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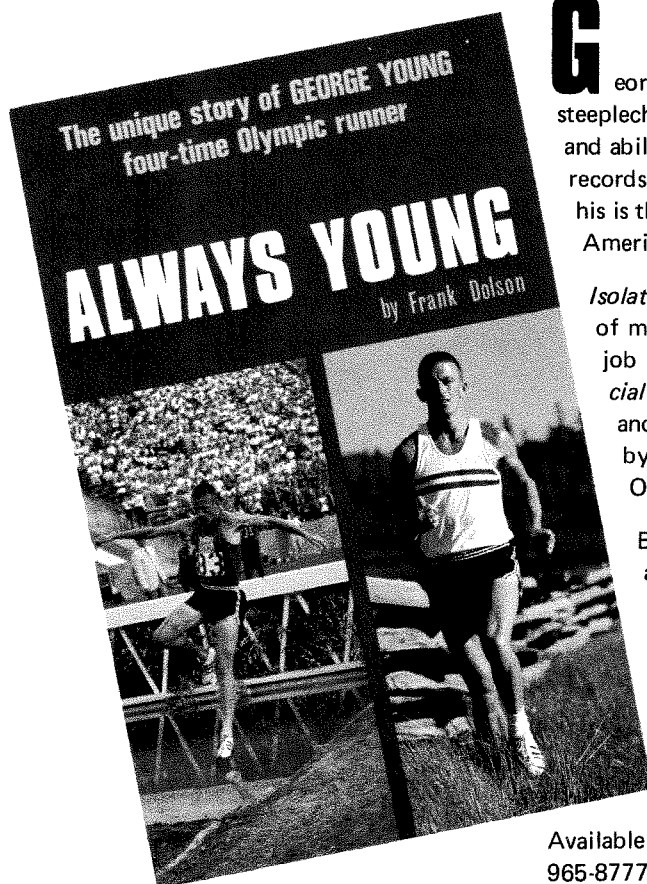
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Runner's World



**Special Feature:
National Running Week**

One Man's Race Against Frustration



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

Isolation—he trained alone for most of his career, living hundreds of miles from his coach. *Pressure*—the demands of competition, a job and family combined to aggravate his bleeding ulcers. *Financial sacrifice*—he admits to taking money from meet promoters and running shoe manufacturers, but only to repay debts created by his running. *Frustration*—the prize he wanted most, the Olympic gold medal, was never his.

But despite it all, George Young was always there, always fit, always fast, always tough, always making a good fight of it—whatever the year, the race or the odds.

Always Young, written by *Philadelphia Inquirer* sports columnist Frank Dolson, will shock you. The torment of workouts, races and dealings with officials makes the life of the amateur athlete unbearable yet fulfilling in a way only Dolson can describe.

Available at your local bookstore. You can order by phone at (415) 965-8777 to charge to your Master Charge or BankAmericard. Or use the handy order form below. 1975, 206 pp., ill., \$4.95 Hb., \$2.95 Pb.

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“Show me a runner whose shoes don't fit, and I'll show you a loser”

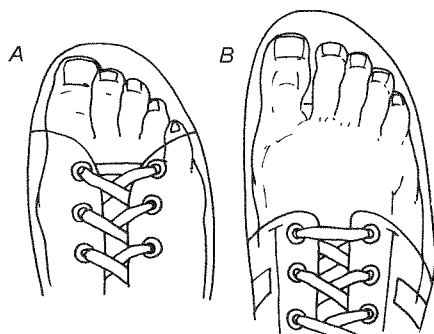
— Jim Davis, President, New Balance Athletic Shoe Inc.

At New Balance we tend to think of those words as Running Shoe Gospel. For 20 years we've been manufacturing racing and training shoes in width sizes as well as lengths. Conventional athletic shoe thinking says that one width can be laced and tightened to fit all feet. We say that's just so much bushwah. And the pinched toes and sore arches and blisters on top of the feet experienced by runners who wear those other shoes just prove our point.

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B
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Famous Sports Personalities Comment on the use of Stopwatches:



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



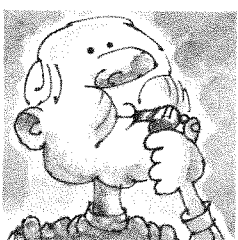
Master Navigator BOWDITCH ASTROLABÉ talks about stopwatch resolution: "I always wondered how big an error there might be in a celestial fix because I couldn't get fractional seconds on the ship's solid-brass stopwatch. I found out one day, and after they refloated the ship the skipper bought me a Cronus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



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

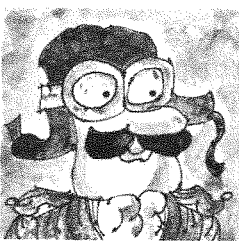


Pit Boss CRASH SKIDMARK talks about stopwatch fail-safe capability: "The trouble wasn't really with my old faithful 17-jewel mechanical marvel, the trouble was with me. I could never seem to remember to wind it, and it always stopped in the middle of the fastest lap. But my new Cronus doesn't need winding, and it won't even let me forget to change batteries; it's got a neat little 'Hey there' light that goes on when the battery gets low."



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

Taylor/Sequential, and Event Time-Out. Now my only problem is where to get rid of all these old iron stopwatches."



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



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

Whether you're navigating a solo circumpolar flight, coaching the Olympic swim team, timing the world record deep-diving championships, or doing a 4-minute mile, there's a Cronus digital electronic stopwatch for you. Even the least expensive Cronus has ten times the resolution, a hundred times the accuracy of a mechanical stopwatch. A Cronus is quartz crystal controlled, all-solid-state, with no moving parts, totally shock-resistant, accurate within sixty seconds a YEAR, and times right down to the 100th of a second.

CRONUS 1 – Four stopwatches in one: standard Stop/Start, Taylor, Split, and Event timing; 24-hour timing range; can be used as a desk clock or set to GMT for navigation and lab uses; complete with 2-year warranty, recharger, leather carrying case, and lanyard—**\$185.**

CRONUS 2 – Same timing functions as Cronus 1, but with 60-minute timing range (starts over again automatically at 00:00.00); uses disposable penlight cells; complete with lanyard, batteries, 2-year warranty—**\$125.**

CRONUS 3 – Dual function: Stop/Start and either Split/Cumulative (Model 3-S) or Taylor/Sequential (Model 3-T); 60-minute range; uses disposable penlight cells. Complete with lanyard, batteries, instruction manual, and 1-year warranty—**\$59.95**

Fail-safe operation –Every Cronus stopwatch has a built-in low battery indicator.



At reputable dealers throughout the world. For free literature, write to Intersil, Inc., 2000 Martin Avenue, Santa Clara, CA 95050.

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Volume Eleven — March, 1976 — Number Three

Contents

ARTICLES

National Running Week	15	Joe Henderson
El Paso's Kenyan Connection	24	Ray Hosler
Fastest Prep in the East	26	Marc Bloom
Ups and Downs of Steeplechasing	28	Hal Higdon
Larry Young: Third Time Around	34	Leonard Busen
Martha Klopfer's First Big Year	39	Marshall Edwards
Tom McLean Finds His Event	40	Daniel Brannen
Bicentennial Washington	42	Ron Somers
The Capital's Spring "Classic"	43	Steve Clapp
Youngest Girl Among the Women	45	Ron Abell
More Than the Marathon	56	RW Staff
Race Walking, Then and Now	58	RW Staff

DEPARTMENTS

From the Publisher	3	Looking at People	48
Runner's Forum	6	Technical Tips	50
Running Commentary	12	Racing Highlights	54
Interview: Greg Fredericks	36	April Coming Events	55
Medical Advice	46	Readers' Comments	62

From the Publisher

It is a pleasure putting on something like National Running Week and then getting mail like this: "I would like to express my appreciation for the most enjoyable Sunday of my life—Dec. 28th. I ran the first two stages of the (National Fitness) run and am still talking about it. You and your staff did a fine job." Thank you, M.E. Foss.

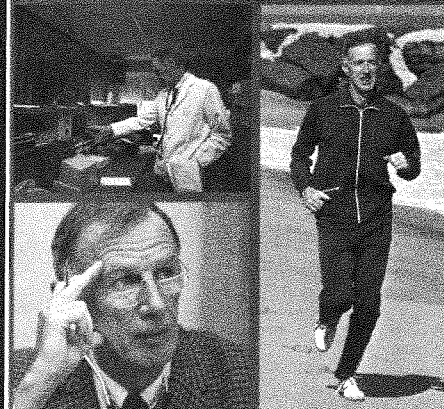
Of course, this doesn't mean we should be complimented on everything. There are several areas I would like to improve, but overall I was pleased and I think most of the people that participated were pleased. I know I really enjoyed running two legs of the National Fitness Run, and the workshops were most enjoyable, informational and inspiring. I am too close to the week to be a judge, however.

But I know I want to do it again. Maybe annually, maybe every other year, or in five years, and for sure in 10 more years. I will make a decision within the next six weeks. Your comments will be helpful in making the decision. One big question I have: Was Christmas time a bad time of the year to have the week? Would summertime be better? Did we charge too much for the workshops? What should we have done differently?

Besides our staff, I would like to thank three people who put in a lot of time at their own expense. Robin Schilling, Joe Wakabayashi and Wil White. Also, I want to thank the over 50 policemen all down the Peninsula who helped with the Midnight race, the San Mateo Monitors who kept radio contact with all the runners during the Fitness Run and the many other people who donated time to make the week a success. To pull something like this off takes many people, and it is unfortunate that many don't get the credit they deserve.

Bob Anderson

Dr. SHEEHAN on Running



by George A. Sheehan M.D.

Words from the wise.

In sports jargon, Dr. George A. Sheehan is a "triple threat"—a runner, a doctor, a writer. He writes of personal lessons from sports, sifting them through his experience in all three fields. George Sheehan writes not so much for athletes who want to conquer the world as for those who want to explore the fascinating worlds inside themselves. **Dr. Sheehan on Running** will delight you, outrage you, make you laugh, make you cry and will give you plenty to think about.

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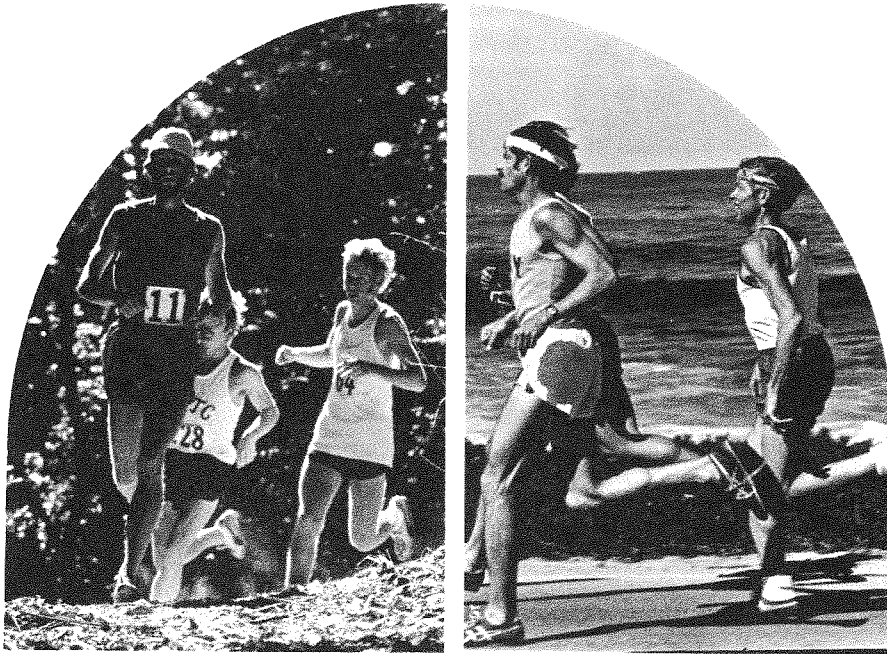
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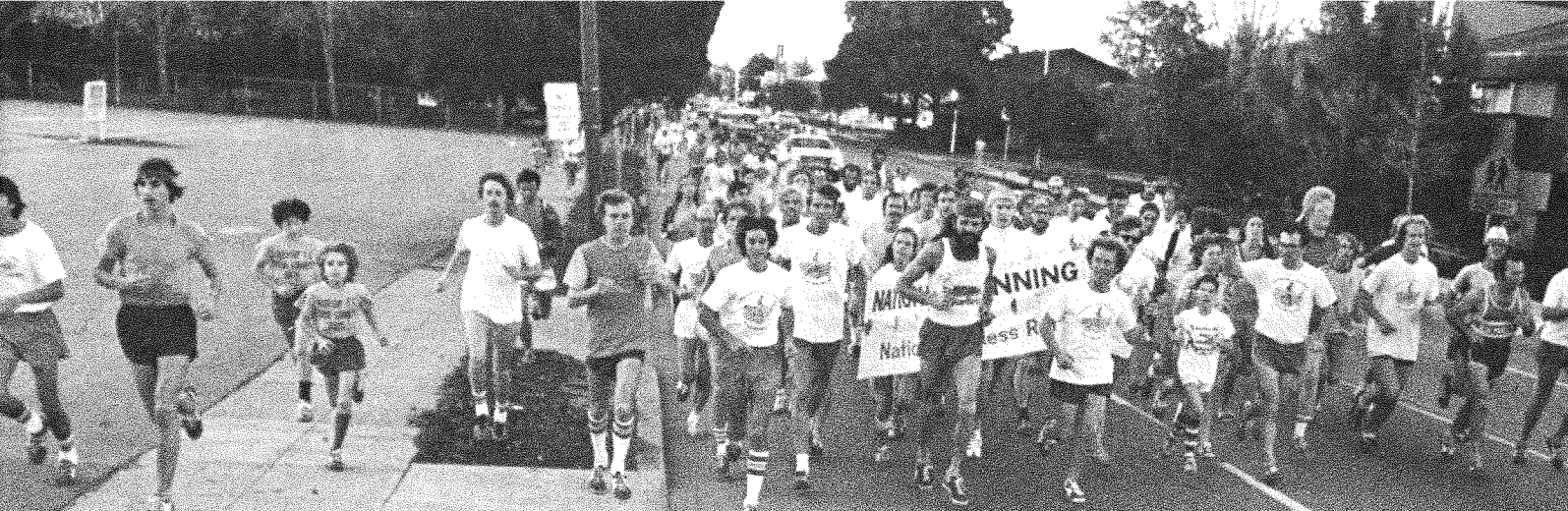
The Golden Gate Bridge and Kathrine Switzer figured prominently in National Running Week. The nine-page report on the week's activities begins on page 15. (Bill Reynolds photo)



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Remember National Running Week?

It's almost impossible to forget the races, workshops, social gathering and Runner's Night—the good times had by one and all.

Relive those moments with these commemorative souvenirs from National Running Week. If you weren't able to attend the National Running Week festivities

in 1975, you can still show your support when you wear or display any of the items listed below.

Supplies are limited, so mail the coupon below as soon as possible. Show your support of National Running Week and running. After all, you *are* a runner aren't you?



NATIONAL FITNESS RUN POSTERS—full-color artist's concept of runner's crossing Golden Gate Bridge. Map of the run. 23 x 18 inches, only 50c.

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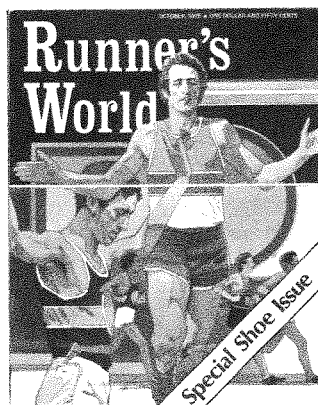
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Special Issue



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Runner's Forum

The free exchange of opinions, ideas and information.

MATTERS OF THE HEART

Allen Schauffler's article ("This Wasn't Supposed to Happen," Jan. '76) is quite important for cardiac patients. It shows that even a 3:37 marathoner must use some judgment or he can get into problems.

The American Medical Joggers Association still reviews autopsies on distance runners who have died of apparent heart attacks. So far, a fatal heart attack has not been found. However, problems such as Schauffler has mentioned are seen. Those non-fatal "attacks" can be brought on by a variety of things. Pre-existing heart disease may or may not be present in these cases, but cardiac patients are more vulnerable and should exercise more caution. I would like to see all cardiac patients following the advice of a cardiologist—coach who is also a marathon runner himself. Here are some of the hazards:

1. *Smoking*: Cardiac patients in a rehabilitation program are warned about tobacco use themselves *and* also the danger of "second-hand smoke" they may get in a room filled with people who smoke heavily.

2. *Fats*: Errors in judgment about the fat content of foods can cause trouble during "loading" prior to a race. Runners who have heart disease should read about the fat content of the foods they eat so they don't mistake cheese for protein or ice cream for carbohydrates. Both may contain a lot of fat. To be safe, they can stick to the obvious starches of whole grains, rice, potatoes, pasta, corn, beans, etc.

3. *Virus infections*: Hard training or racing can be dangerous during the flu or depletion syndrome. The heart rhythm can be upset if the virus attacks the heart muscle. Other things that can upset the rhythm include stimulants like caffeine (coffee, Coke, some headache pills, etc.) and tobacco smoke.

4. *Dehydration*: A variety of problems can occur if you race beyond your ability without proper support from the aid stations. Upset your salt and water balance enough, and you will collapse. Add heat or altitude, and you are in real trouble. The only marathoner that has died under these conditions had nor-

mal coronary arteries. The death was listed as "heat stroke." If he had had old heart disease I am sure it would have been listed as a "heart attack."

Several marathoners in each of the above examples have gotten into trouble and gone to the hospital. The studies suggested "heart attack." However, they were back on the road, training, in a few days and running marathons in a few weeks. Perhaps they were protected by their coronary arteries which appear larger than the average patient's. I think this is due to their training, and I hope that all cardiac patients can benefit by enlarging their own arteries the same way that Schauffler apparently did. (Hundreds of patients are out jogging with just this in mind—improving their hearts!)

I do not advise cardiac catheterization for a jogger who has a good exercise stress test. However, Schauffler's other suggestions are very important. A "relaxed philosophy about running" will keep you out of trouble most of the time. For this reason, the American Medical Joggers Association encourages a "non-competitive cardiac division" in long races with recognition of all finishers.

You might take note that "mileage" itself is not listed as a "hazard"—for it is not. Mileage is like medicine: the dose is important—and for the cardiac patient the dose of mileage is best determined by his cardiologist.

If mileage can enlarge your coronary arteries, as it apparently did for Schauffler, it may be the best medicine we have for heart disease.

Thomas Bassler, M.D.

THE BEAT GOES ON

"I don't believe in exercise. We're given a fixed number of heartbeats in our lifetimes, and when we use them up we die. I want to live to a ripe old age."

This argument has always rankled me. One of the US's early men in space even gave it as his reason for avoiding "unnecessary" exercise.

Let's do a little counting:

The average person on the street has a resting heart rate of 75 beats per minute or faster. That's 108,000 beats in

a 24-hour day. If this person were to exercise and get in minimally adequate cardiovascular condition, as defined in Kenneth Cooper's *Aerobics*, the heart rate would fall at least to 60 beats per minute, or 86,400 per day. That's a savings of 21,600 beats per day from getting heart and lungs in just-passing condition. This person's heart is contracting 20% fewer times per day than the unfit, average American's.

"Aha," say the critics of exercise. "What about your heart rate *during* that daily exercise period. It's shooting up so high, you probably make up for all the heartbeats you save during the rest of the day!"

Back to the calculator:

Say our barely-fit human gets really ambitious and does a two-hour endurance paced workout each day, at a continuous heart rate of 140 beats per minute. Calculating again on the basis of a resting heart rate of 60 beats per minute, we get 79,200 beats for the "other" 22 hours of the day, and 16,800 for the long two-hour workout. That's 96,000 beats per day. Sorry, unfit friends—the fit person is still saving 12,000 beats per day.

The figures do deceive. First off, we're rarely cruising along at resting heart rate levels during our busy workday lives. Thus, actual total daily heart-beat figures will be higher than given here. But it is fair to compare the fit with the unfit by totting up resting heart rates, since given a reasonably similar type of activity, each person's heart rate would seem to rise and fall proportionately.

Or will they? By golly, the fit person has an advantage here, too. Emotional stress and physical work produce far less drastic rises in heart rate in the fit person than they do for the out-of-shape. Fit people are saving even while they're busy.

Some people have pointed out that the heart of the average person pushes around 18 tons of blood per day. On this basis, they've calculated that the fit person is saving the energy it would take for the heart to pump about four tons of blood. Actually, this may again be misleading—the fit person's heart pumps slower, but it pumps more blood on each stroke. I don't know how much more work is done per stroke, or how much more blood is pumped. Frankly this investigation must now end in a squirrel hole of my own ignorance.

One thing I do know. I'd like to be like Larry Lewis, who was still running six miles every morning at age 105. *(continued on page 8)*

**T-SHIRTS...UP TO 1/3 OFF!
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Everyone needs to run in a shirt of some kind when they train, so why not take advantage of our CLEARANCE SALE on these famous NorCal meet T-Shirts? Normally these shirts run \$3.00 each (plus 35¢ postage)...BUT, for a limited time only (until gone), we are offering them at up to \$1.00 off regular prices. Buy them for yourself as collectors items, or give them to friends as gifts. All shirts are medium-wgt. cotton (most with trim too), and all have at least two colors (most have three colors). They may be purchased for \$2.50 each (a 50¢ savings), or for \$2.00 each for 5 or more!! Postage is included in this price. Below are the five different shirts we have for sale (please indicate number of each size):

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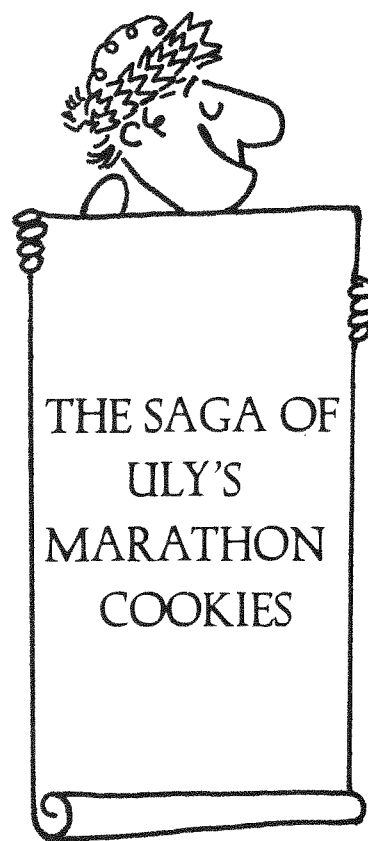
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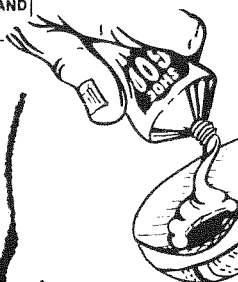
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Frank Shorter, current Olympic Marathon Champion wittingly commented that "it was not by chance that a Greek was the first Marathon winner in the 1896 Olympic Games at Athens, Greece. Spyridon Louis probably consumed the forerunner to the 'Uly's Marathon Cookies.'"

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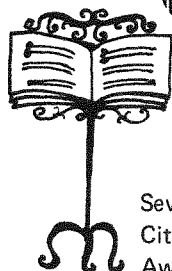
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Larry's running career spanned 95 years. Must've been all those heartbeats he'd saved that kept him going.

George Beinhorn

MASTER PIECE

The writer served during 1975 as chairman of the AAU sub-committee on Masters long distance running.

The Masters movement is filled with noble expressions from its leadership of purposes that ring with sportsmanship, camaraderie, health and fitness, and all the other platitudes that can be mustered by the people and organizations that control the sport.

Many good things have been accomplished but, as a friend of mine observed, there is an increasing indulgence in self-glorification, power acquisition and development of interlocking organizations whose leadership is never quite separated.

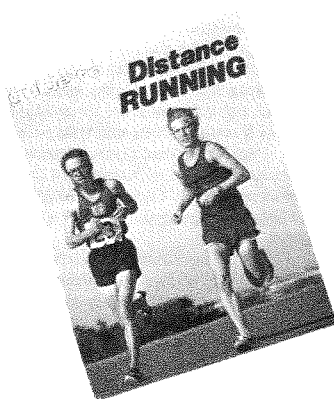
For the future to be better, there needs to be an increased understanding of the heartland of the Masters movement, which—contrary to the thoughts of some—is the also-rans, the marginal runners-joggers, or as a fellow so aptly described us when we were in the back of the pack in the recent National Fitness Run, “us hamburger and dogmeat un-runners.”

We are all grateful for the effort and time put in by the gifted older athletes, or those who have the affluence and education to take leadership roles in the Masters. However, it must always be remembered that they are but a handful, and at the base of the program are those less qualified, less capable, less leisured, and to some degree more modest. Their interests must be looked out for, and not as a springboard for the elite or ego-centric to vault to newer heights.

The more typical Master comes to long distance running from a life filled with difficulties and frequently failures. He wakes up one day realizing that his already low self-esteem is ebbing more due to his expanding waist, diminishing hairline, and increasing responsibilities of family and employment. Perhaps he has failed frequently enough even to have serious mental problems lurking in his already marginal personality.

This man often starts his Masters career with a patchwork running outfit of canvas Keds, cut-off bermuda shorts and faded, ragged college sweatshirt. If he survives his periodic treks to the local high school track, he might happen into a fun-run or the village turkey trot,

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where some limited success may result in the purchase of nylon shorts, an expensive pair of running shoes and renewed hope.

Then he runs his first race with the hotshots, and observes elite packs of Masters running royalty. He is faced with the inner circle's feigned modesty, aloofness and downright unfriendly attitude, and may withdraw forever because he feels he doesn't belong here.

Although there are programs that really promote the fine attributes—social and physical—of group running, all too often the national and international Masters running leaders have other more personal and sometimes selfish motives. The time has come for increasing concern over the quality of races, protection of the older athlete, and a classification system of competition that recognizes age and ability levels for continued programming of runners rather than developing a system to award more patches, ribbons, medals, and other heroic devices.

My efforts have, for the past year, focussed on these concerns and writing the necessary enabling legislation to bring about some changes. I felt that a study of the trends, problems and potential for the entire Masters program is long past due.

All of us should be concerned with the well-being of the great multitudes of older people who are yet to put on their first pair of running shoes. To those that are in shoes already, it is our duty to keep them interested and involved.

For me, the greatest compliment for my year's AAU service came from who one was dissatisfied with my performance and lack of notoriety (I guess compared to his). His comment was, "No one knows you." It is my hope that it will remain this way, provided there is some rededication to our purposes.


Len Wallach

MIXED UP TRAINING

General training schedules, like single width shoes, don't fit everyone. Difficulties which arise may be physical and/or psychological. Perhaps long, slow distance didn't work for me because I never thought it would. Midway through a 10-kilometer cross-country race, I'd rationalize that an exclusive diet of 8½-minutes-per-mile training wouldn't allow me to push a six-minutes-per-mile pace. My tempo would slow at the first sign of discomfort. Likewise, I thought a paltry 5-8 miles

(continued on page 10)

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1976 Eastern Express Run



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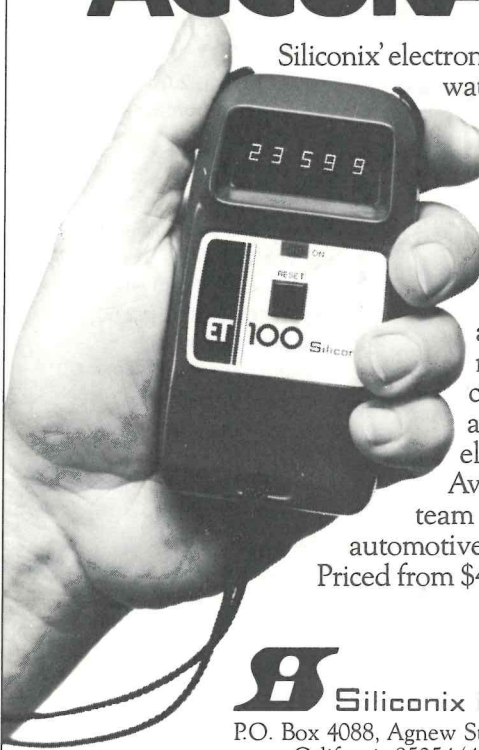
The second annual 20 kilometer Eastern Express Run, co-sponsored by Eastern Express, Inc., and the Wabash Valley Pace-makers, will be held at 8 a.m., May 1, in conjunction with the Tony Hulman Classic, USAC sprint car race to be nationally televised by ABC Wide World of Sports.

Five competitive categories include: open division; women; under 16-years-old; 30-39; 40-49; and over 50.

No entry fee before April 24. There will be a \$2 charge for late entry or entry on day of race.

