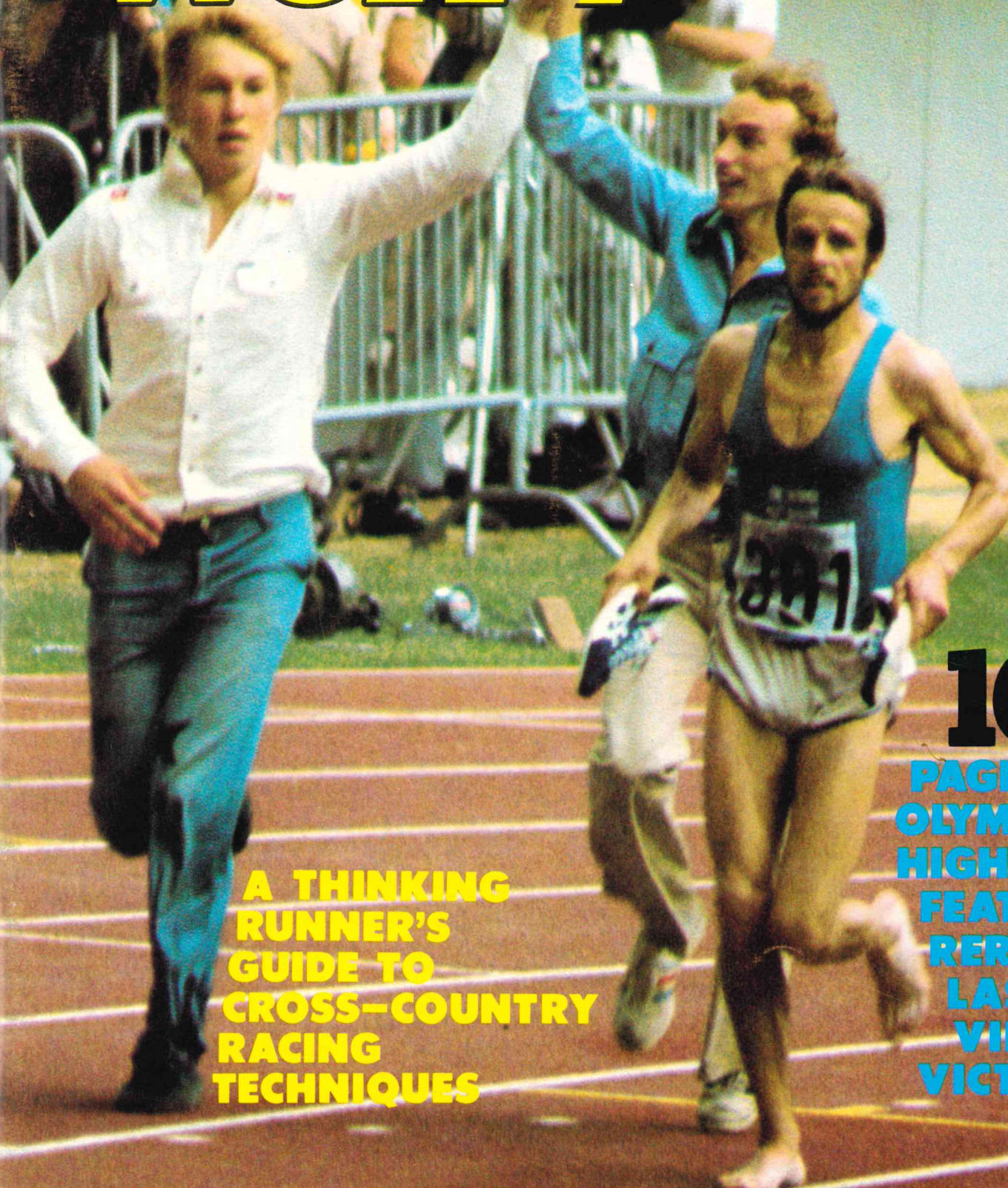


SEPTEMBER 1976 • ONE DOLLAR

ISSN 0035-9939

# Runner World



**A THINKING  
RUNNER'S  
GUIDE TO  
CROSS-COUNTRY  
RACING  
TECHNIQUES**

**16**

**PAGES OF  
OLYMPIC  
HIGHLIGHTS,  
FEATURING  
RERUNS OF  
LASSE  
VIREN'S  
VICTORIES**



# RUN THE 4th ANNUAL HONOLULU MARATHON AND THE '76 MASTERS DEC. 12, 1976 IN HAWAII

## Run Surrounded by the Verdant Beauty of Hawaii

Scenic 26-mile, 385-yard course certified by AAU starts at landmark Aloha Towers, winds through Waikiki Beach in the shadow of Diamond Head and ultimately finishes in Kapiolani Park in the heart of Waikiki. The course has 11 aid stations, each staffed by physicians or nurses.

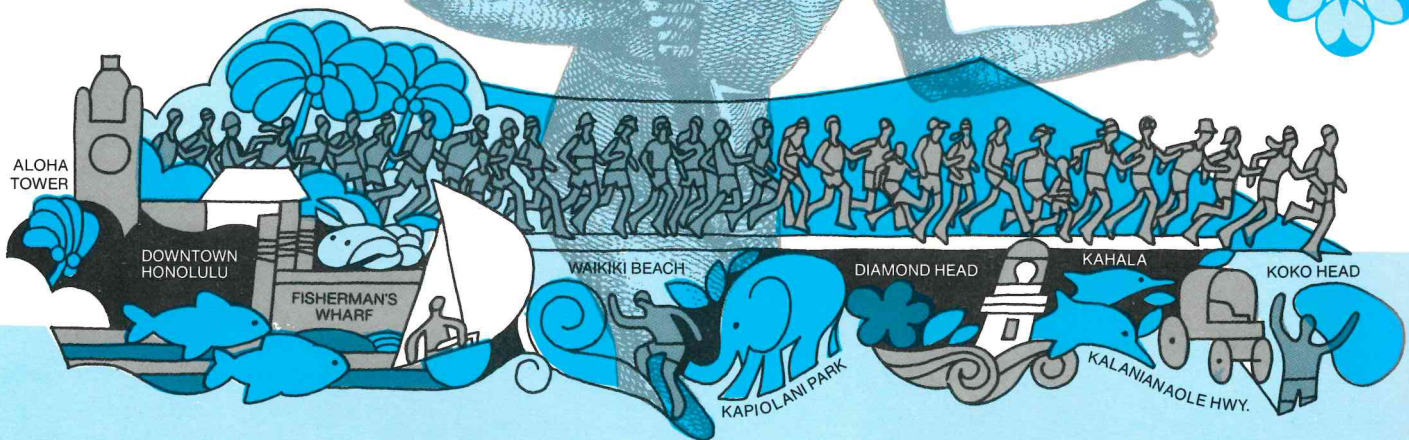
## Run Bolstered by the Aloha Spirit of Hawaii

★ Certificates and T-shirts to all finishers ★ Every runner including the last will receive official times ★ More than 100 trophies to regular and special division winners including the world's only cardio-vascular division ★ Share the Aloha Spirit with world-class fellow participants at a post race picnic.

## SPECIAL TOUR PACKAGE AVAILABLE

Participants and observers may take advantage of a special seven-day package tour with hotel rates as low as \$86.00 per person double occupancy. For complete details request Tour Brochure from Honolulu Marathon Association, Dept. T, P. O. Box 27244, Chinatown Station, Honolulu, Hawaii 96827. All correspondence must include self-addressed, stamped envelope.

DESIGNATED AN OFFICIAL STATE OF HAWAII BICENTENNIAL EVENT



## Order Your Souvenir Shirts Now!



SHIP TO \_\_\_\_\_  
 STREET \_\_\_\_\_ APT. NO. \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

QTY.	TEE	TANK	LONG SLEEVE	COLOR CHOICE FIRST • SECOND	SIZE	AMOUNT

The Honolulu Marathon Association is dedicated to research and supports projects delving into physiologic adaptation to environmental stress in the normal and diseased state. Thus, we educate through projects such as the Honolulu Marathon Clinic techniques and benefits of long distance running. All proceeds go towards supporting the concepts of the Association.

Please specify type of shirt, size and color (1st and 2nd choice). Cost post-paid: \$5.50 Hawaii; \$6.00 Mainland; \$6.50 worldwide. Add \$1.00 to these prices for long sleeve.

Please allow 4-6 weeks for delivery. Make checks payable to Honolulu Marathon Association.

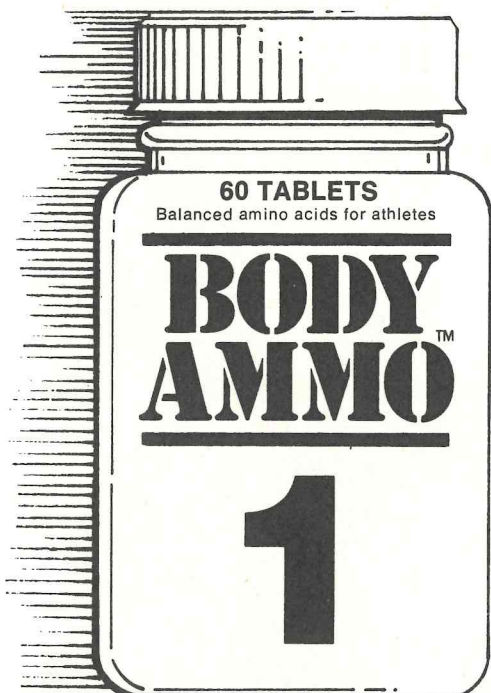
Colors: sand, light blue, yellow, orange. Beautiful 4-color printing on both sides of top grade shirts.

NOTE: These are Honolulu Marathon souvenir shirts, not to be confused with the race finisher shirt which can only be obtained by completing the fourth annual marathon.

For Marathon entry forms or added information on souvenir shirts write Honolulu Marathon Association, P. O. Box 27244, Chinatown Station, Honolulu, Hawaii 96827. Include self-addressed, stamped envelope.



# Kick into high gear with Body Ammo.



In the interest of all serious runners, Protein Research Laboratories has developed Body Ammo—a unique system of two products designed to help athletes increase their stamina, train harder, recover faster, and in general enjoy running more. Stated simply, Body Ammo I and II are non-drug, non-toxic natural products that have been specially prepared to help maximize athletic performance under strenuous physical conditions.

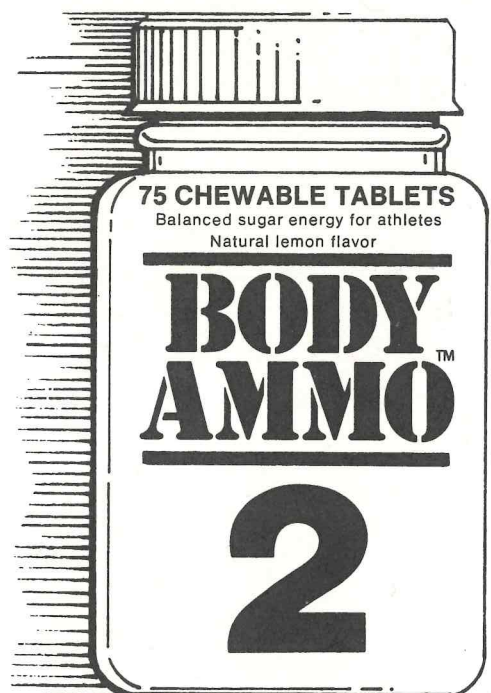
## Body Ammo I

**“The more nutrients present in your system when you finish running, the faster you’ll recover.”**

Body Ammo I contains concentrated amino acids derived from milk protein. (Amino acids, the “building blocks” of the body, are normally depleted during strenuous exercise. Body Ammo I helps to prevent this deficiency.)

Body Ammo I enters the bloodstream rapidly. (On the average, within 30-40 minutes.)

Body Ammo I provides a practical and convenient way to build up amino acid levels immediately prior to physical exertion, and to replenish them during strenuous exercise, facilitating post-activity recovery.



## Body Ammo II

**“The more nutrients present in your system when you start running, the better you’ll perform.”**

Body Ammo II contains two kinds of energy to burn: glucose, the fastest acting nutrient an athlete can take to provide energy, and fructose, which while also an excellent source of energy, is absorbed more slowly. Together, they provide a “time capsule” effect.

Body Ammo II keeps blood sugar high, helping to minimize fatigue.

Body Ammo I and II are available only from Protein Research Laboratories. If you are a serious runner, and interested in improved performance, we encourage you to use the order form below.

PLEASE SEND \_\_\_\_\_ BOTTLE(S) BODY AMMO I @ \$4.50  
 4 \_\_\_\_\_ BOTTLE(S) BODY AMMO II @ \$3.50  
 Enclosed is check or money order for \_\_\_\_\_  
 NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 \_\_\_\_\_  
 CITY/STATE/ZIP \_\_\_\_\_

Protein Research Laboratories  
 P. O. Box 7962,  
 San Francisco, Ca., 94120

Price includes postage and  
 handling. California residents  
 please add 6% sales tax.

Team rates available upon request.



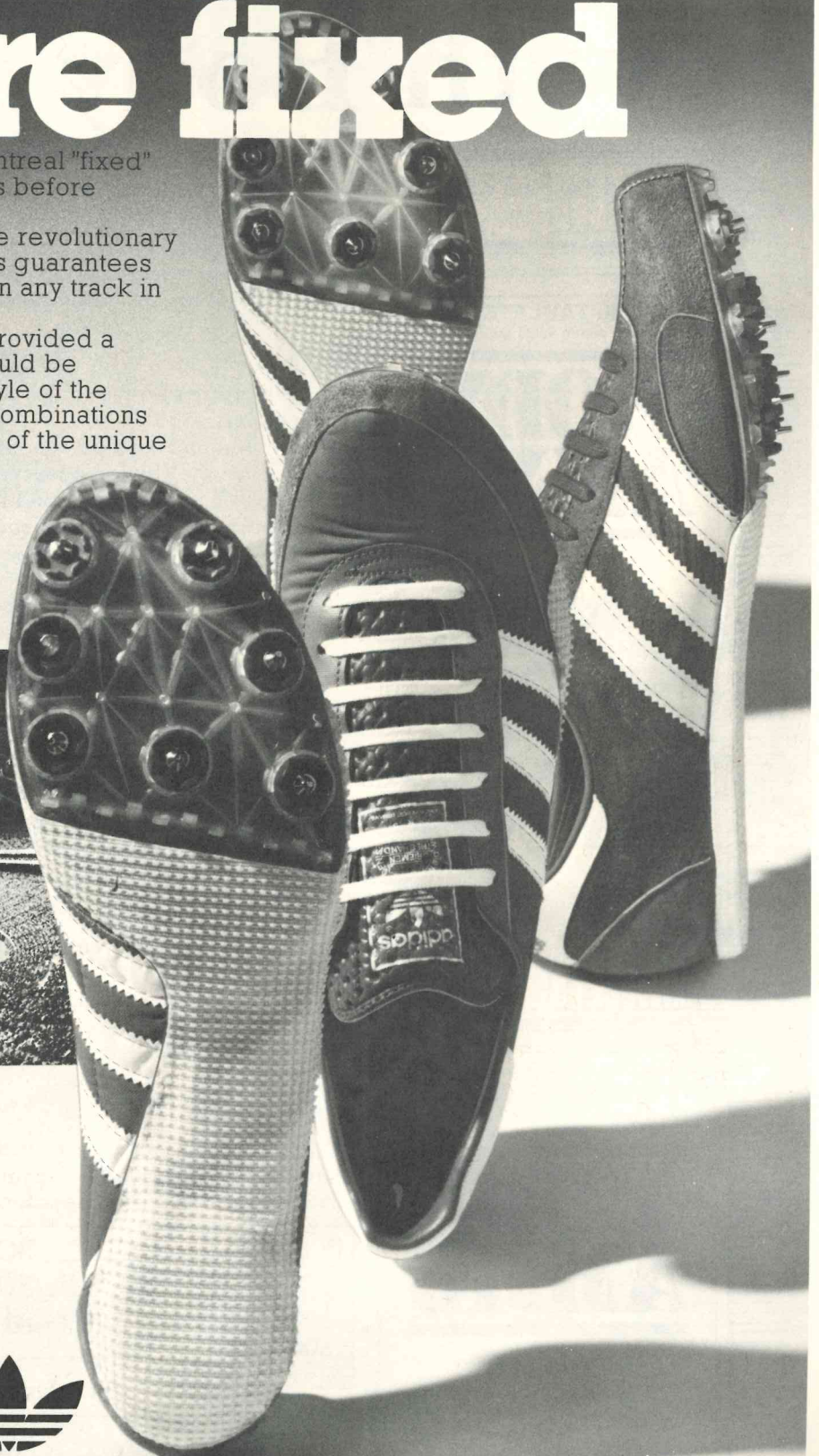
# Montreal wins were fixed

Most of the successful athletes at Montreal "fixed" their adistar 2000 Track & Field Shoes before competing.

With this new generation of shoes, the revolutionary concept of interchangeable elements guarantees each athlete optimum performance on any track in any weather.

At Montreal too, adistar 2000 shoes provided a decisive edge in traction as these could be adapted to the weight and running style of the individual competitor. More than 20 combinations are possible through the interchange of the unique adistar star profiles and cones.

Two models of adistar 2000 cover specific athletic disciplines – sprint and medium and long distance running. adistar 2000 – another first from adidas.



**adidas**® 

More information available at your nearby adidas dealer or write to:

**Libco**  
1 Silver Court  
Springfield,  
N. J. 07081 U.S.A.  
(201) 379-1630

**Clossco, Inc.**  
2200 Martin Avenue  
P.O. Box 299  
Santa Clara, Ca. 95050  
(408) 246-8350

**Venco**  
5133 W. Grand River Ave.  
P.O. Box 17039  
Lansing, Michigan 48901  
(517) 485-1726

**Hughesco, Inc.**  
2830 Merrell Road  
Dallas, Texas 75229  
(214) 358-4291

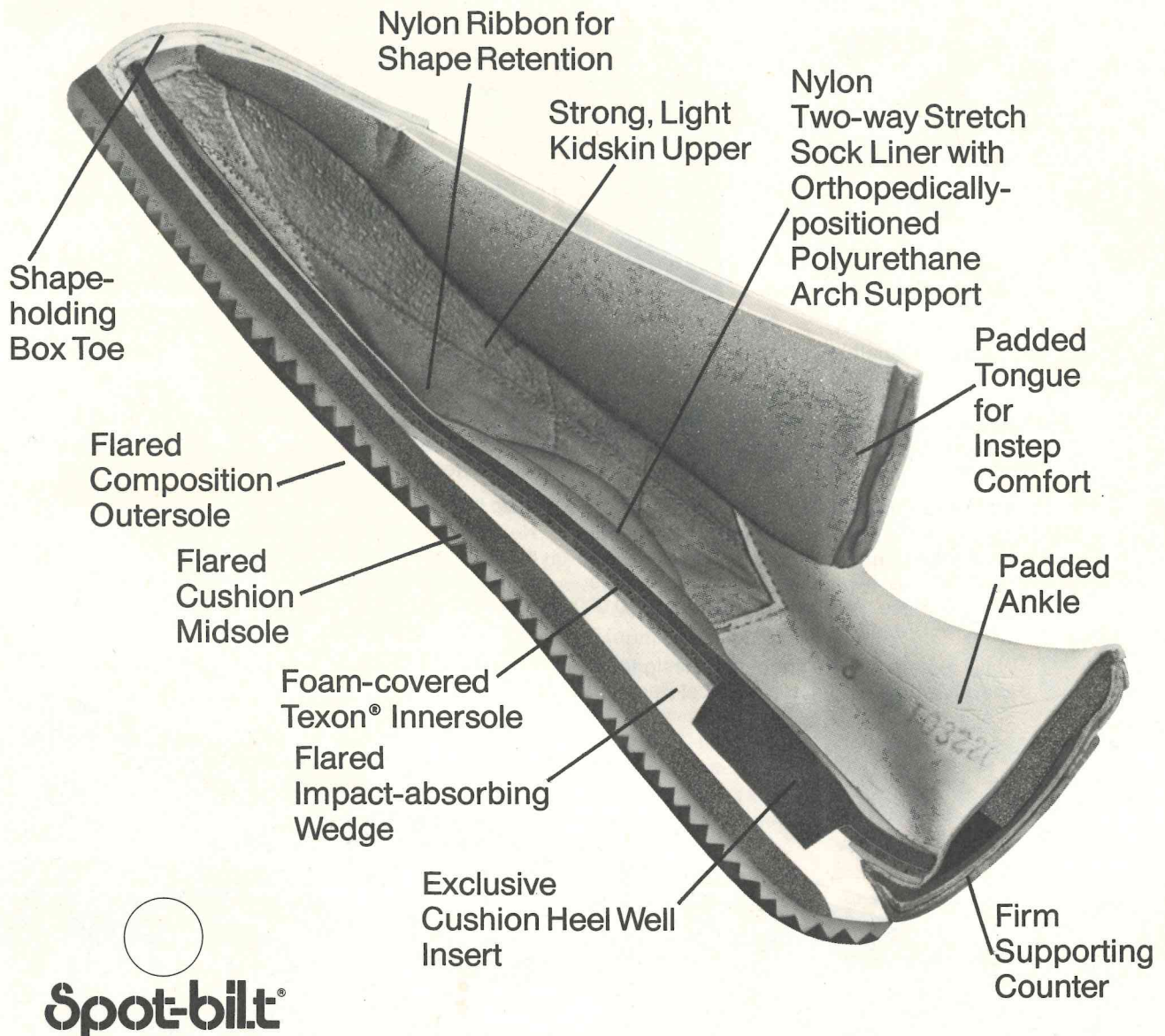
**adidas (Canada) Ltd.**  
550 Oakdale Road  
Downsview,  
Ontario M3N 1W6  
(416) 742-3872-6




# Spot-bilt introduces a running shoe that's miles ahead.

If you took other running shoes apart piece-by-piece, you wouldn't find what we have. You might find good materials and workmanship (almost as good as ours), but you wouldn't find the special heel cushion system that makes our new Style 880 the best shoe for the serious runner. That new heel design protects your heel and foot like no other shoe can. It prevents bone bruises and ankle injury from jarring impact. And, because your heel is better cushioned, your stride is more even—you can run further, faster, with less effort.

Spot-bilt's new Style 880 is the shoe our competitors will be pulling apart. But, why wait 'til they copy us? Spot-bilt Style 880 "World Record" is now available at better sporting goods dealers.



  
**Spot-bilt®**

Send for Spot-bilt's "Training Table" Runners Chart. Send \$1.00 (to cover postage and mailing) to: HYDE Spot-bilt, 432 Columbia Street, Cambridge, MA 02141. Spot-bilt shoes are sold only through sporting goods dealers who can give the product knowledge and service that athletes, coaches and equipment managers require.



# Nike went the distance



The first Nike athletic shoe was introduced to the public in the Olympic year of 1972. In just four short years, Nike has gained an unprecedented reputation among athletes for speed, endurance, quality. In a word, performance.

#### **All three in the 10,000**

American Olympians in Eugene this year wore Nike to qualify for the 1,500, 5,000 and 10,000 meters—plus the Marathon and the Steeplechase. All three of America's 10,000 meter entrants qualified in Nike.

Why? Because Nike shoes are designed and built by athletes, top medical people, a

research and development staff and real craftsmen. Ex-Olympians, runners and specialists in every sport have worked with Nike to help advance the state of the art in shoes—keeping your feet in touch with what's new.

#### **Stop by**

Next time you're in the market for athletic shoes, stop by your local Nike dealer's. Find out what so many others have learned this year. That no matter what your sport, Nike can help you go the distance.

**NIKE**<sup>®</sup>  
**sport shoes**  
*Keeping your feet in touch  
with what's new*



# Runner's World

## EDITORIAL STAFF

Editor: Joe Henderson  
Assistant Editor: Dave Prokop  
Editorial Assistant: Kevin Shafer  
Medical Editor: George Sheehan, M.D.  
European Photographer: Mark Shearman

## PRODUCTION STAFF

Production Manager: Paul Butzler  
Art Director: Jeff Loughridge

## EXECUTIVE STAFF

Publisher: Bob Anderson  
Creative Director: Mark S. Cowans  
Marketing Director: Virgil Morrow  
Advertising Sales Director: Roger Leen  
Advertising Manager: J. Madden Magruder  
Subscription Manager: Rhonda Swan  
Circulation Director: Debbie Jenkins

## CONTRIBUTING PHOTOGRAPHERS

M.J. Baum                    Horst Muller  
George Beinhorn           Stan Pantovic  
Tony Duffy                 Doug Schwab  
Harrison Funk             Paul J. Sutton  
Jeff Johnson                Steven E. Sutton

## SPECIAL CONTRIBUTORS

Marc Bloom                 Hollis Logue III  
Ben Buckner                Jerome McFadden  
Alan Claremont             Ron Somers  
Jack Daniels                Tom Sturak  
Matti Hannus               Jon Sutherland  
Janet Heinonen             Hugh Sweeny  
Hal Higdon                 Kathrine Switzer  
Ian Jackson                 Dave Theall  
Kaj Johansen               Joan Ulliyot  
Brooks Johnson             Ken Young



It may have been the greatest multiple performance ever by a distance runner. Lasse Viren completed his "double-double" at Montreal, then ran 2:13 in his first marathon. (Harrison Funk photo)

Runner's World is published monthly by World Publications, Editorial and Executive offices: P.O. Box 366, Mountain View, CA 94040; phone (415) 965-8777. European Office: Box 247, Croydon, Surrey CR98AQ, England. Second class postage paid at Mountain View, CA 94040 and at additional mailing office (Burlingame, CA 94010). Postmasters: send form 3579 to Mountain View address. US and foreign subscription rates: \$9.50 per year, 18.00 two years. Single copies, \$1.00 and back issues, \$1.50 each.

Copyright World Publications 1976. No material in this magazine may be reproduced in any form without written permission.

Volume Eleven—September 1976—Number Nine

## Contents

### ARTICLES

Montreal's Olympic Games/ Special 16-page Report	28	Joe Henderson
Taking the Fall Sport Seriously	46	Hal Higdon
Spier Points to 100 Miles	52	Dick Hessler
Try Not to Exhaust Yourself	54	Harry Daniell, M.D.
The Masters	56	Jack Welch
Merrick is Willing, His Legs are Weak	59	Daniel Brannen

### DEPARTMENTS

From the Publisher . . . . .	5	Technical Tips . . . . .	69
Runner's Forum . . . . .	6	Club Notes . . . . .	73
Running Commentary . . . . .	14	Good News . . . . .	74
Medical Advice . . . . .	18	October Coming Events . . . . .	77
Interview: Craig Harms . . . . .	22	Highlights . . . . .	78
Looking At People . . . . .	62	Fun-Run Update . . . . .	82
Best of Times . . . . .	65	Readers' Comments . . . . .	84

## From the Publisher

The last time I was in Montreal, I must admit, I didn't get a good impression of the French Canadian. But then I drew my conclusion on such people I met as waitresses, bank tellers and shop clerks. I formed this opinion before really meeting the people of Montreal.

This time when we were in Montreal for the Olympic Games, we stayed with the Lehoux family. In fact, all of our 350 tour members stayed with families in Montreal. I now have a different feeling towards the French Canadian. The Lehoux family opened up their home for us. They went well beyond the "call of duty." We just didn't stay at a place, we made friends with a family. It was a friendship that started with the Olympics but will go on beyond this.

Pictured at right: Dr. Armand Lehoux, wife Claire, Nadia, Martine,



Veronique and Helene. On top there is me, my wife Rita, George and Leslie Minarik who helped with the tour.

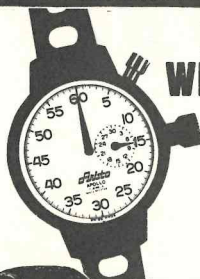
A special thanks to all families of Montreal. You did so much in making this Olympic Games an enjoyable experience. Also, a special thanks to the Wolf Pack who helped with our tour races.

Bob Anderson



HEADQUARTERS FOR STOPWATCHES  
AND ELECTRONIC DIGITAL TIMERS

## NEW WRIST TIMERS



**APOLLO 644**  
7 Jewel-1/5 Sec.  
w/30 min. register  
Side button for  
time-out. **\$32.50**



**LEMANIA 501.218**  
Easy to read dial  
Lightweight  
Fiberglass Case  
60 Sec. sweep  
60 Min. center reg.  
**SPECIAL \$47.50**



**HEUER 775.901M**  
1/5 Sec. central-60 Min.  
Rotating elapsed  
time bezel,  
shock protected.  
**\$68.00**



IN CALIF.  
ADD TAX

New from Cronus

## Cronus 2D

Dual-Display Stopwatch  
Dual-Display Stopwatch

Dual display stopwatch; times to 59:59.99, both Splits and Interval Times, displays both simultaneously! Complete with disposable batteries, lanyard, 2-year warranty.



**\$125**

We feature a complete line of Cronus Digital Stopwatches and Timers.



## QUARTZ ELECTRONIC DIGITAL TIMER

STT II timer has the exclusive memory allowing you to retrieve both total time splits and interval splits for the same event (totalize Taylor splits). The STT II also has the ability to time two different events simultaneously. For example you can time a mile run and time several 100 yard sprints at the same time.

- Liquid quartz display
- Battery life — over 1500 hours
- LARGE 1/2" HIGH DIGITS can be read in direct sunlight
- Solid state electronics —
- Accuracy of 99.999% —
- Timing range of 59:59.99 min.



**STT II \$149.50**

STT III (Without Taylor lap totalizer) ..\$99.50

We have a complete selection of Quartz Digital Electronic Timers and Stopwatches — Send for FREE Brochure.

CRONUS • ACCUSPLIT • MICROSPPLIT  
LEMANIA • HEUER • MINERVA  
RACINE • HANHART • GALLET and others

COACHES — ATHLETIC DIRECTORS: We invite requests for bids on volume timer purchases.

WE SPECIALIZE IN STOPWATCH REPAIRS.

**FELDMAR WATCH CO., INC.**

9000 W. Pico Blvd., Dept. RW  
Los Angeles, Calif. 90035, (213) 272-1196

# Runner's Forum

The free exchange of opinions, ideas  
and information.

## WHAT THE HILL

*"On a flat road runs the well-train'd runner,*

*He is lean and sinewy with muscular legs,*

*He is thinly clothed, he leans forward as he runs,*

*With lightly closed fists and arms partially rais'd."*

Walt Whitman

These lines are from one of the worst poems I have ever read. But I quote it here for the message in the first line.

I think that's a good idea. Running on a flat road, I mean. Maybe it's just a misconception on my part, but I think too much emphasis is placed on hills, especially in cross-country training. There is a negative side of the hill, too.

The reason for running up hills repeatedly (rather than going for a long run and climbing any hill that gets in the way) is to make the runner stronger. Certainly, it has made me stronger—up to a point. Then it seems that I don't get stronger, but slower.

I have found that a lot of good hill training hurts my speed. I'm not sure if the problem with this repeated hill training is mostly psychological or if actually it wears down my legs. But I am sure that I get psyched out by hills when trying to run one repeatedly (and this carries over into my racing). I physically hit the "point of diminishing returns" in the second or third workout (one workout a week).

My experience is that a long run on a hilly road is a much better hill workout than repeating one hill a dozen or more times.

But what I am getting at are the advantages of getting away from hills as much as possible once in a while or, put another way, the advantages of running on a flat road. You can run faster on a flat road, which gives a psychological lift, and that may be the best reason to get away from hills occasionally. You can run more miles without using more effort. Or you can run the same mileage with less energy expenditure on a flat course.

I am not so unaware of geography in this country as to think it's possible for

every runner to be able to choose between hilly and flat terrain. I realize that in some areas there is no flat terrain, but hills are relative. You can pick less hilly roads on which to train as a literal change of pace. It would seem to be a good way to rest up a little for a race when you don't want to cut your mileage.

Since many races are on hilly courses, some sort of hill training is useful. Probably the best advice on hill racing and training I've ever received came from Jack Mahurin of the North Carolina Track Club.

After he "converted" me to road racing, I had a masochistic desire to run up every hill I could work into a course. He did my legs a great favor by telling me his approach to hill training.

"I don't go looking for hills," Jack said, "but when I come to one, I run it."

Fred Lawrence

## WHAT DO YOU KNOW?

We talk about running, we read about it and sometimes many of us even go out to run. But when was the last time you sat down to reflect on what you really know about running? When was the last time you probed your depth of knowledge, examined what you do know and what you do not know about the running?

If you get none of the answers in the following quiz right, it probably means that you take this sport too seriously. If you get half of the answers right, you probably peeked at the answer before reading the question. If you get them all right, you should probably increase your training program, as your friends undoubtedly think you are a wiseacre.

*Who was the first man to run the "Four-Minute Mile"?*

Popular myth says it was Roger Bannister. Unfortunately, for accuracy's sake, this is not true. Roger ran 3:59.4 in that historic race, which, of course, is faster than 4:00. History has little noted, nor long remembered Derek Ibbotson, the man who first ran 4:00.0.

*What is the essential difference between the current training regimes of*



*Olympic-caliber swimmers and Olympic-caliber runners?*

The swimmers train in water.

*Do most Olympic distance runners train on high mileage programs?*

Only the Americans. Most of the Europeans train on high kilometerage programs.

*Can you describe in one sentence the phenomenal progress made by female marathon runners?*

You came a long way, baby!

*In three words, what is the difference between aerobic and anaerobic training?*

A deep breath.

*What is the most important thing that could encourage a runner to attempt his first marathon?*

The fact that he hasn't run one yet.

*Can you describe the basic theory behind long slow distance running?*

If you run long enough slow enough, you'll eventually run fast enough long enough.

*Then what is the basic theory behind interval training?*

If you run fast enough, often enough, short enough, you'll eventually run long enough fast enough.

*What is the definition of Bio-rhythms?*

When you're hot you're hot, when you're not you're not.

*Is it more important to win an Olympic gold medal or to establish a world record?*

It depends entirely on the one you've just accomplished.

*Based on the various charts and statistics published in Runner's World, is there a direct correlation between your ability to run a mile and your ability to run a marathon?*

The statistics and charts have proven conclusively that if you can run a marathon, you can run at least one mile.

*Who is Frank Shorter?*

A lawyer from Boulder.

*Can you name two magazines that are exclusively devoted to outstanding athletic achievement?*

The two most obvious are *Playboy* and *Penthouse*.

*Jerome McFadden*

## WHAT'S IT ALL ABOUT?

Maybe you've stumbled across a pack of runners talking and you were disturbed or mystified to find that you couldn't understand a word in the conversation. Don't worry. These people were speaking a dialect unique among

*(continued on page 8)*

## TRENTON CENTRAL YMCA'S RUN-FOR-FREEDOM MARATHON

12 Miles That Trace General Washington Army's Historic Route from Washington's Crossing, Pa. to Trenton, N.J., Where the Hessians Were Surprised and Defeated 200 Years Ago.

Saturday, Oct. 9, 1976

9 a.m., Trenton Central YMCA

### AWARDS:

- Women—First Five Finishers Among All Entrants
- Men—First Five Finishers in Each Age Category
  - Youth, 18 and Under
  - Open Division, 19-29
  - Middle Division, 30-39
  - Masters Division, 40-49
  - Seniors, 50-59
  - Golden Seniors, 60 and Up.

Certificates to All Finishers

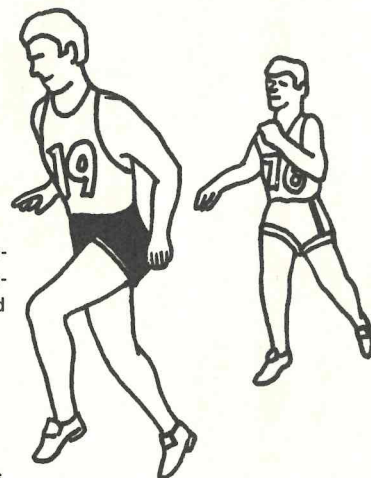
T-Shirts to All Entrants

ENTRY FEE: \$2.00

ENTRY DEADLINE: Oct. 2, 1976

For official entry blanks write:

Physical Department  
Trenton Central YMCA  
2 S. Clinton Avenue  
Trenton, New Jersey 08609



## Introducing your old running shoes.

If you're like most of us, you hate throwing away an old pair of running shoes. And for some good reasons. You paid good money for them. It took more than a few hard miles to break them in properly. And there's probably a lot of wear left in every part of them but the soles. So don't throw them away.

Send them away. For \$11.95, we'll replace your worn-out soles with factory-fresh originals. (Tretorn, Adidas, Puma, Tiger, Nike, Head, Hyde, Converse.)

And to make sure your old tops last as long as our new bottoms, we throw in a few extras when necessary:



Place your check, money order, or BankAmericard/Mastercharge account number and signature, along with your name and address, inside a shoe and mail them to: Tred 2, Dept. 125, 2510 Channing Avenue, San Jose, CA 95131. We'll have them back to you promptly. And already broken in.

Exclusive Tred 2 application process guarantees a perfect, long-lasting bond.





# adidas Marathon

Manufactured in accordance with the adidas tradition for superb quality, the Marathon racing shoe is exactly what you've been needing to give your running a new boost. Featuring a soft, ultra-light goatskin upper that molds to your foot like a sock, the Marathon gives you a better fit and extra protection against blisters. You'll value the shock-absorbing midsole, the padded achilles tendon protector, the perforations for ventilation and the gripping, hard rubber sole. And if you're a race walker, the rounded heel makes it the ideal choice. Treat yourself to a pair of these bright blue-and-white striped trend-setters. Order them today, before your competition does. Sizes 6-12, \$39.95.



Come by our store at 246 Castro St. in Mtn. View!

---

## ORDER FORM

Please send me \_\_\_\_\_ pairs of adidas Marathons, size \_\_\_\_\_. I have enclosed a tracing of my foot to insure exact size, \$39.95 per pair, \$1.50 per pair postage, and 6% tax (California residents only).

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

STARTING LINE SPORTS  
Box 8, Mtn. View, CA 94040

runners and comparable to the lingo of citizens' band radio operators or the babble of child psychology majors.

If you want to communicate with runners, you'll have to learn the meanings of certain key words. For this reason, I've compiled a comprehensive glossary of running terminology which, in plain language, explains the intricate double-talk characteristic of this hardy breed of athlete.

*Achilles' heel.* This is perhaps the nastiest name you can call someone.

*Altitude training.* An uncomfortable training regimen composed of nose bleeds, fainting spells, breathlessness and close calls with rattlesnakes.

*Beach knee.* Watch out for this malady. Beach knee is a dangerous medical condition caused when somebody runs too far on a slanted beach, resulting in the knees collapsing and the runner being mistaken for the washed-up carcass of a dead fish.

*Carbohydrate stuffing.* A dish made from breads and pasta, this is served as traditional Thanksgiving fare.

*Dog days.* Days in which there are unusual numbers of wild, runner-biting dogs about, all looking for trouble. If you hear this term mentioned, it's best to lock yourself in your house and pretend you are suffering from cramps and heat stroke.

*Fallen Arch.* This is an ancient monument through which all runners pass in ceremonial style when they reach the age of 40.

*Fartlek.* Do not recoil in horror when someone says this word to you. It is not an obscene, vicious slur. *Fartlek* is a runner's code word meaning that he or she has spring fever and stopped several times during a workout to admire the flowers.

*A good kick.* Running many miles through a bramble-covered forest, sprinting across a frozen lake or any of the other eccentric actions by which a runner gets his thrills.

*Hitting the wall.* A phenomenon brought on by the words, "Gee, this doesn't seem like a bad pace at all."

*Ingrown toenail.* A slang expression used for someone who is excessively introverted.

*Intervals.* This term refers to those occasional lucid "intervals" when a runner considers giving up running and taking up some sort of normal sport, like ping-pong or golf.

*Lactic acid.* Many runners get into big trouble with undercover narcotics agents by using this term. Actually, it



is quite innocent. Lactic acid is nature's way of saying, "You're no John Walker, are you, Bozo?"

*Over the hill.* This term has many connotations, none of which is particularly relevant here. However, if someone should happen to call you "over the hill," it would be a nice gesture to punch him in the mouth.

*Oxygen debt.* A severe financial condition, this results when a runner travels to a ski resort for high altitude workouts.

*Psyche out.* A terrible emotional trauma brought about by witnessing a contestant set up starting blocks for beginning of a marathon.

*Rabbit.* A derogatory expression which is used for a person who eats a lot of garlic, offensive herbs, black strap molasses and other gamey health foods, thus being forced to run far in front of the pack to avoid proximity.

*Road race.* This scientific term classifies the ethnocultural place of the runner in the world order. The Road Race is a deprived minority with absolutely no power in the scheme of things.

*Shin splint.* A heavy cast which is placed on the lower extremities of the legs and causes many unintelligible oaths.

*Speedplay.* This is a one-act play presented when two marathoners challenge each other to a 100-yard dash. Also known as the theater of the absurd.

*Speedwork.* Speedwork is the answer to the question, "How come you look so gloomy today?"

*Steeplechase.* A jocular, group chase after an imaginary animal, this is much the same as a Boy Scout snipe hunt.

*Track bum.* Recognized as a beach-boy with running shoes, a stopwatch and a Dave Wottle cap.

*The trots.* A handicap race against time which lasts to the nearest clump of bushes. Don't bother signing up for this event.

*Victory lap.* This is an old track custom in which the winner of a race jogs around the track, waving to the crowd and wagging his tongue in a dog-like, "lapping" motion.

Charles Koltz

## CAVING IN

I was running with a friend of mine through the hills surrounding San Jose, Calif. The friend was Kurt Franks, professor of anthropology at a local college. We had been running these hills for several months, but on this day we had decided to try a new section.

The area around San Jose is replete with old mining caves from the Quick Silver era and many of the caves haven't been entered since the time of the mercury boom.

As we were nearing a wide spot on the trail, we stopped to observe a particularly cluttered and well-hidden cave entrance. This was no ordinary cave like those used by the prospectors and it had none of the typical mine markings.

It was a cave, we found out upon entering, that had been inhabited by early man. In fact, designs on the wall and strange letter-like messages were identified by Kurt as more than 9000 years old. Neither of us had the equipment to venture too far into the cave, so we decided to cut our run short, go back home and pick up flashlights and hiking boots.

Later that day Kurt felt that he had unlocked the meaning of those strange symbols of the lost culture. The symbols centered around a narrative between two cavemen discussing one of the men's latest inventions. Here is part of what Kurt was able to decipher.

"I think I have come up with something that will top the old wheel I thought of last week," Hud boasted.

"Your wheel will never get off the ground, Hud. Inventing is not your bent," Mog complained.

"But this time I really came up with something great. I call it track and field."

"What's track and field?" Mog replied. "Is it something you can eat?"

"No, no. This is big. It's a sport," Hud said.

"I'll bite. What's it all about?" Mog asked.

"First of all, you and I must clear a giant circle in the middle of Gong's meadow. It should be approximately a quarter-mile around. The circle will be wide enough so that eight men can stand side by side on the track," Hud said.

"But . . ."

"But what, Mog?" Hud said.

"That sounds wonderful, but what's a quarter-mile?"

"Never mind that now. I've got more to tell you first. The men will race around that circle until one of the guys crosses the finish line. That guy will be the winner of the race."

"Now wait a minute! All day long we chase after bears and elephants and other wild creatures. How could anyone ever enjoy running in circles for the fun of it?"

(continued on page 10)

## LYDIARD NOW AVAILABLE AT RETAIL STORES ACROSS THE NATION

### ALABAMA

Ron's Sporting Goods, Cloverdale Road  
Florence 35360 (205) 764-6852

### ARIZONA

Roger Harris Sporting Goods, 3119 North Cambell  
Tucson 85705 (602) 326-4444  
Footlocker #7101, Metro Center  
Phoenix 85021 (602) 997-5391

### CALIFORNIA

Footlocker #7100, Puente Hills Mall  
City of Industry 91744 (213) 965-9060  
Footlocker #7103, Fox Hill Mall  
Culver City 90230 (213) 397-0528  
Footlocker #7104, Santa Anita Fashion Mall  
Arcadia 91006 (213) 445-9031  
Footlocker #7106, West Covina Fashion Plaza  
West Covina 91709 (213) 962-0210  
Footlocker #7107, Westminster Mall  
Westminster 92683 (714) 893-9596  
Footlocker #7108, Topanga Plaza  
Canoga Park 91303 (213) 340-9403  
Footlocker #7109, Central City Mall  
San Bernardino 92401 (714) 885-9482  
Footlocker #7110, Tyler Mall  
Riverside 92503 (714) 899-9372  
Footlocker #7112, Lakewood Shopping Center  
Lakewood 90712 (213) 634-9375  
Muzik's, 1012 S. Pacific Coast Highway  
Redondo Beach 90277 (213) 749-2178  
Steve's Sporting Goods, 2577 Pacific Coast Hwy.  
Torrance 90505 (213) 326-3736  
Steve's Sporting Goods, 4330 Redondo Bch Blvd.  
Torrance 90504 (213) 370-5585  
Stub Five Shoes, 265 N. Hickory St.  
Escondido 92025 (714) 746-3377  
T. R. S. Sporting Goods, 9242 Slauson  
Pico Rivera 90660 (213) 949-1254

### COLORADO

Footlocker #7114, Southglen Shopping Center  
Littleton 80122 (303) 794-9826  
The Front Runner, 2825 E. Second Ave.  
Denver 80206 (303) 355-3876  
The Front Runner, Cinderella City  
Englewood 80110 (303) 781-0702  
Sporting Feet, 30th at Baseline  
Boulder 80303 (303) 447-0875

### ILLINOIS

The Front Runner, 1812-14 N. Clark  
Chicago 60614 (312) 642-2042

### INDIANA

Bob's Tennis Shop, 583 Broadway  
Anderson 46012 (317) 643-3010

### MASSACHUSETTS

Marathon Sports, 1654 Massachusetts Ave.  
Cambridge 02138 (617) 354-4161  
Runner's Shop, 15 Strong Ave.  
Northampton 01060 (413) 586-1971

### MISSISSIPPI

Bill Brumley Sporting Goods, 313 Main St.  
Columbus 39701 (601) 328-0935

### MINNESOTA

Body 'n Sole, 4006 20th Ave. So.  
Minneapolis 55407 (612) 721-4743  
Footlocker #7102, Ridgedale Shopping Center  
Minnetonka 55343 (612) 545-0036  
Footlocker #7105, Maplewood Shopping Center  
Maplewood 55109 (612) 770-5111  
Footlocker #7111, Brookdale Shopping Center  
Brooklyn Center 55443

### NEW JERSEY

The Athlete's Foot, Woodbridge Center Mall  
Woodbridge 07095 (201) 636-2024

### NEW YORK

The Achilles Heel, Northtown Plaza  
Buffalo 14226 (716) 834-3338  
The Athlete's Foot, Kings Plaza  
Brooklyn 11234 (212) 253-7555  
The Athlete's Foot, Sunrise Mall  
Massapequa 11758 (516) 795-2030  
Long Island Track Equipment, 1935 Wantagh Ave.  
Wantagh 11793 (516) 781-0203  
Runner's World, 198 Seventh Avenue  
New York 10011 (212) 691-2565  
The Ski Market, Transitown Plaza  
Williamsville 14221 (716) 634-8160  
Tom Kat, Route Six  
Mahopac 10541 (914) 628-9292

### OHIO

All Sports, 3160 West Broad St.  
Columbus 43209 (614) 272-1829  
Churchill's Adventure Shop, 2140 So. Byrne  
Toledo 43614 (419) 385-4599

### OREGON

The Athlete's Foot, 9510 S.W. Washington Sq Rd  
Portland 97227 (503) 639-8328  
The Locker Room, 405 N. First  
Hermiston 97838 (503) 567-9559  
Running Necessities & Such, 233 N.E. 28th  
Portland 97232 (503) 232-1575

### TENNESSEE

The Athlete's House International, 1700 Portland Ave.  
Nashville 37212 (615) 292-8110

### TEXAS

Footlocker #7113, Six Flags Shopping Center  
Arlington 76011 (817) 649-0055

### VIRGINIA

Power Athletics, 1065 West Broad St.  
Falls Church 22046 (703) 532-8333

### WASHINGTON

Super Jack 'n Jill, 401 N.E. 71st  
Seattle 98115 (206) 522-7711

### WISCONSIN

Barefoot Sports, University Square Mall  
Madison 53715 (608) 251-8900  
The Running Foot, 707 Westhaven Road  
Chippewa Falls 54729 (715) 723-7375



Mog's question stumped Hud and he had to think for several minutes before he replied, "There will be more to track and field than just running around the track. Gosh, there's plenty of stuff to throw in to add interest. We could have the runners jump over little logs every few steps. That would be exciting."

"Only if they fell," Mog laughed. "Your idea stinks!"

"But I can come up with other things to go along with that. How about tossing a few spears or rocks to see who could throw them farthest?"

Mog was really enjoying this at his friend's expense. "When the boys at the corner cave hear about this, they'll toss spears at you, Hud," Mog said. "It might be best if you spent a little time in the rubber cave. You're cracking up!"

His buddy's words sent Hud back to the corner of his cave where he remained for several hours just thinking about the problem.

"Okay," Hud said. "The final touches have been added and I've spiced up track and field so that everyone will love it. In addition to the other fine things I have discussed with you, there are a couple more gems that will surely bring in the masses. We'll put a long

path in the center of our track and place a sand pit at one end of that path. The object will be to leap into the air and fall in the sand. The man who can accomplish this without disturbing the cats will be the winner."

