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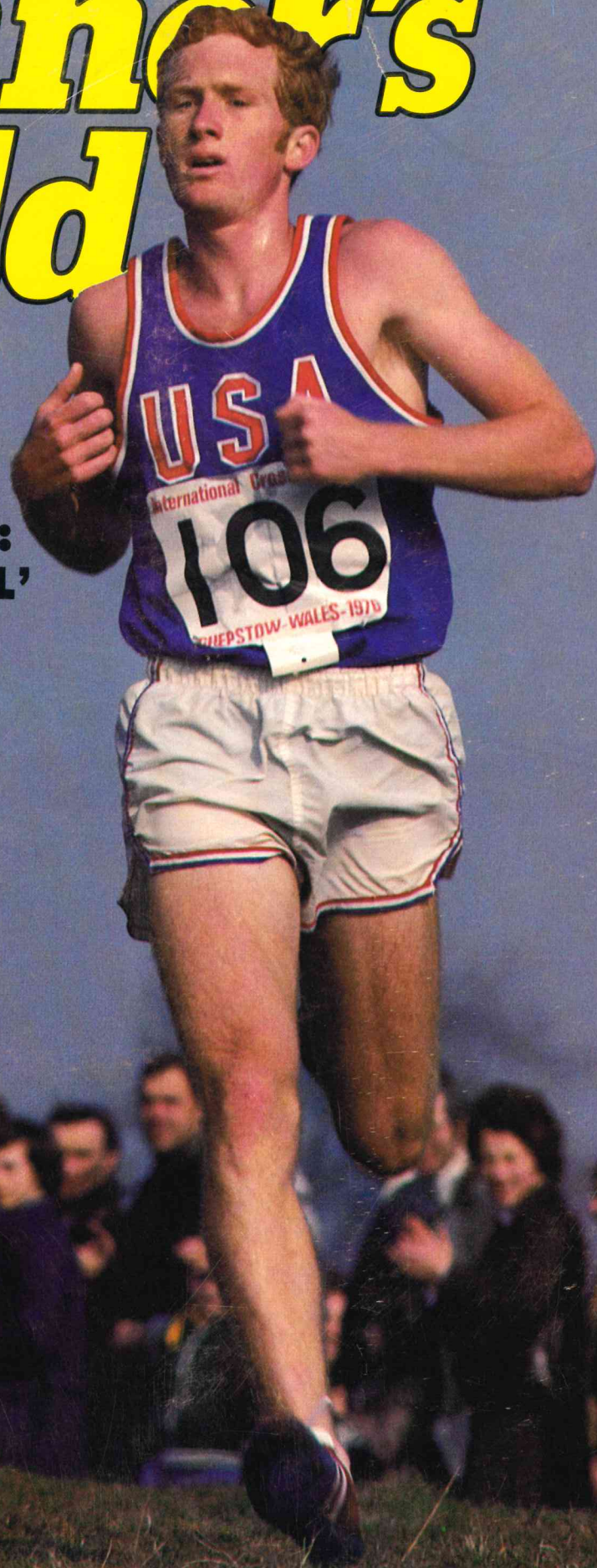
# Runner's World

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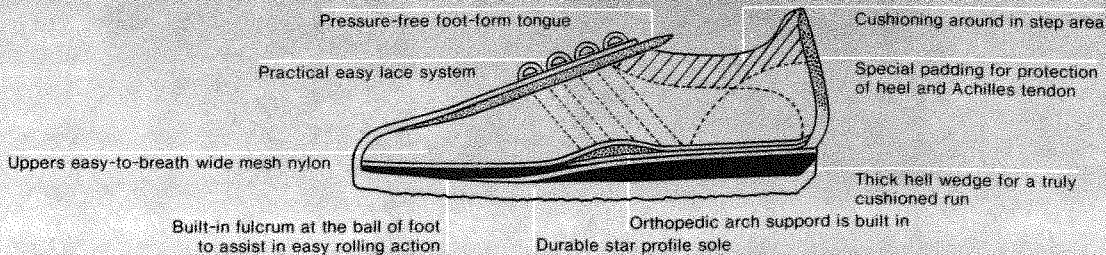






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**COVER:** Eric Hulst led the US Juniors in their 1976 International Cross-Country win, their third win in as many tries. Story on page 22. (Shearman photo)

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## From the Publisher

We were rushing to finish this issue before the long Easter weekend. Bob Anderson and his family had flown to Hawaii for a brief vacation, and I was filling in for him in this space. As soon as the issue went to the printer, I left for Boston to run in and report on the marathon. (*RW* will give extensive coverage to that race in June.)

You'll know the Boston results before you read this issue, so you'll know how accurate my guesses on the winners were. It was more a wish than a prediction that I listed Jack Foster and Miki Gorman to take the olive wreaths. Both are over 40, and their victories would do great things for the pride and hopes of others their age.

Two new editorial staff members have joined us recently. Kevin Shafer replaced Hugh Bowen as editorial assistant for *RW*. Kevin comes from Pittsburg, Kan., where he had worked as a reporter-editor-photographer with a daily newspaper.

Mark Cowans is our new production manager, responsible for moving the magazine through the typesetting and layout stages. Mark's experience has been with *Playboy* Publications and the Encyclopaedia Britannica.

Joe Henderson



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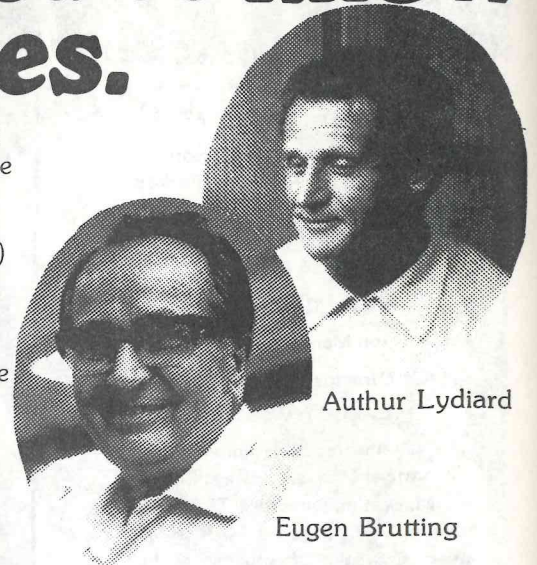
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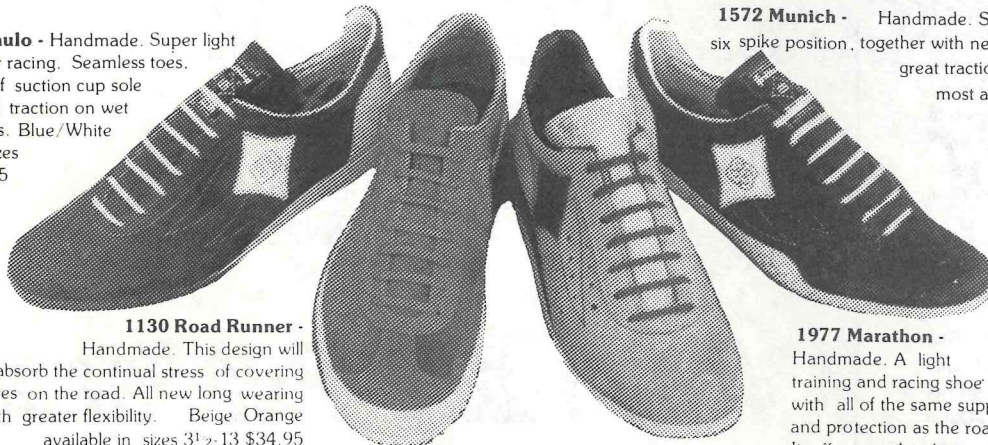
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about that. Some people just like to worry. But there simply isn't anything to worry about. Just ask your local sporting goods store or write to us.



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# 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!"



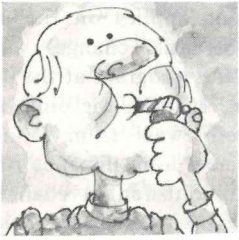
**Master Navigator BOWDITCH ASTROLABE talks about stopwatch resolution:** "I always wondered how big an error there might be in a celestial fix because I couldn't get fractional seconds on the ship's solid-brass stopwatch. I found out one day, and after they refloated the ship the skipper bought me a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



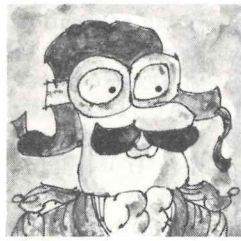
**Legendary Swim Coach SPLASH GORDON talks about stopwatch ruggedness:** "I knew something was wrong that day I was carrying my old wind-up stopwatch and slipped on a wet go-ahead, because every lap I timed that day came out a new world record. Now I carry a Cronus, and so far it has survived two falls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

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



**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!"

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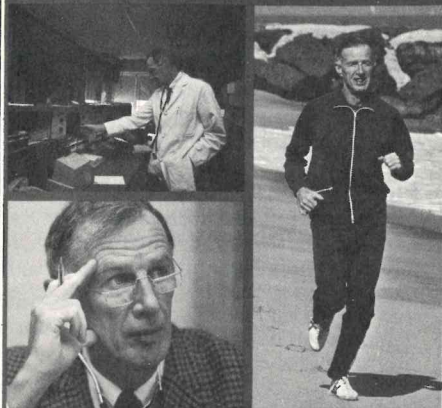
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# Runner's Forum

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and information.

## WHY I'M NOT QUITTING

Robert Fine is chairman of the National AAU Masters track and field committee. Here, he replies to Hal Higdon's article, "Why I Quit the AAU," published in the April issue.

After 14 years of a thoroughly enjoyable sinful existence, I came back to the virtuous life of an athlete as a "Master." The AAU did not provide a program for Masters in my area. So, a local group was formed and a program developed. The AAU accepted this program. The more involved I became in the program on an association, regional and national level, the more I learned about the AAU.

Despite some of the "horrors" of the AAU, I submit that what is needed is greater participation in its program, not less. If we didn't have the AAU, we'd have a similar organization to coordinate athletics. Questions of site selections for meets, standards, records, coordination of events, team selections, finances, newsletters and international competition would have to be determined by a national group. The question then is whether the AAU can grow and meet the present needs in amateur athletics or whether another group should do so.

The AAU basically is a volunteer organization. It is easy to criticize it for its mistakes. But the AAU does more things right than it does wrong. Very seldom does one hear the AAU applauded for a track meet that goes on without a problem or for the countless man hours that are necessary for our program to work. Volunteers freely donate their time and abilities and some are exceptional workers. Others are officious fools. I know of no way to insure that only top-quality people will be permitted to volunteer for AAU work.

Volunteers are in short supply. The paid personnel, none of whom receive substantial salaries, are generally non-creative administrators akin to middle level civil servants. Part of the justification for their existence is the paper work with which they get involved. The result is that on the association level there is no creativity, no daring, no drive.

The more intelligent of the 58 AAU associations leave the activists alone. Associations that inhibit the development of various programs are the ones to be attacked. The majority of Hal Higdon's complaints are directed against his local association. It has been my experience that the local associations need additional help and would welcome same. Those who are willing to spend the time and effort can move up in the ranks and make an impact on the program.

The same thing applies on the national level. Substantial changes were made in the Masters program at the last AAU convention. In fact, the only opposition received was from Vince Chiappetta, the new long distance running co-chairman. Substantial changes, to be voted on next year, are being planned in the whole structure of athletics. A new athletic board has been established which augers major changes in all of the running, field and walking disciplines. It is a shame that Hal was not at the convention to be a part of such a program.

A major criticism I have of the AAU is that many people are effectively precluded from participating. Many associations have a nominating committee system to select delegates to the convention, which makes it impossible for someone not involved in the local association's leadership level to become a delegate. Such a system generally causes the same people to be delegates each year.

Finally, an AAU convention is anything but fun. It is hard work requiring studying proposed rule and code changes, politicking for your point of view and being prepared to attend sub-committee meetings, standing committee meetings, law and legislation committee meetings and the final board of governors meetings.

I propose more autonomy for each sport, with the main meeting of each sport taking place at that sport's national championships and the athletes being given a voice in the proceedings. We have done this in the Masters movement with considerable success.

In the international area, the AAU does not have a free hand and cannot be



blamed for adherence to international rules. Our foreign friends do not necessarily agree with us. If we wish to ignore our presently authorized national body, which has to work with them, then we run the risk of not being able to compete internationally. Like it or not, it would mean that if an IAAF sanction is required for the next World Masters Championships, along with travel permits, then Hal, without an AAU card would not be permitted to compete.

The various standing committees in the AAU receive back 50 cents of the AAU dues. How this money is spent depends on the particular committee. The bulk of the dues goes to the local associations. How that money is handled, and I don't doubt Hal's figures, would vary greatly. In my association, the entry fees for the various local championships do not cover the expense of the meets, particularly indoor meets.

It may well be that the money is spent poorly but no one is making a profit out of the program. Greater participation in the administration would assure more equitable distribution of the funds. It also should be noted that closed, non-AAU-sanctioned events can be held in which the AAU exercises no control and receives no income.

Leaving the AAU may assuage one's frustrations but it will cause confusion and division within amateur athletics. Since I have found that changes can be effected, I submit that working within the AAU will benefit not only long distance running but all sports under the AAU's jurisdiction. The leadership of the AAU is quite cognizant of the attacks and criticisms made against it and would welcome the participation of those seeking to improve amateur athletics. Critizing from the sidelines, no matter how justified the criticism may be, is not the answer.

Robert Fine

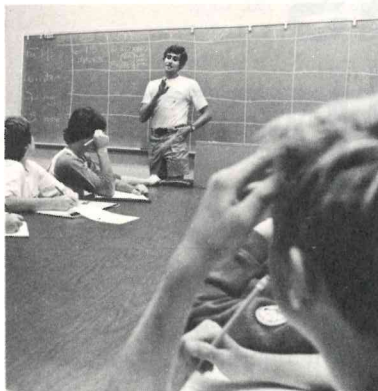
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(continued on page 8)

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*sanction of the Amateur Athletic Union. . . . If you would like a hearing before the registration committee, you may request one in writing and a date and time will be set.'*

*"Yours truly, Frank J. Rull, Secretary-Treasurer."*

Unbelievable, but there it was. I'd heard there was such a rule but never of its being enforced. Like most middle-of-the-pack road runners, I never worried about it. In innocence and ignorance, I'd raced unsanctioned events in Maine, California, Oregon and Washington. My AAU card made no mention of races in which I could not compete.

I requested the hearing and settled down to wait. Meanwhile, I learned from Fred Brown, New England AAU long-distance running committee chairman, that 14 other AAU members were nailed out of 45 finishers in the 10-mile race at Worcester, Mass., last October. Hoping for some strength through unity, I wrote each of the 14. Brown in turn wrote the NEAAU to claim responsibility. He told the NEAAU if the suspension stuck that he would organize races under YMCA sanctions to allow the runners to continue competing.

One of the 10 rule-breakers expressed "stunned disbelief that the powers that be had so little to concern them that they were worried about the amateur standing of someone like me . . . Their pettiness really demonstrates that they are in opposition to the goals of amateur athletics that they espouse."

"I plan to initiate legal proceedings if I am not satisfied with the result of the AAU hearing," wrote Jimmy O'Brien, an attorney. "I am more than willing to work with you and others who are suspended."

Ed Donovan, whom the NEAAU net had missed, voluntarily sent in his card. "I alternate between being totally outraged to being totally helpless and fearful."

Rick Bayko, editor of *Yankee Runner*, the New England distance running magazine, took up our cause loudly and aggressively, thereby risking his own good standing as an Olympic Marathon Trials qualifier. We became the "Worcester 15."

Requests to the NEAAU by several of the Worcester 15 for more information on the rule in question, a list of the disqualified runners and a copy of the complaint went unanswered.

The NEAAU finally scheduled a hearing for Jan. 18, but sent us notices postmarked the 19th, which we received the 20th.



A second hearing was conducted Feb. 22. The meeting was conciliatory, informal, thoroughly anti-climactic, and resulted in our immediate and unanimous reinstatement. The registration committee merely wanted to establish that we now understood the sanction rule and would not knowingly violate it in the future.

We received our new AAU cards by week's end. Questions, however, remained.

The complaint was sent in by someone who hadn't the guts to sign his name. The AAU is empowered by its own rules to act on "hearsay," repugnant though that seems. Will future unsigned complaints be filed in the wastebasket?

What was the NEAAU's original intention? If *Yankee Runner* and its readers had not been so vocal in our support, would the outcome have been the same? How much hard-line policy is forced upon reasonable and well-meaning local officials by the national office?

The Worcester 15 were selected from a list of the top 25 finishers as reported in a local paper. One disqualified runner sent the names of *all* finishers to an NEAAU official who apparently kept them to himself. In the future will we receive equal protection under the law?

Why do other AAU rules appear to go unenforced, such as not competing in shirts with advertising?

Sanctions do protect us against high entry fees and poorly organized races, but aren't we capable of looking after ourselves?

The AAU rules must be enforced, or not enforced, as consistently as possible so runners know what to expect, allowing, of course, for vastly different running programs in different parts of the country.

Unless each of us, and the AAU, and the running clubs make a greater effort to learn or publicize the AAU Code, there'll be more trouble ahead. Those of us who aren't entirely happy with those rules should work to change them, should anticipate the time and expense of taking the AAU to court, should try to establish or maintain a strong Road Runners Club chapter in our area or all three.

Experience confirmed my belief that talking to people face to face is far preferable to writing nasty letters back and forth. If, back in November, the NEAAU had called an informal meeting to discuss the Worcester situation with us before sending out letters, there would have been considerably less misunder-

standing, bad feeling and bad press for all concerned.

Herbert Parsons

## POWER TO THE PEOPLE

Now that I am in better shape than I have ever been, I find that I am looking around more at the world I live in. I figure that since I have this fantastic machine, I damn well better take care of it. And, you know, it's the same for the world.

We were given a world that can satisfy all our needs: food, clothing, shelter and so much more. However, we haven't always treated Mother Earth so well in return. We all know examples of man's inhumanity to the planet, and we know we can't keep on doing this forever.

My concern for the well-being of the world brought me to begin studying nuclear power more than a year ago. Is nuclear energy right for mankind's future? I wanted to find out.

The more I read, the more concerned I became about the threat to my health and to the world's health from the radioactive waste products of nuclear power plants.

In a single large operating nuclear reactor, there is enough radioactive iodine to contaminate the atmosphere over the continental US to eight times the maximum permissible concentration. Radioactive iodine may produce cancer of the thyroid.

One-half of the amount of strontium-90 in a large reactor could contaminate the annual freshwater runoff of the continental US to six times the maximum permissible concentration. Strontium-90 causes bone cancer and leukemia.

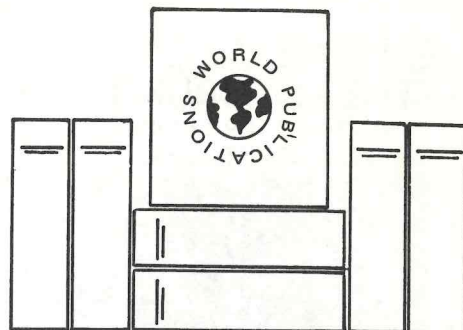
Radioactive cesium is found in the flesh of animals we eat, so it becomes deposited in our own muscles and organs.

The most toxic of the radioactive wastes is plutonium. Only one millionth of a gram (less than the size of a speck of dust) can cause lung cancer. The large reactors produce 500 pounds of plutonium per year.

Each of these isotopes from nuclear reactors poses serious risks to the earth and to our personal health. Not only are they risks to us today, but I discovered that they remain radioactive for up to 500,000 years in the case of plutonium.

What concerns me most is that there is no known solution for storing or disposing of wastes where they will be safe for 500,000 years. What I know instead is what has happened to wastes that were stored over the last 30 years. They

(continued on page 10)



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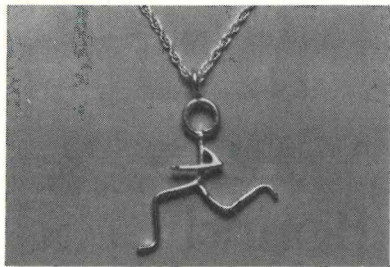
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are leaking. Five hundred thousand gallons of wastes have leaked at Hanford, Wash. Buried wastes from the Manhattan Project are starting to surface in a park in Chicago. Rocky Flats, a plutonium processing plant for the government, has had major contamination of the soil downwind from the plant.

Then I found out that wastes aren't the only problem. In the power plants themselves, the major emergency system that would flood the hot core of the reactor with cooling water, in case of a leak in the normally circulating water, has never been tested fully. In fact, six scale model tests of the emergency core cooling system have failed each time.

What if a nuclear power plant lost its coolant and new coolant was not rapidly supplied? It would melt into the ground and radioactivity could be set free into the atmosphere that would be carried by the wind to contaminate everything in its path—land, animals and people.

When I asked from where the water that is supposed to cool the presently planned nuclear plants would come, I discovered that to have adequate water for all the proposed plants, we would have to use about one-third of all the US watershed.

As a veterinarian, I claim no expertise in the physics of nuclear power. But even the nuclear scientists disagree on how power plants should be handled.

One expert says they should only be built in clusters away from dense population areas so they can be adequately guarded from sabotage and terrorism. What is being done? Nuclear reactors are being built singly and close to population zones.

Another expert says the US can handle nuclear power, but that we shouldn't export it to other countries. What is the US doing? We are actively exporting nuclear power to anyone who will buy it.

Even Dr. Edward Teller, a nuclear proponent, urges that nuclear reactors, to be completely safe, should be buried underground. The US has 55 above-ground reactors now and plans to build all future reactors above ground as well.

So what should we do, we the people who know the importance of healthy bodies and who want to preserve our environment? Well, we are going to have a say. The decisions are coming to the people of many states through initiatives. California is the first with a nuclear safeguards initiative on its ballot this June. Initiatives in Maine, Colorado and Oregon follow in November.

The initiative for nuclear safeguards is not saying no to nuclear energy. It

only asks that the nuclear industry prove to the state legislatures that nuclear energy is indeed a safe, viable way to meet our electrical needs.

Just as we strive to keep ourselves in shape, we must also do what must be done for our planet. Let's keep her in shape for the future.

David Roos

**THINKING IN THOREAU**

One-hundred and twenty-five years before the current giants of the running movement were spreading the gospel of the benefits of the sport, Henry David Thoreau was providing the philosophical basis for a good and simple activity. Some samples:

On daily commuting—"The swiftest traveler is he that goes afoot."

On arranging group workouts—"The man who goes alone can start today, but he who travels with another must wait till that other is ready."

The race promoters—"Our life is frittered away by detail. Simplify, simplify."

To fitness buffs—"Every man is the builder of a temple, called his body."

On competitive confidence—"What a man thinks of himself—that which determines, or rather indicates, his fate."

On rationalizing race results—"Love your life, poor as it is."

On personal values—"If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away."

On the joy of running—"That man is richest whose pleasures are the cheapest."

David Theall

**DISTANCE FOR A DIABETIC**

Peter Powers is in his final year of medical school at the University of Wisconsin in Madison.

My juvenile diabetes was first diagnosed when I was 14 years old, a freshman in high school. Juvenile diabetes is that form of the disease which requires insulin replacement by injection. It usually manifests itself during childhood or adolescence. It is distinct from adult-onset diabetes, which often is controlled by weight reduction or diet alone, or which may require oral hypoglycemic agents but not usually insulin injections. I am now 25, and I have been insulin dependent since age 14.

I started running during my sophomore year at school because a lot of my friends were going out for cross-country.



I continued running through high school and then ran cross-country for the University of Edinburg in Scotland during my junior year abroad and for the University of Wisconsin during my senior year of college. I have since run marathons.

The biggest problem facing a diabetic runner or diabetic athlete in any strenuous sport is the maintenance of an adequate blood sugar level during exercise periods. The blood sugar is the fuel that powers the body machinery to run. Other stored body fuels include fat and glycogen, which are stored in the liver and muscles. Insulin, which is lacking in a diabetic, is required to store body sugars and to transport the blood sugar into cells for storage.

Two extremes are possible. Hypoglycemia is when blood sugar is too low, and hyperglycemia is when the blood sugar is too high. Running when there is hyperglycemia feels like trying to go for a run when you are suffering from the flu. Every muscle aches, and the whole body is sluggish and heavy. Running with hypoglycemia, on the other hand, is a very risky and self-limited activity. With continued exercise, the blood sugar continues to drop and one feels very weak, then shaky, tremulous and eventually delirious. It is not really a situation where you can just hold on and finish if you're out on a long run.

You must take in some sugar, because you become too weak to run, then walk and eventually even to think.

There have been many occasions where I have had to bang on a farmhouse door and ask for a few spoonfuls of sugar because I had miscalculated my distance or overextended my sugar supply. The juvenile diabetic must come to understand the subjective feelings of hypoglycemia. Then he can judge at an early stage, before he starts getting weak, whether he needs to take in sugar.

I solved this problem in high school by eating a second lunch before cross-country practice, usually a sandwich and one or two apples or oranges. This seemed to work well at the time and would keep my sugar level up for the duration of the 3-5-mile workout. Before important meets, however, with a lot of warmup and additional energy spent being nervous, the lunch routine became unsuitable.

With more years of running, I have come upon a much better system which still maintains the principle of "sugar loading" before going out on a run. A distance of up to five miles doesn't really require any special attention to sugar unless it's just before a meal and

blood sugar is already low. In those cases, it is imperative to load up on sugar, and I usually find that a candy bar does the job. Otherwise, a sweet solution of sugar, water and orange or other flavoring is even more palatable.

If I'm intending to run 10 miles or farther, I always carry a plastic squeeze bottle with my sugar solution because it is impractical to try to eat two or three candy bars before setting out, and yet I need that much total sugar. Furthermore, if I start out at a normal blood sugar level and then sip from my bottle as I feel the need for sugar, I have found that I run much better than if I take all the sugar before starting and am hyperglycemic for the first part of the run.

This same basic scheme is used for the marathon distance. I need about five squeeze bottles to get through the 26 miles, and each one contains approximately 10 teaspoons of sugar, a pinch of salt, a bit of orange or lime flavoring and eight ounces of water. The salt makes the otherwise sickeningly sweet solution more tasty and the body can use the salt replacement.

On the day of the race I just eat a light breakfast but take my usual dose of insulin. The idea is to start the race in as much of a normal metabolic state as possible, with blood sugar level neither too high nor too low.

I start with one squeeze bottle in hand and run until I first begin to feel a little weak. I then start to sip from my sugar bottle, a few ounces at a time as required, so that I stay at a normal blood sugar level. The weak feeling of hypoglycemia is very different from normal exhaustion, so I can distinguish it from the ever-increasing weakness that everyone feels as they run a marathon. I just trade off the empty bottle for a full one every five miles at official aid stations or at designated points where friends are waiting.

With this system, I have been able to complete seven of the nine marathons I've entered. In four years at Boston, my times have dropped from 3:27 in 1972 to 2:48 in 1975. My personal best is 2:42:31. The balance of blood sugar and insulin just adds another dimension to long-distance running and is one more thing to have right on the day of the race.

Peter Powers

Reader responses keep *RW* moving, since more than half of each issue is contributed by writers, photographers and artists outside of our office. If you have material you want to share contact the editor. ●

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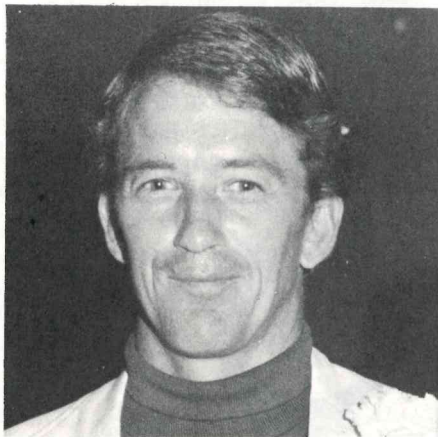
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# Running Commentary

by Joe Henderson

*"Better to hunt in fields  
for health unbought  
than fee the doctor  
for nauseous draught.*

*"The wise for cure  
on exercise depend.  
God never made his work  
for man to mend."*

John Dryden

J. E. Schmidt, M.D., doesn't think much of running. That's a common position in his profession—so common, in fact, that George Sheehan recently said runners have three natural enemies: "dogs, drivers and doctors."

But what distinguishes Dr. Schmidt from the garden-variety critics is that he has made his views known to an audience of millions. *Playboy* magazine printed an article by him in its March 1976 issue under the title, "Jogging Can Kill You!"

Jogging/running can be fatal. There have been isolated deaths because of heat strokes, traffic accidents and heart attacks. But Dr. Schmidt's article says nothing of these real threats to our lives.

Instead, he takes us on a fanciful journey through the runner's body, cataloguing a weird assortment of ailments are supposed to be awaiting us.

He talks of the spine collapsing like a stack of child's blocks, the heart tearing loose from its moorings from the terrible impact at footstrike, the veins of the legs popping like overfilled balloons.

Schmidt warns of "dropped stomach," "loose spleen" and "floating kidney." He says men risk spilling their guts into their scrotums, and women's uteri falling out and breasts sagging grotesquely.

He concludes that "for both men and women, running or jogging is one of the most wasteful and hazardous forms of exercise. Jogging takes more from the body than it gives back."

Presumably, Dr. Schmidt's article is based on some kind of evidence, though he doesn't say what it is and we haven't seen it in any well-researched literature on the effects of running.

Perhaps the doctor has seen these symptoms in a few of his own patients and has decided to condemn all running because of it. If so, this is as silly as judging the worth of all doctors after reviewing a few malpractice cases.

Of course some runners break down. But 95% of the injuries are from the knee down and result from overstress. We know this happens, and we're learning how to take care of it.

But "dropped stomach!" That's a new one. Schmidt's article reads like a parody on all the other articles we've read about all the awful things running can cause.

My first reaction to the article was to laugh at it. John Wittlesey of Fargo, N.D., reacted the same way. He wrote to *Playboy* saying, "I don't think jogging will kill me. But I'm afraid I just might die laughing (at the article)."

My second reaction was to ignore it and to dismiss Dr. Schmidt as another of those misguided critics who can't understand that there is far more to running than flushing out one's plumbing or, in his words, "giving you that tanned, out-doorsy look."

Dr. George Sheehan shared my second reaction. Our medical editor said the article was too ridiculous to be dignified with a point-by-point rebuttal.

I think Sheehan and I speak for a majority of *RW* readers, the addicted runners, who aren't bothered much by attacks like this. In *The Long-Run Solution*, I quote a runner who sums up our thinking:

"If someone proved tomorrow, without a doubt, that there was no physical benefit whatsoever in running—and in fact that it has harmful side-effects—I would keep right on doing it without a second thought."

He'd keep going, he says, because "the psychological satisfaction is much more immediate, certain and dramatic than anything I might or might not get sometime in the future."

Running only to exercise the muscles is like eating only to work the jaws or having sex only to train the pelvis. These things happen, but so much more is going on that you hardly notice these byproducts.

The Schmidt article won't sway anyone like this who will run in spite of physical risks. And the *Playboy* piece is of little concern to the great body of non-exercisers who see this simply as another excuse to continue not to do what they aren't doing.

The harm is done, though, among



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people who are just starting to run or are thinking of starting. This letter is typical of the dozens which George Sheehan and I received after *Playboy* published the article:

"I began jogging several months ago. After experiencing the usual aches and pains at the start, I've worked my way up to two or three miles a day, four or five days a week. I've never felt better. My pulse rate and weight have dropped. I have more energy all day and sleep better at night.

"But now I am worried. While I don't feel anything bad is happening, I have read in *Playboy* that I may be doing myself more harm than good. My wife is urging me to stop. Please set her mind and mine at ease."

I sent him a copy of a letter from Creig Hoyt, M.D. He is medical editor of *Bike World* and a marathon runner as well as a long-distance cyclist. Dr. Hoyt says in part:

"(Dr. Schmidt) makes not a single reference to any reputable, documented study in his flight of ideas. Also, he blithely ignores the large body of literature that documents increased life-expectancy in endurance athletes, and the role and significance of aerobic exercise in cardiac rehabilitation programs. To point out all the errors and distortions in this fairy tale would require an article in itself.

"However, let me point out that Schmidt's statements concerning the ill-effects of jogging on female breasts, uteri and leg veins have no support in sports medicine literature. In fact, recent studies in Sweden have emphasized that the muscular tone produced by running discourages varicose veins."

"The preposterous notion that the heart may suffer contusion injuries during running is offered after citing injuries suffered in severe deceleration accidents. No comparable force is ever seen in running, even in the most strenuous sprinting."

Dr. Hoyt adds, "I suspect that Dr. Schmidt is the product of the classic American medical education in which there is more concern for disease than health. We should understand the difficulty he has in coming to grips with the fact that man is not a fragile, threatened species." ●



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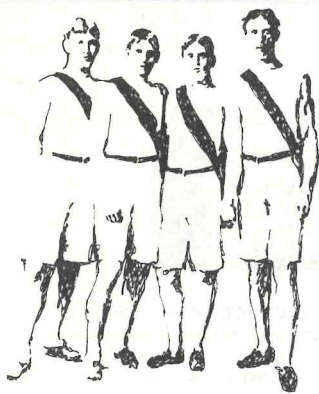


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# Medical Advice

**George Sheehan, M.D.**

In January I appeared with podiatrist Steve Subotnick during the "medicine" portion of the National Running Week program. As usual with such affairs, the discussion centered on injuries to the feet and legs—Steve's specialty.

