



In the Long Run
it's the
Long Distance Log

VOLUME 20

FEBRUARY 1974

NUMBER 218



MIDDLE ATLANTIC A.A.U. XC CHAMPS: Front, left to right, George Dean, Larry Rush, John Shilby, Dave Schemelia, Joe Germano. Back, left to right, Eric Johnson, Joe Buffington, Steve Gettings.

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CLASSIFIED ADVERTISEMENTS - Advertise your event to increase your entries, or your product to increase sales. (\$3.00 per insertion). Full or 1/2 page advertising rates sent upon request.**ANNOUNCING: THIRD ANNUAL JIM THORPE MEMORIAL RUN**, Sunday, April 28, 1974 2:00 P.M. 6 scenic miles from Flagstaff Park overlooking the Lehigh River Gorge to the Jim Thorpe Mausoleum. Proceeds to benefit local Easter Seal Society. Contact: Frank Caval, 25 E. 13th St., Jim Thorpe, Pa. 18229.

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Cassir Rodney Hal-Marathon, Wilmington, Delaware Sunday, April 7, 1974 2:00 P.M. Entries to: Tom Fort, Delaware Sports Club, P.O. Box 226, Wilmington, Del. \$2.00. Prizes to top 10, top three women, three (40-49) three (50-59), three (Over 60); 1st-3rd Five Man Teams; T-Shirts to all finishers.**CADIZ TAKES MID-PACIFIC ROAD RUNNER PALI RACE**, Sunday, February 24, 1974- Dave Cadiz of Kailua took first place honors in the Mid-Pacific Road Runners Club 4.2 mile 'Old Pali Road Race' over an extremely hilly course. Cadiz clocked 23:03 as he bested 50 other runners. Horace Itoku was second with Mike McCormick close behind.

In the women's competition, June Chun of the 'Running Chun family' set a new course record of 27:27, nearly ten minutes faster than the previous mark.

Hingson Chun was the top Junior finisher with a 25:43. His brother Daven trailed him slightly although clocked

at the same time. Dave Asato captured the Jigger class with a 26:50 clocking. Intermediate winner was John Rose in 23:41, a course record.

In Over 40 competition Marine runner Carlos Mora continued to dominate the division. Mora clocked 26:19, nearly two and a half seconds faster than the listed record. Chuck Greenley, University of Hawaii Air Force ROTC director, was second with Gordon Dugan third.

Race temperature - mid-70's, with no rain & light winds
OPEN- 1. Dave Cadiz, 23:03; 2. Horace Itoku, 23:26; 3. Mike McCormick, 23:32; 4. Jerry McGrath, USMC, 24:37; 5. Bob Gardner, 25:33; 6. D. Schmidt, 26:03; 7. D. Grenier, 26:40; 8. G. Wilson, 26:44; 9. B. Edmund, 27:55; 10. S. Robert, 29:07.**WOMEN**- 1. June Chun, 27:57; 2. Jay Chun, 29:28; 3. M. Chun, 30:08; 4. Virginia Moore, 31:44; 5. Shiela Luebbe 35:26; 6. Val Hanna, 41:30.**JUNIORS**- 1. Hingson Chun, 25:43; 2. Daven Chun, 25:43; 3. G. Wan.**JOGGERS**- 1. Dave Asato, 26:50; 2. Jim Moberly, 27:18; 3. Larry Sebert, 27:26; 4. Don Barrell, 27:29.**INTERMEDIATE**- 1. John Rose, 23:41; 2. Puna Seymour, 23:51; 3. John Alexander, 24:11.**Over 40**- 1. Carlos Mora, 26:19; 2. C. Greenley, 27:56; 3. G. Dugan, 28:10; 4. D. Herrera, 30:08; 5. Jim Bennett.

--Chuck Greenley--

PISMO CLAM FESTIVAL 5-MILE BEACH RUN
Morro Bay, Calif., February 23, 1974- Steve Harney of Santa Maria, holder of the meet record for the Morro Bay to Cayucos Beach Run, added another mark to his list as he pulled away in the final mile to score a 100y victory over Cal Poly freshman x-c star Tony Nunez. Harney was second at the mid-point turnaround but gained ground steadily on the way back to score the victory. The course was slightly longer than the measured five miles as the race started three hours before low tide, forcing the runners higher up on the beach than anticipated, and making the overall distance close to 5 1/4 miles.

Ninety-five runners, ranging in age from seven to seventy-five, started the race and all of them finished. Ray Gil of Lompoc, who finished 15th overall, was the first finisher over 40 while Cheryl Bridges of San Luis Obispo was 10th to capture the women's division by a wide 7 minute margin.

1. Steve Harney, 26, unat., Santa Maria, 28:06; 2. Tony Nunez, 19, Cal Poly, San Luis Obispo, 28:26; 3. John Burns, 23, SBAA, 28:47; 4. Jim White, 25, USAF, Vandenberg, 29:14; 5. Rick Fleming, 20, unat., San Luis Obispo, 29:41; 6. Bob Nannings, 26, WYTC, 29:53; 7. Jim Haerman, 27, Cal Poly, SLO, 30:22; 8. Don Carlson, 21, Cal Poly, SLO, 30:30; 9. Stan Lee, 18, Encino TC, 30:42; 10. Cheryl Bridges, 26, LATC, 30:46; 11. Wm. Everding, 20, USAF, Vandenberg, 31:12; 12. Bob Chanco, 23, unat., SLO, 31:30; 13. Stan Rosenfield, 26, San Luis Obispo, 31:42; 14. Dave Pickett, 13, SLO JHS, 31:45; 15. Ray Gil, 49, Lompoc/Seniors TC, 31:51; 16. Allen Hire, 26, Arroyo Grande, 32:06; 17. John Perkins, 47, Lompoc/Gold Spike TC, 32:17; 18. Joe Craddock, 14, Nipomo TC, 32:42; 19. Martin Nolasco, 23, SLO, 33:02; 20. Jack Cline, 40, Grover City, 33:10; 21. Gary Farrar, 23, SLO, 34:30; 22. Jim Webb, 37, SLO, 34:49; 23. Rick McKeon, 20, USAF/Vandenberg, 35:00; 24. Rusty T. Rettler, 13, Grover City, 35:10; 25. Seymour Collins, 49, Santa Maria, 35:43; 26. Jim Casper, 30, Arroyo Grande, 35:47; 27. Mark Carroll, 11, Nipomo, 35:51; 28. Paul A. Spangler, 36, Sunnyvale, 36:18.

TENTH ANNUAL MISSION BAY MARATHON

San Diego, January 12, 1974. The Mission Bay Marathon came off with a truly international flavor that featured a "made a man" duel between the National Champions of the United States and Mexico. Two-time defending Champion Doug Schneck made it three in a row with his unusual victory yet in marathon competition an Mexican champion Juvenal Urbina finished just 27 seconds back of Doug's record 2:17:00. Juvenal's Mexican Track Federation teammates finished the race with the fourth, third and fourth place performances yet as Andre Ruess and Alfredo Penafiel finished 2:25:50 and 2:31:17. In the battle between the distinctive marathon giants, the U.S. Champion hung back as much as fifteen seconds off the early leaders' pace but he ran with the tight five-man field that also included Doug's teammate Mark Casper who dropped out after eighteen miles with knee ailments. Meanwhile, the battle for first was led by the Mexicans with Mexico's standard-bearer holding the pace. Doug was able to open a 300-yard margin at twenty-three miles and gradually, very gradually drew it out to 150 yards at the finish.

The rest of the field didn't just sit back and watch the successful battle but hardened to their own and scored really impressive times throughout. Mark Kuchner, a former Junior Division winner, hit 2:24:00 for fifth with the 1974 Junior Champ, Bob McPherson, 2:24:30. Cliff Phaffer cut twenty-five minutes off his 1973 performance to set a new 30-30 age-37 record of 2:25:00, a time for a high school runner bettered only by Mitch Stegny (2:25:43) and Chuck Walker (2:25:50). The Crawford High Junior obviously cluttered the old Junior Division record (by eight minutes) and was that winner.

Towards the other end of the age spectrum, youthful Carlo Alberto went over the two-hour mark under the two-hour record in winning the Veterans Division II with the former record-holder Wayne Don (over almost three hours) behind at 2:10:07. Ed Kelly captured the Division I title with 2:40:17 and the Duke the Division III in 3:04:40 while John Johnson (24) placed under two hours with 1:55:11. Watch for the Division III work to finish next year when Don Lopez (3:17:08) and Al Clark (3:22:35) look steady.

A really heart-warming and gratifying performance by Judy Deakery in winning the Women's Marathon. Deakery's continued the parade of fast times as Judy draped five and a half hours under the elusive three-hour barrier. Last year she missed that mark and a watch by just five seconds. Her time of 2:54:20 not only earned her a prize which put fourth ranking on the women's all-time world list this year. At ten miles Judy trailed Stanford's Iris Robinson by ten minutes but picked up the pace to win the women's event by four minutes. Iris managed to maintain a very even pace to become the second woman to go under three hours in this race.

Clay Bellows's seventh place 2:26:40 was over ten minutes under the N.A.A.U. record for the course as he led straggler collegiate finishers to the N.A.A.U. District III Championship but what-else Wayne Adams brought via Claremont West College teammates to the team title just one point ahead of Southern California College (10-13) with Fresno State's third (20).

Bob Barlow's 2:26:50 for eighth would have earned him second place honors last year to emphasize the improvement in the quality of the field. Bob Schneck and Luptal earned triple watches for breaking 2:30:00. Set were under 2:30:00, seventy-eight under three hours and 126 bettered the Boston qualifying standard of 2:35 while 251 were under Mission Bay Marathon T-shirts and participated for bettering four hours and the entire field of finishers were under five hours! Another notable mark was the 38% of the starters that finished the race where most marathons are fortunate to see 60% make it to the finish. The cool (65 - 74) weather and were that seventy percent of "backhand" L.A.S. may have helped.

In addition to Mission Bay Marathon T-shirts to runners under four hours and triple watches for bettering time standards, Open and Division placewinners received a fine collection of trophies and medals at the awards picnic and were about 120 cases from an array of merchandise and other useful awards that ranged from Tiger and Nike shoes, sweat suits, San Diego Salt Peppers (and for one year), sportfishing trips, and ten gallons of gas to gift certificates to Jack-in-the-Box and McDonald's.

Once again this race was made possible by the thousands of volunteers of effort by more than eighty people, largely San Diego Track Club members and their families and friends as well as the support of the Mission Bay Athletic Club and the San Diego Recreation Department. Their efforts were rewarded, not only by the fantastic performances of so many runners and the record field, but by the efforts of the marshals and crew of the runners that kept the would-be non-completed runners to a helpful waiting line to receive almost every runner's intermediate and finish times. One exception being, for the most part, runners who placed their records on their back or wheel. The importance of each of these activities was emphasized by one watch that lasted as to miss the fifteen mile time station — a respectable time that will not be repeated. Another area which will see improvement will be the awards procedure, especially that of Lubrizol.

We hope that each of you will return to Mission Bay for the 1975 running on January 13 for your next time yet!

	5-mile	10-mile	20-mile	FINISH	
1. Doug Schneck (23) Carl J. & TC	26:26	51:22	1:43:47	2:17:00.07	
2. Juvenal Urbina (1) MEXICO	26:24	51:22	1:43:47	2:17:27	
3. Andre Ruess (1) MEXICO TP	26:30	51:22	1:43:30	2:25:50	
4. Alfredo Penafiel (1) MEXICO TP	26:24	51:20	1:44:17	2:31:17	
5. Mark Kuchner (21) unat., Los Angeles	27:02	54:12	1:48:43	2:24:00	
6. Cliff Phaffer (21) unat., San Diego	27:00	54:14	1:49:50	2:25:00	1-2r
7. Clay Bellows (19) Claremont Cal	27:00	54:14	1:50:13	2:26:40	1-MEXIA
8. Bob Barlow (25) Beverly Hills NY	26:36	51:36	1:46:36	2:26:50	
9. Wayne Adams (21) Claremont Cal	27:20	55:20	1:51:53	2:26:36	1-MEXIA
10. Carl Johnson (21) Arcata Pacific Cal	27:20	55:20	1:52:07	2:26:55	1-MEXIA
11. Gary Johnson (21) Westmont Cal	28:26	56:47	1:55:52	2:29:00	1-MEXIA
12. Ray Johnson (20) San Diego TC	27:09	55:55	1:52:55	2:29:11	
13. Ed Galena (26) Athletes in Action	26:10	50:10	1:45:42	2:30:36	
14. Randy Berkebile (20) So. Cal. Cal	26:26	51:44	1:54:36	2:30:57	1-MEXIA
15. Todd Tompsett (30) Athletes in Act.	27:10	55:00	1:51:36	2:31:14	
16. Bob Bellemar (21) U.C.S.D.	27:20	55:20	1:54:37	2:32:05	1-MEXIA
17. Scott Sandhu (20) No Stormy Str	26:26	50:18	1:42:54	2:32:06	
18. Don Gregory (20) Free Fall/MTC	26:20	51:45	1:54:32	2:32:56	1-MEXIA
19. Sam Daniels (21) Buck Bay TC	26:26	50:29	1:47:20	2:34:17	1-2r
20. Joe McDevitt, Jr (26) West Val TC	26:20	50:00	1:50:17	2:35:13	
21. Bill Anderson (30) Santa Barbara AA	26:20	51:44	1:57:34	2:35:12	
22. Ken McPherson (21) unat., Los Angeles	27:10	54:54	1:54:01	2:35:45	
23. Mike Demerzio (20) Santa Barb AA	26:26	51:44	1:55:56	2:36:57	
24. Herb Thompson (26) Cede Sports Union	26:26	50:20	1:50:22	2:37:09	
25. Terrence Phipps (22) Val of WoodCl	26:26	50:30	1:50:04	2:37:35	
26. Chuck Clark (20) Bay Hills Str	26:26	50:30	1:50:06	2:38:19	
27. Javier Hala (22) So Cal Cal	26:26	50:04	1:50:44	2:38:10	1-MEXIA
28. Ken Skelley (19) unat., Orem UTU	26:18	51:08	1:50:17	2:38:11	
29. Jim Leman (1) Claremont Cal	26:42	54:14	1:52:21	2:40:22	1-MEXIA
30. Mike Sellers (28) Eagle TC	30:00	61:56	1:58:37	2:47:10	

MISSION BAY MARATHON TEAM SCORES:	
1. Mexican Track Federation (1 + 2 + 11)	4
2. Santa Barbara Athletic Assn (4 + 10 + 11)	30
3. San Diego Track Club (3 + 12 + 14)	30
4. Bufile Road Runners (15 + 16 + 19)	50
5. Calaver City Athletics Club (17 + 20 + 27)	54

JUNIOR DIVISION (17 & under):	
1. Cliff Phaffer (21) San Diego	2:25:00.07
2. Sam Daniels (21) Buck Bay TC	2:34:17
3. Jeff Jones (17) Westmont Str	2:40:18
4. Bill Reed (14) Charming	2:44:12
5. Bill Schneck (21) Northridge	2:52:10
6. Bill Richardson (17) La Cresta	2:53:11
7. Francisco Pelaez (16) Pasadena	2:54:30
8. Mark Haldane (20) Eagle Rock	2:55:04
9. Ken McPherson (21) Claremont	2:57:05
10. Sam Daniels (16) La Cresta	3:02:30

Fastest Junior Marathons Record, also record 2:12:26 by Ed Greig in 1971.

San Diego Results continued next page

LATE FLASH: WASHINGTON'S BIRTHDAY MARATHON, Sunday, February 17, 1974

1. Sheldon Karlin, 23, Washington Sports Club, 2:26:26.8; 2. Gareth Hayes, 24, NCTC, 2:28:38; 3. Max White, 23, unat., Charlottesville, Va., 2:29:09; 4. Mike Sabino, 34, BOC, 2:30:13; 5. Roger Roulier, 35, Parkersburg, West Va., 2:38:55; 6. Topper Powers, 19, Silver Spring, Md., 2:39:25; 7. Bruce Robinson, 23, WSC, 2:39:28; 8. Alan Somerville, 28, Penna., 2:39:29; 9. Bruce Milliman, 21, Southard, Md., 2:40:48; 10. Gregory Doug Fish, 21, Marietta, Ohio, 2:41:27 (371 started, 252 finished) Beltsville, Md. Full results next month.

- 31. Jose Guadalupe, 26, Mexico TF, 26:30 51:30 1:49:34 2:43:05
 - 32. Tim Donovan, 23, Santa Barbara AA, 29:09 59:28 2:01:17 2:43:18
 - 33. Bob Mackel, 31, San Diego TC, 31:28 62:43 2:04:28 2:43:19
 - 34. Richard Williams, 20, Biola College, 31:28 62:36 2:03:54 2:43:56
 - 35. Russell Jones, 19, USIU, 32:55 63:58 2:05:54 2:44:18
 - 36. Jeff Rigdon, 20, San Diego TC, 28:26 58:54 2:01:55 2:44:36
 - 37. Tom Gleason, 31, unat., Lancaster, 30:04 61:58 2:05:32 2:44:40
 - 38. Steve Rodriguez, 18, Claremont Col., 28:26 58:20 2:02:56 2:45:11
 - 39. Ed Dally, 42, Naval Post Grad School 29:09 59:30 2:03:07 2:46:17 (1st Vet)
 - 40. Larry Stone, 20, Jamul AC, 31:28 63:24 2:08:26 2:46:21
 - 41. Mike Popkins, 31, San Diego TC, 29:09 58:54 2:00:44 2:46:54
 - 42. Andrew Levinson, 25, Long Beach, 29:25 60:17 2:05:18 2:47:43
 - 43. Bill Carson, 19, unat., San Diego, 31:42 67:06 2:10:42 2:47:48
 - 44. Terry Fox, 31, unat., 2:47:54; 45. Benny Holt, 30, San Diego TC, 2:48:21; 46. Alan Siddens, 22, So. Cal. Col., 2:48:36; 47. Bert Dyer, 18, unat., Walnut, Calif., 2:48:40; 48. Jeff Jones, 17, unat., Hunt. Beach, 2:49:24 (3rd Jr.); 49. Steve Chase, 19, Walnut Harriers, 2:49:38; 50. Bradley Drake, 19, unat., San Diego, 2:49:43.
- * New Mission Bay Marathon Meet and Course Record; old meet record 2:17:45 by Doug Schmenk in 1972 and old course record 2:18:00 by Doug Schmenk in 1973.

- RETURNING DIVISION I (80 - 81):**
- 1. Ed Dally (182) Naval Postgrad Sch 2:46:17
 - 2. Steve Rodriquez (180) San Diego TC 2:45:11
 - 3. Dan Sheeran (184) San Diego TC 2:48:02
 - 4. Neal Arbesa (185) San Diego TC 2:49:19
 - 5. Kevin Gannon (181) San Diego TC 2:52:27
 - 6. Ryan Palko (182) Beverly Hills 3:08:12
 - 7. John Green (183) Full. of C. 3:06:02
 - 8. Tom Gleason (187) Lancaster 2:44:40
 - 9. Lou Roberts (180) San Diego TC 2:49:28
 - 10. Ed Linnar (181) Culver City AA 3:09:48

- RETURNING DIVISION II (80 - 81):**
- 1. Ed Woodside (111) San Diego TC 2:50:37**
 - 2. Wayne Cook (180) San Diego TC 2:58:19
 - 3. John Lafferty (101) San Diego TC 3:01:32
 - 4. Sam Logan (194) Arroyo Viejo 3:17:44
 - 5. Al Clark (100) San Diego TC 3:23:11
 - 6. Paul Witschel (102) Los Angeles 3:47:28
 - 7. George Gleason (101) Glendale 3:53:17

**New Meet Between Division II Record; old record 2:51:43 by Wayne Cook in 1971.

- RETURNING DIVISION III (80 & over):**
- 1. Jim Kelly (184) San Diego TC 2:48:49
 - 2. Bud Robinson (161) San Diego TC 2:59:00
 - 3. Neal Johnson (170) San Diego TC 3:00:18

- SOUTHERN CALIFORNIA WOMEN'S MARATHON:**
- 1. Judy Timmerly (111) Blythe BK 3:54:20*
 - 2. Joyce Patterson (100) Placent 4:06:34
 - 3. Marie Kiser (110) Blythe BK 4:27:36
 - 4. Eva Smith (100) Full. 4:52:21
 - 5. Linda Sattler (111) So. Bay B 4:28:42

*New Meet Women's Record; old record 3:58:08 by Judy Timmerly in 1973.

NATIONAL ASSOCIATION OF INTERCOLLEGIATE ATHLETICS
DIVISION III MARATHON (1973-1974)

- 1. Gary Williams, Westmont 2:29:41**
- 2. Wayne Roberts, Claremont New 2:29:36
- 3. Carl Smith, Azusa Pacific 2:29:45
- 4. Gary Johnson, Westmont 2:29:50
- 5. Sandy Surheita, Southern Calif. 2:30:12
- 6. Bob Sakamachi, U.C. San Diego 2:32:22
- 7. Jon Gregory, Fresno Pacific 2:33:38
- 8. Walter Hill, Southern Calif. 2:39:10
- 9. Jim Larson, Claremont New 2:40:22
- 10. Richard Williams, Biola 2:42:46
- 11. Russell Jones, U.S. College '82 2:44:18
- 12. Steve Rodriguez, Claremont New 2:45:11
- 13. Alan Siddens, Southern Calif. 2:48:36
- 14. Steve Wood, Fresno Pacific 2:52:40
- 15. Lyle Smith, Fresno Pacific 2:52:57
- 16. Arthur Cheston, Occidental 2:54:19
- 17. Eric Deary, U.S. International U 3:01:00
- 18. Bert Dally, Biola 3:12:25
- 19. Jerry Drossa, Azusa Pacific 4:01:40

**New NAIA Division III Marathon Record; old record 2:28:19 by Sam Moffitt, Occidental, 1971.

N.A.A.U. DIVISION III MARATHON TEAM SCORING:

- 1. Claremont New College (1494) 12
- 2. So. California College (2447) 13
- 3. Fresno Pacific College (3048) 20



THIS looks like the year for the demolition of the fabled world mile run record held by Jim Ryan judging by the results of the sensational Commonwealth Games 1500m.



What happens if he allows that there are still people who ask, "What are they doing, leaving their little old love like that?"

Clear that... if these people hang around for a little over ten hours, they get their own way, as they, too, come into the scene with their own little... including the 1974 Marathons. Say Marathons in a course record 2:17:45. (Photo by George Green and Gary Johnson)

TWO HOUR TRACK RUN, YORKTOWN HIGH SCHOOL
Arlington, Va., Jan. 6, 1974--a sunny day, temperature
around 35°.

Washington Sports Club teammates Phil Stewart and
Ray Morrison ran together for 13 miles at a 5:35-5:40
pace. Then Phil dropped below 5:30 speed for three mil-
es and Ray dropped back. Stewart slowed during the last
miles but compiled an impressive 21 miles 689 yards.

