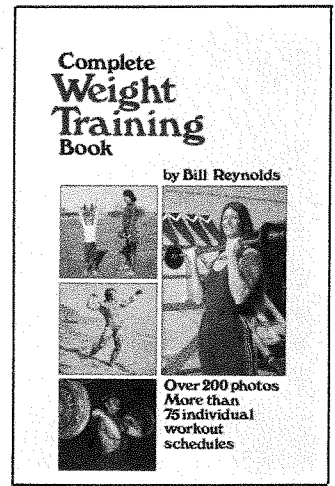
**RUNNING AFTER FORTY**  
by the editors of *Runner's World*

Includes articles on conditioning and racing for veterans, plus 21 training and personality profiles of well-known runners in this age group. Also contains lists of world and US records and an article on the physiological and psychological reasons for older runners' slower times. 1971 Ppb., 36 pp., ill., \$1.00.



**THE RUNNER'S DIET**  
by the editors of  
*Runner's World*

This is a cornucopia of specific and useful information about food and athletics. If you've spent hours wading through dusty nutrition books in hopes of finding a clue to better results, you can end the search with this book. Runners everywhere have commented on its practical value. 1972 Ppb., 80 pp., ill., \$1.95.

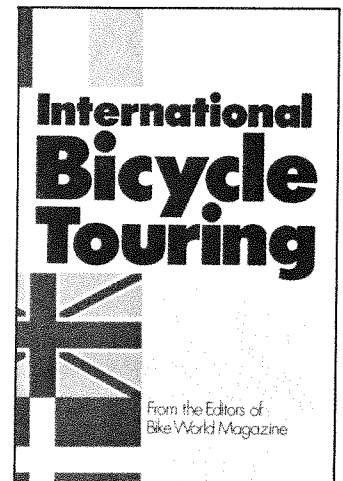


**COMPLETE WEIGHT TRAINING BOOK**  
by Bill Reynolds.

From an extra snap on your serve to added yards on your drives, weight training can improve your game. International authority Bill Reynolds also shows that intelligent weight training is not only for athletes, but for anyone who wants to get in shape for the next hike, camping trip or just for his own satisfaction. 1976 Hb., 224 pp., ill., \$6.95.

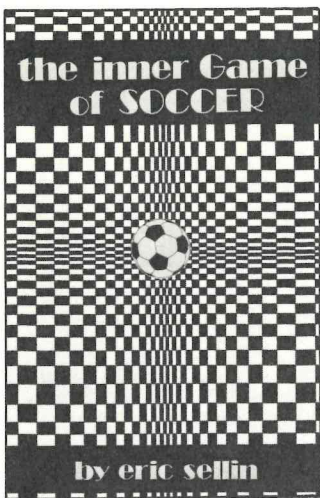
**TRAVELING BY BIKE**  
by the editors of *Bike World*

The special joys and problems of touring are presented by the editors of *Bike World* in this book that is small enough to pack but big enough to contain all the information you'll need. 1974 Ppb., 96 pp., ill., \$1.95.



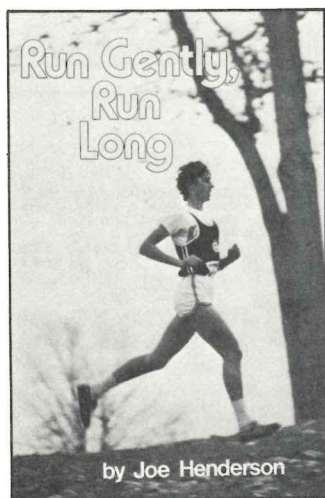
**INTERNATIONAL BICYCLE TOURING**  
by the editors of  
*Bike World*

The only thing this book doesn't tell you is how to ride across the ocean, but maybe a later edition will cover that, too. What **International Bicycle Touring** does give you is the experience of years of riding as the editors of *Bike World* distill it into concrete advice. It's all here including how to get your bike overseas, how to get you on it, and where to go with it. 1976 Ppb., 96 pp., ill., \$2.95.



**THE INNER GAME  
OF SOCCER**  
by Eric Sellin

This is a guide for soccer officials, or so the routine evaluation will read. But it is far more than that. It is the subtleties of the world's most popular sport viewed through the omniscient eyes of the man on the pitch who must see everything: the referee. Not that Eric Sellin doesn't dissect the world of the referee with clarity and expertise, but instead he does this like no one has before, turning to the rulebook only as a launching pad for his personal reflections. In the final analysis this book transcends any one aspect of soccer and becomes a study of the sport from a fresh angle that will score with any reader. 1976 Hb., 343 pp., ill., \$6.95.



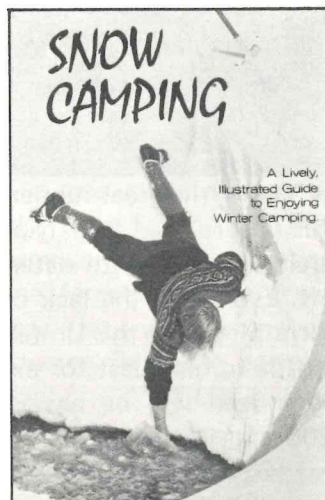
**RUN GENTLY,  
RUN LONG**  
by Joe Henderson

"Running itself, though—the everyday doing it and feeling good about doing it and wanting to do it for thousands of tomorrows—can be as lasting as anything in this life." **Run Gently, Run Long** urges experimentation with long, slow distance running, the famous "LSD" coined by Joe Henderson in an earlier book. Without downgrading competitive running and hard workouts, this book emphasizes the equal but different joys of LSD training and the fitness and mental serenity that can stem from it. 1974 Ppb., 96 pp., ill., \$2.50.

**AROUND-TOWN  
CYCLING**

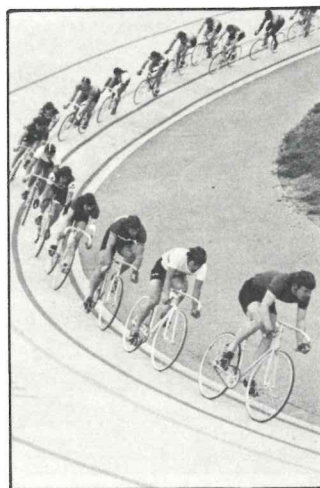
by Donald Pruden

In a very cheerful style this book tells you the rights and wrongs of buying, maintaining and riding a bike, with special consideration for obstacles you may encounter around town. 1975 Ppb., 109 pp., ill., \$2.50.



**SNOW CAMPING**  
by the editors of  
*Nordic World*

Camping in the snow may seem like an activity fit only for the inside of an asylum, and without the knowledge inside this book that may be true. But well-armed with the contents of **Snow Camping**, winter camping can reveal an enchanting and comfortable world to lovers of the outdoors. This book provides the basics on safety and equipment. 1974 Ppb., 128 pp., ill., \$2.50.