In April, my column examined Achilles tendon injuries. One of the conclusions was that surgery is uncalled for. Again, I was stepping into Subotnick's area.

Here, I talk about the general causes of foot and leg ailments, then Steve gives the case for surgery.

## FEET PHYSICS

The new sports medicine is sports physics. The new sports injuries are the overuse syndromes, the biomechanical effects of excessive training on a susceptible individual. The new sports therapies are, therefore, directed at re-establishing postural and structural balance. And the new sports research is the investigation of abnormal forces acting in and on the foot, leg, knee and low back. It starts with trigonometry and ends in the mechanics of structure.

The new sports medicine is no longer concerned with drugs or surgery or acupuncture or whirlpool baths. This new sports medicine is occupied with engineering phenomena like torque and stress and strain and faulty vectors. The new sports medicine has deserted witchcraft and finally turned to science.

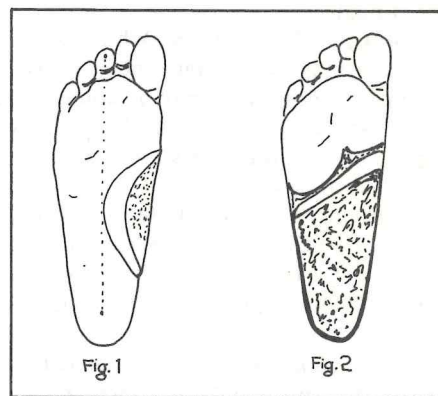
This scientific analysis has disclosed that our overuse syndromes have two basic causes. One is postural, the other structural.

The structural factor is a skeletal tendency, an affliction we were born with. The most frequent is what Dudley Morton in his classic *The Human Foot* called a "continuance of the prehuman condition" or more simply an atavistic foot. Such a foot still has qualities suitable for climbing trees. The big toe still has thumblike characteristics, and there is a looseness along the inner border from heel to the big toe.

The most obvious atavistic foot is the one that has come to be called Morton's Foot, the foot with the short big toe and the long second toe. This foot usually associated with a tight calf muscle was noted by Morton to be asymptomatic unless there was excessive use. This observation still goes. Morton's

Foot in a spectator is no more than a conversation piece. In an athlete it is a disaster.

It is easy for any engineer or physicist to see why this should be so. At footstrike, the loose inner border of the atavistic foot fails to hold. Hundredths of a second later when it finally stands firm, the foot already has flattened on the inside. Meanwhile, the short calf muscle prevents the leg from carrying over the foot to pushoff, a matter of 10-15 degrees. This action must therefore take place through the already flattened and pronated arch.



"The result," writes Morton, "is a more or less complete breakdown of the foot."

Should the foot hold, the structures above must absorb the abnormal stress set up by the pronating arch. This stretches the achilles tendon, the shin muscles and the other leg muscles, causing tendinitis and myositis. At the same time, this collapse to the inside sets up a torque, a twisting, eccentric force which ascends the leg causing injury to the bones on the leg and joints. Because of this aberrant kinetic chain, the athlete can develop stress fractures of the tibia and fibula, tibial-fibular arthritis and uncomfortable knee pain.

What is necessary is a foot support. This can be made at home, bought in the store or molded to the foot by a podiatrist. Some athletes need the best of professional foot care. Others who have feet that are less of a problem can do with something less meticulously made. In some instances, putting almost anything in the shoe will help, according to Dr. Richard Schuster, one of the country's top sports podiatrists.

One of these almost-anything supports is a do-it-yourself surgical felt



device. Use quarter-inch surgical felt (a 21 x 36 sheet costs about \$10 in a surgical supply store).

Cut out a semi-circular cookie to fill the area under the arch (see Figure 1). Feather it to avoid irritation. Next, cut out a piece to cover the sole from the back of the heel up to but not including the ball of the foot (see Figure 2), Again feather it. Attach the cookie to the bottom of this felt sole with adhesive tape. This allows you to shift the support from running shoes to working shoes. You can also reposition to the cookie until it is comfortable.

The best commercial supports are the Dr. Scholl's "610" and the Athletic "A."

If these measures fail and you are wearing good shoes and doing your exercises regularly, you will require expert help. This means a complete biomechanical examination of your feet and lower extremities. Usually the end result is adjustment for any leg length discrepancy and a special orthotic or foot support made to your prescription.

This scientific prescription may be expensive, but if it means pain-free running you will never find a better way to spend your money.

George Sheehan

## ACHILLES TENDON SURGERY

Achilles tendon tenosynovitis is a chronic, disabling condition seen in long-distance runners. Conservative treatment very often fails to give satisfactory results and usually requires prolonged periods of treatment and rest which result in ultimate failure when the athlete returns to running.

We have had a limited series of satisfactory results in patients who were treated surgically for this problem and who returned to competition within 4-8 weeks following rather minor surgical procedures. The surgical procedure I have performed is a decompression of the sheath around the heel cord.

The chronic achilles tendon pain I have seen occurs most often following long-distance running with no apparent incident related to onset. It has not responded to heat, icing and abstinence from sports. Persistent tenosynovitis (tendinitis or enlargement of the sheath of the heel cord) which does not respond to 2-3 weeks of rest and ice massage, as well as heat and ice contrast baths, may well go on to become a long-term problem which may need surgical decompression.

Conservative treatment for problems of the achilles tendon consists of balance  
(continued on page 16)

# Comforting Summer Advice

Be comfortable when you run. That should be your major concern. If it isn't fun, it isn't worth it. So, get comfortable. Step into some brand new summertime running clothes from Starting Line Sports.

Stylish, long-lasting mesh singlets are made for you and summer running. Top quality nylon singlets keep you running cool through the summer heat.

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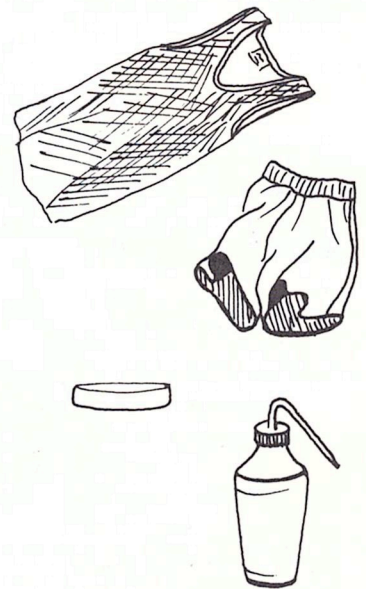
If you start losing too much perspiration on your summer runs, carry along a marathon squeeze bottle. Its squirt dispenser top makes it ideal for drinking your favorite replacement drink while you're on the run.

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**Headbands**—Red & White, Green & White, Gold& White, Red, White & Blue, Blue & White, White. Sizes—One size fits all. Price—White, \$.79, all others, \$1.10.

**Marathon Squeeze Bottles**—Plastic, squirt dispenser top for easy drinking. Size—one pint. Price—\$2.50.



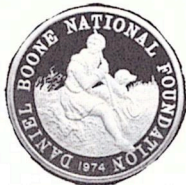
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ing the foot with orthotics to eliminate any unusual torque on the heel cord. Avoid running on toes or ball of the foot, avoid hills, fast speeds and use stretching over ice. Alternate heat and cold baths may also be used.

We have found that oral anti-inflammatory medications give only temporary relief. We also have noted that injections of cortisone, in most cases, give only temporary relief. Ultra-sound given three times a week for 2-3 weeks has been beneficial.

Despite the fact that we have various types of conservative treatments, many of the achillis problems become chronic inasmuch as there is thickening and definite fibrosis (hardening of the tissue sheath around the tendon). When this happens, a sandpaper-type feeling (crepitation) around the tendon is experienced when the foot is moved up and down. This results in pain when there is any squeezing pressure placed on the tendon.



*Subotnick (l) and Sheehan (OMPhoto)*

Six patients in the past who have come to us with this problem have related that they had to quit running for up to a year. These patients were given all forms of conservative treatment including orthotics, injections, ultra-sound, ice massage and oral medications. In all cases, following gradual relief of pain and increase of flexibility, the symptoms recurred as the athletes increased their mileage or speed.

With these patients, I suggested that we do a surgical decompression of the tendon sheath. What this means is that the thickened soft tissue sheath around the achilles is released surgically, and any abnormal tissue is removed. In all cases that this was performed, the underlying tendon was entirely normal, and the only pathology was found in the damaged tendon sheath itself.

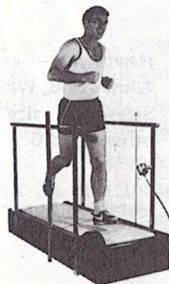
By having the athletes train properly, including stretching exercises, physical therapy and graduated, sensible increases in speed and distance, the body would form a new tendon sheath which would be better than the old, damaged sheath. All of these patients have returned to running. The time periods

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from the operation until resumption of activity was 6-8 weeks.

Steven Subotnick, D.P.M., M.S.

## MUSCLE TEARS

Cliff Bould is a physiotherapist and athletic trainer in Australia, and one of the country's leading veteran runners.

It is not generally recognized by people who treat athletic injuries that the athlete who tears a leg muscle has to go through several "pain barriers" before getting back to top speed.

Those barriers are (a) walking, (b) jogging, (c) striding, (d) sprinting, (e) sprinting around turns.

If the athlete cannot get physiotherapy treatment, he can carry out rehabilitation by himself, taking each stage separately in the order shown below.

*Immediate treatment.* Stop weight-bearing on the affected leg and apply cold or iced water for a half-hour. Then rest the leg for about 12 hours except for non-weight bearing exercises specified below. If rest is not possible because of work commitment, for instance, then strapping should be applied to give support to the muscle.

*First day.* A few hours after the above first-aid treatment, the athlete should start on non-weight bearing exercises consisting of straight leg-raising and lowering while lying on his back. This exercise mostly is done by the glutei muscles, but also it makes the hamstrings work. Do this 10 times then rest for a short time. Repeat the procedure two more times. Now sit up with the legs over the side of the bed or table, and start straightening and bending the leg at the knee joint. The quadriceps muscles do this movement, but the hamstrings also are gently stretched. Do this exercise 10 times, then take a short rest period. Repeat the exercise in another two lots of 10.

Finally, lie down on the stomach and bring the foot up to try to touch the buttocks, bending the leg at the knee joint then taking it back again to the bed. This is pure hamstring movement, taking those muscles through their full range.

*Second day.* Repeat the exercises of the previous day, using a one-pound weight attached to the foot. After the end of the exercises, rest for a few minutes before starting the first session of walking for five minutes. Do this—and all other sessions—in warmup shoes and on a grass surface is possible.

Walk slowly, using a short stride. Then rest two minutes. Repeat the walking three more times, five min-

utes each, with two minutes rest between. On the second period of walking, try to lengthen the stride gently without going any faster. On the third period, try again to use a longer stride and go a little faster. Pain at the end should be much less than at the beginning of the exercise.

*Third day.* Repeat the exercises using a little heavier weight. Instead of walking, jog gently for five minutes then walk for two minutes. Repeat the procedure to a total of 20 minutes of jogging. Try to lengthen the stride on the third and fourth five-minute jogging periods.

After the fourth jog, there should be no pain while walking.

Rest and strapping are no longer necessary.

*Fourth day.* Repeat exercises with a little heavier weight. Start jogging for 10 minutes, then walk. Now quicken the pace in jogging and gently use a longer stride for 10 minutes. Go back to gently jogging with a small stride for two minutes. There will be some pain while striding but not while jogging. Do another 10 minutes of striding, trying to use a long stride and not over striding. The striding should not hurt as much as it did at first.

*Fifth day.* Repeat the exercises with a heavier weight. Follow this with 15 minutes of gentle jogging then 10 minutes of striding in which the pace is increased and the stride lengthened. The reaction at this stage probably will be a painful one on fast striding. If the pain does not ease off during the jogging, don't do any more striding in that training session. However, if pain subsides, continue with two more periods of alternating jogging and striding.

*Sixth day.* Repeat the pattern of the fifth day, except to stride over short distances at top speed. Although it may cause some pain in the beginning, repetition of the procedure gradually will reduce pain to a minimum and restore confidence.

Now run around turns, slowly at first but gradually increasing the speed. Alternate running on the straights and around turns a few times until there is no pain on running the turns at top speed.

*Seventh day.* After a good warmup, try a short session in spikes on a grassy or soft surface. This will prove that recovery is complete. If this is so, expect to find a difference in the length of strides between the legs or in the depth of footmarks. If no difference is detected, resume normal training.

Cliff Bould •

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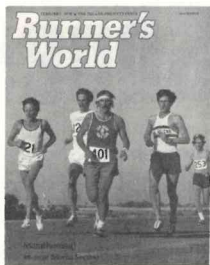
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# Interview

by Sandy Dorbin

# Gary Tuttle

I don't remember exactly when Gary Tuttle and I met last year after he returned from China. I do remember it was in the shoe department of the store his father and a partner own in Ventura, Calif. I was pleased when Gary asked me to record laps for him at the Southern Pacific Association hour run, because I wanted to see up close how an American track record is set.

I talked it over with him a few days before at the shoe store.

"Go for the world record," I said, looking at the rubber-covered slanting board where you put your feet. He looked at me with an "Are-you-putting-me-on?" expression, and I said, "Sure man, why not go for it?" He kept on looking at me.

Gary always seems to have an old envelope and a pencil stub handy for making calculations. He made some marks and interspersed some looks at me as before. He was down to lap times. It was all over in 30 seconds.

"No, I can't do it. No way." His head was down.

After I thought about it, I was impressed with his realism.

That Sunday, my wife, our friend Benjamin Sawyer and I drove up as the first of two sections lined up on the University of California at Santa Barbara (USCB) track. We crossed the street and encountered a hassled-looking Gary Tuttle.

Everybody agreed there had been a time mixup as the district schedule didn't have the right time listed and a local radio station had given out another time, also incorrect. I hadn't looked at my schedule for a couple of weeks and I don't think Gary had one. Gary stood by the fence outside the track, strangely austere amid that profusion of green—pine, juniper, eucalyptus, cedar and so on.

Benjamin has his own way of "helping" a runner get psyched for an ultimate effort. "It's okay, Gary," he said. "I'm sure you'll have no trouble going eight miles today."

Gary looked at him a moment, close-

mouthed, like he didn't appreciate having his concentration tickled. Then he let a small smile escape.

Inside, Gary ended two weeks of indecision about which shoes to wear on the Chevron 440 track. (He used racing flats.) Everyone thought about the weather, everybody was uptight that it would be too warm. John Brennan, the meet director, called over the people who were recording for the heavies, showing out on the track where 15 and 20 kilometers were. (The first few runners were being timed at 15-K, 10 miles and 20-K as well as having their distance for the hour run measured, and everyone into it knows that Gary Tuttle broke the listed American record for each of those that day.)

Everything was happening a little fast for me but not for Gary. The race started. He took the lead immediately and ran a 71. Jim Nuccio was there, behind him, and Ajim Baksh, who had run a tremendous 12 miles 254 yards a week earlier, an age-group record for 18-year olds.

It was indelible, non-picture running, but with graceful strength. Gary drove himself relentlessly. Thin legs and broad shoulders working powerfully, he kept trucking the 72s and 73s. Very business-like, he had asked me to tell him when he hit a 74. Four times he did. But it always seemed so close, I didn't want to say anything to disturb his concentration.

He seemed to be running by himself. Then he surprised me by asking how far back "that other guy" was. (Twenty seconds at that particular time.) I remember that I offered him the sponge we'd brought much later than I'd intended.

After he used it the first time, Gary started to flip it on the infield grass on the first turn when he saw Benjamin in the outer lane, gaining on him as Gary slowed a little while refreshing himself. Gary, who'd seen Benjamin exactly twice in his life, tossed the sponge to Benjamin. Benjamin, startled, hit it up in the air with his fists turning into



hands and then caught it. It was a track-running version of a Warren Wells end-zone cliffhanger.

Later, when I recalled it, Gary grinned a little and said, "Yeh. I thought that was him."

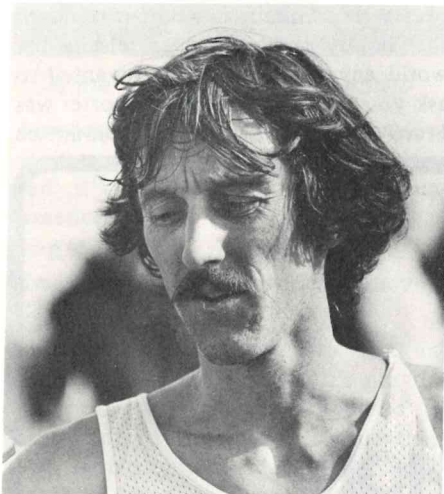
Still later, when Gary and his wife came out to have dinner with us, he grimaced a little when I pointed out the Tuttle/Sawyer Memorial Sponge hanging on the wall of my study, just above the typer. I'm not sure he understood that we could be amused by something we also admired very much.

On Feb. 2, 1976, I talked to Gary on the phone, to tell him I was making good progress in transcribing this interview.

"How did it go?" I asked about the American trials for International Cross-Country Championships to be held in Wales later that month.

"Uh (long pause). Pretty good. I won so I'll be making the trip."

A real live wire, I thought, figuring he was not pleased with his time but glad to be making another trip.



Dave Drennan photo

RW: Gary, would you say that 1975 was a good year for you running?

Tuttle: Yeh, 1975 was the best year ever, obviously, for me. It wasn't the year of my first trip. That was 1974, the trip to Puerto Rico. That was what I was sort of dreaming about all my life. But '75 was the best year yet. I finally made a breakthrough—I think, anyway.

RW: Breakthrough in what way?

Tuttle: Well, I finally made a breakthrough as far as some of my—well actually, (laughs) '75 was good and it was bad now that I think about it. In '74 my times were better, but I got the experience of a lot of trips in '75. Actually, except for a two-mile I ran indoors and the hour run, the *times* in '75 were not good at all.

RW: Then what would you say was your best race last year?

Tuttle: '75? (long pause) Well, the hour-run I would assume. Actually, the one where I surprised myself the most was the two-mile where I ran 8:34 indoors.

TW: That was at San Diego?

Tuttle: San Diego.

RW: It seemed pretty clear to me that the hour run was at least one high point. Because it's not every day that someone gets four records in one race.

Tuttle: Yeh . . .

RW: So what I wanted to ask was, of the four records you set that day, which of them is the best for you?

Tuttle: Obviously, the farthest one would have to be best because—I mean, like I ran 48:10 for 10 miles and I know I would be able to run well under 48 if I'd been able to stop there instead of going on for another 12 minutes. So the 20-kilo would have to be best I guess. But I'm not really satisfied with it. I was satisfied at the end of the hour—I thought. Well, that was a good effort and I've come a long way (12 miles 811 yards). But I think the next day I was sort of disappointed in that all that meant was now next year I have to try to run farther again or I'm gonna be disappointed.

RW: How do you avoid that inevitable disappointment if you don't always run a personal best? What other satisfactions are there for a runner of your ability?

Tuttle: To me running is—I'm a naturalist and to me being out in the nature is a kind of religious experience . . . I'm up in the hills above Ventura, especially on a Sunday morning, and I can see the church steeples down from the hills there, can see them below me. And yet I feel like I'm closer to God than the people in the churches.

And so to me, running is more than just exercise or bodily movement. It is an art and it is a beauty of the mind, I think, too. I just can't ever see myself stop running because—it would not be me to not run. I'm just a jogger who has some talent and got lucky.

RW: I can relate to that . . . But I can't help thinking it's too bad there's no Olympic events around the distances you seem strongest. For example, could you dig it if there was an Olympic 20,000 meter?

Tuttle: Sure, I could dig it. It would mean three more distance runners

(continued on page 20)

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would make the team. Ten to 15 miles seem to be my best distances, and I don't think there are three Americans who can beat me at them.

**RW:** I'd also like to talk with you about the marathon. Culver City last December was the National AAU Championship and you won it. And I think it was the first marathon you ran in three years and you set a personal best by something like 11 minutes.

**Tuttle:** Yeh, it's been almost three years since I ran (a marathon). The last one was Galveston, where I ran 2:29 on a very hot day. But, again, I was kind of disappointed in the time at Culver City. I felt I'd run at least 2:15 and maybe better than that. But probably it's a good thing that I didn't 'cause now I'm very hungry to run another one. Had I run 2:10, I'd probably act like I do about the two-mile, never wanting to run another because I don't think I can run faster.

**RW:** Faster. Is that the primary motivation then?

**Tuttle:** I guess with me the primary motivation to race is to keep getting faster and to keep running farther. But the faster I go the slower I am, because I move up in class as I get better, race more world-class runners and end up

finishing farther back. For instance, at the '74 AAU track 10,000, I ran 28:35 and finished fifth. How can you be happy with fifth? But how can you be unhappy with a 28:35 10,000?

(Pause) It seems like I work on an event till I get it up to where I want it, and then I concentrate on another one and bring it up, then I switch back to another one. By the time I've gone full circuit, it's time to get back to the first one again because it hasn't kept up with the quality of my other running. So I'm very eager to run another marathon.

**RW:** Do you see a time when you won't be an Olympic prospect, a world or national class runner, when you'll still be wanting to run?

**Tuttle:** Oh yeh, I'll run all my life. I'm probably the biggest promoter around of running, jogging and keeping active. I teach a couple of classes at the college and my wife's even teaching physical fitness. So I'll always run, there's no doubt about that. I'll probably always race, too, but I'll keep it in perspective.

**RW:** Because there'll be a point of no return?

**Tuttle:** But I'm afraid then I'll hit 40 and (laughs) there we go again!

**RW:** You just mentioned things you

do around the area. Well, I remember the two races you directed last December for the Ventura Y. It was a nice thing and I enjoyed it a lot. And afterwards, it being a Saturday, I invited you and Joyce out to our house for a beer and you said you had to go back to work. I mention it because I think that's probably a great contrast to the idea most people must have about the cushy life a runner of your class leads.

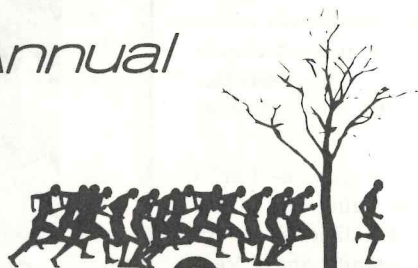
**Tuttle:** Well. (Long pause) Yeh, it's a real problem to have to work, and I do have to. I don't know, I work 54 hours a week, six days a week and I have to fit my running into the work. Luckily, I've made sure it did fit in, running before and after work.

**RW:** One advantage, though, is that you can travel, where you might have difficulty on another job?

**Tuttle:** Yeh, I work for my father and I can travel, but even your father doesn't pay you when you're gone. So, you know, the trips are nice but they cost me money in lost wages.

**RW:** Why should Americans be expected to maintain an amateur standard that hardly exists anywhere else in the world anymore? But what I wanted to ask you was: Do you think Shorter was brave or dumb to tell that committee

*Third Annual*



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that he had broken all "those 27 rules" or whatever?

**Tuttle:** I think he was courageous, and I'm sure he was truthful, too. (Long pause) I don't know, it's sort of the American system, I think, to take advantage of somebody as much as you can yet not pay them fully for what they're actually done for you. I think that's what we do with our amateur athletes. So, that's our system and that's the way it'll probably always be in



At the "International" (Shearman)

America, because if we start paying our amateurs then we're subsidizing them and it's social welfare—and it's un-American.

**RW:** Do you really mean it's un-American? Is it un-American for you, Gary Tuttle?

**Tuttle:** (Laughs) No, it's not un-American for me . . . But it's not the American way. We are supposed to leave it up to the athletes to make their own money any way they can. So it becomes American to break all the rules like Shorter does, because then he's capitalistic . . . makes his money off his running . . . and, it's *fair* that way.

**RW:** Do you want this to stay on the tape?

**Tuttle:** If it sounds good, put it in. Because I think it's true.

**RW:** I'd like to get on something cheerier. Do you want to talk some about your training?

**Tuttle:** Well, my training's not all that eventful, really. But to me it's a fun thing, and it's the only way to do it for me. I run about 14 times a week, 13 maybe. That's seven days a week and twice a day.

**RW:** How structured are your workouts?

**Tuttle:** Very free and easy. I run the

way I feel. Luckily, I always feel like running, so I'm always out there. Usually I feel pretty good, so I'm usually working pretty hard. I don't believe in doing too much interval because I really don't enjoy it, although I do some maybe once a week—a few, maybe eight or so 220s interspersed with some other stuff. But mainly I just like to get out on the roads and in the hills and go.

I run home from work 3-4 times a week. It's five miles. Most of the time I get home in under 25 minutes, which is normally not your average training run. But I've developed a philosophy over the last three years. I think fast workouts have been the most essential thing to my running well. Training as fast as you can, as relaxed as you can. To get out on the road—a free spirit. Just flow down the road and no stopping!

**RW:** But you do some long slow runs on weekends you don't race, don't you?

**Tuttle:** I do a long 2-3 hour easy run with my friends every Sunday (when I don't race). I guess I average 90-110 miles a week, lots of hills, lots of fast running, lots of enjoyable running.

**RW:** And generally it's not really programmed, just the way you want it to be?

**Tuttle:** No, it's not really programmed at all. I wake up in the morning and think, "What shall I do today?"

**RW:** So Gary Tuttle's not really the machine he looks like in races?

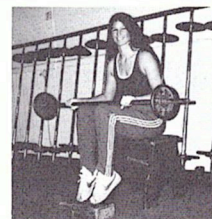
**Tuttle:** That's a compliment! I'm not sure I look like a machine. But sometimes I *feel* like a machine. I concentrate very hard in races, and one of the reasons I can do that is 'cause I pick and choose my races. I don't race very often and that way I can get pretty intense, concentrate pretty hard during my races and just prior to the races—say a week leading up—and really build to a supreme effort. And I think that is the one benefit of being out of college, to be able to pick and choose your races, and not to race so often.

**RW:** Does that mean you're looking forward to Eugene in May (the Olympic Marathon Trial)?

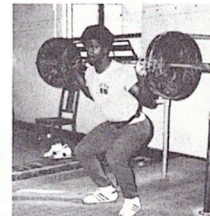
**Tuttle:** Yes, I'm looking forward to Eugene. I've had many runs out here on the roads where I've visualized the last mile, the struggle I'll go through to make the team. And every time so far I've made it.

(After he was interviewed, Tuttle placed seventh in the International Cross-Country Championship. He was the leading American.) ●

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# Tales from Wales

## International Cross-Country Championships

by Roy Kissin

Tony Sandoval could not have looked more content as he dozed on the long flight from California to London. The trace of a smile on his lips reflected pleasant dreams, probably concerning recent races and the journey he was embarking upon. For "Sandy," my teammate at Stanford University, qualifying for the 1976 International Cross-Country Championships was a dream come true.

That same contented look could be seen in the faces of the other runners who made up the United States teams. Richard Kimball mooched food from a stewardess and taunted Peg Neppel with it. Eric Hulst spoke of summer and water-skiing. A group gathered in the aisle to hear high-schooler Thom Hunt give a first-hand account of his recent record-smashing 4:02.7 indoor mile. And so we passed the time, and wondered what lay in store for us.

Perhaps Bob DeCelle, who arranged our travel itinerary, provided a clue when he showed up at the airport to see us off. As he shook my hand, he admonished, "Now don't pay any attention to the Moroccans. They always go out too fast. Keep your eyes on Puttemans; he's from Belgium. Stay with uh... what's his name, the guy from Scotland? Oh yes, Stewart. Stay with Stewart." (Emiel Puttemans had just broken the world indoor record for 5000 meters; Ian Stewart was the reigning International champion.) I promised to keep his advice in mind.

That I was on that plane at all was surprising. I slipped on through the back door. After qualifying as an alternate for the Junior team, my hopes for making the trip were boosted when Eric Hulst, winner of the Junior Trial, also qualified for the Senior team. I was notified that I would make the trip as a Junior. But at the request of the AAU, Eric consented to run as a Junior. I then moved up to fill the vacant ninth spot on the Senior team...or something like that.

God only knows what was happening. I didn't. In the months I spent preparing for this event, I had been riding an emotional roller-coaster. My fate was in the hands of the AAU. But as I settled into my seat for the long trip, I felt secure in the knowledge that I had a race to run and a vehicle to carry me there.

Thirty-six hours later, in an austere room in the most elegant hotel for miles around, I awoke with a start not knowing where I was. In the early morning darkness, I could discern four drab walls, the foot of my tiny bed with its too-soft mattress and an open window with a chill wind whistling through.

Yes. I remember now. Chepstow, Wales. A bus took us here. From London. Yesterday. Or was it last week?

Misled by a watch I had forgotten to wind, I thought it was 2 a.m. It was really 5 a.m., an ungodly hour of the day, but at least I had made a better adjustment to Greenwich time than I originally had thought. Still, I was wide awake and realized I would not fall back asleep. So I lay back and watched for three hours while my four walls slowly turned from black to grey and finally filled with the light of dawn. I did not mind the wait, though Thom Hunt's snoring from the next bed aroused pangs of jealousy in me.

I also felt pangs of hunger. The food was fast living up to its reputation. Dinner the night before rose to the depths of British cooking. I ate a shoe leather-like piece of something or other, rumored to be steak. We were refused seating in the main restaurant of the hotel and sent instead to a smoke-filled room upstairs dubbed "Steak Bar." The reason? From among 11 males, we came up with three ties and one sportcoat, both requisites for entry to the dining room. Delegation Chief Vince Chiappetta, who owned one of the ties and the sportcoat, quipped, "Damned Americans."

Despite the obvious excitement of having a World Championship in their midst, the townfolk of Chepstow carried on as usual. And for a few days we almost forgot we were runners and became instead full-fledged tourists, complete with Instamatic cameras and gawking expressions. We wandered about in groups of two and three, once in a while bumping into and merging with one another or changing groups, depending on the objectives and directions and whims of the moment.

The night before the race, it occurred to me that I hadn't had time to think about it at all. We all seemed terribly relaxed, but at the same time we felt hopeful. Thus, in a unique way devoid of the usual rituals, we prepared ourselves to race.

Race day dawned crisp and somewhat bright as the sun shone intermittently from behind billowing clouds. We ate lightly at the hotel. Soon, a bus arrived to transport us to the course.

A swarm of eager kids rushed us at the gate when we stepped off, demanding an autograph from everyone. How fast you ran did not seem to matter. I made the mistake of stopping to sign and was immediately engulfed by a sea of bodies waving pens and scraps of paper. When our group moved on into the warmup area, I broke away. They followed. I broke



into a jog. So did they. Finally the guard at the entrance to the bullpen turned the hords away. They groaned.

"Later," I called over my shoulder.

"You've got to keep moving with your eyes fixed on the ground, straight ahead," advised Glenn Herold. "Otherwise, you're lost."

The course was on the Chepstow horsetrack, an expanse of gently rolling countryside surrounded by an ancient stone wall. The soft and vibrant green turf looked like an ideal surface to run on. It would be easy on the feet and legs, for it gave a bit with each step. Gary Tuttle considered running barefoot.

There was considerable muttering over a successful protest by the French and the Germans to remove a rather piddling water jump from the middle of the three-kilometer circuit.

"I thought this was supposed to be a *real* cross-country," I overheard one disgruntled official say to another.

"Yes," replied the other, "But how can you expect a nation of people raised on petite fours and frog's legs to run real cross-country?"

Still, almost everyone described the course with reliable, if unspectacular, adjectives like "nice."

The Junior runners were called and lined up, ready to begin their race. But the gun was delayed when several officials huddled around a figure just in front of the starting line. It was our own Don Moses, who had neglected to put on his number.

"Chief" Chiappetta was waving his arms, shouting frantically, "Get Moses' number! In the blue bag, over there!" I looked in the direction he was pointing and saw no fewer than 12 blue US handbags, from which shoes and sweats and tee-shirts were being pulled out and strewn all over the ground by American runners trying to locate Don's number. Someone finally found it, and the race could begin.

I stood near the inside railing of the horsetrack as Eric Hulst powered to a 30-second win over my roommate, Thom Hunt. No less impressive was the rest of the US team, with Al Salazar in fifth and Moses in eighth. Texan Marty Froelick marveled that, though he had finished 11th among the world's best teenage runners, he had failed to score for his team.

I warmed up while the women's race was being run. An occasional glance across the bullpen toward the course revealed a commanding lead by Spain's Carmen Valero. American champion Lynn Bjorklund ran strongly for seventh. The cheers from the crowd rose noticeably when Doris Heritage (formerly Brown) duplicated her 17th place finish of last year. Several years earlier, Doris had held an unbelievable string of five consecutive International wins.

"Just wait till I start training," she was to say afterward.

As I looped around the grass warmup area, I could extract from the din of conversation scraps of French, Italian, German, Swedish. Many old friends from different parts of the world shook hands or embraced each other in joyful reunion. The faces of most of the well-seasoned Seniors displayed little tension. It was a relaxed, almost a pleasant atmosphere.