Phil, a grad student at American University and a youth
worker for the D.C. government, has moved from being
a "good" runner to being one of the top area competitors.
1. Phil Stewart, 23, WSC, 21 miles, 689 yards; 2. Ray
Morrison, 26, WSC, 23m, 106y; 3. Mike Heylin, 43,
Arlington, Va., 20m, 126y; 4. Ben Ewers, 27, Annapolis,
Va., 20m, 75y; 5. Mike Shoemaker, 19, NATO, 19m,
80y; 6. Graham Huston, 32, D.C. Harriers, 19m, 206y;
7. Tony Diamond, 43, D.C. Harriers, 18m, 136y; 8.
Vena Novy, 28, Maryland, 18m, 115y; 9. Paul Farrier,
36, U.S. Navy, 18m, 1049y; 10. John Noble, 34, Bethes-
da, Md., 18m, 906y; 11. Dick Jamborsky, 37, D.C. Har-
riers, 18m, 719y; 12. Bob Horman, 55, Potomac Valley
Srs., 18m, 673y; 13. Dick Hipp, 34, Columbia, Md., 18m
406y; 14. Keith Marsden, 42, D.C., 18m, 99y; 15. Pete
Chadwick, 39, Springfield, Va., 17m, 1477y; 16. Bennett
Beach, 24, WSC, 17m, 1409y; 17. Dave Theall, 41, DCN,
17m, 1117y; 18. Alan Price, 27, D.C. Travellers, 17m,
962y; 19. W.D. Freeman, Reston, Va., 17m, 346y; 20.
Martin Greenbaum, WSC, 17m, 59y; 21. Ted Burkett, 53,
Potomac Valley Srs., 16m, 1615y; 22. Harry Van Trees,
43, McLean, Va., 16m, 930y; 23. Tom Kramer, 30, DC,
16m, 548y; 24. Ron Adams, Falls Church, Va., 16m, 501;
25. Bill Hoas, 38, USN, 16m; 26. George Elliott, 43,
PVSTC, 15m, 1710y; 27. Charles LeMoyns, 34, Alexan-
dria, Va., 15m, 1307y; 28. D.R. Knight, Oxon Hill, Md.,
15m, 1199y; 29. J.E. Davenport, (50 plus), Md., 15m,
443y; 30. George Sparks, 42, Rockville, Md., 15m, 788y;
31. Ellis Lahtala, 33, Columbia, Md., 15m, 480y; 32.
Stan Dorfman, 35, Potomac, Md., 15m, 120y; 33. Bruce
Burnside, 51, Rockville, Md., 14m, 1734y; 34. John White
Arlington, Va., 14m, 1478y; 35. Fred Wieland, 54, PVS-
TC, 13m, 1424y; 36. Dick Lakes, 54, PVSTC, 12m, 419y;
37. Henry Dale, 17, Bishop Ireton H.S., 10 miles; 38.
Kathy Good, 16, Springbrook HS, 8m, 880y; 39. Steve
Strothers, 15, unat., 3m, 880y. --Bob Thurston--

25 KILO RUN, AMERICAN UNIVERSITY

Washington, D.C., Jan. 14, 1974- Sheldon Karlin went
out like a rabbit on this chilly and windy day; his time
for the first 10km was around 33 1/2 minutes, very close
to the winning time for that race. He seemed to be pre-
sented a serious threat to Jack Fuhta's course record
(1:24:51)--in fact there are conflicting records of Karlin's
final time and he just might have run 84:24. We'll never
know for sure, since many of the potential witnesses were
inside sipping hot chocolate.

In the 10km, American University star Dave Reinhart
pulled ahead during the second half and went on to win.
Jack Mahurin, 2nd, is coming off hamstring injuries.

Windy, temp. in low 30's.

1. Sheldon Karlin, 85:24; 2. Phil Stewart, 86:54; 3.
Bruce Robinson, 91:05; 4. Ray Morrison, 92:14; 5. un-
known, 93:31; 6. Dave Washburn, 96:41; 7. Ben Ewers,
98:00; 8. Bill Hoas, 98:07; 9. Ed Jerome, 98:54; 10.
Paul Farrier, 99:52; 11. Graham Huston, 100:13; 12.
Chuck Paul, 100:25; 13. John Noble, 100:33; 14. Robert
Horman, 55, 100:43; 15. Dick Jamborsky, 101:28; 16.
Charles Ross, 102:04; 17. Mike Shoemaker, 103:00; 18.
Mike Heylin, 43, 103:29; 19. George Cushmar, 105:10;

20. Terry McCabe, 106:30; 21. Vena Novy, 108:00; 22.
Val Lewton, 109:23; 23. Bob Hensler, 109:34; 24. Floyd
Hoffman, 110:39; 25. David Heymafeld, 110:46; 26. Mar-
tin Greenbaum, 111:32; 27. Richard Bryan, 113:23; 28.
Dick Hipp, 114:34; 29. Bill Hollee, 115:35; 30. Dave
Theall, 42, 115:44; 31. Tom Kramer, 116:00; 32. Ed
O'Rourke, 116:19. (47 finishers) Team: 1. WSC, B, 14;
2. WSC, A, 20; 3. Navy, 22. Race Director: Glynn
Wood.

10-KILO OPEN RUN

1. Dave Reinhart, American U., 33:23; 2. Jack Mahur-
in, NCTC, 33:39; 3. John Davis, American U., 33:56;
4. Bob Thurston, WSC, 34:52; 5. Jim Shrader, Hudson-
Mohawk RRC, 35:37; 6. Greg Smith, 35:48; 7. Jim Lil-
leford, 36:11; 8. Steve Nobles, 36:20; 9. Bruce Talaw-
yna, 37:27; 10. Mike Fleming, 37:29; 11. Nick Greco,
37:38; 12. Lee Daneker, DCRR, 38:05; 13. Ben Beach,
WSC, 38:15; 14. John Kennedy, 39:05; 15. Bill Shrader,
Hudson-Mohawk RRC, 40:52; 16. Kevin Washburn, 41:
06; 17. Brian Forst, 42:09; 18. Bill Littleford, 42:21;
19. Koscoe Pearce, 42:35; 20. David Sanford, 43:51;
21. Gary Goubeau, 44:23; 22. Don Dalzell, 44:35; 23.
Willie Torrence, 44:50; 24. Chris Nugent, 45:02; 25.
Sandy Rivas, 45:34. (35 finishers)

POLICEMEN'S MILE- (Robbers, because these cops
are no slouches! Race run on street.

1. John Ruckert, Montgomery County, 4:34; 2. Richard
Dugan, PG County, 4:35; 3. Mark Canoyer, Alexandria,
4:36; 4. Don Crumpler, Mont. Co., 4:46. (21 finishers)
Team Trophies- 1. Montgomery County; 2. Fairfax;
3. Alexandria.

HALF-MARATHON, DU VAL H.S., GLENN DALE, MD.

Sunday, Jan. 20, 1974 - Temp. 41°, cloudy, windy.
1. Phil Stewart, 23, 75:08 (started late; actual time,
70:38); 2. Bruce Robinson, 23, 76:02 (started late;
actual time, 71:32); 3. Dave Washburn, 17, 76:50; 4.
John Brennan, 38, 77:05; 5. Bill Hoas, 38, 77:53; 6.
Paul Farrier, 36, 78:32; 7. Tony Diamond, 44, 78:58;
8. Mike Heylin, 43, 79:25; 9. Graham Huston, 32, 79:
58; 10. Charles Ross, 80:10; 11. ? 80:14; 12. Lester Page
80:20; 13. Walter Rose, 80:51; 14. Ed Jerome, 30, 81:
43; 15. Vena Novy, 82:05; 16. ? 82:30; 17. Keith Mars-
den, 42, 82:33; 18. Val Lewton, 83:01; 19. Harvey Nov-
ak, 84:25; 20. Bob Horman, 55, 84:24; 21. Allen Green-
berg, 84:36; 22. Waldo Freeman, 84:46; 23. Floyd Hoff-
man, 86:14; 24. Dean Dyer, 86:20; 25. David Heyma-
feld, 87:29; 26. David Theall, 42, 87:37; 27. John Don-
egan, 14, 88:17; 28. W.C. Maus, 44, 88:28; 29. Dick
Hipp, 88:30; 30. Bob Fountain, 89:05; 31. John LaBoda,
89:15; 32. Rusty Wittliff, 89:20; 33. Robert Pearce,
89:47; 34. Richard Bryan, 91:05; 35. Ben Goldstein, 50,
92:03; 36. Stuart Brahs, 92:08; 37. ? 92:09; 38. Bill
Fortney, 16, 92:26; 39. J.E. Davenport, 51, 92:40; 40.
Ellis Lahtala, 93:02; 41. H.L. Van Trees, 43, 93:14;
42. Alan Beale, 41, 93:50; 43. Jay Miller, 95:12; 44.
George Elliott, 43, 95:58; 45. Conde Junghans, 96:05
(1st woman); 46. Willie Torrence, 96:20; 47. George
Sparks, 43, 96:41; 48. Richard Stenson, 96:41; 49.
Charles LeMoyns, 97:02; 50. Paul Naylor, 100:57; 51.
John Demihue, 46, 104:20; 52. Robert Hunt, 52, 104:30;
53. Jim Friedman, 107:09; 54. Robert Leffel, 48, 107:
12; 55. Kathy Good, 107:20 (started late; actual time,
100:06) second woman. (64 finishers)

Notes... For three years in a row, runners have gotten
lost just getting to the starting line of this race. No one
has bothered to rewrite the directions printed on the

schedule. This year it was Phil Stewart and Bruce Robinson who arrived late, waited until 4 1/2 minutes came around on the stop-watch, and took off. Stewart finally passed the leader at the 9 mile point and won easily, followed by Robinson who also passed all the "on-time" fellows. The course is somewhat short of a half-marathon.

TWO-MILE OPEN TRACK RUN- (The track is nearly 3/4 long per lap, so the runners went at least 20y beyond two miles.) Guy Smith opened up a big early lead, but lost some ground toward the end as Walter Boehm moved up from third to second.

1. Guy Smith, 9:58; 2. Walter Boehm, 10:09; 3. Ronald Kelph, 10:10; 4. Chris Dominicki, 10:19; 5. Rob Branch, 10:20; 6. Bruce Butcher, 10:21; 7. John Tobar, 10:30; 8. Jim Dill, 10:35; 9. Larry Franklin, 10:36; 10. Terry McCabe, 10:37; 11. Richard Dugan, 10:39; 12. Mike Fleming, 10:39; 13. Dave Hemmings, 10:51; 14. Dan Tyler, 11:01; 15. Pete Gibson, 11:03; 16. Bob Jones, 11:04; 17. Bob Blakemore, 11:11; 18. Jeff Darman, 11:12; 19. Kevin Washburn, 11:15; 20. Roland Elliott, 11:17. (39 finishers)
--Bob Thurston--

D.C. RRC 15-MILE ROAD RUN, COLUMBIA, MD.

January 27, 1974. Sunny and mild (70°)

1. Sheldon Karlin, 80:02; 2. Mike Sabino, 80:27; 3. Steve Mahon, 81:32; 4. Dan Recks, 87:49; 5. Bruce Robinson, 92:14; 6. Ray Morrison, 92:14; 7. Phil Stewart, 92:04; 8. John Brennan, 92:49; 9. Jim Lilliefors, 95:59; 10. David Lawrence, 95:59; 11. Joseph Schrider, 96:34; 12. Bob Harper, 96:33; 13. John Hoey, 96:34; 14. Chuck Johnson, 96:36; 15. Tony Diamond, 96:54; 16. Rod Steele 97:17; 17. Wm. Gollen, 97:19; 18. Bruce Talawyma, 98:06; 19. Don Seiger, 98:47; 20. Graham C. Houston, 98:55; 21. Harvey Noval, 100:10; 22. Tuck Carter, 100:37; 23. Dick Jamborsky, 101:26; 24. George Lucas, 101:54; 25. Walter Reese, 101:59; 26. Vassilo Triantos, 102:12; 27. Alexander Barnes, 102:12; 28. Val Lawton, 103:06; 29. Allen Greenberg, 103:46; 30. Damien Howell, 103:58; 31. Dick Hipp, 105:14; 32. Marty Sullivan, 105:15; 33. Rich Eglickert, 105:36; 34. E. Laitala, 106:44; 35. Vera Novy, 108:27. (57 finishers) Notes... Karlin led from the fourth mile on and was never passed. The Columbia Jaycees co-sponsored the event held in ideal spring-like weather.

5-MILE MASTERS RUN- 1. Tony Diamond, 29:48; 2. Keith Marsden, 29:50; 3. Bob Jones, 31:15; 4. Paul Thurston, 32:10; 5. Alan Beale, 32:21; 6. Jack Braumiller, 35:01; 7. Ray Gordon, 35:22; 8. G.F. Sedgwick, 35:31; 9. Fred Weeks, 38:11; 10. Jack Ward, 39:30.

--Bob Thurston--

MOSES MAYFIELD WINS MIDDLE ATLANTIC RRC "10"

Phila., Pa., Sunday, Feb. 10, 1974 1:00 P.M. - Middle Atlantic runners were greeted by glorious (?) 20° weather and 6 to 8" of snow on the ground a bit too rough for most of the clan. It wasn't surprising therefore that only 13 competitors turned out for the scheduled 10 miler.

The runners quickly left the snow packed sidewalk along the East River Drive for the road and good splashing by speeding motorists, thus Moses Mayfield's 54:30 clocking under the circumstances wasn't too bad!

1. Moses Mayfield, 54:30; 2. Bob Zoellick, Swarthmore College, 55:31; 3. Ken Kling, Sports East, 58:30; 4. Fran Masciulli, Sports East, 58:30; 5. James Witcher, unat., 61:02; 6. Pat McNulty, LaSalle HS, 61:32; 7. Keith Fifield, Penn, 63:49; 8. Merv Bryan, Pacers AC, 64:06; 9. Dave Wilkinson, Penn, 64:24; 10. Jack Hirst, Penn AC, 65:00; 11. Gray Whetstone, unat., 65:31;

12. Ed Cunnion, Browns Mills, N.J., 78:29; 13. Lawrence Schneider, South Bay Distance Runners, Calif., 83:41.

FT. LAUDERDALE RRC TRACK RUNS

South Plantation School, Plantation, Fla., Feb. 3, 1974 Asphalt Track. Weather: Rainy, 75 degrees.

2-MILES- 1. Ray Russell, 5:01, 10:44; 2. Carl Foote, 5:00, 10:52; 3. Luis Restrepo, 5:03, 11:41; 4. Dennis Maher, 5:30, 12:38. (let Veteran- Nathan Bressler, 13:45)
RFYL 2-MILES- 1. Ab Adams, 10:52; 2. David Kroops, 11:01; 3. Jim Picarello, 11:22; 4. Glen Tupler, 11:33; 5. Ronald Kirsh, 11:41; 6. Marc Tupler, 12:06; 7. Bob Sinekewicz, 12:13; 8. Bob Shaleford, 12:19; 9. Bill Hainekamp, 14:32; 10. Don Dorink, 14:49. --Ab Adams--

THE NINTH ANNUAL ASHEVILLE RFYL MEET on the new "million dollar" track & field complex at the Asheville University of North Carolina campus was easily the best meet held, thanks to the persistent efforts of the local Cosmic Club. The highlights of the meet featured for the first time, a Mini-Marathon over the campus and surrounding hills. Even more significant to some, was the setting of two age group world records by the remarkable 71-year-old Tom Roberts of Atlanta, Georgia. Roberts is a graying speedster who broke the 70 and over record for the mile in Atlanta in June 1973, and lost it a month later in San Francisco to another 70-year-old speedster from Hawaii. --Virgil Sturgill--

RITCHERSON EASILY WINS SAN DIEGUITO HALF-MARATHON, January 19, 1974

Former high school superstar Fred Ritcheison of USC made a surprise appearance at the San Dieguito half-marathon in Solana Beach on January 19; further developments, however, were no surprise as Ritcheison pulled away from all his competition to win easily by more than 1/4 mile. His time of 72:44 was more than three minutes behind the mark of 69:36 set several years ago by Tom Heinonen of the SDTC; however, Ritcheison also ran the entire race in a pair of sweat-pants, a bizarre move he explained later that was a result of his having forgotten his shorts! Though he has been hindered in recent years by injuries, as a high school runner he was Southern California's top distance runner, turning in a 2:27 marathon and a U.S. record of 12 miles, 23y for the one-hour run. He has one more track season at USC and then hopes to hit the roads in earnest. **OPEN DIV.**

1. Fred Ritcheison, USC, 72:44; 2. Dennis Kastchke, SDTC, 74:07; 3. Lee Dick, Palomar JC, 74:42; 4. Ed Granchalek, SDTC, 74:57; 5. Will Wester, Cal. Lutheran, 75:34; 6. Matt Walker, Fleetfoot, 76:31; 7. Dan B. Book, San Diego Mesa, 78:23; 8. Kaj Johansen, SDTC, 79:19; 9. John Popkins, SDTC, 79:36; 10. John Churchman, 79:59. (46 finishers)

SENIOR DIV. - 1. Bill Stock, 44, SDTC, 81:26; 2. Ed Goskin, 48, SDTC, 82:15; 3. Ed Almeida, 51, SDTC, 82:40; 4. Lew Roberts, 46, SDTC, 83:13; 5. Larry Carter, SDTC, 86:10; 6. Wayne Zook, 56, SDTC, 87:29. (26 finishers)

WOMEN'S DIV. - 1. Nadia Garcia, San Diego, 84:12 (27th overall among the 104 finishers!); 2. Nicki Hobson SDTC, 99:09; 3. Lynne Miller, Fallbrook, 150:22; 4. Donna Goskin, SDTC, 107:54; 5. Gail Hanna, SDTC.

JUNIOR DIV. - 1. Michael W. Ball, 75:47 (6th place overall); 2. Kai Ritvala, Finland, 78:23; 3. Ray Howard 80:11; 4. Scott Phillips, 80:45; 5. Ari Viitala, Finland.



ROAD RUNNERS CLUB OF AMERICA -NAT'L. POSTAL CHAMPIONSHIP & N. Y. ASSN. RRC CHAMPIONSHIP 20 KILO RUN, Feb. 10, 1974 11:00 A.M., Central Park (Closed to RRC members) Course Record: 1:04:48.8 by Art Hall, 1973. Weather: Cold, snow covered course.

ROAD RUNNERS CLUB

1. Morgan "Sonny" Fennell, 23, Bronx, 1:05:27
2. Joel Pasternak, 23, Bloomfield, NJ, 1:07:12
3. Bill Bragg, 24, Baldwin, 1:09:04
4. Mike Scarborough, 19, Teaneck, NJ, 1:09:04
5. Ernie Rivas, 23, Bronx, N.Y., 1:09:53
6. Hugh Sweeney, 27, E. Orange, N.J., 1:10:39
7. Jack Brennan, 24, NYC, 1:12:02; 8. Mike Tighe, 18, NYC, 1:12:46; 9. John Garlepp, 36, Lynhurst, N.J., 1:12:52; 10. Matteo Cocchiara, 31, Douglaston, 1:13:04; 11. Dan Grace, 36, New Canaan, 1:13:23; 12. Anthony Chmura, 20, NYC, 1:13:49; 13. Paul Reifberg, 23, Roslyn Hts., 1:14:38; 14. Celmo Cardoza, 20, Bronx, 1:15:00; 15. Tobey Meyer, 15, Freeport, 1:15:27; 16. Vince Chiappetta, 40, NYC, 1:15:32 (1st Vet.); 17. Dr. David Thomasow, 28, Brooklyn, 1:15:39; 18. Jim McDonagh, 50, Bronx, 1:15:40 (1st Masters); 19. John Bitner, 28, NYC, 1:15:54; 20. Doug Williamson, 22, NYC, 1:16:38; 21. Gary Meltzer, 28, Flushing, 1:16:50; 22. Eddie Rosado, 15, Teaneck, N.J., 1:17:40; 23. Don Dixon, 46, Hastings, 1:18:34 (2nd Vet.); 24. William Braun, 24, Middle Village, 1:18:40; 25. Howard Basia, 34, Brooklyn, 1:18:50; 26. Robert Mankoff, 29, Bay-side, 1:19:00; 27. Bennett Gershan, 31, NYC, 1:19:00; 28. Stephen Seps, 23, Yonkers, 1:19:19; 29. Karl Muzler, 37, NYC, 1:19:21; 30. Joe Bevard, 41, N.J., 1:19:30 (3rd Vet.); 31. Richard Becker, 27, Jamaica, 1:19:33; 32. Mitchell Walk, 17, Levittown, 1:19:48; 33. Bob Fine, 42, Brooklyn, 1:19:58; 34. Art Kijek, 42, Valley Stream, 1:20:07; 35. Bill Iadek, 26, Bloomfield, 1:20:38; 36. Richard Katterson, 38, NYC, 1:21:13; 37. Dr. William Duggan, 36, Bronx, 1:21:30; 38. Dan Fazio, 17, Yonkers, 1:21:34; 39. Ron Simjian, 31, Greenwich, Ct., 1:22:03; 40. John Elaner, 27, NYC, 1:22:20; 41. Brian Jost, 26, E. Meadows, 1:23:00; 42. Bill Coyne, 52, S.I., 1:23:20 (2nd Masters); 43. Dr. Carl Soderstrom, 29, NYC, 1:23:38; 44. James Speer, 37, NYC, 1:24:13; 45. Robert Urlo, 49, NYC, 1:24:35; 46. George Haller, 49, NYC, 1:25:04; 47. Jack Martin, 34, Verona, N.J., 1:25:40; 48. George Brown, 17, N.J., 1:25:44; 49. Bob Muller, 48, Brooklyn, 1:25:55; 50. Hon Arnold G. Fraiman, 48, NYC, 1:26:19; 51. Ted Smith, 41, NYC, 1:27:11; 52. Leo Morillo, 19, NYC, 1:28:06; 53. Jack Stetch, 34, Brooklyn, 1:28:13; 54. James Beckman, 23, Dobbs Ferry, 1:28:33; 55. Irving Taylor, 55, E. Orange, 1:28:42 (3rd Masters); 56. Mike Freeman, 32, Flushing, 1:29:22; 57. Seymour Reiter, 34, NYC, 1:29:39; 58. Imael Cruz, 18, Bronx, 1:29:49; 59. Sidney Landau, 40, NYC, 1:30:18; 60. Mike Ornstein, 32, Elmont, 1:30:43; 75. Wm. Brothman, Sr., 60, NYC, 1:35:00 (1st Senior); 76. Donna Draycott, 13, Levittown, 1:35:03 (1st Female) 106 finishers. --Joe Kleinerman--

2. Rick Warren, U.S.A. -Edgewood Arsenal, 27, 51:14
3. Steve Rosasco, Baltimore RRC, 16, 63:24
4. Bert Dail, 46, Baltimore RRC, 63:39; 5. Coy Braselars, 35, Baltimore RRC, 65:00 (ran extra 0.3 miles); 6. Dan Fleisher, 24, 65:09; T. Bailey St. Clair, 35, 65:42; 8. Mark Rosasco, Baltimore RRC, 14, 66:41; 9. Alex Drabkowski, Baltimore RRC, 46, 66:55; 10. John Sullivan, 28, Aberdeen Proving Ground, 67:25; 11. Mike Hill, 23, 69:33; 12. Steve Rohme, 22, 69:51; 13. Jim Barnes, Edgewood Arsenal, 26, 71:02; 14. Ran dy Dabney, 24, 71:29; 15. Bill Diegel, Balt. RRC, 31, 72:55. (26 finishers) --Richard G. Warren--

3 AND 9-MILE RUNS, STATE UNIVERSITY OF N. Y. at Albany, Sunday, Feb. 3, 1974

- 9-Mile**- 1. Vin Reda, 51:12; 2. Jim Bowles, 51:33; 3. Dan Larson, 51:22; 4. Bill Shrader Jr., 56:17; 5. Don Wilken, 57:05; 6. Brad Feltin, 57:19; 7. Ted Bick, 57:55; 8. Pat Stewart, 58:25; 9. Lee Irving, 68:12; 10. John Ross, 68:12.