"Yech!"

"Then what about giving the guys long bamboo poles and making them . . ."

"Forget it, Hud. We do too much of that stuff now as it is. We jump over streams to escape the saber-toothed tiger almost daily. Your best idea would be to go back to the old drawing rock," Mog said.

He could see that his good friend was just beating his head against a stone wall. Mog wished to be encouraging, but the junk that Hud was coming up with was too much, even among pals.

But our fearless hero kept up his effort to make his invention of track and field exciting and challenging for all who attempted it.

"Here's the ultimate!" Hud burst out. "Why hadn't I thought of it before? It's all so simple. There must be a race that will be impossible for all but the bravest and strongest of men. It should require much fortitude to win. I'll call it the marathon. Marathon! Why the very name sends chills up my spine. Listen to what is involved.

"The race will be 26 miles and 385 yards long. What an event! It will take the best to make it through to the end. This race will separate the men from the boys. My plan is beautiful. And after all that toil and strength-draining effort, we'll award the ultimate prize, too," beamed Hud.

"Golly, Hud, with so much running and sweating that marathon sounds like a true test of ability. What extraordinary prize would you give out?" Mog asked.

"A ribbon!"

Kurt Franks could not find any more symbols to finish Hud's story. Time must have erased those last important facts. All that was left besides the last of the symbols was a spatter-like mark that looked something like blood.

*Hollis Logue III*

## RAINBOW RUNNING

Running clubs and coaches have used a variety of methods to create opportunities for the less-talented runners to achieve success such as handicap runs, pace judgment sessions, orienteering and relays. Rainbow Running can now be added to this list and can be easily adapted to your own locale and needs.

The objective of the competition is to collect a specified series of colored marks in the quickest possible time, hence the name of Rainbow Running.

Rainbow Running combines the elements of speed, memory and luck. The race can be conducted on any-sized site. You will need fluorescent cones or similar distinctive standards, strips of athletic tape, felt tip markers in a wide variety of colors and a copy of the rainbow sheet for each official.

The rainbow sheet is prepared before the race begins. It lists a series of various color sequences, no two of which are the same, and has a space beside each sequence to list the runner's name (and number), team assignment and order of finish.

The size of the area where the run will be conducted can vary according to your own needs and the availability of sites.

Put the fluorescent cones at random points around the chosen site and put a felt tip marker under most of the cones. These felt tip markers are the objects of the search in Rainbow Running and the competitors should not know their placement.

I use four officials when conducting the run on a large field and two officials when the run is set up for sprints. Each official has a copy of the rainbow sheet, and I place them at points on the course which are not too close to any particular cone.

Runners are told their colors secretly so that the more observant competitors will not be able to key off of the other runners and ascertain the placement of a color without actually running to that cone. After all of the runners know their first colors, the race is ready to begin.

Find your first color, write the number "one" in that color on your tape, replace the marker and then go to the nearest official for verification. That official will tell you your second color. Find it, write the number "two" in that color on your tape, verify it with an official and so on, through the colors. When finally completing your sequence, report to the head official for verification and order of finish.

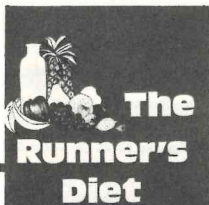
As mentioned previously, the competitors do not know their team assignments. This is to discourage them from assisting one another in locating the colors. After all runners have completed their Rainbow Run, team scores are tabulated as in cross-country with the lowest score winning.

*Mike Hammond* ●

## Top Selling Book for Runners

One of the best selling running books of all time. An expert look at food and drink as a beginning, a way to better things. Weight, digestive disturbances, water-salt balance and pre-race diet are all looked at by nutritional experts as well as runners.

Order your copy today and put *The Runner's Diet's* advice in to practice.



by the Editors of  
RUNNER'S WORLD Magazine

### Order Form

Please send \_\_\_\_\_ copy(ies) of *The Runner's Diet*. Enclosed is \$1.95, plus 40 cents postage per book. Calif. residents add 6% tax.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Runner's World, Box 366  
Mountain View, CA 94040



# Train in Tigers ...Triumph in Tigers



Tiger Shoes are the choice of World Class runners in NCAA, AAU, and Olympic Competition.

At the NCAA Championships in Philadelphia, athletes in Tiger Competition Shoes set meet records with wins in the 10,000 meter run and 3000 meter steeplechase event where 70% of the runners were in Tigers.

At the AAU Championships in Los Angeles, competitors in Tiger Shoes took the top three places in the Women's 3000 meter run and set a new American and AAU record. Tiger runners took first in the Men's 5000 meters, 3000 meter steeplechase and a smashing 1, 2, 3, 4 sweep in the 10,000 meter run.

At the '76 Olympic Trials in Eugene, Oregon athletes in Tiger Shoes qualified for the U.S. Olympic Team with wins in the Men's 5000 meters, and Women's 100 meter hurdles, second place in the women's 1500 meters, third in the Men's decathlon and a 1, 2 victory in the marathon.

These triumphs in Track and Field have been made possible through extensive training. Training that is now possible because of the development of modern equipment. Tiger Training Shoes are designed to enable the runner to train longer with features like a high density rubber sole, built-up heel, and extra cushioning to virtually eliminate leg shock and achilles tendon strain. This means less stiffness and soreness after extended training sessions and less chance of injury.

The molded heel collar, ankle pad, arch support and terry cloth-foam insole combine with high quality leather uppers making the Tiger Corsair a comfortable and rugged training shoe.

The lightweight Tiger Montreal features cool breathable nylon uppers with a special heel counter and wide heel for extra stability.

Tiger Competition Shoes — for Track and Field, Marathon, Long Distance, Cross Country, Volleyball, Soccer, Football, Basketball, Gymnastics, Fencing, and Tennis, and training shoes to develop and perfect your running skills.



T-28 Montreal

T-24 Corsair

*Retailers! Ask your distributor for the new Tiger Catalog.*

#### U.S. DISTRIBUTORS

Buckley & Co., Pete  
650 Great Southwest Pkwy, Atlanta,  
Georgia 30336  
(404) 349-7220

Florida, Alabama, Georgia, Tennessee,  
Kentucky, Virginia, North & South  
Carolina, Mississippi and West Virginia

Curley-Bates Co.  
860 Stanton Road, Burlingame, Calif. 94010  
(415) 697-6420

Washington, Oregon, California, Montana,  
Idaho, Nevada, Wyoming, Utah, Colorado,  
Arizona, New Mexico, Alaska, Hawaii & El  
Paso

Davis, Inc., George A.  
7205 Hibbs Lane, Levittown, Pa. 19057  
(215) 943-3300

Pennsylvania, New York, New Jersey,  
Maine, Vermont, New Hampshire,  
Massachusetts, Connecticut, Maryland  
Delaware, Rhode Island, Washington, D.C.

General Sports Corp.  
c/o Demco (Dana E. Morrison Jr. Co.)  
5121 N. Ravenswood Ave., Chicago,  
Ill. 60640  
(312) 561-0861

Ohio, Indiana, Illinois, Missouri,  
Wisconsin, Iowa, North & South Dakota,  
Nebraska, Minnesota & Michigan

Olympic Sports  
2607 National Circle, Garland, Texas 75041  
(214) 271-1583

Kansas, Oklahoma, Texas, Arkansas &  
Louisiana

**Onitsuka**  
**Tiger**

#### EXCLUSIVE CANADIAN DISTRIBUTOR

Vikski Canada Ltd.  
2058 Trans Canada Highway, Dorval, Quebec  
H9P 2N4  
(514) 683-4020

Canada

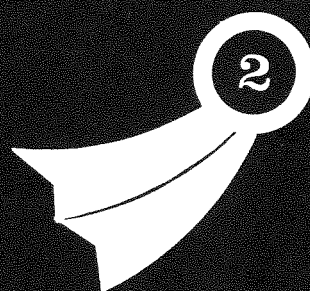


# We have the top 9 shoes in stock!

## Adidas SL 72 & 76



First in popularity and overall quality in the RW shoe survey! A nylon training shoe designed to relieve strain on the achilles tendon, with an elevated, rounded heel. SL 72 is blue with white stripes, SL 76 is green with yellow stripes and has special easy-lace closing. Sizes 5-13 \$30.95, with discount, \$27.85.\* Indicate if color can be substituted to speed up processing of your order.



## Puma 9190



"Puma's answer to the SL 72 . . . matches its rival point for point in all other respects [besides number of users]—a blue and white nylon training shoe, with a slightly-more elevated rounded heel, slightly-more flexible ripple sole, and high tendon pad. Sizes 3-13, \$29.95, with discount, \$26.95.\*

## Tiger Jay Hawk



The leading racing flat, designed for distance and cross-country. A lightweight shoe with a thin, flexible sole, rounded heel and gum rubber suction cup tread. Gold nylon with navy stripes, sizes 4-13 \$24.95, with quantity discount, \$22.45.\*

## Nike Boston '73



Worn by four of the first seven finishers in the '72 Olympic marathon trials. A racing flat with rounded heel, unique stitch-free toe, Spenco insoles, and good arch support. Blue with white nylon, sizes 3-13, \$21.95 with quantity discount, \$19.75.\*

## Tiger Montreal '76



A light, protective nylon trainer, available in either blue or red with white stripes. This nylon version of the popular Cortez has a ripple sole, wide heel, and color-coordinated thick heel wedge. Sizes 3-13, \$25.95, with discount \$23.35\* Indicate if color can be substituted to speed processing of your order.

## Adidas



**SPECIAL  
PURPOSE**

## Nike Oregon Waffle



For cross-country and all-weather track racing. Built on a spike last, with rubber nubs which substitute for spikes, and a partial cutaway under the arch. Has small heel lift and good flexibility. Yellow nylon with green trim, sizes 4½-13, \$24.95, with discount, \$22.45.\*

## Adidas Marathon



For race walking and distance running. Soft, form-fitting goat-skin upper with ventilated, seamless toes and contoured, arch-supporting interior. One of the lightest flats on the market. Blue with white trim, black toe cap and sole. Sizes 6-12, \$39.95, with quantity discount, \$35.95.\*



# \* Special Quantity Discounts

Order three or more pairs of shoes (same or different models) and take special discount price listed with each shoe.

# Starting Line Sports

Or Come by 246 Castro Street, Mountain View, CA

## ORDER FORM

Quantity	Model	Color	Size	Price	Total

Subtotal \_\_\_\_\_  
 Charge Information: 4-Digit No. (M/C) \_\_\_\_\_ Cal. res. add 6% tax \_\_\_\_\_  
 Card No. \_\_\_\_\_ Postage\* \_\_\_\_\_  
 Expiration Date \_\_\_\_\_ Letter Code \_\_\_\_\_ TOTAL \_\_\_\_\_

Check to receive free calendar with shoe order.  
 Check to order calendar separately. Include \$1.95 plus 50 cents postage, 6% tax in California. \*Postage: \$1.50 for first pair, 50 cents each additional pair.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_

Starting Line Sports, P.O. Box 8, Mountain View, CA 94040

CALL OUR HOTLINE NUMBER (415) 965-3240 TO CHARGE IT TO YOUR BANKAMERICARD AND MASTER CHARGE

## New Balance 3:05



New nylon training shoe with special flared heel stabilizes the foot, reduces ankle-roll injuries. Tough but light ripple sole with rounded heel, available in D and E widths. Blue with blue & white trim, sizes 7-12 D-E, \$24.95, with quantity discount, \$22.45.\*

## Nike Road Runner



A hot new item that's sure to be widely popular by next year, says the survey. Green nylon with blue and yellow trim, rigid heel counter, extra-high achilles pad, thick heel wedge and rounded heel. Sizes 3-6½, 8-8½, 10½, \$20.95, with discount, \$18.95.\*

## Country

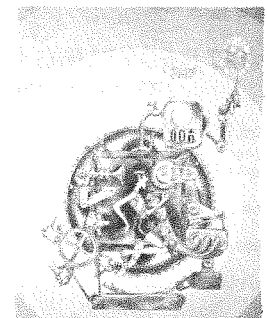
"One of the most popular leather shoes on the market." Gives you the extra support and protection of leather, but weighs no more than some of the nylon training shoes. Rounded, flared heel. White with green trim, sizes 5-13, \$28.95, with discount, \$26.05.\*

## Tiger Nairobi



"A light but durable shoe which can be used for racing and training. Next to the SL 72/76, it's the most preferred all-purpose model," states the survey. Ripple sole, blue nylon with white stripes, sizes 3-13, \$21.95, discount, \$19.75.\*

## Free with every shoe order:



This running poster may inspire laughter as much as greater effort. It is a four-color reproduction of a sport painting used on a cover of Runner's World. 23" x 18". \$2.45, post-paid if ordered separately.

## Adidas Runner

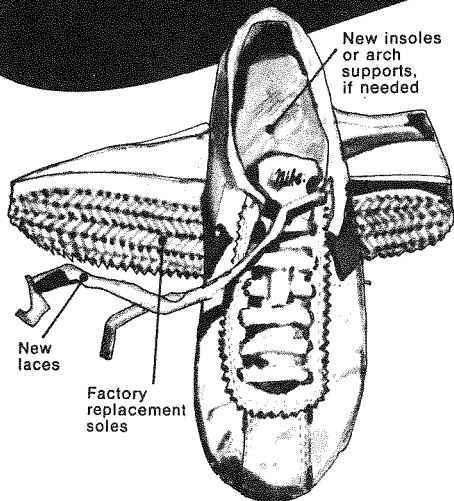


Lightweight trainer of beautiful gold easy-breathing mesh nylon. Built-in wedge and durable star profile sole make for good, hard mileage. Blue velour reinforcements at the stress points add foot protection. Sizes, 7-12. \$35.95, discount, \$32.35.\*

**FREE!**



# New life for old Nikes!



**Your old running shoes can be your new running shoes! And they're already broken in.**

**We can make them nearly new again.**

We'll make other necessary repairs, AND we'll pay postage back to you! And we ship them back fast—prepaid. Usually 3 to 5 days after receipt. Mostly via UPS for extra speed. So, give your old faithfuls new life. We're a factory authorized Nike repair center. Satisfaction guaranteed. You can't lose.

**\$11.95**

**NIKE**

Mail to

**SHOE RECYCLING CENTER**

10564 S.E. Washington St.  
Portland, Oregon 97216

**Shoe Recycling Center**

Enclose check, money order or credit card number. NO C.O.D.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Model \_\_\_\_\_ Size \_\_\_\_\_

BankAmericard or  
 Master Charge # \_\_\_\_\_

# Running Commentary

by Joe Henderson

In more than 25 years of running, Jim Shettler never had finished a marathon. There had been three tries but no completions. He was upping his training in hopes of correcting this in August on the Ocean-to-Bay course, south of San Francisco.

On Thursday, he and his training partner got lost in a park above Oakland. They ran 23 hilly miles in something over three hours. He called a friend that night and joked that he'd set a "PR for distance."

He was out again the next morning, Friday, for an easy run. A passing motorist saw him fall to the road and thought he'd tripped. But when the runner didn't get up, the man stopped his car and got out to see what was wrong. Something was badly wrong, and he called an ambulance. Too late. Shettler already was dead. The coroner ruled it was a heart attack that killed him.

Runners have died before. We get reports on a half-dozen running-related deaths each year. Critics of the activity are quick to pounce on them. They send clippings with notes in the margins: "If he hadn't been running, he'd still be alive."

Runners, who've had their faith in the health-giving capacity of the sport shaken, write to beg for reassurance. I tell them, "It was a freak happening. He could have died in bed. If you take a few simple precautions, you have nothing to worry about."

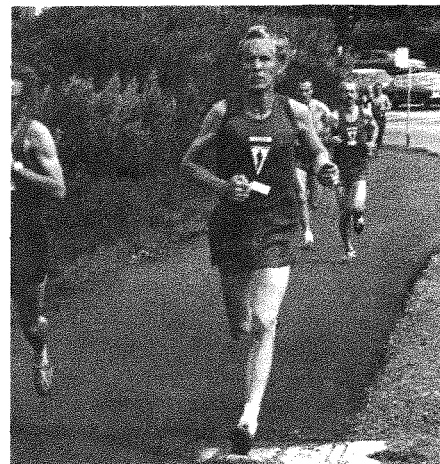
The runner who dies usually fits a certain profile: coming back after decades of decadent living, less than a year into running, 10-20 or more pounds overweight, runs sporadically at short distances and too fast, had early symptoms of heart disease which might have been picked up by a stress test if he'd taken one.

These deaths, unfortunate as they are, can be explained away. Runners who don't match this profile can say, "Too bad . . . but it can't happen to me." Jim Shettler's case says that it can.

He was 42 years old but looked 10 years younger and ran like someone 20 years younger. He had been running almost without interruption since he was a teenager. He had the lean, leggy, hungry look of a champion long-distance runner, which he was. Within the past

year, Jim had won the National AAU Masters 25-Kilometer run.

While technically Shettler didn't have the "full protection" from heart disease which the American Medical Joggers Association claims for marathon finishers, he trained like a marathoner. Recently, he had been averaging about 10 miles a day.



Jim Engle

*Jim Shettler in competition.*

His health record was clean. His father had developed non-fatal heart disease in his 30s, and Jim worried a little about having it himself. So he took a stress test less than two years ago. It showed nothing abnormal.

All of this made Shettler's sudden death more shocking and frightening than any I can remember. The callers and letter-writers seemed to say, "If he's vulnerable, we all are. No one is safe from a disease which takes the best of us." Our comfortable beliefs in the immortality we were building with each running step were badly shaken.

We looked for logical explanations—a wandering blood clot, an aneurysm which burst, an exotic virus which attacked the heart—but knew Jim probably died for the same reasons millions of non-running middle-aged men do each year. His running hadn't saved him. We hoped that it alone hadn't killed him.

Mrs. Shettler might have been bitter toward the sport which took away her husband. Yet she told a local running official the day he died, "Jim loved running and wouldn't have wanted to see it hurt by something like this. I know that the wrong kind of news could set run-



ning back 10 years, so I'm asking for a full autopsy and will make the results public."

She asked runners Dan and Joan Ull-  
yot to do the autopsy. Dan is a heart  
specialist. Joan's training is in pathology  
and exercise physiology.

They said they found one spot of  
cholesterol buildup in an artery leading  
to Shettler's heart—a basically strong  
and healthy heart with generally wide,  
clean arteries. The bad spot, which ap-  
parently had developed only in the last  
six months, had produced the fatal at-  
tack. (Joan Ull-  
yot reports the findings  
in more detail in the following article.)

Two questions are now sure to be in  
the minds of older runners. The first is,  
"Can this happen to me?"

Yes, it might. No one can guarantee  
that it won't happen, though it isn't  
likely. Millions of Americans run, most  
of them are in far worse shape than any-  
one reading this magazine, and only a  
few each year die from it. The odds,  
then, are more than 100,000 to one  
against anything happening.

The second question is, "What can I  
do to guard against this kind of acci-  
dent?"

One answer is, "Don't stop what  
you're doing." While running the AMJA's  
prescribed six miles a day may not in-  
sure immortality, there is strong evi-  
dence that it helps. Joan Ull-  
yot speculates that Shettler's arteries might have  
been clogged years earlier if he hadn't  
been a runner.

Another answer is to watch your  
diet. It's ironic that the August issue  
was going to the printer when Shettler  
died. It had an article entitled, "How  
Diet Can Change You."

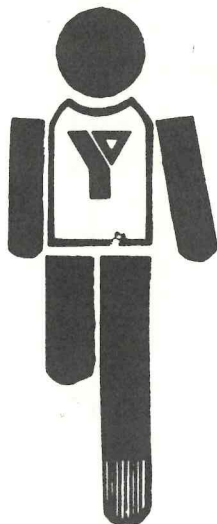
Donald Monkerud wrote, "High fat-  
high cholesterol diet leads to closure of  
the arteries, and no amount of running  
will fully reopen the arteries once  
they're clogged."

He said, however, that a combination  
of exercise and diet may reverse the  
clogging. The article gave the specifics  
of this diet.

Joan Ull-  
yot's book, *Women's Run-  
ning*, also was being printed when Shet-  
tler died. In it, Dr. Ull-  
yot reported on  
research involving blood fats. She said  
the vegetarian runners have the best  
(lowest) cholesterol and triglyceride  
readings, meat-eating distance runners  
are next, then non-running vegetarians.

Jim Shettler's tragic death should  
force us all to look more realistically at  
running. By itself, it neither kills people  
nor gives them absolute protection from  
killing diseases. No other sport is judg-

*(continued on page 16)*



## GRAND RAPIDS YMCA MARATHON

Held at Grand Valley State College

Saturday, October 16, 1976

Races: 6½ miles, 13 miles full marathon.

Entry Fee: \$3.00 until Oct. 9, 1976

Late Fee: \$5.00 accepted until 11 am on Oct. 16.

Awards: Male Division 4 age groups; Female

Certificate given to all finishers. AAU  
certified course. Sponsored by Central YMCA,  
Noon Y's Mens Club. For official entry  
blanks write:

YMCA Grand Valley Marathon  
Central YMCA  
33 Library Street  
Grand Rapids, Mich. 49502

### MASTERS ONLY!

#### BERKSHIRE 10,000 METER ROAD RACE

8 Age Divisions for Men  
2 Ave Divisions for Women

Sunday, September 12 1:00 P.M.

BERKSHIRE INDUSTRIES ATHLETIC FIELD  
BARNES AIRPORT, WESTFIELD, MASS.

- Classes (Men) 40-44, 45-49, 50-54, 55-59, 60-64  
65-69, 70-74, 75 and over.
- Classes (Women) 35-39, 40 and over.
- Medals for all finishers.
- Cookout after race.
- Dressing facilities and showers will be available.

*If you are already on our mailing list, you will receive your  
entry blank in August. If you are not, please contact:*

OTTO ESSIG, BERKSHIRE INDUSTRIES  
WESTFIELD, MASS. 01085  
Phone- (413) 568-8676



## THE GREAT RACE

PERRY, FLORIDA

FLORIDA FLORIDA  
FOREST TRACK  
FESTIVAL CLUB



9:00 a.m. October 23

DISTANCE: 10,000 meters  
DIVISIONS: 12 & under,  
13-18, 19-29, 30-34, 35-39,  
40-44, 45-49, 50-54, 55-59,  
60 & over; Male & Female  
in each age division; Teams  
AWARDS: Total of 75 medals  
and merchandise prizes.  
T-shirts to all finishers.

INFORMATION AND ENTRY  
FORMS:

FLORIDA FOREST FESTIVAL  
P.O. Box 892  
PERRY, FLORIDA 32347



Come to  
MOSCOW  
with us in 1980

It looks like our Moscow tour is going to be a popular one. Already 91 people have signed up and since we don't know how many we can take in 1980, I do suggest that you sign up early.

We took 350 people to Montreal and had a great trip. The trip to Moscow will be expensive but if you start planning now it shouldn't be all that bad. If you want to go, send a \$50.00 deposit per person. Write: *Bob Anderson, Runner's World, Box 366, Mountain View, Ca. 94040.*

ed so heavily by what it does or doesn't do in this regard, and it may be time that we quit making running carry such a burden.

### THE MEDICAL REPORT by Joan Ulliott, M.D.

Jim Shettler's death at age 42 sent shock waves through the running community, not only because of grief at the early loss of a well-known and well-liked friend, but also because of creeping paranoia.

Jim had "lived like a marathoner" all his life. He was lean (6'1", 150 pounds), a non-smoker with the typical runner's slow pulse and low blood pressure. Moreover, unlike many older runners, he had been fit all his life, and had been a leading competitor at distances from 3000 meters to 10 miles since age 15. The day before his death, Jim ran for three hours over hilly terrain in training for an upcoming marathon. His running partner described him as energetic, in good spirits and excellent condition. So if Jim wasn't protected by running, who is?

The initial coroner's report of "myocardial infarction"—a heart attack with death of some of the heart muscle fibers—did nothing to dispel the gloom and confusion among Jim's friends.

The Shettler family asked me to review the autopsy findings in hopes of clarifying the circumstances of Jim's death. There was, in fact, no visible infarction, thus explaining the lack of any symptoms—chest pain, pressure, nausea, heartburn and so on—preceding the collapse.

However, confirming the rule that running will not endanger a healthy heart, there was indeed an underlying heart problem in Jim's case—a segmental narrowing (perhaps even a total occlusion) of the left anterior descending coronary artery, one of the three principle arteries supplying blood to the heart muscle and to the conduction system of the left ventricle.

Apart from this one-centimeter-long segment which was narrowed by accumulated cholesterol deposits, the coronary arteries were generally free of atherosclerosis, and the heart muscle itself appeared strong and free of any evidence of poor oxygen supply, such as old scars.

The most likely cause of death, then, was a fatal arrhythmia—disturbance of the heart rhythm—resulting from coronary artery disease, which interfered with blood flow to the conductive tissue.

Why Jim Shettler? This is a difficult

question to answer. The principle "risk factors" associated with coronary artery disease, the number one health problem and cause of death among American males, were absent in Jim's case—as indeed in most runners. These are (1) smoking, (2) high blood pressure, (3) sedentary life style and (4) diabetes.

Two other risk factors, however, were present: stress, which had been unusually high recently, since Jim had been acting chairman of his department at Diablo Valley College, and most importantly, a positive family history.

Jim's father apparently had suffered an infarction while still in his 30s, and the father and several uncles had eventually died of heart attacks. We don't know yet if this apparent family tendency to coronary artery disease is due to some lipid abnormality. Jim's cholesterol was apparently not dangerously high, but this fact does not rule out the presence of a familial hyperlipidemia.

Could the coronary narrowing have been detected and the death prevented, perhaps by a bypass operation? Jim had apparently undergone a "stress EKG" more than a year ago, with normal results. I suspect that his heart was so well conditioned that even if the narrowing had been present at that time, a submaximal treadmill test might have missed it. Fifteen per cent of such tests are "false negatives." The only procedure which would have revealed the narrowed segment is a coronary arteriogram—x-ray of the arteries—a hazardous test which no responsible physician would recommend for a well-conditioned runner with no chest pains and a normal treadmill test.

Despite his active running career, Jim Shettler was obviously not immune to coronary artery disease. Protection cannot be absolute, though the extreme rarity of deaths because of heart disease in runners of Jim's caliber certainly seems to indicate there is relative protection.

It is my firm opinion, judging from the generally healthy condition of the coronaries, that running probably prolonged Jim's life. As for the actual circumstances of death, a fatal arrhythmia could have occurred at any time—while sleeping or watching TV or walking. Running was *not* the cause of death.

Jim didn't run in order to avoid a heart attack. He ran because it was a vital part of his life, for almost 30 years. He ran for the enjoyment and exhilaration he experienced. I doubt that he would have changed his life style or become sedentary even if he had known of his coronary disease. ●



The New York Road Runners Club announces The

# NEW YORK CITY BICENTENNIAL MARATHON



Super Fast Course  
A Five Borough Run for  
**THE SAMUEL RUDIN TROPHY**

Sunday, October 24th, 1976 10:30 AM

---

---

This year's certified course crosses all five boroughs of New York City: Staten Island, Brooklyn, Queens, The Bronx, and Manhattan. Start will be at the Verrazano Narrows Bridge—finish at Columbus Circle.

Specially designed tee shirts to the first 1000 entries -  
New York City Marathon Medals and Certificates to all finishers.

Team and Individual prizes will be awarded in all divisions.

Due to the uniqueness of this event no post entries will be accepted.

For information contact:

N.Y. Road Runners Club  
P.O. Box 881,  
FDR Station,  
New York, New York 10022

Special Notice

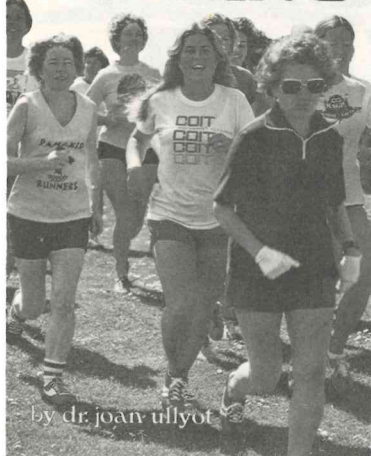
The New York Academy of Sciences is convening a four day conference entitled—

The Marathon: Physiological, Medical, Epidemiological, and Psychological Studies

to begin October 25th, 1976. See the "Marketplace" section of this issue for further information.



# WOMEN'S RUNNING



by dr. joan ullyot

The new book that breaks down the old barriers. *Women's Running* opens the avenues for women to take their first running steps.

Emphasis on the mature woman who runs for fitness and long distance competition. Medical advice for avoiding or correcting the ailments women encounter in running. Tips on shoes, clothing, diet and more. Training routines for women at all stages of running. And women-related research findings (Dr. Joan Ulyot, the author, specializes in exercise physiology).

Order your copy today! 1976, 160 pages, illustrated, hardback, \$5.95, paperback, \$3.95.

Please send \_\_\_\_\_ copy(ies) of *Women's Running*.

( ) Hb., \$5.95 ( ) Ppb., \$3.95

Add 40 cents postage per book. Calif. residents add 6% tax.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

Runner's World, Box 366  
Mountain View, CA 94040

# Medical Advice

*George Sheehan, M.D.*

## HEEL SPUR SYNDROME

**Q:** *What is a heel spur?*

**A:** A heel spur is an extrusion of bone on the under surface of the heel. It is also thought, although incorrectly, to be the cause of heel pain which is worse during and immediately after activity and on arising in the morning. The pain feels like a nail sticking into the foot or a feeling frequently described as "stone bruise."

**Q:** *If the heel spur doesn't cause this pain, what does?*

**A:** Strain of the plantar fascia and inflammation at its insertion to the heel. The plantar fascia is the bowstring of the arch of the foot. It is a dense sheet of tissue that extends, fan-shaped, from the toes narrowing down to anchor at the heel. The heel spur, therefore, is the innocent victim of a strained plantar fascia.

**Q:** *What causes strain on the plantar fascia?*

**A:** Any combination of events that causes the arch to flatten or pronate will put excessive strain on the plantar fascia. In common with most overuse syndromes of the foot, leg and knee, this this means structurally weak feet, strength/flexibility imbalance, inadequate shoes, hard surfaces, and excessive time or intensity of training.

**Q:** *The heel spur syndrome then is an indication that the entire foot is failing?*

**A:** Exactly. Given a weak foot, tight inflexible calf muscles, the 5000 foot strikes an hour you get in running games, poor shoes and an unyielding running surface, the foot begins to function abnormally and finally fails. If the fascia is strong, the abnormal forces may result in achilles tendinitis or runner's knee or some other problem. But where the fascia fails to carry the load, heel pain occurs.

**Q:** *What do you mean by a weak foot?*

**A:** A weak foot is structurally inadequate to its task of balancing the forefoot and rear foot and distributing weight on the forefoot. The most common weak foot is the Morton's Foot, also known as the Grecian foot or the atavistic foot. It is easily recognized by

its short big toe and long second toe. The inner border of this foot is lax. In foot strike and weight bearing, it takes up the burden late thereby imposing a major part of the work inappropriately on the other metatarsal bones. The result is collapse, pronation, flattening, whatever you want to call it. An abnormal torque or twist is set up ascending through the foot to the leg, knee, hip and beyond.

**Q:** *How does muscle tightness contribute to the heel spur pain?*

**A:** The runner of athlete at full foot plant comes forward about 10 degrees past the perpendicular over his foot. If the muscle can't give him this 10 degrees, (and in 95% of runners, it can't), that movement comes through further flattening or collapsing of his arch. Training which increases this tightness and further shortens the prime-movers therefore increases rather than decreases the susceptibility to heel spur problems.

**Q:** *How should I treat my plantar fasciitis or heel spur syndrome?*

**A:** Since your problem is a totally failing foot, the treatment must be total and directed to each aspect mentioned above.

Start with a good shoe. This should have a good heel counter, a relatively high heel, solid shank, multi-layered sole.

Use a Dr. Scholl's "610" arch support. This can only be obtained from a Dr. Scholl's shoe store or the home office in Chicago.

Add a quarter- to a half-inch surgical felt or sponge rubber heel lift hollowed out like a doughnut to take pressure off tender area.

Do wall pushups and backovers to stretch your calf and hamstrings.

Run on grass and soft surfaces. Avoid speed and hill work.

Apply heat to the heel before running and ice afterward.

**Q:** *My physician has suggested butazolidine and cortisone shots. What do you think about them?*

**A:** Such treatments are only temporary pain relievers. They treat the effects not the cause. As soon as activity is resumed the pain will come back. Pain-



free running requires restoration of the architectural balance of the foot and leg through the use of supports and exercise.

**Q:** *If I take all the steps you recommend and still have pain, what then?*

**A:** See a competent sports podiatrist who has treated a number of athletes. He will be able to review your shoes, training, muscle status and diagnose your foot problem. Then he can give you tailor-made supports designed for your feet. Every foot is different and the Scholl's support is often not fully effective.

### **RUNNING STYLE**

**Q:** I have had problems with my knees for some time now. I have seen a specialist and he told me that the cartilage between my two knee-bones was bruised and that it may have been caused by being pinched when I run. He concluded that my running "style" may be the cause.

Lately, I have been ridiculed about my running style. Apparently, when I run my legs cross over, that is, if there were a straight line where I was running, my right leg would land to the left of it and my left leg would land to the right of it.

My question is does this style of running cause this or any other type of injury (recently I pulled or ripped a muscle in my hip and it hurts all the way down to my knee)? The strange thing about this injury is that if I run on the flat, it hurts; if I run straight hills, it doesn't. The other characteristic about this injury is that it doesn't hurt when I put pressure (body weight) on it, but it does hurt when I lift my leg.

All this pain began after my first official track meet of the season. Last year I had the same type of problem except in my knee, not my hip.

*R.H., Canada*

**A:** The "cross-over" style of running has been associated with a variety of overuse syndromes including shin splints, runner's knee and low back pain.

It is generally useless to try to change your basic, built-in stride, but by the use of foot supports you can prevent most of the consequences.

The first thing for you to do is to get a pair of Dr. Scholl's "610" arch supports. Next, work hard and long on flexibility along with strengthening your abdominal muscles. Also look into suggestions on sciatic pain. That pulled

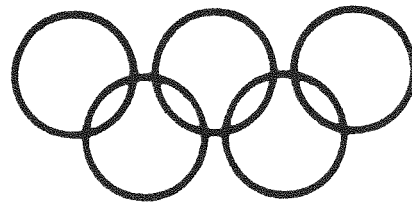
*(continued on page 20)*

# **WE WERE THERE!**

Bob Anderson, Joe Henderson Dave Prokop and Mark Shearman were all there. We have done a book and on October 1st we would like to send you your 256-page copy. The 1976 Olympic Games "A Close-up Look at the Track & Field Events" presents an event by event summary with over 100 photos illustrating the exciting action in Montreal.

But we don't stop with summaries. Don Kardong presents an inside look at the marathon. Brooks Johnson has an analysis of the sprint events. Dave Prokop the distance events. Joe Henderson's daily diary is most informative. Matti Hannus tells us more about double gold medalist Lasse Viren. And of course we have complete results of all the events.

This is a book you'll enjoy and keep. This big 256-page book is only \$3.95. Or you can purchase it for just \$2.00 if you enroll in our Runner's Book Series and take this as your first selection. See the ad on page 64 for details.



---

## **Rush me my Olympic Book**

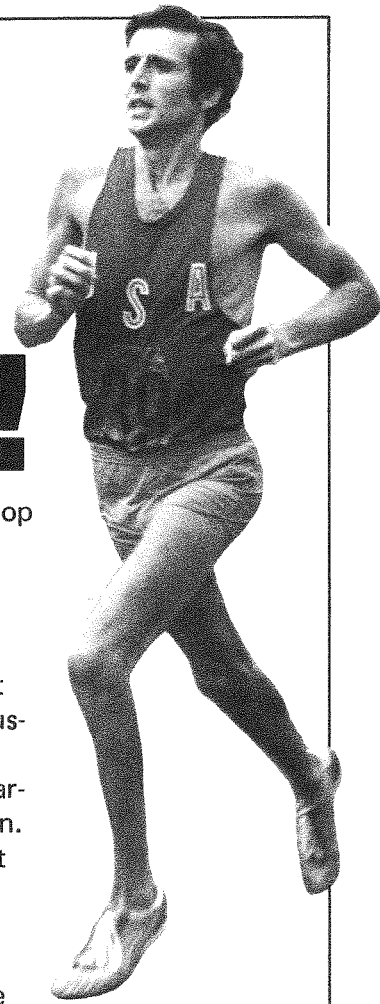
I am most interested in getting your new book—the 1976 Olympic Games "A Close-up Look at the Track & Field Events." Please send me \_\_\_\_\_ copies at \$3.95 plus 40c per copy for postage and handling. California residents add 6% sales tax.

Name \_\_\_\_\_

Address \_\_\_\_\_

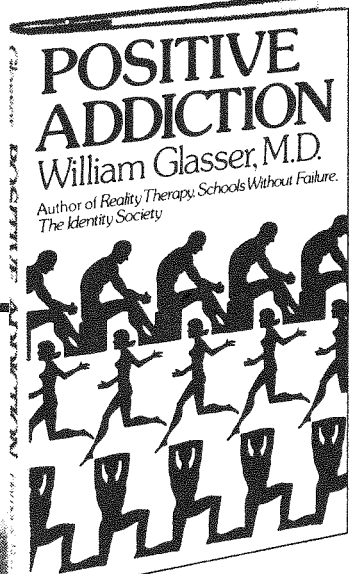
City/State/Zip \_\_\_\_\_

Runner's World, Box 366, Mountain View, Calif. 94040





Dr. William Glasser shows how Positive Addiction helps runners overcome personal miseries, lose bad habits, achieve better physical and mental health, and enjoy more satisfying lives.



Harper & Row  
10 E. 53rd St., New York 10022  
1817

3rd printing.  
\$7.95 at bookstores or  
direct from the publisher

## Save Your Sole



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

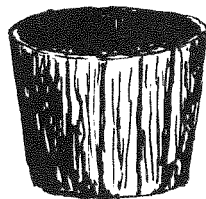
- Send me \_\_\_\_\_ Sole Repair Kits for \$7.95 each, postpaid. (Calif. residents add 6% tax.)  
 Send me extra glue sticks:  
 10-\$ .95     50-\$4.25

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Starting Line Sports, P.O. Box 8  
Mountain View, CA 94040



Saturday  
October 2nd, 1976

Seventh Annual

## Old Hickory Run

- One of the largest runs in the Southeast.
- We look for over 500 runners.
- Events for everyone.
- Division for each grade from 1st to 6th (Boys & Girls).
- Junior High through all older age divisions, even 30 and up Women and 60 and up Men.
- Over 100 fine trophies.
- Special Awards for Record Breakers.
- Awards for first through fifthplaces in all divisions.
- Three different courses—1.6 Mile, 5.8 Mile and 11.2 Mile.
- T-shirts for every finisher.

CONTACT: Kent Rea  
YMCA  
1000 Church Street  
Nashville, Tennessee 37203

muscle certainly sounds like sciatic pain.

## WHEEL WORKOUTS

**Q:** How many miles of riding a three-speed bicycle using the high gear is equivalent to one mile of jogging? Would I have to increase the mileage on a 10-speed as opposed to the three-speed?

*A.K. Colorado*

**A:** I think Ken Cooper's *New Aerobics* has conversion tables giving corresponding values of running and cycling.

My own impression is that you have to put in the same time at equivalent effort. In other words, an eight-minute mile is the same as eight minutes on the bicycle. You can translate that yourself. I think it is three miles on a bike to one running.

## POST-RACE ILLNESS

**Q:** I am a 36-year-old woman who has been running regularly for more than five years and competing in local distance events. I recently ran in my first marathon and was quite pleased with my performance. I want to compete again in a few months but I would like to avoid the bad cold and cough which I acquired shortly after the marathon. I was well-rested and not over-trained before the run, yet the bug still caught up with me. Now that I've been bitten by the marathon bug, do you have any suggestions which can help me avoid bugs of the cold and flu variety?

*G.H., California*

**A:** The post-marathon cold might have been coincidental, but I doubt it. You probably overextended yourself, let down the gates of your immunological defenses and the respiratory infection developed. Even Frank Shorter said it takes as long as three months to recover from a flat out marathon.

## HEMOGLOBIN LEVEL

**Q:** Is there a correlation between long-distance running and the amount of hemoglobin in an individual? Theoretically, it can be argued several ways. Hemoglobin should increase since demands are greater, and yet hemoglobin should go down since the efficiency is greater. Or should hemoglobin stay the same in the long run since other factors such as iron intake are much more important?

*W.L., California*

**A:** Hemoglobin does increase, but not as much as blood volume. This means that a runner might appear to be anemic even though he has more blood than ever. ●



IRON-ON T-SHIRT TRANSFERS  
\$3.00 each, post paid.

NON-SMOKER BUMPER STICKER  
\$1.00 each, post paid. c  
MINSA

Box 958, Redondo Beach, Calif. 90277

Please send me Non-Smoker  
Iron-On T-Shirt Transfer(s) at \$3.00 each.

Please send me Non-Smoker  
Bumper Sticker(s) at \$1.00 each.

Name \_\_\_\_\_

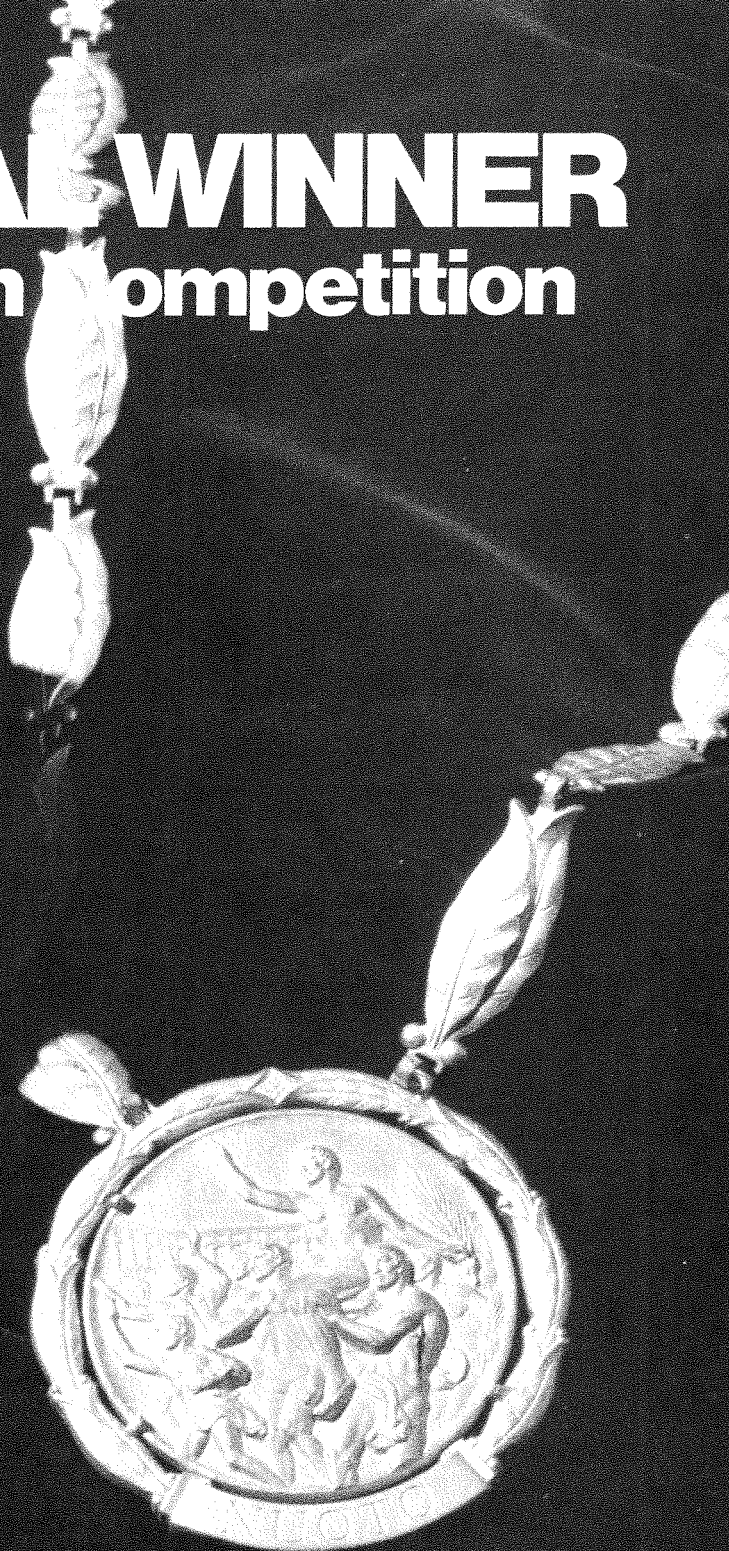
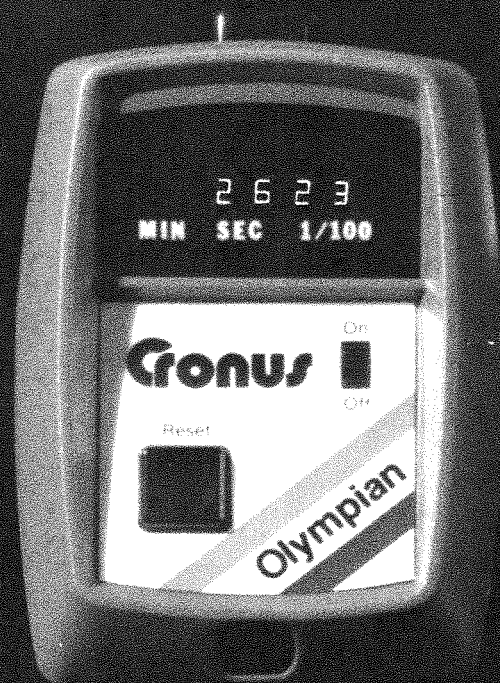
Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_



# GOLD MEDAL WINNER in the Stopwatch Competition



**Olympian**  
**\$3995**

**Cronus** —world's finest stopwatches. Other Cronus electronic digital stopwatches from \$69.95. Available in finer sporting goods, jewelry, and retail stores everywhere. **Cronus Precision Products, Inc.**, 2895 Northwestern Parkway, Santa Clara, CA 95051, (408) 988-2500.



# Interview

by Kevin Shafer

## Craig Harms

### 14th ANNUAL LAND-O-LAKES MARATHON

(26 Miles, 385 Yards)

October 23, 1976

11:00 A.M.

Minneapolis, Minnesota

A four loop, flat course around Lake Calhoun and Lake Harriet in Minneapolis. A fast, scenic course on Minneapolis' famed parkway-lake system.

+T-shirts to all finishers+  
\$4.00 Entry Fee

Sponsored by the Minneapolis Park & Recreation Board and the Minnesota Distance Running Association.

For Details Contact:

Jeffrey Winter  
1400 Park Avenue  
Minneapolis, MN 55404  
Telephone: (612) 333-0246

Of the few runners in the country today who can specialize in running marathons and running them well, very few have ever run as many as 100 marathons in a lifetime. In fact, the number of runners who have reached that centennial marathon mark is less than 10.

But out of Toledo, Ohio, comes a 25-year-old marathoner whose enthusiasm for racing borders on fanaticism. In only the five years that Craig Harms has been running in competition, he has completed more than 100 marathons.

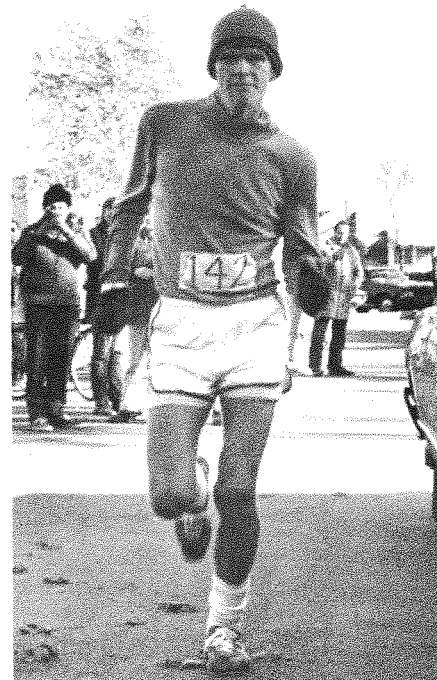
Harms, who is wrapping up his Ph.D. dissertation in production management at Ohio State University at Columbus, didn't begin his running career until he was a 20-year-old junior at Bowling Green State University.

Harms was 13th man on the cross-country squad (which included Dave Wottle and Sid Sink) and admits he did not consider himself a good enough runner to compete. Consequently, he stuck to local AAU and Road Runners races. He attribute much of his running inspiration to morning runs with Wottle, Sink and friends.

"I learned to run during the morning runs. I followed Sid or Steve Danforth and tried to stride with them. They were smooth and helped me a lot," Harms said.

Awestruck at the quality of runners being produced from his team, Harms experienced a team excitement that was good enough to make a lifetime runner out of him. Since the days at Bowling Green, Harms has been running marathons like there would be no tomorrow. After running a marathon on Saturday, this unique runner is often able to reach back and pull enough out to run another marathon the following day. He cannot remember anyone in the country who has run back-to-back marathons. Certainly no one has done it as often as he.

RW: How did you get interested in marathon running?




Harms: After cross-country season (at Bowling Green) there wasn't that much for me to do. I didn't enjoy indoor track so I started running with the Toledo Road Runners. Walt Churchill was the inspiring force there and asked me if I wanted to get ready to go to Boston in '71.

