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A Runner's World Publication

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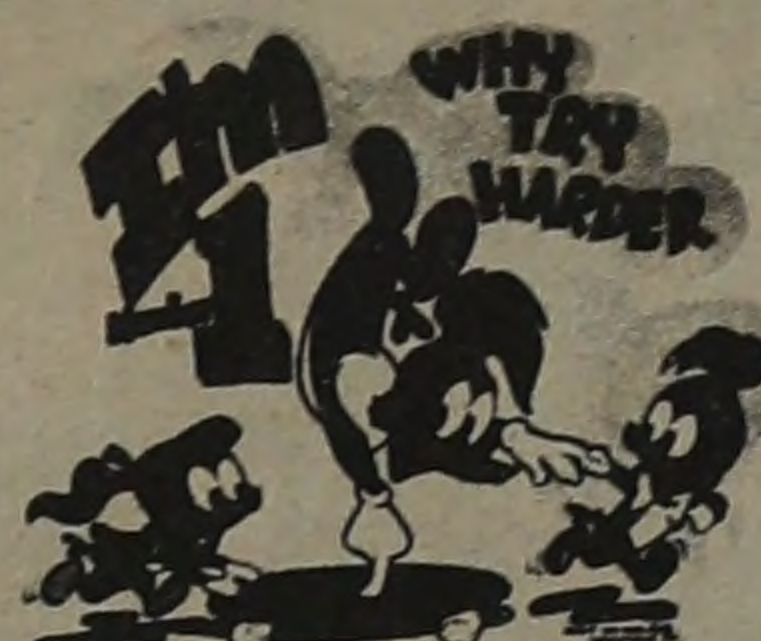
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ON THE RUN is published by World Publications twice monthly. Mail subscriptions, address changes and adjustments to: ON THE RUN, Box 366, Mountain View, CA 94042. Editorial and executive offices are located at World Publications, 1400 Stierlin, Mountain View, CA 94043. Phone: (415) 965-8777. Application to mail at second class postage rates is pending at Mountain View, CA and at additional mailing offices. Postmasters: send form 3579 to Box 366, Mountain View, CA 94042. USA subscription rates: \$17.50 per year. Canadian: add \$3.00 per year. Foreign: add \$10.00 per year. Single copies: \$.95. The entire contents of ON THE RUN are copyright © 1978 ON THE RUN, all rights reserved, and may not be reproduced in any manner, either in whole or in part, without the written permission of the publisher. The staff of ON THE RUN is not responsible for unsolicited manuscripts.

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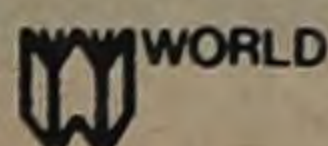
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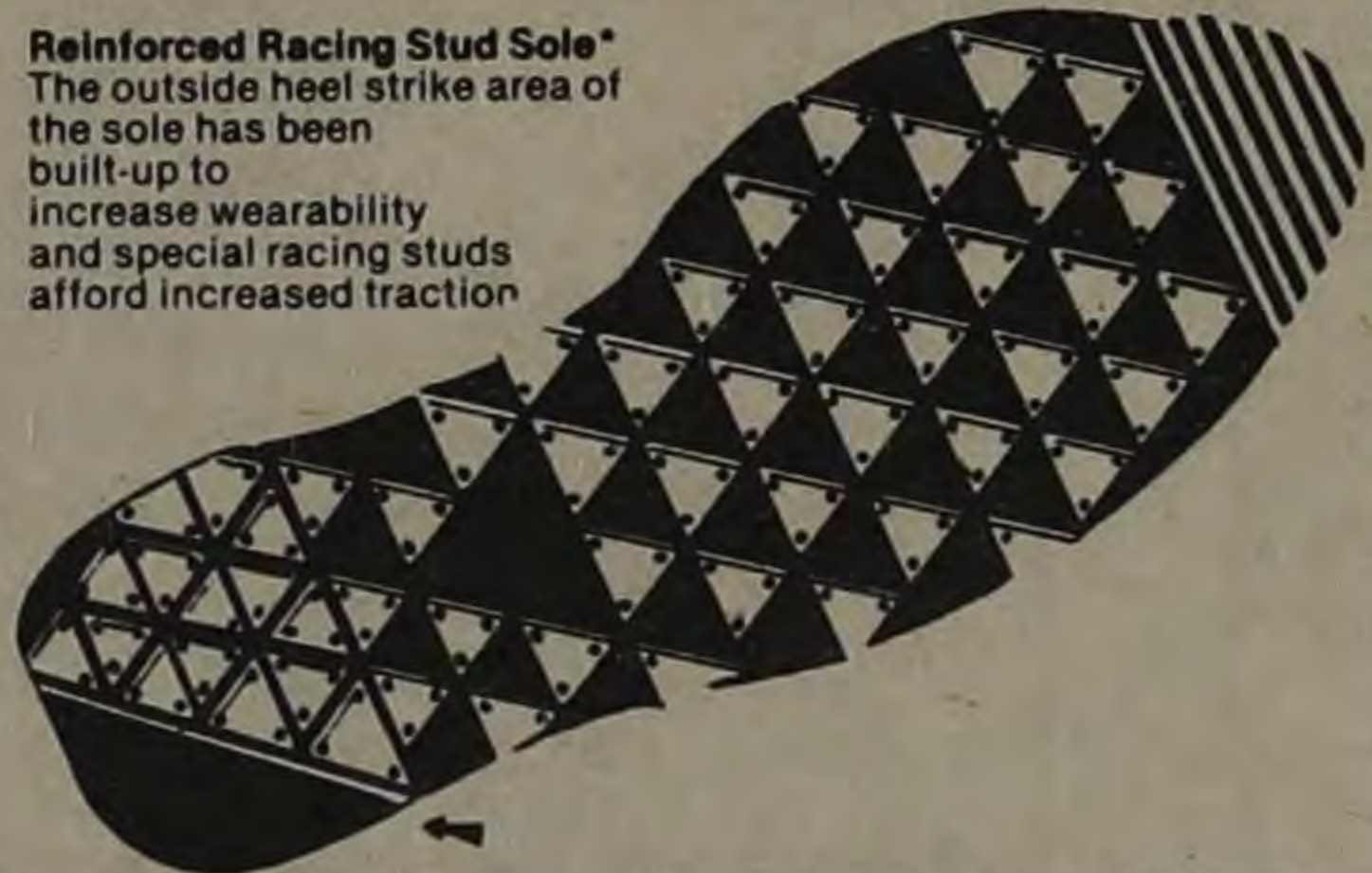


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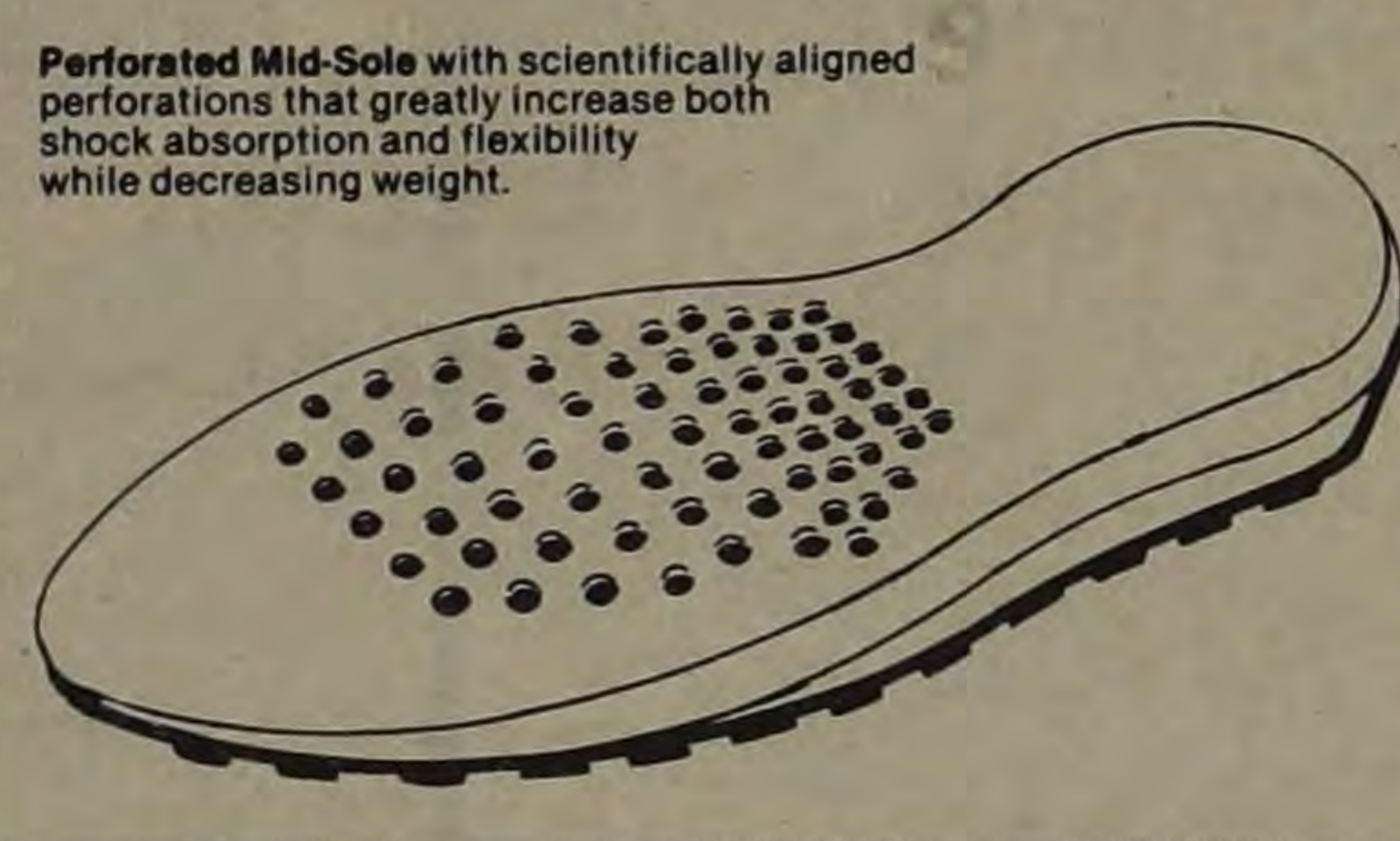
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Rearfoot impact	1	2	2	1	1	2	2	3	Rearfoot impact	1	2	3	2
Forefoot impact	1	2	2	2	2	2	2	2	Forefoot impact	1	1	2	2
Flexibility	2	3	1	2	2	4	2	2	Flexibility	2	3	2	3
Solewear	1	2	4	3	3	1	4	4	Solewear	1	1	2	3
<b>Totals</b>	<b>5</b>	<b>9</b>	<b>9</b>	<b>8</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>Totals</b>	<b>5</b>	<b>7</b>	<b>9</b>	<b>10</b>

*This data has been compiled from the actual rankings in the laboratory tests used in the 1979 Runner's World magazine shoe survey.*



\*Pat. Pend.

Shoe Mfg. Co., Inc., Hanover, Pa. 17331



# ON THE RUN

Jan. 18, 1979: "Running is The Key to Life"

## ISSUE NO. 14

Rudy Chapa, Steve Lacy & Marc Hunter (l-r) lead in the NCAA Cross-Country Championships.

Cover Photo By Robert Gerloff



### The Long Distance Corbitt 11

By William Dunnett

One of the pioneers of distance running, Ted Corbitt is heading for his 200th marathon. Will he make it? With the number of injuries he has had, the legendary black runner isn't sure.

### Mental Jogging 19

By Steve San Filippo

A Connecticut psychologist has invented mental games people can play while running. Example: what is half of 8? If your answer is 4, you better read the story.



### Olympic Helpers 20

By Kevin Shyne

Impressed with the Olympics the president of the Canteen Corporation decided he wanted to do something for the Olympic athlete. So he convinced businesses to put their money where their mouths are. He started the Olympic Job Opportunity Program.

### Secrets of the Long-Gom-Pas 23

By Ed Cohn

An American travels to India and discovers the secrets of the Long-Gom-Pas, a group of distance runners capable of running day and night by using mystical running techniques.

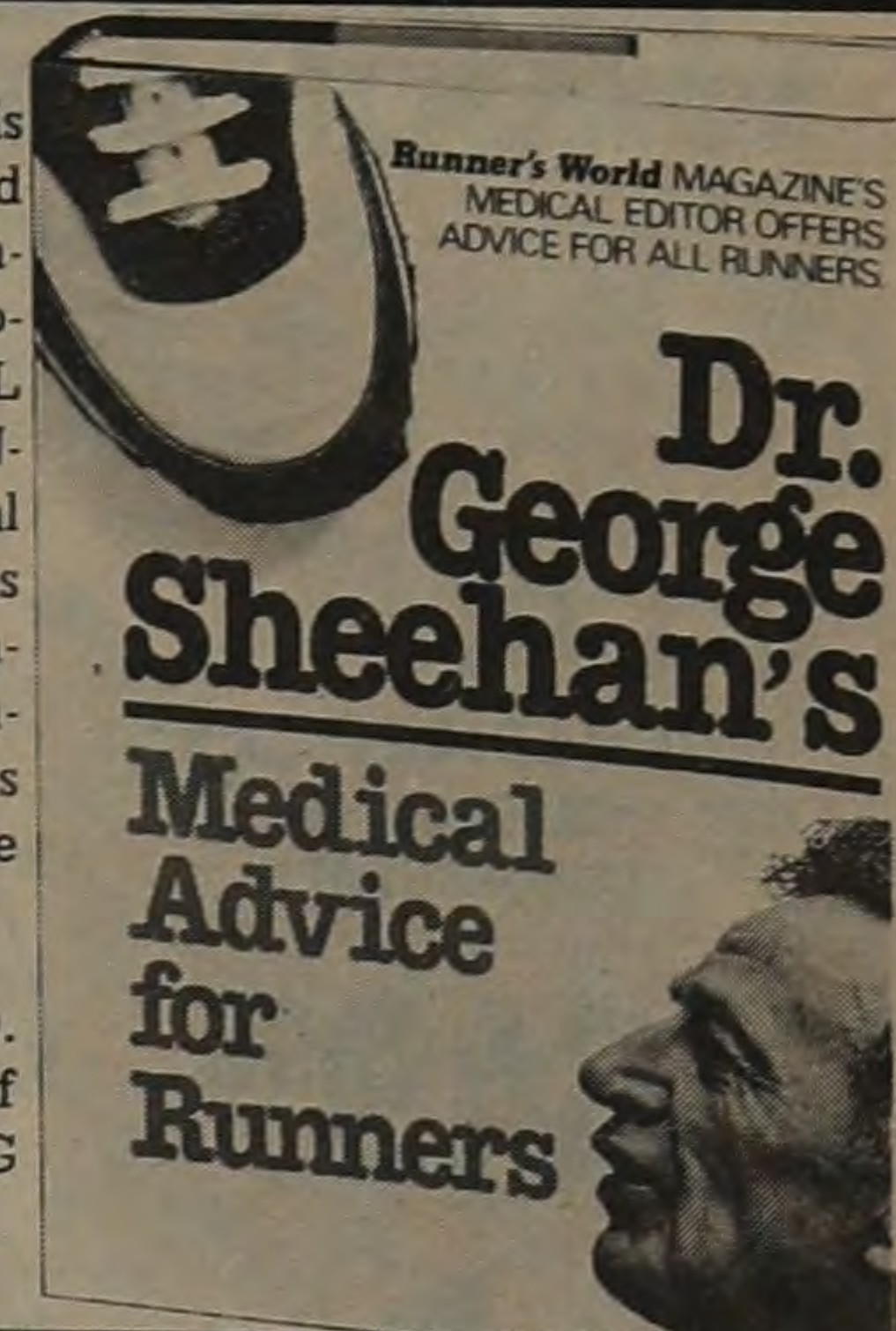
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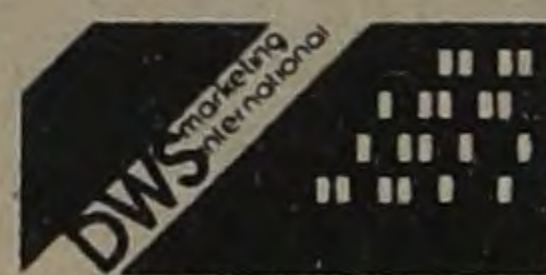
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# FEEDBACK

## SALAZAR A REAL COMPETITOR

After reading letters by Ruth Siemen and Carmen Torrez in the Dec. 7 issue, I was very angered. As a competitive runner and co-captain of Villanova's 1977 cross-country team, I trained intensely with my teammates, all who compete with the vigor of Al Salazar. My fun from running comes out of the essence the sport—running to improve continuously and strive to be the best.

To downgrade Al Salazar for being the only one who had the guts to even give himself a shot at Bill Rodgers, as others preconceded, is disgusting.

If one's fun comes from a complete lack of competitiveness to the point of downgrading the competitive runner, so be it. After all, it is easier to lose; it is easier to jog non-competitively. I think it is a sorry state of affairs when the non-competitive runner must justify his non-competitiveness in such a manner. I think everyone should give Al Salazar a hand.

Steve Crooke  
Villanova, Pa.

## CYBEX PROBLEMS

Pertaining to your article on the Cybex (Issue 11, Dec. 7) could you give me the address of Steve Henderson or Steve Rocca.

I'm interested in the Cybex method and would like some help for my problems.

Doug Nelson  
Greenville, S. C.

*Editor's Note: Because of the response we have had on the Cybex article and the apparent interest it has generated we once again recommend contacting local medical people or facilities. However, this information may also be obtained from Peralta Hospital/c/o Steve Rocca/450 30th St./Oakland, CA 94609.*

## ATHLETES KNOW THE TRUTH

To tell you the truth, at first I thought this Leroy Perry was a real character. Being a chiropractor is OK, but all this talk about acupressure and the knife and ax throwing, and the hot cars, and that funky goatee—I mean the guy looked like he came from Vulcan. But in spite of all this you have people like Dedy Cooper, Clancy Edwards and Mike Boit making a point of being treated by him. I figure the athletes know the truth.

Dan Banner  
St. Louis, Mo.

Leroy Perry. I keep up with track and field, runners and important people in running and I'd always wondered when someone was going to do an in-depth piece on this knowledgeable and controversial man.

It has always amazed me that one person can, certifiably, do so much good for a group of people, athletes, and be hardly recognized other than when in the middle of a storm. As far as I know no one has complained about him or done him an injustice recently, yet a big story. It is good to see that magazines can sometimes let these things stand on their own merits. Good for you.

Gary Brazil  
New York, N.Y.

Leroy Perry seemed like a strange man with a lot of good ideas.

Beth Bernard  
Toronto, Canada

I really wonder about people like Leroy Perry and how much of their act is real and how much hype. All this holistic acupressure stuff sometimes makes me feel pretty cynical about some of these athletic guru Johnny-come-latelys. But it appears, at least from those who should know—the athletes themselves—that Perry is for real.

Ken Moreland  
Canoga Park, Calif.

## RATELLE HOLDS RECORD

The November 2nd issue contains an error concerning Alex Ratelle's marathon record. The story on the Nike Marathon gives reference to Larry Trachtenberg's performance as being a new 52-year-old record, which Ratelle still holds. Trachtenberg is only 24.

Jim Hershey  
Minnesota Running News  
Robbinsdale, Minn.

*Editor's note: Official results of the Nike-Oregon Track Club Marathon indicate Trachtenberg's age is 52. A Nike representative says this was a typographical error. Also, the record reportedly set by Peter Castellanos, age 15, did not occur. Several runners picked up the race packets of no-show competitors. A correct list of age-group records set at the marathon was published in the December 21st issue of On the Run.*

## VALLEY OF DEATH

Man's desire to conquer the unknown, to pit himself against the elements never ceases to amaze me. The four men who ran from Death Valley to the Mt. Whitney summit (Low to High—The Devil's Relay) could just as easily be climbing Mt. Everest without oxygen or negotiating the Amazon in leaky canoes.

I'm proposing the ultimate Death Valley run: 100 miles through the sand,—running on pavement is grounds for disqualification—without water. Runners are not allowed to wear shoes. Now that's a hot proposal.

Irving Metcalf  
San Diego, Calif.

## LARRIEU BACK IN GRACES

It's nice to know that the AAU will at least give full consideration to an athlete's rights. In your news brief about Francie Larrieu being reinstated you mention she is back in the good graces of the AAU. But that's only after paying half her earnings for appearing in ABC's "Superstars" competition.

Seems like the only way to make the AAU happy is with a payoff of some kind.

Peter Tarkin  
Pittsburgh, Pa.

## PAGE RIGHT ON

I thought Alan Page (Dec. 21) was right on when he said, concerning his being cut from the Vikings for supposedly jogging too much and losing too much weight: "If anything, it's made me survive this madness longer."

As a former high school and small college football player I can relate to his feelings.

It may also be of note that Page went on to have a fine season with the Chicago Bears and will no doubt be back next year.

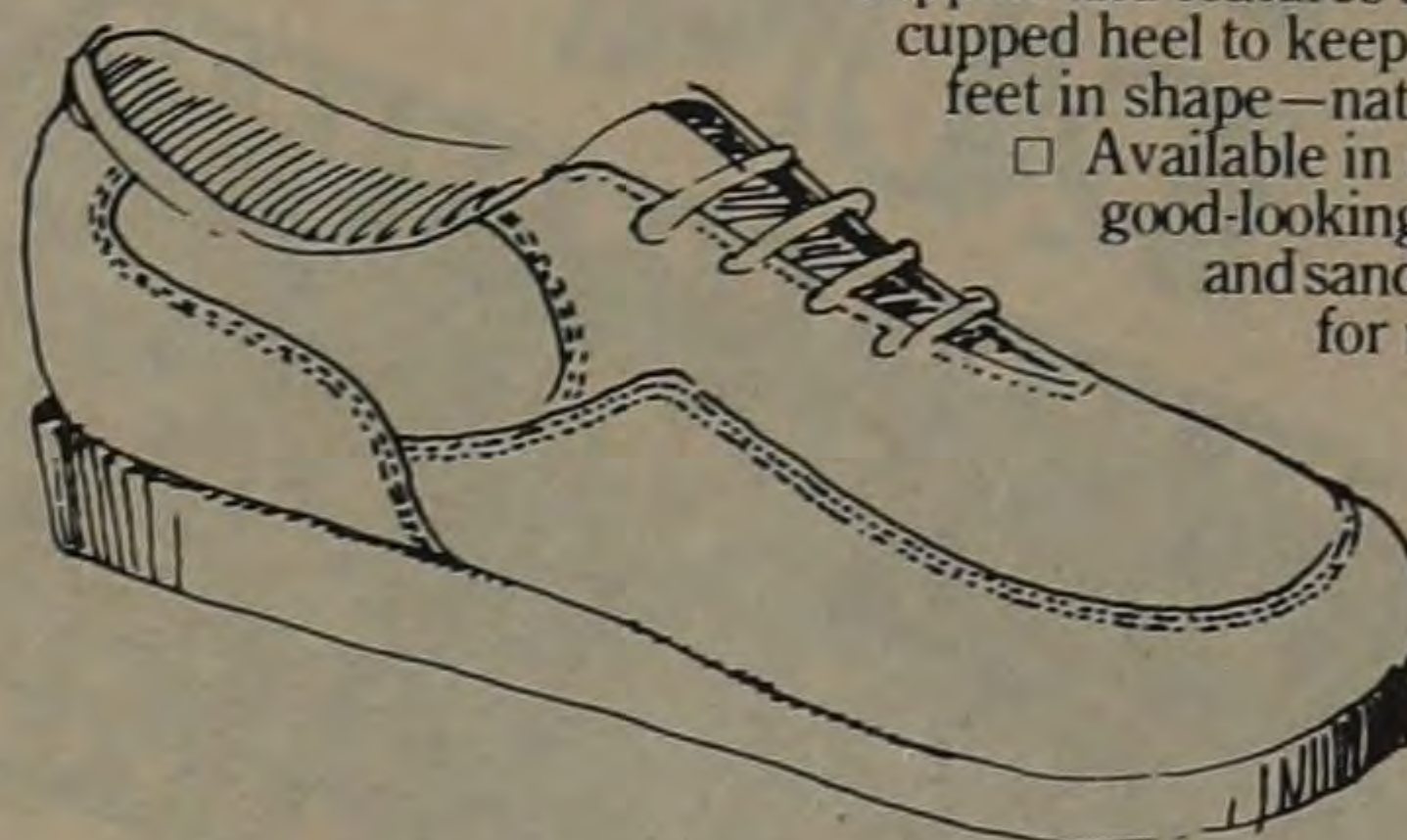
Luther Parks  
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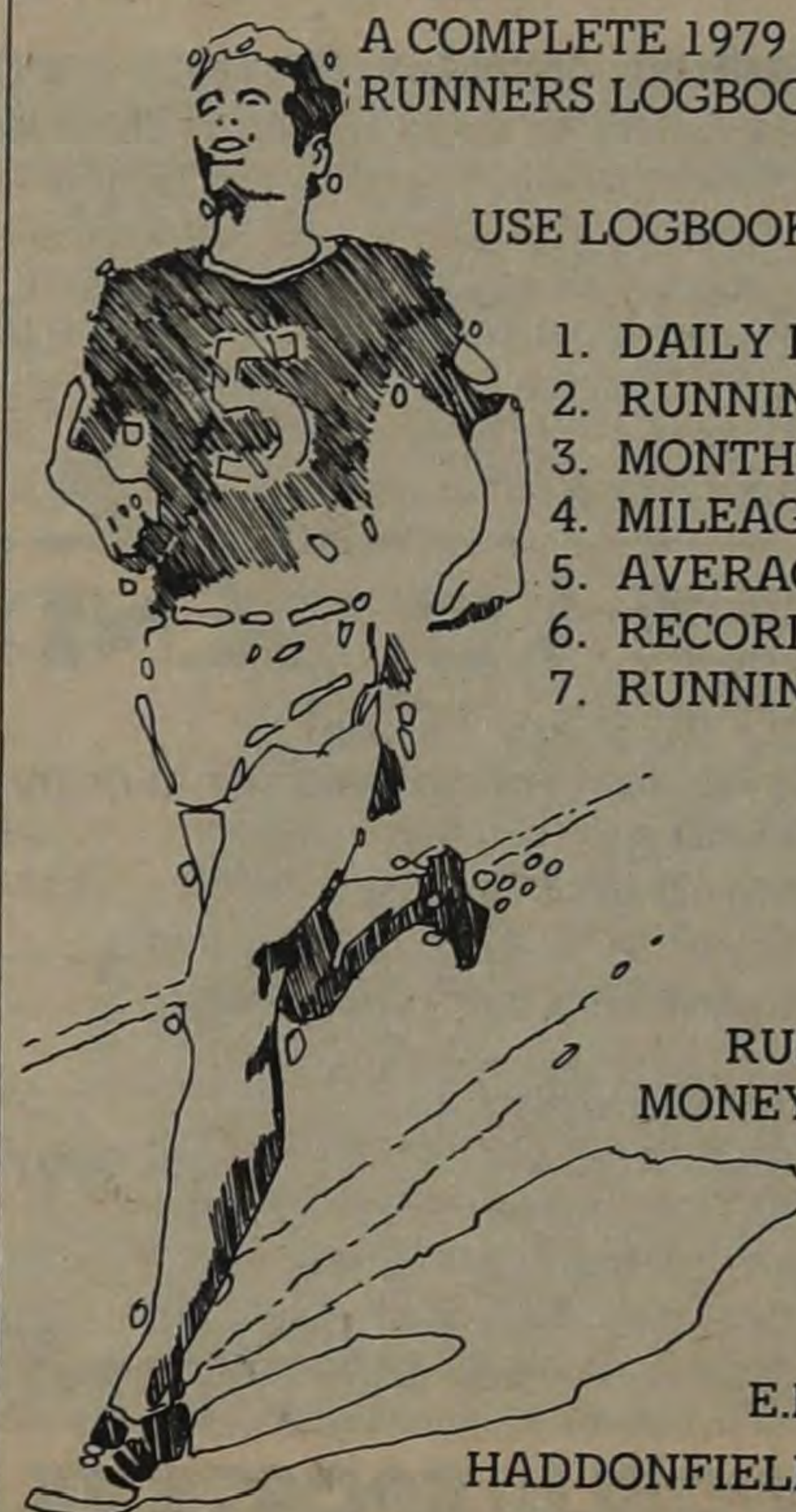
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The film also goes to the ruins of Greece and ancient Olympia, where the legend and mystique of distance running was born. Later the film moves ahead 1500 years and looks at the 1980 Moscow Olympics.