Gary Tuttle drew deep breaths, his brow knitted. He looked as if he had a job to do and knew exactly what it would require of him. Rich Kimball and Henry Perez, inseparable companions throughout the trip, traded insults. Gaston Roelants, at 39, looked fit and young as ever. The great ones—

*Carlos Lopes of Portugal beat the better-known internationalists in the Senior event.*



*Eric Hulst receives his award as the third US winner of the Junior race in the last three years.*

Mariano Haro, Tony Simmons, Anders Garderud, Neil Cusack—all were there.

The festive atmosphere suddenly vanished. All about stood sober-faced, determined-looking runners. We Americans wished each other luck as we were placed at our marks in a shabby horsegate without doors. As the gates were only wide enough to allow two runners at the line, most of us crowded in behind as best we could. I had the sinking feeling I would get buried in the sea of bodies.

Chatter ceased. The gun went off, and I waited for the gate to clear before venturing out. Surprisingly, I experienced little trouble starting, though I did have to hurdle one body that tangled with another and came crashing down in front of me. Quickly—too quickly—most of the runners with whom I was

*(continued on page 24)*

*(Photos by Mark Shearman)*





familiar disappeared up front, their pace so incredible I cannot estimate what it was. I spotted Kimball and Perez just ahead, and keyed off them as we approached the grandstands. Then they split apart, each moving up on opposite sides of the pack. I lost sight of them both.

As we passed the crowd, I heard an excited announcer calling the positions of the favored English team. I shot a glance toward the pressbox, but saw only an anonymous line of heads shrouded in shadow. There was no sign of the local reporter who had been plugging us.

"We'll meet tomorrow," the heavily-accented voice on the telephone had said. "I feel sure of it."

Despite the reporter's assurances, I did not feel sure we would ever meet. Thom Hunt and I had already spent two hours on two different occasions waiting for him to meet us, but he had never shown up. Yet, the night before the race, we agreed to try one more time.

We sat in the hotel lobby for half an hour. No reporter. Disgruntled, we started back to our room only to meet part of the Junior team. They waved scraps of paper autographed by Emiel Puttemans, who was in Chepstow, as it turned out, only as a spectator. Yes, they exclaimed, a reporter asking for Thom and me had stopped by. But since he hadn't seen us in the immediate vicinity, he had jumped back in his car and left.

Thom chided me for being too gentle with the man. "That's it," he muttered, "Next time give me the phone. No more Mr. Nice Guy."

Sure enough, back at the room, the phone rang. I answered, keeping Thom at bay. It was the same reporter spewing out the same unintelligible name. He was demanding to know where we had been at the same time he was apologizing for any inconvenience he had caused us. He wanted to know, could we possibly meet tomorrow at the race?

"I'll be in the pressbox," he concluded. "Just come up and look for me."



*Leading US woman Lynn Bjorklund (73) placed seventh.*

At three kilometers, the field was hopelessly spread out, and already I was near the back of it. It was obvious even then that I would not catch many people. But I was closing fast on a laboring figure in an American uniform. It was Rich Kimball. He pointed to his ankle and said he had twisted it. We

encouraged each other, but Rich quickly fell behind, later to drop out.

Around the far end of the loop, I passed one of the many televisions which was broadcasting the race throughout Britain. It was surrounded by children who seized the opportunity to ham it up for the folks at home.

"Come on America," they exhorted me, "BBC's watching!"

That was not the first time I had heard that. From all indications, not only was BBC watching us, but Britain was watching BBC. People everywhere spoke of the race. One incident in particular stuck with me.

A few days earlier, several of us had ventured to nearby Tintern Abbey, the symbol of England's 12th century hegemony over the Welsh people. When we stepped off the bus at Tintern, we were met by a chorus of children's voices singing (to no one in particular, though Dave Babiracki claimed their voices were intended for him), "Who's that boy with the sexy legs?" to the tune of "Camptown Racetrack." Across the road on a fence sat a line of young girls, shiny-eyed and rosy-cheeked, who serenaded us with song and laughter as we toured the awesome ruins of the abbey. As we were leaving, Dave suggested we have some fun with them, a suggestion to which we all heartily agreed.

The plan was to approach them as though we were a group of Hollywood producers interested in using the abbey and the townfolk in our next picture. Dave's greeting evoked squeals of laughter and delight.

"I'm from Hollywood," he said. "We're looking for a place to make our next movie."

"Really!" they gasped in unison, their eyes wide, their mouths agape.

"Really," Dave confirmed. "And I can make each and every one of you a big star."

The girls turned to one another, incredulous. You could almost hear the gears whirring: Americans, Hollywood, movies. Yup, these guys might really be producers.

An impish little one several years younger than the rest broke the spell when she piped up: "Did you just make 'Jaws?'"

Dave undermined our short-lived movie careers with the admission that we had come to Wales for a cross-country race. They were no less impressed by this admission, however, and asked us each in turn where we lived.

When I said California, one asked, "Is that near New York?" Then, without waiting for an answer, she continued, "Will the race be on the telly?" Again she rattled on, answering her own question, "Yes, BBC most likely. I'll watch you race on the BCC."

When we passed the grandstand for the third time, we had completed exactly six of the 12 kilometers. By the time I passed by, however, the leaders were already on the backstretch, some 1½ minutes ahead. The blare from the pressbox was saying that unheralded Carlos Lopes from Portugal had quite a lead, and that only Britons Bernie Ford and Tony Simmons were still giving effective chase.

I wondered, "Was this blare talking about this race, my race, the race I was now running?" I was pushing myself to the limit as was the Swede next to me. Drops of sweat glistened on his deeply furrowed brow. Coagulated spit hung from the chin of the struggling Welshman we had just passed. There were runners behind waiting to pounce on us at any sign of weakness. Then, to be confronted with this blare announcing the moves of those up front was almost absurd. We were a world apart.



At nine kilometers, the leaders were so far ahead and the field so spread out that enthusiastic spectators began cutting across the course in a mad rush to get near the finish line. I dodged them and shouted at them, but to no avail. To add injury to insult, I doubled over with an incredibly painful side stitch and lost five of my precious, hard-earned places. The spectators eyed me peculiarly as I ran past, emitting with each breath an audible groan. By now, the soon-to-be-winner, whoever he was, was fast approaching the finish.

Suddenly, a relaxed-looking Brazilian came gliding past. I latched onto his shoulder, and together we traversed the last two kilometers, working as best we could in the short distance that remained.

"Come on, Roy! Nail Him!" shouted Doris Heritage. That she would cheer for one of the last men almost as enthusiastically as she would for the first one inspired me. Our pace quickened. But as we turned the corner to the last straightaway, the Brazilian outkicked me.

An official shoved me past the finish line with a demand that I "keep moving." Another official with a clipboard was checking off places. When I past him, he checked number 139. Someone told me later he had counted 14 runners behind me.

"Well," I asked hopefully, "How many started?"

As the impatient, sweaty runners pushed and otherwise manhandled each other past the gaggle of officials checking and rechecking places, I glanced over my shoulder and saw the sculptured features of the Tunisian runner Gammoudi. Much to my disappointment, however, it was not three-time Olympian Mohamed, but his younger (and slower) brother Ami.

I made my way past the hordes of autograph seekers and runners to where the rest of the Americans were putting on their sweats, and discussing their respective races. Top finisher Gary Tuttle had moved well through the entire distance and had finished a superb seventh. Then came a big surprise—Sandy Sandoval had run the race of his life to finish 20th. Don Kardong, plagued by a recurring side-stitch, ended up 37th. Dave Babiracki was disappointed with 39th, as was Glenn Herold with 58th. Young Henry Perez ran 82nd. Steve Flanagan finished 92nd.

Despite the fine performances of the Juniors and a few bright spots of our own, a feeling of frustration prevailed over all but a few of us. It was over, there was relief; but we itched for another chance. We knew we were better than our sixth place team finish indicated.

Kardong lamented, "Not a hundred yards out when the sideache hit me. I ran 7½ miles with a sideache!"

The grin on Sandy's face was slightly tainted by a slip from ninth to 20th in the last kilometer. Babiracki had a sore calf. Even Tuttle said, "I moved too late. I could have made the top five." I myself certainly did not want to be stuck in 139th. But there I was.

Yet it became difficult to brood when so much of the stuff of life was going on around us. By now, the finish area was in chaos. Runners traded literally everything—from the shirts off their backs to the shoes off their feet. Nobody could tell where anyone else came from. Rich Kimball came limping up from the medical tent with a white sweat top, "Suomi" emblazoned across his shoulders.

Everywhere, children roamed, their eyes afire with excitement. The partisan British crowd delighted in the team triumph of the English runners. There had been a healthy competitive tension before the race. Now there was total release and a flood of good will.

In the midst of it all, a helicopter bearing the Duke of Gloucester came swooping down with all the drama one might find in an epic motion picture. Flanked by an array of solemn guards, His Highness approached the grandstand to present the awards. A somber march from the band added to the gravity of the moment.

It was too much to resist. Swept up by a wave of inanity and buoyed by the ubiquitous good feeling, Don, Sandy and I ambled past the throng, chanting a line from a deservedly obscure rock 'n roll song from the '50s which runs: "Duke, Duke, Duke of Earl..." We delighted in our irreverence.



*Previously unheralded Carmen Valero crosses a major barrier by winning the women's race.*

That night, at the conclusion of a superb banquet highlighted by plenty of good food, pints of bitter and hearty conversation, I took a moment to reflect. Already, the day's activities were transforming into nostalgic recollections. What a humbling, learning experience it had been to run with the best for the first time.

One-hundred thirty-ninth. A long, long way from the Lopes and Simmons and Tuttles and Roelants. But I had things in their proper perspective. Entering their world would require more hard work. I would require more patience. And it would mean more experience along the way, meeting more amazing people, seeing more of the world in the unique way the athlete see it.

A tap on my shoulder interrupted my thoughts. It was a Belgian runner who introduced himself and asked me how my race went.

"Spectacular!" I answered. "I had a spectacular view from behind." ●





*"Mind is the great lever of all things. Human thought is the process by which human ends are ultimately answered."*

Daniel Webster

Statements to the effect that successful distance running is largely a mental process are hardly new. In fact, the running globe has felt such a steady rain of these statements over the past decade that they're no longer even especially interesting. One generally accepts them with a nod of the head or a shrug of the shoulders.

We have come to realize that the difference between a good race and a bad race is largely in one's mental attitude. But for some reason, we're still unable to do anything with that knowledge. We remain slaves to our daily moods and temperaments.

It shouldn't be an irreparable situation. All that needs to be done, it seems, is to remove the barriers that are blocking the way. This problem arises because far too often people are unable even to *identify* the barriers. Runners are forever trying to correct this and that in hopes that they will run better. But like the person who works on a broken engine without having any idea what is broken, they are never able to get it just right and often end up making it worse.

Dozens of training guides are available, but they center largely about the *physical* aspects of running. After all, that's what running is, isn't it? Physical exertion?

I submit it is mostly mental. The

# Training the Head

by Jim Lilliefors

mind is what makes people run. It is what makes people speed up and slow down. It is what makes people train. The mind does most of the work. The body just goes along with its decisions. So we should train our mind with the same intensity that we train our bodies.

## PRE-TRAINING

*"What is now proved was once only imagined."*

William Blake

Two types of behavior determine everything: thinking and action. The thirst for the elusive ideal blend of the two is the source of many of our problems.

Thinking without action is an infallible means of creating lifelessness. The thinking loses value if it is never put to use. The thinker who never acts is training himself to be incapable of action.

But action without thinking can be even worse. The thinker is harmless. The one who acts without thinking is not. He is governed by impulse and can easily be led down a path of destruction, quite often self-destruction.

Plunging into the running pool without looking is not going to accomplish much. The pool might be empty, and you could thud yourself into serious injury. You might find yourself in the deep end, unable to touch a solid base. You might find that the water is too rough or too cold. Or you could find the water just right and want to stay in forever.

But why risk the first possibilities when there's a much simpler means of attaining the last? Just open your eyes, touch a toe into the pool, check the depth signs, go in gradually if you want or dive in all at once. Just make certain it is safe before you do.

The most essential ingredient of any training program is desire. All runners have some degree of it or they wouldn't

be running. The question one should ask oneself is "how much?"

What exactly do I want and how much do I want it?"

*Be Sensible.* Once you decide what you want, you can achieve it if you really want to. "Wanting to" involves keeping a level head and aiming straight towards a goal. One of your enemies will be impulse. It will pop up frequently and tell you, "No, you don't need to train today. Have fun instead."

It's fine to have fun. But if you've decided what you want and you're having fun at the expense of reaching for it, you'll soon find it slipping out of reach.

Whenever impulse threatens to sway you evaluate it. It's not always a villain, but it does have the uncanny ability to lead a person completely astray. Don't get caught.

A main feature of sensibility is conservation of energy. If a runner decides, for example, that what he wants to do is excel during the cross-country season, it would be senseless for him to prepare so hard in the summer that he burns himself out before the cross-country season even starts.

This condition commonly is referred to as "staleness." It is one of the pitfalls along the road to running success, and is largely a mental condition. An article like this cannot teach a person to avoid it. It is something that must be learned. And that learning usually involves failure, which is never very pleasant. But it is valuable because it teaches the runner not to repeat his mistake (see "The Need to Fail" April '76 *RW*).

The best advice for avoiding staleness is to *face yourself*. Staleness is the result of a program that is improperly paced. This comes from a person wanting something but being unable to maintain his want. This is generally an indication that he is wanting too much, too soon.



Injuries are the other great cavity one always tries to avoid but often runs into anyway. The best advice for avoidance of injury is the same as for avoidance of staleness: face yourself. Don't try to run too hard when you haven't built up to it yet. Keep in mind before you start training that everything you want is going to be at the top of a ladder, and the most reasonable way of getting there is to climb on every rung.

*Evaluate your total goal.* When determining what you want from running, consider not only the immediate future but also the distant future.

This will enable you to pace your whole career in the sport. If you plan to compete all through your 20s, for example, then don't kill yourself off in your teens. Again, "conserve" in relation to your total goal. What you don't use now, you'll have for a future day. What is spent is spent.

## TRAINING

*"Practice is the best of all instructors."*

Publuis Syrus

The most important point about training is that your program should be built around your own temperament. Adopting another runner's program is like trying to wear another's shoes. What fits him won't often fit you.

*"The Routine."* A fixed training routine is perhaps the most widely used method of working for success. It has one great advantage; it insures consistency. It has one great disadvantage; it is the breeder of boredom.

Some "routine" is necessary. But routine doesn't have to mean that you run the same course at the same time every day. It may just mean that you run at the same time every day. Or it may just mean that you run every day. Routine needn't be as dull as it sounds. Make it interesting. Variety is the spice of running, too.

Decide how much routine you can take. Evaluate how you handle it in other areas of life (your job, your home, etc.). If you have a hard time coping with it elsewhere, you probably will with running, too.

*Do what you enjoy.* If you're only concerned with your destination and not with the travel involved in getting there, it had better be an easily attainable destination or the travel could prove to be unberable.

This is where some training programs become derailed. If you've decided what you want, then you must also choose a means of getting it. This means is based on individual personality.

A common mistake is persisting in a type of training one does not like, under the assumption that it will make the runner tougher. Occasionally, it works. More often, it makes the runner dislike running and leave it with a sour taste on his tongue.

There's no reason why your training shouldn't be enjoyable, and a number of reasons why it should. If you're doing a type of training you dislike, keep in mind that you are inching toward staleness. Don't force it. Let your attitude be the judge. If it doesn't feel right, figure out why and change it.

This is the basic philosophy of the popular LSD (long, slow distance) concept of distance training. Joe Henderson, who gave it the name, had been forcing himself to do workouts he wasn't enjoying. Then one day he decided to see what would happen if he did what he enjoyed. Result: improved racing times and a new-found enthusiasm for running.

The improvement of runners who switched to LSD probably wasn't due so much to any miraculous physiological powers of that type of training as to the fact that the runners were finally doing a type of training they enjoyed.

But don't be fooled by the mask of contentment. Keep your goal in sight. If what you enjoy best is jogging five miles every morning but your goal is to run marathons and you really want to achieve that goal, then you have to run more than just what you find to be ideal. If you begin running more, in time you may find a higher "ideal." Again, building steadily is best, because it allows you to experience and understand the stages involved with improvement.

If you have particular weaknesses,

assess them. Never ignore them. That's only pretending that they're not there. The only way to rid yourself of them is to face them and work at them. Try to turn them into strengths.

Mix the unpleasant with the pleasant. That way you barely notice the bad taste.

## RACING

*"A great pilot can sail even when his canvas is rent."*

Seneca

Most of the great runners have a distinct style that takes advantage of their individual strengths. Sometimes, aspiring distance runners imitate style and strategy of the current champion. This can be detrimental. If you naturally have a good start and not much kick, don't try to be a kicker just because your hero happens to be Jim Ryun. Take advantage of your own strong points while looking for ways to mend weak points.

*The little effects.* The runners' favorite psychological ploy is "psyching out" the opposition. It's a tricky thing to master and often only succeeds for the most confident of individuals. Needless to say, practice is the only way to perfect it.

It can be accomplished a number of ways. One is by shooting ahead early in a race and building a big lead. This quite often discourages the competition. But it can be a foolish move as well, because you're setting yourself up as the sole target and you have the whole field chasing you. Just don't start so fast that you exhaust yourself by the halfway point. That would be assaulting your purpose.

*(continued on page 28)*





Then there's the "look-at-me-I'm-hardly-even-breathing-as-I-pass-you" tactic. It can be discouraging for a tired runner to see such apparent freshness. Of course you may be just as tired, but if you can disguise it momentarily, passing an opponent at a fast easy clip, trying to seem as fresh as you can, you may create an advantage for yourself.



Bill Leung, Jr., photo

A sore spot for many runners is hills. Many find them to be the bleakest part of a racing course. This can be capitalized on easily, especially by strong hill runners. There will always be discouraged hill-haters who half-walk up the evil inclines. If you can run up the hills fast and easy, you just might be the straw that breaks the tired runner's back.

The fast finish is another tactical weapon. If you begin sprinting with a lap to go in a race, it looks impressive. You might not be able to maintain it, but by acting as though you might, you may discourage other runners. Confidence always makes an impression, whether it is genuine or not. But be ready for battle if your confidence is proved false.

The professional look is often a part of psyching out. If you look good, you may cause your opponents to believe you *are* good. The various tactics of looking professional are complicated warmup, official-looking uniform and track shoes and talking about past races, making yourself seem experienced. This is a difficult charade to pull off if you lack true confidence. The opposition might size you up as nothing but a show-off.

All of the psyching-out methods can be of use on occasion. But remember, if you really are good, you don't need to pretend you are.

*The overall effect.* The little effects are tools that could come in handy during a racing situation, but without the "overall effect" they aren't worth much. The overall effect is the final result of a successful program.

A key factor in the overall effect is genuine confidence. If one has followed

a carefully-thought-out, personally-based training program, aimed toward what he wants to do, then the confidence should always be there. If he enters a race with a feeling of regret or anxiety, either his program is wrong or he has not been following it accurately. A reassessment is due.

If the overall effect is working, the runner cannot be profoundly disappointed by a race, because he knows what he is capable of and he runs close to it. Goals should be evaluated constantly, and always kept reasonable.

*Before the race.* If the overall effect has worked, there is still pre-race nervousness, and there are small but important things that should be done to insure maximum effort.

One is concentration. Immediately before a race, the runner should withdraw into himself and focus all of his attention on the race. He shouldn't start this too early, or it could lead to staleness by the time the race begins. A half-hour is normally a reasonable amount of time.

In the days before a race, there should also be concentration, though never of such an intense nature as in the half-hour before the run. Reading periodicals about running and track meets is often the best way to cultivate a racing spirit in the days prior to the meet. Thinking of past victories can be of value, too, but learn not to dwell on past races because unpleasant memories of past defeats undoubtedly will surface as well.

*The ready runner.* When the overall effect is working and the runner is finally ready, he will run a well-planned, smooth, well-paced race. He will not give up or make tactical blunders. He will not allow irrational behavior to intrude at all. If something irrational occurs, it is an indication of a flaw in the program, a sign that the overall effect has not been properly achieved.

## "FUN/FITNESS" RUNNERS

*"We boil at different degrees."*

R. W. Emerson

Those who don't race may be wondering, "What about us?" With them, mental approach is much the same as with racers, only on a lesser scale.

One advantage the non-competitor has over the racer is that he can do what he enjoys with almost no limitation. The racer cannot neglect some degree of grueling speed work if he wants to run a fast mile. The "fun-and-fitness" runner is free. He has none of the pressure that is on the racer. He should take advantage of it. He should experiment.

If you're running around the track and only partially enjoying it, stop. Try running around a lake or on the beach. Find something you like.

Run with other people. This greatly enhances one's enjoyment of running. If you want to take this beyond just jogging with a friend or two, look into joining the road running club in your area. If you have none, you can always form one.

Inspiration can be found outside of running groups. There are literally hundreds of books and periodicals dealing exclusively with the subject. It's not very hard to become inspired.

Keep in mind that the best way to get a job done well is to enjoy doing it. In a sense, running is work. It is therapy for the heart, the lungs, the respiratory system. But if you tackle it in a manner that is enjoyable, it will seem like play and you are likely to continue with it.



Carl Rothman photo

## KNOW YOURSELF

*"Let us cultivate our garden."*

Voltaire

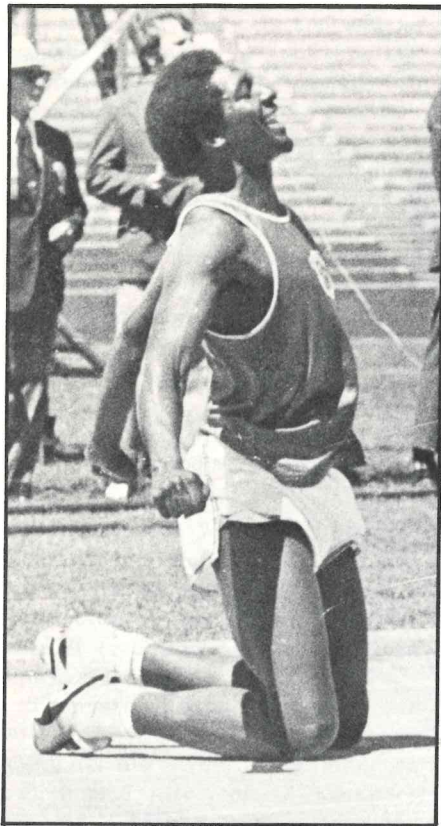
If the editor had said to me, "I like this article, but it's much too long. You're going to have to cut it down to just two words," I would have been very surprised. But the two words I'd have chosen would probably have been "know yourself."

It sounds simple. It sounds like a cliché. It *is* a cliché. But clichés are often the things we don't understand. We say them enough but they are so common we seldom think about them, understand them or employ their wisdom.

The fact that most runners experience days when they are unable to do anything, as well as days when they are inexplicably invincible, shows that they have a great many strangers lurking around within them. It seems silly to go through life not really knowing them.

In fact, you can never train yourself properly unless you become acquainted with them. The ideal program has to please all the people within you. ●





Stan Pantovic photo

A student of mine and I conducted a study a few years ago in which we simply had children run a distance of 50 yards. These junior high kids ran under five different conditions.

One condition was we didn't say anything to them when they ran.

When the second group got to the end of the 50 yards, we would compliment them by saying, "Nice job, well done."

When the third group ran, we really would not punish them, but we would nag them in some way. We'd say things like, "Don't start off so low next time, keep your head down a little," or "Keep your elbows in this time."

A fourth condition was to compliment them and then conclude with a nag.

The fifth was a nagging first but leaving them with a compliment.

After the first few runs, the runners who got nagged ran faster. But as they continued to get nagged, they ran slower. The two slowest groups, by the time they had 15 runs on 15 consecutive days, were the group that got nothing and the group that got nagged.

Those who ran fastest were the runners who got complimented. The next fastest were those who were left with a compliment for the last thing they heard. Then the group that was in between was the one that got the compliment but was nagged last.

There was one child in the study who

# Trying Is The Only Thing

by Thomas Tutko

epitomized how I feel about people involved in athletics today. This boy happened to be a relatively stout young man and he was in the "compliment group."

He ran his 50 yards the first day and the experimenter said, "Nice run." The kid gave the experimenter a puzzled look.

The second day, the experimenter said, "Good job." The boy stopped and stared. He was intentionally running slowly and he thought the experimenter was kind of dingy.

The third time the experimenter complimented him, the kid turned around and said, "What's wrong with you? Can't you see I'm fat? Can't you see I run slow? Why do you keep saying nice things to me?"

I think this kid crystallized what a larger number of people feel. They think they aren't big enough, tough enough or strong enough for sports. "That's not for me," they say and they won't try.

I frequently see disturbed children in our clinic. Many times these kids don't want to try. It is better not to try, rather than try and know that sure as hell you're going to fail and get chewed out. We find that kids who constantly are being nagged invariably become neurotic.

On the other hand, they can go to the other extreme. In a study of Little League kids, for example, it has been found that those with the most neurotic symptoms are the winners, not the losers. After all, what do losers have to worry about? But the winners or near winners have to maintain their position or improve upon it.

You can end up in the George Allen syndrome. If you work two hours and you almost win, you should work four hours and almost win closer. And if that doesn't get it, then you should work six hours and you almost, almost win. If that goes well, then you work eight hours and you only lose by one point.

In other words, the George Allen

syndrome is "the harder you work, the more it is going to pay off." Once athletes accept this philosophy, they can't ease up. And many of them burn themselves up.

They feel like sinners who are going to die and go to hell if they take a day off. Well, they already are there if they are thinking that way. They end up punishing themselves.

Athletics either can be healthy, psychologically healthy, or can be neurotic. Unfortunately, I think we are moving away from the healthy to the neurotic.

Sport is neurotic when we take the Vince Lombardi view that winning is the only justification for participating. Winning is like drinking salt water. The more you drink the thirstier you get, to a point where you kill yourself drinking. And we are at that stage in many areas of sport.

There is no way to be happy when you accept the philosophy that winning is the only thing. Because if even you win, you will worry about what is going to happen to you next.

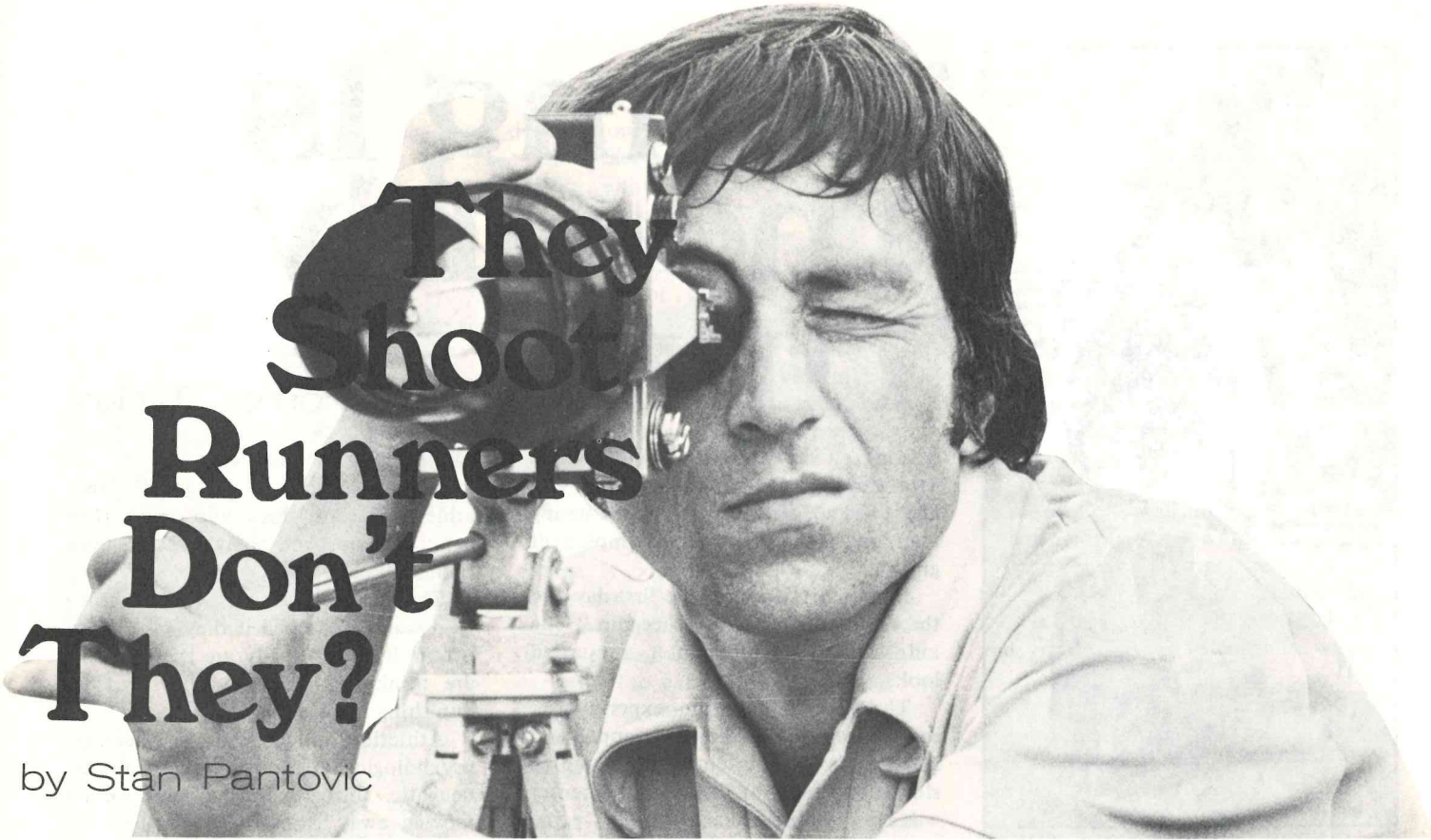
You might ask, "What is the alternative?" The fact is that there are many alternatives. And all of these alternatives, for the most part, ultimately are healthy.

Number one, we need to redefine winning. Winning, for the most part, is participating and doing the best you possibly can.

I'm not advocating losing. Nobody likes to lose. If you like to lose, that is another psychological problem and we don't have time for that here.

But life is a series of losses. I don't mean losses because you didn't run a time you expected or you didn't win the event, but losses from the standpoint that you worry because you won't get to work on time and your boss is going to chew you out. Life is full of little losses. I think sport plays a big part in teaching us to adjust to these losses and to accept ourselves for what we are. ●





# They Shoot Runners Don't They?

by Stan Pantovic

**W**hatever one's interest in running, practical information is available in abundance. There are scientific studies, tactical works, shoe bulletins and stories on the latest developments in running technique. Even such fields as running and spiritualism are covered in books on Zen as it applies to the runners.

Yet the runner who likes to make a record of what he sees is left with little advice on how to advance his camera work. True, there are a number of photo publications on the market. But they invariably present photography as an esoteric field, replete with technical information that is mind-boggling. It frightens the uninitiated camera owner

Good photography is simply concentration on the task at hand plus enough technical knowledge to produce quality photos. The pointers I offer here cover all the main aspects that hold true whether you are a once-a-month snapper or are interested in the more advanced levels of running shooting.

Background, light and angle are the keys that unlock the door to better photographs. They are interrelated in most situations.

**The Background.** Poles sticking out of heads, white-shirted spectators who blend in with the subject and distracting shadows are some of the causes of poor shots that the viewer instinctively rejects. Pick out an uncluttered back-

ground, free from contrasting shadows, and your runner stands out immediately as the center of attention.

At a track, look for stands that are in the shade while your runner is in the sun. This will make him stand out against a plain and contrasting background. Likewise, a runner in the shade stands out against a well-lighted and washed-out background.

**The Light.** It creates the mood, especially in color work. Overcast, rainy and foggy days are ideal to present the communion of the runner and the elements. Overcast days are especially welcome, as they present shots that are subdued and rich in detail. For bright days, a polarizing filter or a slight underexposure (in color pictures) will create the drama of good running action. At night, pushing the inherently grainy high-speed films produces atmospheric and moody photos.

**The Angle.** Do you kneel, shoot head-on or find an overhead angle? Much is dictated by the background. If you want a plain background, then getting low to the ground may be the answer. If you want to avoid a shadow-scarred track, shoot head-on into a running pack that is at that moment entirely in the sun or the shade.

**Cameras.** Equipment is probably the number-one concern of most photographers. It should not be. This concern has been fostered by creative copy-

writers for the camera industry, and the syndrome can make a photographer into an equipment slave, constantly fretting about whether he has the right lens, camera or tripod. For most shooting, and this includes professional efforts as well, neither expensive nor varied equipment is needed.

The photo magazines have created the illusion that only expensive equipment will produce quality work. They rarely admit it's the photographer who makes the picture. Forget exotic equipment. What you really need is what you can afford and what suits your picture-taking.

Excellent 35 mm. single-lens reflexes can be purchased new for under \$200. Admittedly, that is not cheap, but it will give you years of service and pleasure with minimal care.