For registration and information, contact Richard Harland, Coordinator, Eastern Express Run 1976, Eastern Express, Inc., 1450 Wabash Avenue, Terre Haute, Indiana 47808 (812) 232-5321.

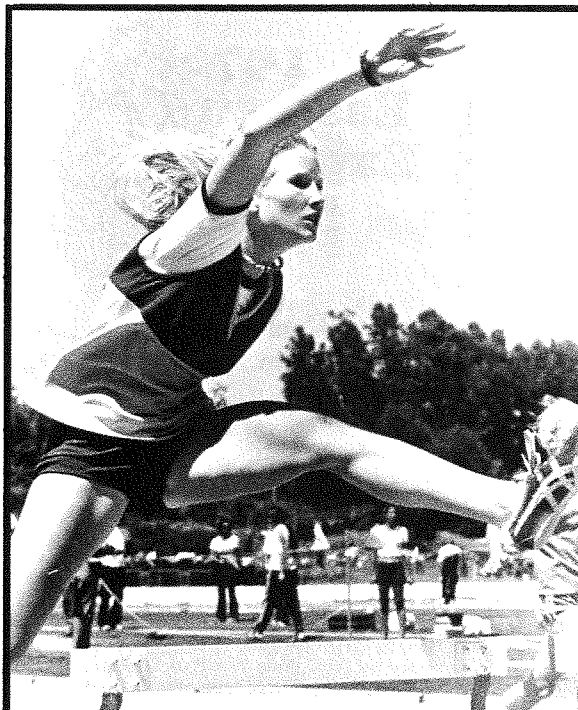
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 Another Look at LSD
 Nutrition for the Runner

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Peaking for Big Races
 Running Tour of Europe

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Monitoring a Marathoner
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What Diet Can Do
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 Black Distance Runners

FEBRUARY, 1976

1976 Marathon Handbook
 Greg Fredericks, Men's AAU
 How to Ruin an Athlete

per day, no matter how qualitative, wouldn't permit me to race 26 miles.

The solution seemed obvious. Cover 100 miles per week with adequate speed work thrown in. Right? Wrong! Either the speedwork resulted in physical injury or the mileage grind blew my mind.

Sages advise not to train hard for a prolonged period. Simply follow Ken Young's "collapse-point theory." Then sharpen for a specific race with Osler-type pickups. Right? Wrong! Even on a twice-weekly basis, my old legs could not take the instant switch to speed work or I would be limping.

Fortunately, I found a solution which removed my psychological hang-ups and also allowed me to compete with relative success at all distances from 10 to 100 kilometers. It took over eight months to build up to a fartlek-type mix of 3 x 100 meters (17-18 seconds); 2-3 x 1000 meters (3:45-4:00); 2-3 x 400 meters (85-90 seconds) and 2-3 x 200 meters (40-42 seconds).

This mix is done twice per week and incorporated into an eight-mile workout—jog two, mix four, jog two. Once each week, I insert a steady tempo run of four miles (26-27 minutes). The pattern: jog two, run four, jog two. Other days, I jog 2-8 miles (8:00-8:45). Total weekly mileage is about 50.

The key factor is holding the speeds *constant* throughout the season. If I think my pickups are getting faster, I go on to a track and check them out. The temptation to run faster must be resisted or you will run yourself into an injury. The quality and quantity of my mix were arrived at after much experimentation. As the repetitions are few in number, slow in speed, and constant in execution, my legs don't rebel.

The three "fast" days enable me to run a respectable 10 kilometers. Since slow miles can be added more safely than fast repetitions, I prepare to race a marathon by increasing the jog portions of the mix workouts. Example: jog four, mix four, jog four. The tempo workout is expanded to jog four, run 6-8, jog four. Other days: jog 4-12 miles. For a 100-kilometer run, the mix workouts become jog eight, mix four, jog eight. The tempo day is jog eight, run eight, jog eight. Other days: 8-20 miles. I allow three weeks to build for a marathon; six weeks for ultra-distance races.

My training method won't prepare me to threaten Ray Hatton or Ted Corbitt. Yet I finished well up in age class. For an old race horse that's enough.

Michael Allen

FUN-RUNNING

Fun-Running is about to take off nationwide, judging by the response to Bob Anderson's editorial ("Whys and Hows of Fun-Running," Jan. '76 *RW*). Nearly 50 groups or individuals in 27 states answered Anderson's appeal for help in setting up local programs.

The important part is yet to come. Now the organizers must put their plans into action, and let us know what is happening so we can publicize it in the magazine.

The following cities and towns report having events of the Fun-Run type—in brief, regularly scheduled, timed runs over accurate courses, involving a minimum of paperwork.

CALIFORNIA: Corona Del Mar/CDM High School—Tuesdays, 6:30 p.m. (June to September); 4-6 miles (John Blair, Track Coach, Corona Del Mar High School. Hayward/California State University—Sundays, 10:30 a.m.; quarter- or half-mile, mile, and 3-6 miles (Will White, 415/489-6296). Los Altos Hills/Foothill College—Sundays, 10:30 a.m.; quarter- or half-mile, mile and 2-6 miles (Runner's World, Box 366, Mountain View, Calif. 94040).

ILLINOIS: Carbondale/Southern Illinois University Arena, 1:30 p.m.; half-mile, mile or 2.2 miles, and 3 or 4 miles (Jan Sundberg, 111 Glenview Dr., Carbondale, Ill. 62901).

KANSAS: Lenexa/Shawnee Mission Park, held April, May, June, August, October (no other details available).

NEW YORK: Fredonia, Sundays, noon; distances not listed (Carl Olsen Jr., 25 University Park, Fredonia, N.Y.)

WASHINGTON: Seattle/Green Lake—Sundays; 11 a.m. 3 miles (Super Jock'n Jill, 401, N.E. 71st, Seattle, Wash. 98115).

Please let us know if you are holding regular Fun-Runs or are interested in doing so. Write: Bob Anderson, Runner's World, Box 366, Mountain View, Calif. 94040.

WRITERS-PHOTOGRAPHERS

Seventeen non-staff writers have articles in this issue—and almost that many photographers. We welcome freelance submissions. But we're now receiving about 30 articles a week, of which only three or so are published. The rejected ones are almost always unsolicited. So please, if you're interested in submitting material, ask in advance what our needs are. ●

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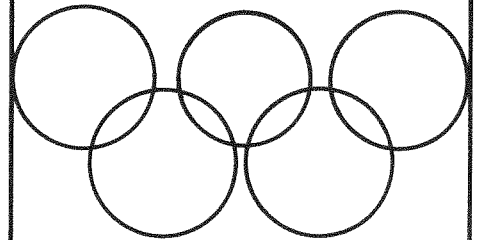
July 2-5—AAU Masters T&F Championships, Gresham, Oregon. Mt. Hood Community College. Special Transport and housing.

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

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Running Commentary

by Joe Henderson



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Written by Dr. Ernst van Aaken, a famous German physician and coach, this book is thorough in its explanation of training methods and the scientific data that backs them up. Running's new popularity is in no small way traceable to van Aaken's research, training methods and philosophy—"Run slowly, run daily, drink moderately and don't eat like a pig." Available soon at your local bookstore. Or use the handy order form below to purchase your copy today. 1976, 144 pp., ill., \$5.95, Hb./\$3.95, Ppb.

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World Publications

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"WEST CHESTER, Pa. (AP) — An automobile club executive has suggested that the state issue jogging licenses. Joggers, Charles Lucas says, can be hazardous to traffic. 'We suggest the state issue a yearly jogging registration card made of reflectorized cardboard, to be placed on the back of the jogger's shirt,' Lucas, manager of the Chester County Automobile Club, said."

It's a summer Sunday afternoon. Hot. There's little traffic on the street as the visitor dressed only in shoes and shorts tours a Pennsylvania city.

Suddenly, a siren behind him makes him jump.

"Okay, buddy, pull over," commands a police officer through the open window of his squad car.

The runner pulls reluctantly to the curb and pleads, "What's wrong, officer?"

The cop climbs slowly from his car and whips out his citation book before answering.

"Okay, let's see your license," he finally says.

"You mean my driver's license?" asks the man in shorts. "It's back at the motel. I can't carry it when I'm dressed like this."

"No, no. Your *jogging* license."

"Jogging license?" The man chokes back a laugh.

"Yeah, don't play dumb with me. You know about our new state law that joggers must wear their licenses."

"But I'm from Missouri. I didn't. . ."

"Show me," says the officer. "Give me some identification."

"As I explained, I don't. . ."

"Okay, I'm citing you for running without a license. That's illegal here. We can't have people all over our roads like you own them, making them unsafe for the drivers."

This may never happen. But the mere suggestion of such a move demands comment, because it proposes official control over the movement of runners. It could, if adopted, give police an excuse to harass us off the roads. Even now, we're barely tolerated there.

Runners have to accept the fact that they are out of step with the general society which generally agrees that roads are for cars only. Most drivers don't expect to see anyone there except other drivers, so they don't watch for

us. Some are arrogant with their power and won't give up an inch of "their" space or a second of their time to let a runner through. A few drivers are sadistic.

I have to think some of them feel threatened by us, and they're striking back by running us into the ditches and gutters.

The runner—while he runs, at least—is a rebel. He is, for a time, rejecting the symbol which modern man worships most—the automobile.

"When he runs on the roads," writes George Sheehan, "he is making a comment about life. He is, in effect, criticizing the life-style of everyone who sees him. He may not want to do this, but he does."

There's not much use complaining about being misunderstood and set upon because no one will listen except other runners. And we are powerless.

As an example, let's say you're on a quiet country road west of town. You're minding your own business, a thousand miles away in thought, when a Pontiac station wagon roars into your consciousness—and your running space.

Next thing you know, you're in the ditch. Your left foot is going in one direction and the rest of you in another. The ankle twists and snaps.

But for now you're more angry than hurt. The car is speeding away. You try to catch a license number, but it's too late.

Only then do you look at the ankle. It's already starting to discolor and swell. You brush the dirt from your hands and knees, and try to stand. A pain shoots from the ankle to the brain, saying, "Please, don't put on full weight!"

Just then, you see a police car. You hobble to the middle of the lane and flag him to a stop.

"Officer. . ."

"Hey," he says, "what do you think you're doing standing in the middle of the road like that?"

"I'm hurt."

"Auto accident? I don't see a car."

"No. . ."

"Motorcycle? Bike?"

"No. I was running. This big Pontiac. . ."

"Running? You should know better than to run out here."

"Isn't there anything I can do?" you say, meaning to bring the culprit to justice.

"Yeah," the cop says. "You can find someplace else to run. Tracks are for runners, roads are for cars. Stay where you're safe."

This isn't a flight of my imagination. Similar things have happened at our Fun-Runs. The Fun-Runs have gone on now for more than 160 straight weeks, with an average of more than 100 runners each time. That popularity, it turns out, is the problem. The police don't like us cluttering up their roads without wheels under us.

There have been isolated incidents. Occasionally, the large group at the start slows traffic for a minute. Once in a while, a runner strays from the lefthand shoulder and forces a driver to swerve.

The police hear of these few incidents. The deputies say they are getting "citizen complaints" about the runners; that we are a "traffic hazard." But if the runners and drivers we see are any indication, the "hazards" are produced almost entirely by the drivers, and the legitimate "complaints" should come mainly from the runners.

The only traffic-related injury in more than three years of Fun-Running occurred when a Volkswagen brushed a young athlete named Larry Good and knocked him down. The driver was in the wrong lane, and sped from the scene without identifying himself.

At least once each week, runners who are obeying the law by using the far lefthand side of the roadway are forced into the ditch by drivers who won't yield an inch of "their" space.

Every week, at least one driver races along the course at twice the posted speed limit of 25 m.p.h. Once, one of the joy-riders scattered a group of women and children finishing their half-mile.

Our complaints to police have gone unheeded. The hit-and-run driver was never caught. Speeders continue to prowl the course at will.

Meanwhile, the sheriff's department has made it clear that the runners are a menace to traffic which should be eliminated. Which is like saying that the deer is a menace to the hunter. The deadly weapon is in the hands of the driver, not the runner. To run down the center lane would be as ridiculous as looking down the barrel of a loaded shotgun. Any runner who takes this risk should be cited for his or her own protection. But to kick us all off the roads would be a gross — and probably illegal — overreaction. ●

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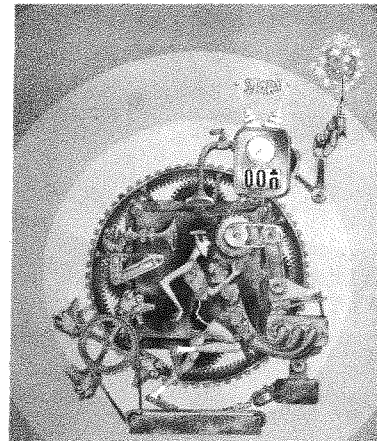
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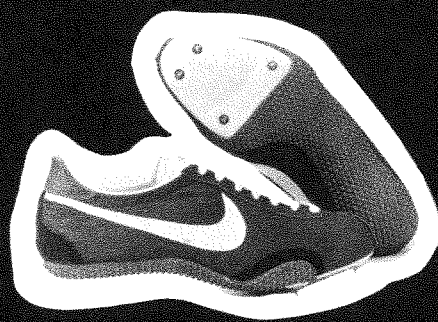
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National Running Week

A celebration of the sport and its people

Text by Joe Henderson

Photos by George Beinhorn

We run one step at a time, one day at a time. And only at odd moments do we stop and reflect on the distance and time that have been covered. Only then, when we look back over the miles and years, do we get a sense of perspective about what has happened.

National Running Week—Dec. 28-Jan. 3—was a chance to look back over the last 10 years and see, compressed into a single week, much of what has happened. Seen in this perspective, it was rather awe-inspiring.

Probably 5000 people in San Francisco-Palo Alto-Mountain View participated in one activity or another during the week. And without any special encouragement from us, runners in other parts of the country had NRW events of their own.

I look back 10 years in my own running for a hint of what this means. I was out of college, just out of six months in the Army, and had never been in worse shape. Running was a painful chore. Friends, ex-runners, asked, me, "Are you *still* running?" Most of them had quit at high school graduation,

the rest on the last day of college. And already at 22, I felt old and alone. There wasn't any future for an out-of-school runner in Iowa in 1966.

I stuck with the sport more from habit than desire, running around and around the outer perimeter of Drake Stadium in the winter of 1966 as part of an old ritual.

One lap led to another, and one day to another, and eventually to a new way of running which took me far from this stadium. A lot of miles have passed under my feet in the last 10 years. They have led to places I couldn't have imagined in 1966. I'm not alone any more. No one has to be alone, except by choice, now that the isolated individual runners have come together to share their strength.

The last day of our week, a newspaper clipping came in a letter from my mother in Iowa. It read, "The US Track and Field Federation will sponsor a distance derby at Drake Stadium Saturday as part of National Running Week activities." Even the runners in Des Moines aren't alone any more, which shows how far all of us have come.



Sunday - National Fitness Run

The massive logistical feat was almost complete. Bob Anderson and his staff had mapped a 60-mile route, covered in 18 stages, running through more than a dozen police jurisdictions. Perhaps the biggest job had been milking permission from all the departments. Some of it was grudging, but all the okays had finally come.

Anderson had predicted that at least two or three thousand, and as many as 10,000 runners would join in with the "National Fitness Run." Both the figures and the name seemed overly optimistic.

Good weather had brought out several hundred people for the run to the Golden Gate Bridge. But the start hadn't been promising. The torch's flame had died after two miles. Then we came to a gate which Bob said "hasn't been locked in 20 years." It was locked today, and we'd all had to scale it.

I'd run the first stage, then was driving across the bridge when any doubts I had about the run were blown away. Nearly all the way across the span, the pedestrian crosswalk had filled with the bobbing heads of runners. At the front of the group, justly proud of what he'd put together, was Bob Anderson, holding high the lighted torch.

No other stage had been as popular as this one, because few scenic attractions in the world can match this one. But none of the other 3-4-mile sections had attracted fewer than 50 runners. The average had been above 100.

Runners could go as little or as much as they wanted. Some had gone only a few hundred yards. Most had run a stage or two. Alan Jones, a record-chasing Marine from Portland, had started with the intention of going all the way.

Jones said, "Later this year, I hope to run across the



United States west to east—after I swim the Mississippi River north to south. I want to do 60 miles a day in the run, so this is a test.”

The “Fitness Run” was just that—a training run, not a race. It had been scheduled at eight minutes a mile. The people at the front had found it too slow and had cheated it by half a minute or more, and the people at the back had found it too fast to stay with the single, small pack which organizers and police had wanted.

At one stage, police had actually stopped the leaders so that the stragglers could close in. Imagine that happening in a race.

Now it was almost over. Far down the street, we could see the pack. It was moving along right on schedule. Almost to the minute. Jim Ryun was in front, carrying a torch which was burning now.

I can think of nowhere else where Jim Ryun would run with—not ahead of them as competitors or out in front of them as spectators, but *with*—so many slower people.

It has been said that Ryun has lost his zest for running, along with all of his world records. But this Sunday, it appeared the only thing he has lost is the pressure that went with those honors.

Jim was nearly 29 years old, a father of four. He was back living in Lawrence, Kans., where he first had attracted national attention 12 years earlier (with a 4:21 mile at the Kansas Relays as a high school sophomore). He was back with his high school and college coach, Bob Timmons.

The latest issue of *(Track & Field News)* had reported, “Ryun said that if he didn’t approach his personal goals this year and make satisfactory progress, he’d call it quits.”

This was the first time I’d seen Jim in a relaxed setting. In fact, the first time I’d seen most of these runners outside the hyper atmosphere that pervades even the low-key road races. Ryun was at ease. We were all at ease.

Ryun had committed himself only to running across the Golden Gate Bridge during the Fitness Run. But he was in Sausalito before sunup. He got there with the first half-dozen people, and served as an unofficial greeter as the crowd began arriving.

Jim had run with the crowd to the bridge, across it, then on for two more stages. Then he’s volunteered to carry the torch on the last leg.

“If I go too fast,” he’d told Bob Anderson, “you yell at me.”

Now, Jim was all but tripping over his feet at the pace which for him is absurdly slow. Once, he glanced back over his shoulder and said, “Is this slow enough for you?”

Someone said, “I didn’t know you could go that slow.”

“Neither did I,” he said, smiling.

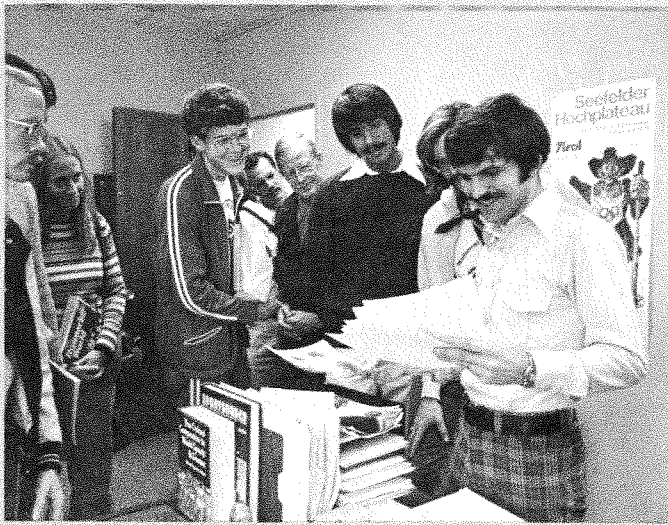
A woman behind him was breathing so hard she could barely speak.

“I . . . didn’t know . . . I could . . . go that fast,” she panted. “But I’m keeping up . . . with Jim Ryun’s pace.”

She was smiling, too.



Scenes from the National Fitness Run: Page: 15—Joe Henderson carries the torch on the next-to-last leg. Page 16, above—Bob Anderson leads the crowd across the Golden Gate Bridge (Lorraine Rorke photo). Page 16, below—Jim Ryun brings the run into Mountain View. Right—Some of the more than 500 runners on the Bridge.



Monday/Tuesday-Touring

Nearly 200 runners traveled in from as far away as Hawaii and New York to help justify the "National" label on the week. Mark Cockrill of Hawaii won the prize (a 10-year *RW* renewal) for coming the farthest.

Garrett Tomczak rode a bus for 50 hours from Minnesota, to be here. Irene Brown, a woman in her 60s, flew in from Wisconsin. Several carloads of runners drove down from Oregon, and several more came up from Arizona. There were as many Southern Californians as Northerners at most of the sessions.

They toured our offices in the afternoon, after touring the area on the run in the morning.

The week between Christmas and New Year's is a recovery time. The Christmas buying and parties are over, the New Year's parties and bowl games, and the rush back to work and school haven't started.

On the usual weekday morning, El Camino Real, the over-lighted, over-advertised strip of motels, used car lots, fast-food outlets and shopping centers, would be jammed with commuters at eight o'clock.

These mornings, traffic was flowing in spurts instead of the usual stream. All along the highway as I drove from home to the hotel which was Running Week headquarters, I saw runners—individuals and small groups.

They had to be from out of town, because local runners know better than to run up and down El Camino. One block to either side are quiet, tree-lined residential streets. A quarter-mile from the hotel where most of them were staying is a bike path which leads to Stanford University. Little more than a mile away is the country and its hills.

One of the most important things I did all week was to point the visitors away from the business strip—which looks like the business strip in anyone's hometown—and out into the areas which make this area liveable and runnable.

Each morning, a group gathered in front of the hotel—out among the fountains and naked statues—to start a run. The first morning, I complained about the cold. It was a few degrees below freezing, and the fountains sprayed an icy film onto the hotel lawns and driveways. I explained, "This is unusual for here. You come out for a vacation in warm, sunny California, and look what happens."

A man from Wisconsin, Bill Maleserich, laughed. He said it was the first time in weeks that he hadn't worn layers of clothes against the Midwest cold.

Bill's welcome to the area came at one o'clock in the morning. He'd been talking with other runners at the headquarters hotel, and was jogging back to his own motel down the street. He ran hunched over, with his hands in his pockets.

Suddenly, he was face down on the sidewalk, a snarling police dog on top of him. Three cops surrounded Bill, and as he looked up, the barrel of a pistol looked back at him. The visitor from Wisconsin had to prove he wasn't the man who'd just robbed the El Camino Inn.

The story occupied much of our run the next morning. Bill could laugh about it already. And by the end of the week he was asking, "Will you be having this again next year?"



Touring the publisher's (upper left), shipping (upper right) and layout (lower left) offices of Runner's World.



Wednesday - Midnight Run

The setting up for the Midnight Race started at 9:30. Already, a dozen runners paced Main Street with is-this-the-place-and-if-so-what-am-I-doing-here looks.

The police were to block traffic from the street at 11, but they didn't have to because runners had long since filled the four-lane road from sidewalk to sidewalk. Crowds of non-runners had gathered, too.

I anxiously asked the police captain in charge, "Will the runners have a path to run? And will they know where to make the turns?"

He assured me, "We'll clear the entire street. The officers will back people up onto the sidewalks. And there'll be monitors on every turn."

I was still worried. I asked, "Can a police car lead the first runners?"

"Of course," the captain said. "We'd planned on that."

By 11:45, more than a thousand runners had signed in. About half of them patiently waited at the starting line, holding the good positions at the front.

Then at two minutes to 12, the other half simply stepped in front, creating some bad feeling and moving the starting line ahead a half-block.

No police car was in sight. Panic! What if no one leads them? What if no one is at the key corners?

I never expected to see anyone run up Main Street. Even if by chance the runners stayed on course, they only had a path three feet wide—and closing.

The posts and ropes carefully set up at the finish lay trampled under hundreds of feet. The check-in tables had spectators standing on them.

But miracles happened. One runner came through the narrow corridor to finish his first lap, then others, then the whole crowd. And eight minutes later, the leaders came around again.

One problem solved. But there was another: how to separate out the finishers. I sprinted a block to a police car stranded in the crowd.

"Sir," I pleaded. "We *have* to have this lane for the finish. The runners are almost here."

Immediately, he switched on his flashing light, revved his

siren a couple of times, and it had the effect of Moses at the Red Sea. The chute was resurrected, the check-in tables reclaimed. The first finisher came in less than a minute later. And I collapsed with relief. But it didn't last long.

Word came down the road to me that police guidance had vanished on the first lap, and the first 30-40 people had missed a key turn, cutting a 0.4-mile oxbow from the course.

The people just beyond them who had gone the right way were naturally upset. There was much shouting back and forth between them, with other officials and I in the middle. (We finally determined that the cut hadn't affected the places of the prize-winners. Rich Kimball was first.)

In the best tradition of daily journalism, the local newspaper focussed the next afternoon on the few front-runners and on the negative things that happened to them—and what *didn't* happen to anyone else.

Of the eight paragraphs about the race, five told how the leaders went off the course and quoted their complaints about it. The last paragraph said, "No runners were reported to have dropped from exhaustion or to have needed medical aid. An ambulance waited nearby but was never needed."

This is the kind of impression newspaper readers usually get of running: The officials are incompetents. The race is for the first few fit people; the others are just out for a lark, and there's a good chance this unusual exertion will kill some of them.

Anyone who was there got an entirely different picture. Three or four thousand spectators lined Main and surrounding streets to watch the race. More than a thousand ran, almost all of them the right way.

Not one spectator in a hundred knew of the misdirection. Not 1% knew who the front-runners were, or cared. Ninety-nine percent of the spectators might still dismiss runners as nuts, but they could no longer ignore the fact that there are a lot of us and that we like what we're doing.

The other 1% might have gone home thinking, "If those people can do it, so can I." And they'll be out here next year.

Runners do their best missionary work without saying a word, but simply by being in the right places at the right times.



Thurs/Friday - Workshops

Anyone who said, "I've already read everything they're going to say" missed the point. They didn't know all of what the speakers at the workshops would say, because it hadn't quite been said this way before. But that's not the point, either.

The fact is, writing and speaking are two entirely different ways of communicating. Writing is to speaking as training is to racing.

Runners train in isolation. That's where they do their experimenting. There, they can hide their mistakes. But when they race, they're on display. They expose themselves, their trained-in talents and shortcomings, to the other runners and the crowd. People come to watch them perform, not so much to learn of their techniques.

Everyone on the two-day program of workshops here has written about the sport or has been written about. The names are familiar from the top of articles and the cover of books: Jackson, Ryun, Young, Costill, Ulyot, Sheehan, etc.

The people are known by their names and ideas, but not so much by their faces and voices. Here, they can't rewrite and edit themselves. This is the real them. And these are the people other people come to see and hear. They come not so much to find new ways of running as to lift the speakers off the printed page, and shake their hands, and talk back and forth.

Dr. Peter Wood does research at Stanford University and reports his work to skeptical scientific groups. He said after speaking here about the benefits of exercise, "It's a pleasant change to talk to a friendly audience."

Dr. George Sheehan, who also stirs up his share of controversy among the uninitiated, said after the first day's workshops, "The talks are great. But of course we are preaching to the converted."

These two days had something of a revival-meeting

atmosphere about them. The hall was filled with the "Saved," just as churches are on Sunday morning. The people who may need the sessions like this the most would never come. They wouldn't leave their bowl games to come here and listen to people who are well known only to the faithful.

The workshops were well-planned and well-paced. There were demonstrations, panel discussions, movies, a debate, an interview. The talking went back and forth between the speaker and his or her audience. Hardly anyone moved during any of the hours, or nodded off to sleep, or chatted with a neighbor.

Most of the runners in the crowd sat through all 10 sessions—12 hours of listening, spread over two days. It was both a test of their faith and a renewal of it.

These people, whether they think of themselves this way or not, are the "missionaries" of the sport. They are the ones who by word or deed—more by deed than word—carry the promise of running to the less devout.

