



In the Long Run
it's the
Long Distance Log

VOLUME 21

JANUARY-FEBRUARY 1975

NUMBERS 229, 230



H. BROWNING ROSS

Founder and Editor, Olympian, Race Official, Manager, Pan American Games Gold Medal Winner, Founder of the Road Runners Club of America, Long Distance Running Hall of Fame, Long Distance and Road Running Committee, and Gentleman.

IN CALIF OR EUROPE OR T...

JACKI'S "FOR REAL" by TOM STURAK



Tom Sturak Photo

JACKI HANSEN blew a lot of male legs in Italy while running perhaps the best race of her life. The Italians said that no woman had ever run so far so fast in Italy (including Pigni and Cecchi).

Since returning from Europe she's run 4th in the Cal. State Meet...

ITALY

SCASPIRATA COLLE D'OLTRASSO Sept. 29, 1974

15 km ROAD RACE

Florence, Italy

Course Distance: 15 km (Hilly)

Course Record: n/a

No. Starters: 80

No. Finishers: n/a (10 submitted)

Temp & Cond: Cool

Results:

- | | | | |
|-----------------------|-------|---------------------|-------|
| 1. Luciano Cecchi | 47:10 | 6. Tom Sturak | 52:15 |
| 2. Salvete Caponetti | 49:00 | 7. Jacki Hansen | 52:15 |
| 3. Giov. Cecconi | 50:10 | 8. Ismario Ferraris | 52:16 |
| 4. Giancarlo Simonini | 51:10 | 9. Cesare Sanna | 52:00 |
| 5. Marcello Orlando | 52:15 | 10. Ernesto Casale | 52:20 |

WEST GERMANY

INTERNATIONAL MARATHON FOR WOMEN Sept. 22, 1974

(INTERNATIONALES FRAUEN MARATHONLAUF) 42-5.74

Schwalmtal-Waldsiefel, West Germany

Course Distance: Marathon

Course Record: n/a

Gender: W

Dist. submitted: 40

Temp. & Cond: n/a

[Classification]

- | | |
|------------------------------|-----------|
| 1. Deutschland I | 3:41:11,4 |
| (Winter-Vahleisiek-Preuß) | |
| 2. USA I | 3:55:21,4 |
| (Hansen-Dr. Ulyot-Ikenberry) | |
| 3. Deutschland II | 3:43:23,8 |
| (Reinke-Kleininger-Kalweit) | |
| 4. USA II | 3:45:19,6 |
| (Kusick-Bunn-Lynn) | |

Ergebnisliste:

Alle Klassen	Klasse					Name Vorname	Jahr- Gang	Verreis bzw. Land	Zeit	5 10 15 20 25 30					
	I	II	III	IV	km					km	km	km	km	km	
1.						Winter, Liabo	62	VfL Wolfsburg	2:30:31,4	1	2	1	2	1	1
2.	1					Langlade, Chantal	55	Franreich	2:31:45,4	2	3	2	3	2	1
3.	2					Vahleisiek, - Kofferschläger, Christa	49	Barnet TV	2:34:40,4	2	4	2	3	2	1
4.	3					Preuß, Manuela	47	FC Bayer Verdungen	2:35:39,6	2	4	2	3	4	2
5.	4.					Hansen, Jacki	29	USA	2:36:25,4	2	5	3	4	3	4
6.	2					Dr. Ulyot, Joan	40	USA	2:38:09,2	2	4	3	4	3	3
7.	3					Ikenberry, Judy	42	USA	2:50:47,0	2	1	1	1	3	3
8.		1				Kusick, Nina	39	USA	3:06:00,4	3	5	3	3	4	4
9.		2				Reinke, Gerda	58	SC Charlottesburg Berlin	3:07:52,4	3	7	4	4	5	7
10.	5					Spouwen, Claire	50	Holland	3:08:13,6	4	10	5	7	7	8
11.	6					Kleininger, Renate	54	TV St. Georgen	3:13:49,4	4	10	4	7	7	9
12.	7					Borglund, Christina	49	Schweden	3:16:23,0	11	13	9	13	13	13
13.	8					Bunn, Lucy	47	USA	3:16:49,6	3	9	5	8	8	10
14.		3				Kalweit, Lilo	35	TUSSEK Essen	3:20:02,0	10	11	7	11	11	13
15.		4				Wachede, Gretel	62	TV Olpe	3:21:40,0	3	12	8	9	10	12
16.	9					Lynn, Peggy	48	USA	3:22:30,0	4	8	4	7	9	11
17.		4				Bracco, Ingrid	59	Italien	3:24:00,0	9	11	6	10	11	14
18.		5				Dede, Ami	40	OGC Waldsiefel	3:24:10,0	12	13	10	14	14	17
19.		5				Grav, Ingrid	38	LG AOT Kassel	3:24:20,0	7	11	8	12	12	16
20.			1			Anderson, Ruth	29	USA	3:25:32,0	12	13	11	14	15	16

Footnotes...

DID YOU KNOW...

How difficult it is to put a magazine together? Neither did we! So must apologize for the somewhat uncalled for delay in the last two issues of the LOG. Since most of our work being done is on a voluntary basis, it is difficult to find replacements...once again—hats off to Mr. Ross for the countless "laps" to the printer.

DID YOU KNOW-YET...

We are striving to improve reader interest also? This may take some several issues. But as you, the readers, take notice of our striv-----ing efforts, you will undoubtedly give us your completely unbiased opinions—for sure!

SETTING DOWN TO BRASS TRACKS...

Without volunteers, reader interest, and "pin money" the LOG cannot do much more than a year showing to say the least...or worse--retire. So hope that the LOG will be around for many laps, and that we will continuously arouse more interest in the sport...

HOW CAN YOU HELP?

The most important asset we could own right now is "pin money"—subscriptions. Surely with the thousands of runners around, someone has \$5.00. We cannot possibly publish names of all finishers for races. Run faster!

CAN YOU BELIEVE THIS?

Hereafter the LOG will be in the mail by the 20th of every even-numbered month! Yes, now that we have our track shoes on we'll be able to finish with a better time.

ADVERTISING? WHAT ABOUT IT?

\$2.00 per column inch, please. (A column inch is approximately 3 1/2 inches wide by 1 inch high.) We will attempt to do our best to sell your wares.

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HOW'S THAT ? ? ?

Many race results that we receive are devoid of pertinent information. We wish to inform our readers of other races, but when complete information is not submitted, there is no reader interest. Please cooperate on this matter.

UNITED STATES TRACK AND FIELD FEDERATION
1225 NORTH 10TH AVENUE
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LOG



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By Runners

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A Series of Exercises for ...

LOW BACK PAIN

by

DR. LARRY NOBLE

ISS Dept. of
H.P.E.R.

Low back pain is an affliction common to many middle-aged adults. The cause of this problem results basically from inactivity which in turn causes: (1) weak abdominal muscles and (2) lack of flexibility in the front hip area.

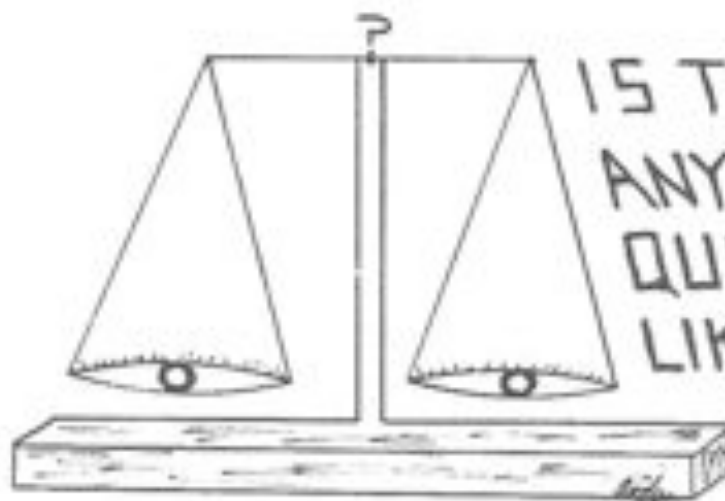
The abdominal and hip flexor muscles are constantly engaged in a tug of war to determine the tilt of the pelvic girdle. The hip flexors are naturally stronger than the abdominals, especially if one fails to run and jump, or to engage in exercise contrived specifically to develop them. Therefore, the hip flexors usually win the battle, resulting in the pelvic girdle being pulled down in front. The hip flexors then become shortened, the weak abdominal muscles allow the abdomen to protrude, and the curvature in the lower back area becomes too great. The immediate cause of pain is the extreme curvature in the lower back, which compresses the soft tissue on the back portion of the vertebrae and causes the small muscles in this area of the spine to assume abnormal resting lengths.

Exercises can diminish, or even eliminate, the problem if it isn't too severe. The exercises are designed to: (1) strengthen the abdominal muscles without strengthening the hip flexors, (2) increase flexibility in the front hip area, and (3) increase flexibility in the lower back area. It is very important to note that these exercises will only make it possible to assume and maintain a new posture - one with the pelvic girdle tilted upward to the normal position and allowing the lower back to straighten. In addition, the habit of maintaining the wrong pelvic position must be broken and a new habit must be developed. As in the change of any habit, or the development of a new one, this will at first demand periodic attention throughout the day while you are standing or walking. The need for consciously reminding yourself of correct posture will gradually decrease.

The following exercises should be done at least every other day (recommended daily) in the manner described:

- 1) trunk curls - lie on back on [level] surface, bend knees so that feet are flat on floor. Do not anchor feet. Place hands at sides with arms straight. Tuck pelvic girdle by contracting abdominal muscles, then raise head up and touch left knee with right hand. Return to starting position and repeat, touching right knee with left hand.
Do 10 repetitions at first and progress to 20. When you can do 20 repetitions, alter exercise by clasping hands behind the neck and raising up to a half sit-up position with a vigorous twist. Once you have progressed to 20 repetitions with this method, begin doing two sets per day separated by approximately 3 minutes rest.
- 2) hip stretcher - from a standing position, stride forward with right leg and stand with weight evenly distributed on both feet. Bend right knee so that body weight moves forward on right foot, and let hips drop as low as possible, keeping left knee straight and maintaining trunk in an upright position. Do not rock back and forth, but hold extreme point of exercise for 6-8 seconds. Do 8 repetitions, and repeat with right foot forward. It is not necessary to progress in number of repetitions or sets on this exercise.
- 3) lumbar stretch - sit on floor, bend knees and cross feet, then clasp hands behind head. Slowly lean forward as far as possible and hold 6-8 seconds. Return and repeat 8 times. It is not necessary to progress in number of repetitions and sets on this exercise.
- 4) pelvic tuck - lie on back with hands comfortably at sides and knees bent so that feet are flat on floor. Tuck pelvic girdle by contracting abdominal muscles so that small of back is flat against the floor. Slowly straighten knees by sliding feet along floor. Try to straighten knees completely while keeping small of back against the floor. Hold for 6-8 seconds, return to starting position, and repeat 8 times. It is not necessary to progress in number of repetitions and sets.





IS THERE ANYONE ELSE QUITE LIKE YOU?



by GEORGE SHEEHAN

Reprinted from the DAILY REGISTER
Middletown, N.J. — Dec. 5, 1973

"MY PURPOSE," sports psychologist William Beaussey told *Sports Illustrated's* Gwilym Brown, "is to help the individual athlete improve performance through the knowledge of his own psychology and how to get the most out of it."

That certainly sounds as if Professor Beaussey is on the side of the angels. He is going to help us jocks "to know thyself" (Plato), "to be what thou art" (Nietzsche), "to be the self one truly is" (Kierkegaard), and to a degree he follows the psychologist's Hippocratic oath. The professor has tested middle linebackers and Indy drivers and found them out from the same cloth. They are nervous, depressed, dominant, hostile, aggressive and impulsive. They also perform beautifully. And they perform even more beautifully when they are helped to be more of the same.

Beaussey is non-judgmental about these qualities. He is a pragmatist. The only way a linebacker can improve on being dominant and hostile and aggressive is to be more dominant and hostile and aggressive. And Beaussey shows them how.

It is only when he turns to distance runners that he reveals his failure to grasp the true role of psychology. There he demonstrates his lack of understanding of the human predicament. And therefore fails in his role of aiding and abetting athletes in their diversity, and the problems it presents.

Distance runners, he reports, score surprisingly low in hostility and dominance. "Most runners," he states, "seem to be passive, submissive followers." But instead of developing these traits and making distance runners more of what they are as he has the football players and drivers, he would change them. He would give them the psychic attitude of the Indy drivers. "When that happens," he says, "the world mile record will come down a full ten seconds."

I am sure that Professor Beaussey believes this to be progress. Distance runners just have no business, he thinks, being tolerant and submissive, and so we are faced with the age-old problem where men of convictions, either religious or scientific, would populate the world with people

who fit their idea of what is good or normal or successful.

Making runners hostile and aggressive (or football players passive and tolerant) is unnatural and completely counter to their temperament and personality. It is bound to fail. It would be easier to make a rabbit a killer. Unfortunately this self-evident truth has escaped psychologist Beaussey and indeed most of the scientific community. Its members continue to ply us with books explaining man as if he was some homogeneous composition of traits and values instead of the infinite variety he is.

This sort of thinking led in the past to a "one" way theological salvation. Now it leads to a "one" way of social salvation. Beaussey would have runners turn hostile and aggressive to break world records; Harvard Professor Richard Herrnstein would have them be hostile and aggressive to save our social structure.

Society, according to Herrnstein, lives on our competition for socio-economic standing. Should our disparities in wealth and status be eliminated we would, he predicts, have prompt social and economic disaster. Herrnstein gives historical precedents for such a prediction.

We distance runners certainly don't want Dr. Herrnstein's and our society to fail for lack of aggressive, dominant, confident, adventurous and courageous men (and I'm sure it won't) but they shouldn't expect us to enter into their fan and genes. And all those who delight in large family gatherings and like a plunge into nostalgia should not be hurt if we would rather spend those hours with a good book or on a solitary run.

We are not built for the rat race or the conformity of men. Turning distance runners who are made for flight and thought into fighters or socializers goes against nature and truth and man's fulfillment. We distance runners know that. Buckley knew that. So did William James. And Ortega. And Emerson. Nowadays, the only ones who know it are the people at Equitable Life. "There is nobody else exactly like you," says their ad. Out of the mouths of babes and Madison Avenue copywriters...

(See Asbury Park Sunday Press' article on George Sheehan as "Press Athlete of the Week"—page 9)

Scottish Fling

Thanks to the financial contributions of Jerry Power and Power Athletics, our many friends in the DCNC who bought raffle tickets, and our fellow Sports Club members especially Len Page, the Washington Sports Club was able to enter into its first international competition at the Two Bridges 35 mile road race in Rosyth, Scotland.

The trip was well-planned by Ray Morrison even with many set-backs. All the team members wanted to leave at different times and places and Ray's wife wanted to have a baby. Everything went fine until two days before departure when our charter group, the Scottish American Association folded, Air India went on strike, and Ed Jerome forgot his passport. However, six runners and entourage made it to the starting line.

Pre-race festivities included a tour of Drybroughs brewery, which is a lot more intoxicating than Jerry Power's varied shoe collection; and the morning breakfast served by the women's auxiliary of the Rosyth Civil Service Sports Association. Drybroughs is the Scottish race sponsor.

The team was very psyched to get the team title and we anxiously awaited meeting the massive Tipton Harriers, not to be confused with the D.C. Harriers. It was very surprising to meet Gordon Bentley smoking a cigarette and drinking a pint with the other hand.

Bob Thurston, Ray Morrison, Phil Stewart, Ed Jerome, Sheldon Karlin and Bob Harper all charged out of Pitscrieff Park, birthplace of Andrew Carnegie, on the only warm sunny day of our entire stay in Scotland. Our entourage including Norm Brand, noted running groupie, was worried at our fast pace as most of the team led Dick MacGregor, the English Olympian through the first few miles. The course was very scenic, but the rolling hills and the air pollution took its toll on everyone except Bob Thurston. Bob took sixth, one position ahead of MacGregor in 3:36. Ray and Phil struggled in 21st and 24th, and Ed Jerome ran very well to take 26th. These were super efforts in a really class field, as the 7th place finisher MacGregor was also 7th in the Olympic Marathon in Munich. Shelly cramped with dehydration at 24 miles after having vied for the lead for the first 5 miles. Bob Harper caught a ride with a hobbie as he's afraid of the dark.

The team took 3rd as Aberdeen A.C. "walked" away with the team title and Tipton whipped us for 2nd.

B. Harper

Are black athletes superior to whites? Owens sheds light

By Dick Bertram

(The Gregorian, Dec. 2, 1974)—Are black athletes superior to white athletes?

The December issue of Ebony magazine devoted seven pages to this often raised question and centers around the man who caused the stir 39 years ago—the incredible Jesse Owens.

Owens was in Portland Saturday (Nov. 30) to address the American Medical Association's 16th National Conference on the Medical Aspects of Sports.



JESSE OWENS

He fielded the question as if he had been the author of the in-depth article.

"There is no difference in ability between the races," he theorized. "It all boils down to how badly you want something.

"For the past few decades blacks have been getting an opportunity to do things in sports. If he's been better than his white counterpart, it's because he is hungrier—he wants it more."

Even before the 61-year-old Owens broke into international prominence with his legendary feats at the 1936 Olympics in Berlin, anthropologists wondered if genetic and physiological differences between blacks and whites caused superiority of one race over the other in sports fields.

After Owens broke three world records in one college track meet, Dr. Montague Cobb, an anthropologist at Howard University, took the fleet sprinter and analyzed him as if he were a lost species.

"I didn't mind being studied," Owens recalled. "I was curious, too, to see if there was any difference in my body makeup than in my white counterparts."

Scratch one theory. "My heel bone was supposed to be larger than a white's," he said, "but it turned out it wasn't even as big as my counterparts."

Yet Owens feels there was a reason why he succeeded and other blacks dominate their area of sports.

Dr. Martin Luther King may be enshrined in history because of his "I have a dream" speech. So did Owens, 36 years ago, and more important, he was shown how to reach it.

"His name was Charles Riley," Owens said. "He was the physical director at our junior high school in Cleveland. He coached everything and as it turned out, I was with him constantly.

"He would talk about our ambitions, he would explain the anatomy of our bodies and how to make the most of what we had. He could explain things so well, you could visualize yourself doing the things,

"One day we had a guest at school. They called him the world's fastest human and I thought to myself, 'I'd like to be that some day.' That was my dream and coach Riley showed me how to reach it."

Owens explained his "ladder" which led him to international glory and a dream fulfilled. "You need to be dedicated to the dream, you have to have a determination to reach it, you have to have self-discipline and you have to realize the sacrifices you're going to have to make to get there."

Nine years later Owens stood at the starting line for the 100-meter dash at the Berlin Olympics. "My stomach felt like it wasn't there. My mouth was dry. My hands were wet. My knees shook."

As I looked into the crowd I started thinking. Thinking about all the races, won and lost, which got me there, about home, about the uniform, the colors of the nation which gave me the opportunity to realize my dream.

"Then I saw Glenn Cunningham jogging around the stadium. His body had 97 percent burns when he was a youth. Yet he had a dream, too. He walked until his body stopped opening and bleeding. He became the United States' greatest miler (in that era)."

"It was time for the race. It was a dead heat for 90 yards between Ralph Metcalf and myself. Then for some unknown reason I beat him."

"Standing atop the victory stand, watching my flag being raised above all the others, I realized my dream of nine years had come true. I was an Olympic champion. The world's fastest human."

Sports was an avenue of success to blacks, and because it was one of few such avenues, blacks excelled in athletics, Owens feels.

"Blacks would run or play ball in the streets because there was nothing else to do with no money, no cars," Owens said.

"When I was a kid I would race on the gravel playgrounds just for fun. I'd go home with my feet bleeding, but track was the cheapest thing to do."

Owens cited the differences between a basketball hoop in a black neighborhood and in a white area. "In the black neighborhood there is always a flock of kids playing ball. Basketball is a way of expression and very important to a black youngster. It also has been a way out of the ghetto."

"The playgrounds in the white areas are usually empty."

"The necessity to excel in sports isn't as important to a white youngster."

Other avenues are rapidly opening to blacks. Owens said, "The barriers are coming down. People want capability and capable blacks are emerging in every field."

Whatever the dream, Owens emphasized that, "You have to figure out how you are going to get there."

"Ability is like water running downstream — if you don't dam it there is no power."

The power comes from motivation, Owens stressed, and "hungry" blacks are surfacing in almost every field of endeavor.

Will the blacks dominate other fields, as they have in sports?

"There is no difference in the abilities of man — black or white," Owens answered. "Eventually there will be no race difference. Everything will even out. This is Jesse Owens' dream."

At medical confab

Teacher-trainer 'role' stressed

By NICK NENTRAM
of the Express Staff

Comprehensive health care of athletes, prevention of athletic injuries and a new creature — the teacher-athletic trainer — received the most emphasis at the American Medical Association's 10th National Conference on the Medical Aspects of Sports Saturday at the Memorial Coliseum.

An extensive five-year study of injuries in high school football in North Carolina indicated that accidents could be reduced if equipment standards are adopted and playing fields kept in better shape.

Almost half of the players studied were forced to miss at least one practice due to injuries on the gridiron, the study showed.

A limited contact program — using dummies and sleds rather than live contact in practice — resulted in a lower injury rate for North Carolina high schools and the schools' won-lost record was not affected, said Dr. Fredrick Mieder, co-author of the study.