Lenses also are available that can enlarge your picture-taking scope without costing an arm and a leg. The camera is generally equipped with a 50 mm. lens. It is a good all-purpose lens. But if you want full range, adding an 85 mm. or 105 mm. lens will give you a short telephoto that will cover 75% or more of your needs. These lenses are excellent for action, portraits and general shooting. A wide-angle 35 mm. lens won't be used all that much in running photography, but it's great for tight situations such as a shot of the winner at close range when he is surrounded by



fans. A 200 mm. telephoto lens will bring in faraway subjects and add an invaluable dimension to your shooting. However, longer lenses are generally too expensive and too bulky to be practical. A zoom in the 85-200 mm. range can eliminate everything in your equipment bag except the wide-angle.

The 85 mm. is probably the best all-around lens. It gives good head shots and enough depth of field to cover running situations. It's also short enough to give you side shots of action. The 200 isolates action better and allows you freer movement from a distance. It also produces flatter pictures that give good subject-background separation.

**Shutter Speeds.** What is the best one to use depends on what you want to achieve and the situation. Movement creates blur. A fast shutter speed can freeze it or a slow shutter speed can emphasize it.

"Panning" with the runner will give you sharp action with a blurred background. A distracting background can be eliminated. Also, panning under poor light can give sharp shots when the shutter speed normally would not allow it.

For wide-angle lenses, the angle of coverage will result in sharp pictures even with slow shutter speeds.

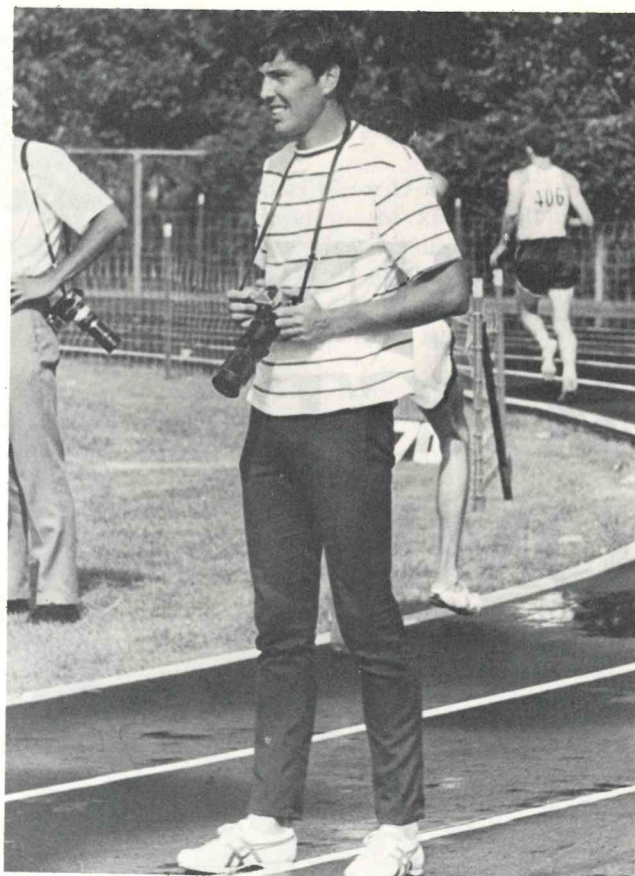
Shooting at night requires a bit of head work. As most tracks and indoor arenas have a few well-lighted spots, pick them out before the meet starts. You may be restricted to one or two positions, but they are preferable to poorly-executed flash shots.

**Films.** Bright days present few problems, since even "slow" films will do the job. But "fast" films allow for more depth of field and faster shutter speeds. A film such as Tri-X is probably best for all-around use.

**Prefocus** when you expect the peak of the action to happen in a spot. For example, focus on the finish line so that the winner and trailing runners can be included.

**Short Sprints.** Starts, straightway and finish-line shots all can be handled from the side. At the early stages, tight fields may hide your runner, but by the 90-meter mark it should be easier to catch an unimpeded shot. Shooting on the side also allows you to come up with clear finish-line shots that can show the winner in a close race as well as emphasizing the speed by panning the action. In situations where the field is of equal ability, a wide-angle lens can cover most of the lanes in a tight finish.

**200 and 400.** Most of the techniques



Page 30: When he isn't competing, Olympic champion walker Christoph Hohne shoots the action (Mark Shearman photo). Left: Jeff Johnson is a regular RW photo contributor since the magazine's early issues (Steve Murdock photo).

applicable to the 100 can be used, except that the curve gives you an added vantage spot. At the start, make sure that the stagger does not block out your runner. In the 400 you can snap a good curve shot at the start and follow it up, after a short jog, with a finish-line shot.

The 800 offers many photo possibilities. The break at the start is an excellent situation. Often the pushing and shoving will result in stumbling or falling runners who you are set to record on film. Add a shot on the curve or straightway as the runners come around the first time, and end with a finish-line shot.

The 1500 is probably the premier event to shoot for the variety of shots available. Like the 800, it gives you at least two solid shots (start and finish) plus a couple of additional laps.

**5000 and 10,000.** These are the traditional film-wasters, although you can work in a lot of variety. Packed starts, front-runners isolating themselves, side shots, unusual angles all are possibilities that can be explored during the course of a single race.

**Steeplechase.** Here is the old standby of newspaper track coverage, the water jump. Side coverage and a low angle can produce exciting shots. The race is long enough to explore different positions around the jump and also get in some

shots of tired athletes negotiating the hurdles before the finish line. Tired runners have a tendency to fall apart, and their struggle to the finish line with pursuers hard on their heels is a dramatic situation.

**Hurdles.** Side shots of runners coming over the barriers or head-on shots as they are crossing the hurdles are prime views.

**Relays.** Handoffs are the target here. In the mile relay, you have three shots at it either from the infield area or head-on. On the 400 relay, all you have is one shot, so be prepared to use it well.

**Marathons and Cross-Country.** Courses should be checked out for the most scenic spots that will tell the story. Uphills and downhills are good bets here. Motorcycles and bicycles can be employed to speed you around the course while a race is in progress. But remember that the race is for the competitors. Avoid bothering them or filling their lungs with motor exhaust. Smart coverage dictates not impeding any runner, whether he is a front man or a colorful straggler.

Smaller meets are better to cover than large ones. Credentials generally can be obtained readily and officials and athletes don't mind you working at closer ranges and in suitable locations, whereas important meets are restrictive on both counts. ●



# FOSTERING INTEREST AT HOME

by David Whitson

**W**hile outstanding athletes all over the world are busy preparing themselves for the upcoming Olympic games, leading 5000- and 10,000-meter contender Brendan Foster is intermingling training with promotion of the sport of running.

Foster, who was ranked as the number one 10,000-meter runner after his sizzling 27:45 last year to defeat Frank Shorter and Jos Hermans, is not speculating about repeating that performance at the Games. Instead, he expressed during a recent interview a strong desire to strengthen the running interest in his native Gateshead, England.

"Here in Britain we have things well organized for the young competitor. There's a series of local and regional meetings he can progress through. However, the presentation of the sport at the upper levels is badly dealt with in my view," Foster said.

"Some meetings drag on, so that even athletics nuts like myself can be bored stiff, and so we lose what should be an opportunity to attract interest in the sport."

Sticking to a formula which stipulates no meet should last more than two hours is an effort the British are hoping will be rewarding, Foster said. That formula entails the scheduling of only those events in which a competitive feature can serve as an attraction in itself, he said.

"Our goal is a short, snappy meeting,

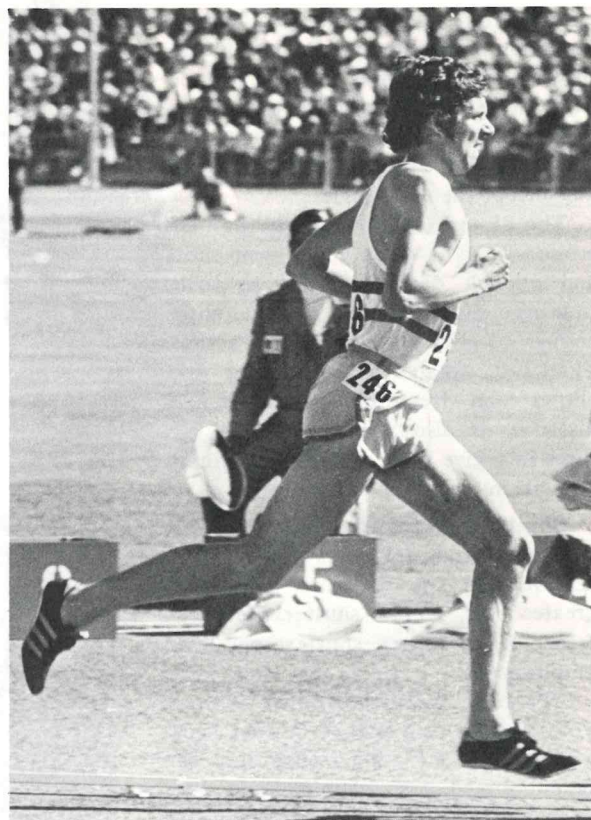
where every event contributes to the excitement," Foster said.

One of those competitive events at last year's Gateshead Games was Foster against Rod Dixon in the 5000 meters. Foster said Dixon, Marty Liquori, Lasse Viren, Ian Stewart and old rival Emiel Puttemans were his top competition in the event, possibly a forewarning of what might be shaping up for the Games at Montreal.

In fact, Foster said, milers Dixon and Liquori both were to be viewed with respect because of their recent advancements into the ranks of the 5000-meter runners. Both have displayed strength and speed in recent outings.

"But really they're not that much faster than I am. They probably think they are, but even in a pure kick off a slow pace, I don't think they'd have more than a second on me. In the Commonwealth Games, I kicked with (Ben) Jipcho for a long way. He got the jump on me after sitting on my shoulder, but he didn't pull away at all after that. I think Jipcho can handle most of those in a kick. So they better be right there, and be able to use all their speed, if they want to have any edge," he said.

With that much confidence and the ability with which to back it, the thought of turning professional would not seem out of line for an athlete the caliber of Brendan Foster. But for Foster, happiness outweighs the monetary advantages of professional track.



Mark Shearman photo

"I'm at home here in Gateshead and in England. I enjoy my connection with my club, and with all my friends here. I enjoy my work. I'm happy here, so money's not everything, is it?" Foster said.

Foster's work as director of the Gateshead Recreation Department is complemented by the efforts of other such running stars as Dave Jenkins (see "Beat the Americans at Their Game," April '76 *RW*) and Stan Long. A renewed interest in the city in a jogging program is emphasized by turnouts ranging from 60 regulars on a bad day to more than 150 on a good day. The only regret is the lack of good days for jogging.

Jenkins trains at the Recreation Department track and visits with the joggers during his warmup, Foster said.

"Stan Long's there all the time, though, to advise people if they want it, but it's really just like a big, friendly jog session now. Everyone knows each other and it's great. Some of the groups who have been coming for the full year are starting to run like runners now, and it feels good to them," Foster said.

Foster's own inability to spend as much time with the joggers as he would like is compensated by his insight into the promotion of the sport of running. He is very emphatic about de-emphasizing the winning side of the game.

"I think we've got to start promoting the idea that everyone can find satisfac-



tion in doing it at their own level," he said.

"In the English cross-country championships, there are 1000 blokes at the start. Surely we can't say that only one person has the right to feel satisfied at the end, while 999 come away feeling miserable. We've got to start saying that it's legitimate to feel satisfied about lots of other things. Everyone in the race can 'win' in some sense. He can beat his friend who he's never beaten before, he can improve his time or his position. Or he might 'win' in his own way just by getting around the course and back."

To get this feeling inbred in runners would require going back to the school level, Foster said. Instead of teaching students to race, administrators and coaches should be emphasizing running, which is a totally different concept, he said.

"Running itself doesn't hurt. Most people think it hurts, though, because they associate it with their school days, when they were just asked to race before they'd learn to run."

Instilling in runners a feeling of love for running rather than winning is a key part of Foster's recreational program at Gateshead. He indicated a desire to begin jogging events where all participants would be awarded for completing the run regardless of position, similar to the Fun-Run concept promoted by *Runner's World*.

"You could then have the racers and the runners in the same event, each running in the way they wanted to, with no stigma attached—that's the important thing. We've got an awful lot of barriers to break down in this country. It's so difficult now to get the publicity for that sort of thing," Foster said.

Another point of interest to British runners is competition among younger, local athletes. Foster said attempts to match locals with runners from surrounding districts during meets have proved favorable with the crowds. The local match-ups combined with attractions such as himself and Jenkins have accounted for crowds like the packed house that witnessed last year's Gateshead Games, Foster said.

"We have good liaison with the local schools, and we're fortunate that with all the interest that's been generated in the area by events like the Gateshead Games, a lot of the young boys want to be runners. This is the good side of using glamour events to promote interest. You get a lot of young boys keen to become distance runners," Foster said.

Many of those young runners have joined the Gateshead Harriers, the club

of which Foster is a member and which is used by him as a training device for his upcoming Olympic performance. Many of the youngsters are exposed to proper training techniques by participating in club activities.

Good training such as 12- or 13-mile runs cannot be harmful to the kids, Foster said. What can be harmful is pressure for the kids to excel. By allowing them to develop at their own pace and rate, the long-range effect is a stronger club, he said.

Foster runs with his fellow club members once a week during "a steady 10-miler that usually turns into a bit of a burn-up." Another 20-mile effort on the weekend is about the extent of his club running. He said most of the members are training on their own. Foster

and one other club member train regularly together. Foster's personal workouts usually consist of a five-mile run in the morning or at lunch and 10 in the evening.

"Unfortunate" was Foster's description of the North American club situation in which structures are not as strong as the solidarity of the Gateshead group.

He said, "Obviously my success, and that of others who have made England teams, acts as a catalyst for the other members. For my part, Stan's my coach, and I discuss my program regularly with Lindsay Dunn, one of the other club men. The club runs are an important part of my training. That's the way I've come through, and I'm not going to change it now." ●

Mark Shearman photo





# TOGETHERNESS

## San Francisco Style by Len Wallach



Visitors to San Francisco, retracing the tourist footsteps of their predecessors, cling to the handrails of the city's tiny cable cars clacking down the steep drop of the Hyde Street hill. Then they hurry to the gourmet delights of Fisherman's Wharf or a somber view of the awesome bastions of Alcatraz.

Suddenly, out of a waterfront cubby-hole thunders a sweating pack of apparent madmen and women in a multi-colored variety of abbreviated garb. They run, waddle, jog and sprint with an assorted series of grunts, gasps, wheezes and drools which disturbs the morning's peace and the visitors' aplomb.

It's Sunday morning in San Francisco, and this herd is part of the Dolphin-South End Running Club. It's as much a part of San Francisco as the Golden Gate Bridge, the fog or Nob Hill. It is a spirit, an attitude and a hope of more than a thousand San Francisco running buffs who cavort on the streets of their favorite city.

In a town that has more than its share of eccentrics, it would be an oversimplification to say the success of the DSE is a result of its colorful leader, Walt Stack. Walt has become sufficiently famous that people say his name in a single breath as one word "the-legendarywaltstack".

He is an aging wild man whose vocabulary could bring a blush to my old first sergeant's face. When he isn't splitting the air with well-chosen invective, he spends his limited leisure time in promoting the running efforts of his

fellow DSE members. And he isn't by any means alone in these efforts. The club has a vigorous band of promotors.

After you get past the flamboyant personalities of the inner circle of DSE officials, there is concerned helpfulness that provides fertile ground for the seeds of a successful program. It's enhanced by the inspirational terrain of San Francisco and the city's superb climate.

Going to a DSE race reminds one of

an old-fashioned, small-town Fourth of July picnic. The festival atmosphere generated by the participants is about the same as expected just before a sack race on the village green. You have the feeling that at any moment some matron will show up with a basket loaded with fried chicken and checkered napkins, or the local mayor is waiting to pontificate. Perhaps this atmosphere is one of the attractions for city dwellers who hunger for the innocent nostalgia of their childhood.

However, an analysis of the DSE's success reveals certain other components which make the program so outstanding. These same features can be duplicated by other organizations.

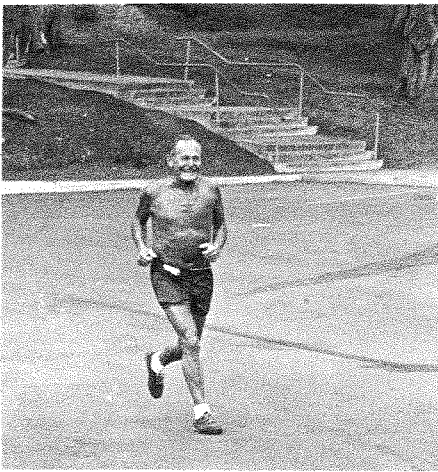
Heading the list is the members' quiet resistance to organization. Assaulted from the standard self-interests of the AAU, Road Runner Clubs, other clubs and programs, the DSE has managed—more by accident than design—to maintain alliances with most and allegiance to none.

On an individual basis, DSEers will join just about anything that has a letterhead and gives out patches. But they proceed slowly in the group processes. Factions within the DSE occasionally march to other groups' tunes. But as Pax Beale so bluntly

*Comings and goings of the San Francisco DSE Runners (Jim Engle photos).*







"The legendary waltstack" (D. O'Rorke)

pointed out when the DSE was asked to join with the Road Runners, "That would be like painting a moustache on the Mona Lisa."

A second component to the DSE system is the newsletter. It is an essential part of the club's communication system, second only to Walt Stack's leather-lunged but affectionate rants. The newsletter, with its regular and frequent mailings, is filled with race schedules and results as well as newsy comments, personal anecdotes and items for the common good and interest. The newsletter displays the club's motto, "Start Slow and Taper Off."

San Francisco, with its magnificent parks, incredible vistas and historical sites, provides a basis for the third component, the "scenic runs." This is a DSE euphemism for their almost weekly Sunday races that range from short, easy 1½-milers to and from the Municipal Pier to the agonizing Double Dipsea which is designed as a special torture for the clubs' runners who fall in the category of billy goats. An occasional run-swim-bike riding competition is slipped into the schedule. Most of the races have 300-400 men and women running for the sake of fellowship, exercise, fun and to earn the most prized component, *points*.

Points are the muscle and bone of the club. Some DSE runners count them as precious as an Arab would count drops of water in the Sahara. Points lead to awards and, to some degree, milestones in individual performance.

Annually, there is a DSE awards night which culminates a year's running for the 1000-plus members. They run for trophies awarded on a system that provides one point for every mile of racing and one for every 20 training miles. It's easy to see, on this basis, that the runners consider race miles as the

true thermometer of their personal running excellence. Training miles are called "Scrooge" points since they bring such stingy additions to the totals.

All races count, whether earned on the DSE schedule or those of the AAU, RRC, Fun-Runs and other clubs. Top point-earners sniff out races with the instincts of a bird dog. They learn of unpublished events, small-town turkey trots, 100-mile contests on the icy reaches of Outer Mongolia or tribal competition up the Amazon. The only hitch is at least 10 of the year's races must be run in the DSE repertoire.

Large trophies go to runners earning 200 points or more and small ones for 100. In addition to the top male and female scorers, there are similar categories for boys and girls, husband-wife, family and the oldest runner. The DSE has avoided an emphasis on speed, choosing instead to reward participation in races and workouts.

This element of the DSE concept is not so readily apparent. Somehow the club has discovered that there is no penalty for failure. There are no sanctions against a poor performance, which is a departure from the regular realities of life.

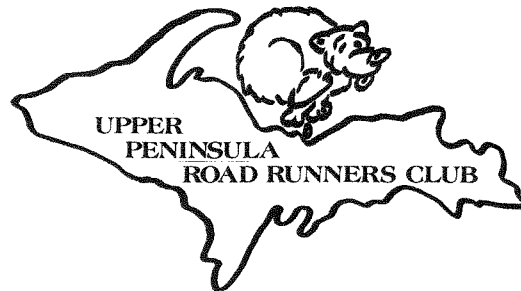
"Our incentive method symbolizes effort and represents aspirations," Stack pointed out.

This is not to say there is no competition. There is lots of that, and it can be deadly when it's a struggle of long standing. The DSE folks do go after one another with a vengeance but also with some degree of tenderness and rapport. They are collectively very careful to give encouragement to those in back of the pack.

At every race, runners help newer members to new personal records or go back onto the course to run along with a failing companion. Frequently, pairs of runners cross the finish line, hands clasped and arms raised in the universal signal for a tie.

There is an undercurrent of acceptance of the weaknesses of each other and the silent acknowledgment that each is always a hair away from failure unless aided by someone else.

California's John Steinbeck, in his book *Of Mice and Men*, had one of his characters express this feeling best when he said to another, "We different from the other stiffs, you and I. I've got you to look after me, and you've got me to look after you." ●



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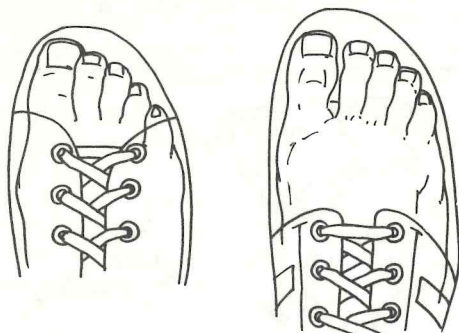


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**305** Tough but lightweight; durable enough for training, yet light enough for racing. Leather-reinforced nylon upper with flocked nylon lining. Protective midsole plus heel-elevating Softee wedge to reduce extension of the Achilles tendon and cushion the leg. With our new Achilles tendon pad incorporating a molded plastic counter, above a flared heel to stabilize the foot during heel strike and reduce ankle-roll injuries. Men and women, 3½AA to 15EEE, in Royal blue with white trim and red midsole. One of the top five running shoes available, according to *Runner's World*.

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**New Jersey:** Effinger's, Bound Brook / Athlete's Foot, Paramus / Marcel's, Ramsey / Rutherford Sports, Rutherford / Levy's, West New York. **New York:** Laux, Buffalo / Paragon, New York City / Wolf's, Rockville Center. **Ohio:** Dave's Running Shop, Delta / All Pro Sporting Goods, Kent. **Oregon:** Bay Area Athletic Supplies, Coos Bay / Cascade Athletic Supplies, Medford / Oregon Athletics, Portland / Sport Shoes Unlimited, Portland / Bill Beard, Salem.  
**Pennsylvania:** Sportsman, Newtown / I. Goldberg, Philadelphia. **Rhode Island:** Alpine Ski Shop, Providence. **Texas:** Aerobics Activity Center, Dallas / Athlete's Foot, Dallas / Oshman's, Houston / And all Cullum & Boren stores in Texas. **Virginia:** Power Athletics, Falls Church / Irving's Sport Shop, Tyson's Corner. **Washington:** Washington Athletics, Seattle. **Wisconsin:** Badger, Madison / Milwaukee Sporting Goods, Milwaukee. **District of Columbia:** Arena Sport Shop / Irving's Sport Shop / Mitchell's Sport Shop.



# A GUIDE FOR CAMP FOLLOWERS

by Hal Higdon

---

After running nearly two hours, we were lost. Our group, which included Barry Brown, Kevin Hoelwart, myself and a half-dozen other runners from the Florida Distance Camp, had gone for a long run in the woods on Thursday. Other camp members were running four miles on mountain trails that afternoon, but we wanted to do more. Kevin visited the ranger's office in the state park to examine a map of the area. He identified a circuit that would take us eight miles.

Before coming to Brevard, N.C., where the Florida Track Club holds its week-long running camp, I had believed the only part of the country where you could obtain altitude training was west of the Rockies. I never anticipated mountains at a Florida-connected camp even if Director Roy Benson had moved it north to the Carolinas to a cooler climate.

But we passed a sign that said 3600 feet, and the path kept going upward until I knew we must have crested 4000. Then we were plunging downward, slaloming back and forth as the path wove through the tall trees. We came to a junction and halted long enough to argue over whether we should go left or right. Only after another half-hour's running did we admit to ourselves that we had chosen wrong.

We sat beside a clear mountain stream faced with two choices. We were not entirely lost. We could retrace our steps. Or we could follow the stream and sooner or later it would bring us back to civilization. But how soon—or how late? We decided to retrace our steps.

By the time we emerged from the woods to be greeted by a worried Roy Benson, our planned easy hour's run had been converted into a grueling three-hour-plus workout during which we probably covered 18 miles. At least that's what Barry said he would write in his training diary.

Strange, but as I look back much later on a week spent as counselor at the Florida Distance Camp, it is this one run in the woods that looms largest in my memory. It was a very filling week. We

heard lectures by Jack Bachelier, Doug Brown and others. We held discussions on athletic injuries, sports nutrition and marathoning. We participated in clinics on fartlek, LSD and interval training. We learned to take our pulse quickly by grasping our throats. I learned a new stretching exercise: the "hang-10." (You bend over, knees locked and dangle for 30 seconds.) Yet it was getting lost in the woods that sticks with me the most.

Perhaps it was because we *survived* together that it provided such a psychological life. "Survived" in the sense that an earthquake may be too strong a word, because at no time were we in any danger. "Survived" in the sense that one survives a marathon is more like it. One is faced with a test and fails or passes it. Although two members of our group were down to alternate jogging/walking at the end, we all passed. Even without the lectures, discussions and clinics, the Florida Distance Camp was worth the price of admission just for that experience.

There are many reasons why one would want to attend a summer running camp, and certainly the communal experience is one. Distance running often is a lonely sport involving long, solitary runs. The solitary aspect of the sport attracts many of us to it. At the same time, there are occasions when it becomes enjoyable to come together with others possessed of like interests. Even if you are a member of a high school, college or club team, it is interesting to meet new people from different areas.

One way to achieve this is to travel to compete in races, but friendships made at races often can be fleeting. Another way is to make the Olympic team, the ultimate communal experience that so many aspire to. Still another way is to enroll in a summer running camp.

Though they are a relatively new phenomenon in running circles, the summer sports camps have become increasingly popular. A generation ago, you only went to summer camp if you were either very rich or a Boy Scout.

Today, children go to camp to learn how to become great athletes. They go to camp to play basketball with NBA stars, to play football with NFL stars or to play tennis with Wimbledon champions. Camps exist for skiers, for lacrosse players and rowers. Nor do you have to be a child any more to attend summer camp, since many sports camps are geared to adults.

The advent of running camps has occurred only recently. A half-dozen years ago, only two or three camps served people interested in our sport. A current survey of *Runner's World* lists 21 camps planned for summer 1976, scattered throughout the United States.

Although most camps gear their program to distance runners, offering pre-season conditioning for high school cross-country runners, others offer expert coaching on all track and field events with one camp planned for this summer directed specifically at the needs of Master runners.

Unlike in the Scandinavian countries where the governments sponsor sports camps as a means of developing potential Olympic stars, most American camps are products of the capitalist system. Most have been started by, or feature as counselors, college and high school coaches who thus find themselves a satisfactory summer job while fulfilling a definite need.

The Florida Distance Camp serves as a typical example. Three years ago, Roy Benson, distance coach at the University of Florida, established the camp on the Brevard College campus to provide jobs for some of his athletes and himself. The first year proved enjoyable but was no great financial success as only 19 campers appeared. By the second season, word had spread and 50 runners appeared. By year three, the camp population had increased to 90, causing Coach Benson to hire outside help to attend to campers' needs.

"We've grown so popular, we may have to limit applicants for 1976," he admits.

But while some camps prosper, others disappear. An attempt to establish a distance camp at California State



College in Pennsylvania was postponed when not enough applicants responded. "We plan to try again next summer," says Marty Uher.

Camp Crockett in Colorado, one of the original high altitude training camps dating back eight years, will not continue in 1976, since Director Don McMahill is moving from Pueblo, Colo. to Cheyenne, Wyo. However, he will conduct another camp in the Pike's Peak area.

One of the most popular summer camps is Runner's Mecca in Utah. The site is at nearly 10,000 feet elevation, and "Mecca" is thought to be the only camp which operates all summer. Most are concentrated into a week or two.

The reasons why runners would want to attend summer training camps are many, but probably differ little from the reasons why many youngsters attend basketball camps headed by NBA stars. They want to improve themselves so they can succeed athletically. By placing themselves in an environment geared entirely to running, they can train effectively without the distractions of other activities at home.

They also may be seeking education—new or different training methods to help them in their quest for an Olympic gold medal or even a survivor's medal at their next marathon. The camp runner also may be attracted by the opportunity to rub elbows with an Olympic athlete (Dave Wottle, Marty Liquori, Jim Ryun) or a famous coach

(Arthur Lydiard, Fred Wilt, George Sheehan) or maybe even other runners of varying skills and success. "Getting away and doing something different" is another excuse.

Probably the poorest reason to attend such a camp is for a crash conditioning program. Some camps are set up for maximum training with two or three workouts a day planned to "guarantee" each camper 100 miles of running that week. Such goals are fine provided you come to such camps pre-conditioned to survive them. One runner from my area did not. He enrolled in a two-week camp in the Southeast, covered 100 miles the first week and spent the second week limping.

For the athlete interested in a summer of running fun, therefore, selecting a camp can be as important a decision as selecting a college. Geography may be a controlling factor in many selections since few campers want to travel beyond a single days' drive or about 500 miles. Most of those attending the Florida Distance Camp came from the southeastern part of the country, a majority of those understandably from Florida itself. Tom Rosandich's Olympia Sports Village attracts his campers from the Midwest, particularly the well-populated Chicago area. A large number of those at Runner's Mecca are from Arizona, when Director Rich Heywood coaches.

Geography may be a poor reason for selecting a camp if it fails to offer

the facilities or activities you desire. If you live in the Midwest and desire high-altitude training, you need to exceed that one day's drive, obviously, to reach the Rocky Mountains.

But one man's feast is another man's poison. One runner who did attend a high-altitude camp in the Rockies complained to me that he disliked it because, "I could never find a level stretch to run. We were always going up or downhill."

Some camps may have been designed more for the convenience of the people running them rather than for the people running in them. Barry Brown told me about serving as a counselor in one camp located in the middle of a populated city. "The only road they had to run on was a highway with traffic streaming by at 40 m.p.h."

At Brevard last summer, we were forced to abandon one seven-mile course, at least for large groups, because traffic made it too dangerous. One or two persons running near the shoulder posed no problem, but large groups tend to bunch up in the middle of the road and drivers coming around corners at high speeds had to swerve several times. That was an unhealthy situation, but it was corrected.

Roy Benson expressed another growing pain of his camp. "The first two years everybody knew everybody else because we were few in number. This year, we're going to have to use name tags."

# Summer Running Camps

by Tom McCarey

This our first attempt to survey the country's running camps. While we were able to locate information on 21 of them, we undoubtedly have overlooked others. This will be an annual feature, so we welcome additional listings.

## CALIFORNIA

**Jim Bush Track and Field Camp**, San Diego and Thousand Oaks, Calif., two one-week sessions, dates not available.

Director: Jim Bush, 8245 Ronson Rd., Suite D, San Diego, Calif. 92111.

Staff: UCLA Coach Bush and "other outstanding college and high school coaches."  
Cost: not available.

Eligibility: boys and girls, ages 8-18.  
Emphasis: all track and field events.

**Jim Ryun Running Camp**, Malibu (Pepperdine University), Calif., June 20-25, and Santa Barbara, Calif., Aug. 22-27.

Director: Rick Rowland, Invest West Sports Camps, Box 30325, Santa Barbara, Calif. 30325.

Staff: Jim Ryun and "assistants."  
Cost: \$160 for resident campers, \$60 for day campers; team discounts available.

Eligibility: "The camp is designed for 9-12-year-olds who prefer to run 440 yards, 13-14-year-olds who prefer 660 yards, and 15-19-year-olds who prefer 880 yards and longer events or cross-country."

Emphasis: track and cross-country training and instruction.

## COLORADO

**Ninth Annual High-Altitude Training Camp** (formerly Camp Crockett), Pike National Forest (Catamount Ranch), Colo., July 18-24 and July 25-31.

Director: Don McMahill, Cheyenne Family YMCA, 1401 Dunn Ave., Cheyenne, Wyo. 82001.

Staff: McMahill, Chuck Smead, Bill Zuti, Pat Amato, Hylke van der Wal, Cheryl Bridges, Alexandra Boies, Merv Bennett, Joe Ehlers, Rory Donaldson, Rich Trujillo.

Cost: \$85 per week.

Eligibility: males and females, ages 12 and up.

Emphasis: high-altitude training for distance running; camp is at 9000 feet elevation.

## GEORGIA

**Westminster-Jimmy Carnes Track Training**

Camp, Atlanta, Ga. (Westminster School), July 25-31.

Director: Jimmy Carnes, Athletic Department, University of Florida, Gainesville, Fla. 32601.

Staff: Coach Carnes, "outstanding athletes from the Florida Track Club and proven college and high school coaches from throughout the South."

Cost: \$125 for boarding students, \$95 for day students.

Eligibility: boys and girls, ages 8-18.

Emphasis: all track and field events, and cross-country.

## KANSAS

**DeLoss Dodds Wildcat Track Camp**, Manhattan, Kans. (Kansas State University), June 27-July 2.

Director: DeLoss Dodds, 1613 Virginia Dr., Manhattan, Kans. 66502.