I said, "I've never done anything like that before, but I'll try it." The race they had planned built up from week to week from 10 to 12 to 15 to 18 miles, and finally the last race of their spring season in March was a marathon.

We all could build up week by week and so a couple of carloads of us went over to Boston in April '71. Boston is an experience. That's the one race you have to go to if you are a runner. It's unbelievably inspiring. It's just fantastic.

RW: And so five years later, you've now run 100 marathons.

Harms: Finished, not run. I've DNF'd in 10 and you don't count those.



**THE BAREFOOT SPORTS SHIRT**

**\$4.00 INCL. POSTAGE**

WRITE NO. OF SHIRTS DESIRED IN SIZE BOX

S  M  L  XL

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

SEND TO: **BAREFOOT SPORTS INC.**  
5 UNIVERSITY SQUARE  
MADISON, WISCONSIN 53715

SEND 25¢ FOR BROCHURE AND PRICE LIST



**RW:** How many times have you run Boston?

**Harms:** I've run it three times. I ran it well in '71 and '72. But in '73 it was pretty hot for me. It was 40 degrees in Ohio and 70 degrees that day in Boston, and I didn't finish. I haven't gone back since. The first two times it was super. But it's such a hassle with so many runners, both at the start and the finish, that I just don't want to have to handle that. So I haven't been back since '73 and I really don't plan on going back again.

**RW:** What were your times at Boston?

**Harms:** I ran 2:57 and 2:42. But it's really funny. I ran a 2:42 and finished 106th, and two years ago 2:42 would have been about 350th. It's really funny what weather can do to you.

**RW:** What is your overall PR for a marathon?

**Harms:** My PR for the 100 (marathons) is 2:23:23.

**RW:** If you have run 100 marathons in the past five years, that's just unbelievable the number of marathons you have run per year. Do you have a secret as to what you do after a marathon that allows you to recover a lot quicker than most people?

**Harms:** I have a feeling that it depends a lot on what kind of runner you are. I can't identify with guys like Frank Shorter because they are too good. I think with guys like me—I call myself a little better than average—we don't know how to push ourselves to the limit, to empty our reserves. Those guys tear themselves apart and it would take a long time to recover. With the normal runner, he runs until it hurts and then he may run a little more, but he doesn't empty himself. Therefore, my recovery time is not that long. Four days and I can run full bore again. But I have run back-to-back marathons 10 or 11 times now, Saturday and then on Sunday.

**RW:** Do you make any adjustments in your diet? There's been a lot of talk recently about the good points and the bad points of, say, carbohydrate loading.

**Harms:** I've never tried any specific pattern, except that I probably have spaghetti maybe two nights before a marathon; never the night before, though, or I'll have a pit stop during the race. But two nights before, spaghetti seems to go real well and I love it, it's my favorite dish. It's really good and I like it, say, on Thursday for a Saturday race. But I don't do any carbo loading  
(continued on page 24)

## Free Coupon worth \$1.95 In Every New Sports Book Catalog



(Available October 1)

Get the reference source for over 215 different sports, health, games, hobbies, recreation activities, etc.

All runners will be interested in the all new Body Care feature. This new section reviews books on yoga, biorhythms, acupuncture, shiatzu, and more. This 96 page book is crammed full of over 2,000 titles covering virtually every aspect of sport.

Your interest is sport. Our business is making available to you, all publications you need to pursue your interest. The 1977 Sports Book Catalog does just that! World Publications stocks all titles listed.

\*\*\*\*\* Happy Holidays \*\*\*\*\*

Be an early bird . . . Order your catalog now! Gift giving season is just around the corner. Be sure you have your catalog in time . . . Complete your shopping early . . . Order a catalog for a friend!

Offer to *RW* readers: Your Sports Book Catalog will contain a Free Coupon worth \$1.95 in credit toward any Sports Book Catalog purchase.

Please send me \_\_\_\_\_ copy(ies) of the Sports Book Catalog, containing the free \$1.95 coupon, postpaid.

Enclosed is \$\_\_\_\_\_ (\$1.95 per catalog) (Calif. residents add 6% tax)

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Send today to: Runner's World, P.O. Box 366, Mountain View, CA 94040

# Special on New Balance 205s

Our special price on 205 "factory seconds" (those with minor cosmetic flaws) means that for only \$12 a pair you'll be getting a leather training shoe we've been selling for almost twice that. Find out now why we believe New Balance width sizing can improve both your training and racing performance. The 205 is made of tough, lightweight pigskin with a one-piece, molded Kraton® sole which serves as a homogeneous shock absorber during impact. The reverse-waves on the sole absorb shock and provide traction; and the rolled heel both stabilizes the foot during heel strike and helps reduce wear. And our exclusive saddle design gives additional longitudinal support. Men's and women's, 5AA to 13EEE, in green with tan trim, or blue with white trim. Tell us your color preference, and we'll match it if we possibly can, or send your size in the other colors, if not.



Please send me \_\_\_\_\_ pair of 205s at \$12 a pair.  
Size (5 through 13) \_\_\_\_\_ width (AA through EEE) \_\_\_\_\_ colors \_\_\_\_\_  
Include a foot tracing, taken while standing (in socks if worn), and we'll guarantee a perfect fit. Enclosed is \$ \_\_\_\_\_ which includes \$1.75 per pair for postage and handling.

name \_\_\_\_\_  
address \_\_\_\_\_  
city \_\_\_\_\_  
state \_\_\_\_\_ zip \_\_\_\_\_

**new balance**  
**athletic shoes**  
**usa**

38-42 Everett Street  
Boston, Massachusetts 02135

or whatever the protein cycles. I don't do anything like that. I eat as much as I feel like.

**RW:** Do you have any special drink that you use during a marathon?

**Harms:** No. I dislike the taste of ERG immensely, but it is the best liquid (among) standard water, Gatorade or ERG. You actually can feel it get into you immediately. But I usually go with water because I just can't stand the taste of ERG. It drives me crazy. So it's pretty much water, but if I can get cool water—not iced but cool water—that's the best.

**RW:** Let's consider a hypothetical situation here. If you had a race, say on Saturday, what would be your schedule from Friday until the time of the marathon in mid-morning?

**Harms:** I would probably run 10 miles in the morning at an eight-minute pace. If I was traveling a long distance, say 300 miles in a car, I would shuffle along or jog about two miles after I got to the motel. If I were flying, I would probably run six. But it would be absolutely just coast, no pressure whatsoever.

It seems like the best meal the night before a marathon is McDonald's fish sandwiches. That's where I usually go. I get a couple of fish sandwiches. They seem to digest very well and I don't seem to have any problem in a marathon with that kind of a meal before.

When I get up the morning of a race, if I have enough time, I'll go out and shuffle along a couple of miles just to get the kinks out. And then run the race.

**RW:** Whenever you run back-to-back marathons, doesn't that pose any sort of a problem for you? When you get up on Saturday, say, and run a marathon and know that you have one scheduled for Sunday, don't you ever stop to wonder why you are doing this?

**Harms:** Yeah, a lot of people have said I should be committed to a funny farm. But I think that the first time I did it was for kicks. I never pick them far apart. It's always like Waterloo, Canada, and Canton, Ohio. I go from Columbus and on the way back it's Canton. So it will be no route out of the way.

The second reason is that the first marathon I'll run really hard. I won't even worry about the second one. I'll jog the second one with a friend (I've got a lot of friends all across the country). I'll run with them and it's a good chance to visit.

It really weakens me. That second one really tears you up. But I think you rebuild yourself a lot stronger if you deplete yourself. It's like I was saying before, that's my way of super depleting my energies. And then when I recover, I seem to recover much stronger.

**RW:** Do you consider yourself an ordinary runner? Obviously, you hit the centennial mark. Would anybody else be capable of doing this or do you have some quality about you that allows you to do this?

**Harms:** As for physiologically, I don't think I have any special qualities. But I have had a lot of support from my parents, both psychologically and morally, and that's really helped me. It's expensive to go flying around the country, there's no doubt about that. That's the only way I've been able to run so many because I've flown just about anyplace that is more than a five- or six-hour drive.

But I don't consider myself in the world class, that's for sure. In fact, I'm not even a really good collegiate runner. I'd say I'm kind of a second team collegiate runner, that's about it. I'm no superman, that's for sure.

**RW:** You've run marathons all over the country. Do you have some that you would not run again?

**Harms:** I'd never go to the Drake Relays Marathon again and I'd never go to the Texas Relays Marathon again. I think traffic control is horrendous at Drake and care of the runners is disgusting at both of them. I consider that very important with the heat generated in Texas in April and late April in Des Moines. Those are two I'd never go back to. I've told them that and I've explained why.

For a runner who is running his first marathon, no matter how good of a runner he is, he is going to suffer. About the last six miles he might not really know where he is. If someone isn't turning him at every turn, he isn't going to know where to go. There's no way somebody can learn a course. Somebody's got to be pointing and yelling either right or left. And at Drake, they just didn't have those things and I was really upset.

**RW:** Let's take that a step further. If someone should call you and ask for some tips on how to organize a good marathon, what would you tell them?

**Harms:** Well, I would tell them to call Ben Buckner. He has had several articles in *Runner's World*. I asked him

(continued on page 27)



# First Annual Marine Corps Reserve Marathon

**Sunday, November 7, 1976, 10 AM, Washington, D.C.**

The United States Marine Corps Reserve invites you to participate in its first Annual Marathon.

The competition is open to all. Nine categories, with awards to

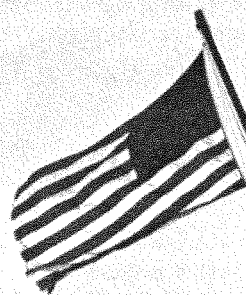
the top three finishers in each. And everybody who finishes gets a Marine Corps Certificate. All entrants receive a Marine Marathon patch.

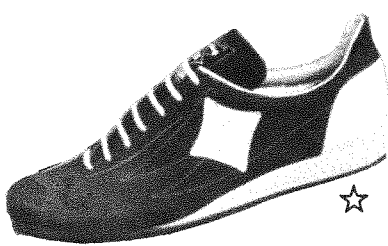
The out & back course is flat and scenic, with no heart-pounding hills to contend with. Starting and finishing point: the Marine Memorial. And in between, you'll get to see the sights of Washington.

The nine categories cover everybody who loves to run for the distance. 1) Open; 2) Age 19 and below; 3) 20 to 29; 4) 30 to 39; 5) 40 to 49 (Veterans); 6) 50 and over (Masters); 7) Military; 8) Women; 9) Teams. AAU Certification Pending.

For more information, mail coupon to:  
Col. J.L. Fowler, USMCR, HQMC (Code  
RES), Washington, D.C. 20380. Or  
call (202) 694-2480.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_  
Zip \_\_\_\_\_  
Age \_\_\_\_\_





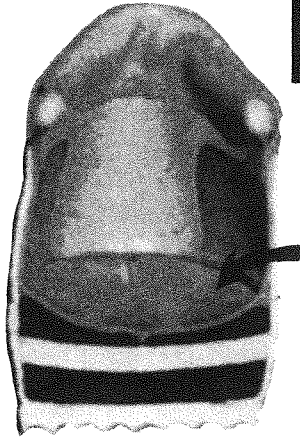
**1919 SAO PAULO** - Handmade. Super light exclusively for racing. Seamless toes, pressure proof suction cup sole provides great traction on wet or dry surfaces. Blue/White available in sizes 3 1/2-13 **\$38.95 postpaid**



**1977 MARATHON** - Handmade. A light training and racing shoe with all of the same support and protection as the road runner. It offers ventilated, seamless toes, a contoured interior which has an arch-supporting effect. Beige/Red available in sizes 3 1/2-13 **\$34.95 postpaid**

# Lydiard

**Handmade by German Craftsman**  
**Assuring Custom Quality Features!**



Molded heel cup positions the heel in the shoe for stability and cradles it like an egg to distribute the shock load.

All shoes marked ☆ have these exclusive Lydiard molded heel cup and arch support features.

Four layers of rubber under the heel for proper road shock absorption.

**ROAD  
RUNNER  
\$34.95**



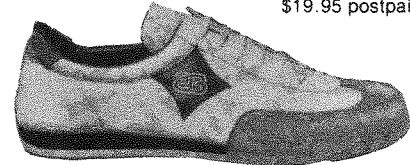
**1130 Road Runner - Handmade.** This design will absorb the continual stress of covering long distances on the road. All new long wearing sole for "76" with greater flexibility. Beige Orange available in sizes 3 1/2-13. **\$34.95 postpaid.**



**1144 SPURT** - Training shoe, with hard wearing herring bone pattern sole. Blue/Red/Green. Available in sizes 5 1/2-13. **\$29.95 postpaid**



**1810 JUNIOR** - Nylon training and racing shoe with cupped outer heel for stability. Blue/Red/White. Available in sizes 7-11. **\$19.95 postpaid**



**1140 CHAMPION** - Nylon all purpose training shoe. White/Blue. Available in sizes 5 1/2-13. **\$34.95 postpaid**



☆ **1533 SPRINT** - Suction cup sole provides great traction on wet or dry surfaces. Interchangeable six spike system. The Shank-to-heel wedge provides padding for protection of the heel and Achilles tendon. Blue/Red/Green in sizes 3 1/2-13. **\$31.95 postpaid**



☆ **1575 INTERVALL** - Originally designed as a training shoe, the seamless toe and lightweight pressure proof suction cup sole with six removable spikes have made this model a favorite racing shoe for many. The elastic shank-to-heel wedge protects ligaments, joints and heel against injury. White/Green in sizes 3 1/2-13. **\$36.95 postpaid**



☆ **1572 MUNICH** - Super light shoe. The new interchangeable six spike position together with newly developed suction cup sole. Provides great traction on wet or dry surfaces even under the most adverse conditions. Red/White. Available in sizes 3 1/2-13. **\$43.95 postpaid**

SEND ALL MAIL ORDERS TO:  
**Sport International**  
6117 Reseda Boulevard, Reseda, CA 91335  
Telephone: (213) 345-1021  
For mail order be sure to enclose a foot tracing & street shoe size to insure proper fit.

Master Charge: Acct. No. \_\_\_\_\_ Exp. Date \_\_\_\_\_  
Master Charge: Acct. No. \_\_\_\_\_ Exp. Date \_\_\_\_\_  
BankAmericard: Acct. No. \_\_\_\_\_ Exp. Date \_\_\_\_\_  
American Express: Acct. No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State, Zip \_\_\_\_\_

pairs	model	size	unit price	total price

Calif. residents add 6% sales tax  
**TOTAL ENCLOSED**



advice on putting on races. He knows everything about measuring courses, timing, things a runner needs. He's the key. He is the person to ask.

**RW:** Do you have specific points which you look for in a marathon?

**Harms:** Not too many hills, that's one thing. I'm not a hill runner. A novice marathoner can really get himself into trouble on the hills. I think it is important to minimize the hills, maximize the water stops (like every 2-3 miles), mark every single mile and have timers out there at least every five or more often. And you really need a sweep car like a sweep ambulance.

**RW:** What is the best marathon you have ever run?

**Harms:** The best marathon all around was the USTFF Marathon at Wichita, Kan. That's where the big track meet is and they do a really good job. You get into the track meet and you get to stay in a dorm plus you get all your meals for only \$35. It's really a super weekend for anyone who comes out there. They do a really good job plus you get all the benefits of the track race. It's just a super marathon.

**RW:** Let's look at Ted Corbitt. He's 30 years older than you and he has run about 190 marathons. Does that give you some sort of distinction to know that you are well above his pace and that you've practically surpassed him already?

**Harms:** I haven't surpassed him yet. It will take me another 7-8 years before I've got what he's got. I'm definitely going to come off it now. The thing you got to remember about Ted, when he started running marathons, there were only a handful in the country. So if he ran every one in the United States, he probably only ran 10 a year. I know he just doesn't run that many.

There are probably 120 (races in the country). I know I can get to 20-25 per year. It's hard to compare it. He's never doubled. In fact, I don't know anybody who has ever run Saturday-Sunday marathons. You got to be nuts to do it, but I've picked up a lot of races by doing it. It's really kind of hard to compare it. He's the master and I'm kind of the underling or his understudy, I guess.

**RW:** Do you keep an eye on other members of the centennial club?

**Harms:** I wrote him a letter and said, "I'm going to hit 100 on the third of July. Can you tell me if there is a club, who is in it?" And he never wrote me back.

**RW:** You have the two-man world

record for the 24-hour relay with your partner Ed Jerome. Are you planning on trying to break that record (181m 632y)?

**Harms:** Well, yeah. Ed Jerome and I have the record and he is now out in California someplace. The idea of breaking it, well, I've been talking to him on and off and he just doesn't want to do it until somebody else breaks it. And I've been saying if we get it over 200 then nobody's going to try it. The thought of running 180 miles before you're breaking a record is a horrendous thought.

Milt Place is a really good, two-years-out-of-college runner. He's a 4:10 miler and he's just an animal. He's got a lot more speed than I do and I'll be the stability factor. I think we're going to try it either in September or October. I know if we have decent weather we'll be over 200, because he's very strong and I'm a lot stronger than I was in '72. But it takes a lot out of you. It's just incredible what it takes out of you. I was out for three weeks after it in '72 and didn't run at all.

**RW:** Was it worth it?

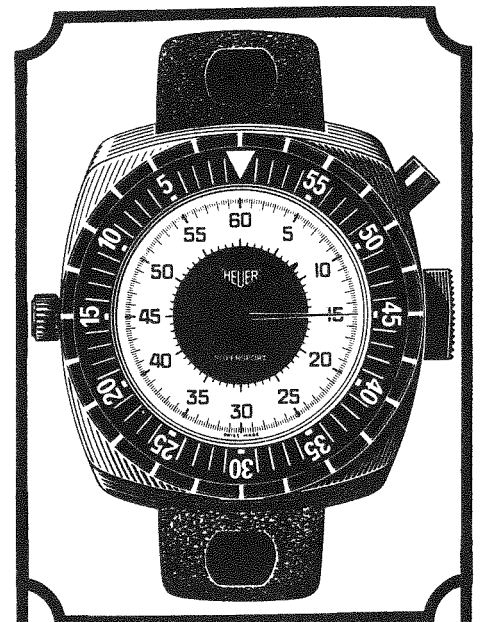
**Harms:** Oh, it was worth it. A world record? You bet. I'm not going to run any 2:09 marathons and so this gives me a chance for a world record.

**RW:** Have you been running any longer races than the marathon?

**Harms:** I ran the first Twin Bridges 36-miler in Washington, D.C. That was probably my favorite race. The DC Road Runners Club probably did a better job with that race than any other I have ever run. I ran that one and that was a super one. I've run three 50-miles and I don't plan to run 50s again. In those you can run fine for the first 40. But if you have trouble on the last 10 it could take you a couple of hours. Marathons are the limit, even though the 36'er is a nice race, it really is.

**RW:** What do you have planned for your immediate future?

**Harms:** I'm going to be moving to Oxford, Ohio, to start teaching at Miami University. My racing is going to be limited until I get moved and settled. I'm going to try to form a club down there. Then I'll get going again. I'm being really picky with my marathons now. If it is not real near or if it is not a super marathon or if someone doesn't contact me to invite me to run somewhere, I can be really choosy now. There comes a time when I'm there and they become a real hassle. I'm enjoying the 10K's and the 10 milers more. They're a lot of fun and I've been doing a lot of those. ●



## Time yourself while you train

There is no reason to depend on someone else to do the timing now that Heuer has introduced the Supersport Chronograph. You can take this stopwatch right along with you as you work out—on your wrist!

The Heuer Supersport Chronograph is the perfect watch for all runners. It is attractive, but rugged enough to take all the abuse you can give it. Comfortable, easy-to-read and there is no fumbling with the Supersport's large stop and start buttons. And, to top off all that, the watch has a one-year guarantee. Order yours today.

## order form

Please send me \_\_\_\_\_ Heuer Supersport Chronograph(s) at \$67.95 each. Enclosed is \$1.00 for postage and handling. (Calif. residents add 6% tax.)

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Runner's World, Box 366  
Mountain View, CA 94040



# **Montreal's Olympic Games**

by Joe Henderson



● **July 17:** The last time I wasn't in an Olympic Stadium for an opening ceremony was 12 years ago, when the Games were in Tokyo.

That year, the ceremonies were televised live in the United States for the first time. Trouble was, that meant they came on at two o'clock in the morning. I got up to watch.

This time, the ceremonies from Montreal started at noon, California time. Instead of watching, I went to the zoo with my wife and daughter.

The parade was colorful and emotional, I suppose. It probably overflowed many eyes. It always does. But it is hard now to forget where this "parade of nations" has come from and where it has led.

My change of heart about the ceremonies in just 12 years isn't a rejection of the sport and its athletes. If anything, I'm more excited about their part of the Olympics than ever. But the other part, the political part which marches out most obviously on this day and on the victory stands later, is dragging down the good part.

I heard on the news tonight that there were 26 holes in the parade where nations, mostly African, should have been. "Nations." I said it, too. I'm talking of the Games in terms of nations instead of individuals.

The individual athletes have lost their faces in sport, as individual soldiers do in war. And in modern sport, like modern warfare, national leaders make the moves. The individuals are their pawns. Nations win and lose. But among individuals, there are no winners and losers in this kind of games—only survivors and victims.

The survivors marched on, the victims packed to go home. Among the victims are at least a dozen runners who were picked by *Track & Field News* to be place-winners, and dozens more who should have been following human pace-setters instead of their flags.

We're taking them and they're taking themselves too seriously if we and they think that athletes can change the course of world politics by running or not running.

Jim Murray, the witty and wise sports columnist for the *Los Angeles Times*, wrote 10 days ago, "It's time somebody took the bloody flag out of games little boys play. A sprinter from the steppes of Russia is no more responsible for the Gulag Archipelago or the goings-on in Lubianka Prison than Jim Thorpe was responsible for the treatment of American Indians or Frank Shorter is responsible for Watergate."

Murray asked where it all might end. "Do teams refuse to play Notre Dame in football because of the Pope's stand on birth control? Does Notre Dame cancel a series because a rival coach is an atheist? Does Michigan refuse to play Ohio State because it voted Republican?"

"Sport as an instrument of international policy," he concluded, "is spitballs against a battleship." As messy and as futile.

But now, at least the most blatant of non-athletic moves is over. Finally, the athletes get to have their say—final words of beauty, drama and sanity, we hope. We wondered if they would be allowed to say anything. (Did they get to vote when their countries pulled out?)

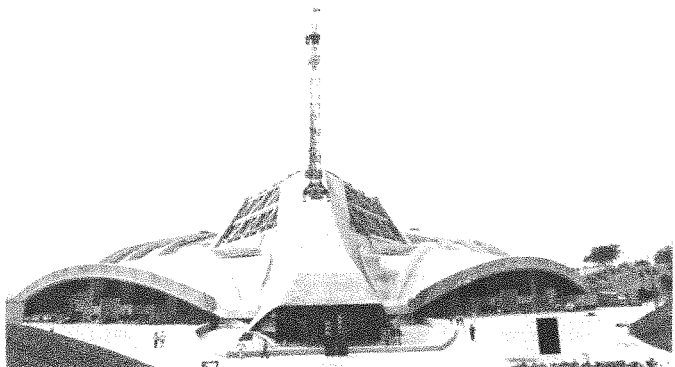
In theory, these Games are for the athletes. But with each passing Olympiad, this is more and more just a theory. The whims of the Olympic fathers, the businessmen, the architects, the laborers and their unions, the politicians, the story-starved journalists, the choreographers have threatened for years to keep the athletes from meeting for the 18th time since 1896. They were bullied right up to the time they marched into the stadium. We're hearing they can't go on meeting like this.

But here they are. Perhaps this kind of survival against high odds is a bigger victory than anything else anyone will win in the next two weeks.

● **July 23:** Even for small-timers like myself, there's a thrill and a feeling of reverence on walking into an Olympic Stadium for the first time.

This is the third time I've walked in on opening day. And while I'm less enchanted now with the Games themselves, I'm just as awestruck by how each Stadium outdoes the one before.

Once inside, looking down on the empty infield of natural grass and on the deep red track, you quickly forget the un-



Harrison Funk

*The unfinished Stadium served to emphasize that it is the athletes and not the setting which makes the Olympics the event it is. The Olympians broke 10 world records here.*

finished look on the outside. In fact, you tend to forget everything on the outside.

A man behind me says, "There may be a real world outside of this Stadium, but for now I don't want to know anything about it."

You can ignore the fact that the architects and builders goofed. They didn't get the Stadium done on time, and cranes stand over the Stadium like huge birds about to dip in for a drink. The upper deck juts out too far on the corners, and the view for as much as 50 meters is blocked (in our case today, the start of the 100). But the bowl-shaped Stadium still is like something from the next century.

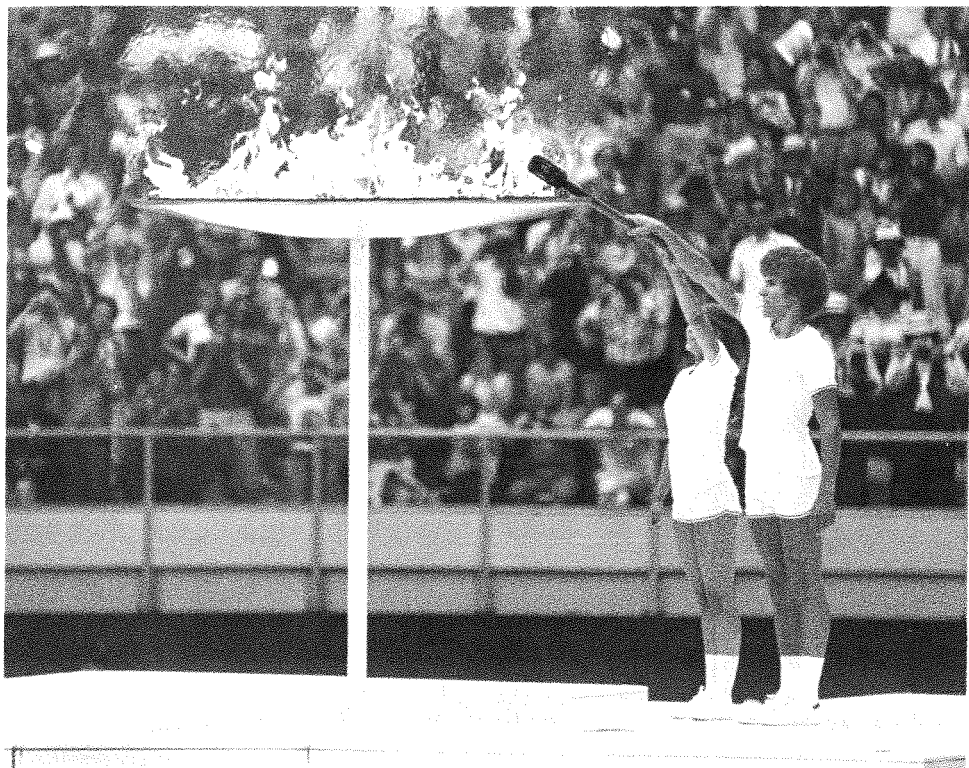
No sooner had I sat down and started wondering about the morning preliminaries I'd missed than they were on the scoreboards at both ends of the track. Not just results but moving pictures. Some sort of videotape system was flashing replays in slow motion and stop-action onto a screen 40 feet high and 60 feet wide. It beats ABC.

All the afternoon's events are shown close up—including much of the 20-kilometer walk on the outside. (Alas, the pictures would grow less frequent as the Games went on.)

The pictures and shape of the Stadium give a close feeling. With the roof overhead, it feels almost like indoor track. The roof focuses and intensifies the crowd noise as we sit in molded plastic chairs, protected from the sun and rain.

Unfortunately, the Stadium may not be so kind to the athletes. The place was designed to have a closed roof and air conditioning. But that is one of the unfinished areas. There is a hope at the top. It lets the sun in, but not the wind. Little air circulates inside.

*The lighting of the Olympic flame by runners named Prefontaine and Henderson symbolized that men and women work together as equals, that French-speaking and English-speaking Canadians cooperate, and that a great American runner is not forgotten.*



Mark Shearman

The results are that (1) there is not a breath of aiding wind for the sprinters, jumpers and throwers, and (2) the distance runners get no cooling breezes.

Today isn't too hot. But if the weather warms up into the 80s and 90s as it often does in Montreal in the summer, the Stadium will become like a crock pot. (Mercifully, the weather would stay cool throughout the Games.)

In all events, it is clear already that it will yield good marks only grudgingly. If anyone sets a world record, it will be because the ability of the person has overcome the limitations of the place. But it still is a marvelous place.

● **July 25:** Rick Wohlhuter is mature enough to see that life is not an Olympic Games, even though everything here seems to say the Games are that serious.

Of course he is disappointed now that he lost the race he was expected to win, the 800. But who could have figured on the raw power and speed of Alberto Juantorena. He is a 400 man who wasn't even supposed to run this distance, let alone this fast.

Wohlhuter was the second-best runner in that race, even though he let up at the end and lost the silver medal to Ivo Van Damme. Rick had done all he could, and that's all he wanted of himself. That's all anyone can expect, though many people here refuse to believe that.

He was talking with reporters a few days ago at the practice track. He said, "The guys I work with in my insurance office all sent me off by saying things like how they can't wait to see my gold medal.

"I appreciate their enthusiasm for me, but I don't want to spend the rest of my life going to cocktail parties and being introduced as either 'Rick Wohlhuter, the Olympic champion,' or 'Rick Wohlhuter, the Olympic choke.'"

Jesse Owens still must live with what he did 40 years ago in Berlin. I'm not putting Owens down for that. He is a good man and was a marvelous athlete a long time ago. But how tired he must be by now of giving the same answers to the same questions about what he did in front of Hitler.

"The answers," says a friend of mine, "now seem like they're chiseled in stone."

Rick Wohlhuter told a reporter from New York the other day, "That's the thing about these Games. You're remembered for what you do here and nothing else.

"But I don't want to make the Olympics into something they're not, and they're not the pinnacle of your life. If I win a medal, I'm going to say, 'Yeah, I did it.' If I don't, I'm going to say I did the best I can and go home. That's the only way you can look at it if you want to keep your sanity."

Rick is sane enough to know that athletes who go up on the Olympic victory platform also must step down again.

● **July 27:** The Montreal press mentioned Lasse Viren as much for his footwear as for his race. The attitude was, "Well, he won the 10,000 again. Yawn. But did you see what he did afterwards?"

Viren immediately sat down and took off his specially-made Tiger spikes with elevated heels, then held them up for the crowd to see and the photographers to shoot as he made his victory lap.

The rumor (as unsubstantiated as the widely-circulated one about blood doping) is that the Japanese company supports him well for giving such endorsements.

This bothers some people but apparently not the Finns. They care how he runs, not what he wears, and they want all the news they can get about Viren.

Matti Hannus is giving it to them. Today, he wrote 25 pages on Viren to send back home. Tonight, Matti talked of Viren.

"Lasse Viren is a very special person," he said. "He is quiet, somewhat secretive and says very little. He lets his feet do his talking for him."

Hannus, an English teacher in Finland as well as a writer, said he doesn't know Viren personally, "but very few people know him well. These are my own impressions from watching him for many years.

"As the years go by, he comes more and more to resemble the other great runner from Finland, Paavo Nurmi. Their personalities are very much the same. Viren does not try to pattern himself after Nurmi. He already is like him.

"I think Viren not only wants to equal what Nurmi did



(win gold medals in three Olympic Games). He wants to surpass him."

Viren's way of topping Nurmi would be to win the three longest races at one Olympics. Only Emil Zatopek (1952) has done this before, and he did it before there were heats to run in the 10,000. Viren has a schedule here of five races in eight days—a total of 72 kilometers of racing.

The marathon would be Viren's first. But Hannus pointed out that "Zatopek's in 1952 also was his first. Alain Mimoun's in 1956 was his first."

"To win all three races will be very difficult," Matti said. "But not impossible—not for Viren."

● **July 29:** The story of the runner from Oregon who spent a week inside the Olympic Village with the Canadian team before being discovered says something about the people inside the fence and those outside:

The outsiders want in and the insiders are looking for ways out.

Paul Wilkinson of Eugene sneaked into the Village and was staying with Bob Martin, a Canadian sprinter. Before he was caught, Wilkinson even marched in the Opening Ceremonies with Canada. He liked the feeling of being an Olympic athlete, even a fraudulent one. Anyone would.

Meanwhile, the real Olympians are trying to separate themselves from the others. The better-known ones are trying to keep to themselves. Otherwise, the Olympic mania might eat them alive.

One problem for runners inside the Village is that they are surrounded by runners. The place is crowded with them, and there isn't anywhere to hide from each other—not when they're living 12 to a room. It's hard to relax or to think of anything besides running.

Billy Squires, US marathoner Bill Rodgers' coach, says, "It's especially tough on those who are competing late in the Games. One by one, the others in the room are eliminated. They have to let off steam. Finally, because the marathoners run last, everybody is letting off steam except them."

Rodgers got out of the Village to live someplace quieter. Squires didn't say where. As far as I know, Frank Shorter never has spent a night inside that fence.

Jan Merrill, the 1500-meter runner, may be inside. But she and her coach long ago built a fence around her to isolate Jan from other runners and the media. Norm Higgins won't let her talk with anyone about her running—not even her teammates, I'm told.

Maybe she misses some of the fun of being in a big meet, and maybe she doesn't get some of the attention she deserves. But the Higgins-Merrill pact of silence appears to work. Jan broke the American record today by almost five seconds and is the only American in the 1500 final.

Dick Quax's escape plan backfired. He moved out of the Village when his wife arrived from New Zealand. The problem was, Mrs. Quax brought the flu with her. Dick caught it, lost 10 pounds in two days and didn't make the 10,000 final.

Dwight Stones announced to the world that he wanted to be alone. He flew home to Los Angeles, and when he came back to Montreal to high jump, he called a press conference. He complained that he didn't have a private room here or "a place to listen to my records all night."

Stones' need to have privacy and publicity at the same time seems typical of Olympic athletes. They want to stand above the crowd, not to be swallowed up by it.

● **July 31:** Marathon day. It started before dawn, when cracking noises woke me up. In my sleepy head, this sounded like rifle shots.

"Can it be?" I said to myself. "Or is this my post-Munich paranoia showing?"

The sounds came closer. So I looked out the bedroom window. A truck with a spinning red light on top was coming slowly down the street. It was in front of the house before I saw what was happening. City workmen were dropping wood-ed no-parking signs onto the sidewalk.

My watch said five o'clock. So I went back to sleep—only to wake up again a half-hour later to a brushing noise. Another city work crew was washing the street.

They were getting Montreal ready for the marathon which wouldn't start for another 12 hours. By then, the streets in three blocks either direction from the long, blue line of the course would be closed.

We're staying along the course. There is a "5 KM" painted in front of the house. Tables and chairs were out for the timers. The TV people had a platform waiting on the corner of Viau and Rosemont.

The little girl who lives here had complained, "Mama, the Olympics are ending and I have seen nothing." Her mother told her, "You can go outside and watch the runners. They will go right by our door."

The marathoners are the only ones who bring the Olympics into the neighborhoods.

9 a.m. I ran on the marathon course. The traffic was still there, and the crowds and police protection weren't. It wasn't like an Olympic Marathon, but I—like thousands of other runners in these two weeks—was running in the footsteps of the Olympians.

I ran the route back from five kilometers to the start, past the pyramids of the Village, through Olympic Park, down the ramp to the locked Marathon Gate of the Stadium. Then I went up the long and steep ramp again, onto Sherbrooke for the last five kilometers in reverse and then again the right way. The painted kilometers added up on the road until the Stadium came into full view through the morning haze at number 40. The race is 42-plus kilometers.

The morning was cloudy and warm. The air was sticky on the skin of a runner from a dry climate. It was so easy to imagine that this was my race and that the blue line was about to end.

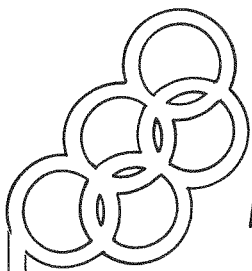
3 p.m. I planned to take a bus to the Stadium, but no buses were running. The street which had rumbled with traffic all day and night, all week was empty. Soldiers in berets stood guard every 100 feet on both sides of the street along the blue line.

5:33 p.m. The last marathoner disappeared through the gate. Except for too few pictures on the Stadium screens and too limited and late reports of their progress, those of us inside would know nothing of what was going on for the next two hours along the blue line.

7:39 p.m. Waldemar Cierpinski was first to the end of the line. The East German came onto the track just as his national anthem (played for the women's 1600-meter relay team) was ending. He ran the required lap and a quarter, was confused when he was a "1" on the lap board at the finish line (that was for Frank Shorter behind him) and he went into another lap. Shorter, the second placer, waited to greet the winner.

10 p.m. I walked back to the house along what had for a few hours been the marathon course. The no-parking signs, barricades, tables and chairs and platforms were gone. The rain and darkness had made the blue line invisible. The traffic was back, and this was only a city street again.

There is a Closing Ceremony tomorrow. But for me the Olympics ended with the marathon. ☞



# Day One

## The Longest

It was a day to test the endurance even of endurance athletes, but the first Olympic day for our sport also was a delight to all of us who love the longer races. Think of it: 11 heats of the 800 meters, more than two hours of 10-kilometer running and a final in the 20-kilometer walk.

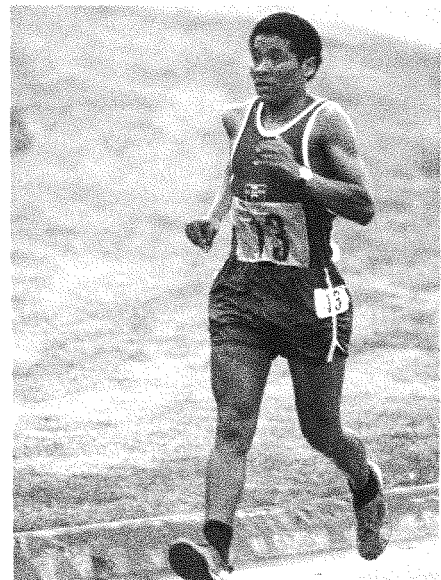
Daniel Bautista's victory in the walk was an upset of sorts, if only because he was the first non-European in recent memory to win an Olympic walk . . . and the first Mexican to win a track and field event of any kind.

Baustista and his teammates are coached by a Pole and receive little respect (or have found little up until now) from their countrymen. They said recently that they are jeered as "queers" and "male prostitutes" as they practice

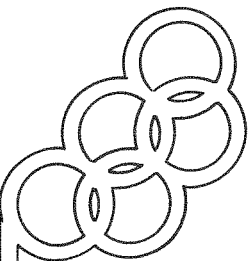
in Mexico City.

The Mexican was five seconds under the world record, but his time won't count because marks in this event must be set on the track. To put his time of 1:24:40 in perspective, that's about 6:50 per mile. How many of us got that fast in our daily runs? To put it another way, consider that Baustista was walking at about the same pace as a Haitian 10,000 man who was running this afternoon. ☞

*Daniel Bautista set the trend of things to follow when he won the walk. He was the first of four gold medalists from Latin America, each of whom was his country's first winner in his event.*



Harrison Funk



# Day Two

## The Shortest

This was to be the shortest day of the Games, and the weakest in terms of interest to spectators who are primarily runners. But anyone who wasn't interested in what happened yesterday—both on the track and field—is spending these two weeks at the wrong place.

Near-world-records in the women's 800 Anita Weiss and 100 meters (Annette Richter) . . . and these were still preliminary rounds. An incredible upset in the men's 100 final . . . and this was just the first running final of the Games.

The 100 was to be a good old-fashioned US-Soviet match. The Americans were out to prove that Valeriy Borzov's victory in 1972 wouldn't have happened if they'd been there at full strength. Borzov wanted to show he could beat any American. He did beat them—Harvey Glance and Johnny Jones, that is. But his "victory" was a rather hollow one because of what the runners from

the Caribbean were doing ahead of him.

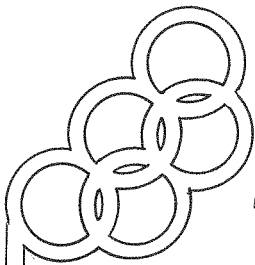
The magazine which calls itself "the bible" (with some justification) said of Hasely Crawford in its Olympic Preview issue ". . . a man of frequent high expectations who hasn't fulfilled them." The US-educated sprinter from Trinidad didn't finish at Munich. But here he fulfilled all expectations then did something almost totally unexpected. He won, beating the man picked to win, Don Quarrie of Jamaica. US sprinters were shut out of the medals. ☞

*Hasely Crawford crashed what was supposed to be a US-Soviet party. Crawford, from Trinidad-Tobago was the first sprinter from the Caribbean to win the 100, as Don Quarrie was in the 200.*



Harrison Funk





# Day Three

## The Fastest

Speculation was that this Olympic Stadium would be quite stingy about giving up records. The reason given was the warm, stagnant air inside. Yet today we saw three world marks within the space of two hours.

The day also featured the United States' first track winner, and the continued show of force by the Latin Americans in the running/walking events.

*Men's 800-meter:* Remember that this isn't even Alberto Juantorena's main event. It was even doubtful until he showed up in the heats that he would run the 800 here. He is a sub-45-second 400-meter man. But the way this race is run now, it favors a runner from that event.

Juantorena is used to the staggered running around two turns, and he can gear his pace without having others right beside him. After two rather sloppily-run preliminaries, he paced the final beautifully. He came off the stagger in front, hit the lap in 50.8,

gave up the lead only briefly to the Indian Singh, then brushed off Rick Wohlhuter's challenge. The result: a world record of 1:43.5 and Cuba's first-ever track gold medal.

Jauntorena and Wohlhuter now go shorter and longer to look for victories.

*400-meter hurdles:* As recently as the spring of this year, Edwin Moses was barely known outside of the Morehouse College campus in Atlanta. He'd never run a 400 hurdles final. He took to the event rather quickly, adopting a 13-stride pattern which few hurdlers can master. But he didn't qualify for the NCAA meet and placed only fourth at the AAU. Then he won the Trials, looking unbeatable. He was even more so after another month's experience in his brief career. He'd advanced far enough to break a record which was untouched since Munich.

Moses and teammate Mike Shine, who was second, added a touch of humanity to a somewhat mechanical meet

by taking the first victory lap. One has the feeling that the organizers frown on such spontaneous acts.

*Women's 100 meters:* The final had three world record-holders, all Germans from one side or the other. Renate Stecher has the accepted mark of 11.07. Inga Helten had a pending mark of 11.04 . . . until two hours before the final. In the semis here, Annegret Richter, Helten's West German teammate, lowered the record to 11.01.

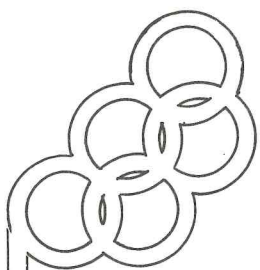
False starts (three of them—they are recorded electronically, incidentally) seemed to take the edge off the sprinters in the final. Richter's final time was half a tenth slower, but she won from defender Stecher. ☼

*Alberto Juantorena convinced at least two people—endurance-type runners Rick Wohlhuter (left) and Ivo Van Damme (center)—that the 800 is now a sprint race.*



Mark Shearman





# Day Four

## The Double

"Will it be cancelled?" anxious people were asking outside the Stadium yesterday noon. The sky was spitting a little light rain, nothing more. Cancel the Olympics for that? C'mon!

As any good distance runner knows, this is the kind of day a runner in a long race prays for. There must have been marathoners wishing it was their day.

This is European weather, and the Northern and Eastern Europeans responded beautifully to it. Lasse Viren of Finland cancelled out the four years of pain and humiliation he has had since winning at Munich. And Tatyana Kazankina of the Soviet Union helped make obsolete the old way of running 800 meters.

*10,000 meters:* This is a race of tactics, and as tactical races go it was a classic. The first question was would it start very quickly or very slowly. There usually is no in-between at the Olympics. It was slow—slower than the heats.

The next question was who would fall back from the pack first. The first significant one to give up was Emiel Puttemans, who couldn't stay with the pace after it heated up at 5000 meters. He eventually dropped out.

The last question, after runners one by one had let the leaders go, was who held the kick.

Lasse Viren obviously did. He hovered like a vulture over the much smaller Carlos Lopes of Portugal, who had made the pace since about two miles. Viren had gone through a leg operation and had raced without much spark since Munich. But he has peaked again at precisely the right time.

As in Munich, Viren started his long drive early—with about 500 meters to go. His time was within two seconds of what he ran at Munich. And, as a Munich, his Finnish countrymen jumped down from the stands to give him a color guard as he did a celebration lap.

*Women's 800 meters:* It was a strange event, start to finish. Strange because the new two-turn stagger has changed the character of the race. Strange because of the silence in the Stadium during its running. Strange because of who won and how she won.

The long stagger seems to have turned the 800 into a sprint. Tactics aren't so important. It's more "go as fast as you can for as far as you can." That's how the men's race was run, and that's what this one promised to be after Anita Weiss' 54-second start in the semis.

The women started almost as quickly this time (55.05) and were bunched at the bell. Several runners made tentative moves for the lead. Tatyana Kazankina was at the back, moved to the outside to pass, then for some reason cut in at the last turn—directly into a box. She pushed out, a la Wohlhuter, and . . . well, you know the rest. She led three others under the world record.

The strange thing about Kazankina is that, like Alberto Juantorena, this isn't her main event. But while the men's winner drops down to run his best, Tatyana goes up to the 1500. You figure it out.

*Men's 200 meters:* How much things change in a couple of days. Hasley Crawford still appeared to be floating from his victory in the 100. He lazed around the start of the 200, stretching out on his back on the cold, damp long jump runway. That may have been his undoing. Fifty meters into the race, he pulled.

Meanwhile, the race went on almost exactly according to form—Don Quar-





rie first, then Americans Millard Hampton and Dwayne Evans.

If you're keeping score, this gives the West Indians (Quarrie is Jamaican) the possibility of a sweep, 100 through 800. If you're keeping another kind of score, you might note that the medalist took probably the longest victory lap in Olympic history—10 minutes (hand timed). ☻

*Below (l-r): Elfi Zinn, Anita Weiss, Nikolina Chtereva and Tatyana Kazankina all broke the 800-meter world record. Kazankina ran 1:54:94.*



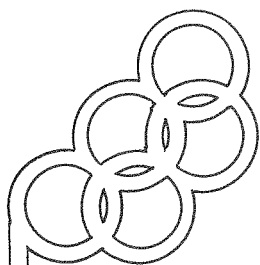
Mark Shearman

Mark Shearman



Mark Shearman

*Lasse Viren waited first behind Carlos Lopes and Brendan Foster (above) then behind Lopes along (left) before collecting his second straight 10,000 victory.*



# Day Five

## The Ups and Downs

East Germans provided excitement in the fifth day for what they did and almost did. An East German woman won the 200, but it wasn't the one expected to do it. And a steeplechaser was a hurdle away from a gold medal and a world record.

*Steeplechase:* Anders Gaerderud of Sweden has been known for some time as a "choker". He didn't qualify for the final at either of the last two Games, though his pre-meet times should have put him there.

That may have been true before, but here he was every bit the poised veteran who let others make the mistakes. He did none of the pace-setting but calmly waited to make a move with 300 meters to go. He was sprinting but took time to step on the next-to-last hurdle. Gaerderud gave away a little ground there to his old rival Bronislaw Malinowski of Poland and to Frank Baumgartl of East Germany. Baumgartl took the lead as they approached the final hurdle. He was sprinting hard while Gaerderud was easing off again to step on the barrier.

As often happens when a steepler has switched to a kicking rhythm, the German caught his foot on the hurdle and fell. The Swede was rewarded for his own caution as he lowered his own world record to 8:08:00. Malinowski also was under it with 8:09.11, and even with the fall Baumgartl now ranks third in history with 8:10:36.

American Henry Marsh wisely stayed off the pace upfront and ran his PR of 8:23:99—less than a second above the American record.

*Men's 110-meter hurdles:* The last time the Americans lost at this distance was 1928. But one country's loss is another's joy—and in Paris they celebrated tonight. Olympic victories mean more to the French than to the Americans because they come so seldom. Guy Drut was the only Frenchman with any real hope of winning a medal, and he got the gold one.

Willie Davenport, at 33, was competing in his fourth Games. He won in 1968, finished fourth in '72. Last year, he severely injured his knee and was given the familiar you'll-never-run-again line. His third-place finish here helped



*Gaerderud (812) kept a close watch on early traffic then burst ahead of Malinowski (124) and ill-fated Baumgartl (384) at the last water crossing.*

soothe any American disappointment at losing "the streak."

*Women's 200 meters:* Renate Stecher was trying to repeat as champion but was again facing Annegret Richter, the woman who'd beaten her in the 100. Stecher again lost to Richter. But they in turn both finished behind Stecher's lightly-regarded East German teammate Barbel Eckert.

Eckert kept Richter from becoming

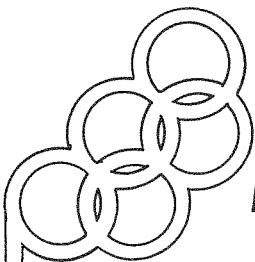


the first double champion of these Games by a margin of two-hundredths of a second. The first five women were East or West Germans, which points again toward a hot short relay on Saturday. ☞

Mark Shearman

Harrison Funk





# Day Six

## The One-Lappers

Alberto Juantorena of Cuba now has a place as one of the special people in Olympic history. Not only was he the first to double successfully here, but also the first ever to do it in the 400 and 800.