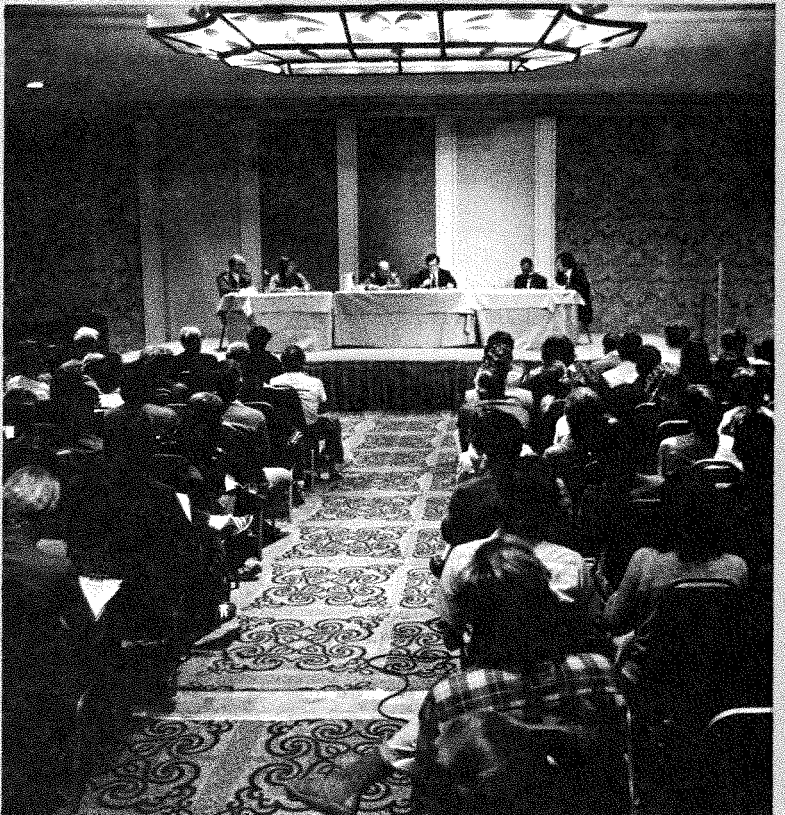
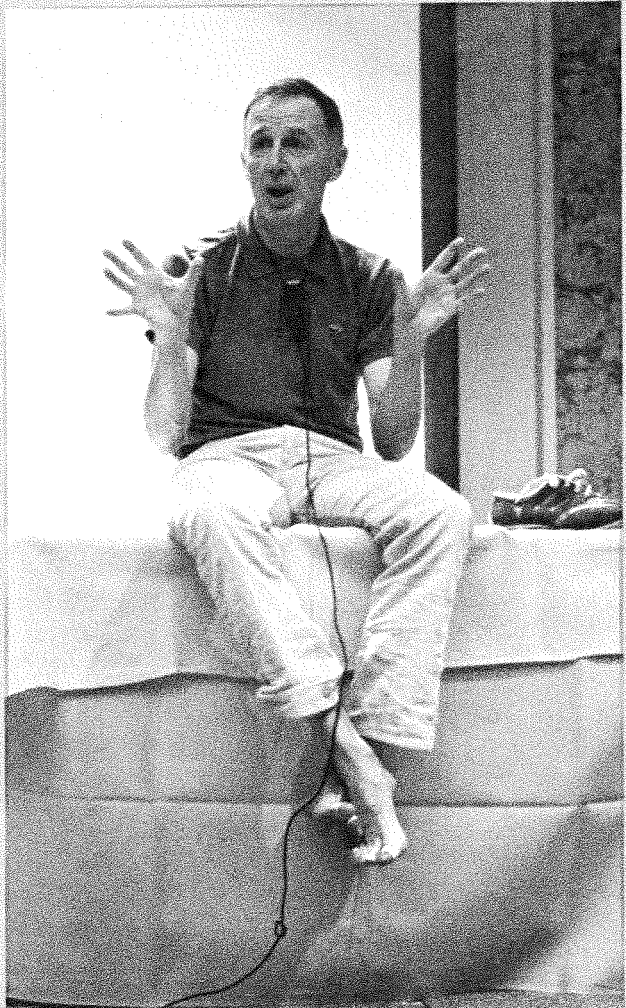
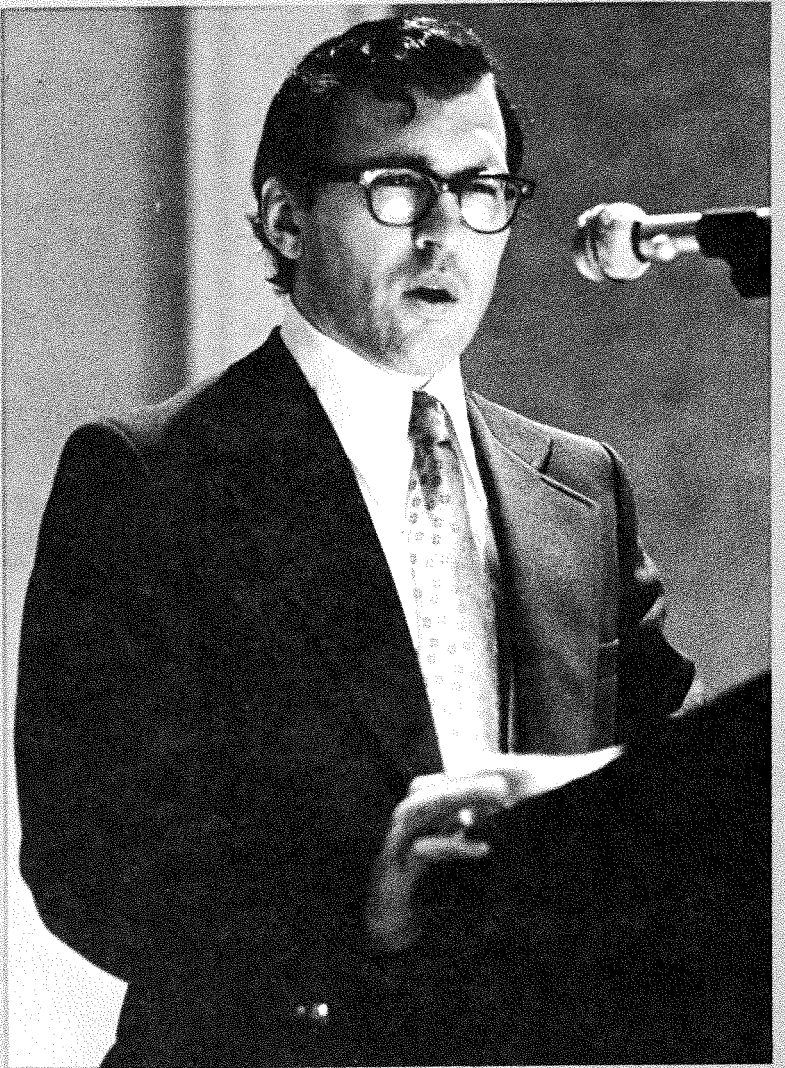
Even missionaries who don't need to be convinced of running's values do need a fresh inspiration from time to time. And that was the main point of these two days.

A runner named Jim had strayed. He'd changed jobs and homes a few months before, and hadn't been doing much training. Now, after the last workshop, he said, "I'm getting back to it tomorrow. I hadn't realized how much I'd missed it until the last two days."

Not only that, but he added, in true missionary spirit, "I want to start some Fun-Runs in my area. There's no way for people to get started or to get together regularly."

(Note: Each of the workshop sessions will be reported in detail, as feature articles, starting in next month's *RW* and continuing through June or July.)

The workshops: Page 20—Masters running (l-r) David Pain, Ed Phillips, Ruth Anderson, Pax Beale. Below left—Dr. George Sheehan takes off his shoes to make a point. Right—Workshops M.C. Dave Prokop. The other two photos show portions of the audience at these sessions.





Saturday—Runner's Night

Runner's Night. National Running Week grew out of this night. Originally, Bob Anderson's thought had been a simple celebration of his magazine's 10th birthday—a dinner and a few talks for and by the people who had helped him along the way.

Then he thought, "Isn't it limited and self-centered just to get together and pat ourselves on the back? Instead, why don't we open this up to everyone and celebrate *running*? Look at all that has happened in running in the last 10 years. We should honor the people who've been responsible."

The planning wasn't very far along before Bob saw he didn't have room for everything he wanted to do in a single night. As it turned out, there was hardly enough time for all of it in seven days and nights.

The other six days had been filled with running and hearing about the techniques of running. Tonight was our party—not for the magazine, but for the sport and its people who've supported us through the first 10 years. We've grown up together.

Ten years ago, Bob Anderson was working alone in his bedroom at Overland Park, Kans. He was about to put out the first issue of his distance running publication.

Dave Prokop was working for an insurance company in Ontario.

Kathrine Switzer was still more than a year away from "integrating" the Boston Marathon.

Jim Ryun, at 18, was six months away from setting his first world record in the mile.

Peter Snell had lost his world mark the year before, and had now put running behind him.

George Young had two Olympics behind him, and was trying to decide whether or not to push on for a third.

Between 1966 and '75, the people sitting around the two speakers' table here in Palo Alto had contributed to what must be called the golden age of distance running. They hadn't deliberately set out to make it that way, but it had happened and they were being honored for what they had done.

Bob Anderson had finished the 73rd issue of his magazine, with my help and Dave Prokop's. We introduced the award-winners to the crowd of nearly 500. Kathrine Switzer M.C.'d the program.

Kathrine said, "It's really incredible how far running has come in the last 10 years. Hundreds of people who wouldn't have even considered jogging a few years ago are now racing. Racers—once considered mysterious athletic phenomena—are now our companions. Women's distance running has really only been born in the last decade, and that's an infant which has grown beyond even my brazen hopes.

"It's almost hard to imagine those times of only a few years ago. Remember running those marathons that were actually anywhere from 23-30 miles in length? Remember eating steak before a race? Remember believing that women who ran over a mile would never have babies?

"Why, how and *that*, in fact, running has changed and grown into the sport it is today is why we're all here tonight. We're here to meet and honor those people who brought about the changes. But as we do this, let us be aware of how much we have yet to learn, and what Runner's Night 1986 might be like."

The other speakers, people who had set world records and written books which were classics among runners, turned shy when faced with the reflections of themselves in the audience.

My wife said that sitting at our table with Cooper and Ryun and Snell and Young was like waiting out the last minutes on death row.

But as far as anyone watching and listening that night was concerned, these people had already proven themselves. They could have read from notes written in Swahili that the sun rises in the north, and the runners out there would have nodded and smiled in agreement, and clapped and cheered in appreciation.

It was that kind of night . . . It had been that kind of week, and 10 years. ●



National Award Winners



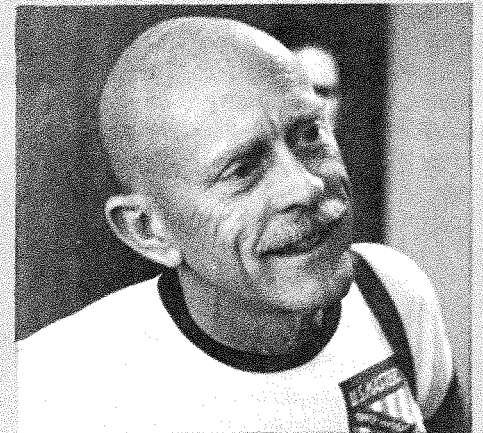
Jim Ryun, runner of the decade



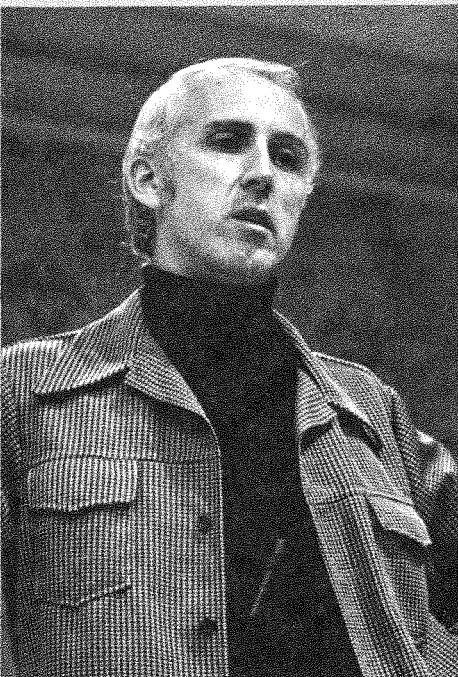
Kathrine Switzer, women's marathoning



Ted Corbitt, promotion of the sport



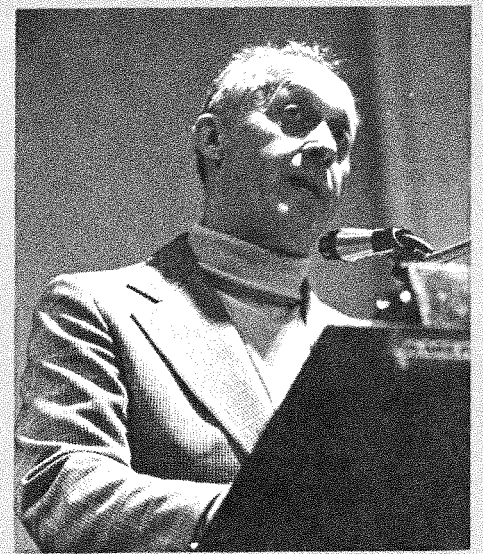
David Pain, the Masters movement



David Costill, running research



Kenneth Cooper, the Aerobics system



Bill Bowerman, coach of the decade

These seven individuals were honored for their contributions to the sport during the 10 years, 1966-75. Also given Special Awards were writer Hal Higdon, Boston Marathon official Jock Semple, Dr. George Sheehan and four-time Olympian George Young.

EL PASO'S KENYAN CONNECTION

by Ray Hosler

Never had a school swept the NCAA indoor and outdoor track and cross-country championships in a single year . . . until 1975. Then, coach Ted Banks made history, with the help of nine Kenyans and an all-star supporting cast of other foreign athletes.

Despite the loss of All-American Wilson Waigwa to a leg injury, Banks' University of Texas El Paso team came away, barely, with the NCAA cross-country victory in November. Second-place Washington State was four points back, with a team of three Kenyans and two Americans.

With or without foreign athletes, Banks is one of the winningest track coaches. At California State Long Beach, the cross-country team won the Pacific Coast Conference championship four years straight and the track team was first in the two of three years he coached.

In January 1973, Banks took over at El Paso, adopting a program that was already top-notch. Since then, his teams have won the NCAA indoor track championship twice, NCAA outdoor once and finished second, third and first in NCAA cross-country. The team has grown to include more than 30 foreign athletes.

Banks' recruiting philosophy is to find the best athletes, regardless of where they live. His contentions supporting foreigners are (1) the NCAA has no rules prohibiting foreign athletes from competing; (2) deserving Americans are not doing without scholarships, and (3) foreign athletes ask for nothing more than the educational opportunity.

"Many times when recruiting," Banks comments, "an American athlete will ask what's in it besides the scholarship."

Banks is at a university with 800 foreign students out of a total enrollment of 12,000. The university receives many letters from around the world concerning scholarship opportunities. Naturally, some of those scholars also have outstanding athletic ability.

His first year at UTEP, Ted was introduced to Kenyans Mike Boit and Philip Ndoo — runners for Eastern New Mexico University — and they discussed running prospects. Banks was able to contact an American writer in Kenya and subsequently reach Kenyan runners looking for an education in the United States.

Banks stresses, though, that all American prospects are checked out first, and he has come up with some fine athletes, including Tony Zuniga (25th at the NCAA cross-country).

As for coaching, Banks says his techniques and philosophies have not changed with the influx of foreign runners: "The Kenyans train the same as all our athletes. We have supervised workouts six days a week with morning runs optional"

Banks adheres to the hard-day easy-day training approach for cross-country. The hard-day workouts are structured and carefully supervised by him.

A typical week during mid-season calls for fartlek on a hilly golf course Monday; an easy run Tuesday; intervals in a park on Wednesday; an hour run Thursday; warm up on the course Friday; race Saturday, and an easy 12-15-mile road run Sunday. It is traditional to finish each workout with four 110s before warmdown.

Banks feels that the Kenyans' main problem seems to be in overtraining. He explains, "The Kenyans are very success-oriented. Sometimes, they forget how many intervals they are to run in a workout and go all-out on every one."

Since the Kenyans have a difficult time adjusting to an American diet, they are not pressed to run morning workouts.

What seems unique about the UTEP Kenyans is their race plan. Basically, they have a slow start and run near the back of the pack until moving up at about the two-mile mark in a 5-6 mile race. Once, Banks even had to yell at Wilson Waigwa, who had dropped to dead last during a cross-country race.

"He came by the mile mark and I yelled at him to get up there," Banks recalls. "In the next 440, Waigwa passed the whole field and took the lead. He went on to win by over 50 yards." Waigwa and the rest of the team still do this, but the coach says he has gotten used to it.

This catch-up formula nearly brought defeat at the NCAA championship when Kip Sirma got out last. Banks noted that Sirma showed poise by gradually moving up, finishing 28th. At the four-mile point, Washington State had a clear victory, but UTEP runners kept moving up as the Washington Staters faded.

With all the cultural differences on a mixed foreign-American team, misunderstandings are a prime concern. Banks is adept at being a mediator within the team and relates well with runners, no matter what their background. He rarely shows excitement, even in the most crucial meets.

At the Stanford Invitational meet last fall, a team pulled out in protest on hearing UTEP was running. Waigwa commented in a serious way, "They forget we are human beings." Banks quipped, "They weren't that good anyway."

The language barrier causes a few problems. James Munyala, the 1974 NCAA steeplechase champion said after being spiked at the NCAA cross-country championship, "I could only run on one leg." In spite of this handicap, he finished sixth and proclaimed, "I could have won if not for the spikes."

Banks admits there are times when cultural and language differences hinder communications. He says "It would make things much easier if I spoke Swahili, but I don't"

With or without Swahili, the future at UTEP and for Banks couldn't be brighter. The entire cross-country team will be back this fall, and talent keeps cropping up in other faraway countries like Trinidad, the West Indies, India, Australia, British Honduras, New Zealand, Ghana, Ireland . . . ●

Coach Ted Banks' (below) recruiting philosophy: "Find the best athletes, regardless of where they live." As long as the NCAA has no rule against recruiting foreigners, he says he'll continue to bring in men like Munyala (left) and Waigwa (right).



Two of the many Kenyans at the University of Texas/El Paso—James Munyala (above) and Wilson Waigwa (right). Munyala placed sixth in the NCAA Cross-Country to lead the team to its championship. Waigwa is a 3:55 miler. (Keith Conning photos)



EASTEST PREP IN THE EAST

by Marc Bloom

Alberto Salazar had just run one of the greatest distance races ever by an American schoolboy. He was seated at the awards ceremony awaiting the call of his name for placing 24th in the AAU Cross-Country Championships at Annapolis in November. Meet officials started with number 25 — “All-American” status — so Al’s moment of glory came quickly. Maybe too quickly.

His prize: a basketball.

Say it again. They gave a distance runner a basketball. Put him on the court, watch him dart left, then right, leap for rebounds and stomp the floor. Good-bye knees and tendons.

Ironically, Salazar, a 17-year-old from Wayland (Mass.) High School, was a successful basketball player before he had ever dreamed that some day he would outrun an assortment of his more accomplished elders through 10,000 meters worth of golf course greens and fairways.

“I used to play on the junior high team,” said Salazar, then a 5’ 1” guard and now a 5’ 11” teenage superstar runner. “Even then I knew I was gonna be a runner,” he recalled. “In the seventh grade, I won at Field Day in the 600 (1:44). My brother (Ricardo, now of Navy) ran for Wayland. We’d fool around, run races around the block. I enjoyed it. In the eighth grade, the high school coach let me run in two JV cross-country races. I won them both.”

Salazar has been winning ever since. However, it was the AAU, a “loss,” that really put Al’s potential into perspective. His clocking of 29:39 left him only a few strides behind some very reputable post-collegians and a little more than a furlong up the road from the

winner, Greg Fredericks, timed in 28:57.

And, for someone who thought he was weak in the 5-6-mile range, his harrier performance is not far off the prep *track* record of 29:11.2 shared by Rudy Chapa and Eric Hulst. Moreover, compared to the sterile precision of track racing, cross-country is a crude amalgam of ups and downs, leaps and bounds.

This entire development in Salazar’s strength at 10 kilos sets the stage for a possible showdown with Chapa and Hulst, juniors last year when they broke Gerry Lindgren’s mark in a spectacular photo-finish race. The only possible track meeting — aside from the AAU where the trio would probably blend in with the crowd — would seem to be the Junior Nationals. (Salazar and Hulst did race in cross-country — at the International Trials in January. Hulst was a clear winner over eight kilometers, with Salazar finishing third, one second behind Thom Hunt. They qualified for the US Junior team which was to race in Wales on Feb. 28.)

Okay, Al, you ran the race of your life in the AAU; it must have been a Roger Bannister finish — blood and guts and total exhaustion.

“I didn’t feel like that at all,” said Salazar. “I thought I could have gotten a few more runners. I was more preoccupied with keeping them behind me. I didn’t think I could run that time. I’ve never run a race that far, except for some road races. The course must’ve been off.”

Coach Bill Squires of the Greater Boston Track Club, for which Al runs when not representing Wayland High, “yelled to me what place I was in. With

a mile to go, he told me 26th and top 25 make All-American. So I picked it up a lot and passed two guys.”

After much prodding, Salazar finally admitted, “Before this, I never thought I could be in there with Chapa and Hulst. This might make me think otherwise.”

Salazar is already a successful veteran of international competition. He qualified for the US-Russian Junior dual meet last July by placing second to North Carolina State’s Ralph King in the AAU trials in Knoxville. The distance was 5000 meters, and Alberto’s time of 14:14.6 tied Craig Virgin’s prep junior-class record. He also came within two-tenths of the three-mile mark while passing that point in 13:45.6.

“I never thought I’d do that good, he said. “I figured to make the top 10, that’s all.”

Salazar put his trials’ seasoning to good use in the Russian meet, and beat King and the Soviets in near-100-degree temperatures in Lincoln, Nebr. Understandably, his time slowed to 14:30.4.

“Supposedly,” said Salazar, “both of those guys (the Soviets) were faster (14:04 and 14:11). We knew they’d run as a team. So we decided to take the lead and switch off. Then, after two miles, anything goes.”

The Russian meet also had a touch of irony for Salazar. Political irony. It was back in 1961 when the Salazars fled their native Cuba after the communist regime of Fidel Castro gained power. Alberto, and his parents Jose and Marta, brothers Ricardo and Jose and sister Maria, moved to Miami where they lived for six months before settling in Manchester, Conn. Seven years later,

One of Salazar's major victories during the fall came in the Springbank International high school race. (Rick Levy photo)

they made their home in Wayland.

When a runner of Salazar's caliber surfaces, there is always widespread speculation about his college-level, and even world-class, potential. The pattern of Al's progress thus far indicates that even the most bold forecast would be an understatement.

Al won't be 18 until August. He trains a mild 70-80 miles a week. He has two coaches, Wayland's Don Benedetti and Greater Boston's Squires. He was not a freshman or soph champion. He has had his share of defeats, even last year.

What does all this mean? It means that in terms of age, stress, coaching and competition, he is quite fortunate. He has had a very favorable running experience and will enter college — Stanford, Duke, Navy or Oregon, he says — not as an aging veteran of intensive training and must-win situations; but, rather, as a maturing 18-year-old with moderate build-ups, some humility and light doses of high-level competition.

Salazar's fall regimen generally broke up into an easy five miles (at 6:30 a mile) in the morning and 6-7 (5:30 pace) in the afternoon. He did intervals maybe once weekly — five or six miles in 4:55 with 3-4-minute rest. On this diet, he dominated his high school prior to the AAU.

An example of Al's ability compared with that of other scholastic champions came in an early-fall cross-country invitational at heavily-traveled Van Cortlandt Park in New York City. It was Salazar's first time on the hilly, tricky 2.5-mile course. It rained and the turf was muddy. And Al took a wrong turn and lost some yardage. Yet, he missed the course record by 1.6 seconds, and his time was six seconds faster than that of the best runner from New York, who won a different section under more beneficial racing conditions.

Salazar is not completely satisfied with his running. "Each time I lost (four times) last year, it was on a kick," he said. Salazar has been working on his form and feels "I had a kick for the first time" in the AAU.

Alberto Salazar has accomplished an awful lot with a relatively moderate effort. He is having a good time, too. What else could a 17-year-old runner hope for? ●



The Ups and Downs Of Steeplechasing

by Hal Higdon



While running one day last summer with Barry Brown, I commented that if any event deserved to be eliminated from the Olympic track and field schedule, it was the 3000-meter steeplechase. Barry appeared stunned because he, like I, was a steeplechaser. I was threatening his (our) livelihood.

My point was that the track-bound steeplechase might best be replaced by a cross-country run outside the stadium featuring hedge-hopping, barrier-jumping and stream-wading. The 3000-meter steeplechase often has been referred to as "plastic cross-country." Maybe that event might best be served by removing the plastic element.

Nevertheless, the steeplechase seems well-established on the track circuit, even in the United States where its popularity was late-blooming. The meet promoters like it, the fans like it, and it fills a need for those athletes who best blend endurance and agility.

And despite my own misgivings, I enjoy running the steeplechase more than ordinary flat races. A certain joy derives from skimming gracefully over hurdles and bounding through the water pit, confounding those who hover like vultures on the sidelines waiting for somebody to drown.

Running the steeplechase is not easy. But on the other hand it is not as hard as some people might anticipate. Following is a simplified approach to the event:

WHO IS THE STEEPLER?

Not everybody. Many fans seem to consider the steeplechase an event for athletes not fast enough to run the 1500 or 5000 meters. I always thought those races existed for runners not *agile* enough to run the steeplechase. There is a bit of truth in both statements, but certainly you should not attempt the steeplechase unless you possess some skill beyond an ability to run fast or to run long.

The needed skill is agility and an accompanying sense of balance. Not all runners possess good balance, one prime example being Jim Ryun who fell in several important races, one of them the 1972 Olympic 1500 meters. Jim, for all his God-given speed, had one handicap since childhood: a punctured eardrum which may have affected his balance. He probably never would have made a successful steeplechaser.

The needed skill in steeplechasing is "agility and an accompanying sense of balance" for the jumps. (Stan Pantovic/Duomo photo)

Size is not as critical a factor as some people might think. At 5'9½", I would have difficulty making most eighth-grade basketball teams, but have no problems clearing a three-foot barrier for which I need raise my trunk only a few inches. Jack Bacheler, at 6'6", is built like a high hurdler and seemingly would be ideally suited for the steeplechase. I watched Jack when he ran for Miami University and he never seemed to master the event, losing ground on both hurdles and water jump. After leaving college, he concentrated on flat events and made two Olympic teams.

Individuals with short legs might have difficulty mastering the steeplechase. Olympic steeplechase champion Gaston Roelants was relatively short but had extremely long legs. I stood next to him once at a meet in Czechoslovakia, and while we were similar height his crotch almost reached his armpits.

One index to your ability as a steeplechaser is how your time in that event compares with your two-mile time. The steeplechase record of 8:09 compares with the two-mile world record of 8:13. They seldom differ by more than a few seconds, with most two-mile times running slightly faster. If you run a 10:00 two-mile, you should be able to run a 10:00 steeplechase. If you run 10 or 20 seconds slower in the latter event, you should either abandon it or make a concentrated effort to improve your technique, which leads us to the next section of this article.

Running a fast 3000-meter steeplechase requires technical abilities in three areas: (1) hurdling; (2) water jumping, and (3) running between the hurdles. Let us consider these areas one by one.

HURDLING

A high hurdler actively dives over each 42-inch hurdle, thrusting his body forward, stretching with his arms, and using a lot of upper body motion. A low hurdler merely lifts his legs out of the way to clear each 30-inch hurdle, maintaining his regular sprinting posture while using mostly lower-body motion. The intermediate hurdler, who must clear 36-inch hurdles, adopts a technique somewhere in the middle. So does the steeplechaser who must clear a solid barrier of equal height.

Hal Higdon has experienced perhaps more steeplechasing than any other American. He ran his first race in 1952, and 23 years later set a world Masters record of 9:18.

The secret for the steeplechaser is to minimize motion. You need some forward lean going over any hurdle, but you do not need the extreme dive-thrust of the high hurdler who only has to run 110 meters and can waste energy to obtain the quickest clearance. Arm swing should not deviate far from normal, lifting or thrusting only slightly for balance. Relaxation is probably more important than picture-book form.

Most of the movement in hurdle clearance should come in the legs. The lead leg should remain bent. Many novice hurdlers think they must straighten their lead leg, but this is not good form even in high hurdling.

An important thing to remember is not to merely *float* over the hurdle, but *run* over it. Good hurdling features continuing movement on the part of both legs. The trail leg should not stall in midair, but should rotate through and reach forward rather than merely drop down. If you examine your footprints and your second step past the hurdle is too close your first, it means you are getting over the hurdle but not through it. Your most important stride in hurdle clearance is not the one before it, but rather the one after it. You need to maintain your rhythm and forward motion.

Skimming the hurdle, where you can brush a dime off the top, is not important, but you want to avoid clearing it unnecessarily high. The secret here is flexibility. Do stretching exercises each day. If you don't know which ones to do, walk over to where the high hurdlers are warming up and watch them. Briefly:

1. Assume the hurdle position while sitting on the grass and stretch forward to touch your toes.

2. Seated, place heels and toes together and wiggle your knees.

3. Stand in front of a hurdle with kneed-in foot atop it and touch your other foot.

4. Standing beside a hurdle with your hips squared to it, rotate your trail leg over and around, repeatedly using the same motion you use going over the hurdle. Repeat this with the other leg.