Staff: Coach Dodds, Barry Anderson, Mike Ross, Bill Favrow, John Hardwick and "six other assistants."

Cost: \$110 for full-time camper, \$95 for day camper.

(continued on page 40)



Eligibility: boys and girls, ages eight through high school.

Emphasis: "all track and field events have an individual coach plus an assistant."

**Jayhawk Track and Field Camp**, Lawrence, Kans. (University of Kansas), July 11-24.

Director: Gary Pepin, Assistant Track Coach, University of Kansas, Lawrence, Kans. 66044.

Staff: Coach Pepin, with KU Head Coach Bob Timmons as a special guest.

Cost: \$125 per week.

Eligibility: boys and girls, ages 13-17.

Emphasis: all track and field events.

## NEW JERSEY

**Mid-Atlantic Running Camp**, Medford Lakes, N.J., Aug. 29-Sept. 3.

Directors: Larry James, Track Coach, Stockton State College, Pomona, N.J., and Browning Ross, 238 E. Broad St., Woodbury, N.J. 08095.

Staff: James, Ross and "top international runners, college coaches and lecturers."

Cost, eligibility and emphasis: not available.

## NEW YORK

**Can-Am International Sports Camp**, Tully, N.Y., sessions of 1-3 weeks from July 1-Aug. 21.

Director: David Aungier, Country Hills Farm, Tully, N.Y. 13159.

Staff: Aungier and Jerry Riordan; "others to be announced."

Cost and eligibility: not available.

Emphasis: "intensive individual coaching in all track and field events, and cross-country."

**Marist College Distance Running Camp**, Poughkeepsie, N.Y., Aug. 14-19 and Aug. 22-27.

Director: Rich Stevens, Box 814, Poughkeepsie, N.Y. 12601.

Staff: Stevens, Jim Hughes, Chuck Wiltse, Andy White, Tom Clark and "six others to be announced; 10-12 collegiate runners as counselors."

Cost: \$105 for new camper, \$95 for returning camper; \$100 for three or more from same school.

Eligibility: boys and girls, seventh to 12th grades; men and women, post-college and Masters.

Emphasis: "1. to log a lot of miles to get ready for the cross-country season; 2. to create fun and interest in running; 3. to teach the runner about the sport."

## NORTH CAROLINA

**Florida Track Club Distance Running Camp**, Brevard College, N.C., Aug. 1-7.

Director: Roy Benson, Athletic Department, University of Florida, Gainesville, Fla. 32604.

Staff: Benson, Brooks Johnson, Norm Witek, Robin Campbell, Nancy Shafer and others "subject to availability."

Cost: \$95.

Eligibility: men and women, all ages.

Emphasis: "geared to the competitor in track and cross-country."

**Wolfpack Cross-Country Camp**, Raleigh, N.C. (North Carolina State University), Aug. 1-7.

Director: Jim Wescott, NCSU, Department of Athletics, Raleigh, N.C. 27607.

Staff: Wescott and Russ Combs; Jack Bachelor to be a special guest.

Cost: \$60.

Eligibility: boys and girls, junior high and high school.

Emphasis: cross-country and distance running.

## OHIO

**Jim Ryun Running Camp**, Oberlin, Ohio (Oberlin College), Aug. 1-6.

(Remaining information is the same as listed in the Jim Ryun Running Camp for California.)

## OREGON

**Sports Acres Track and Cross-Country Camp**, Elsie, Ore., dates not available.

Director: Sports Acres, Box 8488, Portland, Ore. 97207.

Staff: Harry Johnson, Neil Steinhauer; John Gillespie, special guest.

Cost: \$100 per week; scholarships available.

Eligibility: boys and girls, ages 9-19.

Emphasis: distance running and field events.

## PENNSYLVANIA

**Blue Mountain Cross-Country Sports Camp**, Mountainhome, Pa., Aug. 8-14, Aug. 22-29.

Director: John Covert, Box 198, Mountainhome, Pa. 18342.

Staff: Covert, John Dockstader, Tim Steele, Ed Winrow, Mike Diorka, Frank Gallagher, Ray Herman, Pete Hopkins, Bob Ivory, Roger Jackuciewicz, Bill McCaffrey, Jerry Riordan, Paul Sanborn, Don Sauer, Mike Senkier, Jerry Teal.

Cost: \$79 per week.

Eligibility: junior high and high school.

Emphasis: cross-country training.

**Eastern Running Camp**, Preston, Pa. (Lake Como), Aug. 26-31.

Director: Ed Mather, 120 Intervale Rd., Mt. Lakes, N.J. 07046.

Staff: Mather, Bob Lawson, Ed Bowes, Frank McCartney, "plus a medical doctor and other coaches to be announced."

Cost: \$90 for individuals; team rates available.

Eligibility: "co-ed; emphasis seems to be on high school age."

Emphasis: track and field, and cross-country training.

**Stroudsburg Cross-Country Camp**, Stroudsburg, Pa., last three weeks in August.

Director: Jim Smith, 229 Rocky Point Landing Rd., Rocky Point, N.Y. 11778.

Staff: Smith, Dick Heis, Doug Sharples, Kieran Moran, Bob Baratta; special guests Dave Wottle, Tony Waldrop, Harry Groves, Neil Cohen, Sam Bair, Moon Mondeschein, Bruce MacDonald.

Cost: \$80 per week.

Eligibility: boys and girls, ages 12-18.

Emphasis: cross-country running and race walking.

## SOUTH CAROLINA

**Blue Ridge Trails**, Tigerville, S.C. (North Greenville College), Aug. 7-17.

Director: Bill Keesling, Track Coach, Furman University, Greenville, S.C. 29613.

Staff: Coach Keesling plus "collegiate and club runners of outstanding ability; special guest John Randolph."

Cost: single session \$88, combined session \$165.

Eligibility: "open to all age-groups and sexes."

Emphasis: "opportunity for learning, motivation and preparation for the upcoming cross-country season."

**Jimmy Carnes Track Training School**, Charleston, S.C. (Baptist College), July 11-17.

Director: Jim Settle, Box 10087, Charleston, S.C. 29411.

Staff: Carnes, Settle, Howard Bagwell, Roy Benson, Bill Keesling, Doug Hill, Steve Gambrell, Steve Whitney.

Cost: \$95 a week for boarding students, \$70 a week for day students, \$50 a week for parents of students.

Eligibility: boys and girls, ages 8-18, plus parents.

Emphasis: track and field training and instruction.

## UTAH

**Runner's Alternative**, Parowan, Utah, May to August.

Director: Topper Powers, 2002 W. Middlefield, Mountain View, Calif. 94040.

Cost: \$55 a week (double room), \$85 a week (single).

Eligibility: Open to everyone.

Emphasis: "This is not a camp in the usual sense but a runner's residential center operated on a non-profit basis."

**Runner's Mecca**, Brian Head, Utah, May through September.

Director: Richard Heywood, Box 2186, Mesa, Ariz. 85204.

Staff: to be announced.

Cost: \$75 per week not including meals; team rates available.

Eligibility: males and females, all ages.

Emphasis: distance running training at high altitude; campers live at 10,000 feet elevation.

## VERMONT

**Green Mountain Cross-Country Camp**, Lyndon Center, Vt. (Lyndon Institute), July 20-26, July 27-Aug. 2.

Director: Peter Davis, GMCC, Lyndon Institute, Lyndon Center, Vt. 05850.

Staff: Davis, Roy Benson, Peter Squires.

Cost: not available.

Eligibility: males and females, junior high age and up.

Emphasis: cross-country training and instruction.

## WISCONSIN

**Olympia Sport Village**, Upson, Wisc., June 20-July 3, track and field camp and workshops; July 4-Aug. 14, running camp and workshops.

Director: Thomas Rosandich, Upson, Wisc. 54564.

Staff: Gary Wieneke, Dixon Farmer, Bob Lawson, Sam Bell, Roy Griak, Bob Ehrhart, Bob Teel, Dr. Gideon Ariel, Dick Hoover.

Cost: \$125 for one week, \$225 for two weeks.

Eligibility: boys and girls, ages 12-19.

Emphasis: all track and field events the first week, cross-country the second.

Again, a reminder that this list may not be complete and that some of the details are subject to change. If you are a camp director and your camp doesn't appear here, please let us know. If you are a prospective camper, contact the camps listed for further details. ●







# SHRADER, SHRADER, SHRADER...

by Theodore Bick

**W**hatever your conception is of a Harvard man, chances are that Bill Shrader doesn't fit it. What he does fit is the image that comes to mind when you learn, among other things that he:

- worked in the jungles of Guatemala, harvesting and shipping chicle;
- became a drinking buddy of Frederico Ponce, then governor of the state, later president of Guatemala;
- served as military governor of the island of Bohol in the Philippines, and led a battalion of Filipino guerrillas against the Japanese during World War II;
- single-handedly accepted the surrender of a battalion of Japanese troops in North Korea at the end of WW II.

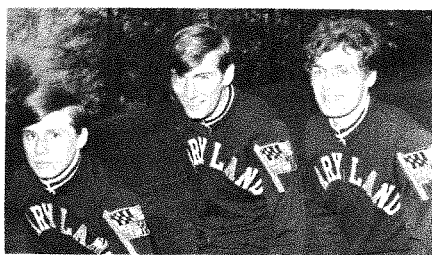
It is not surprising that William Shea Shrader, Harvard '37, having lived through more adventures than anyone this side of John Wayne, decided to settle in a quiet hamlet like Middleburgh in upstate New York after the war.

And since Bill and his wife Claudia had both been runners in school, it is not surprising that when the children came along, they were encouraged to take up the sport. What does raise the eyebrows is the number and quality of the Shrader children runners. They almost qualify as the northern branch of the Tarahumaras.

Of the 12 Shrader children, only the oldest, Claudia, was never a competitive runner. Although Bill timed her at 11 seconds in the 100 while she was in high school, "she didn't like the idea of running around in shorts. Later she thought nothing of running around in mini-skirts."

The remaining Shraders were less diffident about shorts. Here are their ages and abbreviated credentials.

*Young Bill (31):* The first of the running Shraders, Bill by himself constituted the entire Middleburgh High Cross-Country team in his freshman year, when the rest of the team quit after being beaten by Bill in the first practice. He later won the Eastern Interscholastic mile. At Cobleskill (N.Y.) Tech., Bill was one of the top three runners on the National Junior College Championship team in 1962. After the service, Bill went to the University of Maryland, where he was number-three



*Above: Bill Shrader with daughter Cathy, one of the East's top female runners. Below: Three of the Shrader brothers (l-r), Jim, Charley and Bill, Jr., as teammates at the University of Maryland.*

man on the Atlantic Coast Conference Cross-Country Championship team in 1967. His brother Charley was number-one on that team. Bill is still a serious runner and one of the top sub-Masters in upstate New York.

*Robert (29):* He succeeded Bill as number-one man at Middleburgh. A foot injury sustained while in the service ended his running career.

*John (28):* John is in some ways the most interesting of the Shraders. When he was about to take over from Robert as Middleburgh's *numero uno*, his younger brother Charley entered high school and leapfrogged past him. John ran, of course, but never achieved the success that the others did.

However, several years after high school, John and a friend found themselves in Death Valley, hitchhiking, and 20 miles from the nearest water. They walked 10 miles before his companion collapsed, and then John carried his friend the remaining 10. He attributes his ability to perform that feat to his running background and the mental and physical stamina he derived from it.

*Charley (27):* Just when rival coaches were becoming glassy-eyed watching a

seemingly endless supply of Shraders on the Middleburgh teams, along came Charley. At Middleburgh, he won nearly every scholastic invitational, inter-sectional and Eastern cross-country title. At Maryland, he was Atlantic Coast Conference Cross-Country champion for three years, and was twice named All-American. A knee injury sustained in college still prevents him from competing seriously.

*Jim (25):* In a league in which five minutes frequently wins the mile, Jim ran 4:36 and 9:40 in high school. As a freshman at Maryland, he placed second in the IC4A freshman cross-country race. Later, he transferred to Albany (N.Y.) State, where he won All-American honors in both cross-country and the six-mile. Although bothered by a nagging knee injury, Jim ran his first marathon last year—a 2:37.

*Marianne (23):* If the string of Shrader boys was temporarily broken, the string of Shrader runners was kept intact by the appearance of Marianne. Bill encouraged her to run, and she responded by winning the Eastern regional women's mile and placing sixth in the Nationals while still in high school. Now a college student, Marianne is back in training.

*Mike (21):* Mike continued the Shrader domination at Middleburgh with a 4:37 and a 9:50. If those times seem unimpressive, please remember that they were run against unimpressive dual meet competition. Mike was also number-three man for Cobleskill's Junior College Region I Cross-Country Champions.

*Josephine (19):* She was the regional women's Junior Olympic mile in 5:12 and won fifth in the Woman's National Cross-Country meet in 1973.

*Donald (18):* Now a freshman at Albany State, Don has run 4:28 and 9:24. Bill feels that Don ultimately will surpass both Charley and Jim and be the best of the Shraders.

*Catherine (17):* She has recorded times of 5:07 and 10:46. But Cathy has already established something of a national and even an international reputation. As a 15-year-old, she won the prestigious Mini-Marathon in New York in 1973, and in the same year also finished first in the Puerto Rican International Women's Six-Mile. She has



won about 50 road races in the past two years, and would have a good shot at Montreal if women were allowed to run five or 10 kilometers as the men do.

*David (15):* David ran 5:12 as a freshman last year. The last of the Shraders is also the tallest, as contrasted with his less speedy and more compactly built brothers.

The family home is still in Middleburgh, but Bill wanted to expose the kids to stronger dual and sectional competition. So he has established residence in Albany—at considerable financial sacrifice. This, plus the fact that Bill can recite all the childrens' stats off the top of his head, suggests that he takes an active interest in their running careers—in addition to running himself.

"My grandfather used to swim the Mississippi River at St. Louis, where it's a mile wide and has tough currents. And my father could outwalk anyone around. Stamina runs in the family, and the kids are just doing what comes naturally," Bill says.

Still, Bill has not been reluctant to guide nature where he has seen the need. He confesses that he used to drive his car over those back roads with Charley and Jim tagging along behind.

"They weren't *tied* to the car, though. They could let go of the attached rope anytime," Bill notes. "Given the unusual sibling rivalry, however, neither would let go first. Some of the training sessions did get fairly tough."

Bill still chuckles about an incident which occurred in the Eastern Interscholastics when Charley was a senior and Jim a sophomore at Middleburgh High.

"At the two-mile point, Charley was leading, but slipped going up a muddy grade. Eight runners passed him; one of them was Jimmy," Bill recalls. No helping hand was extended or expected. Charley got up and won the race anyway, with Jim second.

Bill's efforts on behalf of distance running in upstate New York extend far beyond working with his own family. Not content with being a high AAU official in the Adirondack district, being coach and past president of the Capital Track Club and being involved in or actually directing nearly all the major (and many minor) road races in the area, Bill is often called in to assist when anyone else puts on a race. And if he can't make it, Young Bill, Charley or Jim will probably be on hand to help out. In eastern New York, if at least one Shrader isn't there, you almost can't have a race. ●

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*Bjorklund's two 10,000s in Eugene during 1975: (Below) with Frank Shorter after the AAU, where Garry placed third (Steven E. Sutton/Duomo photo) and winning the Pan-Am Trial (Mike Lyons photo).*



# The Plans and Pains of Garry Bjorklund

by Jim Ferstle

**T**he neon sign offered welcome relief from the chilling cold of the night in Minneapolis. BJ's wasn't the type of place a stranger would notice immediately, but then few strangers wandered into this little burg known to the natives as "Dinkytown."

A two-block conglomerate of commercial concerns, "Dinkytown" served the campus of the University of Minnesota. It resembled a small Midwestern town on the exterior, but it changed as rapidly as its clientele. Harry Reasoner and Eric Severeid ate here. Bob Dylan played here. Now Garry Bjorklund was fulfilling his dreams here.

Born and raised on the Iron Range in a town named Twig, Minn., Bjorklund gained fame because of his exploits as an undergraduate on the U's track and cross-country team. Even though Scandinavian names like Bjorklund were common in this northern community, his teammates decided to shorten the name a little to "BJ."

*The name now graced the sign of his restaurant. It was an extension of Garry's "American Dream." His goal since high school was someday to own and operate a restaurant. He'd fallen in love with Dinkytown, and that was where he wanted his restaurant to be.*

*Every dream has a story behind it. This one is his.*

Son of "common folks" in an uncommon part of the country, Garry would retain the country charm bred in his youth. A hard-working Midwestern rural family, the Bjorklunds would have been labeled "middle-class" with all the economic and social values that term implies.

His mother instilled in him a respect for his fellow man and an optimism he maintained throughout his life. Humility, dedication and hard work were the virtues taught in the Bjorklund household.

Garry was the only boy in the family, and when the parents separated he became "the man of the house" at age 15.

"She came to me when I was 12 and told me about the situation (the possible separation of the parents) and asked me what I thought," Garry said. "I couldn't handle it then and she waited. When I was 15, she came and asked me again. She always said that it would be the family's decision to make.

"Whenever I wanted to do something or I had an idea, I'd go to her and ask. She'd say, 'Do you think you can do it?' I'd say yes and she'd say, 'Okay, go ahead and try.'

"Every time I make this statement, it seems to come out like arrogance, but I don't mean it to be that way. Ever since I can remember I've always tried to tell myself I could be whatever I wanted to be or do. All I had to do was try."

Trying was something at which he was good. By his own recollection, he tried a lot of things as a child. His country surroundings gave him the freedom to explore in a manner city dwellers seldom can.

"We were real devils," he recalled. "A lot of things we did, looking back on them now, it was lucky we didn't get



locked up for. We'd break down the walls of old farm houses with bricks. There was this shed that somebody abandoned and we used it as a hiding place for all our contraband. It had an old cast-iron stove, and we used to hide all our treasures in there. We had a great time."

A real "country boy," his first contacts with the more wealthy city people left a bad taste in his mouth. During the summer, the cottages across the lake would be occupied by the owners who used them as summer retreats from the hustle and bustle of the metropolis. There was a definite stratification set up on the two sides of the lake, the natives on one side and the vacationers on the other never socialized.

"They told their kids not to play with us," Garry said. "We weren't welcome on their side of the lake. They even staged their own fireworks display on the Fourth of July."

For a sensitive individual from a close-knit family this was the type of rejection that left a mark. He had been open to the cruelty that sometimes accompanies adolescent insecurities because of an accident early in his childhood (a vaporizer spilled on his left arm and left it scarred for life), but this type of action from adults was not as easy to forget.

A bit of the hurt seeped out later when one of those "summer neighbors" tried to play the "I'm-a-buddy-of-the-star" game with Garry after he had become well known at the University of Minnesota.

"He came up to me and put his arm around me like we were long lost friends and said, 'Hey Garry, remember when...'," Bjorklund said. "I asked him if he remembered when he wasn't supposed to associate with me, and walked away."

Even though he is a rather quiet, private individual Garry enjoys being around people. His introspection comes not from shyness but more from curiosity. Observing others and learning from them is one of his favorite pastimes.

During his youth, however, his peers exerted a great deal of influence over his actions. He was a high achiever and "peer pressure" pushed him toward sports.

"On the bus that I rode to school, the kids would rib you," he said. "They'd push you around and physically intimidate you."

Garry wasn't a fighter so he sought more non-violent means to placate his peers. He smoked to be one of the

crowd until he realized on April Fools Day of his senior year that he was the fool and kicked the habit. He went out for football because that was "the man's sport," but a frightening experience ended his career.

"I was tackling a guy and his knee came up and just about took off my head," Garry said. "I couldn't see for about 2½ hours. It scared the hell out of me."

Track was his next sport, and Garry ran the longest distance allowed for seventh graders, the 440-yard dash. He ran a respectable time of 62 seconds.

His peers still antagonized him about the "sissy sport," but the ribbing soon stopped when Garry became the first one of the group to earn a letter. The next year, in the eighth grade, Bjorklund found his event for the next four years, the mile run.

"You're not supposed to run anything longer than the half-mile in the eighth grade, but we used to do so many bandit league things at our school it was unbelievable," he said. "We were at a meet in Hibbing, the Doc Savage Invitation I think it was, and the half was so full that they couldn't get us in. So here we are all these gangly little eighth-graders standing around going, 'Where do we run coach? Where do we run?'"



Jay McNally photo

"He (the coach) put us in the sixth heat of the mile. It was a beautiful day and I ran about 4:52 for the first time ever in a mile. The coach said, 'Hmm, I think we've found your event.'"

Garry ran it like he owned it. Timed in 4:19 as a freshman, 4:14 as a sophomore, 4:09 as a junior and 4:05 in his senior year, Bjorklund was the national leader for his age-group all four years. He won the state meet in cross-country

for the first time as a senior after sixth-place finishes the previous two years.

"I was very determined to win my senior year," he said. "After those two sixth places, I was going to win or die trying. I took command of the race right away and nobody went with me. Even if they had I don't think anyone would have beaten me that day, I was really determined to win."

That determination helped Garry to record the fastest mile time in the nation in 1969. His 4:05.1 bettered the time of Steve Prefontaine.

Despite that, Bjorklund didn't hear as much as a whisper from the Golden West Meet directors, or any others for that matter. The only opportunity he had for competition outside the state was through qualifying for the Junior Champ meets his junior and senior years.

"Midwest boys don't get invited to the Golden West Meet," he said sarcastically. "I'm not a person to harbor grudges or things like that, but that snub really hurt because it robbed me of a chance to test myself against Pre that year."

It was a rude awakening to the economics of track and field. The California promoter couldn't afford to pay the way of a boy from the Midwest out to the coast if he had a drawing card of his own who was considerably less expensive to get to the meet. This was not the last time Garry would be faced with this dilemma.

In a way, it helped put things in perspective for Bjorklund. He was sought after and idolized by Minnesotans for his feats, but the Golden West snub showed him another side of the "fame game." His parents also tried to keep sports in their proper perspective.

"They never heaped praise, they never gave discouragement," Garry said. "Both my parents are completely ignorant about track. My mom came to every meet. She'd go for the travel and use it as a social event. When we talk about track, we talk about people. We don't talk about time or statistics."

His training was very systematic and goal-oriented. He planned each race with a goal in mind and trained for specific skills in practice. Analysis of strength and weaknesses played an important role in the overall training pattern.

One can get a little bit of insight into his preparations by the following comments on the Junior Champ Meet in Eugene, Ore., Bjorklund's senior year.

"That race was spooky because I  
(continued on page 46)



wasn't supposed to be one of the favorites," he recalls. "I remember Coach Griak (Roy Griak, coach at the University of Minnesota) was there, and he and I sat down for about two hours and talked about the race. I was scared, and I told him I was scared. This was my first trip away from home except to go to invitational meets or down to the Cities (Minneapolis/St. Paul) for the state meets. It was my first time outside of Minnesota.

"So Coach Griak and I talked about the race and I told him my plan. I had qualified the day before, and had some of the bugs out. I knew I could run with the guys in my race. My plan was to be in no worse than fifth position at the quarter, no worse than third at the half and then make my move on the third quarter. I never ran for time in a race like this. I always ran for position.

"Just entering the first corner on the third quarter was where I planned to make my move. I was a third-quarter runner. It had been pounded into me in training that this was where you got going. Sometimes my third quarter was faster than my last quarter. That was the way we trained and that's the way things worked most effectively.

"Coach Griak agreed. He told me that was what he thought I should be doing and thinking about.

"Sometimes the race materializes the way you plan it and sometimes it doesn't. Well, this race went about perfect for me. The quarter came by and I was in good position. The second quarter came by and I was right where I wanted to be. I started to move on the third quarter and nobody went with me. I just hung on in the last quarter. They were all catching me but I had too much of a lead."

Garry won the race in 4:11, and Griak was impressed with what he saw. Bjorklund was impressed with Griak and decided to spend his next four years at the University of Minnesota.

"I remember him more as a man than as a runner," said Griak. "I always size people up first that way anyway.

"He was a very deep-thinking individual, a rather unique and rare individual for an 18-year-old boy, or should I say *man* in his case? He was a leader from the word go. Not so much a holler-type guy. His leadership kind of permeated from his presence.

"He was a mature thinker for a young kid. His athletic achievements spoke for themselves. He was never one to get overly emotional over victory or defeat."

So the boy from the country came down to face the city.

"Coach Griak likes to tell the story that when he first saw me I had wheat in my hair and shit on my boots," Garry laughed.

Dirty air, mobs of people, the "number mentality of a large university" all were thrust upon him. It was a shock at first. The camaraderie of the cross-country team helped ease it some by providing friends with common interests, but there was still a lot of the "country" in Bjorklund.

The team that year was young and talented. It provided not only an emotional buffer for Bjorklund but a group of outstanding training partners. Don Timm was one, and he and Garry have traveled a similar route over the years with Timm developing into a top steeplechaser.

"Garry and I got along real well," said Timm. "We'd go on runs together and have wrestling matches on the sand down along the Mississippi."



Bjorklund at 18. . . (Jeff Johnson photo)

The training program Coach Griak used also fit Bjorklund. It worked on development by progression. A hard-easy training pattern was followed, typically with a hard track workout one day and an easy road run the next.

"We always think about progression," said Griak. "I had big, grandiose plans for that boy.

"I think you should let people train the way they feel. I think all coaches should do that. I think individuals should do that because all situations are different. You do what you are capable of doing. Don't worry about the other guy. You take care of yourself."

All went according to plan in the first year as Bjorklund won the Big Ten Cross-Country title and placed sixth in the NCAA meet. In track, he was mile

and three-mile champion in the Big Ten and he took third behind Frank Shorter and Jack Bacheler in the AAU six-mile to earn a berth on his first international team.

Garry toured Europe with the American team and set collegiate records in successive weeks in the 10,000-meter run. He also gained some valuable experience in international competition.

"Europeans in general run a much more erratic pace than Americans," he observed. "They like to play games. Take the pace, then drop back. Back and forth, switch and box, you can't concentrate on the race because you're thinking, 'What's this goose going to do?'"

Appendicitis cut into Garry's sophomore year right after he won his second straight Big Ten cross-country title. He came back to place second to Frank Shorter in the Drake Relays six-mile, win the NCAA title in 27:24.6 and take second again to Shorter in the AAU Championships. The Olympic team in 1972 was a goal that looked very attainable in the summer of 1971.

Then the finely-laid plans of Griak began to fall apart. Though a back problem hampered Bjorklund during cross-country that fall, he won his third straight Big Ten title and finished second to Steve Prefontaine in the NCAA, but he was not 100%.

Those problems were cleared up by the start of the indoor season, but at the Millrose Games another more serious injury showed up. Bjorklund tried to rest the injury but nothing seemed to work. He resumed running in hopes that it would go away, but the pain in his left leg continued.

He continued running until the Big Ten meet where he lost for the first time in Big Ten competition to Glenn Herold in the three-mile. Garry knew that he couldn't continue to run "on only one good leg" and achieve his goal, the Olympic team. The dream shattered, he had to have an operation in November 1972 to repair the damage.

Medically, it was referred to as an accessory navicular (a boat-shaped bone in the foot) in his left foot. It stretched the tendons in his foot and caused the pain.

He almost never ran again.

Running had been the primary focus of his ambition and now it was gone. The loss of this outlet brought on a period of adjustment.

"I was really out of it," Garry said. "Running had been everything, and now I had nothing. I had a real hard time adjusting not only to the loss of



running but in my studies and everything else.”

Bjorklund had to find a replacement for running. School didn't excite him. There was nothing in the curriculum that absorbed him. He was naturally inquisitive, however, and always in search of options to follow.

With the primary receptacle for his ambition now on the sidelines, he began to funnel his energy into the “dreams” of his youth.

His first coach, James McIntire, was the owner of the largest sporting goods store in the area. They had become close during their time as coach and athlete, and Bjorklund had worked in his store. The “boss” let it be known that this would be a fine business for someone of Garry's talents and ambition to pursue.

“One time he put his arm around me and said something like, ‘You know, I'm not going to be in this business forever,’” Bjorklund said. “While he never came out and said it directly, it was sort of understood that some day when I was done running I'd come back and get into the business.”

The thought had more appeal now than it ever had before.

“All I ever wanted to do was coach, get into a business and maybe someday open my own restaurant,” he said. “I even went so far as to price the equipment to set up my own ‘Coney Island hot dog stand’ as a compromise venture. You need a lot of capital to set up or buy a restaurant but a ‘Coney stand’ would be relatively inexpensive to set up and would still make money.”

Those were the goals when he entered business administration at the University of Minnesota. He transferred to distributive education to pursue a career in teaching, coaching and running a business. The University of Minnesota business department was concerned about its image for producing outstanding distributive ed teachers and questioned his plans. Garry modified his objectives to teaching and business but he had to plead his case before the business faculty before the school reluctantly agreed to his participation in the program.

Sporting goods was a natural business for Bjorklund since he knew quite a bit about the products. He began thinking about the possibility of opening his own sporting goods store.

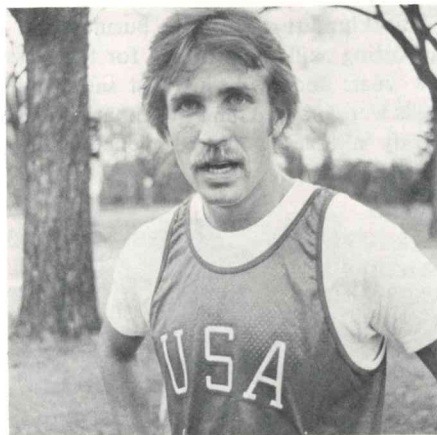
Dinkytown for him was the ideal spot. It was close to the university and in a central location for the rest of the Twin Cities area. Once the sporting goods store was successful, he hoped to

make enough money to open a restaurant. Four years later, these plans began to evolve into actions.

He still had some loose ends to tie up. There remained a year of eligibility at the university which he felt he owed both the team and Coach Griak. There were family ties and the matter of finishing school.

Ahead was independence, unfulfilled dreams and some goals for the future. The path was not certain, but he had taken the first step.

“I like to teach. I like kids. I like sales. I like people,” he said. “I'd like to own my own store. There are lots of different ways I can go. The main thing is whatever I do I'm going to do it well.”



... And nearing 25 (Jim Ferstle photo)

Running was not given a high priority at the time because the disappointment of 1972 had not worn off. Garry was willing to pay back what he felt he owed the university, but he thought this would be his last season.

“If I hadn't had this year of eligibility where things were all paid for, I wouldn't be running right now. I'd be working,” he said. “There's no question in my mind that's the path I'd have gone.”

“You've got to do what comes naturally. People who have their life all mapped out and say on such and such a day I'm going to do this, they have a time schedule, a progression chart, aren't realistic. Life just doesn't work that way. There's always bends in the river.”

“The only thing I ever ask is that sometime along the way I improve. I don't see that there's anything else you can ask in running or in life. People will put up arbitrary times or figures and such, but that's not natural. At least not for me it isn't. I enjoyed track because it is very objective, very measurable in its format.”

“The thing is I'll always take the path of least resistance. If people give me a real hassle about something I'll just write it off and go on to something else. It's just not worth that much to me.”

One of his guiding principles came into conflict with this path, however.

“I don't think it's right to expect someone to give something for free,” Bjorklund said. “You should always give them something in return.”

So with one year left on his scholarship, the ordeal began. He was 162 pounds and his normal running weight was 138. The pounds came off hard and the stamina came back slowly.

“It was a long, hard road,” said Griak. “I'm sure he had mixed emotions, but he kept a stiff upper lip. His favorite expression was ‘I'll try.’ No matter what kind of assignment I gave him, he'd always say, ‘I'll try.’”

One of the most vivid memories Griak has of that period was at the NCAA Cross-Country meet that year. Bjorklund was struggling along near the back of the pack in that race and obviously not enjoying it.

“He was running between 70th and 75th place when these two guys came up on him and the one said, ‘Hey, that's Bjorklund.’ The other one said, ‘Yeah, let's get him.’ Well, he couldn't fight them off and they passed him. After the race, he came up to me and said, ‘You know Coach, that made me feel so bad.’”

He was about to hang up his spikes for good and went as far as going over to Coach Griak's house to tell him he was calling it quits. Griak and Timm convinced him to give it one more try, and Bjorklund agreed to continue running through the track season.

The distance work began to pay off. Garry moved up to twice-a-day workouts and he began to regain some of his stamina and strength. His first three-mile on the track in nearly two years was a 13:43, and a win in the early season Texas Relays three-mile convinced him he was once again on the road to success in track.

His confidence and condition restored, Bjorklund went on to finish third in the 10,000 meters at the AAU Championships. Running once more had a place in Garry's future.

“He's not where he was two years ago,” Griak said then. “But he's fast approaching it providing he remains free from injury.”

“When you start playing catch-up, it  
(continued on page 48)



hurts. You can never really catch up. Two years have slipped by without much background. The only background he's had was last fall (cross-country season). I think he's got a good shot at the 10,000 meters or in the marathon for the Olympic team. He recovers quickly. His cardiovascular system is like a finely tuned engine."

Garry's thoughts turned back to the Olympics and he decided to devote the major portion of his efforts to one goal, Montreal in '76. He planned to run seriously for two more years, barring injury, and then go into business.