Polish 400 runner Irena Szewinska raised the world record count to seven.

*Men's 400 meters:* Fred Newhouse has been stung before by an over-fast start. In 1972 at the Trials, he sprinted the first half-lap in 20.2 and it cost him a place on the team. He took a chance again here, going for broke and leading for 300 meters.

Fred didn't break his time. Against anyone but Alberto Juantorena he would have won. The powerful Cuban with the lunging style surged ahead of Newhouse in the stretch and broke his own PR by nearly a half-second. He also broke the US's five-Games winning streak in this event.

*Women's 400 meters:* Are you familiar with the Irena Szewinska story? She used to be a short-sprint specialist. She won the 200 at the Mexico City Games. Then she retired to have a child (a son who is now six). When she returned, she was no slower—everyone else was running faster. Irena was the bronze medalist in the 200 at Mexico City.

A couple of years ago, she decided she'd rather switch than fight. And her speed and long, loose stride suited her perfectly for the 400. She was the first woman under 50 seconds. She lost the record to Christine Brehmer of East Germany, then took it back with 49.75. It should have been a race between those two here, but Irena won by more than a second in record time of 49.29.

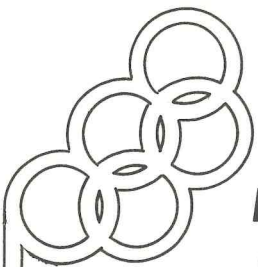
*No one has run the way Alberto Juantorena did here. He followed his world record 800 with a winning 400. Then he moved on to a relay, meaning he raced all eight days of track.*

*Women's 100-meter hurdles:* We'll never know what effects this morning's rerun of one of the semis might have had on the final. But it certainly wasn't a benefit in a couple of cases. Defending champion Annelie Ehrhardt of East Germany was eliminated there. That left Grazyna Rabsztyń of Poland

as favorite. But the extra race seemed to take away her edge, too. She was fifth in the final. Tatyana Anisimova of the Soviet Union was involved in the rerun. Her final run was super, but did the rerun cost her the hundredth of a second that separated her from gold medalist Johanna Schaller of East Germany? ☞



Mark Shearman



# Day Seven

## The Double-Double

Lasse Viren is one 1-0-0-ong step away from the greatest triple in history, but already his name will live as long as the Olympics because of what he did today—completed his historic double-double.

Tatyana Kazankina might have gained some immortality of her own if the pace in the 1500 had been anything like it was in the 800. Instead of going farther into the brave new world of women's distance running, she merely won her second gold.

**5000 meters:** Lasse Viren worked for this one. There was nothing cheap about his victory here, even if the time wasn't particularly good. The Finn didn't suck along with someone else's pace until he decided to kick.

Perhaps fearing the kicks of Rod Dixon and Brendan Foster (both were 1500 finalists at Munich), Viren went to the front on the sixth lap. He did slow the pace down for a half-mile or so, but then he began his long, exhausting drive with a string of five straight laps in 64 seconds.

Still, there were six others with him at the bell—and with a half-lap left. It looked then as if Viren had waited too long to make his break. Anyone who has led that long is at a disadvantage on the sprint—anyone except Viren. He spurted and left the New Zealanders and the German to race for the other medals.

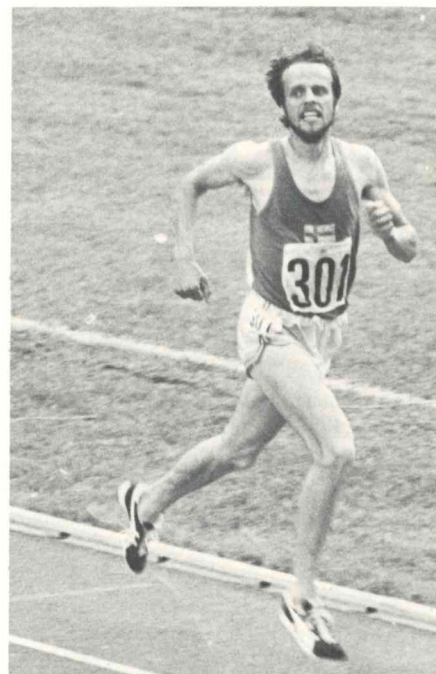
Viren's time for the last four laps (about 10 yards short of a mile) was 4:05. Dick Quax ran almost as fast, which is incredible considering he lost 10 pounds to the flu last week.

**Women's 1500 meters:** No race which awards an Olympic gold medal and carries the honors that this one does can be called disappointing. But this one came close, because we expected so much more from it. Instead of taking the pace out at a rate which would result in a time in the low 3:50s,

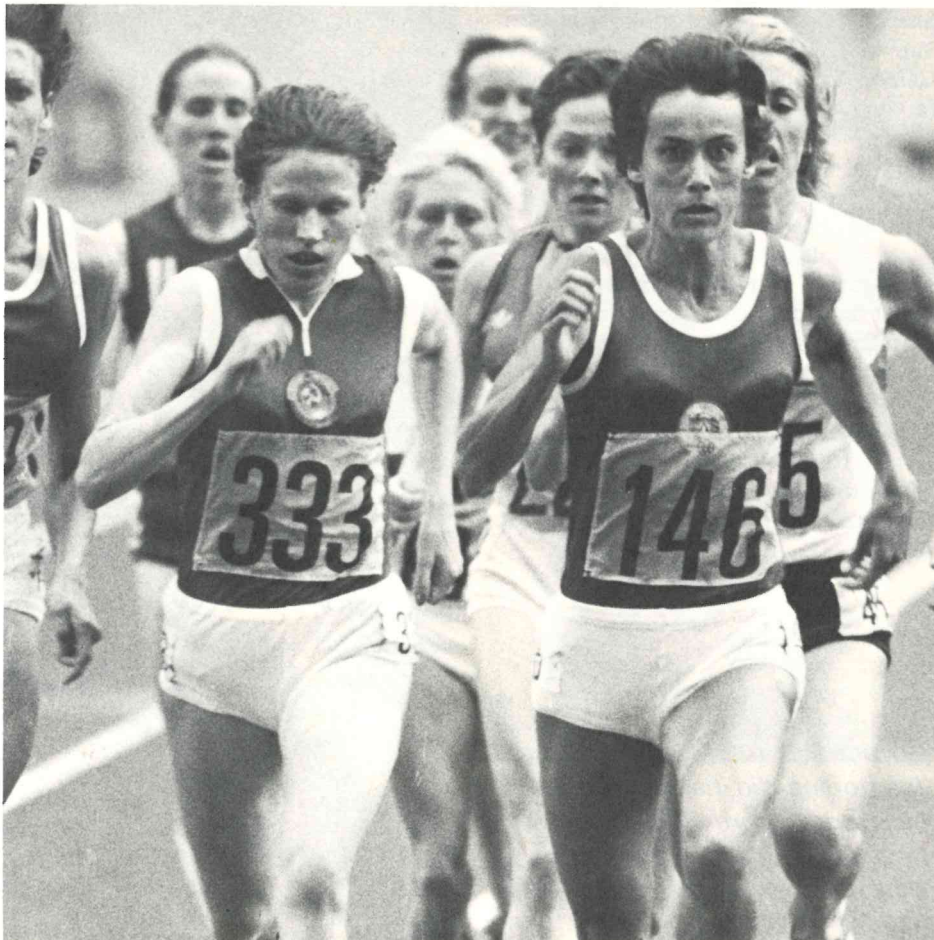
*The women of the 1500 were bunched with a half lap to go. The 1-2 finishers from '72, Bragina (333) and Hoffmeister (146) were leading.*

as anticipated, the women followed the bad example of the men. They jogged three laps and then ran a 300-meter race. Tatyana Kazankina used her miler's strength to win the 800 when the pace was so fast. Here, she used her half-miler's speed to win when the pace was so slow. She sprinted her last lap in 56 seconds. ☞

*Lasse Viren. The name now goes up alongside that of fellow Finn Paavo Nurmi as a multiple winner in two Olympics. Viren's aim now is reportedly to match Nurmi's feat of winning in three different Games and to surpass him in total medal count. Viren already may be the most durable Olympian as he totaled 72 kilometers of racing at Montreal.*

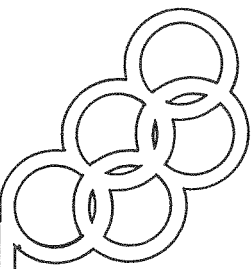


Mark Shearman



Harrison Funk





# Day Eight

## The End

Most of the questions we had a week and a day ago are now answered. We know the names and marks of the Olympic winners, but it will be a little longer before we know who the people with those names and times are. Who, for instance, is Waldemar Cierpinski, and how did he get where he was this afternoon?

Cierpinski's surprising victory in the marathon ended eight days of track so

is likely to go on again.

*Marathon:* Who is Waldemar Cierpinski? All we can do is relay the same few lines about him which we hastily read as he took the lead at 35 kilometers. His name sounds Polish, but he's East German. He is 5'7" tall, 130 pounds, and celebrates his 26th birthday in a few days. Like most of the top marathoners now, he was a capable track man in recent years. His last four marathons

at 62 and 2:03. The entire field wouldn't have been bunched with less than a lap to go. It wouldn't have been won with a 52-second last 400 meters. That's how Walker won it, with Ivo Van Damme offering the last argument and winning his second silver medal of these Games.

*Men's 400-meter relay:* Millard Hampton, the non-100-meter man on the US team, appeared to be one to give the Americans a sure gold. He ran a hell of a second turn before handing off to Steve Riddick. Harvey Glance and Johnny Jones brought the baton to them.

*Women's 400-meter relay:* Annegret Richter gave West Germany a lead going into the last leg. But 200 winner, Barbel Eckert, of East Germany was too fast for Annegret Kroniger. The Easterners avenged their 1972 loss by a margin of four-hundredths.

*Men's 1600-meter relay:* Herman Frazier, Benny Brown, Fred Newhouse and Maxie Parks dominated the race so completely (they gained a lead of close to a second per man) that attention was divided. Some of the crowd watched them. But many of the distance runners were thinking of the marathon which was about to end. Others were watching where to see the Cubans left Alberto Juantorena. They gave him the stick in seventh place, and he proved that he is human after all. After a 20.1 first half-lap, he was passed in the final straight and finished in about 44.8. Remember, however, that he ran on every track day of the Games—the only athlete to try that.

*Women's 1600-meter relay:* The US women one-lappers completed a truly marvelous Olympic performance by breaking the world record. Of course the East Germans beat them to it by taking almost four seconds from their old mark. But they were supposed to win easily, and their doing so takes little away from the Americans. Much of the credit goes to Pam Jiles, normally a short sprinter. She appeared to die at the end of the qualifying race against the Soviets. But this time she gave Rosalyn Bryant a lead over that team which Bryant preserved. ☞



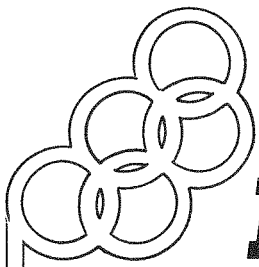
Mark Shearman

*John Walker (right) ended happily an Olympics which had begun in turmoil for the New Zealanders. Most of the Africans had left in protest of their presence. Walker won the Bayi-less 1500. Trailing were (l-r) Frank Clement, Eamonn Coghlan, Ivo Van Damme and Paul-Heinz Wellmann.*

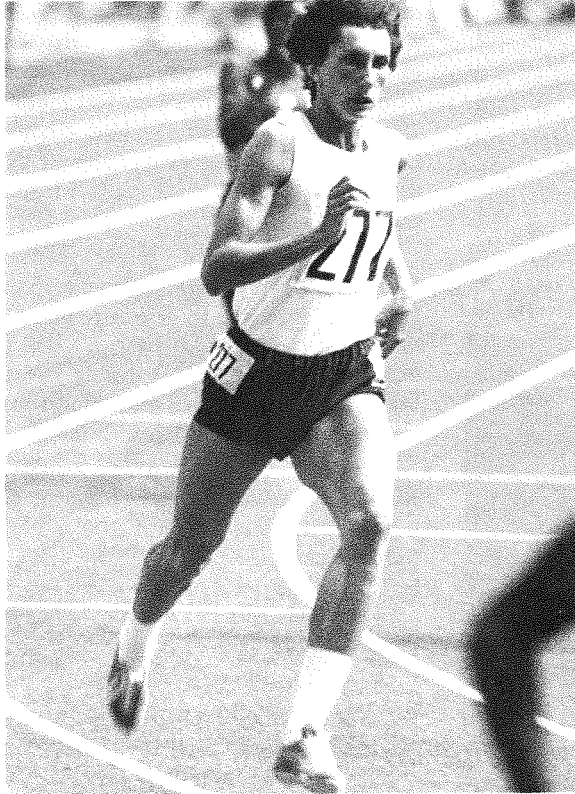
filled with the events to remember that we'll be months deciding which of them were the most memorable. The obvious historical high points were Lasse Viren's double-double (and nice try in the marathon), Alberto Juantorena's first 400-800 double and Irena Szewinska's third Olympic medal in her third different event over three Olympiads. The Games and their problems, Montreal had its problems. But the meet went on, and

have been 2:17, 2:13, 2:12 and . . . well, you see where his times have been going.

*Men's 1500 meters:* John Walker deserved to win this one. He was the class of the field and ran a smart, if slow race. He might still have won no matter how it had been run, but one thing is certain: It would have been an entirely different event with Filbert Bayi in it. Bayi wouldn't have let the pace drag along



# First and Fastest



Left: Irena Szewinska was the easiest winner on the track, taking the 400 by more than a second.



Right: Guy Drut broke an American streak in the high hurdles which went back to the 1930s.

Harrison Funk photos

## MEN'S GOLD MEDALISTS

Event	Winner	Time
100m	Hasely Crawford (Trinidad)	10.06
200m	Donald Quarrie (Jamaica)	20.23
400m	Alberto Juantorena (Cuba)	44.26
800m	Alberto Juantorena (Cuba)	1:43.50*
1500m	John Walker (New Zealand)	3:39.17
5000m	Lasse Viren (Finland)	13:24.76
10,000m	Lasse Viren (Finland)	27:40.38
110m hurdles	Guy Drut (France)	13.30
400m hurdles	Edwin Moses (USA)	47.64*
Steeple	Anders Gaerderud (Sweden)	8:08.02*
20-K walk	Daniel Bautista (Mexico)	1:24:40.6*
Marathon	Waldemar Cierpinski (East Germany)	2:09:55.0
4x100m relay	United States	38.33
4x400m relay	United States	2:58.65

(\*World record)

## WOMEN'S GOLD MEDALISTS

Event	Winner	Time
100m	Annegret Richter (Germany)	11.08**
200m	Baerbel Eckert (East Germany)	22.37
400m	Irena Szewinska (Poland)	49.29*
800m	Tatyana Kazankina (USSR)	1:54.94*
1500m	Tatyana Kazankina (USSR)	4:05.48
100m hurdles	Johanna Schaller (East Germany)	12.77
4x100m relay	East Germany	42.55
4x400m relay	East Germany	3:19.23*

(\*world record; \*\* set world record of 11.01 in semifinals)

A magazine, even a full issue of a magazine, can't do justice to an event the size of the Olympics. So we've compiled a book on the track and field events of Montreal. It runs more than 200 pages and features the insights of a competing athlete (Don Kardong), a reporter (Dave Prokop) and an observer (Joe Henderson), plus a close look at Lasse Viren, the running star of the Games. Complete results. More than 100 photos. Coverage of all events. See the ad on page 19 for details.



# Rerunning the Marathon

The way of learning about all the other Olympic runs was to watch them first, and to fill in all the details about intermediate and final times and backgrounds of the runners later.

But the marathon was different. It happened out of sight of all but a few officials and cameramen riding along with the leaders in electric cars.

They had the technology to flash pictures and results back to the Stadium. Yet they didn't use it. So we blindly groped for morsels of information with which to fit together a picture. A set of splits here, an eye-witness account there.

The picture seemed fairly complete by the next day. We knew in general who Waldemar Cierpinski was and how he had beaten Frank Shorter. We knew when and why Bill Rodgers had dropped back and how Don Kardong had moved up. But we hadn't *seen* any of this beyond the token first and last laps on the track.

However, exactly 24 hours after the race was run, Dave Prokop and I happened by the press center as the full videotape of the race was showing. (All of the races were taped in color and will be sold later in cassettes.)

It gives the same view we would have had from one of the electric cars. There is no commentary, but the crowd in the Stadium and on the streets can be heard.

The 2¼-hour tape begins with the runners at the starting line. Bill Rodgers is wearing number one and is in the first lane. He had been troubled by a sore forefoot for more than a month. Frank Shorter is wearing Tiger shoes. He had switched to Nikes earlier this summer and was now back to Tigers, which is a story for another issue. Don Kardong stands above the other marathoners like a Gulliver among Lilliputians.

Tiny, hunched Barry Watson of Great Britain leads the two laps around the track, and he waves as he takes the field out the Marathon Gate. They go up the ramp to The Park, up the steepest hill on the course.

Kevin Ryan of New Zealand takes the pace briefly. He later would drop out. Going past the Village, Shorter moves to the front, then Rodgers. The brooding face of Lasse Viren is behind them. He is running his first marathon after a "tapering" week which included two 10,000s and two 5000s.

*15 minutes:* A front pack of 15 has formed as they approach the five-kilometer time station. In the group is a man with muttonchop sideburns and a plain white vest. His name is Cierpinski.

*25 minutes:* Forty-four-year-old Jack Foster takes his turn at pace-setting. It is raining now and Jerome Drayton of Canada gives the sky a dirty look. A cold which came on late in the week will keep him from running a probable medal-winning race.

*40 minutes:* Shorter and Rodgers are together in front. Kardong is with the second pack, 10-15 seconds back.

*45 minutes:* They're traveling at a little better than five-minute miles, and the lead group has shrunk to 10: Drayton, Chris Wardlaw of Australia, Goran Bengtsson of Sweden, Shorter, Rodgers, Cierpinski, Viren, Shivnath Singh of India, Karel Lismont of Belgium and Dave Chettle of Australia. Chettle, a 2:10 man, would soon leave them. He would drop out. His teammate Wardlaw would be next to let go.

*1:02:* The expected first surge of Shorter comes at 20 kilometers. It's a small surge which loses only Bengtsson. Cierpinski starts a pattern which would be significant later. When Shorter makes a move, the East German immediately

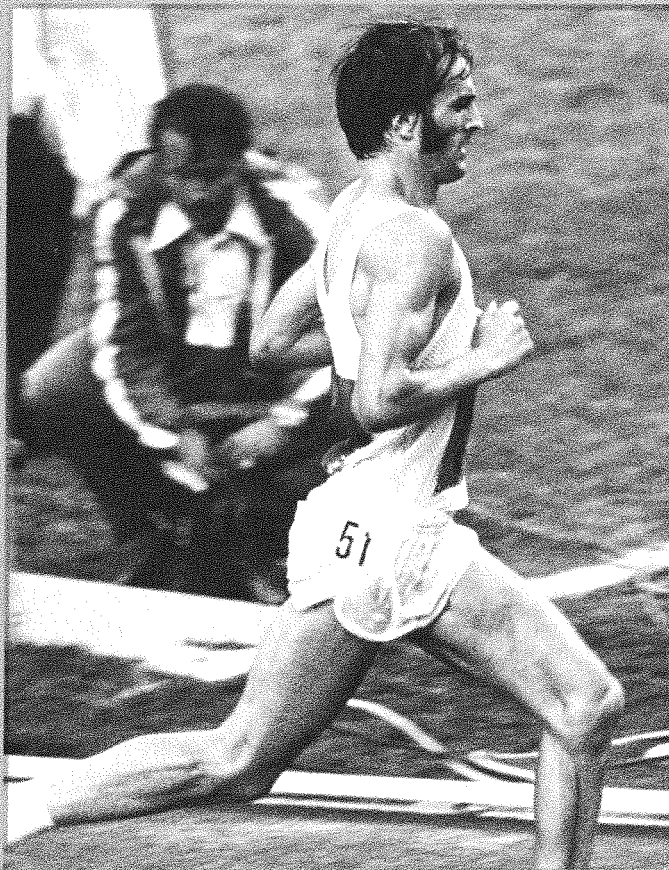
*After their token laps of the track, the marathoners climbed out of the stadium for the real running. The early leaders include Jack Foster (27) and Neil Cusack (6). Don Kardong peeks over Foster's head.*



Harrison Funk



Mark Shearman



comes back with a stronger move of his own, as if to say, "I can play this game, too."

1:08: Rodgers slips on a turn and seems to be favoring his right leg.

1:16: The real racing begins here. Shorter accelerates dramatically at 25 kilometers and immediately breaks up the remaining pack. He builds a 30-40-meter lead, then looks back to see who is following. Only Cierpinski and the Indian Singh are. Singh isn't used to racing in shoes, and they are turning his feet to hamburger. He won't be able to stay up much longer. Viren's hopes for a triple are ending here, too.

1:18: Cierpinski is back with Shorter.

1:30: Shorter's face shows stress and concern, while the East German has the calm expression of one who knows he is in control.

1:44: After several kilometers of running that looked like an interval workout, Cierpinski makes the decisive move. He dives around the corner and onto Sherbrooke with his first clear lead. Sherbrooke is the main street leading to the Stadium.

2:00: The Stadium comes into Cierpinski's sight, and as he looks behind he can barely see Shorter. Frank is more than a half-minute back now. Don Kardong has passed all of the early leaders but two and is in bronze medal position. But tough little Lismont is waiting to pounce.

2:06: Cierpinski is sure to win now. He has only the long, leg-jarring descent into the Stadium and a lap of the track to go.

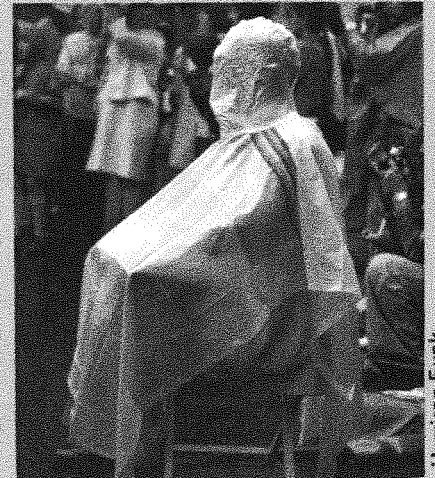
2:45: The last finisher, Lucio Guachalla of Bolivia, is on the track and the Marathon Gate closes behind him. ☸

Harrison Funk



Harrison Funk

Upper left: Waldemar Cierpinski at the finish. Lower left: Don Kardong made the biggest improvement. Above: (l-r) Shorter, Rodgers, Cierpinski, Drayton, Viren. Right: the official position for a rainy day.



Harrison Funk



20 kilometers: 1. Bengtsson, Cierpinski, Drayton, Lismont, Rodgers, Shorter, Singh, Viren 1:01:24; 9. Wardlaw 1:01:46; 10. Chettle, Cuevas, Gomez, So 1:01:58. (Kardong 1:01:59).

15 kilometers: 1. Bengtsson, Chettle, Cierpinski, Cuevas, Drayton, Fava, Lismont, Rodgers, Shorter, Singh, Viren, Wardlaw 46:00. (Kardong 46:17).

10 kilometers: 1. Bengtsson, Pereira, Rodgers 30:48; 4. Chettle, Cuevas, DeJesus, Drayton, Foster, Lismont, Shorter, Singh, So, Viren, Wardlaw 30:49. (Kardong 31:01).

# 1976 Montreal Marathon

## Results

25 kilometers: 1. Shorter 1:16:35; 2. Cierpinski, Rodgers, Singh, Viren 1:16:36; 6. Drayton 1:16:37; 7. Bengtsson 1:17:19; 8. Lismont 1:17:39; 9. Kardong 1:17:45; 10. Cuevas 1:17:55.

1. Waldemar Cierpinski (East Germany) 2:09:55; 2. Frank Shorter (US) 2:10:45; 3. Karel Lismont (Belgium) 2:11:12; 4. Don Kardong (US) 2:11:15; 5. Lasse Viren (Finland) 2:13:10; 6. Jerome Drayton (Canada) 2:13:30; 7. Leonid Moseyev (USSR) 2:13:33; 8. Franco Fava (Italy) 2:14:24; 9. Alexander Gotskiy (USSR) 2:15:34; 10. Henri Schoofs (Belgium) 2:15:52.

11. Shivnath Singh (India) 2:16:22; 12. Chang Sop Choe (North Korea) 2:16:33; 13. Massimo Magnani (Italy) 2:16:56; 14. Goran Bengtsson (Sweden) 2:17:39; 15. Kazimier Orzel (Poland) 2:17:43; 16. Hakan Spik (Finland) 2:17:50; 17. Jack Foster (New Zealand) 2:17:53; 18. Mario Cuevas (Mexico) 2:18:08; 19. Rodolfo Gomez (Mexico) 2:18:21; 20. Shigeru So (Japan) 2:18:26.

21. Noriyasu Mizukami (Japan) 2:18:44; 22. Anacleto Pereira (Portugal) 2:18:53; 23. Jose De Jesus (Puerto Rico) 2:19:34; 24. Yuriy Velikorodnyh (USSR) 2:19:45; 25. Jos Hermens (Holland) 2:19:48; 26. Jeffrey Norman (Great Britain) 2:20:04; 27. Jukka Toivola (Finland) 2:20:26; 28. Jorgen Jensen (Denmark) 2:20:44; 29. Michail Kousis (Greece) 2:21:42; 30. Tom Howard (Canada) 2:22:08.

31. Keith Angus (Great Britain) 2:22:18; 32. Akio Usami (Japan) 2:22:29; 33. Rigoberto

Mendoza (Cuba) 2:22:43; 34. Fernand Kolbeck (France) 2:22:56; 35. Christopher Wardlaw (Australia) 2:23:56; 36. Wayne Yetman (Canada) 2:24:17; 37. Huseyin Aktas (Turkey) 2:24:30; 38. Veli Balli (Turkey) 2:24:47; 39. James McNamara (Ireland) 2:24:57; 40. Bill Rodgers (US) 2:25:14.

41. Hipolito Lopez (Honduras) 2:26:00; 42. Daniel McDaid (Ireland) 2:27:07; 43. Eusebio Cardoza (Paraguay) 2:27:22; 44. Chang Son Kim (North Korea) 2:27:38; 45. Barry Watson (Great Britain) 2:28:32; 46. Agustin Fernandez (Spain) 2:28:37; 47. Jerzy Gros (Poland) 2:28:45; 48. Jairo Cubillo (Colombia) 2:29:04; 49. Luis Raudales (Honduras) 2:29:25; 50. Baikuntha Manand (Nepal) 2:30:07.

51. Antonio Banos (Spain) 2:31:01; 52. Chun Son Goh (North Korea) 2:31:54; 53. Victor Serrano (Puerto Rico) 2:34:59; 55. Neil Cusack (Ireland) 2:35:47; 56. John Tau (New Guinea) 2:38:04; 57. Victor Idava (Philippines) 2:38:23; 58. Raymond Swan (Bermuda) 2:39:18; 59. John Kokinai (New Guinea) 2:41:49; 60. Lucio Guachalla (Bolivia) 2:45:31.

Didn't finish: Ross Haywood (Australia); Giuseppe Cindolo (Italy); Thancule Dezart (Haiti); David Chettle (Australia); Rafael Mora (Colombia); Santiago Manguan (Spain); Kevin Ryan (New Zealand).

Didn't start: Gaston Roelants (Belgium); Ilie Floroiu (Romania); Charles Olmeus (Haiti); Carlos Lopes (Portugal).

30 kilometers: 1. Cierpinski, Shorter 1:32:08; 3. Drayton, Singh 1:32:23; 5. Viren 1:32:36; 6. Lismont 1:32:44; 7. Kardong 1:33:08; 8. Rodgers 1:33:29; 9. Cuevas, Fava, Moseyev 1:34:51.

35 kilometers: 1. Cierpinski 1:47:24; 2. Shorter 1:47:37; 3. Drayton, Lismont, Viren 1:48:27; 6. Kardong 1:48:38; 7. Singh 1:48:56; 8. Moseyev 1:50:54; 9. Fava 1:51:11; 10. Cuevas, Rodgers 1:51:34.

40 kilometers: 1. Cierpinski 2:03:12; 2. Shorter 2:03:44; 3. Kardong 2:04:34; 4. Lismont 2:04:36; 5. Viren 2:05:34; 6. Drayton 2:05:47; 7. Moseyev 2:06:49; 8. Fava 2:07:33; 9. Singh 2:07:36; 10. Grotskiy 2:08:36.

5 kilometers: 1. Bengtsson, Cierpinski, Drayton, Foster, Gomez, Lismont, Rodgers, So, Shorter, Viren 15:19. (Kardong 15:22).

OLYMPIC  
STADIUM

# The race goes to

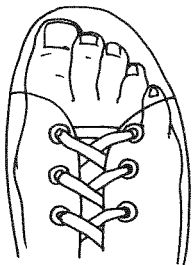
We believe that at New Balance; it's the corollary to our basic theory of width sizing for athletes ("Show me a runner whose shoes don't fit, and I'll show you a loser"). More and more athletes seem to be agreeing with us too. In the past year, runners wearing New Balance shoes placed third in the Boston Marathon, first in the New York Marathon, third in the National 30 Kilometer Championship, and first in the New England AAU Three-Mile. In fact, the present number three- and number five-ranked runners in the world train and race in New Balance.

Here's what they're getting: for more than 20 years, we've been manufacturing athletic shoes in width sizes as well as lengths. A perfect fit for comfort, greater protection, and enhanced performance. Training shoes with special sole/midsole/wedge construction and sufficient weight to be fully protective. Flared heels in some cases and a unique new Achilles tendon pad on all training models. Lacing that runs only the length of our special supportive saddle over the instep. A seamless, lined upper that prevents chafing or binding of the toes.

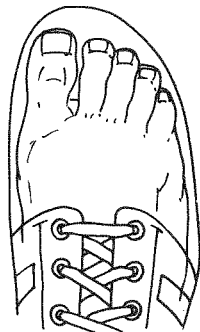
That's New Balance. We'll fit your foot perfectly — provided your foot falls somewhere in the 3½AA to 15EEE range. After that, it's up to you. Like we also say: If the shoe fits, run in it.



**320** The complete training shoe for beginning jogger and Olympic runner alike; "best I've ever worn," according to one of the country's leading doctors of sports medicine. Two layers of thick Softee cushioning in the wedge/midsole combination, plus width sizing and a leather-reinforced, flocked nylon upper to encase the foot in a nearly frictionless environment. A flared heel and molded plastic counter for maximum cushioning and great lateral stability, and our new Achilles tendon pad for maximum protection and support coupled with light weight. Men and women, 3½AA to 15EEE, in Royal blue with white trim.



Lacing to the toe constricts the toes and may cause blistering on top of the foot.



The New Balance method restricts lace tightening to our saddle over the instep, which avoids chafing, assures toe freedom, and eliminates the need for shoe break-in.



**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*.

**New Balance Shoes are available at these fine stores:**

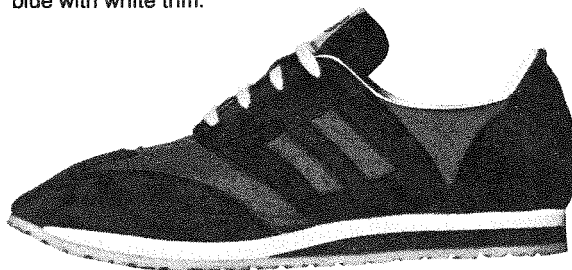
**Arizona:** Pinney & Robinson, Phoenix. **Arkansas:** Cullem & Boren, Little Rock. **California:** Alameda Sporting Goods, Alameda / Jim Davis Sporting Goods, Berkeley / Loeschhorn's New Balance Athletic Shoes, Costa Mesa / All Pro Sporting Goods, Encino / Stub's Five, Escondido / Acme Trophy, Hayward / Sports Inc., Oakland / McIntosh's, Sacramento / Sargent's, Sacramento / Valley Athletic, San Jose / Olympic Sporting Goods, San Francisco / Athlete's Foot, Torrance / All Pro Sporting Goods, Ventura / Athlete's Foot, Westminster / And all 18 Oshman's stores in California. **Colorado:** Athlete's Foot, Aurora / Front Runner, Denver / Metro Sporting Goods, Denver. **Connecticut:** Bensen Athletic Supply, North Haven / Clapp & Treat, West Hartford. **Florida:** Birmingham's Running Shop, Jacksonville / Phidippides, Tallahassee. **Georgia:** Phidippides, Atlanta / Reeder & McGaughey, Atlanta. **Idaho:** Idaho Sporting Goods, Boise. **Illinois:** Front Runner, Chicago / Morrie Mages Sporting Goods, Chicago / Front Runner, Evanston. **Louisiana:** Cullum & Boren, New Orleans. **Maryland:** Varsity Sport Shop, College Park / Athlete's Foot, Lutherville. **Massachusetts:** Gob Shops, Attleboro / Bob Smith, Boston



# the fit.



**Trackster III** The most protective of all training shoes, with a molded Ripple sole to absorb up to 40 percent of road shock. Unique foxing construction for greater lateral stability, a foot-conforming soft suede upper for comfort, and our new Achilles tendon pad for protection from strain and chafing. Men and women, 3½AA to 15EEE, in Royal blue with white trim.



**220** A new training shoe with a unique wedge and midsole combination incorporating two 18-Iron layers of Softee cushioning. With our new Achilles tendon pad for protection and the conventional rounded heel for maximum cushioning on heel strike. Full midsole protecting both the ball of the foot and the metatarsal head area. Lightweight, extremely durable "octopus" sole for maximum traction on all surfaces. Men and women, 3½AA to 15EEE, in Royal blue with white trim.



**Competition** The totally new idea in racing shoes: a perfect fit for maximum performance. Width sizing, plus ultra-light 7½ oz. weight (size 8D). Knobby sole for excellent traction on all surfaces, and New Balance's unique-at-the-price wedge/midsole combination to keep weight forward and absorb shock. Men and women, 3½AA to 15EEE, in Royal blue with white trim. The shoe that placed third in the Boston Marathon and took first at New York.

When purchasing New Balance shoes in Canada, write to the following address for details and information:

John A. Vicario  
New Balance Canada  
Box 13190  
Kanata-Ontario, Canada K2K1X3X

Please send me:

	length	width
_____ pair 320 at \$26.95	Size: _____	_____
_____ pair 305 at \$24.95	Size: _____	_____
_____ pair 220 at \$23.95	Size: _____	_____
_____ pair Trackster III at \$29.95	Size: _____	_____
_____ pair Competition at \$18.50	Size: _____	_____

\_\_\_\_\_ Spare Pair resoling service information  
\_\_\_\_\_ free New Balance catalog

\_\_\_\_\_ I will include \$1.75 per pair for postage and handling.

I enclose a total of \$ \_\_\_\_\_. I am also enclosing a foot tracing taken while standing, in sox (if worn), to help you guarantee me a perfect fit. Yes, I remembered to hold the pencil vertically when I took the tracing.

\_\_\_\_\_ name

\_\_\_\_\_ street

\_\_\_\_\_ city

\_\_\_\_\_ state

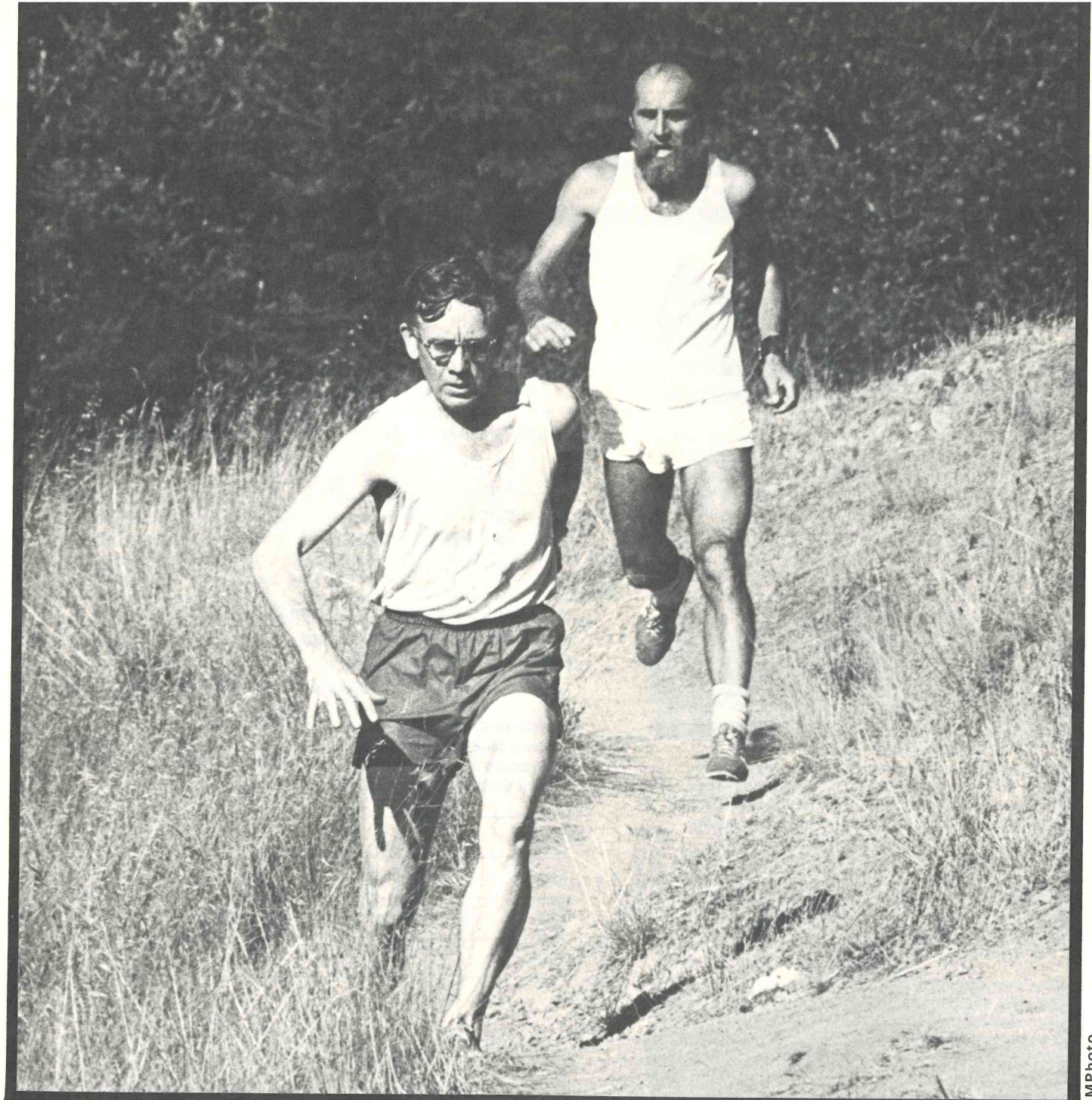
\_\_\_\_\_ zip

**new balance**  
**athletic**  
**shoes**  
**usa**



38-42 Everett St.  
Boston, MA 02135

Clark's, Greenfield / Muzinsky's, Lynn / The Runner's Shop, North Hampton. **Minnesota:** Steichen's, Minneapolis / Gopher, St. Paul. **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.



OMPhoto

# Taking the Fall Sport Seriously

by Hal Higdon

Most runners *run* in cross-country events, they don't *race* in them. There is a difference.

In the first case, you stand at the line until the gun goes off, and when that happens you go as fast as you can until you come to the finish line, and then you stop. That is what I call *running* a cross-country course. The brain is disengaged and the event becomes a matter of pure strength, speed or endurance.

In the second case, you consider your event, the course and your rivals long before you stand at the line. When the gun goes off, you go as fast as you can, but with a purpose in mind



and utilizing techniques specific to the sport of cross-country. That is what I call *racing* a cross-country course. Strength, speed and endurance still remain important, but the brain is engaged as well.

The difference, in a cross-country event several miles long, may only be a matter of a few seconds, maybe only *tenths* of seconds. But that can be the difference between victory and defeat—for you or your team.

At the same time, I cannot criticize an athlete who takes a casual, “runner’s” approach to the sport of cross-country. For many, this branch of long-distance running is merely a means to an end rather than an end itself.

Some athletes use cross-country as a form of conditioning to prepare for the track and field season in the spring, which is more important to them. (Rick Wohlhuter, for example, comes to mind.)

Others use it as a diversion from road racing. (For instance, Ken Young.)

Athletes in different sports such as basketball, wrestling or skiing may become cross-country runners as part of the training process for those sports, in the same sense that some runners also become weight lifters. (Pro basketball player Nate Archibald once told me he took seven-mile cross-country workouts during the summer.)

Many, track men also train on cross-country terrain without bothering to race over that same terrain. (Jim Ryun, once out of college, is an example.)

But for other runners cross-country is the *piece de resistance*, not merely the *antipasto*. To them this article is directed.

There are reasons for running cross-country other than winning races. Certainly the variation in terrain and surfaces provides a different type of stress that can be an important training adjunct. The running of at least medium distances over cross-country courses can be less boring than multi-laps around a track or long runs on straight, flat, traffic-clogged roads. With certain surface conditions, the chances of injury from hard training can be minimized. All these are valid reasons for using cross-country as part of a training regimen for other events or sports.

An even more sound reason is that it is pleasant to run on twisting woodland trails, or over the rolling surfaces of well-manicured golf courses. In the section of the country where I live, the Midwest, the weather is better for running in the fall than at any other time of the year. It is warm but not hot, moist but not

humid, eventually bracing but not cold. And the changing of the colors as trees turn from green to gold to brown provides a backdrop for my running that I particularly enjoy.

At the same time, I enjoy winning—or at least racing at my maximum potential—and I find that cross-country is a sport where thinking can affect the result and permit me to beat runners who do not think.

How can thinking affect the result? Consider first the fact that cross-country is a technique event. If you don’t appreciate that simple fact, you will never succeed as a cross-country runner. It is a technique event because it is run on varied terrain for which different techniques must be utilized.

This seems like an obvious statement, but many runners give too little attention to techniques that would improve their cross-country abilities. You would not attempt a steeplechase without learning how to hurdle, so then why attempt cross-country without learning how to overcome that sport’s “barriers?”

If you run distance events on the track, you need know only how to run. If you run cross-country, you must know how to run hills, both uphill and down. You must learn how to adjust your stride for rough ground and different surfaces. You must know what to do when you get to a sharp turn—especially if you get there at the same time as a half dozen other runners.

## TAKING TURNS

Ask the average runner how he runs around a turn, and the answer you get will be, “Well, you just, sort of—turn!” Ask a pole vaulter how he vaults, and you would not expect such a simple answer. But then vaulters are more conditioned to theirs being a technique event than are most runners.

Let us examine a method for taking turns. You have to set yourself up for a turn the way an auto racer gets his machine positioned to take a turn around a race track like Watkins Glen. You have to assume the right *attitude*—in the sense that astronauts speak of attitude (or position) of their space craft, rather than state of mind, which is important too.

This means you must begin to go around a turn before you reach it. The technique is similar to the way you run a banked turn indoors (although, admittedly, few runners know how to do even *that* properly). Several strides before you reach the turn, you place your upper body in a sideways position: outside

shoulder forward, inside shoulder back, outside arm raised, inside arm down.

As you reach the turn, you lean and bring your legs into alignment with your shoulders, allowing yourself to “fall” around the turn, at the same time propelling yourself around it. It is an action more easily demonstrated than explained in print. Go out and try it on some sharp turns on your home cross-country course, then adopt the movements that seem most comfortable to you.

In adopting this technique, also remember that turns differ. You would not throw yourself into a long, sweeping turn as hardily as you might a 90-degree turn between trees that had to be negotiated in two strides.

Also remember that once you come out of a turn, you must resume your normal upper body movement. A common fault of many runners, even on outdoor tracks, is to continue running down the straightaway with left arm down and right arm thrashing across their body as though they were still in a turning attitude. Resuming your “normal” running stride is a matter of concentration and is easier to do in the early stage of races than in the later stages (which is one reason why some runners pull away from others in later stages).

By setting yourself up for turns, you can take them at maximum speed and avoid having to brake to avoid sliding off the path, which on some courses might mean into a tree. Taking a turn in a positive, aggressive manner requires energy, but so does accelerating after having been forced to slow down. It also costs energy to catch up after taking a turn too wide and seeing your opponents move away from you.

This is another important consideration: by taking turns properly you sometimes can gain a half stride or more on your opponents, which may be critical in a tactical race.

Several summers ago, I ran a summer four-mile cross-country race against Jerry Smith of Oregon-Davis High School and Dave Collins of Ball State University. After the race, Collins remarked that every time we went around a corner I would pick up five yards on Smith.

Both runners eventually beat me, because of an unfortunate fact of life: superior talent, conditioning or both, will overcome superior technique. On the other hand, if you are matched against a runner of equal talent and conditioning, you can defeat him by applying superior technique.

Collins is a good example of a

thinking runner. We were racing in an unimportant summer fun-run, but while doing so he had kept his brain engaged and learned something new about cross-country technique, or at least reinforced knowledge he already had.

## CROWDING

Of course, what I have said thus far about taking turns applies mostly to taking turns more or less in a vacuum, by yourself or with one or two other runners who presumably will not interfere greatly with your well-practiced technique. Different problems arise in crowded conditions.

Consider this example from my collegiate career back in the dark ages of distance running. In the 1950s, the NCAA Cross-Country Championship was conducted annually at Michigan State University on a course that started in an open field with a long sprint of about 440 yards before a sweeping 180-degree turn had to be negotiated around—my memory fails me—what was either a backstop or a golf green.

During my junior year at Carleton College, I entered the NCAA Championship and began my race at a pace befitting a 10:00 two-miler, which I was at the time. By the time I reached the first turn, the middle of the pack had become so congested that there was no alternative other than to slow to a walk. It was like the crowd at the start of the Boston Marathon, and I probably lost 10 or 15 seconds before being able to resume my regular pace. I finished something like 96th in the race.

My senior year in college, I returned to the NCAA Championship with a strategy in mind. I was now a seasoned veteran. No matter that I still was only slightly better than a 10:00 two-miler, I sprinted out at the start and reached the turn with the leaders. At the half-mile mark, I was running in fourth place. Naturally, having overextended myself I finished something like 96th in the race. But at least I had been thinking.

The NCAA was thinking, too, and eventually moved its championship to other, more open courses.

But this underlines the dilemma faced by the "average" runner attempting to compete in crowded cross-country races. How do you avoid getting trampled in the pack? The answer sometimes is to go out too fast, realizing that overextending yourself will hurt your performance, but knowing that you still will lose less than if required to run in the pack.

Of course, if everyone goes out fast the pack will be at the front of the race

rather than in the middle, and the runner who has paced himself well can pick his way through the spread-out field in the second half of the race and beat dying runners. This is a technique better suited for placing well rather than for winning. And it is easier done in a six-mile college race than in a 2.5-mile high school race. If the average runner wants to succeed in large meets, sooner or later he must learn the technique of running in a crowd.

Running in a crowd generally is no problem on a straightaway. It may, in fact, even be easier to be swept along in a crowd of runners slightly faster than you. What you want to avoid is being held back by a crowd of runners slightly slower than you.

The main problem occurs when the crowd encounters obstacles, which could mean a hill to climb, a log to jump or a turn to negotiate. At these moments the pace of the crowd will change, often only subtly, and if you are running in the rear, you may find yourself unnecessarily slowed. Your only defense is to anticipate such obstacles in advance so that you can position yourself near the front of the crowd, forcing the other runners to follow your pace rather than your following theirs.

If this is impossible, the next best technique is to move to the outside, particularly approaching a turn. You are better off running wide and covering some extra distance than getting trapped on the inside and having your rhythm broken, or maybe even getting tripped.

Another possibility is to slow down and negotiate the obstacle behind the crowd, but you may be giving away ground never to be recovered. A greater risk in an extremely crowded field is that you will have dropped out of the crowd, only to be engulfed by another.

The important technique to remember is that if you anticipate problems well in advance, you will more easily be able to cope with them.

## ROUGHING IT

Another problem that the cross-country runner frequently encounters is variations of terrain. There are two major types of variations. Big variations are known as hills. Little variations are known as rough ground.

Let us consider the first variation, hills. Unless you enjoy the challenge of running hills, you probably will never enjoy true cross-country. Notice that I said the *challenge* of hills, because the actual act of charging up a steep hill may be enjoyable only in the abstract

sense. It is the contemplation, afterwards, of a challenge met that provides the pleasure of cross-country running. It is why flat, even-surfaced, multi-lap courses are an insult to those who love the harrier sport.

For a more detailed discussion on the subject of hills, read my two-part series on the subject in *Runner's World* (July and August '74) and also the following comments by Bob Fitts (November '74), Ken Young (December '74) and myself (February, '75).

Running hills is an art form all itself, and each person must seek the technique that best suits his talents, but in general the best results can be obtained by following a few guidelines:

1. *In running uphill, do not make the mistake of leaning into the hill.* Too much forward lean robs you of the leverage you need to get up the hill. It is better to run with a slightly backward incline, thus maintaining your weight over your "wheels." A more flat-footed stride works best on most hills with medium inclines. On certain very steep hills, you may be forced by the angle of the slope to get up on your toes and tilt forward.

