



In the Long Run
it's the
Long Distance Log

VOLUME 21

MARCH-APRIL 1975

NUMBERS 231, 232



Promising Australian athletes (from left) Graeme Rootham,
Randal Markey and David Fitzsimmons.

HAS LORE GRANTLEY PAID TO HOLD A CAMPBELL'S JUICE CAN WHILE POSING FOR PICTURES IN A WINNING EVENT, THUS FLOTTING THE AACT?

HAS MISSOURI STATE REP. CARL HICKLER'S WINNING "HOP" IN LAST NOVEMBER'S ELECTION AGAINST A LOSE COMPETITOR (A ROMAN) ALL THAT EASY?

HAS DAVID LAYNE REALLY DESERVE THE 1974 "POLYMER PRIZE" FOR PLAGIARISM?



"NO!" IS PROBABLY CORRECT in each case, but the questions were asked.

See story on page 4

ARIZONA

7th ANNUAL ARIZONA
ADMISSIONS DAY MARATHON
Tucson, Arizona

Feb. 13, 1975

Course Distance: Marathon
Course Record: 2:26:48, Jerry Jobaki, 1971
Starters/Fin: 164/101
Temp. & Cond: 51°, 40%, occasional wis,
w/ few drops of rain

Results

1. Reuben Ruiz 2:29:57	16. Flydsalvador 2:47:34
2. Dave Cripe 2:32:08	17. Tom Botkin 2:48:27
3. Larry Hidalgo 2:34:12	18. David Hunt 2:49:22
4. Scott Spencer 2:37:25	19. Andy Ruiz 2:49:39
5. Erik Ortega 2:38:50	20. Peter Richards 2:49:40
6. Steven Kelly 2:40:04	21. John Welch 2:51:26
7. Jan Ahlberg 2:40:25	22. Charles Thores 2:51:56
8. Tom Holloy 2:40:39	23. Wally Shiel 2:53:05
9. Bruce Fay 2:41:27	24. Fred Pomeroy 2:54:08
10. Gary Hidalgo 2:42:03	25. Jack Currie 2:54:52
11. George Rivera 2:42:32	26. Jerry Jones 2:55:12
12. Paul Yeatta 2:45:19	27. John Copeland 2:55:21
13. Paul Shiel 2:45:30	28. Pat Rogers 2:57:46
14. John Lacy 2:45:53	29. William Gates 2:58:27
15. Maclean Hillson 2:46:12	30. David Hansen 2:59:34
M = 1st, 30-39	31. Reinhard
J = 1st, 40-49	Seckmann 3:11:03
T = 1st, 50+	
Team Scores:	
1. Ariz. Road Racers 15	3. Half-Past Club 85
2. Southwest Truckers 43	

What Did Reuben Ruiz Do About 5 Marathons in 56 Days at 17 years old?



Reuben Ruiz 17,
Junior at Sunnyside High School, Tucson, Ariz.

Ran in five Marathons in 56 days.
Was all in High School Division.

Over-all Second Place winner in Las Vegas Marathon.
First Place in Tucson. Could possibly be the best
long distance runner in the State.

ON THE COVER

Grasse Boothan, Donald Markey and David
Pittsinnock, promising Australian athletes

USITT
Long Distance Log
1225 North 10th Avenue
Tucson, Arizona 85703

January 3, 1975

Dear Browning:

On behalf of the Runners in the state of Michigan, I would like to thank you for the countless hours spent in compiling and coordinating results for the Long Distance Log. It is the one magazine in which a runner can get a true picture of distance running in the United States and can compare times in all regions of the nation.

The Motor City Striders also thank you for publishing the results of the races they have conducted over the years. Best wishes for continued success in all of your endeavors.

Sincerely,

Ed (sig)

Dr. Edward M. Kozloff
Long Distance Running Chairman,
Michigan
Secretary, Motor City Striders
10144 Lincoln
Huntington Woods, Mich. 48070

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DISTANCE
LOG



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For Runners
By Runners

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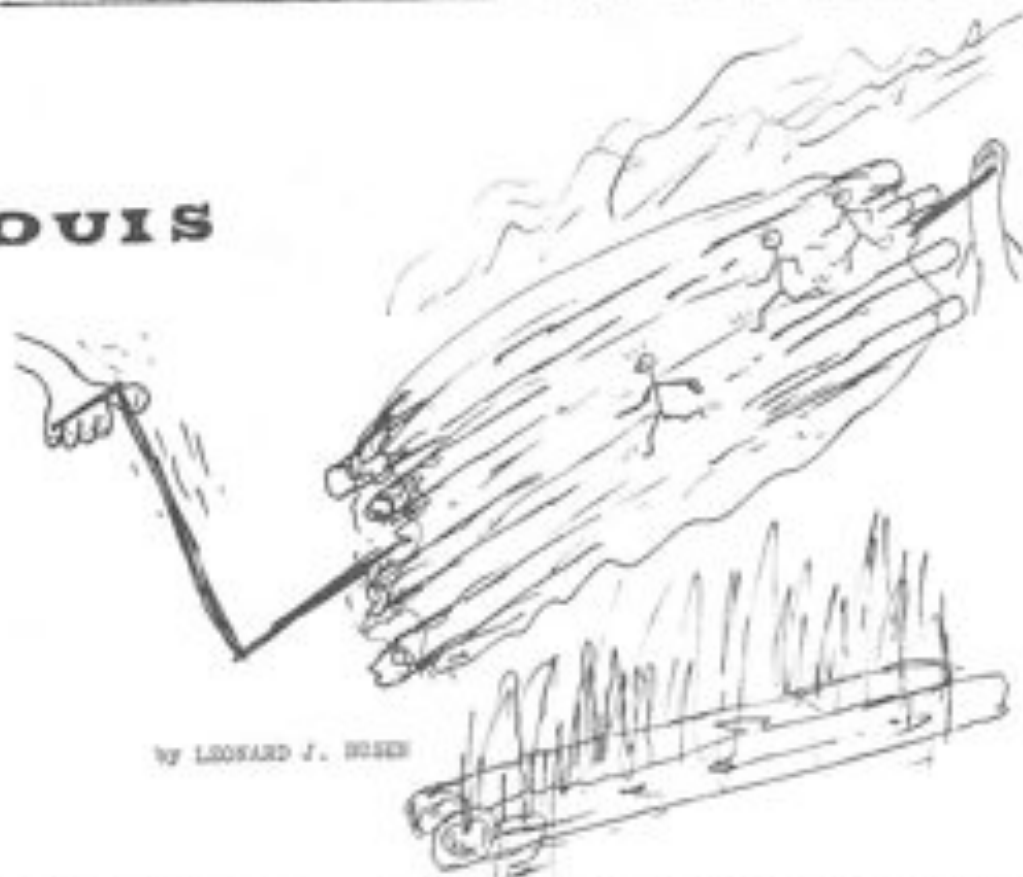
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Prime "Ribs" from ST. LOUIS