- 3-Mile**- 1. Gary Furlong, 16:58; 2. Bill Martin, 17:03; 3. Matt Jones, 17:31; 4. Pat Frank, 23:00; 5. Mike Derrick, 23:50; 6. Bill Derrick, 23:59.

Notes... The runners faced a -13° chill factor and blowing snow. Getting to SUNY was a small feat in itself with icy roads and impatient drivers. John Hurley cross country coach at Oneonta State, traveled 75 miles to compete. Arriving ten minutes late, he ran six miles in 37:37, despite having trouble with both knees. --Burke Adams--

ANNAPOLIS RRC RESULTS

Naval Academy, January 13, 1974 - 8-Miles- 1. Tom Dillon, 47:48; 2. Norm Lee, 52:57; 3. Curly Cochran, 54:04... 4-Miles- 1. Jay Gallagher, 27:26; 2. Tom Betty, 30:13; 3. Bill Schafer, 31:24... 2-Mile RFFL- 1, no entries.

Bay Ridge, Annapolis, Md., Jan. 26, 1974- 12-Miles- 1. Jim Bradner, 76:25; 2. Curly Cochran, 81:05; 3. Ed Loomis, 87:46; 4. Jim Tucker, 96:27; 5. Tom Best, 101:06... 6-Miles- 1. Jack Mahurin, 30:52; 2. Jeff Derman, 37:25; 3. Rick McGowan, 42:25; 4. Craig Tucker, 48:23; 5. Jay Gallagher, 50:42... 2-Mile RFFL- 1. Jay Gallagher, 13:24; 2. Robert Weeks, 13:42; 3. Luther Turner, 14:53; 4. Hollis McDaniels, 15:18; 5. Marge Cochran, 18:00. --L. P. Turner--

MID-MICHIGAN TRACK CLUB "PITTMAN TOMBSTONE" 10", Mt. Hope Cemetery, Lansing, Michigan, Feb. 9th 10 Miles. Course: Constantly hilly with 4" of unplowed new fallen snow. Temp. 10°, sunny.



Here lies Pitman, the one called Mark - He thought a cemetery race would be a lark. The "Ten" of Pitman was supposed to be miles, but the "Ten" was degrees and it brought no miles.

So here lies Mark, so brave and so bold, He died with his stopwatch and the 10 degree cold.

1. Gerald Crane, 61:58; 2. John Casani, 62:51; 3. Bill Keller, 32, 64:08; 4. Jim Carter, 64:20; 5. Paul Singer 64:42 (1st HS); 6. Walt Ganta, 65:25; 7. Dick Goyep, 65:40; 8. Doug Kurtis, 68:29; 9. Harold Cody, 69:07 (2nd HS); 10. Ramon Guerre, 69:08 (3rd HS); 11. Gord Schafer, 38, 69:57; 12. Dan MacLellan, 71:50 (4th HS); 13. Bob Barnes, 73:08; 14. Dave Falls, 74:58; 15. Duane Spitz, Dave Littlehales, 77:30. (25 finishers)

WINTER'S RUN, EDGEWOOD, MARYLAND 15 KILO ROAD RUN (CERTIFIED COURSE)

Sunday, Feb. 10, 1974 10:00 A.M. Weather: Clear, 24° at start of race, 34° and hour later, calm. Course: Moderately hilly, figure 8, 3.5 miles dirt, 5.8 miles paved. Ice, very heavy in spots, slowed times drastically. About 6 inches of snow on the ground. 1. Steve Mahieu, 26, Md. National Guard, 49:59.0

PHOENIX DOWNTOWN YMCA 1973 FIESTA BOWL MARATHON, CAYE CREEK TO SCOTTSDALE, ARIZ. December 21, 1973 9:00 A.M. Weather: 45°, sunny. Point-to-point certified course.

1. Pete Span, Arizona, 2:18:49 New Record; 2. Peter Fredriksson, Sweden, 2:22:39; 3. Robert Waugh, Arizona, 2:29:31; 4. Mark Foster, Arizona, 2:34:13; 5. Jan Ahlberg, Sweden, 2:36:10; 6. Trini Balderrama, 2:38:00 (1st HS); 7. Larry Hidalgo, 2:40:14 (2nd HS); 8. Ray Temple, 2:41:13; 9. Ken Stephens, 2:42:29; 10. Dennis Fee, 2:42:41; 11. Peter Elliott, 2:45:08; 12. Gary Hidalgo, 2:45:13 (3rd HS); 13. Kim Keller, 2:45:34; 14. Richard Casperson, 2:46:30; 15. Steve Stephenson, 2:50:24; 16. Jack Currie, 2:52:18; 17. Paul Yeatts, 2:52:24; 18. Vic Weber, 2:52:34; 19. Adolph Cota, 2:53:26; 20. Stan Yukon, 2:53:38; 21. Patricia Alvarez, 2:55:20; 22. Dirk Remmenwinkel, 2:56:19; 23. Raymond Mosler, 2:57:04; 24. Wally Shiel, 2:57:07; 25. Reggie Heywood, 10, 2:57:24 (World Age Group Record); 26. George Rivera, 2:57:54; 27. Don Young, 2:58:41; 28. Emmett Smith, 2:59:48; 29. Frank Katterman, 3:00:02; 30. Gough Reinhardt, 3:00:10; 31. Ed Thomas, 3:02:23; 32. Larry Shipman, 3:03:07; 33. Raymond Wrublik, 3:03:08; 34. Wm. Carl Farmer, 3:03:59; 35. Logan Van Binst, 3:04:09; 36. Matt Bassett, 3:06:29; 37. Jim Arisco, 3:07:00; 38. Daniel Frausto, 3:08:44; 39. Jacinto Sanchez, 3:08:46; 40. James Riesner, 3:09:19; 41. Richard Halfmann, 3:09:51; 42. Paul Ostapuk, 3:10:16; 43. Charles Rice, 3:10:21; 44. Rick Halverson, 3:10:34; 45. Cruz Sanchez, 3:11:18; 46. George Thielman, 3:12:25; 47. Mike Curran, 3:12:43; 48. Daniel Armino, 3:14:36; 49. Don June, 3:16:52; 50. Jeffery Stull, 3:17:27; 51. Leslie Duslop, 3:17:49; 52. Otto Appenzeller, M.D., New Mexico, 3:17:57; 53. Harold Stiegler, 3:17:58; 54. Tom Grgar, 3:20:58; 55. Ray Adams, 3:22:14; 56. Steve Garcia, 3:22:31; 57. Elbert Botham, 3:23:14; 58. Fritz Goreham, 3:25:03; 59. Jim Magan, 3:25:18; 60. Gerald Kirkpatrick, 3:25:36; 61. Tom Ashbury, 3:25:42; 62. Ruth Anderson, Calif., 3:26:07 (1st Woman); 63. Tim Collins, 3:28:08; 64. John Wilson, 3:28:27; 65. William Oates, 3:28:49.

(131 starters, 114 finishers) Notes... The YMCA did its usual excellent job. Trophies went to the top three division winners, and the first 100 finishers received T-shirts.

The Division winners were supposed to be awarded Fiesta Bowl wrist watches at the half of the football game that night. Only the winner, Pete Span, received a watch, & it didn't work! --Steve Stephenson--

For Arizona Road Race Schedule (through June 2, 1974) write to: Terry Smith, Secretary, 2041 E. Minton, Tempe, Arizona 85281.

MIDDLE ATLANTIC RRC 7.4-MILE RELAY (TWO-MAN)

Cooper River Parkway, Pennsauken, N.J., Sunday, February 17, 1974 1:00 P.M. Weather: Cold, 34°, strong winds, clear. Each man ran 3.68-lap around Cooper River on macadam bike path

1. Dave Schemella (19:35) & Larry Schemella (18:44*) 38:19
2. Rick DeSebastian (19:18) & Tom Hilderty (19:20) 38:38
3. Joe Germano (19:12) & John Coffey (20:13) 39:25
4. Fran Masciulli, (20:30) & Ken Kling (20:17) 40:47
5. Kevin Hilyard (21:00) & Tom Wheelhouse (21:05) 42:06
6. Tim Laufer (21:54) & Gary Newcomb (20:16) 42:10
7. John Shilby (20:41) & Jack Exton (21:43) 42:24
8. Greg Miallick (22:56) & Jeff Barrett (20:46) 43:42
9. Gray Whetstone (23:28) & Doug McCreary (21:34) 45:02
10. Bill Rothwell (22:01) & Don Sprague (23:04) 45:05
11. Ed Berkheimer (22:21) & Jim Rutkowski (22:50) 45:12

12. Jim Horiates (24:20) & Harry Bilicki (20:57) 45:17
 13. Gus Sareyka (22:21) & Bob Ferrell (23:45) 46:06
 14. Steve Orner (21:21) & Bill Filmyer (25:10) 46:31
 15. Marty Lieb (22:19) & Vince Masciarelli (24:37) 46:56
 16. Jim Donahue (23:50) & Brian Sommar (23:42) 47:32
 17. Pat Noonan (23:57) & Rick Thomas (24:48) 48:45
 18. Rich Leypoldt (21:06) & John Gleason (27:52) 48:58
- * Course Record by Larry Schemella; Old mark, 18:50 by Ralph Buschmann, Spartan AC, 5/7/66

3.8-MILE VETERANS RACE- 1. Bill King, Penn AC, 21:53; 2. Dr. Stan Brason, Media, Pa., 22:38; 3. Paul Leo McSorley, Penn AC, 22:48; 4. Dr. Larry Delaney, Penn AC, 23:39; 5. Joe Stein, Haverford, Pa., 23:53; 6. Steve Yasai, Moorestown, N.J., 25:09; 7. Bob Colaciceo, Blackwood, N.J., 25:11; 8. Ed Cunnion, Browns Mills, N.J., 27:34.

YOUNG

WOMEN'S 3.8-MILES- 1. Colleen Dunn, 10, 27:20
 WOMEN'S 3.8-MILES- 1. Pat Barrett, Glassboro State College, 22:25; 2. Mrs. Peggy Frita, Clayton, N.J., 26:52; 3. Donna Coomer, Amherst OC, 28:38.

ROCKY MOUNTAIN ROAD RUNNERS 5-MILE ROAD

RUN, Washington Park, Denver, Colo., Sun., Dec. 9, 1973. Weather: Ideal! Upper 30's and sunny.

Aurora Hinkley H.S. see John Alswike, off a very fine x-c season ran a very fast 27:20 clocking for the RMRR's 5 mile run. Not far behind was Tom Geslin, another high schooler--he from Arvada West H.S., as he clocked a good 27:28. Rick Bishop, one of the top prep half-milers in 1973, and now a freshman at Colo. State University, showed good form as he clocked a fine 27:34 for third place.

4. Lee Courkamp, Colo. TC, 27:48; 5. Norm Carlson, 16, Denver Kennedy H.S., 27:49; 6. Roger Gerard, 30, RMRR, 27:54; 7. Ed Hagerman, 35, RMRR, 28:23; 8. Roger Wilcox, 43, So. Colo. Striders, 28:29 (1st Vet.); 9. Bernie Gay, 38, CTC, 28:31; 10. Joe Winegardner, 17, Bear Creek HS, 28:39; 11. Wayne Snow, 28, unat., 28:42; 12. Jim Garcia, 29, RMRR, 28:48; 13. Bob Welick, 36, RMRR, 29:04; 14. John Kearns, 33, RMRR, 29:26; 15. Jon Skripko, 17, AHHS, 29:38; 16. Charlie Wood, 41, Ft. Collins TC, 29:46; 17. Ted Cutler, 36, unat., 30:00; 18. Ken Borrigo, 16, unat., 30:00; 19. Gerry Vincent, 42, RMRR, 30:09; 20. Dennis Kavanaugh, 34, RMRR, 30:17; 21. Bill LaGrange, 29, RMRR, 30:47; 22. Daniel Polak, 16, Central Catholic HS, 31:08; 23. Ed Gussio, 32, RMRR, 31:09; 24. Ken Simons, 36, RMRR, 31:13 (handicap winner by 35 sec.); 25. Hap Layher, 44, RMRR, 31:23, ... 46. Barbara Marha, 28, RMRR, 34:06. (69 started, 69 finished.)

COLOMADO TC NEW YEAR'S RESOLUTION 4-MILE

OPEN AND PREDICTION RUN, Washington Park, Denver, Colo., Sun., Dec. 20, 1973 Weather: low 20's and cloudy; roads very slippery.

Rapidly improving Ed Hagerman of the RMRR, ran a 24:05 to score a narrow victory over high school runner David Needham.

1. Ed Hagerman, 35, RMRR, 24:05; 2. David Needham, 16, unat., 24:06; 3. Wayne Snow, 28, unat., 24:12; 4. Norm Carlson, Kennedy, 16, 24:28; 5. Dennis Kavanaugh, 34, RMRR, 26:08; 6. Stan Obernyer, 28, unat., 26:55; 7. Ed Gussio, 32, RMRR, 27:05; 8. Frank McCabe, 55, unat., 27:06, ... Prediction winner was David Needham, who missed by 106. 16 starters & finishers.

--R. Dennis Kavanaugh--

OBSERVATIONS OF AN EARLY MORNING JOCK

Michael Greer

One day recently, while sprinting toward the athletic atrophy of my thirty-fourth year, it occurred to me that perhaps I should at least go down swinging. I stared at a number of old team pictures on my wall and experienced an enormously slating, depressing, and unfathomable urge to return to active competition. A few questions came to mind immediately. First, WHY? For that I had no demonstrably perceptive response other than that it was something I felt I wanted to do. Next, WHAT? For this there was the process of elimination. Football? Well, now. Fourteen years ago I had gained some experience as a collegiate running back. Fourteen years ago. So much for that. Swimming? The same. College. Too long. Basketball? Baseball? Jai Alai? No. No. No. What then? The more time I spent wondering where I was going to compete, the more time was wasted and the older I got. By the time I decided on a suitable sport, I could commence training in the geriatric ward.

Actually, once made, the decision was simple enough. Notwithstanding the fact that I had maintained a fairly consistent level of physical fitness, I could offhand think of no semi-pro football team anxiously seeking the services of a thirty-three year old flanker; the average tennis player doesn't suddenly find himself berthed on the Davis Cup Team solely because he'd like to be there. There really wasn't very much left. I could think of only one sport in which the ravages of age might not be as unrelenting, as intimidating, as viciously unmitigating as in all the others that dribbled, flip-turned, and swept wide in and out of my mind. At that, it was still probably wishful thinking, but less futile at least on the surface. And, I hadn't even done it in seventeen years. I hadn't run on a track since my senior year in high school and yet the prospect of emerging as a late-blooming track competitor seemed a little less remote, a little less unrealistic than my chances in any other arena. It was done, then. It was decided. I would give serious thought to competing in Track.

Decision-making is often an issue-cloudier. In the warmth and comfort of my apartment, in the deceptive dressing-gown of confident self-appraisal, I had decided to do something I was in all likelihood no longer the slightest bit capable of doing. Why let a little thing like that intrude upon the attendant euphoria. If I was to compete in track there was only one thing for me to do immediately - run! And run, and run, and run...

Not very far from my Central Park West apartment is a New York City reservoir; around that reservoir is a cinder track; and around that cinder track would have to be me, running and running and running...

Ah, but first, time for some additional self-scrutiny. If I had narrowed my field of choice to track that was all well and good; however, there was the matter of a specialized event to be considered. That would take some more time, time fortunately before I would have to embark on the ordeal I was planning for my transfiguration.

Also, I needed an impetus greater even than my own revelation. A phone call, application form, application fee, and two weeks later I possessed a card that said I was an amateur athlete registered with the Metropolitan Association of the AAU. I had rejoined the world of the athlete in a sense and felt the stinging delight of unquerability.

Now, of course, I was ready to declare myself a contender in the battle to defeat the threat impressively

imposed by the act of growing older.

What had I to overcome?

I had several years of cigarette smoking to overcome; I had thirty-three years of age to overcome; and I had a sense of the ridiculous to overcome. I had a sweat suit and a new pair of running shoes. I had no more excuses for not running.

Early on a beautiful October morning, the air touched gently by that special autumnal tang, I listened to the reservoir waters sloshing against the rock base below the mesh fence that lined the inside edge of the track.

I took in the expanse of cinder oval, a mile and a half around, a frighteningly interminable distance to someone who seventeen years before had been a competent 100 and 220 yard sprinter but loathed and feared the running of anything over a quarter of a mile.

Sneakily ensconced in sweat suit and earmuffs, white hairs blown into disarray by the puffy breeze, the elderly lady jogged by me, nodding a curt hello. That did it. After some hasty stretching maneuvers, a deep breath, and a disconsolate shrug, I began to run.

"Run" is not exactly the right word. A slow, easy lope would be more to the point. I was taking no chances. What a long way there was to go and I preferred crawling my way back to the starting point on my own to being carried there on the brink of pulmonary exhaustion by the old lady in aeromeds.

The air smelled wonderful. After what I calculated to be the first hundred yards I was certain I could go not one lope further. I was ready to stop, to let it go for another day. My legs didn't ache so much as they experienced the need to crumble beneath me, to send me foolishly sprawling no doubt, on top of some innocent, scampering squirrel.

But I loped on somehow. Around the first major curve in the track somehow. From here I gazed across the water to the place from which I'd started. It looked awfully far away. Had I really run that far? Incredibly, I had. And all of a sudden I was no longer winded; my legs felt refurbished. I quickened the pace - to a lope & a half. Past the signs intermittent on the fence (signs which, I soon came to see, were paid scant attention) - No Dogs Allowed - Bicycle Riding Prohibited - One Way This Reservoir Contains Your Drinking Water Keep It Clean. Past the sign on a withered tree which told me I was moving along a Jogging and Walking Path 1.58 miles in circumference. Along a straightaway, sidestepping legions of puddles which were to become as much a part of my daily outings as the cinders; around the next curve, and the next, and the next again on this irregular circuit, until there were no more curves but just a gloriously rectilinear avenue between me and my starting point, the end of a mile and a half. I repressed the urge to yell triumphantly when I crossed the invisible finish line; instead, I glowed, inside and out, overjoyed at what to others may have been minimal but to me was an overwhelming victory.

I was at it bright and early the next morning and every morning that week. That first day, all that had gone through my head was a stride-by-stride accounting of the action as it was unfolding. To continue on that tack would be disastrous. The mental fatigue would have devastating effects on the physical act of running, unlike a situation in which a pianist might concentrate on the act of playing a concerto, or the painter on each deliberate dab of his brush.

On the next few mornings I began taking stock of my

new surroundings, which included a coterie of fellow runners and other would-be athletes I'd been too absorbed to notice that first morning. Joggers of all ages & all sizes were busily doing their thing, some in racing suits, some in their street clothes. One man I remember clogged around in a bulky mechanic's overall outfit and combat boots. Followed by two pre-schoolers at their heels, a young couple scurried into family harmony. Autumn sun-worshippers and Yoga aficionados sat facing the East, Mecca, The Guggenheim.

From one point at the northern end of the track I could see the public tennis courts. In spite of the crispness of the air, and maybe because of it, the courts overflowed with white sweaters and shorts; service and return kerplunked through the scarlet and ochre leaves. The plop-bounce-plop of the volleys floated over the heads of the horses and riders who cantored along the bridle path circling the track. It wasn't exactly "The Wide World of Sports" but for me nonetheless it was all sort of an athletic microcosm.

Clearly, the most conducive fantasies for me would be athletic ones, if only because they might boost my morale and I couldn't be sure to begin with just how long I'd manage to keep up with my own zeal.

For the first week a combination of memories and quixotic improvisation made that mile and a half much less of an ordeal. I recalled, with a touch of inflated detail, most of my high school and college athletic careers, trying diligently to remember the names and faces of every teammate I'd ever known. I tried picturing specific plays run in specific games as well as a few more touchdowns than I'd actually scored. It worked for the most part. Most days, before I knew it, I was on the last leg of the track and I could see the imaginary finish line. At this point either I envisioned an official time-keeper waiting for me to break the tape, or thought back to the end of daily football workouts, to the sheer agony of windprints, to the voices of the coaches: "Okay, men, line it up... Guards, tackles, centers... fullbacks and ends... quarters and halves... on the whistle... straight, just one more... this is the last one... really kick it out... this is the last one..." It was usually "the last one" three or four times. Remembering all that, I semi-sprinted the final hundred yards.

After two weeks the fantasies began wearing a little thin. I was repeating the same images and becoming bored by them. The 1.5 miles had become easier to run and I planned on increasing the distance within the next two weeks; but I found that I was getting a little too much into myself with this thing. It's easy, I discovered, simply to run out of viable fantasies; as that started to happen I concentrated on twigs and leaves and on what I had come to regard as regular checkpoints - a hole in the fence, a particularly graffitied lamp post, that series of mud holes on the east side of the track, the curve that signalled my approach to the last portion of my run. That wasn't sufficient either.

I would do anything to avoid thinking about the fact that I was running. My last few imaginings came a bit too close to that. I noticed I was thinking to myself - Legs, you are mighty pistons, driving this engine, this machine, my body, I am a tank, a flying fortress - or - My body is a well-oiled, precisely functioning machine, perpetually in motion - that play was good for a few hundred yards on a good day.

Once or twice I bent to the more practical; I said to

myself, think about running - after all, you are suppose dly in training to compete in running - you should indeed think about each and every agonising step. That proved instantly insipid. For most of the third week I thought about finding something to think about. As a diversion that worked fairly well but was limited in variation, I was in the market for a turning point.

Saturday of the third week. Overcast and very chilly. It may rain or even snow. I feel good. From time to time I do notice that runners who began running after I started pass me. That doesn't bother me yet. I'm not interested in speed this early in the game, I tell myself. My concern now is with the building up of my stamina, my endurance, my wind, the strength in my legs. The mighty pistons need a lot of lubrication. It isn't time for racing.