Hills, like snowflakes, vary greatly. The key to running hills (as all who disagreed with some of my advice on hill running techniques did agree on this) is to run hills. You can't learn a technique unless you practice it, experiment with it and determine what works best for you.

2. *The most important point on any hill is immediately after you crest it.* Despite the fatigue accumulated in the uphill battle, you must resume your natural stride as quickly as possible. This is easier written than done, of course, yet it is essential if you are to avoid losing ground not only on your opponents but on your own pace timetable. This is known as running *over the top* of the hill, and it can be an important tactical weapon in breaking contact with those behind you.

3. *The best method for running downhill is to get up on your toes, lean forward and lengthen your stride.* Simply let fly. This is not always wise advice in road races, when long hills over a hard surface and the finish line another 25 miles away may necessitate some caution. But in cross-country races the hills usually are shorter, as are the races, and discretion often may be thrown to the wind.

Leaning forward while going downhill is a debilitating exercise and will rob you of the rest you think you de-



serve after an uphill struggle, but you will greatly improve your time and finishing positions. The secret to obtaining proper forward lean is to tilt forward from the waist. It takes a conscious effort at the top of each downhill charge to do this, and it is easier done in the first mile than the sixth, but the results are worth the extra concentration required. As with any cross-country technique, practice is essential.

The second variation (in terrain) is uneven ground, which can best be negotiated in a flat-footed position. Runners who attempt to sprint across uneven ground while up on their toes risk losing their balance. They can get

able if you adjust your path around it. This gets back to thinking about a course before running it.

Whether running over hills or uneven ground, the most successful runners are those who are able to suffer sudden changes of pace without losing their regular running rhythm. Steeplechase runners usually make good cross-country runners, and vice versa. Fartlek running or interval training, which force the runner to shift gears regularly, thus may be a more successful training regimen than long, steady runs.

### COURSE STUDY

The thinking runner also realizes

Invariably, the visitors jog the course conversing with each other, paying little attention to the ground they will soon cover at race speed. Sometimes they cut corners or avoid loops under the theory that they are saving energy. Their only motive in examining a course before running over it—other than their coach told them to do so—is so they won't get lost. That probably was the coach's reason for sending them out, too.

Actually, this is an important reason for examining a course in advance but navigation probably concerns only the few runners who will lead. Ninety per cent of the runners will follow,



Jeff Johnson

*A good cross-country artist will consider his opponents, the course and the race long before the start.*

away with it only if they are vary familiar with the footing of the course. Even then, it is a gamble. If you don't understand why, take an unsharpened pencil and balance it on its end, then sharpen that same pencil and try to re-balance it. The more surface you can lay down on the ground, the better will be your balance.

Similarly, the more foot surface you can lay down on the ground while navigating loose ground (sand, mud, etc.), the better traction you will obtain. The technique in traversing loose ground is similar in many respects to running uphill. You want to keep the weight over your "wheels" again. A shortened stride also may be necessary. On the other hand, some loose ground may be avoid-

that every course has its own nuances, its own flavor. It must be approached analytically, for if it is to be conquered it must be conquered by guile as well as by style. The runner who can analyze a cross-country course and determine the best way to run it will achieve success.

For some, that success may mean finishing first instead of second. For others, it may be finishing 178th instead of 179th. For all, it will mean maximizing your potential and running your race with intelligence as well as with guts. Success often is relative, but it is still success.

Because my oldest son is involved in running on his high school team, I attend numerous cross-country races as a spectator rather than as a participant. There is a ritual that goes on before most high school meets. In Indiana, the distance run is 2.5 miles, so usually a visiting team arrives and is escorted around the course by the home team.

sheep-like, and if the lead runners get lost, everybody gets lost.

A more important reason for pre-race examination is to determine the nature of the terrain, and this should concern trailing runners as much as fast runners—perhaps even more because, lost in the pack, they may not have as unrestricted a view of hazards to be encountered.

The questions they should ask themselves are:

- If there is an uphill stretch, can it be run without breaking stride?
- If there is uneven or loose ground, can it be avoided by running a slightly different path?
- Are there any unsuspected obstacles, such as fallen logs or streams?
- Even more basic: is it the type of course that might be negotiated best with flats rather than spikes?
- And if with spikes, what length spikes?

The thinking runner cannot avoid asking



such questions if he wants to succeed on strange courses.

## TAKING ADVANTAGES

Most runners assume that they can follow home-course runners who presumably already know the fast way around. This assumption may prove false. For one thing, you may be ahead of the home-course runners who may hold back to force you to find your way. (This is a legitimate tactic: Why give away your home-course advantage?) But another factor of cross-country running is that most runners, particularly those on high school teams, have given so little thought to the art of their sport that they don't know how to run even their own course.

Certainly a runner being shown a new course should greet all offered advice with skepticism. Several years ago, our club had a triangular meet with Northwestern and Iowa, and we were being shown the former's home course before the race. We came to a point in the woods where a large tree had fallen across the path. A side path angled down to the left into a depression, and the Northwestern guide pointed to it: "That's where you can go around the tree."

I noticed that path, and also noticed a third path to the right that seemed shorter which remained on the level. But being a steeplechaser, I decided I could step the tree like a water jump barrier. I decided to forgo the offered advice and negotiate the downed tree in that manner.

After the race I checked with my teammates. Every one of the Northwestern runners had stepped the tree.

Whether the pre-race advice had been true or false was not so important. Whether I stepped the log or took the path was not important. What was important was to have a plan in mind as to how I would handle that particular obstacle as well as the rest of the course. While racing, you do not want to waste your concentration by making decisions that should have been made in advance.

At one national cross-country championship over a rain-soaked course at the University of Chicago, practically the entire field took a wide detour around a large puddle. I cut straight across and caused many of those behind me to do the same because, as they admitted later, "We thought you knew what you were doing." Their decision may have been right, but the *reason* for their decision was wrong, because I might have been wrong. As it turned



Jerome McFadden

*The leaders don't always know the best route along the course.*

out, I don't think it made much difference which way the field negotiated the puddle.

In 1975 at the cross-country event connected with the World Masters Track and Field Championships, the organizers devilishly had routed their course through a stream. I arrived the day before the race, and in jogging over the course made at least a half dozen run-throughs to determine where the footing was best on the stream bed and at what angle to attack it.

I had the approach figured out so exactly that I planned to hit the top of the bluff with my right foot, the bank with my left, a dam with my right, then push off into the water and lift my knees high to avoid being bogged down. Observers who watched the race from that point said I picked up a minimum of 10 yards on almost everybody in the race each of the two times we hit the water. I earned a bronze medal by my careful preparation.

On the first lap, one competitor running just ahead of me actually stopped when he came to the stream, uncertain what to do. Obviously, he was shocked by the prospect of jumping into uncharted water. Perhaps he couldn't swim. I never saw him again.

## SHORTCUTS

Sometimes it becomes physically impractical—unless you arrive the day before the race—to examine the entire course on which you plan to compete. The race might be conducted on a single six-mile loop, in which case only the most dedicated 120-mile-per-week zealot will be willing to risk a pre-race warmup over the entire route. If so, the most important thing to remember is that the critical stages in any race are the beginning and the end.

I want to see at least the first half-mile of any course, because I want to know: Can I afford the luxury of a relaxed start? Or will I need to get off the line fast to avoid being pinched by runners seeking a single path?

I want to see at least half-mile of any course, because I want to know: Where shall I begin my final sprint? I don't want to emerge from a woods into a clearing



and suddenly see cheering fans standing at the finish line 100 yards away, and I have enough energy to run another mile at the same pace.

In order to better pace myself, I like to know exactly where I am on the course at all times. Many courses have mileage markers, and this helps. Some do not. If a map is available, it may offer some landmarks that may become checkpoints, although maps frequently are rough-drawn, not to scale, and are not to be trusted. In a pinch, you can wear a wristwatch and use elapsed time as a guide to distance run.

I always examine course maps closely. I examine maps before I warm up on the course and after I finish warming up. If it is an important race, I may study a course map weeks in advance if I can get one. Of course, not all courses have maps, and when they are not available you have a right to complain to the race director. Our local high school conference has a rule that the home team must provide a course map well in advance of any scheduled meet, and I consider this a good rule.

But even maps can only hint at terrain, and while the start and finish areas are most important on most courses, this is not true always. An example would be at New Prairie, the site of an important invitational high school meet in Northern Indiana.

The first mile of the New Prairie course is run in a flat, open field with numerous 90-degree turns. Then there is a long straightaway of maybe 500 yards leading into a narrow, twisting path through the woods. The path continues for maybe a half-mile before re-entering the open field, and it is pretty much single-file running throughout.

Because of this configuration, New Prairie is not a course on which a runner who paces himself properly and likes to come from behind is going to achieve much success. The 500-yard stretch before the path must be negotiated at full speed to permit you to enter the woods ahead of slower runners who may block you. Unless you realize this, you can never achieve success at New Prairie.

## LEADERS AND FOLLOWERS

Most milers have a tendency to fear the lead like they fear the plague, but cross-country is one of the few running events where leading may be a distinct advantage. It particularly can be an advantage on a course such as New Prairie where there are multiple sharp turns and a runner running in a pack is forced to run the turns wide or even to slow his pace. It is also an advantage where there

is only one fast line.

It is a disadvantage, of course, on windy days when an opponent is using you to break the wind for him. The tactical gambit to use on runners attempting to draft you is to shift pace, forcing your opponent to go slow and then fast when you want him to, or abandon straight-line running and run broken field, forcing him to change his position if he wants to stay in your draft. The danger in this is that if you waste too much energy in one-on-one combat with another runner, you may lose ground on the pack.

The runner running in the drafting position sometimes can use the other runner to guide him around an unfamiliar course, but that does not always work either. Once, while competing with my club in a meet with Valparaiso University, the lead Valpo runner took a wrong turn on his home course, leading the entire field astray.

It is never wise to trail on a course over rough ground or on one with frequent hazards, because you can't dodge hazards if you can't see them. It is best on such courses to move into a clear position, wind or not.

On a track the place where you make your move often is dictated only by the ability of opponents and your own ability, but in cross-country the place may be dictated by terrain: a tall hill on which you can break an opponent's spirit by pushing up it, a long straightaway on which you can surge and leave him, a series of steep downgrades where you can use your hill-running ability to break contact.

## THE SHOE THAT FITS

At the Masters Cross-Country Championship in Detroit in 1971, I examined the course in advance and discovered a long stretch of asphalt road that ended only a quarter-mile before the finish line. Although most of the course was grass I decided on flats rather than spikes. I made my move on that asphalt stretch against my opponent, Virgil Yehnert, who wore spikes. I beat him.

Running on the same course the following year, however, conditions had changed. The grass was wet and covered with snow, so I wore spikes for better traction. I selected another stretch along a pine-covered path to make my move against opponent Frank Pflaging. The trouble was that Frank chose the same spot to lay down a move of his own, so our twin surges neutralized each other. He broke me later on the course. Frank had been thinking, too.

Shoe selection can be an important

factor in cross-country success. My second son plays tennis, and I notice that the top tennis players often come to matches carrying as many as four rackets under their arms. I'm not sure, why, but I suspect it probably relates to the fact that I often appear at cross-country races with three or four pairs of shoes—particularly if I don't know the course. After making an examination of the terrain and conditions, I select the pair from my arsenal that offers the best chance of victory that day.

In general, I prefer a light pair of shoes with short spikes, the kind you might wear on an all-weather track. The traction on most grass courses, particularly those on golf courses, is good, so you don't need long spikes for traction. On a course that has a lot of soft or loose ground, I might switch to longer spikes. I will go from eighth-inch to three-eighths-inch spikes, but rarely to five-eighths-inch spikes, which I consider too long for my running stride.

I also might use longer spikes if it is raining or the grass is wet, and there are sharp turns or steep hills to negotiate. Longer spikes may prevent a fall. But if there is mud on the course, long spikes can be a hindrance as much as a help since mud will clog the spikes and add weight to the shoes. For the same reason, shoes with a smooth plastic plate are preferable to those with rough ridges.

If the course includes much running on hard surfaces, flat road running shoes may be preferable. I may choose flat shoes if the grass course is paralleled by a hard surface which I can shift onto. Generally, you can run faster on smooth asphalt than on soft grass, but philosophically I would prefer course designers not to permit runners such choices. Cross-country should be cross-country, with hard surfaces avoided as much as possible.

In choosing flat shoes, ones with ridged bottoms (such as the Tiger Pinto) work better on cross-country courses than those with smooth bottoms (such as the Nike Boston or Adidas Marathon). I have never owned a pair of Nike Waffles shoes, but I suspect this model might be a good compromise choice for a course that has both hard surfaces and soft. I may buy some Waffles this fall.

Whether in Waffles or spikes or even bare feet, I will look forward to getting off the road and track, and into the woods during this season. And I will continue to be a thinking runner, meeting the challenges that cross-country brings. ●



# Spier Points To 100 Miles

by Dick Hessler

Ignored, misunderstood, even vilified—this is the fate which awaits the race walker in America. The cynic in us says, “This is what you should expect from a populace which, on the average, lies down until the urge to exercise has passed.”

But the problems facing race walkers extend beyond the average out-of-shape person to many runners. Yes, the runner who is akin to competitive walkers is guilty of ignoring, misunderstanding and even at times putting down race walking as somehow inferior to running. After all, runners move faster and therefore require more guts than the race walker who has it made clicking off 9-10 minute miles. After all, only a few of those dudes put in more than 60 miles a week of training, so how tough can they be? I confess that these thoughts have passed through my mind from time to time. When running and walking races are held simultaneously, I have left the scene after completing the run, effectively ignoring the outcome of the race walk.

Rob Spier, a 53-year-old race walker from Columbia, Mo., helped dispell these notions when he became the 16th person to enroll in the Centurion Club of America. All he had to do to enter this club was to walk 100 miles in less than 24 hours (21:18:33 was his time).

Spier made me realize that to walk 100 miles in 24 hours or less has to be one of the greatest tests of strength, endurance, training and all of the mental qualities which comprise the best in competitive sport.

The first known 100-mile walk in the US was contested in New York City in May 1878. Fourteen professionals and 20 amateurs went for a top prize of \$100 and gold medals with the professionals aiming for “the most miles in 36 hours and the amateurs with the most miles after 24 hours”. Three Americans covered the distance then in less than 24 hours.

From then until the 1960s there were apparently were no other 100-mile attempts in America. Sports enthusiast and journalist Bill Clark, with the support of the Columbia Parks (Mo.) Track Club and Columbia Parks and Recreation Department, invited walkers to go for the Centurion title in 1966, but no one accepted the challenge.



John Coley

However, since 1967 interest has grown and the National 100-Mile-24-Hour Walk is now a tradition in Columbia, where 17 Americans have become US Centurions.

Endurance is the key to successful completion of the 100-mile walk. It's that simple and yet terribly complex. I have seen the finest 50-kilometer race walkers in the United States fall victim to the 100-miler. One dropped out at 50 miles with severe leg cramps and the other hit the wall at 75 miles with uncontrollable chills and

nausea. Rob Spier made it only after four previous attempts, and he trains all year specifically for this event.

Rob is 53 years old, 5'7" and 120 pounds. When he is not walking, he is a professor of anthropology at the University of Missouri in Columbia.

Spier has been walking competitively only since 1971. During 1975, the year he completed the 100-miler, he had only two training walks of 26-27 miles. Otherwise, his training consists of six miles a day, four times a week. Rob races on two out of every five weekends. Adding it up, he walked only 800 miles in 1975, including the 100-mile walk, with another 109 of the miles occurring in the month before the walk.

As an alternative to high mileage, Spier uses speed to build endurance. His fast, low-mileage walking is one-reason Spier does most of his training on a track.

He says, “I try to train at some pace approaching racing speed over 90% of what I do. I'll train that six miles at 60 minutes, give or take just a little, and I feel that if I don't do it in 62 I'm not doing very well. My highest speed is a 9:10 mile and I can race the shorter distances at 9:40 or 9:50, so I train at pretty close to full speed.”

Nevertheless, it is astounding that this training can prepare one for the physical rigors of walking 100 miles in under 24 hours. In 1974, Rob dropped out of the 100-miler at 88 miles because his foot collapsed and the pain was too great to finish. The race in 1975 carried with it some painful physical consequences for Rob. For one thing, his legs were very sore the last 20 miles, which was a new experience as well. All of these pains reminded him of having to drop out the year before. This time he passed 88 miles, held his breath, and kept going.

According to Spier, every Centurion hits the wall physically somewhere after 55 miles. He hit his wall at 65 miles into the race.

“I felt my lowest after I had completed the 100 kilos, somewhere between 65 and 70 miles,” he says. “I felt so nauseated, I was hungry and thirsty and yet I didn't dare put anything down for fear it would come up. I wondered what would happen and I



thought, well, you have done 100 kilos, maybe it is time to quit—people were quitting. That was my personal wall.”

Spier does not use carbohydrate loading or any other dietary strategies to go the 100 miles. Furthermore, he ate sparingly during the race itself. His intake consisted of two bananas, two apples, four slices of bread with honey on them, and a few slices of bread with cheese. Rob felt that Pepsi and tea gave him a big lift, but he stayed away from water.

In the 1974 and '75 100-milers, I noticed several walkers occasionally lying down to rest or sleep in the middle of the race. This is not for Rob. He claims that the moment he stops, particularly after 50 miles, his muscles begin to stiffen. He wouldn't think of stopping for anything except necessities.

Rob stopped once to use a toilet (the edge of the track sufficed during the night) and twice to take off his shoes. Small rocks from the track are a serious problem and no amount of taping seems to keep them out of shoes. Several other stops were made for clothing changes necessitated by fluctuating temperatures. None of his

stops lasted more than five minutes.

After observing three 100-mile walks and taking with several competitors, I feel that the psychological factor is the greatest asset or liability, as the case may be, for completing the race. When Larry Young set an American record of 18:07:12, the mental factor had a lot to do with his performance. After an early pace of 10:40 per mile, he slowed to 11-minute miles. At 50 miles, he felt tired enough seriously to consider dropping out. He was down mentally until he got past 90 miles. Then at mile 96, he picked up the pace to 9:40, followed by a 9:21 mile. Having warmed up now with a 98-mile workout, he did mile 99 in 7:59 and the last mile in 7:50—a two-mile of 15:49 which is beyond the capabilities of most walkers.

Rob Spier used various strategies for keeping his psych up and his mind tough. He kept the notion of finishing foremost in his thoughts. This requires intense concentration so Rob did not compose professional papers or pray very much.

Most importantly, he contrived opportunities to talk with other competitors. He would concentrate on catch-

ing up with a particular person in order to tell him or her a story. The catching up would occupy his mind for several laps and the story would take up laps as well.

The mind plays tricks on those who go after the 100-miler. Rob described an interesting phenomenon of fully believing that he was walking 12-minute miles when in fact he was doing them in 14 minutes. This problem arose toward the end of the race, over the last 10 miles. It took Rob a few laps to accept the fact that he had slowed down, unbeknownst to his sense of pace.

Rob now has his sights set on this year's 100-mile Sept. 25-26 in Columbia. He wants to maintain 12-minute pace the whole way, which would give him a total time of 20 hours. But he is not going to stop at this mark.

He says, "If I could knock another 36 minutes off of that, I would have the US outdoor record of 19:24:34; (Larry Young walked his 100 indoors I'd like to keep working it on down. I took an hour off over from 1974, extrapolating since I didn't go the distance that year. But I think it's possible to knock another hour off this year." ●

## Fiesta Bowl

### One Of America's Fastest Marathon Courses

Fiesta Bowl Marathon—December 11, 1976—Scenic Cave Creek to Scottsdale, Arizona on an improved course—paved roads in ideal Southwest Winter Temperatures. Race course drops in elevation from start to finish.

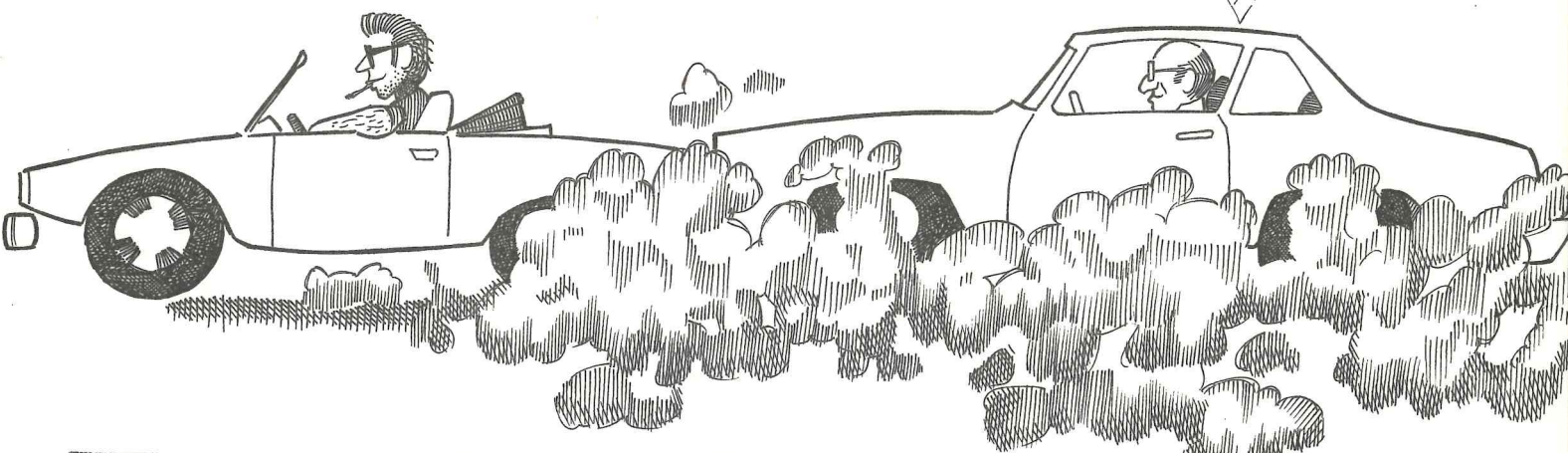
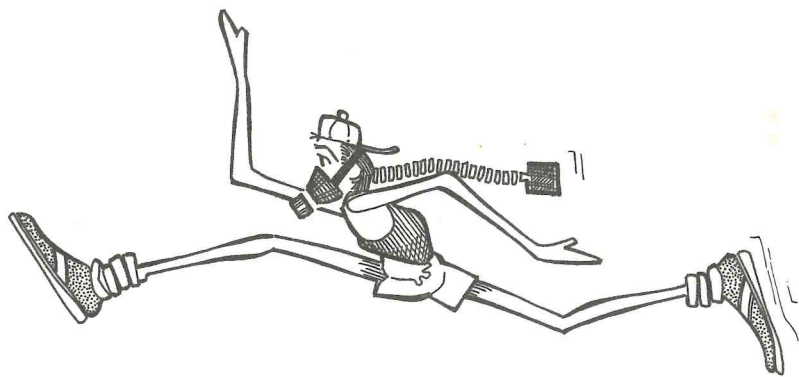
- Several runners have lifetime bests on Fiesta course
- 3 Age-Group world records set in 1974, 1 in 1975
- Course record: 2 Hrs., 14 min., 13 sec.
- Six qualifiers for Olympic trials in 1975

Enjoy . . . "The driest, sunniest, clearest resort area in the United States," according to U.S. Weather Bureau

#### Other highlights:

- AAU Certified course, 26 miles, 385 yards
- Aid Stations every five miles
- Trophies to first three finishers, medals through 12th place
- Seven divisions — Open, Bantam, High School, Senior, Masters, Womens and Veteran
- Every entrant gets certificate and T-shirt
- Refreshments following race.
- Entry fee — \$3.00 [\$5.00 late entry fee after Dec. 4]

For information and entry forms, write to Race Director, Fiesta Bowl Marathon, 3410 E. Van Buren Phoenix, Az. 85008 and include self-addressed stamped envelope.



# Try Not To Exhaust Y

by Harry Daniell, M.D.

**T**he literature of running is a scramble of fact and fiction, of truth mixed with fantasy and folklore. Do you run faster or farther or sexier with Vitamin E, peanut butter, a macrobiotic diet, Vitamin C and wheat germ? Fact or fancy? Some day we will know.

Everyone knows now, however, that carbon monoxide is bad, very bad. Maybe even terrible. Carbon monoxide (CO) is a colorless, tasteless, odorless, non-irritating gas which is generated in tiny amounts by most plants and animals, and is normally present in air at a concentration of three or four parts per million (PPM).

During incomplete burning of gasoline, wood or other organic materials, however, it may be produced in relatively large quantities. Automotive exhaust contains 5000 to 70,000 PPM, with the higher values produced at slower speeds

by older engines and those that are poorly tuned. It has been estimated that 60% of the carbon monoxide in our environment is produced by motor vehicles.

The carbon monoxide content of the air varies widely depending on these sources of contamination and weather conditions, but it most clearly depends upon the local density of motor vehicles. Particularly high values are found in poorly ventilated garages, in automobile repair shops, in busy parking lots, near busy intersections especially during rush hours, in tunnels, at airports, bus terminals, and occasionally in rooms with poorly vented gas, coal or wood heaters, gas refrigerators or fireplaces. In most metropolitan areas, lower values are found in the early morning with higher values during rush hour.

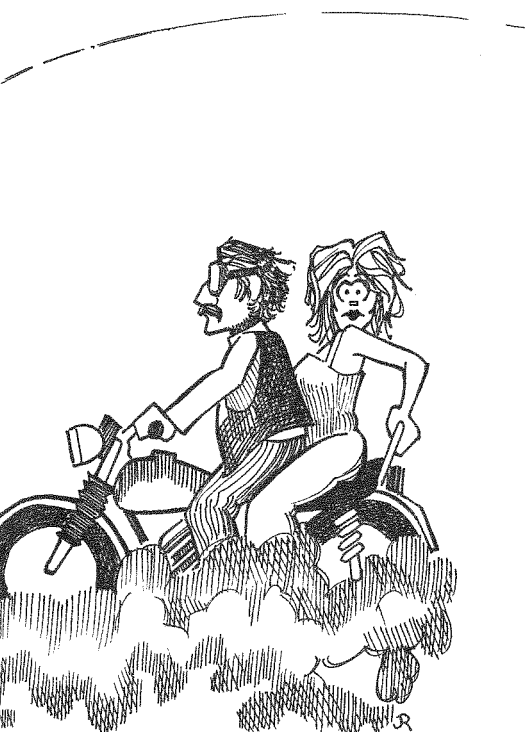
Distance running is an aerobic (oxy-

gen-consuming) exercise, and levels of performance depend in part on the success we have in transporting oxygen to the muscles as well as in the efficiency with which they use this oxygen in burning fuel to provide energy.

Even though carbon monoxide is present in comparatively small amounts in inhaled air, it adheres to hemoglobin 240 times more avidly than does oxygen. After oxygen is transported to the muscles, most of it is released and utilized there. However, very little of the tightly-bound carbon monoxide can be released, and most of it returns to the lungs where it still adheres tightly to hemoglobin with only small amounts being expired with each breath.

Most inhaled CO, therefore, continues to re-circulate. Continued breathing of carbon monoxide-polluted air causes increasingly high concentrations until an





# yourself

equilibrium state is reached. During constant carbon monoxide exposure, this equilibrium occurs after 10-12 hours in subjects at rest. During exercise, however, it is reached more rapidly because increased breathing activity brings more CO into the lungs.

Breathing air containing 50 PPM of carbon monoxide at rest causes the concentration in the bloodstream to rise to 5% in five hours. But during vigorous exercise, this level of air pollution can produce a level of 5% in less than one hour. This limits oxygen transport to muscle tissue by 5%.

Of immediate importance to distance runners is the clear demonstration that commonly encountered carbon monoxide concentrations interfere with endurance performance for many hours after exposure to the gas has ended.

In meticulous studies recently re-

ported in the *Annals of Internal Medicine*, Drs. Wilbert Aronow and John Cassidy compared the maximum treadmill performances of 10 middle-aged, healthy non-smokers at two carbon monoxide concentrations, 1.3% and 3.95%. Exercise time until exhaustion averaged 663.7 seconds at the higher concentration and 703.4 seconds at the lower concentration. The 2.65% increase in carbon monoxide caused a 6% decrease in performance time.

A similar study by Dr. Bjorn Ekblom and Roger Huot in Stockholm using well-trained young men demonstrated a decrease in mean exercise time from 332 to 244 seconds when performance at baseline CO levels was compared with that at a 7.1% level.

Dr. Barbara Drinkwater and a group of associates have demonstrated a decrease in mean exercise time from 20.9 minutes to 19.9 minutes when non-smokers exercised while breathing air containing 50 PPM CO, as compared with exercise performed in unpolluted air. During this short-lived CO exposure, their average CO level increased from 0.9% to 2.5%.

How does one rid himself of this poison? Carbon monoxide is not metabolized ("used up") in the body. It is only dissipated by being exhaled. The more rapidly breathing occurs, the more carbon monoxide is released. During sleep, the half-life (time required for dissipation of half the carbon monoxide contained in the body) is approximately eight hours, and during heavy exercise this figure drops to one hour. Intermediate levels of exercise obviously result in intermediate levels of carbon monoxide release.

Several unexpected sources of carbon monoxide have been recognized. Paint and varnish removers, for instance, may cause dangerously high levels of carbon

Typical Concentrations Of Carbon Monoxide	PPM
"Clean air"	0-10
Tobacco smoke	40,000-50,000
Tail pipe exhaust	5,000-70,000
Smoky meeting room	38
Freeways during rush hour	20-30
Freeways during thermal inversion	100
Burning buildings	1000-200,000
Automobile repair shops	80
Border inspection stations	110
Parking lots	80

monoxide, even when the label directions are carefully followed. Certain prescription medications, including Phenobarbital and Dilantin double the normal human rate of carbon monoxide production and can result in an elevation of CO levels by approximately 0.4%.

Cigarette smoke contains the highest concentration of carbon monoxide (unless you make a habit of putting your mouth to the exhaust pipe of cars). It is about 400 PPM when it reaches the lungs. Few runners are smokers, yet they are forced to breathe the smoke of others. This exposure can quickly double the concentration of CO in the blood.

Some suggested techniques for minimizing the handicap imposed by carbon monoxide:

1. Do not smoke tobacco or other substances (even marijuana and lettuce smoke contain high levels of carbon monoxide). One tobacco cigarette raises CO levels by 1% or 2%.
2. Do not have a roommate who smokes (even filter-tip cigarettes, for they produce more carbon monoxide than non-filter brands).
3. Run, when possible, where motor vehicles are few.
4. Avoid meeting rooms where smoking is allowed, particularly during the day prior to competition.
5. Do not use paint or varnish removers during the two days before competition.
6. If your physician has prescribed Dilantin or Phenobarbital, ask him about alternative medications.
7. Minimize time spent in automobile repair shops, parking garages, large parking lots, and airports, as well as time fighting fires for two days before racing.
8. Avoid prolonged rides to competition, particularly during rush hours and certainly in vehicles with defective exhaust systems. This includes station wagons which tend to suck exhaust through their open tailgates.
9. When driving several hours to a run, make the trip a day early if possible. This will give any acquired carbon monoxide a chance to dissipate. An easy run after arriving at your destination may be of extra help.
10. As a race director, minimize exhaust exposure of runners. Avoid heavily-traveled roads, and discourage those who would follow the race by auto or motorcycle.
11. While competing, do not follow a motor vehicle, even if you can run that fast.
12. On the other hand, it might be even better to pass that vehicle and let him exhaust the runners behind you. ●

# The MASTERS

by Jack Welch



James Mason

## "Age Has No Penalties"

**G**eorge Sheehan has written, "One of the beautiful things about running is that age has no penalties." The 1976 National Masters Championships underlined at Gresham, Ore., the truth of that statement. And certainly, if any penalties have emerged, they were soon forgotten in the atmosphere of friendship and sharing.

It was a time of transition. The 39-year-old road racer, who last summer had struggled along in the middle of the pack, now found himself in the thick of the fray. That seemingly superhuman 49-year-old sprinter has turned 50, much to the joy of those younger athletes he left behind, and to the consternation of those he joined in his new age group.

Still, while some competitors were superior to others in physical talent, the Masters' competitive engagements with themselves, each other and the record book provided a showcase for all that is great in sport.

The heart of Masters track, former Olympic javelin thrower Phil Conley emphasized, is the individual athlete, each with his or her own reasons for participating.

Jack Greenwood may be the new kid in the 2A (ages 50-54) division, but he is hardly unknown. Last year, at the World Masters Championships in Toronto, he was merely exceptional as he won four gold medals against men as much as four years younger.

Now 50, the former Kansas University star has surpassed "exceptional." He must be seen to be believed, and even then credibility is strained. Looking Lincolnesque in his Bicentennial beard, Greenwood collected six gold medals with victories in the 110- and the 400-meter hurdles, the 100-, 200- and 400-meter sprints, as well as the high jump.

The 400-meter hurdles time of 58.01 was probably the outstanding performance of the championships, lopping some 5½ seconds off the previous standard. His 400 hurdles time, plus those in the 110 hurdles (15.5) and flat 400 (53.58) were world age-group records.

When not participating in awards ceremonies, Greenwood could be seen making up enormous deficits running anchor legs in various relays. Surprisingly, he is training less than previously, competing infrequently and suffering a not unexpected letdown after his performances of 1975. Yet, having lost





James Mason

*The US Masters are a breed all their own. Not all will compete with victory or records in mind.*

only one final in his masters career, Greenwood's greatest dissatisfaction results from a general lack of competitors.

In much the same situation is middle-distance runner Bill Fitzgerald. Year after year, the fastest miler/half-miler of his age, 51-year-old Fitzgerald has slaked his competitive passions by obtaining special permission to compete against younger runners.

This year, Fitzgerald ran in the 1A (ages 40-44) 800-meter race. While he did not achieve his stated goal of a sub-two minute mark, he did get the com-

petition he was seeking. Running with athletes up to 11 years his junior, Fitzgerald finished second with a time of 2:04.34. That took almost four seconds off the previous world best and earned for Fitzgerald his eighth consecutive age-group record (44-51 inclusive).

Jim O'Neil, a 51-year-old distance runner, also suffers from a dearth of competitors. But he compensates by running faster than he did as a collegian nearly 30 years ago. The Sacramento, Calif., investments counselor failed to set a personal best with his five-kilometer victory. But his 10,000-meter gold (33:30), with an en route six-mile time of 32:27, did establish PRs as well two new American age-group records. O'Neil was pleased, but hardly

satisfied. Ranked fourth in the world in 1975, Jim sees only continued improvement. "I'm getting faster, and maybe those other three guys are getting older . . . I know I'm not," he said.

One athlete who perhaps is getting older, but who clearly sees little cause for concern, is Paul Spangler. The 77-year-old physician, whose talents extend from 400 meters through 10 kilometers, and probably beyond, established eight new age-group records in the course of winning five individual events. Compellingly enthusiastic, Spangler was momentarily dismayed at failing to set a ninth record, though he gained some solace from the knowledge that he already held the existing mark.

Not all the athletes here competed with victories or records in mind. Vance Hunter, a self-described "drifter" just a month short of 70, denied any competitive instincts.

"I'm just a fitness runner," Hunter said. "I just do it to keep myself in shape. I've never even raced in the United States, though I've run twice in Great Britain. I run three miles every day, so I thought I'd come here and do my workout with other people for a change."

Hunter may not consider himself a competitor, yet he was obviously pleased with a workout a minute per mile faster than usual. Proudly displaying his bronze medal, Hunter looked forward not to next year's championships, but to the next day's fitness run.

Health is also Burnis Hicks' reason for running, but she was racing here with a different goal.

"I entered all seven events (the 100, 200, 400, 800, 1500, 5000 and 10,000) because I didn't see any times for any times for my age-group," the 63-year-old explained. "I wanted to set some records, to get some times on the books, so that other women my age would have something to shoot for."

Despite running as many as four races in a single evening, the Arizonan established nine world age-group records, with several coming in the sprints. And she considers herself a marathon specialist.

Virgil McIntyre is another record holder who started running for health reasons. The 65-year-old sprinter/high jumper began jogging several years after a lung resection, lost 35 pounds and proceeded to establish numerous age-group standards.

As if his pulmonary problems were insufficiently adverse, McIntyre was forced to forgo competition because of a complicated hip ailment. After two





James Mason

years of rest and special exercises, McIntyre is back, slower perhaps, but still a winner—and still concerned with health, everyone's health.

As McIntyre puts it, "This country spends millions for health care. It depresses me that it doesn't spend some of that to change the lifestyles. If America did that, there wouldn't be such a need for health care."

Joe Pardo runs for his health, for the fun of it, for reasons he cannot really explain and because he always has run.

"I've run all my life," Joe said. "Well, almost all my life. I'm 52, and I started when I was nine."

Pardo has been running 43 years, and he looks it; the full head of dark hair and the boyish grin deny his age, even if Joe will not. Pardo is blind, yet he does not allow that to curtail a training

*Joe Pardo, who is blind but has run daily for 43 years, adheres to three runs per day.*

program which calls for three runs daily, with a weekly total often approaching 100 miles.

A veteran marathoner, Pardo was in Gresham "just to try something different." With aides running alongside, more for moral support than guidance, Pardo competed in both the five- and 10-kilometer runs. He expressed disappointment for achievements which astounded all who saw them.

"It's not that difficult," he said, as he referred to running without assistance. "On the home stretch, I could hear the people in the grandstand, and on the other side the birds were singing in the trees. Also, there's a bump on the

third turn. No, it's really not tough at all."

Tough is the unidentified gentleman, seen in the trainer's room between events, wearing a support for his double hernia, his damaged hamstring tightly wrapped.

Tough is Roland Anspach, who, two hours before his bronze medal performance in the five-kilometer run, had collapsed after winning the 2A 1500-meter contest.

Tough are Clive Davies and Alan Waterman exhausting themselves in a side-by-side drive for the tape, even though they were entered in different age-groups.

Bill Stock of the San Diego Track Club can appreciate such tenacity. As Stock began to hurdle the first barrier of the 3000-meter steeplchase, a runner in front of him balked. Stock had nowhere to go but down. And down he went. Hard. So hard in fact that it was all he could do to stagger onto the infield grass.

Bill lay there for perhaps 20 minutes while medical personnel tended him. At first a head injury was feared. Stock's hand had been spiked, his right shoulder strained, his face cut and bruised. Two hours later, he sat in the shade of the grandstand and considered racing in the 400-meter hurdles.

"My legs are fine, actually," he said, "though the shoulder would make hurdling difficult. I'd like to try it, but I know Dorothy (his wife) wouldn't be very happy about it if I did."

Marital harmony and sense made another head examination unnecessary. The next day Bill Stock won a bronze medal at 5000 meters.

Any athletic contest which publishes 19 pages of results has to have many memorable events. Certainly the five-kilometer walk, in which veteran internationalist Rudy Haluza lapped the field after 2½ miles, was an incredible display of excellence.

The exploits of such athletes as Ray Hatton, Dennis Meyer, Ross Smith and George Puterbaugh may soon become indistinguishable lines on a records list, but their examples will remain an inspiration.

An additional example was provided by those athletes whose homes remain unsullied by medals and trophies, by those competitors, too numerous to mention, whose reputations continue unburdened by victories and records. These are the unknown competitors who fill out the field in any race and who confirm that taking part is as important as taking first. ●



# Merrick is Willing, His Legs are

# WEAK

by Daniel Brannen

It had been a long and unrewarding season, plagued by defeat and injury. What these tired high school runners sitting before me at their cross-country banquet needed was an inspired speech from an inspiring speaker. That's just what they got.

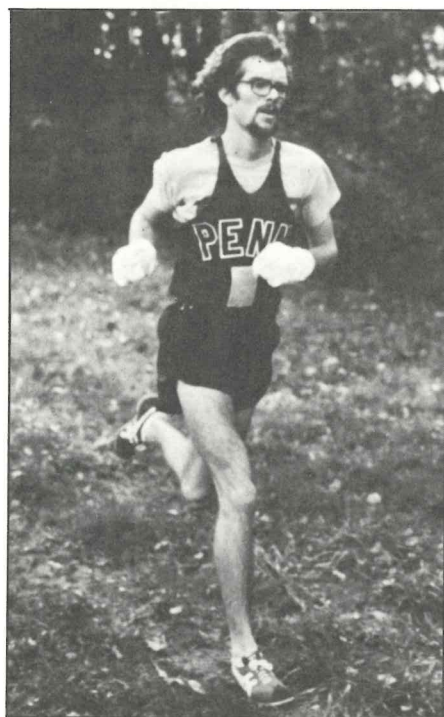
The opening lines of his talk went right over my head, for I was still absorbed in wonder at the credentials with which I had just introduced him: track times of 1:52 for the 880, 4:05 for the mile, 8:43 for two-miles and 13:37 for three miles—all before he graduated from high school.

As I gradually tuned in to his speech, my spirit was buoyed up by his infectious fervor. His recurring theme was the childlike joy of everyday running. He had chosen mostly simple words to convey the essence of a basically simple experience. He was succeeding. The message seemed to be getting through. Between the eyes of the young runners and those of the speaker, I detected a look of envious wonder. What was surprising was that the look was going in both directions.

This great athlete envied these youngsters for their lack of pressure, for their naive thirst for competition and, most of all, for their healthy legs. The days when he could run within this way were almost over, yet he still hoped for a final taste of its fruits. At the time, I doubted he could fulfill this hope.

Six months later, as I watched him jog (jogging had become one of his favorite activities) around the University of Pennsylvania's Franklin Field, I had to admit to myself that Dave Merrick had gotten his wish. It had been a full five years since high school graduation, and it had taken him these same five years to score his first individual point in NCAA track.

He had accomplished that feat just minutes before by outkicking Olympian-to-be Ed Mendoza of Arizona for sixth place in the NCAA 10,000. Dave had led the field for the first half of the race before being stunned, along with almost everyone else, by the fartlek tactics of Craig Virgin and John Ngeno. Merrick led because he had to, and he didn't go with Virgin and Ngeno be-



Daniel Brannen

cause he couldn't. The reason for both: his legs.

Dave Merrick was fortunate to be able to complete his high school career before the leg problems set in for good.

As a freshman at the University of Pennsylvania, he became a Cross-Country All-America while leading Penn to a third-place finish in the 1971 NCAA Championship. But he wasn't having much fun. Sudden pressure had dampened innocent pleasure. Success had transformed itself from a pleasant after-effect into an ominous burden. And his knees were starting to hurt.

So young Davey packed his bags for Alabama, where a year of southern hospitality and calmer weather merely taught him that the proverbial greener

pastures result not so much from a geographical as from an attitudinal change.

He decided to return to Penn and continue the old quest for success. His mind was ready for just about anything. Trouble was, his legs were ready for almost nothing. They hurt all over by now, but especially in the knees. He barely made it through his sophomore cross-country season. Eventually, he had to undergo surgery for chondromalacia.

After missing consecutive outdoor track and cross-country seasons, he staged an inconspicuous comeback during the indoor season of his junior year. It began with a pathetic struggle to break 9:20 for two miles. It ended with a superb third-placing distance medley anchor in the 1975 NCAA Championship meet.

But the good effects of the operation were apparently only temporary, and for awhile it seemed that Dave's career had ended right there on the boards in Detroit's Cobo Arena. He never even got started outdoors.

Both of his knees were now hurting worse than ever. He limped from doctor to doctor until finally, on the verge of despondent retirement, he came across George Sheehan. Sheehan sent him straight to New York Podiatrist Richard Schuster, and the rest of that story already has filled many *Runner's World* and Philadelphia news pages.

Dave Merrick has become the biggest recuperative feather in George Sheehan's cap. The Sheehan-Schuster connection put orthotics in Dave's shoes, which straightened out his feet. . . which straightened out his knees . . . which straightened out his attitude. . . which straightened out every collegiate runner in the country concerning who was to be reckoned with in the 1975 NCAA Cross-Country meet.

For the first time in years, Merrick was able to put in weeks of solid mileage in double workouts. By the fall of 1975, he was ready. In September, he went on the warpath. Only a handful of Dave's competitors even got a glimpse of him during the dual and early championship cross-country season, which he ran in flats to avoid straining his achilles tendons. He collected course



records at Princeton, Belmont Plateau in Philadelphia and the famous Van Cortlandt Park in New York (where he won the ICAA Championship).

Dave's final placing in the NCAA Championship race last fall might be deceptive. At two miles, he was sharing the lead with Craig Virgin and Nick Rose, and eventual 1-2 finishers. A few yards later, he almost doubled over with a side cramp ("Too many pancakes this morning," he later nonchalantly commented. "I was ready to heave them up.") Between four and five miles he came within a few shuffled steps of dropping out. Suddenly, almost mira-

culously, he shook the lump of pain in his side and sprinted the last mile, passing 15 national-caliber collegians for a ninth-place finish.

Now came the most difficult challenge of his running career, his greatest reckoning. He had to deal with the pressures of an Olympic goal, the temptation to over-train and the bitter reality of his painful legs. For though his knees had been salvaged, he was still paying the price of too much running on dilapidated feet.

Racing had been taking its toll on his achilles tendons, which would sometimes swell so badly that he had to walk

around in slippers for a day or two afterwards. He developed a characteristic hobble. And for easy morning runs he would open his front door to face a sea of Philadelphia concrete and macadam, not the kindest reception for his tendons. Franklin Field's new Pro-Turf track was the only soft surface around, but the turns made his legs ache.

His only hope of quality training lay in an 11-mile stretch of soft dirt bridle paths halfway across the city. He used them whenever he could, and he picked his races carefully.

After five years, he finally began to improve on his high school times.

Dave brought his final indoor season to an impressive close by coming within reaching distance of four minutes with his NCAA distance medley anchor. The wind was often his only competition outdoors as he consistently cruised around 14 minutes for 5000 meters, despite his aching achilles tendons. He also anchored the University of Pennsylvania's 6000-meter relay team which set an American record of 15:09.8 at the Penn Relays.

For Dave Merrick, the pre-Olympic championship countdown was critical. Would his minimal training qualify him to run with the best? Would his lack of frequent racing hinder him? Would the actual pain in his legs eventually outweigh the potential thrill of success?

As he stood on the starting line for the NCAA 10,000, he was at least content. As he jogged afterward, he was elated. Instead of guessing the answers to those questions, he had discovered them through courageous experimentation. He knew now that the answer to the first question was a definitive yes; the second, obviously no; the third, for now, no, but for the near future, yes.

"My legs didn't need that sprint finish," he chuckled while stepping gingerly into his sweats. "Now they're going to get a long rest." His final time of 28:49 should get him national ranking, and he was told that it may merit a "pay-your-own-way" invitation to the Olympic Trials.

"I wouldn't go, though," he said. "These old legs have had enough for now. But I sure wouldn't mind getting an invitation to the Trials. I'd like to frame it and hang it on my wall."

It would be a nice memento of a sport in which he has almost single-handedly redefined the meaning of the words dedication and perseverance. From the standpoint of both these qualities, Dave Merrick is perhaps more deserving of such a memento than any other distance runner in the country. ●

# Reebok

MADE IN ENGLAND



## REINTRODUCING THE FAMOUS WORLD TEN

Probably the World's most exclusive Marathon shoe.  
(Average shoe weight 5 oz.)

- Boston winner in record time.
- Olympic, European and Commonwealth Gold, Silver and Bronze medal winner.

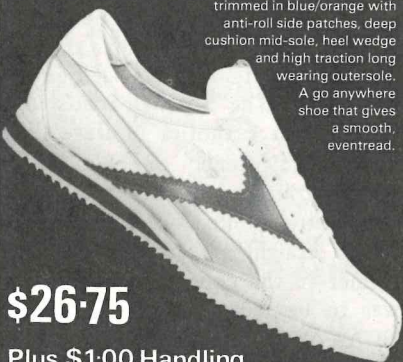
The green kid upper is fully lined and strengthened with anti-roll side patches. The World Ten has a cushion mid-sole and long wear outer cover with cushion heel wedge and is beautifully balanced with glove-like fitting.

**\$32-25**

Plus \$100 Handling

## MARATHON

Super soft white cow hide trimmed in blue/orange with anti-roll side patches, deep cushion mid-sole, heel wedge and high traction long wearing outersole. A go anywhere shoe that gives a smooth, eventread.

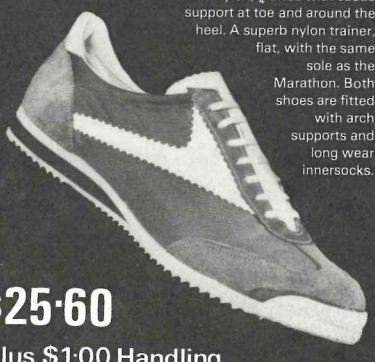


**\$26-75**

Plus \$100 Handling

## COUGAR

Blue nylon, ¾ lined with suede support at toe and around the heel. A superb nylon trainer, flat, with the same sole as the Marathon. Both shoes are fitted with arch supports and long wear innersocks.



**\$25-60**

Plus \$100 Handling

**STEP INTO BRITAIN'S LEADING ATHLETIC SHOE  
SEND FOR YOURS TODAY**

**BRADFORD DISTRIBUTORS CORP. P.O. BOX 356  
HUNTINGDON VALLEY P.A. 19006**

**AREA DISTRIBUTORS**

We Require Distributors In The South, Midwest, Northwest, and Southwest States.  
For Full Details Write To Reebok International Ltd, Bolton Rd, Bury, Lancs, England.