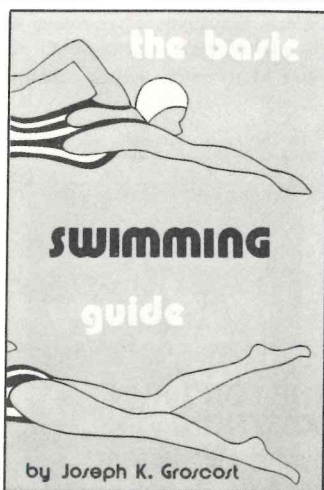
July, 1976  
**BICYCLE TRACK  
RACING**  
by the editors of  
*Bike World*

You'll be on the right track with this one. The booming sport of bicycle track racing never has received such full treatment. Sprints, tandem, distance races, motorpacing and the kilometer time trial all are rendered in a clear, graphic manner. Personal views from top coaches and athletes on training, tactics and starts round out the leading book on the subject. July, 1976 Ppb., 96 pp., ill., \$3.95.

## EXERCISES FOR RUNNERS

by the editors of *Runner's World*

Running is an overspecialized action: a straight-ahead, every-step-the-same movement which overbuilds the hardworking muscles and lets others coast. The overall effect is inflexibility and muscle imbalance. **Exercises For Runners** tells about two systems of exercise that compensate for these problems: yoga and weight training. Used together, they provide the power, smoother movement and economy of action that produce one result—better times. 1973 Ppb., 80 pp., ill., \$1.95.



## THE BASIC SWIMMING GUIDE

by Joseph K. Groscost

A manual for teaching children beginning swimming, this book deals specifically with common problems and offers proven solutions. Although oriented toward 5- and 6-year-olds, the methods are also applicable to older children. 1975 Ppb., 101 pp., ill., \$2.50.



September, 1976

## MANUAL FOR YOUTH SOCCER

by Alan Maher

If a youth soccer coach wants to stay one step ahead of his kids, he'd better be resourceful and this is one of the best sources he could use. Maher realizes that kids are inventive and has devised this book in a manner the coach can use to direct his kids toward a more enjoyable and more skillful level of soccer without dampening their creative impulses. September, 1976 Ppb., 60 pp., ill., \$1.95.

## FOOD FOR FITNESS

by the editors of

*Bike World*

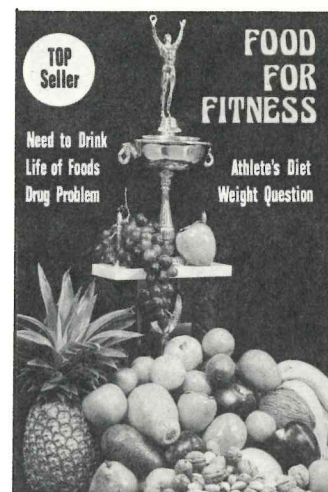
This book takes a calm and logical look at a highly controversial area—athletic nutrition. A vast amount of research and personal experience has been sifted and presented here for athletes and anyone else who wants to perform better in daily life. The emphasis is on information that's useful, and on helping you change habits. A convenient and complete source on athletic diet. 1975 Hb. & Ppb., 144 pp., ill., \$5.95/\$2.95.

August, 1976

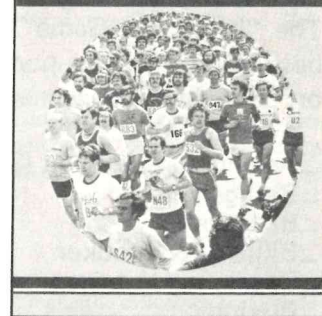
## BUILDING BICYCLE WHEELS

by the editors of *Bike World*

The wheel may be one of man's oldest inventions, but still a lot can be learned about it. Pick up this book from the editors of *Bike World* and start learning. Particular attention is given to design modifications and the best components to buy. Special sections are included on repairing old wheels and assembly procedures. August, 1976 Ppb., 48 pp., ill., \$1.95.



## RUNNER'S TRAINING GUIDE

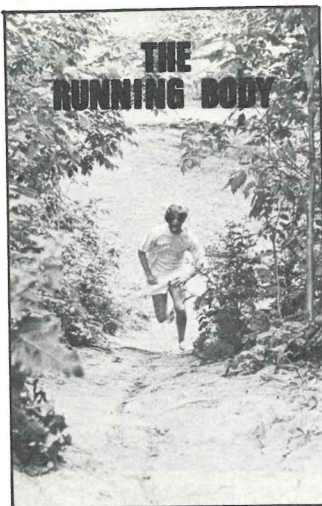


## RUNNER'S TRAINING GUIDE

by the editors of

*Runner's World*

This explains the physiological principles that form the basis of all modern training theories. The runner is presented with enough information thoroughly documented in the reference sections to make an intelligent choice of training methods and to understand what is happening to his body when he trains. 1973 Ppb., 96 pp., ill., \$2.95.



**THE RUNNING BODY**  
by E.C. Frederick

The human body at rest is intriguing but in motion it's a marvel. How our complex systems function and coordinate while we're running is explained in depth, but simply. Frederick shows you how to measure your fitness and what to do if you don't like the results. **The Running Body** is the key to appreciating our bodies as wonderful creations. Perhaps it could provide the motivation to keep them untarnished. 1973 Ppb., 48 pp., ill., \$1.50.

### ENCYCLOPEDIA OF ATHLETIC MEDICINE

by George A. Sheehan, M.D.

This is the first book to specialize in the ailments of runners. Much of the material is unconventional by established medical standards but new and revolutionary treatments are coming out every day. Dr. Sheehan, never one to shun revolutionary ideas, takes this new knowledge and blends it with his medical background to produce a sometimes radical, but always useful prescription for runners' unique problems. 1972 Ppb., 96 pp., ill., \$1.95.

### KNOW THE GAME

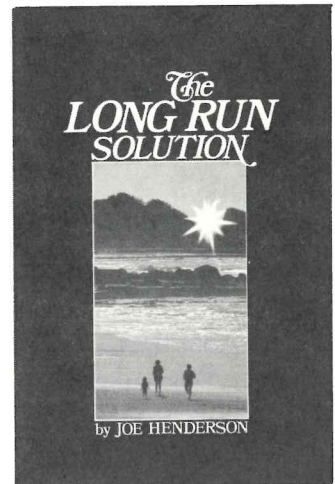
Playing a game is one thing; knowing it is another. The "Know the Game" books will take you beyond hesitant and aimless participation to the level of vigorous, skillful involvement.