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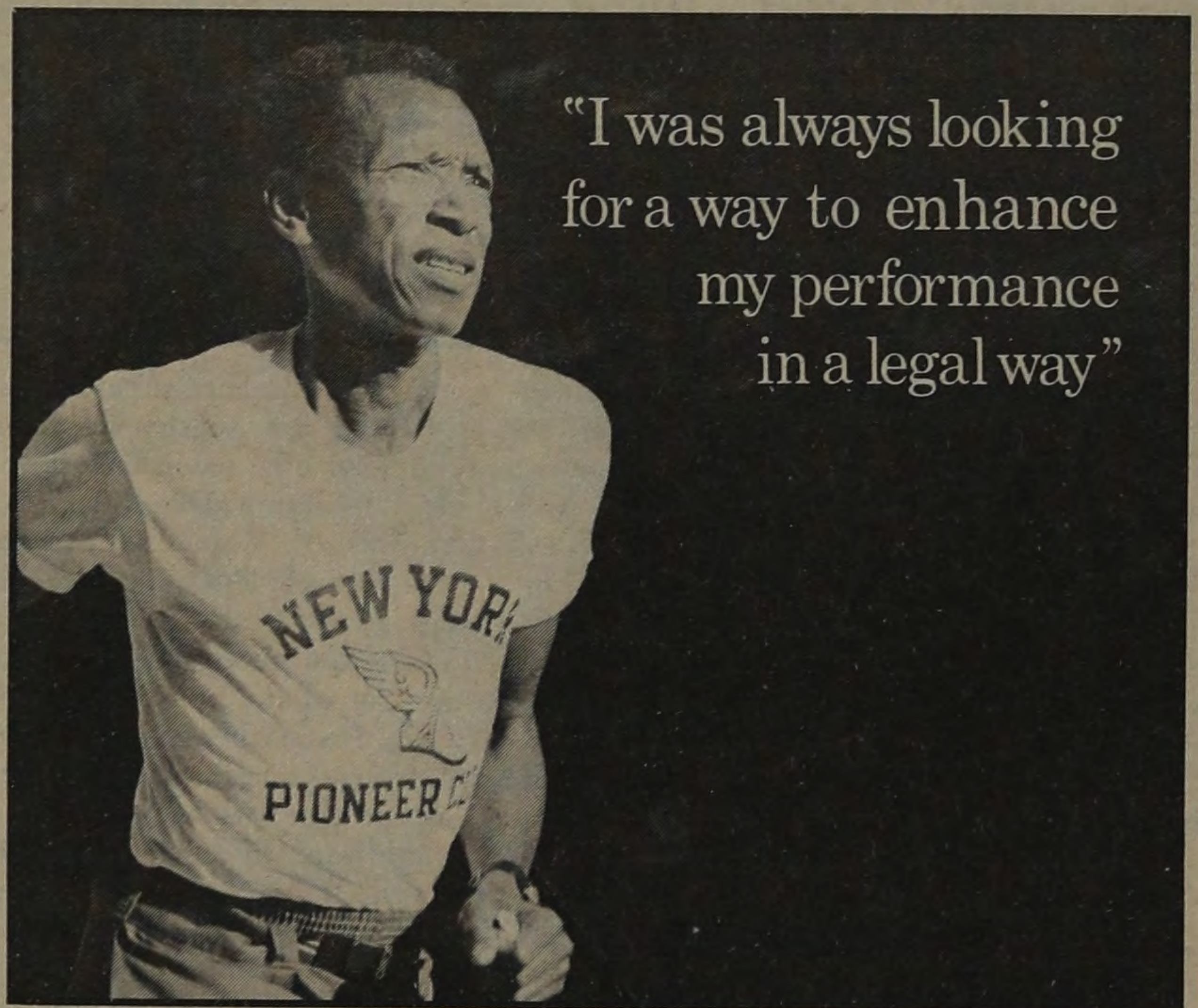
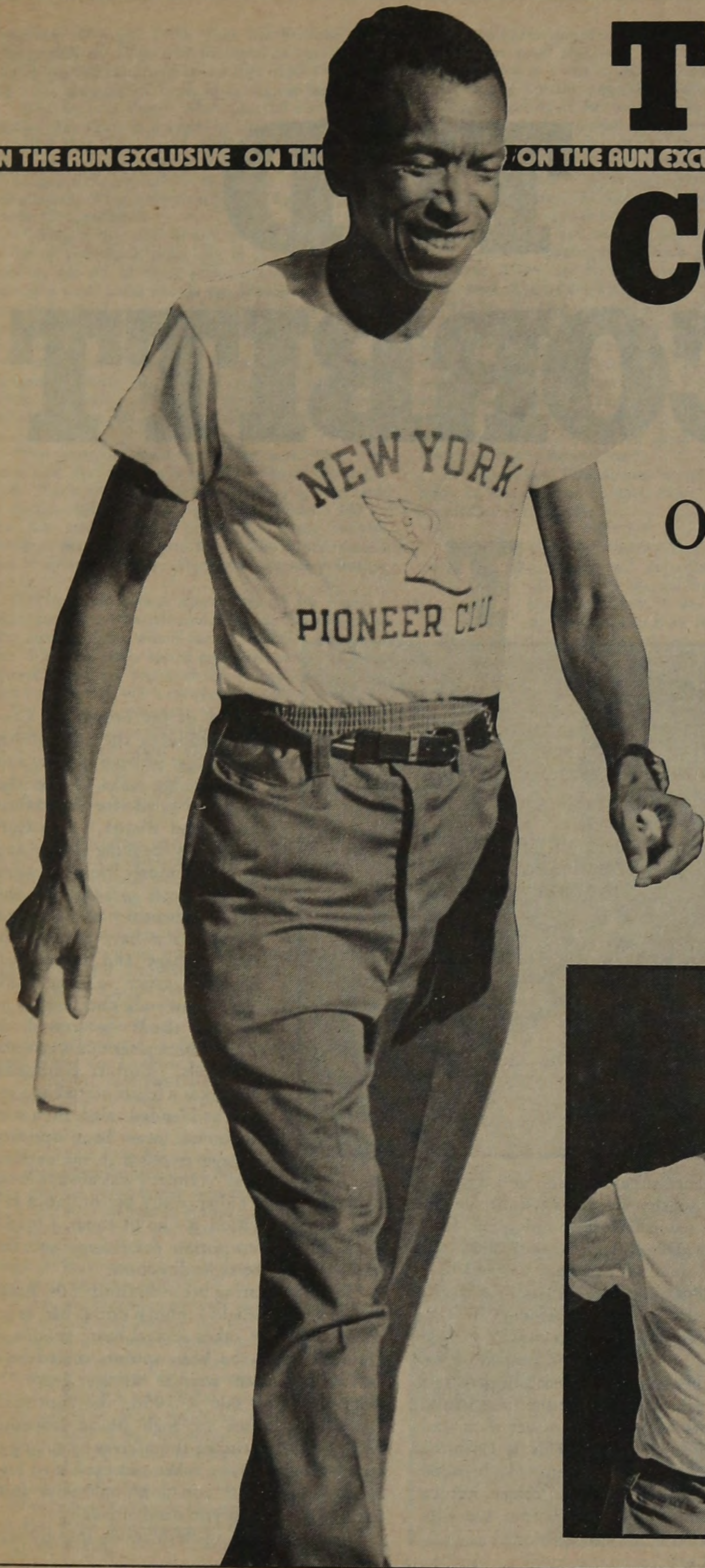


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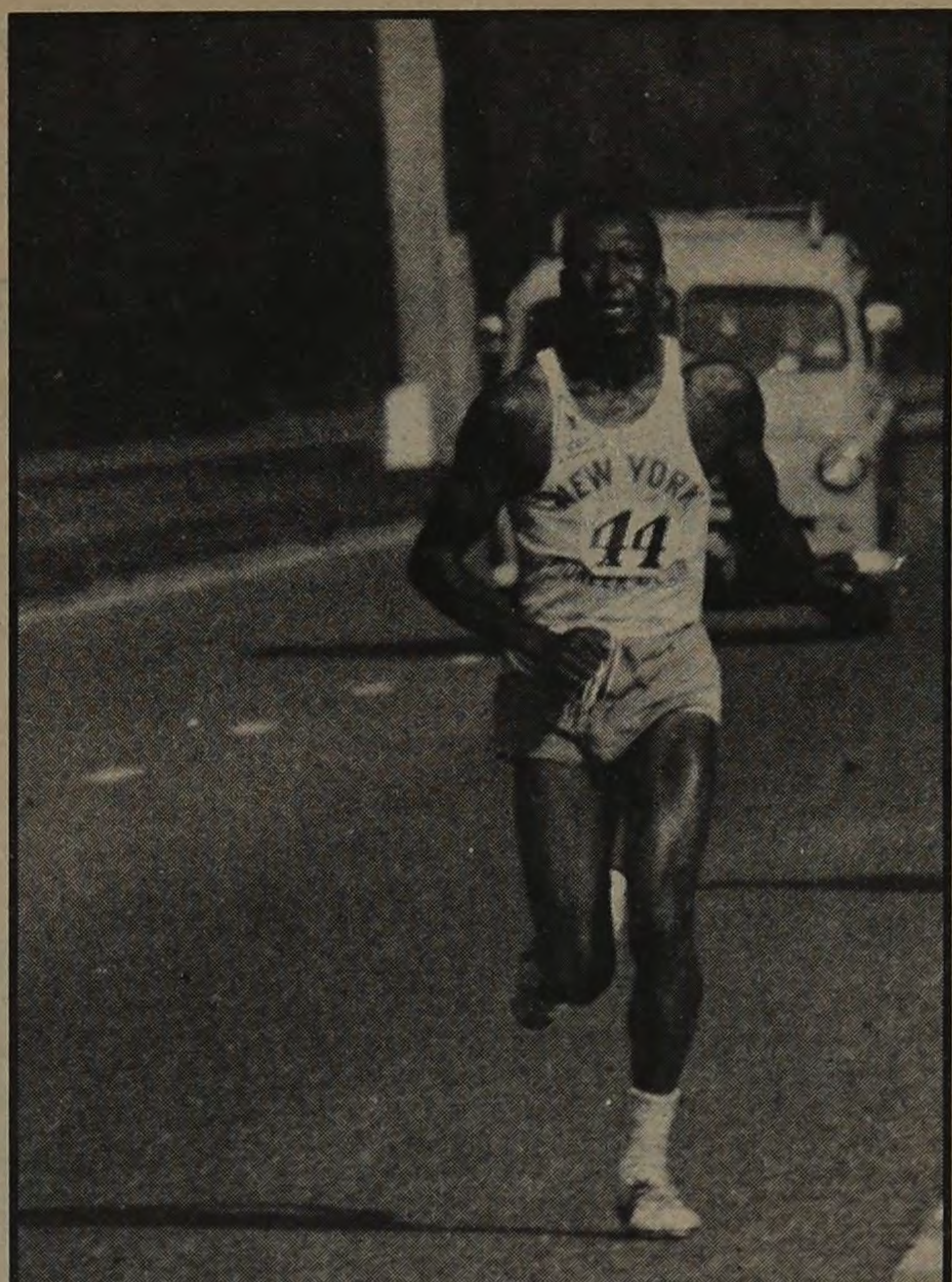
# TED CORBITT

## Visiting the Sage Of Distance Running

By William Dunnett







# TED CORBITT

**T**ed Corbitt is chief physical therapist at the ICD Rehabilitation and Research Center on 24th Street in New York City. His office is tucked away on the fifth floor. It is tiny and incredibly cluttered. Mountains of papers obscure books, waste baskets, filing cabinets, even Corbitt's desk. There are no available chairs to sit on—a heap of papers already lays claim to each. Corbitt himself is seated behind his desk, seemingly lost in a vast morass. He's on the phone. Corbitt smiles shyly and looks away. He's speaking softly, barely audible.

Ted Corbitt, the runner; he has held the American record for 100 miles, the American track records for 25 miles, the marathon, 40 and 50 miles. He's been an American and Canadian marathon champion, a member of the Olympic and Pan American marathon teams, a National 30-km. Champion, a National RRC ultra-marathon champion, and . . . what else? Ted Corbitt has completed more marathons than anyone else in history: 193.

He is called the father of American long-distance running.

Yet Ted Corbitt the runner, dressed in his white therapist's garb, seems to hardly fit the

*William Dunnett is a CBS radio producer in New York City.*

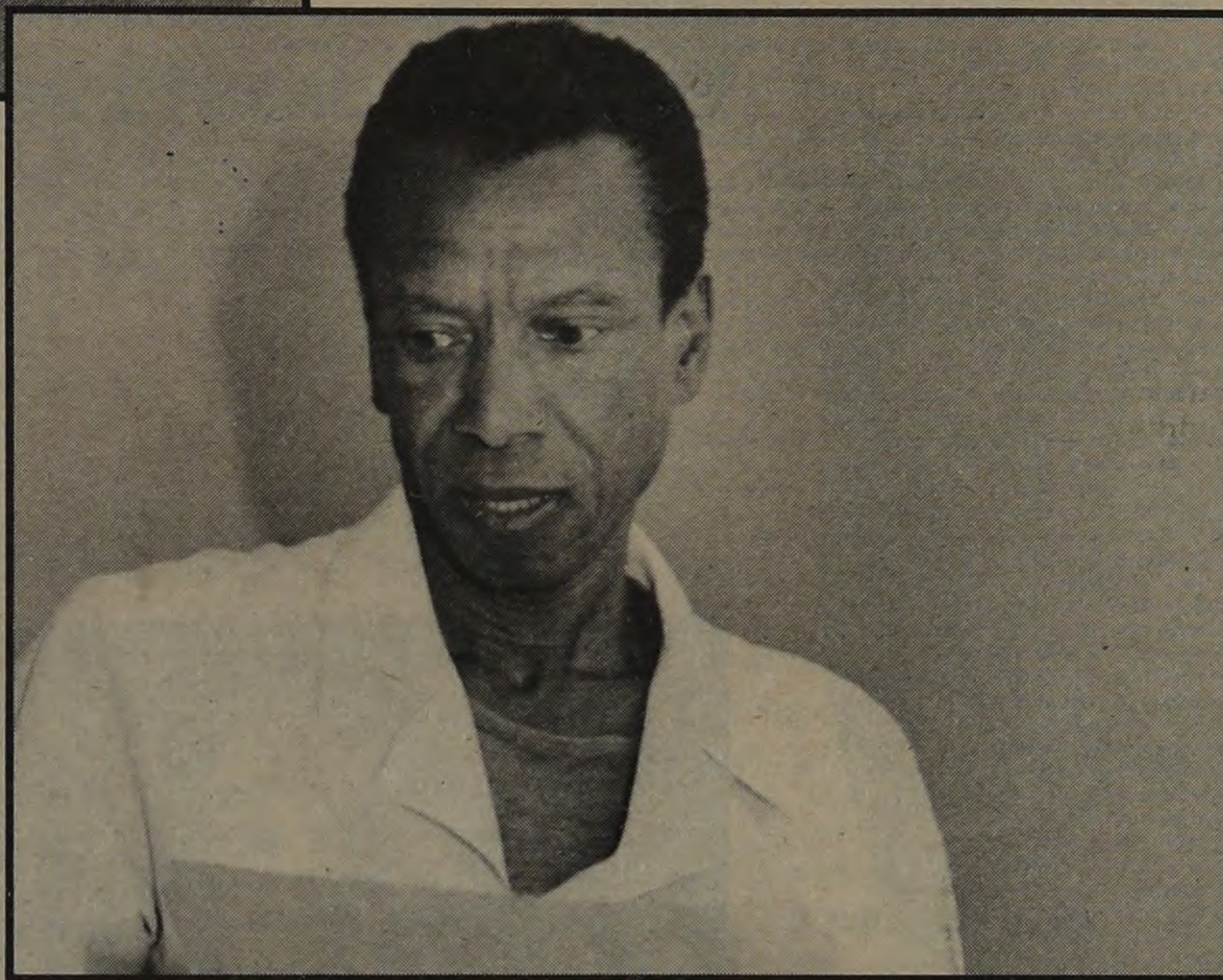


image of the elite super athlete. He's diminutive and shy; so shy he seems withdrawn, so diminutive he seems to fall into his chair. He's neither slumped nor upright, just perfectly conformed. Someone entering the room, I imagine, could well stride over and sit on his lap, almost oblivious to his presence.

Off the phone now, Corbitt makes a clearing out of the jungle of papers heaped on his desk. He reaches under the desk and pulls out a brown paper bag and a huge thermos bottle. In the thermos he reveals a rather dark and unpleasant looking liquid. This is Corbitt's staple, a raw vegetable "soup" of blended salad. It's a tomato, cucumber, celery, lettuce and green pepper concoction that his wife batches up for him every day.

Out of the brown bag Corbitt produces the rest of his meal: a jar of bean sprouts and two raw egg yolks. "I have the blended salad for breakfast, lunch and dinner," says Corbitt. He's speaking slowly and self-consciously. He mixes some of the bean sprouts into the lumpy brown brew. "For dinner I also have an avocado, raw cabbage and more bean sprouts. Once a week I'll have a raw milk cheese.

"I've been interested in nutrition in a serious way since the '50s," Corbitt continues. He takes a few tentative spoons of the blended salad, then stirs in some more bean sprouts.

"Vegetarianism in me evolved over a long period of time. I was always looking for ways to enhance my performance in a legal way. Nutrition is one of them. I read a book called *Prescription for Energy* and this started me in the right direction.

"I stopped eating bread in the 1950s. Bread is a chemist's delight—though not as bad as ice cream." Corbitt takes several more spoons of his meal. With the bean sprouts mixed in, it looks like some strange stringy gravy. "I stopped taking salt in 1958," he continues. "Salt contributes to high blood pressure. Also, blacks victimize themselves by taking in salts because they're more susceptible to high blood pressure. If you don't salt your food you get all the salt you need anyway.

"I gave up eating flesh foods step by step



between 1967 and 1973. That was because of the things they put in it—DES for instance. I gave up eating sausage and luncheon meats first of all. Then I gave up meat and poultry. I gave up eating fish last of all.

"I've become almost what you call a vegan vegetarian. But I'm not a vegan by principle. They have a belief that you should never kill animals. I still favor using animals for food. I think meat is a good food and their byproducts should be used. I can eat meat again. If I got my own farm and raised my own cattle I'd consider it.

"Living in this city—or any other big city—there's a lot of pollutants, especially in the air. The body tries to get rid of these pollutants as best it can—but at a cost. Some people can tolerate these things but most of us can't. By going vegetarian I am just trying to reduce the number of pollutants entering my body."

I ask Corbitt if being a runner in the city isn't dangerous. After all, runners suck in larger than average amounts of carbon monoxide and other airborne pollutants deep into their lungs on a daily basis.

"I've worried about that," he says. "But I've been told that running is good in spite of the pollution. That's because your lung capacity is increased. A doctor told me that long-distance runners will be the last ones around, probably because they've changed their bodies and have more blood vessels and breathing capacity. They can tolerate pollution better."

Corbitt takes several more bites of his blended salad, mixing in the remainder of the bean sprouts. "I'm anxious to see what I can do with this vegetarian diet. I haven't really tested myself because I've been injured. I can tell you that my energy level is quite high now, as high as it's ever been. Really it's higher."

Ted Corbitt is reluctant to advocate his brand of vegetarianism. He readily admits that people uneducated in nutrition might harm themselves by entering into an unfamiliar diet. But I wonder how runners might be able to use selective parts of vegetarianism to enhance racing performances. Carbohydrate loading?

"I wouldn't advise anyone to carbohydrate load," replies Corbitt. "Some people who are in nutritional trouble already would risk getting into further trouble by eating the wrong things as part of the loading. I used carbohydrate loading when I first heard about it in 1968. I found it helpful. I didn't run any faster but my fatigue perception was changed. Today I might load with fruits that are starchy and sweet, like figs.

"I've advised other runners to eat potatoes, rice and lentils during the three days before a race and then get to simpler foods the nearer you get to the race. On the morning of the race just eat a bunch of grapes to give you liquid and fuel.

"During the race itself I prefer something sweet because I have a sweet tooth. But many times the sponsor just provides water, so I take water.

"In a race you use up your glycogen stores in the muscles. There have been cases where runners have been almost dead in a race and then made comebacks. Many runners quit because they think they're out of gas. Those who manage to persist can pick up and get going again. The only way they could have done that was to tap another tank of energy. The ability to tap energy is there; you just have to train your body to cough it up when you need it.

"I've found that you can come back quicker if you take a refreshment during the run. But the funny thing is you get a new supply of energy long before the refreshment could possibly be digested.

"I wasn't surprised to hear recently that caffeine seems to help runners. We've used colas in races before and that often produced the comeback. I always thought it was the sugar that stimulates the body to pick up again. But here again the pickup comes too soon. It couldn't be the sugar because you can't digest it that fast.

"There's something else about the cola that stimulates the body into giving up this new source of energy. Apparently it's the caffeine and not the sugar.

So if you've run out of one source and have to switch to another tank, this may be the key. I wouldn't advocate this as a way to go, but it seems that it's the caffeine and not the sugar that makes a difference."

I ask Corbitt if he ever drinks beer. After all many runners, even marathoners, swear by the brew. Frank Shorter has called it his "electrolytic replacement." George Sheehan does everything but prescribe it for his patients. Corbitt sighs patiently and looks down at the floor. He folds his hands. "Beer might help a few," he says dubiously. "But it uses up your B vitamins which you need for your nerves and digestion. Beer can contribute to back pains and things like that. There are better ways to get your body fluids back than by drinking beer.

"During the Depression there were a lot of people out of work. But somehow they always found money to buy alcohol and get drunk. I was nine or 10 and I observed these people—very nice people until they got drunk. I vowed then I wasn't going to drink, ever. I tasted beer once and I spit it right out.

"But I'm not an advocate. Not everyone's going to be a winner and if you need alcohol to make your life pleasant it's OK with me."

As a confirmed beer drinker myself I swallow my pride as Ted Corbitt gobbles down the last of his blended salad concoction.

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**T**his month marks 30 years as a physical therapist," says Corbitt, rising to his feet. "I started here at ICD in March of 1949. I was only going to stay a year. This is 29 years later."

Corbitt leads me into the physical therapy room. It resembles a high school gym. Mats cover sections of the floor. Exercise machines and parallel bars are scattered haphazardly about. The corners of the "gym" are stacked with small barbells and weights. Only the wheelchairs and crutches near the entrance betray the room's true purpose.

A stereo on a wheeled cart just outside Corbitt's office is piping out classical music, barely audible under the clicking and pumping of the exercise machines. Two or three other therapists are already

working with their patients, encouraging or instructing them at their various activities.

Ted Corbitt greets his first patient, a middle-aged black man in a wheelchair.

"You're not in speech therapy any more, is that correct?"

"Yes, that's correct," the man mumbles slowly. He's a former bus driver who had suffered a stroke.

Corbitt wheels the man to the parallel bars. The bars are about 20 feet long and three feet high. "Walk down to the end, turn around and come back," says Corbitt. The patient struggles to his feet and pulls himself sluggishly down the parallel bars, gripping the handrails and dragging his feet, one after the other.

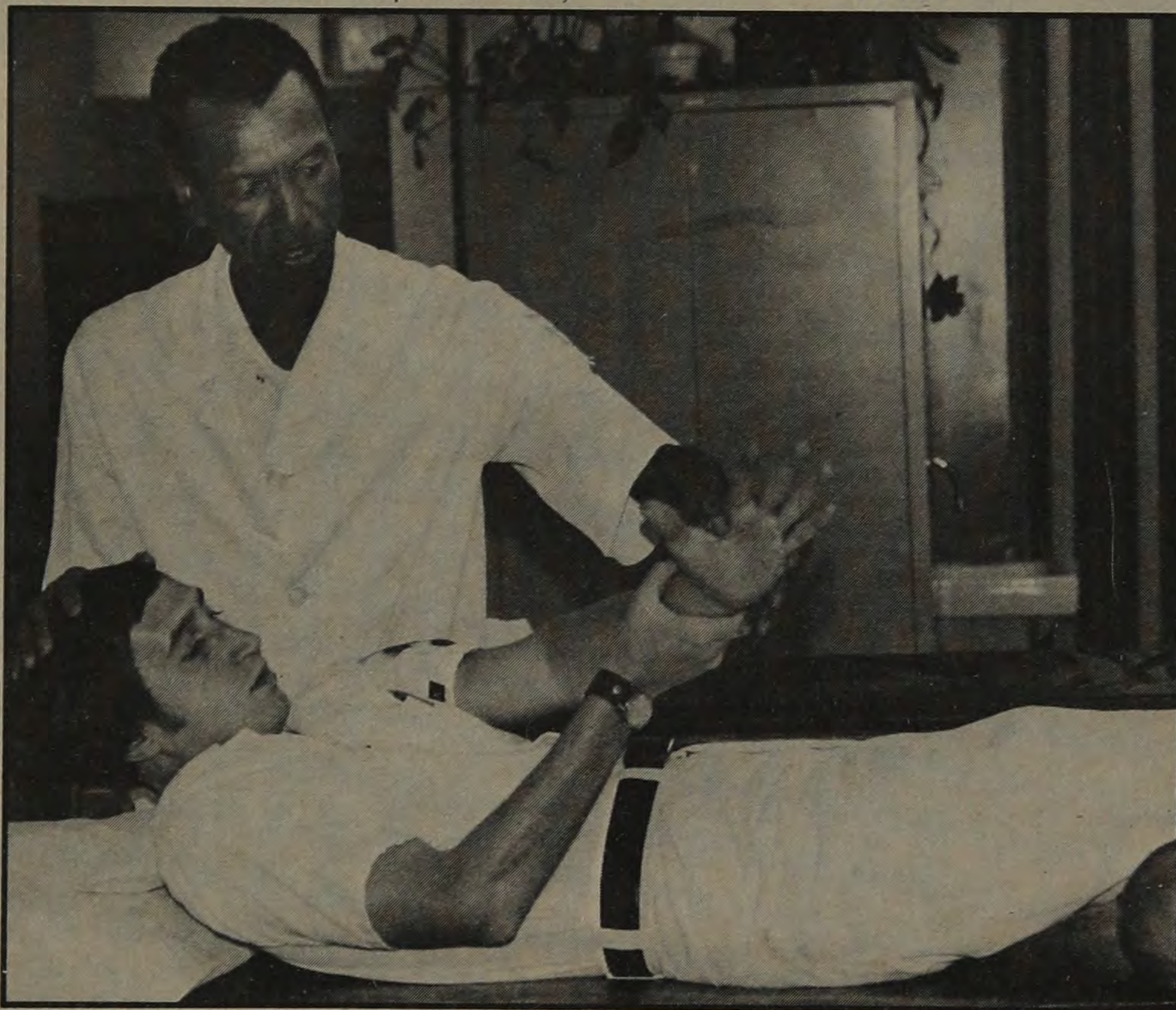
## "I wouldn't advise anyone to carbohydrate load"

"Many of our patients," Corbitt says, watching the bus driver shuffle slowly down the bars, "are stroke and accident victims. Others are here for post-operative care or for the treatment of lower back problems. My next patient has arthritis of the hips.

"That's good, that's good," he says to the bus driver. "Keep it up."

We leave the parallel bars and go to the rear of the therapy room. Back here there are a series of three or four booths partitioned off from the rest of the room by what look like shower curtains suspended from the ceiling. Corbitt leads me into one of the booths. Here we visit a man lying comfortably on an examination table. He's stripped to his shorts. Corbitt methodically lays towels on the patient's stomach and waist. On top of these he places steaming hot heating pads. Corbitt completes this sandwich with another layer of towels. He sets a nearby timer for 20 minutes.

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For 29 years, Corbitt has worked in physical therapy.



**A**ccording to biographer John Chodes, Ted Corbitt first started running as a young boy on his father's South Carolina cotton farm. Every day he ran two miles to school and back. He ran to school and back because in the 1920s school buses in South Carolina were for white children only. "We left the farm in 1927," says Corbitt. "Cincinnati became my adopted home town. Later the government bought all the land around the farm and built a hydrogen bomb plant.

"I was the oldest of five children. One brother died of Bright's disease as a child. My other brother now lives in Los Angeles and works for an aircraft company. A sister, Bernice, is now a power machine operator at a shirt factory in Los Angeles. My other sister, Louise, is a nurse who lives in Cincinnati, as does my mother. My father died on April 19, 1974. That used to be a Boston Marathon date but they changed it.

"I was born Theodore. An aunt named me after Theodore Roosevelt. I was born on January 31, 1919, the same day as Jackie Robinson. There's a mix-up and my recorded birthday is January 31, 1920, so

I use that. It gets to be confusing sometimes; right now I'm 58 going on 60." Corbitt stops and looks momentarily puzzled. "Wait a minute . . . is that right? Let me see. Yeah, I think."

Ted Corbitt may be cloudy about his age but he's as clear as day about his more vital statistics.

"I'm 5-foot-9 and a quarter. For most of my adult life I've weighed 134 pounds. That's what I was when I got sent to Okinawa and Guam during the war. There were some beautiful places to run there but I didn't dare. It was too dangerous! So I gained a lot of weight in the army. On the way back on the ship I had KP and the smell was so bad I lost my appetite. By the time I got back I was 134 pounds again. I stayed 134 for years; it was my best running weight. When I stopped eating fish it went down to 123, where it is today.

"I decided that when I finished my masters work in physical therapy in 1950 that I would run a marathon. I planned to run a year with that in mind, so I started my marathon training after graduation in May of 1950. I ran my first marathon in April of 1951—the Boston Marathon.

"I first heard of the Boston Marathon in 1936. I

saw a picture of Tarzan Brown. I was in high school at the time and I was intrigued by the thought of anyone running over 26 miles. I decided then that I'd like to try it.

"I went to the libraries and read everything I could find. But there wasn't much, not even as late as 1950. I did find something in the *Amateur Athlete*, a monthly periodical put out by the Amateur Athletic Union. They had an article on training for the marathon which recommended a program of only three days a week. They thought that was adequate."

Corbitt laughs at the thought and shakes his head. "Most people at that time followed these light training programs. If you extended it long enough and if you were reasonably fit I suppose you could get through a marathon on that . . . with a little suffering.

"People in those days didn't prepare themselves properly for a marathon. They depended on the excitement of the situation to carry them through. A lot of people never finished. But I figured if I set a slight overdistance to my training and combined it with time trials I could make it. Time trials and overdistance; the same system still applies today.

"I used what I call the principal of progression. When I got out of school I was doing a certain amount of running. I just progressively increased this. I graduated in May and by December I was making attempts to run 30 miles. I never got past 22 until late January.

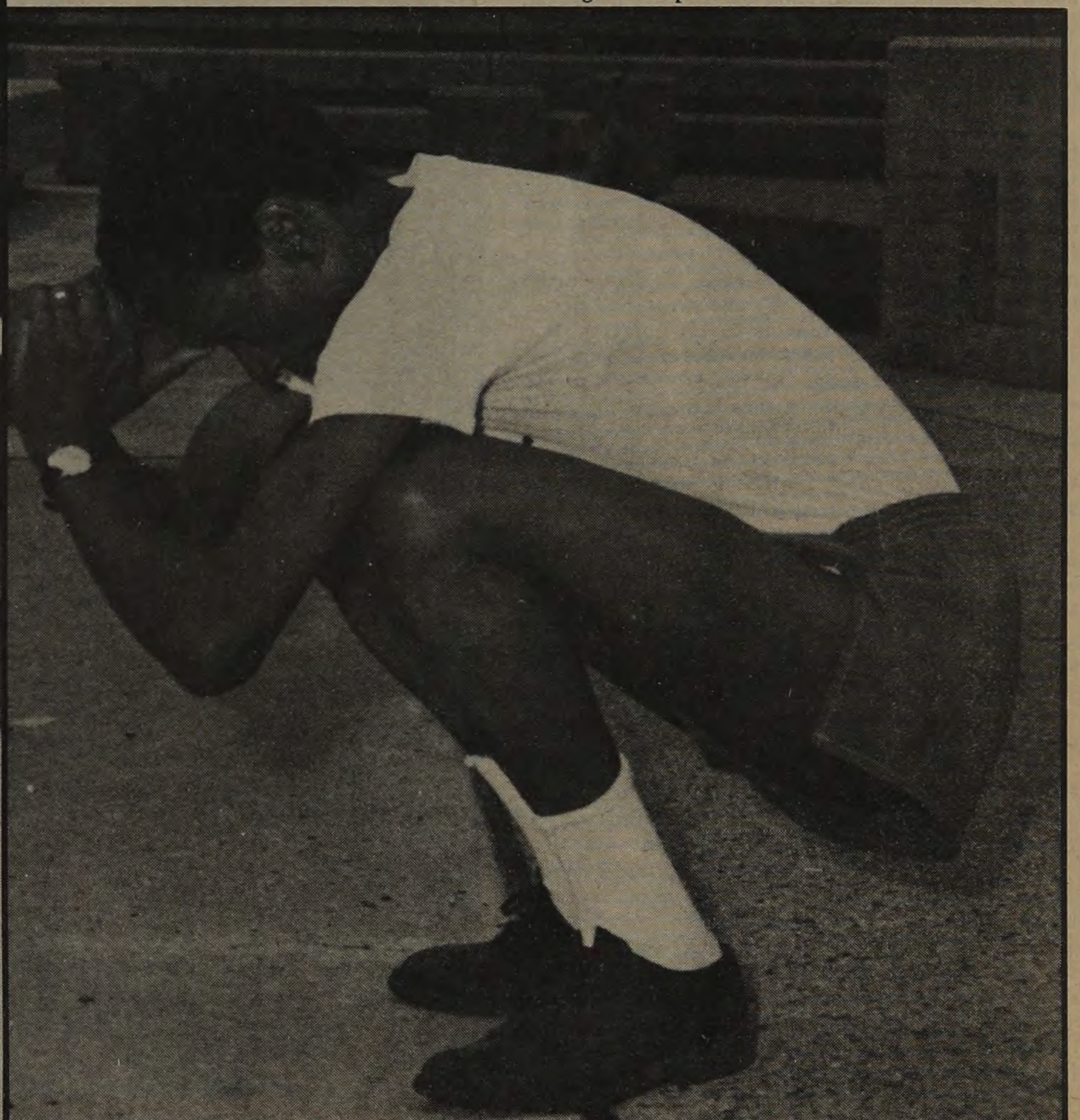
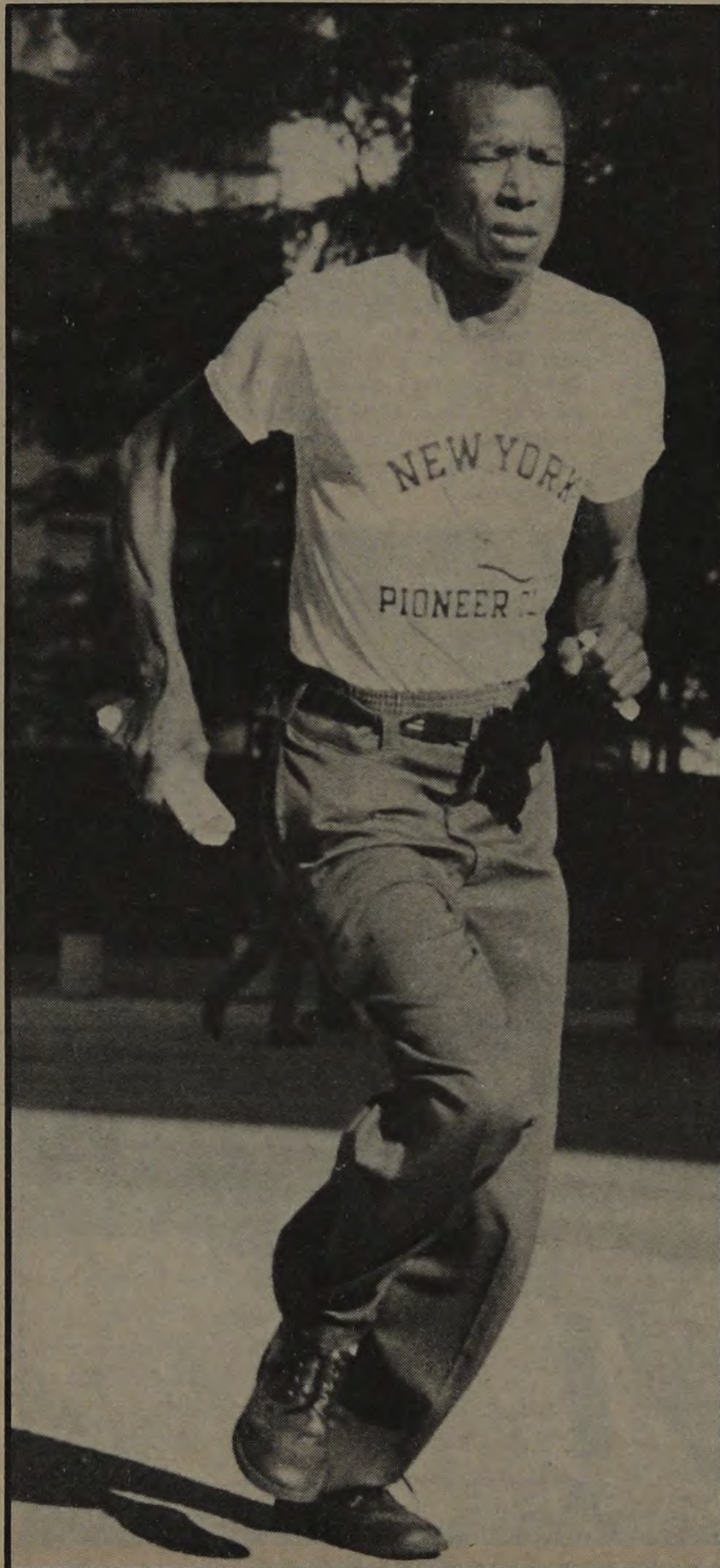
"One day I made a discovery that enabled me to finish 30 miles. I was running in a mild snowstorm and I found myself unconsciously sticking out my tongue to catch the snow. Coaches would always say, 'Don't drink water or you'll get sick!' But now I realized that the reason I was having trouble running 30 miles was that I was dehydrating. I ran that 30 miles and after that I rarely failed. I just made sure to run by fountains.