Resurfacing of poor playing fields and the use of soccer shoes also cut down on the injury rate, he said.

"Good, well-fitted equip-

ment, well-maintained fields can reduce injuries," he concluded.

Still, injuries will occur at any athletic event, and who is to take care of the injured athlete was discussed.

Again, it was North Carolina with an answer — a state-sponsored Sports Medicine Division, which has as its main goal to place a teacher-athletic trainer at every public school.

"A coach has little or no background in injury," said Dr. Al Proctor, director of the North Carolina sports medicine division.

"Our answer and objective is to have a teacher who can double as an athletic trainer at each school. He is paid as an assistant coach and can serve as the breach until the injured athlete can reach a physician."

The North Carolina plan calls for community and local physicians working together with the teacher-trainer. His salary comes from the community.

Undergraduate programs in athletic training are flourishing at many colleges and universities and the North Carolina offers a graduate program for already certified teachers.

* A DREAMY REWARD

by Dennis Stewart*

There is still darkness all around
As I silently pace along the ground;
The stars, they cover the moonless night;
The road, barely visible in my sight,
My pulse grows rapid, my breathing deep,
and I long to be in bed asleep;
But legs trod on through early dawn,
As bluebirds give a morning song.
The sun now rises in the East,
Hence I turn home on rapid feet;
Flung through an open door,
Good wife greets me with a smile.

*Reprinted from Columbia YC Newsletter.

SHOULD YOU BE...

HEAVY-HANDED
OR
LIGHT-HEARTED

BLESSED ARE THE LITTLE (AGE-GROUP) CHILDREN--
PARENTS IN ROLE OF REVERSE RESPECT

Co-editors: Rick Stetson and Nick Costas
Troy State University, Troy, Alabama

A BRIEF FLASHBACK

Early in 1957 the Road Runners Club of the U.S. was formed, centered in New York and New Jersey. The Club's purpose was to stage more long distance events, not only for established runners but for oldsters, women and children. With a few exceptions, the latter groups were either ignored or forbidden to take part in distance running by the staid Amateur Athletic Union which governed all running activities apart from those held on the high school and college levels. The RRC, however, bucked the AAU and finally won the right to sanction runs for all interested groups. No one then believed that age-group competition would blossom into a gigantic enterprise. So successful has this been that sponsors of meets now award medals, trophies, etc., based on age classifications.

* **ed note:** This article was reprinted from the Alabama Track Club News. Several questions are raised which leave the authors wide open for rebuttal. The question, "Is there a solution?" may lead some readers to ask, "Is there a problem?" Your comments regarding the problem to the solution are invited.

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"championships" held and records approved. It all seems great. But irritating problems have arisen that in too many cases have hurt the sport.

LITTLE LEAGUE SYNDROME INVADERS
THE RUNNING GAME

What should have been anticipated was not. Even veterans of the sport were astonished with the progress made by the little kids. With a bit of training, these tots having big hearts and small frames have run fast miles and endured marathons. Publicity has become lavish at times, stressing the unusual, fostering a wave of record-breaking to the delight of parents. Perhaps because of pride, curiosity or the yearning for fame, parents of precociously talented children have undertaken to train them on a scale similar to grown athletes. So good have some of these kids become that they have beaten older runners. This has proven embarrassing to the older set, but, worse still, many untrained children have quit the sport, feeling like losers.

TO TRAIN THE KIDS OR NOT?

Parents have the right to determine the upbringing of their children within the limits of law. To train the kids for the explicit purpose of making them run faster is no overt sin; in fact, such discipline is to be commended. There is, nevertheless, no guarantee that early childhood training in athletics produces superior performances later in adult life. To the contrary, most precocious athletes fail to blossom, quitting the sport long before their potential is realized.

The major gripe is voiced by the parents of untrained kids who get into club meets for the fun aspect only. When, for example, a 13 year old is beaten badly by a trained child of 10, embarrassment is natural by the loser. A careless remark by the parent of the 10 year old, or a glorification of the child in newspapers at the expense of other children, is certain to engender unfavorable response. Overall, the sport is damaged.

IS THERE A SOLUTION? CAN THE SPORT SIDE-STEP
THE LITTLE LEAGUE SYNDROME?

If there is a solution to the problem, it lies within each of us. Parents who want to train their kids must bear the responsibility of respecting the performances of untrained children. Flaunting, no matter how subtle, cannot be tolerated if the sport is to remain healthy. Parents of untrained kids should, somehow, convince their offspring that taking part is much more important than winning, especially at this stage of early life. For the majority of youngsters, "competition" is a word taboo. Pressures are already cropping up among the tots; scholastic achievement (striving for high grades), social acceptance, etc. Adding competition so early merely compounds these pressures which, adults know, can lead into serious problems. Perhaps "training" can be re-defined as fun-running; taking part instead of winning; maintaining "records" except as interesting performances. These may be the best that can be offered as solutions. One way to tell if they work is by a growing attendance at meets by the younger set. Now that the little league syndrome is with the runners, parents are forced into a role of reverse respect.

Dr. Sheehan's Running Is Enjoyable

By ELLIOTT DENHAM
Press Staff Writer

HE HAS A PERSONAL BEST
OF 3:01.25 FOR THE 26 MILE
RUN IN SEASIDE, ORE.

GEORGE HAS COMPLETED 11 STRAIGHT
"BOSTON MARATHON" RACES.

--SET A WORLD RECORD
FOR A 55 YEAR OLD
AS HE WAS CLOCKED
AT 5:02.2 IN THE MILE
AT THE EASTERN
MASTERS
CHAMPIONSHIPS.

...THE DOCTOR ALSO
OWNS A TWO MILE
MARK IN THE CAPE
MAY BOARDWALK
RACE WITH A
10:56.



BUMSON — Dr. George A. Sheehan, the runner-cardiologist-journalist, shrugs off his latest world record — a 5:02.2 mile that's the best clocking ever achieved by a 55-year-old.

"I just enjoy my running — I don't run for records," says Dr. Sheehan. "Winning — or setting a record — is just a bonus."

Nevertheless, there have been plenty of records — and bonuses — in the track career of Dr. Sheehan, honored today as Asbury Park Press Athlete of the Week.

Story by ELLIOTT DENHAM—Page 3

THE RECORD 5:02.2 came in last Saturday's Eastern Masters Track Championships at the White Plains, N.Y. High School Tartan track.

For three legs, Dr. Sheehan and Larchmont, N.Y. school teacher Archie Messenger battled it out. With 300 yards to go, Dr. Sheehan uncorked a sprint finish — and the race was decided.

It was another top performance in a big year for Dr. Sheehan.

Earlier, he had set a two-mile mark of 10:56 in winning the Cape May boardwalk race for a fourth straight year; registered a personal best of 3:01.25 for the 26-mile, 285-yard marathon distance in a race at Seaside, Ore., and wasn't far off that pace with a 3:05 achieved in completing the Boston Marathon race for an 11th straight year.

BACK IN his Manhattan College days, George Sheehan was a member of championship cross-country and relay teams and the Junior National AAU indoor mile champion.

But all thoughts of track were forgotten again until 1963.

"I just wanted to see what I could do again," recalls Dr. Sheehan — "and especially if I could break five minutes for the mile."

He's run as low as 4:47 since then — but doesn't really enjoy mile races.

"Long races are much more enjoyable," he maintains. "There's less pain and strain — and time to think about things."

Dr. Sheehan 5-10 and 140 pounds, takes his running when and where he can — usually on a lunch break from his busy Red Bank practice and hospital calls. "An hour a day is plenty," he insists.

DR. SHEEHAN is a father of 12 — including sons George Jr., Tim, John and Andrew who've followed him into distance running stardom.

When he's not practicing medicine, he's writing on medical and athletic subjects as a newspaper and magazine columnist.

In recent years, he's gained recognition as one of the nation's leaders and innovators in the sports medicine field and has made the rounds of the convention circuit as a lecturer.

An upcoming assignment, for instance, will bring him to the Rutgers University Sports Medicine Conference Oct. 16.

"The Rutgers Conference will stress the team approach to athletic injuries," he reports. "This," he predicts, "will be the way of the future in these things."

"We'll have contributors from all areas — physicians, podiatrists, physiotherapists, coaches, trainers and physical education specialists. There will be equal input from all. There will be no status or hierarchy in this — it won't matter what letters a man has behind his name."

HE SEEKS other values in his athletic interests.

"Cardiac patients can often understand things better when they're expressed in athletic terms," he explains.

"When you tell a man that an athlete takes at least an hour after eating before competing, that he takes a proper warmup, and that he avoids smoking or drinking, it's a lot easier to understand."

Along the way, Dr. Sheehan has become an important source of knowledge for his fellow athletes looking for ways to work back after injuries.

MASTERS TRACK competition is a relatively new item in the worldwide picture — but it's growing by leaps and bounds.

The older athletes are either trackmen who've kept right at it over the years, ex-trackmen who've opted for a comeback, or non-trackmen who want to give the sport a belated try.

Normal expectation is a 5-7 per cent decline in performance level per decade.

But Dr. Sheehan is running as well now as he was 10 years ago and shows no indication of slowing up.

He's that solitary figure in sweat-soaked motorists have grown accustomed to spotting on Rumson Road. And if he's got a problem it's that he finds it impossible denying discovery of a personal fountain of youth.

RUNNING BRIEFS

THE AMAZING "DR. LOU"

Dr. Lou Gregory just turned 70, though he looks to be in his mid-50's. For the past 15 years he has been the track coach at Pensacola Jr. College, producing excellent winning teams. He was also on the U.S. Olympic Team in 1936, running the 10,000 meters, and won more national titles in long distance running than anyone until up into the 1940 era of athletics.

At the recent Mobile, Al. indoor meet, Lou Gregory, age 70, ran a mile in 6:02. Dr. Lou is still every bit a champion.

Tupperny's Dream: Home for Joggers



Bob Savett

Joggers of the world unite; you have only to lose your chains. The ones that bind you to your living rooms during the discussions of winter — in, snow, wind, chill.

The University of Pennsylvania wants to give you a home.

"We are willing to donate the land," track coach Jim Tupperny assures. "In this city, there's a crying need for a fieldhouse, a track recreation center. We're willing to sponsor it."

Penn still lacks the money for a fieldhouse of its own. Despite Tupperny's eleven-year effort, it has the lead, sitting by the Schuylkill Expressway, the first right turn as you come off the University Avenue Exit. Name of Murphy Field. The Eagles and Jags work out there when Franklin Field was their Sunday domain. Penn's freshman footballers used it, too — but not since the varsity gave up to original plot of ground for practice at the stadium AstroTurf.

Track people eye it greedily.

"The biggest problem inhibiting the growth of track in this city is that we have no trackways," Tupperny says. "There is no indoor practice place. For anyone — high schools, colleges, clubs, joggers."

"We're working with the city on it. We're working with the school board on it. We've talked about using gang prevention money — we'll keep \$500 kids off the streets every weekend. We'll be great 14-b-y-otters. It would be super for girls, too.

"What do you do for indoor

recreation for the masses in Philly? The poor guy can't pay \$10 an hour for tennis ... The city's spending all kinds of money on pools, on tennis — but we're the bottom of the barrel as far as money goes."

Tupperny is not the only one crying the fieldhouse blues.

"That's why the U.S. loses quite a few athletes — we don't have centrally-located training centers," Philadelphia Pioneer coach Alva Woodley says. "It's tragic that we don't have a centrally-located place to train in a city this big — not one arena where an athlete can go daily. We're talking about an Olympic-type athlete, Olympic caliber."

Tupperny envisions a facility open to track teams in the afternoon, the general public at night. If each jogger would pay a dime — presto, self-sufficiency.

"Thousands of people are jogging. This would be a mecca. The understanding that would come about would be super. You could see what was happening the week of the Department of Recreation meets at the Civic Center — interaction between rich kids and poor, kids from nice prep schools and Catholic schools.

"A man from our development office — his son was running — he told me he didn't realize what a great sport this was. Kids enjoying talking to each other, competing. It's wholesome. It brings people closer together.

"It's cheap entertainment, the cheapest damn sport there is. Soccer, tennis, and away you go ... Everyone involved in track likes it

Thursday, February 13, 1976

— look at the popularity of the mascot events, all the so-called 'wildmen' who are wild as hell.

"In basketball, only they play at a time, it's on a team. And look at all the damn space it occupies in every school. At a track meet, we run 40 people every five minutes. We train them out in smoke, too."

Penn had a dual meet at Lafayette a couple Saturdays ago. Tupperny admired the Eastern school's facility — and discovered neighboring Lehigh is putting up its own 33 yards by 120 yards Cougar Gym (a football field) for a mere \$1.2 million.

Tupperny thinks his dream could be constructed with a similar price tag.

"We just want a shell of a place, just enough to keep the weather off us. A little heat, toilet facilities. We could do without locker rooms."

But not without funds.

"Temporarily, the oil companies — they spend millions advertising the Phillies, the hockey. Well, this would be a great tax write-off if they really want to do something for the kids of the area, if only we could get some big industry ... They get behind tennis. The banks, they just like to push their personal sports — tennis, golf. These people should help the masses, too."

That's what the project needs: Help.

"It's stalled," Jim Tupperny moans. "It needs somebody to push it."

OK, you thousands of joggers, lobbying for the winter — whatever happened to all your muscle?

PENNSYLVANIA

PENN STATE vs PITTSBURGH 11/9/1976

5 MI. RUN

Penn State Golf Course

Course Distance: 5 mi.

Course Record: 24:07, Ron Martin (WMT), 1976

Temp. & Cond: 60°, Sunny

Results:

1. Paul Steiner	24:20
2. Dick Martin	24:21.5
3. George Halley	24:44
4. Mel Boyd	25:01
5. Ken Wilson	25:10
6. Terry Wile	25:18
7. Greg Strembel	25:23
8. Dave McDonald	25:37
9. George Christopher	25:42
10. Walt Hajak	25:53
11. Paul Augustin	26:01
12. Jim Harrison	26:13
13. Paul Singley	26:16
14. Steve Balser	26:23
15. John Kaiser	26:24
16. George Dixon	26:44
17. Ron Secord	26:55
18. Rich Maraley	27:03
19. Tracy Holliba	27:47
20. Mike McLaughlin	27:53

Team Scores:

1. Penn State 25	2. Pittsburgh 30
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PENNSYLVANIA

FR. NATIONAL CUP 11/23/76

5,000 M. CROSS COUNTRY

LEAW, Pennsylvania

Statistics not submitted

Results:

1. John Burns	15:26.4
2. Steve Crooke	15:40
3. Phil Kane	15:43
4. George Mackay	15:55
5. Antoine Alder	16:04
6. Joe McHobol	16:05
7. Roger Knollmeyer	16:12
8. John Ferguson, III	16:13
9. Mark Belger	16:17
10. Tim Brandt	16:18
11. Jeff Brant	16:23
12. Joe Schaefer	16:26
13. Jim Sanguero	16:23
14. John Brimmer	16:26
15. John Moorjachert	16:27
16. Ken Sheppard	16:35
17. Courtland Howard	16:30
18. Fernando Garcia	16:43
19. R. Lehman	16:47
20. Steve Young	16:48
21. George Peatrick	16:50
22. Jack Kahar	16:54
23. Jay Harley	16:58
24. Tom Hallenbeck	17:02
25. John Kestney	17:04

Team Scores:

1. Villanova 20	3. Penn. St 31
2. Appalachians AC 49	

PENNSYLVANIA

ANDREW J. BATSON MEMORIAL HANDICAP Dec. 13, 1974
East River Drive, Philadelphia, Pa.

Course Distance: 5 mi. (women, 3 mi.)

Course Records: n/a

Start : Finish: n/a : 60

Temp. & Conditions: 45^o, Sunny

Results: (elapsed time)

1. Dave Mungen 31:14.6	11. Larry Freed 32:51
2. Ken Kling 31:49	12. Gus Constant 32:36
3. Sidney Holzer 31:54	13. Seth Bergmann 33:08
4. Bruce Skiles 31:59	14. Harry Bilicki 33:19
5. Merr Bryan 32:04	15. Dave Thomas 33:29
6. Mike Fowler 32:31	16. Jim Smyth 33:31
7. Frank Feingold 32:37	17. Dr. Stan Brasco 33:36
8. Gary Penelli 32:41	18. Paul McSorley 33:41
9. Leon Dreher 32:44	19. Dr. L. Delaney 33:46
10. Ed McNeill 32:50	20. Jim Hobold 34:02

Women: (3 mi.)

1. Janet Young 21:27.4	7. Fatima Ali 22:29
2. Lisa Foxworth 21:35	8. Donna Jarber 22:36
3. Betty Williams 21:45	9. Gwen Sparlock 22:52
4. Kathy Hill 22:03	10. Dawn Furman 22:53
5. Lisa Williams 22:11	11. Val Fisher 23:11
6. Susan Neff 22:23	12. Kim Wiley 23:36

PENNSYLVANIA

JOHN ST. CLAIR SR. ANNUAL Dec. 22, 1974
MEMORIAL 5 MI. HANDICAP RUN

East River Drive, Philadelphia, Pa.

No. Finishers: 727

Results: (elapsed time)

1. Jim Hugford 30:03.4	11. Hussein Alim 31:50
2. Jerry Gewirtz 30:47	12. Earl Gwese 31:36
3. Larry Bush 30:54	13. J. Hassenthaler 31:39
4. Dennis Murphy 30:55	14. Chris Yarens 31:41
5. Harry Bilicki 31:00	15. Pat Hannon 31:42
6. Tom Yurd 31:01	16. Garret Grant 31:43
7. Bruce Skiles 31:10	17. Bill Maguire 31:51
8. Gordon Grant 31:12	18. Dan Bransen 32:12
9. Ken Kling 31:29	19. Sidney Holzer 32:19
10. John Shields 31:33	20. Ed McNeill 32:23

Team Scores:

1. Phila. AC 20	3. Jenkintown
2. Penna. AC 29	Ohio Kids 63

PENNSYLVANIA

7.4 MI. RUN Dec. 29, 1974
East River Drive, Philadelphia, Pa.

No. Finishers: 39

Results:

1. Bruce Skiles 37:21	11. Mike Bryn 41:25
2. Frank Goldsapp 38:36	12. Rich Callen 41:27
3. Ken Kling 38:41	13. Pat Hannon 41:40
4. John Del Sordo 38:44	14. Jim Hobold 41:43
5. Jerry Gewirtz 38:59	15. Doug McCreary 42:10
6. John Nicholson 39:36	16. Frank Graham 42:27
7. Dennis Feldler 39:40	17. Mike Lygmont 42:34
8. Harry Bilicki 40:05	18. Hugh Bassell 42:40
9. Gary Lehan 40:18	19. Joe Donatucci 42:50
10. Lou Coppens 40:27	20. Jim Gannon 43:10

Results: (Vets & Women, 3 mi.) (A kids under 14)

1. John Collins 19:09	6. Tom Burns 21:19
2. Paul Cochrane 19:34	7. Fatima Ali 21:38
3. Hank Kincaid 19:51	8. Frank Kelly 22:23
4. Lisa Ludovici 20:25	9. Deb McCluskey 22:52
5. Jim Ludovici 20:36	

NEW JERSEY

MIDDLE ATLANTIC AAU Nov. 26, 1974
CROSS COUNTRY CHAMPIONSHIP

Camden County College, Blackwood, N.J.

Course Distance: 5 mi.7

No. Finishers: 397

Results:

1. Phil Collins 29:34.6	11. Dave Mungen 31:19
2. George Lokken 30:22	12. Steve Lubar 31:23
3. Pete Bartoliate 30:27	13. Ed McGowan 31:41
4. Larry Bush 30:30	14. Bob Soellick 31:52
5. Walt Hawkins 30:34	15. Dave Sheridan 31:55
6. John Sevcik 30:38	16. Ken Kling 32:10
7. Joe Stedlecki 30:40	17. Larry Connelly 32:22
8. Gary Fanelli 30:45	18. Bill Giallan 32:27
9. Larry Schewilia 30:54	19. Carl Kinscherf 32:42
10. Phil Kane 31:03	20. Harry Bilicki 32:44

SOUTH DAKOTA

3rd ANNUAL "LONGEST DAY" MARATHON

AND

SOUTH DAKOTA A&M MARATHON CHAMPIONSHIP

Race Splits

	7 Miles	13 Miles	20 Miles
1. Michael Soman	38:45	1:10:40	1:49:10
2. Dave Erier	41:46	1:15:03	1:52:57
3. Kevin Fries	41:46	1:16:25	1:57:53
4. Randy Lawson	42:56	1:18:58	2:02:30
5. Dennis Barts	43:57	1:22:07	2:06:11
6. Mike Halverson	42:36	1:19:53	2:04:33
7. Wally Koettger	45:03	1:22:24	2:08:30
8. John Iverson	47:25	1:26:34	2:11:07
9. Jay Lucas	45:00	1:22:53	2:09:15
10. Harvey Milla	47:26	1:26:24	2:11:02
11. Larry Kennedy	45:04	1:22:09	2:06:19
12. Rick Rausch	46:47	1:25:37	2:11:42
13. Steve Sedgwick	45:02	1:22:30	2:08:58
14. Joe Schrag	45:04	1:22:39	2:12:17
15. Dave Tuch	46:48	1:25:39	2:13:46
16. Tim Haber	43:05	1:23:53	2:16:20
17. Richard Schuh	51:12	1:31:41	2:20:59
18. Bill Alsch	45:02	1:24:22	2:16:20
19. Ron Matheson	48:49	1:28:00	2:20:27
20. Mark Hillacrom	46:26	1:24:47	2:17:27
21. Mike Brockhoff	46:47	1:25:39	2:16:09
22. C. S. Roberts	53:21	1:37:53	2:30:32
23. Chuck McMillen	53:21	1:37:53	2:30:32
24. Ken Haug	53:21	1:37:53	2:30:41
25. Andy Sivertson	45:05	1:27:56	2:13:17

NEW MEXICO

BASSING NEW MEXICO STATE INVITATIONAL

New Mexico Oct. 12, 1974

Statistics not submitted

Results:

1. Wilson Waigwa 23:42	11. Tony Emign 25:27
2. Phillip Waco 23:58	12. Gibson Gabel 25:46
3. Mike Holt 24:02	13. Jeff Deaber 25:56
4. Joe Kessel 24:03	14. Kevin Shaw 25:59
5. Dennis Williams 24:06	15. Beediton 26:20
6. Bob Wallace 24:07	16. Mark Freeman 26:21
7. Larry Brown 24:30	17. Ger. Gimbogeri 26:40
8. Joe Henglich 24:54	18. Ruben Dominguez 27:04
9. Frank Hansen 25:04	19. Guest 27:12
10. Tom Seitt 25:19	20. Burgess 27:35

MASSACHUSETTS

6.5 mi. 50K

Nov. 3, 1974

West Springfield, Massachusetts

Course Distance: 6.5 mi.