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|---|--|
| <ul style="list-style-type: none"> <li>—Archery</li> <li>—Association Football (Soccer)</li> <li>—Backgammon</li> <li>—Badminton</li> <li>—Billiards &amp; Snooker</li> <li>—Bowls</li> <li>—Boxing</li> <li>—Camping</li> <li>—Card Games</li> <li>—Chess</li> <li>—Contract Bridge</li> <li>—Cricket</li> <li>—Croquet</li> <li>—Cycle Racing</li> <li>—Diving</li> <li>—Fencing</li> </ul> | <ul style="list-style-type: none"> <li>—Golf</li> <li>—Gymnastics</li> <li>—Judo</li> <li>—Karate</li> <li>—Kayak Canoeing</li> <li>—Keeping Fit</li> <li>—Orienteering</li> <li>—Riding</li> <li>—Rock Climbing</li> <li>—Rowing</li> <li>—Sailing</li> <li>—Swimming</li> <li>—Trampolineing</li> <li>—Volleyball</li> <li>—Water Polo</li> <li>—Weight Lifting</li> </ul> |
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### GUIDE TO DISTANCE RUNNING

Bob Anderson, Joe Henderson, editors

**Guide To Distance Running** is the ideal companion book to **The Complete Runner**, containing no duplication of material. Five chapters cover physiology and technique, races and racing, coaching and training, psychology and well-known runners. A sixth presents a pictorial survey of distance running with 100 fine photos. An appendix gives world, American, Boston Marathon and Olympic records. 1971 (rev. 1974) Ppb., 206 (oversize) pp., ill., \$5.95.



### THE LONG RUN SOLUTION

by Joe Henderson

The physical benefits of running are well-known, but the mental rewards can be even more startling. The potential of running as a tranquilizer, as a way of loosening up the mind and letting creative energy flow, even as a tool in psychotherapy, is just being realized. Running long gives you the chance to ruminate and dream, the chance to lose yourself for a moment in the heady rhythm of your footfalls; rare opportunities in our frenetic world. 1976 Hb. & Ppb., 192 pp., ill., \$5.95/\$3.95.

Volleyball

Produced in collaboration with  
The English Volleyball Association

\$1.95  
Exclusively distributed in the  
United States by  
World Publications  
P.O. Box 366  
Mountain View, CA 94040

World Publications is the exclusive U.S. distributor of England's "Know the Game" series. All books are \$1.95. Books are 32 to 48 pages in length, and are 5½ x 8½ paperbound.

# BACKLIST

## FAVORITES FROM OUT OF THE DUFFEL BAG

### THE AFRICAN RUNNING REVOLUTION

Dave Prokop, editor

The biggest story in track and field this past decade has been the astounding breakthrough of the African runners in international competition. Written by renowned trackmen and coaches, this is an informative account of a continent's stunning emergence as a world power in track and field. 1975 Ppb., 112 pp., ill., \$2.50.

### AGE OF THE RUNNER

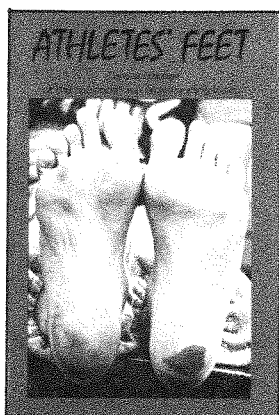
by the editors of *Runner's World*

Examines the effects of age on running, and of running on aging. A special feature is the set of charts for comparing racing times, age for age, which gives a new perspective on the relative value of marks. Included are 10 of Ken Young's age-graded scoring tables. 1974 Ppb., 56 pp., ill., \$1.75.

### ATHLETES' FEET

by the editors of *Runner's World*

The feet are the most vital part of the running body. Even apparently minor foot problems can lead to crippling injuries in the legs, knees, and back. In *Athletes' Feet*, leading podiatrists and sports medicine experts tell how to avoid these problems by giving your feet the care they deserve. Also covers first aid, choosing shoes and exercises for the feet. 1974 Ppb., 48 pp., ill., \$1.75.



### BEGINNING RUNNING

by the editors of *Runner's World*

If you need inspiration to get you around that last lap, or if you want to know what to say to your panting protege to convince him of the worth of rounding the final turn, here's the answer. Technical questions dealing with training, form and competitive racing all are covered. 1972 Ppb., 32 pp., ill., \$1.00.

### BICYCLE FRAMES

by the editors of *Bike World*

This close-up look at the vital skeleton of your bicycle has everything on choosing and building frames for the connoisseur and the aspiring connoisseur. 1975 Ppb., 48 pp., ill., \$1.75.

### THE BOSTON MARATHON

by the editors of *Runner's World*

A long look is offered at why the country's best-known race has become popular. History, legends, course descriptions, organization and the wealth of results and record information in the just-updated statistical section are invaluable. 1974 Ppb., 48 pp., ill., \$1.00.

### COACHING DISTANCE RUNNERS

by the editors of *Runner's World*

This anthology of personal essays on the fine art of coaching distance runners is intended to show how some great coaches guide their students in a successful and satisfying direction. All levels of coaching are represented from international and college to youth and self-coaching. 1971 Ppb., 48 pp., ill., \$1.50

### DAVE WOTTLE STORY

by Jim Ferstle

When Dave Wottle burned the track in the final lap to win the 800-meters at the Munich Olympics, he instantly became an international sports figure. Here is a former teammate's account of Wottle's beginnings in track, his lonely years in college and his eventual emergence as a world-class runner. Wottle's coach completes the profile with some personal remarks on his most celebrated student. 1973 Ppb., 48 pp., ill., \$1.50.

### DISCOVER CROSS-COUNTRY SKIING

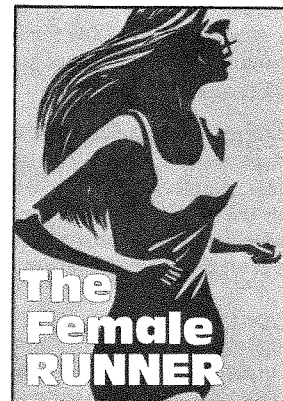
by the editors of *Nordic World*

Cross-country skiing is more than 4000 years old and is still the freshest winter sport around. This basic manual will get you started the right way by explaining technique, waxing and equipment. 1974 Ppb., 48 pp., ill., \$1.50.

### THE FEMALE RUNNER

by the editors of *Runner's World*

Today women are bursting across finish lines throughout the world. More important, record numbers of women are running for fun and exercise. This is the book to help both competitors and occasional block-circlers run better and enjoy it more. 1974 Ppb., 32 pp., ill., \$1.25.



### FINNISH RUNNING SECRETS

by Matti Hannus

Finland has a proud running tradition, but for decades Finnish runners faded into relative obscurity. In the 70s, however, and dramatically at the Munich Olympics, the Finns exploded back into the spotlight. Here are the stories of the greatest Finnish runners, concentrating on contemporary stars. 1973 Ppb., 96 pp., ill., \$2.50.