"There's only one thing in life I like to do more than anything else," he said. "That's run and compete and meet people. Running is the thing I do best right now, and I've always felt that one should do what he is best at."

Bjorklund went back to Twig, Minn., that summer to build his mother a garage and plan for the next year. While on the spring trip the previous track season, he had approached the coach at Louisiana State University about the possibility of training down there during the winter. The coach had assured him arrangements could be made, and Garry put it on his agenda.

When he got down there the next winter, all was not as planned, however. It was the beginning of a frustrating year. He had planned on going to Europe that summer to get some international experience, but instead the only goal he achieved was winning a spot on the Pan-American Games team.

In the meantime, he tried weight training for the first time and brought his two-mile time down to 8:38. He moved to Colorado after the Louisiana arrangement didn't work out, and stayed in a home affectionately referred to as "the trailer." The trailer was just that, a mobile home providing the daily amenities for up to 11 "residents." Ted Castaneda, John Gregorio, Mike Slack and Bjorklund all spent some time there.

If there is any such animal as the "pure amateur," the group at "the trailer" fulfilled all standards. The runners worked enough to buy food, and the mobile home provided shelter at night. The rest of their energy was spent on running.

There was one coveted job as a janitor at a ladies dress shop that had been handed down from runner to runner over the years. Others did whatever work they could to keep from going hungry. While it may sound like a sparse existence, it fostered a single-

minded discipline and conviction for their cause, a berth on the 1976 Olympic team.

While trying to keep body and soul together, Garry kept working on the business ideas he'd had four years before. He got in contact with an old teammate, John Naslund, at the North Shore Striders, a northern Minnesota track club. Naslund was an accountant in Minneapolis, and Garry approached him with the idea of going into the shoe business.

Naslund was looking for the right business to pursue and encouraged Garry to contact some of the shoe companies. The first few brushed him off, and he was somewhat discouraged until he tried Nike. This company was willing to listen.

Bjorklund turned on the business and marketing skills he'd honed for the last few years and made his first sale. The seeds were planted, and in January 1976 "Body 'n' Sole" would be opened to the public.



*Before the 1972 fall (Jay McNally)*

The business brought Garry back to Minnesota in November 1975 and the state welcomed him back with two weeks of unseasonably warm weather. He won the State AAU Cross-Country Championship in record time and finished third in the National AAU meet to qualify for a trip to Sao Paulo, Brazil, for the annual New Year's Eve Midnight Run.

He was somewhat awestruck by the affair as Emil Zatopek, a boyhood idol, was on hand for the race and the field included many Olympic champions like Lasse Viren and Gaston Roelants. Bjorklund finished fourth.

"The race was quite an experience for me," he said. "Before we started, they told us that there would be trophies given out for the runners who

were first at the 800 meters and the mile mark, so everybody was getting into position at the start to tear out of there. Well, Victor Mora just shot out of there like a bullet. I got out well and was in second with Roelants on one side of me and (Anders) Garderud on the other.

"I could see Mora out there, but I didn't know it was him because it was dark and I didn't know what number he had. I figured that he was just some hot-dog out there to win the trophies. He went through the first mile in 4:10 and just kept going."

Bjorklund approached 1976 with a great deal of optimism and his workouts were going well. "Body 'n' Sole" was growing also as Bjorklund and Naslund raised enough capital to qualify for the Nike futures program (being able to order shoes in advance with guaranteed delivery). They opened their store which operated out of John's house in Minneapolis and planned for their big push in the fall of 1976.

They planned to develop a "foot care center" and become a service-oriented establishment. They would go out to the schools, talk to the athletes and provide them with information on where to obtain care for foot problems and how to take care of their shoes.

"If the Olympic Trials were held today, there is no way anyone would beat him," said his training partner Don Timm. "He's so strong right now, he could run with anybody."

But Bjorklund forgot to take care of himself. After running a nine-mile road workout followed two hours later by a seven-mile track workout, he felt a pain in his knee. The pain worsened even though he went easy the next two days and he was forced to skip running for almost two weeks.

Gradually, Bjorklund built to repair the damage. He nursed the knee along with a minimal running program and he lifted weights. He planned on a two-month recovery period and then a drive for the Olympic team.

A dark cloud hung momentarily above Garry's two-year drive toward Montreal, but a bright one was on the horizon for "Body 'n' Sole." As that two-year commitment drew to a close, he was approaching another of the dreams of his youth.

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# A Life Saved

## a dream lost

by Kevin Shafer

To have more than 1,500 days of work negated in seconds by a machine could superfluously be described as disastrous. But for an Indiana University miler who had spent the last several years developing a dream of representing his country in competition against the world, that disaster transformed a dream into a freakish nightmare.

Steve Heidenreich, 23, who placed fourth in both the NCAA mile and AAU 1500 last year, does not even remember the incident that left him with a massive skull fracture and broken jaw bones on both sides of his face. However, to pull the brightness from the bleak, he is indeed fortunate to be alive today.

Heidenreich was running less than two blocks from his apartment the night of March 16 when he was struck by an automobile and left sprawling on the road.

After more than two weeks of lying in a motionless coma and numerous risky bouts with death in the operating room of Bloomington, Ind., Hospital, Heidenreich muttered his first coherent words to his coach, Sam Bell. During that conversation, "Heidi" told Bell he didn't know what had happened nor why he had been admitted to a hospital.

Although hospital officials have listed the runner's condition as "excellent," the term seems ironic. Upon admission to the hospital following the hit-and-run accident, doctors were forced to use X-rays and an angiogram to discover that Heidenreich had not only suffered the skull fracture but also was suffering from a blood clot to the brain. Physicians and surgeons at the time speculated the miler would suffer from permanent brain damage.

Fortunately, the numerous operations that followed were apparently successful. Surgeons removed a portion of Heidenreich's skull and discovered the blood clot was situated on the sur-



face of the brain. They removed the clot with no apparent complications but have not replaced the portion of the skull with a metal plate for fear of inducing infection. The runner also had his jaw wired shut so the broken bones could mend. Yet less than three weeks after the accident, he was being led through short walks in his room.

Bell said Heidenreich always ran at night. He said on the night of the accident the runner had been studying with his girlfriend at the IU library, had walked her to her sorority and returned to his apartment after 11 p.m. just long enough to change into his running clothes. His change of clothing was so quick, Bell said, that his roommates had not heard him come in nor leave.

Second workouts are not uncommon for Indiana University athletes, Bell said, and are often taken at night. The coach said he does not require the second workout because he considers it a part of self-discipline rather than coach's discipline.

An 18-year-old Bloomington high

*Heidenreich (No. 62) came this close to making last year's Pan-Am Games team. Tony Waldrop (right) and Scott Daggatt ran in Mexico. (Mike Lyons photo)*

school student has been charged with driving while under the influence of alcohol or drugs, leaving the scene of the accident and hit-and-run in connection with the case. Bell said a witness had placed a motorist and a passenger at the scene of the accident, and the witness had reported seeing the driver and the passenger getting out of the car, checking something and then leaving the scene.

Heidenreich is one of only six US runners who had met the Olympic 1500-meter qualifying standard through early April. His run of 3:38.8 automatically qualified him for the Trials. But all of his hopes for making the US team now have been negated by an allegedly intoxicated driver in a luxury machine.

Unfortunately, this is not the first



time a runner has been struck by an automobile.

While we were reading of Heidenreich's fight for life, we received copies of a new book by Dr. Ernst van Aaken. The German physician lost both legs as the result of a road running accident.

Recently, we also saw a terse and tragic note scribbled on a *Runner's World* subscription renewal form. The name was crossed out, and beside it was written, "Deceased. Hit by a truck while jogging."

The philosophy espoused by Dr. James Lytle ("A Case of Run-and-Hit: Reflecting on an Accident," *Runner's World*, October 1974) of "I'd rather ditch than fight" is being adopted more and more by runners reading about comrades being hit by automobiles while running at night.

"The idea that the pedestrian has the right-of-way is strictly a legal principle and doesn't mean much when hard metal meets soft skin," Dr. Lytle said.

Some simple rules of the road to those who must run in areas clogged by traffic might save a life.

- Use sidewalks or bike paths that are separated from the roadway by something solid, like a curb. Settle for streets and roads with wide shoulders only under the best of traffic, lighting and weather conditions. Stay away from busy streets without these "safety zones."

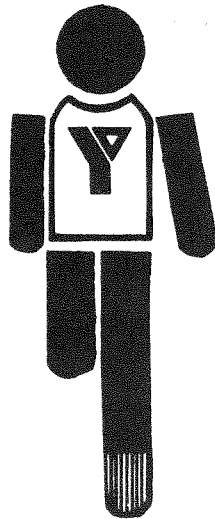
- Run facing traffic, on the left side of the road. It helps to see what's trying to hit you. Before venturing out into the apparently empty driving lane, look behind. A car may be passing on your side.

- Maintain two-way visibility. See and be seen. The biggest threats to your vision are the setting sun and car headlights. Wear a cap with a bill for these conditions. Wear bright colors to be seen during daylight running and reflective materials at night.

- Do not trust anyone. Practice defensive running, expecting no one to watch out for you except yourself. Wherever rights-of-way are in question, let the driver have them.

When expressing appreciation at having thousands of sympathizers from all over the country inquire about Heidenreich's condition, Bell said, "It illustrates the feeling track people have for each other."

It seems a shame that the same camaraderie, brotherhood and concern is not apparent on the streets where runners literally risk their lives every day. ●



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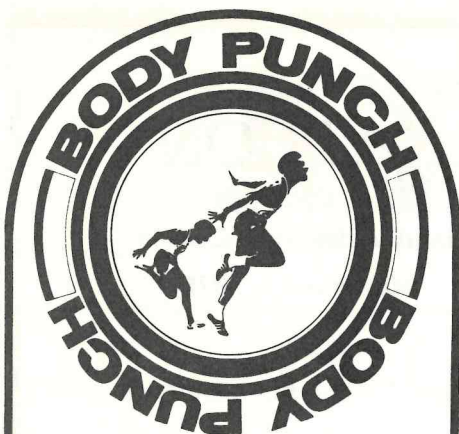
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# Looking at People

Notes on the individuals making news this month.

• **George Sheehan**, whose "Medical Advice" column is a regular feature of *Runner's World*, succeeds **John Chodes** as winner of the Road Runners Club of America (RRCA) annual award for excellence in writing about long-distance running. Chodes, the 1974 winner, was the author of a biography of **Ted Corbitt**.

The RRCA listed Sheehan's columns in *Physician and Sports Medicine*, the *New York Times* and the *Red Bank Register* as well as his book *Dr. Sheehan on Running* (a product of World Publications) as factors in his reception of the citation for 1975.

• **Jack Scaff**, a 40-year-old Honolulu, Hawaii, cardiologist, has signed 1300 persons of all ages to join the Honolulu Marathon Clinic in addition to leading about 200 heart attack victims through an hour of calisthenics and gentle jogging three times weekly.

"We are saying that once someone gets into marathon condition the possibility of heart disease is so remote as to be negligible. We're dealing in what we think might be absolute protection," Dr. Scaff said.

"In our program, among those under 70, we have had zero deaths and zero heart attacks in three years."

National statistics show that 37% of those who survive a heart attack die within five years. With those statistics as a measure, more than 60 of the patients in Dr. Scaff's cardiac rehabilitation program should now be dead. There have been no fatalities among his group.

• An ironic twist to the complicated web of the scheduling game is occurring in South Africa, where **Doug Anderson**, cross-country coach at Westville Boys' High School, has the talent, the funds, the transportation and the desire for international competition, but no opponents.

Anderson writes that he is "very keen to bring a team of cross-country athletes" to the United States in December. He indicates that accommodations, transportation and "the lot" have been organized but that he is having difficulty finding someone to run against. In fact, the South Africans have aban-

doned the original idea to compete against US coastal teams and are now willing to challenge "any team that will run" against them.

The South Africans have scheduled their arrival in the States for Dec. 6, which, although it is winter here is summer in Natal. (The coach's address is P.O. Box 1019, Wandsbeck 3631, Natal, South Africa.)

• A 44-year-old Montreal, Canada, woman became the fastest woman Master runner in Canada last fall by recording a 3:20:31 during the Skylon International Marathon.



Sylvia Weiner

Sylvia Weiner is 4'11" tall and weighs 100 pounds. Born in a small town near Lublin, Poland, she is a survivor of the Auschwitz and Belsen concentration camps of World War II.

• **Billy Mills**, winner of the 10,000-meter run at the 1964 Olympic Games, headed a list of 10 runners inducted recently into the National Track and Field Hall of Fame at Charleston, W. Va. Mills was featured in the April issue of *Runner's World* ("Billy Mills: Champion of His People.")

Two other gold medal winners from the 1964 Olympics joined Mills' entrance into the Hall of Fame. **Bob Hayes**, gold medal winner in the 100 meters (with a world record time of 10.0) and the 400-meter relay (in which another record was set), and **Hayes Jones**, gold medal winner of the 110-meter hurdles, also were inducted.

Steve Prefontaine of Coos Bay, Ore., considered by many to be the best ever



American distance runner before his tragic death in an automobile accident last May, was honored for winning the NCAA three-mile championship four times, the NCAA cross-country championship three times and for setting 10 American records in events from 2000 to 10,000 meters.

Other inductees included **Dee Beckman**, a member of the 1928 Olympic team as an 800-meter runner; **Charles Paddock**, the "World's Fastest Human" during the 1920s; **Joie Ray**, America's predominant miler from 1915-25; **Mae Starr**, a member of three US Women's Olympic teams, and **Forrest "Spec" Towns**, the first man to run under 14 seconds in the 110-meter and 120-yard hurdles.

**Dr. J. Kenneth Doherty**, a 1928 Olympic decathlon bronze medalist and noted as the leading US author of track and field technique books, also was inducted into the Hall of Fame.



Steve Prefontaine (Jeff Johnson)

• With controversy approaching the boiling point over the rules and regulations of the Amateur Athletic Union, long-distance runners in the British Isles must be watching with a "you think you got troubles" attitude.

A young runner, **Mickey Morris**, who finished second in the British National Cross-Country Championship and is a European Junior steeplechase champion, was disqualified after finishing the championship race for not wearing his club's colors. Instructions sent to competitors included a provision for requiring team colors to be worn.

"In respect of the club vest rule, we have this year appointed officials with the sole responsibility of reporting any breach of the rule. Any runner noticed not complying will be reported to the referee and under our own rules no other action than disqualification can follow," the instructions said.

Morris, who entered as an individual and not a team club member, ran in the Welsh national colors. ●

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# Technical Tips

Answering the needs of our readers.

## COMPUTER PROGRAMS

Training history buffs have stated that the current decade, unlike the decades before it, has failed to produce any revolutionary changes in terms of training to compete. But the revolution of the '70s already is upon us in the form of a computer.

Jim Gardner could well be classified as the revolutionary leader, or better yet the "Father of Computerized Training." Many of Gardner's ideas on training can be found in the book *Computerized Running Training Programs* which he co-authored with J. Gerry Purdy. Last year, Gardner founded something he decided to call "Athletic Training Systems" (ATS), which now offers personalized training schedules by subscription and uses a computer to analyze and print the schedules for each subscriber.

Jim first encountered computerized training in 1967 when he competed in a pentathlon (220, 440, 880, mile and two-mile) sponsored by the Seniors Track Club. The winner was determined by a point score based upon a simple age-group scoring table.

"I felt that the scoring system was unfair so I set out to develop a better one," Jim says. "In doing so, I developed the principles upon which the book is based."

ATS is an outgrowth of the book. A large computer system stores and assesses the enormous amount of statistical and analytical information necessary to construct training schedules for each individual.

"We feed the performance and training data of the athlete into the computer, and the ATS program determines the proper training level. It also constructs the training schedules to meet the needs of the individual athlete," Gardner says.

When programming a schedule for an individual, Gardner must consider the event, age, goals and previous training profile of the athlete which are matched to an existing program structure available in the data files.

The ATS schedules are structured to achieve a gradual build-up in performance and the normal sequence is to have a reduced workout the day before the

competitions. For major competitions, the workouts are tapered down two or three days prior.

"With marathon runners, the approach is a little different. We will have a special four-week, pre-competition and post-competition workout schedule which prepares the runner for his major effort and also allows time to recover from his effort and get back onto a normal training schedule."

When an athlete subscribes to a program from ATS, he receives three things. The most important is the computer printout of his workouts for each day of the week. Included in the first mailing is a pamphlet which contains general instructions, guidelines, warmup and shakedown routines with suggested stretching and loosening exercises. The third item is a feedback service whereby an evaluation form is included with each mailing. This feedback service enables Gardner to keep tabs on the athlete's progress and to make the necessary changes in the individuals program.

Gardner says, "We group the runners within each event by abilities, and the printout gives individualized training not only for each event but also for ability groups within each event. I should emphasize that we are not intending to replace the coach but merely to provide him with workouts consistent with the various performance levels on his team.

"The general conditioning schedules are designed for the jogger or beginning runner who wants to progress to a higher level of fitness in a graduated program. Our general conditioning program assumes the runner can already handle about two miles per day of running.

"The youth training program is for 10-14-year-old runners. Actually, these schedules were created for coaches of upper elementary and junior high track teams, but they can be offered to individuals as well. The mileage and intensity of the workouts are considerably reduced from the normal schedules."

I ask Jim if the computer could predict an athlete's performance. He says, "The computer can estimate your

*(continued on page 56)*

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# VAN AAKEN

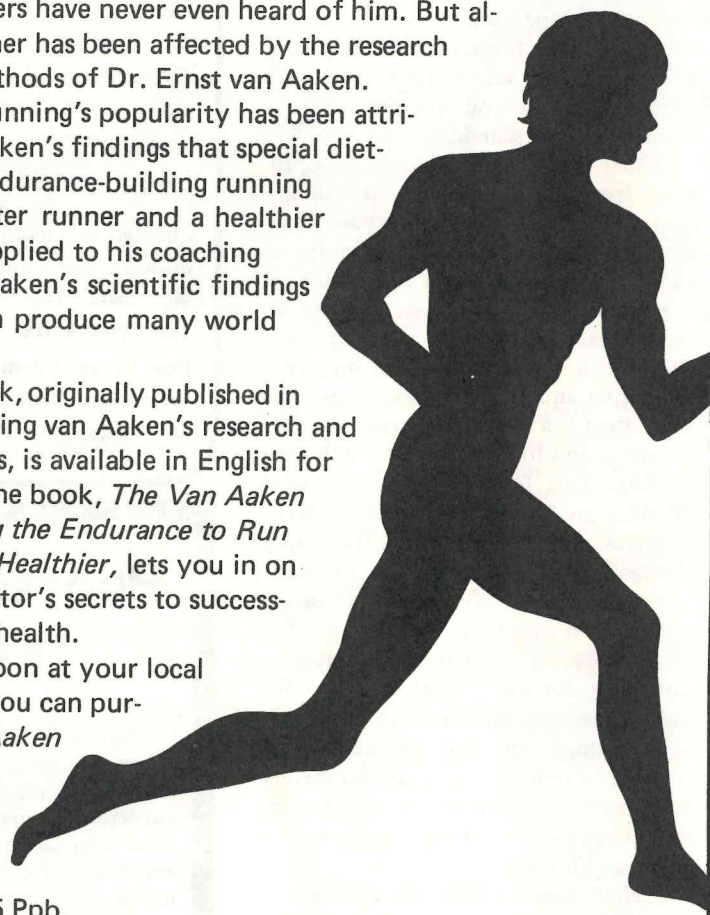
## Expert **RUNNING** information from a running expert

Most runners have never even heard of him. But almost every runner has been affected by the research and training methods of Dr. Ernst van Aaken.

Much of running's popularity has been attributed to van Aaken's findings that special dieting and slow, endurance-building running make for a better runner and a healthier person. When applied to his coaching methods, van Aaken's scientific findings have helped him produce many world class runners.

Now, a book, originally published in German, describing van Aaken's research and training methods, is available in English for the first time. The book, *The Van Aaken Method, Finding the Endurance to Run Faster and Live Healthier*, lets you in on many of the doctor's secrets to successful running and health.

Available soon at your local bookstore. Or, you can purchase *The Van Aaken Method* by mail, just send in the coupon below. 1976, 144 pp., \$5.95 Hb., \$3.95 Ppb.



best performance next year, but that is a tough thing to do accurately. Based on purely physical factors such as age, past performances and training profile, the computer can predict your improvement and therefore your performance. It's not foolproof, though, because psychological motivation plays such an important role in athletes. I think that our predictions are more realistic than most athletes make for themselves. We all are prone to set unrealistic goals for ourselves."

One of the misconceptions about computerized training is that it's inhuman. But Gardner counteracts this by saying the "the training schedules supplied by ATS are a guide to the athletes training. Nobody forces him (or her) to do the workouts. On a bad day he may not complete everything on schedule, and on other days he may easily exceed what the schedule tells him to do.

"By properly programming the computer, the training can be programmed uniformly toward a goal. This is difficult for the individual to keep a training routine in perspective unless he spends a great deal of time plotting and planning."

He adds, "It is interesting to note that the majority of our subscribers are older runners who basically have nowhere else to turn for training guidance. We also have many high school runners, including girls. I must not leave out the girls because with the emergence of female athletics, we can serve the distaff side as well."

Bob McMeans

### FAST FINISHES

I am at my best near the finish of a race. Until then, I am just another mediocre distance runner, just one of the many run-of-the-mill competitors well back in the pack, just one more old man trying to string together six-minute miles and not quite succeeding.

But with the finish in sight, all that changes. Now I am the equal of anyone. I am world class. I am unbeatable. I am gray-haired, balding and starting to wrinkle, but world class. I am gasping and wheezing and groaning, but unbeatable.

My running friends have come to know this. A few years back in a handicap race at Van Cortlandt Park, I sprinted the last 300 yards to beat out someone straining at my shoulder. All I knew was that his name was Tom because he had a number of people urging him to catch me. Afterward, I discovered it was Tom Siggins a Quantico Marine who only a year back had been

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captain of cross-country at Manhattan College.

He came up later and said to me, "If I had known you wanted it that bad, Doc, I wouldn't have tried to catch you."

Wanting-it-that-bad comes from training. I was trained by a coach of the Herb Elliott ("The only tactics I admire are those of do-or-die") school. He taught me to run one way. Give everything. Hold nothing back. The race you can walk away from was not worth running. It became easier to run myself into oblivion than face him after a race.

The ability to sprint, to kick it in, on the other hand, comes from breeding. I was born with half-miler's speed and the half-mile is still my best distance. With a quarter-mile to go, I have the best part of my race in front of me.

These two together, speed and the willingness to push myself to collapse, will win most of these last-minute duels. Other things being equal, the runner with the kick will beat his opponent. It allows me to run from behind, sit in the other man's draft, judge him for strength or fatigue and decide when to make my move. It gives me control of the situation.

But even at the end there is strategy.

It is not enough to have the speed, not enough to give your all. That sprint, that giving, must be done at the right time, at the precise moment that allows no adequate response. It must be check-mate.

I have learned with age. A thousand races have taught me when and how to make my move, when to accelerate and in what manner. A thousand attempts to beat someone so far back neither of us will remember the next day where we finished have made me a grand master at this end game.

There are two primary bluffs in closing minutes. The first is that I am much more exhausted than I actually am. The second is that I am much less tired than I actually am.

The former I use in the "fake-pass, late-sprint gambit." This is particularly effective against a strong, obviously fresh young runner who is a sure bet to beat me. First make a tentative move to pass him. This must be done slowly. Otherwise he may take off with a rush and I will be hanging on for dear life like a sailor with a harpooned whale. No, slowly does it and with much audible travail and agony indicating this is about my last gasp.

I let him draw away quite easily,

thereby confirming I am no real threat even though I remain only a few steps behind. And then with about 30 yards to go, I pull the trigger. I pass him as if shot from a gun. By the time he reacts, it is too late. When he does pass me again, I will be over the finish line.

The "I'm-not-as-tired-as-you-are" bluff works best on runners my own age. Here, I make my breathing as quiet as possible, my footstrike almost unheard, and I pass them swiftly and with elan, exuding confidence. And I make my move earlier than they think sensible. The lead I gain is often enough to allow me to slow down briefly and then to gather myself for another dash to the finish.

Once in the lead, I never look back. There is no greater spur to a tired runner who is about to give up and coast in than seeing this over-the-shoulder distress signal. So I never look back. I reach for the man in front of me no matter how impossible it seems for me to catch him.

Up front, or back in the back, you can still run like a champion. But you must, as Marianne Moore said of Tom Fool, make the effort and make it more often.

George Sheehan ●



## NJA Proudly Announces A "Spirit of '76 Jog"

Join the Jogger's Personal Freedom Trail of up to 1776 Miles for Patriotism and Health  
in Observance of the American Revolution Bicentennial!

### NJA'S THREE BICENTENNIAL JOGGING CHALLENGES:

- The 76-Mile Jog** — A modest challenge for beginners or those with physical limitations. Advanced runners may, of course, accomplish the 76 miles in a special week or two. Completion and certification will earn an attractive, embossed silk ribbon to display in your home or office.
- The 200-Mile Jog** — A more ambitious, but achievable challenge. Completion and certification will earn a distinctive, embroidered emblem for your jogging shirt or jacket.
- The 1776-Mile Jog** — The greatest challenge of all and an achievement to earn the admiration and respect of everyone! Completion and certification will earn a

beautiful and exclusive embroidered emblem, enrollment in NJA's Spirit Of '76 Hall of Fame and national publicity!

### THE PERSONAL LOGBOOK & CERTIFICATION PROCEDURE:

Upon receipt of your Application (below) and enrollment fee, the National Jogging Association will promptly send you a letter of acknowledgement and your personal Spirit Of '76 Jog Logbook. You may embark on your Bicentennial Jog immediately upon receipt of the Log. Enter the miles jogged daily and the total miles jogged to date in your log. As you complete each the cumulative milestone challenge for '76 and/or 200 miles, notify NJA national headquarters by card or letter for presentation of your earned award. Joggers completing the 1776-mile challenge

must submit their Logbook for certification and presentation of award. The Logbook will be returned with the award.

Throughout 1976, the NJA newsletter, *The Jogger*, will carry reported stories of interest on particular courses or distances run in honor of the Bicentennial.

### ENROLLMENT & CHALLENGE COMPLETION PERIOD:

Enrollment for *The Spirit Of '76 Jogs* is NOW OPEN! Just fill in and return the attached Application Form with your \$5.00 fee. Your Logbook will be sent to you on enrollment.

All three Spirit Of '76 Jog challenges must be completed no later than July 4, 1977, to be eligible for the earned awards.

### APPLICATION / The National Jogging Association's SPIRIT OF '76 JOG

I accept the challenges of NJA's special American Revolution Bicentennial Celebration Jogging Program . . . Enroll me today!

I hope to complete the: \_\_\_\_\_ 76-mile, \_\_\_\_\_ 200-mile, \_\_\_\_\_ 1776-mile Challenge

NAME \_\_\_\_\_

STREET \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DATE \_\_\_\_\_

Enrollment Fee \$5.00, enclose with Application

Return to: The National Jogging Association, 1910 K Street, N.W., Suite 202, Washington, D.C. 20006

m

**Early Enrollment Affords  
More Time To Complete  
Your SPIRIT OF '76  
Jog Challenge —  
SO ENROLL TODAY!**



At or about 6:45 p.m. on May 22, the United States Olympic marathon team will have selected itself.

More than 80 runners will be eligible for the Trial race by running 2:23 or better in the past year. Only three of them will go to Montreal. Experts say those three will need to run 2:12-2:15 to move on.

The US Olympic Marathon Trial at Eugene, Ore., starts at 4:30 p.m. It is to be part of the Prefontaine Classic track meet. (Ticket information is available from the University of Oregon Athletic Department, Eugene 97403.)

To list this as the best marathon in US history is an understatement. Now that this country has assumed a place with the world's long-distance leaders, this is an event of world-wide significance.

Here are some facts to justify that claim:

- Frank Shorter and Kenny Moore will be running. They, of course, tied for first in the 1972 Trial, and finished first and fourth at the Games in Munich.

- Bill Rodgers will be trying to make his first Olympic team. He is the fourth fastest marathoner in world history.

- Four of the qualifiers—Rodgers, Shorter, Moore and Steve Hoag—have broken 2:12. Four more—Tom Fleming, Ed Mendoza, Amby Burfoot and Jim Stanley—have run below 2:15. And yet at least one of the team members probably will come from outside this group.

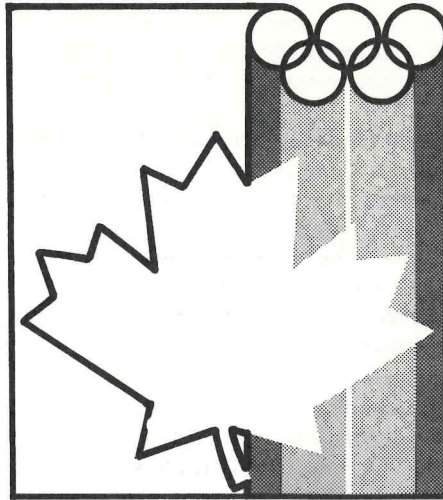
As this issue went to press in early April, nearly 80 marathoners had qualified for the Trials. Boston and other races before the May 16 entry deadline were sure to add more. The Olympic Committee—in a decision it may regret now—agreed to pay at least partial expenses for all of the sub-2:23 runners.

Predicting the results for a field this large and competitive is risky, but we'll risk some guesses.

Shorter and Rodgers both should make the team. Frank hasn't run a serious marathon since December 1974. Yet in '75, he had his best outdoor track season (ranked second in the world for 10,000 meters), and this winter he ran his best indoor two-mile (8:27). His combination of speed and experience will be hard to overcome.

Rodgers ran 2:09 and 2:11 in his two marathons last year, and he appears to be in even better form now. In March, he ran the fastest time ever for 30 kilometers.

Now the guessing really begins. Who else?



## Montreal '76

Moore? He has done more writing than racing since 1972. But he is intent on making a third Olympic team, and he is running at home. (Jon Anderson, 1972 Olympian at 10,000 meters and '73 Boston champion, has the same advantage.)

Hoag? He reportedly has been injured much of the time since he ran 2:11 at Boston a year ago.

Fleming? His record at Boston certainly has been impressive: second, second and third the past three years. But his marathons haven't been so good elsewhere—probably because he hasn't emphasized anything else so much. He will be aiming for the Trial.

Others? At the risk of forgetting someone, we see three solid darkhorse candidates (none of whom has broken 2:17 during the qualifying period): Jeff Galloway, Chuck Smead and Gary Tuttle.

Galloway barely has squeaked under 2:20, but he also was the man who eased up in the last stretch of the '72 Trials to give teammate Jack Bacheler an Olympic berth. (Jeff already had made the team in the 10,000.)

Smead placed second in last year's Pan-American Games. And in March, he ran a 2:18 marathon, en route to 50 kilometers!

Tuttle is the reigning national marathon champion and has developed in much the same way that Bill Rodgers did a year ago by closely chasing the leaders in the International Cross-Country meet.

These are the runners who had qualified for the Trial between April 1, 1975, and April 1, 1976:

Don Anderson (Mich)	2:22:58
Jon Anderson (Ore)	2:16:08
Tom Antczak (Ill)	2:19:36
Wayne Badgley (Calif)	2:18:06
Gary Barrett (Ill)	2:22:14
Rick Bayko (Mass)	2:21:28
Chris Berka (Calif)	2:22:09
Ed Bingham (Colo)	2:19:32
Ron Blackmore (NY)	2:21:56
Jim Bowles (Calif)	2:19:25
Bill Bragg (NJ)	2:20:18
John Bramley (Colo)	2:19:40
Barry Brown (Fla)	2:16:43
Tom Bryant (Calif)	2:21:20
Amby Burfoot (Conn)	2:21:20
Bob Busby (Mo)	2:18:40
Phil Camp (Calif)	2:18:06
Joe Carlson (Calif)	2:22:02
Ed Chaidez (Calif)	2:20:04
George Christopher (Pa)	2:17:49
Dan Cloeter (Ind)	2:19:32
Steve Dean (Calif)	2:19:13
Tom Derderian (Mass)	2:19:04
John Dimick (Vt)	2:19:51
Peter Farwell (Ill)	2:20:09
Lee Fidler (NC)	2:16:51
Bob Fitts (Mo)	2:20:46
Tom Fleming (NJ)	2:12:05
Perry Forrester (Calif)	2:22:47
Jeff Galloway (Ga)	2:19:59
John Gregorio (Colo)	2:20:33
Reid Harter (Calif)	2:20:55
Carl Hatfield (MV)	2:20:26
Bill Haviland (Ohio)	2:19:32
Terry Heath (Idaho)	2:20:20
Bob Hensley (Ore)	2:18:27
Steve Hoag (Minn)	2:11:54
Tom Hoffman (Wisc)	2:19:38
John Jones (Calif)	2:21:39
Don Kardong (Wash)	2:19:14
Cliff Karthaus (Nebr)	2:21:30
Don Kennedy (Tex)	2:18:31
Damien Koch (Ore)	2:20:38
Ron Kurrle (Calif)	2:22:44
Herb Lorenz (NJ)	2:17:43
Charles Maguire (Pa)	2:18:35
Kevin McDonald (NJ)	2:20:24
Ed Mendoza (Ariz)	2:14:13
Kenny Moore (Ore)	2:21:56
Dan Moynihan (Hawaii)	2:22:39
Ken Mueller (Mass)	2:22:26
Ken Norton (Ore)	2:22:45
Larry Olsen (Mass)	2:21:45
Lionel Ortega (NM)	2:18:15
Russ Pate (SC)	2:15:22
Jim Pearson (Wash)	2:22:32
Kirk Pfeffer (Calif)	2:19:07
Daniel Rincon (Md)	2:20:07
Bruce Robinson (Md)	2:22:44
Bill Rodgers (Mass)	2:09:55
Tony Sandoval (Calif)	2:19:35
Frank Shorter (Colo)	2:16:29
Joe Skaja (Ore)	2:19:58
Chuck Smead (Calif)	2:18:26
Jim Stanley (Ohio)	2:14:54
Bill Stewart (Mich)	2:21:09
Phil Stewart (Md)	2:19:58
Ed Strabel (NC)	2:20:12
Martin Sudzina (Pa)	2:19:33
Carl Swift (Calif)	2:19:39
Gary Tuttle (Calif)	2:17:26
Bob Varsha (Ga)	2:20:50
John Vitale (Conn)	2:17:02
Robert Wagner (Minn)	2:22:53
Ron Wayne (Calif)	2:18:46
Jeff Wells (Tex)	2:17:45
Max White (Va)	2:20:40
Ron Zarate (Nev)	2:19:38
Terry Ziegler (Okla)	2:17:23



# Highlights

Distance runners raced through March as if they had a late-winter gale at their backs.