THINGS
GET
HOT
FOR
THE
ST. LOUIS
TRACK CLUB
RUNNERS



By LEONARD J. ROSEN

The St. Louis Track Club "roasted" its members Jan. 25, including these spoofs. The tradition was begun last year at the Club's Annual Awards Banquet. It has proved uproarious.

Club members Gene Glasladie and Jerry Hamilton came up with the put-downs, the light touch, to brighten the dinner. Gifted with ascories for kinky guffaws of the Club's active year (and never mind clever twists to spice up truth), they added hours of midnight oil—and presto—a batch of St. Louis horseleagues was born.

Prior to the flat-out fun, Club President Jerry Adams presented "runner of the year" honors to Jerry Kokesh, senior; Bill Stewart, masters; and Jack Frohlichstein, pacer division. Kokesh thus is guardian of a yard-tall, 15-pound travelling trophy which Lavin won last year, and Stewart took over care and feeding of a furniture-sized monument held previously by this writer. Frohlichstein's award is new this year.

Mal Higdon, 45, of Michigan City, Indiana, a class runner and author, was keynote speaker and cited some perfect squelches of hecklers.

"Hey, man, where'd you leave your pants?" says a taunting motorist. "With your wife," answers the jogger. Higdon also told of runners trotting across hoods of autos stopped in their paths.

Craig Virgin, of Lebanon, Illinois, owner of 12 world age-group records, was on hand as the Club's Junior Runner of the Year, a role held now by Marc Solvin.

Bob Fitts, 32, University City, Missouri, a member of the Club and its speaker last year, won the St. Louis Olympic Memorial Marathons in '73 (the first year held) and '74; and on March 2, this year, was second in 2:25:15 behind Bob Rusty, Warrensburg, Missouri, at 2:21:00. Fitts and Rep. Muckler figured in a satirical award.

When Fitts was being lined up as speaker, it seems Muckler cleared his throat and said profoundly, "I really personally don't care what you talk about, but you ought to make it interesting."

Muckler devised the Runner of the Year point system, (the roast continues), "which practically nobody understands," and scheduled events to start at sunrise. Meanwhile, "Carl, a late sleeper, never attends these early events." In other efforts, he held a "Turkey Race" and gave away pumpkin pies when the innce couldn't buy birds; and proposed a postal race with Austria, only

...AND FOR YOU... A GIFT
FROM AUSTRIA



to have that country "give the bird" to his idea. Mark one down for Muckler for one Better Ideas Award.

But that was last year. This time he netted an Alton (Ill.) Silver Run unofficial 31st-place medal for overconfidence, for thinking wrongly he had an age-group award sewn up. Rep. Muckler accepted, wittering at Hamilton, "I can't fight him, he's one of my constituents."

Danny Lavin caught it in the ribs for aggressiveness as a writer for the "Sports Weekly of Southern Illinois." "Danny has made a lot of friends by trying to get the results of races only minutes

after they have ended—while the race officials are still trying to tabulate times, places and award winners," said the Club's tongue-in-cheek artists.

At a Kirkwood (Mo.) Green Tree Run, an official asked, "Who is hell is that guy? Get him out of here before I kill him!" at the Club's Fall Foot Race, officials retreated from the inquisitive by tallying results in a camper. "...but darned if Denny didn't try to get the results through a window." With all that fodder to choose from, the Club granted to Levin a plagiarism prize for pilfering a column and playing switcheroo, by plugging in new names to fit his byline.

Rock Gallagher, editor of the Club's Track Time News, was cited as "most efficient runner" for training like Frank Shorter and Jack Foster; that is, drinking martinis like Shorter and beer like Foster." Charlie Finch, editor a year ago, had won an "old newsboy" plaque for uncanny ability to go to press late.

A series of "man vs. beast" awards were given also; to Herman Hall for encountering a goat; to Joe Bell, who has been bitten by a dog, a dog biscuit; to Bob Pitts, the target of a blackbird, a slingshot; to Mike Connelly, who met nose to beak with a pelican, a rubber fish....

WILD HOG
FOODS
EXHIBITS
AND
MORE
SANDY
SANDY
SANDY
SANDY
SANDY

WILD RUNNER
VERY COMMON IN
N. AMERICA.