I've gone about three-quarters of a lap. Two hundred yards ahead I see a figure in a blue sweat shirt. I decide to catch up to him. That's all. Just catch up. That's enough goal for one day. I open out my stride a little bit. Then a little more. I'm getting closer to him. I wonder if I'm close enough for him to hear me. Not yet. Sooa. Any minute now. He hears me. He increases his pace. Not much, but some. Instinct. He's younger than I am; I can tell although I still can't see his face. (Out here I feel older than everyone including, and maybe especially, those who are older than I am.) I'm just about there, just about even with him. I don't turn at all to look at him, just keep staring straight ahead. I don't think he looks at me either. I would sense it. Side by side we run together. Not a word spoken, not a sound shared between us but that of our running shoes on the cinders; step for step. A compulsion scrambles from brain to legs, intensifying my spring, widening my stride. He keeps up, movement for movement; not a word. Instinct. The compulsion becomes uncontrollable. I sprint out, my legs driving power-mad against the turf. He does the same; not a word. Side by side, step for step. I envision that imaginary tape across the finish line. I surge forward on pin-wheel foot. I move out... out... and ahead. Christ, I feel as though I could fly. I'm flying! He isn't any longer by my side, I've passed him and I know I can pass the world. I hear him behind me. Behind me. My God, I am really moving! I slow down at the curve where I leave the track for home and yell, "Thanks!" to him as he continues past. He waves. I walk.

The next morning I try it again with another runner. He beats me flat out!

The time to execute the first increase in distance arrived for me at the beginning of the fourth week. I hadn't pre-ordained its coming. Somehow, the appropriateness of it was suddenly incapable. There was, naturally, only one way to know accurately how much I was running and that was to double the dosage. How to approach that task. Broad jumping from the runway of memory to the sandpit of awareness, as it were, came the shrill, demagogic voice of my high school track coach, bellowing through his whistle-clenched, chapped lips, over the years, "Jog one, stride one, walk one!" The one I liked best now was "Walk one" and that would be, in a way, the advice I would take.

Monday morning, the first mile-and-a-half came and went with little straits, partly, I was sure, because I knew there was another yet to come. Once again my penchant for rationale came into play. True, my entire body told me I could easily run a second lap I was so

lose, yet so keyed, there seemed no reason ever to stop. But I wanted to find one anyway. Surely, if I was so adequately prepared today, I would be that much more adequately prepared in a week. Also, if I was ever to reach the competitive stage (a fantasy which still, after three weeks, hung in there tenaciously) I had to be careful not to overdo, to overtrain. That sounded good. Yes, I liked that. And I liked the sound of "walk one". I walked what I judged to be at least half a mile. It was most likely less. But it was enough. The walking seemed to tire me more than running. Strange. I ran a second complete circuit rather snugly; my legs ached at the end but my ego was feeling no pain. Walking home, I repeated to myself, "I'll be damned! Three miles!" Self-deceptive, perhaps, but pleasing in a rudimentary way.

Running can be a stupendous bore; by the same token it can be a psychologically oriented art. I was hardly an artist but susceptible to the psychology of it. By the end of that week the first lap was a cinch. Probably because I knew I faced another one after that short respite of a walk. Somehow I thought it peculiar that initial trip around wasn't in fact more tortuous simply because a second loomed just ahead. But that wasn't at all the case. Even while running number one I thought of it as non-existent; as if I wasn't running it at all. In a way, then lap #2 became lap #1. At week's end I felt no more fatigue at the completion of two laps than I had at the finish of one. In fact, I still sprinted the last 100 yards. It wasn't all psychology. There was a physical change taking place in me and I very much liked the idea.

The following Monday, a step or so before crossing my fictitious finish line I decided- to hell with "walking one"; let's run it non-stop. Walking home this time, there was less self-deception in my saying, "I'll be damned! Three miles!"

I had reached a major plateau. I felt less that I had something to prove and more that I had, to some extent, proved it. I could say to myself the "once-was" may be on his way to becoming the "now-is"; I didn't altogether understand what I meant by that.

On this plateau, relaxed by the conviction that future increments would present no demonic challenge, (for I was no longer the neophyte but a thoroughly initiated member of the fraternity) I permitted myself the luxury of curiosity; primarily about the others who came to run here regularly. After all, I knew why I was here- for better or worse I wanted to compete again. But as a writer first it seemed only natural to indulge that curiosity. (Maybe it was that and maybe it was the urge to have one of those I questioned ask me why I was running. Then I could answer, "Why, I'm training to compete!")

Anyway, I withstood the temptation to query those who were evidently getting ready for high school track seasons. They were easy to spot and though their grace was nothing short of inspirational their reasons for being here were obvious. Not only that, how impressed could I expect them to be with me? (Perhaps this indicates a direct correlation between the body's loss of physical prowess and the ego's protracted need for exercise.)

Since solo running is such a drag, it occurred to me that talking with my fellow joggers might serve a dual purpose. In the first place my writer's curiosity would find satisfaction, and in the second I would have someone to run with if only for the short space of an interview. All this presupposed that people would willingly talk to me. There was only one way to find out. When in doubt, opt to little old ladies in earbuds.

Tippy-toeing by, she was the picture of antiquated termination, puffing gingerly, pumping her arms with just enough vigor to knit one, perl two; but she was there, and I was in need of an interviewee. I tippy-toed alongside her, smiled a good morning, and expected that I was writing an article (all of a sudden) on, gets and jogging and would she mind if...

She didn't mind at all.

Eloise R. is sixty-four. In that tippy-toe fashion she runs three miles every day. When she isn't playing tennis, that is to say. She's been at it for ten years now. Why does she do it? Oh, she says to feel good. But there is one other reason. She suffers from angina pectoris, a heart disease stemming from aemia of the heart muscle. Her physician advised her against any stress. That was ten years ago.

The old man didn't mind either.

Al D. has been running since 1948. He looks considerably younger than his 71 years. He sparkles; his eye gnome-like, glisten as he talks about his daily three mile run. More remarkable is the fact that in order to get to the track he walks up from 17th Street on Ninth Avenue. Every day. Up and back. After he's it's over to the playground for some 35 chin-ups. In this he has a secret: he does them slowly - that way beats out the youngsters. His former-construction worker's hands are dotted with yellow callouses. From chinising. "The girls, they ask me about the callouses," he says, as we round a curve. "What girls?" I ask, feeling foolish. "The ones at Rosalee he answers. "I dance there couple nights a week."

I was growing uncomfortable on the current plateau. It was too crowded with too many people too much older than I who were handling my daily distance too easily. It was time to move up a notch.

(Making changes in my routine on Mondays seemed most fitting, in keeping with the sense of regularity generally associated with rigorous training programs.) On a nippy Monday morning in November I added a third lap to the pattern. I walked a little in between laps two and three, but half the prior walking distance and in a week I eliminated it entirely. I was a full-fledged four-and-a-half miler. Now the first lap became more pronounced burden; lap two was easier; lap three was a breeze. I felt even more at home. There were waves and nods from joggers with whom I'd never spoken but recognized. A robust greeting from Al was an integral part of my morning.

I made a vow. In three week's time, on the day of my thirty-fourth birthday, I would run six miles.

In the meantime, I had something else to think about. I thought about it while running with the two guys who were getting themselves in shape for a winter of skin one for downhill, the other for cross-country. I thought about it while running with the 66-year-old chap, beer bellied, toothless, and happy, who claimed he'd been running since he was ten. I thought about it while running alongside the young man who said he did a lap or so a day, just for his heart, just to "keep in shape". I thought about it a lot. About why I'd professed to be out here in the first place. Didn't it seem to me to prepare for competition. If that were so, shouldn't I be doing something about that? If so, what? Talking competitively is quite another thing from competing. Immediately I grabbed for some handy reluctance. I was not, after all, ready yet for that. Well, then, when would I be

ready? A couple of months? Six? Eight? Just in time for the end of the Track season if I played my cards right? Lots of easy outs. I thought about the lady in the earmuffs. That afternoon I requested the AAU to send me information and entry blanks for upcoming meets.

As already observed, running alone is dull as hell. There precedes the constant temptation to dog it, to slow the pace to a bouncy walk, to figure to oneself that merely completing the distance is sufficient. Rationale. Once more. Running with someone, especially someone assuredly dedicated to running, removes or at least stunts the temptation; it replaces that temptation with intimidation. You don't dare slow down simply because you don't want your companion to think you can't keep up. So you do keep up, knowing full well you'll never make it, that at this rate it's only a matter of time until you drop. But, for some reason you don't drop. What's more, you do make it. Three miles. Four. More. You've stayed with the pace - and you think, with a dab of the dramatic, isn't it amazing how much the human body can withstand? Isn't it astonishing how far you can push yourself when you have to?

He's from London originally and in his mid-forties. Daily jogging has been part of his life style for just over ten years. Seven-and-a-half miles is his normal daily distance. What's been his motivation? "My goodness, as a jogger you should know," he replies with characteristic aplomb and no trace of shortness of breath. "Why, to balance the physical and the intellectual." There is, in his answer, such simplicity, such logic, that I only nod my head in accord.

Other runners, other reasons.

Dave C. is thirty-eight but looks not a day over twenty-six! He carries his tall, obviously muscular frame on powerful, sinewy legs which, though they've never competed, have kept him running regularly since he was seventeen. He was a sickly kid, he tells me. I find that hard to believe. He looks the prototype on a health club poster. He runs for an hour every day, covering whatever distance he happens to cover in that time. (Running with him, I can only assume he must do two or three hundred miles in that time.) My lungs feel like bursting; he hasn't shown a drop of sweat. I manage to creak out my questions as he floats back his answers. "I run for the same reason everybody runs." Pause. "Oh?" I say, knowing that a sly grin is called for but fearing that any undue muscle movement, like a smile, will use up energy I need to keep up with him. "Don't let anyone tell you differently. We all do this for the same reason, no matter what we call it. Vanity. That's all. Just vanity. We want to look better than we do, or younger than we are. Even wanting to feel better is vanity of a sort. Right?" I nod which almost finishes me.

Pete, 37, does a mile and a half a day, four days a week "to give me my lungs and my legs when I'm sixty." Vanity? Perhaps. But sensible vanity.

On the Saturday of my thirty-fourth birthday I ran six non-stop miles and felt reborn, restored, and unquestionably vain.

I received a copy of the Indoor Track & Field Schedule from the Metropolitan AAU too late to enter the first few meets. But I did have time to submit the mimeographed entry form and my fifty-cent entry fee for the Senior Men's T&F Championships slated for January 13th. Only when I had to fill in the name of my event did it dawn on me that I didn't really know what event to compete in. I had always been a sprinter. That was seventeen years ago.

By no stretch of the imagination was I any longer a sprinter. Thirty-four-year-old men who hadn't been on a track in seventeen years simply were not sprinters. I entered the 60 yard dash.

The meet lay three weeks off. I used part of that time to ponder the abysmal judgement I'd used in deciding my athletic "future". Anything but the 60. The 400 would have made more sense. For that matter, the two mile run would have indicated a modicum of sanity. The 60?

Mike F., 24, played baseball for Princeton not many years ago. Now, whenever possible, he runs four miles a day. His attitude makes sense. Once an athlete, he says in his pleasant Texas drawl, always in need of some activity to keep in condition. We run a couple of laps together, talking sports. I mention the upcoming meet. He asks me when I'm going to start getting ready. I don't have to ask him what he means. Running six miles a day is not the way to train to run 60 yards. I should be sprinting now, I say. I'd better get to it.

I began getting tense. Perhaps it was premature adrenaline pumping; perhaps it was more ominous. I knew I should be practicing my starts, not to mention kicking out sixty yard spurts. Over and over again. And again. Like the old days. The old days sixteen years ago. No wonder I was getting tense. Growing aware of the more absurd aspects of one's nature can have that effect. I decided to finish out the week before launching my sprint training. It would be such a strident departure from what I had been doing that, I reasoned, I could use the week's few remaining days to stick by the old routine and think about the new one. Delusion, of course. I knew full well my proper training should have been instituted weeks before. Did I not take myself seriously enough all along? That possibility flashed upon me with not a little discomfort. Then, too, part of the tension stemmed from the idea of attending the meet and making an absolute ass of myself. I knew there was nothing at all to force me to show up; nothing except my own sense of integrity, and the fear of living with myself if I didn't. To make sure, I told a number of friends about my plans to run; and a number of strangers as well. I told the strangers parenthetically, after questioning them about their "run reasons". By committing myself to them, on the chance that I'd in all likelihood see them again, I shored up my commitment to myself. No one was unduly impressed; I was glad of that.

Mike Z. is 25. He graduated from the University of Wisconsin Law School three years ago, quit active practice after a year, and worked as a book salesman and concrete worker. He runs every day, averaging six miles daily and often running eighteen. He has, he explains, gotten every bit into both Yoga and Zen which have had a sizeable effect on his running. He is able to "step outside of myself" as he runs, becoming his own observer; listening to his breathing, feeling the motion of his legs, concentrating on one part of his body or the other to the extent that he virtually becomes that part of his body. He is, therefore, capable of experiencing his running from the most eclectic spiritual points of view possible.

Why does he run? "To be happy!" he says. He adds that when not running, he is less able to get away from himself and feels more acutely the worries which deny him serenity. He admits freely social shortcomings, romantic failures, and anxiety about his future, but he does so with a discernible inner strength that travels

from his libido all the way to his slenderly muscular legs. Not only is this strength evident as we run; so, too, is his happiness.

I became happier.

Bob L. sports a full beard, causing him to just about look his thirty-five years. A member of the science faculty at Hunter College with his Doctorate in Physics, he does six to seven-and-a-half miles a day as he has for the past five years. He is ready with three "because's" to my one "why". Simplest of all, he says, is the fact that he likes it. Secondly, his father was the victim of a stroke and he feels a compulsive need to avoid a similar fate. Quickly he adds that for him, at any rate, running is a means of establishing and maintaining a masculine identity. That's the answer that intrigues me. What exactly does he mean, I ask, feeling somehow that I already know. He mentions his divorce and goes on from there to say that because of the bad marriage and due to assorted inner doubts he often senses an undermining of his male orientation. Running reinforces his maleness, his physical endurance, his strength of purpose. Much of what he tells me crystallizes into what I am sure is the often sublimated mystique attached to this jogging kick. The search for our private, internal super-jock self is on-going.

With a little over two weeks until the meet, I started moderately serious sprint training, the disadvantages notwithstanding. I'd be running on a wooden floor; I was training on cinders. (I even called the AAU to learn if they knew of any indoor facilities I might use in preparation; they didn't and added that most unattached competitors did just as I was doing. I guess that made me feel better.)

Each morning I ran one lap to warm up. Following that I practiced taking my mark, positioning my feet and hands. There would be no starting blocks I was told. One less worry at least. To the best of my eye-ball judgement, I had walked off sixty yards of straightaway. But before I attempted sprinting that, I contorted myself with dozens of starts, some limp, just for the sake of form, some more forceful, for the sake of initial power. I knew how vital a good start was to the running of the sixty under any circumstances; for me a fast start was insufficient. It would have to be purely explosive and I wasn't sure I had that kind of detonation left in my legs. I told myself repeatedly not to be discouraged by the slowness I was experiencing out here. On the wood, with adhesive tape for added starting traction, it would be different. After all, on dirt-and-cinder, spikeless, what could I expect? My first sprints were short- twenty yards, thirty. I went at half speed; then at three-quarter speed. My groin-area ached; I began to fantasize again, to call up the image of piston-legs, power-hungry, driven by turbine thighs. But I was - using my muscles differently now. I was demanding more of them and I hurt. So much, in fact, that I had trouble walking. That meant missing a day or so and that, in turn, multiplied my rapidly blooming tension. Back at it, I tried ignoring the pain, working on those starts, pushing myself into those thirty yard sprints. The pain lessened. I got used to the new regimen. I felt some guilt about not running my six miles, true, but once I was kicking out sixty yard trips, the guilt went the way of the pain.

My starts felt clean, my opening strides strong and definite. I forced myself to run sprint after sprint and underwent, ecstatically, the joy that stems only from

pushing the body against its own limitations.

That Wednesday, the day of the meet, I didn't work out. But the adrenalin pumped all day.

Of all days, the Times sports section carried an article about a noted sprinter's decision to abandon the 60 in favor of the 600 because "it takes a very special kind of concentration and experience to run a good 60 indoors." Wasn't that just what I needed to read? If I'd been feeling silly lately about this compulsion of mine, at that moment, nettled enough by the prospect of running in public in just a few hours, I was seized by spasms of desperation, modulated only by jolts of second thoughts.

Then I had second thoughts about the second thought, coupled with twenty minutes in the john, reseeded my sprinter's spirits.

The meet was scheduled to start at 7 p.m. and I'd been advised to be there by six.

Several times during the week preceding I had thought in excruciating detail about every step I would take that day, from leaving my apartment toting my gear, to walking to the subway, to taking the train to 168th Street, to entering the 32nd Engineers Armory to killing time, to warming up, to running.

Now, here I am, waiting for a subway to transport me someplace I probably have no business going.

As a schoolboy, I recall while sitting on the train, I had gone into every meet saying to myself in full confidence, Remember, there's nobody out there who can beat you. You're better than everyone. Now, nearing 168th Street and my moment of truth, it is all I can do to keep from saying aloud, "There's nobody out there who can't beat you!" Yet, despite the misgivings, one thing is abundantly clear. Something rings familiar about my edginess, about the way my legs tingle, tighten, loosen, about the continuous nervous yawns. As I walk into the bleak building with its martial decor, past a few paunchy staff sergeants up the stairs to the corridor set aside as the men's dressing area, I know that in my own peculiar fashion I am up for this trackmeet, more psyched up, in fact than I think I've ever been - for any track meet or football game, swimming meet or tennis match.

I leave the dressing area, climb another flight, walk through a doorway and - I'm here - in the armory proper with its track, and hurdles, and bleachers, and spectators there, and smell of wintergreen oil. To my astonishment I don't feel so out of place.

Perhaps a dozen competitors jog loosely around the 200-yard track. Kids, High school kids, their sweat suits covered liberally with AAU Championship patches.

On the far side of the armory the Women's High Jump is progressing. Some spectators dot the stands.

I jog a few laps to get the feel of the wood. I like it; there is something reassuring in the solidity beneath my feet. I've been an early arrival. By the time I jog another lap or two, competitors in crowds are filling the place. Coaches lay claim to bleacher space and issue warming instructions. The track fills with athletes who move with the grace and ease and flexibility of antelopes or cougars. The collegiate teams have appeared.

From the prize table I take a copy of the official program for this, The Metropolitan AAU 82nd Annual Senior Track & Field Championships. The heats for the Men's 60y dash are the tenth event of the evening;

My name is listed in the program along with 72 other 60 yard dash entrants from Columbia, Queens, The Atoms Track Club, Iona, Lehman, CCNY, Baruch, New York AC, St. John's, New York Pioneer Club, Bruce Track Club, The Merchant Marine Academy, and others. I'm in good company.

At the end of the armory is the starting point for the 60. Walking there slowly, I scan the distance. It's longer than my old eyeball estimates. I didn't know 60 yards could be so far.

They call for the Women's 880.

I take my starting position, hearing in my head "Take your marks" and the starter's gun. I move out against the wood and feel, as before, as though I could fly.

The Women's 880 takes off. Since the 60 Yard Dash runway intersects the oval track, I continue my warming up closer to the far wall. Other sprinters are doing the same by now. The Men's High Jump finals are underway. I'm limited to starts and short sprint-outs. That's okay. Everything's okay. Already, though early in the twenty-four event program, there is fever pitch. I'm high on the sound and smell of this world from which I've been estranged for so long.

Another practice start-then- this searing pain shoots through my left thigh. I'm blinded by the flash of stars. Jerking upward, I discover amid the inexorable, throbbing torment of something pulled, or torn, or strained, or sprained, that I cannot move my leg. I try a few jagged hops - but it can't be done. For Christ's sake, the heats for the 60 begin in less than an hour and here I am unable to walk, let alone jog, let alone sprint. Now I panic. What should I do? Sit down and hope it will ease up by itself? I appropriate some liniment & apply it greedily to my thigh, rubbing, kneading. No good. Should I do my best to run and perhaps work it out in that way? I try, but this is not any run-of-the-mill kind of kink. No good. I sit on the bleacher bench, totally deflated. My deflation is punctuated by the finish line flashbulbs, and the exhortations from teammates and coaches, and the fervor that dances on the cigarette smoke and sweat and high pitched voices of the judges and starters. I think, it's psychological - an easy out- a manifestation of my fears, that's all. But I want to run! I really do. I've got time yet before the heats. Maybe, after all, it will ease in time for the heats.

The 1000 yard run. The 400 yard run. The One Mile Run. The 60 Yard High Hurdles Heats.

The call is out for the 60 yard dash heats. Will all competitors meet at the start of the 60 for assignment to heats. I feel no better but limp to the designated area. The judges are calling names and distributing numbers. I'm assigned to heat #4 and I tape on No. 335. But I know it's wasted effort.

The first heat lines up. I watch each runner, the way he takes his mark, the way he holds his head. A quick study course on technique.

The starter's gun. They run. Like lightning for six and a half seconds. The second heat blasts away. I edge over to the man holding the heat listings. The third heat suffers three false starts before streaking down its pathway to the tape. Names are called for the fourth heat. I tell the clerk I can't run and mumble something about my injury. He nods, not caring less, crosses out my name and goes off to replace me. I stay long enough to watch that heat start and finish. With fourteen events left to go I drag myself back to the dressing area, put on my street clothes, and more depressed than I can

long remember having been, hobble down the stairs and out into the icy, sour darkness.

In bed an hour later, heating pad on thigh, I stare at the jock pictures, looking faded, and think - what a fool - I had it coming, trying to relocate in the past - just what the hell did I imagine I was? All that work for nothing? Only invitational meets remaining and I don't anticipate any invitations. My one chance and I muffed it.

I feel cheated. Terribly inconsequential and cheated... and in quite a bit of pain.

I don't want to look at those pictures any longer. I turn out the light and in the blackness I have more agreeable thoughts. This doesn't mean it's all over. There is an outdoor season coming up and there's bound to be another shot. And, besides, I'm not exactly the giving-in, giving-up type. Didn't I run in the pouring rain, and the biting snow, in the mud, and on the ice, with blistered feet and smarting groin muscle, day after day? I picture the sweet little old lady in her earmuffs and as I slither off into sleep an absolutely marvelous fantasy creeps into my brain.

I am the stuff of which champions are made.

MARATHONS - WHY NOT?

We are indebted for this snippet to Der Leichtathlet, East Germany, out of an interview with Ludmilla Bragina, the Soviet 1500m gold medalist and world record breaker on each occasion she ran at Munich.

To the question on stamina: Do you envisage that women can accomplish similar feats of stamina as men, especially since reports have come in that women have run the marathon distance within 3 hours?