"I lived in Brooklyn then and did most of my training in Prospect Park. I measured off two sections

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"I was intrigued by the thought of anyone running over 26 miles. I decided then that I'd like to try it"

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of it. One loop was 201 yards around. The other was 253 yards and a fraction. I'd run either one or the other and combine them to make a figure eight.

"Eventually I figured I could save time by running to work. I changed things around so I could do most of my training then.

"I had all sorts of courses. The shortest distance from home to work was 11.6 miles. If I came down the West Side it's 13.4. I had a 15-mile course, a 17- and 20-mile loop. My 20-mile loop started in Manhattan and went up into Yonkers, back down into the Bronx and then down the FDR Drive all the way to 24th Street. It became routine to run this 20-mile loop to work.

"Also I had ways of adding on to a run if I wanted more mileage than the basic route. Across the street here there's a hill I measured off at three quarters of a mile, so going up that and back will add another mile and a half. A housing project on this block is six-tenths of a mile around and I can include that too. Occasionally I'd run 30 miles to work in preparation for the Boston Marathon."

Ted Corbitt placed 15th in the 1951 Boston Marathon with a time of 2:48:42. Not bad for a first marathon effort. The world record at the time was 2:25.

"Each year I ran more miles and harder," Corbitt continues. "This is the principal of progression again. I used to have a stunt that I'd do at least once a year, and that was to run 30 miles a day for seven consecutive days. They were tough weeks but when I came back down to normal training it made things a lot easier.

"For the 100-mile race I had originally planned to run 100 miles in practice. I actually did 82 or something. I ran all day and into the night. If I'd wanted to continue running another 18 miles I felt I could have done it. But I also felt that, knowing this, there was no more need to do it. So I stopped. I realized then that I could run 100 miles.

"The goal in training is just to get out, stay on your feet, keep moving and not to run fast. Sometimes in my training I would hit a high. A euphoric high. If I followed that inclination and ran faster it would have been a good way to get an injury. Nothing's to be gained from running hard in practice. If you practice racing speeds you don't try a long run. Try something shorter.

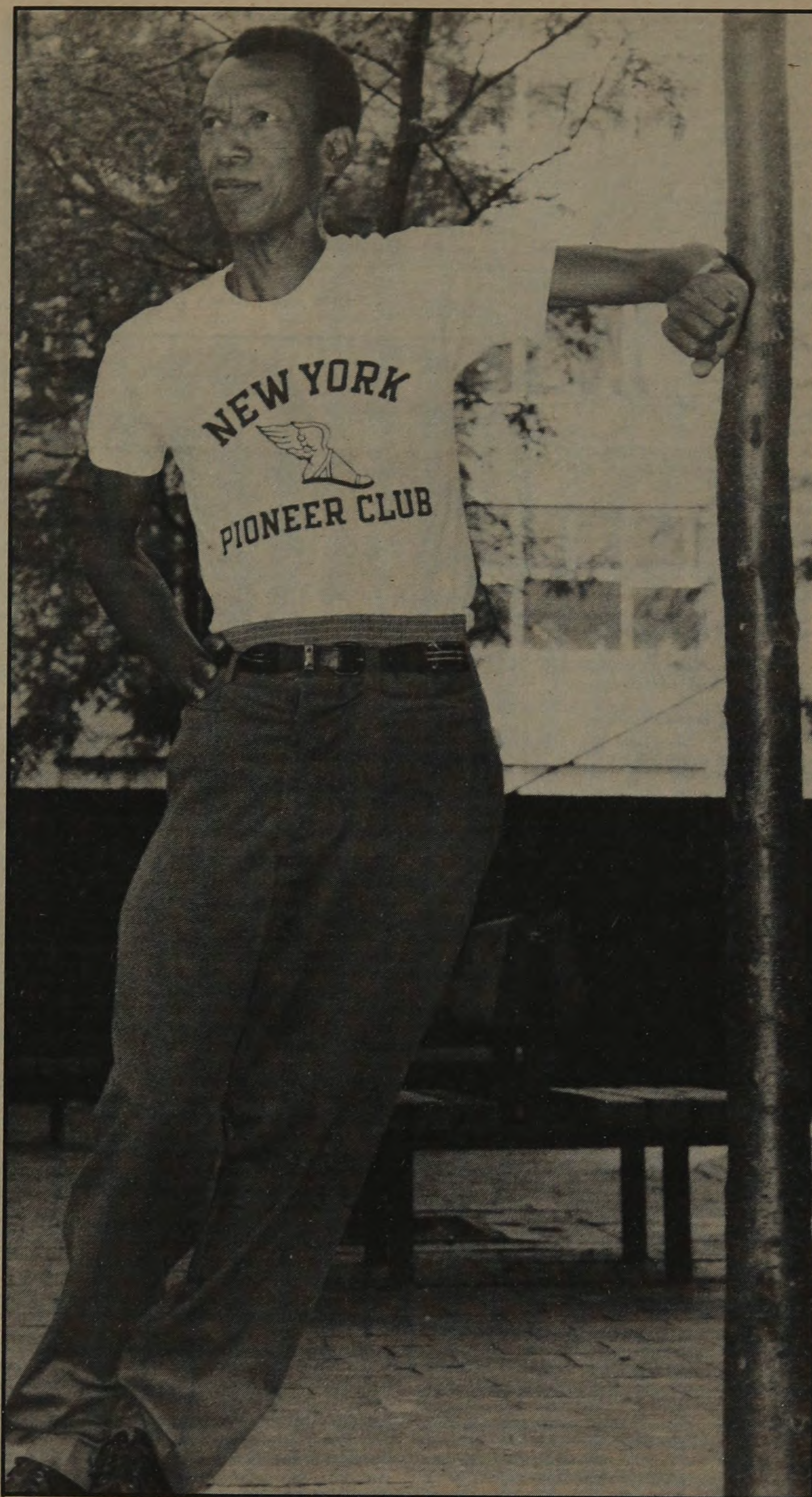
## "I ran all day and into the night"

"I was doing interval running even before I knew there was such a thing. It evolved through the years. There was a park near the university and I used to just run down a hill maybe 50 or 70 yards and then jog back up. Run down, jog back; run down, jog back. I did a lot of that.

"Later I measured off a hill in another park. This hill was a real nice grassy running area. At the top of the hill was a tree. I measured from the tree down 300 yards. I measured another 30 yards beyond the 300-yard mark. Then I ran up the hill as hard as I could. By the time I got to the tree I was just about bowlegged. Then I turned around the tree and ran down the hill to the 300-yard mark. From there I jogged to the 30-yard finish point and turned around for another run. So I had a 600-yard run and a 60-yard recovery. I did this 30 times every time I went up there. That's interval training—or at least one version of it."

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**W**e return now to the bus driver, already waiting for us and seated in his wheelchair at the end of the parallel bars. The therapy room is now filled with the tick tick ticking of various timers. Other therapists are working on their own patients, moving in turn from one to the next, just like Corbitt is doing with his. "It's like circuit training in athletics," he laughs. "You go from one exercise to the next and then back to the first."



"The goal in training is just to get out, keep moving and not to run fast."



Corbitt massages the shoulders of the stroke victim. He starts off softly, merely gliding his hands over the patient's shirt. He applies pressure slowly, pressing more firmly now into the flesh. Corbitt leans hard and braces his feet. His fingers expertly knead the muscles and massage the shoulder and neck joints. Now he grasps the patient's head and, telling him to relax, has him turn his head from side to side. "Head turning is important for walking," explains Corbitt. "It's important for running too. You just don't notice it because it's so subtle."

"That's right," he says to his patient. "Turn, turn, turn and stop."

Corbitt now works on strengthening the stroke victim's trunk. While holding onto the patient's shoulders he instructs the man to twist his body from side to side.

They return once again to the parallel bars. The man pulls himself up to his feet. "That's good," encourages the therapist, watching his patient shuffle sluggishly down the bars. "Concentrate on it."

Meanwhile Corbitt's 20-minute timer has rung and so we return to the arthritis patient behind the shower curtains. Corbitt begins to take off the heating pads from around the man's pelvis. "These pads," Corbitt says, "are heated to 186 degrees. Heat increases the circulation to carry away the waste and bring in oxygen and nutrition. You get your healing from blood. It also relaxes the muscles." After removing the heating pads and towel sandwich, Corbitt applies a padded, hand-held electric massager to the patient's hips.

The buzzing massager relaxes the muscles still further, until Corbitt determines his patient is ready for his therapy. Corbitt tells him to draw his feet up on the examination table. Corbitt grips his knees and, bracing his own legs, tries to pull the patient's legs apart. The patient does his best to keep them together.

They reverse the operation, the patient now pulling his knees apart as Corbitt tries to push them together. The entire procedure is repeated several times. Both the patient and his therapist work in unison, neither saying a word, both knowing the routine intimately. They methodically strive to strengthen muscles and flex the aching arthritis joints.

"Okay," Corbitt finally says, "you can get dressed now."

Corbitt and I leave the curtained booth and wander into the therapy room. We approach a couch with the appearance of some medieval torture device. Straps and pulleys hang down from overhead bars. We'll wait for the arthritis patient to join us here at the "rack."

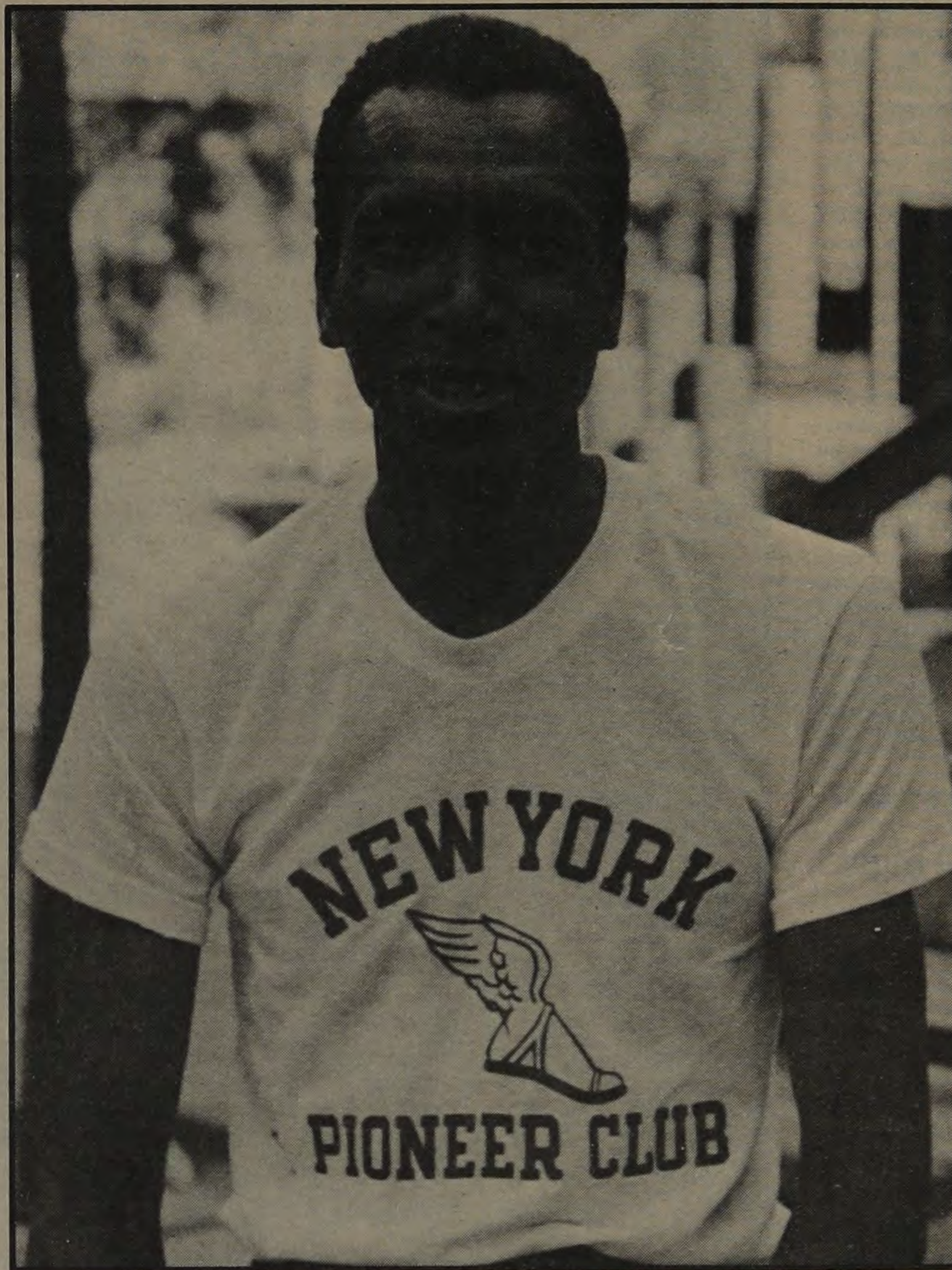
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**I** used to wear my old combat boots to run," Corbitt remembers. "I wore them to build up my strength. There was enough flexibility in them to run. I didn't lace them up all the way and I glued in some rubber padding—not foam rubber but something like that. When I wore them out I bought some others.

"Most of my training now is in street shoes. You can run as fast as you like in them. I've had less problems in them than regular running shoes. I use running shoes only in time trials or if my regular shoes are wet.

"There's a place for someone who will make shoes that conform to the human foot and who will make soles and heels that last. Even my street shoes I had to patch once a week; of course I was running 200 miles a week in them so I can't complain. But many of these running shoes won't last even that. Runners should protest.

"I also train in street clothes. I always run in some sort of long pants to give the dogs something to bite other than my leg. My waist is 28 or so, so I buy pants that are 34. They're baggy and give lots of room so there's no friction."

Ted Corbitt is known for his perseverance and his fearless determination. Once Corbitt decides on a goal he carries it out regardless. Once he enters a race, for instance, he will never drop out. But Corbitt is probably unique among famous athletes in that he has



actually won comparatively few competitions.

"I've entered many races with no thought at all of winning, just to run and run well. I went for 10 years without winning a race. I won the Greater Cincinnati AAU Championship 440-yard dash in 1944 and I didn't win another race until 1954, which happened to be a marathon.

"Occasionally I get in a race where I find myself in the lead in spite of everything. I won a 15-miler in Fishkill, N.Y., for instance. About three or four miles out I found myself out front so I slowed up. Then I found myself out front again so I slowed up again. And I kept slowing up until I realized it was ridiculous to run that slow just to avoid a lead so I went out and took the lead and I ran hard to make sure no one caught me.

"I have no plan when I run. I just run. I watch my opponents and keep moving. If at the start of a race I look at my opponents and figure I should win, then it's a different story. I won't let them get away no matter what they do. But I won't do the planning that, say, Park Barner would.

"My preference was to run hard at the beginning and rely on my extensive training to see me through. My advisor, John Chodes, told me that I should start slower. So I did. I started my marathons at a seven-minute mile for the first two miles and then go up to six minutes or whatever I could manage and try to finish fast."

I ask Corbitt about the sudden explosion of interest in running. Corbitt had been running in the Boston Marathon in the 1950s when the field was less than 200. Now of course fields are counted in the thousands. Ted Corbitt himself has been partially responsible for the boom by his work in helping to form the Road Runners Club and his promotion of various races. "I thought back in the early '60s that the running boom was a fad," he laughs. "I knew it was! And I fully expected all the women to disappear. But they didn't.

"Before the explosion in running you'd be able to see everyone in a race sometime before the race started. But now you can't even see your opponents. In one of my Boston Marathons there was a team of five Japanese. I think the group took first place and five out of the six places or something like that. But I never saw these five Japanese runners before, during or after the race. I read about them later. That's how I found out they were even there.

"I'm in favor of mass participation races. There shouldn't be any problem in a race up to 1000 runners if the course is properly selected. Of course in a race like the Boston or New York Marathons runners literally get pushed aside, but there are other marathons around to compete in where the fields are smaller and you can go for time.

"The day before the New York Marathon there's a National AAU Championship—the Skylon Marathon—from Buffalo to Niagara Falls. That's a good course that's relatively flat. And there's more races being organized all the time—so if you don't like the crowd there are options.

"An advantage of this explosion is that far more races are being organized. Another advantage is that we've got a vast pool of runners now. The top runners today, like Rodgers and Shorter, are superior in every respect to the runners of the '50s. They have to be—they're at the top of a much larger pyramid."

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**T**he arthritis patient, now fully dressed, finally joins us at the "rack." He's limping and needs a cane for support. He gets onto the couch and allows Corbitt to tie up his legs to the straps hanging down from the overhead bars. Corbitt suspends the feet about nine inches from the couch.

"Most of our work here is with out-patients," he says, adjusting the straps. "They come in about two or three times a week. It's like training; you have to do it at least twice a week to get any use out of it, more to be more effective."



Once the patient's legs are securely strapped up, he begins to swing them back and forth as an exercise for the hips. Again, this patient seems so familiar with the routine he needs no instruction from his therapist.

"People come here from the neighborhood," Corbitt continues, "and all around town. Some even come from out of state or from other countries. It's difficult for many of our patients to get in. One fellow comes in by bus and subway. He's had both legs amputated at the knee. Amazing."

We proceed to the parallel bars, where Corbitt's other patient is still shuffling intently along. He drops back into his wheelchair and Corbitt wheels him over to a wall pulley. Corbitt locks the wheelchair in place and helps the patient grab the exerciser's handle. The patient is told to use the other hand to steady and support the first.

"Believe it or not," says Corbitt, turning to me, "but this exercise will help his belly. When you exercise you work a lot more muscles than just the ones that seem to be in use. The belly muscles in this exercise stabilize his body while he pulls at the wall pulley."

"The arthritis patient continues to swing his legs back and forth on the suspension apparatus. "It's a very light day today," Corbitt observes, unstrapping the man's legs. The therapist then straps up only the man's left leg and allows him to swing that leg back and forth independent of the other.

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**B**ack in the '50s and early '60s there weren't many road races organized for runners. The AAU was almost exclusively responsible for organizing and promoting races but it virtually ignored the out-of-school competitor. The Road Runners Club emerged from this need for better promotion.

"This idea had come up before," says Corbitt. "My teammate John Sterner looked into it and tried to see if the better known track distance runners would get involved. They weren't interested.

"So John Sterner asked me in 1958 if I would run for president of this Road Runners Club. I didn't want to; I'm not a leader. One of my advisors said, 'Don't get involved with administrative work. It takes time away from training.' I agreed with that, but then again, we needed somebody with a reputation and I was the most logical candidate. I was elected president.

## "I'm in favor of mass races"

"I immediately set about implementing the goals of the club. We set up a constitution, charged dues and elected officers. We also gave ourselves a name—the Road Runners Club, New York Association. I started a newsletter and promoted some races.

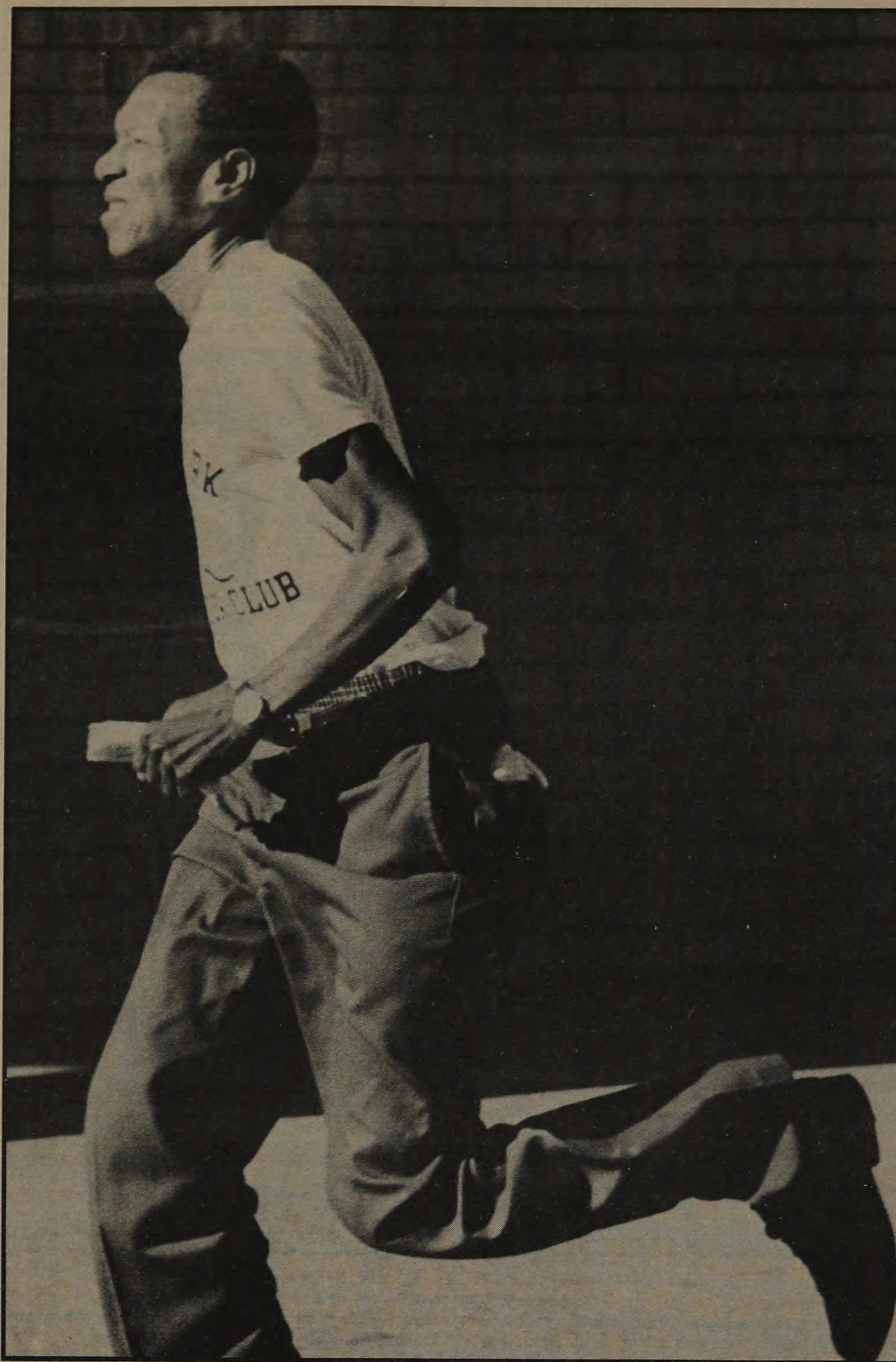
"In the meantime I was trying to find out from the AAU what we were permitted to do. But some of the officials were jealous of their responsibilities. They considered us a threat. Even though they admitted that they hadn't provided enough races for us themselves they wanted us to drop race promotion. They thought we should be a social club.

"We had no choice but to work through the AAU. So we asked them to certify our races and we invited their officials. We persevered.

"I still work for the Road Runners Club. I do some work for the newsletter and I work on the Standards Committee measuring road courses. Sometimes I spend whole weekends writing letters now. Someday I'll get caught up."

I mention to Corbitt that race promoters and runners alike once considered the marathon to be the ultimate in human endurance. It was virtually inconceivable that anyone could go much further.

"Ultra-marathons are a natural progression from marathons," he replies. "It's something that mara-



"Most of my training now is in street shoes."

thoners do. The same drive and intrigue that makes you try the marathon makes you go on to the ultra-marathon. I'd run a marathon and speculate that I could have completed 30 miles. Usually I could have. Of course," Corbitt adds after a pause, "the weather has to be good. In lousy weather a marathon is quite enough."

According to John Chodes, the newly formed Road Runners Club organized its first race in 1959—the Cherry Tree Marathon. Corbitt won it with a time of 2:38:57, 25 minutes ahead of the runner-up.

The RRC had also set up its first ultra-marathon

and scheduled it two weeks after the Cherry Tree. It was the same Cherry Tree course but with a four-mile addition. "I decided you should run a 30-miler just the same as a marathon," Corbitt says now. "Everyone else was scared of the 30 miles, I guess, and started slow. I ran away from everyone right away and just kept going."

Corbitt passed the marathon point at 2:37:59, breaking his previous course record, and streaked on to win his first ultra-marathon at 3:04:13.

Ted Corbitt's principle or progression carried him further and further. There seemed to be no end. But



eventually it would get him into trouble.

Corbitt entered the First National 50-Mile Championship on Staten Island in July of 1966. He had been training for this race by putting in 200-mile weeks. "Jim McDonagh and I were the favorites to win," says Corbitt. "He had beaten me several times in past races by just running away from me at the end. So I decided that if he's going to beat me this time he's going to be tired before he does. I planned to run really hard, a 2:44 marathon, something like that."

But New York was simmering in one of its worst heat waves. On the night before the race the heat had actually melted the glue from Corbitt's running shoes. The heels fell off. Corbitt, on the morning of the race, was forced to lace on a new pair of unbroken leather shoes.

around. The race really begins at the 30-mile point in a 50-miler. That's where you try to pick up the pace. But here I felt a sort of deep, deep tiredness. It was sort of a fatigue zone. You have to blank it out of your mind. Push it out and erase the feeling. You have to be really fit to do this and I did, but it slowed me up. We both slowed up."

At 40 miles Corbitt and McDonagh were still battling it out. But dehydration was exhausting Corbitt. "I was still in the lead," Corbitt remembers. "But I cramped out. Here I was in the lead of the National 50-Mile Championship race and cramps stopped me in my tracks at 44 miles.

"I got a scissors gate. It's something like a walk that brain damaged people do, one foot crashes into another." Corbitt's dehydrated adductor muscles on the inside of his thighs cramped painfully, pulling his

minutes behind McDonagh at 6:12:31. It was his 102nd marathon.

I ask Corbitt how he plans his ultra-marathon runs. Does he break a 100-mile race, for instance, into roughly four—I gag at the thought—marathons?

"No, he replies, "I resort to that only in training. I did plan to do something like that in my 24-hour run, however. I visualized 20-mile segments because I'd been running 20 miles routinely to work in the mornings and in the evenings I'd do another 20. But when I got to the race itself I just ran. I was too occupied with suffering. Toward the end I was just taking it lap by lap."

Corbitt is talking casually, almost indifferently, in his own understated style. I am lulled, meanwhile, into a kind of wide-eyed stupor. I listen and nod my head attentively as if I understood what it takes to finish a 24-hour race. But can anyone understand?

Even among the finely-tuned athletes taking part in that 24-hour race on an overcast November day in 1973 at Walton-on-Thames, the brutal trial sometimes had bizarre effects. According to John Chodes, after nine hours of steady eight-minute miles, one contender suddenly burst into effortless six-minute miles only to collapse, wrecked. Like a disease this weird condition, this running sickness, spread from man to man. Just on the brink of total exhaustion a runner would suddenly break into effortless but suicidal speed. Or exhausted minds would produce hallucinations, tormenting the runner with horrible or painful visions.

To many, that 24-hour run was excruciating beyond words. But Ted Corbitt, despite agonizing thigh pains, pressed steadily on, lap after lap. Corbitt came in third with 134.7 miles. It was his 172nd marathon.

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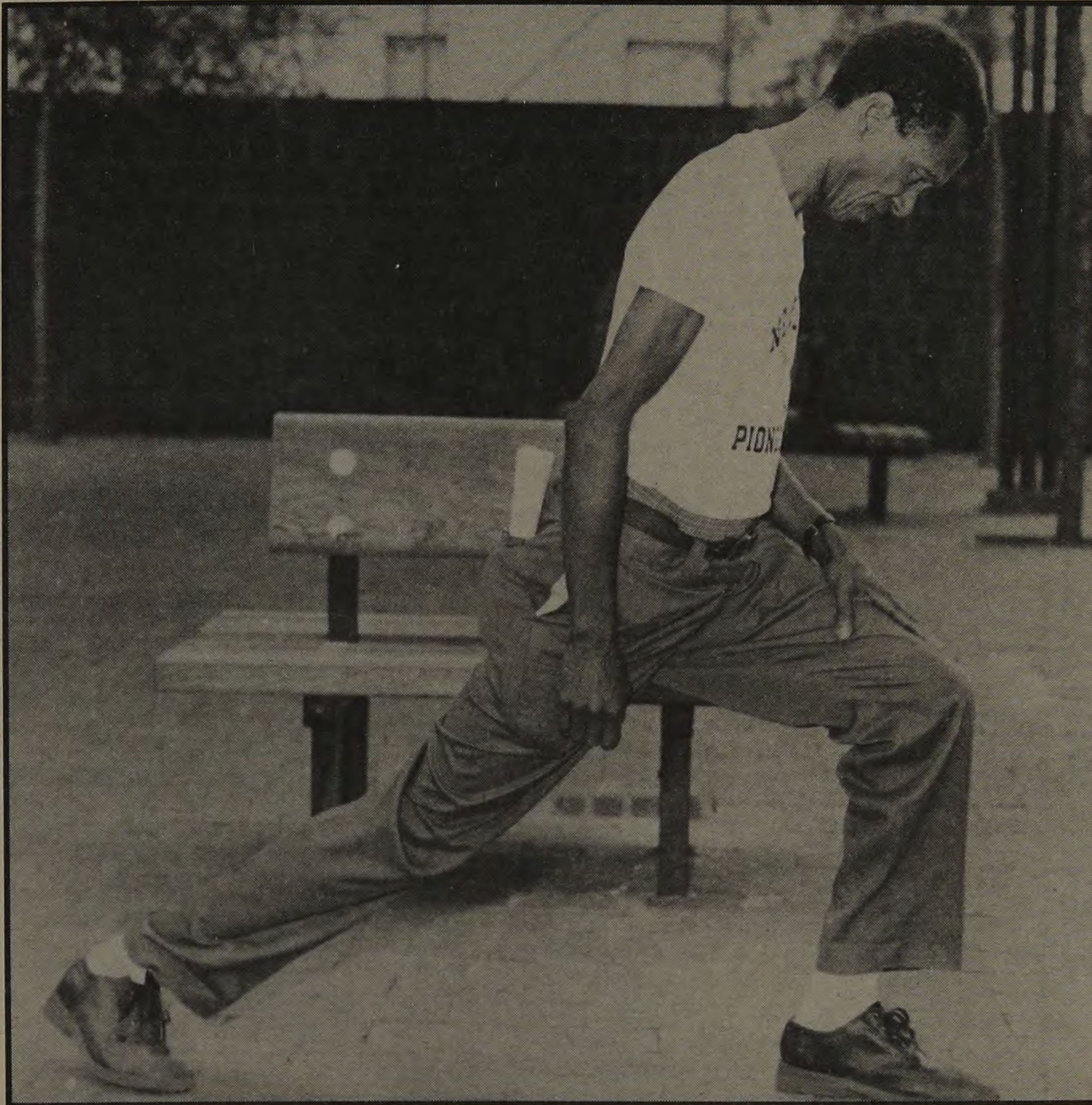
Once again Corbitt and I return to the stroke victim. He's still working away at the wall pulley. Corbitt unlocks the wheelchair and turns him around so he can repeat the same process but with the other arm. Corbitt helps him grasp the handle of the pulley. The patient has trouble coordinating his fingers but with some concentration he's able to wrap them around the handle.