NOW, IF I ONLY HAD A
PORTABLE PRINTING PRESS...



A "silver catch" plaque was given this writer to immortalize his effort to "fool Mother Nature" last August when he was racewalking. Delayed an urge to "rest," and finally made a panic dash into woods and a ditch, only to break his ankle. Last year he got a Mickey Mouse watch, a map, and was considered for starting blocks (floorboard-mounted) to get him to the races on time.

Gene Kufskie, past winner of a coveted "Did Not Finish" award and a T-shirt split down the middle labelled "half-way," this year bounced in to collect a new "Obscure Records" award. Kufskie has a knack for pulling up rain, en route, in races, and was unbeatable in hot competition at 930 yards; where he chose to stop while a one-mile event was under way. So much for standard distances.

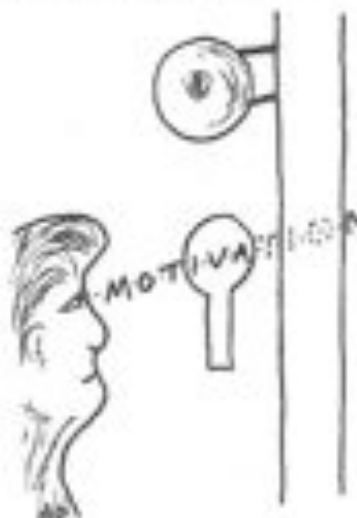
Gwaltney was given a pair of shiny white socks to make TV-star posing easier. With his habit of skipping rope before and after runs, the boys with the cameras just naturally zero in on Gwaltney. His "I am a TV star socks" should help with identification.

The Rev. Bill Craig was credited, perhaps unduly, with some of the fine weather at Club events, lasting at least until he crosses the finish line. But how did he get away from his congregation on Sunday mornings, our heroes wondered, other than by saying that he was "saving souls"? Anyway, the Rev. Mr. Craig walked away with a "sole saver" award for this paradox.



Atasa, who once raced in his underdrawers, was some adhesive tape to seal shut the openings in his wardrobe. Kokesh, 23, was kidded with a coupon for karate lessons from the late Paul Giacchio, 60, holder of the black belt and 15 of the Club's age-group records, in memory of a moving incident in last year's Run to the Arch, when Paul aided Kokesh

continued on page 20



by SCOTTY E. POWERS

THE MANY complex facets of the mental aspects of distance running have been explored through the eyes of psychologists, coaches, and runners themselves. There seems to be general agreement that there are two basic forms of motivation—described as being internal and external. Internal motivation arises from some inner cause, drive, or need that requires no external reasons. External motivation is caused by some outside reason which generally does not manufacture itself.

The question now arises as to what the coach can do to provide that needed external motivation.

Let us first explore a form of internal motivation that causes an athlete to run long distances. Motivation begins with the individual perceiving that he has a need. The need to be recognized or the need to excel in some direction is a natural human trait possessed in some degree by practically everyone. This perception of a need creates a drive by its arousal of the individual. A drive is a force, but, in itself it has no specific direction; therefore the individual has to develop a motive. The drive then arouses him to do something about his needs, and the motive directs him toward satisfaction of the need. In the case of the distance runner, the natural human drive for recognition carries on without the achievement; the greater the challenge, the greater the response.

the **KEY** to distance running

This brings us again to the coach's pressing role of providing external motivation. It has often been said that distance runners train harder and longer than athletes in any other sport. Often times the only reward these athletes receive is personal satisfaction of physical achievement. This one incentive also drives the distance runner toward a goal of perfection found only by way of self punishment through vigorous training and self denial. In order to be successful, a runner must have a feeling of joy and exhilaration in running during workouts and a realization of accomplishment after the competition.

Because distance running is so demanding upon the body and the mind of the athlete, he should be helped toward the proper attitude in training. If there is a virtue above all others that he might be taught, it is patience. The problem of keeping high morale during workouts is mental, not physical, and should be combatted by a properly organized workout which, if properly motivated, can be fun.

All coaches have been faced with the problem of keeping runners interested in work and improvement. A coach must sell his athletes on the idea that feeling tired is not necessarily being tired, and one of the essentials of correct training is the development of callousness toward the feelings of fatigue. In distance training fatigue must be nonexistent in the mind of the athlete.

The idea behind all training is to develop endurance and self confidence. Endurance can only be developed through demanding workouts which can only be accomplished by a good mental attitude toward training. Lawther suggests in his book, "Psychology of Coaching," that if a runner enjoys a cross

country jaunt and the communion with nature, and if he were highly motivated toward future running achievement, he would be less conscious of any fatigue symptoms.

Most coaches agree that motivating an athlete first begins with aiding the athlete to define his goals. Without a conscious objective, there can be no motivation. Rarely will an athlete work to his fullest potential without a clearly defined purpose. Goal identification, therefore, is one of the coach's most important functions.

The establishment of goals must be short term, intermediate, and long range to provide the athlete with enough motivation to continue over a long period of time. Goals must be flexible to meet the changing needs of the athlete.

To briefly summarize motivation and its effect on the athlete, let us reconsider the two basic types of motivation. The athlete must first possess some inner quality called internal motivation. Internal motivation results from some need, drive, or reason within the athlete himself.

The second type of motivation, external motivation, must be provided by some outside force. The coach is often the catalyst for this external motivation and must help the athlete clearly define his goals. The constant hand of encouragement must be present to provide the athlete with positive reinforcement.

Boesen and Wilt stated that motivating an athlete involves the providing of reasons which cause and sustain goal-directed behavior. A coach will soon find that no two athletes are motivated in exactly the same way. Each is an individual and must be treated uniquely to meet the changing needs of his personality. Motivation is a complex science involving both internal and external facets and must carefully be studied by a coach.