### FIRST STEPS TO FITNESS

by Joe Henderson

*First Steps To Fitness* includes 50 topics organized alphabetically that cover hundreds of questions. The subjects range from "Aerobics" through "Where to Run" and they concentrate on the novice runner's problems and pains. Summarizes that best advice from dozens of publications. 1974 Ppb., 63 pp., ill., \$1.50.

### THE FRANK SHORTER STORY

by John Parker

Frank Shorter's road to success has been longer than any marathon he's run, but still continues. The struggle and the brilliant triumph are recorded here by Shorter's old friend, John Parker. Along with the image of a great runner, a compelling portrait of Shorter off the track emerges from these pages. 1972 Ppb., 48 pp., ill., \$1.00.

### GUIDE TO SPRINTING

by the editors of *Runner's World*

*Guide to Sprinting* explains established methods that will shave off those stubborn tenths of a second that make the difference by examining form, tactics and actual workout routines. 1973 Ppb., 32 pp., ill., \$1.25.

### HURDLING AND STEEPLECHASING

by Vern Gambetta

If you use the Fosbury flop to clear the hurdles, some revelations await you in this guide for the competitive hurdler and steeplechaser. Excellent sequential photos of such stars as Rod Milburn, John Akii-Bua and Annelie Ehrhardt make the clear text absolutely lucid. 1974 Ppb., 48 pp., ill., \$1.75.

### INTERVAL TRAINING

by Nick Costes

Olympic distance runner and Boston Marathon winner Nick Costes explains the basics of this controversial but much-used training method for long-distance runners. He illustrates his points by discussing his own year-round training program. 1972 Ppb., 80 pp., ill., \$1.95.

### NEW VIEWS OF SPEED TRAINING

by the editors of *Runner's World*

"... interval over-trainers go through their daily 20 x 440 ritual as if it were blessed by the Pope. There are better ways—equally effective, less painful and considerably more humane—to gain and maintain racing sharpness." This is the premise on which the editors of *Runner's World* approach speed training. 1971 Ppb., 48 pp., ill., \$1.25.

### THE NIGHTMARE OF SUCCESS

by Dr. William J. Ruzicka

This book deals with the dangers of success-trapped people in today's high-pressure society. The author gives his views on how to break free of a restrictive way of life and grow toward an expanding life-style expressing honest and spontaneous feelings. 1973 Hb., 155 pp., ill., \$6.95.

### PRACTICAL RUNNING PSYCHOLOGY

by the editors of *Runner's World*

Neither over-simplified nor over-technical, this is directed mainly towards the runner, not the coach. Explains athletic motivation and the running habit, and takes a look at the psychological warfare that is a part of all competitive running. 1972 Ppb., 48 pp., ill., \$1.50.

### RACING TECHNIQUES

by the editors of *Runner's World*

An in-depth study on how races are run—not just the training methods and statistics of the aftermath. *Racing Techniques* contains a wealth of practical advice that the runner will find useful during a race. 1971 Ppb., 48 pp., ill., \$1.50.

### RUNNER'S TRAINING DIARY

by the editors of *Runner's World*

A diary such as this is a strong motivational tool, spurring you to train regularly and train well. You'll be able to see patterns developing and figure out which methods work and which don't. This book consists almost entirely of charts waiting for you to fill them in with records of each day's running. 1972 Ppb., 112 pp., ill., \$1.50.

### RUNNING WITH STYLE

by Joe Henderson

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by the editors of *Runner's World*.

Running starts with the feet, so knowledge about foot care and the function and types of footwear is indispensable to the runner. This third edition of *Shoes For Runners* goes into basic shoe anatomy, surveys the running shoe market and gives a complete breakdown on shoe models available such as construction, prices and weight. 1973 Ppb., 80 pp., ill., \$1.95.

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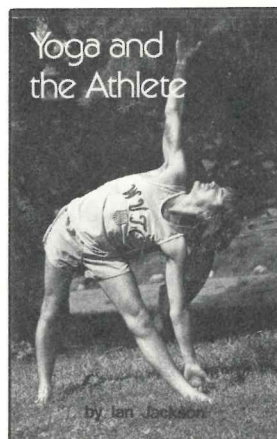
by the editors of *Nordic World*

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by the editors of *Runner's World*

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by the editors of *Runner's World*

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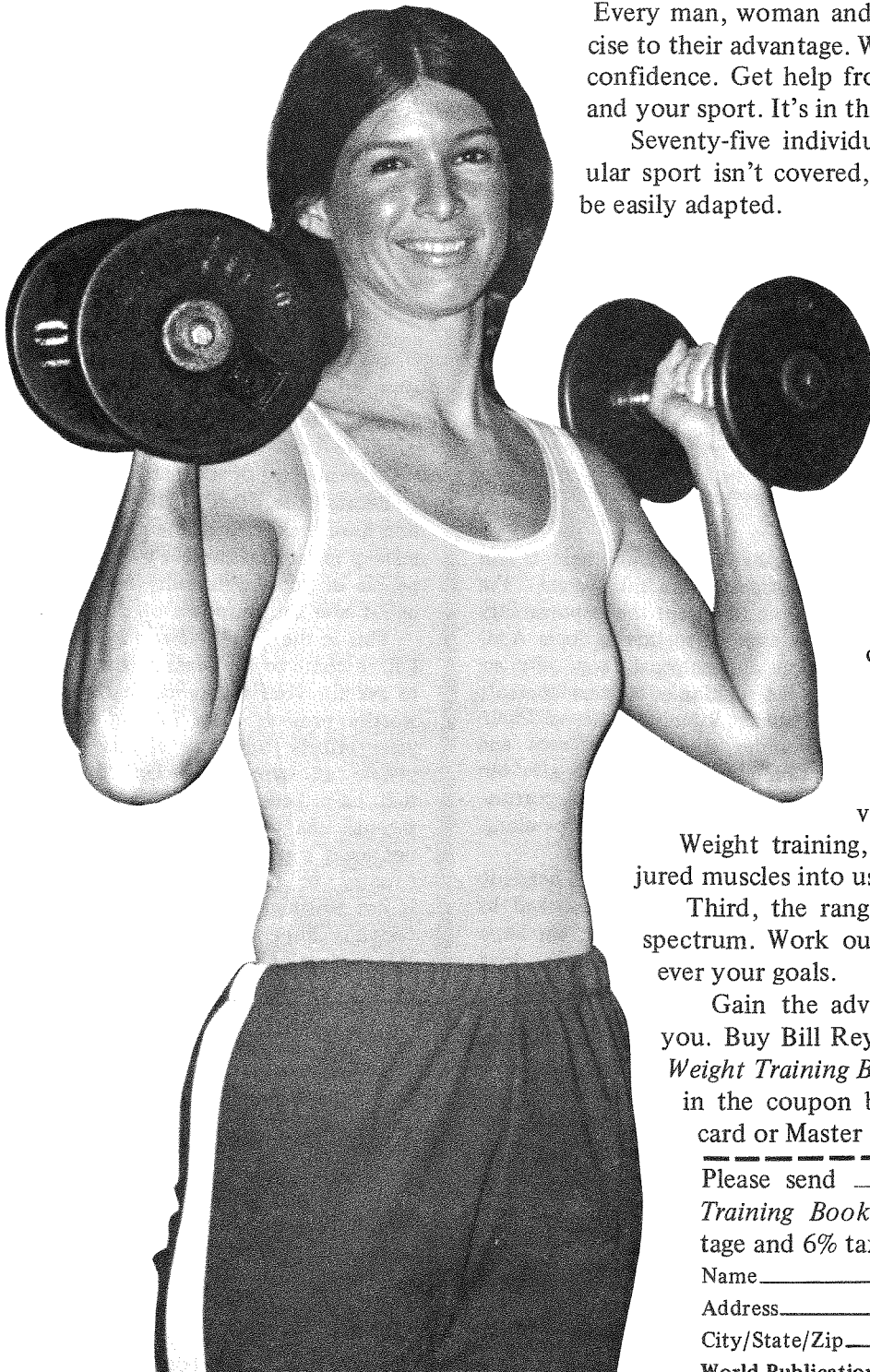
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# Readers' Comments