# Are you ready for the latest from the sports world?

How is your lacrosse game? Played any boccie lately? Rode down a luge course? Or flown in a rotocraft? You don't even know what these things are? And you don't know what a **SportSource** is? Boy, are you in for a surprise!

**SportSource** is a book that will tell you exactly what these and more than 210 other sports are all about. The emphasis of **SportSource** is on participation—getting you involved in a sport of your own.

**SportSource** isn't just a catalog or directory listing people and places for you to contact. Instead, it is a source for all kinds of sports information—information that will help you discover the sport that is right for you.

As an introduction to **SportSource**, an interview with Dr. Kenneth Cooper, author of *Aerobics*, gives the latest information on his programs at the Aerobics Center in Dallas. A view of the sports world, from the pressbox, follows in an interview with sportscaster Jim McKay.

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

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

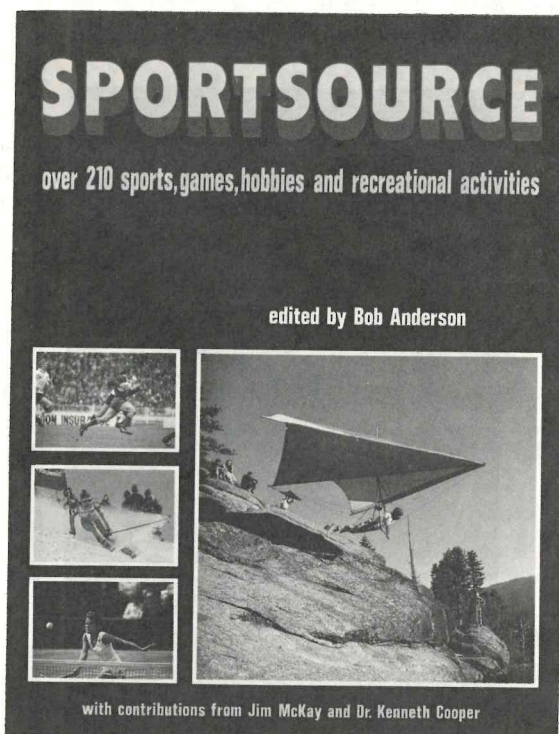
Also, you'll find essays written by enthusiastic athletes about sports you've probably never heard of. For instance, Steve Rajeff, world champion tournament

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

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

There are more than 210 sports in all—each beautifully illustrated with graphic drawings depicting an artist's view of the sport. Two hundred photographs fill the pages with the excitement only sports can provide.

**SportSource** is an oversize hardback volume, with more than 430 pages, selling for \$9.95. Order your copy today and discover exactly what a **SportSource** is. You might find that luge, boccie or lacrosse is just the sport you've been looking for.



A

## A Great Gift Idea!

Please send me \_\_\_ copy(ies) of the **SportSource**. I am enclosing \$9.95 plus 40 cents postage for each book. (California residents add 6% tax).

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

World Publications, Box 366, Mountain View, CA 94040





**Self-Made Olympian, Ron Daws** spins a most unusual tale of success . . . from the ground up.

Certainly not the usual biography, Ron tells of lessons that had to be learned . . . and learned . . . and learned, if his goal of making the Olympic team was to be achieved!

After painfully collapsing from heat in the Olympic Marathon Trials, he devised a three-year plan that would eventually earn him a berth in the Pan American Games, a berth earned in 97 degree weather.

The **Self-Made Olympian** will be one of your all time favorites. Order your copy today.

Send me \_\_\_\_\_ copy(ies) of  
**The Self-Made Olympian**  
 Hardback, \$5.95  
 Paperback, \$3.50

Enclosed is 40 cents postage  
 (Calif. residents add 6% tax)

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Send to: Runner's World,  
 Box 366, Mt. View, CA 94040

# Looking at People

Notes on the individuals making news this month.

● If you think the Cartwrights are famous solely because of the Ponderosa, you'd better have a look at **Diana, Amy and Lora Cartwright**. The three have been raising some eyebrows in women's (those are grown-ups we're talking about) long-distance running.

At the completion of the Fifth Annual Marathon Marathon at Terre Haute, Ind., this summer, big sister **Lora** paced the three girls to finishing spots in the top five slots among the women participants.



*Diane, Amy and Lora Cartwright*

**Lora**, age 14, finished the course in 3:10:57 for first place in the women's division; **Diana**, 12, finished in 3:30:58 for fourth place; and little sister **Amy**, nine finished in 3:33:13 for fifth place. **Lora** set an age-group record at age 13 with a 2:55.

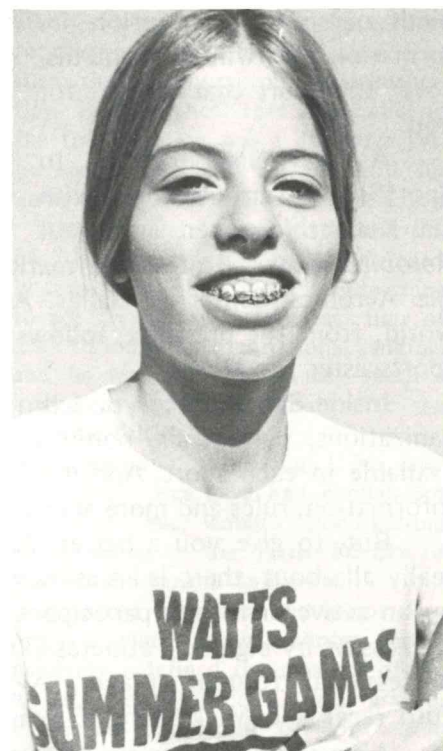
● **Mike O'Hara** of Uniondale, N.Y., has been running for the past 41 years. During all those years on the road, O'Hara has accumulated 100,000 miles.

● **Bruce Catton**, noted author of Civ-

il War books including *Glory Road*, *Mister Lincoln's Army* and *Stillness at Apapatomox*, recognized the power of addiction to running. In his work, *This Hallowed Ground*, Catton described one runner who wouldn't quit.

"Armies are strange human societies—rootless, wholly self-contained, creating derisive legends and folk tales as they tramp along toward death and destiny. These soldiers liked to tell tales about themselves; tales like the one about the teamster in the Indiana regiment who was the champion sprinter in his brigade. He was so prodigious a runner, indeed, that he beat every other runner in camp and finally, inspired by his speed, ran all the way out of the army, was listed as a deserter and was never seen again at all."

● Neither illness, 120-degree heat, narrow mountain roads nor the American press could hold back 14-year-old **Patty Wilson** and father, **Jim**, both from La Palma, Calif., in their quest to run from Los Angeles to San Francisco, a distance of nearly 500 miles.



*Persistent Patty Wilson*



"I was scared at the start. Everybody helped us get started. Newspapers were covering it, women's clubs showed up, a Masters running sponsor was there. The whole city was in our front lawn. I was a little worried about making it," Patty said.

But by running in the pre-dawn hours to avoid desert heat waves, dodging semi-tractor trailer trucks on narrow roads and even using a goat trail when there was no road, Patty and her father arrived in San Francisco nearly two weeks later.

The perils and pleasures experienced by Patty and her father, who have their sights set on a 1000-mile run, and the long run will be the subject of a future feature in *RW*.

• "I cried like a baby for a half-hour. I wanted it so bad. When you train for five months, running 15-20 miles every day and blow it . . ."

Such were the sentiments of 24-year-old Rick Rose of Granite City, Ill., who failed at his attempt to set a world record for non-stop running as registered by the *Guinness Book of World Records*. Jared R. Beads had set the record with 121 miles, 440 yards and Rose had his sights set on breaking that record.

Rose began his run on the Granite City High School track but headed for the open road after 17 water-logged miles. He headed for a nearby town where he could reverse his route and end up at home with a record under his belt. Twelve hours later and 15 miles short of his goal, Rose collapsed. A group of friends carried him to a nearby car, and then took him to a hospital where he was examined and released.

While recuperating from his run, however, Rose was informed by his wife that the new printing of the World Record almanac included an item about A.D. Kay, who in 1972 had set a record time for running 100 miles in 11:56 (Cavin Woodward has since run 11:38). Rose had run the distance in 11:27.

"There ain't no ifs, ands or buts about it," Rose said. "I've got a record."

• Ed Schelonka, Bill and Maureen Hudson, all of Los Alamos, N.M., and Ken Martinez of Espanola, N.M., began their Bicentennial celebration this year by running down Independence Pass near Aspen, Colo., then interrupted the run to rescue a family from a crashed airplane.

Schelonka, Bill Hudson and Martinez had begun their 17.76-kilometer run when they witnessed a light plane go down 200 yards from where they were running. Schelonka put out the flames

with the plane's fire extinguisher, and then aided Martinez and Hudson in pulling Dr. and Mrs. Brian Featherston and son from the wreckage. Maureen Hudson, meanwhile, brought blankets and first-aid equipment before driving to a nearby town for help.

Dr. Featherston suffered severe head injuries, his wife suffered shock and possible internal injuries and the son was treated for facial lacerations.

As soon as the victims were taken to a hospital, Martinez, Schelonka and Hudson finished their Bicentennial run.

• Richard Strebeck, 73, of Gibson City, Ill., has been trotting four or five miles per day on the streets of that small city, leaping into the air along the way and yelling, "Wahoo, wahoo, wahoo."

"I love to propel myself with my own power," the junkyard owner admitted. "It's fun to run. I'd do it even if it wasn't a healthy thing to do. Everything is prettier when you're running."

Strebeck, who has been running since he was 64, has not been arrested as of yet for his unusual style of running. •

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

## U.S.A. ROAD RACES

LA CROSSE, WISCONSIN



### SATURDAY, OCTOBER 2, 1976

\* FULL MARATHON, HALF MARATHON, FIVE MILE \* ALL RACES  
 ARE OPEN \* CARDIAC DIVISION 5 MILE \* SHOWER & LOCKER  
 FACILITIES, UW-LA CROSSE \* T-SHIRTS TO FINISHERS OF ALL RACES  
 \* CERTIFICATES TO ALL ENTRANTS, REFRESHMENTS, WATER \* AID  
 STATIONS \* TRAFFIC CONTROL, MARKED COURSE, SPLITS CALLED  
 \* RACE RESULTS MAILED TO ALL FINISHERS \* TOTAL OF 78  
 AWARDS FOR THE VARIOUS DIVISIONS \* POST RACE REFRESH-  
 MENTS \* FINISH DOWN THE OKTOBERFEST MAPLE LEAF PARADE  
 ROUTE \* MARATHON ROUTE HAS A LOSS OF ELEVATION FROM  
 START TO FINISH.

For additional information & entry forms WRITE:  
LA CROSSE FESTIVALS INC.

OKTOBERFEST U.S.A. ROAD RACES Sponsored By:  
P.O. BOX 1063  
LA CROSSE, WI 54601

La Crosse Festivals Inc.  
& the  
Wisconsin Heart Assoc.  
La Crosse Div.

# THE YEAR'S BEST BOOK BARGAIN

SIXTH SERIES

Read in depth about topics as diverse as the Olympic Games, Percy Cerutti, what runners take in by mouth (diet) and what happens at ground level (feet). Read 1000 pages in all, and pay \$12 for the information and pleasure by subscribing to the series.

The sixth year of Runner's Book Series is about to begin. The six books are bigger (and better) than ever, but the price is the same as it has been since the series began in 1971.

Subscribe to the series and receive the six full-length books for \$2 each. These six books purchased separately would cost at least \$24 in paperback or \$36 for hardbound. So do take advantage of the savings and subscribe today.

THE 1976-77 SERIES WILL INCLUDE THE FOLLOWING BOOKS:

## 1976 OLYMPIC GAMES

*September 1976*

A close and complete look at the track and field events by the editors of *Runner's World*. This book captures the "personality" of the Games of Montreal and analyzes their implications. And it tells the story of each men's and women's event, in words and pictures.

## TRAINING WITH CERUTTY

*October 1976*

Larry Myers was handpicked by the late Percy Cerutti to carry on the Australian's work. Myers brings order to the seemingly chaotic flow of ideas which gushed from the eccentric coach. We see in Myers' book that Cerutti's thinking on matters such as strength training, running technique, breathing and diet may have been far ahead of their time.

## JOG, RUN, RACE

*December 1976*

Joe Henderson's primer for beginners. Included are specific programs for beginners of five types: first-time joggers establishing basic fitness; jogging graduates moving to informal racing; school-age runners preparing for their first racing season; short-distance racers progressing to the marathon; racers easing down to a "fun-and-fitness" approach.

## THE RUNNING FOOT DOCTOR

*February 1977*

The podiatrists (foot doctors) are making revolutionary inroads in the treatment and prevention of running injuries. A leader in this good fight is Dr. Steven Subotnick. Here, he tells in personal and non-technical style what his colleagues are doing to help runners put their best feet forward.

## FITNESS AFTER FORTY

*April 1977*

Hal Higdon is a master among the Masters—a world record-holder and many-times national champion in the over-40 age group. And he writes even better than he runs. In classic Higdon style, he advises older runners on matters of fitness and competition.

## THE ALL-NEW RUNNER'S DIET

*June 1977*

The original *Runner's Diet* was the most popular book this company ever has produced. But so much new information has come to light on the feeding and watering of athletes since 1972 that a completely revised and expanded volume is required. This one has chapters on general nutrition, exotic diets, supplements, pre-race eating, mid-race drinking and many more topics.

Note that all of the books are *NOT* available now. They are printed according to the schedule listed above and are mailed immediately after publication. Do note that these publication dates can change without notice.

Note also that the books may be ordered individually, but not at this time. Individual prices, to be announced later, generally are in the \$3-5 range for paperback and to \$5-7 for hardback.

Subscriptions are \$12 per year for paperback and \$20 for hardbound. This entitles the subscriber to six consecutive books. Sorry, no substitutions or skipping of books.

Ask about our first 54 booklets and books. Most of them are still in print.

## ORDER TODAY

## Runner's World

Box 366, Mountain View, Calif. 94040

Yes, I am interested in you Sixth Runner's Book series. Please start my subscription with the 1976 Olympic Games book and send me the other five books as they are published.

\$12.00 per year paperback       New  
 \$20 per year hardbound       Renewal

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Add 6% sales tax if Calif. resident.



# Best of Times

Statistics and analysis by Ken Young, National Running Data Center.

This column presents an extensive revision of the US Age records for 10 miles listed last month. The purpose of presenting these "records" is to stimulate additions and corrections from you, the reader. In particular, I need record performances that predate my data set prior to 1974 and I also need the birthdates for listed performances in order to verify these as age records.

Records are listed for RRCA/AAU certified road courses. Performances on uncertified road courses which are better than the corresponding certified mark are listed solely for informational purposes since such marks cannot be considered as official records. Track records are kept separate from road records. Records listed here are for performances prior to Jan. 1, 1976.

Records must be made in association with an official race. Solo marks cannot be included. Information regarding new marks should include the date and place of the performance, the time and distance, the runner's full name and his/her birthdate and hometown.

The US 10-mile age records presented last month have been extensively rewritten as a result of the Acacia Cherry Blossom 10-Mile held at Washington, D.C., this past April. Some 35 new age records were set during this race in which 945 finished. Julie Shea set a world's record for 10 miles, running 57:04, with three women under 60 minutes.

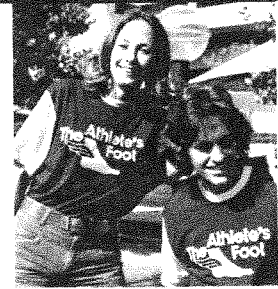
Because of the limited number of requests for the "US Distance Rankings for 1975," the USTFF has decided not to publish them. However, I will produce Xerox copies for those persons desiring a copy. The rankings run to 235 pages with 27,000+ performances listed (15 kilometers and longer). The price is still \$6.50 with the additional expense being absorbed by the NRDC. Copies will be available after Sept. 1. Write to me: Institute of Atmospheric Physics, University of Arizona, Tucson, Ariz. 85721.

(? information missing on the date of the race, birthdate of the runner or both; please help by supplying the missing data. \*time from an uncertified course, listed for purposes of comparison only)

## TENTATIVE MEN'S RECORDS

Age	Name (State)	Time
7	Andy Hill (?)	1:55:04
8	Joe Ruff (?)	1:05:56
9	Greg Hill (?)	1:11:42
	Jonathan Beasley (IN)	1:04:41
10	John Distanislaio (NY)	1:09:06
11	Joe Katz (NY)	1:03:42
	David Trusel (CA)	59:02*
12	Steven Malueg (NY)	1:04:46
	Michael Assumma (CA)	57:58
13	Carlos Tovar (?)	1:01:03
14	Frank Assumma (CA)	56:16
15	Rich Harder (NY)	52:18
16	Mike Cotton (NY)	51:33
17	Martin Ludwikowski (NJ)	50:36
	Ajim Baksh (CA)	49:50*
18	JJ Griffin (CO)	49:50
	Terry Williams (?)	47:33*
19	Richard Aguirre (CA)	47:07
20	Bob Hayes (CA)	47:59
	Kevin Foley (?)	46:15
21	Rick Rojas (NM)	47:00
22	Colin Cumming (OK)	46:54
23	Rick Rojas (NM)	45:51
24	Chuck Smead (CO)	47:08
25	Gareth Hayes (NC)	47:27
	Mark Gibbens (?)	46:32*
26	Steve Flanagan (CO)	50:35
	Amby Burfoot (?)	45:58*
27	Frank Shorter (CO)	46:45
	Frank Shorter (CO)	46:32*
28	Carl Hatfield (WV)	48:18
29	Larry Aduddell (OK)	49:01
	Chuck Koeppen (IN)	48:22*
30	Wayne Badgley (CA)	47:10
31	Norbert Sander (NY)	48:03
	Bill Clarke (CA)	46:46*
32	Jack Mahurin (MD)	47:57
33	Gary Muhrcke (NY)	51:30
34	Jim McLaichif (?)	52:06
	Marvin Rowley (CA)	51:06*
35	John Haraughty (KS)	52:04
	Edwin Fry (IN)	47:55*
36	Jim Ewing (TX)	49:28
37	Skip Shaffer (CA)	52:42
	Oscar Moore Jr. (NY)	44:52*
38	Richard Hughes (CA)	52:20
39	Fred Best (NJ)	51:42*
40	Bill Olrich (KY)	51:17
	Bill Gookin (CA)	49:28*
41	Don Slocomb (TX)	53:20
	Bill Gookin (CA)	51:46*
42	August Jarvis (OH)	51:14
43	Hal Higdon (IN)	50:56
44	Mike Heylin (VA)	54:05
	Hal Higdon (IN)	47:05*
45	Joe Burns (NY)	55:47
46	John Stowers (TX)	53:55
	Pete Mundle (CA)	53:53*

(continued on page 66)



## The Athlete's Foot FUNSHIRT

100% Orlon \$4.95 each

Write no. of shirts wanted in size boxes by designated color.

<b>Colors</b>	<b>Sizes</b>			
Royal Blue & White	<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> Ex L
Kelly Green & Gold	<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> Ex L
Scarlet & White	<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> Ex L

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Please include 50c ea. for mailing & handling. Missouri residents include 3% state tax.

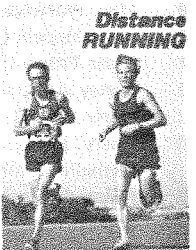
Send check or money order to:

**THE ATHLETE'S FOOT**  
**217 LOCUST TRAFFICWAY**  
**KANSAS CITY, MO 64106**

Featuring over 200 styles of competitive & casual shoes.

## Your guide to Distance Running

Five excellent chapters cover physiology and technique, races and racing, coaching and training, psychology and well-known runners. A sixth presents a fantastic pictorial survey of distance running with more than 100 photographs. Compiled in 1971 and revised in 1974, this book has been used extensively by runners around the world. 1971 Ppb., 206 oversize pages, illustrated, \$5.95.



Please send me \_\_\_\_\_ copy(ies) of Guide to Distance Running. Enclosed is \$5.95, plus 40 cents postage and 6% tax (CA res. only) per copy.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

Runner's World, Box 366  
 Mountain View, CA 94040

47	Jonathan Tobey (NY)	59:15
	Lew Roberts (CA)	57:56*
48	Arnold Fraiman (NY)	59:28
49	Arnold Fraiman (NY)	1:00:20
50	Tom Kempf (OK)	55:42
51	Tom Kempf (OK)	55:22
52	Bill Coyne (NY)	59:23
53	Richard Davies (CA)	1:00:48
54	Francis McCabe (CO)	59:21
55	George Sheehan (NJ)	1:01:15
56	George Sheehan (NJ)	58:04
57	John Woods (DC)	1:04:41
	Charles Seekins (CA)	1:03:11*
58	Charles Seekins (CA)	1:02:24
59	Irving Taylor (NJ)	1:06:10
60	Irving Taylor (NJ)	1:03:35
61	George Major (VA)	1:04:11
	Hank Braddock (OH)	1:03:16*
62	James Jenkins (MD)	1:09:47
	Dick Inglis (OH)	1:08:03*
63	Bill Andberg (MN)	1:00:49
64	Clyde Villemez (TX)	1:07:18
65	Stanley Newhouse (NY)	1:33:58
67	Joe Marinucci (?)	1:32:41*
69	R. Deak (NY)	1:27:10
70	Leslie Gatz (IN)	1:22:42
71	Eric Lynn (NJ)	1:23:21
72	Gene Moll (IN)	2:19:00

## WOMEN'S RECORDS

8	Amy Cartwright (IN)	1:21:01*
9	Helene Stetch (NY)	1:16:43
10	Helene Stetch (NY)	1:14:34
	Suzanne Bottlik (CA)	1:13:18*
11	Doria Stetch (NY)	1:21:39
	Victoria Cook (CA)	1:04:45*
12	Hannah Rowe (MD)	1:08:23
13	Donna Sanchez (CA)	1:00:35
14	Mary Carman (CA)	1:03:05
15	Diane Held (NY)	1:15:12
	Marjorie Kaput (AZ)	1:06:26*
16	Cathy Greene (NY)	1:02:00
17	Doreen Assumma (CA)	1:05:04
	Debbie Quatier (WA)	54:40*
18	Anita Scandurra (NY)	59:04
19	Mary Hoffman (NY)	1:09:25
20	Mary Mapelli (NY)	1:03:27
21	Katie Tobey (NY)	1:06:10
22	Nancy Anderson (NY)	1:11:20
23	Karen Kokesh (MO)	1:11:43
24	Cheryl Lee Johnson (NY)	1:14:00
	Michelle Evans (?)	1:11:20*
25	Penny DeMoss (CA)	1:03:02
	Jacki Hansen (CA)	57:22*
26	Jacki Hansen (CA)	56:04
27	Cindy Sage (?)	1:24:01
28	Cathy Burnan (NY)	1:15:21
	Susan Rossiter (WA)	1:04:52*
29	Donna Messenger (CO)	1:07:31
30	Donna Messenger (CO)	1:09:22
31	Donna Messenger (CO)	1:07:21
32	Jennifer Schlicher (NY)	1:14:05
33	Lynn Blackstone (NY)	1:12:20
34	Lynn Blackstone (NY)	1:08:54
	Joan Uliyot (CA)	1:00:55*
35	Betty Phillips (NY)	1:22:27
36	Sheila Trotter (NY)	1:32:26
37	Geza Bottlik (CA)	1:06:54*
38	Ann Degroff (NY)	1:16:50
39	Ruth Alterman (NY)	1:38:24
40	Edilia Castillo (?)	1:42:14
41	Mary Anne McBrayer (TX)	1:18:52

42	Nancy Tighe (NY)	1:15:36
45	Virginia Collins (CA)	1:13:04
	Ruth Anderson (CA)	1:03:12*
47	Betty Benkert (MO)	1:17:06
48	Lorraine Lubin (NY)	1:21:41
55	Marion Epstein (NY)	1:38:24
56	Marion Epstein (NY)	1:38:46



in mind that anyone can shoot for that same record at any time. The competition for records is very stiff this year, as a quick check of results revealed at least two records had been broken and re-broken at different locations.

*Ken Callow of Menominee, Mich., takes the baton from Dan Thomas of Kalamazoo, Mich., during the Kalamazoo College 24-hour relay. The team ran 274m 154y.*

## 24-HOUR RELAY

Since our publication of "Running Around the Clock" (April '76) concerning the organization and participation in 24-hour relays across the country, we have had more responses and results than Carter has pills.

In fact, the response has been close to overwhelming, but the vast numbers of people participating this year and their enthusiasm has made all the work more than worthwhile. Those who have telephoned for updates on records have had to bear with the "hold on" syndrome simply because of the numbers of responses.

The relay can be run anywhere provided the actual event adheres to the rules and regulations set forth in the April article. Many readers have asked if other categories have been or will be established for the sake of records. The only definite answer we can give is a "possibly," as we will have to examine all the results at the end of the year to be sure.

For those who are shooting for records, a word of caution. Be sure that distances are properly verified, and keep

## 1976 Distance Leaders

Team	Distance
24 Karrot Fools	277m 990y
Kalamazoo College	274m 1541y
Proctor Valley Monsters	272m 1043y
Davidson College	266m 1556y
Ambassador College	264m 892y
Lumbago All Stars Part II	263m 1080y
West Point Marathon Club "A"	260m 880y
Choctawhatchee	259m 1561y
Manitoulin Secondary School	257m 1420y
Central California Harriers	255m 1009y
Air Force Pacers	255m 140y
Kingsport Death Squad II	254m 1005y
Niceville	253m 1553y
Northwest Florida TC	253m 1553y
Tidewater Crew Team	252m 1669y
Captain Jack's Jolly Joggers III	252m 1500y
San Carlos Lopare (Gold)	252m 169y
Big Talk Little Action TC	250m 1100y
Wagner High School Freshmen	250m 216y
Williams Road Runners B	249m 218y
E.O. Smith HS Smokin'	
Bananas	247m 1722y
Valley Marathoners RRC HS	247m 905y
Frontal Laboratory Five	245m 520y
Golden Valley Fahdoo Flyers	243m 1600y
First Rt. Battalion (Marines)	243m 635y

(Team may run the relay at any time, anywhere in the world. Send results to RW, Box 366, Mountain View, CA 94040.)

## NEW RECORDS FOR 1976

Category	Record Holder	Distance
Military	West Point Marathon Club "A"	260m 880y
Faculty	Trinity College Faculty	221m 100y
Church Team	Victorville Bible Baptist Church	165m 1705y
Mixed Team	Neshannuck H.S. and Alumni	238m 880y
Family	Running Ortman's	183m 1145y

## WOMEN

Elementary	Lynwood Girls Elementary	144m 550y
8 women	Region Rats	187m

## MEN

H.S. Freshmen	Baytown Express	241m 780y
5 men	Frontal Laboratory Five	245m 520y
2 men	Tortoise 'n Hare	187m 151y ●







# The National Jogging Association (NJ Association) proudly announces the 1977 NEW YEAR'S RESOLUTION CHALLENGES [Run Walk Jog Hike]

Join the 1977 New Year's Resolution Pact now and begin your distance count-up this fall. Earn awards early and display them throughout 1977. Motivate others with your example. To be eligible for awards all challenge distances must be started after September 1, 1976 and completed by 31 December 1977.

### 6 Total Awards Possible!

Awards for all distances are presented for any combination:  
Running Walking Jogging Hiking

### 3 MILE CHALLENGES

(1 Mile = 1.60934 Kilometers)

- 1. **365 Miles** (587.39 Kilometers) A mile a day may be just right for you to start and get in the swing of things. We dare say you'll soon be increasing the average distance, tho, and be the first kid on your block to receive the attractive, embossed silk ribbon that will be presented to you on completion.
- 2. **1,000 Miles** (1,609.34 Kilometers) Are you good for three miles per day? If so, you will be eligible for the red, white and blue 1,000 mile emblem, especially made for this NJA milestone.
- 3. **1,977 Miles** (3,181.67 Kilometers) The greatest challenge of all and an achievement that will lay to rest doubts about your sanity and willingness to go the extra mile (or more!) Completion and certification will earn you an embroidered emblem of superior design, and national publicity.

### 3 KILOMETER CHALLENGES

(1 kilometer = .62137 miles)

- 1. **365 Kilometers** (226.8 miles) A modest challenge for beginners or those with physical limitations. If you're in a way where a mile a day isn't quite your style, gear up for "A K per day." One will lead to another and when you've reached the full 365, send for your embossed, silk ribbon right away.
- 2. **1,000 Kilometers** (621.37 miles) An achievable challenge in a year's time at 3 K's per day. Advanced runners may meet this challenge in two or three months. Completion will earn a distinctive embroidered "1,000 Kilometer" emblem for your shirt or jacket.
- 3. **1,977 Kilometers** (1,228.45 miles) The Challenge of the Year. And an achievement worthy of admiration and respect. Completion and certification will earn an exclusive, embroidered emblem and enrollment in NJA's 1977 Resolution-Conquered Club.

### THE PERSONAL LOGBOOK & CERTIFICATE 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 1977 New Year's Challenge Logbook. You may embark upon your goals as of Sept. 1, 1976 or immediately upon receipt of log. Enter the distance covered daily and the total distance to date in your log. As you complete each of the cumulative challenges for 365 and/or 1,000 kilometers or miles, notify NJA headquarters by card or letter for presentation of your earned award. Entrants completing the 1,977 Kilometer or Mile Challenge must submit their Logbook for certification and presentation of award. The Logbook will be returned with your award.

Throughout 1977, the NJA Newsletter, *The Jogger*, will carry reported stories of interest on particular courses or distances run in accomplishing challenges.

### APPLICATION/The National Jogging Association's 1977 New Year's Challenge

I accept the challenge of NJA's 1977 New Year's Program. Enroll me today!

- Kilometer Challenge. I hope to complete:  365  1,000  1,977 Kilometers (Enrollment fee \$5.00, enclose with application)
- Mile Challenge. I hope to complete:  365  1,000  1,977 Miles (Enrollment fee \$5.00, enclose with application)
- Both Challenges above (Enrollment fee \$10.00, enclose with application)

Name/Age \_\_\_\_\_  
Street \_\_\_\_\_  
City/State/Zip \_\_\_\_\_

For Gift Enrolees:

Name/Age \_\_\_\_\_  
Street \_\_\_\_\_  
City/State/Zip \_\_\_\_\_



Return with remittance to: National Jogging Association, 1910 K St. NW, Suite 202, Washington, D.C. 20006



# Technical Tips

Answering the needs of our readers.

## WHERE DO YOU BEGIN?

It would indeed be wonderful if adults always could run with the natural ease and spontaneity of young children at play. In promoting physical growth and development, nature provides youngsters with a strong intrinsic motivation to run frequently in their daily activities.

For the adult, running remains important as an excellent general conditioner and preventive approach to cardiovascular disease which currently accounts for slightly more than half the annual US mortalities.

Yet there are many barriers to adult running such as increased pressures associated with social and professional responsibilities, and biological restraints against careless renewal of physical training. Adults, especially beginning runners, need a conditioning program that maximizes personal satisfaction and minimizes chance of injury.

A program emphasizing running can have two objectives:

1. To develop an optimal level of endurance fitness which produces health benefits from improvements in the oxygen transport system. This includes a preventive approach to the degenerative disease of aging, especially disorders of the heart and circulation. Endurance fitness can improve an individual's "quality of life" through the associated psycho-physiological benefits.

2. To achieve a level of fitness which will improve personal performance standards such as faster times or competitive ranking.

No matter what the personal objective(s), the training response will be largely determined by the intensity, frequency and duration of running.

**Intensity.** Research indicates that a minimum intensity, or threshold level, is necessary to produce a cardiovascular (endurance) training effect. Increasing your running workload increases your heart rate and oxygen uptake. Therefore, monitoring your pulse gives you a practical way of establishing your exercise intensity level. A level of 70-75% of maximal oxygen uptake will promote substantial increases in endur-

ance fitness with little danger of excessive stress.

Here is how you can determine your training threshold heart rate (intensity of pace) to achieve the desired cardiovascular stimulus and resulting fitness:

1. Run at maximum effort for 50-60 seconds. Immediately (within 2-3 seconds) after completion of the run, count either the radial (wrist) or carotid (neck) pulse for 10 seconds and multiply that count by six. The total is your maximum heart rate.

2. Subtract the resting pulse (obtained during quiet sitting or reclining) from the maximum and record the difference.

3. Take 70-75% of difference between rest and max HR and add to resting rate. This value represents the target training heart rate.

If you monitor your pulse often enough, you will soon develop a built-in awareness of pace or appropriate running speed needed to maintain your target heart rate level.

The more you run, and as your endurance (cardiovascular) conditioning improves, you will need to recompute your threshold level. Your heart rate response to a given workload gradually will decrease, requiring faster running to reach a given threshold level.

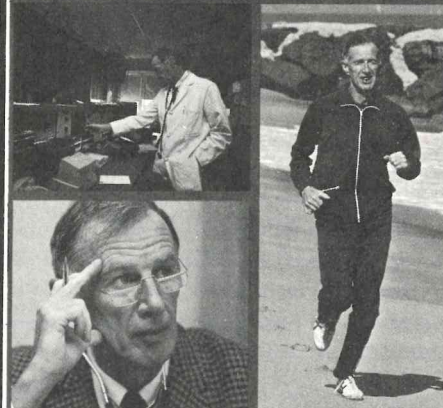
**Frequency.** In general, running 3-4 times a week will give you a minimum acceptable level of aerobic conditioning. And you will have enough energy left after a normal working day for enjoyment of other sports such as tennis, swimming or skiing.

However, if you want to approach an advanced endurance fitness level such as necessary for competition, you will need at least once a day, five days a week training.

And if you want to achieve maximum endurance fitness, such as required to meet Olympic standards, you need to run one or two times a day, seven days per week, year round.

Training is both individualized and specific. Don't let someone else determine your running frequency or pace. You should determine it, based on your personal objectives, ability, state of

## Dr. SHEEHAN on Running



by George A. Sheehan M.D.

## Words from the wise.

Have you been considering running as a way to stay in shape for your sport? But, you've been completely turned off by the idea? What you need is inspiration. And that is exactly what you will get from **Dr. Sheehan on Running**. Dr. George Sheehan sifts his running experiences through his practical experience as a runner, doctor and writer, presenting running from a different angle.

**Dr. Sheehan on Running** will delight you, outrage you, make you laugh, make you cry and will give you plenty to think about.

Use the handy order form below to order Dr. Sheehan's words of wisdom on running, today!

### order form

Please send me  copy(ies) of *Dr. Sheehan on Running*. I am enclosing  
(  ) \$5.95 HB (  ) \$3.50 Ppb  
I have also included 40c postage per copy and 6% tax (CA only).

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

World Publications  
Box 366, Mountain View, CA 94040



training, age and physical characteristics.

**Duration.** The question of how much time you should spend running depends partly on your weight, diet and energy use. You want to run enough so that you can eat sensibly and achieve a desirable body weight, in addition to getting the cardio-respiratory benefits. A desirable goal might be to reduce your body fat to 10%-12% of your total weight.

Obviously, maintaining an acceptable weight requires either not consuming calories beyond your normal daily requirement or running more to burn off the excess. A practical estimate of a desirable calorie output is 400-500 calories per workout. Thirty to 40 minutes of running at 70%-75% of maximum heart rate can burn that amount.

**Heavyweight.** Athletes weighing in excess of 170 pounds appear more prone to foot and leg injuries than their lighter contemporaries. This partly may be explained by the greater stress required for running.

Larger runners should obtain an indirect assessment of body fat via skinfold measurements (perhaps at a local YMCA) and then effectively re-

duce the burden on their legs by losing weight if possible. Additionally, well-cushioned running shoes and frequent selection of soft surfaces much of the time will reduce injury susceptibility.

Everyone should adopt a slow, progressive approach to conditioning. You should permit several weeks for your musculo-skeletal system components to adjust to the demands of unaccustomed activity before concentrating on the endurance training effect. By all means, try to avoid the physical and mental trauma associated with "crash" training.

Alan Claremont, Ph.D.  
and Lloyd Bostian, Ph.D.

### LOSING AND GAINING

The negative effect of excess body fat on running performance is understood and accepted. However, I suspect that the magnitude of this effect, isolated from other factors, is not generally recognized. Recently, I had the opportunity to test it in a personal experiment lasting 16 months. This involved monitoring my "all-out" three-mile performance during a period when my training level was held constant and I

TOTAL WEIGHT,  
% BODY FAT AND RUNNING PERFORMANCE  
AS A FUNCTION OF TIME

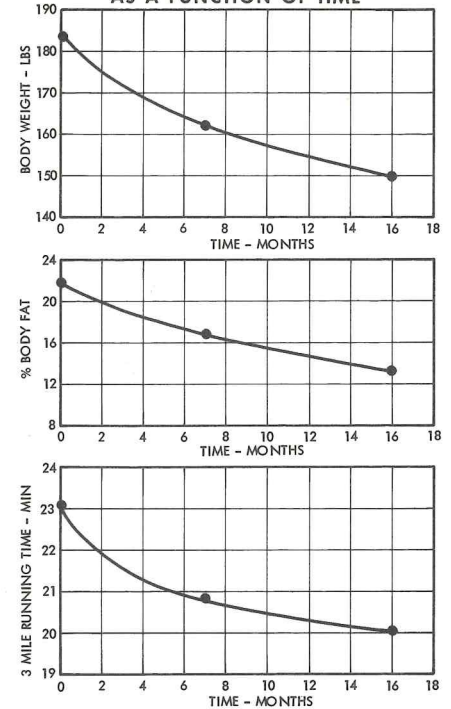
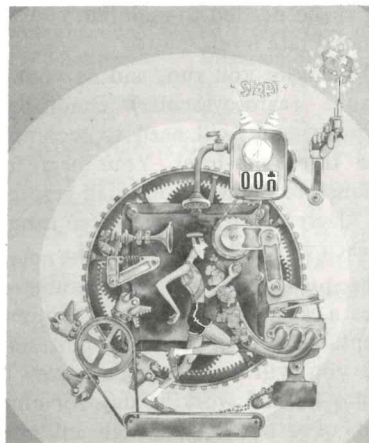


Figure One

was losing weight at the rate of a half-pound to one pound per week. Prior to my starting to lose weight I had established a constant training base at the 18-

## Sport Painting

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



Beautiful sport paintings will liven up any room of your house. This popular painting has appeared as a cover of one of the recent issues of Runner's World. Now, a superb four-color reproduction of this painting is available on fine Hammermill paper with a handmade finish, mounted, ready to hang. It will look great on your family room, bedroom or den wall.

This sport painting sells for \$9.95, postpaid. It is also available unmounted for \$2.45, postpaid. More paintings, involving other sports, will be available soon. You can order your painting today by using the handy order form in this ad or by calling Ms. Pat Perez at (415) 965-8777 and charging it to your BankAmericard or Master Charge.

Please send me \_\_\_\_\_ sport painting(s).

Enclosed is \$ \_\_\_\_\_

Mounted, \$9.95, postpaid.

Unmounted, \$2.45, postpaid.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Zip \_\_\_\_\_

Starting Line Sports, Box 8, Mountain View,  
CA 94040

# SAVE!

BUY FACTORY-DIRECT....  
from world's leading manufacturer

All Sport and Event Figures Available



Assembled — ready to present  
Wholesale low, low prices  
Artistic color combinations  
Rush "PDQ" service  
Distinctive designs  
Satisfaction guaranteed

Highest Quality Sculptured and Enamelled Medals For All Events  
Beautiful Award Charms

Write for free catalog

**Trophyland USA Inc.**

DEPT. RM, 7001 W. 20 AVE., P.O. BOX 4606, HIALEAH, FLA. 33014  
PHONE (305) 823-4830



PERFORMANCE IMPROVEMENT  
AS A FUNCTION OF % BODY FAT  
AT A CONSTANT TRAINING LEVEL

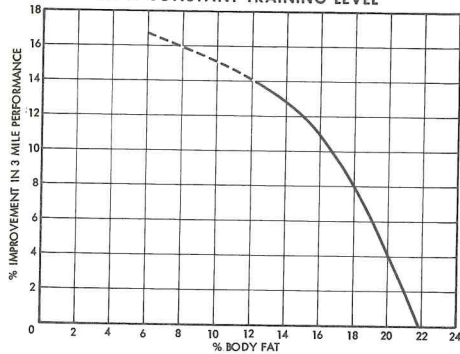


Figure Two

20 miles per week level for several years, and my running performances had not improved significantly in more than a year.

Figure One shows the results of the 16 months experiment at a constant 18-20 miles per week in training. During this period, I lost 35 pounds, decreased body fat by 8.4% and reduced my three-mile running time by three-minutes (13.2%).

Percentage body fat was determined in this experiment by the simple method of J.H. Wilmore and A.T. Behnke (*The Official YMCA Physical Fitness Handbook* by Clayton R. Myers, Page 61). In this method, the only measurements required for body fat determination are an accurate measurement of body weight and waist girth. Although probably not as accurate as other methods, this approach is satisfactory for measuring changes in body fat and is much simpler for the layman to use.

Figure Two shows improvement in three-mile performance plotted against percentage body fat, taking 21.8% body fat as the starting point. Although I suspect that other runners would follow somewhat different quantitative curves, the indicated trends should be generally applicable. Of particular importance to competitors is the magnitude of this effect.

A 1% decrease in body fat (about four pounds of weight loss) resulted, for me, in over a 1.5% improvement in running performance. This would amount to an improvement of 12-13 seconds in a top 5000-meter race, which is very often the difference between winning and being well back in the field.

It is unlikely that a top competitor who already has a very low percentage body fat would observe as large an effect as I did. Nevertheless, a few pounds of weight gain or loss still might make several seconds of difference in performance.

Jack Blumenthal •

# VAN AAKEN

**Expert RUNNING information  
from a running expert**

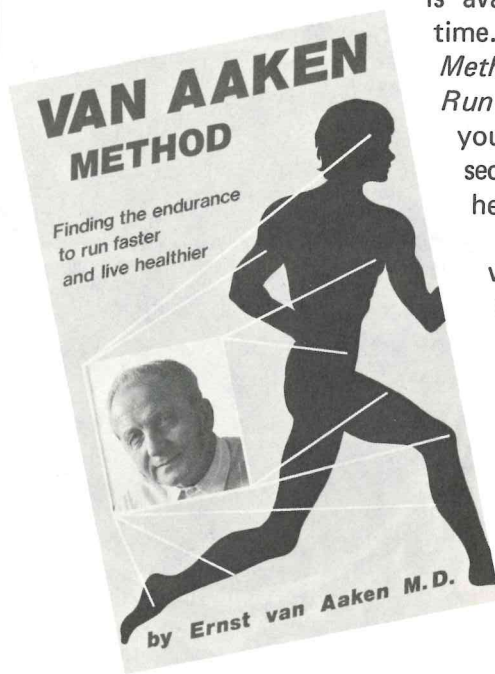
Most runners have never even heard of him. But almost every runner has been affected by the research and training methods of Dr. Ernst van Aaken.

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.

So, officially subscribe to Dr. van Aaken's teachings today (you've probably been using some of them for years) and read *The Van Aaken Method*.

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.



## Order Form

Please send \_\_\_\_\_ copies(y) of *The Van Aaken Method*.

( ) Hardback, \$5.95      ( ) Paperback, \$3.95

Enclosed is 40c postage per book, plus 6% tax (Calif. residents only).

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Runner's World, P.O. Box 366, Mountain View, CA 94040





# BODY PUNCH

## the fluid replacement drink

Body Punch is quickly becoming the most demanded fluid replacement drink available today. And we believe it is important for you to know why. First, it is a specially formulated fluid replacement drink developed to meet

the needs of today's athlete—the athlete like you who is on the go, working and playing hard and fast. Secondly, we believe it works better than most replacement drinks on the market. And here are the reasons why:

### formula

#### RESEARCHED

Scientifically formulated, a leading scientist developed the formula for Body Punch after eight years of athletic drink research.

#### SUCROSE

Delivered to the bloodstream as quickly and naturally as glucose.

#### HYPOTONIC

Studies show that hypotonic solutions empty from the stomach into your system faster than isotonic or hypertonic solutions.

#### FOR ATHLETES

Consumption during and after endurance and high stress activities delivers excellent results.

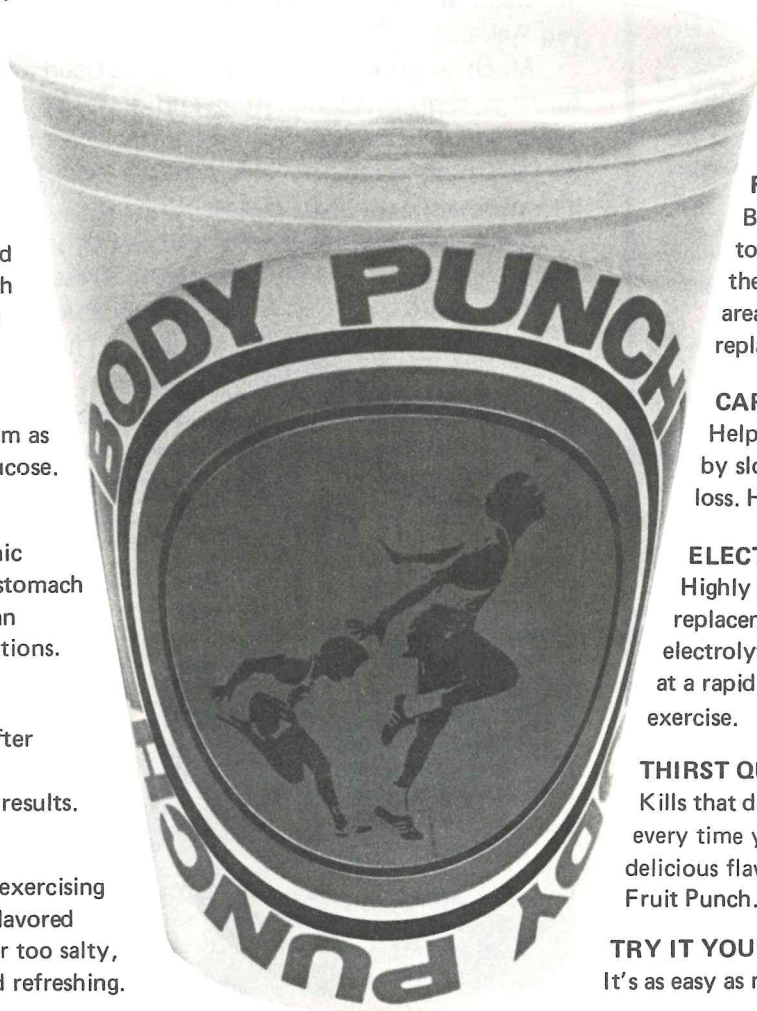
#### GOOD TASTE

Research has revealed that exercising athletes dislike a strongly flavored drink. Body Punch is neither too salty, nor too sweet, but cool and refreshing.

### fill your cup

Every cup of Body Punch goes a long way toward quenching your thirst and relieving the stress and strain of a hard workout. Each half-gallon size packet of Body Punch goes a long way too. Drink it before, during and after workouts. Feel the difference yourself.

If you've never tried Body Punch, we have a special sample package, one packet of each flavor. The coupon at right will give you the ordering information. Go ahead and send it in. Then test Body Punch during your next workout.



### results

#### FLUID REPLACEMENT

Because Body Punch is hypotonic, it empties quickly from the stomach to reach the vital areas of the body where fluid replacement is needed.

#### CARBOHYDRATE

Helps rebuild your energy levels by slowing your carbohydrate loss. Hastens your recovery time.

#### ELECTROLYTE

Highly sophisticated electrolyte replacement formula keeps your electrolyte supply from diminishing at a rapid rate during vigorous exercise.

#### THIRST QUENCHER

Kills that demanding thirst you get every time you exercise. Two delicious flavors. Lemonade and Fruit Punch.

#### TRY IT YOURSELF

It's as easy as mailing the coupon below.

**quench my thirst!**

I would like to order the amount of Body Punch indicated below:

Sample Packet, \$2.50 (3 pkgs)

Box, \$7.40 (10 pkgs)

Case, \$16.55 (24 pkgs)

3-case, \$41.50 (72 pkgs)

All orders are postpaid.

Lemonade  Fruit Punch

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Starting Line Sports,  
Box 8,  
Mountain View, CA 94040





# Club Notes

News from the sport's organized groups and ruling bodies.

● A group of four teachers, 94 students and two alumni set what is believed to be a women's world record for running 100 miles by completing the distance in 13:40:54.4 this summer.

Last year, 100 girls ran 100 miles on the Southern Regional High School (Manahawkin, N.J.) track in 13:46:02 to establish what had been accepted as the world mark for women.

This year, Cheryl Deloy, a sophomore at the school, led the runners with a 6:06 mile to pace what is believed to be a new world mark.

The men's mark for that distance is around eight hours.

● The Steamboat Striders of Steamboat Springs, Colo., sponsored the First Annual Steve Prefontaine Memorial 10,000 Meters at the 10,000 Feet Cross-Country Race on Rabbit Ears Pass in Routt National Forest.

"In the hope that this race will inspire those to achieve their goals as he did," was the promotional slogan used by the group. The race was run with the permission of Prefontaine's parents from Coos Bay, Ore.

Participants ran 5000 meters up and 5000 meters down during the race with each runner receiving a memorial T-shirt for entering.

● Several new clubs have formed on the California portion of the West Coast. The San Bruno Striders note they are open to all ages of people interested in road running, cross-country and track and field. More information on that club can be obtained by contacting Steve O'Brien, 613 Huntington Ave., San Bruno, Calif. 94066.