MASSACHUSETTS**5 MILE RUN**

Fresh Pond, Cambridge, Mass. Feb 15, 1975
 Course Distances: 5 miles
 Weather Cond: snow & ice.

Results:

1. Bill Kemp 28:22	11. Dan Gamoin 31:46
2. Roland Ormer 29:10	12. John Christie 33:09
3. J. Habbington 29:21	13. Dan Frye 33:36
4. Marty Calahan 29:42	14. Peter Wallen 34:13
5. G. Neuenhaus 29:59	15. David Fudge 36:53
6. Ed Wood 30:16	16. Jim Crouse 37:32
7. Walter Hill 30:53	17. Royce Sawyer 37:36
8. Bob James 31:36	18. Ralph Hayden 39:08
9. Ed Fallon 31:46	19. Paul Richards 40:12
10. Larry McDonald 31:46	20. Ed Whitney 40:14

MASSACHUSETTS**5 MILE RUN - JUNIOR TRACK**

Course Distances: 5 miles Feb 17, 1975
 Weather: fine

Results:

1. G. Conefrey 24:20	11. Jake Mahoney 26:49
2. Bart Petrasca 24:36	12. Jim Royce 26:55
3. Robert Thorne 25:35	13. Ewin O'Brien 26:57
4. Peter Kuchinski 25:42	14. Fanny O'Brien 27:02
5. Michael Baxter 25:45	15. Kenneth Barret 27:25
6. R. Grandfield 25:55	16. Charles Hanson 27:27
7. Ronald Gaff 26:08	17. Stephen Palmer 27:35
8. E. Redenhiiser 26:17	18. R. Sicilano 27:36
9. John Habbington 26:19	19. John Spinney 27:45
10. Louis Paul 26:35	20. R. Levenson 27:55

SILVER LAKE MARATHON

(Statistics not available)

Starters: 151
 Weather: 35°, cloudy. Roads wet.

Results:

1. Ralph Thomas 2:29:23	11. H. Duffy 2:44:51
2. Joe Catalano 2:33:04	12. Phil Heath 2:45:30
3. Tony Lilcox 2:33:27	13. J. Conannon 2:46:27
4. Ray Sidman 2:37:07	14. J. Harris 2:47:46
5. Paul Bayffer 2:38:05	15. D. McGill 2:48:57
6. Chris Roberts 2:39:11	16. J. Streeter 2:49:54
7. Wm. McKitchen 2:40:39	17. Ed Wood 2:51:15
8. John Bigley 2:42:53	18. Ed Donovan 2:51:38
9. Mike Kearns 2:44:40	19. Wm. McNulty 2:53:50
10. L. Aguilar 2:43:47	20. James King 2:53:51

MASSACHUSETTS**FOURTEENTH ANNUAL BRIGHTON KNIGHTS**

5.7 MILE RUN Massachusetts Mar 23, 1975

Course Distances: 5.7 miles
 Course Record: 43:19 Pat Macman in 1970
 Starters/finishers 236/196
 Temperature: 47 degrees, Conditions: excellent.

Results:

1. Andy Barfoot 43:02	11. Bill Kemp 46:55
2. Ray Currier 44:46	12. Joe Catalano 47:06
3. Dennis Donoghue 44:51	13. David McCloud 47:12
4. Brian Reinhold 44:56	14. John Cedarholm 47:27
5. Rick Bayko 45:04	15. Peter Ghethik 47:39
6. Earl McGilivray 45:17	16. John Goodwin 47:38
7. Neal Coville 45:42	17. Paul Thompson 47:39
8. George Conefrey 46:20	18. Fred Doyle 47:45
9. Terry Gallagher 46:26	19. Don Dudley 47:54
10. Tom Dowling 46:47	20. Wayne Jacob 47:55

MASSACHUSETTS**2.5 MILE RUN**

Fresh Pond, Cambridge, Mass. Mar 15, 1975
 Statistics not submitted
 Weather Conditions: a few inches of fresh snow.

Results:

1. Robert Cornsley 14:11	11. Tim Lepore 16:35
2. Mike Doherty 14:33	12. Geo Attarulo 16:57
3. Phil Heath 15:00	13. Royce Sawyer 17:47
4. Harold Gabriel 15:13	14. Mike Sullivan 18:21
5. Francis Maher 15:27	15. Kathy Smith 19:27
6. Dave Maria 15:32	16. M. Endeca 21:14
7. Charles Batt 15:35	17. S. Podlosny 22:32
8. Tom Hayden 16:07	18. Fred Bruen Jr. 22:45
9. Ed Norton 16:10	19. Jane Johnson 23:53
10. Bing Wu 16:13	20. Bill Durale 23:53

MASSACHUSETTS**FORTYSEVENTH ANNUAL HELLENIC COURSE**

15 MILE RUN Mar. 16, 1975
 Lexington, MA

Course Distances: 15 km
 Course Records: 45:58, Andy Barfoot, 1973
 Starters/finish over 250/205

Results:

1. Ken Flanders 46:55	11. Peter Ciano 48:54
2. Jim Cappeluto 47:21	12. Buddy Bestick 49:01
3. Art Dulong 47:30	13. Mike Stichey 49:02
4. Vin Fleming 47:47	14. Kirk Skinner 49:03
5. Pat Doherty 48:03	15. George Conefrey 49:23
6. Mark Duggan 48:06	16. Ed Bladen 49:32
7. Tom Derderian 48:25	17. Bruce Lehane 49:34
8. Bill Durale 48:32	18. Fred Doyle 49:47
9. Hamilton Amer 48:38	19. Dan Paul 49:54
10. John Goodwin 48:53	20. Rick Bayko 50:10

MASSACHUSETTS**5 MILE RUN**

Fresh Pond, Cambridge, Mass. Mar. 22, 1975
 Starters/finishers: 65/66
 Weather Conditions: 35° - fair.