Course Record: n/a

No. Starters: 96

No. Finishers: 96

Temperature: n/a

Conditions: n/a

Results:

1. Gerry Gallagher 35:25.6	11. Don LaSue 37:34
2. Bar. Littlefield 35:56	12. Bruce Aldrich 37:59
3. Don Beauford 36:00	13. Ben Delmonico 38:13
4. Don Gaff 36:25	14. Joe Martino 38:22
5. Gary Welch 37:06	15. Don Herin 38:23
6. Larry Jowett 37:13	16. Don LaBrasche 38:44
7. Robert White 37:16	17. Bill Smith 38:54
8. Ken Wilson 37:33	18. Kevin Matye 39:01
9. Steve Prosty 37:47	19. Hank Devine 39:04
10. Don Goodin 37:51	20. Paul DeBell 39:09

a = 1st over 40

Women's Results:

1. Maureen Byrne 58:19	5. Sharon Balayga 74:40
2. Nancy Page 63:57	6. Fran Donohue 79:02
3. Kathy Donohue 72:50	7. Teresa Knox 79:08
4. Lisa Knox 72:56	

Team Scores:

1. No. Medford Club 28	3. Hartford TC 33
2. Mt. Park 44 37	

MASSACHUSETTS

5 mi. 50K

Oct. 9, 1974

Freen Pond, Cambridge, Massachusetts

No. Finishers: 10 submitted

Results:

1. James Butfield 25:01	10. Geo. Lattarulo 34:40
2. Bob Kordick 28:04	11. David Fudge 35:10
3. Richard Cronin 29:10	12. David Riosas 36:46
4. John Harris 29:43	13. Ed Whitney 38:02
5. Chris Dineen 29:57	14. Kim Fudge 38:27
6. Charles Batti 30:09	15. Lisa Gaines 39:03
7. Paul Schell 30:23	16. George King 41:33
8. Jim Crouse 31:10	17. Sig Podlosny 41:56
9. Claude Ellis 31:49	18. Fred Brown Sr. 48:12

MASSACHUSETTS

1st ANNUAL PLETHOEN ROCK TO

Nov. 30, 1974

FRIVINGTONS RELAY ROAD RACE

Course Distance: 80.8 mi. (1)

Course Record: as below

Results:

1. Seacoast Striders "A" (open Record)	7:32:42
2. Hartford Track Club	7:44:00
3. North Medford Club, Open	8:09:34
4. Cambridge Sports Union	8:10:19
5. North Medford Club Masters "A"	8:11:15
6. Southeastern Massachusetts University	8:31:30
7. Worcester Foot Pounders	8:37:31
8. Williams Road Runners	8:39:55
9. Boston Athletic Association	8:54:11
10. Seacoast Striders "B"	9:26:03
11. Cambridge Sports Union, Women	10:20:34
12. North Medford Club Masters "B"	10:24:44

a = Masters Record

b = Women's Record

MASSACHUSETTS

2.5 mi. 50K

Nov. 2, 1974

Freen Pond, Cambridge, Massachusetts

No. Finishers: 19 submitted

Results:

1. Walter Hill 12:34	11. Bo. Grzebien 17:34
2. Neil McNeil 13:14	12. Kim Fudge 17:39
3. Bill Deingello 13:37	13. Elaine Thomas 18:27
4. Robert Young 14:46	14. Lisa Gaines 19:21
5. Ed DiLoreaso 15:16	15. Mark Robinson 20:32
6. Lee Glavin 15:23	16. Sig. Podlosny 20:56
7. Geo. Lattarulo 15:42	17. Fred Brown, Sr. 22:20
8. Ed Pfeiffer 16:36	18. Ray King 26:00
9. John Cousins 16:44	19. George King 26:01
10. David Ricardo 17:00	

MASSACHUSETTS

ANNUAL NORTH MEDFORD CLUB

Dec. 15, 1974

10 mi. 50K

Newburyport, Massachusetts

Course Distance: 10 mi.

Course Record: 30:27, Dick Bayne, 1972

No. Starters: n/a

No. Finishers: 31 submitted

Temperature: n/a

Conditions: "Very fine"

Results:

1. Dick Bayne 30:31	11. Carl Fortier 33:42
2. Earl McGilvray 30:40	12. Robert Asselin 34:44
3. Stan Hewton 31:26	13. Phil Deeth 34:42
4. Bob Gray 31:53	14. Bruce Higell 34:54
5. Pete Kuchinski 33:03	15. Scott Heber 35:06
6. Glen Virevankala 33:12	16. Joel Stefanek 35:10
7. Louis Aguir 33:24	17. Alan Giannini 35:17
8. George Beloved 33:40	18. Roger Parson 35:22
9. David Duval 33:54	19. Bob Whitney 35:22
10. Ben Dropan 34:13	20. Cass. Balli 35:37

MASSACHUSETTS

MASSACHUSETTS

Nov. 10, 1974

CROSS COUNTRY CO-MEMORSHIP

Lynn Woods, Lynn, Massachusetts

Course Distance: 40 km. (rugged)

Course Record: n/a

No. Starters: n/a

No. Finishers: 31 submitted

Temperature: n/a

Conditions: Fair & cool

Results:

1. Stanley Hewton 34:23	11. Charles Batti 39:28
2. Don Gaff 34:39	12. Claude Ellis 39:40
3. John Sullivan 35:00	13. Ed Forton 40:24
4. Larry Bernas 36:06	14. Tom Fitzgibbon 40:35
5. Fred Young 36:25	15. John Campbell 40:39
6. Bruce Higell 36:56	16. John Bennett 40:37
7. Dick Peckard 37:27	17. Jim Tucker 41:26
8. Al Donaghy 37:53	18. John Cousins 41:46
9. Frank Kelley 38:15	19. Andy Hawley 41:53
10. Julian Siegel 38:40	20. Bill Bradley 42:13

Team Scores:

1. No. Medford Club 25	2. Cambridge 28 30
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Age Group Results:

40-44 Stanley Hewton(1)	55-59 Bob Peinney(2)
45-49 Dick Peckard(7)	60-64 Louis Young(23)
30-34 Frank Kelley(9)	65-69 Fred Brown, Sr. (30)

MASSACHUSETTS**45th ANNUAL BAY STATE MARATHON**

Nov. 3, 1974

Frankington, Massachusetts

Course Distance: Marathon (26 mi., 385 yds.)

Course Record: n/a

No. Starters: 181

No. Finishers: 150 submitted

Temperature: n/a

Conditions: "Ideal"

Results:

- | | |
|--------------------------|----------------------------|
| 1. Peter Stige 2:27:20 | 11. Louis Aguilar 2:39:58 |
| 2. Geo. Conefrey 2:28:52 | 12. Mark Malkowski 2:40:16 |
| 3. Ken Mueller 2:29:30 | 13. E. Krause 2:40:56 |
| 4. Mike Baxter 2:29:58 | 14. John Lamade 2:41:05 |
| 5. Chuck Hiley 2:35:56 | 15. John Sullivan 2:41:50 |
| 6. John Jarek 2:36:12 | 16. James Taylor 2:46:25 |
| 7. D. McGilivray 2:36:51 | 17. Mary Seoni 2:46:39 |
| 8. Don Dudley 2:37:12 | 18. John Higley 2:47:11 |
| 9. Geo. Schobel 2:38:09 | 19. Dave Duval 2:49:53 |
| 10. Robert Gray 2:39:14 | 20. Ray Furbush 2:49:55 |

a = 1st Master b = 2nd Master

Team Results: only Merry Cushing 3:07:27**Team Scores:**

- | | |
|------------------------|----------------------|
| 1. Boston AA 6 | 3. Cambridge SU 21 |
| 2. St. Medford Club 18 | 4. No. Country AC 33 |

MASSACHUSETTS**SEASIDE WOMEN'S**

Nov. 9, 1974

CROSS COUNTRY CHAMPIONSHIP

Amherst, Massachusetts

Statistics not submitted

Girls' Cross Country: 1 1/2 mi.

- | | |
|-----------------------|-----------------------|
| 1. Barry French 13:42 | 3. R. Whittaker 21:02 |
| 2. Seth Moran 19:55 | |

Boys' 1 1/2 mi. Cross Country: (2 mi.)

- | | |
|--------------------------|-------------------------|
| 1. Marisa Larson 12:22 | 8. Deana Riggott 14:54 |
| 2. Carol Accoin 12:36 | 9. Tamara Garstka 15:19 |
| 3. Madisa McDonald 12:57 | 10. Blake Accoin 15:26 |
| 4. Kim Ginder 13:25 | 11. Linda Klass 15:37 |
| 5. Lynn Felton 13:53 | 12. Sherry Accoin 17:15 |
| 6. Lisa Strout 13:59 | 13. Carol Collins 17:39 |
| 7. Ellen Gosling 14:54 | |

Boys' 30. Cross Country: (2 mi.)

- | | |
|-------------------------|----------------------|
| 1. Paul Davenport 13:03 | 3. Kay Moran 15:53 |
| 2. Loretta Kiber 14:46 | 4. J.J. French 16:02 |

Women's Cross Country: (3 mi.)

- | | |
|----------------------------|---------------------------|
| 1. Charlotte Lettice 17:40 | 11. Carol DeWitt 20:16 |
| 2. Carol Degan 19:04 | 12. Carol Krolewski 20:23 |
| 3. Steph. Niesler 19:27 | 13. Kathy Whitcomb 21:03 |
| 4. Sara Bernas 19:43 | 14. Kathy Glenn 21:04 |
| 5. Merry Cushing 19:54 | 15. Debbie Learned 21:21 |
| 6. Aida Cosmi 19:58 | 16. Donna Medfrison 21:42 |
| 7. Jan Greazy 20:01 | 17. Regina Sullivan 21:55 |
| 8. Susan North 20:03 | 18. Mary Diagnei 22:11 |
| 9. Janet Reynolds 20:04 | 19. Jane Groffita 22:31 |
| 10. Ellie Mendocia 20:14 | 20. Kathy Farrell 22:32 |

High School Cross Country: (2 1/2 mi.)

- | | |
|----------------------------|--------------------------|
| 1. Jwain St. Eliaire 15:43 | 11. Cheryl Ascher 17:32 |
| 2. Debbie Mueller 15:49 | 12. Jan Gelm 17:33 |
| 3. Marina Buckley 16:43 | 13. Nancy Robinson 17:41 |
| 4. Susan Krolewski 16:54 | 14. Della Hill 17:45 |
| 5. Susan Lambias 16:54 | 15. Donna Vallas 17:56 |
| 6. Stacy Vallas 17:08 | 16. Wendy Smith 18:14 |
| 7. Nancy Neener 17:12 | 17. Beale Grady 18:26 |
| 8. Joyce Cree 17:14 | 18. Kathy Kelly 18:35 |
| 9. Susan Weston 17:23 | 19. Sue Boimsevaia 18:36 |
| 10. Lori Dane 17:30 | 20. Carolyn Rice 18:47 |

MASSACHUSETTS**SEASIDE SILVER**

Nov. 9, 1974

CROSS COUNTRY CHAMPIONSHIP

Amherst, Massachusetts

No. Finishers: 21 submitted

Results:

- | | |
|---------------------------|---------------------------|
| 1. George Conefrey 32:50 | 12. Robert Whitney 36:48 |
| 2. John Brodhead 34:25 | 13. Jeff Johnson 39:01 |
| 3. Ed Sandier 35:03 | 14. Rudy Oelm 39:29 |
| 4. Perry Bland 35:29 | 15. Andy Jaffe 39:33 |
| 5. Timothy Stageson 35:47 | 16. Robert French 40:15 |
| 6. Bill Chapman 35:55 | 17. David Jenkins 41:11 |
| 7. Larry Martin 36:31 | 18. Don Grant 41:50 |
| 8. Derek Cambridge 37:43 | 19. T |
| 9. Dave Harrington 38:16 | 20. Geo. Lattarallo 39:45 |
| 10. Bill Wilson 38:27 | 21. Sig. Podlony 39:01 |
| 11. Robert Accoin 38:41 | |

MASSACHUSETTS**5.5 mi. RUN**

Nov. 10, 1974

Molyoke, Massachusetts

Course Distance: 5.5 mi.

Course Record: n/a

No. Starters: n/a

No. Finishers: 80 men; 6 women submitted

Temp. & Cond: n/a

Results:

- | | |
|------------------------|---------------------------|
| 1. Rick Bayco 27:36 | 11. Bruce Aldrich 30:23 |
| 2. Tony Wilson 28:05 | 12. Don LaBranche 30:30 |
| 3. Pete McGinty 28:27 | 13. Joe Martine 30:45 |
| 4. Don Sanford 29:11 | 14. Kevin Matys 30:48 |
| 5. Larry Jewett 29:17 | 15. Don Chartier 30:52 |
| 6. Kevin Powell 29:24 | 16. Courtney Perdue 31:30 |
| 7. John Jarek 29:29 | 17. Ed King 31:37 |
| 8. Jonathan Bird 29:41 | 18. Hank Devine 31:58 |
| 9. Jack Young 29:47 | 19. Dick Beaulieu 32:07 |
| 10. Ken Wilson 30:18 | 20. John Spinney 32:08 |

Women's Results:

- | | |
|------------------------|-------------------------|
| 1. Merry Cushing 35:18 | 4. Fran Donohue 47:08 |
| 2. Kathy Donohue 47:08 | 5. Donna Bewadrea 56:31 |
| 3. Nancy Page 48:27 | 6. Lisa Knox 56:32 |

Team Scores:

- | | |
|------------------------|-------------------|
| 1. St. Medford Club 19 | 3. Hartford TC 60 |
| 2. St. Park AA 41 | |

MASSACHUSETTS**5.5 mi. RUN**

Dec. 22, 1974

Amherst, Massachusetts

Course Distance: 5.5 mi.

Course Record: 28:05, Terry Gallagher, 1974

No. Starters: 101 (5 did not register)

No. Finishers: 101

Temperature: n/a

Conditions: Overcast

Results:

- | | |
|--------------------------|----------------------------|
| 1. Rick Bayco 27:13 | 11. Marty Callahan 30:01 |
| 2. Buddy Bostick 27:24 | 12. P. Mastropasallo 30:13 |
| 3. Jay Sidman 28:50 | 13. Bill Hullen 30:14 |
| 4. Richard Cataldo 29:08 | 14. Bruce Clements 30:15 |
| 5. Frank Durkin 29:11 | 15. Dave McGilivray 30:20 |
| 6. John Sebington 29:13 | 16. Wayne Lamotte 30:55 |
| 7. Phillip Kalar 29:16 | 17. Scott Webber 30:57 |
| 8. Louis Aguilar 29:32 | 18. Joel Stefanicki 31:00 |
| 9. Pete Kuchinski 29:40 | 19. Geo. Halliester 31:05 |
| 10. Dana Heath 30:06 | 20. Bill Smith 31:07 |

a = New Course Record.

MASSACHUSETTS

7 mi. RM

Jan. 1, 1975

Cambridge, Massachusetts

Course Distance: approx. 7.25

Course Record: n/a

No. Starters: 63

No. Finishers: 63

Temperature: n/a

Conditions: Fair; slushy roads

Results:

1. Steve Prosty 50:49	11. Claude Ellis 52:56
2. Tim Lepore 51:04	12. Bill Hise 52:59
3. Tom Sowar 51:32	13. Ed Norton 53:04
4. Wayne Farrar 52:11	14. Bert Hadley 53:05
5. Bill Jesdale 52:18	15. Paul Schell 53:09
6. Wayne Lassie 52:23	16. Bill Smith 53:10
7. John Bennett 52:40	17. Paul Thompson 53:11
8. Stewart Thurston 52:47	18. Chat Fortier 53:12
9. Phil Heath 52:51	19. Geo. Kasieraki 53:13
10. John Heymaris 52:55	20. James Gray 53:14

MASSACHUSETTS

10.2 MILE RM

Nov. 17, 1974

Exeter, Massachusetts

Course Distance: 10.2 mi.

Course Record: n/a

No. Finishers: 47 submitted

Temp. & Cond: n/a

Results:

1. S. Butterworth 53:57	11. Lewr. Martin 59:20
2. Mark Malkowski 55:22	12. Robert Asselin 51:13
3. Sam Winebaum 56:09	13. Chas. Betti 51:24
4. Paul Carrocio 56:19	14. Mike Madson 52:02
5. Ronald Gaff 56:51	15. Bob Circle 52:09
6. Malcolm Kidd 57:31	16. Julian Siegel 52:12
7. Don Putnam 58:28	17. Harry Fowler 52:22
8. Dana Heath 58:56	18. Bob Teetbak 52:52
9. Philip Kalon 59:00	19. Steve London 53:07
10. John Sullivan 59:14	20. Nick Stellians 53:50

MASSACHUSETTS

5 mi. RM

Oct. 28, 1974

Quincy, Massachusetts

Statistics not submitted.

Results:

1. Geo. Cosefrey 23:55	11. John Heboony 29:51
2. Robert Gray 25:21	12. S. Roundville 29:54
3. Geo. Schobel 26:07	13. Hal Veterman 29:55
4. Ed Sheehan 26:12	14. Bob Birch 30:02
5. Brian Harley 27:12	15. Robert Yaffee 30:09
6. Daniel Colletti 27:23	16. Bob Balboni 30:25
7. Mike Madson 27:30	17. Bob Bianchette 30:42
8. James Lanzer 28:03	18. Frank Curry 30:50
9. Joe Kee 28:54	19. Fran Mullen 31:22
10. Claude Ellis 29:19	20. Bill Glenn 31:50

MASSACHUSETTS

5 mi. RM

Jan. 18, 1975

Fresh Pond, Cambridge, Massachusetts

No. Finishers: 21 submitted

Temp. & Cond: Cold & very slippery

Results:

1. Robert Gray 28:14	12. Matt White 33:48
2. Bruce Brown 29:05	13. Dave Ricardo 35:20
3. Dave McGilivray 29:08	14. Paul Ricardo 36:47
4. Ralph Leonard 30:09	15. George King 39:04
5. Rich Stephens 31:04	16. Kim Fudge 39:20
6. Bill Kirchner 31:18	17. Ed Whitney 40:58
7. Ed Norton 32:34	18. Lisa Glines 42:06
8. Giles Whitcomb 33:06	19. Chico Scisone 44:54
9. David Fudge 33:14	20. Sig. Podlosny 46:10
10. Claude Ellis 33:34	21. Fred Brown, Jr. 46:14
11. Tom Hayden 33:44	

MASSACHUSETTS

2.5 mi. RM

Jan. 11, 1975

Fresh Pond, Cambridge, Massachusetts

No. Finishers: 32 submitted

Temp. & Cond: Wet

Results:

1. Richard Barton 13:17	11. Gale's Dinsley 14:57
2. J. McGilivray 13:21	12. Ed Norton 15:00
3. Don Stowell 13:37	13. Aiden Cockburn 15:10
4. Bob Whitney 13:46	14. Bob Ross 15:20
5. Bill Funicella 14:00	15. Tom Hayden 15:27
6. Phil Heath 14:01	16. Jerry Tutbill 15:28
7. Ed Ross 14:09	17. John Cross 15:29
8. E. Matrangelo 14:17	18. Matt White 15:36
9. Bob Seagon 14:21	19. Tim Lepore, MD 15:39
10. Dick Stephens 14:29	20. Kevin Sluda 15:45

MASSACHUSETTS

2.5 mi. RM

Nov. 16, 1974

Fresh Pond, Cambridge, Mass.

Statistics not submitted.