"Marathon - why not? With specialized preparation - and I see that as long runs over several years - there is no question that women can accomplish a Marathon in 2:40 or better. Nevertheless, I have doubts as to the value of over-long distances for us. I am of the opinion that women are capable of the same feats of stamina as men, they do it in training, except that they may need a little more time to achieve the same quantity."

MARATHONS? CERTAINLY:

This comes from the journal "Leichtathletik", West Germany, and devotes three pages approximately to women running Marathons. International match result at Braunschweig showed:

1. Switzerland (Schüss, Aerni, Magelli) 10:30:39
2. Germany (Kieninger, Kiermeier, Schumacher) 10:30:40; 3. Austria (Dorbrowinsky, Fendt, Hermann) 12:52:38. . . First home, Gabriele Schüss, in the fine time of 3:09:02, and Denise Aerni unanimously declared that if the I. A. A. F. put the Marathon on the women's programme, they would switch from the 1500 and 3000 immediately and enjoy the longer distances.

The 103 competitors were very outspoken, as one put it: "Here in Germany, there are far too few flexibly minded men in the leading positions of athletics who can recognize new developments and draw correct conclusions.

Most want to jog along in the same old way!!"

FORMER Boston Marathon winner, Olympian Dave McKenzie of New Zealand is still going strong. He recently won the Canterbury Marathon, held over the Commonwealth Games course, in 2:26:13. This was Dave's eighth title in 8 attempts!!!

BOCA MARATHON A RUN FOR THE HOSES

Boca Raton, Fla., Sunday, January 27, 1974. There was none of the mass pandemonium of a high noon at Hopkinton. These runners, who had arrived in the early morning darkness and had waited for the sun to rise, did not stampede but strolled out the exit of the St. Andrew's School.

Some 65 runners, about five per cent of the cast of the Boston Marathon, accepted the ancient challenge of endurance and will. Twenty-six miles and 385 yards into the sun, around Boca Raton and back to the shade of soothing palm trees.

In between they would trample over polo fields, dodge highway traffic and trot down quiet neighborhood sidewalks, swing past the Exotic Fish Research Lab, across the Florida Atlantic University campus and back down the streets of St. Andrew's.

There wasn't any Hearstreak Hill to climb but then there were no girls of Wellesley to wave and cheer them on. Instead there was a quaint little wooden bridge and later on, when the joy and the agony of it all had mixed and melted down over their faces, there was a freckle-faced Huckleberry Finn with a garden hose to douse the fire and provide some thanks-I-needed that refreshment.

And when the music had died and the last step completed, there remained the same breathless sense of accomplishment.

"Boy, it was hot out there," said Ray Russell, as he relaxed against a car door and poured down a second can of Pepsi. "My body's here but I don't know about my mind."

Russell had finished 7th in his own race, the Second Annual Gold Coast Marathon. It was a satisfying achievement for Russell, who did not run last year, electing to organize the inaugural race.

"Putting on a marathon is not easy," said Russell, a Fort Lauderdale attorney who founded the Fort Lauderdale RRC after moving here from Washington. "It's complicated with all the registration and the plotting of the course."

Wea Brunner, from Dade-South, overtook veteran runner Colman Mooney of Plantation to win the marathon event in 2:36:41. Tom Elbert won the half-marathon, a kind of Junior Whopper for those whose appetites were not as hearty.

"I've run with Mooney before and I thought I could catch him," said Brunner. "I saw him at about the 15th mile and I passed him at about the 21st mile. I was running well and he seemed to be slowing down. I just wanted to make sure I had enough left for the finish."

Catching Mooney, who had just returned to competition in the last two years after an absence of about five years, seemed to be an impossible dream. Mooney had sustained into a commanding half-mile to mile lead over Brunner and high school cross-country ace, Steve Manley.

"I'm satisfied just to finish second," said Mooney, a native-born Irishman who migrated from the jungles of New York City a few years ago. "My right foot has been bothering me lately. It felt all right today, though."

The universal compulsion for running produced a collection of Mercurys ranging from 11-year-old John Thomas to 59-year-old Woodrow Wilson of Canton, Ohio.

"You just can't explain the good feeling you get from running," said Wilson, who drove here with his brother Harvey (54).

"I only started running about 10 years ago. Everybody wants to live forever but when you're older you don't feel like you want to live forever. I've discovered that

running has made me feel like I want to live forever." Woodrow completed the 13.4 mile half-marathon in 2:00:09. --Jim Sarni, Fort Lauderdale News-- (85th)
 1. Wea Brunner, 19, unat., 2:36:41; 2. Colman Mooney, 34, Miramar Striders, 2:43:13; 3. Steve Manley, 17, unat., 2:54:45; 4. Mark Caulfield, 16, unat., 2:59:55; 5. Bob Layton, 34, Ft. Lauderdale RRC, 3:00:25; 6. Steve Prettyman, 16, unat., 3:00:56; 7. Ray Russell, 35, Ft. Lauderdale RRC, 3:08:19; 8. John Andriola, 20, unat., 3:22:40; 9. Mike Maher, 14, Miramar Striders, 3:23:57; 10. Jon Gleman, 22, Miami Running Club, 3:24:41; 11. Luis Restrepo, 39, unat., 3:27:31; 12. Darrell Moss, 44, Stuart R.C., 3:29:31; 13. Don Boulange, 29, Ft. Lauderdale RRC, 3:39:21; 14. Poomyal Kralik, 31, unat., 3:45:25; 15. Dennis Maher, 34, Miramar Striders, 3:47:34; 16. Fred Banton, 44, unat., 3:53:33; 17. Lloyd Kelman, 40, unat., 3:53:33; 18. Dean Smith, 17, unat., 3:53:38; 19. Steve Henning, 17, unat., 3:53:38; 20. Darrell Christie, 26, unat., 3:54:05; 21. Norm Frank, 42, Rochester TC, 3:56:11; 22. Garry Moore, 17, unat., 4:06:40; 23. Gary Boyer, 25, Ft. Lauderdale RRC, 4:13:39. (35 starters, 23 finishers)

HALF-MARATHON- 1. Tom Elbert, 19, unat., 1:17:00; 2. Bill Andrews, 16, St. Andrews TC, 1:21:33; 3. Gen. Cushman, 35, Washington Sports Club, D.C., 1:22:10; 4. Cal Rains, 15, unat., 1:22:16; 5. Joseph Jordan, 20, Space Coast AC, 1:23:08; 6. Kevin Browley, 15, unat., 1:25:17; 7. Carl Foote, 20, Ft. Lauderdale RRC, 1:28:48; 8. Joseph Kanera, 38, unat., 1:29:48; 9. Larry Greene, 13, Miramar Striders, 1:32:11; 10. Cleaves Henderson, 42, unat., 1:34:59; 11. Kenny Ray, 18, unat., 1:40:54; 12. Martin Giles, 34, unat., 1:43:06; 13. K.D. Sprinkle, 27, unat., 1:45:54; 14. Harvey Wilson, 55, Canton, Ohio RRC, 2:00:04; 15. Woodrow Wilson, 59, Canton RRC, 2:00:09; 16. Miss Debbie Longmire, 15, Liberty SO, A.C., 2:06:54 (1st Female); 17. Stu Caplan, 37, unat., 2:05:07; 18. John Thomas, 11, Miramar Str., 2:08:05; 19. Chris Wagner, 11, Miramar Str., 2:14:59; 20. Dean Biasucci, 11, MS, 2:23:21; 21. D. Nathan Brender, 63, Ft. Lauderdale RRC, 2:36:45. (23 starters)
 2. 3-MILE RHYTHM- 1. David Kroupa, 15:27; 2. Ab Adam, 15:44; 3. Jim Picarello, 16:00; 4. Glen Tupler, 16:54. (12 starters, 11 finishers) --Ab Adams--

FT. LAUDERDALE RRC OPEN 10-MILE RELAY
 Feb. 10, 1974, South Plantation H.S. (62nd, cold & clear weather)- 1. Frank Kooyman & Steve Wagner, 54:31; 2. Ray Russell & Bob Layton, 54:36; 3. Dennis Maher & Carl Foote, 56:52; 4. Don Moss & Harry Cleaves, 57:17; 5. Colman Mooney & Nathan Brender, 58:14; 6. Luis Restrepo & Diego Pasado, 59:11; 7. Harold Sprinkle & Martin Giles, 65:34.
 RHYTHM 2-MILES- 1. Ab Adams, 10:46; 2. Cal Rains, 10:51; 3. David Kroupa, 11:07; 4. Ben Whitman, 11:17; 5. Jim Picarello, 11:21; 6. Glen Tupler, 11:57; 7. Bob Sinkiewicz, 12:08; 8. Mark Tupler, 12:30. (13 finished)
 H.S. 10-Mile Relay: 1. Mike Maher & Jay Pop, 57:41
 --Ab Adams--

FT. LAUDERDALE RRC 20-MILES, LAUDERDALE AIRPORT, Sunday, February 18, 1974 Weather: 75th, windy, 15 mph.
 1. Ray Russell, 2:03:03; 2. Luis Restrepo, 2:12:16; 3. Dennis Maher, 2:15:49; 4. John Andriola, 2:17:26; 5. Gary Boyer, 2:20:40; 6. Rich Hopkins, 2:23:30; 7. Norm Frank, 2:25:03; 8. Henry Sprinkle, 2:40:37.
 Veterans- 1. Nathan Brender, 2:27:21.

WIND, DEHYDRATION SLOW RUNNERS**KEN YOUNG WINS ARIZONA ADMISSIONS DAY MARATHON**

Tucson, Arizona, Feb. 9, 1974 9:30 A.M. - Ken Young, a 32-year-old veteran distance runner from Boulder, Colo., battled stiff winds and dehydration to win the sixth annual Admissions Day Marathon.

Young toured the 26-mile, 389y circuit in 2:34:25 and crossed the finish line almost three minutes ahead of runner-up Larry Hidalgo of Phoenix. Hidalgo finished in 2:37:12.

Young broke to the front of the pack early and then settled into second for the first 20 miles. While he maintained his steady pace, 19-year-old Doug Heaberlin of Tacoma, Washington appeared to have the race locked up. Heaberlin led Young by more than 200y at the 20-mile post.

But muscle cramps caused by dehydration slowed Heaberlin at 22 miles and Young took the lead for good. Heaberlin fell back and finished fifth with a time of 2:41:31.

Third place went to 39-year-old Jan Ahlberg of Phoenix with a time of 2:37:57. David Cortez, a 15-year-old high school student from Redwood City, Calif., took fourth in 2:40:40. Cortez's brother, Jose, won the Admission's Day Marathon in 1972.

Tommy Owens, the youngest entry in the race at age 10, finished 14th in a time of 2:59:17. His time bettered the existing world marathon record for 10-year-olds by almost 15 minutes.

Frank Katterman, 44, broke his career-best time on the Tucson course by more than 30 minutes to win the 40-49 bracket in 2:59:57. Leroy Zimmerman, 52, headed the 50-59 age group with a time of 3:11:57.

Young's time was more than seven minutes slower than the course record of 2:26:42 set by Jerry Jobaki in 1971. Jobaki was forced to drop out of this race at the 20-mile mark due to leg cramps.

The marathon winner attributed the relatively slow times to the windy, dry weather.

"You don't realize you're getting dry, but it catches up with you," Young said. "You lose salt and get dehydrated."

The veteran of 25 races, including five Boston Marathons, said by the time a runner discovers he is becoming

dehydrated, it is too late to do anything. He explained the body cannot assimilate liquids quick enough to replace what is lost, and dehydration can bring on severe cramps quickly.

Heaberlin, disappointed at not winning but still pleased with his 19th place finish, admitted he started out too fast. He said he began feeling cramps early in the race but was able to continue. But at the 21-mile mark they caught up with him and he had to slow to a walk.

Hidalgo, who finished second, appeared to be in the best shape of the early finishers. While Young was doubled over and stiffening up after the race, Hidalgo was walking around sipping a cold drink.

"This was my best time for a marathon," Hidalgo said of his 2:37:12. "I was trying for a six-minute mile pace. My previous best was 7 hours, 40 minutes in the Florida State Marathon."

Owens received a big hug from his mother and grandmother when he crossed the finish line. He said he felt no adverse effects from the race except a slight cramp in his legs. But when Mrs. Owens suggested he jog around the Chamber of Commerce parking lot to keep loose, the 10-year-old voice whined, "Oh Mom, I don't want to run anymore today."

Approximately half of the 17 entrants finished the race.

Submitted by Don Lokay, Lt. (USAF), Arizona



Winning Effort

Ken Young of Boulder, Colo., shows the effects of running slightly more than 26 miles in slightly less than 2 hours, 35 minutes Saturday

170 starters, 93 finishers. Course: One loop--Downtown Tucson, through Randolph Park, around San Xavier Mission, return to Downtown Tucson--Paved city streets, paved and dirt country roads--Elevation 2,300 ft. to 2,600 ft. Temp. 50 to 66°. Gusty headwinds.

1. Ken Young, 32, Boulder, Colo., 2:34:25; 2. Larry Hidalgo, 17, Phoenix, Arizona, 2:37:12; 3. Jan Ahlberg, 39, Phoenix, 2:37:57; 4. David Cortez, 15, Redwood City, Calif., 2:40:40; 5. Doug Heaberlin, 19, Tacoma, 2:41:31; 6. Gary Hidalgo, 17, Phoenix, 2:42:25; 7. Ken Stephens, 31, Glendale, Arizona, 2:46:45; 8. Jack Currie, 37, Tucson, 2:47:38; 9. Paul Yeatts, Sr., 36, Tucson, 2:47:24; 10. David Oropeza, 27, Phoenix, 2:50:21; 11. Matt Hassett, 52, Tempe, 2:52:22; 12. Mark Llewellyn, 17, Portola Valley, Calif., 2:56:27; 13. George Rivera, 18, Phoenix, 2:57:57; 14. Tommy Owen, 10, Redwood City, Calif., 2:59:17; 15. Frank Katterman, 44, Tucson, 2:59:57; 16. David Mount, 36, Tucson, 2:59:37; 17. Carl Farmer, 17, Phoenix, 2:59:53; 18. T. E. Wilson, 34, Casa Grande, Arizona, 3:01:37; 19. Veltito Acuna, 17, Tucson, 3:04:33; 20. John E. Welch, 27, Flagstaff, Ariz., 3:04:53 (next page)

21. David Evans, 15, Tucson, 3:06:23; 22. John Lacy, 31, Tucson, 3:06:27; 23. Doug Brew, 32, London, Eng., 3:07:01; 24. Paul Wiggant, 35, Silver City, N.M., 3:10:57; 25. Tom Hensley, 18, Willcox, Arizona, 3:11:16; 26. Barry Maxwell, Phoenix, 3:11:23; 27. LeRoy Zimmerman, 52, Tucson, 3:11:57; 28. Charles Rice, 43, Phoenix, 3:12:36; 29. Jeff Moreno, 15, Phoenix, 3:12:22; 30. Jerry Jones, 36, Yuma, Arizona, 3:12:38; 31. Fred Pomeroy, 34, Silver City, N.M., 3:12:44; 32. Bill Gates, 37, Tucson, 3:13:17; 33. Otto Appenzeller, 46, Albuquerque, N.M., 3:14:52; 34. Ralph Ortega, 24, Tucson, 3:17:05; 35. David Wilson, 14, Redwood City, Calif., 3:17:12; 36. Jack Williams, 23, Leupp, Arizona, 3:18:47; 37. Robert Bekes, 31, Tempe, 3:18:50; 38. Kevin Sharon, 19, Phoenix, 3:19:02; 39. Bobby Ruiz, 20, Phoenix, 3:19:40; 40. Chris Devine, 19, Chicago, Ill., 3:19:53; 41. Cleso Arvallo, 23, Phoenix, 3:20:23; 42. Harold Sieglaff, 39, Phoenix, 3:20:30; 43. Colas Mendez, 16, Phoenix, 3:21:02; 44. Bob Storrs, 30, Phoenix, 3:23:04; 45. Frank Cordero, 17, Tucson, 3:25:37; 46. Tom Griffith, Sr., 42, Decatur, Ill., 3:26:55; 47. Steve Doty, 30, Tucson, 3:27:14; 48. Marshall Dale, 54, Dearney, Ariz., 3:31:32; 49. Tom Jones, 37, Tucson, 3:31:52; 50. Aiden Cochran, 44, Tucson, 3:32:12.

TEAM: 1. Arizona Road Racers #2 (Larry Hidalgo, Gary Hidalgo & George Rivera); 2. Southwest Truckers (Paul Yeatts Sr., Jack Currie, Aiden Cochran); SPLITS: 5-Mi. Jobaki & Ken Young, 26:00; 10-Mi. Young & Jobaki, 51:00; 15-Mi. Young, 1:20:30; 20-Mile-Heaberlin, 1:51:00; 25-Mi. Young, 2:26:30.

The 7th annual Arizona Admissions Day Marathon will be run on Saturday, Feb. 15, 1975 at 9:00 A.M.

--J. McGee Evans--



Record Setter

Two-year-old Terney Owens, the youngest entrant in the Arizona Admissions Day Marathon, gulps in a large helping of air after finishing 14th in the 26-mile race. His time of 2:56:17 bettered the world marathon record for 10-year-olds by more than 15 minutes. (Star

FIRST RMAAU 5,000 METERS CHAMPIONSHIP ROAD RUN, Washington Park, Denver, Colorado, January 1, 1974 Weather: Very cold, snowpacked course, 15 starters and finishers.

1. Don Starbuck, Colo. TC, 17:43; 2. Mark Florida, Colo. School of Mines, 18:03; 3. Roger Gerard, RMRR, 18:09; 4. Jack Pottle, Colo. College, 18:13; 5. Ed Hagerman, RMRR, 18:17; 6. Wayne Snow, RMRR, 18:24; 7. David Needham, unat., 18:36; 8. Wm. Maxwell, 19:38; 9. Ian Gertzen, unat., 19:37; 10. Gerry Vincent, RMRR, 19:38; 11. Stan Obermyer, unat., 19:58; 12. Frank McCabe, 55, RMRR, 21:10; 13. Ron Kinney, 40, RMRR, 21:47; 14. Paul Needham, RMRR, 22:07; 15. James Trojillo, unat., 25:09.

ROCKY MOUNTAIN ROAD RUNNERS 7-MILE ROAD RUN, Washington Park, Denver, Colo., Sun., Jan. 13, 1974 Weather: Sunny, upper 20's; roads slippery.

Lee Courkamp and Alex Ware traded the lead back and forth several times, before Alex slipped on a particularly nasty section, and Lee managed to pull by him. The slippery conditions slowed the times somewhat, as Lee's winning time was only 40:24, with Alex 36 back. 1. Lee Courkamp, 30, Colo. TC, 40:24; 2. Alex Ware, 25, CTC, 40:27; 3. John Thornton, 24, unat., 41:21; 4. Dave Samson, 16, unat., 42:07; 5. Ed Hagerman, RMRR, 42:18; 6. Roger Wilcox, 45, So. Colo. Striders, 42:37; 7. Bob Walick, 34, RMRR, 42:38; 8. Wayne Snow, 28, RMRR, 42:44; 9. David Needham, 16, unat., 42:59; 10. Wernie Gay, 38, CTC, 43:03; 11. Ramon McDonald, 21, RMRR, 43:44; 12. Fritz Holland, 31, RMRR, 43:47; 13. Norm Carlson, 16, Kennedy HS, 43:52; 14. Gerry Vincent, 42, RMRR, 44:18; 15. Ken Baldo, 20, unat., 44:21; 16. Jim Garcia, 29, RMRR, 44:37; 17. Jan Howell, 18, RMRR, 44:43; 18. Daniel Polak, 16, CCNS, 45:13; 19. John Kearns, 34, RMRR, 45:14; 20. Ed Gussie, 52, RMRR, 45:20; 21. Keith Davidson, 30, 45:30 (handicap-winner by only 4 seconds); 22. Dennis Walsh, 31, RMRR, 45:38; 23. Dennis Kavanaugh, 34, RMRR, 45:41; 24. John Albecke, 18, Aurora Hinesley HS, 46:25; 25. Rod Rogers, 36, RMRR, 46:41; 26. Hugh Bingham, 28, RMRR, 46:44; 27. Ken Simons, 18, RMRR, 47:02; 28. Frank McCabe, 55, RMRR, 47:03; 29. Ken Borrego, 16, unat., 47:17; 30. Jerry Wlachmeyer, 52, RMRR, 47:23; 31. Jeanne Collopy, 19, U. of Colo. TC, 48:59; 32. Barbara Martin, 29, RMRR, 52:21. (69 starters and finishers)

CRIST CAPTURES FAST FIVE MILE ROAD RACE

Littleton, Colo., January 27, 1974-Wellington, Colo. school teacher Wes Crist completely blitzed the field in recording an impressive victory in the first race of the Rocky Mt. RR's Four-Race Series. Crist moved the lead after the nearly 3/4-mile long hill up South Broadway, and opened up an immediate lead and increased it to a 44s margin by the time he and the finish line met. In doing so, Crist ran the second fastest time ever run on this course. Former Villanova ace Charlie Messenger ran an amazing 23:49 in the initial race back in 1971.

Alex Ware, a former Principia College (Ill.) mile and two-mile ace, ran one of his best races since moving to Colorado some 18 months ago, as he was runner-up in 27:08--the third fastest time to date.

1. Wes Crist, 25, CTC, 26:24; 2. Alex Ware, 25, CTC, 27:08; 3. Don Starbuck, 26, CTC, 27:20; 4. Lee Courkamp, 30, CTC, 27:39; 5. Glen Lockman, 23, Univ.