Results:

1. E. Redenhiiser 26:13	11. J. O'Souris 28:01
2. Walter Renaud 26:44	12. Larry Thee 28:31
3. Joe Kell 26:57	13. C. Bloodgood 28:31
4. Ed Sheehan 27:04	14. Jack Despey 28:49
5. Dennis Higgins 27:08	15. Rick Stephens 28:58
6. Tim Robinson 27:10	16. Rick Hart 29:01
7. Jim Green 27:17	17. Rick McKillop 29:09
8. Steve Lafler 27:34	18. G. Harlick 29:13
9. D. McGilivray 27:43	19. Dave Ryder 29:25
10. Phil Bough 27:55	20. Dave Walsh 29:33

DISTRICT OF COLUMBIA**THIRD ANNUAL ACACIA CHERRY BLOSSOM CLASSIC**

Washington, D.C. Apr 6, 1975

Course Distances: 10 miles
 Course Record: 50:50 1974 Jack Mahuria NCTC
 Starters/Finishers 564 - 279 under 70 min
 Temp. & Cond: 40° fair, windy gusts up to 30 mph

Results:

1. Carl Hatfield 51:47	6. Max White 53:51
2. Steve Mahieu 51:57	7. Hugh Sweeney 53:49
3. Bernard Allen 52:05	8. D. Anderson 54:00
4. H. Salazar 52:52	9. D. Robinson 54:01
5. Phil Steward 52:55	10. Bob Thareton 54:05

YOU NEEDN'T BE GREAT; JUST BE YOURSELF

yet Ted Haydon's track club fields plenty of winners; the welcome mat is out

by Frederick C. Kleis, staff reporter of
the Wall Street Journal

It's a typical winter afternoon at the University of Chicago's cavernous, dimly lit field house. Out on the dirt running track is a motley assemblage of athletes of various ages and both sexes. The largest group is made up of members of the university's track team, distinguishable by their maroon sweat suits. They weave through the considerable traffic caused by local high school and college teams that use the facility along with a goodly number of runners and joggers of no apparent affiliation.

Here comes Rick Wohlhuter, who holds the world's records for the half-mile and 1,000 meters. And here, with equal dedication, comes 11-year-old Andrew Goodman, the son of a university faculty member.

Taking it all in bemusedly is Ted Haydon, a grandfatherly man who can be identified by the several stopwatches hanging around his neck. He is the coach of the university's track team, for which he is paid. He also serves, without pay, as coach of an unusual organization called the University of Chicago Track Club, whose 300-odd members range in ability from Mr. Wohlhuter and other Olympic-level competitors to Master Goodman and physical fitness buffs in their 60s.

ADVICE AND ENCOURAGEMENT

The university track team gets top priority, but anyone who stops by, including members of teams he doesn't coach, can get a word of advice or encouragement from Mr. Haydon, who is on duty at the field house seven days a week. (He's available because his two children are grown and his wife, a teacher, shares his enthusiasm for track, often helping out at his meets.) "On the club, I'd say I spread my time about equally between our top guys and the others," he says. Then he thinks for a moment and takes it back. "Actually," he smiles, "Andy bugs me for help more than Rick."

He goes on: "I've never thought that sports should be only for the few who happen to have great talent. I get as much kick out of seeing a middle-aged fellow work himself up to the point where he doesn't finish last in one of our races as I do in seeing our relay teams set records in high-powered meets."

In this instance, the philosophy of 62-year-old Ted Haydon is exceptional in an American sports scene that has come to be dominated by professional

Mr. Haydon's coaching techniques reflect the fact that his charges - both undergraduates and track-club members - don't have many hours to de-

align and coaches who prize victory above other things.

"What Ted has done—especially with his club—is simply marvelous," says Bob Timmons, coach of the University of Kansas track team and a colleague of Mr. Haydon on the U.S. Olympic Committee. "His is one of the few organizations that offer graduate athletes of all levels an opportunity to train and compete. I'm afraid that many of us in track have neglected our responsibilities in that area." Mr. Timmons recently formed a track club of his own in Lawrence, Kansas.

If Mr. Haydon's attitudes about sports are unusual for a coach, so is his background. A native of Canada, he graduated from the University of Chicago in 1933 with a degree in sociology. He was captain of the university's track team as a senior (he ran the hurdles and threw the hammer), but his association with the sport ended for 14 years after his graduation and entrance into a career in social work.

NOTABLY RELAXED

"After the war—about 1947—my doctor told me I needed exercise, so I started working out afternoons in the field house," he says. "The track coach asked me if I'd help out with the team on a volunteer basis, and I did. When he retired in 1950, the university asked me to take the job."

From the outset, Mr. Haydon opened his facilities to alumni and people associated with the university. Others from around Chicago began to drift in, mainly because the university field house has one of the few indoor tracks in the vicinity. The university, which takes a notably relaxed attitude towards sports, didn't mind if the outsiders joined up as long as their presence didn't detract from Mr. Haydon's varsity duties.

To the contrary, he thinks the club has helped the school team. "The kids get a charge out of working with our older fellows," says the coach. "We don't give athletic scholarships, and when I started here I had to scour the dorms to get people to come out for track. Now I have 50 kids out, and they all showed up on their own."