"I do all I can," Corbitt says, adjusting the pulley's tension, "to give my patients as much care and attention as I can for their money. It gets more expensive here all the time. That's why there's a need for a National Health Bill."

Corbitt watches his patient draw at the pulley with one hand while using the other, as before, as a support. This too helps the belly muscles. "It costs them about \$40 an hour now," resumes Corbitt. "I've paid \$50 an hour or more myself, so I know this is really very reasonable."

I mention to Corbitt that Park Barner, another ultra-marathoner, once said that he thought the optimum age for the long-distance runner was 50. After all, Corbitt's amazing 24-hour run was made when he was turning 54. "Fifty is a bit late," he replies. "For a marathoner I would say the optimum age is between 28 and 38. I have a theory of my own, however, that you've got only about 10 or 12 good years of running and it doesn't matter much when you expend them.

"Many of the top sprinters were just as fast or faster than they'd ever been when they quit in their early thirties. I'm not convinced they slowed down because they were getting older. I think they stopped training. For example, Muhammad Ali; I don't think



Corbitt stretches before an evening training run.

The race started early in the morning. It was cool then but shortly after the start the temperature shot up dramatically. The officials were supposed to terminate the race if the temperature rose above 85. They forgot. It pushed past 90.

Meanwhile, Corbitt and McDonagh were running neck and neck for mile after murderous mile. They watched each other, waiting to see who would crack first. Corbitt began to pull ahead. "But before I started really applying the pressure I noticed I was developing either a blister or a friction burn on my heel. I couldn't tell which. So I was forced to slow down a bit and instead of running a 2:44 marathon I ran a 2:49. I think we would both have ended up in the hospital if I had run a 2:44.

"As it was I was still ahead at 30 miles when I began to feel real fatigue. Heat does something to you. It saps your energy and changes your body fluids

legs together. "I was suffering like this when McDonagh roared by."

The race was lost but far from over. "I'd never walked in a race before," says Corbitt, "and I

**"The thing that knocks off most athletes is injuries. They get wiped out by injuries"**

wasn't going to start in this one either. I made an attempt to run but only made a few steps. The cramps got worse. They went all the way down my legs so that my feet turned in and my toes turned up. I continued walking with my legs wide apart and alternately walked and ran." Corbitt finished second, 20

he's getting the most out of his body. I don't think he ever did."

Ted Corbitt nods to his patient, indicating that the wall pulley exercise is over. He helps the stroke victim unclench his stiff fingers from the device. Then he turns the wheelchair around and passes its



command over to the patient's wife. She thanks Corbitt and pushes her husband toward the exit.

"The thing that knocks off most athletes," Corbitt continues, "is injuries. They get wiped out by injuries. Joe Namath for example. He's probably still very skilled at throwing forward passes but he's hampered in setting up because of his injuries. Most athletes get fed up in a short period of time with repeated injuries. They don't like starting all over again."

Corbitt's own injuries are legendary. If he is famous for his marathoning, he is equally famous for comebacks after suffering debilitating injuries that would have sent any saner man to a life of comfy chairs and television.

But Corbitt is unimpressed with his own fortitude. "I have a chronically sprained ankle," he tells me reluctantly. "I got it in 1955 when I was defending national marathon champion. One night I went out to run in an area I had scouted out in the day. But I didn't know that some kids had dug a hole in the course in the meantime. I stepped in the hole. This sprained my ankle bad and it never really got strong again. It still bothers me periodically."

Twenty-eight years of training and marathoning has taken its toll. The years of accumulated injuries finally led to a chain of events that forced Corbitt to stop running just when his life goal—200 completed marathons—seemed within easy reach. First, in 1968, a dog attacked him during a training run. Corbitt managed to avoid the beast's flashing teeth but in the process sustained an injury that no dogbite could inflict—a severe pelvic injury that only a month of intense physical therapy could save from becoming a permanent disability.

Then in 1974 he developed a low-grade pain in his right knee. This didn't stop his training but it turned his effortless running style into a hobble. Breathing difficulties finally forced him to turn from long-distance running to walking in December of 1974. For months he couldn't run.

By the end of 1975 Corbitt was finally back out pounding the streets and sidewalks of New York on his training runs. "I got back into fair shape then," he says. "Not good shape, but fair shape. And I ran a few races again."

Things got along fine for awhile—until April this year. "I ran the Yonkers Marathon," Corbitt says softly. There's no trace of bitterness or regret. "The Yonkers was probably my most brutal race—and I've had some rough ones. The rain was bad and the intermittent gusts of wind hit me like an icy whip. I felt like I was naked. I came in at four hours and 11 minutes." That was Ted Corbitt's last marathon to date. Number 193.

"I thought I'd take a little rest after that," he says. "I was told by three doctors in one week that I needed a rest. They didn't have to tell me; I knew."

"I still do a little running now. But I mean a little; maybe as much as a mile, perhaps two or three, a day. I barely leave the house."

Corbitt and I walk back to the arthritis patient, still dutifully swinging his leg back and forth underneath the "rack." Corbitt unstraps the leg and helps the man sit up. The patient reaches for his cane and, thanking his therapist, limps off toward the exit.

Corbitt watches him go. "Believe it or not," he says, "I still want to run the New York Marathon on October 22nd. I expect to. After all I've invested seven dollars in the application."

"I have almost a suicide complex. I function best when my back is to the wall. I'm almost refusing to get going with my training to see how little it will take to get me to the finish line."

"My neighbors used to tell me I was going to drop dead running. Might yet, who knows."

Ted Corbitt—the runner—hopes to reach his personal goal of 200 completed marathons sometime next year. He is already planning to step up his training for the final assault. He hopes, too, that his new vegetarian diet will ultimately give him the power and flexibility he needs. "I still think I can run a 2:50 marathon," adds Corbitt, "as soon as I get back into shape." ☹

# Games Runners Play



By Stephen San Filippo

Running creates an abundance of time for thought. Though at first the novice is engrossed in a purely physical world of heaving lungs and cramping legs, time and training bring a kind of sensual calm. Soon the miles fly by almost unnoticed by the corporal self. And the mind, that integral and often overlooked entity, lies dormant in a sea of dissociation.

Dr. Reid Daitzman, a psychologist and corporate consultant, believes the mind is a terrible thing to waste. A jogger himself, Daitzman has developed a series of intellectual exercises he feels can be of great use during running. He calls them and his book, *Mental Jogging*.

"These exercises," Daitzman explains, "will hopefully stimulate people to think about the world a little differently. In psychology this is called divergent thinking—that is, thinking that is not obvious."

Divergent thinking, which is the basis of Mental Jogging, could be as simple as the answer to the question: What is half of 8?

The normal, accepted answer is four. But, utilizing divergent thinking, the answer could be 0. If an 8 is chopped in half the result is 0 on top and 0 on the bottom. In a different light, if the 8 is chopped the other way the result would be two 3s. This changes the individual's perception of a common image or idea.

Mental Jogging employs this same principle.

One of Daitzman's Mental Jogging exercises is "Eight or more ways to make the telephone stop ringing." The jogger takes a seemingly obvious question and during his run explores the different solutions. One would be to pick up the phone. Another is not to pick it up. Not paying the bill is as effective as pulling out the wires, and probably much more permanent.

"There are 365 Mental Jogging exercises, or one per day.

What I suggest is that runners use the jogging exercises with their workouts."

Dr. Daitzman said the idea first evolved about a year ago. Traveling around the country giving presentations at scientific conventions, he grew tired of waiting at airports.

"I was sitting down in an airport one day and I saw some unusual things—things we always experience but never think about."

"I started jotting them down. At first I came up with 10 or 12. I generated about 200 of these exercises in about three months and added another 200 during the last eight months."

"Some books have exercises in them that solicit nine obvious uses for something. Mine go beyond that."

"The typical exercises before mine came out were like eight different uses for a safety pin, or maybe a brick. It's called functional autonomy. Most people look at objects in terms of their function—this is called functional fixedness. And if you can transcend that then you can be a little more creative. And that's why I invented them."

To test Mental Jogging Daitzman entered an ad in the Mensa news bulletin. (Mensa

is an organization where membership is limited to those with IQs of 150 or over. Members come from all walks of life, not solely the professions.) The response was overwhelming. Answers and requests for further exercises came in from all over the world and Daitzman intends to include them in his book as a means of comparison. They will also establish a criterion for scoring.

"Generally we all know the answer to a problem, that is, the socially-accepted answer. But there are many, many solutions to every problem."

"In Mental Jogging one problem will tend to generalize to other problems that are perhaps more relevant to the real world. It could also be used by families on trips to pass some time while in the car, or on vacation, or with friends."

Daitzman is quick to point out that Mental Jogging is not limited by intelligence, only creativity, and he for one does not believe the two to be synonymous.

"I have found that from a psychological standpoint intelligence is not highly correlated with creativity. Intelligence involves coping and adapting and functioning in the real world. Creativity involves transcending the daily coping process and coming up with new solutions for old problems."

"Many creative people don't get along that well in organizations. But, in fact, if the organization gave them the chance they would do very well. But people are threatened by creativity because it means change."

"Most of us like security and would like to be able to predict change."

Unfortunately, as Daitzman sees it, creativity is not subject to prediction, is not governed by predetermined parameters and therefore is not encouraged.

"People are taught not to think and not to be creative."

Daitzman hopes Mental Jogging will encourage creativity and help fill a void so often created by physical jogging. ☹



# OJOP

## A Way For American Business To Put Its Money Where Its Mouth Is

By Kevin Shyne

**I**t looked like Mike Roche had lost his chance for a place on the 1976 Olympic team when he fell during the final leg of the steeple chase trial in Eugene, Oregon. But he picked himself up, sprinted and finished third, getting under the qualifying standard by two one-hundredths of a second.

The fans roared their approval of Mike's gutsy finish. But they might have roared even louder if they had known how Mike supported himself while training for the Trials.

For a year after college, Mike fit workouts in between three part-time jobs. "I got up at 6:00 and drove a school bus until about 9:00. I'd get in my first workout, and then I'd go to a restaurant at 11:30 for a bartending job. At 2:30, I'd get the bus and deliver the kids. Afterwards, I'd put in my second workout. Between 6:30 and 9:30 I had another bartending job. It was pretty terrible."

At Montreal Mike placed tenth in a preliminary heat, failing to qualify. He wanted to try again in 1980, but shuddered at the thought of four years of part-time jobs.

Mike faced a dilemma that has plagued many U.S. amateur athletes—train for the next Olympics or pursue a career in a full-time job.

A year later Mike was doing both—thanks to the Olympic Job Opportunity Program (OJOP). The program enables athletes to continue to train and start a career by placing them in full-time jobs with flexible hours.

Since August, 1977, Mike has been working as a financial analyst at Johnson & Johnson, the health product manufacturer, in New Brunswick, N.J. He can take time off to enter major races or come in late

after a heavy workout without loss of pay. The results are impressive. He won the 1978 Peachtree Road Race and took second at Falmouth.

Mike's main problem now is an occasional twinge of guilt when his co-workers have to bear the brunt of a project in his absence. "Sometimes I feel I'm taking advantage of them, but they're so great about it. They're backing me 100 percent," he said.

Mike is just one of nearly 60 athletes working in OJOP jobs at companies throughout the country. Begun in late 1976, the program offers them the financial support and job security amateur athletes have lacked for so long.

The man behind OJOP is Howard Miller, president of Canteen Corporation, the Chicago-based food vending company. He became interested in helping American Olympians while watching a U.S.-U.S.S.R. wrestling match at the Montreal Games. Miller noticed a couple taking pictures and cheering madly. After the match he asked them why they were so excited. It turned out the wrestler (who won) was a friend whom they had supported financially during 1975.

The couple's generosity impressed Miller, but he didn't think an Olympic athlete should have to depend on the generosity of personal friends.

Miller spent the next three days talking with athletes and coaches, and finding out how little support athletes have after graduation from college.

He also learned that lack of support is especially hard on athletes in sports that require strength, such as distance running. These athletes don't peak until their late 20's, long after they have left the supportive world of the university.

Miller reasoned that American business should be able to offer the same type of support the Soviet and East German governments provide their athletes. The method he came up with was OJOP, which he has called "the West's answer to the East." He checked

the plan with the U.S. Olympic Committee, and received its endorsement.

Since late 1976, 95 companies have agreed to hire athletes. But it has been an uphill battle to persuade firms to participate in the program. Only 30 responded positively to Miller's initial letter to the nation's top 500 corporations and 200 other prominent firms.

Several weeks ago, Miller was sitting in his office explaining how OJOP officials persuade companies to hire full-time employees who won't always be on the job. A slim, articulate man in his fifties, Miller spoke with an even voice. He radiated competence.

"The company gets a good deal," he said. "Here I am bringing someone to your company who is highly motivated and has all the attributes of a good lifelong employee. And I'm only asking you to give him up to half-time off."

Miller figured the after-tax cost of giving half-time off to a \$12,000-per-year employee is about \$3,000. "I think that is acceptable." He noted that 90 percent of the athletes are college graduates, and that OJOP saves recruiting costs, which can amount to \$5,000 per employee.

"OJOP is not a handout or a full subsidy," wrote Miller in a letter to company executives. "The individuals placed so far have proven there is a close correlation between athletic ability, dedication to the job and leadership qualities required in industry."

Participating companies may also benefit from favorable publicity. Although firms cannot use athletes for promotional or publicity purposes, there is nothing to stop them from publicly congratulating athletes after the Games. "If an athlete working at your company wins, then you can run a big advertisement," said Miller.

Ideally, a company hires an athlete for a regular entry level job at a salary of \$12,000 to \$15,000. Hours should be flexible to allow the athlete to train when he chooses. He should also be allowed time off

*Kevin Shyne is a freelance writer in Illinois.*

**"OJOP is not a handout or a full subsidy. The individuals placed so far have proven there is a close correlation between athletic ability and leadership qualities"**





to compete without loss of pay.

In addition, OJOP attempts to place athletes in locations near their coaches and training facilities. As an employee of Johnson & Johnson, Mike Roche is close to his former coach at Rutgers University. Long distance runner Tom Burleson is working for Canteen Corporation in Eugene, Oregon, distance running capital of the U.S.

One of the first athletes in the program was Bob Anastasio, a semi-finalist in the 800-meters at the 1976 Olympic Trials. Bob graduated from Columbia Business School in 1976 and soon found Olympic training and a business career did not easily mix.

He was working for a prestigious New York accounting firm putting in 50 to 60 hours a week during the busy December-through-March tax season. "My training definitely suffered. I was not psyched

at all to come home at 10:00 and go out and run." He also lacked coaching because, "No coach is going to say, 'I'll meet you tonight at 11:00 for practice.'"

Bob squeezed races into his schedule as best he could. He recalled-landing in Knoxville airport an hour before a meet at the University of Tennessee. "It was a 20-minute cab ride to the field. That was cutting it close, but I took the only flight I could make."

An OJOP job solved Bob's running problems. Since June, 1977, he has been working in the financial analysis and accounting departments of the Coca Cola Bottling Company of New York. With his flexible work schedule, he is able to workout at least once a day and twice a day three times a week. He has a coach, Rutgers assistant track coach Frank Gagliano. And he is racing much more often. Re-

cently he took fourth in the Peachtree Road Race and fourth in the 1500-meter run at the National Sports Festival in Colorado Springs.

"It's almost too good. After going to one training clinic, I was so psyched to workout I did too much too soon," he said.

Looking ahead, U.S. Olympic officials said OJOP could have a tremendous effect on American efforts at Lake Placid and Moscow. "We can't say it will result in five more gold medals, but we should reap great benefits," said Larry McCollum, assistant director of operations of the U.S. Olympic Committee.

McCollum said OJOP may have an even greater effect after 1980. "We're hoping the program will have gained enough credibility that the business community will accept it wholeheartedly. Companies now are willing to take a chance and place



an athlete who's likely to win a medal." But he says the firms hesitate to place upcoming athletes of undemonstrated ability. "That's where we see the real need is."

McCollum conceded OJOP bears some resemblance to the state systems that assist athletes in the U.S.S.R. and East Germany. But he stressed, "OJOP is not a subsidy. The athletes have to perform on the job like any other employee."

He added that the concept of broken-time employment—time-off without loss of pay or job security—is not new in American amateur athletics. "It's long been done in the Army." He also said the Olympic Committee has promoted the concept and that Ohio, Pennsylvania and Florida offer broken-time programs to state employees who are training for the Olympics.

OJOP originator Howard Miller said the Olympic Committee will probably administer the program after 1980. Canteen Corporation is handling it now, he said, because, "you need commitment from top executives to make a program like this fly."

Miller said the Olympic Committee can't afford

to offer athletes the same support they receive through OJOP. And even if it could, he said he would oppose Olympic Committee stipends for individual athletes. "I'd spend money on sportsmedicine centers, training centers and the national sports festival programs. These benefit all athletes."

An athlete seeking an OJOP job first applies to the U.S. Olympic Committee (USOC) for eligibility. The USOC then sends the application to the governing body of the athlete's sport. (Jimmy Carnes, chairman of the National AAU Track and Field Committee receives and evaluates all track and field applications.) An approved application goes back through the USOC for review, and then on to the Canteen Corporation.

Next Canteen matches corporations and athletes, attempting to link jobs to the individual's career goals and training needs.

Finally, Canteen coordinates job interviews, providing the athlete with information on the company and vice versa.

Hal Berge, chief OJOP administrator at Canteen,

stressed that an athlete can't expect to sail into a job on his athletic credentials. "He's got to sell himself as a valuable employee," said Berge, since there may be 10 or 15 qualified non-OJOP candidates interviewing for the same job.

Those involved with OJOP acknowledge several problems. The biggest is that there aren't enough jobs to go around. More than 50 athletes were waiting to be placed in October, and some have complained that only top athletes get jobs.

A related problem is that some OJOP jobs have no takers, because the hiring companies are located far from coaches and training facilities. Miller admitted OJOP needs more participating companies on the West Coast where superb athletic facilities and coaches are plentiful.

Another problem is that some OJOP athletes want more job responsibility than the companies give them. They could be giving me more work," said Bob Anastasio. "If they gave it to me, they'd see my abilities."

Still, the program has an impressive record and a promising future. Fifty-seven athletes had jobs in October. Miller said they're now making a placement a week, and he expects the rate to increase as 1980 approaches.

Participating companies rate OJOP highly. Robert Kniffin, associate director of corporate public relations at Johnson & Johnson said Mike Roche "is working out fine. He is looked on as an excellent management prospect in the finance department who also happens to run." Miller reported that all the participating firms are impressed with the athletes' dedication and motivation.

The athletes also give OJOP high marks. Although Bob Anastasio would like more job responsibility, he says he is willing to sacrifice career advancement to continue running. Mike Roche says he is "very happy," and Stan Vinson, a middle distance runner working for Wilson Sporting Goods, says OJOP "Has made all the difference in the world to me. It's been a rebirth."

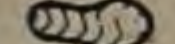
Miller attributes much of the program's initial success to Willye White, a long jumper and sprinter who participated in the five Olympic Games between 1956 and 1976. White serves as a liaison between participating companies and athletes.

"The program is the first ever to give an amateur athlete a chance to start a career while he's competing," said White. "These athletes don't have to worry about what they're going to do after the Olympics or where their income comes from while they train."

White knows all too well the hardships of making a living and competing on an international level. Formerly a nurse, she recalled losing her job everytime she made an international team and went on tour. "I'd be out of the country for six months of the year. Rent was paid in advance, so I'd have an apartment when I returned. I had to pay cash for everything I owned, because I couldn't get credit."

White eventually found a job that solved her problems. In 1965, Chicago's Mayor Daley offered her a position at the Department of Health on a broken-time basis, an early version of OJOP. The only condition was that she would stay with the Department of Health after her athletic career.

"I couldn't have competed for 26 years if I didn't have that kind of job," said White.

Many U.S. athletes have undoubtedly prayed for jobs like White's. OJOP may answer their prayers, giving amateur athletes the support they need and deserve. 



**"The program is the first ever to give an amateur athlete a chance to start a career while he's competing"**



# An American Travels To India and Discovers The Discipline of the Long-Gom-Pas

By Ed Cohn

Several hours before the sun rises above the snow peaked mountain ranges, the air is cold, the frozen earth lies still and silent, as if in a hypnotic trance. A narrow, ice-layered trail wanders through the valley and far into the mountain beyond. The moon is full and appears to be within arm's reach of the mountains.

From the mud and branch animal shelters along the trail cows and goats can be heard awakening with sounds of protest. The altitude is high, the air so thin, even the birds do not fly here.

The people of the mountains are early risers, like all people whose daily life is still governed by the slow and eternal rhythm of nature. The new day begins with the lighting of the fire, and before starting the ordinary routines of the day, the family altar lamps are lighted and prayers are recited.

After a breakfast of tea, rice and root vegetables, the sheep and cattle are led into the pasture to graze. This will be a clear and fine day for ploughing the fields and the voices of farmers can be heard breaking the silence, singing loudly in the same rhythm. Daily life on the Tibetan mountainside goes on according to the rhythm of the season.

Chime Tsering has been running throughout the night. He is on the way to a monastery—built into the mountainside fifteen thousand feet above sea level. Up and up he runs, across gigantic glaciers, through valleys covered with thick clouds, far into the solitude of the wild. He runs with a springy step on the trail following the meandering river.

Chime Tsering is a *long-gom-pas* runner, trained from youth to perform magnificent feats of endurance. He is a messenger, traveling from monastery to monastery in a land without telephone, telegraph or mail system. The *long-gom-pas* runner is rare, for very few ever acquire the proper training and results. He is able to run over mountains and across flatlands at rapid speeds for several days and nights without stopping to rest.

The *long-gom-pas* runners move with an unusual style and extraordinary swiftness. They run under intense meditation, by chanting mantras or focusing on distant points, such as the stars at night or mountain peaks by day. It is said that while running long distances *long-gom-pas* runners are in a deep trance, unaware of their surroundings. Also, they should not be awakened or have their meditation broken lest they die from the jolting impact on their nervous system. As they run, their faces are calm and their eyes are wide open, gazing far into the distance.

*Ed Cohn is a world traveler who gave up hopping trains for long distance running.*

At a distance *long-gom-pas* runners appear to be leaping and bouncing with a steady rhythmic pace. They wear simple cotton robes and carry no baggage. Their lightness and springing steps enable them to run high into the mountains with no regard for the steepness of the slopes. When nomadic herdsmen and wandering travelers spot the *long-gom-pas* runners they stop and bow their heads to the ground with reverence and respect.

The pace of the *long-gom-pas* runners remains steady, day and night. The Sherpa people of Tibet, as well as most Tibetans, are sturdy, long distance walkers; it has been their only method of transportation for centuries. They are able to walk for long periods of time carrying great loads of wood on their backs, but their slow and steady pace in no way compares with the speed of *long-gom-pas* runners.

The *long-gom-pas* runners are trained in remote Tibetan Buddhist monasteries. Training consists of breathing exercises practiced in seclusion and total darkness for a period of three years or more.



The novice *long-gom-pas* sits cross-legged on a large cushion. He slowly inhales as if filling his body with air. Then, while holding his breath, he jumps up with the legs still crossed and without using his hands, then falls back to the cushion in the same position. This exercise is repeated a number of times. After years of practice the student may succeed in leaping very high. The result of this exercise is that the body becomes light, almost without weight. On remote trails men are sometimes seen wearing chains of iron. These are *long-gom-pas* runners who, it is said, need the heavy chains to prevent involuntary levitation.

After three years of training and passing various tests of leaping and endurance, the student is ready for long distance running. But how does the training of the *long-gom-pas* ready them for distance running?

Psychic states are developed, not strengthening of the muscles. The student is taught mystical chanting, learned from a master, which causes regulation of the breathing and produces a trance-like state. The *long-gom-pas* runner learns that sunset and clear nights are the best conditions for running. They are also trained to center their gaze at the starry sky. Most important, the runner learns the rhythm of in-and-out breathing and pacing in tune with breathing and silent chanting of the mantra. The runner must not talk or look from side to side, but must keep his eyes fixed on a distant object and never break his concentration.

When the *long-gom-pas* is on the run under intense meditation, his awareness is alert to obstacles. The regularity of pace can be maintained on flat land as there are fewer obstacles to distract attention; whereas in the mountains many obstacles, such as winding sloping trails, rocks and boulders and noisy rivers, distract and the trance is more difficult to maintain.

The best time for running is after sunset, preferably on a star-filled night. The constant star gazing creates a hypnotic effect and even when the star disappears beyond the horizon the image of it is maintained and the runner follows the direction. The runner continues for many miles without suffering from fatigue.

In the summer of 1975 I made the long journey to India and Nepal, overland from Europe, via trains, buses, trucks and on foot. For six months I studied color healing and meditation in a Theravada Buddhist monastery with monks from Cambodia, Laos and Vietnam. I then traveled throughout India, covering many miles on foot in the tradition of the Hindu Pilgrimage.

My wandering experiences bordered the magical. Sunrise along the Ganges River, bathing among thousands of Hindu pilgrims in the holy river, the air thick with incense and chanting. I tramped hundreds of miles from village to village with wandering Sadhus (holy men), living out of doors, assuming their ascetic practices.

The poverty and hunger of India is a difficult reality to accept for a traveler from the land of plenty. One can try to become sympathetic or philosophical in rationalizing the suffering of millions of human beings, but the sights and sounds of the poverty stricken land and people remain forever in the memory.

But the greatest experience was trekking in the Himalayan Mountains in Nepal. I planned and mapped out a route which would lead to several Tibetan Buddhist Monasteries located at altitudes of 15,000-20,000 feet.

The view from the monasteries borders on the abyss, yet induces the calm environment required for





meditation. The huge monasteries dominate the landscape. Most of them are empty now, but for many centuries before religious communities flourished Tibet was the guardian of the Buddha's teachings.

The monasteries were the cities, colleges and fortresses of government. Each monastery owned a great deal of land and livestock and became wealthy.

The foothills leading to the mountains are inhabited by peasant farmers busily harvesting the terraced hillsides. It has been this way for centuries. Men and women work side-by-side, reaping the corn,

loading baskets and singing songs. The farmers are quick to wave to the wanderer.

As the sun set, the air grew cold and I began looking for shelter. Families living along the trails opened their homes for me to spend the night near the hearth warm from the dinner fire. Rice, vegetables and tea were shared, and in gratitude I would leave a small sum of rupees. I often entertained the children by playing my harmonica and helped with household chores such as gathering wood and cow dung for the fire. Other nights I spent in Buddhist monasteries with other wandering monks.

For days I followed the trail above a wild river through a valley where apple and apricot orchards flourished. The most dangerous part of the journey was crossing ancient suspension bridges strung high over the rivers. The primitive bridges were built with two ropes and wood or stones. So many times I swallowed my heart as the ropes swayed in the wind.

When I reached the mountains the trails became steep, winding and rocky. Mountain passes are marked with Buddha figures carved in the stones, or a pile of stones marking the dwelling place of a spirit. Sacred prayers are inscribed into the stone guiding



the wanderer's safe journey. Prayer flags blow in the wind (*Om mani Padme Hum*—Blessed by the jewel in the lotus) and usually means a monastery is nearby.

The monastery is inhabited by several Tibetan monks wearing ragged maroon robes. They are the caretakers of the monasteries and spend most of the day dusting the giant gold Buddha statues, sweeping the floors and cleaning the walls which tell monastery history with colorful paintings.

For several nights I slept outside the monastery. The natural surroundings were powerful and each night brought dreams of the demons and gods painted on the walls of the monastery. Each day travelers arrived and set up camp outside the monastery walls. Dressed in rags, often a whole family, without shelter except for the sky, settled down for the night. Pilgrims came carrying their belongings, prayer wheels and teapots in their hands, a wicker basket on their backs. They walked from dawn to dusk, spinning their prayer wheels, chanting sacred prayers. These pilgrims have renounced life in society and have abandoned themselves to whatever may come. I learned much folklore and religious history from those travelers who spoke English.

One day while wandering along a trail I crossed paths with a wandering monk. He wore a simple monastic robe and carried nothing. His gaze was intense and he appeared to look right through me. Later that evening at camp I inquired about the man I had seen earlier that day. He was a wandering long-gom-pas, I was told, who never spoke and had no known history.

As days passed I shared food and camped near this anonymous wanderer. On the evening of the new moon, he waved for me to follow and without second thoughts I packed my rucksack with the few possessions I carried and we were off. We walked at an extremely rapid pace and as darkness surrounded us I did my best to follow him closely. Soon I realized I was running at the top of a mountain pass.

We stopped at a stupa, a landmark and religious burial site. He stopped so suddenly, I bumped into

him. Smiling, he pointed with both hands to a bright star (which I shall not reveal) to the northeast. He moved his hands back and forth as if drawing a line to the star and back. I picked up his message and followed him in a slow steady trot, lifting knees high, eyes fixed on the star.

Throughout the night I tripped and fell flat on my face and rolled down steep, icy trails. Each time I fell, the long-gom-pas turned and waved for me to follow, never stopping or seeming to notice my clumsiness. I seemed to trip over each rock, twisting my ankle every other step, but as the night wore on, I realized how awake and strong I felt.

## Each time I fell, the Long Gom Pas turned & waved for me to follow

However, I was susceptible to negative emotions. While focusing on the star, my mind wandered. I began to feel lost and lonely thinking about how far away from my homeland I was, how long I had been away, wondering if anyone remembered me, wondering who won the 1975 World Series, and at times forgetting my past and my purpose for being here. I had not written nor received letters from anyone for months. All of a sudden an intense sadness welled up in me leaving me heavy-hearted and tired. Perhaps the reader can relate to this feeling as "hitting the wall." Without mental strength my thoughts delved

into a dark void and feelings of death, fear and sadness surrounded me.

We arrived at a waterfall; the long-gom-pas grabbed me by the arm and pulled me close to him. I felt the spray of the water, icy and refreshing to my senses. We crossed a bridge made of stones and branches over the stream and began the long run, fixing our gaze on the guiding star. Never again in my wanderings did I feel the sadness experienced that night. That poison left my system. Loneliness turned into solitude; no longer did I feel lost and afraid, but instead experienced a sense of wonder at being so high and far above the rest of civilization.

We traveled by night. I lost track of time and distance. The maps I brought were useless, for we traveled uncharted trails and mountains. Each day we stopped at small isolated monasteries or a cavern inhabited by hermit monks. Very little was spoken and to this day I believe telepathy was the method of communication. But that, dear friends, is another story.

A foreigner in Nepal is given a pass with a limited time for trekking in the Himalayas. Without compass or map, I made my way down to the Katmandu Valley from where I began. The long-gom-pas and I embraced our farewell. Never were any words spoken, but he is forever in my memory.

Upon returning to the United States I began running, not for time or distance, but as the meditative mode of long distance travel I learned from the long-gom-pas. Every long distance runner knows the heightened peace and awareness when he is on the run. Without thought, the runner becomes totally aware of his heartbeat, blood flow, breathing and the power and grace of his body. After a long run, the feeling of body exhaustion and relaxation is a most welcome state of being. Every so often the runner becomes ego-centered and takes himself too seriously with timing, collecting T-shirts, trophies and ribbons. But running is essentially action and meditation. Running is living, alone with one's soul and body, merging with the rhythm of nature and creation.