Bill Rodgers, looking more and more like a sure-thing Olympian, ran the fastest 30 kilometers ever. He won the National Championship at that distance in 1:29:04.

We can locate no 50-kilometer times faster than those run by Chuck Smead and Penny DeMoss in the National AAU race. Smead did 2:50:45 and DeMoss, 3:48:27.

Park Barner and Nick Marshall both finished faster than Barner's old 100-kilometer American best. Park ran the 62 miles in 7:16:15.

Elsewhere, runners were busy qualifying for both the Olympic Trial Marathon and Boston. The Trial is previewed in "Montreal '76" (page 58).

## NORTHEAST

Bill Rodgers averaged about 4:43 per mile in the National 30, breaking by more than 2½ minutes the course record set last year by John Vitale. Vitale finished fifth this time. Tom Fleming and John Dimick also were under the former mark (see results below).

Rodgers also won a race in Holyoke, Mass. (March 22), listed as 7.6 miles. He ran 34:44, beating Dimick by 58 seconds.

Vitale led a fast 25-kilometer race (Holliston, Mass., March 7) in 1:20:11. Scott Graham did 1:20:24 and Tom Derderian 1:21:56, with Jenny Taylor-Tuthill winning the women's division in 1:43:16. However, Vitale lost a 10-miler to Charles Duggan by a wide margin, 49:54 to 51:19 (Middletown, Conn., March 7).

Ties were in during marathons this month. Three of them ended that way. Jack Callaci and Bill Young tied at 2:32:21 in the Hudson-Mohawk race at Albany, N.Y. (March 14), Peter Jeffers, Don Brown and Dan Parker all ran 2:38:20 in the Boston Qualifier at Ithaca, N.Y. (March 21). Joseph Kolb and Mark Sisson both had 2:28:56 in the John W. English race at Middletown, Conn. (March 7). Kathy Gervasi's 2:57:38 was another highlight of the English marathon.

In shorter events, Cliff Clark won a 5½-miler (Alexandria, Va., March 27) in 24:48. Tim Steele's 24:03 won the Bob Preston five-mile (New York City, March 7), with Roberta Anthes pacing the women at 29:58.

Park Barner took more than 20 minutes from his 100-kilometer mark.

## RECORD 100-KILOMETER

Mechanicsburg, Pa., March 14—

100-kilometer: 1. Park Barner (32) 7:16:15; 2. Nick Marshall (28) 7:35:15; 3. Eddy DeCook (32) 8:23:48; 4. John Hess (33) 8:38:46; 5. Don Heimiller (44) 9:29:10; 6. Sharon Horner (21) 13:22:05. (10 started; from Walter Greene).

## A.A.U. 30-KILOMETER

Albany, N.Y., March 28—National AAU 30-kilometer: 1. Bill Rodgers (Greater Boston TC) 1:29:04; 2. Tom Fleming (New York AC) 1:30:59; 3. John Dimick (Vermont TC) 1:31:46; 4. Amby Burfoot 1:33:26; 5. John Vitale (Hartford TC) 1:33:28; 6. Scott Graham (GBTC) 1:33:58; 7. Bob Hodge (GBTC) 1:34:03; 8. Vin Fleming (GBTC) 1:34:09; 9. Bruce Robinson (Washington RC) 1:34:18; 10. Carlo Cherubino (Albany TC) 1:34:58.

11. Philip Stewart (Washington RC) 1:35:31; 12. Bill Bragg (NYAC) 1:37:12; 13. Justin Gubbins (NYAC) 1:37:42; 14. John Grabowski 1:37:46; 15. Chris Chambers (Sugarloaf Mountain AC) 1:38:05; 16. Tony Wilcox 1:38:33; 17. Michael Cotton 1:38:53; 18. Larry Frederick (NYAC) 1:39:02; 19. Kirk Randall 1:39:07; 20. Hugh Sweeney (NYAC) 1:39:20.

21. Steve Rabideau 1:39:22; 22. Ken Rolston 1:39:28; 23. Norbert Sander (Millrose AA) 1:40:01; 24. Jim Boyle (Rochester TC) 1:40:22; 25. Donald Brown 1:40:31.

Ages 40—49: 1. Colin Beer (Shore AC) 1:45:36; 2. Bill Gordon (Millrose AA) 1:46:48; 3. Stanley Moulton (North Medford Club) 1:47:12; 4. Charles Dyson (Hartford TC) 1:47:38; 5. Joe Burns (Millrose AA) 1:48:23; 6. Vince Chiappetta (Millrose AA) 1:48:49; 7. Gerry Riordan 1:49:05; 8. Vincent Fandetti (Hartford TC) 1:50:38; 9. John Sullivan (North Medford Club) 1:51:58.

Ages 50—59: 1. Jim McDonagh 1:55:54; 2. James Taylor 1:56:51; 3. Alexander Hossack 2:01:16; 4. Arnold Fraiman 2:03:17; 5. Robert Robinson 2:07:44.

Ages 60—up: 1. John Wall 2:06:03; 2. Robert LaBelle 2:12:51; 3. Robert Lopez 2:14:24; 4. William Brobston 2:18:02; 5. Michael D'Aléo 2:29:53.

Women: 1. Cathy Shrader 2:01:45; 2. Jenny Tuthill 2:02:04; 3. Pat Hunt 2:06:11; 4. Janet Greaney 2:10:25; 5. Ellen Turkel 2:10:29.

Teams: 1. Greater Boston TC; 2. New York AC; 3. Washington RC; 4. Millrose AC; 5. Albany TC.

Masters teams: 1. Millrose AA; 2. North Medford Club; 3. Hartford TC. (359 finished, 44 under 1:45, 155 under 2:00, 253 under 2:15; from Bill Shrader).

## SOUTHEAST

Fast, easy victories were the rule in this area during March.

Carl Hatfield won the Hall of Fame Marathon by 19 minutes (Huntington, W. Va., March 20). Hatfield's time of 2:19:04 may qualify him for full expenses to the Olympic Trials, but there is still some question about course certification. Carol Scheid led the women with 3:36:38.

In the Florida Relays Marathon, Jim Buell was 8½ minutes ahead of the runner-up (see results below).

Jeff Galloway had a 4½-minute margin at the end of a 10-miler on one of the South's running capitals, Crowley, La. (March 29). He ran 50:02. Bob Varsha had 49:33 for another 10-miler (Stone Mountain, Ga., March 20).



Filbert Bayi en route to 3:56.1 mile at the AAU. (Harrison Funk)

If it's true that a marathon begins at 20 miles, then organizers of a race in Knoxville, Tenn., had the right idea. They promoted a "three-quarter marathon" (19.66 miles). The winner was Bill Haviland in 1:50:31.

## FLORIDA RELAYS MARATHON

Gainesville, Fla., March 6 — 1. Jim Buell (30, Kentucky U) 2:23:43; 2. Timothy Fox (22, Macomb County CC) 2:32:01; 3. Tom Wild (22, Florida TC) 2:32:36; 4. Peter Hallop (28, Macomb CCC) 2:33:51; 5. Geoff Godfrey (Lake City CC) 2:36:10... 32. Dave Kaufman (42, Fla TC) 3:14:45. Women: 1. Sue Ellen Trapp (29, Ft. Myers YMCA) 3:17:03. (48 finished, 20 under 3:00, 40 under 3:30; from Roy Benson).

## MIDWEST

The Third Olympiad Memorial Marathon, so-named because it generally follows the route of the 1904 Olympic race in St. Louis, has become one of the Midwest's most popular events. Dan Cloeter and Bob Busby already had made the Olympic Trials, yet this event attracted them. They finished one-two (see results below).

Much of the month's action centered in Ohio. Tom Blumer won the Athens Marathon (March 14) in 2:28:45; though it was his first race above 10 miles. Winners of the Heartwatcher's Marathon (Toledo) were Ron Flint with 2:31:08 and Charlene Vettorello, 3:36:13. Paul Talkington took the Sheriff's Trophy 10-mile (Canton, March 28) in 51:34, and Shannon Cline won the women's five in 30:46.

In Wisconsin, Glenn Herold beat Tom Hoffman, 1:06:09 to 1:08:42, in the Vilas Half-Marathon (March 20). Alan Claremont paced the Masters with 1:12:49, and Mary Czarapata was the women's winner with 1:33:58.

## OLYMPIAD MEMORIAL MARATHON

St. Louis, Mo., Feb. 29 — 1. Dan Cloeter (23) 2:20:47; 2. Bob Busby (26) 2:21:31; 3. Tony Brien (22, Ireland) 2:22:09; 4. David Collins (23) 2:26:27; 5. Duane Spitz (26) 2:27:00; 6. Chris Chambers (29) 2:27:37; 7. Bob Fitts (33) 2:28:24; 8. Joe Rubin (19) 2:32:07; 9. Ed Heidbrier (22) 2:34:26; 10. Gary Steffens (34) 2:35:28 . . . 16. Bill Olrich (40) 2:41:52 . . . 38. Alex Ratelle (51) 2:54:42 . . . 152. Larry Patterson (60) 3:52:03. Women: 1. Janice Arenz (25) 3:18:14; 2. Faye McGinnis (35) 3:26:30; 3. Linda Eiben (23) 3:26:42. (196 finished, 49 under 3:00, 112 under 3:30, 157 under 4:00; from Jerry Kokesh).

## SOUTHWEST

Howie Ryan beat out an hour's worth of slightly-under-five-minute miles to total 12 miles 57 yards in the hour (Houston, Tex., March 13). He outran junior internationalist Marty Froelick, who did 11 miles 905 yards. Women's winner Carol Urish went nine miles 1285 yards.

In races which are covered in more detail below, Rob Waugh won the Phoenix YMCA Half-Marathon and Terry Ziegler led the Oil Capital Marathon.

Thirty-nine-year-old John Butterfield ran 2:37:32 to win the Fiesta Hidalgo Marathon in Texas.

## PHOENIX HALF-MARATHON

Phoenix, Ariz., March 7 — 1. Rob Waugh 1:07:30; 3. Dennis

(continued on page 60)



Eberhart 1:08:49; 3. Scott Giddings 1:08:59; 4. Andy Porter (high school) 1:11:34; 5. Gary Cary 1:12:28 . . . 12. John Weldy (40+) 1:15:25. Women: 1. Diane Barrett 1:22:40; 2. Marjorie Kaput 1:28:50. (208 finished, 22 under 1:20, 59 under 1:30).

#### OIL CAPITAL MARATHON

Tulsa, Okla., March 27 — 1. Terry Ziegler (25) 2:27:49; 2. Roger Vann (21) 2:31:57; 3. Frank Bozanic (31) 2:33:19; 4. David Hoover (19) 2:38:22; 5. James Deer (30) 2:42:41 . . . 9. Richard Widener (49) 2:51:51 . . . 19. Tom Kempf (51) 3:03:51 . . . 46. Joe Abbas (60) 3:55:30. Women: 1. Claudia Berryman (26) 4:24:31. (52 finished, 15 under 3:00, 38 under 3:30, 47 under 4:00; from Vern Whiteside).

## WEST

En route to their incredible 50-kilometer times, Chuck Smead passed the marathon point in 2:18:26 and Penny DeMoss was 3:10:41. Truman Clark won the AAU Masters 50-K title on a day when the temperature climbed into the 70s (see results below).

Gary Tuttle's American 15-kilometer record on the track is 44:53. Jim Nuccio came within six seconds of that in March when he ran 44:59 on the road (Los Altos Hills, Calif., March 27). Jim Shettler won the Masters division of that race in 50:21 and Vicki Bray the women's in 56:35.

Jan Sershen (1:38:56) and Judy Gumbs (2:03:50) were the winners of a quality 30-kilometer race at Watsonville, Calif., March 7.

In marathons, Carl Swift led the City of Los Angeles race with 2:25:31, while Susan Kiefer's 3:21:15 made her first woman. Monty Montgomery, now 69, ran 3:09:45 at L.A. Dan Moynihan took the Tamanaha race (Maui, Hawaii, March 14) in 2:31:41.

Promoters in Long Beach, Calif., conducted a footrace in connection with an auto race through the city's streets (March 27). The run was to be 10,000 meters. It ended up as something more than that for the leaders, who were sent through an extra two-mile lap. The unfortunates were Ron Kurrie, Gary Polhill and Doug McLean, who still were placed in that order. Francie Larriue-Lutz won the women's at the correct distance in 33:44.

#### A.A.U. 50-KILOMETER

Sacramento, Calif., March 21 — 1. Chuck Smead (24, Six Rivers RC) 2:50:45; 2. Jim Pearson (31, Freedom Flower RR) 3:03:39; 3. Darryl Beardall (38, Marin Harriers) 3:06:18; 4. Brian Chapman (29, Oregon TC/Australia) 3:10:05; 5. Howard Labrie (25, Six Rivers RC) 3:11:30; 6. Kaj Johansen (31, San Diego TC)

3:18:26; 7. Jack Leydig (32, West Valley TC) 3:24:47; 8. Ed Jerome (32, Tax Reducers AC) 3:27:07; 9. Brian Bonner (28, Livermore Valley RC) 3:30:06; 10. Jim Sane (18, Buffalo Chips RC) 3:31:10 . . . 18. Torry Lingbloom (15, Freedom Flower RC) 4:06:18. Teams: 1. Six Rivers RC; 2. Buffalo Chips RC. (24 finished, 17 under 4:00).

Masters: Age 40—49 — 1. Truman Clark (40, Beverly Hills Striders) 3:20:30; 2. John Rudberg (41, Seniors TC) 3:27:25; 3. Dave

60m (women)—Birgit Hanne-mann (East Germany), Lyudmilla Storoykova (Soviet Union) and Vera Anaisimova (Soviet Union) tied WR of 7.1; Linda Haglund (Sweden) set WR of 7.0.

60m (men)—Claudiu Suselescu (Rumania) tied WR of 6.4. 100m (women)—Sybille Priebusch (East Germany) set WR of 11.40.

100m (men)—Eugen Ray (East Germany) set WRs of 10.21 and 10.16; Cliff Wiley set AR of 10.4.



Jan Merrill (r) doubled in the mile and two-mile at the AAU winning both. Here, she races Julie Brown in the mile. (Harrison Funk photo)

Parker (45, Seniors TC) 3:31:27; 4. Dick Willets (41) 3:59:13; 5. Walt Betschart (48, Buffalo Chips RC) 4:07:24. Ages 50—up — 1. Vic Crossetti (50, Tax Reducers AC) 4:20:40; 2. Art Waggoner (50, Buffalo Chips RC) 4:23:14; 3. Jim Wirick (Ophir Prison TC) 4:39:26. Teams: 1. Seniors TC; 2. Tax Reducers AC. (13 finished).

Women: 1. Penny DeMoss (26, West Valley TC) 3:48:27; 2. Ruth Anderson (46, NorCal Seniors TC) 4:17:53; 3. Yvette Cotte (16, West Valley TC) 4:26:16. (from Harold DeMoss).

## RECORDS

World and American records set during the indoor track season:

200m (men) Jorg Pfeifer (East Germany), and Andreas Scheibe (East Germany) tied WR of 21.1.

220y (women)—Rosalyn Bryant set AR of 23.5.

400m (women)—Doris Maletzki (East Germany) set WR of 51.9.

500y (women)—Lorna Forde (US) set WR and AR of 1:03.4.

800m (women)—Elfie Zinn (East Germany) set WR of 2:01.4; Nikolina Shtereva (Bulgaria) set WR of 2:01.1.

1000m (men)—Gerhard Stolle (East Germany) set WR of 2:19.9; Paul-Heinz Wellmann (West Germany) set WR of 2:19.1.

3 miles (men)—Emiel Puttemans (Belgium) set WR of 12:54.6.

5000m (men)—Emiel Putte-

mans (Belgium) set WR of 13:20.8.

50m hurdles (women)—Deby LaPlante set AR of 7.0.

60m hurdles (women)—Lyubov Kononova (Soviet Union) and Natalia Lebedyeva (Soviet Union) tied WR of 7.9.

70y hurdles (women)—Deby LaPlante (US) tied WR and AR of 8.8.

4-mile relay (men)—Villanova University (US) set WR and AR of 16:19.0.

## CORRECTIONS

The following additions and corrections to the *Marathon Handbook* (Feb. '76 RW) and other 1975 statistics have come to our attention recently.

#### MEN'S SUB-3:00 LIST

Add: Gary Reffitt (Mich) 2:30:44, Juan Garza (Tex) 2:35:00, Jonathan Eber (Conn) 2:40:02, John Clay 2:48:30, John Furnace (20) 2:57:50, Michael Litton (25) 2:58:12, John Muntly (19, Del) 2:58:28, David Converse (19) 2:58:45, Pedro Menna (Pa) 2:58:59, Charles Foster (38, Del) 2:59:03, Joe Berard (NJ) 2:59:03.

#### WOMEN'S SUB-4:00 LIST

Add: Jeanie Kayser (39, Cal) 3:27:42, Paula Davenport (NH) 3:29:19, Maryjane Skillin (20) 3:29:26, Susan Patton (40, Del) 3:31:07, Patricia Cutler (28, Cal) 3:36:30, Maria Skinner (Pa) 3:42:14, Ellen Massey (28, Tex) 3:58:14, Debbie Finley (16, Pa) 3:59:55.

#### MEN'S AGE-GROUP LIST

Ages 12—13: Jimmy Hunter (12, Fla) 2:57:27, Tom Paris (12, NY) 3:16:04.

Ages 14—15: Robert Whetten 2:49:55.

Ages 50—59: James Gunias (51, Ohio) 2:55:18.

#### WOMEN'S AGE-GROUP LIST

Ages 14—15: Cathy Sigler (15, Fla) 3:04:36 (not 14 as previously listed; this time is an age—15 record), Tracie Sigler (14, Fla) 3:06:07 (not 15).

Ages 40—49: Susan Patton (40, Del) 3:31:07.

Ages 50—up: Melba Anderson (52, Hawaii) 4:39:01.

#### ULTRA-MARATHONS

The 1975 "junior" (ages 19 and under) leader for 50 miles was Rory Suomi (19, Conn) with a time of 5:54:40.

#### 24-HOUR RELAY

The record for a 10-member team is 297 miles 1145 yards by the Edinburgh Athletic Club in 1974.

The West Valley Track Club should be on the all-time top 100 list with 284 miles 224 yards in 1974. ●



# June Coming Events

## NORTHEAST

- 5 Gunpowder Nech 10-Mile, Aberdeen Proving Grounds, Md. (8:30 a.m., Edgewood Area; RASAC, 1006 Whitaker Mill Rd., Joppa, Md. 21085).
- 6 RRC National Postal Mile, Pittsburgh, Pa. (Mount Lebanon High School; Hollis McDaniels, 721 Valle Vista Ave., Pittsburgh, Pa. 15234).
- 12 God's Country Marathon, Galeton to Coudersport, Pa. (9 a.m.; Ralph J. Wentz Sr., Box 117, US Star Route 6, Ulysses, Penn. 16948).
- 13 AAU Junior and Women's 20-Kilometer, Huntington Station, N.Y. (Nina Kuscsik, 7 Flint Ct., Huntington Station, N.Y. 11743).
- 19 Vestal 20-Kilometer, Vestal, N.Y. (Alan Jones, 3717 Wildwood Dr., Endwell, N.Y. 13760).
- 20 Mount Washington 8-Mile, N.H. (Fred Brown Sr., 157 Walsh St., Medford, Mass. 02155).
- 27 Yonkers YMCA 10-Kilometer, Yonkers, N.Y. (5 p.m.; RRC, PO Box 881, FDR Station, New York, N.Y. 10022).

## SOUTHEAST

- 5 Billy Bowlegs Midnight Run, Fort Walton Beach, Fla. (midnight, Meigs Junior High School; Cecil Moyer, 514 Sheffield Rd., Fort Walton Beach, Fla. 32548).
- 5 Northside YMCA 6-Mile and Mile, Atlanta, Ga. (9 a.m.; Tom Aderhold, 4280 Valley Trail Dr. N.W., Atlanta, Ga. 30339).
- 12 Carpet City "4.2," Dalton, Ga. (6:30 p.m.; Doug Hawley, Daily Citizen-News, PO Box 1167, Dalton, Ga. 30720).
- 20 Palm Beach County 6-Mile and 2-Mile, Lake Worth, Fla. (8:30 a.m., John Prince Park; Vic Deres, 985 Manor Dr., No. 38, Palm Springs, Fla. 33460).
- 27 AAU One-Hour Run, Southern Division, Huntington, W. Va. (5 p.m.; Rod O'Donnell, Department of Athletics, Box 1360, Marshall University, Huntington, W. Va. 25715).

## MIDWEST

- 5 Marathon Marathon, Terre Haute, Ind. (7 a.m.; Bill Stegemoller, Marathon-

Marathon, Indiana State University, Terre Haute, Ind. 47803).

- 5 Cyclone Country Marathon, Ames, Iowa (Dale Grosvenor, 2921 Woodland Apt. 3, Ames, Iowa 50010).
- 6 Pea Soup Days 10-Kilometer, Somerset, Wisc. (Herb Florczyk, RR 2, Hudson, Wisc. 54016).
- 12 Jackson Rose Run 5- and 10-Mile, Jackson, Mich. (9 a.m.; Bob Oring, Cross-Country Coach, Jackson Community College, 2111 Emmons Rd., Jackson, Mich. 49201).
- 12 Jackrabbit 15.2-Mile, Brookings, S.D. (7 a.m.; Jay Dirksen, Track Coach, South Dakota State University, Brookings, S.D. 57006).

a.m., Memorial Coliseum; Cal Mahlock, WKJG-TV/33, 2633 W. State Blvd., Fort Wayne, Ind. 46808).

- 19 National Junior College Marathon, Dowagiac, Mich. (8:05 a.m., Southwestern Michigan College; Ron Gunn, Southwestern Michigan College, Dowagiac, Mich. 40947).
- 19 Minnesota AAU 30-Kilometer Championship, Winona, Minn. (Al Gilman, Kings Park, Oronoco, Minn. 55960).
- 19 Iowa 10-Kilometer, Des Moines, Iowa (Dave Eidahl, Pekin High School, Packwood, Iowa 52580).
- 19 Mackinac Trails Marathon, Saginaw, Mich. (Ed Skrelunas, 1918 Wilson, Saginaw, Mich. 48603).



The winner of a previous Levi Ride and Tie race beats his horse to the trough. The event is scheduled again for June. (Steve Murdock)

- 12 Arkansas 5-Kilometer, North Little Rock, Ark. (7 a.m.; Burns Park; Tim Geary, Beebe High School, Beebe, Ark. 72012).
- 12 Annual 1976 Chick 'n' Run, Delta, Ohio (Dave's Running Shop, 417 Fernwood St., Delta, Ohio 43515).
- 13 Land of Goshen Bicentennial Marathon, Edwardsville, Ill. (7 a.m., Southern Illinois University; Steven L. Hacker, Branch Box 1534, Edwardsville, Ill. 62026).
- 13 Greater Akron 10- and 20-Kilometer, Akron, Ohio (1 p.m., Akron University; Jim Klett, 311 Perdue St., Akron, Ohio 44310).
- 18 Three Rivers Festival Marathon, Fort Wayne, Ind. (8

- 19 RRCA Region 20-Kilometer, Saginaw, Mich. (Rich Trace, 3026 Adams, Saginaw, Mich. 48602).
- 20 Glass City Marathon, Toledo, Ohio (8 a.m., Health Education Building, University of Toledo; Arthur S. Johnson, 2520 Aldringham Rd., Toledo, Ohio 43606).
- 20 Angostura 6-Mile (open), 4-Mile (over 30), 3-Mile (senior high boys), 2-Mile (junior high boys) and Mile (women), Hot Springs, S.D. (9 a.m., Angostura Reservoir; Dave Scott, RR 1 Box 100 Apt. A-1, Hot Springs, S.D. 57747).
- 26 North Dakota Marathon, Fisher's Landing, Minn., to Grand Forks, N.D. (8 a.m.;

Eric T. Parker, 520 Park Dr., Grand Forks, N.D. 58201).

- 26 Madison Marathon, Madison, Wisc. (7 a.m., Capitol Square; Dale Roe, 1104 Moorland Rd. Number 3, Madison, Wisc. 53713).
- 26 LE-AAU One Hour, Akron, Ohio (6:30 p.m., Solon High School; Reno Starnoni, 878 Wellmon St., Bedford, Ohio 44146).
- 28 USTFF National Junior Marathon Championship, Milwaukee, Wisc. (Vernon Nelson, 1573 S. 75th St., West Allis, Wisc. 53215).

## SOUTHWEST

- 12 Five Mile Riverside, Tulsa, Okla. (7 a.m.; Vern White-side, 6916 S. Knoxville Ave., Tulsa, Okla. 74136).

## WEST

- 6 Senior Olympics Marathon, Irvine, Calif. (7 a.m., University High School; Senior Olympics, 5225 Wilshire Blvd. Number 302, Los Angeles, Calif. 90036).
- 11 Midnight Sun Marathon, Eilson Air Force Base, Alaska (8 a.m., field house; Lt. Col. Paul D. Vanture, Army ROTC, Box 95552, University of Alaska, Fairbanks, Alaska 99701).
- 12 Palos Verdes Marathon, Palos Verdes Peninsula, California. (8 a.m., Peninsula Center; Les Woodson, 2209 Via Anocopa, Palos Verdes Estates, Calif. 90274).
- 12 PA-AAU One-Hour Run Championship, San Francisco, Calif. (10 a.m., San Francisco State University track; Frank Donahue, 130 Park St., San Francisco, Calif. 94110).
- 11-12 One-Hour Run, Fresno, Calif. (Dave Bronzan, PO Box 271, Fresno, Calif. 93708).
- 19 Mayor's Marathon, Anchorage, Alaska (7:30 a.m.; Terry Martin, 3960 Reka Dr. Number B-6, Anchorage, Alaska 99504).
- 20 Levi's Ride and Tie Race, Lake Tahoe, Calif. (Northstar; Levi's Ride and Tie, 2 Embarcadero Center, San Francisco, Calif. 94016).

## WALKS

- 6 National AAU Class B 20 Kilometer, Kenosha, Wisc.
- 7 National AAU Masters 15 Kilometer, Fullerton, Calif.
- 14-15 National Junior Women's Championship, Los Angeles, Calif.
- 26 National AAU Junior 3-Kilometer, Pittsburgh, Pa.

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



# The Best of Times

by Ken Young



Bill Scobey (No. 7) in his California state record race of 1971 (Stan Pantovic photo)

Clearly the number of people who race long distances (15 kilometers and longer) is increasing and has been increasing for several years. The number of races available to run and the number of participants per race also are increasing. The "running revolution" is spreading from its beginnings in the Northeast and West Coast and is being felt in nearly every section of the country. Still, New England, New York, California and Oregon account for nearly half of the race participation and nearly 40% of all the runners.

Several methods of interpretation can be used in examining the geographical distribution of runners and running activity. The simplest way is to count the number of participants in each race being conducted throughout the country, regardless of whether the runners are from that area or whether they have been counted before in other races.

In Table I, which presents such a breakdown by state, California leads with 7359 participants (in 57 races reported to *RW* during the year), followed by New York with 5651 participants (47 races) and Massachusetts with 3653 participants. Only three states didn't report any standard distance races at 15 kilometers and longer.

The key words here are "standard" and "reporting." Only races for standard record dis-

tances and reasonably accurate courses are included. This excludes races such as the Pike's Peak Marathon. If a race was not reported to me, it is not included. I estimate this table to be 90% complete.

Another predictable result is that the marathon is the most popular distance and accounts for 45% of all performances. The 10-mile distance is a "distant" second with the half-marathon a surprising third. Many marathons have a half-marathon in conjunction with them to accommodate less experienced runners.

The Boston Marathon accounts for roughly half of the total for Massachusetts. Less than 20% of the Boston Marathon finishers were from Massachusetts.

Included in Table II is a breakdown of runners by the state in which they live. Each runner is only counted once, so this represents a census of runners. Unfortunately, such a census is subject to the vagaries of the race results. Many results failing to report ages or from where a runner comes.

By a process of extensive cross-checking between different race results, it is frequently possible to determine where a runner is from. Even so, this breakdown only classifies 63% of the runners with notable gaps occurring for California and New England. Of the 6825 unclassified runners, many of them probably live in California. However, New York

now is ranked first in number of runners.

We can further break down the census into men and women plus age groups. Women account for 5% of the runners, a ratio of roughly 19 men to each women runner. About 19% of the men runners are under 20 years of age and some 18% are over 40. New York has the most runners under the age of 20 and California the most runners whose age is over 40 and women runners. Eight states have no women runners.

Clearly, ranking the states on the basis of the number of runners is unfair to the less populous states. If we adapt the data by dividing by the total population of each state (1970 census figures), Hawaii comes out on top with an incredible 82.34 runners per 100,000 population. This means that nearly one out of every 1000 people in Hawaii ran a distance race of 15 kilometers or more during 1975. This compares to the national average of 9.08 per 100,000, a figure which clearly shows runners still are in a very small minority.

In Table III the states are ranked by runners per capita. The southeastern US has the fewest runners while New England, New York and the West Coast have the most.

Finally, we list the best marathon times ever run in each state by men and women.