JOIN THE



Wyoming, 27:40; 6. Mark Foster, 34, unat., 27:56; 7. Ken Young, 32, UCTC, 27:57; 8. Spencer Lyman, 24, unat., 28:04; 9. Eric Green, 33, Boston AA, 28:14; 10. Roger Gerard, 30, RMRR, 28:18; 11. Phil Weiser, 32, RMRR, 28:21; 12. Ed Hagerman, 34, RMRR, 28:23; 13. Wayne Snow, 28, RMRR, 28:25; 14. Tom Berger, 22, Fort Collins TC, 29:09; 15. Mark Florida, 22, Colo. School of Mines, 29:33; 16. Larry Heidebrecht, 23, unat., 29:39; 17. Rich Hallacy, 19, unat., 29:40; 18. Bob Welck, 36, RMRR, 29:43; 19. Ken Baldwin, 20, unat., 29:48; 20. Jim Garcia, 29, RMRR, 29:49; 21. Brent Weigner, 24, Ft. Collins TC, 29:51; 22. Roger Wilcox, 45, So. Colo. Striders, 29:58; 23. Dennis Walsh, 31, RMRR, 30:23; 24. Dennis Kavanaugh, 34, RMRR, 30:33; 25. Fritz Holland, 31, RMRR, 30:35; 26. Ted Cutler, 36, RMRR, 30:40; 27. Charlie Wood, 41, TC, Ft. Collins, 30:53; 28. Stan Obermyer, 28, unat., 31:23; 29. Frank McCabe, 36, RMRR, 31:26; 30. Ed Gussie, 32, RMRR, 31:28; 31. David Kopp, 16, RMRR, 31:36; 32. Rod Rogers, 36, RMRR, 31:37; 33. Dave Daubert, 28, RMRR, 31:59; 34. Seth Bradley, 29, RMRR, 32:18; 35. Ron Kinney, 43, RMRR, 32:21; 36. Harlan Miller, 31, RMRR, 32:26; 37. Jerry Wischnmeyer, 32, RMRR, 32:32; 38. Charles Fuselier, 38, unat., 32:39; 39. tie. Tom LeMire, 30, RMRR & Bill LaGrange, 29, RMRR, 32:44... 44. Donna Messenger, 30, FCTC, 33:47 GR... 51. Barbara Martin, 28, RMRR, 35:04. (75 starters & finishers) Weather was a cool 25 degree, but almost negligible wind for a change. --R. D. Kavanaugh--

ROCKY MOUNTAIN ROAD RUNNERS 4-MILE ROAD RUN
Chessman Park, Denver, Colo., Sun., Feb. 10, 1974
Weather: Upper 20's, sunny and roads mostly dry.

Lee Courkamp was the fast time winner, as he clocked a good 21:48 over the hilly course. Finishing in second spot was Arvada West High Schooler Jon Sinclair, only 12s behind his mentor during the cross-country season.

1. Lee Courkamp, 31, CTC, 21:48; 2. Jon Sinclair, AWHHS 16, 22:00; 3. John Aleske, 18, Aurora Hinkley HS, 22:35; 4. John Hunsaker, 17, AWHHS, 22:27; 5. Roger Wilcox 45, SCS, 22:33; 6. Bernie Gay, 38, CTC, 22:44; 7. Ed Hagerman, 34, RMRR, 22:50; 8. David Needham, 16, unat., 22:51; 9. Paul Cronin, 17, Regis HS, 22:55; 10. Ken Baldwin, 20, unat., 23:04; 11. Jim Garcia, 29, RMRR, 23:21; 12. John Kearns, 34, RMRR, 23:39; 13. Keith Davidson, 30, RMRR, 23:47; 14. Gerry Vincent, 42, RMRR, 23:50; 15. Daniel Polak, 17, RMRR, 23:50; 16. Fritz Holland, 31, RMRR, 24:09; 17. Ken Borrego, 16, unat., 24:08; 18. Dennis Kavanaugh, 34, RMRR, 24:05; 19. Seth Bradley, 29, RMRR, 24:06; 20. Ed Gussie, 32, RMRR, 24:24; 21. Hugh Bingham, 29, RMRR, 24:26; 22. Jim Allen, 17, Denver South HS, 24:29; 23. Rod Rogers, 36, RMRR, 24:45; 24. Ken Simons, 36, RMRR, 24:47; 25. Bill LaGrange, 29, RMRR, 25:00; 26. David Kopp, 16, RMRR, 25:05; 27. Tom LeMire, 30, RMRR, 25:38; 28. Frank McCabe, 36, RMRR, 25:48; 29. Dean Raish, 36, unat., 26:04; 30. Dennis Jowett, 30, RMRR, 26:05... 63. Marcia LeMire, 29, 31:03. (75 starters and 74 finishers) Handicap winner: Jim Van Zandt, 32, RMRR, 29:20. -- R. Dennis Kavanaugh--

WES CRIST CAPTURES SECOND RACE IN THE FOUR
RACE SERIES - Littleton, Colo., Sunday, Feb. 24, 1974

Wes Crist, former Colorado State University track star, again dominated the RMRR's monthly race at the 5-mile loop at Arapahoe H.S. Crist ran 54:57 over an ultra-hilly 10-mile course on a cold (in the mid 20's) and very windy day. Donna Messenger was the first woman finisher.

1. Wes Crist, 25, Colo. TC, 54:57; 2. Alex Ware, 25, Colo. TC, 55:40; 3. Ross Smith, 24, Colo. School of Mines, 55:58; 4. Ken Young, 32, UCTC, 56:12; 5. Don Starbuck, 27, CTC, 56:17; 6. Eric Green, 33, Boston AA, 56:37; 7. Lee Courkamp, 31, CTC, 57:11; 8. Glen Leckman, 23, U. of Wyoming, 57:30; 9. Phil Weiser, 32, RMRR, 58:46; 10. Roger Gerard, 30, RMRR, 59:16; 11. Brent Weigner, 24, FCTC, 59:26; 12. Ed Hagerman, 34, RMRR, 59:48; 13. Wayne Snow, 28, RMRR, 60:09; 14. Roger Wilcox, 45, SCS, 60:35; 15. Ken Baldwin, 20, unat., 60:47; 16. Tom Berger, 22, FCTC, 62:04; 17. Fritz Holland, 31, RMRR, 62:49; 18. Ted Cutler, 36, RMRR, 62:57; 19. Bob Welck, 36, RMRR, 63:23; 20. Dennis Kavanaugh, 34, RMRR, 63:28; 21. John Kearns, 34, RMRR, 63:50; 22. Rod Rogers, 36, RMRR, 64:34; 23. Dick Kiefer, 27, RMRR, 64:48; 24. Frank McCabe, 36, RMRR, 65:03; 25. Stan Obermyer, 28, unat., 65:05; 26. Seth Bradley, 29, RMRR, 65:08; 27. Ed Gussie, 32, RMRR, 65:12; 28. Charles Fuselier, 38, unat., 65:39; 29. Bill LaGrange, 29, RMRR, 65:55; 30. Brendan Moore, 28, RMRR, 66:19; 31. Dean Raish, 36, unat., 67:06; 32. Jeff Beckwith, 28, RMRR, 68:00; 33. Ron Kinney, 43, RMRR, 68:06; 34. Hugh Bingham, 29, RMRR, 69:05; 35. Jerry Wischnmeyer, 32, RMRR, 69:25; 36. Tom LeMire, 30, RMRR, 70:17; 37. Mike Broccardo, 26, T1:35; 38. Paul Needham, 37, RMRR, 72:21; 39. Steve Goodman, 44, RMRR, 72:57; 40. Tom Purkiss, 38, unat., 73:00; 41. Donna Messenger, 31, Ft. Collins TC, 73:10; 42. Gary Stampka, 31, unat., 73:37; 43. Nick Kripakov, 31, RMRR, 73:38; 44. David Kopp, 16, RMRR, 73:59; 45. Allen Watts, 44, RMRR, 74:00; 46. Roger Cisneros, 50, RMRR, 74:05; 47. Barbara Martin, 28, RMRR, 74:20; 48. Ken Kopp, 41, RMRR, 75:04; 49. John Kindsvater, 32, RMRR, 75:11; 50. Peter Kopp, 12, RMRR, 76:25. (64 started and 60 finished.

--Dennis Kavanaugh--

NEW JERSEY AAU 20 KILO RUN (13 MILES) Peapack, Gladstone, N.J., Feb. 24, 1974. The race was sponsored by the Somerset Hills Elks Lodge #1963. Weather: Warm, 45 degrees and clear. (30 starters, 28 finishers)

1. Jeff Kicia, unat., High Bridge, 1:12:26; 2. Paul Assin, Wm. Paterson College AA, 1:17:59; 3. Al Buhl, CJTC, 1:20:36; 4. Tom Kelley, CJTC, 1:21:27; 5. Hugh Sweeney, North Jersey Striders, 1:22:04; 6. Dr. Walter McConnell, Wharton, N.J., 1:22:48 (Set Vet.); 7. Don Crowley, CJTC, 1:23:13; 8. Tom Blesly, CJTC, 1:23:31; 9. Dean Shouts, No. Jersey Striders, 1:23:49; 10. Dan Russell, CJTC, 1:23:57; 11. John Cirensa, unat., Lebanon, 1:24:45; 12. Ray Alley, CJTC, 1:27:37; 13. Tom Anzavine, Bergen Comm. College, 1:28:50; 14. Bill Stargard, Denville, 1:30:08; 15. Pope Frazier, Cedar Grove, 1:20:22; 16. Henry Henriques, Basking Ridge, 1:30:24; 17. Dr. David Spanel, CJTC, 1:31:23; 18. Karl Segers, CJTC, 1:31:48; 19. Paul Stakle, CJTC, 1:32:01; 20. David Hoadley, unat., Mendham, 1:32:12; 21. Bill Poynter, CJTC, 1:32:33; 22. Bill Hannon, CJTC, 1:33:52; 23. Al Viscido, Edison, 1:37:14; 24. Jim Tenny, CJTC, 1:40:54; 25. Sid Feins, CJTC, 1:49:05; 26. Jim Cirensa, unat., Lebanon, 1:53:12; 27. Greg McCrea, CJTC, 1:55:12; 28. Pam Young, CJTC, Mendham, 2:13:25. Team: 1. Central Jersey Track Club. --Al Seldney--

8.56 MILE ROAD RACE, LIVERMORE, CALIF. 12-2-73
Conditions: Ideal. 302 starters, 301 finishers!

1. Rich Kimball, Alameda TC, 43:10 CR (ran 13:43.4 three-mile day previously); 2. Bill Seaver, WYTC, 44:34; 3. Alex Aguilar, WYTC, 44:36; 4. Jesse Smith, ATC, 45:09.

PAN AMERICAN CUP CROSS COUNTRY CHAMPIONSHIP
1974 ALAMEDA, CALIFORNIA Sponsored by Alameda Jaycees, February 2, 1974 at the Alameda Golf and Country Club (Course) Close to 13 miles

1. Tom Howard, Canada, 39:58.7; 2. Jim Naccio, USA B, 40:16; 3. Rich Kimball, USA-A, 40:23; 4. Don Timm USA-A, 40:29; 5. Mike Wagenbach, USA-A, 40:50; 6. Carl Christensen, Canada, 41:05; 7. Robert Price, USA-A, 41:28; 8. Mike Pincocci, USA-A, 42:00; 9. Mark Covert, USA-B, 42:18; 10. Mike Greery, Canada, 42:24; 11. Neil Sybert, USA-B, 42:55; 12. Don Riggs, USA B, 43:14; 13. Humberto Hernandez, Puerto Rico, 43:51; 14. Luis Torres, Colombia, 48:34.

Team: 1. USA "A" 19; 2. USA "B", 34.

Not much of a field. This is going to be a tough one to get off the ground! --Bob Campbell--

FRANK SHORTER & KEN MOORE (our Olympic Marathoners) have been invited to the Athens Olympic Day Marathon Classic, April 6, 1974. Shorter has also been invited to participate in the Maxell Marathon in Manchester, England on June 2, 1974.

2ND ANNUAL NITTANY VALLEY TC MARATHON
 Gatesburg Course, State College, Pa., Feb. 17, 1974
 26 Miles, 385 Yards, (34 starters, 28 finishers)

1. Steve Molnar, Johnstown AC, 24, 2:38:15.1 (New course record; old mark, 2:45:35 by Carl Bechdel, PSU, 1973); 2. Rick Kate, 25, NVTC, 2:44:18; 3. Carl Bechdel 20, PSU, 2:44:18; 4. Bill Dixon, 20, Penn State U., 2:50:00; 5. Jay Barry, 20, unat., 2:50:17; 6. Pat Brown, 20, Syracuse Univ. TC, 3:07:41; 7. Joe Nichols, 20, Clarion State, 3:09:32; 8. Peter Cavanaugh, 26, NVTC, 3:12:49; 9. Dave Voltmer, 34, NVTC, 3:13:20 (New 30-39 record; old mark, 3:15:22 by Voltmer, 1973); 10. Dion Stewart, 27, Nittany Valley TC, 3:15:27; 11. Art Boettcher, 38, NVTC, 3:17:33; 12. Ken Viera, 37, unat., 3:18:27; 13. Glen Stephens, 15, unat., 3:19:54; 14. Dick Mansfield, 32, NVTC, 3:21:30; 15. Tony Parsons, 32, NVTC, 3:25:07; 16. Wally Lester, 40, NVTC, 3:26:51; 17. Paul Purcell, 35, Boardwalk Runners, 3:28:54; 18. Dan Toy, 27, NVTC, 3:29:17; 19. John O'Sullivan-Gould, 32, Dublin Univ. Harriers AC, 3:32:06; 20. Dan Dyer, 19, unat., 3:34:09; 21. William Fernan, 27, NVTC, 3:40:31; 22. Ross Yates, 49, Central Jersey TC, 3:43:34; 23. Bernard Greene, 30, NVTC, 3:43:40; 24. Frank Cecina, 25, unat., 3:43:50; 25. Francis Benko, 28, unat., 3:44:11; 26. Gary Steiner, 11, unat., 3:45:28; 27. Greg Latschaw, 18, unat., 3:48:02; 28. Wm. VanderKnapp, 30, unat., 3:50:00. DNF: Harry Graves, John White, NVTC; Tony Trimble, PSU; James Pratih, Dan Daly & Robert Long, unattached.

FIRST ANNUAL SMOKY MOUNTAIN MARATHON
 Central H.S., Knoxville, Tennessee, Sat., Feb. 16, 1974
 26 Miles, 385 Yards. Sponsor: Knoxville TC
 Weather: Cloudy, light breeze, 42 degrees.

OPEN DIV. - 1. Tom Potter, 19, Bryan College TC, 2:42:28 (5-mile splits: 28:58, 57:56, 1:27:58, 1:57:40); 2. W. C. Fanning, 27, unat., 2:52:48; 3. Robert Godwin, 31, Knoxville TC, 2:58:24; 4. Adrian Craven, 37, Greenville TC, 3:00:53; 5. Michael Nichols, 28, USMC, 3:03:19; 6. Turner Howard, 26, Knox. TC, 3:06:50; 7. Chas. S. Gibson, 38, Chattanooga TC, 3:07:08; 8. John Powell, 23, unat., 3:08:33; 9. Mark Bauman, 23, Murray State B.R., 3:10:18; 10. Chris Hatten, 18, Bryan College TC, 3:14:04. (36 starters, 10 finishers)

MASTERS DIV. (40 & Over)- 1. Charles K. Gibson, 50, Chattanooga TC, 2:46:23 (31:35, 62:21, 1:34:25, 2:06:23); 2. Keith Kahl, 43, Knox. TC, 2:58:50; 3. Adam Lansing, 43, Murray State RR, 3:12:02; 4. Joe McGinness, 56, Chattanooga TC, 3:14:02; 5. Lloyd Lundin, 54, Knox. TC, 3:18:05; 6. Donald Foard, 44, Knox. TC, 4:11:56 (ran 1.7 miles off course) DNF: Arthur Berryman, 48, Sewanee TC (2:48:26 for 20 mi.)

Notes... This event was the first full marathon to be run in East Tennessee and it is planned on being held annually. Tom Potter, a student at Bryan College in Dayton, Tenn., took the lead after about 2 miles of running and held it throughout the entire race. He averaged better than 6 minute miles through 12 miles when he tired. From there on his average dropped to about 4:15. However, he had a lead of about one and a half miles at that time and was home free from there on. In the Master's Division, Charles K. Gibson turned in an exceptional performance with a 2:46:23 finish time. Gibson, who is 50 and a veteran marathoner, was only 3 minutes off Clarence Demar's all time American record for 50 year olds, which is 2:43:30. Many of the competitors set personal best times on the fast course and several were competing for the first time in a full marathon race. --Hal Canfield, Meet Director--

*New England Association
 of the
 Amateur Athletic Union*



NORTH MEDFORD CLUB
25 MILE RUN CHAMPIONSHIP, AMESBURY, MASS.
 Sunday, February 3, 1974
 Weather: Cold. Roads slippery.

1. Terry Gallagher, 1:21:50; 2. Stanley Meillon, 1:29:25; 3. Louis Aguirre, 1:31:02; 4. Paul Sobell, 1:32:43; 5. Charles Katti, 1:34:25; 6. John McManis Jr., 1:36:17; 7. Robert Luder Gray, 1:37:52; 8. Wm. Barth, 1:37:42; 9. Bob O'Reagan, 1:38:22;

10. Bruce McGill, 1:39:41; 11. Ben Accin, 1:39:57; 12. Ed Norton, 1:40:50; 13. Jim Hays, 1:42:53; 14. Claude Ellis, 1:45:15; 15. Roland Vermorel, 1:47:16; 16. Nick DeRuvo, 1:46:02; 17. John Bennett, 1:47:29; 18. Ken Kniec, 1:50:46; 19. Fred Robinson, 1:47:13; 20. Ed Whitney, 2:07:02; 21. Ben Fudge, 2:08:00; 22. Steve Reisman, 2:14:40; 23. Sig Podlorny, 2:16:47. (7 change positions)

5-MILE RUN- 1. Rick Bayko, NMC, 31:02; 2. Scott Webber, NMC, 31:22; 3. Kevin Colmore, Amesbury HS, 33:33; 4. Joel Stefanski, APS, 34:04; 5. Ed Stokiewicz, NMC, 39:28; 6. Donna Randall, AMS, 44:58; 7. Kathy Stevens, AHS, 50:15; 8. Fred Brown Sr., NMC, 50:23. Notes... The snow of the previous day coupled with the threat of more snow and the difficulty of getting gas-line kept the fields down to one of the smallest NMC races in recent history. Both runs were more of a hard solo effort than a competitive race for the winners. --Fred Brown Sr.--

5-MILE ROAD RUN, CARLBORO, MASS.

Feb. 10, 1974. Weather: Cold, 13 degrees. Course Record: 24:30 by Terry Gallagher.

1. Tom Dardarian, unat., 24:41; 2. Terry Gallagher, NMC, 25:17; 3. John Battaglion, NMC, 25:45; 4. Paul Pillero, U. Rhode Island, 26:04; 5. Jim Vital, NMC, 26:13; 6. J. 26:22; 7. Chas Fortier, NMC, 26:23; 8. Cliff West, NMC, 26:50; 9. Mike Baxter, BAA, 27:09; 10. Gary Geoffrey, unat., 27:19; 11. Glenn Nieuwenhuis, NMC, 27:09; 12. David Daval, NMC, 27:47; 13. Ed Wood

CSU, 27:57; 14. Paul Schell, NMC, 28:06; 15. David Cormier, unat., 28:24; 16. Charles Ratti, NMC, 28:34; 17. Mike Merrill, NMC, 28:42; 18. Dave Kidder, unat., 28:47; 19. Dave Eiben, Sugarloaf Mt. AC, 28:47; 20. Scott Webber, NMC, 28:48; 21. John Carroll, PCAA, 28:56; 22. Martin Callahan, NMC, 28:58; 23. Charles Lettis, Sugarloaf Mt. AC, 28:59; 24. Dwight Howe, NMC, 29:16; 25. Wayne LaMothe, NMC, 29:30; 26. David Ryder, NMC, 29:37; 27. Bob Accoin, NMC, 29:51; 28. Ted A. Datri, unat., 29:53; 29. Ed Norton, NMC, 30:16; 30. Joel Stefanaki, unat., 30:23; 31. Bob Terosian, unat., 30:33; 32. Albert Donaghy, NMC, 30:43; 33. Paul Tierney, NMC, 30:46; 34. Ron Boone, NMC, 30:55; 35. Jeff Roberts, NMC, 31:02; 36. Scott Nieuwenhuis, unat., 31:09; 37. George Kasierski, NMC, 31:12; 38. William Barth, NMC, 31:20; 39. John Campbell Sr., NMC, 31:32; 40. Kevin Gilmore, unat., 31:39. (78 finishers)

--Fred Brown Sr.--

CROWLEY "NIPS" DERDERIAN - AS THE JUDGES SEE IT (NEAAAU SILVER 30 KILO CHAMPIONSHIP)

Sunday, February 17, 1974- In New England road racing there are no ties - no matter how hard you try. During past years finish line officials have done everything from showing "no ties" as the intentional sharers approach, to flipping a coin to determine 1st & 2nd.

At the 8th annual Silver Lake Dodge 32 kilo (actual distance- 19.72 miles) the judges made an arbitrary pick of Joe Crowley, Northeastern TC, after he eased across the line hand-in-hand with Tom Derderian (una.). To some it was an unpopular decision, since Crowley told television newsmen after the race that Derderian had waved him up to join him & offered the tie, and a photo in the Boston Globe appeared to show Derderian slightly ahead breaking the tape. However, as others pointed out, how much can one complain when he has refused to win outright?

Beyond the first place problem the race was a most competitive affair, and despite sloppy footing the fastest in history en masse, as all times after 8th place were considerably better than ever.

In the absence of any superstar Chris Chambers, an often times fast starter, took early command of the 200-plus field and pushed the pace car along as much as a full minute ahead of the pack. Following the downhill slope of the Boston Marathon course Chambers hit the 10 mile mark in Natick at 53:00, with a group at 54:00 still jockeying for second.

Shortly past this point Derderian struck out for the leader and dragged behind him in a widening line Crowley, Ralph Thomas, Wayne Frongello, Joe Catalano and Hugh Sweeney. Chambers then slowed badly & lost all of his one minute lead within 4 miles, and was to lose another two minutes on the winner(s) by the end, dropping to 6th. Somewhere around 16 miles Derderian sported a 50y lead on Crowley & 200y on 3rd. At that point he waved Crowley up in the gesture which cost him victory.

Despite the relatively easy time and big margin the first two had, the record for the course was not endangered. The lack of good weather, the blistering pace-setters of last year, a stellar field or a knock-down, drag-out battle for first left Amby Burfoote (43:30) unmolested. This year's time was 1:47:07 - commendable, but only 10th on the all-time list on this course. The depth of the field was much better though, as 25th placer, John Bahington was 2 1/2 minutes faster than last year's 25th place time, & so on down the line. In all some 176 made it to the finish line, a good start for the new season.

The roads were wet with slush and a head wind was encountered most of the way. (202 official starters, plus the usual unofficial starters.)