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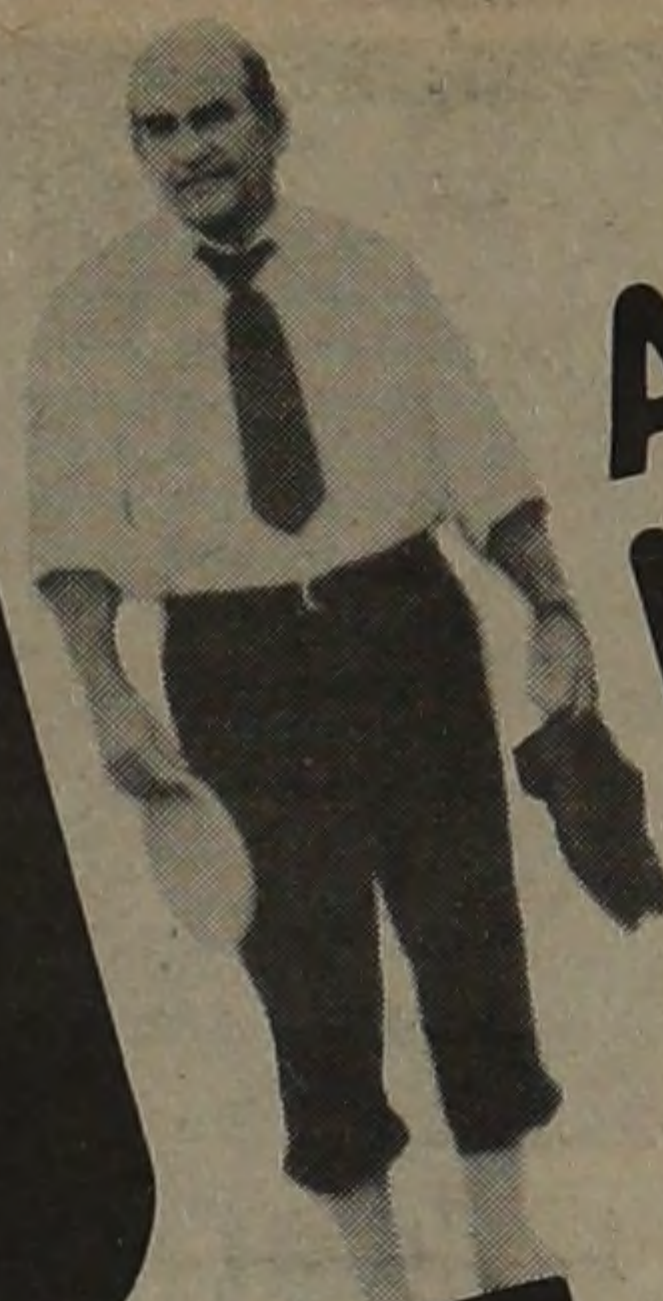
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### LEE FIDLER IS A RUNNER PAR EXCELLENCE

If there is a race anywhere in the Southeast chances are Lee Fidler will be there. While it may be difficult to label him a "Southern" runner, he is well known in races throughout the Carolinas and Georgia.

Like many of today's top runners, Fidler began running in high school. He was chosen as "outstanding athlete" in both high school and college for the Southern Conference. Back in what he describes as the "dark ages" of running, he turned in a 29:08 for the

six-mile and a 14:20 for the three-mile.

"Primarily, I ran the three-mile then," he recalled. "I tried the steeplechase but I never got the hang of it. I just had to stop and go, it didn't work well for me."

Upon graduation in 1971 he began road racing in earnest and his name began to crop up more and more in the winner's circle. As a road racer, he lumps everything together from the marathon to the shorter distances.

"Ten miles is my favorite distance," he said, "but marathons are probably my best event. But it's definitely not my favorite."

Despite the wear and tear of the marathon, Fidler finished in the top 20 at Boston five times. His best place was 11th in 1975 and his best time went down in the record books as a 2:16:14 in 1978, but it was only good for 14th place. That may not be good enough for a world record these days but he does run consistently good times.

Fidler's last four marathons have all been sub-2:20s. He won the Columbia, S.C., Marathon, the Shell Observer Marathon and the ITF Marathon in addition to the 2:16:14 in Boston. He has no special secrets for winning; he just runs his own race.

"I don't have any particu-

lar strategy," he said. "I just take advantage of the opportunities that come up. Probably the only strategy I have is to try and run a fairly even pace throughout the whole race. Maybe I go out over my head at first.

"I guess I set my pace according to experience," he related. "More than anything else if you feel a little tired you've got to hold back a little and just hope that you'll feel better later in the race."

Pacing doesn't present as large a problem in the shorter races as evidenced by Fidler's string of wins. He won the Alameda Cup in Columbia the first four years they ran it and came in second this year with a 23:51. He's run in four Peachtree races finishing 2nd, 3rd and 7th. This year he finished 21st with a 30:40 time.

Peachtree with its vast crowds may be one of the most exciting races he's run, but Fidler likes the picturesque marathon in Boone, N.C., for the pure joy of running. This mountain marathon runs from Boone to McCray Meadow near the top of nearby Grandfather Mountain. The record for the course is a sizzling 2:38 for the climb up to 5000 feet.

"It's real scenic but it is basically uphill for 26 miles," Fidler said. "You have to have the frame of mind to climb all those mountains and still see

the greenery. It is run in the summer but by the time you get to the 5000-foot level it usually cools off."

To run marathons like the mountain marathon, Fidler practices the routing of most marathons with a morning and an afternoon run. But he does vary it somewhat. Most marathons run their shorter distances in the morning, saving the harder-longer mileage for the afternoons when they are loose. Fidler runs 10 miles in the morning and then goes out for 5-7 miles in the afternoon. He takes off for the afternoon run around 4 o'clock from the sporting goods store where he works and then comes back to help close up.

"I don't have to be at work until 10 a.m.," he said. "It is more convenient to go ahead and run long in the morning. Then in the afternoon if something comes up and I can't get out for a run then I've already got a good run in."

This is a year-round running schedule—primarily a lot of miles. He runs a long run on the weekend and one day a week tries to do some faster training—either fartlek or repetitions on hills. His training has served him well.

Lee Fidler has been running for some 15 years. His name will keep coming up in races for years to come. Although he will continue to enter races

in other parts of the country, his running grounds remain the Carolinas and Georgia. For that Lee Fidler could be called a Southern runner par excellence.

—Don Monkerud



### LOUISE'S DAILY RUN WITH HER HOOFED FRIEND

Imagine. It's 6:30 a.m. You're out on your daily morning run when you turn the corner and see not only another runner but a horse jogging towards you. That's right, a horse.

To some people, seeing Louise Whitney and her pony, High Jinks, jogging together would come as a surprise. But if





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## PEOPLE

you regularly jog along North Central Avenue in Phoenix, the incident may not seem so peculiar.

Whitney and High Jinks, her 23-year-old pony of half-Shetland, half-connemara breed, have been jogging partners since the summer of 1977.

That summer, Jennifer, Whitney's 12-year-old daughter who usually exercised High Jinks, was away from home. "I found I couldn't run and exercise in the morning and with my busy schedule have enough time to get out and ride High Jinks," Whitney, who is president of her own public relations firm, Louise Whitney and Associates, explained. "It dawned on me, if I'm going to jog, why can't High Jinks go too?"

One morning, Whitney, wearing her jogging suit and shoes, ran across the street from her house to where Jinks was stabled and readied the pony for his first acquaintance with jogging. She cleaned his feet, brushed him to get both her and the pony's circulation going, put on his halter and shank and finally wrapped each leg from ankle to knee with bandages to give him extra support. Then she led High Jinks out of his stall.

"The first time we went out you could tell he was saying, 'No way Whitney,'" she said. "I'd run with him on my right-hand side but he'd balk, drag and pull on the lead rope. We'd go about 30 feet when he'd stop, huffing and puffing, and look at me. Such an act he was putting on.

"After the second day of that behavior, I got out my long buggy whip, and when he wouldn't go, I gave it to him on the rear end. I didn't hurt him but he knew it was there."

From his experience in pulling buggies, sleighs and snow skiers, High Jinks was familiar with verbal commands. Whitney relied upon the verbal orders to train Jinks for jogging. Jinks, who has always been considered "a member of the family" and allowed to come inside the house, was a good pupil.

"He became an expert jogger and quickly learned the manners of jogging," Whitney said. "I taught him to walk across the intersections and jog again after we crossed. He learned to trot with his head beside me, like a dog who has learned to heel, and he soon knew where to go and what pace to take. He also knows enough to move over and give people a wide berth when meeting other runners.

"It's funny, but Jinks really got addicted to jogging and

he would be so disappointed when I didn't have the time to take him out," she said.

Together, Whitney and her pony would jog along the bridal path on Central Avenue, running two miles at a time past some of the most expensive, old and stately homes of Phoenix. On other days, the odd couple would run along the bank of the city's Salt River irrigation canal. "Sometimes I'd choose the route or Jinks would, and I'd go his way for a change," Whitney said.

"After awhile, Jinks developed more stamina, became peppier and his muscle tone improved. When he reached a stretch of grass, he'd squeal and kick up his heels in enjoyment. High Jinks exhibited all the same characteristics that a person does when he starts to jog.

"We got to be very well-known in the neighborhood. Jinks became much more popular than me. People began to know about when to expect us and they'd come out and give Jinks a carrot. Children especially like to watch for him."

To passersby who holler remarks like, "Hey lady, why don't you ride him?" Whitney shouts back quick one-liners like, "We're both getting too fat."

Whitney and High Jinks still jog together, although not daily as they did during the summer months because Jinks is now stabled further away from his owner's home. He is not at a loss for new jogging partners.

"If a friend needs a chance to get away from it all, I'll ex-

plain the instructions and they can take Jinks out for a run on the desert," Whitney said.

The desert, the canal banks and Central Avenue in Phoenix are the places High Jinks is most likely to be seen jogging with his companion. According to Whitney, this exercising equine may be seeking out new challenges. "You can say we're checking the entry rules and regulations to see if only two-legged joggers can enter the Boston Marathon," she said.

-Cheryl Crooks



## FOR SAMORE, A RACE STARTS AT 15-20 MILES

**J**ohn Samore is one runner who has no illusions about ever winning at Boston. While some runners lie awake at night imagining them-

## Words to Remember

*"Running's the best thing for a singing voice. As much as I abuse myself at night, I have to do something for myself in the daytime."*

/WILLIE NELSON  
Country-western singer

*"I'd definitely be in favor of establishing a permanent site for the (Olympic) Games, like in Greece."*

/BRUCE JENNER  
Olympic gold medal decathlete

*"If Henry (Rono) takes off, you're crazy to go with him."*

/ALBERTO SALAZAR  
University of Oregon distance runner

*"I don't copy any runners—I never saw Keino run."*

/HENRY RONO  
Washington State University distance runner

*"My injuries were preventable. I overdid it and didn't get enough rest. I guess I've finally learned that putting in a whole bunch of miles isn't what's important."*

/ROBIN BAKER  
University of Oregon cross-country runner

*"In 1998 there will only be joggers, bikers and skateboarders as the United Hebrad Republic (Arabs and Israelis combined) will have cut off our fuel supply."*

/CAROLINE CUSHING  
Actress



selves speeding up Heartbreak Hill and eventually crossing the finish line in first place, Samore sleeps contentedly.

To win at Boston, the runner has to burn up the course from the starting gun to the finish line. It's full speed ahead with no let up.

Having the confidence to know you're going to finish strong is more important to Samore than going out strong and blowing up. He knows he's going to place second or at least in the top 10 with such a tactic.

"My forte is about mile 15 to mile 20," he said. "I don't like to have to bust out and if you're going to be competitive you've got to go out fast. I tend to be slower but I don't blow up."

Despite his reluctance to go out fast, Samore did turn in a PR in 1976 when he ran a 2:16:04 at the Mars Marathon outside Sioux City, Iowa. That qualified him for the Olympic Trials in Eugene where he finished a disappointing 33rd.

"It was a coward's race," he said. "I went out really slow and picked up everybody who was dying. In the last five miles I passed about 15 guys. A lot of these guys try to gamble their lives. I was realistic about it."

Back home in Iowa, where Samore has a full-time law practice, nobody ever heard of marathons, let alone road races. And despite his training, he couldn't find the necessary competition.

"I'm in the desolate Midwest," he remarked. "Competitively there's a few good runners but I've got to travel hundreds of miles to find good distance runners. We're catching on but we're five miles behind the rest of the country."

Not one to sit around and wait for things to move on their own, Samore began a track club. He put in long hours of promoting running and gradually people began to view running as normal activity.

Although he set some school and state records running when he was younger, Samore feels college competition pushes the runner to do too much too soon and at too fast a pace. He ran a 4:10.2 mile and a 14:06 three-mile, neither very impressive in his eyes. But those were decent college times 10 and 12 years ago, especially when continually hampered by injury.

"If you got a race every week and rush to get yourself in shape," he recalled, "you risk getting hurt again. You are always playing catch-up. I got injured every single year—I never completed a season without injuries."

But despite the injuries, Samore competed well enough to finish in the top 10 in the National AAU one- and three-

mile races and make All-American several times.

Despite the injuries Samore never lost enthusiasm for running. The one- and three-mile runs gave way to the marathon when he was 25 years old. The high school memories were laid to rest but the injuries began to resurface last year.

Picked to run in Enschede, Holland, in a meet of 29 countries, Samore arrived three weeks early to get used to running in a new environment. But four days before the marathon he was running in the rain in Amsterdam and tore a groin muscle. He didn't run a step for seven months.

Half-squats and toe raises became his daily rehabilitation routine. In the meantime he was still working at his father's law firm in Sioux City. He was a member of the Human Rights Commission and ran for the school board. It would have been easy to slip into the routine of playing city politics and laying back and taking it easy. But Samore wouldn't give up.

This past summer he began to run 50-70 miles a week. Sure he wanted to bust out and run 120-mile weeks but he knew the comeback trail would become a dead end. So he waited and built slowly.

He ran the Aisle AAU 15-km., the Rivercade run in northwest Iowa and the Sioux City 15-km. He won the first two by three minutes and the other by over five minutes and set a state record of 1:05:52 for the Sioux City AAU half-marathon. But he's had to pick his races carefully due to the torn groin muscle. Hills are out—he tried to run Charleston and ended up 35th because of the hills.

Samore is emulating the squirrel this winter, saving up his strength, rehabilitating his leg to get ready for the next season.

"I'm convinced winter training is lost here," he commented. "You run and it doesn't do you any good. You can't run fast enough to keep your cardiovascular conditioning up and if you run slow you are out there all day long and you tear your legs up. It's tough to get out and run when you've got winters like we do. I'm a warm weather runner."

Samore won't get in the mileage he would like to this winter but he'll be ready to go when the weather warms. He plans on heading to Europe for a few international meets. He wants to get his 10-km. time down to 29 minutes again and be in racing trim for the coming season.

Picking his own times and places, he'll build confidence and who knows—maybe someday he will feel strong enough to go full out from the start. But one thing is for sure, no matter what his race strategy,

## Amazing Comeback of Stricken Joanie Shea

**E**ighteen miles into the December, 1977, Jersey Shore Marathon, Joanie Shea was running toward a certain sub-3:30 effort and a trip to the fabled Boston Marathon.

But a sharp pain in her left foot suddenly cast doubt on the situation.

"I wanted to qualify for Boston really bad and I was doing well when I felt something terrible in my foot—I guess what you could call a crack," Shea remembered. "It hurt really bad. I thought to myself, 'Well, if I quit now I'll never know if I could have made it to Boston. And what will I do? If I have a broken foot I'm still going to be out; I might as well have something to look forward to.'"

Shea hobbled across the finish line—despite a broken second metatarsal—in 3:28,

eye wouldn't close. And it was all pulled to one side. Not only did I look strange, but it was hard for me to talk and to chew. Worst of all was the pain—it was pain that went from the neck down, especially on one side, which made it difficult ever to get in a comfortable position. And plus the fact that my nerves were exposed—every time the kids would kiss me on the face it would hurt."

Shea, who can't ever remember even having a cold, says doctors believed the disease was precipitated by an upper-respiratory infection. She is convinced, however, there was an epidemic of Guillian-Barre at the time.

"It was a very strange, uncomfortable, scary type of thing. Thank God the prognosis is good, though. It moves up your body symmetrically



two minutes below Boston's qualifying time. The injury, however, prevented her appearance in the 26.2-mile jaunt through Beantown in April. "One thing I truly feel is that anybody who chooses not to run, that's one thing, but when you can't run, boy, that's really a drag," she said.

This sort of conviction comes from a 35-year-old woman who never ran until April of 1977, or until after she contracted Guillian-Barre Syndrome, a disease which eats away at the nerve linings, exposing the nerves and causing temporary paralysis. The untreatable sickness hospitalized Shea for 11 days in August of 1976.

"I was literally paralyzed," Joanie explained. "My face was completely distorted. I had one side of my face where the

and then takes its own course and goes away."

A fine tennis player before being stricken, Shea needed something to rid herself of the extra weight left by her inactivity. She worked her way up to 20 minutes of jogging in place before considering a move outdoors.

In February '77 she accompanied her husband Frank on a relatively short trek but tired after only eight minutes—hardly an auspicious beginning. Another attempt in the spring brought more favorable results.

"In April I went out with my husband and another guy and we went around a square that measured 2.6 miles—in my tennis shoes," Shea said. "I went around and finished and felt great. And he (Frank) was just so proud of me. He was so excited, and I think the enthu-

siasm from him made me turn on."

The New Providence, N.J., mother of two has climbed from that 2.6-miler to a state age-group 15-km. championship, which she captured on Oct. 1 with a 63:45. She has run 40:14 for six miles and competed in two marathons—her first attempt at New York City in 1977 netted a 3:42. That was followed by the painful Jersey Shore Marathon.

While nursing the broken foot Joanie did the next best thing to running—instilling her enthusiasm in the community.

"During the time of injury people were calling me talking about running," Shea recalled. "So I started talking in the area. There were programs—I went to the detention center in Elizabeth and spoke to the kids there on running. I wrote to them and the kids started running on those horrible little basketball courts they had outside. They must have had to run around them 30 times for a mile."

Shea recently completed teaching a six-week running class in New Providence which was widely attended by women ranging in age from their 20s to 60s. "One woman had smoked over three packs of cigarettes a day and is now running four miles daily," Shea enthused. "That's so incredible—her whole life has changed. The majority of the women were running for 30 minutes after the six weeks."

Then there is New Providence's Amazing Feet Running Club, which Joanie and some others founded "to get people started in running, and to get them started the right way." The Club staged a 24-hour, mile relay last July for cystic fibrosis on an area track, with each of the 10 members involved running a hard mile every hour. "We had guys there running 5:10-5:15 miles, and then there were people like me—6:30s and 6:40s," Joanie laughed.

Shea considers herself recovered from the bout with Guillian-Barre, but reminders of the disease persist.

"I think I still have certain weaknesses because of it—I have one eye that is not exactly right. And I have a weakness in the muscles in my arm and my right leg."

Yet, the effects of the Syndrome have not been entirely negative.

"I think that being sick like that gave me a whole new life, and especially with running, a new outlook on life."

"I feel like I have a hotline here," Shea added. "People call me up. They need motivation. They want to get started. I like to try to give back to others what running has given to me."

—Bob Moriarty



## American Girl Debra Klinger Has Likeability

**S**he started out as a child. It's an old Bill Cosby gag but very true of the life and career of *American Girl* Debra Klinger.

Debra, star of the ill-fated television series, *American Girls*, began her career as a child performer with Danny Kaye. But as she grew out of childhood she returned to her native Utah and, in family tradition, began singing with her sisters.

Their local success caused friends and fans to encourage *The Klinger Sisters* to move to Hollywood and try their luck.



That encouragement, plus talent, provided the impetus for a show business career and has made Debra a very busy person.

In addition to her TV role, Debra continued to sing and perform both on film and in person. This left her little time to herself and she liked to spend part of that time on the road.

Debra awoke early each morning and, weather and time permitting, jogged from her home to the television studios in Burbank, a distance of several miles. And then again,

after shooting, she would often run home. For Debra these are special moments.

"I feel it rejuvenates things in me that working takes out and it gives me peace of mind. Running in the early morning . . . there are no people around . . . I can get my thoughts together and think out how I'm going to go about my day. I just feel better when I run. I have more energy during the day."

"I'll jog to work and there is hardly a car on the road—which is rare in Los Angeles. You can hear the birds (another

rarity) and the air seems a lot fresher.

"I take my time but keep a steady pace. It frees me from the other worries and gives me a chance to concentrate on my character and the role I'm playing that day."

Debra's rise in Hollywood is not atypical. Arriving with her sisters they found work touring county fairs and went on to concert engagements. A beautiful and musically gifted group, *The Klinger Sisters* impressed enough people, among them Tommy Smothers, to be given eight spots on the

*Smothers Brother's Show*, one of the most popular of the late 1960s.

Exposure and notoriety from the *Smothers Brother's Show* paved the way for more guest shots with Bob Hope, Andy Williams and Dean Martin.

In 1971 Debra left the *Klinger Sisters* and toured with British pop and blues singer, Tom Jones, singing with a group called *Rock Flowers*. Later she appeared in *Captain Kool and the Kongs* as "Super Chick."

From *Captain Kool* she began breaking into the prime time slot. Commercials and voice-overs were closely followed with roles in *Barnaby Jones*, *Hardy Boys* and *Operation Runaway*. Then came an opportunity to star in her own TV series, *American Girls*.

With the phenomenal ratings success of *Charlie's Angels*, the other networks rushed out similar shows designed to appeal to its large audience. They realized that pretty women could be a success in roles other than harried housewives with dull floors, dirty sinks, lazy husbands and torn panty hose. Yet many saw it as the stereotype sex object come-on.

*American Girls* was lumped into this category. Not only that but Debra was, along with all others in the genre, accused of using her beauty to cover up for a less than three dimensional female character, Amy.

Again, the sex object complaints. But she doesn't see it that way.

"I tried to make her (Amy) as likeable as possible, because in TV likeability is what counts. Everything is done so quickly in TV you really don't have time to create like you would in films. So you have to make sure that what you do with a role is likeable to the audience.

"I think what I did was just that. I didn't get any negative comments on her at all. Most people really like her.

"My character was definitely not a sex kitten. My character was an All-American girl and they patterned her after me.

"After meeting me and after doing the pilot they tried to bring in more of my characteristics into Amy."

"A lot of people, both in and out of television, accused us of doing a 'jiggle' show (a 'jiggle' show refers to comments made about female stars' undergarments—or lack of them—particularly in chase scenes). Well I don't like that and I just don't think these people realize that women are finally getting a chance at big roles.

"Before, women were just a love interest, or a wife that hung around. Now we're getting the better parts, we're getting a chance to do more. I really can't see that as bad."

—Stephen San Filippo

## PEOPLE

he's never faltered in his love of running. Despite the hardships of winter training and the disappointment of injuries, he keeps coming back.

—Don Monkerud



### PFEFFER IS HUNGRY FOR COMPETITION

**R**unning a 2:16 marathon is like drinking from the Fountain of Youth or finding that first love—once you've tasted it, you always want more.

Kirk Pfeffer tasted the victory that comes with a fast-paced marathon and he's hungry for more. Unfortunately his body hasn't cooperated and those victories remain as difficult to maintain as that fabled first love.

Despite being plagued by injuries, Pfeffer has continued to be a front-runner in many races both in Colorado where he lives and in other races around the country. A member of Colorado's cross-country team, Pfeffer went to the nationals last year with only 60 miles training a week. That was good enough for 10th place in the 10,000 meters but he came back to finish second in the 5000 meters. Afterward it was back to the trails of Colorado for more running.

The trail drops and rises like the roller coaster at a carnival. The earth is red, rocks jut out and pines are stark green in the pristine air around Boulder. Pfeffer's long-distance runs once a week take him across the trails above the town out along the ridges to El Dorado Springs. It's this type of training which Pfeffer thinks is responsible for his own and Colorado's successes in racing.

"I think training in altitude has an influence on our team,"

he said. "It's a good atmosphere up here. Plus it helps to have seven or eight people on the team who are top runners. Running to El Dorado Springs helps also. It's about 20 miles of trails and it's gruesome."

After a summer of this type of training, Pfeffer went to the Nike Challenge Run and came in behind Ric Rojas with a 44:10. Then it was off to the Springbank Half-marathon which he finished in 56 minutes, good for a fifth place. But a toe infection put him out of the running for his big race of the year—the Nike Marathon.

"I ran all summer to run the Nike Marathon," he said, "and the last two weeks my toe got infected. I didn't want to take any chances because it was so bad, so I didn't run."

Pfeffer considers himself a marathoner despite his cross-country and track runs for Colorado. When he was only 17 years old and a student at Crawford High School in San Diego, he ran his first Mission Bay Marathon in 2:25. The next year he came back to run Mission Bay in 2:17. He qualified for the Olympic Trials at Culver City with a 2:18 but his 2:17 in the Trials was only good for an eighth place finish. He came back to Mission Bay and ran 2:16.03. Just as he was getting a taste for the 2:16 pace, it slipped from his grasp.

"One week after Mission Bay I got injured," he recalled. "I had surgery on my left knee and was out for eight months. After I got out of the hospital I had two months to get in shape for cross-country and I couldn't run for one whole month."

In that one month, he got in good enough shape for the World Pros track club to ask him to run in the AAU events. But the AAU will not allow college runners to compete for a club between seasons. Then an inflamed patella laid him low for another two months.

Not one to give up, Pfeffer was coming back again. He went into the indoor track season with only 30 miles a week of training. In the Big-8 meet in Nebraska he finished up the season with a 9:05 for the two-mile indoors running for the Colorado team. (He had run an 8:59 for two miles while still in high school.)

Colorado makes a good showing in college racing, especially in cross-country competition. But Pfeffer feels the individual runners this year will provide one of the best teams ever. In the past, he feels the competition hasn't been enough of a challenge.

"We're in the Big-8 conference and it's just not that hot," Pfeffer mused. "If you say, 'We're Big-8 champs,' it's no big deal. The competition isn't that good and we need more competition so we can



get used to running quality people."

To prepare himself for that quality competition which he hopes will aid him in his drive to run a 2:10 marathon, Pfeffer likes to run 15 miles every morning and 10 in the afternoon. But it's tough when he's in school full time.

Pfeffer is just completing his last year for a teaching credential at Colorado. He hopes to land a job in physical education teaching team sports and coaching a running team. His wife is going to have a baby so he feels the pressure of "bringing home the bacon."

"It's good that my wife wants me to run," he said. "I don't want to quit, I want to get a good shot at running but I also want to be able to support my family."

—Donald Monkerud



## WILLIAMS FIRST MINOR IN GERMAN RACE

**D**iane Williams of Yuba City, Calif., was the first female under the age of 18 to run a marathon in Germany. She was there to prove a point, but looking back, is not quite sure she did.

In 1974 at the age of 14, Diane ran the hilly Palos Verdes Marathon, finishing with a sterling time of 3:14. She had only been running for a year. Her performance caught the eye of marathoner Joan Ulyot who in turn told Dr. Ernst van Aaken, respected women's running coach.

She began receiving letters from van Aaken, who was sponsoring the first women's International Marathon in Waldniel, Germany. He explained the policy which prohibited German girls under 18 from participating in marathons and inquired whether or not Diane would be willing to become a test case. Being from another country she

could legally compete in the race. She agreed.

What began as fun-runs with her brother, Kevin, now became training in earnest. Unfortunately, the Palos Verdes Marathon which had brought her such notoriety had also left her with a nagging injury.

"I had very bad knee problems at the time. I went to every kind of doctor."

This, of course, limited her training and caused her to run what she terms, "my worst marathon ever." Although a bad experience, she managed to place sixth, but with a slow time of 3:30.

In 1976 Diane was invited to the Women's World Marathon—another van Aaken race held in his hometown of Waldniel. She would be better prepared for this one.

That year Diane began lifting weights and the pain ceased. "I equalized my muscles," she explains. She also increased her workouts to 15 miles a day with occasional interval training consisting of 20 x 440 or 880 after a "short" morning 10-miler.

At the World Marathon things began smoothly, and then the bottom fell out. "I was running about a 2:55 (pace) and then I . . . I've never hit a wall so bad. I felt great, and then all of a sudden . . ."

Not having run a marathon since Germany, Diane decided to return to competition last summer in shorter road races. The results were encouraging.

"I'm going out for college track and cross-country because the speed work seems to do so much for me in the longer distances. I'm not doing as much distance as before and my times are so much better I can't believe it."

But will she return again to running marathons?

"Marathons are my goal. I've been doing a six minute mile pace for almost all distances. I think I could do one now under 3:00. I've been meeting a lot of women this summer who have been going under three hours and I've been beating them—some of them pretty bad."

After two years, what is her opinion of the German marathons? Are young girls physiologically capable of withstanding the rigors of training and competing in them on a world-class level?

"I wouldn't (recommend) they run too early because I don't think running the kind of mileage I did is right. If I was young again, I wouldn't do it. You're still growing and I think it is so much easier to get injured."

Even at the age of 19, some people can speak with the voice of experience.

—Steve San Filippo

# Book Reviews



## THE INCOMPLETE RUNNER

By Bruce Lansky and  
Ted Martin

B. Lansky Books

It took time but it was inevitable. Sooner or later someone was going to publish a cartoon/joke book about running. And for those of you who have been waiting anxiously for that book, suffer no more—Bruce Lansky, author and humorist (?), and Ted Martin, cartoonist, have put together a small, vaguely funny concoction called, *The Incomplete Runner*.

Structurally, the book (actually a comic book) is divided into two parts. The first part is a collection of captioned cartoons in which Martin/Lansky set up absurd running situations. Absurdity can often be the epitome of legitimate humor, but there is a fine line between real and forced wit. Martin/Lansky, in most cases, force it.

Most every comic cliché is used here. Examples of formula situations include the wealthy, overweight jogger running from his mansion to the chauffeur-opened door of his Rolls Royce; the same guy telling his butler to run three miles for him; women running with hair dryers attached to their backs; birds people-watching joggers, and on and on and on.

The second part of the book is devoted to running term definitions, ready-made excuses and inexplicable degree-of-difficulty tables which, supposedly, measure on a one-to-ten scale problems inherent in certain running activities.

Lansky's definitions range from moronic (Collapse Point—One step beyond the finish line) to the scatological (Fartlek—An embarrassing condition that affects runners after they eat

beans. In acute cases, can lead to flatulence interruptus).

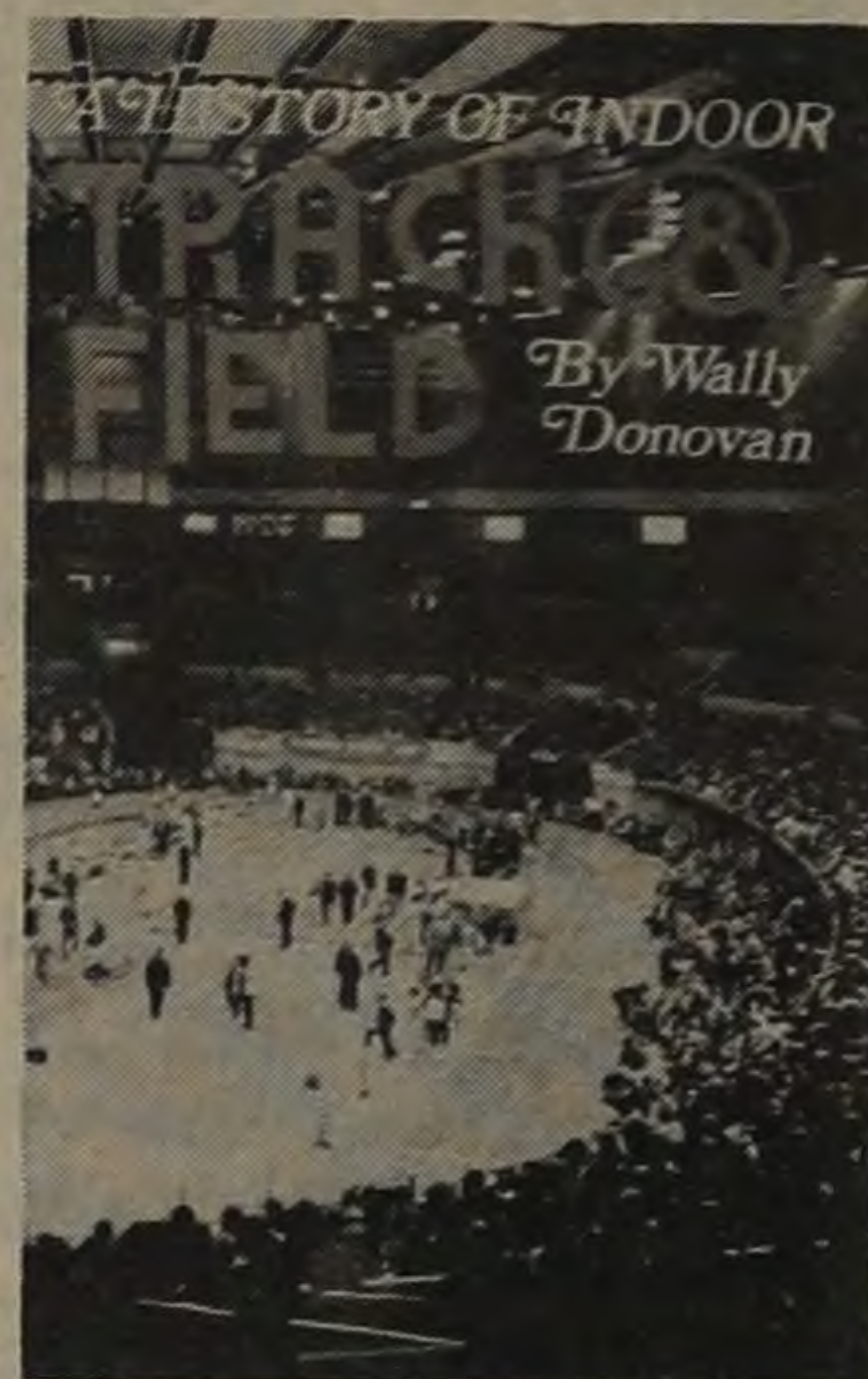
The "Guide to Excusemanship—or—You'll Never Have to Run Again" is, in a word, lame. Less imagination and humor is almost impossible in this very short compendium of transparent one-liners. It is, perhaps, the weakest section of a very weak book.