The success Kerry O'Brien and Kip Keino achieved in the steeplechase—stepping barriers instead of hurdling them—has led many people, myself included, to believe that there is more than one technique available to runners. While seemingly a slower method, step-hurdling possibly may expend less energy and result in a faster total time. If so, the most efficient steeplechaser might be one who stepped barriers
(continued on page 30)

while relaxing in mid-race, then switched to hurdling when he sprints to the front. (See the section on the water jump for some advice on stepping techniques.)

Stepping barriers is a *safer* form of steeplechasing, and I sometimes employ it while running in a crowd, particularly on the first lap. After the herd thins, providing running room, I resume hurdling, which for me is more efficient in terms of energy expenditure as well as faster. Most important, I have both styles in my bag of techniques. Runners who have difficulty hurdling may find success in the steeplechase by learning to step hurdles properly.

It helps to be able to hurdle with either leg, because fewer stride adjustments will be needed. I began life as a right-leg hurdler, but on realizing left-leg hurdling was more efficient on tracks where you only turn left, I converted to that method. As a result I am "bilingual," although I find that in my most successful races I take most hurdles left leg first. With experience, you learn to adjust your stride 85 yards before the next hurdle, rather than five yards.

Many Master runners, particularly at older ages when possessed of lessened jumping abilities, have adopted a technique of vaulting hurdles by placing one

or two hands on the barrier and hopping sideways. Most do this rather inefficiently, landing backwards. The exception is Bob Boal of North Carolina (60-64 division), who won a gold medal at the World Championships in Toronto largely because he vaulted the hurdles better than anyone else. Like anything, if you practice even a basically inefficient technique you get good at it.

A more efficient vaulting technique by a competitor in the same age category was employed by Joe McCluskey, former Olympic steeplechaser who ran in the Masters nationals at White Plains last summer. While clearing a barrier with standard hurdling technique, he used the hand on the side of his lead leg to steady himself and push off. You could only master this technique after first learning to hurdle, but even world-class steeplechasers might benefit from experimentation with it. (McCluskey placed only second at White Plains, because he did not run as well between hurdles as he did over them.)

Whatever hurdling techniques you employ, it should be practiced daily, at least briefly. Stretch for five minutes, hurdle for five minutes, then go about your regular workout. I often run over one or two low hurdles per lap while jogging several miles in warmup.

WATER JUMPING

Even though there are four hurdles per lap and only one water jump, most novice steeplechasers probably lose more time getting through that one jump than they do getting over the four hurdles.

The secret in effective water jump technique is maintaining momentum. The error that novice steeplechasers make is landing in the water feet together, flat-footed, so that they must take a step to get out of the pit. Yet if they can land leaning forward and split their legs even slightly (one heel ahead of the other toe), they will rock forward and momentum will carry them out of the pit.

Of course, it is not enough merely to get *out* of the pit. You should be able to get *through* the pit with a reasonable amount of speed and a minimum expenditure of energy if you want to keep pace with your opponents.

Unless you have extraordinary spring, there is little advantage in trying to clear the water. The water pit for the steeplechase is 2½ feet deep immediately behind the barrier and slopes upward to track level at 12 feet. A runner who lands with one foot 9-10 feet past the barrier (where the water will be ankle deep) can stride out of the water with



Ben Jipcho approaches the water jump in the first of this sequence of photos by Toni Nett.



Former world record-holder Jipcho stays low as he lands with one foot on the solid barrier.



Next comes the powerful stride over the water—neither a high jump nor a long jump but a long stride.

his second step. In my best steeplechases, I usually finish with my left shoe wet and my right shoe dry.

I have modified my approach to the water jump in recent years. I formerly utilized a check-mark about 30 yards from the barrier to make certain I hit it with the right foot. (While I am bilateral in hurdling, I always jump from right leg onto left in the water pit.) Sometimes I used two or even three check-marks, and most other competitors from my era did the same. When you went to the nationals in the 1950s, the approach to the water jump resembled the long jump runway with flags, shoes and chalk markers.

Marking the steeplechase approach is now illegal, and it also may be unwise. We had a tendency to sprint from checkmark to barrier, feeling that the extra speed would carry us out of the water easier. It probably did, but it also wasted energy. A runner moving at a steady pace can clear the water jump efficiently without accelerating. If his pace has lagged to the point where he falters in the water, he probably will be unable to accelerate anyway. Reaching the barrier without cutting stride simply requires practice.

Stepping over a water barrier is similar to stepping hurdles. The main dif-

ference is that you want to bring your next step to the ground as soon as possible when stepping a hurdle and not waste time in mid-air. If you do that going over the water pit, however, you land in knee-deep water. Some forward push is necessary to get over the water, but not as much as many people think.

The secret in either case is *keeping low* going over the barrier. Expend your energy going forward rather than upward. If photographed at the point, your hips passed over the barrier you should be "curled" atop it, rather than standing upright.

From this curled position you can push off over the water, and while one leg (the lead one) comes down to meet the ground, the other leg (the trail one) comes up so that you can stride out of the water with your second step. The movement through the water jump should be "left" (on the ground before the barrier), "right" (atop the barrier), "left" (into the water), "right" (out of the water). Or, right-left-right-left. But it should be a continuous running motion. As in clearing the hurdles, you want to avoid floating (no pun intended). High jumpers score points for time spent in the air, not runners.

A key to getting through the water rapidly is raising the knee of the trail

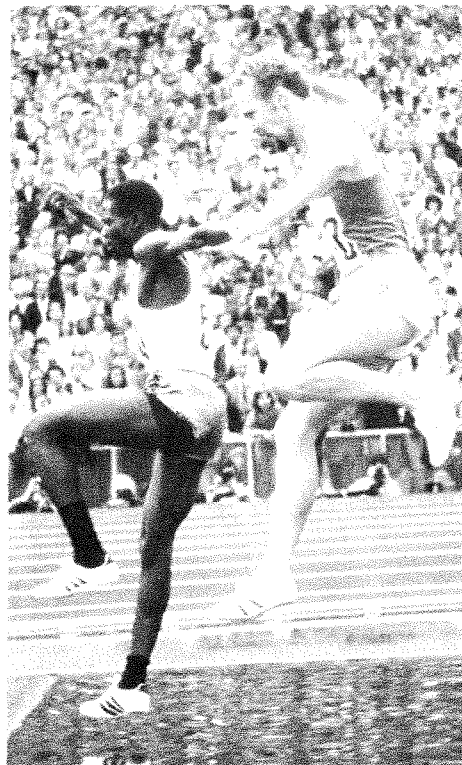
leg as you descend. This could be compared to the action of the high hurdler whose trail leg movement is centered on his rotating knee rather than his following foot.

If you examine the photograph of me water jumping on page 17 of the November 1975 issue of *Runner's World*, you will see that my right knee is beginning to rise preparatory to taking my next stride out of the water. A photo taken a fraction of a second later could probably show the knee even higher in relation to my trunk. Similarly, examine the motion of Australia's Dave Worley behind me, who is coming off the curl position not having allowed himself to get too high over the barrier.

Don't ask why in that same picture my arms are spread-eagled. Perhaps it is for balance. Perhaps it is to allow me to thrust them downward while rising from the pit. Perhaps it is sheer inefficiency on my part. It is easier to tell than to do. One fact is certain: any runner attempting to pass at that moment risks getting clothes-lined.

Once out of the pit, momentum must be maintained. The next few strides are the most critical ones on any lap, because as is the case with cresting the

(continued on page 33)



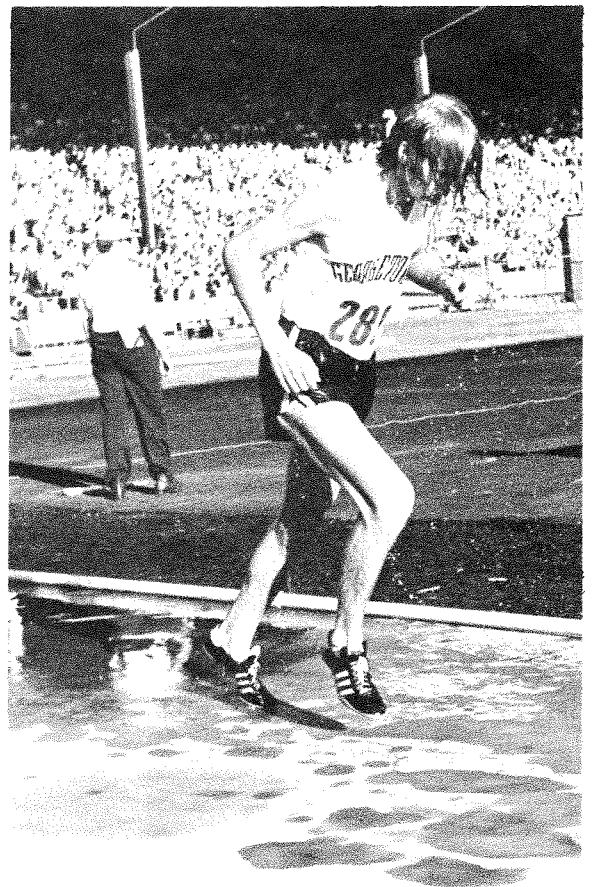
Note Jipcho's foot is about to land in the water. Few steeplers clear the pit entirely.



The water is only a few inches deep at this point, and only one foot (the right) will get wet.



Jipcho's left leg swings through, taking him out of the water with good momentum.



hill in a cross-country race, it is easy to succumb to fatigue and let the pace sag.

I don't recommend practicing the water jump because of the potential for injury. And unless you have much stronger ankles than I, *never* jump over a dry pit. Water in the pit cushions the blow of landing, but also can ruin your shoes. Well-fitting nylon shoes (for instance, Tiger Colosseums) are ideal for steeplechasing, but even they will deteriorate from too much immersion. To practice the water jump, move a barrier onto the grass, or in front of the long jump pit.

I practice technique by racing. This usually results in some very poor early-season races, but I accept that to be ready for the races that count. I ran five steeplechase races in 1975. The first four were slower than 10:00; the fifth was 9:18.6. I can pull a trick off like this because I have been running the event since 1952.

It is difficult to run the steeplechase week after week and maintain efficiency. The event resembles the marathon in this respect. Too much practice also can deaden your legs or result in injuries. When I ran at the World Masters meet in Toronto last summer I had not been over a water barrier in five weeks, yet I took each jump perfectly. Partly it was luck and experience, but the best time for establishing technique is off-season rather than between races.

I use no special stretching exercises for the water jump, but last year Peter Mundle convinced me I should do some weight training. I did ankle raises in groups of 10 standing with my toes on a step. After several weeks I added five pounds of weight. I did knee raises stepping up and down on a stool, also

This is sometimes called the "water hazard"—and for good reason. The potential for accidents on each of these seven jumps during a race is quite high. TOP: High schoolers get their feet wet at the Queens-Iona Relays, one of the few prep meets with this event. (Paul Sutton/Duomo) BOTTOM LEFT: Kerry O'Brien, then world record-holder, falls out of the 1970 Commonwealth Games. (Mark Shearman). BOTTOM RIGHT: Joe Lucas, an NCAA champion, is submerged at the Olympic Trials. (Stan Pantovic/Duomo)

in groups of 10, also holding five pounds. I would alternate from step to stool, doing three sets of reps for each. I abandoned this minimal weight training as the competitive season approached and as my mileage increased.

RUNNING BETWEEN HURDLES

The best technician in terms of hurdling and water jumping still will be dependent on his ability to run fast. A 9:00 two-miler who flails his way across the barriers will beat a 10:00 two-miler with flawless technique. He may not beat him by as much as he would in a flat race, but he will beat him. At best, the latter can hope only to nudge into the 9:50s as a steeplechaser—unless he also improves his flat time.

The 3000-meter steeplechase requires more stamina than speed. The necessity to hurdle and jump five times per lap, 35 times in the course of a single race, requires much more strength than it takes to run 3000 meters on the flat. Good milers have difficulty moving into the steeplechase unless they happen to be good three-milers as well.

In fact, the stamina required to run a steeplechase might be compared more easily to that required for six miles, rather than three. Individuals who find themselves beating runners in cross-country who normally beat them on the track are likely to achieve success in the steeplechase. It is a rhythm event and success goes to those who can maintain their pace despite constant interruptions.

The training regimen of milers and marathoners at the world-class level differs only slightly. Steeplechase specialists need the same basic diet of speed work and long distance runs. Long runs over rugged cross-country courses may prove more efficient than long runs on the roads, however. My favorite 13-mile workout course includes varying terrain, dirt paths, sand, pavement, grass, hills, flats and fences to hurdle. I run it for enjoyment, not because I think it benefits my steeplechasing.

Apart from hurdling while warming up, daily training over hurdles may be unnecessary. Years ago, I would include one day of interval training over hurdles: five hurdles to a lap, sometimes with a barrier on the grass to simulate the water jump. I utilized standard hurdles rather than solid barriers because they are easier to move both onto the track and when you hit them.

My most typical once-a-week hurdle workout was a set of 10 440s run over five hurdles, a few seconds slower than I might do such a workout on the flat.

Sometimes I varied this doing repeat halves, or miles.

Running hurdles is a bit like shooting a basketball. After you master the basic techniques, you can regain your touch with a minimum of practice. Total proficiency in either sport requires many hours of practice, but a steeplechaser need not be totally proficient. He need only be reasonably efficient, and relaxed—then learn to run fast between the hurdles.

TACTICS

A few words should be added about tactics in running the steeplechase since the event differs so much from standard distance runs. It is one of the few events (others being 600 yards indoors and cross-country) where it is an advantage to lead. The front-runner need not adjust his stride approaching the hurdle because of what the other runners do. He need not worry that should they misjudge their approach, it will cause him to err too. He can concentrate on the hurdles in front of him rather than the runners in front of him, and can run more efficiently and faster.

However, the price paid for obtaining the early lead may be too steep. It is better to run the last lap fast than the first lap fast. It is still better to run all laps at an even pace since uneven pacing interferes with your natural rhythm. Of course, it interferes with the natural rhythms of your competitors too, which is always a good reason for varying the pace if you are out in front.

A successful steeplechaser must know how to race from behind as well as from the front. He needs to know how and when to step a hurdle while in a crowd. He must be willing to ignore the screams of his coach and run in an outside lane rather than having his pace disrupted by staying inside. He should learn the weaknesses and strengths of his opponents (either before the race or during it) so he will know when he can follow someone closely and when he cannot. He must be unafraid to seemingly lose contact with a front runner to allow himself hurdling room. He must be unmindful of bumping and jostling in crowded fields, because that is part of the game. If he falls down, he must learn to bounce up quickly. He must know at what point (usually on the last lap) to abandon his relaxed form and maybe skim the barriers like a high hurdler. He must know when to run conservatively and when to run aggressively.

If he learns to do all these things then he will succeed as a steeplechaser. ●

LARRY YOUNG: Third Time Around

by Leonard Busen



In 1972 (above), Larry Young had the Olympic 50-kilometer race to look forward to—a race in which he would finish third. (Pantovic/Duomo) Four years later, Young is a man without his best event. The 50 is out, so he has to walk only at 20 kilometers. His best time in the short race is 1:30, and he figures he'll have to go four minutes faster to have a chance for another medal. (F&K photo)



Larry Dean Young, 32, race walking superstar, two-time Olympic bronze medalist, is honing up for the Olympics in July.

The US's only walker since 1906 to win an Olympic medal at any distance, Larry foresees handicaps and roadblocks to a '76 success story in Canada. But he's out there on the track and side roads nonetheless, racking up training hours at his hometown, Columbia, Mo.

He's cranking the elbows sharply back, twisting the hips smoothly, stretching the legs incredibly, zeroing toward that magical speed-endurance no one but Larry on this continent attains — when he's really up.

Walkers of top form in their own right often gape at Larry's smooth unruffled style, his computer-like efficiency, while others fall apart. I saw him do a 70-mile warmup in 1974 in an annual 100-miler at Columbia, setting what would have been US 50-mile and 100-kilometer records along the way (unofficial since he didn't finish the 100 miles).

International walker Jerry Brown of Colorado hung in Larry's slipstream for 25 miles, then quit, shaking his head in admiration. "That Larry," Jerry said, as the nemesis to most would-be champs kept orbiting the track. "He's so superior to everybody else."

"I try to stay relaxed," Larry replies, "to be as smooth as possible. You have to, if you're going to maintain your pace over a long period. But sure, I'm hurting out there just like everybody else."

He says cautiously, "I definitely am going to try to make the team in '76. But to devote the time it takes to become a medalist, I don't know."

Larry's strongest suit has been the longer stints. But this year it's 20 kilometers or nothing, as the Olympic 50 has been dropped.

The Olympics Trials are only a few months off, and Larry says he has "a long ways to go."

"Ideally, to prepare for the Olym-

pics, you ought to go to Europe a few times," he says. "Without it, without somebody to push you down to those levels . . . There are some fine walkers in this country, but we get together so seldom.

"To do anything in Montreal, I'm going to have to go under 1:30 consistently. I should be doing 1:26, which I've never done; 1:30:10 is the best I've seen in my life. So I'm going to have to get out and do a lot of speed work."

Larry says he "should be hitting 100 miles a week right now . . . adequate if you're putting in the right kind of time."

He'll do middle distances of 20 miles or more once a week. "Most of my training will be quick distance stuff, (7-10 miles), and shorter (five miles on down), with a lot of interval work, one-quarters and one miles."

His interval work consists of "one mile at 6:30 pace, rest 30 seconds, come back and try to walk another, try to put six or seven back to back, and gradually try to cut down on the rests; that would be a good interval workout . . . to get the old respiratory system into shape."

Larry is modest at his chances at Montreal. "I'll tell you what; if I can pull another third place this year, I'll

be real fortunate, looking at my 20-K times.

"The only way is if my sprint times come down. Otherwise, I wouldn't give myself much chance over there. So many Europeans walk consistently under 1:30.

"There are just too many things going on — jobs, school — so many other interests now than in the past. I find it difficult to concentrate on race walking, without some financial assistance."

Still, Larry has a habit of winning prestigious races. These included 1975's National AAU Senior 30-K in 2:25:26 and 50-K in 4:18:56, and the Pan-Am Trials 20-K in 1:34:15.

In the high-altitude Pan-Am Games last fall, he took third in the 20-K in 1:37:53, behind Mexican stars Daniel Bautista and Domingo Colin. A photo of Larry giving Mexico a thumbs-down while on the awards podium was wired worldwide.

What prompted that? The Mexico scene was unsportsmanlike, says Larry, not knocking the athletes. He was upset at the crowds — who jeered, whistled and stood in the way of walkers.

"I got verbally harassed and heckled on the course and at times wondered if I'd get through, but as I'd get there, they'd open up," he says. Todd Scully of

US, while taking fifth, "was pushed and spat on."

"They called me 'dirty gringo' and yelled 'Yankee go home' . . . and names in Spanish I didn't understand. So on the podium I thought that was time to heckle back."

Some Mexicans went beyond team enthusiasm, Larry feels. He saw "deep-down ill feelings . . . not sportsmanship in my opinion. That defies all the rules, the code of the Olympics, of amateur athletics.

"I wasn't down there to promote Americanism . . . (or) Democracy . . . (but) to compete in my event. There is just a common courtesy, a respect that should be shown to athletes. There was a complete lack of that.

"If their people want to have their own little rinky-dink race without the US, let them have it — I couldn't care less. All it is is a preparation for the Olympics.

"If there's all this hostility, if they hate Americans like they seem to, let them hold the Games between the Cubans and the Mexicans. If they don't want it friendly, I don't think we ought to give them hostile competition. Then you're missing the whole point of athletics.

"It's not a battleground." ●



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Interview

by Michael Hill

GREG FREDERICKS

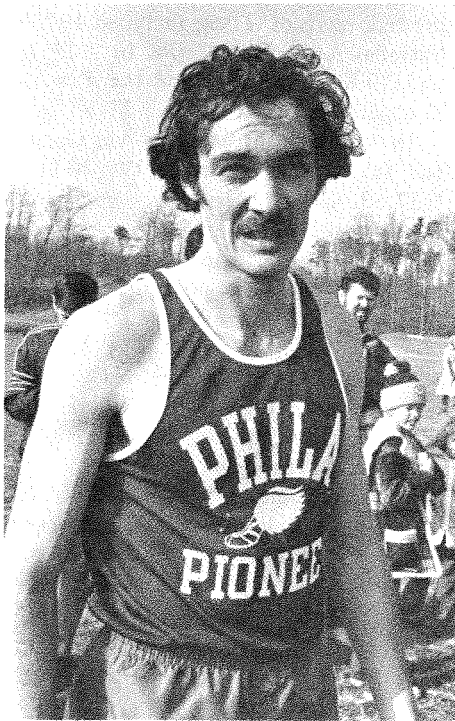
If it weren't for a little track meet called the Olympics, Greg Fredericks could probably have paid a little more attention to his 22-month-old son Danny on that cold, snowy day in late January. Danny had fallen down and cut open the inside of his mouth, but in between the crying, the blood and the stitches, Greg managed to get in a tough interval workout.

In fact, if it weren't for the Olympics, Greg would probably have a different job, one that brings home a little more money for his wife and two children — but perhaps with hours that aren't as conducive to twice-a-day workouts. A lot of things about Greg's life would be different if he weren't one of the many people across the country making sacrifices to the god of amateur athletics for the sake of the Olympics.

The 25-year-old Fredericks has a friendly manner, and an easy smile on his boyish face that belies the quiet determination that's driving him — the type of patient determination it takes to win a tactical 10,000 meters.

It was just such a race that gave Greg his biggest win. That was in 1972, just before the Olympic Trials, at the AAU track meet. Greg blew past Frank Shorter to win the 10,000 in the American record time of 28:08.0.

Nineteen seventy-two seemed to be Fredericks' year: a brilliant senior season at Penn State, the AAU win, times in the 5000 and 10,000 that still rank with the best ever run in this country. By all rights, that should have been his Olympic year. But it didn't work out that way. He was out of contention in both the 10,000 and the 5000 at the Trials. The AAU took him on a pre-Olympic tour of Europe. Then he came home to State College, Pa., watched the Games on TV (including Shorter's new American 10,000 record), ran a little with the Penn State team, a few meets, and decided if he weren't going



to do it right, he wouldn't do it at all.

School was over, Greg had a teaching job, the athletic career was in the past. For nine months, he didn't run at all. The next June, he got married, settled down a little more... and thought again about his running career. It was time to begin the long road back. This past November, in Annapolis, Md., he showed he had regained whatever he had lost when his finishing kick powered him to a win in the AAU Cross-Country meet. But the road continues and Greg hopes it will lead past Eugene and on to Montreal.

RW: A lot of runners have successful college careers, perhaps not as successful as yours, and then quit running when they leave school, as you did. But you were able to go back. Why?

Fredericks: The primary reason was that I did have the goal of making the United States Olympic team, and I didn't fulfill that goal. I had a second goal: even though I'm labeled a distance runner, I wanted to break four minutes in a mile. And finally, just the whole

idea that I hadn't done as much as I could have done. The time I took off hurt me an awful lot because those were years when apparently the sport got a lot of publicity and a lot of guys popped up. I'm still trying to work my way back to where I was when I left off.

RW: What happened at the '72 Olympic Trials?

Fredericks: I still can't pin it on any one particular thing. I think it was a combination of too many things. I probably never really came down out of the clouds after winning the AAU meet. That was combined with being back at Penn State while Hurricane Agnes was hitting the East Coast, which was not conducive to training. Plus, I was training alone all of a sudden, since everyone had gone home after the school year. I don't train well alone, and with the hurricane around, I didn't train much at all. I look at that and say maybe that had the greatest effect. But still, I was in such good shape; the two weeks really shouldn't have mattered by that time. I should have still been in good shape.

RW: When you quit running did you have the feeling, "I'm out of school now. It's time to stop playing those games. I'm grown up and am going to do something different?"

Fredericks: I did have that feeling when I graduated. I was leaving school, not running for anybody. It was time to go out and get a job and just earn a living. And when you're doing that, there's not really much free time. I was teaching from 8 a.m. to 3:30 p.m., and coming home and just kind of relaxing for a while and not worrying about having to rush right out and do a workout.

After I got married, things started to settle down a little bit, and I kind of thought about it again, re-evaluated the



Greg Fredericks after his AAU Cross-Country victory: "You hate to keep going to meets and have people say, 'Well, he used to run well, in 1972.' At least now I've got something a little more recent I can rely on." (Steven Sutton/Duomo photos above and page 36)

situation, and decided to go back. It's tough when you get right out of college. I'd say the first year out of school is the roughest if you try to keep running. There are so many new things happening, so many adjustments to be made. It's only the exceptional athlete talent-wise that's going to be able to make it that first year.

RW: What did you do when you came back?

Fredericks: I started working out just in the afternoon. I wasn't worried about twice a day or anything like that. I still had the teaching job and I'm not one that likes to get up at six in the morning to do a workout. So I ran once a day with the Penn State team for the

first year. I ran a few meets here and there for the Philadelphia Pioneer Club. They understood that I wasn't going to be in any super-fantastic shape, but they were willing to send me to meets to help me get my interest back up and get back into the competitive frame of mind that you need.

The following year when Charlie Maguire graduated from Penn State, we were both members of the Pioneers, so we started working out together, and that's where we stand now. Last year, we started going twice a day, so I'm in my second year of that.

RW: You changed jobs?

Fredericks: It was only a temporary position in the high school, so I knew

after two years I wasn't going to have a job again. Nothing else broke in the area and there was a former runner managing the local Sears store, so I went and talked to him and he hired me and that's where I've been ever since. I work 9-3, which is pretty fortunate for me because it gives me the opportunity to do a morning and afternoon workout, but it's not real great for pay. Satisfaction-wise, it's not as good as teaching, but it'll do for right now. It's a big help that the manager is a former runner. I have no trouble getting off for meets. I don't get paid for that day, but at least I get off and there's no bad feeling about it.

RW: Do you think you're back in your 1972 shape?

Fredericks: I feel now that I'm back where I should be. I'm capable of taking any workout we come up with, and when I get into a race I don't have a lot of doubts any more about where I stand. It's just a matter of trying to work back to where I'm getting some of the good times again and building my confidence up that way, as well as with workouts.

Last year, I couldn't have handled an interval workout like I had today, and I have a cold and am on medication, but it was a great afternoon workout, which indicates to me I'm in great physical condition again.

That's why I just have to laugh when I hear a person look at someone in my position and say, "Well, they don't have to work at it. They have all this natural talent." I have to sit back and say, "Yeah, it took me three years after taking off nine months to get back to where I had been before." That's something I always chuckle at when I hear someone talking about natural talent as it relates to me. I know they really don't know how much work goes into it.

RW: Did your win in the AAU Cross-Country meet affect you?

Fredericks: Without a doubt, it had a psychological effect. It was the first real big race I had been able to win since 1972. You hate to keep going to meets and have people say, "Well, he used to run well, in 1972." At least now I've got something a little more recent that I can rely on.

RW: What plans do you have for the Trials this year?

Fredericks: I'm still thinking: the 5000, the 10,000 or possibly both. I really haven't come up with anything

(continued on page 38)

definite. I'm going to wait until this spring, run a few races of each, see where my training stands and also take a look at the schedule they set up for the Trials before I decide. As far as I'm concerned, there's no difference in my training between the five or the 10.

RW: What does a typical week of your training look like?

Fredericks: As far as number of miles, we probably get between 85 and 100, depending on what's happening in terms of a meet. The emphasis is on some type of distance running, the long

run. Every once in a while, we follow those up with some fast quarters or fast halves on the track. In interval workouts, we vary between quarters and halves, with an occasional 220 workout. That's really about it. The majority is definitely distance. In a 90-mile week, you're probably talking about only 15 miles on the track.

RW: Do you think all this is worth the sacrifice you have to make?

Fredericks: The best way to answer that is, if I could play golf and make money, I'd be playing golf and making

money. I'd be able to support my family. I don't think the sacrifice is ever going to be worth it when you've got a family. The only person this can really be meaningful to is the individual that's accomplishing it. If the goal is to make the Olympic team, even if I make it, it's really only a goal that I can have. No matter how much your wife or your children may be able to appreciate it, it won't mean the same thing to them. And when you think about all the time you've spent away from your children and your wife, I seriously doubt from their standpoint that it's really worth it.

Maybe I'm just a little more sensitive now because my oldest son is at the stage where you can see that father-son image starting to work where he is trying to do a lot of things that his father is doing. When you're away two days at a meet, and get back in time to go to sleep, get up and go to work again, you don't really get to spend the time with your family, and that's time you can never really recapture. That may sound strange, that I don't think the sacrifice is worth it, but I'm doing it for a reason. That incompleting goal I have is taking precedence over everything right now. But, again, I don't think it's really worth it.