TABLE I

State	Total
California	7359
New York	5651
Massachusetts	3653
Ohio	1456
Wisconsin	1425
Maryland	1367
Texas	1233
Illinois	1188
Oregon	1156
Indiana	1096
Pennsylvania	970
Hawaii	870
West Virginia	859
Virginia	696
District of Columbia	665
Kentucky	609
Michigan	545
Arizona	539
Oklahoma	535
Florida	508
Louisiana	477
Georgia	444
Kansas	433
Missouri	423
Washington	411
Connecticut	344
Colorado	340
New Jersey	339
Utah	294
Iowa	268
Minnesota	241
Tennessee	230
Delaware	211
North Carolina	206
Alaska	188
North Dakota	173
Nevada	162
Maine	116
New Hampshire	96
South Carolina	86
South Dakota	75
Nebraska	68
New Mexico	57
Arkansas	54
Vermont	46
Rhode Island	35
Mississippi	20
Montana	19
Guam	18
Alabama	0
Idaho	0
Wyoming	0

TABLE II

State	Total
New York	1659
California	1481
Hawaii	634
Illinois	583
Massachusetts	541
Pennsylvania	526
Texas	502
Wisconsin	481
Maryland	450
Ohio	442
Oregon	415
Indiana	379
Michigan	335
Washington	279
Virginia	257
New Jersey	256
Florida	195
Connecticut	181



Missouri	176	Rhode Island	31	Alaska	8.94	Minnesota	3.78
Kansas	144	Nevada	29	Delaware	8.58	Michigan	3.77
Minnesota	144	West Virginia	29	Washington	8.18	Missouri	3.76
Arizona	133	Alaska	27	Vermont	7.64	New Jersey	3.57
Iowa	133	South Carolina	26	Arizona	7.51	Idaho	3.37
Colorado	128	Idaho	24	California	7.42	New Mexico	3.35
Oklahoma	120	Mississippi	18	Indiana	7.30	Rhode Island	3.26
Georgia	84	Utah	15	New Hampshire	6.91	Florida	2.87
District of Columbia	78	Alabama	14	North Dakota	6.63	Wyoming	2.41
North Carolina	78	Wyoming	8	Kansas	6.40	Nebraska	2.36
Louisiana	59	Montana	6	Connecticut	5.97	Arkansas	2.08
Tennessee	56			Nevada	5.93	Georgia	1.83
New Hampshire	51	<b>TABLE III</b>		Colorado	5.80	West Virginia	1.66
Delaware	47	<b>State</b>	<b>per 1,000</b>	Virginia	5.53	Louisiana	1.62
North Dakota	41	Hawaii	82.34	Illinois	5.25	North Carolina	1.53
Arkansas	40	Oregon	19.85	South Dakota	4.95	Tennessee	1.42
Maine	38	Maryland	11.47	Iowa	4.71	Utah	1.42
Kentucky	35	Wisconsin	10.89	Oklahoma	4.69	Kentucky	1.09
Nebraska	35	District of Columbia	10.30	Texas	4.48	South Carolina	1.00
New Mexico	34	Massachusetts	9.51	Pennsylvania	4.46	Montana	0.86
Vermont	34	New York	9.09	Ohio	4.15	Mississippi	0.81
South Dakota	33			Maine	3.82	Alabama	0.41

### STATE ALL-COMERS MARATHON RECORDS

State	Name	Time (Year)	State	Name	Time (year)
Alabama	none		Montana	Doug Brown	2:26:21 (72)
Alaska	Vernon Campbell	2:28:26 (75)		no women	
	Marian May	3:02:41 (75)	Nebraska	Bob Busby	2:21:36 (74)
Arizona	Ed Mendoza	2:14:13 (75)		Sylvia Wiegand	3:54:34 (75)
Arkansas	Terry Ziegler	2:21:55 (72)	Nevada	Scott Bringham	2:19:24 (72)
	no women			Alex Boies	3:27:02 (75)
California	Bill Scobey	2:15:21 (71)	New Hampshire	Kirk Randall	2:36:32 (75)
	Jacki Hansen	2:43:54 (74)		no women	
Colorado	Ron Nabors	2:24:31 (75)	New Jersey	Tom Fleming	2:19:16 (73)
	Pam Weigle	3:19:11 (72)		Patricia Barrett	3:02:42 (75)
Connecticut	John Vitale	2:19:01 (72)	New Mexico	Larry Blancett	2:23:28 (73)
	Kathy Gervasi (76)			Dolores Velarde	5:09:32 (74)
Delaware	none		New York	Ron Wayne	2:18:52 (74)
District of Columbia	none			Kim Merritt	2:46:14 (75)
Florida	Jeff Galloway	2:19:34 (72)	North Carolina	Ed Hereford	2:22:32 (73)
	Sue Ellen Trapp	3:19:45 (75)		Delores Lance	5:09:13 (75)
Georgia	Neil Cusack	2:16:18 (71)	North Dakota	Larry Seethaler	2:41:35 (75)
	Gayle Barron	2:57:11 (75)		Jan Arenz	3:19:00 (75)
Hawaii	Jack Foster	2:17:24 (75)	Ohio	Carl Hatfield	2:20:41 (73)
	Jacki Hansen	2:49:24 (75)		Sigrid Nadon	3:12:01 (74)
Idaho	none		Oklahoma	Terry Ziegler	2:18:10 (75)
Illinois	Jay Dirksen	2:21:53 (69)		Nancy Laird	3:29:47 (72)
	Kim Merritt	3:03:27 (73)	Oregon	Kenny More	2:15:57 (72)
Indiana	Kirk Pfeffer	2:20:52 (75)		Frank Shorter	2:15:57 (72)
	Lora Cartwright	2:55:00 (75)		Jacki Hansen	2:38:19 (75)
Iowa	Lucian Rosa	2:18:57 (75)	Pennsylvania	Bill Rodgers	2:21:57 (74)
	Doreen Moes	3:47:29 (75)		Beth Bonner	3:01:42 (71)
Kansas	Terry Ziegler	2:21:15 (75)	Rhode Island	none	
	John Bramley	2:21:15 (75)	South Carolina	none	
	Teri Anderson	2:55:45 (72)	South Dakota	Michael Seaman	2:25:42 (74)
Kentucky	Ray Morrison	2:28:42 (75)		no women	
	no women		Tennessee	Dave Collins	2:29:30 (75)
Louisiana	Neil Cusack	2:14:27 (74)		Cathy Sigler	3:04:36 (75)
	Dorothy Doolittle	2:51:22 (75)	Texas	Terry Ziegler	2:19:18 (74)
Maine	T. Smith	2:36:32 (75)		Kathy Coper	3:00:54 (75)
	Diane Fournier	3:56:54 (75)	Utah	Scott Bringham	2:20:54 (74)
Maryland	John Vitale	2:17:02 (75)		Christine Shultis	3:17:04 (75)
	Liane Winter	2:53:53 (75)	Vermont	Ralph Thomas	2:13:43 (71)
Massachusetts	Bill Rodgers	2:09:55 (75)		no women	
	Liana Winter	2:42:24 (75)	Virginia	Dan Dreschall	2:25:27 (75)
Michigan	Jerome Drayton	2:12:00 (69)		Elizabeth Sadoff	3:28:37 (75)
	Sue Mallery	3:09:47 (74)	Washington	Terry Heath	2:23:00 (75)
Minnesota	Tom Heinonen	2:18:29 (68)		Janet Heinonen	3:19:06 (74)
	Jan Arenz	3:07:46 (75)	West Virginia	Carl Hatfield	2:19:04 (76)
Mississippi	none			Carol Scheid	3:36:38 (76)
Missouri	Dan Cloeter	2:20:47 (75)	Wisconsin	Lucian Rosa	2:22:50 (73)
	Teri Anderson	2:53:40 (73)		Lora Cartwright	3:02:03 (75)
			Wyoming	none	



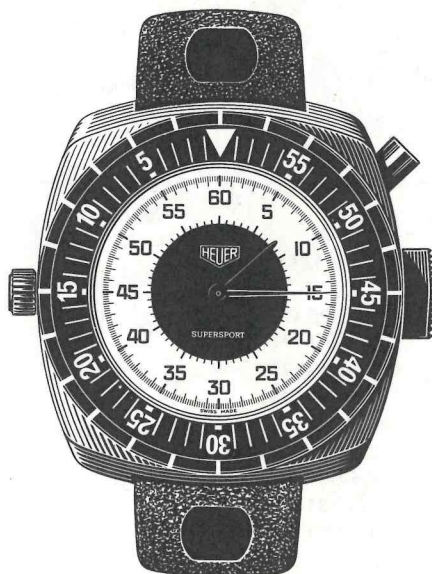
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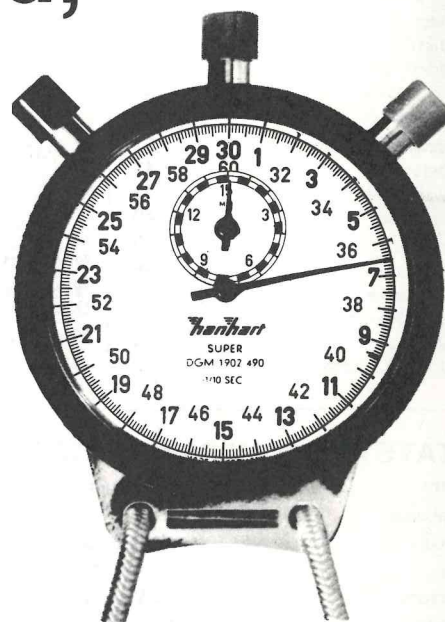
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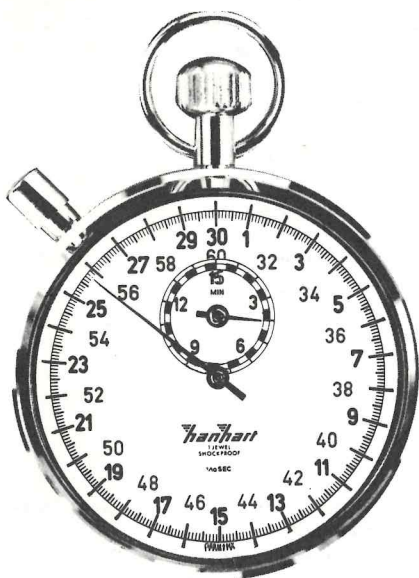
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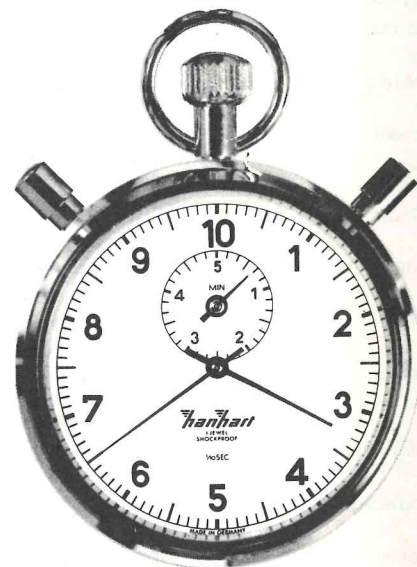
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**MADISON MARATHON**—June 26, 1976 features the ultimate in scenic beauty and variety. Course winds and twists through seven city parks, city zoo and arboretum on streets, bike paths, bridges and trails bordered by water 85% of the time. The runner is king here with 10 official aid stations, mile markers at every mile, and plenty of time splits to aid his effort. Seven divisions to choose from—National Jr. USTFF championship—AAU certified course—free T-shirts to all finishers. Send self-addressed stamped envelope to Dale Roe, 1104 Moorland Rd. No. 3, Madison, WI 53713.

**KOCH BREWERY FARM FESTIVAL**—August 21, Fredonia, NY Clinic, 3 mile fitness run/jog, 3 mile race walk, 10 K RACE. Flat, fast, safe course. 100 + awards—teams, 15 age groups, specials, ribbons. T-shirts to first 300 entries. For info/entry stamped envelope to Carl Olson, 25 University, Fredonia, NY 14063

**ROAD RUNNERS CLUB OF AMERICA MIDWEST REGION No. 9 20 KM CHAMPIONSHIP**—Saturday, June 19th, 1976, 10:00 a.m. at Saginaw Eisenhower High School. 5 age divisions, plus a non-championship 10 KM with mens and womens age grouping. Plaques to winners, RRCA Medals thru 10th place in all divisions of both races. Hosted by the Saginaw Track Club. For entry information write, Ed Skrelunas, 1918 Wilson, Saginaw, MI 48603.

**MID-AMERICA TRACK&FIELD REGIONAL CHAMPIONSHIPS**—May 22,23, in St. Marys, Kansas. AAU Sanctioned. 5 year age groups. 30-70+, Women 30+/10 year divisions. Special Patch, Home-cooked dinner in the park, all-weather track. Write or call for entry form: Alex Pappas, Box 97, St. Marys, Kansas 66536. Phone: (913) 437-2916.

**BROOKS**—Drakes, Penns, Texans & Spikes. All models 2pr/\$25 + \$1.25 postage per pair. Choose from single model or combination. Not all sizes available so enclose several choices (minimum order 2 pairs). Send to: Windy City Sports, 402 E. Virginia, Bensenville, IL 60106. (For additional information send self-addressed stamped envelope).

**FOURTH SOUND-TO-NARROWS**—7.5 mile road race. June 5, 1976. Men and women: Masters open, high school, junior high, elementary divisions. More than 150 awards. Entries close May 21. Contact: Pierce County Parks, 955 Tacoma Ave., So., Rm. 210, Tacoma WA 98402.

**RACE WALKERS**—Specialist walking shoes by leading English craftsman. Supple leather uppers, rigid heel counter, rounded heels, 1/2" heel lift. Available by air parcel post. Price \$27.50 postpaid. Goodair Sports, 7 Rayner Street, Horbury, West Yorkshire, England.

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**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.

**1976 NORTH DAKOTA MARATHON & HALF MARATHON**—Grand Forks, ND, Sat., June 26. Course Flat Prairie and Paved. Awards to all finishers. Trophies 1st—15th overall, age groups, women. Contact Eric T. Parker, 520 Park Drive, Grand Forks, ND 58201.

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**READING, PA, 2ND ANNUAL PENN SQUARE PAGODA HALF MARATHON**—13.1 Miles, July 5, 1976. Age groups plus women's divisions. Send self-addressed stamped envelope to Ron Kiehl, 846 Beach St., Reading, PA 19605.

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**MID-MICHIGAN TRACK CLUB ANNUAL 5 & 10 MILE ROAD RUN**—Holt (adjacent to Lansing) High School, Saturday, June 12 at an earlier 9:00 AM. Several age groups. Last year trophies to 2/3 of the field, will order same for '76. Showers/dressing available. Early entry \$2.00, day of race \$3.00. Contact Gordon Schafer, 4378 W. Holt Rd., Holt, MI 48842.

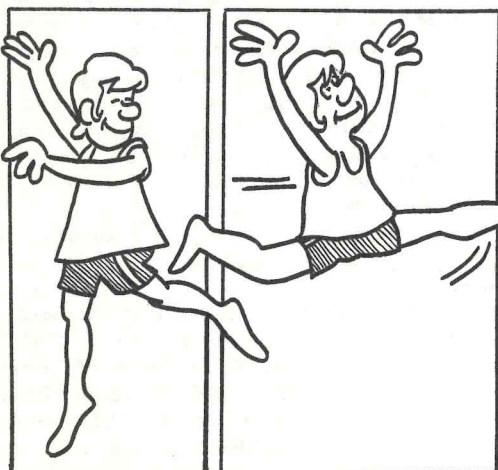
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Steve Barr



# Fun Run Update

Where and when the Runner's World events are scheduled.

Climb aboard for the most popular group activity since waiting in line at a gasoline station. In fact, no longer do you need to worry about owning that small foreign economy machine to be able to meet people, see the country and feel good while you're doing it because *Runner's World* is offering you a chance to be an active part of a Fun-Run no matter what part of the country you are living in.

More than three years after the first low-key Fun-Run staged in the Los Altos Hills of California, organizers at *Runner's World* are receiving responses from almost every state in the union about efforts to organize similar activities. So widespread is the interest that *Runner's World* Fun-Runs are now being offered on a national level.

For those who are just now paying the attendant for that tank of Regular and are realizing that maybe the feet are quicker than the car, a *Runner's World* Fun-Run is a low-key form of exercise which bypasses the cumbersome red tape of that race you wanted to run but couldn't afford in time, hassle or money.

The concept is simple. A group of people, with no restrictions on age, size or experience in running, gather on a regular basis for an informal jaunt around a marked and measured course. The events are not restricted by "national organization rules and regulations" and participants are rewarded for their efforts.

The Fun-Run concept is geared toward conditioning, competition and social activity on an informal basis. The Fun-Runs are intended to supplement (not compete with) such programs as the Amateur Athletic Union's (AAU) long-distance running program offering races at shorter distances than normally run by organizations such as the AAU and by offering regular runs closer to home.

Those runners who feel intimidated by the size, distances and apparent formality of "sanctioned races" can now trade that fear in on a good conditioning opportunity. The *Runner's World* Fun-Runs eliminate entry fees, advance sign-ups and membership cards. All that

is needed for a Fun-Run is a place, people to run and someone to direct and time the runners.

Regularly scheduled Fun-Runs will be run all over the country with distances ranging from a quarter-mile to six miles. One regular run will cover two, three, four, five or six miles, and two others will be a mile or less. The frequency will be weekly, bi-weekly or monthly.

The runs will have a regular time and place. Each official *Runner's World* Fun-Run site will have available certificates for all runners who complete their selected distances. Although several imitation runs may crop up, only the official Fun-Runs sponsored by *Runner's World* will have available the official certificates and copies of the magazine.

Each month *Runner's World* will "spread the good word" about Fun-Runs across the country featuring information on activities, locations, times and organizers. Those runs which will be sanctioned by this magazine will be known as *Runner's World* Fun-Runs, will be given an official site number and will receive national publicity on activities through this monthly column.

• **Site 001** – Foothill College (lower parking lot), Los Altos Hills, Calif. Weekly, Sunday 10:30 a.m., in progress. Bob Anderson, Box 366, Mountain View, Calif. 94040.

• **Site 002** – Spring Lake Park (fair-ground entrance), Texarkana, Tex. Weekly, Saturday 8 a.m., starting May 1, 1976. Bill Jones, 1209 Trinity, Texarkana, Tex. 75501.

• **Site 003** – Doughboy Field, Fort Benning, Ga. Bi-monthly (first and third), Saturday 10:30 a.m., starting May 1, 1976. John A. McAuliffe, 617 Gibson Ct., Fort Benning, Ga. 31905.

• **Site 004** – Stewart Park (behind the Gloucester County YMCA), Woodbury, N.J. Weekly, Sunday 10:30 a.m., May 2, 1976. Sports East, 238 South Broadway St., Woodbury, N.J. 08096.

• **Site 005** – Hooker Oak Recreation Area (within Bidwell Park), Chico, Calif. Weekly, Saturday 9 a.m., starting

May 8, 1976. Jim Remillard, Box 106 Cohasset Stage, Chico, Calif. 95926.

• **Site 006** – Pine Banks Park (on the Malden-Melrose border), Malden, Mass. Weekly, Saturday 10 a.m., June 5, 1976. Michael Morrill, 21 Elmwood Park, Malden, Mass. 02148.

• **Site 007**–Heather Farm Park (off Ygnacio Valley Rd. on San Carlos), Walnut Creek, Calif. Weekly, Sunday 10 a.m., starting May 16, 1976. Ray Brammeier, 1704 Tennyson Dr., Concord, Calif. 94521.

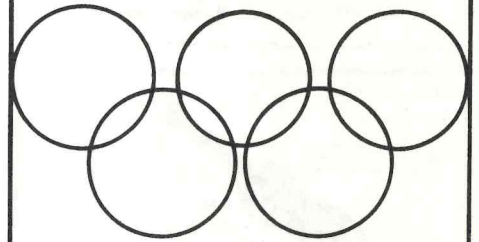
• **Site 008**–Gerlach Field, Fort Leonard Wood, Mo. Bi-weekly, Saturday 8:30 a.m., in progress. Rex Frazer, 41 Totten Place, Forth Leonard Wood, Mo. 65473.

• **Site 009**–Dike Road, Granite Falls, Minn. Weekly, Saturday 10 a.m., starting June 5, 1976. Pat Foley, 315 11th Ave., Granite Falls, Minn. 56241.

• **Site 010**–Tawas Area High School (highway M-55), Tawas City, Mich. Weekly, Sunday 10:30 a.m., starting May 16, 1976. Tess Haislip, Box 165, Tawas City, Mich. 48763.

• **Site 011**–Fresno High School (Roeding Park), Fresno, Calif. Bi-weekly, Saturday 7 a.m., starting May 1 or 8, 1976. Sid L. Toabe, 4566 N. Del Mar, Fresno, Calif. 93704.

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Tenth Annual



## MARATHON

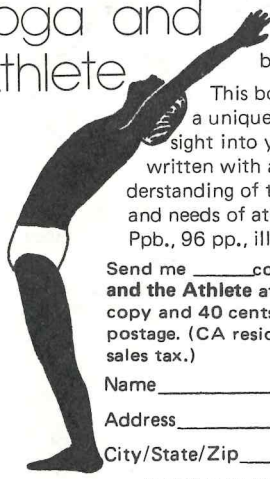
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# Readers' Comments

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

## HEAVYWEIGHTS

I read with interest John Murphy's appeal for a handicapping system based on weight ("Handicapping the Heavyweights," January 1976) but I don't think it would work. There are always the heavier runners who carry that weight on a very tall, but thin, frame and those who have a lot of weight on a short frame. The former would still beat the latter.

Instead, I would propose a classification much like that of ET bracket in drag racing. It works in this manner.

All runners estimate their times. They are then allowed a margin for beating that time. If they exceed that margin, they "break loose" and lose. All runners are then given a handicap start according to their estimates with their starting time in colored numbers differentiated in chosen increments. The first runner to the finish line without "breaking loose" wins.

The runners in this division could be indicated by "E" in front of their numbers and then the "ET" division could be run in conjunction with a regular race.

I've never been in such a race, but I'm sure someone has run something like that somewhere. It would certainly be interesting to know the results. Theoretically, everyone should finish at the same time.

David K. Fleming  
Bloomington, Ind.

I personally don't think races should be divided into weight classes. It would just cause more of a hassle for race directors. Come to think of it, there's a man named John Walker who weighs about 170 pounds. It doesn't seem to be a disadvantage for him.

Kurt Eversman  
St. Marys, Ohio

## MASTERPIECE

*Runner's World* obviously has the right to publish any article it chooses.

However, I would hope that before an article is published, you would require something more than a generalized, unsubstantiated smear. Len Wallach's article ("Master Piece," March 1976) was appalling. He presented nothing to

back up his conclusions. Hal Higdon's article ("Why I Quit the AAU," April 1976) was different in that Hal gave specifics upon which he based his conclusion.

Originally, I was going to forget about submitting a reply, but I decided to do so since too many people are contributing too much to the movement to have to put up with unsubstantiated BS.

Robert Fine  
New York, N.Y.

(Robert Fine, chairman of AAU Masters Track and Field, wrote a rebuttal to the Higdon article which appears in this issue. Fine's comments are published in "Runners Forum.")

I firmly agree with Len Wallach's column in which he writes of what I would call the exploitation of Masters running competition by an elite few. I have reached a point of confusion bordering on consternation as I try to sort all this Masters jostling. I've seen it at runs, as Wallach so ably points out. I've read a lot of the literature passed out by hand and by mail. I find that it really pervades the atmosphere as a person gets more involved in Masters running.

I discovered competitive long-distance running a year and a half ago with great delight, having been wrapped up in high school track 40 years ago. My good fortune was falling in with the friendliness and the helpful, relaxed attitudes of the DSE Runners in San Francisco. This was far superior to the sometimes chilling receptions received when trying to get involved in such other established groups as bike racers and folk dancers.

But it now has become apparent to me, and Wallach expressed it well in his article, that the Masters running movement is being developed as a big deal for a lot of previously frustrated ex-school track stars. The rest of us, who have involvements on a different plane and to whom Masters running is a most pleasant diversion, are given the idea that we can pay the dues and then get lost. I'm trying to express the point of view of the vast majority of Masters competitors. We've been silently amused as we watch the scurrying for position among

(continued on page 70)

## NORTHWESTERN BANK'S "MINI-MARATHON" 10 MILE ROADRACE

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*Ted Wurm  
Oakland, Calif.*

*(The DSE Runners of San Francisco are featured in this issue.)*

## FOREIGNERS

I enjoyed reading the article "El Paso's Kenyan Connection" (March 1976) because of its favorable description of the University of Texas at El Paso (UTEP) recruiting foreign athletes. Whenever a good team wins a championship, American coaches put forth hypocritical complaints about how "hired foreign athletes" are taking scholarships away from "deserving American boys." This argument is not logically sound.

If only a fixed number of track scholarships are available in the US (a questionable assumption), the boy who gets "bumped" will be the borderline case, the 4:28 or 9:40 performer. The American 4:15 high school miler still will get a scholarship no matter how many Kenyans are recruited by UTEP.

Also, there are plenty of 4:28-9:40 high school performers running in college without the advantage of a scholarship. If a boy feels he must have a scholarship in order to run in college, I question whether he ought to be running at all.

If each track scholarship given to a foreigner really deprives an American of a chance to run, doesn't each scholarship given to a runner likewise deprive an academically qualified non-runner of the chance to attend school?

*Hugh Sweeney III  
Jersey City, N.J.*

## STEEPLECHASING

I really enjoyed Hal Higon's article on the steeple ("Ups and Downs of Steeplechasing," March 1976). It was the best advice I have found written anywhere. There is one note I would like to add.

I have found that running the intermediate hurdles every so often helps me to learn to quickly adjust my steps. When I later run the steeple, it is easy to hit the hurdles in full stride. Also, the race is an interesting change from a continuous diet of distance events.

*Hal Michael  
Seattle, Wash.*

## N.R.W.

For several months, I read with interest about the activities planned for celebration of National Running Week (reported in March 1976). These consisted of activities that were, unfortunately,

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centered in California and I was unable to attend because of my work. However, I didn't think this should preclude my own celebration.

I decided to borrow one of the events planned by *Runner's World*, a midnight run on Dec. 31. It was perfect, or so I thought. My plan was to start a six-mile run at 11:45 p.m. on Dec. 31 and thereby run right through to 1976.

I started right on time, but my excitement quickly turned to apprehension, then to fear, then to anger. As it developed, what I thought would be a quiet, serene run turned into a battle between myself and the New Year's celebrants who had taken their parties into the streets. I repeatedly had vulgarities shouted at me, many times from grade-school-age children. This, however, did not deter me as this type of thing happens daily to runners in Chicago.

However, when I began dodging the empty liquor bottles thrown at me, I started to wonder at the functioning (or lack of it) of the psychological makeup of people. I was not physically hurt on the run but was quite perplexed and depressed.

It will always remain a mystery to me why people think runners are open game on which to vent frustrations with verbal or physical abuse.

*Paul Thatcher  
Chicago, Ill.*

I followed the National Running Week race from Sausalito to Palo Alto. There were two runners who ran 50 miles plus but I didn't read any mention of them in your special articles (March 1976). They ran a helluva lot of miles.

*Dick Boyle  
Ross, Calif.*

(Actually, three runners broke that 50-mile barrier. Alan Jones, Steve O'Brien and Ragnar Thanning all ran 50 miles or more.)

I'm as flattered as if I were on the cover of *Time*. Thanks!

*Kathrine Switzer  
White Plains, N.Y.*

## REFLECTING

I was reminded of Joe Henderson's "Running Commentary" (March 1976) when I read about Steve Heidenreich's brush with death at Bloomington, Ind. Who knows, if Steve had worn a reflectorized runner's license on his back that night, he might have been saved.

Maybe someone could develop a sweat suit or running shirt with some kind of reflectorized markings on it for  
(continued on page 72)



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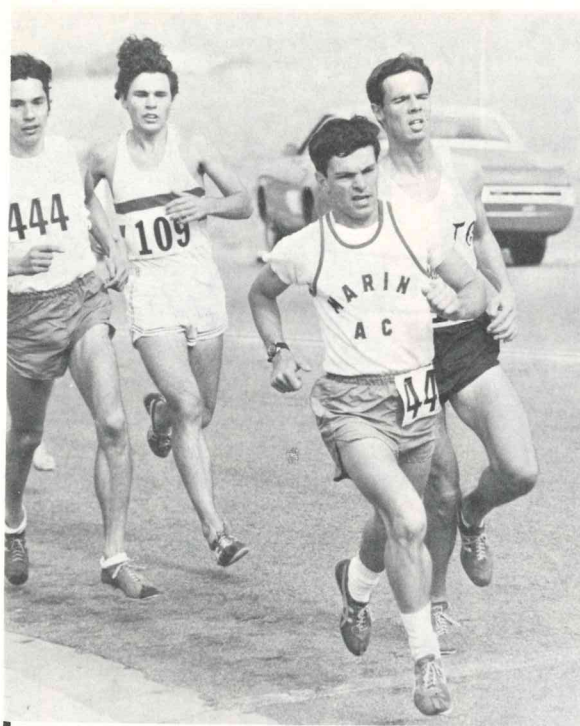
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those of us who do night running. It might save a life.

*Dieter Oelschlaeger  
South Holland, Ill.*

*(Steve Heidenreich's accident is reported in "A Life Saved, a Dream Lost" in this issue.)*

## WASHINGTON

More and more runners are combining running with business and travel pleasure, and for them the "City Series" is a valuable information source. Thus, I mentally complimented *Runner's World* when I found Washington, D.C., featured in the series ("Bicentennial Washington," March 1976).

As I dug into the article, I was jarred almost immediately by the inaccuracy. Although Washington has flat running courses, it also has hills sufficient to provide training for any race short of the Pike's Peak or Grandfather Mountain Marathons. Thus, it is not necessary to run up the Washington Monument to get your hill training, which is fortunate since no one has been allowed to walk or run up the monument for the past three years.

As I continued, my initial disappointment turned to shock, then to anger and finally disgust. The article is what might be expected of a cigar-smoking, overweight reporter assigned to write about a sport that he neither understands nor wants to understand. I never thought I would see an article so deliberately insulting to the running potential of an area or to running itself in *Runner's World*.

Although your readers would never know it from the article, the Washington area is a hotbed for running activity. The DC Road Runners Club is the second largest in the country with more than 1200 members. For many years it has sponsored running events weekly, year around. There are several other groups in the area also sponsoring fun runs and races. The courses range from flat to hilly, the races from sprints to 186 miles, the running surfaces include roads, tracks, sidewalks, bikepaths, canal towpaths, golf courses, college and school campuses and mountain trails.

With the proper information, Washington visitors can find workout areas within a short distance of any motel or hotel in the area any time of the year.

*Roger Burkhart  
Gaithersburg, Md.*

*(The information not included in Somers' satire was included in an April 1973 "City Series" feature on the same city.) ●*

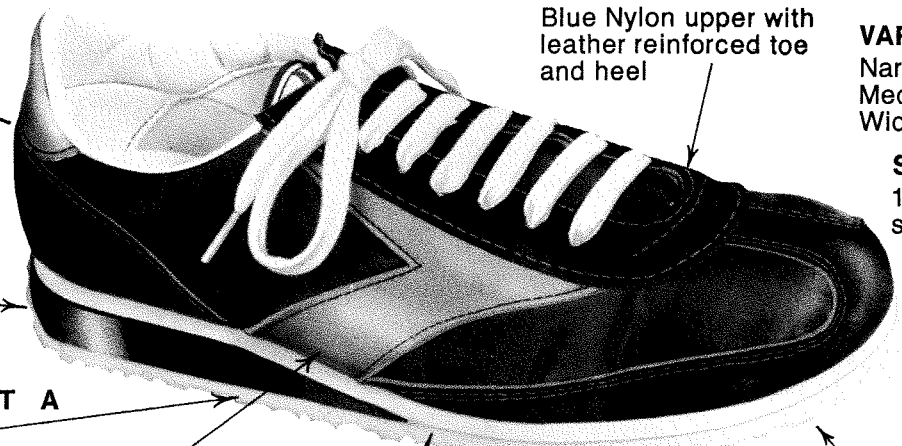


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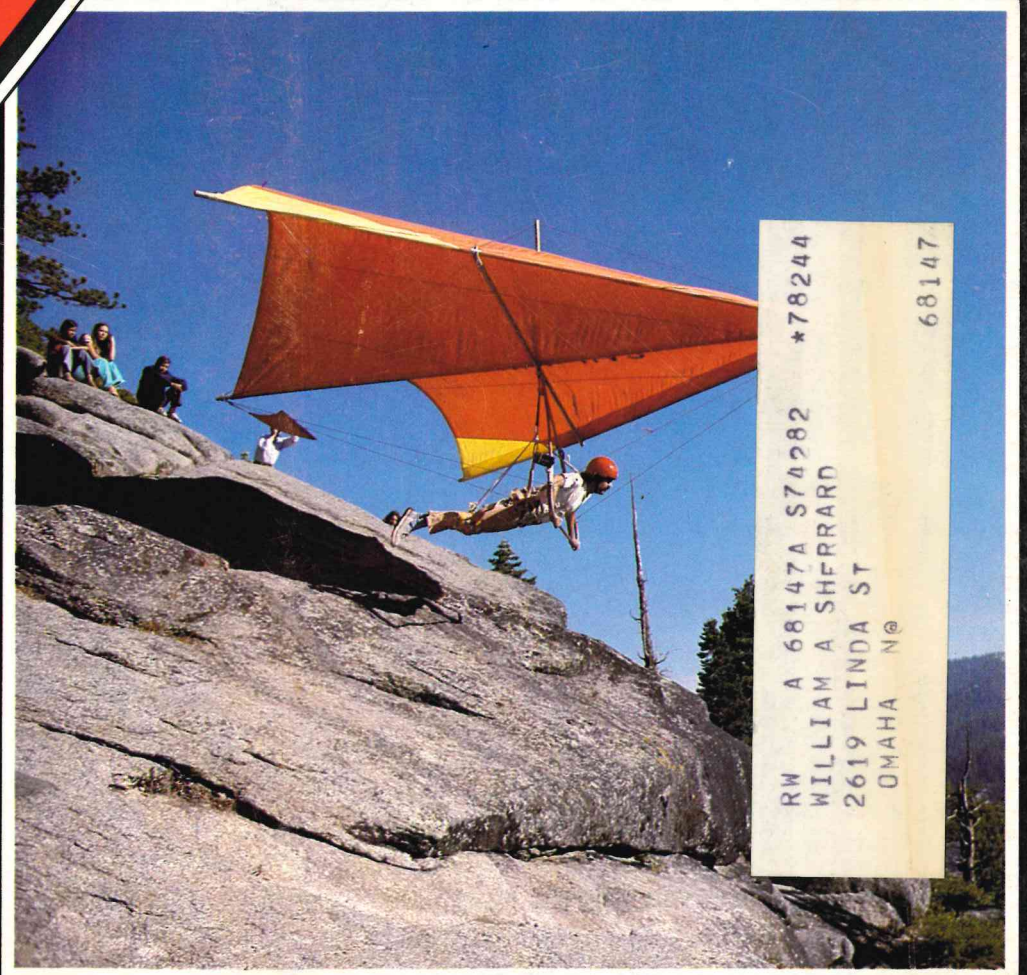
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