It is unfortunate, however, that Martin/Lansky either didn't take the time or give runners enough credit for intelligence to put together a better offering.

Too often runners are accused of lacking a sense of humor, of taking their sport far too seriously. In accordance with this there is a noticeable lack of written material examining the lighter side of the subject. Martin/Lansky had an opportunity to help runners laugh at themselves—their idiosyncracies and foibles—and missed it.

Perhaps the comedic side of running will eventually be explored by someone of wit and sensitivity, and it may very well prove entertaining. As for now, the void has yet to be filled.

—Stephen San Filippo



## A HISTORY OF INDOOR TRACK & FIELD

The Edward Jules Company  
By Wally Donovan

Now that we're in the middle of the indoor track season there's no better time to pick up a book written by Wally Donovan called *A History of Indoor Track and Field*. Whether you're world record indoor

mile holder Dick Buerkle or Joe Jogger, you'll enjoy its many anecdotes on the sport.

You'd think that after 111 years of indoor track more books on the topic would be available but they aren't. Donovan's historical compendium featuring personality spotlights and memorable events is the most complete offered anywhere.

The \$9.95 hardbound edition is worth the price if only for the many rare and interesting photos. Hardly a page goes by without captions of the pioneers in track. Panoramic scenes of the old Madison Square Garden track or of the 1938 Dartmouth Invitational—where both straightaways were run through tunnels—are provided.

The structure is simply a hodgepodge of vignettes shifting from the people to the events of indoor track, in chronological format.

One page you'll be perusing a story about Greg Rice, a speedster known as "Little Dynamic." Flip the page and you're reading about a meet in Bronx, N.Y. in 1942 where six world records were set. None of the stories are more than a page or two in length and there are no chapters. But this makes for lively reading.

Besides events and personalities, Donovan traces the evolution of the mile and two-mile world record. There are brief descriptions explaining tracks, crowd attendance and timing.

What makes this such enjoyable reading are the sometimes bizarre stories Donovan effectively weaves. In one vignette he highlights the famous Slow Motion Mile. Three of the top milers in 1936, Glen Cunningham, Gene Venzke and Joe Nagan came head-to-head at Madison Square Garden. It was billed by promoters as "The Mile of the Century."

After the race was underway none of the runners wanted to take the lead. They waltzed through the half-mile mark in 2:34 and finished the race with a molasses-like 4:46 to the jeers and clapping of fans.

Donovan's personal experience as a 440-yard dash man in college undoubtedly contributes to the book's appealing conversational style. During college in New York in the 1930s the author ran at Madison Square Garden against many of the greats he writes about, including former 600- and 400-meter world record holder Jimmy Herbert.

This chronicle of indoor track should be a collector's item for the serious indoor track's aficionado. Equally, for the jogger it's a fun book to pick up and browse through. I can think of no better way to relive indoor track's most exciting moments.

—Ray Hosler



# THE COMPLETE WOMAN RUNNER

**By the Editors of *Runner's World***

Women are breaking the traditional molds at a furious pace. They are becoming company executives, truck drivers, construction workers, telephone installers—and runners. Women who have not changed their roles in society are finding running to be an element that enriches their lives and opens new doors to themselves.

Women are finding that running is something they can do for themselves, something that requires that they count on themselves. "Once I started, I found that I became the most positive element in my running—I kept myself going," is the most common observation among the 50 women runners profiled at the end of **The Complete Woman Runner**, the ultimate book on running for women.

Covering everything from properly getting started to entering competition once the body is whipped into shape, the book also contains a section on the mind and the body of the woman runner: her potential, her special aptitudes for running, the psychological benefits. To put the revolution in perspective, there is also a section on the pioneers in women's running that details their accomplishments and outlines the roads still to be run before equality is reached.

At one and the same time a practical and philosophical guide to and for the woman runner.



## The Complete Woman Runner

is a massive volume, in excess of 450 pages. Written by many of the runners who broke the ground for the women running today, compiled by the editors of **Runner's World Magazine**, long a leader in covering women in running.

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# ON THE ROAD



## NCAA CROSS-COUNTRY CHAMPIONSHIPS MADISON, WIS.

NOV. 20, 1978

November sub-zero wind-chill wasn't that much of a surprise in the 40th running of the NCAA Cross-Country Championships, but Henry Rono's failure to win a third straight individual crown was.

With race temperatures at a breezy 18 degrees, Alberto Salazar opened up a 60-yard gap in the uphill fifth mile and his 29:29 led defending Oregon to a second place finish behind University of Texas at El Paso (UTEP).

At one mile with Oregon's Rudy Chapa and Salazar near the front, Rono moved to his left, passed Salazar, and proceeded to lead the front four runners past a clearly marked left turn. Steve Lacy, Wisconsin's lead runner, called them back: "What are you guys doing?"

The front-runners turned instantly and picked up the flow. Salazar described the incident as insignificant. "It didn't matter. Chapa and I were back up front in a matter of moments."

But for Rono the race was over. By the two-mile mark Arizona's Thom Hunt was leading with Chapa and Salazar 10 yards behind. Lacy was also there along with Cleveland State's Marc Hunter. Rono settled into a let's-finish-the-race-pace of 5:30, coming in fifth-from-last in 34:10. The always cheerful Rono offered a properly ambiguous "no com-



Africans bundled up in the bitter cold.



Al Salazar displays his winning form.



The field remains tight at the mile mark.





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**ON THE ROAD**

ment" and "I feel happy" before jogging away from reporters.

The race itself had its predictable quality. Runners moved out and up for three-quarters of a mile before settling into what Salazar described as a "disturbingly slow" pace.

Some 3000 spectators lined restraining ropes for the 11 a.m. start and looked as if they had dressed for the Wisconsin deer season which opened two days before.

Consisting of two two-mile loops, the course required spectators move no more than a couple of hundred yards to see the start, the two-mile point, the four-mile point and the finish. Runners covered the east loop followed by the west loop and finished by repeating the first loop in reverse; a maneuver that had them finishing downhill toward the exact point from which they started.

Salazar said that after the turn incident, "I never saw Rono. There were maybe 250 other guys out there."

Although he was always among the first runners, Salazar felt the pace was slow. "I had cramps most of the way. I kept thinking how I had to drop out with cramps before. I don't know if it was the cold or what."

Through the third and fourth mile of the west loop, first Hunt, then Chapa and Salazar held leads but established no clear advantage. "No one made any real surges," said Salazar.

By the spectator-packed 4 1/4-mile mark leaders separated into two closely-linked packs: Suleiman Nyambui, Mike Musyoki, Salazar, Lacy, Hunt and Hunter were leading. Chapa and Wheaton's Dan Henderson guided another group not far behind.

With a slight advantage heading into the reverse run of the first loop, Salazar's cramps left. Faced with a long, gradual uphill in a bitter east wind Salazar moved, and by the time the race was in its sixth mile, he had a 60-yard lead.

"Coming over the hill, I knew I had a good lead and I knew I had something left for a kick, but I didn't want to go too early." Descending the last rise, Salazar allowed himself two or three backward glances.

In the recovery area, Salazar explained his success, "I worked like hell last summer, 125 miles every week for 14 weeks. I knew this fall that I would have a good season."

Responding to questions about the Rono-Salazar rivalry that never materialized, Salazar noted, "It's only one race. Rono beat me a couple of times this year by only a few seconds.

Today I won and beat a lot of other guys."

On the team level, UTEP Coach Ted Banks said he was unsurprised by the frigid weather, the margin of victory (UTEP's fourth NCAA win in five years) or his team's individual performances. "After all," he said, "these kids are international competitors. They're winners."

**NCAA CROSS-COUNTRY CHAMPIONSHIP**

**Individual**

- 1. Al Salazar (Ore.) 29:30
- 2. Mike Musyoki (UTEP) 29:33
- 3. Tom Hunt (Ariz.) 29:34
- 4. S. Nyambui (UTEP) 29:36
- 5. Steve Lacy (Wis.) 29:37
- 6. Marc Hunter (Cleve.) 29:40
- 7. Don Clary (Ore.) 29:47
- 8. J. Schankel (Cal Poly) 29:48
- 9. R. Snyder (Penn State) 29:48
- 10. D. Henderson (Wheat.) 29:48
- 11. Micky Morris (Utah) 29:50
- 12. James Munyala (UTEP) 29:50
- 13. Tom Graves (Auburn) 29:52
- 14. Rudy Chapa (Ore.) 29:54
- 15. Jim Spivey (Indiana) 29:57
- 16. James Rotich (UTEP) 29:59
- 17. Jeff Randolph (Wis.) 30:02
- 18. Mark Muggleton (Ark.) 30:03
- 19. Dan Dillon (Prov.) 30:03
- 20. Jim Stintzi (Wis.) 30:05

**Team**

- 1. UTEP 56
- 2. Univ. of Oregon 72
- 3. Univ. of Wisconsin 134
- 4. Penn State 220
- 5. Univ. of Colorado 234

**FUKUOKA MARATHON FUKUOKA, JAPAN**

**DECEMBER 3, 1978**

Last year at the international-flavored Fukuoka Marathon Bill Rodgers worried about being past his peak. He was concerned that he had overtrained. One year later those fears materialized.

Defending champion Rodgers saw his dreams of being the first ever to take the Triple Crown of marathon running (winning the Boston, New York and Fukuoka Marathon in the same year) shattered December 3rd on Kyushu Island.

Instead, the long dormant Japanese marathon powerhouse came to life. And like a Godzilla movie, they breathed fire and took the town by storm sweeping the top three places. Rodgers finished an exhausted sixth. "Overall, I felt tired. By the halfway mark when I made the turn, I was blurry. I don't see that there was any way I could have won. I was just too tired."

Toshihiko Seko, a 22-year-old student at Waseda University, surprised the field to the delight of screaming, flag-waving fans numbering in the thou-

sands. He breezed to a 2:10:21, with fellow countrymen Hideki Kita and Shigeru So close on his heels.

So, who ran the world's second fastest marathon at Beppu last January, took the early lead. All alone at 20 kilometers churning out a blistering 1:00:50, So maintained his suicidal pace. A large pack including Rodgers, Australia's Chris Wardlaw, Kita, Seko, Trevor Wright of England and Waldemar Cierpinski followed. At 25 kilometers Wardlaw made a move from the second pack to catch the tiring So, but failed.

At 30 kilometers Seko and Kita accomplished what Wardlaw couldn't.

"After 15 kilometers I knew I was running too hard," So said after the race. "I was very shocked and disappointed when Seko ran through me. I thought at first it was Bill Rodgers."

But Rodgers was having his own troubles at the time. On the return trip of the ocean skirting out-and-back course Rodgers started to feel better with the wind now at his back. He picked off Wardlaw, but Britain's Treavor Wright, third at New York, was surging. "Wright and I had a little duel, but he passed me and I started keeping an eye open to see where Randy Thomas was. Leonid Moseyev (Russia's top marathoner) passed me on the track but I had no desire to battle him."

Thomas finished eighth while Garry Bjorklund, after his disastrous New York Marathon, bounced back to a personal best 2:13:15 clocking good for ninth.

Two of the top contenders weren't so lucky. Jerome Drayton, 1976 winner, dropped out at 20 kilometers. Cierpinski started walking at 35 kilometers and finished with a 2:22:49 in 32nd.

Seko, with a previous 2:15:10 best at Fukuoka last year capped off a brilliant running year. Last July, at the Stockholm Games, he destroyed his old 10,000-meter best by 42 seconds, winning a tight race in 27:52.

Afterwards he said, "I am very, very happy. I feel wonderful."

Seko said he keyed on Rodgers. "He was the favorite. When I felt I could break away from Bill Rodgers and make my move on So, I did." Before he could say more Seko was spirited away by a jubilant crowd. So's victory marks the first time since 1970 that a native has won the marathon, now in its 13th year.

It's going to take quite an effort to break the course record of 2:09:34.4 set in 1967 by Derek Clayton. The then world record ushered in the era of "speed" marathons

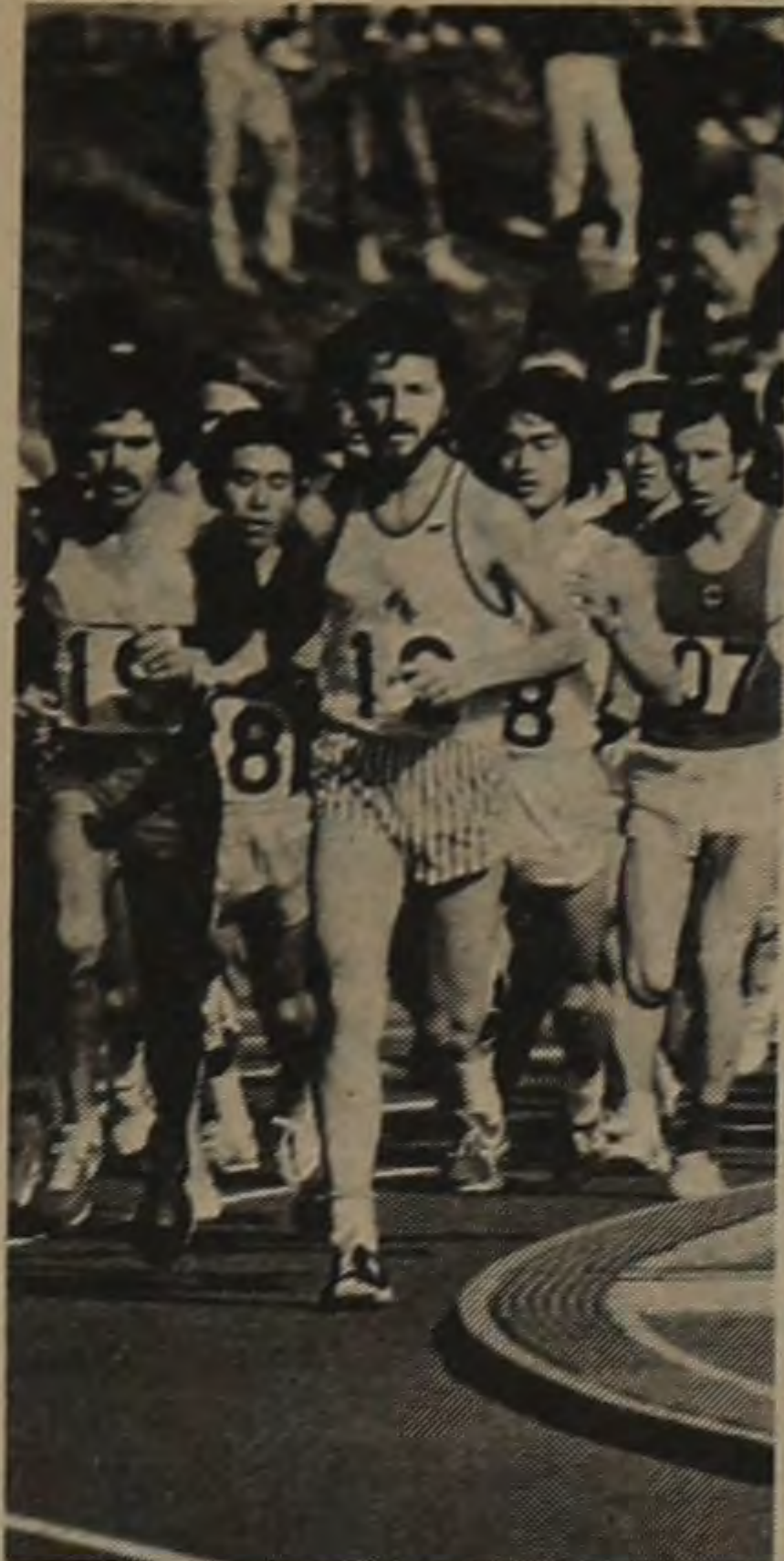


marked by the sub-five minute pace Clayton managed.

Despite an impressive sweep, Rodgers said he doesn't expect Americans to get a glimpse of top Japanese runners at the Boston Marathon this April. "The officials said their runners will never run Boston or New York City again because they're more or less fun runs and they don't like the big fields." Fukuoka is an invitational marathon.

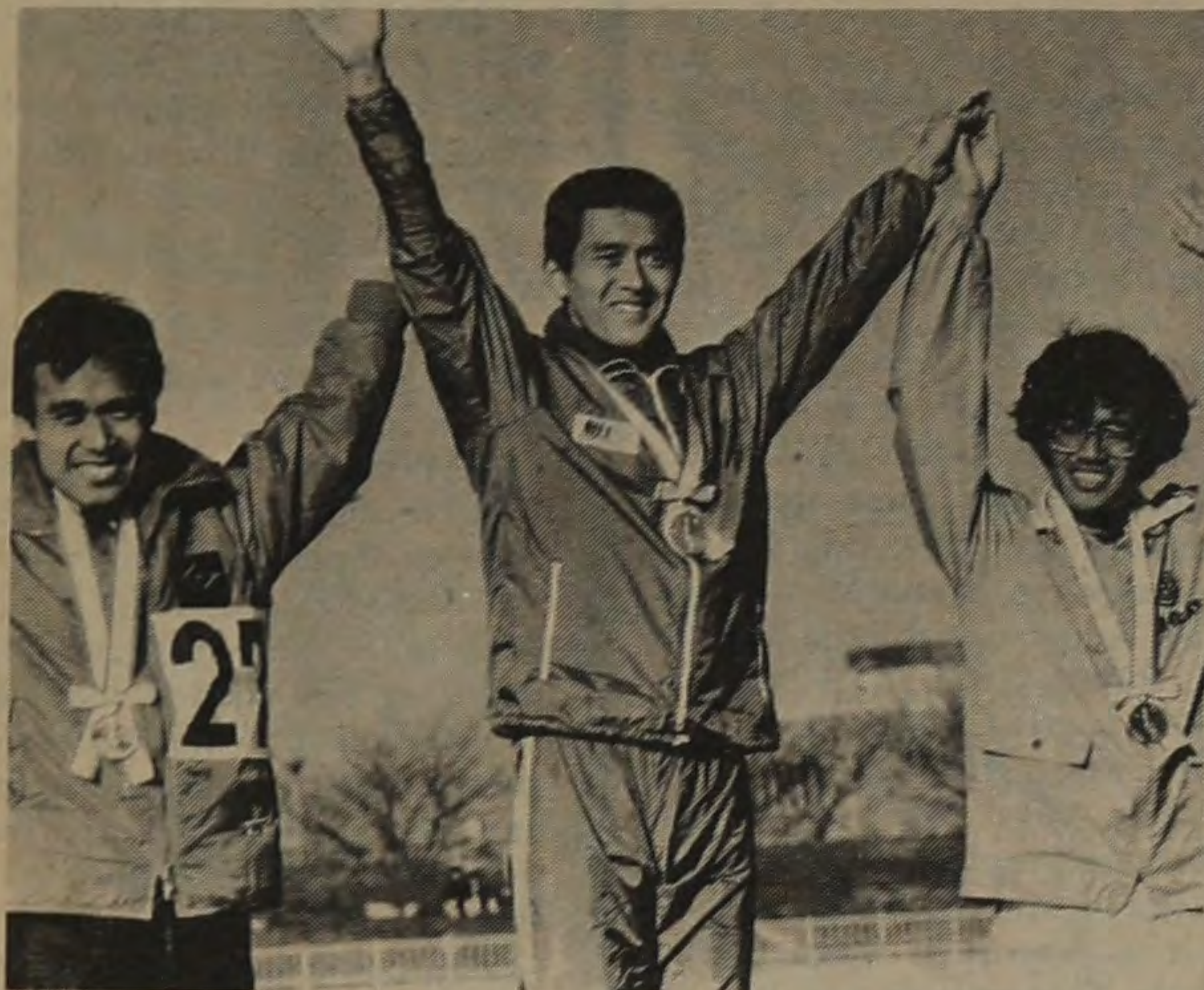
**FUKUOKA MARATHON**

- |                     |         |
|---------------------|---------|
| 1. Toshihiko Seko   | 2:10:21 |
| 2. Hideki Kita      | 2:11:05 |
| 3. Shigeru So       | 2:11:41 |
| 4. Treavor Wright   | 2:12:31 |
| 5. Leonid Moscyev   | 2:12:44 |
| 6. Bill Rodgers     | 2:12:51 |
| 7. Chris Wardlaw    | 2:13:02 |
| 8. Randy Thomas     | 2:13:11 |
| 9. Garry Bjorklund  | 2:13:15 |
| 10. Richard Hughson | 2:13:21 |



photos by Jiro Hashimoto/ The Runners

Lionel Ortega (19) and Tom Fleming (12) lead the field of 94 from the stadium.



Winners: (l-r) Hideki Kita (2nd); Toshihiko Seko (1st); Shigeru So (3rd).



Rodgers is passed by Treavor Wright on the return trip.



# Begin At The Beginning

(especially when you've missed so much)

Don't be left out. There are still some back issues of the information-packed *ON THE RUN* available. Simply check the issues you want, enclose payment and mail.

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# ON THE RUN

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# RUN AMERICA

## ★ ★ ★ LAS VEGAS ★ ★ ★

Show biz, glamour, sun, fun. Las Vegas, Nevada is all that. People come to Las Vegas from all over the world. Running vacations are more commonplace than ever before—and be prepared for some different running in Las Vegas.

**WHERE TO STAY.** Are you kidding? Las Vegas has 22,181 hotel and motel rooms ranging from \$11 at Motel 6 to whatever price you choose to pay. Most places are filled in the summer and much of the winter (except Christmas) and do require a deposit for advance reservations.

**TEMPERATURE.** If you see anyone running at noon in midsummer, it is because that is the only time they are free to run. Otherwise, noontime temperatures range 100+ during the two hottest months, July and August. Last year (1977) was a warm year, with July's maximum temperature at 106.5, and a 92.4 average for the 24-hour reading. October's maximum temp was 86.5, average temp at 71.4; January, one of the two coldest months (Jan. and Feb.) averaged 45.7 with a max of 58 and minimum of just above freezing at 33. Strong winds, at times, can be a problem.

**WHEN TO RUN.** According to the National Weather Service, the lowest temperatures in this desert area occur between 4 and 6 a.m. when winds are down and the sun is rising. The highest temperatures occur not at high noon, but between 4 and 5 p.m. The hottest temperature ever recorded was 117, and July is the hottest average month over 30-year readings. Choose your time to run. There are places to run and people to run with any time of any day or night in this 24-hour town with three work shifts.

**WHERE TO RUN.** The best locations are: **UNIVERSITY OF LAS VEGAS (UNLV) TRACK**, at the Paul McDermott Physical Ed Complex, 4505 Maryland Parkway just 2 blocks off the Las Vegas Strip. At first shot, the track is difficult to find. Take Las Vegas Blvd. So. to Flamingo Road. Travel east on Flamingo to Maryland Parkway, turn south on Maryland Parkway and west onto Cottage Lane, a divided side street. The second turn-in for parking areas will direct you to the best spot in town for track running. This 3M tartan oval track is kept in excellent condition and open 24 HOURS.

Track coach Al McDaniels of UNLV welcomes anyone to come to Las Vegas to run. In addition to the college athletes who participate in campus running McDaniels says there's a thousand runners that fit the category of "just running."



The upcoming College Cross-Country Invitational is scheduled for September 23, with registrations taken up to meet time. Phone McDaniels or Dominic Clark (702) 739-3256 for any information on the campus facility.

**LAKE MEAD.** A national recreation area which offers unlimited places (500 miles of scenic lake views) to run anywhere around the giant, man-made lake. Temperatures are extremely hot in summer but winters are ideal. Campgrounds, visitors center and nearby Hoover Dam information available through Lake Mead National Recreational Park Service, Boulder City, Nev., 89005 (702) 293-4041.

**SUNSET PARK** is located 3 miles from the Las Vegas Strip at Eastern Avenue and Sunset Road. Take the Las Vegas Strip South to Tropicana, travel east on Tropicana for 3 blocks, turn south on Eastern and travel another 3 blocks and there it is. Nearby is Wayne Newton's ranch, Casa de Shenandoah and lots of desert scenery in Las Vegas' Paradise Valley. Courses have been mapped out at Sunset Park for a Road Course, Circular Course and Cross Country.

**DUNES GOLF COURSE**, located adjacent to the Dunes Hotel on the Las Vegas Strip and visible from I 15 from Tropicana Avenue turn-off to the Flamingo Road turnoff, will allow runners on their championship golf course with no "green running" fee as of this date. Runners are advised to keep to the outside perimeters of the course. This plush course is 100 yards short of a 2½-mile run.

**OR.** Back in town, run *inside* the MGM Grand Hotel's football-field size Casino or down the 3½-mile long Las Vegas Strip from Sahara Avenue to the Hacienda Hotel.

**TRACK CLUB.** The Las Vegas Track Club is about 200 members strong; no nicknames, but their logo features a runner with a roulette wheel, what else. The club is a loose organization sharing the common interest of—what else, running. The club sponsors three major races each year; the Mini-Marathon (November 26, 1978), the Marathon (February 4, 1979) and the Mt. Charleston Notch Run in July. The club also schedules weekly fun runs: Summer schedule: Tuesday evenings at the UNLV track; Saturday a.m. at UNLV or Sunset Park (April through October). The Winter season begins on September 2 and races are held every weekend through March. For Las Vegas Track Club information on registrations, etc. contact "Mr. Track of Las Vegas" Bill Freedman (702) 878-5535 or President Bill Lawton (702) 458-6323.

—Barbara Phillips

### ON THE ROAD

#### E. LANSING BANK 10-KM LANSING, MICH.

NOV. 18, 1978

**F**ormer Michigan State University (MSU) stand-out Herb Lindsay showed a hometown crowd he's still one of the best runners in the country, edging several top Olympic hopefuls to win the East Lansing State Bank 10,000-meter run in 29:37.

Lindsay pulled away from the pack with a half mile to go, finishing in front of former teammate Stan Mavis, Olympic medalist Frank Shorter and Steve Flanagan, member of the 1976 US International Cross-Country team. Gordon Minty of East Lansing was the fifth runner under 30 minutes, finishing with 29:57.

Karen McKeachie of Dexter, Mich., won the women's division in 37:20.

The race, co-sponsored by East Lansing State Bank, Frank Shorter Sporting Goods and the Mid-Michigan Track Club, drew more than 2000 runners, including 500 women. Many of the participants and spectators turned out in hopes of seeing and running with Shorter, but others came just for the fun of it.

"Running just seems to be the thing to do," said Bill Mueller, one of the race coordinators, noting that more than 1300 ran in last year's event. "I don't think Frank Shorter would even have to be here next year to get over 2000."

The course started at the city hall and wound through the town's residential areas and over a foot-bridge finishing with a 300-meter stretch on the high school track.

The top five runners were bunched tightly through most of the race, Lindsay pacing the group at the mile in 4:32. Flanagan and Minty came through in 4:38, just a second ahead of Shorter and Mavis.

By the two-mile mark all five were grouped at 9:15, and it wasn't until the last half mile Lindsay made the decisive surge that won the race.

"Everyone was waiting for someone to make the first move and Herb made it," Flanagan said. "He was the guy who controlled the race by making the big move at the end."

Lindsay said he found it beneficial to run against some of the country's top competitors on the weekend before the





AAU National Cross-Country Championships.

Shorter, who had a piece of bone and two spurs removed from his ankle last spring, was pleased with his race noting that he's had only six hard training sessions since his surgery.

Competition in the women's division was as intense as the men's. Diane Culp, a former member of the MSU women's cross-country team, took the lead at the gun and clocked a 5:35 opening mile. McKeachie, also a former MSU runner, came through in 5:37 and wasn't able to take the lead until the two had passed the three-mile mark in 17:20.

"We were sort of toeing back and forth the first mile or mile and a half," Culp said. "I led at the three-mile, and at about the 3 1/4 mark Karen took the lead."

A snarl-up resulting from insufficient finish chutes cast a shadow over the event for many of the later finishers. Runners backed up past the finish line and had to wait before they could cross into the chutes. Hundreds more didn't even bother, stepping out of line to find a place to warm up. Consequently, although the timer scored 1970 finishers, only 1600 were tabulated on the official sheets.

Race proceeds will be used to fund school and recreational programs for underprivileged children in the East Lansing area.

**EAST LANSING STATE  
BANK 10-KM**

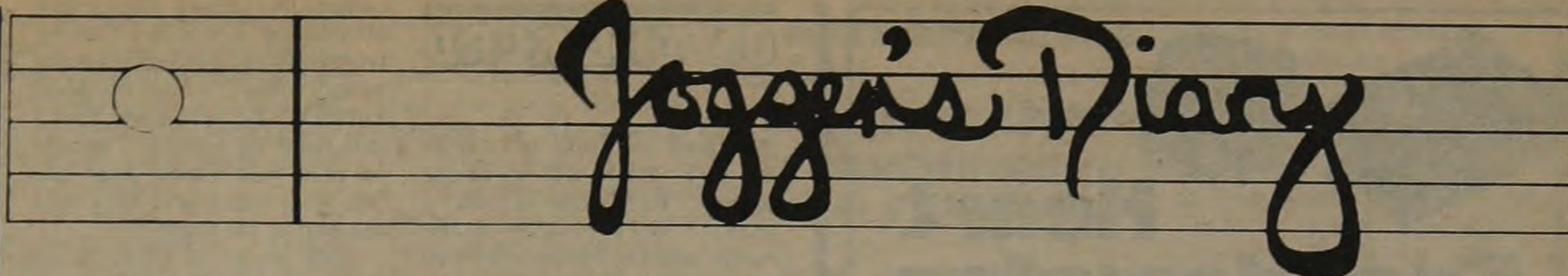
<b>Men</b>	
1. Herb Lindsay	29:37
2. Stan Mavis	29:42
3. Frank Shorter	29:43
4. Steve Flanagan	29:52
5. Gordon Minty	29:57
6. Tom Hollander	30:49
7. Bill Lundberg	30:51
8. Keith Moore	31:24
9. Martin Schulist	31:40
10. John Steinberg	31:41
<b>Women</b>	
1. Karen McKeachie	37:20
2. Cynthia Wadsworth	37:48
3. Diane Culp	37:50
4. Kathy Loper	37:54
5. Cheryl Flanagan	38:00

**FIESTA BOWL  
MARATHON  
CAREFREE, ARIZ.**

**DECEMBER 2, 1978**

Walter Blair Johnson's appearance as the first finisher of the eighth Fiesta Bowl Marathon produced a number of "who's he" expressions, but Johnson shouldn't have any identity problems now.

The 26-year-old from Tucson won his third straight marathon in a year, running from pre-race favorite Mark



**Little Do's and Don'ts-In's and Out's  
By Chet Cunningham**

**T**hey told me it could happen but I didn't listen. I peaked too early for my big marathon run. There I was doing 20-milers once a week, building up to a long one on Saturday or Sunday. I was doing 60-70 miles a week and putting in many more hours than I could really afford to on my training.

So I decided to relax for a week. It was still six weeks out from the race. So I'd relax for a week and then get back on my build-up to 80 miles a week just before the race.

Still working on it. Race seems to be coming up faster now. Have my registration number and packet of instructions and even the exact race route. I'm going to go down and make a few test runs along parts of the route just so it won't all be new territory when I run it.

Running a brand new course seems mentally tiring. But if I've gone over a route many times before it seems to go easier. Does anyone else find that to be true?

Here's a good idea that isn't mine but worth repeating. When you run, you should have some identification along. Most of us don't take a billfold or a purse on a 10-miler, so how to ID?

If you have any kind of medi-alert tag, be sure to wear that. This shows if you have any medication allergies, or any special medical condition. But what about name, address, phone number? What would be good is a little typed-up name tag with vital information on it that would be heat sealed in plastic. This makes it sweat proof and protects it from rain. Make the plastic seal big enough around the edges so it can be pinned to your T-shirt or shorts. Maybe a small industrial ID badge with a spring clip on it would work. Even if it's handwritten in pencil, try not to run again unless you have some kind of an emergency ID tag on your clothes. It makes sense.

I finally learned to take my pulse. I place the first two fingers on my temple. That seems to work best for me. I count the beats for 10 seconds by my watch and then multiply by six. Twenty-five beats for 10 seconds is a heart beat of 150 per minute. That should be your high side. Anything under that is fine, too. I usually take the count at the hardest point in the run, often just after a small hill. A 27 in the 10 seconds means I'm pushing a little too hard.