Even though the university pursues a small-college schedule, Mr. Haydon's reputation as a coach grew. He was an assistant coach of the U.S. Olympic track teams in 1968, and 1976, and is noted as a developer of distance runners.

As to training. Generally, he prescribes alternating short sprints to develop speed with longer runs to develop endurance. Attention to psychological factors isn't ignored; he often instructs his runners to relax over a beer or two the evening before a race.

It's all very low-key, and his club reflects this approach; indeed, it is so loosely organized that no one knows for sure who is a member and who isn't.

There are, for instance, no training rules, and no dues; the club's annual budget of \$32,000 a year comes from contributions by people who are interested in track, the money that sponsors of major meets put up to pay the expenses of track-club members who compete in them, and entry fees from the 20 or so open-to-all covers meets that the club stages annually. In the latter

continued on page 15

'Turkey Trot'

draws champions

and also-rans

Our man in motion

By John Huzar



THE WAVES WERE ROLLING over the seawall and the temperature was 35 on a forbidding Sunday morning.

In the fieldhouse at Lake Shore Park, 300 men, women, and children swarmed noisily around the leasers, smoothing socks, tightening woollens, waiting for the call to shuffle thru the tunnel beneath the Outer Drive.

"They were part of the 'underground' of Chicago's distance runners, the anonymous health nuts who trundle around the bike paths by weekday and show up at an increasingly strange breed of foot races on their days off.

No one knows how many races or runners there are, but the numbers are increasing. At this pre-Thanksgiving "turkey trot," the entries have grown from 150 to 180 to 300 in two years.

BOB MARTIN, a South Side who has taken upon himself the function of a clearing house, has a list of 187 races this fall in the eight-state region surrounding Chicago (48 to Illinois). They range from YMCA two-milers to the Iowa Amateur Athletic Union 30-mile run. There is a race for nearly everyone—cross-country, 10 kilometer, 1.5-mile soo run, half-marathon.

"And I imagine there are a lot that I'm not aware of," said Martin, an official of Road Runners of America who came to Chicago from Oklahoma a year and a half ago, attended to find races booming. "Since I put the schedule out, I've heard of at least 23 more."

But most runners aren't organized enough to know of Martin. They learn of races mostly by scanning park and Y bulletin boards, or by having some promoter stuff a flyer in their hands while they are lumbering for a race. In fact, rugged independence is part of the charm.

This time, the runners would be going 4½ miles over a slatted tier of reddish bricks and bike paths besides churning, wavy Lake Michigan. Last year, some guy fell in, a sign of the general lack of expertise.

"The hardest part of this race is taking off your sweat pants," observed 30-year-old Bob Christensen, a commercial artist who runs every day but seldom races.

Chicago Tribune, Sunday, December 1, 1974

OTHERS IN THE STRANGE assortment of men were six or seven old guys with foreign accents, a doctor wearing County Hospital surgical greens ("I look like a Chinese peasant, but they're great to run in"); an ex-Golden Gloves champ still at fighting weight after 25 years; 25 members of a rowing club; some cross-country skiers; a chubby, beer-drinking Pulitzer Prize winner; a guy who showed up to run in loafers; an old-timer who flaps his arms like a bird; several fathers and sons; and the eventual winner, a pony-tailed mailman who won last model (20th place) in the Boston Marathon.

Among the women were field hockey players hoping to make the national team, grandmothers, an ex-con, a 33-year-old girl (who finished fourth in class), a ruddy-cheeked housewife who runs so she can have something in common with her freaky husband. There were age divisions for the men and a special class for high school runners.

Many, of course, had never won a race, hardly even contended. That's not important where the goal may be just to finish, or to achieve a certain time.

Thousands of people are running for pleasure these days, filling the bike paths and cluster tracks. Most are recreational jiggers hoping only to add years to their lives, but more and more are finding themselves at starting lines, thrilled to be

part of a race, bobbing sometimes with great runners. Many runners had never raced until they were 40 to 50.

"I'll never forget one of the first times I ran in a race like this," said Dr. Randolph Seed, chief of surgery at Grant Hospital. "I looked at these skinny guys next to me and it turned out they were former Olympians. It almost blew my mind."

Martin assented. "Racing is the most democratic of sports. I play golf, but I can't get up a game with Jack Nicklaus. But there are great champions who'll be in some of the same races I'm in. Of course, I'm not gonna be with them for long, but I am there at the start. For a buck or two entry fee, I am running in the same race."

FOR AL PAUL, a 35-year-old lawyer, the latest race is his once-a-year thing, an annual progress check. His goal was to finish in 34 minutes, about 10 minutes behind the leaders.

"This is a very, very big thing for me," he said. "Well, I had trouble sleeping last night." Later, having missed his mark, he splashed across the finish line "with my feet waterlogged, my shoes wetted for three miles, and sick to my stomach because some guy on my shoulder made me sprint it."

But, he said, was it ever fun.

ATHLETICS in AUSTRALIA

UP & COMING
RUNNERS
from
'DOWN UNDER'...



by CHRIS FREEMAN

IN THE PAST TWENTY YEARS, Australia has produced some of the world's fastest sprinters and distance runners.

The flying spikes of athletes such as John Landy, Majorie Jackson, Ron Clarke, Herb Elliott, Pam Kilborn and Ralph Doubell have shattered an array of world records since the early 1950s.

But the golden years of Australian athletics seem to be over, at least temporarily. Coaches and officials are worried about Australia's immediate prospects in world running events.

In the words of veteran athletic coach Jack Pross, Australia's "crust of top-line runners is extremely thin."