1. Joe Crowley, NETC, 1:47:07; 2. Tom Derderian, unat., 1:47:18; 3. Wayne Frongello, Boston AA, 1:47:59; 4. Scott Graham, unat., 1:48:53; 5. Ralph Thomas, Agusta RTC, 1:49:12; 6. Chris Chambers, unat., 1:49:28; 7. John Cedarholm, BAA, 1:49:47; 8. Robert Thomas, Jr., unat., 1:50:04; 9. Rick Bayko, NMC, 1:50:13; 10. Peter Stipe, BAA, 1:50:23; 11. Joe Catalano, BAA, 1:51:08; 12. Tim Smith, Mohogan Striders, 1:51:14; 13. Peter Kuchinski, NMC, 1:52:00; 14. William Speck, BAA, 1:52:15; 15. Ken Mueller, BAA, 1:52:55; 16. Rick Krause, ARTC, 1:53:24; 17. Frank Handelman, Central Park TC, 1:53:40; 18. Walter Reswed, unat., 1:53:52 (at Over 40); 19. Earl McGilvray, NMC, 1:53:58; 20. John Arthur, Conn. Valley Striders, 1:54:09; 21. Hugh Sweeney 3rd, unat., 1:54:32; 22. Charles Riley, CSU, 1:54:54; 23. Ron Kay, CSU, 1:56:04; 24. Dan Larsen, New Haven TC, 1:56:34; 25. John Bahington, NMC, 1:56:39; 26. John Hastings, Fairfield County Striders, 1:56:48; 27. William Morrow, Conn. Valley Striders, 1:57:47; 28. Kevin Kraszewski, NMC, 1:58:35; 29. Neil Coville, CSU, 1:59:09; 30. Finn-Age Ebbensen, unat., 1:59:58; 31. Chet Fortier, NMC, 2:00:02; 32. George Schobel, NMC, 2:00:42; 33. Richard Crowell, J&W, 2:00:45; 34. Roger Modlat, Conn. Valley Striders, 2:00:49; 35. Ron Drogan, NMC, 2:01:12; 36. Eugene McMerriam, Mohogan Striders, 2:01:22; 37. Jim Shapiro, BAA, 2:01:40; 38. Dennis McCormack, unat., 2:02:36; 39. Thomas Dowling, BAA, 2:02:43; 40. Paul Caruccio unat., 2:03:18; 41. Ron Gaff, NMC, 2:03:45; 42. Mike Baxter, BAA, 2:03:46; 43. Mike Durdovic, CSU, 2:04:15; 44. Dave McLeod, Conn. Valley Striders, 2:04:19; 45. Dave Davall, Fishburg YMCA, 2:04:21; 46. Vincent Fleming, J&W, 2:04:31; 47. Mike Connelly, Fairfield Co. Striders, 2:04:33; 48. Robert Gray, NMC, 2:04:37; 49. Bill Mullen, NMC, 2:04:53; 50. Wm. Ginns, NMC, 2:05:10; 51. Mark Elmer, Sugarloaf Mt. AC, 2:05:16; 52. Bill McNulty, BAA, 2:05:27; 53. Edward Sandifer, Sugarloaf Mt. AC, 2:05:46; 54. Louis Aguiar, NMC, 2:05:47; 55. Lawrence Baucy, Cambridge YMCA, 2:05:51; 56. Ed Wood, CSU, 2:05:58; 57. Robert MacDougall unat., 2:06:01; 58. James Larsen, NMC, 2:06:26; 59. David McGilvray, NMC, 2:06:58; 60. Douglas Wood, Fairfield Co. Striders, 2:07:40; 61. James Gray, NMC, 2:08:04; 62. Martin Duffy, CSU, 2:08:13; 63. James Dow, NMC, 2:09:19; 64. Robert Lapreff, Gr. Boston TC, 2:09:31; 65. Joe Frattanelli, unat., 2:10:05; 66. Paul Schell, NMC, 2:10:06; 67. Fred Young, CSU, 2:10:19; 68. Rolf Carlson, Montreal YMHA, 2:10:58; 69. Charles Ratti, NMC, 2:11:05; 70. David Austin, unat., 2:11:11; 71. Rusty Lamade, unat., 2:11:36; 72. Steve London, CSU, 2:11:48; 73. Hank Devine, Hartford TC, 2:11:49; 74. Dwight Howe, NMC, 2:12:00; 75. Harold Gabriel, unat., 2:12:07; 76. Wm. Bowers, unat., 2:12:26; 77. John Opowski, WPS, 2:12:27; 78. Mike Merrill, NMC, 2:12:28; 79. Mike Rusdiant, CSU, 2:12:29; 80. Ed Norton, NMC, 2:12:36; 81. Charles Rock, NMC, 2:13:52; 82. John Wallace, BAA, 2:14:00; 83. Vincent Vitto, unat., 2:14:10; 84. Benjamin Deimonico, Mt. Park AA, 2:14:43; 85. Richard Callery, NMC, 2:15:21; 86. Robert O'Reagan, NMC, 2:15:22; 87. Russell Watts, U. New Hampshire, 2:16:49; 88. Larry Thode, Conn. Valley Striders, 2:16:58; 89. Larry Rice, Mohogan Striders, 2:17:15; 90. Julian Siegel, NMC, 2:17:45; 91. Clair Paine, CSU, 2:18:22; 92. Gerald Good, BAA, 2:18:46; 93. Peter Fisher, unat., 2:18:49; 94. Dr. John

Long, Boston AA, 2:18:32; 95. Robert Mitchell, BC, 2:18:53; 96. Daniel Dawson, unat., 2:19:08; 97. Roland Vermette, NMC, 2:19:21; 98. Edmund Connor, NMC, 2:19:28; 99. Bruce McGill, NMC, 2:19:40; 100. Joe Nee, Quincy YMCA, 2:19:52; 101. Ron Boone, NMC, 2:20:02; 102. John Fawcett, NMC, 2:20:15; 103. Robert Negretti, NMC, 2:20:21; 104. Bernard Shapiro, Lowell Tech, 2:21:00; 105. Kenneth Rockbow, unat., 2:21:06; 106. Ralph Porter, NETC, 2:21:09; 107. Martin Callahan, NMC, 2:21:32; 108. James Laprel, unat., 2:21:48; 109. Robert Riordan, unat., 2:21:58; 110. Ron Kmies, NMC, 2:22:00...116. John A. Kelley (The Elder), unat., 2:23:17. (178 finishers) --Rick Bayko & Fred Brown Sr.--

JOE GERMANO CAPTURES M. A. RRC 7.2-MILE RUN Phila., Pa., Sunday, February 24, 1974 (1:00 P.M.)

Joe Germano, Pennsauken H.S.'s strong running youngster, disposed of challenger Dean Winslow on the home stretch & scored a 2s victory over the flat out & back course on the East River Drive in Fairmount Park.

Germano, representing Sports East, clocked 38:35 in nipping Winslow, a Jefferson Medical College student. Weather: 45°, clear, windless.

1. Joe Germano, Sports East, 38:35; 2. Dean Winslow, Penn AC, 38:37; 3. Dennis Weidner, Appalachian AC, 39:12; 4. Ken Kling, Sports East, 39:19; 5. Gary Lehman, Appalachian AC, 39:23; 6. Steve Harshah, unat., 40:20; 7. John Shelby, Sports East, 40:33; 8. Joe Naples, No. Catholic HS, 41:03; 9. James Brandt, Appalachian AC, 41:12; 10. David J. Smith, unat., Phila., 42:03; 11. Jim Witcher, unat., Phila., 42:30; 12. Harry Billocki, Sports East, 43:04; 13. Keith Fifield, U. Penn, 43:11; 14. Jim Castellano, unat., Phila., 43:13; 15. Mike Naples Penn AC, 43:16; 16. David Wilkinson, U. Penn, 43:43; 17. John Deilly, Norristown, Pa., 44:37; 18. John Rothwell, LaSalle HS, 44:54; 19. Peter Finnegan, unat., 46:42; 20. Jim Williams, unat., 47:03; 21. Rich Love, Shore AC, 47:14; 22. Lee Schwartzberg, LaSalle H.S., 48:18; 23. Mel Robertson, Sports East, 49:37; 24. Jim Thacker, unat., 50:40; 25. Ed Streker, Pauli, Pa., 50:47; 26. Dan Wise, unat., 60:54; 27. John O'Riordan, unat., 65:32.

3-MILE VETERANS (OVER 40)- 1. Bob Colaricco, Blackwood, N.J., 19:14; 2. Steve Yanat, Moorestown, N.J., 19:21; 3. Henry Kirkald, Phila., 19:55; 4. A. Miller, Phila., 21:24; 5. Rod Meredith, Haddonfield, N.J., 23:34.

3-MILE GRADE SCHOOL RUN- 1. Greg Schmitt, Ambler OC, Pa., 18:46; 2. Kim Gallagher, Ambler OC, 19:20; 3. Marisa Schmitt, Ambler OC, 19:27; 4. Colleen Dunn, So. Jersey Chargers, 20:41; 5. Drew Meredith, Haddonfield, N.J., 21:52.

3-MILE WOMEN- 1. Debbie McCluskey, Gloucester Catholic HS, N.J., 24:47.

HAPPY VALLEY HALF-MARATHON, COLLEGEDALE, TENNESSEE February 3, 1974

A cold, windy day greeted some 34 runners as the Happy Valley Half-Marathon was held, but it didn't hamper the real star of the show, Heinz Weigand, who ran the 13.1 mile course in 69:25 for the overall victory.

The talented runner, who organized the event, ran at a 5:20 mile pace over the rolling road course, leading the way from the outset and never looking back.

The race was the longest to ever be run in Chattanooga and 34 of the 35 runners entered finished the event.

The surprise of the race was the ninth place finish of 10-

year-old Harold Tinsley, Jr. in 83:13.

1. Heinz Weigand, 25, Chattanooga TC, 69:25; 2. Tom Potter, Bryan College, 19, 72:31; 3. Bob Bengt, 19, Southern Missionary College, 74:52; 4. Harold Tinsley, Sr., 37, Huntsville TC, 75:33 (set 30-39); 5. Charles K. Gibson, 56, Chattanooga TC, 76:18 (set 30-59); 6. Guy Kirton, 25, Knoxville TC, 77:17; 7. Clyde Lavender, 32, Huntsville TC, 78:35; 8. Gary Crews, 36, Tyler H.S., 80:15; 9. Kenny Mayada, 18, Huntsville TC, 82:05; 10. Mark Shanks, Chattanooga, 17, 82:30; 11. Tony Liu, 18, Huntsville TC, 82:44; 12. Ken Brown, 18, Chattanooga, 82:55; 13. Jim Beach, 37, Chatt. TC, 84:07; 14. Chris Hatten, 18, Bryan College, 84:41; 15. Earl Marler, 37, Chatt. TC, 84:59; 16. Harold Tinsley Jr., 10, Huntsville TC, 85:15 (9th in 19 & under division); 17. Don Paul, 38, Chatt. TC, 88:37; 18. Rick Neal, 17, Signal Mtn., 89:45; 19. Scott Westermeyer, 17, Collegedale, 91:00; 20. Joe McGinness, 56, Chatt. TC, 91:01; 21. Tom Pyde, 33, Chatt. TC, 91:20; 22. Ricky Durrie, 18, Chattanooga, 92:03; 23. Dick Dillard, 31, Chattanooga, 94:07; 24. David Goggins, 27, Chatt. TC, 94:19; 25. Tom Bealy, 46, Chatta. TC, 98:13 (set 40-49)...1st 60 & Over- Joe Robey, 60, Chatta. TC, 96:19. (34 finishers)

*Between the dates of June 1 and August 18, Philip Castellberg and Heinz Weigand will be jogging from Seattle, Washington to Rehoboth Beach, Delaware, for the American Heart Association. Coast to coast! The total distance covered will be around 3000 miles! To cover this distance they will be jogging 40-50 miles a day, 6 days a week. They will be stopping every day to present health programs of vital interest to the public including physical fitness, diet, and other heart-related subjects. Any individuals or organizations that might want to help, or want to know more are asked to contact Heinz Weigand, Box 138, Collegedale, Tenn. 37217.

MUNCIE TEN, MUNCIE, INDIANA Dec. 9, 1973

1. Bob Bowman, 50:22; 2. Gary Komassary, 50:34; 3. Hank Nash, 52:23; 4. Mike DeLaBrosse, 52:23 (set Jr.); 5. Chuck Koepfen, 53:14; 6. Larry Posay, 54:00; 7. Steve Kearney, 54:10; 8. Joe Sherman, 54:24; 9. Jim Needler, 54:29; 10. Arnold Jackson, 54:43; 11. Tom Burridge, 55:25; 12. Jeff Shoemaker, 55:31; 13. Bill Meese, 56:10; 14. Bill Bates, 57:51; 15. Kevin McCart, 57:53; 16. John Jones, 58:00; 17. Scott Griffin, 58:47; 18. Lonny Hauser, 58:57; 19. Roger O'Leary, 59:14; 20. Gary Drexelmer, 59:44; 21. Jerry Warner, 59:58; 22. John Shorb, 59:59; 23. Chuck Douglas, 60:11; 24. Joe Tatum, 61:00; 25. John Jarosinski, 62:02 (set Over 20); 26. Bill Fox, 63:37; 27. Henry Shands, 64:41; 28. Jerry Rushton, 61:54; 29. Jack Beasley, 62:02; 30. Paul Ballin, 63:12. (50 fin.)

CHESTERTON FOUR, CHESTERTON, INDIANA

December 16, 1973- 1. Gary Mall, 21:26; 2. Dave Smith, 21:48; 3. Bill Wisnowski, 22:14; 4. Joe Kenney, 22:34; 5. Ed T. Edmond, 22:34; 6. Joe Tunner, 22:38; 7. Bill Perkins, 23:44; 8. Bob Lynch, 23:48; 9. Kevin Finnegan, 24:17; 10. Jim Isbell, 24:18; 11. Bill Murray, 24:41; 12. Tom Uskert, 24:55; 13. Randy Romig, 24:55; 14. Bryan Demass, 30:42; 15. Andy Isbell, 27:13. (The roads were slippery in spots. All runners wore sweats.)

THE WINROW SIX, VALPARAISO, INDIANA

December 29, 1973- An ice-skating special, named in honor of the now departed Mr. New York former Valparaiso coach Ed Winrow. Four runners were together on the last mile and three slipped on the ice descending a

hill. Sure-footed Hank Nash, a student at Ball State, emerged the victor in 31:58.
 2. Don McClellan, 31:18. 3. Gary Washington, 31:16;
 4. Joe Sherman, 32:09; 5. Denny Martinson, 34:34; 6. Bill Wislahevski, 35:00; 7. Bill Perkins, 35:21; 8. Joe Tosner, 35:39; 9. Joe Kenny, 37:18; 10. Jeff Courtright, 37:30; 11. Mike Shuler, 41:27; 12. Tom Feeney, 41:28;
 13. Bill Frick, 43:33; 14. Richard T. King, 44:06.

2ND ANNUAL SAM COSTA MEMORIAL HALF-MARATHON
 Carmel H.S., Carmel, Indiana, Saturday, Feb. 16, 1974

13 Miles, 191 yards, flat to gently rolling (blacktop roads located west of Carmel) Last year's winner: Chuck Koepfen, 1:10:47.
 1. Chuck Koepfen, 28, 70:40; 2. Phil Davis, 27, 71:06;
 3. Steve Kearney, 25, 72:02; 4. Phil Suelzer, 22, 72:31;
 5. Bill Carr, 28, 72:43; 6. Steve Goldberg, 40, 74:07 (1st Vet.); 7. Jerry Pierce, 26, 74:48; 8. Ray Mehling, 19, 75:26; 9. Mike Huber, 21, 76:20; 10. Tom O'Shea, 29, 78:33; 11. Dave Mercer, 28, 78:37; 12. Bill Wright, 29, 78:58; 13. Jeff Bailey, 29, 78:40; 14. Steve Cotherman, 23, 79:40; 15. Joe Kenney, 16, (1st HS), 80:00; 16. Gary Peter, 19, 80:35; 17. Stephen Langendorfer, 23, 80:58;
 18. Jack Brake, 31, 81:07; 19. Stan Brewer, 33, 81:09;
 20. Henry Shands, 38, 81:11; 21. Jack Beasley, 37, 81:43;
 22. Phillip McDonald, 29, 82:13; 23. Bill Zopp, 19, 82:44;
 24. Scott Beasley, 12, 85:37; 25. Jerry Warner, 25, 85:52; 26. Jim Wooley, 38, 86:42; 27. Ralph Kallman, 39, 87:56; 28. Peter Harrington, 36, 88:49; 29. Lee Trachtman, 48, 89:29 (2nd Over 40); 30. Byron Cook, 46, 90:18; 31. Jerry Haywood, 32, 92:04; 32. Jim Southard, 51, 92:46 (1st Over 50); 33. Alan Alexander, 34, 93:13; 34. Tom Furnal, 32, 93:20; 35. Gilbert Satterly, 44, 94:02; 36. Dick King, 53, 94:04; 37. Mike Webb, 34, 94:41;
 38. Skip Jackson, 50, 95:44; 39. Garry Estle, 29, 96:27;
 40. Tom Ward, 45, 97:52; 41. Mike Shuler, 29, 98:37;
 42. Peter Beauvais, 23, 102:45; 43. Jim Wooley, 17, 103:08; 44. Joe Abbas, 58, 104:23; 45. Jonathon Beasley, 8, 107:41 (Youngest finisher)

EVAR EDQUIST MEMORIAL 16-MILE RUN
 Valparaiso, Indiana, February 23, 1974
 Weather: 20 degrees, 10-15 mph winds... course 580 yards short.

1. tie, Steve Kearney, 25 & Phil Suelzer, 22, 1:30:00;
 2. Maurice Ragsdale, 23, 1:32:32; 4. Gary Hall, 26, 1:35:23; 5. Denny Martinson, 29, 1:36:43; 6. Joe Kenny, 26, 1:38:07; 7. Jack Beasley, 37, 1:38:33; 8. Robert Lynch, 29, 1:44:39; 9. Scott Beasley, 12, 1:49:58; 10. Dick King, 53, 1:55:25; 11. Wayne Wesley, 36, 1:56:12;
 12. Frank Lentovskiy, 39, 1:56:12; 13. Eric Rhody, 16, 2:07:24; 14. Bill Henry, 15, 2:07:24.

AGE GROUP CROSS COUNTRY COACHES

To avoid possible schedule conflicts, we recommend the following dates for 1974 cross country. We urge your help in forming a schedule that will not conflict.
 Sunday, Nov. 3, 1974, Definite: Road Runners Club of America National Age Group Cross Country Championship (2700 entries last year) Van Cortlandt Park, New York City. Barry Geisler, 2676 Morris Avenue, Bronx, N.Y.
 Saturday, Nov. 9, Suggest: State and League Champs.
 Saturday, Nov. 16, Suggest: Local Association Junior Olympic Championships.
 Saturday, Nov. 23, Suggest: Regional Junior Olympic Championships.
 Saturday, Nov. 30, Definite: National AAU Age Group

Championships (Cross Country)
 Girls: Steve Price: 1205 Waving Willow, Kettering, Ohio; Boys: Mark Becker, 708 N. 12th St., Miamisburg, Ohio 45342
 Saturday, Dec. 7, Suggest: National AAU Junior Olympic Cross Country Championships.

Sincerely,
 Gabe Mirkin, M.D., Chairman Boys Subcommittee, I.D.R. Comm. AAU of the U.S.

MASTERS MILE RESULTS - CORNELL INVITATIONAL TRACK MEET, ITHACA, N.Y., January 19, 1974
 Meet Record: 4:40.1 by Hal Snyder, 1973

1. Harold C. Snyder, 41, Alfred Station, N.Y., 4:41.3
 2. David L. Colton, 43, State College, Pa., 4:42.2
 3. Charles J. Collins, 40, Ithaca, N.Y., 4:45.5
 4. John D. Reppy, 42, Ithaca, N.Y., 4:53.9
 5. Robert G. Fite, 42, Brooklyn, N.Y., 5:05.3
 6. Tob de Boer, 43, Ithaca, 5:14.4; 7. Jim Connelly, 40, Hilton, N.Y., 5:15.9; 8. Keith Leavitt, 49, Freeport, N.Y., 5:17.2; 9. Art Kijek, 43, Valley Stream, N.Y., 5:19.2; 10. Bob LaBelle, 49, Phelps, N.Y., 5:26.9; 11. John Ross, 51, Latham, N.Y., 5:29.9;
 12. Rodney Carter, 50, Rochester, N.Y., 5:36.4; 13. Ted T. Grenda, 47, Stone Ridge, N.Y., 5:36.5; 14. Ralph A. Jones, 44, Hamilton, N.Y., 5:36.6; 15. Les Bagley, 46, Fairport, N.Y., 5:44.7.
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MASTERS MILE - HEPTAGONAL INDOOR CHAMPS
 February 23, 1974 Meet Record: 4:35.6, Graham Parnell, Brockton, Mass. (1970)

1. Robert M. Bowman, 43, Woodstock, Ont., 4:38.5
 2. Harold C. Snyder, 41, Alfred Station, NY, 4:40.1
 3. William J. Allen, 42, E. Napanee, Ont., 4:44.0
 4. Donald T. Farley, 40, Ithaca, N.Y., 4:45.5
 5. Kenneth J. Wilson, 43, Allison Park, Pa., 4:45.5
 6. P.K. (Skip) Dougherty, 44, Ft. Campbell, Kentucky 4:45.7; 7. John D. Reppy, 43, Ithaca, N.Y., 4:46.8;
 8. Robert Fite, 46, Cape May, N.J., 4:55.1

MASTERS MILE- PHILADELPHIA TRACK CLASSIC
 Phila., Pa., Monday, January 28, 1974

1. Frank Pflaging, Baltimore OC, 4:35.3; 2. Dave Colton, State College, Pa., 4:35.4; 3. Roger Swank, 4:43:8; 4. Frank McBride, Motor City Striders, 4:44.8; 5. Walter Boehm, unat. (Henry Kupczyk, Nashville, first in 4:29.6, and Hal Higdon, Indiana Striders, second in 4:34.7, were disqualified for elbowing).

NOMAD KUPCZYK IS STYMIED BY MASTER OF A NIGHTMARE --It was billed as the Masters One Mile Run, the race where the 'old guys can go out and have a nice, calm run. For Henry Kupczyk, a 41-year-old YMCA recreational director from Nashville, Tenn., it was a nightmare. He won the race in near-record time, but was disqualified for allegedly cutting off Hal Higdon of the Indiana Striders... who in turn was disqualified for shoving Kupczyk. Because of the double disqualification, last year's winner and record-holder, Frank Pflaging (Baltimore OC), was declared the winner. Pflaging's time of 4:35.3 was well off his meet record of 4:28.5 set last year... and well off the 4:29.6 turned in by the powerful looking Kupczyk.

The nightmare for Kupczyk could have begun Monday when he landed in the county jail in Marion, Va. when he was nailed for speeding on his way to Philly. Or, could have begun years ago when he left his native Poland and began a nomadic trip that has carried him

through Libya, Italy, Canada, Jamaica and the United States.

Kupcayk, who once was a National T&F coach for Polish athletes, started running when he was a teenager... and was Poland's 880 champ (1:53.1) at age 17. From 1950 to 1962 the sterling speedster ran competitively for Poland and, after earning a physical education degree from Warsaw University, started coaching.

"The last few months have been disappointing," admitted Henry as he wound down sprints after learning he was disqualified. "I'm qualified to teach physical education in college (Henry proudly gushed about the 14 runners he sent on to colleges in the United States from his high school coaching position in Toronto) but I just can't seem to find a job. I left my job in Canada to accept an offer in Jamaica, mainly because my wife (37-year-old Ann Maria) is a physician. But it didn't work out well for her.

A placement service contacted me and notified me of the opening in Nashville. But my wife must serve two years in the United States to become licensed. She's working for the medical department at Tennessee State."