RW: What are your plans for after the Olympics?

Fredericks: I hope I'll be teaching. What I would really like to do is start a recreational type of program for children with fun activities related to track and field — not involving competition, but just a developmental program, wherever I settle down. It wouldn't be like a midget or little league where there's so much emphasis placed on winning. I don't think there's much being done in this area. The people involved in the programs now, like the AAU, aren't really backing them. It's just people that take kids to meets and they seem to emphasize running these meets so they can win or set records or whatever. A lot of kids that get started in these programs don't get a chance to really develop their love of running and then later on they drop it, because it's just become a grind to them. So I think that's something I'd really like to do.

As far as my own running, I'm up in the air. I'd like to get a good paying job, preferably teaching, and skip competition for a year or so and just jog to stay in shape. If I feel a need to go back, if some goals haven't been met, I might go back in 197—, well, 1980. Right now, I'm not planning on it. ●

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MARTHA KLOPFER'S FIRST BIG YEAR

by Marshall Edwards

Who is Martha Klopfer? Ask three people who know her, and you may get three different answers.

"She's the female sprinter who won the 1500 meters in Toronto at the World Masters Meet."

"She was the first female Masters finisher at the International Rice Festival Marathon in Louisiana?"

"Oh, she was on the winning co-ed team in the Levi Ride-and-Tie event in California."

Which is correct? All are, and I could add many, many more distinctions to the list. And yet at age 40, Martha Klopfer could be considered a newcomer to the sport of running. She's been actively training for only three years, and her competition in running events had been at minimal until October 1974. At that time, she decided to move up from races of 2-10 miles to try the marathon. She ran 3:23 in the Skylon International race—the best recorded by a 39-year-old American woman during 1974.

Martha spent the winter training with a mixture of distance work and intervals, and in May ran a 5:30 mile. This set a US record for women over 40.

Martha possesses a lifestyle which many people dream of having some day. She is the mother of three teenage daughters, all runners, and a director of the Carolina Friends School. The Klopfer family lives on a large farm between Durham and Chapel Hill, N.C. She tends the livestock, including riding and caring for several horses.

Martha was able to combine this interest in horses with her running ability. Her husband Peter joined her in the Levi Ride-and-Tie race—an endurance event of 30-35 miles over impossible terrain in broiling temperatures. Teams of two



people and one horse compete, the people alternately running and riding. The Klopfers were the first male-female team and Martha was the first female to finish among the top 10 teams since the race's first year.

With a summer full of activities, ranging from farm work to officiating in the US-Africa-West Germany meet, Martha continued to create a name for herself in running. In August, she traveled to the World Masters Meet in Toronto. She won the 1500-meter gold medal with 5:05 and she took a bronze medal in the 5000 meters with a 19:27.

Then she turned her attention back to marathon running since it was approaching a calendar year since she has made her first effort at the distance. Her sights were on the record for women 40 and over. She thought it was 3:12. With that time in mind and the pace calculated, Martha entered the International Rice Festival Marathon in Crowley, La.—and ran a 3:11:20. Only later did she learn that Miki Gorman had run 2:53 a few weeks before.

Still, Martha Klopfer had come so far in one year that it's impossible to imagine her stopping now. ●

Tom McLean finds His Event

by Daniel Brannen

Around the golf course of Bucknell University glides a human figure which is one of the most economical collections of muscle, bone and flesh ever put together by Mother Nature. He is a runner, and his movement is truly a gliding one. Gone are the high arm carriage, bobbing head and side-to-side sway which used to make his teammates simultaneously cringe and gape.

His deep black color and slightly bucked teeth make him highly reminiscent of Mike Boit, the Olympic Medalist from Kenya. And his name, Tommy McLean, would lead one to believe he might have been recruited by Jumbo Elliot from a little green island across the Atlantic. Yet he hails from New Jersey, a well-established breeding ground for outstanding middle-distance runners.

After his golf course circuit Tommy

hits the perimeter of the small Lewisburg, Pa. campus, showing off the dark blue "AAU" emblazoned on his white trunks. But the display is fruitless. Most of the people who notice him are thinking, "Great, Tommy's getting in shape for basketball."

Tommy McLean, you see, is one of the last of a dying breed: the multi-sports athlete. He came to Bucknell to play basketball. "Basketball was my *love*, track was my 'like'," says Tommy. He was never a super-high scorer, but he always saw to it that his opponents weren't either. His defensive

freshman and sophomore years. My goal was simply to be state champ, which I achieved in my sophomore year. Afterwards, I had no interest because my goal had been accomplished. In track, my goal was to be undefeated in the event of my choice—two-mile, mile, 880, 440, whatever was possible. I achieved that goal in my senior year. So of course I was reluctant to go out for track thereafter."

Tommy does not dwell on his high school running days, although he remembers best time of "around 9:30 for two miles, 4:17 for the mile and



Tommy McLean (second from left) in his AAU 800 race at Eugene. (Jeff Johnson photo)

game was spell-binding. He regularly psyched the crowd into a frenzy and the opposition into fouling out. A sub-six-footer, he could just about dunk his head into the basket and bring it out again before returning to the floor.

Tommy had run high school track and cross-country at Blair Academy, a private high school in Blairstown, N.J.—where he was coached by James B. Pender. With gratitude and admiration—Tommy recalls Pender's confidence in him: "He told me I could be world class when I was 5'3" and 100 pounds. . . My reaction was a combination of boredom and flattery, then I went to play some basketball."

Although he was not nearly as excited about running as basketball, Tommy still applied himself to make the most of his talent. "I invested a great deal of time in running, especially during the cross-country season of my

1:55 for the half."

In the spring of 1974, his freshman year at Bucknell, Tommy got restless and went out for track, "just to keep in shape". He never intended to take it seriously, but his half-mile time went down to 1:55.

In the early spring of 1975, after another successful basketball season, an aggravated achilles tendon prevented Tommy from doing half-mile workouts. So for a month he jogged 25 miles a week and regularly turned in 48-second quarters in meets. He would also toss an occasional javelin 170-odd feet to give his team a few extra points. His mile relay splits gradually found their way into the 46s. And after workouts,

Tommy would often jog over to the gym and "shoot hoops" for a few hours. Still, up until May 1975 he had not broken 1:50 for the half-mile.

On the last day of May, in Wichita, Kans., McLean exploded into national prominence for the first time, taking a close second place in the USTFF half-mile. He had dipped below 1:50 only a week before with 1:49.4.

His coach, Art Gulden, who had planned Tommy's races toward a NCAA peak, was the only one who wasn't shocked. Tommy then took third in the NCAA half (1:47.6), dogged Mark Enyeart to the wire in the Meet of Champions, and stepped to a 1:46.06 for 800 meters at the National AAU. By now, even his coach was shocked.

It is the AAU race which Tommy remembers most vividly: "I just tried to remain calm in the trial heats," he recalls. "In the final, I was sure one of the big boys was going to drop. It just happened to be (Byron) Dyce. I hung back and told myself to stay calm. I didn't want to kick too early. And then we came off that final turn"—by now he is pumping his arms in slow motion and breathing heavily as he relives that moment—"Everybody was flying. It was just like in a horse race, when the horses swing wide around the turn, and I

thought to myself, 'I'd better pick a lane, fast!' It was just like that. Everybody was in his own lane flying home. Enyeart and (Rick) Wohlhuter were out there ahead racing for it, but I knew I could get third—and I did."

It was almost as if he had found a niche which has been waiting for him.

"I'll admit I've always been temperamental," he confesses, "But now it's as if I've found something in track that I never dreamed could be there."

That "something" is a mature kind of self-pride. Lou Calvano, his teammate and close friend, says it well: "Tom is one of the most far-out, competitive, warm and generous people I have ever known. There is just something about the way he carries himself that is so dynamic. He has *class*, more than anyone else I know."

One of the best examples of Tommy's "class" is the level-headedness which he maintained on his European tour with the AAU. "I went along with the AAU, didn't make any waves," he recalls. "Going along" meant hopping on a plane for Russia on 10 hours notice (he ended up not being allowed to compete due to a mixup similar to the one which kept American sprinters out of the 1972 Olympic final). He took a respectable third against the Czechs and

Poles, and spent the rest of the summer experimenting with new tactics and racing strategies.

Tommy's success so far has resulted more from racing tactics than from training. "In the eyes of my peers I suppose I seem somewhat lazy," Tommy admits, "but I don't believe in overworking. I still rest when I think it's best—just as I work hard when I think it's most advantageous to my physical or even mental makeup."

His workouts are intense (a few *quality* 660s, 440s and 220s, with *lots* of rest) but short. And he knows quite well what will result from more consistent (year-round) training. He says; "I can get down around 1:44.0," and he is *not* prone to exaggeration.

"Right now, I'm depending mostly on my stride and on the adrenalin that gets pumped up from my desire to be up there. I've been watching the other half-milers, and I can see that I'm going to have to learn to check my tendency to 'over-stride' during my third 220. My emphasis will now be on 'leaning over the stride' during the course of fatigue—something like a 'sprinter's lean' . . . and then 'kick'."

That kick may well turn out to be one of the most dreaded on the middle-distance scene this year. ●



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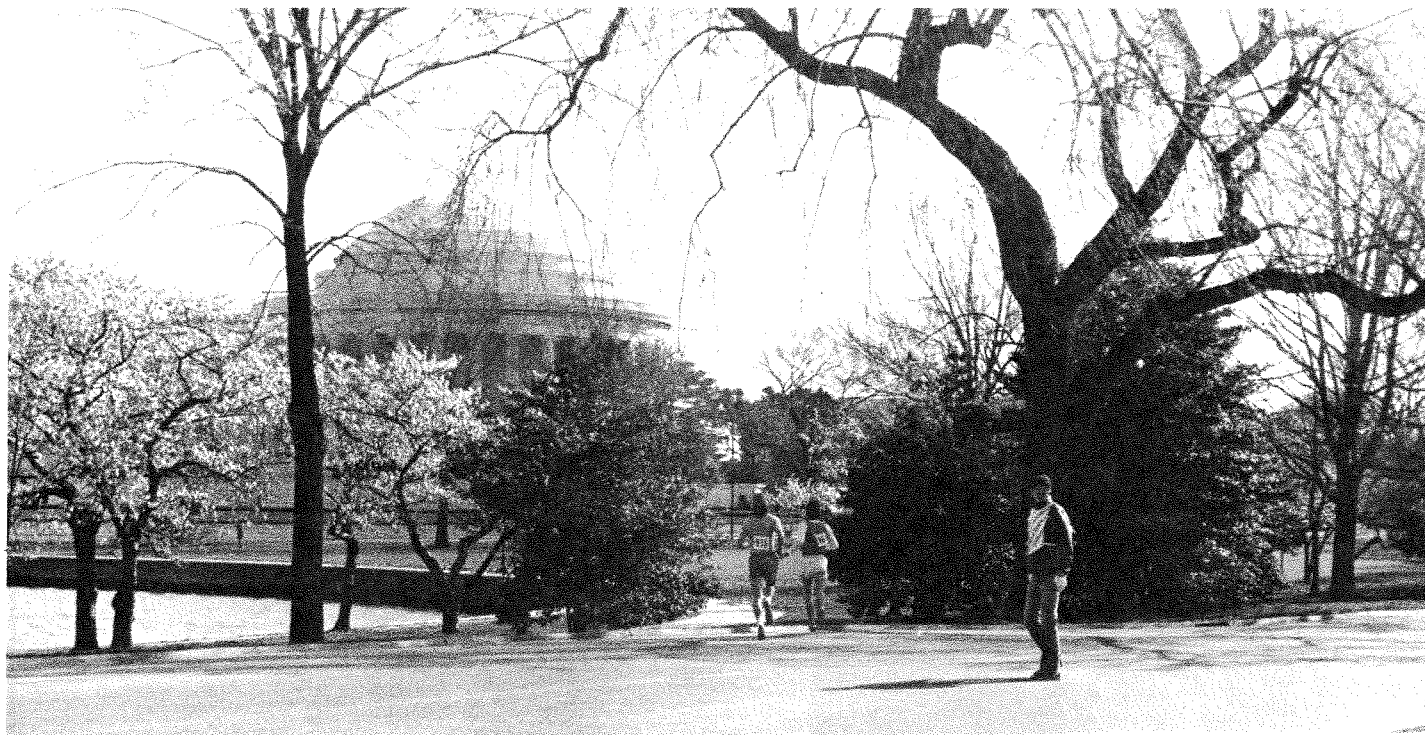
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City Series

by Ron Somers

Bicentennial Washington



During the Bicentennial year, many runners will be visiting Washington, D.C., to soak in a bit of our nation's history. If you're a visitor to Washington you'll find plenty of places to run. And with a little planning you can combine your workouts and your sightseeing tours. Not only can you stay in shape this way, but you can avoid being ripped off by the guided tour companies.

If you fly into Washington, you'll be struck by the simple beauty of the Washington Monument as you approach National Airport. Since the nation's capital is not a particularly hilly city, you may want to take your hill workout at the monument. Though only 550 feet tall, the monument challenges the runner with over 800 steps. Not only will you be rewarded with the satisfaction of conquering the towering spire, but you'll be rewarded with a breath-taking view of the city.

A flatter, easier course is the historic Mills Trail. This begins at the Silver

Dollar night club on M Street in Georgetown, goes east to Pennsylvania Avenue, and then to the Tidal Basin. On this run, you can enjoy the scenic quaintness of Old Georgetown and catch a glimpse of the White House and the Jefferson Memorial, while retracing the path of Wilbur Mills and Fanne Foxe. You may want to pause for a breather at the spot where Fanne plunged into the waters of the tidal basin to escape park police. If you run this route at night, watch out for cars with their headlights turned off.

A popular running route for tourists is the "deep-six" route. This starts at the Watergate apartment and office building on Virginia Avenue, and winds along the Potomac to the 14th Street bridge, ending at the National Archives on Constitution Avenue.

Along the way, you can see the historic site where E. Howard Hunt, G. Gordon Liddy, and their band of patriots began the famous Watergate break-

Runners in one of Washington's best races—the "Acacia"—pass by a famous landmark—the Tidal Basin. (Ellen Darman)

in. At the 14th Street bridge — you can run past the spot where Watergate evidence was "deep-sixed."

You can continue on to the National Archives, where you can see the Constitution and Declaration of Independence, both of which remind us of the great freedoms we have in this country — like the freedom from unreasonable search and seizure.

For the marathoner and ultra-marathoner the IRS tour is recommended. This is a long one. It begins at the Internal Revenue Service building on Constitution Avenue and heads east toward the Capitol, where you can see your Senator or Congressman hard at work. If you like, you can stop in at his or her

office. Though you may not meet your Senator or Representative, you will at least meet his entire family, all of whom are employed in his office. They will listen sympathetically as you explain how difficult it is to afford a good pair of running shoes with taxes and the cost of living both sky-rocketing.

From the Capitol, you can run to nearby Arlington to the Pentagon. Here you can see our military leaders in action spending your tax dollars to defend our hard-won freedoms. It is truly

an inspirational sight running around this beautiful five-sided office building thinking that within those walls exists the power and ability to blow up the whole world.

After visiting the Pentagon, you can then jog off toward Northwest Washington. In this part of town you can see the elegant homes where many Congressmen and high government officials live. When you reach the Maryland-D.C. line, head east for a few miles before running south back to the IRS building.

Here, you can tour the scenic slums of our nation's capital. These slums rank among America's best. The footing can be treacherous at times, as the streets are often filled with broken glass, empty beer cans and other trash, so watch your step. This might be the best time to do your fartlek or long *fast* distance. Every so often, you'll have to sprint to avoid a mugger or hooker. By the time you get back to the IRS building, you'll be an exhausted but happy tourist. ●

The Capital's Spring Classic

by Steve Clapp

Whenever I hear the full title, "Acacia Cherry Blossom Classic," I have to smile. What a jawbreaker for a 10-mile road race: two kinds of trees (Acacia Mutual Life is the principal sponsor) and, as a final touch of sports-writer's hyperbole, the appellation "classic." How can a race only three years old call itself a classic?

It may still be premature, but this year it is probably fair to call the Cherry Blossom (or "The Acacia," as it seems to be known around Washington) a classic. What other race combines the attractions of the nation's capital in flower, a challenging but not overwhelming distance, and ideal preparation for the Boston Marathon two weeks later? A minor classic maybe—lying, always, in the shadow of Boston—but a classic nonetheless.

My own case is instructive. The 1974 event was my first big race. I had never seen 400 runners assembled in one place before. Despite the humbling experience of being passed in the final stretch by a 60-year-old man and a 12-year-old girl, I was exhilarated by the race and determined to do more.

When I ran the Acacia last year, it no longer loomed so large on the calendar. Thanks, in large part, to that earlier race, I had already put one marathon under my belt and was looking forward to Boston. But the Acacia, my friends and I agreed, represented an ideal tuneup for the season's climax as well as a chance to test ourselves on a flat 10-mile course.

As my experience suggests, the Acacia Cherry Blossom Classic has something for everyone. There is no better evidence of its popularity than the size of the field for the 10-mile, which grew

from 129 finishers in 1973 to 575 last year. An additional 275 people were in the 10-mile "fitness run."

This year's race will have a Bicentennial theme, and Jeff Darman, who has headed the planning group for the event in recent years, is anticipating anywhere from 1000 to 1500 runners. If only a fraction of all the runners among the estimated 30 million tourists expected in Washington this year show up for the event, it should be quite a field.

The Cherry Blossom Classic represents one legacy to Washington of Gar Williams, who was president of the DC Road Runners from 1969-73 before moving to Denver and the presidency of the national RRC. Williams and Ralph Reynolds, physical fitness director at Washington's Central YMCA, conceived the idea of organizing a race to coincide with Washington's Cherry Blossom Festival, a highlight of the city's tourist season.

Williams and Reynolds settled on the 10-mile distance. ("If it was longer, you'd be too pooped out for Boston," Williams told me. "We didn't want it too short, though. The idea was to have an attractive alternative to a marathon.") Families could come to Washington as tourists. Dad (or Mom) could run the 10-miler, and the rest of the family could enter the two-mile and collect commemorative patches as well.

Acacia Mutual Life foots the bill for post-race refreshments and patches for the growing herd of finishers. Although the race is one of the most attractive on the calendar, the organizers have never charged an entry fee.

The weather has never been entirely cooperative with the Classic. The first

year it was muggy; the following year cloudy and raw. Last year, there was brilliant sunshine, but there were also frigid winds gusting up to 30 miles an hour that rendered Hains Point, where the race begins and ends, more like Antarctica than like Dixie in springtime.

The course remains attractive in spite of the weather, however. Hains Point, a favorite haunt of lunch-hour joggers, is a peninsula jutting out into the Potomac River that contains a public park with tennis courts and golf course. The roadway around and golf course is almost perfectly flat, and its mile-long straightaways seem designed for flat-out racing.

For the Acacia event, Hains Point and the adjacent Tidal Basin put on their finery, like drab housewives dressing for a ball. There are cherry blossoms, magnolias and forsythia lining the course, which goes out around Hains Point, circles the Tidal Basin twice, then retraces the Hains Point route back to the finish line.

Last year's winner was Carl Hatfield of the West Virginia Track Club, who battled the winds and local favorites Steve Mahieu and Bernie Allen to win by 10 seconds, in 51:47.

Hatfield and Max White, the 1974 national 50-mile champion, both had high praise for the event. ("I can't imagine a better-organized race," White told me.) Both said the race figured importantly in their training plans for Boston. White, especially, stressed his need for a race that tested his speed rather than his endurance.

I suspect that both of them, along with many newcomers, will be on hand for this year's race on April 4. After all, it's a classic. ●

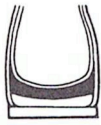
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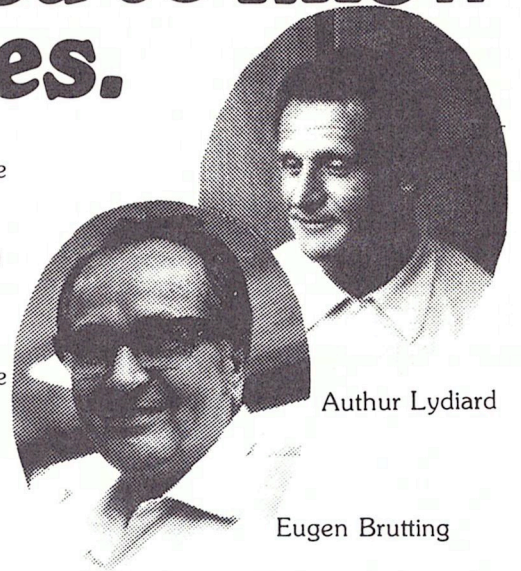
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TOTAL ENCLOSED

Eryn Frobes, a winsome, dark-haired teenager from suburban Portland, can run middle distances faster than any high school girl in Oregon—and yet she has never won a ribbon in high school track competition.

The reason? At 14, she's too young. As a mere eighth-grader last year, Eryn wasn't eligible to compete with the older girls.

Not that it cramped her style. In an Oregon AAU meet last spring, she zippered through a mile in 4:48.6—which happened to be 15 seconds faster than the winning (and record-breaking) time in the girls' state high school meet.

And it was no fluke. Competing exclusively against older runners last June at the AAU Nationals in White Plains, N.Y., Eryn finished fourth in junior competition in the 1500 meters (4:25.8) and 11th in the senior women's 3000 meters (9:46.4).

More recently, she attracted attention when—again as the kid in the group—she finished a strong fourth in the National AAU Senior Women's Cross-Country Championships at Belmont, Calif., missing third place by an eyelash.

To put it mildly, you could say the young lady has a future. But the irony of the situation is that this track season Eryn *still* isn't eligible to run in Oregon high school dual meets. She's still too young. She'll turn 15 on April 29, but is a ninth grader and still in junior high.

High school races are not her big goal, though. Her real aims for the season are to hit 4:36 for the mile and 4:15 for 1500 meters, which would qualify her for the Olympic Trials.

Eryn is a sociable, quick-to-smile youngster who plays tennis, swims, draws and gets excellent grades at school. She has grown six inches in the last two years and doesn't seem to have topped out yet. Currently she's 5'7", a willowy 107 pounds, and looks like she's all legs when she runs.

"She's still getting stronger," her father, Dick, says, "so we have no knowledge yet of her basic speed. But it's probable that her best event will turn out to be somewhere from 1500 meters to two miles."

"I like cross-country best," Eryn says (who wouldn't, after a season like she had?). "I have a fairly good sense of pace in track, but a real good sense of it in cross-country."

Eryn has been running for about six years, and seriously for the past four. She got into the sport naturally enough—her father, is a marathoner.

Dick Forbes, 39, an associate profes-

Youngest Girl Among the Women

by Ron Abell



Jeff Johnson photo

sor of biology at Portland State University, was a college miler (best time: 4:26) who is still whippet-thin and competitive at long-distance running. For several years, it was a common sight around Portland to see Forbes road running or working out on the track accompanied by his quiet, serious, brown-eyed little girl. But a funny thing happened—the girl kept growing and pretty soon she was matching her father stride for stride.

These days, Dick can't keep up with Eryn at the shorter distances, and laughs at the thought of racing her in a mile. "She'd tear me up," he says. "I can't even run 660s in workouts with her any more."

Still, Forbes is Eryn's constant coach companion all winter, in workouts during those cold, wet, seemingly endless Oregon nights when dark descends by 4:30 p.m.

Eryn loves to run, but the Oregon

winter gets to her as it does to everyone. She adjusts to it by abandoning any slow jogs and doing strictly quality workouts. In other words, she does the job, gets it over with and comes inside to the warm.

She held to a seven-day schedule this winter, doing 6-8 miles of quality roadwork each evening (including a lot of hill running), with a long run (11-13 miles) on Sunday, averaging about 55 total miles a week. With the coming of track season, she planned to switch over to a schedule of distance running alternating with interval work.

"I'm more serious about running now," Eryn says. "This was the first time I ever seriously trained all through the winter. But right now the important thing is to have fun running. I'm trying to keep enjoying it. I'm not supposed to have my peak until my late 20s, and I don't want to lose interest."

Sage words from a 14-year-old. ●

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PACE YOURSELF



With the pace of life moving faster and faster, the things *Run Gently, Run Long* (now in its third printing) has to say are more relevant than ever before. Author Joe Henderson comments on the "fleeting things and lasting things" in running, writing for "those of us who look as running as too good to throw away, who have this vision of what running can be, and know if we run for fun we can run forever." 1974, 100 pp., ill., \$2.50.

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Medical Advice

George Sheehan, M.D.

"CATCHING" COLDS

The party line of the scientists is that we "catch" colds. We become infected with one of the numerous rhinoviruses — and in short order come down with the familiar sore throat, cough and runny nose. It will be only a matter of time, they assure us, until research will produce a vaccine or antibiotic and the common cold will be just a memory.

I don't believe it. The way I see it, the common cold will last as long as the common man. We have those rhinoviruses in our systems and always will. Usually they lie dormant, but when our defenses are lowered, when somehow the barriers are breached, the cold develops.

You don't catch colds. Everyone from Plato to our sainted aunts has told us that. They are caused by pride and stubbornness and arrogance, three qualities the Greeks put together in one word, "hubris". As soon as we put ourselves over ordinary men, as soon as we aspire to be better and better, as soon as we risk going beyond our capabilities, just as soon do we risk what the Greeks called "coryza" and "catarrh."

The runner who is a modern-day Greek knows this all too well. Like the Athenian, he is trying to live each day at the top of his powers — and always looking to the day when he will suddenly break through into a greater source of energy, when he will be filled with strength and speed and feel no fatigue. The runner knows with Sophocles, "The best is to live without disease. To have that most sweet power to win each day the heart's desire."

But in reaching for this, in the training and the racing and, yes, in his pride and stubbornness and arrogance, the runner would be more than he actually is. It is then that he begins to come apart, his defenses fold, and the rhinovirus strikes. He gets the common cold. And then, if only for a week, he agrees with another thought of Sophocles: "Never to have lived is best."

How to avoid this? How to reach for it all and not fall into the pit? Plato had some rules for athletes: Don't drink. Avoid Sicilian cooking. Stay away from Corinthian girlfriends. Abstain from Attic confectionery. But giving up beer and pizza, groupsies and chocolates is

not the real answer. Plato knew that also. The athlete in training, he said, was a sleepy creature, and the smallest deviation from his routine leads to illness.

The runner is aware that this deviation from routine is racing. It is in the race that he challenges himself to his limits. And instead of husbanding his strength and hunkering down, instead of waiting for spring and the fulfillment of his year, he tries to become everything he is right now, in this Sunday's race and next Sunday's race and the race after that. Few can resist the call to test themselves to the limit today, here.

Unfortunately, when the running is going well, the runner must be most alert. He is on a collision course between his heart's desire and the common cold. He should know that just beyond this workout, if run too hard, or this race, if too demanding, lies disaster. He must be prepared to break off when he loses his zest for training, or a race leaves him fatigued for days afterward.

Last fall I ran three very tough races in seven days, the last 10,000 meters over hills. According to my family, I looked worse at the two-mile mark than I did finishing at Boston in the marathon. My son even had ideas of tackling me to get me out of the race. When I finished, I lay motionless for five minutes asking for someone to take my shoes off.

That should have been it for the cross-country season. Unfortunately, it wasn't. The National Masters Championship was the following week, another grueling 10,000-meter run. I could already feel the rhinoviruses preparing to charge. There was nothing to do but rest. I took the whole week off hoping I had one more race before the barricades came down. I did. I ran my best race of the year.

The next day, I woke up with the cold.

SWEAT SUITS

Q: I purchased a rubber sweat suit last year, and my friends say I'm killing myself. But I feel that I replace most of the salt and liquid after a run. Do I have to give up the suit and losing weight? (C.R.)

A: The only purpose of a rubber suit would be to acclimate you to the heat. The suit puts stress on your heat-dis-

sipating system and makes it work better. After 10-14 days, you will sweat more readily and copiously. Your sweat will have a diminished salt content. And your circulatory system will get rid of heat more efficiently.

But help you lose weight? This the rubber suit won't do. Also, since it does cause significant heat retention, you should be cautious about pushing yourself into one of the heat syndromes. This could be dangerous.

VISION LOSS

Q: I believe it has been reported by long distance runners that in the final stages of a marathon a temporary loss of peripheral vision may take place. Is there any danger of permanent damage from this, and if so how can a runner avoid it? (W.S., Tennessee)

A: The loss of peripheral vision is a temporary phenomenon probably secondary to diminished oxygen supply. Pilots are urged to use oxygen over 5000 feet on night flights to improve their peripheral vision. Runners probably experience a similar situation.

In extreme cases of oxygen deficiency, retinal hemorrhages can occur. This has been reported in mountain climbers. These individuals, however, are climbing at 14,000 feet and over. In some instances, the damage was permanent, in others reversible.