Though Australia has many promising younger athletes, only three are generally acknowledged to be in world-record class -- marathon runner John Farrington, 32; sprinter Reelene Boyle, 22; and sprinter Denise Robertson, 22.

Mr. Pross, who coached Australia's athletics team for the Commonwealth Games in 1966 and 1970, and the Pacific Conference Games in 1973, feels the reasons for Australia's temporary decline are clear.

"In Australia, we are still living very much in the era of the true-blue amateur in track and field," he said. "There are neither resources nor interest to make it possible for the best of our athletes to improve, across a broad band, to the point of parity with their European, African, or American counterparts.

"That we have produced so many fine athletes is not as a result of our system, but despite it.

"It has been an intense individual achievement by a thin crust; and the environment in which they have lived, trained, and competed has been one of scarcity."

Mr. Pross believes that Australian athletes are handicapped because of insufficient top-class facilities and a lack of regular overseas competition.

"At the most, Australia sends a total of three teams overseas every four years," he said. "This is not enough to give youngsters any real incentive."

- ★ JOHN LANDY was the second athlete in the world to break the four-minute mile. In Finland in 1954, he broke two world records when he ran the mile in 3:58 and the 1500 m. in 3:41.8...
- ★ MAJORIE JACKSON, often referred to as the Lithgow Flash (after her hometown in Western NSW) repeatedly broke world records for 100 yards, 100 m., and 220 yards between 1950 and 1954...
- ★ RON CLARKE and HERB ELLIOTT, two of Australia's best-known distance runners, held world records for almost every distance event between 1962 and 1963.
- ★ RALPH DOUBELL held the world and Olympic records for the 800 m. with a time of 1:44.3.
- ★ PAM KILBORN between 1964 and 1972 held world records for the 80 m., 100 m., and 200 m. hurdles.

Mr. Pross' views are shared by many athletes and officials.

The secretary-treasurer of the Amateur Athletic Union of Australia, Mr. I. Leo Morrison, is also critical of Australia's lack of training facilities.

Despite these shortcomings, the future of athletics is not entirely gloomy.

At the end of 1973 there were more than 20,000 registered athletes in Australia -- 13,642 men and 6,377 women. Many are young people willing to make the great personal sacrifices needed to follow in the footsteps of Australia's track greats.

Every week, thousands of young athletes gather at tracks throughout Australia to compete in inter-club contests. These regular competitions are the initial proving grounds for young athletes and form the basis for competitive athletics in Australia. Open grade and "age" (under 16) competitions are organized by clubs in each state and are generally open only to athletes registered with the relevant state athletic body.

Mr. Pross believes the inter-club competitions provide an incentive for young people to remain in athletics.

"Although the competitions are not quite good enough to benefit top athletes, they are excellent for beginners and younger athletes," he said.

The inter-club competitions are held every week-end unless they clash with other major events.

In Sydney, for example, the Amateur Athletic Association of New South Wales has scheduled 16 inter-club competitions from October 1974 to March 1975. At the end of each year, the club whose members have scored the greatest number of points in inter-club competitions is awarded a premier-ship shield.

Because of the problems of distance, inter-club competitions in country areas are organized separately by country athletic clubs affiliated with the association and the country athletes travel to Sydney once a year for their combined country championships.

Athletics in AU



top left: Marathon athlete John Farrington (center, #7); top center: Peter Watson (left), Randal Markey (76), and David Fitzsimons, at Sydney trials late last year for '76 Commonwealth Games; top right: Charles Bendine, 26, of Victoria with best times of 31.9 sec. (400 m., Manila Olympic Games) and 2:01.1 (800 m., 1974 Commonwealth Games); left center: Graeme Nootman beats Bill Hooker in 1500 m. Sydney trials; right center: Jessy Orr (front) with best time of 4:08.4 for 1500 m.; bottom left: Greg Lewis, regarded as Australia's best sprinter; bottom center: Andrew Hatcliffe, (20), age 19, is potential member of Australia's '76 Olympic team with 10.3 sec. for the 100 m.; bottom right: Denise Robertson (37), a 22-year-old schoolteacher has already broken Basile Boyle's 100 m. Australian record with a time of 11.0 sec.

AUSTRALIA



Athletics in Australia

City and country athletes in New South Wales (NSW) compete against each other in force once each year, at the NSW Track and Field Championships organized by the Association. Similar championships are also organized by other state athletic bodies as a prelude to the Australian national championships, usually held at the beginning of each year.

NSW has 29 city and 34 country athletic clubs with a total membership of about 6,500 registered athletes.

Another hope for athletes in Australia is the rapidly-expanding "Little Athletics" movement, which encourages boys and girls aged from 5 to 12 to take part in track and field events.

Membership of the movement has grown to almost 50,000 since it was established in Victoria in 1964. NSW has a total membership of about 12,000 boys and girls, and Victoria about 40,000.

The basic aim of the movement are to encourage more children to take part in the sport, teach children athletic skills and lay the foundation for senior competitions. Inter-club and zone competitions are held regularly. State and national championships are held annually.

The secretary-manager of the Little Athletics Association of NSW, Mr. Peter Shinnick, said there were 36 Little Athletics centers throughout the State, and many centers are responsible for smaller clubs.

No doubt the long term future of Australian athletics rests with some of these little athletes.

But at the moment, Australian hopes rely almost entirely on John Farrington, Baslene Boyle, Denise Robertson, and a small number of promising young athletes.

John Farrington, 32, is Australia's top marathon runner. He scored his latest victory in the Australian National Marathon championship in Adelaide, South Australia, on September 14, 1974. His time for the 42.195 km (marathon) course was 2:17:23.4. This would place him in 9th in the top marathon runners for 1974—see Long Distance Log, Nov.-Dec. issue, page 14.