Results:

1. Bruce Lessee 12:37	11. Eric Brown 14:44
2. Kevin Callahan 13:12	12. Ed Norton 15:06
3. Dave McGilivray 13:24	13. Jim Kravie 15:09
4. James Butler 13:45	14. Claude Ellis 15:27
5. Rich Cronin 13:47	15. Bob Magratti 15:40
6. Paul Blenze 14:05	16. John Hayden 15:57
7. John Harns 14:10	17. James Smith 15:58
8. Chas. Betti 14:15	18. Geo. Letterulo 16:00
9. Bob Horden 14:21	19. John Campbell 16:02
10. Phil Heath 14:25	20. Bob Sutherland 16:05

VIRGINIA

6 mi. KILLIPAC

Oct. 3, 1974

Statistics not submitted (cor location)

Results:

1. Cliff Clark 29:12	11. Dick & Patrice 32:16
2. Ken Hines 29:21	12. Bill Ross 32:18
3. Jack Harwin 29:34	13. Bruce Callaway 32:30
4. Kaye Veagin 29:42	14. Janet Beach 33:04
5. Ronnie Giesel 30:23	15. Son Roberts 33:50
6. Chris Elliot 30:49	16. Allen & Virginia 33:52
7. Steve Gilmore 31:09	17. Bob Henshaw 34:04
8. Dr. Devitt 31:12	18. Dick Nipp 34:14
9. Bruce Redden 32:02	19. Chuck Johnson 34:16
10. Craig Hayward 32:05	20. Bob Jones 36:22

IN

by Edward E. Kosloff

FIRST TRY!

GRIFFIS

WINS
MARATHON

THE 1974 EDITION of the Motor City Marathon was run in nearly ideal conditions. There were 149 starters in crisp 40 degree weather. Nearly five hours later, the 112th and last finisher completed the race in 62 degree sunshine.

The race began at a fast clip with Canadian Olympian and course record holder Jerome Drayton leading through five miles in 25:27. With him, but not for long, was Detroit area ace Pete Sallop, who soon dropped out. In third place was Dave Landriault of the Central Ontario Track Club in 26:40, followed by Ed Griffis of the host Motor City Striders in 26:40.

At ten miles Drayton had lengthened his lead to nearly two minutes over the second place runner coming through in 51:30. At this point in the race he had paced nearly identical five mile splits with his second five miles in 25:30. Landriault, in second with 53:45, came through his second five miles in 27:09, 25 seconds slower than the first five. Griffis in 34:03 clocked a second five miles in 27:20.

Fifteen miles was the last point for Drayton to maintain his lead. Here he had a comfortable 3:02 gap and had hit this five miles in 26:32. His pace had been 5:13 per mile and he was heading for a 2:17 performance when he dropped out. It was a day five years earlier in 1969 when he moved to his Western Hemisphere record of 2:12 on this course ...but not today. In second, Griffis had worked his way past Landriault as the two came through 15 miles in 1:28:19 and 1:28:50, respectively.

At twenty miles Griffis had increased his lead by 2:30 and came through in 1:48:59. He was maintaining a 5:27 mile clip at this point and was still followed by Landriault, who was beginning to fade, in 1:51:15. Roger Rouiller of the West Virginia Track Club, who had remained close to the leaders since the 8 mile mark, passed Landriault and finished second. Two more runners pushed him back to a fifth place finish.

During this movement behind him, Griffis tacked on another 1:20 to his lead to finish in 2:29:29. A 21-year-old student at Michigan State University, this was Ed's first marathon race.



Ed Griffis --
First try marathon winner



Jerome Drayton -- Leading at 15 mi

MICHIGAN

1974 ANNUAL
VICTOR GLANCE
MEMORIAL
MOTOR CITY
MARATHON
Belle Isle Park
Detroit, Mich.

Oct. 27, 1974
Course Dist:
Marathon
Course Rec'd:
Jerome
Drayton
Starters: 149
Temp. & Cond:
see text

1	Ed Griffis	M.C.S.	Pontiac, Mi.	2:25:29
2	Roger Rouiller	W. Va. T.C.	Parkersburg, W.Va.	2:29:09
3	Bob O'Connell	Ill. T.C.	Urbana, Ill.	2:29:24
4	Pete Elliott	U. Chicago T.C.	Chicago, Ill.	2:29:29
5	Dave Landriault	Cent. Ontario T.C.	Kingston, Ont.	2:31:20
6	John Cassani	M.C.S.	Bath, Mi.	2:31:22
7	Phil Suelzer	Midwest Flyers	Pt. Wayne, Ind.	2:31:24
8	Jim Carter	M.C.S.	Pontiac, Mi.	2:32:35
9	Rich. Holloway	U. Chicago T.C.	City Ch. Hills, Ill.	2:34:00
10	Harry Bradford	Windsor YMCA	Windsor, Ont.	2:34:57
11	Ron Gayer	U. Chicago T.C.	Chicago, Ill.	2:34:58
12	Joe O'Shea	Ill. T.C.	Champaign, Ill.	2:39:47
13	David Wise	London Pacers	London, Ont.	2:41:22
14	Steve Goldberg	Ill. T.C.	Champaign, Ill.	2:41:47
15	John Haslem	Mid-Mich. T.C.	Lansing, Mi.	2:42:11
16	George Croitor	Unatt.	Lincoln Pk., Mi.	2:44:13
17	Martin Cohen	M.C.S.	Oak Park, Mi.	2:45:08
18	Robt. Simpson	Ohio T.C.	Newark, Ohio	2:45:24
19	Roger Toothman	Mid-Ohio Striders	Newark, Ohio	2:45:30
20	John Merola	Unatt.	Powell, Ohio	2:45:44

More people

are running

and doing it faster

By DONALD L. FISHER

SAUVIE ISLAND—A good name for it would have been the Turkey Trot since it was run the Saturday morning after Thanksgiving. It was officially called the Third Annual Sauvie Island Marathon, however, and close to 300 men, women and children ranging in age from 10 to 68 lined up for the start of the 26.2-mile, 265-yard race on Nov. 30.

Five hours and 38 minutes later, 213 of them were declared official finishers. The man who broke the tape and set a new course record with a time of 2 hours and 19

minutes was 24-year-old Portlander Larry Miller. He was followed across the finish line two minutes and four seconds later by Portland's Wayne Kintau, 26.

People run marathons for a number of very private reasons. In the field of some 300 at the Island race, perhaps no more than six or seven entertained serious hopes of winning. The rest were there to prove something only to themselves, in many cases merely to see if they could somehow complete the grueling 26.2-mile course.

"What is extremely

heartening," commented Bill Gorman, president of the Oregon Road Runners Club, a co-sponsor of the race, "is the fact that we not only had the largest number of entrants this year but the most finishers. In 1972, the first year of the

Sauvie Island Marathon, 172 runners finished, while only 188 completed the run last year.

"This, of course, reflects the keen interest in long-distance running that is growing in this part of the country," Gorman add-

ed. "Further evidence of the zest that Portlanders and Oregonians have for the sport can be found in the vigorous growth of the Oregon Road Runners Club, established locally several years ago to promote and coverage long-distance running as both a competitive sport and as a means of healthful

exercise. Our membership has grown to 25

and we hope to double that figure by the end of 1978."

An examination of the roster of finishers at the last Sauvie Marathon points up additional interesting facts. For instance, this year 37 master (age 40 and over) completed the run as opposed to 31 in '72 and 18 in '73. In 1971 it took the first 24 finishers three hours and 18 minutes to cross the line, 3:02:19 in '73 but only 2:50:19 in 1974. Only three runners came in under 2 1/2 hours in '72, six made it in '73 and seven in '74.

A little more arithmetic brings out even more evidence that Portlanders are running more and doing it better than ever. For instance, in 1973 only 49 marathoners finished the Island course in under three hours, 46 finished in '74 and 63 did it this year. Furthermore, 186 runners broke four hours this year as opposed to 134 in '73 and 138 in '72.

A Bellingham, Wash. woman, Pam Earle, displaced well-known Portland runner Marilyn Paul as the fastest woman in the 1974 marathon (Marilyn didn't run the Sauvie race this year). Ms. Earle's time was 2:09:24, whereas Marilyn came in last year at 2:05:41. The speediest runner in the 50-59 year-old category was Portlander Joe Mallon, 53, who closed at 2:14:15. And 10-year-old Gordon Rabing of Portland was the youngest marathon finisher with a time of 2:46:43, coming in 160th out of 213.

OREGON

Miller eclipses mark, wins Island Marathon

Portlander Larry Miller, who competed in Southeast Oregon College's cross country team this fall, set a course record of 2:19:19 in the third annual Sauvie Island Marathon Saturday afternoon.

Miller assumed the lead at the 15-mile mark and went on to post a two-trace victory over another Portlander, Wayne Kintau, in the 26-mile race. George Oja (Portland) and Leon Bombardier (Tacoma) finished third and fourth respectively, four minutes behind the winner.

Pam Earle of Bellingham, Wash., led all the way to capture the women's crown. She defeated Susan Rossiter of Tacoma, a winner two years ago, by eight seconds with a time of 2:09:24. Howard Miller of Marist Island, Wash., won the masters' title while Clyde Brim of Vascou-

vet, B.C., took the junior division.

Men — 1. Larry Miller, Portland, 2:19:19; 2. Wayne Kintau, Portland, 2:23:03; 3. George Oja, Portland, 2:27:00; 4. Leon Bombardier, Tacoma, 2:31:00; 5. Howard Miller, Marist Island, Wash., 2:35:00; 6. Clyde Brim, Vancouver, B.C., 2:39:00; 7. Bill Gorman, Portland, 2:43:00; 8. Gordon Rabing, Portland, 2:46:43; 9. Bill Gorman, Portland, 2:50:19; 10. Bill Gorman, Portland, 2:54:00; 11. Bill Gorman, Portland, 2:58:00; 12. Bill Gorman, Portland, 3:02:19; 13. Bill Gorman, Portland, 3:06:00; 14. Bill Gorman, Portland, 3:10:00; 15. Bill Gorman, Portland, 3:14:00; 16. Bill Gorman, Portland, 3:18:00; 17. Bill Gorman, Portland, 3:22:00; 18. Bill Gorman, Portland, 3:26:00; 19. Bill Gorman, Portland, 3:30:00; 20. Bill Gorman, Portland, 3:34:00; 21. Bill Gorman, Portland, 3:38:00; 22. Bill Gorman, Portland, 3:42:00; 23. Bill Gorman, Portland, 3:46:00; 24. Bill Gorman, Portland, 3:50:00; 25. Bill Gorman, Portland, 3:54:00; 26. Bill Gorman, Portland, 3:58:00; 27. Bill Gorman, Portland, 4:02:00; 28. Bill Gorman, Portland, 4:06:00; 29. Bill Gorman, Portland, 4:10:00; 30. Bill Gorman, Portland, 4:14:00; 31. Bill Gorman, Portland, 4:18:00; 32. Bill Gorman, Portland, 4:22:00; 33. Bill Gorman, Portland, 4:26:00; 34. Bill Gorman, Portland, 4:30:00; 35. Bill Gorman, Portland, 4:34:00; 36. Bill Gorman, Portland, 4:38:00; 37. Bill Gorman, Portland, 4:42:00; 38. Bill Gorman, Portland, 4:46:00; 39. Bill Gorman, Portland, 4:50:00; 40. Bill Gorman, Portland, 4:54:00; 41. Bill Gorman, Portland, 4:58:00; 42. Bill Gorman, Portland, 5:02:00; 43. Bill Gorman, Portland, 5:06:00; 44. Bill Gorman, Portland, 5:10:00; 45. Bill Gorman, Portland, 5:14:00; 46. Bill Gorman, Portland, 5:18:00; 47. Bill Gorman, Portland, 5:22:00; 48. Bill Gorman, Portland, 5:26:00; 49. Bill Gorman, Portland, 5:30:00; 50. Bill Gorman, Portland, 5:34:00; 51. Bill Gorman, Portland, 5:38:00; 52. Bill Gorman, Portland, 5:42:00; 53. Bill Gorman, Portland, 5:46:00; 54. Bill Gorman, Portland, 5:50:00; 55. 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Women — 1. Pam Earle, Bellingham, 2:09:24; 2. Susan Rossiter, Tacoma, 2:18:12; 3. Marilyn Paul, Portland, 2:27:00; 4. Bill Gorman, Portland, 2:36:00; 5. Bill Gorman, Portland, 2:45:00; 6. Bill Gorman, Portland, 2:54:00; 7. Bill Gorman, Portland, 3:03:00; 8. Bill Gorman, Portland, 3:12:00; 9. Bill Gorman, Portland, 3:21:00; 10. Bill Gorman, Portland, 3:30:00; 11. Bill Gorman, Portland, 3:39:00; 12. Bill Gorman, Portland, 3:48:00; 13. Bill Gorman, Portland, 3:57:00; 14. Bill Gorman, Portland, 4:06:00; 15. Bill Gorman, Portland, 4:15:00; 16. Bill Gorman, Portland, 4:24:00; 17. Bill Gorman, Portland, 4:33:00; 18. Bill Gorman, Portland, 4:42:00; 19. Bill Gorman, Portland, 4:51:00; 20. Bill Gorman, Portland, 5:00:00; 21. Bill Gorman, Portland, 5:09:00; 22. Bill Gorman, Portland, 5:18:00; 23. Bill Gorman, Portland, 5:27:00; 24. Bill Gorman, Portland, 5:36:00; 25. Bill Gorman, Portland, 5:45:00; 26. Bill Gorman, Portland, 5:54:00; 27. Bill Gorman, Portland, 6:03:00; 28. 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Bill Gorman, Portland, 33:48:00; 213. Bill Gorman, Portland, 33:57:00.



Miller crosses finish line.

That winning feeling

Larry Miller of Portland has it as he crosses the finish line with a victorious flourish in the recent Sauvie Island marathon. Miller's time was a record two hours and 19 minutes.

Eryn Forbes revisited:

By STEVE BRANDON

CEDAR HILLS — A year ago 12-year-old Eryn Forbes ran the mile in 5:14.1, faster than any other Oregon girl in either elementary or high school. Last June she won the age 12-13 national championship in Long Beach, Calif. in a record-breaking 4:56.2.

Such efforts have earned her a listing in the January issue of Women's Sports as one of eight American "New Faces of '75" in track.

She has a running start at the 1976 Olympics in Montreal, and is plotting her chances like a presidential candidate. "I'll be 15

for the '76 Olympic trials," she figures. "And if I don't make it I'll still have a good chance in '80."

Eryn will turn 14 in April, which means she'll be competing in a 14 to 17 age class, instead of the 12 and 13. Her first test of the season will come on Jan. 23, when she runs the women's mile at the Memorial Coliseum invitational. Usually the committee holds races only for those 14 and older, but Eryn's times were too good to be overlooked.

Other goals for 1975 include making the U.S. team for a meet against the Soviet Union, and the national championships in

White Plains, N.Y.

Eryn, an 8th grader at Meadow Park, is currently working out on the hard-easy program of Bill Bowerman. She runs hard on Tuesdays, Thursdays and Saturdays (often race days), but eases off with only four or five miles of jogging on Mondays and Wednesdays. Another 10 to 12 miles on Sundays tops it all off nicely.

"I want to get under 4:40 in the mile by the end of this spring," Eryn announced. "I've grown a lot (she is now about 5-foot-5 and weighs around 100 pounds) and so I feel a lot stronger. Every year I grow I think I gain a few seconds."

at 13, she's a national champion and Olympic hopeful

Most of her coaching comes from her father, and Sunset High coach Dave Robbins. Eryn isn't sure whether she will run for the Apollos, because of complications between her Portland Track Club status and interscholastic regulations.

And although she could probably help out any male squad, she wouldn't like to run against the boys. "For now, it's a lot better to have them separately, unless the girl wants to run with the boys," she believes.

"A girl can't run more than two 1-lap races in the AAU 13-and-under," she points out. "A lot of times they'll give the girls shorter distances. The girls' cross country

teams in high school run from 1.5 to 1.8 miles but the boys run 2.5. Because they're not used to the same distances, it would be really hard now for the women to get any high places. A lot of girls don't want to run that far, anyway."

If all goes well, and if she wishes, Eryn may have as many competitive years left as she has lived so far, maybe more. "A person usually peaks from 20 to 30. In Europe the women still run when they're 30 to 32."

Does she consider herself a competitive person? "I'm pretty competitive, I guess. I like to accomplish things in races. Some people think I'm too competitive in prac-

tices, but I like to run hard even in practice."

When you've got your health, you've got practically everything.

When Eryn leaves a race, she leaves in good health and quite often has a medal to show for it. That's doing the cereal companies one better.

"I like being healthy, and I know my heart and lungs will always be strong," Eryn says. "As long as I'm running I can eat all I want and not gain any weight."

"Every time you run, even if you don't do really well, you gain in your life."

Let's just say that Eryn Forbes is gaining on things.



The Community Press (TW) January 2, 1975

Mike Luma photo

Off and running

Eryn Forbes, a 13-year-old student at Meadow Park School in Beaverton, was the national mile champion last year in her age category. Her goal this year is to run a mile in 4:40 or less. She'll run at the Memorial Coliseum Invitational on Jan. 23.

NEW YORK

ROCHESTER MAR 7 & 14 MI. MAR 25, 1973

Wanda Foods Park, Rochester, N.Y.

Course Record: n/a

No. Starters: n/a

No. Finishers: 7-mi., 257; 14-mi., 207

Temperature: 42 degrees

Conditions: Cloudy, all pavement; some rain toward end of 14-miler

7-Mile Results:

1. Jim Doyle	38:06	11. Joe Hayer	45:15
2. Roger Brown	39:43	12. Dennis Frank	46:22
3. Rod Williams	40:18	13. Dan Schoenher	47:45
4. Joe Barnishfeger	41:54	14. Steve Reiner	48:53
5. Mike Hale	42:00	15. Bill Hansen's	48:59
6. Bruce Quaky	42:00	16. Jack Huber	49:14
7. Bill Quisliak	42:52	17. Mike Boreas	50:02
8. Dwight Rogers	43:21	18. Jim Palmeri	51:52
9. Tom Dale	44:24	19. John Ferris	52:10
10. John Underwood	44:28	20. Kitty Brown	54:40
		21. Joe Fernandez	57:00

a = First female finisher.

b = First Masters (over 40).

14-Mile Results:

1. Dave Smith	1:18:59	11. Bob Goodell	1:32:06
2. Bill McMullen	1:19:55	12. Bob Hutz	1:32:06
3. Roger Barnes	1:22:30	13. Gene Osborne	1:37:47
4. Dale Rudiger	1:23:09	14. Bob Iger	1:39:22
5. Gerry Benedicti	1:23:19	15. Len Bagley	1:39:39
6. Dave Hiss	1:23:26	16. J. Stansard	1:42:47
7. Steve Hujain	1:24:30	17. Don Wyler	1:44:36
8. Don Brown	1:25:03	18. Red Willard	1:45:45
9. Jim Dougherty	1:26:37	19. Al Power	1:47:57
10. Steve Ulrich	1:29:52	20. Norm Frank	1:50:42

a = First Masters (over 40).

SINGLES YOUR FRIENDS TO JOIN us at RACING ! ! !

For membership in the Rochester MAR, contact:

Len Bagley, 88 Nettlocree, Fairport, N.Y.

NEW YORK

3rd ANNUAL MINI-MARATHON of Nov. 16, 1974

CITY UNIVERSITY OF NEW YORK

Queensborough Community College,

Course Distance: 11.5 mi.

Best Record: 1:04:24.4, Ernie Rivas, 1973

No. Starters: 34

No. Finishers: 25

Temperature: 40 degrees

Conditions: Cold

Results:

1. Ernie Rivas	1:03:42.8	11. Luis Guzman	1:09:31
2. Benito Mejia	1:03:13	12. D. Sotomayor	1:09:48
3. Bowie Levine	1:03:48	13. Louis Nolani	1:09:56
4. Jose Lopez	1:03:59	14. C. Gordona	1:10:30
5. Frank Croons	1:08:08	15. Mike Cea	1:10:40
6. Jack LaTorie	1:08:46	16. Greg Casabona	1:10:42
7. Victor Lopez	1:08:47	17. Agusto Rivera	1:10:49
8. Tony Galan	1:09:05	18. Berno O'Neil	1:11:50
9. Sinclair Gival	1:09:16	19. Paul Salerni	1:14:53
10. Bob Hedley	1:09:31	20. Al Vallejo	1:15:44

a = New Best Record (exceeds his own record)

Team Scores:

1. Queens'gh CC	26	3. Hunter College	31
2. Lehman College	43		

NEW YORK

NATIONAL MAR 4000 GP Nov. 3, 1974

CROSS COUNTRY CHAMPIONSHIPS

Van Cortland Park, Bronx, New York

Course Distance: 2 1/2 mi.