A newly-formed club in the Felton area of Santa Cruz County is the Redwoods Track and Field Club. Although they are experiencing growing interest in long-distance running, primary interest of the club at this point is age group development. More information can be obtained by contacting Bob Ballard, Box 481, Mt. Hermon, Calif. 95041.

The Surf City Striders is a new club formed out of the remains of the old Cabrillo Track Club. The Surf City group has planned sponsorship of numerous races and all comers meets as well as renovation of the facilities at Cabrillo

Junior College, where the club hopes to conduct these activities.

● The 1977 Boston Marathon, scheduled for April 18, 1977, will produce few changes over the Bicentennial Boston Marathon. Will Cloney, president of the Boston Athletic Association, said recently.

"To be eligible, a male runner up to the age of 40 must have completed the 1976 BAA Marathon or any other sanctioned marathon between April 1, 1976, and April 1, 1977, within 3:00. Female runners and male runners over 40 must have completed such a race within 3:30. Applicants will be required to provide photostatic copies of newspaper articles, AAU registration cards, birth certificates or other information needed to verify eligibility," Cloney said.

No entries will be accepted after April 1, 1977. The right to reject any entry or to issue special invitations is reserved, he said. Entry fee is a non-refundable \$3.

Entry forms for those eligible to run the race can be obtained by sending a self-addressed, stamped envelope to Will Cloney, Boston Athletic Association, 150 Causeway St., Boston, Mass. 02114. Entry blanks will be available in January.

● Women track coaches in the US who have not applied for a US Women's Track Coaches Association (USWTCA) membership since March 1, 1976 (membership card of 1497 or greater) then you are not a member of the USWTCA for the 1976-77 year, a recent USWTCA newsletter indicates. Members receive a coaches directory, master schedule of meets, convention and meeting reports.

Those who want to apply must contact Lyle Knudson, USWTCA Chairman, 3511 Colorado Ave., Loveland, Colo. 80537. The cost for membership is \$4 per year.

## CORRECTION

The photo of Rick Wohlhuter on pages 35-35 of the July issue was incorrectly credited to Stan Pantovic. The shot from the 1975 AAU Championships was the work of Steven E. Sutton/DUOMO. ●

## adidas

SL76 Training Shoe

Sizes: 4-13

Colors: Yellow with blue stripe  
Blue with red stripe \$24.95

## TIGER

Jayhawk Training Shoe

Sizes: 6-13

Color: Yellow with black stripe \$18.95

## NIKE

Waffle Trainer

Sizes: 4-13

Color: Red with white stripe \$23.95

All orders received with certified cheque or money order shipped same day. Please enclose \$1.50 per order to cover postage + handling.

## ELGIN CYCLE & SPORTS

256 Elgin Street  
Ottawa, Ontario  
K2P 1L9  
Canada

Send for free brochure of over 25 different models of shoes plus training suits.

## HEUER MICROSPLIT 430



SUPER ACCURATE 1/100 SECOND ELECTRONIC QUARTZ DIGITAL TIMER FEATURES BOTH "SPLIT ACTION" AND "TAYLOR" TIMING FUNCTIONS' GIVES SPLIT READINGS WHILE CONTINUING TO TIME ENTIRE RACE. MAKES OLD STYLE, WIND-UP STOPWATCHES PRACTICALLY OBSOLETE. INCLUDES BATTERIES, SUN SHADE AND NECK STRAP.

\$79.95

ALPINE IMPORTS  
POST OFFICE BOX 411  
BRONXVILLE NEW YORK 10708

PLEASE SEND ME \_\_\_\_\_ MICRO-SPLIT 430 TIMERS @ \$79.95 each.  
I enclose my check or money order for

\$\_\_\_\_\_ (N.Y. residents add sales tax please)

\_\_\_\_\_ Please send me a free brochure of HEUER electronic timers, chronographs and stopwatches.





**National A.A.U. Mens Senior 25km  
Championship of the U.S.**

**November 13, 1976 1:00 PM**

**At beautiful Mill Creek Park  
Youngstown, Ohio**

**Divisions**

A.A.U. 25 — Youngstown 25km held  
concurrently — Women — Veterans  
40 plus — Junior 17 minus — Open

**Awards**

A.A.U. Medals to first 10 finishers.  
Placques to first 3 teams. Trophies and  
merchandise to all other age groups.  
Entry Fee \$2.00. T shirts \$2.50.

**Featured Runners**

Steve Hoag  
Tom Fleming  
Oscar Moore  
Bill Rodgers  
Paul Talkinton  
John Vitale and more

**Further Info write:**

Don Smaltz  
467 Burkey Rd.  
Austintown, Ohio 44515  
Telephone 216/747-3238

# Good News

*New products, publications and services for runners.*

## PRODUCTS

● An exercise device publicized as being able to stretch and strengthen muscles in "precisely the even and balanced way that many other exercisers do not" is being sold by Flex-Wedge Company of Getzville, N.Y.

An adjustable incline board, the Flex-Wedge has five angles of steepness to position correctly the exerciser for up to 20 quick, stretching calisthenics. When the wedge is set so that the heels are lowered, back muscles are stretched, while when standing with the toes lowered, front muscles are being stretched. A pair of exercisers comes with a carrying case. The wedges fold up compactly to fit into the carrying case.

Flex-Wedge Company is offering the exerciser on a 30-day no risk trial basis at a suggested retail and mail order price of \$14.95, which includes all postage and handling costs. Flex-Wedge Company can be contacted by writing to Box 225, Getzville, N.Y. 14068.

● The developers of the Body Ammo supplements claim that one of their products (Body Ammo I) promotes stamina and recovery powers, while the other (Body Ammo II) supplies quick energy.

Body Ammo I, a complete amino acid supplement made from milk protein, is said to be particularly useful to people who are restricting their intake of protein (runners in the last half of the carbohydrate-loading routine, vegetarians, those who must restrict their intake of fatty meats and eggs and so on). The product contains all the essential amino acids but only two calories per tablet.

Body Ammo II is a combination of the sugars glucose and fructose, and of fers energy in concentrated form.

The supplements are products of the Protein Research Laboratories, P.O. Box 7962, San Francisco, Calif. 94120.

● Stretchable shoe laces made of 100% polyester are being offered by Sports Accessories, Inc., of Silver Spring, Md. The elasticity of the laces offer the advantage of providing constant tension without binding during foot strike and lift-off. The laces have less tendency than conventional cotton

laces to loosen.

The laces can be found in most tennis specialty stores and usually cost about 80 cents per pair.

● The Spenco Medical Corporation, is offering the "Spenco Skin Guard Tape," a thin sheet of Spenco cushioning with an adhesive backing which is excellent for repairing or reinforcing shoe interiors.

The tape can be obtained by writing to Spenco Medical Corp., Box 8113, Waco, Tex. 76710, or by writing to RW, Box 366, Mountain View, Calif. 94040.

## PUBLICATIONS

● Lynda Huey, 28, a former women's track standout at San Jose State University, has authored a book for the New York Times Book Co. (10 E. 53 St., New York, N.Y. 10022) entitled *A Running Start*.

In the book, the female athlete's strive for recognition in a seemingly male-dominated sports field is examined from the eyes of a participant. *A Running Start* portrays the pressures to conform which haunt athletically-inclined women as well as the pressure to be submissive.

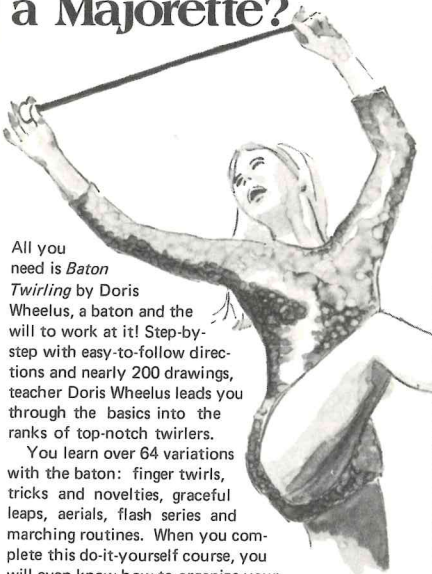
The book retails for \$8.95 in hard-back.

● Lepus Books of Toronto, Canada, has released two publications by Wilf Paish entitled *Track and Field Athletics* and *Athletics in Focus* (the latter is co-authored by Tony Duffy).

History, philosophy of teaching and coaching, training, diet and detailed accounts of track and field events are featured in *Track and Field Athletics*. The book's value to coaches, students and those involved in specialized studies associated with the sport have caused the publishers to hail this book as "the most comprehensive book on athletics ever produced." The 266-page hard-back edition of the book (with illustrations) is selling for \$12.

Tony Duffy, 1975 Sports Photographer of the Year, produces page after page of action-packed photos on track and field events as described by Paish in *Athletics in Focus*. The casual writing

## Do you want to be a Majorette?



All you need is *Baton Twirling* by Doris Wheelus, a baton and the will to work at it! Step-by-step with easy-to-follow directions and nearly 200 drawings, teacher Doris Wheelus leads you through the basics into the ranks of top-notch twirlers.

You learn over 64 variations with the baton: finger twirls, tricks and novelties, graceful leaps, aeriels, flash series and marching routines. When you complete this do-it-yourself course, you will even know how to organize your own marching-twirling team!

*Baton Twirling* by Doris Wheelus, 1975, 124 pages, pbk. (oversize), illustrated, \$3.95.

Please send me \_\_\_\_\_ copy(ies) of *Baton Twirling*. Enclosed is \$3.95 plus 40 cents postage per copy. California residents add 6% tax.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_

World Publications  
Box 366, Mountain View, Ca. 94040



style of Paish added to the photography of Duffy produces a colorful and factual account of track and field athletics. The 160-page hard-bound volume sells for \$14.10.

The publisher's address: Lepus Books, 185 Spadina Ave. Suite 1, Toronto, Ontario M5T 2C6, Canada.

- Lepus Books has released a question-answer book on the major events in the Olympics by Alan Gibbon entitled *Olympics*. Key questions and interesting answers concerning most of the track and field events are included in the book, as well as questions and answers on swimming, diving, boxing, weightlifting, the equestrian events and gymnastics.

The 128-page paperback book is selling for \$2.50.

- This year's edition of the *Association of Track and Field Statisticians Annual 1976* includes junior lists of results over the past year as well as an extensive records section. Editor D.H. Potts has included in the new section IAAF, Olympic, Junior, Commonwealth and professional marks as well as records in men's events for all the continents.

As in previous years, the annual which is published by Tafnews Press (P.O. Box 296, Los Altos, Calif. 94022) and sells for \$3 in the paperback editions, includes the 50-deep all-time world performers list and the 100-deep 1975 world list.

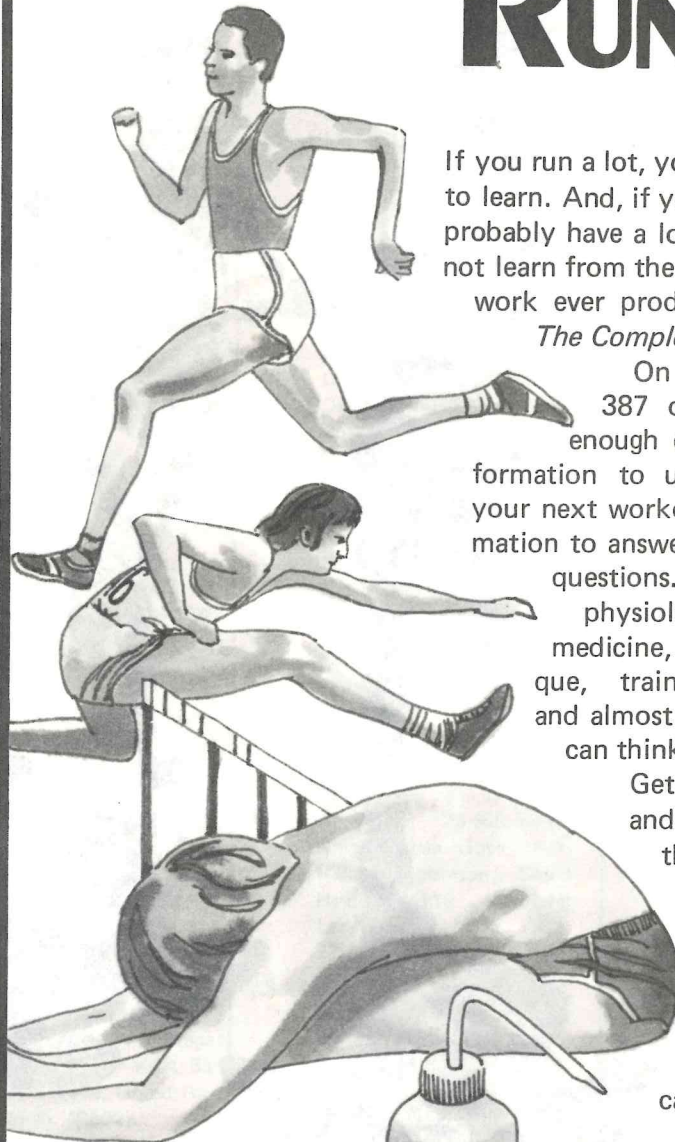
- An update on a book published several years ago by Tafnews Press on training programs for America's teen runners has been compiled for the publishing company by Greg Brock and is entitled *How High School Runners Train*. More than 60 training programs are included in the book which offers a wide variety of approaches and schedules.

Some of the personalities profiled in the book include Eric Hulst, Thom Hunt, Matt Centrowitz, Phil Kane, Ronnie Harris and Dale Scott. For comparison, the book contains features on such stars as Gerry Lindgren, Frank Shorter and Jim Ryun.

#### NEXT MONTH

Next month's edition of *Runner's World* will include our Second Annual Special Shoe issue. The top brands of shoes from all over the world will be rated this year by the California College of Podiatric Medicines Sports Clinic, a rating which will be sure to provide runners with an impartial yet expert word of advice on footwear. ●

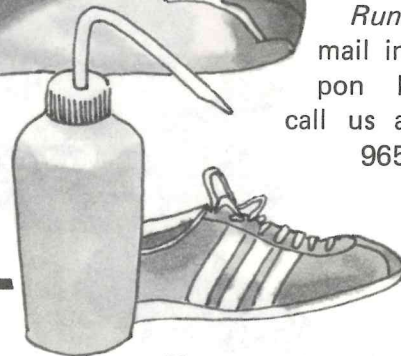
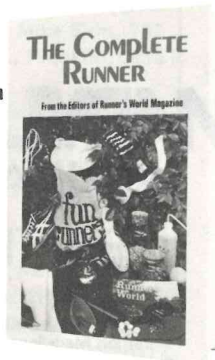
# The Complete Runner



If you run a lot, you still have a little to learn. And, if you run a little, you probably have a lot to learn. So why not learn from the most authoritative work ever produced on running, *The Complete Runner*.

On every page (all 387 of them) there is enough expert running information to use every step of your next workout or race. Information to answer all your running questions. Questions about physiology, diet, running medicine, footwear, technique, training, competition and almost anything else you can think of.

Get your copy today and catch up with the thousands of other runners who already own *The Complete Runner*. Just mail in the coupon below or call us at (415) 965-3240, to charge it.



Please send \_\_\_\_\_ copy(ies) of *The Complete Runner*. Enclosed is \$10.95, plus 40 cents postage per book. California residents must add 6% tax.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Runner's World, Box 366, Mountain View, CA 94040

**WBAL** RADIO 11

1975 Winners  
Men: John Vitale - 2:17:06  
Women: Liane Winter - 2:53:23

Presents The

4th Annual



Runners will receive —  
• Complimentary Travel Bag  
• Race Results  
• Post Race Meal

# **MARYLAND MARATHON**

SUNDAY, DECEMBER 5, 1976  
BALTIMORE, MARYLAND

Over 175 awards will be presented - The Governor's Cup to the Victor/Maryland Marathon Medalions to the first 50 finishers/Lapel pins to the next 75/Awards to finishers in the 40-49 and over 50 age category/Special awards to the top 10 women finishers/and certificates to all finishers.

Sanctioned by Baltimore Roadrunners, S.A.A.A.U. and U.S.T.A.F.F.

For entry information, send name and address to:

Maryland Marathon Commission • P.O. Box 11394 • Baltimore, Md. 21239 • 301-882-5455



# October Coming Events

Items for publication in the "Coming Events" section of *RW* should be in the hands of the editors at least two or three months in advance of the month of publication. Items received any later are impossible to publish in this section.

Those seeking information about events in this column should contact the individual race directors listed and not the staff of *RW*.

## NORTHEAST

- 2 Johnstown Marathon, Johnstown, Penn. (11 a.m.; Thomas H. Loughran, YMCA, Market St., Johnstown, Pa. 15901).
- 3 NEAAU and Open 50-Mile, Worcester, Mass. (Wayne Lamothe, 9 Atwood Rd., Cherry Valley, Mass. 01611).
- 10 Eastern Regional RRCA Women's 10-Kilometer Championship, Washington, D.C. (10 a.m., Hains Point; Ellen Darman, 2737 Devonshire Pl. NW, Washington, D.C. 20008).
- 10 Finger Lakes Marathon, Ithaca to Marathon, N.Y. (12:30 p.m.; James M. Hartshorne, 108 Kay St., Ithaca, N.Y. 14850).
- 24 New York City Marathon, New York, N.Y. (11 a.m., Central Park; N.Y. Road Runners Club, Box 881, FDR Station, New York, N.Y. 10022).
- 31 Bay State Marathon, Framingham, Mass. (10 a.m.; Richard Fermoye, 473 Potter Rd., Framingham, Mass. 01701).

## SOUTHEAST

- 9 10th Annual Seven-Mile Road Race, Somerset, Ky. (Don Martin, Executive Director, YMCA, Maple St., Somerset, Ky. 42501).
- 16 International Rice Festival and AAU Championship Marathon, Crowley, La. (8 a.m.; Charlie Attwood, M.D., 621 N. Ave. K, Crowley, La. 70526).
- 16 Scottish Highland Games One-Mile and Five-Mile, Atlanta, Ga. (9 a.m., Stone Mountain Park; Bill Neace, 2643 Laurel Ridge Dr., Decatur, Ga. 30033).

- 16 Virginia Cross-Country Championships, McLean, Va. (David Theall, 6443 Old Chesterbrook Rd., McLean, Va. 22101).
- 23 The Great Race 10,000-Meter, Perry, Fla. (Bishop Dansby, Box 892, Perry, Fla. 32347).

## MIDWEST

- 3 Canton YMCA Marathon and 10,000-Meter, Canton, Ohio (noon, Kent State University, Stark County Branch; Tom J. White, Physical and Athletic Club Director, Downtown YMCA, 405 Second NW, Canton, Ohio 44702).
- 9 Covered Bridge Festival Road Run, Rockville, Ind. (8 a.m.; Robert C. Lemont, RR 3 Box 94, Rockville, Ind. 47872).
- 10 Columbus Day Race, Columbus, Ohio (Scott Snow, Columbus Central YMCA, 50 West Long Street, Columbus, Ohio 43215).
- 10 Club North Shore Marathon, Lake Bluff, Ill. (10 a.m.; Club North Shore, Ron Fox, 3272 Western, Highland Park, Ill. 60035).
- 10 Covered Bridge Marathon, Indianola to Winterset, Iowa (8 a.m.; Robert A. Kaldenberg, RR 1, St. Charles, Iowa 50240).
- 16 Grand Valley Marathon, Grand Rapids, Mich. (noon, Grand Valley Stage College; Central YMCA, 33 Library St. NE, Grand Rapids, Mich. 49502).
- 17 Monroe Marathon, Monroe, Ohio (noon, Congress Inn Motel; Mike Sims, 737 Millard Dr., Franklin, Ohio 45005).
- 17 Freedom Marathon, Monticell, Ill. (7:30 a.m., Allerton Park; Illinois Track Club, Box 2976 Station A, Champaign, Ill. 61820).
- 23 Fourteenth Annual Land-O-Lakes Marathon, St. Paul, Minn. (11 a.m.; Jeff Winter, 1400 Park Ave., Minneapolis, Minn. 55404).
- 23 USTFF National Cross-Country Championships, Madison, Wisc. (3 p.m., Yahara Hills Golf Course; Dan McClimon, Wisconsin

- Cross-Country Coach, University of Wisconsin, Madison, Wisc. 53706).
- 24 Sugar River Trail Marathon, New Glarus, Wisc. (9 a.m.; Terry Cooley, 1319 Chandler St., Madison Wisc. 53715).
- 24 Motor City Marathon, Detroit, Mich. (9 a.m., Belle Isle Park; Edward Kozloff, 10144 Lincoln, Huntington Woods, Mich. 48070).
- 30 South Dakota USTFF Cross-Country 10-Kilometer, Brookings, S.D. (10 a.m., South Dakota State University golf course; Jay Dirksen, SDSU Track Coach, South Dakota State University, Brookings, S.D. 57006).
- 31 Iowa 50-Kilometer, Cedar Rapids, Iowa (9 a.m.; Dave Eidahl, Pekin High School, Packwood, Iowa 52580).

## SOUTHWEST

- 2 Gulf AAU 20-Kilometer, Houston, Tex. (5 p.m., Woodlands Subdivision; George Kleeman, 227 Faust Lane, Houston, Tex. 77024).
- 9 Arkansas 25-Kilometer, North Little Rock, Ark. (Camp Robinson; David Roeber, 119 Maryland Lane, Jacksonville, Ark. 72076).
- 16 Second Annual Choose Your Own Race, Clovis, N.M. (9 a.m., Cannon AFB; Al Sass, Box 1020, Clovis, N.M. 88101).
- 16 15-Mile Lake Overholser, Oklahoma City, Okla. (10 a.m.; Vern Whiteside 6916 S. Knoxville Ave., Tulsa, Okla. 74136).
- 17 Tour of Albuquerque Marathon, Albuquerque, N.M. (8 a.m., Cardwell Park; Gil Duran, New Mexico Track Club, Box 4071, Albuquerque, N.M. 87106).
- 30 GAAU 25-Kilometer, Houston, Tex. (10 a.m., Woodlands Subdivision; George Kleeman, 227 Faust Lane, Houston, Tex. 77024).

## ROCKY MOUNTAINS

- 9 Denver YMCA Marathon, Denver, Colo. (8 a.m.; Philip M. Guries, c/o Denver Central YMCA, 25 E.

16th Ave., Denver, Colo. 80202).

- 23 USTFF Colorado Federation 25-Kilometer Championship, Englewood, Colo. (Denver Track Club, 4881 South Acoma, Englewood, Colo. 80110).

## WEST

- 9 15-Kilometer, Las Vegas, Nev. (Sunset Park Road Course; Tommy Hodges, 6245 Hobart, Las Vegas, Nev. 89107).
- 10 Nike-Oregon TC Marathon, Eugene, Ore. (9 a.m., Athletic Department; The Athletic Department, 99 W. 10th Suite 104, Eugene, Ore. 97401).
- 10 Santa Barbara Marathon, Santa Barbara, Calif. (7:30 a.m., La Playa Stadium; John Brennand, 4476 Meadowlark Lane, Santa Barbara, Calif. 93105).
- 31 Hawaiian Association AAU 25-Kilometer, Kaneohe, Hawaii (Schofield Barracks; Mid Pacific Road Runners Club, 47-316B Hui Iwa St., Kaneohe, Hawaii 96744).
- 31 Cal State Sonoma Marathon, Rohnert Park, Calif. (9 a.m., Sonoma State College; Bob Lynde, Track Coach, Sonoma State College, Rohnert Park, Calif. 94928).

## CANADA

- 10 Ile d'Orleans Marathon, Ile d'Orleans, Quebec (noon; Jean Guy Cote, 26 Rue Goudreault, St. Brigitte de L'Isle, Quebec, Canada GOA 3K0).
- 16 Skylon International Marathon, Buffalo, N.Y. to Niagara Falls, Ontario (12:30 p.m.; Alan Gross, 38 Depew Ave., Buffalo, N.Y. 14214).
- ? Oktoberfest Marathon, Kitchener-Waterloo, Ontario (Race Director, Waterloo Family Y, 145 Lincoln Rd., Waterloo, Ontario, Canada).

## WALKS

- 17 GAAU 20-Mile Walk, Houston, Tex. (8 a.m., Memorial Park; John Evans, 4011 Old Galveston Rd. 133, Houston, Tex.
- 23 MVAUU Open and Masters 30-Kilometer Walk, Columbia, Mo. (10 a.m.; Joe Duncan, 4004 Defoe Dr., Columbia, Mo. 65201).



# Highlights

Mid-summer heat forces a break from long-distance racing in most parts of the country, and attentions generally turn to the shorter events.

Many cities celebrated the Bicentennial with races of this type. And all three US Olympic marathoners ran them. Frank Shorter won the Quiet Company 10,000 in Milwaukee. Don Kardong beat Bill Rodgers in the huge *Atlanta Journal-Constitution*—sponsored 10,000 in Atlanta. The latter race drew a field of nearly 2300 runners. (results follow)

The only national race reported for July was the AAU 15-Kilometer, won by Gary Tuttle.

Women marathoners ran quickly in Germany and Canada in May (the results weren't so quick in getting here). Germans Christa Vahlensieck and Manuela Preuss did 2:40:28 and 2:43:00 in their national championship. At Vancouver, Doris Brown Heritage of Seattle ran 2:47:34 in her first marathon. Marilyn Paul of Portland had a 2:49:30.

## NORTHEAST

In New York, the runners call this their "speed season." Most events are 10,000 meters or shorter. The largest of them in early summer was the Yonkers 10-K, which Morgan Fennell (32:12) won by more than a minute and a half from runner-up Gerald McCarthy. Joe Erskine led the over-40s with 38:07, and Maggie Poynter won the women's division with 41:44.

A big race in upstate New York was the Triple Cities 20-Kilometer (Vestal, June 19). The title went to Tom Carter in 1:05:48, with John Reppy (1:17:07) and Karen Von Berg (1:32:50) pacing the Masters and women.

One of the few summer marathons in the area is the Paul Bunyan race in Orono, Me. (July 10). Bill Hine outran Neil Weygandt for the victory, 2:38:44 to 2:41:23. Diane Fournier won the women's race in 3:37:29.

A leading attraction of the New England summer is the Mt. Washington climb—eight miles, all uphill (results follow).

### MT. WASHINGTON

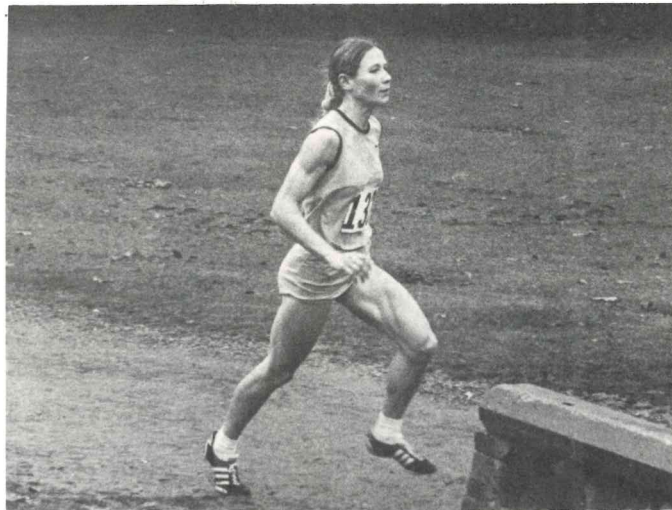
Mt. Washington, N.H., June 20—8 miles: 1. Robert Hodge (Greater Boston TC) 1:05:31; 2. Norman Patenaude (Laurentian TC/Canada) 1:07:29; 3. Vin Fleming (Greater Boston TC) 1:07:56; 4. Gary Johnson (North Country AC) 1:08:54; 5. Keith

Woodward (NCAC) 1:10:11; 6. Tony Wilcox (Sugarloaf Mountain AC) 1:10:18; 7. Tom Dowling (Boston AA) 1:10:36; 8. Charles Riley (GBTC) 1:11:29; 9. John Cedarholm (Boston AA) 1:11:52; 10. Peter Cresci (SMAC) 1:12:12. (225 finished, 32 under 1:20; from Jock Semple).

## SOUTHEAST

Several features of the Peachtree race stand out. First, it attracted two Olympians who were sharpening for their marathon. Second, it showed again what happens when a newspaper gets involved in the promotion of a race. Third, it solidified Atlanta's claim as the "running capital of the South." More than 2000 runners finished behind Don Kardong and Bill Rodgers, who were just two seconds apart (results follow).

Atlanta had two more high-quality races leading up to the



*Doris Brown-Heritage, Lion's Gate Marathon victor.*

"Peachtree." On June 5, Bob Varsha and Gayle Barron won a six-miler with times of 29:51 and 35:42. On June 19, the distance again was six miles. The men's and women's winners: Ralph King, 31:32 and Joan Ulyot, 42:14.

### PEACHTREE 10-K

Atlanta, Ga., July 4—1. Don Kardong (27, Club Northwest) 29:14; 2. Bill Rodgers (28, Greater Boston TC) 29:16; 3. Ed Leddy (24, Knoxville TC/Ireland) 29:41; 4. Jeff Galloway (30, Atlanta TC) 30:24; 5. Steve Bolt (21, Huntsville TC) 30:32; 6. Benji Durden (24, Atlanta TC) 30:38; 7. Lee Fidler (27, ATC) 30:45; 8. Ron Addison (22,

Knoxville TC) 31:05; 9. Heinz Wiegand (28, Chatt. TC) 31:07; 10. Ralph King (20, ATC) 31:23.

11. Mike Wilson (23, NY Pioneers) 31:27; 12. Joel Majors (26, ATC) 31:30; 13. Bill Haviland (25, Knoxville TC) 31:37; 14. Randy Stroud (21, ATC) 31:44; 15. David Bishop (24); 16. Kevin Harper (23) 32:04; 17. Richard Schwartz (21, Duke) 32:06; 18. Russ Pate (29, Columbia TC) 32:07; 19. Gary Slayton (21, Valdosta State) 32:09; 20. Wayne Roach (23, ATC) . . . Harold Tinsley (40, Huntsville TC) 34:24. . . Versal Spalding (50, Huntsville TC) 39:50 . . . Joe Shepherd (62, Knoxville TC) no time listed. Women: 1. Janice Gage (25, GWTC) 39:12. (2052 finished; from Bill Daniel).

## MIDWEST

In this area, where the heat is as fierce as anywhere, runners continued to go long. Kirk Duncan went longest, when on July 4 he ran 200 laps of the University of Kansas track in Lawrence. Duncan's 50-mile time was 6:38:57.

Ron Falck won the Scotty

### QUIET COMPANY 10,000

Milwaukee, Wisc., July 4—1. Frank Shorter (28, Florida TC) 29:04.5; 2. Neil Cusack (24, Tennessee TC/Ireland) 29:54; 3. Lucian Rosa (32, Wisconsin TC/Ceylon) 30:11; 4. Tom Hoffman (28, Wisconsin TC) 30:27 5. Charles Burrows 30:36; 6. Glenn Behnke 30:58; 7. Gary Barrett 31:18; 8. Bruce Fraser 31:38; 9. Jim MacNeider 31:52; 10. Bob Fitts 31:56; (310 finished in Men's Open) . . . Women: Kim Merritt (20, Wisconsin) 35:40:06; 2. Carol Cook 35:55; 3. Elizabeth Berry 38:05 . . . Masters Men: 1. Alan Claremont 32:19.5; 2. Duane Holz 34:41; 3. Cedric Michalak 34:46; (29 women, 73 Masters Men finished) . . . Junior Boys: 1. Richard Kallien 32:23; 2. Jeff Hacker 33:12; 3. William Kristapovich 33:30 . . . Junior Girls: 1. Peggy Lease 40:31; 2. Kathleen Konicek 45:52; 3. Heidi Dobberstein 45:53. (a total of 549 finished, from Dennis McBride).

## SOUTHWEST

Texas runners observed the Bicentennial at the Rio Grande 20-Kilometer race, where the leaders were Clent Mericle (1:08:20), Juan Garza (1:08:27) and Pablo Chavez (1:08:34).

The runners of Dallas meet once each month at White Rock Lake for a race. The June event was won by Bill Parmelee, who ran four miles in 20:40.

Larry Aduddell won Tulsa's annual Zoo Run by doing eight miles in 44:58, while 51-year-old Tom Kempf was the first Master with 50:15.

## ROCKIES

Bob Varsha of Atlanta showed up for one of the biggest events in Montana's running history—the Northwestern Bank 10-Mile. Varsha, sixth-placer in the Olympic Marathon Trial, set a course record here (results follow).

At mile-high Denver in June, Steve Flotto won a five-miler at exactly five-minute pace. Rod Brown finished second at 25:26 and three others broke 26:00. Wendy Knudson warmed up for the Olympic Track Trials (she made the team in the 800 meters) by running 31:37.

Two Mexicans, Demetrio Cabanillus (1:09:37) and Laman Palma (1:14:24), placed one-two in the Molestus 13.1-mile (Ogden, Utah, July 5).

### NORTHWESTERN BANK "10"

Great Falls, Mont., July 3—10 miles: 1. Bob Varsha 52:42; 2. Finn Esbensen 53:18; 3. Orville Hess 53:39; 4. Peter Moore (Canada) 54:04; 5. Terry Ziegler 54:45; 6. Dean Erhard 54:59; 6.



Dean Behrman 55:23; 8. Bob Boland 55:38; 9. Tom Raunig (17) 55:52; 10. Ian Christopher 56:17. Women: 1. Theresa Pidcock 1:07:09; 2. Lynn Frisbey 1:01:38. (104 finished, 17 under 1:00).

## WEST

Gary Tuttle won the AAU 15-Kilometer title rather easily from Chuck Smead. The margin was 30 seconds (results follow). However, a previously unreported mark by Smead is as incredible as anything anyone has done on the roads this year. In May, he ran the Avenue of the Giants Half-Marathon in 1:00:46—which is the same pace Jos Hermens set when he set his recent world record of 13 miles 10 yards in an hour. Finishing second to Smead was Phil Camp with 1:02:32.

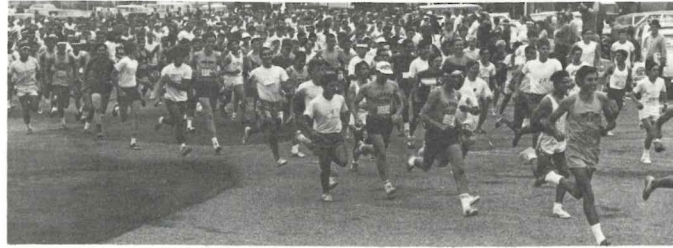
Joe Carlson and Penny DeMoss won the big Palos Verdes Marathon in temperatures which reached 85 degrees (results follow).

The distance-mad Hawaiians turned out in large numbers for the Big Island Marathon. Dan Mognihan won it in 2:29:26, beating James Barker by one second. Cindy Dalrymple ran 3:07:47.

In another Hawaiian race, three 50-milers finished within three minutes. John Kelly ran

7:20:26, Tom Knoll 7:21:02 and Dan Chamizo 7:23:20. A team calling itself the Bold Elves won the accompanying 54-mile relay.

Runners on Guam greeted the Bicentennial with a "Spirit of 7.6 (Miles)" race which David Bussiere won in 42:00.



*A scrambling start at the Palos Verdes Marathon.*

### PALOS VERDES MARATHON

Palos Verdes, Calif., June 12  
 1. Joe Carlson (American Avenue TC) 2:26:42; 2. Tom Edwards (Santa Barbara AA) 2:32:59; 3. Mark Stevenson (18, USN) 2:35:01; 4. Jeff Rawlings (West Valley Pacers) 2:36 :00; 5. Jim Arquilla (AATC) 2:39:43; 6. Jim French 2:39:58; 7. Thomas Rodriguez (CSULB) 2:40:29; 8. Joe Burgasser (Seniors TC) 2:40:42; 9. John Pagliano (GWAA) 2:42:14; 10. Jimenez Alfonso (18) 2:44:13 . . . David Worthen (40) 2:45:57 . . . Don Jones (50) 2:53:06 . . . Al Clark (60+) 3:42:24.

Women: 1. Penny DeMoss (26) 2:59:51; 2. Niki Hobson

(45) 3:11:53; 3. Judy Milkie 3:13:45; 4. Ann Bensch (11) 3:29:18. (953 finished, 75 under 3:00, 584 under 4:00).

### AAU 15-KILOMETER

Santa Barbara, Calif., July 4—  
 1. Gary Tuttle (28, BHS) 45:42;

2. Chuck Smead (24) 46:12; 3. Jim Nuccio (26, WVTC) 46:28; 4. Tom Bryant (23, SMTTC) 47:01; 5. Reid Harter (25, SFVTC) 47:25; 6. George Aguirre (18, SBAA) 47:27; 7. Lou Patterson (24, AIA) 47:37; 8. Carey Simons (27, Aztl) 48:05; 9. Dave White (24, AATC) 48:12; 10. Thom Hunt (18, SDTC) 48:23 . . . 50. Dick Bartek (43, SBAA) 52:41; 51. John Brennand (40, SBAA) 52:43 . . . 114. Ray Gill (51, STC) 58:59 . . . 246. Bud Robinson (64, STC) 1:33:43.

Women: 1. Diane Esslinger (14, OCC) 1:02:40; 2. Teresa Hom (23, SMTTC) 1:03:35; 3. Barbara Patterson (19) 1:05:26.

Teams: 1. Santa Monica TC; 2. Athletes in Action; 3. Culver City AC. (254 finished, 29 under 50:00, 123 under 1:00).

## CANADA

Ross Jackson won the fast Lion's Gate International Marathon, but the women shared the attention. It was the first marathon for Doris Brown-Heritage at age 33. Marilyn Paul is a veteran, but at age 38 she ran her fastest time.

### LION'S GATE MARATHON

Vancouver, British Columbia, May 29—1. Ross Jackson (Lion's Gate RR) 2:20:30; 2. Wolf Schamberger (LGRR) 2:22:21; 3. Allen Kerr (LGRR) 2:24:31; 4. Bruce Shaw (Victoria Flying Y) 2:26:07; 5. Brian Steele (Simon Fraser U) 2:27:12; 6. V. Pomaizel (VFY) 2:29:58; 7. Tory Tronrud (Richmond) 2:30:21; 8. Chris Soler (Mt. Vernon) 2:31:26; 9. Rob Taylor (LGRR) 2:32:20; 10. Tim Uuksulainen (LGRR) 2:32:28 . . . 13. Stu Fall (40+, LGRR) 2:35:46; 14. Les McDonald (40+, LGRR) 2:39:04.

Women: 1. Doris Brown-Heritage (Falcon TC) 2:47:34; 2. Marilyn Paul (Oregon RRC) 2:49:30; 3. Helen McDonald (VOC) 3:00:50. 138 finished, 51 under 3:00, 107 under 3:30, 129 under 4:00. ●

# The Aerobics Center presents The White Rock Marathon and an important seminar on distance running.

## Seminar

Friday, December 3, 1976, 1:00—6:00 p.m.

Entry fee—race participants \$10.00; non-participants \$15.00. Subject: characteristics of world class runners and physiological considerations for distance running.

Speakers: Kenneth Cooper, MD, MPH, Author, and Director of Aerobics Center. Michael Pollock, PhD, Research Director of Aerobics Center. Peter Raven, Assistant Research Director of Aerobics Center. Joan Ulyot, MD, author of *Women's Running*. David Costill, PhD, Director of Human Performance Laboratory at Ball State University. Peter Cavanagh, PhD, Associate Professor of Bio Mechanics at Penn State University. Don Kardong, U.S. Olympic Distance Runner.

## Marathon

Saturday, December 4, 1976, 9:00 a.m. Average temperature 50°—55°.

Full and half marathon.

Entry fee—\$5.00. Late registration—\$8.00 (after December 1).

Directed by the Aerobics Center and Dallas Cross Country Club. Course and event sanctioned by the AAU. National Jogging Assoc. sanctions trained participants for both races.

Course—2 loops around scenic White Rock Lake. Aid stations every 2½ miles. With ERG and H<sub>2</sub>O.

All runners eligible to receive awards by sex, position, or age adjusted timetable.

Computerized splits at 5, 10, 15, 20 and finish. Split timers at 1, 3, 5, 10, 15, 20 and 25th mile. Timers up to 6 hours. T-shirts and certificates to all finishers.

For registration and information write to:

## White Rock Marathon and Aerobics Seminar '76

Aerobics Activity Center  
 c/o Greg Pape  
 12100 Preston Road  
 Dallas, Texas 75230



**MIDWEST SPORTS LTD.**—The largest supply of Nikes at the lowest prices available in the Midwest. T-shirts Galore . . . Custom printing on quantity orders. Immediate delivery on all orders. Write or call: Midwest Sports LTD., 1203 E. Harding Dr., Urbana, IL 61801 (217) 367-0808

**NEW MARATHON THIS FALL**—in Philadelphia. Sponsored by Provident National Bank. Seventy-five excellent awards. Buffet and T-shirts. Finish at Philadelphia's Super Sunday celebration. A race conducted by marathoners. Details, Chris Tatreau, Memorial Hall, West Park, Philadelphia, PA 19131.

**EIGHTH ANNUAL FREEDOM MARATHON**—Sunday, October 17, 1976; 7:30 A.M. Three lap courses through beautiful Allerton Park near Monticello, IL. Age group awards and T-shirts. Inexpensive housing available. Contact: Illinois Track Club, Box 2976, Station A, Champaign, IL 61820.

**RON HILL FREEDOM SHORTS**—The ultimate in running gear. Union Jack, Stars/Stripes, nylon. Stamped self-addressed envelope for brochure. Smartt Products, 6142 Navajo, Westminster, CA 92683.

**USTFF WOMEN'S NATIONAL XC CHAMPIONSHIPS**—Men's National, Vets and Masters November 6, 1976. Also, Mid-American Men's Open, Junior Men (18 & Under). Other Classes: Girls 10 and Under, 11-14, 14-16; Boys 12 and Under, 15 & Under. UW-Parkside, Kenosha, WI 53140. (414) 553-2245.

**TYLER ROSERUNNERS**—3rd Annual Rose Run—Saturday, October 9, 1976, 9:00 A.M. 3 and 6 miles. Age group awards, men and women; T-shirts all finishers. 1 mile "Ribbon Run" for children. \$2.00 before October 6, \$3.00 late entry. 1975 winners, Jon Kraus, 14:59; Don Kennedy, 31:09. Contact Jim Reed, 1311 Balmoral, Tyler, TX 75701.

**BOB WOLF JOGGER**—Great shoe for casual wear and light training. Real bargain, at only

\$4.95. Rugged blue nylon with rubber toe cap. Sizes 8½ to 11. Add \$2.00 postage, plus 6% tax (CA residents only) when ordering. Order from Starting Line Sports, Box 8, Mountain View, CA 94040.

**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 NATIONAL AAU MASTERS MARATHON CHAMPIONSHIPS**—This event to be held in conjunction with the 4th Annual Honolulu Marathon, Sunday, December 12, 1976. For details send self-addressed stamped envelope (legal size) to: Masters Marathon, P.O. Box 27144, Chinatown Station, Honolulu, HI 96827.

**SHOES, T-SHIRTS, EQUIPMENT**—Nike, Brooks, Tigers, Adidas, Puma, Men's-Women's shoes. Information send self-addressed stamped envelope to: The Athlete's House, 1700 Portland, Nashville, TN 37212.

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

**NEW BALANCE—ERG.** 320's - \$22.95, 305's - \$20.95, 220's - \$19.95, Trackster's \$23.95. Competitions \$15.50 Tiger Jayhawks \$19.95. Nylon Shorts, Boston, Montreal T-Shirts \$3.25. ERG still is available, three flavors, four sizes, 10 gallons \$9.95. Bauman's 8308 - 91st Terrace, Seminole, FL 33542.

**BODY 'N SOLE COMBO**—Nike Waffle Trainer (size 3-13) plus U.S.A. Olympic T-shirt \$26.95 (includes postage and handling). Send check or money order to: Body 'N Sole 327 14th Ave. S.E., Minneapolis, MN 55414.

**HARRISBURG NATIONAL MARATHON, 4TH Annual.** 7 November 1976, 10 a.m. Certified course, out and back. Luncheon, shirts, certificates, awards provided. Entry details, course

map, write: Park Barner, Marathon '76, Central YMCA, Front and North Streets, Harrisburg, Pa., 17101. Tele: (717) 234-6221.

**SOLE SAVER**—Easy to apply to those worn running shoes. Rebuild your soles the economical way. \$4.95 for a one pint can. Add 75 cents postage, plus 6% tax (CA res. only). Order from Starting Line Sports, Box 8, Mountain View, CA 94040.

**LOW CUT SOCKS**—Perfect for running shoe wear. Women's Soft, \$1.50, Miss Raquet, \$2.00. White with navy, red or light blue trim. Men's Mr. Lokut, \$1.85, white. Order from Starting Line Sports, Box 8, Mountain View, CA 94040 (Add 25 cents postage and 6% tax, CA res. only).

**RUNNING SHOES**—Full inventory of Tiger, Nike, Adidas and Puma running shoes. Great prices like Warrior \$11.95, Helsinki \$18.95, Bangkok \$14.95, SL-72 and 76 \$25.95, Waffle Trainer \$23.95 and 36 more models. Write for price list or call for personal service. Dick Pond, c/o Dekan Athletic, 879 Duane, Glen Ellyn, IL 60137. Phone (312) 858-2567.

**FREE**—New Balance T-shirt with every order of NB 320—only \$23.95 postpaid. Send length and width (plus shirt size) to: Steve Hoag, 3305 Girard Ave., So., Minneapolis, MN 55408.

**3rd ANNUAL CLUB NORTH SHORE CHICAGO MARATHON**—October 10, 10:00 a.m., Lake Bluff, Illinois Jr. High School. Tree shaded, certified, flat course. 15 age divisions, men & women. 5 trophies for each division. Certificates to all. Entry fee \$3.00. Information: Ron Fox, 3272 Western, Highland Park, IL 60035. (312) 432-3411.

**TIGER Montreal '76** - \$20.95; Jayhawk - \$18.95; - \$17.95; Sizes 6-12, Team price on request - Send self-addressed, stamped envelope. Add \$1.50 postage one pair, plus 50 cents each additional pair. Write: James Morris, The Jog Shop, 1203 E. Warren, Brownfield, TX 79316.

**LAND-O-LAKES MARATHON**—14th Annual, October 23rd, 1976, 11:00 a.m. A flat course around two Minneapolis lakes. Shirts and Awards. For entry information contact: Jeff Winter, 1400 Park Avenue, Minneapolis, Minnesota 55404.

**LONG BEACH ISLAND**—Commemorative 18 Mile Run—Fourth Annual. Sunday, October 10, 1976—12 noon start. Flat, fast, scenic route. Previous winners: Herb Lorenz, Tom Fleming, Moses Mayfield. Write: St. Francis Center, Brant Beach, NJ 08008.

**DISCOUNTED!**—Tiger Montreal \$20.95 (Size 6½—11½) Nike Nylon Cortez \$19.95 (Size 6-13) Nike Waffle Trainer \$23.95 (Size 7-12). Payment by money order, shipped immediately. \$1.00 postage per pair. KD Sports, P.O. Box 3961, Rochester, NY 14510.

**5th ANNUAL TIDEWATER STRIDERS/FORT MONROE RUN**—10,000m, 5,000m, and 2 mile, age grouped, women's, military races. 133 entrants last year. At historic Fort Monroe, Hampton, VA. October 10. Information and entry form free. Write MAJ Bob Read, 7 Lillian Court, Hampton, VA 23669.

**NATIONAL JOGGING DAY**—October 9, highlights National Jogging Day period October 9-23. To hold a "everyone come Jog-In", contact Gene Greer, 402 Baptist Bldg., Dallas, TX 75201.

**JOGGING?**—The National Jogging Association was founded in 1968 to promote fitness and the hobby sport of jogging. Membership includes an informative newsletter eight times a year, offering motivating discussions of technique, training, fitness, endurance, diet. Book and shoe discounts. Over 6,000 members agree! Dues \$15.00 for one year, \$10.00 renewal. Contact NJA, 1910 K St., N.W., 202, Washington D.C. 20006.

**CARAVAN CALIPHS NEEDED**—We need responsible adults to organize pilgrimages (tours) to the Mecca of runners. You must have a sedan or preferably a van! Must show proof of liability coverage. Must supply references. Your sojourn can be rewarding. Plan now for next summer. Contact: Rich Heywood, Box 2186, Mesa, AZ 85204. Phone: (602) 834-0496.

**CLASSIFIED RATES**—Race Notices: 40c/word, \$10.00 minimum. General Notices: 75c/word, \$20.00 minimum. Ads must be paid in advance. Next issue for ads: Nov., '76. Closing date: Sept. 20, '76. Contact: Advertising Manager, P.O. Box 366, Mountain View, CA 94043.



# Marketplace

## Run to Reality

Roger Eischen  
John Greist  
Tom McInville

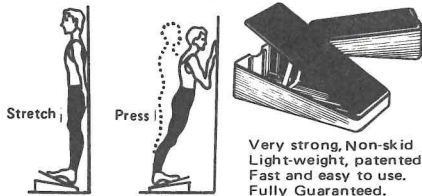
A runner's gentle guide to reality in poetry, prose and photographs.