Money, however, has been a thorn in Kupcayk's side. "I'm constantly borrowing 50 dollars to go to this race or that. We just can't afford it."

After landing in the county jail in Marion (for four hours until money wired by the Philadelphia Track Classic Committee bailed him out), the disqualification ruined the whole trip up from Nashville.

"Pflaging had gone into the lead with 500 meters to go," remembered Henry. "I started to make my move and Higdon made a rush on my inside. I didn't know he went off the track and really didn't let his angry shove bother me (seconds after Higdon went off the track he raced after Kupcayk and shoved him high on the banked curve). "I'm not out there to fight, I'm out there to run. I knew I could take the field, because I beat Pflaging last week in Richmond (running a 4:10.8 with a blazing final quarter).

"Look, there's bound to be contact in any indoor race. It's foolish to try running through a narrow space. If you do, you must be prepared to suffer the consequences. I'm sorry it happened... but I'm disappointed because it's the first time in 25 years of running that I've ever been disqualified."

What does the future hold for Henry Kupcayk? In several months, he'll be eligible for citizenship in Canada (five years claimed residency). But he likes the United States and wants to help develop young runners the same way he developed.

"If someone would just give me a chance—in college, junior college... anywhere," pleaded Kupcayk. "I know I'm qualified. I know I can develop winners."

Henry Kupcayk is probably right.

NEW MILE SENSATION THE GENUINE ARTICLE

Tony Waldrop's a country boy from the North Carolina sticks and during the indoor track season he has been plain murder! In six consecutive meets Tony, a 5'11", 145-pound, 21-year-old senior at the University of North Carolina has run a mile in less than four minutes, and seems about impressed with himself as if you'd told him he could knock off practice and take a shower five minutes early today.

First off, he ran a 3:59.5 in a meet in Richmond, and that got a line of type back with the tire ads. Then he proceeded, in the space of four nights, to run a 3:59 & fractions and a 3:58 and change in the Millrose Games'

Wanamaker Mile in New York and Philadelphia, each time blasting by Marty Liquori in the stretch.

Then he went out to San Diego and blazed to 3:55 flat, which was merely the fastest indoor mile that anyone, anywhere has ever unfurled.

"I run for the fun of it, for the pure enjoyment I get out of it. Nothing else. The Olympics? The pressure, the strain is not worth it. I know. I tried in '72. Turning pro? I have even less of a desire for that. I don't want to run for money and I'm not interested in some job that I might get because my only qualification was that I ran a mile faster than anybody else," Waldrop says.

Tony Waldrop's boyish faced and, it would appear as genuinely open and honest, as he talks, which is with an uncommon amount of humility. Instead of explaining how he ragged the latest field, he says things like:

"You know you can be a winner without being the first one across the finish line. You can be a winner by just doing better than you thought you could. I just don't want to clutter up my head with a lot of thoughts about winning streaks and breaking records. You do that and pretty soon you're not running just for the fun of it."

It turns out, archeology fans, that we may have discovered what was thought to be an extinct species - a genuine, uncoiled amateur. And the fact that we are more amazed at what he says than what he does may tell us more about ourselves than we would like to know.

Waldrop's 3:56.4 in the Atlantic Coast Conference Indoor Championships at College Park, Md., was an impressive demonstration of his self-motivation. If only because he was running against the LEAST competitive field he has ever this season.

"Funny," the miler observed. "I was wanting very good competition in the ACC mile. Then the other coaches started switching their milers to events like the two-mile and the 1,000 and Bob Wheeler, the defending champ from Duke, turned up with a leg injury.

Once I found out it wasn't going to be the kind of competition I expected, I decided to go out on my own.

"I had one advantage because in my first two years at North Carolina I always set the pace. Now, I much prefer to follow a strong early pace. But the pace-setting experience I had during my first two years here really helped me at the ACC meet."

At the first quarter mile, Waldrop moved out and never looked back. There was nobody to look back to. The runnerup was North Carolina freshman Tommy Ward, who finished in 4:03.

Tony plans to go to California after he graduates and continue running, and maybe take graduate studies in physical education. His major is political science and at one time he thought he'd be going into law. But he's not satisfied by his major and doesn't like it at all.

"I'm not as interested in politics as I was when I started college. The way I feel now, coaching would be the ideal career for me, which is why I'm interested in taking physical education. For some reason, politics and the law just turn me off anymore."

He may run a mile faster than any man in the Republic, but it seems even Tony Waldrop has been overtaken by the national mood.

FT. LAUDERDALE FREE 1/2-MILE RUN, CALDER RACE TRACK, HOLLYWOOD, FLORIDA, Sunday, Feb. 24, 1974. Windy, cloudy, 70 degrees.
L. Colman-McCoy, 32:40; L. Jim Jenkins, 34:44; J.

Frank Koosmans, 35:35; 4. Carl Foote, 35:55; 5. Ray Russell, 36:32; 6. Louis Restrepo, 36:45; 7. Henderson Cleves, 38:12; 8. Gary Karch, 38:13; 9. John Andriolo, 39:07; 10. Dennis Maher, 39:55; 11. Jack McAllister, 44:53; 12. Bill Flanagan, 51:26. (1st Veteran- Nathan Breder, 42:28.)

RFYL- 1. Gary Moore, 10:03; 2. Kai Raine, 10:13; 3. Steve Waggoner, 10:28; 4. Ab Adams, 10:33; 5. Joe Nicholson, 10:38; 6. David Kroupa, 10:52; 7. Jim Picavello, 10:56; 8. Glen Tubber, 11:40. (15 finishers)
--Ab Adams--

MID-MICHIGAN TRACK CLUB 4.1-MILE RUN

Lake Lansing, Haslett, Michigan, Sat., Feb. 16, 1974
Weather: 32°, no wind, sunny. Nice day for a winter run.
1. Duane Spitz, 21:15; 2. John Cassani, 21:27; 3. Ed Grillo, 21:36; 4. Mark Pittman, 21:43; 5. Walt Ganta, 21:52; 6. Harold Cody, 22:02; 7. Jim Carter, 22:07; 8. Bill Keller, 22:23; 9. Doug Kurtis, 22:31; 10. Gerald Crane, 22:49; 11. Dick Goepf, 22:49; 12. Brad Hill, 23:42; 13. Gord Schafer, 24:01; 14. Ed Townsend, 42, 25:24; 15. Pat Knapman, 25:40; 16. Steve Smith, 26:16; 17. Randy Nelson, 28:26; 18. Randy Hill, 30:00; 19. Lori Schafer, 11, 30:35; 20. Dick Reist, 45, 35:04.
--Gordon N. Schafer--

SAN ANGELO 7 & 2 MILE RUNS, WEST TEXAS R.C.
San Angelo, Texas, January 19, 1974 10:00 A.M. 45°

You won't find a course in this part of the country much more challenging than this 7 mile, hilly loop at North Concho Lake. In view of the course, most of the times turned in were really outstanding. Guy Levey and Desmond O'Conner of San Angelo both recorded eye-popping 38:17's as they tied for first and shattered Greg Croad's 1973 course record by 5:43. O'Conner was awarded the first place trophy as the result of a coin flip.

Levi Cauley of San Angelo was all alone at the front of the two-mile pack as the 16-year-old came across the line in 11:50

7-MILES- 1. Des O'Conner, San Angelo, 38:17; 2. Guy Levey, San Angelo, 38:17; 3. Gene Usilton, Lubbock 43, 42:39; 4. Howard Millsap, Odessa, 37, 42:40; 5. Ed Gellenwater, 24, San Angelo, 44:01; 6. Charles Grice 15, Lubbock, 44:11; 7. Dwight Pitcaikley, 25, Lubbock, 45:02; 8. Gene Adams, 39, Brownfield, 46:35; 9. Don Evans, 30, Lubbock, 46:39; 10. Fran Jardine, 17, Lubbock, 46:43; 11. Lonnie Benes, 15, San Angelo, 47:12; 12. Roger Anderson, 36, San Angelo, 48:12; 13. Alan Berger, 37, San Angelo, 48:20; 14. Mickey McClure, 32, Brownfield, 52:04; 15. Otto Tetslaff, 43, San Angelo, 53:45; 16. Mike Plummer, 16, San Angelo, 55:17; 17. David Torres, 25, SA, 58:09; 18. Phil Hayes, 52, Odessa, 59:04; 19. Joe Morgan, 58, SA, 59:17; 20. Robert Buck, 41, SA, 62:41; 21. Charles Neil, 57, Lubbock, 67:07.

2-MILES- 1. Levi Cauley, 16, SA, 11:50; 2. John Cash, 15, SA, 13:13; 3. Randy Guthrie, 15, SA, 15:13; 4. Nancy Adams, 31, Brownfield, 16:02; 5. Don Orr, 29, Brownfield, 16:17; 6. Ken Nelson, 52, Carlsbad, N.M., 16:59; 7. Kathy Steins, 28, Lubbock, 18:38; 8. Harriet Berger, 37, SA, 19:38; 9. Michelle Lang, 13, Odessa, 29:53.
--Gene H. Adams--

FIFTH ANNUAL TRAIL'S END MARATHON

Seaside, Oregon, February 23, 1974 11:30 A.M.
Conditions: Ideal, windless, sunny, 50 degrees.
488 entered, 427 started, 350 finished in under 5 hours.
Team: 1. Oregon Track Club (Ron Wayne, Russell Pate, Ken Moore); 2. Maltby-Perrinville Consolidated

Joggers Squad, 42; 3. Portland TC "A", 49.
1. Tom Howard, 25, Canada, 2:16:28.4 (51:32, 1:17:45, 1:44:20--10, 15, 20-mile splits); 2. Ron Wayne, 24, Oregon, 2:17:45 (51:32, 1:17:47, 1:44:20); 3. Russell Pate, 27, Oregon, 2:19:30 (51:32, 1:17:46, 1:44:20); 4. Ken Moore, 30, Oregon, 2:20:06 (51:32, 1:17:48, 1:44:20); 5. Larry Miller, 23, Oregon, 2:22:06 (52:32, 1:19:46, 1:47:00); 6. Joseph Skaja, 23, Oregon, 2:22:28 (54:00, 1:20:49, 1:48:05); 7. Guy Hendro, 25, Washington, 2:23:52 (54:11, 1:20:55, 1:48:05); 8. George Oja, 30, Oregon, 2:24:18 (54:33, 1:22:07, 1:49:08); 9. James Pearson, 29, Washington, 2:25:57 (54:47, 1:22:43, 1:50:35); 10. Curtis Ankeny, 25, Oregon, 2:27:27 (54:21, 1:22:17, 1:50:55); 11. Harry Shaw, 23, Washington, 2:27:43; 12. Richard Hebron, 24, Washington, 2:27:54; 13. Frederick New, 22, Washington, 2:27:54; 14. Gregory Beyerlein, 20, Washington, 2:29:26; 15. Jack Taunton, 26, Canada, 2:30:28; 16. Robert Taylor, 33, Canada, 2:30:55; 17. Bruce Dewberry, 19, Oregon, 2:31:03; 18. James Barker, 27, Idaho, 2:31:04; 19. Craig Martin, 19, Wash., 2:31:56; 20. Alan Beardall, 35, Oregon, 2:32:11; 21. Carl Christiansen, 26, Canada, 2:32:38; 22. Bob Gray, 26, Oregon, 2:33:04; 23. Norm Oyster, 31, Oregon, 2:33:05; 24. Gary Bryan, 37, Wash., 2:33:33; 25. Dave Wieseske, 21, Oregon, 2:35:26; 26. Robert Ray, 21, Oregon, 2:36:11; 27. Richard Walker, 17, Wash., 2:36:24; 28. Alan Kerr, 30, Canada, 2:36:31; 29. Rob Frantz, 21, Oregon, 2:36:41; 30. John Watts, 18, Ore., 2:37:12; 31. Edward MacDonald, 36, Canada, 2:37:33; 32. Richard Langdon, 23, Oregon, 2:38:46; 33. Ken Turner, 19, Wash., 2:40:46; 34. Daniel Callahan, 23, Oregon, 2:43:08; 35. Gordon Heller, 23, Hawaii, 2:43:50; 36. Jeffrey Keeton, 17, Wash., 2:43:57; 37. Dennis Meyer, 41, Wash., 2:44:05; 38. John Hardtla, 37, Wash., 2:44:10; 39. George McFarland, 24, Oregon, 2:44:33; 40. Gordon Bowman, 19, Wash., 2:44:44; 41. Linden Bland, 35, Canada, 2:44:52; 42. Richard Forbes, 37, Oregon, 2:44:55; 43. Russ Fuller, 21, Wash., 2:44:58; 44. David Hamilton, 19, Oregon, 2:45:04; 45. Scott Slovic, 13, Oregon, 2:45:15; 46. Edward Ford, 27, Oregon, 2:45:26; 47. Dan Lindeamth, 26, Oregon, 2:45:36; 48. Ulf Peterson, 30, Canada, 2:45:44; 49. Alan Jensen, 35, Oregon, 2:45:53; 50. Matthew Henderson, 24, Wash., 2:46:54; 51. Andrew Herstrom, 21, Wash., 2:47:00; 52. Daniel Goodrich, 28, Oregon, 2:47:24; 53. Melvin Stone, 18, Canada, 2:47:30; 54. George Crandall, 41, Calif., 2:47:42; 55. Ronald Brinkert, 29, Oregon, 2:47:58; 56. Jose Puente, 18, Ore., 2:48:24; 57. Steve Sweeney, 18, Oregon, 2:48:35; 58. Stephen Menard, 18, Wash., 2:48:55; 59. Bruce McLean, 22, Wash., 2:50:08; 60. Bill Hanelman, 33, Ore., 2:50:21; 61. Gary Ormer, 31, Wash., 2:50:23; 62. Mark Anderson, 15, Wash., 2:51:02; 63. John Bohnet, 39, Canada, 2:51:37; 64. Mark Byers, Calif., 2:52:00; 65. Paul Pantaleo, 16, Canada, 2:52:40; 66. Peter Stein, 28, Calif., 2:53:24; 67. Robert Drake, 23, Ore., 2:54:07; 68. Beaulie Sullivan, 31, Calif., 2:54:21; 69. Bill Theriault, 29, Ore., 2:54:38; 70. Craig Storey, 25, Canada, 2:54:44; 71. David Rees, 30, Ore., 2:55:23; 72. Jay Kammerzel, 16, Wash., 2:55:29; 73. Frazier Rasmussen, 30, Ore., 2:55:44; 74. Ronald Galvin, 17, 2:56:18; 75. John Frey, 45, 2:56:24... 81. Gordon McLennon, 14, Canada, 2:58:12... 94. Dr. George Sheehan, 55, New Jersey, 3:01:25... 116. Norman Bright, 64, Wash., 3:09:44. (Story next page)
Note: Possible age group record for 19-year-old Scott Slovic of Eugene, Oregon - 2:45:15. Youngest finisher-Darren Steffen, 8, Portland, 4:48:20 --Ralph Davis--

26 Mailman Bags Trails End

By CARL CLIFF
Journal Sports Writer

SEASIDE — In the long run, if you'll pardon the pun, Trails End Marathon has something for everyone.

That's why nearly 300 runners of varying ages, sex and sex gathered at this seaside community for the fifth annual running of the Seaside, 26.2-mile event.

And when Saturday's illustrious legions was finished, everyone who completed the course was a winner whether it was Canadian postman Tom Howard, Seattle's unemployed lab technician, Maria Brzezinska, 17-year-old Scott Stone of Eugene, Portland's 4-year-old Dennis Hoffman or that 61-year-old plodder from Eugene, Robert Gordon Sherbeck.

Everyone who finished the race that wound through Seaside, Surf Pines and Gearhart accomplished, in some degree, what he set out to do — run a marathon. Not all, of course, as quickly as he or she might like.

But when the more than 400 marathoners crossed the starting gate of venerable Doc Swan, the retired OGI track coach, it signaled the start once again of the biggest happening in this coastal community since the winter doldrums that take over this area between Labor Day and Memorial Day waned.

Clatsop County came alive again, though the herds of runners hardly scared a herd of some 20 elk grazing near the course that reached the outskirts behind this beach community.

For Howard and the Eugene area threesome of Bob Wayne, Kurt Pree and Kim Moore, it turned out to be a double hot race.

Then with a sudden, quickening of pace by the 25-year-old Vancouver, B.C., letter carrier, it was a four-mile side that ended in victory when he crossed the finish line at the Seaside Hotel in record time.

"Somebody had to do something," mused the postman from Vancouver's Kestonville district. "We were just sitting on it, and then the pace suddenly slowed down."

Tom ran his race in 2 hours, 14 minutes, 28.4 seconds, nearly three minutes faster than his countryman Jerry Tipton ran to a record victory last February.

It also was two-and-a-half-minute faster than Howard had ever run the distance before in five previous marathons.

When Wayne completed his run one minute, 17 seconds behind the Canadian, he defeated his two teammates, Pree and Moore, who each were bidding to become the first repeat winners of the TEM.

If there was any consolation for the former winners, it had to be that the Lane County trio captured the team title for the Oregon Track Club.

Howard broke the pack just before the quarter passed the clubhouse at the Gearhart Golf Club.

"He picked a good level street, with wind behind him, and he put it to us," lamented Moore, a U.S. Olympian and winner of the '71 Olympic Trials marathon.

"Once you drop off the pace it's hard to keep motivated," Moore continued. "I was thinking of this as a tempo for Atlanta on April 5. I have an invitation to run there and it is on the original marathon course, which intrigues me as I have never run it."

Wayne bettered his marathon time by six minutes and he believes he is now ready to return for a serious bid at the

The race began at 11:30 a.m. Saturday from the Timm stadium at Seaside, which the Oregon Legislature several years ago designated the official terminus of the Lewis and Clark Trail, the site of the marathon, "Trail's End."

The course covered 26 miles, 264 yards and two inches.

"It's that last two inches that really does it," one official remarked at the start of the race.

Runners competed in women categories, including teams, NIAA, high school, husband-wife, father-son, and age groups.

Age 65 — Tom Howard, Vancouver, B.C., 2:14:28.4; Jerry Tipton, Eugene, 2:17:15.4; Bob Wayne, Eugene, 2:23:17.4; Kurt Pree, Eugene, 2:24:12.4; Kim Moore, Eugene, 2:25:07.4; Dennis Hoffman, Portland, 2:26:02.4; Scott Stone, Eugene, 2:27:07.4; Robert Gordon Sherbeck, Eugene, 2:28:02.4.

Age 50 — Tom Howard, Vancouver, B.C., 2:14:28.4; Jerry Tipton, Eugene, 2:17:15.4; Bob Wayne, Eugene, 2:23:17.4; Kurt Pree, Eugene, 2:24:12.4; Kim Moore, Eugene, 2:25:07.4; Dennis Hoffman, Portland, 2:26:02.4; Scott Stone, Eugene, 2:27:07.4; Robert Gordon Sherbeck, Eugene, 2:28:02.4.

Age 40 — Tom Howard, Vancouver, B.C., 2:14:28.4; Jerry Tipton, Eugene, 2:17:15.4; Bob Wayne, Eugene, 2:23:17.4; Kurt Pree, Eugene, 2:24:12.4; Kim Moore, Eugene, 2:25:07.4; Dennis Hoffman, Portland, 2:26:02.4; Scott Stone, Eugene, 2:27:07.4; Robert Gordon Sherbeck, Eugene, 2:28:02.4.

Age 30 — Tom Howard, Vancouver, B.C., 2:14:28.4; Jerry Tipton, Eugene, 2:17:15.4; Bob Wayne, Eugene, 2:23:17.4; Kurt Pree, Eugene, 2:24:12.4; Kim Moore, Eugene, 2:25:07.4; Dennis Hoffman, Portland, 2:26:02.4; Scott Stone, Eugene, 2:27:07.4; Robert Gordon Sherbeck, Eugene, 2:28:02.4.

Age 20 — Tom Howard, Vancouver, B.C., 2:14:28.4; Jerry Tipton, Eugene, 2:17:15.4; Bob Wayne, Eugene, 2:23:17.4; Kurt Pree, Eugene, 2:24:12.4; Kim Moore, Eugene, 2:25:07.4; Dennis Hoffman, Portland, 2:26:02.4; Scott Stone, Eugene, 2:27:07.4; Robert Gordon Sherbeck, Eugene, 2:28:02.4.

Age 10 — Tom Howard, Vancouver, B.C., 2:14:28.4; Jerry Tipton, Eugene, 2:17:15.4; Bob Wayne, Eugene, 2:23:17.4; Kurt Pree, Eugene, 2:24:12.4; Kim Moore, Eugene, 2:25:07.4; Dennis Hoffman, Portland, 2:26:02.4; Scott Stone, Eugene, 2:27:07.4; Robert Gordon Sherbeck, Eugene, 2:28:02.4.

Age 5 — Tom Howard, Vancouver, B.C., 2:14:28.4; Jerry Tipton, Eugene, 2:17:15.4; Bob Wayne, Eugene, 2:23:17.4; Kurt Pree, Eugene, 2:24:12.4; Kim Moore, Eugene, 2:25:07.4; Dennis Hoffman, Portland, 2:26:02.4; Scott Stone, Eugene, 2:27:07.4; Robert Gordon Sherbeck, Eugene, 2:28:02.4.

world famous Boston Marathon in mid-April.

"That's a bone open meat for me," smiled the native of Brockton, Mass., a five-time Yankee Conference distance champion while attending University of Massachusetts.

Ms. Brzezinska got marathon oriented because she witnessed last year's TEM as a spectator to watch her boyfriend compete.

"It's exactly one year since I started running," she recalled. And already she clipped better than 12 minutes off her other marathon run.

How boyfried?
"Oh, I passed him at five miles," she laughed. "He had a cramp and had to drop out."

By 3:16:45 clocking was the first girl to finish and she was the second fastest time for women in the TEM.

Pree contributed his part to scientific experiment. He swallowed a telemetry capsule at the start of the race that would measure the internal temperature of the body.

An International marathon rule says a competitor may have 20 liquid sweatbeats during the opening 10,000 meters of the race. The experiment was to determine varying body temperature during a race.

"I've found," said the veteran marathoner, "the winner of the marathon is the one who dehydrates the least."

When Howard accelerated with some four miles to go he just ran away from his rivals. They couldn't go with him.

And how about that Eugene junior high runner Sivik, who with his dad, Paul, won Father-son honors?

Young Sivik finished 4th in a remarkable 2:45:11, which said official confirmation, quite probably is a 15-year-old age-group record.



Left—
English Cross-Country—
Great fun!!!



JAN. 28, 1956
RON DELANY, VILANOVA
SCHOOLBOY, RUNS THE FASTEST
MILE EVER IN THE HISTORY OF
THE SPORTS WORLD
2.1 Miles in 4:06.3



THE WINNER — Tom Howard of Vancouver, B.C., hits the high leg at The Prom in Seaside, winning the annual Trails End Marathon in 2 hours, 14 minutes, 28.4

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