Course Record: various

No. Starters: 2,073 (all races)

Temperature: 55 degrees

Conditions: Cloudy

Men's Open (16 & up): Course Record: 12:06.7, 1973, 165 finishers

1. Gary Darby	12:40.6	11. J. Bobbington	13:36
2. L. Trachenberg	12:59	12. Kent Hoyer	13:37
3. Tom Dederian	13:05	13. Victor Lopez	13:40
4. Mike Doyle	13:07	14. S. Heller	13:41
5. Lenox Stewart	13:08	15. B. Dougherty Jr.	13:45
6. John Yada	13:13	16. Chas. Vitale	13:48
7. Glen Tamjian	13:27	17. T. Formichella	13:51
8. John Reese	13:29	18. A. Martin	13:54
9. Rod Wiltshire	13:31	19. A. Shouten	13:55
10. Vinnie Maide	13:35	20. P. Herder	13:56

Women's Open (16 & up): Course Record: Beth Rosner, 43 finishers

1. Charlotte Lettice	14:34.3	11. C. Conlan	16:07
2. Jan Merril	14:50.6	12. M. Bevans	16:09
3. Cheryl Trossant	15:28	13. M. Antbes	16:11
4. Carol Fridley	15:49	14. M. Buckley	16:20
5. Carolyn Post	15:34	15. Lenore Ford	16:22
6. Missy Stratten	15:37	16. S. Nicolas	16:28
7. Sue Buchanan	15:50	17. P. Hall	16:35
8. Jeanette Chapman	15:56	18. K. Hood	16:44
9. Joak Benoit	15:58	19. K. Lynn Rose	16:47
10. Joyce Burdys	16:06	20. C. Graham	16:54

Veteran's (40 & up): 40 finishers

Course Records:

40-45 Joe Bessell 14:03 1971

46-50 John Tobey 14:43 1973

51 & up Gerard Bartdale 15:56 1973

1. Joe Bessell	14:20.9	11. Jim Gordon	16:09
2. Bob Freshum	15:01	12. Bill Smanhan	16:15
3. B. Dougherty Jr.	15:15	13. Tom Talbot	16:17
4. Ron McKinley	15:18	14. Eric Seiff	16:27
5. Walter Gordon	15:23	15. Norton Green	16:43
6. George Waller	15:26	16. Don Spitzer	16:57
7. Ger. Pilepatrick	15:33	17. Bill Kern	17:09
8. Robert Pine	15:49	18. David Linean	17:24
9. George Sheehan	15:50	19. Jim Hickey	17:38
10. Joe Korman	16:05	20. Sid Wright	17:44

(See additional results of Age Group Championship in November-December LONG DISTANCE LOG, p. 19)

CANADA

JAMES COCHRAN MEMORIAL Nov. 2, 1974

SEAWALL RACE

Lumberman's Arch, Stanley Park,

Vancouver, B.C., Canada

Statistics not submitted

Results:

1. Keith Mitchell	35:18	11. Keith Cameron	35:30
2. Ian Whale	36:07	12. Max Grace	36:03
3. Dave Hambleton	36:08	13. Lee McDonald	36:05
4. Laurie Hedpath	36:52	14. Patrick Boulger	36:20
5. Bryon Cattell	35:04	15. Peter Rice	36:23
6. Ole Gerstad	35:13	16. Dirk Tepleman	36:24
7. Christofferess	35:16	17. Jim McInnes	36:25
8. Dean Alexander	35:21	18. Mike Ellis	36:35
9. Dave Seewey	35:26	19. Norman Hansen	36:36
10. Robin Pearson	35:28	20. Len Downie	36:37

NATIONAL AAU 30 km. CHAMPIONSHIP

Schoenady to Albany, N.Y.

BANK-A-THON

- OPEN & MASTERS
- Women's Invitational
- also... High School Championships
- Trophies...
- Awards...
- Prizes...

Sponsored by
NATIONAL COMMERCIAL BANK & TRUST CO.

Info: Burke Adams, 21 Chestnut Ct.,
Rensselaer, N.Y. (518-462-0750)

Sunday
March 25, 1973
11:00 a.m.

30 Km.

NEW YORK

3 mi. & 12 mi. RUNS

Dec. 29, 1974

SUVA, Albany, New York

Statistics not submitted.

3-Mile Results:

1. Mike Weintraub 15:17	7. Bill Cooney 16:57
2. Dick D'Aleo 15:40	8. Ray Greber 17:57
3. Pat Stewart 16:05	9. Paul Rosenberg 17:57
4. Bill Matthews 16:11	10. Pat Mullin 17:50
5. Steve Gomez 16:30	11. Cathy Shrader 20:25
6. Jack McCortey 16:47	12. Jim Mullin 21:00

12-Mile Results:

1. Jim Simons 68:09	6. Jim Tenzel 89:51
2. Alan Medaus 70:04	7. Stan Rosenberg 96:50
3. Dick D'Aleo 71:33	8. Jim Scelen (37:15)
4. Tom Balon 74:47	9. Bill Martin (43:19)
5. Daniel Ezy 78:47	10. Martin Kitterl (43:19)

Δ = DNF (Did Not Finish); 6-mile time shown.

NEW YORK

METROPOLITAN AAU SENIOR & MASTERS
CHAMPIONSHIP & OPEN RUN (30 km.)

Dec. 21, 1974

Alley Pond Park, Queens, New York

Course Distance: 30 km. (31 mi., 180 yds)

Course Record: 3:26:13, Bennett Sherman, '93

No. Starters: 80

No. Finishing: 16

Temperature: 40 degrees

Conditions: Cloudy, no wind

Results and Mile Splits:

	5.197	9.5	13.321	18.133	22.445	Masters	26.757	31.069
1. Paul Fetacher	32:50	59:42	1:23:08	1:48:00	2:13:11	2:35:30	2:58:35	3:08:12
2. Ernie Rivas	33:13	59:37	1:23:40	1:51:00	2:15:55	2:42:15	2:47:00	3:13:43
3. Tom Steothoff	33:13	60:34	1:23:20	1:55:30	2:22:40	2:46:30	2:49:17	3:16:21
4. Bob Frankan	33:23	60:43	1:23:15	1:55:31	2:22:40	2:46:30	2:49:17	3:17:17
5. C. Dean Ferry	31:50	57:45	1:23:08	1:51:55	2:21:40	2:47:40	2:51:53	3:23:12
6. Al Neehan	33:15	60:28	1:23:07	1:56:00	2:24:15	2:48:30	2:53:40	3:23:54
7. Joe Burns	34:10	62:20	1:30:10	1:57:25	2:25:35	2:51:45	2:55:15	3:26:47
8. Sean Bealy	34:30	57:30	1:22:55	1:48:55	2:16:55	2:46:00	2:50:00	3:28:17
9. Joe Yiverito	33:23	60:45	1:23:15	1:55:30	2:25:05	2:53:10	2:57:10	3:29:18
10. Nat Cirulnick	42:46	76:40	1:50:05	2:23:30	2:57:10	N/A	3:29:35	4:04:35

Δ = New Meet Record for Paul Fetacher celebrating his 29th birthday.

μ = Masters Champ.

NEW YORK

METROPOLITAN AAU SENIOR & MASTERS
25 km. CHAMPIONSHIP & OPEN

Nov. 20, 1974

Poughkeepsie, New York

Course Distance: 25 km.

Course Record: n/a

No. Starters: n/a

No. Finishing: 76

Temperature: n/a

Conditions: n/a

Results:

1. Norbert Sander 1:21:50	11. Al Neehan 1:31:23
2. Kevin McDonald 1:25:00	12. Fred Kolthay 1:32:42
3. Jim Boyle 1:27:00	13. Joe Burns 1:33:02
4. John Herries 1:27:51	14. Paul DeBella 1:33:31
5. Fred Walker 1:29:12	15. Mac Lawson 1:34:33
6. Beaula Hejla 1:29:55	16. Tony Galen 1:34:37
7. Rich Ricci 1:29:58	17. A. Diamantini 1:34:59
8. Pat Barve 1:30:02	18. Jan Mitchell 1:35:39
9. John Ragnodi 1:30:16	19. Bill Gordon 1:35:53
10. Bruce Balle 1:30:31	20. Eric Walther 1:36:07

Team Scores:

1. Millrose AA 34	3. St. Anthony RC 54
2. Queens'br. CC 40	4. West Point 62

Δ = Seniors Champ

μ = Masters Champ

1st Female: Leah Rosenblatt, 71st, 2:23:41

NEW YORK

3 mi. & 9 mi. RUNS

Dec. 15, 1974

SUVA, Albany, New York

Statistics not submitted.

3-Mile Results:

1. Don Larsen 15:11	9. Pat Mullin 17:52
2. Steve Gomez 15:23	10. Frank Myers 19:18
3. Tom Clarke 15:30	11. Bill Vesilli 19:50
4. Dick D'Aleo 15:39	12. Tom Archon 20:43
5. Chuck Clarke 15:40	13. Pat Drum 23:53
6. Bill Robinson 15:52	14. Denise Hocking 28:02
7. Chas. Shrader 17:03	15. Judy Allen 33:49
8. Bill Cooney 17:06	

9-Mile Results:

1. Bill Galarnow 49:30	10. Ted Allen 59:09
2. Bill Shrader, Jr. 49:45	11. Ted Turner 59:30
3. Walt Kinley 50:41	12. John Rose 60:11
4. Bill Martin 51:59	13. Ted Senda 62:59
5. Doug Allen 54:11	14. Pat Billa 62:53
6. Gage Hotchkiss 57:50	15. Geoff Orton 65:18
7. Jerry Englebardt 58:04	16. Bruce Adams 66:09
8. Pat Stewart 58:05	17. Jim Tenzel 67:19
9. Ed Thomas 59:00	18. Jim Mullin 70:44

Δ = Bill Shrader, Jr. has resigned as president of the Hudson-Norfolk B.C. Bill has left the area to train in Florida. The XCRC regrets losing Bill to the Sunshine State, but wish him well.

CALIFORNIA

6TH ANNUAL OCCIDENTAL COLLEGE Dec. 7, 1974
UTVFF DISTANCE CARNIVAL Los Angeles, California
 Temperature: n/a
 Conditions: n/a

5-Mile Open:

- | | |
|------------------------|--------------------------|
| 1. Ralph Jerna 14:04.6 | 9. Carl Swift 15:06 |
| 2. Kent Sorios 14:14 | 10. Mike McManara 15:13 |
| 3. Brian Smeaker 14:20 | 11. Paul Cook 15:15 |
| 4. Jon Slater 14:44 | 12. Ed Suran 15:33 |
| 5. Cleve Waales 14:45 | 13. John Greenwood 15:49 |
| 6. Ed Lopez 14:57 | 14. Tom Gleason 16:17 |
| 7. Robert Allen 15:05 | 15. Herman Hareno 16:29 |
| 8. Don Caldwell 15:05 | |

(Course Record: n/a; Starters: 15; Finishers: 15)

3-Mile Junior College:

(Course Record: n/a; Starters: 25; Finishers: 25)

- | | |
|---------------------------|-------------------------|
| 1. Arn' Cendejas 14:01 | 13. Jim Whitmore 15:36 |
| 2. Jose Saavedr 14:10 | 14. Bruce McLean 15:39 |
| 3. Steve Walsh 14:17 | 15. Manuel Espino 15:45 |
| 4. Cliff Morden 14:26 | 16. John Madrig 15:50 |
| 5. Bar' Kasating 14:41 | 17. Tim Hampton 16:02 |
| 6. Bob Kaye 14:53 | 18. John Welle 16:03 |
| 7. Geo. Aguillar 14:56 | 19. Joe Friaite 16:11 |
| 8. Ron Adams 14:58 | 20. Frank Deucey 16:20 |
| 9. Jeff Clark 15:14 | 21. Kevin Eureka 16:26 |
| 10. Keith Wittbauer 15:24 | 22. Marty Carreon 16:40 |
| 11. Bill Graves 15:31 | 23. Dave Sorberg 16:41 |
| 12. Don Boek 15:34 | 24. Dick Collier 17:55 |
| | 25. Jim Lorden 18:02 |

3-Mile High School:

(Course Record: n/a; Starters: 63; Finishers: 63)

- | | |
|--------------------------|---------------------------|
| 1. Sal Solinas 14:49.1 | 11. Seal Ward 15:39 |
| 2. N. Walterhouse 14:55 | 12. Steve Craig 15:41 |
| 3. Cip Gomez 14:59 | 13. Steve Deller 15:42 |
| 4. Victor Camaga 15:13 | 14. Manuel Gaytan 15:44 |
| 5. Jeff Day 15:15 | 15. Guillermo Lopez 15:45 |
| 6. Dean West 15:36 | 16. John Howard 15:46 |
| 7. Bob Arnold 15:36 | 17. John Gibson 15:48 |
| 8. Don Wash 15:37 | 18. Scott Holley 15:50 |
| 9. Bar' Stephens 15:38 | 19. Abel Hareno 15:58 |
| 10. Arn' Rodriguez 15:38 | 20. Bob Jewell 15:58 |

OHIO

BRAD MORLEY 50K Jan. 19, 1975

50 KILOMETER RACE

Secor Park, Toledo, Ohio

Course Distance: 50 km.
 Course Record: n/a
 No. Starters: 39
 No. Finishers: 32
 Temperature: 50 degrees
 Conditions: Windy

Results:

- | | |
|-------------------------|--------------------------|
| 1. John Grabowski 68:07 | 11. Dave Mason 83:10 |
| 2. Rich Lachowski 69:02 | 12. Lynn Greener 83:42 |
| 3. Steve Pustay 74:50 | 13. Phil Horkaan 83:52 |
| 4. Lou Wagner 76:09 | 14. Jack Schroedel 84:07 |
| 5. Mark Lehman 76:09 | 15. Marty Fuller 84:59 |
| 6. Tom Beardoff 78:57 | 16. Ralph Salts 85:06 |
| 7. Jeff Leibovitz 79:37 | 17. Dave Peale 86:00 |
| 8. Dave Spindel 80:35 | 18. Terry White 86:30 |
| 9. Steve King 80:33 | 19. Ron Hopnacki 88:48 |
| 10. John Truse 81:49 | 20. John Kacoor 89:09 |

Penny Greener, 24, was the first woman racer, finishing 30th with 110:03.

SOUTH DAKOTA

SOUTH DAKOTA STATE Oct. 26, 1974

CROSS COUNTRY CHAMPIONSHIP

2000 Golf Course, Brookings, South Dakota

Course Distance: 10,000 m.
 Course Record: 31:48.6 Garry Bentley, 1972
 No. Starters: 33
 No. Finishers: 33
 Temperature: 54 degrees
 Conditions: Clear, 10-17 mph, Dry Grass, Flat with a few rolling dips

Results:

- | | |
|-------------------------|--------------------------|
| 1. Jeff Hermann 31:59 | 11. Craig Hagedorn 34:31 |
| 2. Cyle Wald 32:00 | 12. Kent Herrboldt 34:31 |
| 3. Garry Bentley 32:05 | 13. Ron Amundson 34:34 |
| 4. Randy Fischer 32:27 | 14. Mike Halverson 34:59 |
| 5. Ken Koehn 32:44 | 15. Loren Ehnstedt 35:21 |
| 6. Doug Gernace 33:05 | 16. Rick Huesch 35:31 |
| 7. Pat Tobin 33:34 | 17. Steve Palm 35:53 |
| 8. Phil Stanforth 33:49 | 18. Terry Stewart 35:53 |
| 9. Paul Boerem 34:13 | 19. Brad Russell 35:55 |
| 10. Dale Tribby 34:15 | 20. Brian Secular 36:20 |

No team scores were kept.

a = Current Record Holder

b = New Course Record

MISSISSIPPI

SECOND ANNUAL STATE SOUTHERN Nov. 9, 1974

CROSS COUNTRY CHAMPIONSHIP

Mississippi College, Clinton, Miss.

Temperature: 80 degrees
 Conditions: Sunny

5-Mile College, Open, & Masters:

Course Record: n/a; Starters: 39; Finishers: 39

- | | |
|--------------------------|--------------------------|
| 1. Tom Duplex 28:29 | 11. Tim Wallace 30:10 |
| 2. Ed Palmer 28:52 | 12. Pat Chester 30:22 |
| 3. John Mayfield 29:05 | 13. Charles Evans 30:32 |
| 4. Bill Marino 29:20 | 14. Bernard Hall 30:50 |
| 5. Terry Green 29:28 | 15. Jack Wood 31:00 |
| 6. Johnny Johnson 29:28 | 16. Joe Adams 31:06 |
| 7. Vic Boyles 29:29 | 17. Larry Fuselier 31:12 |
| 8. Dennis Keatchin 29:40 | 18. Gary Stanley 31:25 |
| 9. Mark Harlow 29:51 | 19. Doug Taylor 32:43 |
| 10. Jim Eastman 29:53 | 20. Mike Balwit 32:55 |

Team Scores

- | | |
|-------------------------|----------------------|
| 1. New Orleans TC 22 | 3. Mississippi TC 85 |
| 2. Mississippi Coll. 35 | |

3-Mile High School:

Course Record: n/a; Starters: 51; Finishers: 51

- | | |
|--------------------------|--------------------------|
| 1. Robert Jarvie 15:58 | 11. Dan Clemmer 16:40 |
| 2. Carter Lambert 15:59 | 12. Mike Crawford 16:46 |
| 3. William Ingram 15:48 | 13. John Wright 16:55 |
| 4. Richard Qualey 15:53 | 14. Dennis Smith 16:56 |
| 5. Danny Gill 15:55 | 15. John Martin 17:04 |
| 6. Ron Carrossa 16:15 | 16. Morris Coleman 17:10 |
| 7. John White 16:25 | 17. Raymond Tyler 17:14 |
| 8. Hal Blackwell 16:24 | 18. Jack Gaston 17:21 |
| 9. Cliff Nichols 16:31 | 19. Hugh Lemone 17:23 |
| 10. Chuck Lavender 17:10 | 20. Kenny Dennis 17:32 |

Team Scores

- | | |
|-------------------|-------------------|
| 1. Pearl High 33 | 3. West Jones 143 |
| 2. Tupelo High 43 | 4. Utica 179 |
| 3. Forest Hill 82 | 7. MSD 205 |
| 4. Clinton 94 | |

VIRGINIA

Oct. 26, 1974

HOW-TO-SPEND-YOUR

MINUTE

IN MANY DISTANCE RACES that we have the opportunity to study it is often noted that there are several runners who make a fast break -- that is, a good per-mile time for the early laps. In the splits, the distance runner with an early lead is seldom high in the final results.

Of course there are many other factors which each individual should consider in his style of racing. Age, health, personal conditioning -- and "sizing up" the competition -- all of which will benefit the runner if he doesn't try to "buck" his personal statistics. Granted, some runners seem to be unbeatable, but they are not too common.

Take note of the different styles of energy output that these runners used for a 36-mile event. First, notice the 5-mile splits (col. 4): Did the runner

gain or lose position? (Col. 6 is not an accumulative time, but is his time for each 5-mile run.). Did the runner use a fast start? slow start? steady pace? or occasional "speed-ups"?

Column 5 is cumulative for the end of each 10-mile mark. Here the overall pace is evident. Notice how nos. 2 & 4 vary steadily gained speed and position (also notice age differences -- Condition 9 Y).

The last-mile time (bottom, col. 4) depicts nos. 5, 8, & 10 pouring it on, particularly no. 8 (note cumulative time & 30 mi. increasing steadily -- if late energy were used earlier, would he have "psyched out" a few more runners?).

"A minute saved, is a minute earned" depends on where you save. Place yourself in one of these runner's positions by age, speed, style, or condition and decide how to spend your time--event time.

by EARL COOPER

WHY
DON'T
YOU
RUN OUT
&
BUY
"a
copy"
OF
THE
LDL
?
BECAUSE
YOU
CAN'T
!
FILL OUT
FORM ON
PAGE
2
NOW

VIRGINIA

MARATHON RUN

Oct. 26, 1974

Alexandria, Virginia

Statistics not submitted.

Results:

1. J. Patrick Hill 2:39:31	11. Bob Cross, Jr. 3:21:41
2. Al Hitchens 2:54:24	12. L. Zimmerman 3:22:49
3. P. Niederhaus 2:57:24	13. Gene Osborn 3:24:29
4. H. Jackson, Jr. 2:58:22	14. Bob Fenney 3:25:09
5. Roger King 3:01:02	15. Marc'Blow'e 3:25:47
6. Val Lewton 3:01:59	16. Pedroilbrcht 3:28:02
7. Dr. John Long 3:02:50	17. Harot Feibig 3:28:44
8. David Sanford 3:05:45	18. David Rahms 3:33:44
9. Stuart Gleason 3:10:25	19. R.V. Gehring 3:36:58
10. Bill Hancock 3:15:48	20. Paul King 3:40:30

VIRGINIA

2 HOUR RUN

Jan. 5, 1975

Yorktown H.S., Arlington, Va.

Course Record: n/a

No. Finishers: 55 submitted

Temperature: upper 40's

Conditions: Bassy, Lt. breeze

Results: (Miles + Yards)

1. Phil Stewart 21+1535	11. Al Hitchens 19+ 314
2. Bill Albers 20+1260	12. Henry Danver 19+ 173
3. Don Roberts 20+ 253	13. Graham Watson 19+ 130
4. Chuck Johnson 19+1750	14. Pete Chadwick 18+1435
5. Ed Jerome 19+1432	15. Val Lewton 18+1295
6. Chas. Ross 19+1224	16. John Long 18+1073
7. Mike Daylin 19+1196	17. Dave Amy 18+1022
8. Richard King 19+1174	18. John Noble 18+ 630
9. Dick Hipp 19+1023	19. Tony Blackwood 18+ 325
10. Lester Page 19+ 601	20. Paul Naylor 18+ 250

45, was Dottie Rowe, 1st Female w/ 14+ 276.