I know of only one instance where a marathoner was left with a visual-field-defect from collapsing in a marathon. As always, it is a matter of listening to your body and not continuing when the physiology is coming apart.

BLACK TOENAILS

Q: After any distance race, I end up with at least four black nails which eventually are replaced but mean sore toes for some time. How can I save my toenails? (W.H., New York)

A: Black nails are due to hemorrhage under the nails. The cause is usually shoes a size too small, or jamming of the toes from slippage (which can occur with larger shoes).

I have heard that Dr. Sholl's foam toe caps are sometimes a help. A reader recently told me he cured a chronic problem of blood blisters by using the toe caps. Even though they reduced the toe space in the shoe, he was able to run a marathon without difficulty.

CALCIUM DEPOSITS

I suffered for some time with a heel spur. A local podiatrist fitted the plastic inserts which I wore for a year, but I developed other pains in my feet which I

attributed to a general weakening as a result of using the "crutch." I had to quit running and substitute bicycling.

A chiropractor then explained to me that the calcium deposits were the result of drinking pasteurized-homogenized milk and other dairy products which had been similarly treated.

His recommendations were: (1) do not touch pasteurized-homogenized dairy products, but take bone meal tablets or raw milk for calcium requirements; (2) take phosphoric acid, a citrus concentrate, 10 drops in a glass of water three times a day (this dissolves calcium carbonate in one's system); (3) ultrasound treatment three times a week.

Following this routine, the spur was gone in about three weeks. The chiropractor said that by eliminating the source of calcium carbonate, the body would dissolve the spur. The phosphoric acid and ultra-sound sped up the process.

I got off my bicycle and started running again. It was like having a life sentence commuted. That was a year ago, and I haven't had any more trouble. (Lawrence Langford, New Orleans, La.)

EXTREMES

Q: My husband runs to work, eight miles one way. After about the third day of this running pattern, he becomes hell on wheels. He becomes violent, obnoxious, cruel, disrespectful! you name it, he does it. Can you shed some light on this problem?

A: Running is a stressful activity, and can be carried to extremes. One reaction to this may be an accentuation of any psychological tendency to depression, and presumably to agitation, paranoia or schizophrenia.

It seems to me your husband's reactions have become abnormal. What he needs is a complete rest from running to see if this is the cause of his problems. I doubt, however, that he will stop unless he gets injured or somehow hears that a 2-4-week layoff sometimes does wonders.

For what it's worth, you can point out that the great runners all do this. In addition, many like myself run only every other day or every third day in order to avoid such breakdowns. ●

Although Dr. Sheehan attempts to answer all letters which he receives, only a small fraction of them appear in his column. Please limit your questions to those which have not been covered recently in the column and which will be of general interest to other readers—*Editor*.

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Looking at People

● **John Koski** is quick to take issue with last month's claim ("Looking at People") by the Danes that they have the world's largest run. He helped organize one—in Singapore, which is hardly known as a running capital—totaling 9559 participants. The event was unique in another way: It used nine different courses, each five kilometers, all ending at the National Stadium.

Even this run, however, couldn't compare in size to Singapore's National Walk. The number there was 24,663.

● While the Southeast Asians were converging on their National Stadium, hordes of New York City girls and women were packing into Pratt Institute Fieldhouse. Some 9300 of them competed in the Colgate Women's Games, directed by **Fred Thompson**. The Colgate company paid for the meet, and awarded 66 scholarships worth nearly \$25,000.

● "If I can make my fourth Olympics, I'll be happy." So says 37-year-old **Ron Hill**, the third-fastest marathoner in history but one who has never won an Olympic medal.

Jon Wigley of *Athletics Weekly* asked Hill, "Will you consider yourself unfulfilled as an athlete if you retire without an Olympic medal?"

Hill's answer: "I really won't have the time to feel unfulfilled, because the day I retire is when they drop me into the fire or bury me . . . No, I can see realistically now that I would have to have a tremendous amount of luck to win an Olympic gold medal. Things would have to go my way. The conditions would have to be mine. I would have to be red-hot on the day of the race, and other people would have to have an off day.

"But I don't feel unfulfilled now. I enjoy running. It's brought me a lot—friends, a lot of good experiences. It's kept me very fit, will do it for a long time, and I can't feel unfulfilled . . . Why throw away something you enjoy? I'd be a fool to stop running just because I didn't have any luck."

● **Dave Bedford** has had more than one man's share of ill fortune in recent years, and was generally thought to be retired because of injuries.

Athletics Weekly says of the world 10,000-meter record-holder, "In increasingly desperate efforts to heal an in-

jury to his hamstring, Bedford traveled all over the place, approaching some three dozen people who might have been able to help him—surgeons, physiotherapists, osteopaths, even a faith-healer and practitioner of acupuncture."

Then last September, a Scottish physician did exploratory surgery and discovered a massive amount of scar tissue in the upper leg muscle. It was removed, and Bedford has recovered well enough to be training in New Zealand with serious Olympic intentions.



Dave Bedford (Mark Shearman)

● The women long-distance runners and Masters trackmen are on their own. That is to say, they were given autonomy within the AAU at that group's convention in December. (Women's LDR had been a sub-committee of Women's Track and Field; the Masters had been under the general Men's Track and Field Committee.) **Barbara Palm** and **Bob Fine** are the first chairpersons under the new setup. The newly-elected co-chairmen of the Men's Long Distance Committee are **Bob Campbell** and **Vince Chiappetta**.

Addresses of the top officers of the various national AAU committees:

Long Distance Running (Men)—**Robert Campbell**, 39 Linnet St., West Roxbury, Mass. 02132; **Vincent Chiappetta**, 2 Washington Square Village, New N.Y. 10012.

Long Distance Running (Women)—**Barbara Palm**, SUNY/Women's Athletics, 1400 Washington Ave., Albany, N.Y. 12222.

Race Walking—**John Boitano**, 46 McLeod Place, Stratford, Conn. 06497.

Track and Field (Men)—**LeRoy Walker**, P.O. Box 19776, Durham, N.C. 27707.

Track and Field (Women)—**Evie Dennis**, 3072 Cook St., Denver, Colo 80205.

Track and Field (Masters)—**Robert Fine**, 11 Park Place, Room 1408, New York, N.Y. 10007.

● "As long as you are sorting out runners by color," says **Ben Buckner** (referring to the January article, "Black Distance Runners"), "**Earl Bradley** is certainly among the best marathoners in that or any race."

Bradley ran 2:31 in each of the last two Boston Marathons—and finished second in the over-40 age-group in 1975. Earlier, he had been a quarter-miler at Kansas State University.

● A 3:01:27 marathon by a 14-year-old girl is unusual enough under any circumstances, but **Laurie Taylor's** is even more newsworthy because she did it in Japan. She is the daughter of a US Marine Corps officer stationed there.

At the time Laurie ran her 3:01, this was an age-group record (**Diane Barrett** has since run faster). But the honor didn't overwhelm Laurie. She said afterward, "I don't feel any different or any better now, as far as my abilities go, than I feel when I have a birthday and suddenly am a year older. It's the same feeling."



Laurie Taylor (Dane Gregg)

● Officials at the Mission Bay Marathon called it a first when **Sister Ann Rooney** finished the race in 4:11. They think she is the first woman from a religious order to run this distance.

● **Carl Hatfield** writes that the West Virginia Track Club's newest member "may scare off the opposition when they see his name on the entry list." Either that, or they'll think someone is putting them on. The name: **Miles Runner**. ●

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CHARTING THE FUTURE

Returning from the 1975 Boston Marathon, a friend brought me the overwhelming news that the price of admission to the 1976 race had gone up to a sub-three hours qualification. The next day, I bought a tennis racket and tennis shoes.

However, a few weeks later while studying a stock market chart it occurred to me that charting the future might work better than charting the past. It seemed that my frequent injuries in the past year had been the result of poor planning. I was physically incapable of handling the sudden stress induced by age to condition for a marathon.

I took a piece of graph paper and on the left vertical axis set up a scale of miles ranging from 35 up to 70. On the right vertical axis was the "collapse-point" (three times the daily average for the past eight weeks) corresponding to that mileage. The bottom horizontal axis was scaled in weeks remaining before a September marathon. I then drew a pencil line from the lower left-hand corner to the upper right hand corner. This became my running schedule.

At the end of each week, I inked in my actual miles over the pencil line. After eight weeks, I computed my collapse point and marked that point on the chart each week. At a glance, I could follow my training progress on the chart.

This method produced a 28½-mile collapse-point one week before the race through the most gradual increase in week to week training miles. The entire training period had been injury-free.

I entered the Andrew Jackson Marathon and finished in 2:56, feeling strong at the end. Then I scaled my mileage back down and replotted a line aimed toward April 1976.

Abner Oldham

MARATHON TEST TIMES

Several articles have correlated marathon performances with various parameters which have an influence on the final times achieved. These include the total training mileage during eight weeks prior to the race, the longest run

during training, the maximum miles in any single week, the number of runs in excess of 20 miles.

In addition, allowance is made for the runner's own physical and psychological make-up. Finally, it was found that an element of speed had to be included into the correlations. The fastest recent mile time is often used.

My problem is that none of these published correlations fit my own training data and results, since I always seem to do a little better than my training warrants. However, as a result of a couple of recent coincidences, it appears from my own experience that there may be a much better correlation between the runner's fastest recent 10-mile time and the marathon result.

Here are the results of my own preliminary calculations in which the 10-mile result provides the mirror: Since my conclusions are based only on my own six marathon results during the past year, I don't claim statistical significance of any of the results. However, since over 12 months my marathon times have improved by some 35 minutes and the equivalent 10-mile race times have improved by close to 10 minutes, it is worth trying to establish a relationship which might be extended with results collected from other runners.

It seems to me that the 10-mile race time is a more meaningful parameter than the one-mile time, since over the same period my single mile time has not changed one iota. I think the usefulness of the 10-mile mirror is not unexpected, since it needs basic speed and yet it has elements of endurance under fatigue. The single mile time represents speed alone and has to be supplemented by other endurance parameters as we noted above. Other runners may test the idea with their own results.

In my case, the results yielded this equation:

$$\text{Marathon Rate (minute per mile)} = 10\text{-mile rate (minute per mile)} + 0.37(3-N)$$
where N = 0 before a marathon is completed; N = 1 once a marathon has been completed.

To obtain this correlation, I paired

four marathon times with times for 10-mile races run within 2-4 weeks of each other. In two more cases, since I had no available 10-mile race result, I used an eight-mile and a 10-kilometer time.

To me, the equation gives a target. With a three-hour marathon time as my goal the correlation indicates that I should be able to make it once my 10-mile can be run at a pace of 6:07 per mile or better. I can aim for this in the weeks before my next marathon.

I can hear some of the statisticians sniffing: He hasn't enough data to reach a conclusion. Or he has ignored all the other parameters—personal health, psyching at Boston, race heat at Toledo and wind elsewhere, level race conditions in New Jersey and the hills in Baltimore etc., etc. True, I haven't enough data, but it'll come.

Clearly it is worth repeating the study with additional data, so let me seek interested running readers who would like to help. Write to me (at 109 Kelvington Dr., Monroeville, Pa. 15146) and I'll send you a list of the data which I need for further study. I need marathon and 10-mile race times, with the dates of each race and some additional data concerning each event.

In the meantime, I shall abandon running test miles and concentrate on the basic 60-65 miles per week, keeping a careful eye on my 10-mile race times to mirror my marathon potential.

John Graham

MEANINGFUL PLACE

On the wall of my office hang three certificates from previous Yonkers Marathons. They indicate that in 1973 I finished 134th with a time of 3:31; in 1974, 141st in 3:18; in 1975, 52nd in 3:21.

Unfortunately, these certificates, along with similar ones from Boston efforts, don't tell me whether or not my marathon running is getting better or worse. The times indicated are a function of my training, the difficulty and distance of the course, and the weather. My place of finish is a function of the number of competitors. My training is the only one of these variables I am able to control.

If, however, I know in which percentile of the total field I finished, I can then separate out the effect of my training because the other variables (weather, distance, difficulty and number of competitors) affect the other runners equally, and my performance can be evaluated relative to the performance of the group.

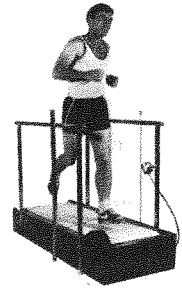
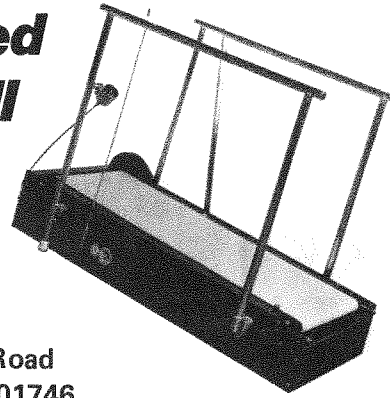
(continued on page 52)

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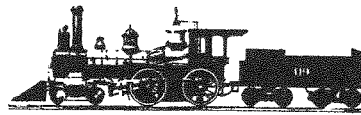
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1976

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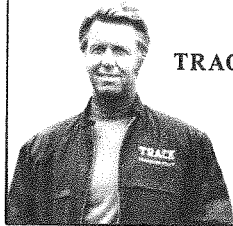
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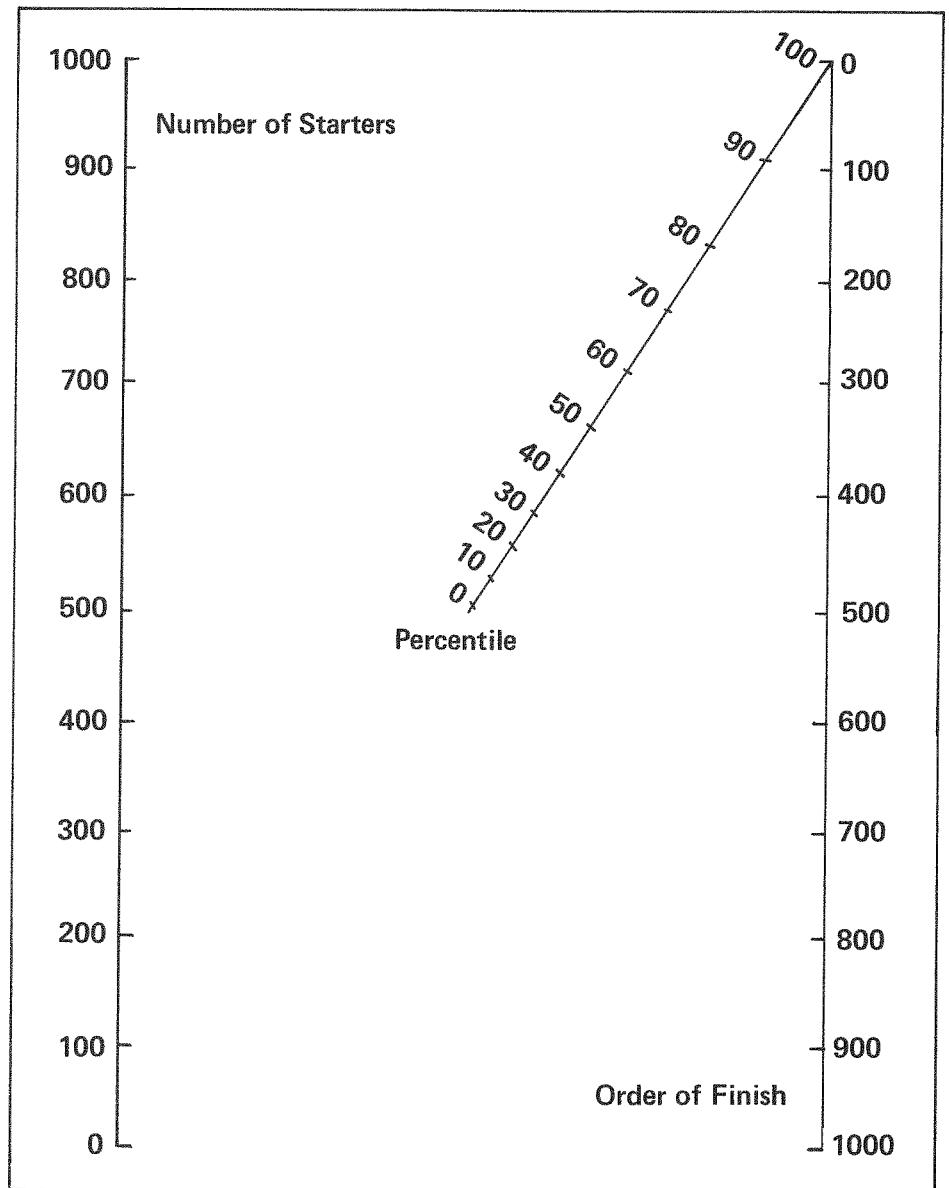
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(The percentile in which you finish a race is the percentage of competitors you beat if you are an optimist, or the percentage that beat you if you are a pessimist. In this article, I take the optimistic viewpoint.)

The percentile is an easy statistic to calculate and can be likened to the batting average of a ballplayer. To calculate your percentile for a particular race, use the formula: $p = [(N - F) / N] \times 100$ where "p" is the percentile, "N" is the number of starters, "F" is your place of finish.

The larger the field, the more meaningful is this statistic. To facilitate the calculation, I have constructed a "nomograph" that can be used for fields up to 1000.

To use the nomograph, connect the point on the left vertical scale that represents the number of starters in the race with the point on the right vertical scale that represents your place of finish.

Your percentile is then read on the diagonal scale where the connecting line intersects the diagonal.

For example, if there were 230 starters in the 1975 Yonkers Marathon and my place of finish was 52nd, to find my percentile I connect 230 on the left scale with 52 on the right scale and read 77 where the line intersects the diagonal. Thus, although my time of finish was a slow 3:21, (it was a hot day), my percentile was a respectable 77.

A word of caution: percentiles are most meaningful when the field is large and heterogeneous. Do not compare your percentile in an "open" race with one in a race restricted to a particular age-group.

It is hoped that in future races the number of starters will become as important a statistic as the times and places. Thus, every finisher can calculate his or her percentile and thereby more easily note improvements in performance.

Charles Van deZande •

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Inside **SportSource** you will find lists of all the organizations, periodicals, books and equipment sources available in each sport. And it provides you with basic information, rules and more about each sport.

But, to give you a better idea what each sport is really all about, there is an essay written on each sport by an active or former participant in that sport. You'll find essays by big-name athletes like Gale Sayers, former professional football player, Al Unser, professional auto racer and Micki King, Olympic diving champion.

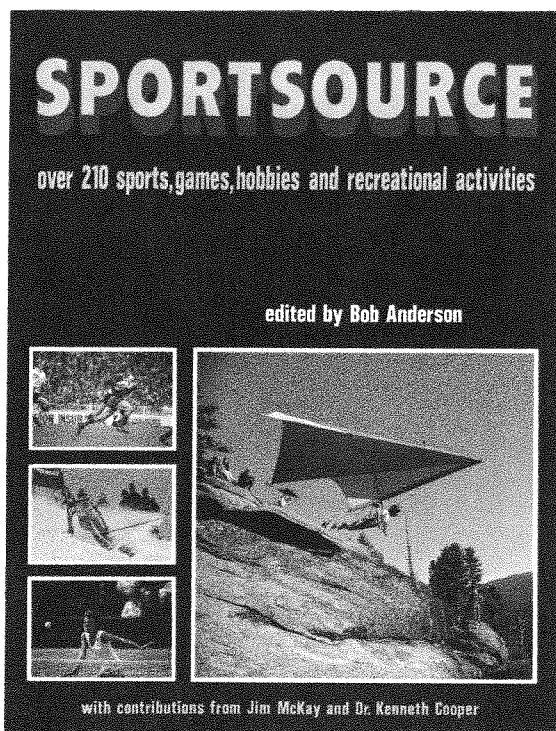
Also, you'll find essays written by enthusiastic athletes about sports you've probably never heard of. For instance, Steve Rajeff, world champion tournament

caster, gives some insight into his realm of expertise. Basil Kamener, secretary of the Skate Sailing Association of America, provides plenty of information about his sport. Harold Esch, former American Lawn Bowls Association singles and doubles champion, tells some personal anecdotes about experiences in his sport.

And the list goes on and on, covering sports like duckpins, frisbee, golf, quoits, racquetball, marathoning, shuffleboard, scuba diving, parachuting, foraging, and weightlifting.

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Highlights

While racing went through a lull during January, the first month held promise of what the Olympic and Bicentennial year will bring.

Emiel Puttemans was back in brilliant form. In France, he ran 12:54.6 for three miles and 13:20.8 for 5000 meters—indoor world records and among the fastest times ever. Both are only 6-7 seconds slower than his outdoor marks.

Marathoners continued to assault the US Olympic Committee's budget. Two more of them—Phil Camp and ex-race walker Carl Swift—qualified for full expenses to the Trials with sub-2:20 times. Forty runners had made that standard by the end of January.

The men chose teams for the International Cross-Country Championships with trial races in California. Gary Tuttle led the Seniors and Eric Hulst the Juniors. The women's team for the Feb. 28 race in Wales was to be selected from the AAU meet reported last month.

Finally, runners in Wilmington, Del., got into the 200th anniversary spirit with a 17.76 kilometer (that's slightly more than 11 miles) race, won by Larry Schemelia in 1:00:02.

NORTHEAST

Runners from Baltimore and Washington, D.C., followed the lead of Britain's "mob matches." They ran a 13-mile dual (Columbia, Md., Jan. 4), scoring the number of runners on the smaller team—22 in this case. DC won, 428-584. Jack Mahurin was the individual winner in 1:11:17.

Total participation in New York City's Patrick Winter Series during January was nearly 1000. Marvin Wilson (30:01 and 55:58) and Brenda Saunders (37:57 and 1:10:57) both won the six- and 10.2-mile events. Arthur Hall (1:04:10) and Margaret Poynter (1:18:33) took the 12-mile.

Last month, we inadvertently left out results from the NCAA Cross-Country. If you still don't know them, these are the leaders.

NCAA CROSS-COUNTRY

University Park, Pa., Nov. 24—6 miles: 1. Craig Virgin (Illinois) 28:24; 2. Nick Rose (Western Kentucky) 28:39; 3. John Ngeno (Washington State) 28:53; 4. Terry Williams (Oregon) 28:58; 5. Paul Stemmer (Penn State) 28:59; 6. James

Munyala (UTCP) 29:01; 7. Paul Cummings (BYU) 29:02; 8. Frank Munene (UTEP) 29:04; 9. Dave Merrick (Penn) 29:06; 10. Steve Bolt (Alabama) 29:06



Jeff Galloway—12-plus miles in an hour. (Bob Kasper)

11. Paul Bannon (Memphis State) 29:07; 12. Herb Lindsay (Michigan State) 29:11; 13. Tony Staynings (Western Kentucky) 29:12; 14. Joshua Kimeto (Washington State) 29:13; 15. Curt Alitz (Army) 29:14; 16. Alex Kasich (West Virginia) 29:15; 17. George Malley (Penn State) 29:15; 18. Terry Cotton (Arizona) 29:16; 19. Mick O'Shea (Providence) 29:18; 20. Kurt Beckman (Washington State) 29:18.

21. John Treacey (Providence) 29:19; 22. Jeff Wells (Rice) 29:20; 23. Billy Donakowski (Michigan) 29:20; 24. Lionel Ortega (New Mexico) 29:23; 25. Tony Zuniga (UTEP) 29:24. Teams: 1. U of Texas/EI Paso 88; 2. Washington State 92; 3. Providence 183; 4. Penn State 256; 5. East Tennessee State 268.

SOUTHEAST

Jeff Galloway joins the small group of Americans who've run sub-five-minute miles for an hour. He went 12 miles 107 yards at Atlanta, Jan. 24. Randy Straub ran 11 miles 737 yards, and Gayle Barron totaled 9 miles 1336 yards.

Mike Matheny opened Texas marathoning for the year by winning the North Texas race (Denton, Jan. 10) in 2:45:07.

Nolan Grayson picked up the Oklahoma 30-kilometer title with 1:43:33 (Tulsa, Jan. 17).

WEST

Most of the month's excitement centered here, at the two cross-country trials and the two big marathons—all reported below.

Elsewhere, Ron Wayne led the Pacific AAU 20-Kilometer with 1:03:25, 11 seconds up on Canadian marathon champion Brian Maxwell (Portola Valley, Calif., Jan. 18).

David Hall won the Oregon AAU 15-K by more than a minute with 47:06 (Lookingglass, Jan. 3).

Sharon Furtado ran away with a women-only race (Woodside, Calif., Jan. 24). She did 29:38 for five miles, beating a field of 67.

MISSION BAY MARATHON

San Diego, Calif., Jan. 10-1. Mario Cuevas (26, Mexico) 2:18:05; 2. Phil Camp (28, San Diego TC) 2:18:06; 3. Bob Fitts (33, St. Louis TC) 2:20:46; 4. Tom Bryant (22, Santa Monica TC) 2:21:20; 5. John Jones (26, South Coast Harriers) 2:21:39; 6. Perry Forrester (23, Santa Monica TC) 2:22:47; 7. unidentified 2:23:16; 8. Dave White (23) 2:23:31; 9. Larry Reyes (23, South Coast Harriers) 2:23:54; 10. Jerry Alexander (21) 2:24:24 . . . 13. Eric Hulst (18) 2:27:25 . . . 25. Truman Clark (40, Beverly Hills Striders) 2:32:32. . . 58. Ed Almeida (53, SDTC) 2:44:54. (only top 100 finishers available; no women among them)



Senior qualifiers (l-r) Flanagan, Babiracki, Kardong, Tuttle, Sandoval. (D. O'Rorke)

JUNIOR X-C TRIALS

Irving, Calif., Jan. 17—8 kilometers: 1. Eric Hulst (Laguna Beach High School) 22:48; 2. Thom Hunt (San Diego TC) 23:08; 3. Alberto Salazar (Greater Boston TC) 23:09; 4. Ralph Serina (Transylvania Trotters) 23:13; 5. Marty Froelich (Scarborough High School, Texas) 23:18; 6.

Galloway and Barron had won an earlier (Jan. 10) nine-mile in Atlanta with 45:51 and 56:29.

Jon Fultz won the first North Carolina Marathon (Bethel, Jan. 10) in 2:25:30.

Taylor Aultman led two New Orleans races, a 5½-mile in which he ran 27:03, and a 15-mile, 1:26:08.

MIDWEST

Racing understandably was limited in the wintry upper Midwest. The one event which caught our attention was the aptly-named "Frostbite Five" in Lambert, Minn. (Jan. 17). Ken Keehn won there in 26:35.

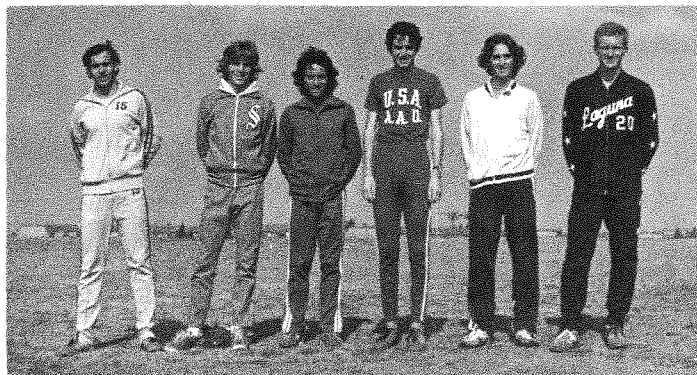
SOUTHWEST

Don Kennedy fought a sub-freezing temperature, 30-m.ph. wind and Dave Stafford to win a five-mile (Dallas, Jan. 3) in 25:02. Stafford finished two seconds back.

Don Moses (Crescenta TC) 23:19;
7. Roy Kissin (West Valley TC)
23:20; 8. Brian Hunsaker (Trans-
sylvania Trotters) 23:21; 9. Tim
Holmes (West Valley TC) 23:44;
10. George Aguirre (Santa Bar-
bara AA) 23:54.

WORLD MASTERS MARATHON

Orange, Calif., Jan. 25-1.
Carl Swift (22, AIA) 2:19:39;
2. Ron Kurrle (27), 2:22:44;
3. Tom Lee (26) 2:23:50; 4.
Ken Moffitt (23, Aztlan) 2:26:15;
5. Phil Ryan (31) 2:26:47; 6.
Frank Bozanich (31, San Diego
TC) 2:26:54; 7. Kaj Johansen
(30, SDTC) 2:28:44; 8. Dave
White (23, American Avenue TC)
2:29:33; 9. Joe Carlson (24,
American Avenue TC) 2:29:33;
10. Mark Covert 2:29:44 . . .
12. Truman Clark (40, Beverly
Hills Striders) 2:31:48 . . . 16.
John Swift (17) 2:34:55 . . . 54.
B. Davies (54) 2:49:40 . . . 112.
Greg Hill (10) 3:09:56 . . . 121.