*Reactions to events in the sport and features in the magazine*

## THE AAU—CONTINUED

Hal Higdon raises the usual, valid criticisms of the AAU ("Why I Quit the AAU," April '76). However . . .

Anyone who has put on a race, or directed a track meet or officiated in one, may have my reaction. Of all the thankless tasks, those are close to the top.

One hears from the complainers that prizes aren't good enough and so forth.

Anyone who puts on meets or races is bound to become a bit strange. What I see in the AAU are officials who put with ungrateful participants. When they finally get an expense-paid trip, they probably paid for it 10 times over with time and energy.

Until a group, including such as the US Track and Field Federation, actually duplicates what is available through the AAU, I think the fancy words are so much verbiage.

*William Kleinsasser  
Azusa, Calif.*

I can't help but hope there is still a way to deal within the system. I'm even willing to accept the responsibility and challenge of furthering local AAU efforts on the national level. By accepting the position of Masters Women's Long-Distance Running National Chairperson under the Masters Track and Field Committee, I hope to give our over-40 LDR women equal opportunities for national championships along with the Masters men's events.

I also recognize the "wall-head-hitting syndrome" so well described by Higdon's article, (April '76), but hope the cracks in the National AAU door just opened this past November can be expanded to really do some good for women's LDR and all the Masters through our newly created committees. I'm sorry to lose Hal and others really concerned with the participating athlete, but certainly understand and appreciate his frustrations from the experience he has endured.

*Ruth Anderson  
Oakland, Calif.*

Hal Higdon's concern (April '76) is for a segment of long distance (men) and not for the total program. If he

truly wished to cure the ills of the organization, his story should have been taken to the president and executive committee of the association and then each step upward from there to the national level. As it appears now in Higdon's article, we hear a plea for sympathy, not a solution for reform and correction. Yes, I sympathize with Higdon. I always feel sorry for a quitter.

*Roberta Widmann  
Indianapolis, Ind.*

## HALL OF FAME

As many of you probably know, the National Track and Field Hall of Fame is located in Charleston, W.Va. It has been a long time coming, but now it's a reality.

We have to date enshrined 49 people within the Hall of Fame and they are all deserving because of what they have meant to track and field and hopefully to the people of the United States.

Because the other sports of our nation have their shrines, I am asking you to help me in this project by letting the people of your community know more about and the purposes of this shrine.

This is the first time in my life that I have come to the press of this nation to ask for your assistance in this most worthy project. I'm hoping through your efforts and the efforts of the people all across the United States that have been so kind to me down through the years, to show that I am not using a position that I hold in our country to promote something that is not worthwhile. I believe in it and certainly hope America will believe in this project as I do.

*Jesse Owens  
Phoenix, Ariz.*

*(The Hall of Fame is going to exist through donations for operational costs and they are tax deductible.)*

## THRILL OF VICTORY

More and more we are hearing about how hard it is to be an amateur athlete in the United States. I agree that it is very difficult to work eight hours a day, support a family and still find time to train for three hours. However, I must question the motivating forces of the runners who voice complaints against

the way they are being treated by the AAU, the USOC, the IAAF and others.

I have heard on countless occasions the statement, "Here I am, busting my ass, while my country gets all the credit, without supporting me." Why are these people running anyway? Do they seriously expect me to believe that they want to win a gold medal at the Olympics just to see the good ol' American flag go up during the victory ceremony? Ha! And they certainly aren't running because they enjoy it. Otherwise, they wouldn't think of it as "... busting my ass..."

There is only one other alternative—the thrill of victory. They should know that doing anything, not just running, for a reason such as this, only can lead to misery. If these men are foolish enough to invest their lives in something that is only going to last for two minutes (the victory ceremony), they shouldn't expect to be paid for it.

*Mark Reeder  
Rolling Hills Estates, Calif.*

### BOSTON'S OTHER PARTY

You know, the hassle really wasn't worth it. But I'll be back to Boston again (for the Boston Marathon). Maybe the ego enjoys the special public notoriety for doing my thing. Maybe it is because I get to see fellows from other states whom I have met only at Boston. Maybe it is the fascinating sight of all those runners weaving over the hills. Maybe it is because the dumb course always beats me.

Anyway, I'll be back. Like a fat man and a hot chocolate sundae, that insatiable appetite is there.

*Gordon Schafer  
Holt, Mich.*

### DSE AND RRC

Len Wallach in his article "Togetherness, San Francisco Style" (*Runner's World*, May 1976) about the Dolphin South End Running Club alludes to the fact that the DSE has refrained from joining other national organizations.

This is no longer true as its membership, after long and careful thought, became a member of the Road Runners Club of America in March 1976 (the application is actually dated February 1976).

The Road Runners Club was listed along with the AAU as assaulting DSE with RRCA self-interests in order to get them to affiliate. As both our members and those clubs that are non-members can tell you, this is not the way the RRCA operates. Besides, as

*(continued on page 92)*

# shift into our summer gear

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one can see in the article in the June issue of *RW* ("Club Notes—The Role of the RRCA"), the RRCA gives clubs much in return for the meager fees that they pay.

In the case of the DSE, it is costing them a little over one cent per member for their first year's initiation fee. If their members get nothing else from the RRCA than the quarterly newsletter *Footnotes*, they will have been fairly well served for their penny. We are particularly pleased that an organization like DSE which has disdained organizational involvement and bureaucratic structures has become a local RRC. They have realized like 61 other clubs and many individuals who are our members that we are different from the "other kids on the block" and are not just another athletic administrative structure botching up the works.