1 Martin Smith (24) 3:51:25
Wash. Sports Club (6:25.7)

5m	2:17.8	171	4:12.8
10m	2:27.12	181	8:39.9
15m	2:27.14	191	13:07.0
20m	2:31.27	201	17:38.2
25m	2:37.41	211	22:09.4
30m	2:47.41	221	26:40.6
35m	2:57.12	231	31:11.8
40m	3:07.12	241	35:42.9
45m	3:17.12	251	40:14.1
50m	3:27.12	261	44:45.3
55m	3:37.12	271	49:16.5
60m	3:47.12	281	53:47.7
65m	3:57.12	291	58:18.9
70m	4:07.12	301	62:50.1
75m	4:17.12	311	67:21.3
80m	4:27.12	321	71:52.5
85m	4:37.12	331	76:23.7
90m	4:47.12	341	80:54.9
95m	4:57.12	351	85:26.1
100m	5:07.12	361	89:57.3
105m	5:17.12	371	94:28.5
110m	5:27.12	381	98:99.7
115m	5:37.12	391	103:70.9
120m	5:47.12	401	108:42.1
125m	5:57.12	411	113:13.3
130m	6:07.12	421	117:44.5
135m	6:17.12	431	122:15.7
140m	6:27.12	441	126:46.9
145m	6:37.12	451	131:18.1
150m	6:47.12	461	135:49.3
155m	6:57.12	471	140:20.5
160m	7:07.12	481	144:51.7
165m	7:17.12	491	149:22.9
170m	7:27.12	501	153:54.1
175m	7:37.12	511	158:25.3
180m	7:47.12	521	162:56.5
185m	7:57.12	531	167:27.7
190m	8:07.12	541	171:58.9
195m	8:17.12	551	176:30.1
200m	8:27.12	561	181:01.3
205m	8:37.12	571	185:32.5
210m	8:47.12	581	190:03.7
215m	8:57.12	591	194:34.9
220m	9:07.12	601	199:06.1
225m	9:17.12	611	203:37.3
230m	9:27.12	621	208:08.5
235m	9:37.12	631	212:39.7
240m	9:47.12	641	217:10.9
245m	9:57.12	651	221:42.1
250m	10:07.12	661	226:13.3
255m	10:17.12	671	230:44.5
260m	10:27.12	681	235:15.7
265m	10:37.12	691	239:46.9
270m	10:47.12	701	244:18.1
275m	10:57.12	711	248:49.3
280m	11:07.12	721	253:20.5
285m	11:17.12	731	257:51.7
290m	11:27.12	741	262:22.9
295m	11:37.12	751	266:54.1
300m	11:47.12	761	271:25.3
305m	11:57.12	771	275:56.5
310m	12:07.12	781	280:27.7
315m	12:17.12	791	284:58.9
320m	12:27.12	801	289:30.1
325m	12:37.12	811	294:01.3
330m	12:47.12	821	298:32.5
335m	12:57.12	831	303:03.7
340m	13:07.12	841	307:34.9
345m	13:17.12	851	312:06.1
350m	13:27.12	861	316:37.3
355m	13:37.12	871	321:08.5
360m	13:47.12	881	325:39.7
365m	13:57.12	891	330:10.9
370m	14:07.12	901	334:42.1
375m	14:17.12	911	339:13.3
380m	14:27.12	921	343:44.5
385m	14:37.12	931	348:15.7
390m	14:47.12	941	352:46.9
395m	14:57.12	951	357:18.1
400m	15:07.12	961	361:49.3
405m	15:17.12	971	366:20.5
410m	15:27.12	981	370:51.7
415m	15:37.12	991	375:22.9
420m	15:47.12	1001	379:54.1
425m	15:57.12	1011	384:25.3
430m	16:07.12	1021	388:56.5
435m	16:17.12	1031	393:27.7
440m	16:27.12	1041	397:58.9
445m	16:37.12	1051	402:30.1
450m	16:47.12	1061	407:01.3
455m	16:57.12	1071	411:32.5
460m	17:07.12	1081	416:03.7
465m	17:17.12	1091	420:34.9
470m	17:27.12	1101	425:06.1
475m	17:37.12	1111	429:37.3
480m	17:47.12	1121	434:08.5
485m	17:57.12	1131	438:39.7
490m	18:07.12	1141	443:10.9
495m	18:17.12	1151	447:42.1
500m	18:27.12	1161	452:13.3
505m	18:37.12	1171	456:44.5
510m	18:47.12	1181	461:15.7
515m	18:57.12	1191	465:46.9
520m	19:07.12	1201	470:18.1
525m	19:17.12	1211	474:49.3
530m	19:27.12	1221	479:20.5
535m	19:37.12	1231	483:51.7
540m	19:47.12	1241	488:22.9
545m	19:57.12	1251	492:54.1
550m	20:07.12	1261	497:25.3
555m	20:17.12	1271	501:56.5
560m	20:27.12	1281	506:27.7
565m	20:37.12	1291	510:58.9
570m	20:47.12	1301	515:30.1
575m	20:57.12	1311	520:01.3
580m	21:07.12	1321	524:32.5
585m	21:17.12	1331	529:03.7
590m	21:27.12	1341	533:34.9
595m	21:37.12	1351	538:06.1
600m	21:47.12	1361	542:37.3
605m	21:57.12	1371	547:08.5
610m	22:07.12	1381	551:39.7
615m	22:17.12	1391	556:10.9
620m	22:27.12	1401	560:42.1
625m	22:37.12	1411	565:13.3
630m	22:47.12	1421	569:44.5
635m	22:57.12	1431	574:15.7
640m	23:07.12	1441	578:46.9
645m	23:17.12	1451	583:18.1
650m	23:27.12	1461	587:49.3
655m	23:37.12	1471	592:20.5
660m	23:47.12	1481	596:51.7
665m	23:57.12	1491	601:22.9
670m	24:07.12	1501	605:54.1
675m	24:17.12	1511	610:25.3
680m	24:27.12	1521	614:56.5
685m	24:37.12	1531	619:27.7
690m	24:47.12	1541	623:58.9
695m	24:57.12	1551	628:30.1
700m	25:07.12	1561	633:01.3
705m	25:17.12	1571	637:32.5
710m	25:27.12	1581	642:03.7
715m	25:37.12	1591	646:34.9
720m	25:47.12	1601	651:06.1
725m	25:57.12	1611	655:37.3
730m	26:07.12	1621	660:08.5
735m	26:17.12	1631	664:39.7
740m	26:27.12	1641	669:10.9
745m	26:37.12	1651	673:42.1
750m	26:47.12	1661	678:13.3
755m	26:57.12	1671	682:44.5
760m	27:07.12	1681	687:15.7
765m	27:17.12	1691	691:46.9
770m	27:27.12	1701	696:18.1
775m	27:37.12	1711	700:49.3
780m	27:47.12	1721	705:20.5
785m	27:57.12	1731	709:51.7
790m	28:07.12	1741	714:22.9
795m	28:17.12	1751	718:54.1
800m	28:27.12	1761	723:25.3
805m	28:37.12	1771	727:56.5
810m	28:47.12	1781	732:27.7
815m	28:57.12	1791	736:58.9
820m	29:07.12	1801	741:30.1
825m	29:17.12	1811	746:01.3
830m	29:27.12	1821	750:32.5
835m	29:37.12	1831	755:03.7
840m	29:47.12	1841	759:34.9
845m	29:57.12	1851	764:06.1
850m	30:07.12	1861	768:37.3
855m	30:17.12	1871	773:08.5
860m	30:27.12	1881	777:39.7
865m	30:37.12	1891	782:10.9
870m	30:47.12	1901	786:42.1
875m	30:57.12	1911	791:13.3
880m	31:07.12	1921	795:44.5
885m	31:17.12	1931	800:15.7
890m	31:27.12	1941	804:46.9
895m	31:37.12	1951	809:18.

6 James Ochoa (20) 4.08:16
Oxford, N.J.; Fla. TC (6:59.8)

5m	24:21	121	6:53	
10m	1:12:28	151	7:01	7:07.4
15m	1:38:52	193	6:58.2	
20m	2:20:12	195	6:57.2	7:09.4
25m	3:04:51	191	7:00.4	
M	3:44:51	191		7:07.2
30m	3:30:17	181	6:58.2	7:01.8
35m	4:01:05	181	6:57.4	
36m			7:01	

7 Lester Page (31) 4.19:13
Wash. Sports Club (7:13.0)

5m	30:28	227	6:57.2	
10m	1:08:04	211	6:51.8	6:54.4
15m	1:38:21	191	6:55.2	
20m	2:21:34	181	6:55.8	6:57.2
25m	2:48:25	181	7:12.2	
M	3:17:41	181		6:56.8
30m	3:21:42	171	6:59.8	7:03.4
35m	4:01:15	171	7:04.4	
36m			7:18	

8 Russell Triantos (19) 4.20:46
Bethesda, Md. (7:16.6)

5m	25:52	113	7:18.6	
10m	1:12:18	113	7:17.4	7:07.4
15m	1:47:36	113	7:17.2	
20m	2:25:18	113	7:20	7:18.8
25m	3:08:18	113	7:26.4	
M	3:42:09	113		7:18.8
30m	3:43:15	111	7:25.4	7:22.8
35m	4:20:28	111	6:44.2	
36m			6:50	

9 Joseph Burns (45) 4.21:15
Rogata, N.J. (7:15.0)

5m	25:57	116	7:14.4	
10m	1:12:18	116	7:03.4	6:57.8
15m	1:48:43	116	6:48.4	
20m	2:38:52	116	6:45.8	6:58.4
25m	3:25:02	116	6:48	
M	3:55:36	116		6:58.4
30m	3:25:15	116	6:58.4	7:18.8
35m	4:24:33	116	7:18	
36m			7:00	

10 Harry Richards () 4.25:36
Pennsauken, N.J. (7:23.0)

5m	34:25	128	6:50	
10m	1:09:28	141	6:53.4	6:57.4
15m	1:44:23	141	7:01	
20m	2:20:12	131	7:15.8	7:09.4
25m	2:57:02	131	7:13.4	
M	3:44:19	131		7:06.2
30m	3:37:45	131	6:59	7:18.8
35m	4:13:55	131	7:17	
36m			7:45	

11 Joseph Zee (44) 4.26:08
Boston AA (7:23.6)

5m	31:38	129	7:18	
10m	1:02:02	129	7:18	7:18
15m	1:44:01	114	7:12.2	
20m	2:21:04	114	7:17	7:15.8
25m	3:03:05	112	7:26	
M	3:51:53	112		7:29.2
30m	3:41:15	121	7:24.8	7:22.2
35m	4:18:45	121	7:24	
36m			7:45	

12 Mike Fenlon (29) 4.30:20
D.C. Harriers (7:30.4)

5m	35:30	140	7:30	
10m	1:12:20	140	7:12	7:18.4
15m	1:49:28	139	7:23.2	
20m	2:21:04	140	7:19	7:15.2
25m	3:03:25	138	7:28.8	
M	3:53:47	138		7:21.2
30m	3:45:44	123	6:58.4	7:23.2
35m	4:23:20	123	7:17.2	
36m			6:57	

13 Charles Payne (23) 4.32:26
Richmond TC (7:36.1)

5m	30:14	140	6:24.8	
10m	1:01:27	130	6:24.4	6:28.7
15m	1:34:28	130	6:24.4	
20m	2:17:28	131	6:34.8	6:27.8
25m	3:00:27	127	7:13.4	
M	3:58:18	127		6:48.2
30m	3:34:17	121	6:22.4	6:23.2
35m	4:20:10	119	6:24.2	
36m			6:24	

14 George Fersovsky (44) 4.39:48
Wash., D.C. (7:46.3)

5m	36:18	139	7:12	
10m	1:13:47	139	7:28.4	7:34.7
15m	1:51:34	120	7:32.4	
20m	2:31:27	122	7:37.4	7:48.1
25m	3:11:02	122	8:32.4	
M	3:24:08	121		7:47
30m	3:54:25	121	7:52	7:48.8
35m	4:30:48	124	8:48.2	
36m			7:02	

15 John Noble (35) 4.34:30
Rockville, Md. (8:17.0)

5m	37:30	149	7:20.2	
10m	1:15:18	121	7:32.4	7:32.8
15m	1:52:42	121	7:33.8	
20m	2:32:02	121	7:48	7:38.2
25m	3:12:02	121	7:24	
M	3:27:28	121		7:38
30m	3:52:08	121	8:50.2	7:47.8
35m	4:44:43	121	10:27	
36m			8:12	

16 Bill Ingram (44) 4.59:16
Woodbridge, Va. (8:18.5)

5m	37:58	120	7:22.4	
10m	1:18:05	120	7:42.8	7:38
15m	1:58:18	120	7:32.2	
20m	2:31:58	120	7:38.8	7:28.8
25m	3:18:28	121	8:08.8	
M	3:42:27	121		7:47
30m	4:02:45	121	8:01.4	8:05.5
35m	4:59:01	121	8:21.2	
36m			8:35	

17 Alan Price (27) 5.06:27
D.C. Travelers (8:50.8)

5m	39:53	143	8:02.8	
10m	1:18:20	143	7:57.4	7:58.4
15m	1:47:01	143	7:48.2	
20m	2:27:00	143	7:58.2	7:41.2
25m	3:17:11	143	8:07.2	
M	3:39:13	143		7:45
30m	4:01:17	143	8:38.2	8:02.7
35m	4:57:15	143	10:16.4	
36m			8:12	

18 Paul Robertson (35) 5.19:02
Oxon Hill, Md. (8:51.7)

5m	37:27	123	7:38.4	
10m	1:18:10	119	7:38.4	7:38.4
15m	1:58:18	123	7:50.4	
20m	2:38:51	124	8:02	7:43.4
25m	3:28:25	120	10:09.8	
M	3:27:10	124		8:17
30m	4:28:10	120	10:10	8:22.2
35m				
36m			10:07.7	Team 6 8

19 Kenneth Pugh (26) 5.26:27
D.C. Harriers (9:00.5)

5m	38:58	138	7:58	
10m	1:19:08	138	8:28.4	8:09.4
15m	1:59:44	139	8:28.2	
20m	2:45:27	138	8:38.2	8:28.2
25m	3:37:20	138	8:48.4	
M	3:38:08	131		8:28
30m	4:31:50	139	8:58	8:23.7
35m	5:21:12	138	12:52.4	
36m			13:10	

20 R. Anne Tate () 5.26:57
Bethlehem, Pa. (9:04.9)

5m	39:42	139	7:54.4	
10m	1:17:28	139	8:01.4	8:02.4
15m	2:03:08	139	8:02.4	
20m	2:47:47	139	8:28.2	8:21.4
25m	3:32:05	120	8:07.8	
M	3:44:18	124		8:24
30m	4:01:07	121	8:40	8:22.8
35m	5:07:48	121	10:54.4	
36m			10:58	

21 Tim Ladewig (28) 5.57:02
Falls Church, Va. (9:21.3)

5m	38:00	128	7:38	
10m	1:16:55	128	7:47	7:46.2
15m	1:58:36	128	7:32.2	
20m	2:41:01	127	7:40.2	7:40.1
25m	3:28:30	124	11:13.4	
M	3:40:00	127		8:28
30m	4:28:14	121	11:48.8	8:54.8
35m	5:22:30	120	11:59.2	
36m			12:27	

22 Lou Feeb () 5.59:01
Richardson, Texas (9:25.0)

5m	37:46	123	7:22.2	
10m	1:15:05	123	7:27.8	7:28.8
15m	1:54:24	123	7:45.8	
20m	2:34:21	124	8:01.2	7:48.8
25m	3:20:20	124	10:09.8	
M	3:35:14	123		8:27.2
30m	4:20:48	123	12:04	8:58.2
35m	5:27:08	123	12:04	
36m			13:41	

23 Floyd Hoffman (24) ---DPT---
Lanrel, Md.

5m	37:54	124	7:34.8	
10m	1:18:08	123	7:38.4	7:38.4
15m	1:54:24	123	7:38.2	
20m	2:32:53	123	7:45.8	7:34.7
25m	3:22:02	124	8:27.8	
M	3:25:02	115		8:27.8
30m	3:57:10	119	8:28.8	7:58.2
35m				
36m				

24 Maj. Jerry Cadisick () ---DPT---
USMC, Woodbridge, Va.

5m	37:42	123	7:38.8	
10m	1:17:10	123	7:52.4	7:43.8
15m	1:54:28	124	7:45.4	
20m	2:37:21	124	7:48.4	7:58.4
25m	3:28:08	123	7:42.8	
M	3:39:18	120		8:21.8
30m				
35m				
36m				

25 Rich Englehart (22) ---DPT---
Johnstown, Pa.

5m	37:35	121	7:28.4	
10m	1:15:05	121	7:22.4	7:26.8
15m	1:54:08	121	7:47.8	
20m	2:35:02	121	7:47.2	7:28.8
25m	3:07:58	114	7:42	
M				
30m				
35m				
36m				

26 John McIntyre (53) ---DPT---
Springfield, Va.

5m	38:00	121	7:38	
10m	1:18:55	121	7:47	7:41.2
15m	1:58:22	121	7:51.4	
20m	2:38:28	120	8:13.4	7:58.8
25m				
M				
30m				
35m				
36m				

27 Rod Steele (57) ---DPT---
D.C. Harriers

5m	38:15	141	8:13	
10m	1:18:12	141	7:22	7:47
15m	1:58:12	140	7:08.4	
20m	2:37:38	140	7:08.4	7:07.4
25m				
M				
30m				
35m				
36m				

28 Bob Harper (24) ---DPT---
Wash. Sports Club

5m	34:25	121	6:59	
10m	1:01:08	121	7:01	7:07
15m	1:48:08	121	6:58.2	
20m	2:28:26	121	7:12	7:07.4
25m				
M				
30m				
35m				
36m				

29 Phil Stewart () ---DPT---
Wash. Sports Club

5m	39:00	140	6:38	
10m	1:18:00	140	6:28	6:38.4
15m	1:58:04	140	6:23.2	
20m	2:38:00	140	6:21.2	6:38.4
25m				
M				
30m				
35m				
36m				

VIRGINIA30 mi. 500

Nov. 10, 1974

O'Connell H.S., Arlington, Va.
Statistics not submitted.Results:

1. Bruce Talawymal 1:44:43	11. Hubert Hargan 1:55:16
2. Don DeWitt 1:46:20	12. Al Kitchens 1:56:25
3. Ed Ayres 1:46:26	13. Dan Reska 1:57:12
4. Bruce Robinson 1:46:43	14. Richard King 1:57:13
5. Phil Stewart 1:46:31	15. Bob Horman 1:57:23
6. Will Albers 1:48:16	16. Jeff Kramer 1:58:17
7. Wayne Roe 1:51:04	17. Ed Jerome 1:58:40
8. Don Roberts 1:51:10	18. Damien Howell 1:59:47
9. Arnie Pflieger 1:52:26	19. Rick English 1:20:15
10. Eric Smith 1:52:45	20. Jim Seyler 2:00:34

Women's 1-Mile Results:

1. Dottie Rowe 5:25	6. Christ Mathiesen 6:21
2. Lisa Saylor 5:52	7. Beth Hamilton 6:56
3. Charlotte Kuenen 5:52	8. Judy Hubble 7:10
4. Hannah Rowe 5:59	9. Jane Denton 7:59
5. Connie Langham 6:00	10. Anne Kramer 8:01

2-Mile Race-Boys:

1. Allen Price 17:30	7. Randy Settle 20:31
2. R.E. Mills 17:55	8. Lance Freeman 21:31
3. Sal Corrallo 19:12	9. Rich Coffin 22:20
4. Chris Lockett 19:00	10. David Settle 22:21
5. Martin Greenbaum 20:01	11. Jarby Settle 22:41
6. Kirby Settle 20:50	12. Andrew Sapov 22:57

TEXASNORTH TEXAS STATE UNIVERSITY

Jan. 11, 1975

1975 DISTANCE

Denton, Texas

Course Distance:

Course Record: n/a

No. Starters: 34

No. Finishes: 34

Temperature: n/a

Conditions: n/a

Results:

1. Mike Mathey 2:32:52.6	11. Miller Gaines 3:08:44
2. Bob Finton 2:41:29	12. Steve Howell 3:09:45
3. Kevin Hellman 2:47:36	13. Pat Curry 3:09:53
4. Ralph White 2:49:22	14. Ray McClung 3:10:00
5. Dan Kiden 2:49:59	15. John Ayres 3:10:15
6. C. Davenport 2:50:47	16. Don Burnett 3:11:00
7. Dick Caldwell 2:52:47	17. John Dekovich 3:11:05
8. Gregory Pope 2:59:27	18. Keith Barton 3:11:32
9. Ross Beasum 2:59:36	19. Louis Beeb 3:13:23
10. Dick Widener 3:03:48	20. Roger Ellis 3:18:45

NEW JERSEY1st ANNUAL TURKEY FOOT

Nov. 23, 1974

Newark, New Jersey

No. Finishers: 27 submitted

Results:

1. Mike Wilson 29:57	11. Bill Martin 35:43
2. Tom Lowman 31:04	12. Jamie Arpine 35:50
3. Bob Hampton 31:08	13. Don Hopp 35:58
4. Doug White 31:52	14. Chris Pfister 36:01
5. Keith Patton 32:01	15. Ralph Frazer 36:14
6. Anthony Harkins 32:30	16. Wilson Vible 36:41
7. Bob Bennett 32:55	17. David Flier 37:00
8. Dean Winslow 33:13	18. Jim Ilvestor 37:50
9. Tom Fort 33:20	19. Chas. Harrington 40:26

a = 1st Sub Masters

g = 1st Golden

b = 1st Masters

VIRGINIA10 mi. 500

Dec. 2, 1974

Springbrook H.S., Virginia

Course Distance: 10 mi.

