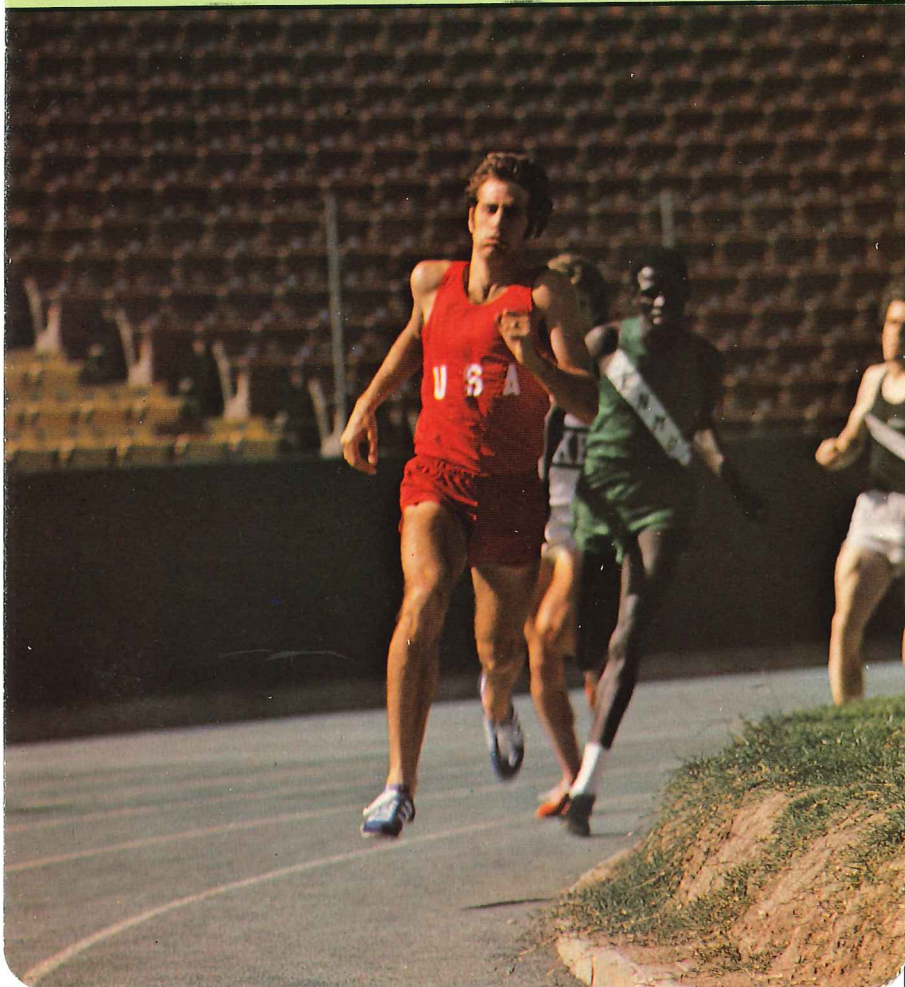


Track and Field



Marty Liquori



Track and Field



Marty Liquori

Sticking Around

Runners generally travel in small circles, gaining a limited reputation before fading from the scene after a couple of years. Perhaps because they don't become professionals and stay in the public eye or because the Olympics come only every four years, trackmen don't receive the publicity and attention of All-American quarterbacks or centers on national basketball champions. Marty Liquori, then, is something of an oddity since his has been a nationally-known name for more than a decade. His career began, typically enough, when he gained a fair amount of notice in the late 1960s as a superior high school miler at Essex Catholic in northern New Jersey. He went on to college at Villanova where he was another in a long line of outstanding distance men developed by Jumbo Jim Elliott. But a funny thing happened to Marty Liquori. Instead of settling down after college to concentrate on making a living, he just kept running.

Marty has had his ups and downs since leaving Villanova, including brief periods of inactivity brought about by injuries or short-lived voluntary 'retirements'. But now he is back running and is deadly serious about making it to

Moscow and the 1980 Olympic Games. His latest spurt of enthusiasm began in 1977, when he won the 5,000 m competition in the AAU national championships, showing that his hamstring injury of the previous season was completely healed. Coming off that performance, Liquori was selected for the U.S. World Cup squad. While in Europe, Marty ran a 5,000 m in 13 minutes, 51.1 seconds to break the existing American record by nearly four seconds.

Liquori has moved up from the mile to the longer 5,000 m because, he says, he was bored. "You don't have a chance for all these little strategies to get played out in the mile", he claims, "and besides, on top of that, in the 5,000, a lot of guts come into it".

Guts is an important thing to Liquori and it certainly is one way of describing his own attitude and style. In meets during 1978, he often ran in both the 5,000 and 10,000 in order to build up his stamina. Although he has run on the pace, he prefers to let someone else set the early fractions, then unleash a furiously fast last lap. His best effort in 1978 was a 13:16.2 5,000 m, fourth best in the world during the outdoor season.

Liquori's style is marked by a tremendous finishing kick