*Stuart Brahs and Jeff Darman  
Washington, D. C.*

*(Darman and Brahs recently were elected as co-presidents of the RRCA.)*

## CAMP FOLLOW-UP

I can appreciate your expertise in your article about running camps ("A Guide for Camp-Followers," May '76). What I do not appreciate is the obvious promotion throughout the article of one camp in particular, especially when the author of the article, Hal Higdon, was a staff member. I for one would like equal time and space to write about the virtues of my camp over others whenever you will allow me.

I feel that comments such as, "Even without the lectures, discussions and clinics, the Distance Camp was worth the price of admission," and quotes from the director such as, "We've grown so popular we may have to limit applicants for 1976," smack of unsportsmanlike conduct from a writer who should know better.

Since there are several camps in the Southeast, Higdon's comment about the young runner who was injured attending a two-week camp points directly at me. Anyone can deduce that Blue Ridge Trails is the only camp in the Southeast approaching two weeks in length.

In response to your assumption concerning "guaranteed 100 miles" and so forth, I might state that our emphasis is not on the number of miles but a total experience for the camper. The program involves lectures, discussions, rap sessions, videotape analysis and many other things necessary for development in distance running. Overzealous campers will most likely incur injury

and I'll bet every camp has their share, including the one Higdon took part in.

When you have time, will you ask Higdon to pull the running shoe out of his mouth and write about steeplechasing or hill running or some other subject for which he has the facts rather than hearsay or assumption?

*Bill Keesling  
Greenville, S. C.*

*Director, Blue Ridge Trails*

*(Hal Higdon responds: "The Florida Distance Camp was offered as a 'typical example,' so things said in praise of it, in effect, are said in praise of all summer running camps.*

*The general thrust of the article will be to generate additional business for all summer camps . . . I had not wanted to single out any one camp for criticism, so I disguised what otherwise could have been interpreted as critical comments to three particular camps. But if there was any one camp that got criticized more than the others, it would be the Florida Distance Camp itself, whose director Roy Benson was accused of several oversights.)*

## JOINT AGREEMENT

There is one statement made by Dr. Schmidt in his March 1976 *Playboy* article ("Jogging Can Kill You") that I believe is 100% correct. He says running is hard on the joints. I have found that it is hard on the "joints" that I no longer frequent because it is more enjoyable to run six miles after work.

*Syl Ludington  
Naples, Fla.*

## RIGHT ON RUNNERS

My compliments to *RW* and writer Sandy Dorbin for the recent Gary Tuttle interview (May '76). It isn't often that the reader gets to see the other side of the athlete, the person apart from the sport. Dorbin permits us to do this and the result is a refreshing change. Tuttle is a world-class runner with the rare ability to keep running in its basic perspective, enjoyment.

I hope the sport never goes to the same stoical, unfeeling route of big-time football and baseball. My hope is bolstered when I realize that people like Gary Tuttle are at the thrust of American distance running.

*Paul Thatcher  
Chicago, Ill.*

## BRIGHT IDEA

Your "Readers' Comments" note about reflective material on night jogs  
*(continued on page 94)*

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In response to your assumption concerning "guaranteed 100 miles" and so forth, I might state that our emphasis is not on the number of miles but a total experience for the camper. The program involves lectures, discussions, rap sessions, videotape analysis and many other things necessary for development in distance running. Overzealous campers will most likely incur injury

and I'll bet every camp has their share, including the one Higdon took part in.

When you have time, will you ask Higdon to pull the running shoe out of his mouth and write about steeplechasing or hill running or some other subject for which he has the facts rather than hearsay or assumption?

Bill Keesling  
Greenville, S. C.  
Director, Blue Ridge Trails

(Hal Higdon responds: "The Florida Distance Camp was offered as a 'typical example,' so things said in praise of it, in effect, are said in praise of all summer running camps.

The general thrust of the article will be to generate additional business for all summer camps . . . I had not wanted to single out any one camp for criticism, so I disguised what otherwise could have been interpreted as critical comments to three particular camps. But if there was any one camp that got criticized more than the others, it would be the Florida Distance Camp itself, whose director Roy Benson was accused of several oversights.)

## JOINT AGREEMENT

There is one statement made by Dr. Schmidt in his March 1976 *Playboy* article ("Jogging Can Kill You") that I believe is 100% correct. He says running is hard on the joints. I have found that it is hard on the "joints" that I no longer frequent because it is more enjoyable to run six miles after work.

Syl Ludington  
Naples, Fla.

## RIGHT ON RUNNERS

My compliments to *RW* and writer Sandy Dorbin for the recent Gary Tuttle interview (May '76). It isn't often that the reader gets to see the other side of the athlete, the person apart from the sport. Dorbin permits us to do this and the result is a refreshing change. Tuttle is a world-class runner with the rare ability to keep running in its basic perspective, enjoyment.

I hope the sport never goes to the same stoical, unfeeling route of big-time football and baseball. My hope is bolstered when I realize that people like Gary Tuttle are at the thrust of American distance running.

Paul Thatcher  
Chicago, Ill.

## BRIGHT IDEA

Your "Readers' Comments" note about reflective material on night jogs  
(continued on page 94)

# New Balance Athletic Shoes are available at these fine stores:

- Arizona**  
Phoenix: Pinney & Robinson
- Arkansas**  
Little Rock: Cullem & Boren
- California**  
Alameda: Alameda Sporting Goods  
Berkeley: Jim Davis Sporting Goods  
Costa Mesa: Loeschhorn's New Balance Athletic Shoes  
Encino: All Pro Sporting Goods  
Escondido: Stub's Five  
Haywood: Acme Trophy  
Oakland: Sports, Inc.  
Sacramento: McIntosh's; Sargent's  
San Jose: Valley Athletic  
San Francisco: Olympic Sporting Goods  
Torrance: Athlete's Foot  
Ventura: All Pro Sporting Goods  
Westminster: Athlete's Foot  
And all 18 Oshman's stores in California.
- Colorado**  
Aurora: Athlete's Foot  
Denver: Front Runner, Metro Sporting Goods
- Connecticut**  
North Haven: Bensen Athletic Supply  
West Hartford: Clapp & Treat
- Florida**  
Jacksonville: Birmingham's Running Shop  
Tallahassee: Phidippides
- Georgia**  
Atlanta: Phidippides; Reeder & McGaughey
- Idaho**  
Boise: Idaho Sporting Goods
- Illinois**  
Chicago: Front Runner; Morrie Mages Sporting Goods  
Evanston: Front Runner
- Louisiana**  
New Orleans: Cullum & Boren
- Maryland**  
Bethesda: Athletic Shoe Box; Racquet & Jog  
College Park: Varsity Sport Shop  
Lutherville: Athlete's Foot
- Massachusetts**  
Attleboro: Gob Shops  
Boston: Bob Smith  
Greenfield: Clark's  
Lynn: Muzinsky's  
North Hampton: The Runner's Shop
- Minnesota**  
Minneapolis: Steichen's  
St. Paul: Gopher
- New Jersey**  
Bound Brook: Effinger's  
Paramus: Athlete's Foot  
Ramsay: Marcel's  
Rutherford: Rutherford Sports  
West New York: Levy's
- New York**  
Huntington: Supershoe on Tour  
New York City: Paragon  
Rockville Center: Wolf's
- Ohio**  
Delta: Dave's Running Shop  
Kent: All Pro Sporting Goods
- Oregon**  
Coos Bay: Bay Area Athletic Supplies  
Medford: Cascade Athletic Supplies  
Portland: Oregon Athletics; Sport Shoes Unlimited  
Salem: Bill Beard
- Pennsylvania**  
Newtown: Sportsman  
Philadelphia: I. Goldberg  
Pittsburgh: Athlete's Foot (all stores)
- Rhode Island**  
Providence: Alpine Ski Shop
- Texas**  
Dallas: Aerobics Activity Center; Athlete's Foot  
Houston: Oshman's  
And all Cullem & Boren stores in Texas.
- Virginia**  
Falls Church: Power Athletics  
Tyson's Corner: Irving's Sport Shop
- Washington**  
Seattle: Washington Athletics
- Wisconsin**  
Oshkosh: Athlete's Foot  
Madison: Petrie's Sports  
Milwaukee: Athlete's Foot, Milwaukee Sporting Goods
- District of Columbia**  
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For additional information about our dealers in your area write:  
New Balance Athletic Shoes  
38-42 Everett Street  
Boston, Massachusetts 02134  
617/783-4000