Len Dahlsten (65) 3:12:41. Wo-
men: 1. Linda Bottlik (13)
3:19:28. (283 finished, 85 under
3:00, 176 under 3:30; from Bill
Selvin).

SENIOR X-C TRIALS

Belmont, Calif., Jan. 31-12
kilometers: 1. Gary Tuttle (Beverly
Hills Striders) 37:23; 2. Dave
Babiracki (San Fernando Valley
TC) 37:29; 3. Don Kardong (Club

*Junior team (l-r) of Moses,
Froelick, Serna, Salazar, Hunt
and Hulst. (Dave Stock)*

Northwest) 37:34; 4. Glenn Her-
old (Wisconsin TC) 37:41; 5.
Tony Sandoval (Stanford) 37:46;
6. Steve Flanagan (Colorado TC)
37:57; 7. Eric Hulst (unat) 38:
15; 8. Chuck Smead (Colo TC)
38:20; 9. Henry Perez (Sundance

TC) 38:21; 10. Tom Bryant
(Santa Monica TC) 38:28; 11.
Rich Kimball (unat) 38:51; 12.
Jim Nuccio (West Valley TC)
38:54. (only these results avail-
able)

WALKS

Ron Laird added another na-
tional championship to his endless
list by winning the 1975 postal
one-hour. The results:

1. Ron Laird (NYCA) 8
miles 612 yards; 2. Todd Scully
(Shore AC) 8m 570y; 3. Wayne
Glusker (WVTC) 7m 1736y; 4.
John Knifton (NYAC) 7m 1677y
5. Tom Dooley (GGTC) 7m
1596y; 6. Larry Walker (BHS)
7m 1552y; 7. Jerry Lansing 7m
1339y; 8. Ron Kulik (NYAC)
7m 1203y; 9. Manny Adriano
(WVTC) 7m 1055y; 10. Ron
Daniel (NYAC) 7m 849y. Teams:
1. New York AC 11; 2. West
Valley TC 19; 3. Shore AC 24. ●

April Coming Events

The schedules of national cham-
pionship long distance runs and
race walks are listed on pages
56-59.

NORTHEAST

- 4 Cesar Rodney Half-Mara-
thon, Wilmington, Dela-
ware (2 p.m.; Thomas H.
Fort, Delaware Sports Club,
P.O. Box 226, Wilmington,
Delaware 19899).
- 4 Met. AAU and Open 15-
kilometer, Scarsdale, New
York (1:30 p.m.; Road
Runner's Club, P.O. Box
881, FDR Station, N.Y.,
N.Y. 10022).
- 19 Boston Athletic Associa-
tion Marathon, Hopkinton
to Boston, Mass. (noon;
Will Cloney, Boston Mara-
thon, c/o Boston Garden,
Boston, Mass. 02114).
- ? Penn Relays Marathon,
Philadelphia, Penn. (Fair-
mount Park; J.P. Tuppeny,
Weightman Hall E-7, Univ.
of Penn., Philadelphia,
Penn. 19174).
- 24 Eastern Sectional AAU Sr.
& Jr. 20-kilometer, Buf-
falo, N.Y. (Road Runner's
Club, P.O. Box 881, FDR
Station, N.Y., N.Y. 10022).
- 25 Eastern Sectional AAU 10-
kilometer, N.Y., N.Y. (Tib-
bets Brook Park; 2 p.m.;
Road Runner's Club, P.O.
Box 881, FDR Station, N.
Y., N.Y. 10022).

SOUTHEAST

- 3 Chickamauga Chase 10-
mile, Chattanooga, Tenn.

(Chickamauga battlefield; 10
a.m.; Jon Robere, 730
Cherry St., Chattanooga,
Tenn. 37402).

- 4 Southeastern Masters Mara-
thon, Raleigh, N.C. (State
Univ. Campus; 7 a.m.; Rai-
ford Fulghum, Box 590,
Raleigh Parks and Recrea-
tion, Raleigh, N.C. 27602).
- 10 Arkansas 20-km., North
Little Rock, Ark. (Burns
Park; 9 a.m.; Chris Stovall,
3013 Donaghey, N. Little
Rock, Ark. 72116).
- 10 Destin to FWB 10-Km., 1-
mile, Ft. Walton Beach,
Fla. (8 a.m.; James Blalock,
209 Revere Dr., Ft. Walton
Beach, Fla.)
- 18 Easter Beach 4-mile, Day-
tona Beach (Jim Carnes,
Track Coach, Univ. of Fla.,
Gainesville, Fla. 32601).
- 26 Ky. Derby 13-mile, Louis-
ville, Ky. (Ken Combs,
Metro Park and Rec. Board,
Louisville, Ky.)

MIDWEST

- 3 Minn. AAU 25-Km. Champ,
Rochester, Minn. (Jay Luc-
as, 1355-8th Ave., S.E.,
Rochester, Minn. 55343).
- 4 ORRC 15- and 5-mile,
Franklin, Ohio (2 p.m.;
Mike Sims, 737 Millard Dr.,
Franklin, Ohio 45005).
- 4 Univ. of Northern Iowa
Marathon, Cedar Falls, Ia.
(UNI Stadium; noon; Jack
Jennett, Men's Gym, Cedar
Falls, Ia. 50613).
- 10 G-AAU 15-Km., Kingwood,
Tex. (9 a.m.; George Klee-

- man, 227 Faust Lane,
Houston, Tex. 77024).
- 17 Kansas Relays Marathon,
Lawrence, Kans. (Memor-
ial Stadium; 9 a.m.; Bob
Timmons, Relays Dir., or
Edwin Eibel, Relays Man-
ager, Allen Fieldhouse, Univ.
of Kansas, Lawrence, Kans.
66045)
- 17 Road Runner Marathon,
Gage, Oklahoma (Vern
Whiteside, 6916 South
Knoxville Ave., Tulsa, Okla.
74136).
- 24 USTFF Nat. Marathon
Champ., Des Moines, Ia.
(Bob Ehrhart, Drake Univ.,
Des Moines, Ia. 50311).

SOUTHWEST

- 3 Texas Relays Marathon,
Austin, Tex. (Zelker Park
on Townlake; 8 a.m.; Hec-
tor Cisneros, Littlefield
Bldg., Austin, Tex.)

WEST

- 10 Birch Bay Marathon, Blaine,
Wash. (Birch Bay State
Park; noon; Jim Pearson,
521-17th St., Bellingham,
Wash. 98225).
- 17 Knights of Columbus Mara-
thon, Cupertino, Calif.
(Paul Masson Winery; 9
a.m.; Dan O'Keefe, 20032
Rodriguez Ave., Cupertino,
Calif. 95014).
- 17 Women's Woodward Park
Run, 1.4-mile for Jr. High
and High School, 2.8-mile
open, Fresno, Calif. (Wood-
ward Park; 10 a.m.; Ron
Gates, 2237 Valeria, Fres-
no, Calif. 93703).

- 18 AAU Masters 15-km., Hon-
olulu, Hawaii, (James Mo-
berly, 44-122 Kalenakai
Place, Kaneohe, Hawaii
96744).
- ? Maui Marathon, Kaanapoli,
Maui, Hawaii (Bob Getzen,
Box 215, Hana Maui, Haw-
aii 96713).

WALKS

- 3 MV-AAU One-hour walk,
Columbia, Mo. (2 p.m.; Joe
Duncan, 4004 Defoe Dr.,
Columbia, Mo.)
- 10 Iowa 20-km. and 5-km.
walks, Cedar Rapids, Ia.
(1 p.m.; Dave Eidahl, Pekin
High School, Packwood,
Iowa).
- 10 MV-AAU and Open 50-
kilometer, Columbia, Mo.
(9 a.m.; Joe Duncan, 4004
Defoe Dr., Columbia, Mo.)
- 25 G-AAU 10-kilometer, Hou-
ston, Tex. (Memorial Park;
10 a.m.; John Evans, 4011
Old Galveston Rd., No.
133, Houston, Tex. 77017)

INTERNATIONAL

- 4 Fukui Marathon, 10-, 20-
and 42-kilometers, Fukui
City, Japan (R.F. Connelly,
CPO Box 846, Tokyo 100-
91, Japan).

CANADA

- 10 Lethbridge 10-mile Road
Race, Lethbridge, Alberta
(Lethbridge Community
College; 2 p.m.; Director,
Lethbridge 10-mile Road
Race, Dept. of Physical Ed-
ucation, University of Leth-
bridge, Lethbridge, Alberta,
Canada). ●

More Than the Marathon

Fortunately for Gary Tuttle, he won the AAU Marathon Championship. Otherwise, we would have heard no more about him than we did about Nadia Garcia.

Tuttle and Garcia both set American records for the hour last year. Their breakthroughs were every bit as impressive as those of Bill Rodgers and Jacki Hansen in the marathon. Gary broke three other records (15 kilometers, 10 miles and 20 kilometers) en route to his hour total of 12 miles 811 yards. Nadia was the first woman to go beyond 10 miles, doing it with 611 yards to spare.

Yet they'll never get as much credit for what they did as a man would for a 2:20 marathon or a woman would for running 3:00. That's because the non-marathons are generally thought of as the minor leagues of the sport.

The marathon is over-emphasized. Admittedly, we have something to do with this by giving it 10 times as much space as all the other races combined. But we couldn't de-emphasize the marathon if we tried, since there's no way to reverse 80 years of Olympic tradition. The better course, then, would be to lift the other races toward the level of the classic one. Standardize them. Promote them. Give the times meaning.

There are signs that this is already happening. The biggest

races in the world—the 9000-runner Hermitage Run in Denmark, and the 5000-runner City-to-Surf in Australia and Bay-to-Breakers in San Francisco are not marathons but races in the 7-9-mile range. The distance opens them up to people who would be intimidated by anything longer.

Even the top runners can't race marathons week after week. But they must race—and race each other. A growing number of invitational events—Springbank, Charleston, Lynchburg, San Blas, Sao Paulo, Falmouth, Youngstown, Newark—are accommodating them. None of these races is longer than 15 miles. The national AAU and most of its districts promote championships of 15, 20, 25 and 30 kilometers, plus the one-hour.

On the other hand, some runners feel limited by the standard marathon. The race is getting too crowded for them, and they want a special challenge—apart from the mob. For them, there are the ultra-marathons. The AAU holds national races at 50 kilometers and 50 miles, and we list more than a dozen other events beyond the marathon.

It's not so important that these other races gain as much attention as the marathon. The key is that the people running them know that 10 miles in an hour and 50 miles in seven hours have as much inherent value as 26 miles in three.

1975 United States Leaders

15 KILOMETERS

1. Dennis Nee	44:44
2. Gary Tuttle (Cal)	44:53
3. Bob Hodge (Mass)	45:29
4. Rick Rojas (NM)	45:50
5. Randy Thomas (Mass)	45:54
6. Tom Derderian (Mass)	45:55
7. Charles Dugan (Mass)	46:03
8. Jim Nuccio (Cal)	46:12
9. Kevin Foley (Pa)	46:15
10. Tom Dowling (Mass)	46:19

Junior (19 & Under)

Bob Paulin (Cal)	48:43
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Master (40 & Over)

Hal Higdon (Ind)	47:58
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Woman

Peggy Lyman (Cal)	57:06
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10 MILES

1. Dan Cloeter (Ind)	48:08
2. Gary Tuttle (Cal)	48:10

3. Bill Rodgers (Mass)	48:17
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Frank Shorter (Colo)	48:17
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5. Bruce Skiles (Ala)	48:51
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6. Jim Nuccio (Cal)	48:52
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7. Tom Carter (Tenn)	48:59
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8. Duane Gaston (Ohio)	49:21
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9. Ajim Baksh (Cal)	49:28
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10. John Vitale (Conn)	49:34
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Junior (19 & Under)

Ajim Baksh (Cal)	49:28
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Master (40 & Over)

John Rudberg (Cal)	56:56
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Woman

Nadia Garcia (Cal)	57:58
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ONE HOUR

1. Gary Tuttle (Cal)	12m 811y
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2. Ajim Baksh (Cal)	12m 254y
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3. George Aguirre (Cal)	12m 147y
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4. Bob Hayes (Cal)	12m 93y
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5. Elliott Evans (Neb)	11m 1698y
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6. Don Ocana (Cal)	11m 1639y
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7. Chris McCubbins	11m 1612y
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8. Larry Olsen (Mass)	11m 1257y
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9. Dike Stirrett (Ill)	11m 1229y
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10. Dan Moynihan (Hi)	11m 1201y
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Junior (19 & Under)

Ajim Baksh (Cal)	12m 254y
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Master (40 & Over)

Jerry Smartt (Cal)	11m 26y
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Woman

Nadia Garcia (Cal)	10m 667y
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20 KILOMETERS

1. Gary Tuttle (Cal)	59:52
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2. Dave Babiracki (Cal)	60:20
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3. Bill Rodgers (Mass)	60:24
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4. Justin Gubbins (NY)	60:56
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5. John Vitale (Conn)	61:45
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6. Chris McCubbins	62:25
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7. Tom Fleming (NJ)	62:43
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8. Scott Eden (Ga)	62:45
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9. Robert Hodge (Mass)	62:56
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10. Jim Nuccio (Cal)	63:03
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Junior (19 & Under)

Jim Buell (Ky)	64:59
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Master (40 & Over)

Paul Noreen (Minn)	67:09
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Woman

Nadia Garcia (Cal)	76:03
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15 MILES

1. Lee Fidler (SC)	1:15:16
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2. Russ Pate (SC)	1:15:20
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3. John Vitale (Conn)	1:17:00
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4. Barry Brown (Fla)	1:17:18
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5. Scott Eden (Ga)	1:18:15
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6. Ed Fry	1:18:48
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7. John Dimick (Vt)	1:18:56
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8. Jeff Galloway (Fla)	1:19:12
9. Ronald Martin	1:19:47
10. Richie Smith	1:20:03
Woman	
Cyndy Poor (Cal)	1:35:14
(Master and Junior unknown)	
25 KILOMETERS	
1. Ron Wayne (Cal)	1:20:17
2. Duncan Macdonald (Hi)	1:20:22
3. Steve Hoag (Minn)	1:20:26
4. H. Hernandez (Cal)	1:21:43
5. Sheldon Karlin (NJ)	1:21:50
6. Matt Yeo (Cal)	1:21:57
7. Arthur Hall (NY)	1:22:13
8. Jan Sershen (Cal)	1:22:17
9. Mike Chamblis (Cal)	1:22:34
10. Dan Moynihan (Hi)	1:22:37
Junior (19 & Under)	
Mark Llewellyn (Cal)	1:27:24
Master (40 & Over)	
Jim Shettler (Cal)	1:27:48
Woman	
Cyndy Poor (Cal)	1:35:14

30 KILOMETERS	
1. John Vitale (Conn)	1:31:50
2. Bill Rodgers (Mass)	1:32:03
3. Tom Fleming (NJ)	1:32:56
4. John Dimick (Vt)	1:33:55
5. Steve Mahieu (Md)	1:35:47
6. Wayne Badgley (Cal)	1:36:25
7. Kevin McDonald (NJ)	1:36:34
8. Dave White (Cal)	1:36:47
9. Phil Stewart (Md)	1:37:04
10. Larry Olsen (Mass)	1:37:25
Junior (19 & Under)	
(unknown)	
Master (40 & Over)	
Peter Mundle (Cal)	1:44:59
Woman	
Peggy Lyman (Cal)	2:03:56
20 MILES	
1. Steve Dean (Cal)	1:43:44
2. Steve Hoag (Minn)	1:44:46
3. Tom Fleming (NJ)	1:46:29
4. Benton Hart (Cal)	1:46:52
5. Ron Wayne (Cal)	1:47:41

TWO HOURS	
Phil Stewart (Md)	21m 1535y
50 KILOMETERS	
1. Carl Swift (Cal)	2:53:54
2. Don Ocana (Cal)	3:00:31
3. Darryle Beardall (Cal)	3:06:41
4. Gordon Haller (Cal)	3:07:10
5. Allan Kirik (NY)	3:09:10
6. Wayne Akiyama (Cal)	3:09:14
7. Bob Branch (Cal)	3:09:16
8. Paul Cook (Cal)	3:10:39
9. Tom Stoothoff (NY)	3:10:51
10. James Perez (Cal)	3:11:29
Junior (19 & under)	
(unknown)	
Master (40 & Over)	
Dave Parker (Cal)	3:21:14
Woman	
Penny DeMoss (Cal)	3:56:00
50 MILES	
1. Jim Pearson (Wash)	5:12:40
2. Max White (Va)	5:27:59

3. Joe Burgasser (Cal)	5:39:06
4. Tom Osler (NJ)	5:49:14
5. George Crandell (Cal)	5:51:04
6. Rory Suomi (Mass)	5:54:40
7. Luis Aguiar (Mass)	5:56:36
8. Dean Perry (Conn)	5:58:25
9. John Pagliano (Cal)	5:58:53
10. Steve Grotzky (NY)	5:59:19
Junior (19 & Under)	
Alan Reynolds (Cal)	7:45:19
Master (40 & Over)	
George Crandell (Cal)	5:51:04
Woman	
Donna Gookin (Cal)	7:18:36
100 KILOMETERS	
1. Park Barner (Pa)	7:53:28
2. Nick Marshall (Pa)	8:25:52
3. Alan Sommerville (Pa)	8:59:35
4. Robert Stack (Md)	9:38:52
100 MILES	
1. Park Barner (Pa)	13:41:59
2. Bill McCray (Cal)	15:13:43
3. Don Choi (Cal)	18:20:04

1976 Sub-Marathons

● **AAU OPEN AND JUNIOR 15-KILOMETER**, Santa Barbara, Calif., July 4, 1975 Results: 174 finished, won by Hamilton Amer (open) 46:56 and Will Albers (junior) no time available. Contact: John Brennan, 4476 Meadowlark Lane, Santa Barbara, Calif. 93105.

● **AAU MASTERS 15-KILOMETER**, Honolulu, Hawaii, April 18, 1975 Results: won by Hal Higdon 47:58. Contact: James Moberly, 44-122 Kalenakai Pl., Kaneohe, Hawaii 96744.

● **AAU OPEN 20-KILOMETER**, Gardner, Mass., Oct. 31, 1975 Results: 180 finished, won by Dave Babiracki 1:00:20. Contact: Fred Brown, 157 Walsh St., Medford, Mass. 02155.

● **AAU JUNIOR 20-KILOMETER**, Northport, N.Y., June 12, 1975 Results: not available. Contact: Nina Kuscsik, 7 Flint Ct., Huntington Station, N.Y. 11743.

● **AAU MASTERS 20-KILOMETER**, Washington, D.C., May 22, 1975 Results: not available. Contact: Don Dalzell, 4977 Kepler Rd., Camp Springs, Md. 20031.

● **AAU OPEN 25-KILOMETER**, Youngston, Ohio, Nov. 10, 1975 Results: 86 finished, won by Steve Hoag 1:23:24. Contact: Jack Cessna, 269 Alameda Ave., Youngstown, Ohio 44504.

● **AAU MASTERS 25-KILOMETER**, New York, N.Y. (Central Park), date pending, 1975 Results: won by Jim Shettler 1:27:48. Contact: Fred LeBow, Box 881, FDR Station, New York, N.Y. 10022.

● **AAU OPEN AND MASTERS 30-KILOMETER**, Albany, N.Y., Mar. 28, 1975 Results: 275 finished, won by John Vitale (open) 1:31:50 and Colin Beer (master) 1:47:08. Contact: Warren Dennie, Gloversville, N.Y.

● **AAU OPEN, JUNIOR AND MASTERS ONE-HOUR**, nationwide, Aug. 1, 1975, to July 30, 1976. Any sanctioned race on a quarter-mile track. 1975 Results: won by Gary Tuttle (open) 12 miles 811 yards; Ajim Baksh (junior) 12 miles 254 yards; Jerry Smartt (master) 11 miles 26 yards. Contact: John Brennan, 4476 Meadowlark Ln., Santa Barbara, Calif. 93105. ●

1976 Ultra-Marathons

● **AAU OPEN AND MASTERS 50-KILOMETER**, Sacramento, Calif., March 21 (10 a.m.) Course: out and back, flat. Records: 2:56:06, Steve Dean '73; 3:56:00, Penny DeMoss '75. 1975 Results: (national at Los Angeles) 47 finished, won by Carl Swift (open) 2:53:54, Dave Parker (master) 3:21:14; (Pacific AAU at Sacramento) 28 finished, won by Darryl Beardall 3:06:41, Penny DeMoss 3:56:00. Contact: Abe Underwood, 6555 Riverside Blvd., Sacramento, Calif. 95831.

● **METROPOLITAN AAU 50-KILOMETER**, Jamaica, N.Y. (AI-

ley Pond Park), Dec. 18 (10 a.m.). Course: laps, rolling. Record: 3:06:12, Paul Fetscher '74. 1975 Results: 18 finished, won by Allan Kirek 3:09:10. Contact: Kurt Steiner, 1660 E. 21st St., Brooklyn, N.Y. 14210.

● **SOUTHERN PACIFIC AAU 50-KILOMETER**, Los Angeles area, April ?. 1975 Results: 47 finished, won by Carl Swift 2:53:54. Contact: Steve Broten, 13512 E. Romona Dr., Whittier Calif. 90602.

● **AAU OPEN AND MASTERS 50-MILE**, New York, N.Y. (Central Park), Nov. 6 (9 a.m.).

Course: laps, one hill. Record: 5:28:15, Max White '74. 1975 Results: (national at Seattle) 14 finished, won by Jim Pearson 5:12:40; (Metropolitan AAU at Central Park) 12 finished, won by Dean Perry 5:58:25. Contact: Vince Chiappetta, 2 Washington Square Village, No. 9D, New York, N.Y. 10014.

● **STONE MOUNTAIN 50-MILE**, Stone Mountain Park, Ga., February ?. 1975 Results: 2 started, none finished. Contact: Herb Benario, 763 Houston Mill Rd., Atlanta, Ga. 30329.

● **EASTERN 50-MILE**, Fort Meade, Md., August ?. Course: quarter-mile track. 1975 Results: won by Tom Osler 5:49:14. Contact: Larry Noel, 195 Northway Rd., Greenbelt, Md. 20770.

● **FAIRFIELD 50-MILE**, Fairfield, Ia. (O.B. Nelson Park), May 16 (6 a.m.). 1975 Results: 3 finished, won by Bob Hunderdosse 6:21:00. Contact: Bob Hunderdosse, 505 North C, Fairfield, Ia. 52556.

● **HAWAIIAN 50-MILE**, Honolulu, Hawaii, May ?. 1975 Results:

(continued on page 58)

8 finished, won by Gordon Dugan 6:50:40. Contact: Jim Moberly, 44-122 Kalenakai Pl., Kaneohe, Hawaii 96744.

● **NEW ENGLAND AAU 50-MILE**, Cambridge, Mass. Nov. 7 (9 a.m.). 1975 Results: 6 finished, won by Luis Aguiar 5:56:36. Contact: Fred Brown, 157 Walsh St., Medford, Mass. 02155.

● **ROAD RUNNERS CLUB EASTERN 50-MILE**, Baltimore, Md. (Lake Montebello), 1976 date pending. Course: 3-mile laps. 1975 Results: won by Les Kinion 6:22:10. Contact: Les Kinion, 1363 Halstead, Baltimore, Md. 21234.

● **ROAD RUNNERS CLUB 50-MILE**, Toledo, Ohio (Secor Park)

Dec. 19 (8 a.m.). Course: 12 laps. flat. 1975 Results: 3 finished, won by Park Barnes 7:15:07. Contact: Jim Edwards, 3809 Maxwell, Toledo, Ohio 43613.

● **STRIDERS AND SPA-AAU 50-MILE**, Santa Monica, Calif. (Santa Monica College), Sept. 11 or 18 (3 p.m.). Course: quarter-mile track. Records: 5:39:06, Joe Burgasser '75; 6:55:27, Eileen Waters '74. 1975 Results: 12 finished, won by Joe Burgasser 5:39:06, Donna Gookin 7:18:36. Contact: Tom Sturak, Box 1602, Santa Monica, Calif. 90406.

● **LAKE WARAMAUG 50-MILE & 100-KILOMETER**, Warren, Conn. (Inn on Lake Waramaug), May 15 (8 a.m.). 1975 Results: 12 finished 50-mile, 2 finished

100-kilometer; won by Rory Suoni 5:54:40, Park Barner 7:53:28. Contact: Dean Perry, Ferrybridge Rd., Washington, Conn. 06793.

● **PACIFIC AAU 100-KILOMETER**, Sunnyvale, Calif. (Moffett Industrial Park), Oct. 10. New race in 1976. Contact: Vic Crosetti, 987 Kennard Way, Sunnyvale, Calif. 94087.

● **C&O CANAL 100- AND 300-KILOMETER**, Washington, D.C. (Thompson Boathouse) to Cumberland, Md., Nov. 6-8 (7 a.m. each day). 300-kilometer run in three segments on successive days. Records: 7:48:17, Park Barner '74; 23:53:34, Barner '74. 1975 Results: 8 finished 100-kilometer, 1 finished 300-kilometer; won by Nick Marshall 8:25:52, Bob Stack 47:51:52. Contact: Robert Crane,

511 Kramer Dr., Vienna, Va. 22180.

● **CAMELLIA FESTIVAL 100-MILE**, Sacramento, Calif. (near State Fairgrounds), March 13 or 14 (8 a.m.). Course: one-mile laps, flat. Records: 12:54:31, Jose Cortez '71; 16:11:00, Natalie Cullimore '71. 1975 Results: 2 finished, won by Bill McCray 15:13:43. Contact: John Hill, 604 Flint Way, Sacramento, Calif. 95818.

● **ROAD RUNNERS CLUB 50- AND 100-MILE**, Bayside, N.Y. (Queensborough Community College), Aug. 14-15 (noon). Course: quarter-mile track. 1975 Results: 1 finished, Park Barner 13:40:59. Contact: Matt Cola, 22-02 149th Ave., South Ozone Park, N.Y. 11420. ●

Race Walking, Then and Now

Bernd Kannenberg and Larry Young, perhaps the best walkers in the world and the United States, will suffer most this year for the International Olympic Committee's decision to drop the 50-kilometer race.

For a perspective on this turn of events, imagine if the marathon run were replaced by a 10-miler. Frank Shorter might do just as well as ever, but most Marathon specialists—Ian Thompson, Tom Fleming, etc.—would be drastically handicapped.

This will happen to Kannenberg and Young when they're forced into a race of one-third their preferred distance . . . a speed race, in other words. Munich 50-K gold medalist Kannenberg set a world record in the 50 last year, but only finished second in the Lugano Cup 20. Larry Young, of

course, is a two-time Olympic medalist in the 50, but may not even be the fastest American in shorter race.

There is talk of holding a "world championship" 50-kilometer after the Olympics. But it won't be the same . . .

Included here are world and American race walking records (the fastest track marks) and world all-time lists. While the US marks experienced no significant revision in 1975, there was another sign that the sport is healthy. The number of walkers under 2:00 for 20 kilometers was up by 40%, and even in the de-emphasized 50-K participation increased marginally.

In the schedule, the "senior" championships are open. "Class B" refers to races for those who've never won national titles; "Masters" races are for walkers age 40 and up, and "Junior" events are limited to athletes 19 and under.