Course Record: see note below

No. Starters: n/a

No. Finishers: 77 submitted

Temp. & Cond: n/a

Results:

1. Sheldon Carlin 52:20	11. Ed Jerome 58:03
2. Phil Stewart 52:54	12. Geo. Jernosek 58:06
3. Bruce Robinson 52:54	13. Harry Deaver 58:08
4. David Huber 54:13	14. Mike Seylin 58:09
5. Bruce Talawym 55:07	15. Bob Lambell 58:14
6. Pat Garner 55:48	16. Doug Johnson 58:32
7. Martin Smith 56:55	17. Chas. Rose 58:40
8. Craig Hayward 57:27	18. Al Kitchens 58:47
9. Tony Diamond 57:28	19. Jim Tygart 59:34
10. Jim Hill 57:48	20. Kim Ogilhart 59:39

*Jimmy Saylor, 13, finished 2nd with a time of 50:13 and ran 9 mi. = 170% p.c. in 1 hour.

CONNECTICUT1st ANNUAL HOLIDAY 5K

Dec. 15, 1974

Goodwin Park, Hartford, Connecticut

Course Distance: 6.5 mi.

Course Record: 31:23, John Vitale, 1973

Start/Finish: 92/92

Temp. & Cond: 40°; part of course slippery

Results:

1. Charles Duggan 32:01	11. Emilio Letell 35:01
2. Ray Crothers 33:09	12. Charles Dym 35:14
3. Tom Wild 33:13	13. Paul Tocco 35:15
4. Mike Lests 33:20	14. Bob Gillnick 35:19
5. Bill Turley 33:21	15. Pete Scharty 35:26
6. Tom Durie 34:05	16. Vin Pandetti 35:26
7. Pat Broad 34:14	17. Larry Popovak 35:36
8. John Stone 34:24	18. Steve Trouty 35:50
9. T. Rod Shirt T 34:41	19. Dean Perry 35:58
10. Richard Glenn 34:51	20. T. yellow T 36:00

In 36th, George Brown, 1st over 40 = 35:00

In 77th, Lisa Berry, 1st under 16 = 33:13

RHODE ISLANDSEASIDE SENIORS & MASTERS

Nov. 23, 1974

25 mi. OLIAMPOURSHIP

Providence, Rhode Island

Course Distance: 25 mi.

Course Record: n/a

No. Finishers: 67

Temp. & Cond: n/a

Results:

1. Rick Bayko 1:13:56.2	11. Vin Pandetti 1:23:16
2. T. Gallagher 1:20:44	12. Bob Progan 1:23:37
3. J. McLaughlin 1:21:07	13. John Douglas 1:23:44
4. Willie Kitchens 1:22:46	14. John Vello 1:27:02
5. M. Malkowski 1:22:59	15. Steve Olson 1:27:12
6. Wayne Jacob 1:24:10	16. James Gray 1:28:06
7. Dick Colvard 1:24:20	17. Geo. Schobel 1:28:14
8. Paul Piliaro 1:24:41	18. George Dolan 1:29:09
9. Mike Dexter 1:24:53	19. Bill Hallen 1:29:14
10. D. McIlivray 1:25:14	20. Mark Berick 1:29:52

Team Scores:

1. S. Redford Club 21 2. Bryant College 34

DELAWARE**1974 DELAWARE STATE OPEN**

Nov. 16, 1974

CROSS COUNTRY CHAMPIONSHIPS

Rockford Park, Delaware

Temperature: 40 degree

Conditions: 14. Wind, Clear & Dry

4.1-Mile Open: (21st Annual)

Course Record: 21:19.2, Mike Wilson, 1974

Starters: 24; Finishers: 24

1. Bob Grewell 22:37.6	6. Jim Waldmeyer 23:09
2. Matt Boyer 22:47	7. John Manley 23:30
3. Bob Hampton 22:53	8. Ray Escobar 23:40
4. Larry Savage 23:10	9. Mike Mooney 23:43
5. Art Richardson 23:19	10. Joe Vashell 23:53

4.1-Mile Sub-Masters (Age 30-39)--(2nd Annual)

Course Record: 22:56, Grif Saltsie, 1973

Starters: 5; Finishers: 5

1. Doug White 23:35	4. Tom Fort 25:06
2. Bob Bennett 24:36	3. Bill Martin 25:07
3. Keith Patton 24:39	

2.1-Mile Masters (Age 40 & over)--(5th Annual)

Course Record: 12:09, Ralph Fraser, 1973

1. Ralph Fraser 12:19.2	4. Dave Currie 13:22
2. Bill Gordon 12:53	5. Wilson Vible 13:35
3. Jack Kirschner 13:09	

4.1-Mile Juniors (Age 13-15)--(11th Annual)

Course Record: 10:53, Cria Cooper, 1973

1. Dan Parker 11:20	6. Dave Richter 11:57
2. Kent Matlack 11:35	7. Chris Pfister 11:58
3. Gordon Thompson 11:45	8. Keith Ledeker 11:58
4. Dick McGovern 11:50	9. Mark Gouge 12:07
5. Bob Webers 11:56	10. Mark Gally 12:13

Starters: 7; Finishers: 7

Starters: 31; Finishers: 31

2.1-Mile Boys (Age 12 & under)--(5th Annual)

Course Record: 12:35.8, Howard Parker, 1970

Starters: 39; Finishers: 39

1. Mark Miller 13:50.5	6. Bob DiDonato 15:20
2. Quint Hendricks 14:15	7. Joe Aviala 15:23
3. Bill Mitchell 14:26	8. Mike Norvell 15:30
4. Larryahn 15:02	9. Sean Sweeney 15:33
5. Rody Flusky 15:04	10. David Peter 15:36

1-Mile Women's -- (6th Annual)

Course Record: 6:13, Cathy Kirchner, 1972

Starters: 23; Finishers: 23

1. Cathy Kirchner 6:04	4. Jacq. Daniels 6:47
2. Terese Lynch 6:17	7. Sue Dickson 7:09
3. Joan Donahoe 6:26	8. Barb Gorman 7:13
4. Deb Sheatersaft 6:37	9. N'Joel Starob'aki 7:16
5. Suzanne Patton 6:38	10. Terese Murray 7:25

8 = New Course Record

NEW JERSEY**NEW JERSEY ALL REGION 5 km. RUN**

Jan. 12, 1975

Cedar Grove, New Jersey

Statistics not submitted

Results:

1. Bob Seikle 15:17	12. Joe Koch 16:50
2. John Enright 15:31	13. Bill Indek 17:04
3. Rowley Jackson 15:44	14. George Fany 17:13
4. Dan Senior 15:31	15. Doug Fuller 17:23
5. Christ Allinian 15:56	16. Jeff Martin 17:25
6. John Bernarth 16:20	17. John Pontes 17:47
7. Bob Alwerth 16:26	18. Tim Fogarty 17:53
8. Paul Bennett 16:27	19. Paul Slakle 19:34
9. Matt McCall 16:35	20. Joe Scott 19:59
10. Don Growley 16:39	21. Mike Way 20:23
11. Mike Smith 16:40	

VIRGINIA**WISCI's 1 mi. RUN**

Nov. 10, 1974

O'Connell High School, 1, Virginia

Statistics not submitted

Results:

1. Dottie Jones 5:25	11. Pat Leitala 6:13
2. Lisa Bayle 5:32	12. Kille Miller 6:24
3. Char. Keenan 5:36	13. Anna Hubbel 6:12
4. Dannah Jones 5:37	14. Mary Deleh 6:06
5. Cecile Langhans 6:00	15. Judy Bogge 6:44
6. Christa Linton 6:31	16. Susie Wood 6:47
7. Beth Hamilton 6:27	17. Jeannine Barrow 6:51
8. Judy Hubbel 7:10	18. Diane Barnes 6:52
9. Jane Smilovic 7:55	19. Annette Pickler 8:54
10. Jane Krasser 8:01	20. Garry Jones 8:57

KENTUCKY**1TH ANNUAL WISCI 5 KILOMETER RUN**

Nov. 28, 1974

St. Matthews YMCA, Louisville, Kentucky

Course Distances: 5/k

No. Starters: 2/k

No. Finishing: as given below

Temperature: 2/k

Conditions: "Perfect weather"

Highlands Y to St. Matthews Y:

4k & under: Course Record: 27:11, Dave Collins, 1974

1. Mark Jones 27:11	6. Gary Clouse 30:36
2. Chas. Schatz 29:03	7. Mike Peters 31:07
3. Chuck Nagers 30:05	8. Ter'1 Pen'1ton 33:55
4. Gary Green 30:11	9. Dave Collins 37:00
5. Mike Smith 30:21	10. Paul Mattingly 37:06

22-29: Course Record: 29:01, Fred Geiswin, 1974

1. Fred Geiswin 29:01	6. Russ Lancaster 37:36
2. David Stoesen 31:15	7. Chuck Bunnik 38:34
3. John Sachs 32:13	8. James Brooks 38:57
4. W.C. Williams 33:28	9. Al Under 40:59
5. Jerry Oetken 35:53	10. Dick Holder 41:38

40 & older: Course Record: Don Liljequist, 34:06, 1974

1. Don Liljequist 34:06	5. Merlin Lents 38:01
2. Wally Swick 34:44	6. Tom Gates 41:10
3. Everett Howell 34:52	7. J.F. West 41:45
4. Bill Bear 37:24	8. Hunter Goin 42:33

E-Hart to St. Matthews Y:

4k & under: Course Record: 12:56, Dennis Schaefer, 1973

1. Dennis Schaefer 12:56	5. Scott Duke 16:46
2. John Babson 13:56	6. K.L. Markson 19:34
3. David Irvin 14:35	7. Paul Mattingly 19:54
4. Ward Irvin 15:38	

22-29: Fred Geiswin, 12:28, 1973 (Course Record)

1. Bill Ulrich 13:00	7. Max Poulter 18:10
2. Hooty Schneider 14:01	8. Donald Dan 19:05
3. Jim Bern 15:50	9. John Ballard 19:48
4. Carl Kimmel 15:52	10. Jim Isaacs 19:48
5. Melvin Whitebird 15:59	11. Mount Davis 19:48
6. Ron Rhodes 17:46	12. Kiele Zeig 19:52

40 & older: Course Record: Louis Schneider, 14:28, 1973

1. Louis Schneider 14:28	6. Alex O'Brian 19:59
2. Henry Poulter 16:38	7. Bill Peterson 20:21
3. Richard Page 17:36	8. Steve Payne 21:09
4. Frank Varner 17:38	9. Ben McRoberts 21:10
5. Bill Carrier 19:40	

Women's Division:

4k & under: Jane Sandusky (New Record) 15:01

22-29: Joyce Wilson 22:04

40 & over: Joy Petersen (New Record) 20:21

8 = New Course Record

IOWA

SEVENTH ANNUAL LEO JAMES LYLE Nov. 28, 1974
MEMORIAL TURKEY TROT

State Fairgrounds, Des Moines, Iowa

Temperature: 29 degrees

Conditions: Partly cloudy, 11 mph

5-Mile Open:

Course Record: 26:06, Shane Dooley, 1973

Starters: 18; Finishers: 18

1. Bob Hughes 25:50	10. Martin Smith 28:43
2. Shane Dooley 25:50	11. Tim Phillips 30:22
3. Rick Hudson 26:27	12. Bill Mussell 30:50
4. Bob Wiess 26:32	13. John Gereena 31:01
5. Galen Green 26:58	14. Gary Wilcox 32:26
6. Doug McDermid 27:03	15. Jerry Haffey 34:12
7. Bob Becker 27:21	16. Jim McIlveen 35:29
8. Mark Steinberg 27:27	17. Mike Parker 35:42
9. John Mulholland 28:18	18. Brent Hamrell 36:46

g = New course record

5-Mile High School:

Course Record: 27:09, Barry Lowe, 1973

Starters: 20; Finishers: 20

1. Mark Bishop 26:53	11. Todd Steinberg 32:50
2. Greg Fowler 27:42	12. Doug Keller 33:13
3. Jon McCourt 28:57	13. Jerry Overman 33:40
4. Toby Spainhower 28:58	14. Tony Jackson 34:14
5. John Helwick 29:23	15. Pat Gould 34:47
6. Keith Ferold 29:25	16. Bill Straw 34:50
7. Steve Wikner 30:38	17. Bryan Deane 36:24
8. Bill Clayton 31:28	18. Jeff McCloskey 36:50
9. Steve Lawe 32:30	19. Pat Scialoja 40:03
10. Brian Johnson 32:50	20. Mike Hook 40:05

g = New course record

5-Mile Junior High, Boys:

Course Record: 27:41, Mike Dineat, 1973

1. Mike Dineat 27:41	3. Jeff McCourt 39:08
2. Keith Shostrom 29:57	4. Paul Anderson 44:12

g = Ties his old record

5-Mile Veterans (40 & over):

Course Record: Bob Moorehead, 31:58, 1973

1. Marle Dineat 30:35	3. Bob Moorehead 31:58
2. Earl Larson 31:05	4. Irv Steinberg 35:55

g = New course record

3-Mile Walk: Dave Richland 40:30

2-Mile Women's Walk: Ericka Dastrom 21:44

2-Mile Boys' Walk: Ed Eillen 31:17

2-Mile Women's Open:

Course Record: n/a

1. Kathy Christip 12:41	5. Lori Holt 15:31
2. Maryjo Bengert 14:01	6. Terrie McGee 15:53
3. Linda Richardson 14:15	7. Stephanie Stone 17:35
4. Denise Carter 15:30	8. Sue Haskell 17:57

2-Mile Junior High, Girls:

Course Record: n/a

1. Kathy Dineat 12:58	3. Linda Stent 17:57
2. Barb Stent 13:09	4. Spread the word!

OHIO

UNIVERSITY OF TOLEDO BARGAINERS Dec. 29, 1974
 50 MI. RACE

WOOD PARK, Toledo, Ohio

Statistics not submitted

1. Park Barner, 30, Enola, Pa. (only one) 5:48:16

NEW JERSEY

NEW JERSEY AAA SENIOR Nov. 10, 1974

CROSS COUNTRY CHAMPIONSHIPS

Holadel County Park, Holmdel, N.J.

Course Distance: 10 mi.

Course Record: n/a

No. Starters: n/a

No. Finishers: n/a

Temperature: n/a

Conditions: n/a

Results:

1. Eamon Dowley 31:26-4	9. Kevin McDonald 33:25
2. Bill Sieben 32:10	10. Steve Foster 33:20
3. Bill Schell 32:25	11. Tim Steele 33:46
4. Bob Haxley 32:30	12. Carol Elliot 33:59
5. Steve Podgajay 32:37	13. Dave Hudson 34:03
6. Ron Veneman 32:41	14. Paul Amiel 34:25
7. L. Trachtenberg 32:53	15. Jean Booth 34:32
8. Dave Heinrich 33:03	

Team Scores:

1. N.J. Striders 28	3. Rutgers 44	66
2. Shore AC "A" 30	4. Shore AC "B" 80	
	5. Shore AC "C" 115	

NEW YORK

3, 9.15 & 15.5 mi. RACE Jan. 19, 1975

ROSEL, Albany, New York

Statistics not submitted

Results: (3 mi.)

1. Walt Kinsey 16:27	4. Tim Hallin 18:02
2. Bill Shirley 16:40	5. John Harvey 21:05
3. Pat Hallin 18:54	6. Bill Strader 23:00

Results: (9.15 mi.)

1. Pat Stewart 61:00	3. Lindsay Childs 64:58
2. Richard Evans 64:21	

Results: (15.5 mi.)

1. Dave Hillis 1:43:30	4. Ted Turner 1:52:02
2. Dan Kay 1:45:10	7. Les Deanda 1:53:35
3. Bill Albers 1:45:18	8. D. John Jones 1:56:54
4. Row Strattor 1:50:56	9. Mike Burke 2:06:55
5. Ed Thome 1:51:24	10. D. Jotokkie DIF

NEW YORK

10 MI. TROT RACE Jan. 11, 1975

Troy, New York

Course Distances: 10 mi. & 3 mi.

Course Records: n/a

No. Starters: n/a

No. Finishers: 11 submitted (10 mi.)

Temperature: 45 degrees

Conditions: Sunny and calm

Results: (10 mi.)

1. Dave McKenna 32:35	7. Kinete Colloagh 50:04
2. Jon Fox 34:25	8. Bill Gates 53:53
3. Bruce Kallen 35:41	9. Helmut Weinhart 59:00
4. Rick Steaton 55:31	10. Dick Costea 60:19
5. Terry Crews 57:26	11. John DeLano 72:23
6. Jim Eastman 57:30	

g = 1st over 30

h = 1st over 40

i = 1st over 50

Results: (3 mi.)

Women 12 & over, Pat Costea 54:36

Men 30-39, Dr. J. Costea 51:19

Men 18-29, Frank Ogles 26:27

MARYLAND

POTOMAC VALLEY 14.5 km, Nov. 16, 1974
CROSS COUNTRY CHAMPIONSHIP
& OPEN RUN

Georgetown Preparatory School, Golf Course,
Rockville, Maryland

Course Distance: 10 km.
Course Record: n/a
No. Starters: 857
No. Finishing: 857
Temperature: low 40's
Conditions: slight wind, moist grass

Results:

1. Eason Dewey 32:34	10. Pat Garner 35:52
2. Bruce Robinson 33:37	11. Don Roberts 36:20
3. Duke Frederick 33:47	12. Bill Ross 36:22
4. Glynn Wood 34:00	13. Martin Smith 36:23
5. Ritchie Geisel 34:03	14. Damien Howell 37:02
6. Bruce Talawyma 34:10	15. George Vernosky 37:11
7. Hugh Deveney 34:39	16. Ed Jerome 37:15
8. Don DeWitt 35:10	17. Tony Diamond 37:21
9. Chris Elliott 35:16	18. Korn Ferris 37:22

Team Scores:

1. Wash. Sports Club 34	3. Potomac Sr. HC 424
2. D.C. Harriers 120	

NEW YORK

1 & 2 mi. RUNS Jan. 12, 1975
DOWIA, ALBANY, New York

Statistics not submitted

Results: (1.5 mi.)

1. Dick D'Alco 15:27	5. Pat Mullin 18:04
2. Bill Shirley 16:37	6. Richard Evans 19:18
3. Bill Matthews 17:09	7. Martry Pulver 20:58
4. Ray Geater 17:27	8. Bill Strader 23:58

Results: (2 mi.)

1. Tom Clarke 48:33	8. Bill Albert 60:37
2. Alan Maddox 52:24	9. Jim Hensel 63:13
3. Pat Stewart 53:21	10. S. John Ross 64:28
4. Bill Martin 55:22	11. Ted Grenda 68:32
5. John DiGrande 55:22	12. Jim Mullin 69:16
6. Dave Hillig 55:46	13. Jim Simons DNF
7. Don Ezy 57:48	14. 15:42 @ 3 mi. in lat.

VIRGINIA

10 km. RUN Oct. 19, 1974

W. Kent, Virginia

No. Finishers: 96 submitted

Results:

1. Jack Mahurin 29:43	11. Chris Proach 33:46
2. Wayne Vaughn 30:56	12. Eric Smith 33:48
3. David Webster 31:18	13. Don Roberts 33:53
4. Don DeWitt 31:38	14. Gary Saucie 34:03
5. Jim Kenney 31:58	15. Al Hitchens 34:23
6. Bruce Talawyma 32:17	16. Ed O'Sourke 35:18
7. Phil Stewart 32:29	17. Ed Jerome 35:32
8. Bob Thurston 32:29	18. Frank Osterweck 35:34
9. Bruce Robinson 32:29	19. Al Hennessey 35:40
10. Chris Dominiak 32:35	20. Larry Franklin 35:40

Jack Mahurin made no contest of this race, pulling away on the first loop and extending the margin to over a minute. Jack feels that these shorter races provide the speed training necessary for the longer ones. Bruce Talawyma convinced a few more people that he is for real.

VIRGINIA

10 mi. HULAY (92 men/teens) Oct. 13, 1974
T. C. Williams High School, Va.

Statistics not submitted

Results:

1. Tom Childers & Dan Morris	=	43:23
2. Mitch Geisel & Chris Elliot	=	44:30
3. Bernard Allen & Sheldon Karlin	=	45:07
4. Mike Bradley & Bruce Robinson	=	46:31
5. Mike McCoraick & John Kennedy	=	46:40
6. Wayne Vaughn & Don DeWitt	=	47:11
7. Bruce Talawyma & Ed Jerome	=	47:40
8. Craig Talley & Jay Siebel	=	48:05
9. Scott Malay & Philip Sonden	=	48:17
10. Dan Erwin & Damien Howell	=	52:02
11. Don McGowan & Denis Smalley	=	54:08
12. DeWitt & Sullivan	=	54:36
13. Willie Sellers & Elizabeth Sedoff	=	56:27
14. Bill Torressa & John Corral	=	57:33
15. S. Gottlieb & T. Van	=	59:44

VIRGINIA

30 km. RUN Nov. 10, 1974
O'Connell High School, T. Virginia

Statistics not submitted

Results:

1. Bruce Talawyma 1:44:43	11. Hubert Morgan 1:55:14
2. Don DeWitt 1:46:20	12. Al Hitchens 1:56:25
3. Ed Ayres 1:46:26	13. Dan Beane 1:57:12
4. Bruce Robinson 1:46:43	14. Richard King 1:57:13
5. Phil Stewart 1:46:51	15. Bob Moran 1:57:23
6. Bill Albert 1:48:16	16. Jeff Krazer 1:58:17
7. Wayne Ross 1:51:04	17. Ed Jerome 1:55:48
8. Don Roberts 1:51:10	18. Demi Howell 1:59:47
9. Arnie Fiefler 1:52:25	19. Keith Egglehart 2:00:15
10. Eric Smith 1:52:43	20. Jimmy Saylor 2:00:34

Bruce Talawyma came to "run a workout" and ran away from startled competitors to win this one in a good time of 1:44:43. He took the lead at their 2nd loop of this hilly course and steadily widened the gap. Don DeWitt led a cluster of runners in for the 2nd place spot.