She was 11, all arms, legs and smiles. Her dad was also in the 10-km. race. He was suntanned, lean and fit. Only a small problem with one knee bothered him. We talked before the race. The 11-year-old was a runner, her younger sister took ballet lessons. Her mother watched the races and served as back-up trainer.

I didn't see the girl or her father at the start, but at the

3.5-mile mark, I saw the little girl moving past me as I panted up a small hill on the Balboa Park grass. Then I lost her. She beat me, of course, and took second place in her category of under 14 years. Her dad was well ahead of both of us. Ah, the speed, the energy, the vitality of youth!

Sweat soaked? Change the socks and shorts each training run. But what about the shoes? Daily use of one pair of shoes is not the best—for the shoes or the runner. Give the shoes a break by alternating them with a second pair. This also gives the footwear a chance to dry out.

Just like in the army where they recommended that you change boots every day, to give the clodhoppers a chance to

dry and rest. Set those nylon shoes out in the sun if you can for a good drying out which will also help keep them fresh. A pair of running shoes that gets used every day can really get raunchy smelling.

If this means another pair of running shoes for you, it gives you a good excuse to try a different type or different brand to see if you've been missing anything. There are many good shoes out there and now that you've convinced yourself that you should have a spare pair, all you have to do is pick out which new ones you want.

I'm really jealous of most of the rest of the country. I mean in Oregon, New York, South Carolina, Nebraska, Michigan, almost everywhere but southern California, you can find a chattering, bubbling, cool little stream to run beside. Down here most of our rivers have long since turned into dry sand washes.

At last I found one that is a legitimate stream. Actually it's a fork of the San Diego River that cuts through Mission Gorge. It chatters down past six or seven kinds of trees and brush and greenness and it's the best spot I have to run.

Of course it's also a curvy and hilly road, so it attracts all the sports car owners to use as a test drive and speed run route. That makes it tougher since there's no sidewalk, curb or shoulder to run on, which leaves just the blacktopped roadway. So far sharp eyes ahead for cars and good ears to warn of screaming sports cars and joy riders behind have saved the old skin. It's a 10-mile round trip, so that stretch has seen my feet many times.

Be a joiner. Why not? I ran for a year before I got around to joining a local track club. The dues weren't much, and I should have done it sooner. Now I get a monthly newsletter that tells about member runs, gives times, announces dozens of upcoming runs and lots more.

A 50-mile run is being held soon around a rubberized track less than two miles from where I live, so I'm going to be sure and be on hand to see how much that hurts! Wow, 50 miles!







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## Return to Running



by Richard Benyo, Managing Editor Runner's World

Come share Rich Benyo's journey, which he started at age 30 and 207 pounds, back to fitness through running. At a high school reunion Rich Benyo realized that youth does not last forever. This is his story of how

he picked up after 10 years away from fitness.

*Return to Running* is a practical what-not-to-do manual on running that presents an often-humorous look at the author's struggles to regain at least a shadow of his youth. It is the perfect book for those who at one time ran competitively and are now contemplating a comeback—and for those who have not run since childhood and wonder if there is a chance of recapturing their youth.

Paperback, 235 pgs, \$3.95.

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## ON THE ROAD

Stanforth to finish in a swift 2:16:05. While not a course record (Ed Mendoza ran a 2:14:13 in 1975) it was a personal best for Johnson by two minutes and 12 seconds.

It was also 69 seconds better than runnerup Stanforth whose accomplishments this year include a victory at the Chicago Mayor Daley Marathon. Stanforth's Windy City win should have given him the edge in Saturday's blustery weather, but the Phoenix runner said the headwinds in the final few miles were too much for him.

More than 2700 started the race in 40-degree temperatures, a far cry from last year's 70-degree sizzler. There were partly cloudy skies and winds, climaxed by a rainstorm at the finish. Confusion once again reigned when a large siren sounded. Runners thought it was the start, but the official gun hadn't gone off.

Marjorie Kaput of Phoenix won the women's open division but senior division runner Judy Northers took the overall honors posting 2:45:56.

Alex Ratelle, 54, bettered his age-division record by four minutes with a 2:32:34, three minutes better than the masters division winner Bill Foulk of Scottsdale, who hit 2:35:31.

George Murray of Tampa, Fla., sped to a wheelchair division win in an incredible 2:12:14. Murray also won the Boston Marathon wheelchair division last April.

Rob Waugh, last year's winner and another pre-race favorite, finished a disappointing sixth.

### FIESTA BOWL MARATHON

#### Men

1. Blair Johnson	2:16:05
2. Mark Stanforth	2:17:14
3. Al Zetterland	2:17:30
4. Bob Becker	2:19:25
5. Ron Nabors	2:19:34
6. Rob Waugh	2:22:48
7. Ted Castaneda	2:22:48
8. Dennis Stonehawker	2:22:52
9. Randy Milstead	2:23:58
10. Leonard Suarez	2:24:00

#### Women

1. Judy Northers	2:45:56
2. Marjorie Kaput	2:47:14
3. Cathy Jackson	2:48:55
4. Ruth Hamilton	2:52:40
5. Linda Donkelaar	2:53:05

## MANCHESTER FIVE-MILE NEW LONDON, CT

NOV. 23, 1978

Second place finishers aren't usually noted for their sense of humor but, warming down after a second

consecutive second place in the Manchester five-miler, Charley Duggan found himself resorting to wry jokes. "I beat the Man, Burfoot," he grimaced, "but I still wind up second. I should be mad that Treacy beat me, but what can I say? He's only the best in the world."

And so he is. John Treacy of Country Waterford, Ireland, eight months earlier won the International Cross-Country Championship in Glasgow, Scotland. On this Thanksgiving morning he broke local tradition and made history by ending Amby Burfoot's seven year stranglehold on the annual Manchester race.

In its 42nd year, this race is one of the country's oldest though this was the first year it attracted outside sponsorship; Connecticut Mutual Life Insurance Company and an anonymous donor.

It couldn't have come at a better time. Last year race organizers were completely unprepared for the 1400 runners who competed. Consequently, registration lines stretched around a city block, the start was held up for half an hour and finish chutes overflowed.

This year, even with 3000 competing, there were no problems. Manchester was not only bigger than ever but faster. John Treacy, attending graduate school at nearby Providence College, capped the fast field.

Treacy's strategy called for attacking the hill that stretches from 1½ to 2½ miles—and he did so convincingly. "I know Amby and Charley are good runners so I made my move on the hill," he said. "I felt strong throughout the race and never worried after the first mile." Nor did he slow down as he reached the finish in 22:23, just one second over Burfoot's 1972 course record effort. (The course, never officially measured, is about 4.8 miles.)

Treacy's breakaway left Duggan, Burfoot and Bob Hensley to fight it out for second place.

Gale Jones did a little speed-work of her own to win the women's division over Jane Welzel, the University of Massachusetts women's cross-country coach. The masters winner in Manchester, where the award is for those over 50, went to 53-year-old Jack Treworthy.

### MANCHESTER FIVE-MILE

#### Men

1. John Treacy	22:23
2. Charlie Duggan	22:36
3. Bob Hensley	22:41
4. Amby Burfoot	22:44
5. Tom Hollander	23:03
6. Steve Lavorgna	23:05
7. John Vitale	23:14
8. Bob Day	23:17
9. Barrie Nelson	23:25
10. Bob Martin	23:35

#### Women

1. Gale Jones	27:40
2. Pat Wassik	29:15
3. Sally Zimmer	29:25

## RRCA CROSS-COUNTRY CHAMPIONSHIP NEW YORK, N.Y.

NOV. 19, 1978

It's not as big as the AAU, or the NCAA, but the 21st Road Runners Club of America (RRCA) Cross-Country Championship has tradition, enough to draw marathon specialist Tom Fleming.

Fleming breezed to a win on Van Cortlandt's tradition-laden course prior to leaving for Japan's invitational Fukuoka Marathon. "I could have broken the course record, but I'm resting up for Fukuoka," said the confident New Yorker.

Fleming was pushed by South Carolina Track Club coach Kevin McDonald. His 15:10 three-mile split led McDonald by only six seconds in the early going. Fleming increased his lead to 47 seconds by the six-mile mark.

McDonald's second place finish placed him four seconds ahead of the 1977 winner, Steve Lubar, of New York's Millrose AA.

When first held in 1958, the RRCA cross-country championship was the only cross-country event of nine-plus miles (a switch to metric measurement was made in 1974) in the United States.

The first nine-mile course covered three laps of Van Cortlandt Park's IC4A three-mile cross-country loop. The initial year's field of 14 was minuscule by today's standards.

What early RRCA cross-country races lacked in quantity, they more than made up for in quality. The 1958 winner, Pete McArdle, was destined to qualify as a marathoner for the 1964 Olympic team. Corbitt, a 1952 Olympic marathoner, finished third. McArdle won the next three nine-mile cross-country championships at Van Cortlandt.

A record 235 started the race.

The first woman to finish, Margaret Dessau, stumbled and fell soon after entering the hilly part of the course. Dessau said that she would have quit, "But I realized that I had a good chance of winning."

### RRCA NATIONAL CROSS-COUNTRY CHAMPIONSHIP

#### Men

1. Tom Fleming	47:49
2. Kevin McDonald	48:38
3. Steve Lubar	48:42
4. Chip Boehm	48:44
5. Coty Pinckney	49:03
6. Dave Geer	49:23
7. Dennis Carmody	50:15
8. Dave Branch	50:19
9. Peter McNeil	50:21
10. Dave Cushman	50:23



Women

- 1. Margaret Dessau 1:12:09
- 2. Marion Nahoum 1:14:19
- 3. Katherine Knight 1:16:49
- 4. Chloe Foote 1:17:15
- 5. Claire Cohen 1:24:02

**WHITE ROCK MARATHON DALLAS, TEXAS**

**DEC 2, 1978**

**B**inkley Avenue is a non-descript side street in the University Park section of Dallas, just one of dozens of such locations in the city where college students rent houses, apartments and duplexes.

But if you happen to be a marathon runner don't make the mistake of wandering over to Binkley Avenue issuing any 26-mile challenges to the inhabitants.

Jeff Wells shares an apartment on Binkley with John Lodwick. Of course they're both world class marathon runners. Living across the street from that duo is a fellow named Tom Marino. Remember that name because chances are excellent he'll be following in the waffle prints of Wells and Lodwick.

Marino, just 21 years old

and recently named All-American at Southern Methodist University (SMU) in cross-country, ran away from a record field in the ninth Dallas White Rock Marathon, clocking an impressive 2:18:55.

Just why is 2:18:55 so impressive? Namely, because Dallas weather conditions on the day of the marathon were disastrous.

At the 9 a.m. start the humidity was 93 percent, the temperature was already 70 and winds were at 15 miles per hour, gusting past 30. Two hours later the humidity was near 100, the temperature was near 80 and the wind was just as wicked.

But running only his fourth marathon, his first of the year, and doing so without the benefit of the normal long distance training, Marino overcame all obstacles including Ed Leddy, the 29-year-old veteran from Ireland.

While Houston's Ron Tabb, a pre-race favorite with Marino, never did mount a serious challenge, Marino found himself dueling a steaming 16 miles with Leddy before putting the race away. At that point Leddy experienced severe stomach cramps and dropped his pace from 5:15 to 5:50. Leddy finished second at 2:20:26, far ahead of third place Hector Ortiz of Ft. Worth at 2:25:21.

"I was dying out there

but it became a question of who would die the most, me or him," said Marino. "On the last five miles the wind was horrible. It was in your face the whole way.

"I've been running about 95 miles a week for the last 17 weeks but I haven't been able to get many of the long 20 miles runs you need for a good marathon time. I've trained a lot with Jeff and John and marathons and road racing are something I want to go into later. But I probably won't run another marathon until next year's White Rock."

Another exceptional performance was recorded by women's marathon winner Karen Bridges, only 20 years old, of Stillwater, Okla. She knocked nearly five minutes off the White Rock record with a 2:48:36.

**WHITE ROCK MARATHON**

Men	
1. Tom Marion	2:18:55
2. Ed Leddy	2:20:26
3. Hector Ortiz	2:25:21
4. Rick McLaughlin	2:25:32
5. Richard Musgrave	2:26:50
6. Steve Baker	2:27:13
7. Dennis Trujillo	2:27:47
8. Greg Owings	2:27:55
9. Ron Strand	2:28:13
10. Peter Nye	2:29:30
Women	
1. Karen Bridges	2:48:36
2. Vanessa Vajcas	3:00:32
3. Donna Burge	3:00:35
4. Cindy Cockroft	3:06:32
5. Dusty Burke	3:07:59

**AAU CROSS-COUNTRY CHAMPIONSHIPS SEATTLE, WASH.**

**NOV. 25, 1978**

**T**here's some shouting on the course," blared a voice over the spectators' loudspeaker at the AAU Cross-Country Championship in Seattle. "We don't know if anything is wrong."

It didn't take long for spectators to find out what the runners already knew. At the only spot on the two-loop, 10,000-meter course where the two loops crossed, the runners had been misdirected onto the second loop after only one mile.

"Fortunately the mistake was correctible," said meet director and manager of Club Northwest, Bill Roe. "I can't believe it worked out. Once the mistake was made we just reversed the loops and ran the second loop first." While the actual distance of the course was not affected, Roe did acknowledge that the strategies of many runners were upset.

Greg Meyer, 23-year-old dark horse winner from the Greater Boston Track Club,

seemed too elated to notice.

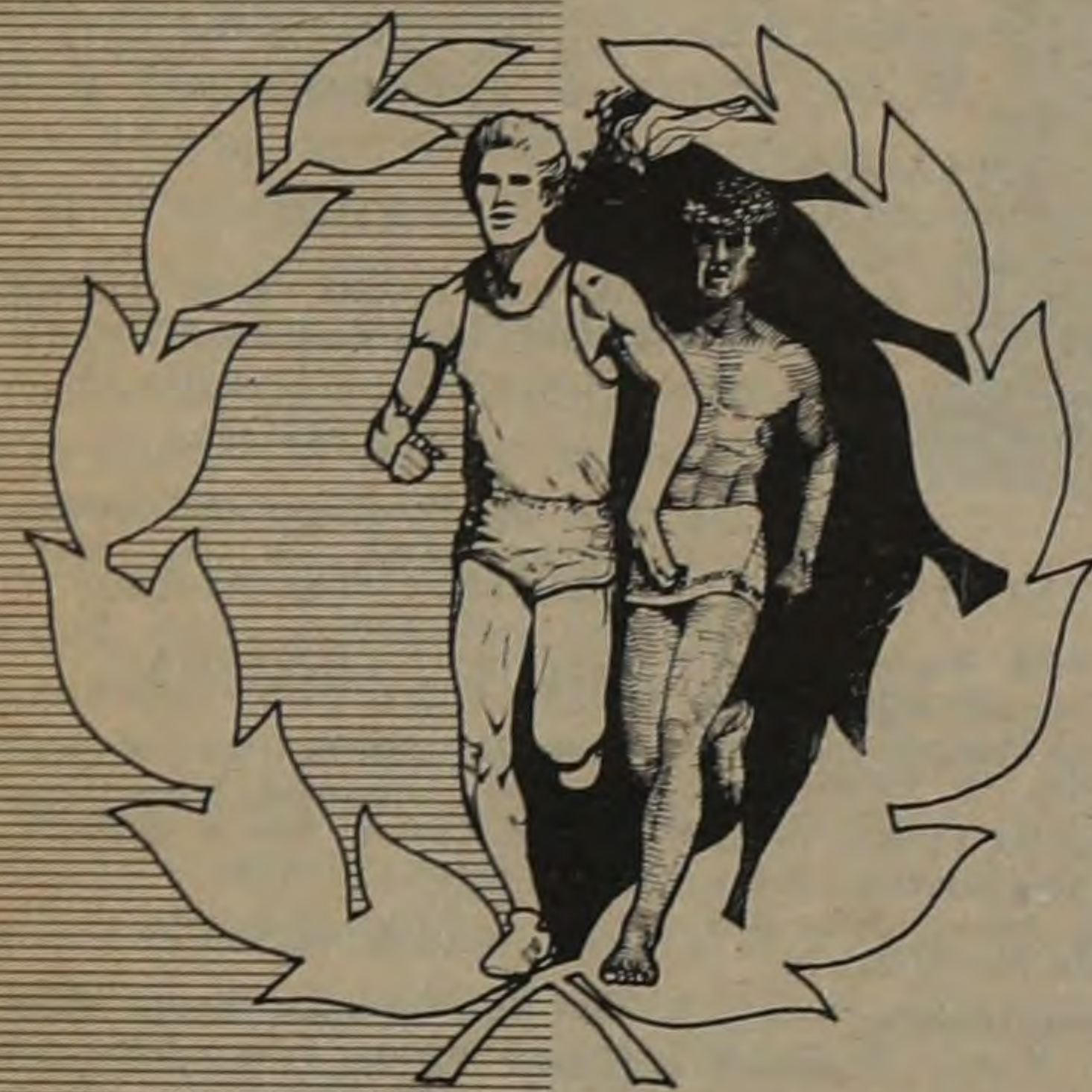
"I don't think it affected the places at all," he said. "It was just one of those unfortunate things."

The race boiled down to a duel between Al Salazar and Meyer. NCAA champion Salazar of the University of Oregon broke to the head of the pack early and after two miles held a 50-yard lead over last year's runner-up, Craig Virgin. It was a two-man race the rest of the way as Meyer outkicked his friend and sometime Greater Boston Track Club teammate for the individual title.

"It was a tough race, very muddy," said Meyer of hilly West Seattle Golf Club course. "It really got the legs."

**AAU CROSS-COUNTRY CHAMPIONSHIPS**

Individual	
1. Greg Meyer	29:36
2. Al Salazar	29:36
3. Craig Virgin	29:57
4. Don Clary	30:03
5. Wilson Waigwa	30:05
6. Carry Cuzzort	30:06
7. Dave Murphy	30:07
8. Guy Arbogast	30:08
9. Tom Wysocki	30:11
10. Bill Donakowski	30:15
11. Dan Dillon	30:18
12. Larry Lawson	30:22
13. Mark Anderson	30:24
14. Bob Hodge	30:25
15. Peter Butler	30:25
Team	
1. Mason-Dixon A.C.	73
2. U. of Oregon	84
3. Greater Boston T.C.	100
4. Colorado T.C.	114
5. Athletics West	152



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## CALENDAR

### ALABAMA

JAN 27: Winter Winds 4-Mile, Huntsville. Bill Edwards, 12028 Queens Place, Huntsville, Ala. 35803.

### ARIZONA

JAN 28: Susan B. Anthony Women's Freedom 10-Kilometer, Tucson (9 am). Lois Wallin, League of Women Voters, 4560 E. Broadway, Tucson, Ariz. 85711. (602) 327-7652.

### CALIFORNIA

JAN 20: High Sierra 10-Mile, Fresno. Len Thornton, 5768 N. Millbrook, Fresno, Calif. 93710.

JAN 20: Sea King Half-Marathon, Costa Mesa. John Blair, 1162 Dorset Lane, Costa Mesa, Calif. 92626.

JAN 20: Run for the Cookies 10-Kilometer, Oakland (9 am). Lake Merritt. William Garfield, 925 Sea View Dr., El Cerrito, Calif. 94530. (415) 525-8562.

JAN 20: Saddleback College 10-Kilometer, Mission Viejo (9 am). Terry Yapp, Office of Community Services, Saddleback Community College, 28000 Marguerite Parkway, Mission Viejo, Calif. 92692.

JAN 21: 1979 Superbowl Sunday 10-Kilometer, Redondo Beach (8:30 am). Redondo Seaside Lagoon. Redondo Beach Chamber of Commerce. 1215 N. Catalina Ave., Redondo Beach, Calif. 90277.

JAN 21: San Francisco Zoo 4-Mile, San Francisco (9 am). Norman Gershenz or Larry Brainard. 661-2023.

JAN 21: Somis 10-Kilometer, Somis (10:30 am). Dale Smith. Cal. Lutheran College, P.O. Box 1136, Somis, Calif. 93066. (805) 482-2673.

JAN 28: Paul Masson Champagne Marathon, Saratoga (9 am). Dan O'Keefe. 20032 Rodrigues Ave., Cupertino, Calif. 95014. (408) 257-6670.

JAN 28: Walker and Lee of Orange Marathon (formerly World Masters) Orange (7:30 am). Bill Selvin, 2125 N. Tustin No. 3, Orange, Calif. 92665. 998-5766.

JAN 28: Peach Bowl Pacers 10-Kilometer, Marysville. Ed Williams, 835 Spiva Ave., Yuba City, Calif. 95991.

### FLORIDA

JAN 27: RRCA National 100-Kilometer Championship, Miami (7 am). Sanford Thiessen, 605 Bird Rd., Coral Gables, Fla. 33146.

JAN 27: Pensacola 13-Mile, Pensacola (9 am). Gordon Levi, Pensacola Runners Assoc., P.O. Box 2691, Pensacola, Fla. 32503.

JAN 27: Gulliver Academy 10-Mile, South Miami (8 am). Eli Gagich, Florida Gold Coast Assoc., 10852 N. Kendall Dr., Apt. 212, Miami, Fla. 33176.

JAN 28: Atlantic Beach 10-Mile, Atlantic Beach (2 pm). Winter Beach Run, Box 515, Jacksonville, Fla. 32201.

### HAWAII

JAN 20: Kauai Bicentennial 7-Mile, Kauai. Dulce Wellington, Box 356, Eleele, Kauai, Hawaii 96705.

### IOWA

JAN 21: Icicle Classic 3-Mile, Des Moines. Stan Smith, 2824 Grand Ave., No. 218, Des Moines, Iowa 50312.

JAN 27: Jones Park Double 3-Mile, Cedar Rapids. Marty Smith, Box 22326, Cedar Rapids, Iowa 52406.

### KENTUCKY

JAN 27: Lakeside 6-Mile, Lexington. Jerry Stone, Blue Grass Runners, Rt. 3, Georgetown, Ky. 40324.

### LOUISIANA

JAN 28: New Orleans 10-Mile, New Orleans (9 am). Ed May, New Orleans Track Club, P.O. Box 30491, New Orleans, La. 70190. 242-7655.

### MARYLAND

JAN 21: Frostbite 5-15-Kilometer, Westminster (8:30 am). Baltimore Road Runners Club, 1231 North Calvert St., Baltimore, Md. 21202.

JAN 28: Hillside Road 10-Kilometer, Towson (9 am). Baltimore Road Runner Club, 1231 N. Calvert St., Baltimore, Md. 21202. Bailey St. Clair, 252-5903.

JAN 28: RRCA 20-Kilometer, Washington, D.C., Harris Point (11 am). D.C. Road Runners, 3115 Whispering Pines, Silver Spring, Md. 20906.

### MASSACHUSETTS

JAN 28: Frostbite Classic 10-Kilometer, Brockton. Bob Maloney, 219 Copeland St., Brockton, Mass. 02401.

### NEW YORK

JAN 20: Great Blizzard 10-Kilometer, Rochester (11 am). Powder Mill Park. Paul Gesell, Greater Rochester Track Club, P.O. Box 154, Hemlock, N.Y. 14466. 367-2875.

JAN 21: Postal 20-Kilometer, New York (11 am). Central Park, New York RRC, Box 881, FDR Station, New York, N.Y. 10022. (212) 595-3389.

JAN 28: Snowflake 4-Mile, New York (11 am). Central Park. New York RRC, Box 881, FDR Station, New York, N.Y. 10022. (212) 595-3389.

### OHIO

JAN 21: Delta Shoe 10-Mile, Delta. Dave's Running Shop, 417 Fernwood St., Delta, Ohio 43515.

### OREGON

JAN 20: Terwilliger 10-Kilometer, Duniway Park (9 am). Lionel Fisher, 646-4534 or 224-7250.

### SOUTH CAROLINA

JAN 21: Marine Reserve Half-Marathon, Greenville. Marine Corps Reserve Center, 426 N. Main St., Greenville, S.C. 29601.

### TENNESSEE

JAN 28: Tennessee Happy Valley Half-Marathon, Collegedale. Jon Robere, 730 Cherry St., Chattanooga, Tenn. 37402.

### TEXAS

JAN 20: Houston Marathon (AAU Senior Men and Women's National Marathon Championship), Houston (8 am). Curry Hall, 12318 Nova Ct., Houston, Tex. 77077. 498-0027.

### VIRGINIA

JAN 20: Mariner's Museum 7-Mile, Newport News. Rick Platt, 305 N. Boundary St., Williamsburg, Va. 23185. (804) 229-9740.

### WISCONSIN

JAN 27: Milwaukee County Winterfest 10-Kilometer, Milwaukee. Rosie Peterson, 750 Hennessey Ave., Wauwatosa, Wis. 53213.



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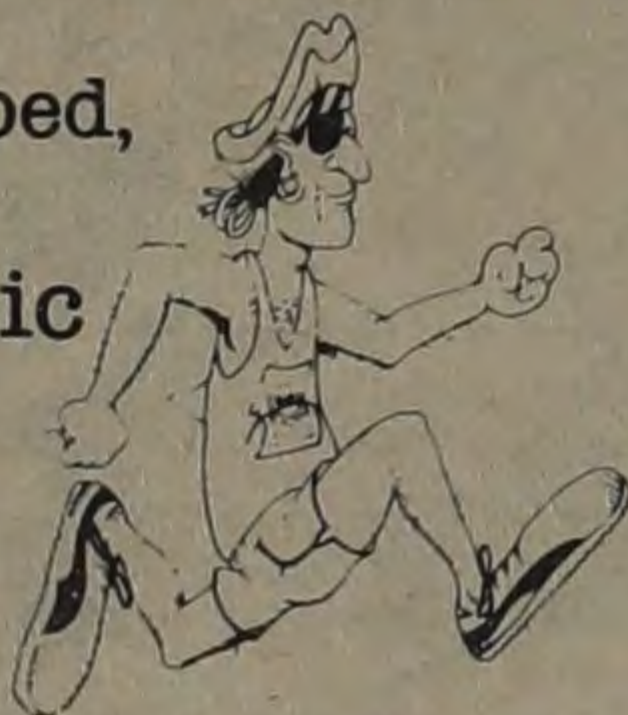


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## NEWS BRIEFS

**Fritz Mueller: AAU's Marathon Champion.** The 42-year-old New York City sensation had no trouble winning the National AAU Masters Marathon Nov. 26th, in Orange, Calif., clocking 2:25:26. He was never pushed by the field of over 200. John Brennan of Santa Barbara finished second with a 2:29:25, while Roger Rouiller posted a close 2:29:34 to take third. Sandra Kidde clocked 2:56:45 to win the women's division.

**London to Brighton: Ritchie Wins Duel.** Don Ritchie, one of Britain's ultramarathon sensations, has been busy setting records. After winning the October 1st London to Brighton 52-miler in 5:18:30, he set world records for 100 kilometers, 6:10:20, and for 50 miles, 5:04:54. Cavin Woodward ground out previous marks for these distances in 1975, 6:25:28 and 4:58:58. Speaking of Woodward, he finished second in the London to Brighton race clocking 5:18:30.

**Julie Brown Wins: AAU Cross-Country Championship.** The California State at Northridge student, and US marathon record holder, outkicked defending champion Jan Merrill Nov. 25th in Memphis, Tenn. Brown, who finished second to Merrill last year, covered the 5000 meters in 16:32.5. Merrill attributed her demise to spoiled food she ate 24 hours before the race.

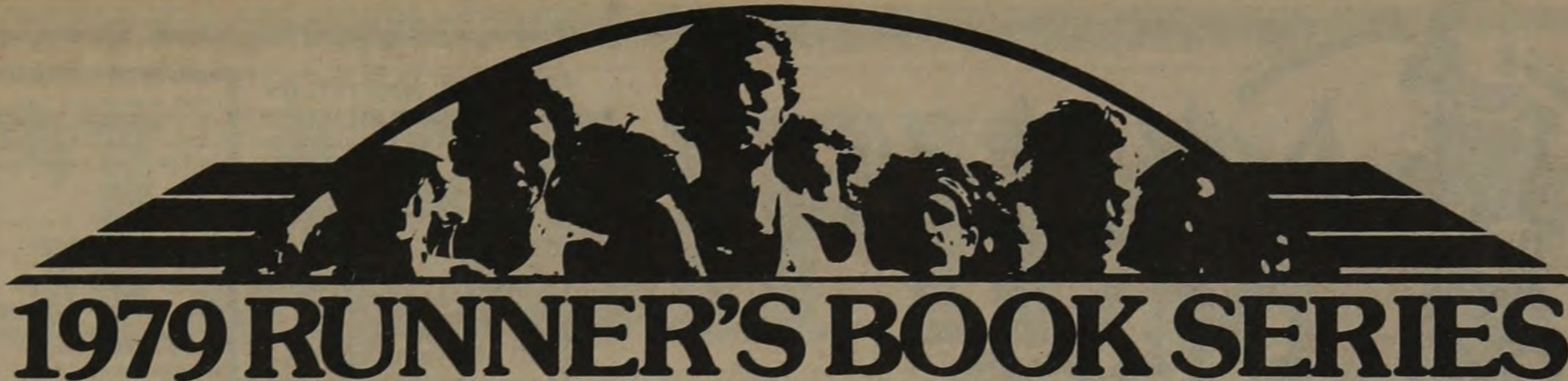
**Four Americans: Make Top 10 World List.** Bill Rodgers' 2:10:13 at Boston is the second fastest time in the world for 1978. He's also the best American for the second straight year. Shigeru So of Japan led the field, posting history's second fastest marathon in 2:09:05.6. Jeff Wells, who ran a 2:10:15 at Boston, ranks third. Fourth through 10th include: Toshihiko Seko 2:10:21; Hideka Kita 2:11:05; Esa Tikkanen 2:11:15; Jack Fultz 2:11:17; Randy Thomas 2:11:25; Kevin Ryan 2:11:43; and Leonid Moseyev 2:11:58.

**L.A. Marathons: Police and Politics.** Two marathons with financial budgets of over \$100,000 apiece are on a collision course. The Greater Los Angeles Marathon set for February and supported by area running clubs is vying with the Hang Ten Marathon slated Memorial Day. Both marathons hinge their success on police support. But the police are no longer issuing marathon sanctions, complaining they are understaffed. "The big marathon in Los Angeles has turned into a political football," noted one runner.

**Two Major Meets: Set for Summer.** Puerto Rico will host the seventh Pan American Games July 6-15. Their marathon will go to the runner who can perform well in heat. UCLA's Jim Bush is the US head coach. The second edition of the World Cup Games will be August 24-26 in Montreal.

**Lasse Viren Loses: Race in His Name.** Viren, the Finnish Olympian placed third at the first Lasse Viren 20-Kilometer Invitational in Ventura, Calif. Nov. 26th. Gary Tuttle, who owns a shoe shop close to the cross-country course, won with a 1:01:45. While visiting Los Angeles, Viren posed for a bronze statue of himself.