caught my eye. As a sundown-or-later pavement pounder, I appreciate the problem. As a motorcycle rider, I am very aware that drivers seldom see objects smaller than cars.

Vests with reflective material are available and usually are very expensive. As for a tried and true system for under \$5, try this one.

Go to a discount store and buy an orange hunter's vest. These vinyl jobs are day-glow red and very visible. Go to the automobile section and pick up some automotive reflector tape (used for bumpers, mail boxes and so forth). Yellow and white are best. Vertical lines seem best for "vest design."

Body movement with the reflective material does catch the driver's eye. If you are really serious about the safety aspect, glue a vinyl patch on the back and the very front of your shoes. Stick reflective tape to the vinyl after the glue sets good. This is really super for night running.

The same can be used on a headband or cap. A sleeve-type setup is best so you can remove your glow-stripes and wash your headbands.

After donning your reflectorized gear, you will initially feel like Walter Weir. Forget it. When you notice

approaching cars moving over long before they even used to see you, it's well worth it.

Your only other real alternative is ending up as the hood ornament on a Magoo-sighted driver's hood or coming down with a severe case of road rash.

Try it. You'll shine.

*Jim Walker  
Pensacola, Fla.*

### MEANINGFUL FAILURE

I would like to thank you for printing the letter, "The Need to Fail," (April '76) in the "Runner's Forum." It was the most meaningful article on any subject that I have ever read in your magazine.

*Diane McHugh  
Essex Falls, N.J.*

### REMEMBER THE ALASKANS

Because of my location, I was not able to participate in your National Running Week. But I did order a Running Week T-shirt, among other things.

When my shirt arrived I saw on the front of it a runner (obviously representing all runners) running across the United States. This was fine except that on the map you left out the hottest

marathoning state (RW, May '75) Alaska.

It looks like there aren't runners in Alaska or that just 48 states have runners and enjoy running. Alaskans are getting tired of being left out on maps.

So I drew Alaska in to show people that Alaska does indeed have many runners and would have liked to have been included on that map.

*Beth Nava  
Fairbanks, Alaska*

### CORRECTIONS

An editing error in the article "Suspended" ("Runner's Forum," May '76) changed the meaning of the article. The third paragraph on page eight should have read, "I wrote each of the 14, having gotten their names and addresses from the YMCA Race Director. He in turn wrote the NEAAU to claim responsibility, telling them that if the suspension stuck that he would organize races under YMCA sanctions to allow the runners to continue competing." The original article implied that Fred Brown, an AAU official, would be seeking alternative sanction.

A picture of Dave Jenkins on page 53 of our April issue was incorrectly credited to Mark Shearman. The photographer was actually E. D. Lacey. ●



# Buffalo to Niagara SKYLON INTERNATIONAL MARATHON

**WHEN:** — Saturday, October 16, 1976 — 12:30 p.m.

**WHERE:** — The Race begins in Delaware Park, Buffalo, N.Y. (see map), runs across the famous Peace Bridge into Canada, continues up a winding, tree-lined road along the Niagara River Parkway to the finish line at brink of the Canadian Horseshoe Falls in Niagara Falls, Canada. The course, which is A.A.U. certified, is basically flat, and the last 20 miles are on a roadway regulated at 30-40 mph.

**SANCTIONED BY:** Niagara Association A.A.U. (886) and Canadian Track and Field Association.

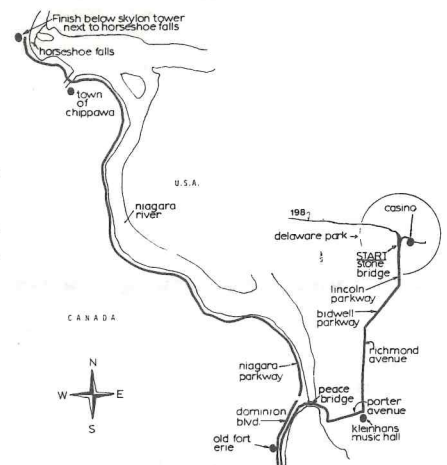
**ENTRY DEADLINE** — Postmarked midnight September 24th, 1976. No entries will be accepted thereafter. The uniqueness of this marathon, in running from one country to another, requires time for the Customs and Immigration Officials to process entries.

**AWARDS**—Open—first 15 finishers, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over—first 4 finishers. Women—first 8 finishers; Teams first 3 teams.

**FEATURES** — T-Shirts and Post-Race Buffet to all entrants. Available to guests at a nominal charge. Certificates to all finishers along with action photographs when possible.

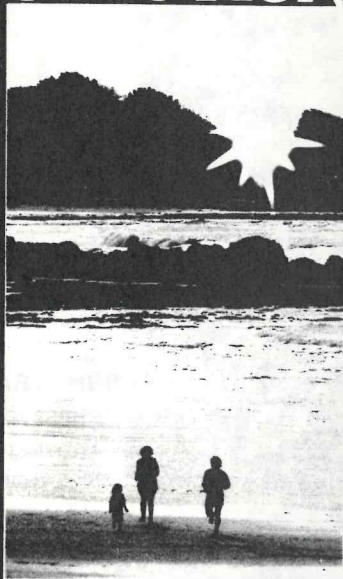
*For Entry And Further  
Information Write:*

**SKYLON INTERNATIONAL MARATHON**  
Skylon Tower  
5200 Robinson Street  
Niagara Falls, Canada  
L2G 2A3





# The LONG RUN SOLUTION



by JOE HENDERSON

## About the Author

Joe Henderson loves running and he loves writing about it—he's been doing both for years. He worked on the staff of *Track and Field News* and has served as editor of *Runner's World* magazine for the last five years, writing hundreds of running articles. *The Long Run Solution* is his eighth book. Others include such running classics as *Run Gently*, *Run Long* and *Long Slow Distance—The Humane Way to Train*.