TEXAS

3rd ANNUAL ODESSA MARATHON Dec. 14, 1974
Odessa, Texas

Course Distance: 26 mi., 385 yds.

Course Record: 2:36:09, Mike Albert, 1973

No. Starters: 61

No. Finishers: 49

Temp. & Cond: 50°, Winds 20, gusts to 30

Results:

1. Kevin Shaw 2:24:19	11. Row' Dillieap 3:08:53
2. Juan Garcia 2:33:49	12. Alan Steele 3:10:12
3. Dave Moore 2:37:25	13. Jim Hagan 3:11:37
4. Mike Albert 2:38:41	14. Tommy Glass 3:11:50
5. W. Killstead 2:40:00	15. Lindsay Dugas 3:13:16
6. Des. Haseke 2:48:05	16. Bob Dunbar 3:14:30
17. K. Wrinkle 2:51:45	17. David Wolf 3:19:45
8. Steve Basas 2:58:36	18. Bob Wilson 3:20:38
9. Ray Bailey 3:02:48	19. Ralph Deas 3:21:47
10. Bob Moore 3:06:30	20. Hector Gal'do 3:21:55

1 = 1st High School

2 = 1st 30-39

3 = 1st 40-49

In 36th was Warren Brown

with 3:54:17 to take

1st of 50 & over.

VIRGINIA20 km. RW & 20 km. WALK

Jan. 18, 1975

7, Virginia

Course Distance: 20 km.

Course Record: 1:10:25, Loren Nees, 1973

Start/Finish: 14/12; 5/3

Temp. & Cond: 40°; Sunny, moderate wind

Results: (20 km. Run)

1. Rick Katz 1:03:47	7. V. Scheiter 1:17:39
2. Chan Evans 1:11:02	8. Don Granberg 1:18:21
3. Dick Seeler 1:12:22	9. Dean Neal 1:18:43
4. Dave Dunleavy 1:14:13	10. Rex Frazer 1:19:29
5. Don Lewis 1:15:12	11. Joe Marks 1:24:09
6. Andy Lawrence 1:16:19	12. Joe Duncan 1:35:56

Results: (20 km. Walk)

1. Aggie Kirt 1:43:50	4. Dave Leuthold 2:23:04
2. Sandy Mims 1:59:11	4. Bob Spier 2:23:04
3. Leonard Husek 2:04:18	

g = New course record.

MASSACHUSETTS5.5 mi. RW

Jan. 19, 1975

Hudson, Massachusetts

Course Distance: 5.5 mi.

Course Record: 26:17, Bruce Butterworth, 19__

No. Starters: 157

No. Finishers: 125 submitted

Temp. & Cond: Very Fine

Results:

1. George Cossefrey 27:28	11. Lou Aglier 29:58
2. Larry Olsen 27:59	12. Geo. McCallister 30:02
3. Ralph Meyer 28:18	13. Scott Webber 30:06
4. Frank Durkin 28:41	14. D. McMillivray 30:07
5. Chat Fortier 28:49	15. Bruce Clemente 30:09
6. Dick Gutowski 29:02	16. Joel Stefanski 30:16
7. Bob Severe 29:05	17. Tom Enatt 30:18
8. Tim Murphy 29:23	18. Dave Dural 30:31
9. John Rees 29:48	19. Tom Boone 30:39
10. Louis Paul 29:50	20. Bill Smith 30:44

g = 1st over 40.

VIRGINIA1st ANNUAL HOLIDAY CROSS

Dec. 21, 1974

AND SUNDAY RW10 mi. RW & 10 mi. WALK

7, Virginia

Course Distance: 10 mi.

Course Record: 53:17, Bob Leuteller, 1972

1:22:30, Mark Jones, 19__

Start/Finish: 15/13; 3/3

Temp. & Cond: 20°; Sunny, moderate wind

Results: (10 mi. Run)

1. Rick Katz 53:46	9. Turk Steevick 64:04
2. Tom Logan 56:37	10. Galley Brian 64:37
3. Danna Stewart 56:49	11. Tom Hinkley 66:33
4. Dick Seeler 56:55	11. Joe Marks 68:53
5. Ben Londree 59:04	13. Joe Duncan 74:21
6. Don Granberg 59:09	14. Leonard Husek 78:04
7. Don Lewis 60:03	15. John McCray 83:22
8. Whitney Hike 61:55	

Results: (10 mi. Walk)

1. Ben Laird 1:13:20	3. Al Schrik 1:34:13
2. Aggie Kirt 1:20:27	

g = New over 40 record. [64:27, Rex Frazer, 1974]

h = New record. [1:22:30, Mark Jones, 19__]

NEW JERSEY3.8 & 7.6 mi. RW

Nov. 17, 1974

Cooper River Parkway,

Collingswood, New Jersey

Statistics not submitted

Results: (7.6 mi.)

1. John Bewick 38:08	11. Craig Wharton 42:59
2. Larry Schenella 38:44	12. Eric Johnson 43:11
3. Joe Siedleck 38:55	13. Leon Drake 43:33
4. Bill Gallian 40:19	14. Mike Kelly 43:38
5. Jeff Dean 40:32	15. Carmel Hazelgraaf 43:45
6. Harry Bilicki 40:55	16. Roger Clark 43:47
7. Paul Lusek 41:03	17. Jerry Davis 44:03
8. Seth Bergman 41:35	18. Joe Germane 44:31
9. Jay Barley 42:20	19. Jack Jello 45:11
10. Lou Coppene 42:31	20. John Wright 45:24

Results: (3.8 mi.)

1. Bill King 21:03	7. Steve Tanski 24:02
2. Bob Fite 21:26	8. Gerry Sissala 25:08
3. Paul McGorley 22:09	9. Doc Hopkins 25:50
4. Ray Dawson 22:24	10. Jack Brickley 26:41
5. Larry Delaney 22:33	11. Frank Kelly 29:48
6. Stan Brown 23:23	

Results: (Women)

3. Betty Lewis 33:34	1. Carlotta Ford 29:57
4. J. Wittkowski 37:24	2. Renee Fawcett 30:36

VIRGINIA3 mi. RW & 3 mi. Walk

Jan. 4, 1975

7, Virginia

Course Distance: 3 mi.

Course Record: 21:20, Bob Leuteller, 1972

Start/Finish: 13/12; 4/4

Temp. & Cond: 34°; Sunny, moderate wind

Results: (3 mi. Run)

1. Fred Stuppell 23:25	3. Tom Hinkley 31:05
2. Rick Katz 23:40	4. Joe Jones 31:23
3. Charlie Evans 24:50	11. Joe Duncan 34:07
4. Dick Seeler 27:31	12. Dennis Brown 38:37
5. Ben Londree 28:00	13. Jay Duncan 41:41
6. Don Lewis 28:55	14. Stephen Brown 48:42
7. Vince Spindala 33:03	15. Tom Boone 44:30
8. Turk Steevick 31:03	16. Tom Husek 45:39

g = Records 3 mi. split in 12 mi. data.

Results: (3 mi. Walk)

1. Aggie Kirt 40:13	3. Dave Leuthold 53:11
2. Leonard Husek 44:35	4. Carlotta Ford 54:10

h = Suffered "pulled leg."

NEW JERSEYNEW JERSEY FEDERATION

Jan. 26, 1975

15 km. RW

Cedar Grove, New Jersey

Course Distance: 15 km.

Course Record: n/a

No. Starters: 12

No. Finishers: 11

Temp. & Cond: 40° and night windy

Results:

1. Bob Siedl 52:35.2	7. Jack Martin 59:48
2. Bill Ott 53:07.4	8. Stan Bodnicki 60:22
3. Roy Lopides 53:13.4	9. Jeff Martin 62:12
4. Paul Bennett 53:22.5	10. Steve Klabenesh 64:04
5. Vido Gali 53:35.2	11. Fred Price 66:38
6. Mike Smith 57:57	

MASSACHUSETTS10.2 mi. MM

Dec. 3, 1974

Wayland, Massachusetts

Course Distance: 10.2 mi.

Course Record: n/a

No. Starters: 99

No. Finishers: 94

Temperature: n/a

Conditions: Very mild for December

Results:

1. George Conesfrey 50:49	11. Bill Dove 57:55
2. Rick Bayco 52:31	12. John Babington 57:57
3. John Goodwin 53:08	13. Wayne Lamothe 58:22
4. Vince Fleming 53:47	14. Dave Duval 58:31
5. Wasty Lamade 55:14	15. Mark Lanzello 58:45
6. Louis Paul 55:50	16. Larry Thode 58:48
7. Rich Gutowski 55:58	17. Harold Gabriel 59:04
8. Dick Colliard 56:40	18. Mike Dougherty 59:05
9. Steve Olson 57:27	19. Tom Doherty 59:11
10. Bruce Clements 57:34	20. Bill Smith 59:13

MASSACHUSETTS7 mi. MM

Jan. 6, 1975

Amesbury, Massachusetts

Course Distance: 7 mi.

Course Record: 35:15, Ken Flanders, 1977

No. Starters: n/a

No. Finishers: % submitted

Temperature: n/a

Conditions: "Fair"

Results:

1. Jim Crawford 35:28	11. Rolf Meyer 38:25
2. Earl McGilvery 35:42	12. Don Putnam 38:38
3. Rick Bayco 35:46	13. Paul Fabey 38:40
4. Buddy Bostick 36:15	14. D. Mastrangello 39:26
5. Fred Doyle 36:26	15. Bruce Clements 39:27
6. Frank Durkin 37:26	16. Jim Concessano 39:30
7. Larry Olson 37:44	17. Bill Smith 39:38
8. Lewis Ag vier 37:54	18. Dave Duval 39:39
9. Pete Kuchizaki 38:17	19. Harth Calahan 39:40
10. Gaet Fortier 38:24	20. Dick Cataldo 39:45

MASSACHUSETTS5 mi. MM

Jan. 4, 1975

Fresh Pond, Cambridge, Massachusetts

Course Distance: 5 mi.

Course Record: n/a

No. Starters: n/a

No. Finishers: 23 submitted

Temperature: n/a

Conditions: Cold & windy

Results:

1. Dave McGilivray 29:10	13. Dave Ricardo 35:58
2. Phil Heath 29:27	14. Don Bell 36:53
3. Bob Whitney 29:59	15. Paul Ricardo 38:42
4. Don Stowell 31:17	16. Kim Fudge 39:00
5. Ed Norton 32:04	17. Mike Blitch 39:23
6. Geo. Lettarullo 32:28	18. Ed Hiltzoy 39:43
7. Bob Jones 32:32	19. Lisa Gaines 40:40
8. Claude Ellis 33:07	20. Sig Podlosny 43:59
9. Bob Ross 33:29	21. Chico Simone 44:17
10. Matt White 33:50	22. Dot Fitzgibbon 44:13
11. Dave Fudge 34:47	23. Fred Brown, Sr. 49:00
12. Tom Fitzgibbon 34:59	

MASSACHUSETTS2.5 mi. MM

Dec. 28, 1974

Fresh Pond, Cambridge, Massachusetts

Course Distance: 2.5 mi.

Course Record: n/a

No. Starters: n/a

No. Finishers: 26 submitted

Temperature: n/a

Conditions: Cold

Results:

1. John Babington 13:55	14. Ed Whitney 19:09
2. Bob Whitney 15:32	15. Paul Ricardo 19:12
3. Caleb Balesley 15:45	16. Tara McVuity 19:24
4. Joe Kara 15:52	17. Kevin Ellinbey 19:31
5. Kent Smith 15:59	18. Kim Fudge 19:53
6. Ed Norton 16:18	19. Roland Tobias 20:17
7. Tom Hayden 16:32	20. Lisa Gaines 20:23
8. Geo. Lettarullo 16:57	21. Jess Bucklin 20:24
9. Claude Ellis 16:59	22. Sig Podlosny 21:01
10. Dave Fudge 17:04	23. Martha Bucklin 21:06
11. Melissa Buckley 17:15	24. Hazel Kara 21:17
12. Kevin Blenda 18:47	25. Fred Brown, Sr. 21:34
13. Roland Bell 19:01	26. Chico Simone 24:51

MASSACHUSETTS5 mi. MM

Dec. 29, 1974

Wilbraham, Massachusetts

Course Distance: 5 mi.

Course Record: 41:48, Art Derderian, 1977

No. Starters: 46

No. Finishers: 45 submitted

Temperature: n/a

Conditions: "Fine"

Results:

1. Paul Oparowski 39:26	11. Bob French 43:54
2. Glen Stone 39:40	12. Dean Hebert 44:04
3. Vin Fandetti 40:34	13. Don LaBranche 44:09
4. Richard Johnson 40:46	14. Bill Rice III 44:17
5. John Jarek 41:13	15. Hank Devine 44:30
6. Larry Jowett 41:47	16. Larry Thode 44:53
7. Don Beaford 42:04	17. Greg Cope 45:04
8. Wayne Lamothe 42:15	18. Matt Hird 45:53
9. Bill Smith 43:00	19. Terry Coyne 46:10
10. John Hoogasian 43:34	20. Greg Jowett 46:33

g = Course distance noted as "likely short"; therefore, course record established broken.

A 5-mi. Run for 14 & under results produced:

1. John Walsley 34:24	3. Kate Walsley 39:39
2. Don Beaford 35:37	

NEW JERSEY

4th ANNUAL

Jan. 19, 1975

JERSEY STATE MARATHON

Inbury Park, New Jersey

Statistics not submitted

Results:

1. Jeff Bradley 2:24:47	11. John Stoppe 2:35:47
2. Bill Sieben 2:29:57	12. Dave Hudson 2:36:43
3. Chas. Trayer 2:30:21	13. Max Gatica 2:38:40
4. Eric Kwas 2:30:35	14. Steve Kalas 2:38:47
5. Jeff Kicia 2:30:59	15. Dale Keenan 2:38:57
6. Gary Pierce 2:31:15	16. T. Stoothoff 2:39:20
7. L. Frederick 2:34:10	17. P. Kuchizaki 2:40:51
8. Ken King 2:34:10	18. Steve Holzar 2:41:26
9. J. Witkowski 2:35:04	19. Colin Beer 2:41:26
10. Tim McLeese 2:35:26	20. Ed O'Hell 2:41:39

TENNESSEE2nd ANNUAL CHATTANOOGA
NEWS-PAGE PRESS

Oct. 20, 1974

CROSS COUNTRY MEET

Collegedale, Tennessee

Course Distance: 1, 3, & 6 mi.

No. Starters: over 100

Temp. & Cond: 62°, Partly cloudy, 10-20 mph
Rolling hills, golf course**Results: (1 mi.) TSSAA, Jr. High**

1. Bethel Hampton 5:24	15. Russell Groves 5:50
2. Joe Lasarus 5:26	7. Steve Richards 5:51
3. Newton Lacy 5:39	8. Clyde Ledford 5:55
4. Don Kresh 5:46	9. Jim Elliott 5:58
15. Bill Friele 5:50	10. Guy Callahan 5:59

Results: (1 mi.) TSSAA, High School

1. Lonnie Goforth 16:56	6. Jimmy Gilbert 17:57
2. Greg Karstens 17:06	7. Lance Hatfield 18:08
3. Bobby Martin 17:26	8. Gary Pickett 18:27
4. Neal Davis 17:31	9. Perry Hodges 18:22
5. Steve Anderson 17:35	10. Gary Crews 18:24

Results: (1 mi. Open)

1. Robert Morris 5:01	21. Barry Tinsley Jr. 5:36
2. Mark Shanks 5:02	12. Scott Westmeyer 5:36
3. Dennis Crase 5:03	13. Don Hunt 5:44
4. Tim Owen 5:04	14. David Bishop 5:00
5. Darryl Crane 5:07	15. Mike Malone 5:02
6. Randy Monte 5:11	16. Ken Sloan 6:03
7. Tom Faige 5:13	17. H.G. Hunter 6:05
8. John Tracy 5:21	18. Steve Snow 6:08
19. Leroy Panning 5:20	19. Shady O'Haver 6:09
10. Steve Bradley 5:34	20. Tim Pickereon 6:10

a = 1st under 12 boys

b = 1st Jr. high boys

g = 1st 30-39 men

d = 1st 40+ men

Results: (6 mi. Open)

1. Heinz Wiegand 58:12	11. Del Barron 58:15
2. Tom Potter 58:48	12. Jim Montgomery 58:22
3. Randy Stroud 58:08	13. Steve Dikhan 58:29
4. Bill Gates 58:36	14. Claude Duffy 58:41
5. Jerry Grahn 59:02	15. Doug Hawley 59:06
6. Michael Wood 59:26	16. Victor Rosario 59:18
7. Robert Benge 59:29	17. David Higgins 59:23
18. H. Tinsley, Sr. 59:50	18. Earl Harler 59:33
9. Ken Byers 59:41	19. J. Montgomery 60:14
10. Chas. Richards 57:57	20. Barry Ligon 60:21

a = 1st under 18men

b = 1st 30-34 men

g = 1st 35-39 men

d = 1st 40+ men

TENNESSEE

15 km. ROAD RACE

Nov. 10, 1974

Oak Ridge, Tennessee

Course Distance: 15 km. (9.32 mi.)

Start/Fin: 22/21

Temp. & Cond: 58°, Sunny, 3-5 mph

Results: (Open)

1. Heinz Wiegand 49:04	6. Phil Spottswood 61:37
2. Bob Benge 54:27	7. Mike Cabbage 64:17
3. Rich Haviland 57:03	8. Tom Halligan 70:30
4. John Powell 59:55	9. Mike Clark 74:30
5. Hal Adams 61:18	10. Craig Barnette 74:52

Results: (Seniors, 30-39)

1. Dick Schuller 59:00	3. Geo. Daniels 59:52
2. John Finger 59:15	4. Walterley young 59:04

Results: (Masters, 40+)

1. Joe Shepherd 65:24	5. Jack Ellison 75:35
2. Donald Foard 66:32	6. Arthur Pearson 80:35
3. Tom Fowler 70:30	7. Tom Van Riper 84:53
4. Cole Waggoner 73:24	

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TENNESSEE

SOUTHWESTERN 100

Dec. 6, 1974

15 km. CHAMPIONSHIP

Cherokee Bluffs, Knoxville, Tenn.

Course Distance: 15 km.

Course Records: 50:34, Neal Dusen, 1971

Starters/Fin: 18/17

Temp. & Cond: 40°, Breezy, 14 mph

Results: (Open)

1. Heinz Wiegand 51:08	5. Mike Wood 61:37
2. Rich Haviland 58:15	6. Jean-Louis 63:02
3. Tom Potter 60:13	7. Phil Spottswood 63:29
4. Bob Benge 60:42	8. Tom Halligan 70:45

Results: (Seniors, 30-39)

1. Bob Godein 58:37	3. Walterley young 61:05
2. Geo. Daniels 60:58	4. Ken Sanders 70:27

Results: (Masters, 40+)

1. Donald Foard 66:14	4. Cole Waggoner 77:07
2. Tom Brooks 69:05	5. Arthur Pearson 79:34
3. Victor Taylor 72:22	

TENNESSEE

KNOXVILLE TRACK CLUB'S

Nov. 28, 1974

FRANKS WINTER DAY RACES

Cherokee Blvd. Course, Knoxville, Tenn.

Course Distance: 10 km.

Starters/Fin: as below

Temp. & Cond: 50°, Sunny, 4-6 mph

Results: (Open)

1. Heinz Wiegand 58:08	10. Phil Spottswood 60:08
2. Bob Benge 54:50	11. Scott Stewart 61:15
3. Bob Cox 59:40	12. Beecher Bailey 61:53
4. Rich Haviland 56:33	13. Lanny Hester 63:11
5. Mike Martin 57:08	14. Joe Coleman 63:27
6. Ernie Brooks 57:50	15. Tom Halligan 63:59
7. Tim How 57:59	16. Don Jennings 63:26
8. Joe Coleman 58:22	17. Joseph Conway 68:23
9. Hal Adams 59:14	18. Stanley Kell 59:45

Results: (Masters, 40+)

1. Tom Brooks 61:13	7. Jack Ellison 65:38
2. Joe Shepherd 61:19	8. Cole Waggoner 67:12
3. Yulan Washburn 63:14	9. Art Pearson 69:45
4. Donald Foard 63:13	10. Tom Van Riper 55:23
5. Tom Fowler 63:59	11. Hal Canfield 57:53
6. Victor Taylor 63:30	

Results: (Seniors, 30-39)

1. Bob Godein 57:50	4. Rich Sanders 63:19
2. George Daniels 58:18	5. Bernard Laferge 66:02
3. Walterley young 59:03	6. Ben Bronfsan 66:30

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