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By Manfred Steffny, translated from German by George Beinhorn  
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## RUN FARTHER, RUN FASTER

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By Joanne Milkereit and Hal Higdon  
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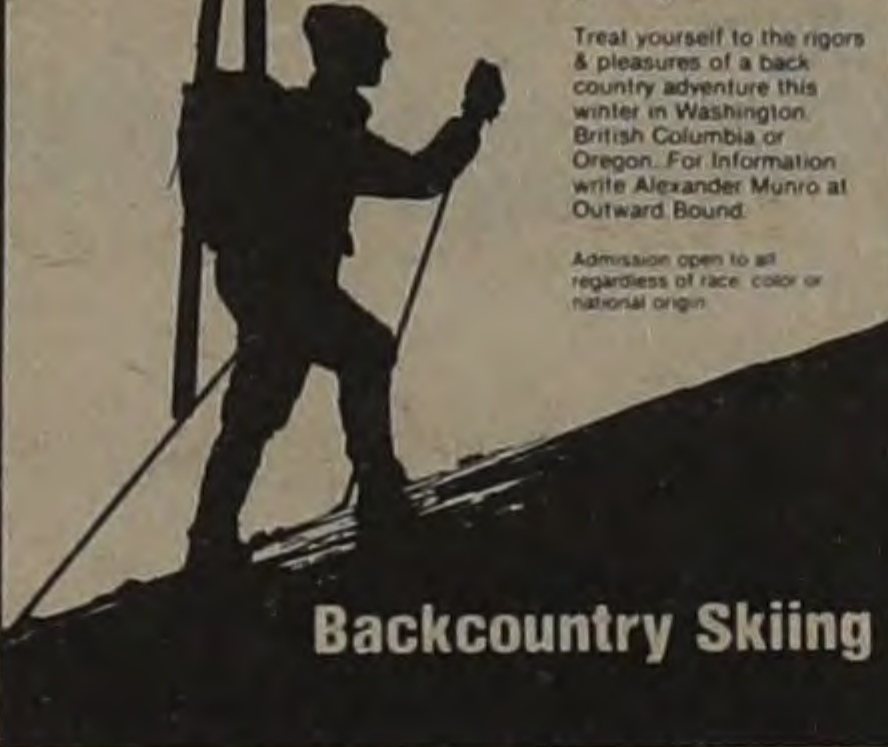




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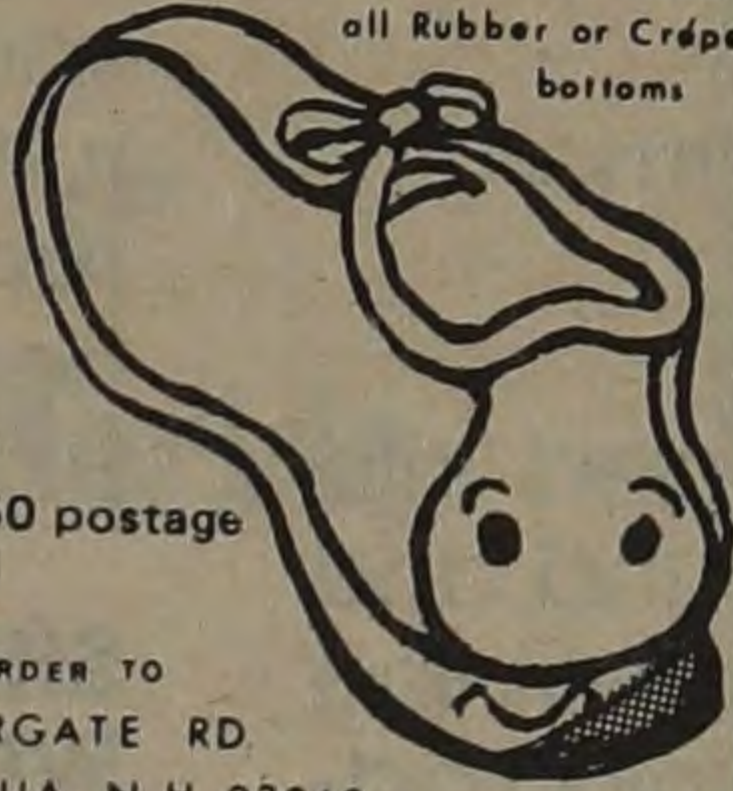
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Marketplace deadline for June  
7 *On The Run*: April 13

Please include payment with  
your ad. No agency discounts  
allowed.

Mail to: *On The Run*, Mar-  
ketplace Ads, 1400 Stierlin  
Road, Mountain View, CA  
94043. Attention: Carol Vedder

### Run Happier!!



Super Wrist Radio provides en-  
joyment of music, news, sports  
and weather while you run.  
Takes attention away from  
aching muscles allowing you to  
run longer and further. If not  
totally satisfied return for full  
refund. Order now and get this  
lightweight, durable wrist radio  
for only \$11.95 (plus \$1.25  
postage and handling) or two  
for \$22.95 and we will pay all  
postage and handling charges.

Live Happier Products  
27 South Washington St.  
Dept OTR  
Port Washington, NY 11050

## ON THE RUN CLASSIFIED ORDER FORM

*ON THE RUN* classifieds are the quick, easy, efficient and inexpensive way to reach runners throughout the country. Only .20 a word (\$5.00 minimum) puts you in touch with 45,000-plus *ON THE RUN* readers.

Complete the coupon below for the May 17 and/or June 7 editions of *On The Run*.  
No agency discounts allowed.

Yes! I'd like to reach runners with my *On The Run* classified.  
I'm enclosing a check or money order with my ad.

- May 17 edition only. Deadline: March 30
- June 7 edition only. Deadline: April 13
- May 17 and June 7 editions. Deadline: March 30

My payment covers cost of both ads.

Please type or print one word per line segment. Phone numbers, zip codes, abbreviations  
count as one word each. No bold face type or italics.

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(\$5.00)  
Minimum  
(\$6.00)  
(\$7.00)

If additional space is needed, please use blank sheet of paper.

Mail to: **ON THE RUN Classified**,  
1400 Stierlin Road, Mountain View, CA 94043  
Attention: Carol Vedder

### THE DADE COUNTY PODIATRY ASSOCIATION and THE MIAMI RUNNERS

### presents THE 3RD ANNUAL PODIATHON RACE MAY 6, 1979

PRE-RACE CLINIC  
MAY 5, 1979

*All categories R.R.C.A. sanctioned.*

CONTACT:  
Stuart Leeds, D.P.M.,  
Chairman  
8955 S.W. 87 Court  
Miami, Fla. 33176

### RUNski

### NEW SHOE INSERTS

The Runski Standard Insert  
is a semi-flexible plastic foot  
support with a soft rubber  
heel varus posting.

THE RUNSKI STANDARD  
IS FEATURED AT THE  
FOLLOWING:

- |                 |                            |
|-----------------|----------------------------|
| Chico Davis     | Fleet Feet Mountain Sports |
| Mill Valley     | Mosher's Shoes             |
| Mountain View   | Sporting Line              |
| Petaluma        | Kiegs Shoes                |
|                 | Sacramento                 |
| McIntosh Sports | Sporting Feet              |
| Fleet Feet      | Tower of Shoes             |
| Woodland        | Stewart's Shoes            |

FOR INFORMATION  
YOU MAY CALL OR WRITE:  
**RUNSKI CO.** 916-782-1317  
P.O. Box 1500  
Roseville, Ca. 95678



# CLASSIFIED

## Runs

**THE ATHENS MARATHON** – (12th Annual) – Sunday, April 1, 1979, 12:00 Noon, Athens, Ohio. Peden Stadium; Course will be certified; out and back along river valley. Contact: Ellsworth J. Holden, Jr., 26 Northwood, Athens, Ohio 45701.

**11TH ANNUAL ARKANSAS MARATHON** – Booneville, Arkansas, March 3, 1979. Age grouping; T-shirts all starters, certificates and awards all finishers. Pre-race seminar March 2, Dr. Tom Osler, author "The Conditioning of Distance Runners" and "Serious Runners Handbook." Information and entry forms, BOB WAID, 118 E. Main, Booneville, AK 72927 (501) 675-3266.

## Mail Order

**RACE DIRECTORS AND RUNNING CLUBS** – Break the T-shirt habit. Give durable ceramic coffee mugs or glass beer steins. Your logo or club name. Dishwasher safe. Low costs, quantity discounts available. Write for details: D & L Products, Dept. B, P.O. Box 1156, Lafayette, IN 47902.

**LEARN PROVEN EXERCISE PROCEDURE** – to increase cardiovascular efficiency. Applicable all/fitness levels. Send \$3/age to: Healthy Heart, P.O. Box 41952, Sacramento, CA 95842.

**BUMPER STICKERS** – Converse Gas-Run; Run for Health; I run; Running is My thing; Funrunner; Marathoners Keep It Up Longer; Runners Have More Fun; Runners Make Better Lovers; Happiness is a 7-mile Run; Marathon: Try It, You'll Like It. \$1.25 each. Bumper Co., 1315 Ensenada Way, Los Altos, CA 94022.

**DOCTORS RECOMMEND VITAL MEDICAL INFORMATION** – Be carried by runners in the event of accident or physical problem. Known medical conditions, medications, allergies and personal identification microfilmed and laminated into plastic pocketcard. It could save your life. For details, write to Life/Saver, P.O. Box 4044, Springfield, MO 65804.

**PUT YOUR BACK INTO YOUR PERFORMANCE!** – Overcome injury, add protection, efficiency. "YOU ARE AS STRONG AS YOUR BACK" for athletes. \$5.75 to Dr. Herbst, 1866 N. Sheffield, Chicago, IL 60614.

**REFLECTIVE RUNNING GEAR** – Reflective fabric sewn on shorts, shirts, hats, visors, sweatshirts, sweatpants, and windbreakers. Write for information. EII, Box 12857, New Brighton, MN 55112.

**HIGHER CONSCIOUSNESS THROUGH RUNNING**—by Dr. Maurice McCormick. Fascinating book about running psychology, inner spaces, happiness. Sunergos Press, 2810 Thames Ave., Louisville, KY 40220. Send \$3.95 plus 45c handling.

**ON THE RUN**—Classified ads can put you in touch with runners from coast to coast for as little as \$5.00! Readership: 45,000. Use the convenient order form on these pages.

**BUMPER STICKER** – I'd Rather Be Running. Vinyl plastic 3 3/4" x 1 1/2" \$1.50 each. Central Michigan Star, P.O. Box 689, Harrison, MI 48625.

**PHOTOGRAPH WANTED** – of No. 1086 Ocean State Newport R.I. 1978 marathoner. If you have info please contact R.S.B., Box 924, N. Chelmsford, MA 01863 (617) 251-7100.

**NEW VITAMIN & MINERAL DIET SHAKE** – tastes great mixed with water. All natural ingredients. Sample and diet program \$2.00 Life Distributors, Box 2924, Honolulu, HI 96802.

**NEW!** – Adidas TRX Competition. Extremely lightweight, excellent for both road racing and cross-country. Waffle-type sole gives super traction on grass or dirt. White nylon with blue trim. Sizes: Men's 6-12, Women's 4-11. \$30.95. Include \$2.50 postage and handling each (and 6% tax, CA res.). Starting Line Sports, Box 8, Mountain View, CA 94042.

**PROGRESS!** – What was your best time last year? Your longest run? With the **RUNNERS LOGBOOK** you always know. Keep track of your distance, time, weight, pulse, blood pressure, and more. Also contains helpful tables. Good for full year. Send \$1.00 to Ridley Marketing Associates, Box 257, Ridley Park, PA 19078.

**DON'T EXERCISE—THE OTHER SIDE OF THE COIN**—rest, relaxation and stretching. You'll love and discover new health. \$2.00. Rory Donaldson, Box 2382-0, Santa Barbara, CA 93120.

**HOW FIT AM I? – HOW FAST SHOULD I RUN?** Get answers with the **SUBMAX** test and calculator, a new method for self testing aerobic fitness and planning runs. Send \$4.00 (including postage) to: West Mountain Scientific, 19 Laurel Ave., Summit, NJ 07901.

**FREE AWARDS** – to race directors purchasing T-shirts or running shorts for races. Write LSJ Enterprises, 202 West Cottage Grove Rd., Cottage Grove, WI 53527.

**WHAT TO DO WITH MY KEYS!** – Put them on a solid brass "Jogger Ring." Clips on your waistband, out of the way. A great key ring in solid brass, with a lifetime guarantee. \$2.00 includes postage. Marc Ltd., 1956 N. Broadway, St. Louis, MO 63102. Dealer and distributor inquires welcomed.

**MEDITATION MADE SIMPLE**—by Dr. Maurice McCormick. Meditations for jogging, walking, sitting. 56 pages, art work 6" x 9". Sunergos Press, 2810 Thames Ave., Louisville, KY 40220. Send \$1.95 plus 45c handling.

**ATTENTION RACE DIRECTORS** – We are providing souvenir photographs for races all over the country. We can do it for your marathon, too. Our sales help fund your race. For details call or write: Richard Wiley, 841 Bishop, Honolulu, Hawaii; (808) 521-6274.

**PAINLESS RUNNING** – Prevent leg and back problems with new, more effective stretching procedure. Send \$1.00 plus stamped, addressed envelope. Life Distributors, Box 2924, Honolulu, HI 96802.

**CUSTOM EMBROIDERED EMBLEMS** – your design, low minimum. Identify, promote, reward with emblems. Free booklet design hints and guide. Write now. Emblems, Dept. 92, Littleton, New Hampshire 03561.

**ATTENTION RUNNERS**—Enjoy country-fresh air at your desk, bedside, or in your car by using negative air ionizers to restore the natural balance of ions in your home environments. Prana Plus is happy to offer Amcor home or auto units for only \$65.00 each (CODs add \$2, NY residents add 8%). One year warranty, 45-day refunds. Send checks or money orders to: Prana Plus, Suite 707H, 30 East 60th St., NY, NY 10022.

**BEE POLLEN FROM ENGLAND** – No. 1 selling pollen in the world, often called "the perfect supplement for distance runners." Patented "cold processed" for full freshness and potency. Why pay for rancid, ineffective loose pollen? 30's-\$4.95, 90's-\$9.95. Discount "Athletes Packs" 200's-\$14.95, 600's-\$35.95. Send check or money order to Bee Pollen, Dept. R, 139 Plymouth Avenue, Oreland, PA 19075. For free sample and information send S.A.S.E.

## Miscellaneous

**SEX—RUNNING RELATIONSHIP** – will be explored in book. Need opinions, experiences of runners. Write: Mike Whitener, Box 381, Arlington, VA 22201.

**BEST STRETCHING PROGRAM FOR RUNNERS** – No pain, no strain. Free report. American Fitness Foundation, Report No. 1280R, 72 West 85th St., NY, NY 10024.

**HAWAII VACATION APARTMENTS** – Royal Kuhio, Royal Aloha in Waikiki. Near Ala Moana Park (7.75 miles/lap), Diamond Head (4.5), Kapiolani Park (1.8)—where Honolulu Marathon ends. Other condos throughout Islands. Reservations, Hawaii; 910 Ala Moana; No. 210; Honolulu, HI 96814. (800) 367-5205 (Toll Free).

## Resoling

**RUNNERS WORKSHOP** – offers the most complete repair shop for running shoes available. Specializing in custom work. Write or call for brochure. Runners Workshop, 123 Belmont Ave., Redwood City, CA 94061 (415) 364-0696.



# RUNNING NOTES



**I**t took a computer for Joe Mancuso to index only six months of information written about running (Jan.-June 1978). The English professor from Albany, N.Y., makes his work available in the *Runner's Index*. The bi-annual paperback incorporates articles from over 30 running or running-related magazines published in the United States, Canada and Europe. Over 600 subject headings make finding specific information a snap. Cost is \$20 a year. Write: *Runner's Index*, Box 5183, Albany, N.Y. 12205.

**Y**ou may or may not have noticed but business and advertising are systematically turning runners into human billboards. Everyone with something to sell distributes T-shirts, shorts, shoes and you name it with company logos prominently displayed.

And now, Rainbow Marketing of Beverly Hills has brought out an advertising headband called, *head'rs*. These head'rs, according to Rainbow, "allow for legible silk screening of corporate logos, and/or slogans in bright, clear colors . . ."

And so, from head to toe, you too can now run your next race disguised as a road sign.

**T**ired of running those lonely training runs? Recently ads began appearing in New York newspapers offering the services of *Rent-A-Jogger*. For a piddling \$1.95, the ad read, "Rent me and I will jog for you at least one mile each day (weather permitting) for the next year."

Harry Buonocore, 45, is the creator and sole proprietor of *Rent-A-Jogger*—and he is making money. Only a few days after he entered the ad Buonocore received 322 orders for his peculiar service. Naturally he can't run 322 miles a day, but he does promise to run at least a mile a day, collectively, of course, for his customers.

**W**e've all heard about computer dating, and lately there has been a noticeable increase in running dates. Now, in this age of machines and fitness, we have the opportunity to combine the two into computer running dates.

Hoechst Fibers Industries, producer of fibers for the Trevira trademark, announced that its ten-mile run for couples will be held on Saturday, April 28th in New York's Central Park.

With the cooperation of the NYRRC and the New York City Department of Parks and Recreation, Hoechst Fibers will computer-match entrants who do not have partners of the opposite sex for the run. The computers will be programmed to match runners according to their best times and by age groups.

**H**arry Papazian, director of the West Coast's oldest race, Bay to Breakers, died in November at the age of 55. Papazian, a promotion manager for the *San Francisco Examiner*, took over the reins in 1966 for a field of around 250 participants. Last May Papazian found himself with a bit more work as 10,000 jammed the famous footrace.



Joe Mancuso says the computer made *Runner's Index* possible.

Photo by Harry Raab

**I**t could be a long Olympics, and very well may be if the opening sentence of an article dealing with Moscow's preparations in *Olympiade 80*, the official Soviet Olympic magazine, is any indication of the rhetoric to come:

"For the first time in history the Olympic Games will be held in a socialist state, in the capital of the Soviet Union, Moscow, which rightly assumes in the eyes of all progressive mankind the stature of a symbol of peace, social progress, friendship, brotherhood and all-round cooperation among nations and peoples." Phew!

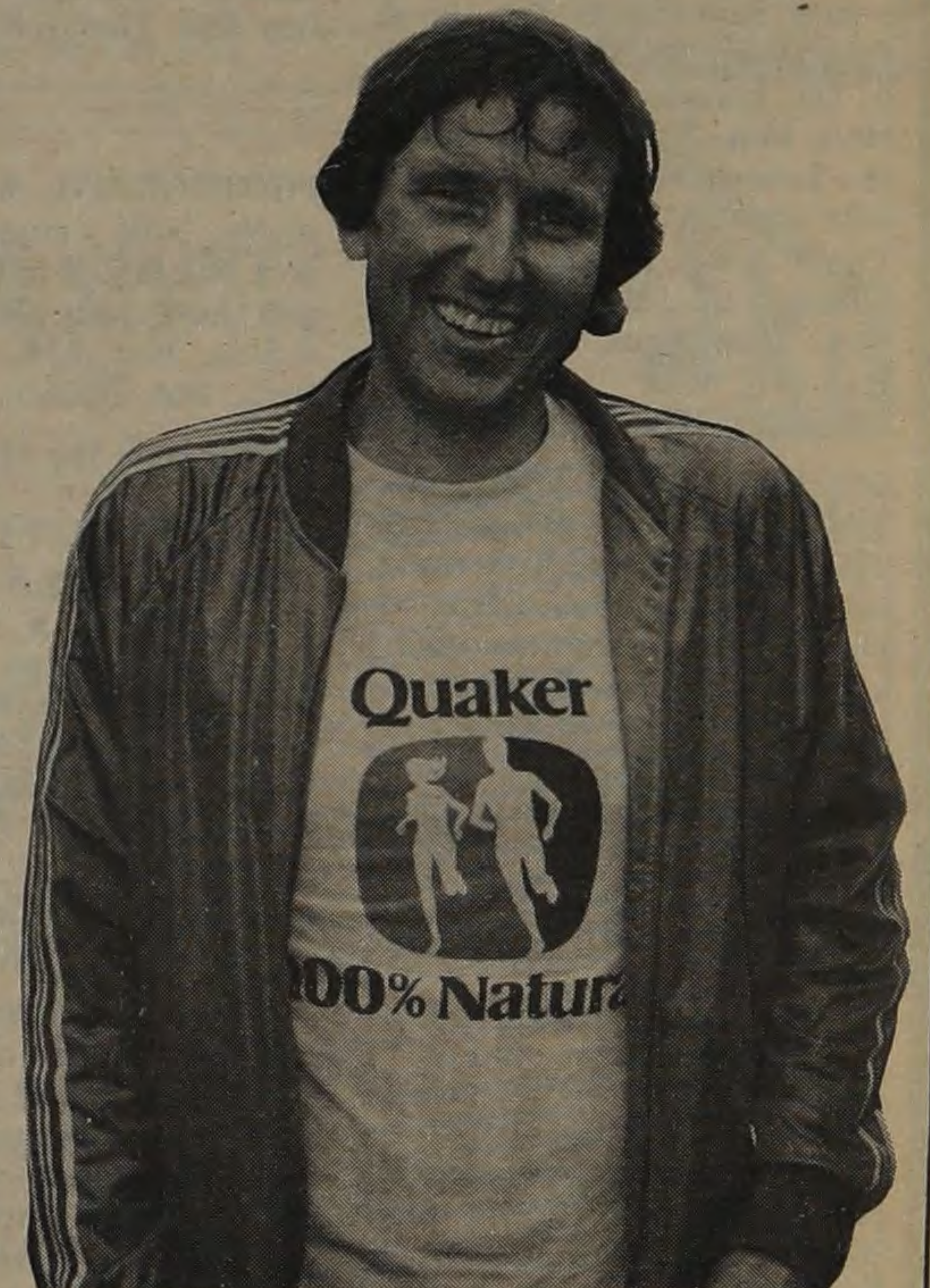
**J**im Fixx's running career is at an end—or at least as far as the AAU is concerned.

Fixx, author of the runaway bestseller, *The Complete Book of Running*, was recently declared a professional minutes before he was to compete in a Quaker Oats sponsored 10-km. race in San Francisco.

Citing both his book and fees for promotion of the salubrious cereal, the AAU stated his presence would make all amateur participants subject to suspension or expulsion from the august association.

**J**esse Owens gave perhaps the most spectacular individual Olympic track-and-field performance in 1936, winning gold medals in the 100- and 200-meter, the relay and long jump. But these were not his only events.

An all-around athlete, Owens also played in two games for the US Olympic Basketball Team.



Fixx in a fix





## THERE IS NO FINISH LINE.

Sooner or later the serious runner goes through a special, very personal experience that is unknown to most people.

Some call it euphoria. Others say it's a new kind of mystical experience that propels you into an elevated state of consciousness.

A flash of joy. A sense of floating as you run.

The experience is unique to each of us, but when it happens you break through a barrier that separates you from casual runners. Forever.

And from that point on, there is no finish line.

You run for your life. You begin to be addicted to what running gives you.

We at Nike understand that feeling. There is no finish line for us either. We will never stop trying to excel, to produce running shoes that are better and better every year.

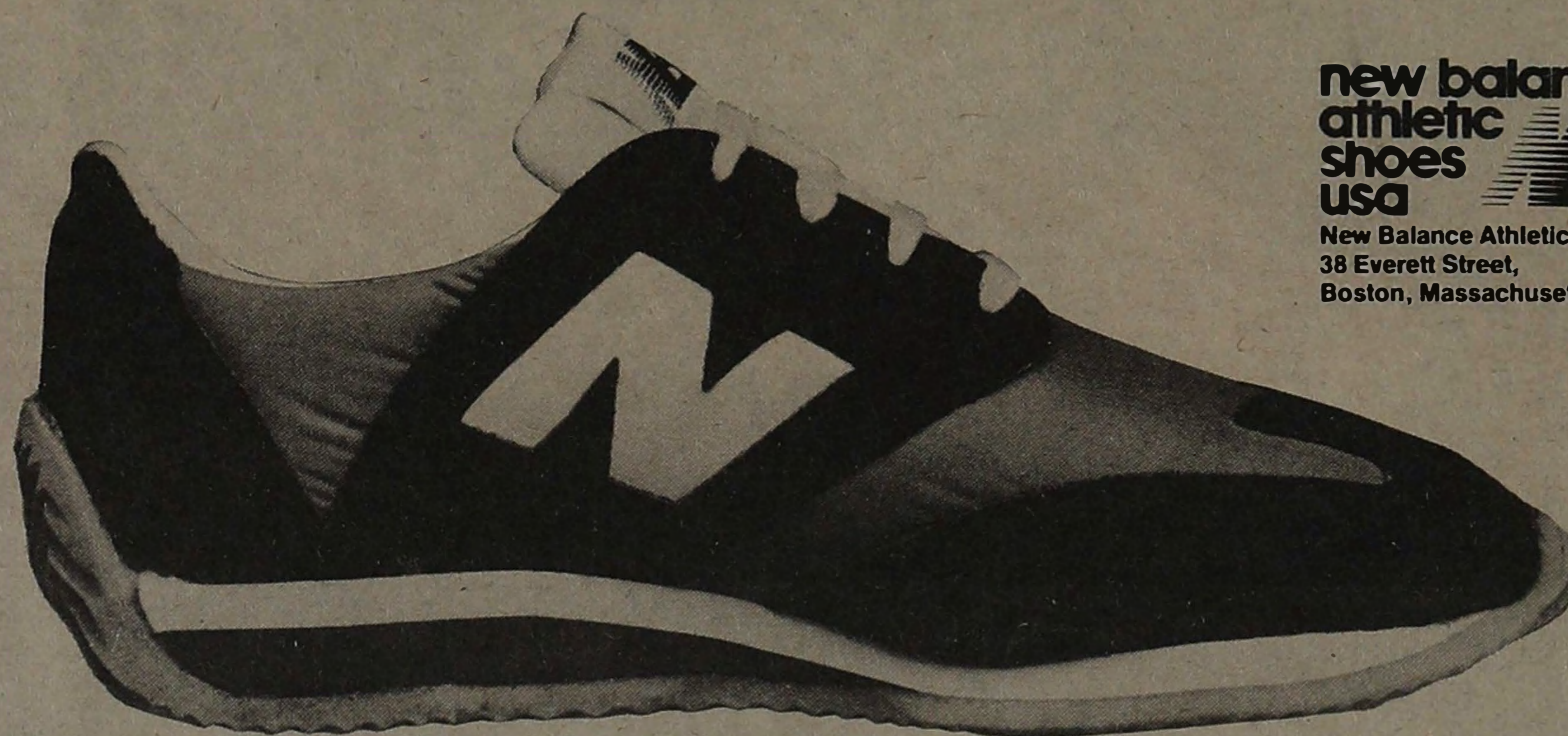
Beating the competition is relatively easy.

But beating yourself is a never ending commitment.



World Headquarters:  
8285 S.W. Nimbus Ave., Suite 115  
Beaverton, Oregon 97005





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

New Balance Athletic Shoe, Inc.  
38 Everett Street,  
Boston, Massachusetts 02134

# Width Sizing Means Fit, Comfort and Performance

New Balance makes shoes for runners. Highest quality, fully protective shoes for training and racing, designed by men and women who are runners themselves to provide the ultimate in fit, comfort and performance.

## Width Sizing and Straight Lacing

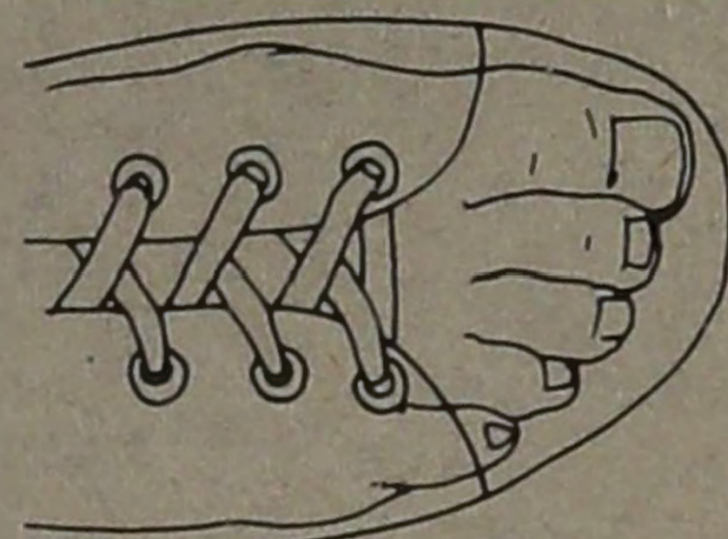
A perfect fit requires width sizing and New Balance is the world's only athletic shoe with full width sizing, for men and women. Men's size 6-13 are available in widths A,B,C,D,E,EE and EEE (sizes 13½-15 and widths AA and EEEE available at additional cost). Women's sizes are 4-10 in widths AA,A,B,C and D (sizes 11 and 12 available at additional cost).

To achieve the perfect fit, we utilize a unique, orthopedically designed straight last. Our last produces shoes that both conform to the shape of the foot and actually reduce the potential for toeing out. Moreover, New Balance's straight-last shoes enhance stability by positioning the runner's weight directly over the foot's central axis.

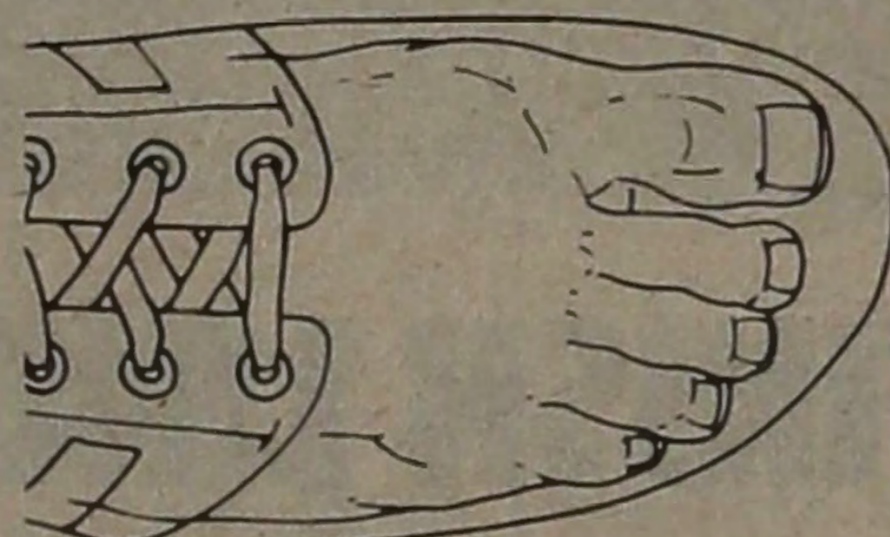
## Saddle Design and Seamless Upper

Then, since width sizing eliminates the need for to-the toe lacing, we are able to make other innovative changes, such as our unique saddle design, for greater comfort and

performance. Lace tightening is restricted to this special saddle over the instep, which not only assures ample toe room, but provides needed support at the instep and along the longitudinal arch.



Conventional to-the-toe lacing



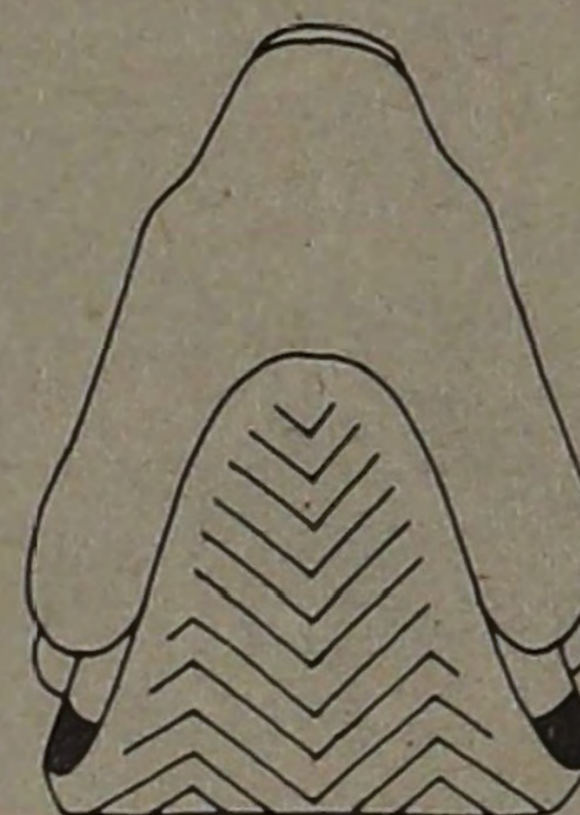
New Balance saddle

Our one-piece seamless uppers are made of light, durable nylon (some a breathable polyester mesh) lined with soft, foam-backed tricort to eliminate any possibility of abrasion or blistering. Each shoe tongue is also foam-padded.

## Other Unique Features

In addition, the runner's heel is cradled in a foam-backed molded-plastic heel counter which securely locks the heel in place while maintaining its firmness for improved lateral stability.

Outer sole and midsole/wedge construction is the final key to



New Balance flared heel

training protection and racing performance. The soft crepe foam we utilize in wedges and mid-soles is specifically selected in different durometers to provide excellent cushioning and shock absorbency as well as durable long life. Beyond that, each of our high-performance models — Trail, 320, CrossCountry and SuperComp — has its own unique design and combination of material chosen for maximum use.

Outer soles vary with use and terrain to provide maximum traction,

cushioning and durability; and all of our performance models have flared heels to help reduce stress, distribute weight, and deliver maximum stability on heel strike.

## Only the Best

We are firmly convinced that the New Balance 320, Trail, SuperComp and CrossCountry — along with our Ripple<sup>®</sup>-soled Trackster III — represent the finest racing and training shoes available. And we aren't alone in that conviction. Our 320 and Trail are regularly praised by top runners, casual joggers, and orthopedic specialists alike, as well as consistently top-rated in several independent lab tests. And our racing flats are showing up on the feet of more and more winning runners, from National AAU champions in Marathon and 30 Kilometers and Masters' 10,000 Meters, to former and future Olympians and world record holders.

Fit, comfort and performance. New Balance makes shoes for runners.

Send for your free color catalog, or see your authorized New Balance dealer.