76 pages \$1.95 plus 25 cents postage and 4% tax (Wisc. Res. only).  
Madison Running Press  
1106 S. Park Street  
Madison, WI 53715

## SHIN SPLINTS TENDONITIS

Relief in 2 weeks, or money back.

FLEX-WEDGE™ orthopedic exercisers are already in use by EVERY Major League, plus universities and high schools. Train on 2 sloping platforms which adjust to 5 angles. The steeper the angle, the more they stretch achilles (tendons) and calf muscles—increasing flexibility, reducing injury. 20 exercises in FREE brochure.



Very strong. Non-skid  
Light-weight, patented.  
Fast and easy to use.  
Fully Guaranteed.

Only \$14.95 a pair, including postage. N.Y. residents add sales tax. Flex-Wedge Co., Dept. R50, Box 225, Getzville, N.Y. 14068. Strong portable carrying case.

## 4TH ANNUAL HARRISBURG NATIONAL MARATHON



10 a.m. 7 NOVEMBER '76

- \*AWARDS, CERTIFICATES, SHIRTS
- \*REGISTRATION, LUNCHEON, AWARD CEREMONY, LOCKERS, SHOWERS, ALL AT THE YMCA
- \*CERTIFIED COURSE, OUT & BACK
- \*FREE LODGING INFORMATION

WRITE: Park Barner, Marathon  
Central YMCA  
Front & North Streets  
Harrisburg, Pa. 17101  
(717) 234-6221



SUNDAY  
NOV. 28  
EL PASO  
TEXAS

- \* International Competition
- \* 13 mi. U. S. 13 mi. Mexico
- \* Thanksgiving Weekend
- \* Visit Exotic Juarez, Mex.
- \* 40 Awards Men & Women
- \* Temp. 40° - 60°
- \* Low Humidity

RACE DETAILS Contact:

Don Morton  
P.O. Box 3645  
El Paso, TX. 79923



Immediately following the October 24 NEW YORK MARATHON (see ad, this issue) there will be a four day NEW YORK ACADEMY OF SCIENCES conference entitled "THE MARATHON: PHYSIOLOGICAL 'MEDICAL' EPIDEMIOLOGICAL AND PSYCHOLOGICAL STUDIES". Doctors and scientists from nine countries will present new information on all aspects of long distance running. For details, registration forms and program write to Dr. Paul Milvy, 327 Central Park West, New York, N.Y. 10025. Would you like to purchase a \$3 conference T shirt? Do you plan to run in the marathon as well?

## MARKETPLACE ADVERTISING RATES

Now you can advertise races, camps, clinics and equipment in small box-display ads. It's effective and eye-catching and we'll even do the layout and typesetting for you. Deadline for November, September 20, 1976. Send ad to Judith Madden Magruder, Adv. Manager, Box 366, Mt. View, CA 94040.

Box Size	Rate	Layout Charge (if not camera-ready)
1 inch	\$35	\$10
2 inch	70	15
3 inch	100	20

## RUNNING T-SHIRTS

- Ancient Marathoner ● 1000 Mile Club
- Montreal '76 ● Go Pre! Memorial Shirt
- Boston Marathon (with finishing time) all \$3.95 each

- "You design it" . . . \$2.50 plus 15c per letter

Ask for greatly reduced quantity prices for 15 shirts or more. Add 50c per shirt or \$1.00 per three shirts postage.

### CUSTOM RACE OR CLUB SHIRTS OUR SPECIALTY

FINISH LINE SPORTS, INC.  
212 N. Parkerson  
Crowley, LA 70526

## 2nd ANNUAL ALMOND BOWL RUN

3 & 6 MILES

NOVEMBER 6, 1976 10:00 AM

CHICO, CA

FLAT, PAVED COURSE IN

BEAUTIFUL FOREST

MANY AGE DIVISIONS AND

AWARDS

ENTRY FEE: Under 18: \$.50 (race day)

18 and over: \$2.00 (race day)

WRITE: Frank Burk

ROUTE 2, Box 142B  
CHICO, CA 95926

## Yoga and the Athlete

by Ian Jackson

This book affords a unique, personal insight into yoga, and is written with a special understanding of the problems and needs of athletes. 1975 Ppb., 96 pp., ill. \$2.50

Send me \_\_\_\_\_ copies of **Yoga and the Athlete** at \$2.50 per copy and 40 cents per copy postage. (CA residents add 6% sales tax.)

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

WORLD PUBLICATIONS  
P.O. Box 366, Mountain View, CA 94040



U.S.A. lettered special order track shirt — contrasting two-color neck & arm trim. Navy 100% stretch nylon \$24.50. Men's even sizes 36-46. Navy 100% stretch nylon mesh imprinted U.S.A. shirt \$19.75. Men's even sizes 34-44. Add \$2.00 Shipping Charge. Extra-large sizes & body lengths. Inquire. Send 25c for postage & handling for brochure on special order track shirts, shorts, warmups, sweats, running shoes to: SCORE-LINEUP COMPANY, P. O. Box 8344 Dept. RW76, Spokane, Washington 99203



# Fun-Run Update

Where and when the Runner's World events are scheduled.

As illustrated here with the listings of Fun-Run sites all across the country, the idea of running for fun has obviously caught on. Applications and phone calls about setting up other sites are keeping our personnel busy.

The problems and pleasures of running for fun have been emphasized in past months through this column. This month we'd like to thank all the enthusiasts who are making this idea a success and to ask participants and sympathizers to express a note of gratitude to the sponsors of these fun-filled runs.

## THE OFFICIAL FUN-RUNS

● **Site 001** — Foothill College (lower parking lot) Los Altos Hills, Calif. Weekly, Sunday 8 a.m., in progress. Bob Anderson, Box 366, Mountain View, Calif. 94040.

● **Site 002** — Spring Lake Park (fairground entrance), Texarkana, Tex. Weekly, Saturday 8 a.m., in progress. Bill Jones, 1209 Trinity, Texarkana, Tex. 75501.

● **Site 003** — Doughboy Field, Fort Benning, Ga. Bi-monthly (first and third), Saturday 10:30 a.m., in progress. Dr. Edward Carns, 127 Rainbow Lane, Fort Benning, Ga. 31905.

● **Site 004** — Stewart Park (behind the Gloucester County YMCA), Woodbury, N.J. Weekly, Sunday 10:30 a.m., in progress. Sports East, 238 South Broadway St., Woodbury, N.J. 08096.

● **Site 005** — Hooker Oak Recreation Area (within Bidwell Park), Chico, Calif. Weekly, Saturday 9 a.m., in progress. Jim Remillard, Box 106 Cohasset Stage, Chico, Calif. 95926.

● **Site 006** — Pine Banks Park (on the Malden-Melrose border), Malden, Mass. Weekly, Saturday 10 a.m., in progress. Michael Morrill, 21 Elmwood Park, Malden, Mass. 02148.

● **Site 007**—Heather Farm Park (off Ygnacio Valley Rd. on San Carlos), Walnut Creek, Calif. Weekly, Sunday 10 a.m., in progress. Rich Vasquez, 3 Barcelone Way, Clayton, Calif. 94517.

● **Site 008** — Gerlach Field, Fort Leonard Wood, Mo. Bi-weekly, Saturday 8:30 a.m., in progress. Rex Frazer, 41 Totten Place, Fort Leonard Wood, Mo. 65473.

● **Site 009**—Dike Road, Granite Falls, Minn. Weekly, Saturday 10 a.m., in progress. Pat Foley, 315 11th Ave., Granite Falls, Minn. 52641.

● **Site 010** — Tawas Area High School (highway M-55), Tawas City, Mich. Weekly, Sunday 10:30 a.m., in progress. Tess Haislip, Box 165, Tawas City, Mich. 48763.

● **Site 011** — Fresno High School (Roeding Park), Fresno, Calif. Bi-weekly, Saturday 7 a.m., in progress. Sid L. Toabe, 4566 N. Del Mar, Fresno, Calif. 93704.

● **Site 012** — Cross-country course at the old airport, Salina, Kan. Weekly, Saturday 12:30 p.m., in progress. John Schlife, Salina YMCA, 315 West Iron, Salina, Kan. 67401.

● **Site 013** — West High School and Beach Park, alternately, Bakersfield, Calif. Bi-weekly, Saturday 8 a.m., in progress. Larry Arnt, 5000 Belle Terr., No. 72, Bakersfield, Calif. 93309.

● **Site 014** — Methuen High School track, Methuen, Mass. Bi-weekly, Sunday 10 a.m., in progress. John Cahalane, 38 Weybosset St., Methuen, Mass. 01844.

● **Site 015** — Southeast YMCA, Pittsford, N.Y. Bi-weekly, Sunday 9 a.m., in progress. Elizabeth A. Francis, Southeast YMCA, 111 Jefferson Rd., Pittsford, N.Y. 14534.

● **Site 016** — Windward Hills golf course, Talafofo, Guam. Monthly, Saturday 4:30 p.m., in progress. Robert Wade, No. 5 Windward Hills, Talafofo, Guam 96914.

● **Site 017** — Carthage High School, Carthage, Ill. Weekly, Saturday 10 a.m., in progress. Philip Clark, RR2, Carthage, Ill. 62321.

● **Site 018** - Incline High School, Incline Village, Nev. Weekly, Sunday 10:30 a.m., in progress. Lawrence Watkins, Box 3193 or Skip Youngdahl, Box 4745, Incline Village, Nev. 89450.

● **Site 019** — Eisenhower High School track, Saginaw, Mich. Weekly, Saturday 10 a.m., in progress. Ray F. Bartels, 4440 Winfield, Saginaw, Mich. 48603.

● **Site 020**—R.W. Nebel Memorial Track, Munising, Mich. Bi-weekly, Tuesday 8 p.m., in progress. Norma Harger, RR 1 Box 284E, Munising, Mich. 49862.

● **Site 021**—Hosmer Field, Rumford, Me. Bi-weekly, Sunday, 10 a.m., in progress. Bea von Tobel, Box 346, Canton, Me. 04221.

● **Site 022** — Nathan Calder Stadium, Menasha, Wisc. Weekly, Friday 6:30 a.m., in progress. John T. Lingnofski, 110 W.N. Water St., Neenah, Wisc. 54956.

● **Site 023**—Page High School, Greensboro, N.C. Bi-weekly, Friday 6:30 p.m., in progress. Bill Howard, 1305 Valleymede Rd., Greensboro, N.C. 27410.

● **Site 024**—Robinson Junior High School, Kingsport, Tenn. Weekly, Sunday, 6 p.m., in progress. Tom Coughenour, 4817 Tinker Lane, Kingsport, Tenn. 37664.

● **Site 025**—Weatherbee-McGraw School, Hampden, Me. Weekly, Sunday, 9:30 a.m., in progress. Paul Howard, Box 562, Bangor, Me. 04401.

● **Site 026** — Next to Walla Walla High School track, Walla Walla, Wash. Monthly, (fourth) Saturday 8 a.m., in progress. Paul C. Fredericks, 1712 Durant St., Walla Walla, Wash. 99362.

● **Site 027** — James Monroe High School, Fredericksburg, Va. Weekly, Saturday 9 a.m., in progress. O. Dale Saylor, RR 2 Box 17-B, Fredericksburg, VA. 22401.

● **Site 028** — Fritz-Grupe Park, Stockton, Calif. Weekly, Saturday 9 a.m., in progress. Frank Hagerty, 3525 Benjamin Holt No. 314, Stockton, Calif. 95209.

● **Site 029** — Curtis High School (University Place), Tacoma, Wash. Bi-weekly, (first and third) Sunday 11:30 a.m., in progress. Craig T. Hatton, 7505 96th Ave. SW, Tacoma, Wash. 98498.

● **Site 030** — Interama, North Miami, Fla. Weekly, Saturday 9 a.m., in progress. Victor T. Palffy, 12895 NE Second Ave., North Miami, Fla. 33161.

● **Site 031** — Livonia YMCA, Livonia, Mich. Monthly, Saturday 8 a.m., in progress. Jeff Sandowsky, 14255 Stark Rd., Livonia, Mich. 48154.

● **Site 032** — Condon Field, Hancock, Mich. Weekly, Tuesday 7 p.m., in progress. Bob Olson, 1054 N. Lincoln Dr., Hancock, Mich. 49930.

● **Site 033** — Community Center, Sharon, Mass. Weekly, Saturday 8 a.m., in progress. Dale L. Van Meter, 66 Summit Ave., Sharon, Mass. 02067.

● **Site 034** — Citrus High School Track, Inverness, Fla. Weekly, Saturday 7:30 a.m., in progress. Paul Schwarting, RR 3 Box 244, Inverness, Fla. 32650.

● **Site 035** — Adams Elementary School, Adams, N.Y. Weekly, Wednesday 7 p.m., in progress. Ron Fillhart, RR 2, Adams, N.Y. 13605.

● **Site 036** — Rice Festival Building, Crowley, La. Bi-monthly, Saturday 3:30 p.m., in progress. Don Stuckey, 627 E. 11th St., Crowley, La. 70526.

● **Site 037**—Runner's Mecca (running camp), Mesa, Ariz. Weekly, in progress. Rich Heywood, Box 2186, Mesa, Ariz. 85204.

● **Site 038**—Memorial Field (Rock Island Arsenal), Rock Island, Ill. Bi-monthly, Saturday (second and fourth) 8 a.m., in progress. Dick Clarke, 1821 Pineacre, Davenport, Iowa 52803.

● **Site 039**—South Park (children's park playground parking lot), Pittsburgh, Pa. Monthly, Saturday (last each month) 9:30 a.m., in progress. Jim Enright, 1700 Patrick Place, Apartment T-10, Library, Penn. 15129.

● **Site 040**—Windmont Park, Kewanee, Ill. Monthly, Saturday 1:30 p.m., in progress. Oct. 23, 1976. Don Lundberg, 233 E. Church St., Kewanee, Ill. 61443.

● **Site 041**—Wichita High School, Wichita, Kan. Monthly, Saturday 8 a.m., in progress. Steve Ryan, Wichita Running Club, 9804 W. 12th St., Wichita, Kan. 67212.

● **Site 042**—Gypsy Hill Park, Staunton, Va. Bi-monthly, Wednesday 7 p.m., in progress. Gwyn R. Sanders, Recreation Department, Box 58, Staunton, Va. 24401.

● **Site 043**—Columbus AFB (recreation track), Columbus, Miss. Weekly, Saturday 10 a.m., in progress. Gaylon M. Bates, 211 Holly Hills Road, Columbus, Miss. 39701. ●



# We're Guaranteeing\* these Books Will Improve Your Running

\* If you read any of these books and don't learn anything that improves your running, return them for a full refund.

**Practical Running Psychology**—Athletic motivation, the running habit, and the psychological warfare that is an integral part of all competitive running. 1973 Ppb., 48 pp., ill., \$1.50.

**Athletes' Feet**—Leading podiatrists and other medical experts tell how to avoid both foot injuries and foot-related back and leg problems. Also covers first aid, choosing shoes, and exercises for the feet. 1974 Ppb., 48 pp., ill., \$1.75.

**The Complete Runner**—Covers every aspect of running in great detail. Articles by running experts, picked and assembled by *Runner's World* magazine staff. 1974 Hb., 398 pp., ill., \$10.95.

**Yoga and The Athlete**—A liberating personal view of the role yoga can play in the life of an athlete. Applicable to your own life. 1975 Ppb., 100 pp., ill., \$2.50.

**Guide to Distance Running**—First book published devoted entirely to distance running. Nearly 100 articles on distance running, by distance runners. 1971 Ppb., 208 pp. (over-size), ill., \$5.95.

**Food for Fitness**—Revolutionary look at the dangers of a traditional diet. Compiled by athletes who have experimented with different diets. 1975 Hb. & Ppb., 144 pp., ill., \$5.95/\$2.95.

**Dr. Sheehan on Running**—A fascinating look into the world of runners. Philosophical and stimulating reading from the Medical Editor of *Runner's World*. 1975 Hb. & Ppb., 203 pp., ill., \$5.95/\$3.50.

**Runner's Training Guide**—This book doesn't push any single training method. Instead, it describes the principles that underlie most methods. 1973 Ppb., 96 pp., ill., \$2.95.

**Running with the Elements**—How to adjust to extremes of heat and cold, wind, altitude, terrain, air pollution, hecklers, dogs, and more. 1974 Ppb., 96 pp., ill., \$2.75.

**Encyclopedia of Athletic Medicine**—Dr. George Sheehan looks at sports medicine from the runner's point of view. Chapters cover injury causes, care and prevention and the new hazards of today's environment. 1974 Ppb., 96 pp., ill., \$1.95.

**Age of the Runner**—The effects of age on performance, and of running in slowing down the aging process. Includes charts for comparing racing times, age for age. 1974 Ppb., 56 pp., ill., \$1.75.

**The Runner's Diet**—A factual, unbiased guided tour through the complicated and controversial subject of athletic nutrition, written for the runner. 1972 Ppb., 80 pp., ill., \$1.95.

**Beginning Running**—A must for the novice or the person who is helping the novice. Takes the new runner from his first steps to his first race. 1972 Ppb., 32 pp., ill., \$1.00.

**The Running Body**—Direct, easy-to-understand information about physiology as it applies to running. 1973 Ppb., 48 pp., ill., \$1.50.

**The Female Runner**—Dispels some of the myths surrounding the woman runner and goes into physiological and psychological factors in her performance. 1974 Ppb., 32 pp., ill., \$1.25.

**Run Gently, Run Long**—A practical book that reads like a novel. Joe Henderson describes his slow, painful journey from intervals to long slow distance. 1974 Ppb., 96 pp., ill., \$2.50.

**African Running Revolution**—Some of the reasons behind the African runners' recent success story, including effects of high-altitude training and living. 1975 Ppb., 122 pp., ill., \$2.50.

## ORDER FORM

Qty.	Title	Price	Total
6% tax (Calif. res. only)			
40c per book postage and handling			
TOTAL			

Please send me the books I have indicated.

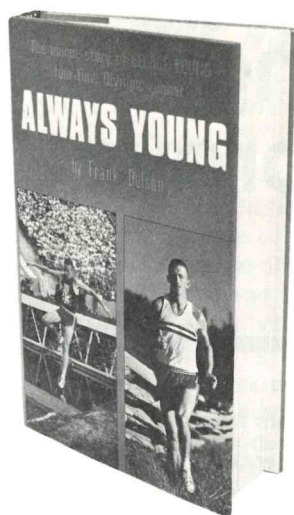
Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Runner's World, Box 366, Mtn. View, CA 94040





## Always ready, Always there, Always Young

The Olympics was the backdrop for one of the most interesting stories in amateur athletics history. George Young's story. He struggled toward an Olympic gold medal, through four Olympic competitions, only to be stymied by the competition, the officials and himself.

In events ranging from the steeplechase to the marathon, he tried his best, but he failed. His failures didn't bring frustration though, they only brought more and more determination. And that determination is what his story is all about. Read it. Use the order form below.

### order form

Please send me \_\_\_\_\_ copy(ies) of *Always Young*. I am enclosing  
 \$4.95 Hb       \$2.95 Ppb  
 I have also included 40c postage per copy and 6% tax (CA only).

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State/Zip \_\_\_\_\_

World Publications  
 Box 366, Mountain View, CA 94040

# Readers' Comments

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

## GAMES POLITICIANS PLAY

How frustrating it was watching the leaders of the world play political games with the Olympics. Once again the Games were marred by countries who used the Games to express their political views. In an attempt to counteract these actions, countless countries dropped out of the Games. Were they really acting in the best interests of the people concerned? Certainly not if they dropped out.

Remember, these Olympic Games are designed for the athletes of the world, not the politicians. Thousands of athletes work for years with one goal in mind: to be members of their country's Olympic team.

Let the Games be a place for the world's best athletes to compete for themselves and their country. The Olympic Games still have a very special meaning to me and millions of others. This is the meeting place for each country's best diplomats and athletes.

So please don't abolish the Games. They aren't the cause of the trouble. It's the politicians. Let's keep them out of the Games!

Scott Loomer  
 Shrewsbury, Mass.

## TAKE HEART

Dr. Cantwell's article ("Medical Advice" July '76) suggests that marathon runners have died of "heart attacks." He quotes Dr. Opie (*N. Engl. J. Med.* 293:941, 1975). We did check with Dr. Opie in South Africa and found that report was in error.

Autopsies had not been done. Dr. Opie was kind enough to write a retraction (*N. Engl. J. Med.* 294:1067, 1976). To date, there is no autopsy evidence of fatal coronary atherosclerosis among marathon finishers of any age.

It is unfortunate that the time between Opie's letters was more than six months. This allowed many physicians to lose their enthusiasm for the benefits of vigorous exercise in the protection of cardiac patients.

Opie's case involved a very fast ultramarathoner under age 40 and a marathoner under age 20. Obviously, if any runners should have been "protected," they should! (And I am happy to say

that there is no evidence that they were not protected.)

Thomas J. Bassler, M.D.  
 American Medical Joggers  
 Association  
 Inglewood, Calif.

## EMERGENCY AID

One has only to look around and see the growth distance running has taken in recent years. The number of races have increased tremendously as well as the distances being run.

But how equipped are these races to handle first-aid emergencies? This spring, while taking part in two separate distance races, a runner in each of the races suffered a heart attack. In both cases, the proper first aid was almost instant. But what about races being run around your area? Is medical aid limited or non-existent?

In light of the number of beginners who let their enthusiasm race ahead of their fitness, there are basic things to be covered like proper refreshment stops along the route and course marshals to keep an eye on the runners. But what about emergencies out on the course where time is often the crucial factor? Do you have qualified medical personnel in attendance or perhaps a properly equipped first-aid vehicle circling the course?

Another step can be a closer screening of people wanting to compete. This could be done by a medical certificate signed by a family doctor or perhaps proof of fitness from recent race results.

These methods are by no means ideal, but they may deter the unfit runner from entering on a whim. In a sport that is getting more and more into administrative haggling, these steps would create more problems. But there are many excellently run races already with aiding of the runner being the prime concern. Should this not be the prime consideration in all races?

Tim Uuksulainen  
 Vancouver, British Columbia

## PROSE FROM PROS

In your "Runner's Forum" article by Desmond O'Neill ("Olympic Headlines," July '76), the International Track Association is mentioned as moaning



"about 'pros' not being allowed to compete in the Games."

The ITA's complaint isn't that pros are not allowed to compete in the Olympic Games, but about *which* pros are being allowed to compete. There are the Pros and the Cons (another Old-fieldism).

Bob Steiner  
ITA Public Relations  
Los Angeles, Calif.

## TACKY TACTICS

The article "The Comeback of Craig Virgin" (June '76) was very interesting and brought out one sad aspect of racing. Craig states, "If you're going to be the best in the world, that means you have to hold your own ground and be ready for all tactics: boxes, physical abuse, elbows stuck in your side . . . ." Unfortunately, championship racing brings out such "tactics" frequently.

I feel that use of such tactics ruins the idea behind racing. It is looking as if the winner is not always the strongest and fastest but who uses these "tactics" to finish first.

Frank Shorter cautioned the junior international cross-country team, "Gaston Roelants has won the senior race more than once by bolting just before the gun."

Jan Merrill, in the AAU indoor mile, constantly was forced to the outside and boxed by Julie Brown's indoor racing tactics. Merrill obviously was the better runner in the race but Brown almost won, only because of her good "knowledge" of how to win indoors.

Then who can forget the two Kenyans teaming up to beat Jim Ryun in the '68 Mexico City 1500 meters. The complete sacrifice of a good Kenyan runner was solely used so Keino could win by a trick tactic.

I, myself, lost two places, from third to fifth, in a city cross-country championship because of cutting of the course. They did not beat me, they only found a way to finish ahead of me!

I personally will never use these tactics just to finish ahead of a fellow competitor. Where will these tactics stop? Will more deliberate boxing, tripping, elbowing and course cutting occur in the future?

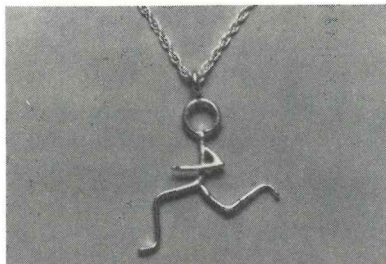
For the sake of racing, I hope it stops and we will see who is truly the better runner.

Jim Enright  
Library, Pa.

## AGONY OF VICTORY

On May 23, 1976, I was to run the  
*(continued on page 86)*

## "THE ROADRUNNER" NOW IN YOUR CHOICE OF 14K GOLD OR STERLING SILVER!



Exclusively ours. "The Roadrunner" is a handcrafted 1-inch stick runner that hangs from an interwoven 18 inch chain. Perfect gift for him or her. Excellent for awards presentations.

14K Gold \$50 • Solid Sterling Silver \$15  
Detach and mail with your order.

Please send me:

\_\_\_ 14K Gold "THE ROADRUNNER"  
necklaces (a \$50<sup>00</sup> each.  
\_\_\_ Sterling Silver "THE ROADRUNNER"  
necklaces (a \$15<sup>00</sup> each.  
N.Y. residences add sales tax

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_

On orders of 10 or more deduct 20%  
Send a check or money order to:

SPORTING LIFE JEWELERS  
175 5TH AVENUE  
NEW YORK, N.Y. 10010

5TH ANNUAL

# Andrew Jackson Marathon

SEPTEMBER 25TH

7:00 A.M.

● Course AAU Certified—(Record 2:29:30)

● Trophies, Awards, Certificates  
● Post-Race Lunch For All Parti-

cipants

● Half-Marathon (Record 1:08:11)  
● Out & Back Course

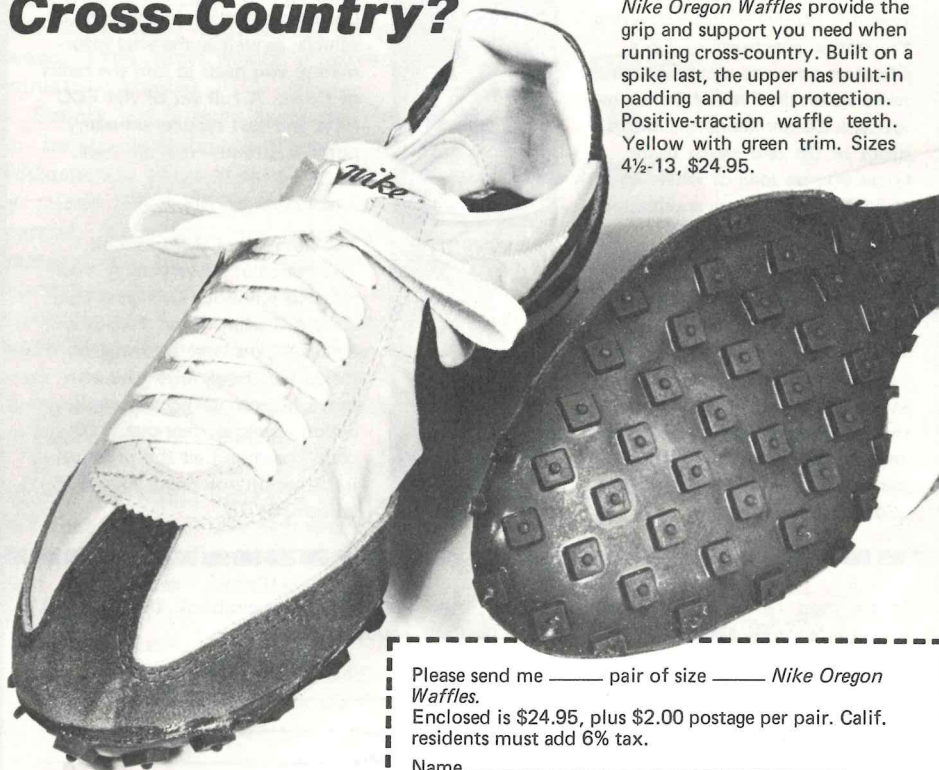
For information contact:

Dennis Maginn  
Jackson Track Club  
28 Bethany Drive  
Jackson, TN. 38301

Entry fee \$3.00 by Sept. 18

—Late entries \$5.00

## Are You Ready For Cross-Country?



Nike Oregon Waffles provide the grip and support you need when running cross-country. Built on a spike last, the upper has built-in padding and heel protection. Positive-traction waffle teeth. Yellow with green trim. Sizes 4½-13, \$24.95.

Please send me \_\_\_\_\_ pair of size \_\_\_\_\_ Nike Oregon Waffles.

Enclosed is \$24.95, plus \$2.00 postage per pair. Calif. residents must add 6% tax.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

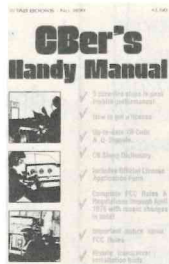
Starting Line Sports, Box 8, Mountain View, CA 94040



# "Breaker Breaker... Here are the best books on CB radio."

## CBer's Handy Manual

A simplified booklet, laying the facts on the line about CB. Lots of good information, including the FCC rules and regulations, crammed into 48 pages. Everything for the novice, with tips on peaking your mobile performance. Good reading, \$1.50.

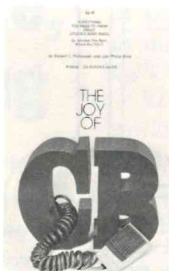


## Citizens Band Radio

Written for present or potential CB operators and servicemen. Explanations of how CB equipment operates, the federal regulations, classifications, types of CB equipment available. Design features compared. Special chapter on sideband operation. Revised second edition, \$4.90.

## The Joy of CB

It's all in this one—everything from history of the CB explosion to installation of your mobile and home units. An excellent chapter on the many different accessories available, with emphasis on accessories that will prevent theft of your "rig." This one's just out, \$4.95.

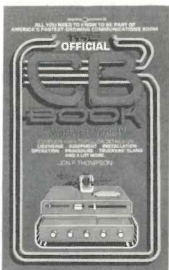


## Citizens' Band Digest

A comprehensive volume, discussing the practical, technical and legal aspects of owning and operating a CB radio and other types of two-way equipment. The latest information on the experimental band. (Oversize, 8½ by 11 inches) \$5.95.

## The Official CB Book

Recently published book covering the entire spectrum of CB's. Chapters covering manufacturers, radio slang, the Federal Communications Commission, the beginnings of CB and much more. Gives you an idea of where to start. Includes license application. Just off the presses, \$3.95.



## The Best Book on CB Radio

Covers installation in any type of vehicle, as well as the vital information you need to join the ranks of CBers. A full set of the FCC rules and test reports on many popular brands—it's all here. \$4.95.

## Most Often Asked Questions and Answers about CB Radio

The *CB Magazine* staff has compiled the questions most often asked them, along with their replies. An easy-to-read question and answer format provides the perfect forum to learn more about CB. 1976, \$3.95.



## The Complete CB Handbook

The subtitle, "Everything You Have to Know to Own and Operate a Citizens Band Two-Way Radio," puts the information inside this book into one sentence. A sample license application, special tear-out "10-code" card and all the practical information you need. The 1976 edition, \$1.75.

Yonkers Marathon in New York. However, because of a painful foot injury, I was unable to compete.

The following day, I went on a three-day camping trip with several friends from school. While on the trip, I had the grave misfortune of accidentally falling off a 50-foot cliff, and in the process fracturing two vertebrae in my back.

The point of this brief story is that the 85-95 miles of running I was putting in each week was the prime reason, according to my doctor, that I'll be able to begin training regularly around November and why my injury, which "should" have been worse, wasn't. In essence, it is *Runner's World* which saved me from greater harm since you have been the prime motivation behind my desire to run. From the bottom of my heart, many, many thanks.

Fred Hoffman  
Elmhurst, N.Y.

## TIME SUPPLEMENT

To those readers who would like to supplement Bill Hopkins' and Doug Edwards' article "Where Does the Time Go" (*RW*, July '76), I suggest an article in the June '76 issue of *Scientific American* entitled "Future Performance in Footracing" by Henry W. Ryder, Harry Carr and Paul Herget. It is their thesis that running records are still far below human physiological limits and that performance restraints are rather psychological.

Bob McGuire Jr.  
San Francisco, Calif.

## LOST AND FOUND

I believe that I may have discovered the sure-fire method of improving one's marathon times: drop out!

My first marathon was Earth Day 1975 and six runs later, Earth Day 1976 brought me a personal best of 3:32:00.

At the recent Yonkers Marathon, however, an old knee inflammation began again almost immediately and I dropped out at 17 miles.

Although I removed my number and got off the course immediately, I apparently did not do enough. This morning I received my certificate of completion which showed a PR of 3:11:46.

How that opened my eyes! I now plan to qualify for Boston by sneaking out the 110 Street exit at the 12-mile point at the New York Marathon in September. After that, the sky's the limit. By 1979 I may qualify for the Olympic Trials by staying home and hiding in the basement.

Please send the books checked below:

- CBer's Handy Manual, \$1.50
- The Joy of CB, \$4.95
- The Official CB Book, \$3.95
- Most Often Asked Questions, \$3.95
- Citizens Band Radio, \$4.90
- The Best Book on CB Radio, \$4.95
- Citizens' Band Digest, \$5.95
- The Complete CB Handbook, \$1.75

Add 40 cents postage per book. (\$2.00 max.)  
Calif. residents add 6% tax.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_

Sports Book Catalog, Box 366  
Mountain View, CA 94040



Seriously, if there was another Kevin M. Donohue or a number near 181 or *anyone* who resembles Sonny Bono running a 3:11:46 that day, please contact me for your certificate. You earned it, I didn't.

*Kevin Donohue  
Bellmore, N.Y.*

### P.V. PLEA

I am writing this letter in regards to our Palos Verdes Marathon and some personal thoughts I have on this particular run.

After the run this year, I had talked to Bob Latham, the meet director, and he indicated his disappointment at the lack of space allocated in *Runner's World* for this run. I had to agree with him on this matter. In fact, this is one of the most unusual and least publicized marathons in the US.

The marathon itself was the brain child of several of the local coaches on the PV Peninsula, and was initiated in 1968 with a field of about 40 runners, including myself and eventual three-time winner Bob Deines. It has grown from this original 40 runners to more than 1100 participants this year. What is unusual about this run is that it is a field composed mostly of local runners and more than 300 first-timers.

Bob and the rest of the committee have endeavored to promote this race strictly for those who enjoy running for running's sake. They do not seek big name runners, and, in fact, of the top 10, only one individual was from out of our local area. The run caters to family groups, cardiac rehab groups, those who are trying their first marathon and just those who enjoy running and meeting runners.

Sponsors include the Kiwanis Club of PV, local fire department help, sheriff and police units throughout the course with helicopter surveillance, mounted sheriffs, paramedic groups and local people manning the water stops at every three miles. The course is marked every mile through the 26 miles. In more than 40 marathons I have run, this is probably the best organized and well run I have ever competed in.

The point I am trying to make is that this marathon is one of the very few that promotes itself for the runner. This particular run has spawned more than half dozen running groups in the area that are now involved in distance running just so they can compete in the PV marathon. Local auto dealers, sporting goods stores are all sponsoring teams for the run. Several breakfast groups have formed just to run the course every

month in preparation for the run.

I think this is really marathoning at its highest level. Winning is not important, we are all involved in getting our friends to train and run.

*John Pagliano, D.P.M.  
Long Beach, Calif.*

*We have had a very difficult time getting information on this race in the past, despite numerous requests. Partial results that we did receive did not arrive until more than a month after the '76 race had been staged.*

### FIGHT IT OUT

I am writing in response to Robert Bahr's article in your June '76 issue ("Channeling Our Meanness"). Bahr's contention that there is a "direct relation between male hormone testosterone and aggressiveness in humans and animals" is at best a half-truth, and his statement that "we do not learn aggression, but exactly the opposite—we learn to control our natural biological aggression" is completely, utterly and totally false.

While in lower animals, and to an extent even in other primates, aggression is testosterone-related, in humans it is not. While it is true that the human telencephalon (cerebral cortex) has inhibitory "control" to a degree over lower brain structures such as the diencephalon or the limbic system, human neocortical development relegates the effects of anabolic steroids upon non-sexual male behavior to insignificance. Even most sexual behavior in primates is learned.

Simply put, human aggression is not an innate testosterone-driven instinct. Testosterone plays at most an extremely minor role, and aggression itself is learned. This has been convincingly demonstrated by the large body of fine scientific research generated by social psychologists. Bahr has been reading too much Konrad Lorenz. I suggest he read work done by people such as Leonard Berkowitz, Richard Walters, Anthony Le Page or Phillip Zimbardo.

If aggression really testosterone-driven, how would Bahr account for the fact that female Homo sapiens also display aggression? It is unfortunate that your otherwise excellent magazine would publish such a misinformed and misleading article.

*Walter Pritchard  
California State University  
Graduate Student  
Los Angeles, Calif.*

*I am personally happy to forgive Pritchard his well-intentioned, though*

*(continued on page 88)*

## Ride the



**Skateboarding**  
Jack Grant

A complete guide to the sport!



**anybody's  
skateboard  
book**  
Tom Cuthbertson

## NEW wave

Before you take your next spin on a skateboard, read these two fantastic new books and see what's in store. Tricks broken down to the finest detail. Great photos to view the action. Equipment, basics and more. Order *Skateboarding* or *Anybody's Skateboard Book* and get going in this fast-growing, fast-moving sport.

Please send the book(s) checked below:

( ) *Skateboarding*, \$3.95.  
 ( ) *Anybody's Skateboard Book*, \$3.00.  
 Add 40 cents postage per book. Calif. residents add 6% tax.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_

**World Publications, Box 366  
Mountain View, CA 94040**

## Change Of Address

If you're moving, please let us know four weeks in advance. Attach your mailing label to the space provided and supply all new information below. If you wish to enter a new subscription, check the box below and fill in name and address.

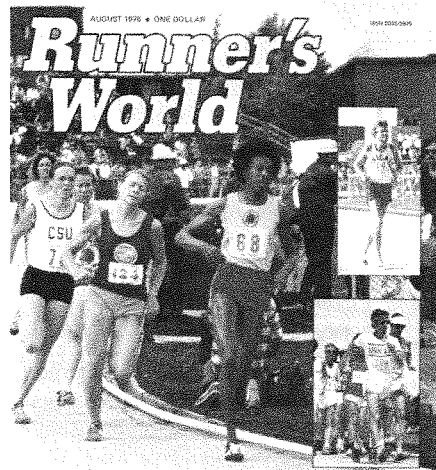
[ ]  Runner's World (12 issues/\$9.50)

New Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Attach Magazine Label Here

Runner's World  
P.O. Box 366  
Mountain View, CA 94040

# Is your Running Library Complete?



Last stop before Montreal for Madeline Manning Jackson, Garry Bjorklund and Todd Scully.

Back issues of *Runner's World* are excellent references for any running information you might need. Complete your collection, before these magazines go out of print.

## November 1971

Larry Young Interview  
Another Look at LSD

## May 1973

Family Running  
ITA's First Meets

## June 1973

Your Best Beat  
Boston's 77th

## July 1973

What Diet Can Do  
Shoe Inserts

## August 1973

The New Africans  
Runs that Never End

## September 1973

Training to Compete  
People in Steeple

## December 1974

David Pain  
Women's Weapon

## May 1975

Training to Peak  
Endurance Limits

## June 1975 (\$2.00)

Boston Supplement  
Using Biorhythms

## July 1975

Pause That Refreshes  
Steve Hoag Interview

## August 1975

Pre's Last Miles  
US China Tour

## September 1975

Win Cross-Country  
AAU Views

## December 1975

Bob Anderson  
Women's Marathon

## January 1976

Year of the Miler  
Black Runners

## February 1976 (\$2.00)

Marathon Handbook  
Ruin an Athlete

## April 1976

AAU Dissension  
Running Beginnings

## May 1976

Head Training  
Camp Guide

## June 1976 (\$2.00)

Joan Ulliyot  
Boston Supplement

## July 1976

Rich Wohlhuter  
Don Kardong

## August 1976

Olympic Trials  
What Diet Can Do

*misinformed, opinion regarding a direct link between testosterone and aggressiveness in humans. But I cannot speak for the literally scores of investigators who have spent their entire lives establishing this link, and whose claims Pritchard casually discards as "completely, utterly and totally false." A bibliography of these scientists' work appears in the last 11 pages of my book, The Virility Factor (Putnam's, October, 1976).*

*Incidentally, Konrad Lorenz (of whom, according to Pritchard, I have been reading too much), does not appear in the bibliography at all for the obvious reason that his work does not apply to humans.*

*Historically, victorious armies of certain nations routinely castrated the conquered enemy, thus eliminating their capacity to produce testosterone and reducing the likelihood of aggressiveness. Today, in some states, we do the same with violent criminals and the violently mentally ill, but the castration is performed chemically with a drug known as an antiandrogen, the most popular of which is cyproterone. This drug binds with testosterone in the blood, keeping it from reaching the target tissues of the brain, where it promotes aggressiveness.*

*Pritchard inquires about the women/testosterone/aggressiveness link. As every student of endocrinology realizes, women, too, produce testosterone and other male hormones. One would not expect them to be as aggressive, since they do not produce the same amount of testosterone. However, studies have shown that when synthetic testosterone is administered to a woman, her aggressiveness level often rises.*

*The core of this whole problem is the view that by now should be passe: That people are by nature peaceful souls and that society makes them the wicked individuals we become. No one who has ever had a newborn baby in the house needs to be told that the temper, rage and attempts at violence, harmless though they may be in an infant, are natural to us. The infant doesn't learn that, he is born with it; thus my statement about learning to control our natural biological aggression.*

*Only those who have not yet learned to control their aggression could challenge that statement as "completely, utterly and totally false."*

Robert Bahr  
Allentown, Pa. ●

Address comments to the editor of RW.

Nov. 1971	Sept. 1973	Aug. 1975	Apr. 1976
May 1973	Dec. 1974	Sept. 1975	May 1976
June 1973	May 1975	Dec. 1975	June 1976 (\$2.00)
July 1973	June 1975 (\$2.00)	Jan. 1976	July 1976
Aug. 1973	July 1975	Feb. 1976 (\$2.00)	August 1976

( ) Enclosed is \$1.50 (postpaid) per issue circled above, unless otherwise indicated.

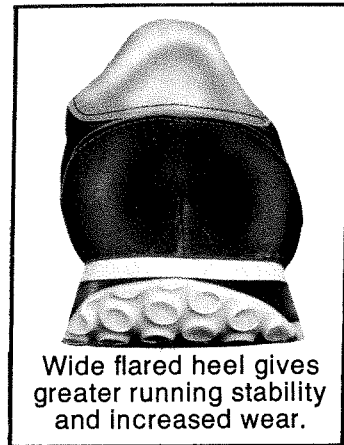
( ) Please send the entire set for 25.95

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_

Runner's World, Box 366, Mountain View, CA 94040



# SORRY ADIDAS..... BROOKS now has the best



**Because;**  
**We listened to Runners World.**  
**We listened to World Class Runners.**  
**We listened to a top sports physician.**

**HEEL COUNTER A**  
 Non-breakable rigid counter covering entire heel

**HEEL LIFT A**  
 1" thick soft crepe heel dropping to 1/2" at ball

**SHANK SUPPORT A**  
 Solid shank

**INSIDE SUPPORT A**  
 Built-in orthopedic arch support covered with sponge

**SOLE BEND A**  
 Special flexibility at ball normally found in racing shoes

**VARIABLE WIDTHS A**  
 Narrow 8-11  
 Medium 4-13  
 Wide 8-11

**SHOE WEIGHT B**  
 11 ozs.—ideal training shoe weight

**SOLE MAKE-UP A**  
 2 layer sole—1/2" thick at ball

When you add up the scores, it's the new Villanova II by BROOKS that has all the best features plus the extra wide flared heel for greater running stability and durability. Help us help you. We need your comments to stay on top.

	Retail Price	Variable Widths	Number of Users	Drop Rate	Sole Makeup	Sole Bend	Shank Support	Heel Lift	Inside Support	Upper Softness	Heel Counter	Shoe Weight	Total Score
Villanova II	A	A	C	C	A	A	A	A	A	A	A	B	17 Points
SL 72/76	B	C	A	B	B	A	A	A	B	A	A	B	19 Points

Rating Criteria established by Runner's World A = 1 B = 2 C = 3



**The ATHLETIC ATTIC**  
 3411 West University Ave.  
 Gainesville, Fla. 32607

Use Coupon To Order

Villanova II **\$19.95** per pair **\$1.00** per pair for handling

My order..... Enclosed is my check for \$\_\_\_\_\_

Quantity      Size      Width

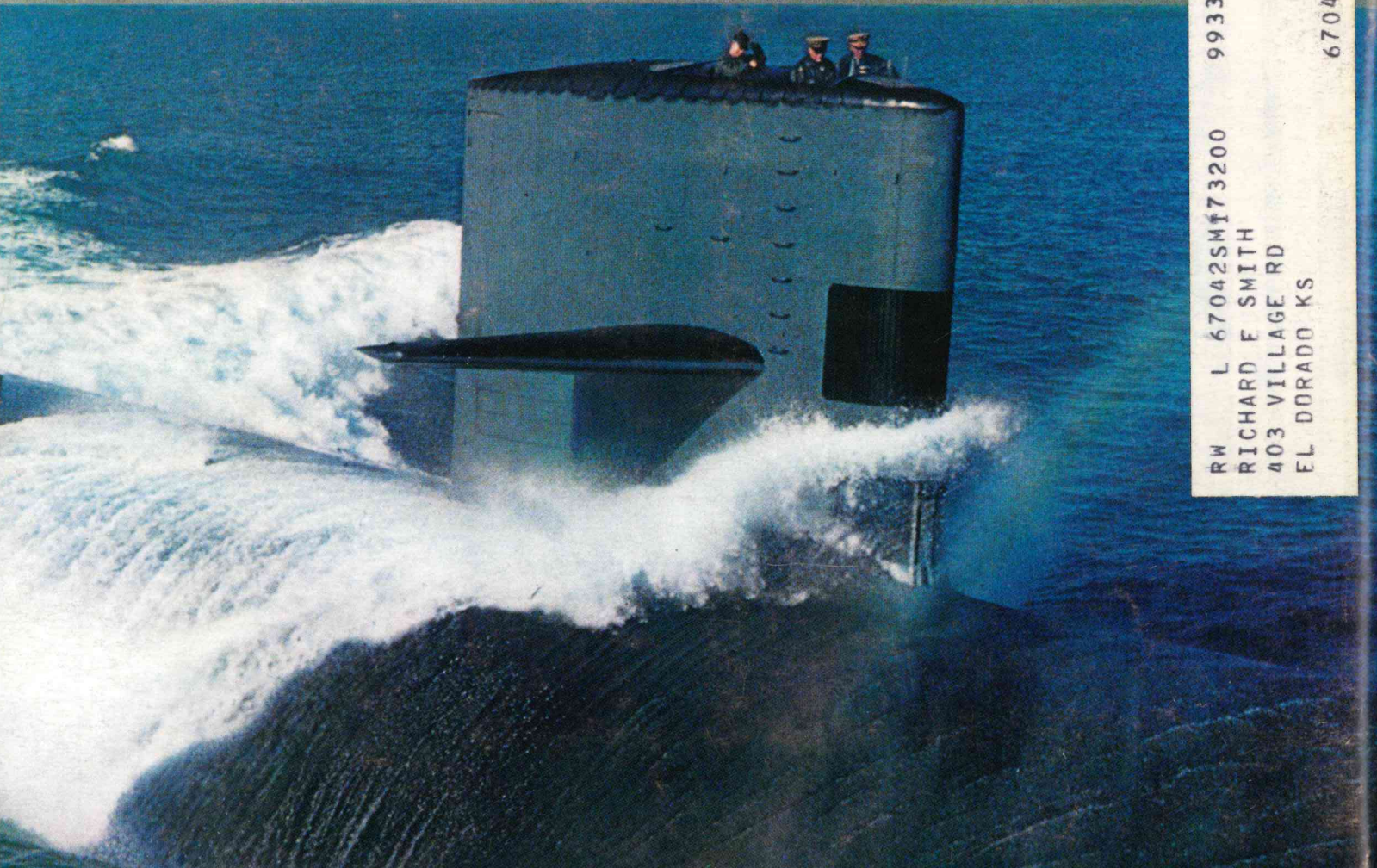
NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ A



# NAVY. IT'S NOT JUST A JOB, IT'S AN ADVENTURE.



RW L 67042SM#73200 99335  
RICHARD E SMITH  
403 VILLAGE RD  
EL DORADO KS 67042

If you're just looking for a job, you can probably take your pick of thousands. But if you're also looking for adventure, the field suddenly narrows. To the Navy.

In the Navy, a job means more than a good paycheck. It means the opportunity to see places like Italy, Spain, Morocco, Hong Kong, the Philippines and Hawaii. It means working on some of the most advanced technical equipment devised by man. It means doing a job that really counts, with guys who count on you to do it.

The Navy has more than sixty career fields we can train you in. We'll help you continue your education, and you'll earn thirty vacation days with pay, a year. Your Navy recruiter can tell you more. Speak to him or call toll free 800-841-8000. (In Georgia, 800-342-5855.) Navy. It's not just a job, it's an adventure.

# NAVY

Capt. H. C. Atwood, Jr., U. S. Navy Q461  
NAVY OPPORTUNITY INFORMATION CENTER  
P.O. Box 2000, Pelham Manor, N.Y. 10803

- Send me more information on Navy opportunities. (G)
- Call me. (G)

NAME \_\_\_\_\_  
First (Please Print) Last

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ Last Grade Completed

PHONE \_\_\_\_\_  
(Area Code)

RW 9/6