World and American Records

WORLD

Mark	Name (Country)	Race
8m 1485y	Bernd Kannenberg (West Germany)	One hour
1:03:37.0	Constantin Stan (Rumania)	15 kilometers
1:08:25.2	Peter Frenkel (East Germany)	10 miles
1:24:45.0	Bernd Kannenberg (West Germany)	20 kilometers
1:50:46.6	Alexander Bilek (Czechoslovakia)	15 miles
1:51:09.8	Hans-Georg Reimann (East Germany)	25 kilometers
16m 1517y	Bernd Kannenberg (West Germany)	2 hours
2:12:58.0	Bernd Kannenberg (West Germany)	30 kilometers
2:27:38.0	Vittorio Visini (Italy)	20 miles
2:46:44.2	Gerhard Weidner (West Germany)	35 kilometers
3:11:07.0	Gerhard Weidner (West Germany)	40 kilometers
3:12:14.8	Gerhard Weidner (West Germany)	25 miles
3:48:23.4	Bernd Kannenberg (West Germany)	30 miles
3:56:39.6	Bernd Kannenberg (West Germany)	50 kilometers
7:23:50.0	Shaul Ladany (Israel)	50 miles
17:18:50.4	Hugh Nielson (Great Britain)	100 miles

UNITED STATES

Name	Mark
Ron Laird	8m 420y
Tom Dooley	1:07:11.8
Tom Dooley	1:12:12.0
Larry Young	1:30:10.0
Goetz Klopfer	1:52:44.0
Goetz Klopfer	1:56:53.0
Goetz Klopfer	15m 1578y
Goetz Klopfer	2:23:14.0
Goetz Klopfer	2:33:59.0
Bob Kitchen	2:47:34.0
Bob Kitchen	3:20:00.0
Bob Kitchen	3:21:16.0
Bob Kitchen	4:04:35.0
Bob Kitchen	4:13:36.0
Bill Walker	8:37:57.6
Larry Young	18:07:12.0

All-Time World and US Lists

WORLD

20 kilometers	
B. Kannenberg (WG)	1:24:45
P. Nihill (GB)	1:24:50
K.-H. Stadtmuller (EG)	1:25:13
P. Frenkel (EG)	1:25:16
H.-G. Reimann (EG)	1:25:19
G. Agapov (SU)	1:25:21
V. Golubnichiy (SU)	1:25:26
G. Sperling (EG)	1:25:37
B. Khrolovich (SU)	1:25:45
N. Smaga (SU)	1:25:49

50 kilometers	
B. Kannenberg (WG)	3:52:44
C. Hohne (EG)	3:52:52
V. Soldatenko (SU)	3:56:39
O. Bartsch (SU)	3:57:10
Y. Lungin (SU)	3:57:58
P. Selzer (EG)	3:59:21
S. Bondarenko (SU)	4:00:00
S. Grigoryev (SU)	4:00:20
G. Weidner (WG)	4:00:27
L. Young (US)	4:00:46

UNITED STATES

20 kilometers	
Ron Laird	1:29:12
Dave Romansky	1:29:50
Larry Young	1:30:10
Tom Dooley	1:30:39
John Knifton	1:31:30
Bob Kitchen	1:31:52
Steve Hayden	1:32:06
Todd Scully	1:32:23
Goetz Klopfer	1:32:24
Don DeNoon	1:32:28

50 kilometers	
Larry Young	4:00:46
Bob Kitchen	4:13:35
Dave Romansky	4:15:24
John Knifton	4:16:48
Bill Weigle	4:20:09
Gary Westerfield	4:21:05
Goetz Klopfer	4:21:31
Steve Hayden	4:23:22
Ron Kulik	4:23:28
Floyd Godwin	4:23:48

1975 United States Leaders

20 KILOMETERS

1:30 to 1:34

Ron Laird	1:31:50
Jerry Brown	1:32:51
Bob Kitchen	1:34:15
Todd Scully	1:34:15
Larry Young	1:34:15
John Knifton	1:34:21
Bob Henderson	1:34:24
Dave Romansky	1:34:47

1:35 to 1:39

Ron Kulik	1:35:31
Tom Knatt	1:35:36
Larry Walker	1:35:40
Wayne Glusker	1:35:45
Tom Dooley	1:35:52
Dan O'Connor	1:36:15
Ron Daniel	1:36:34
Bill Ranney	1:36:50
Bryan Sanzelle	1:37:50

1:40 to 1:44

James Bean	1:40:27
Augie Hirt	1:40:33
Ed Bouldin	1:41:20

Bob Rosencrantz	1:41:53
Bob Falciola	1:41:55
John Fredericks	1:42:42
Ray Floriani	1:44:24

1:45 to 1:49

Hank Klein	1:45:19
George Lattarulo	1:45:23
Bob Mimm	1:45:33
Peter Banko	1:45:51
Greg McGuire	1:45:52
Jack Boitano	1:46:23
Bob Bowman	1:46:31
Floyd Godwin	1:47:11
Manny Adriano	1:47:33
Al Schrik	1:47:39
Paul Stewart	1:48:24
Bruce Douglas	1:49:00
Rob Korn	1:49:05
Tom Ambury	1:49:21
Jerry Lansing	1:49:21
John Shilling	1:49:27
Gary Westerfield	1:49:34
Allen Price	1:49:37

1:50 to 1:54

Chris Amoroso	1:50:01
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Dave Eidahl	1:50:32
Mike Rummelhart	1:50:45
Paul Schell	1:50:50
Ion Barbu	1:51:07
Francis Maher	1:52:11
John Kelly	1:53:01
Jack Mortland	1:53:01
Robert Hickey	1:53:12
Jim Breitenbucher	1:53:29
John Leonard	1:53:58

1:55 to 1:59

Bill Walker	1:55:14
Dennis Slattery	1:55:22
Robert Morse	1:55:34
Dennis Childs	1:56:13
Leonard Busen	1:56:55
George Mecure	1:57:34
Al Turner	1:57:35
Steve King	1:57:53
Keith Ryan	1:58:11
Mike Dulke	1:58:42
Chuck Hunter	1:58:43
Don Johnson	1:58:49
Roger Barr	1:59:27
Ron Froats	1:59:32

50 KILOMETERS

Larry Young	4:18:56
Augie Hirt	4:30:50
John Knifton	4:33:35
Tom Knatt	4:34:28
Ray Somers	4:35:41
Paul Ide	4:37:31
Dan O'Connor	4:41:21
Bob Rosencrantz	4:43:11
Randy Mimm	4:50:47
Wayne Glusker	4:56:57
Bill Walker	4:58:24
Hank Klein	5:01:14
Al Schrik	5:06:51
Allen Price	5:18:48
Tom Ambury	5:23:50
George Lattarulo	5:27:04
Chuck Hunter	5:38:29
Ed Jerome	5:39:10
Don Johnson	5:40:35
John Fredericks	5:42:21
Bob Falciola	5:46:07
Jack Boitano	5:48:02
Bruce MacDonald	5:50:17
Elliott Denman	5:56:09

1976 National Championships

SENIOR

April 3	100 km., Longmont, Colo.
April 11	75 km., West Long Branch, N.J.
April 17	25 km., Seattle, Wash.
May 2 or 9	20 km., New York, N.Y.
May 15	10 km., Boulder, Colo.
May 29	15 km., Chicago, Ill.
Aug. 8	40 km., Long Branch, N.J.
Aug. 15	50 km., Columbia, Mo.
Aug. 28	30 km., Des Moines, Ia.
Nov. 7	35 km., Pittsburgh, Pa.

Pending Hour, Los Angeles, Calif.

CLASS B

April 3	100 km., Longmont, Colo.
April 11	75 km., West Long Branch, N.J.
May 2	10 km., Portland, Ore.
June 6	20 km., Kenosha, Wisc.
Aug. 8	40 km., Long Branch, N.J.
Sept. 5	15 km., Mackinac Island, Mich.
Oct. 23	30 km., Columbia, Mo.
Nov. 21	25 km., Chicago, Ill.
Nov. ?	50 km., Columbia, Mo.

Pending 35 km., Pittsburgh, Pa.
Pending Hour, Los Angeles, Calif.

MASTERS

April 3	100 km., Longmont, Colo.
April 4	20 km., Raleigh, N.C.
April 11	75 km., West Long Branch, N.J.
April 25	25 km., Verona, N.J.
June-July ?	15 km., Fullerton, Calif.
Aug. 8	40 km., Long Branch, N.J.
Oct. 23	30 km., Columbia, Mo.
Nov. 21	35 km., Houston, Tex.

Nov. ? 50 km., Columbia, Mo.
Pending 10 km., Chicago, Ill.
Pending Hour, Los Angeles, Calif.

JUNIOR

May 2	5 km., Portland, Ore.
June 26	3 km., Pittsburgh, Pa.
July 4	15 km., Chicago, Ill.
Aug. 1	20 km., Long Branch, N.J.
Pending	Hour, Los Angeles, Calif.

(For information on all National AAU walks, contact Dr. John Boitano, 46 McLeod Place, Stratford, Conn. 06497). ●

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

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FOR RUNNERS ONLY!—RUN-R-TAG is a lightweight, aluminum ID tag that bears this message: "I am a RUNNER. Blood pressure and heartbeat are lower than normal." Tag attached to a stainless steel, rhodium-plated endless loop chain, 24" or 30" long. See our ad in February RW Marketplace. For your tag, send \$3.00 to: M.O.S. Enterprises, P.O. Box 1135, Gretna, La. 70553. Specify length. Money back guarantee.

TIGER Montreal '76—\$20.95; Jayhawk — \$19.95; Nairobi — \$17.95; Sizes 6-12, Team price on request — Send self-addressed, stamped envelope. Add \$1.50 postage one pair, plus 50 cents each additional pair. Write: James Morris, The Jog Shop, 1203 E. Warren, Brownfield, TX 79316.

2nd ANNUAL FLORIDA AAU MASTERS TRACK AND FIELD CHAMPIONSHIPS. March 20-21. Events from 100 yard to 6 mile, mile relay, shop, discus, high and long jumps. Masters 40 and over. Sub-masters 25-39. Five year age groups—separate for men and women. Contact Tom White, 1250 Jungle Ave., St. Petersburg, Fla. 33710. (813) 345-1013.

HEADBANDS—keep your eyes clear while you run. These headbands come in five different colors, red, white and blue, red and white, green and white, gold and white, blue and white. Only \$1.50, postpaid. Order yours today. Starting Line Sports, Box 8, Mountain View, CA 94040.

SPECIAL MARATHON IN ODESSA TEXAS - Sunday, April 25th, 7:00 a.m., Nimitz Jr. High. AAU CERTIFIED COURSE. Entry \$1.00 and sub- 2:40 race within 18 months. Contact Jack Petty, 907 W. 2nd, Odessa, TX 79763. Phone: (915) 337-0413.

BLUE RIDGE TRAILS '76, The best distance training camp in the country—in the foothills of the Blue Ridge mountains. Outstanding staff of NCAA and club runners. Aug. 7-17, \$165. For info, write Blue Ridge Trails, Box 28544, Furman University, Greenville, SC, 29613.

LOS ANGELES MARATHON—Saturday, March 20, 1976, at 8 a.m. 26 miles 385 yards. Start and finish at L.A. Police Academy. S.P.A., A.A.U. sanctioned. 107 awards, 7 divisions. Also merchandise awards. T-shirts for all who finish under 4 hours. \$3.00 entry fee by March 15, late \$5.00. For applications write L.A. Department of Recreation and Parks, 200 North Main St., 13th Floor, City Hall East, Los Angeles, CA 90012.

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.

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TEE SHIRTS CUSTOM PRINT-ED—Sweat shirts, jackets, jerseys. Schools, teams, clubs. Minimum 12: quantity discounts. Free catalog. Mandelker's RW, 2603 N. Downer Ave., Milwaukee, WI 53211.

APACHE—The super sweat-band by and for distance runners \$1.50 each or 3 for \$4.00. See the February RW Marketplace ad. S & D Enterprises, Box 30722, New Orleans, LA 70190.

MIDWEST MASTERS 15 KILO—April 4, certified course, age divisions begin at 30, sponsored by Wendy Miller and the Michigan Home and Sports Show. Also fun run. Write: Higdon, 2815 Lake Shore Drive, Michigan City, IN 46360.

RUNNERS MECCA—invites you to run and vacation amid forest splendor. Scenic running tours daily, low keyed competition, and varied running terrain. Most running done at 10,000 feet. Four national parks and Pink Sand Dunes within a few hours of Mecca. (Zion, Grand, Bryce, Cedar Breaks,) Room and board \$200.00 per month... Run for any purpose and get a heightened training effect. All runners welcome! Young runners supervised. (minors) Contact: Rich Heywood, Box 2186, Mesa, AZ 85204.

TIGER BANGKOK CLOSEOUT—Blue suede fully-padded shoes with a heavily treaded sole. Available in sizes 3-7½ and 11-13. Specially priced, \$15.75. Add \$1.50 postage. 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.

HANG GLIDING—Designing/Building/Flying handbook of foot launched ultralight flight. 200 pages, 350 illustrations. 100,000 sold! \$5.95 postpaid. Dan Poynter, Box 4232-88, Santa Barbara, CA 93103.

SPEND EASTER IN HAWAII — 3rd Hawaii Masters International Track Meet, April 15-17, 5 year age groups from 30, standard events on tartan field, 15 km road race on Easter Morning around rim of Diamond Head. 15 km AAU National Master's Championships, Honolulu, April 17, through Honolulu Zoo and inside Diamond Head crater. For details send self-addressed stamped envelope to Harold Chapson, 1350 Ala Moana Blvd., # 1308, Honolulu, HI 96814.

NATIONAL MASTERS INDOOR TRACK & FIELD CHAMPIONSHIPS—March 14, 1976. Some Women's events (30+) and some sub-masters. At Tufts University, Boston, MA. Send Self-addressed stamped envelope to Robert MacVeigh, 41 Sutton Road, Needham, MA 02192.

LYDIARD MARATHONS—Only a few pair left, sizes 7½, 8½, 9. Beige and red, these are excellent training and racing shoes. \$31.95, plus \$1.50 postage. (CA residents add 6% tax). Starting Line Sports, Box 8, Mt. View, CA 94040.

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Next issue for advertising: June 1976 Closing date: April 21, 1976.

Contact: Mimi Kight Kirsch
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P.O. Box 366, Mountain View, CA 94040

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See October issue, page 15.

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AT THE

ROAD RUNNERS CLUB OF AMERICA



1976 ANNUAL CONVENTION

BOSTON, APRIL 18 (DAY BEFORE MARATHON)
SHERATON-BOSTON HOTEL, PRUDENTIAL CENTER
9:30-12:30 A.M.: THE RUNNER'S CLINIC, WITH
DRS. STEVE SUBOTNICK (PODIATRIST) AND
GEORGE SHEEHAN (RW MEDICAL EDITOR)
1:30-4:30 P.M.: BUSINESS MEETING
EVERYONE WELCOME!

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Check your good and bad days, your highs and lows. Give date of birth, and specify any consecutive 4 years. Price \$5.
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1 inch	\$25	\$10
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Traffic-free; scenic out & back; follows Rideau Canal & Ottawa River; no heartbreak hills

WEATHER FOR MAY 2nd

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

CATEGORIES

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

BANQUET

Awards presentation buffet free to runners, videotape highlights of race

NATIONAL CAPITAL MARATHON



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

FOR ENTRY FORMS CONTACT:

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

AWARDS

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

1975 WINNING TIMES

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

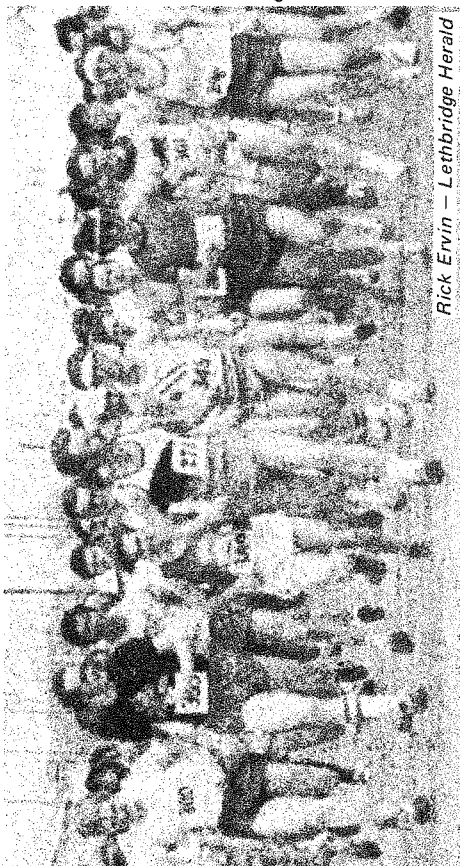
1976 RACE

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

**3rd ANNUAL LETHBRIDGE TEN MILE ROAD RACE
SATURDAY, APRIL 10, 1976 at 2:00 p.m.
AWARDS IN BOTH MENS AND WOMENS, JUNIOR, SENIOR
AND MASTERS CATEGORIES • T - SHIRTS TO ALL FINISHERS.
LUNCH PROVIDED AFTER THE RACE. • ENTRY FEE \$1.00**

FOR INFORMATION CONTACT:

DIRECTOR, LETHBRIDGE TEN MILE ROAD RACE / DEPARTMENT OF PHYSICAL EDUCATION
UNIVERSITY OF LETHBRIDGE / LETHBRIDGE, ALBERTA / PHONE 1-403-329-2680
INTRAMURAL COMMITTEE / LETHBRIDGE COMMUNITY COLLEGE / LETHBRIDGE, ALBERTA
PHONE 1-403-327-2141



Rick Ervin — Lethbridge Herald

Readers' Comments

Reactions to events in the sport and features in the magazine.

RUNNING WEEK

(The National Fitness Run) had to be the greatest fun-run ever staged. Where else could the slow and the fast, and all those in between, run together and enjoy each other's company mile after mile? With the lack of need for statistics, place and time crews, entry blanks and all the other necessities of a well-organized race, there is no limit to the number of runners you could promote. Whether or not you have another National Running Week, this (Fitness Run) has to be an annual tradition.

*Harry Cordellos
San Francisco, Calif.*

Congratulations on conducting a very fine weekend of workshops, etc. I personally feel energized and excited more than ever—and my level was high to begin with.

*Walt Schafer
Chico, Calif.*

Thank you for the effort you put into National Running Week. It was a marvelous opportunity to meet other people who share my love of the sport, to exchange ideas, and to ask questions.

*Maria Skinner
Philadelphia, Pa.*

SUB-MASTERS

I, as the national Masters chairman, must take issue with the letter of Gary Carr about sub-Masters virtually being neglected. The sub-Masters are not a recognized group within the AAU. However, there is competition provided for them in all of our local, regional and national meets.

Sub-Masters may not be given the full complement of events for the simple reason that the regional and national meets have eight age-categories, and the addition of two more would create serious scheduling problems.

Furthermore, there are serious questions of eligibility under international rules about athletes competing with those considered to be professionals. The AAU has proposed changes in the international rules that will eliminate this problem for those 40-plus. But as a practical matter, the chance of getting

this proposal passed for those 30 and over is nil.

There is also justification for the argument that 30-year-olds can reasonably be expected to compete in open competition. If the purpose of creating an official sub-Masters classification is to give those of less ability the opportunity of winning championships, then logically we should establish class competition based on performance alone and be done with it.

*Robert Fine
New York, N.Y.*

WALKERS

I read a title to an article that rubs me the wrong way ("If You Can't Run, Try Walking," Jan. '76). As a race walker, I feel an insulted by the insinuation that walkers could never run. Many of the women who race walk also compete in long distance runs and do a decent job of it.

*Bobbi Widmann
Ft. Wayne, Ind.*

(Authors do not write headlines, so the title of the article was the fault of the editor. He did not mean to imply that walkers could not run, but only—as stated in the article—that runners who are injured might switch to walking. Bobbi Widmann's point is well taken. Race walker Jeanne Bocci is a sub-3:20 marathoner. And recently, walker Carl Swift ran a marathon in 2:19.)

THE \$100 RACE

Being an individual who suggested to the *Los Angeles Times* that they consider a marathon, I felt compelled to mention several items not appearing in ("Running Commentary," Jan. '76).

The marathon was intended to be a take-off of the "bike-a-thon" concept, whereby each participant solicits sponsors at so much per mile. The difference in this particular case was that the runners would collect from the sponsors prior to the event.

Each contribution was totally tax-deductible in as much as any income was to go to the Times Charities Fund. To date, this charity has raised and paid out some \$9 million. It was also planned that the fund give some financial sup-

port to the long distance running committee of our AAU district.

The runners also received T-shirts, two tickets to each day of the National AAU Championships being held that week at UCLA, and a picture of each finisher was taken and made into a very nice wall plaque. Meals and lodging at UCLA were provided, free of charge, for the entire weekend for those traveling in excess of 150 miles. Travel expenses were paid for several of the (top) runners. However, their \$100 entry fee was raised and paid.

The purpose of our event was to provide enjoyment, help someone in need and promote the sport. It doesn't deserve the treatment you gave it. Certainly the *Los Angeles Times* doesn't.

*J. Parker Williams
Los Angeles, Calif*

DISTANCE VS. SPEED

Regarding long slow distance vs. Dr. Cooper's 1½ miles in 12 minutes or less ("Technical Tips," Jan. '76): Another important point is that of the advantages of the caloric expenditure in long distance running as opposed to 1½ miles of running.

Whether you walk or jog, you burn up 122 calories per mile. The difference between running a 10-minute mile or an eight-minute mile is approximately 20 calories.

However, to return to the original point being made—that of 600-700 calories utilized to run six miles daily as opposed to the 180 calories utilized to run 1½ miles—calories are extremely important in physical fitness and conditioning. We must not fail to mention it.

*Arthur Mollem, D.O.
Phoenix, Ariz.*

FUN?

I'm getting tired of reading the pontifical remarks of the "Running, Love It or Leave It" school, for which George Sheehan is the leading spokesman ("Medical Advice," Jan. '76). Not only do I take exception to what he says in this context, I maintain that his argument is to a large extent phony. I have my own experience as a partial basis for this position. I also have Ken Cooper.

I read Cooper's *Aerobics* in 1968, and it turned me on. I have been running more or less continuously ever since I definitely do *not* enjoy running—at least 95% of the time I don't. But I do enjoy and highly value the benefits that running brings me . . . so I will continue to run, whether I enjoy it or not.

(continued on page 64)

3RD ANNUAL

Fiesta Mission

10,000-METER RUN

Saturday, April 24, 1976
9:00 A.M.

Run along the San Antonio River, by historic Spanish Mission. Visit the River Walk with its many restaurants — the Alamo — take part in the **Fiesta Celebration**. Patches to all finishers. Age group and women's awards to first three places. For entry blanks and further information contact:
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San Antonio, TX 78212

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Boys & Girls, 9 - 19



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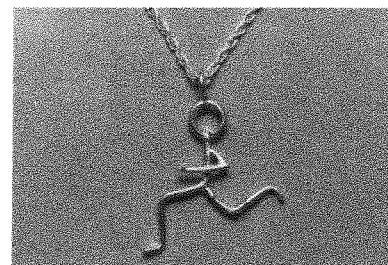
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Sheehan drags into his argument some kind of statistics about the incidence of heart disease among a population of British and Irish doing hard physical labor as compared to those who "play" hard. But this is a pretty spurious, or at least irrelevant, issue. How many kinds of hard work really involve cardiovascular conditioning? Not very many, I submit.

In any event, Sheehan's argument flies directly counter to evidence cited by Cooper in *Aerobics* and elsewhere. Based on my own experience, I'll go with Cooper.

*William Romaine
Acton, Mass.*

YES, FUN

I think the most important contribution made by *RW* in the last 10 years is an evolution of a philosophical approach to running that was non-existent in the early 1960s. One never ran for fun. Some people enjoyed it, but fun was not the purpose.

Your January editorial ("Whys and Hows of Fun-Running") was so true in the past, but things are changing. I am aware of several distance running aces of the past who hated running and training. These ex-stars are beginning to drift back into running, but many have great problems overcoming pride and forgetting the idea that one ran only to excel—that running was not fun but a means to an end.

The young runner and beginner of today will not have this problem because of the additional philosophical motivations. Lucky for me, I have always felt running is life. Now the idea of running for a lifetime is accepted by "stud" and "jogger" alike.

*Orville Atkins
Los Angeles, Calif.*

INSPIRATION

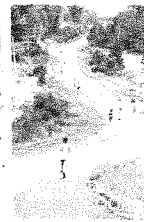
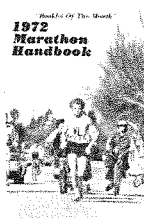
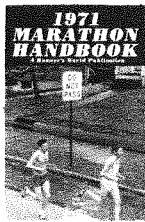
The picture of Harry Cordellos and Pete Strudwick ("Looking at People," Jan. '76) is great. What's the possibility of making this picture available for purchase in poster form? Harry and Pete have been a great inspiration to runners, and I for one would be delighted to have this shot of them adorning my wall. This picture can serve as an effective stimulus to people who are inclined to "baby" themselves physically.

*Bob Nestor
Bakersfield, Calif.*

*Address your comments to Editor,
Runner's World, Box 366, Mountain
View, Calif. 94040. •*

Marathon Handbooks

1970-1975



ORDER FORM

Please send the Marathon Handbooks checked:

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Please add 40c postage per book. Calif. residents add 6% tax. Enclosed is \$ _____.

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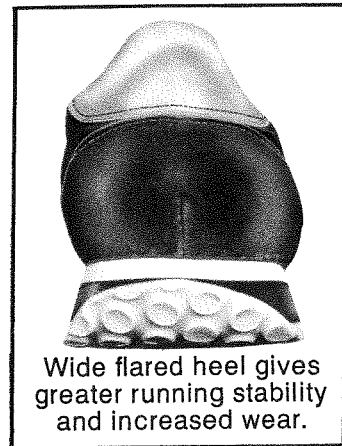
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Compare the past with the present. Trace the recent history of the marathon. Who ran in marathons of days gone by? Who won? How fast did they run? Where were marathons held? The answers to these and many more questions can be found in the 1970 through 1975 Marathon Handbooks.

These handbooks are valuable sources of information on marathons and marathon-ing. You will find many things, places and people long forgotten.

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When you add up the scores, it's the new Villanova II by BROOKS that has all the best features plus the extra wide flared heel for greater running stability and durability. Help us help you. We need your comments to stay on top.

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SL 72/76	B	C	A	B	B	A	A	A	B	A	A	B	19 Points

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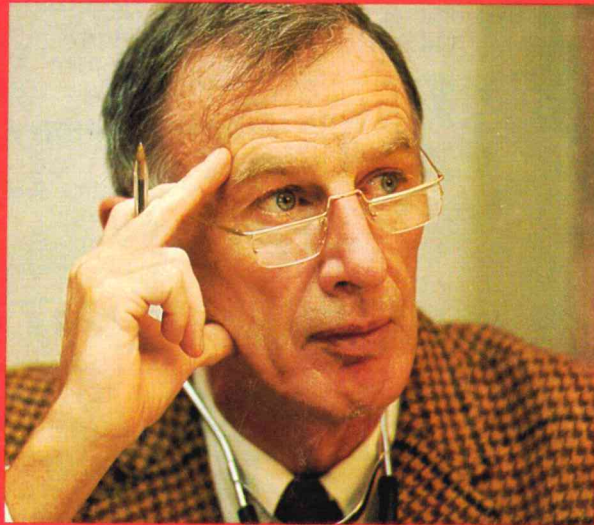
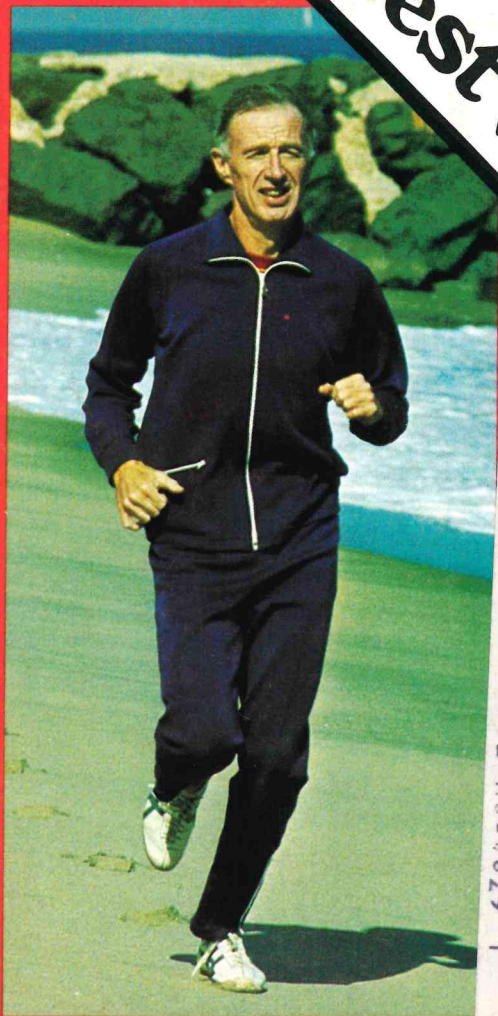
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"It is philosophical," says the author, "contains flights of fancy . . . As I began spending that hour a day running all by myself, I developed insights into myself. In the book, I am explaining other runners to themselves."

Sports Illustrated Senior Editor Robert Creamer says he believes *Dr. Sheehan on Running* is "absolutely superb. Sheehan is such a refreshing thinker, and such a strong, graceful writer."

Rich Koster, a columnist for the *St. Louis Globe-*

Democrat, writes the book's "content is beyond running and its value beyond its cost. I planned to underline the best parts . . . I underlined virtually the entire 206 pages . . ."

Sheehan is a doctor—a heart specialist—from the New Jersey suburbs of New York City. He had practiced medicine nearly 20 years before he began running. Then he began writing about his running, sifting experiences through his medical background.

Now, his writings have been gathered for a single book. *Dr. Sheehan on Running* is necessary reading for anyone concerned with running and with life.

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