# New Running Formula From Joe Henderson

The physical benefits of running are well-known, but the often forgotten mental rewards can be much more startling. The potential of running as a tranquilizer, as a way of loosening up the mind and letting creative energy flow, even as a tool in psychotherapy, is just being realized.

It has taken Joe Henderson nearly 20 years of consistent running to isolate the specific mental benefits he has gained from the effort. In his new book, *The Long Run Solution*, Joe X-rays his running experiences to reveal depths never before explored.

He draws from the advice of several doctors in many different specialties, as well as from his own experiences, to formulate a new program maximizing the psychological benefits of running. A program designed to clear clogged-up thinking; brain washing in a positive sense.

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the needs of today's athlete—the athlete like you who is on the go, working and playing hard and fast. Secondly, we believe it works better than most replacement drinks on the market. And here are the reasons why:

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#### SUCROSE

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#### HYPOTONIC

Studies show that hypotonic solutions empty from the stomach into your system faster than isotonic or hypertonic solutions.

#### FOR ATHLETES

Consumption during and after endurance and high stress activities delivers excellent results.

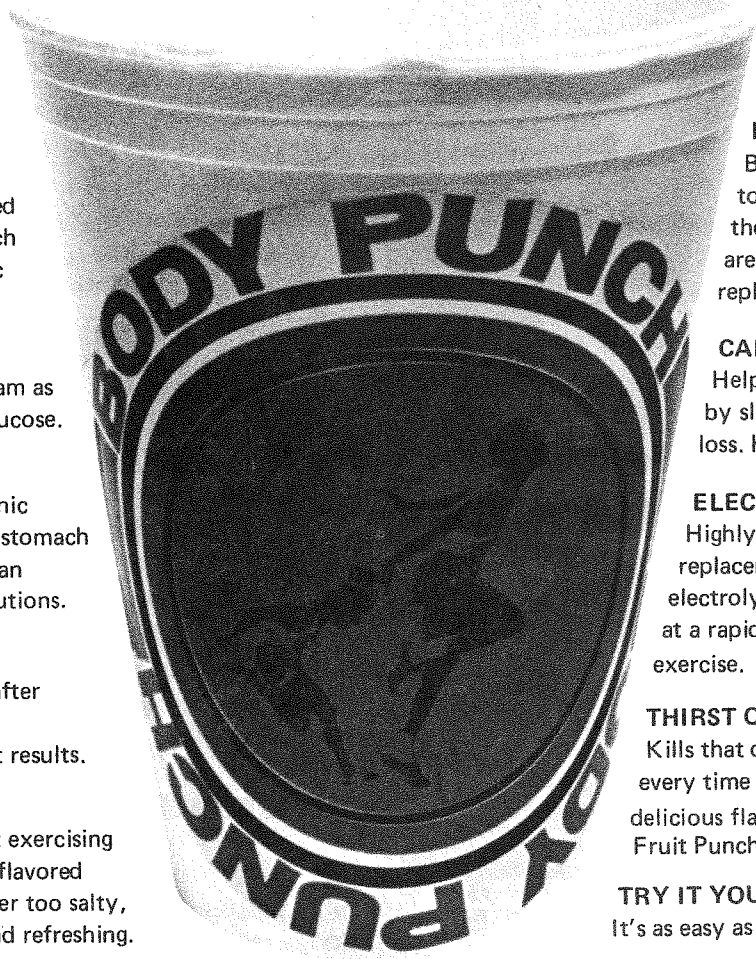
#### GOOD TASTE

Research has revealed that exercising athletes dislike a strongly flavored drink. Body Punch is neither too salty, nor too sweet, but cool and refreshing.

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Every cup of Body Punch goes a long way toward quenching your thirst and relieving the stress and strain of a hard workout. Each half-gallon size packet of Body Punch goes a long way too. Drink it before, during and after workouts. Feel the difference yourself.

If you've never tried Body Punch, we have a special sample package, one packet of each flavor. The coupon at right will give you the ordering information. Go ahead and send it in. Then test Body Punch during your next workout.



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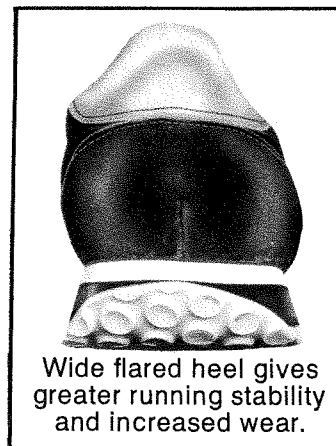
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Villanova II	A	A	C	C	A	A	A	A	A	A	B	17 Points
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# WOMEN'S RUNNING

**“The hardest step for a woman who wants to run is the first one out the door...”**



**Dr. Joan Ullyot**, a woman, physician and runner, all wrapped up in one, has just completed her fascinating new book, *Women's Running*. A breakthrough in modern running literature—the first book of its kind to take a serious look at women of all running levels. Beginning jogger to competitive long distance runner.

After age 30, Dr. Ullyot developed herself from “the ultimate creampuff” into a world ranked marathoner. This transition is the basis of *Women's Running*—but the book is more than a biographical sketch.

**Four separate sections** entitled “Plans,” “Aids and Advice,” “Running” and “The Results” are broken



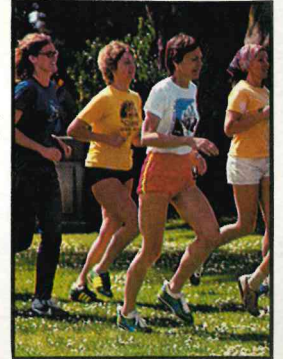
fact-filled chapters, each addressing specific running questions.

Emphasis on the woman who runs for fitness and long distance competition. Much advice for avoiding injuries and correcting the mistakes women encounter.

ing. Tips on shoes, clothing, diet and training routines for women at all levels of running. And women-related research findings (Dr. Ullyot specializes in exercise physiology).

## **Women Running**

knocks down the barriers. It guides women past the prejudices, through the first steps, with a view of what's ahead. Great reading for men, too. What to expect when your wife or girlfriend becomes a serious runner. Pick up your copy today at your local bookstore. Or use the order form inside on page 6.



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