Farrington has dominated the marathon event in Australia since the recent retirement of world record holder Derek Clayton of Victoria. Clayton's record time of 2:11:08.8, established in Hobart in September 1971 still stands.

In 1972, Farrington was ranked the second fastest marathon runner in the world. He was selected for the Australian team for the Munich Olympic Games, but was forced to drop out of the team because of a foot injury.

His time of 2:11:12.6 for the marathon in the NSW championship in 1973 was the fastest recorded in the world that year. Farrington began running seriously in 1961 after he went from Australia to England to study at London University. He returned to Australia in 1964.

Farrington trains twice a day, running a total of between 17 km (11 mi.) and 22 km (14 mi.) each day.

Australia's other marathon hope is South Australian, Brenton Norman, who ran second to Farrington in the Australian National Marathon championship. His time was 2:18:19.2. Norman is

rated 11th in the world and his best time for the marathon is 2:14:33.

Baslene Boyle, 22, is still considered Australia's best woman sprinter. At the Munich Games she won silver medals for the 100 m. and 200 m. events. Her times were 11.23 seconds for the 100 m. and 22.43 seconds for the 200 m.

Denise Robertson, a 22-year-old Queensland schoolteacher has already broken Miss Boyle's 100 m. Australian record with a time of 11.0 sec.

Other promising Australian athletes are:

Charlene Bendina, 26, of Victoria, whose best times are 31.7 seconds for the 400 m. (Munich Olympic Games) and 2:01.7 for the 800 m. (Commonwealth Games 1974). Both times are Australian records.

Jeany Orr, 21-year-old student schoolteacher from Victoria, with a best time of 4:08.1 in the 1500 m., also an Australian record.

Greg Lewis, 27-year-old Sydney salesman, regarded as Australia's best sprinter, says he is not in world class.

Lewis has dominated the 100 m. and 200 m. events in Australia since 1968 and still co-holds the Australian record of 10.1 seconds for the 100 m. This, however, is still 2 seconds short of the world record.

Jack Pross believes Australia's future sprint hopes lie with a group of five young athletes who are all potential members of Australia's 1976 Olympic team.

They are:

Richard James, 18, of Victoria; Richard Hopkins, 19, of South Australia and Andrew Ratcliffe, 19, of New South Wales (all of whom have run the 100 m. in 10.3 seconds); Leo Hollistallo, 18, of New South Wales, who holds the junior national record for the 200 m. (20.7 seconds) and 400 m. (46.9 seconds); Peter Fitzgerald, 21, of Victoria, who holds the junior national record of 14.2 seconds for 110 m.

Mr Pross said the five sprinters represented one of the strongest groups of runners Australia has produced for many years.

"These five youngsters could form the basis of a team for the 1976 Olympics," he said.

Best prospects in the 500 m. are Bill Booker of Victoria (best time 1:25.4), Peter Watson of Western Australia (1:46.3), and Graeme Bootham of NSW (1:45.5). Bootham represented Australia at the Munich Olympic Games but was eliminated after running a disappointing 1:48.8.

In the 1500 m., Graham Crouch, 27, of Victoria, is Australia's best prospect. Crouch set an Australian record of 3:34.2 at the Christchurch Commonwealth Games in 1974, and is about five seconds faster than any other Australian athlete in this event.

Other promising runners in this event are Handal Hurley, 18, of Tasmania, who also represented Australia in the Christchurch Games (best time of 3:40.6) and David Fitzsimmons, of South Australia, whose best time is 3:39.9.

Jack Pross said: "Our best 1500 m. runners are a good blend of youth and experience but apart from Crouch, they are not yet in world class."

In the 1000 m., only David Fitzsimmons of South Australia stands out. His best time for the event, 1:35, has been bettered in Australia only by Ron Clarke's time of 1:32.8.

You Needn't Be Great—cont.

category, athletes pay \$1 for each event they enter if medals are awarded or \$1 for all events if there are no medals.

No one has ever been kicked out of the club, although Mr. Hayden says he once came close to doing that when he spotted one of his stars running up and down a hotel corridor with a gin bottle in his hand the night before a big meet several years ago.

"Everyone does pretty much what he wants," says Rick Wohlhuter, a 31st, 26-year-old graduate of Notre Dame University who is a Chicago agent for Massachusetts Mutual Life Insurance Co. "If a guy wants to run, fine, and nobody gets sore if you're doing something else and can't make it."

Despite such informality (or, perhaps, because of it), the UCCU can field a formidable team on occasion. Besides Mr. Wohlhuter, current members include Pat Hatedorf, former world record holder in the high jump; Jan Johnson, a 1972 Olympic bronze medal winner in the pole vault; John Craft, who has won numerous national titles in the triple jump; and Ken Popejoy, a former national collegiate mile champion. The club soundly trounced Big 10 champion Indiana in dual meets this year and last, and it regularly finishes high up in Amateur Athletic Union national competitions.

But other, less illustrious members also have benefited from their association with the club. One is Joyce Kenton, a 31-year-old school teacher from South Holland, Ill., a suburb of Chicago.

"I started coming around after I finished high school 12 years ago," he says. "I was

sort of aimless then, in and out of colleges and jobs. I was no great runner but I was improving, and track gave me something to hang on to."

Mr. Kenton eventually became good enough to be a member of a UCCU team that set a world record in the two-mile relay five years ago. That earned him a scholarship to little Loras College in Dubuque, Iowa, which he entered in his late 20's. He got a bachelor's degree there and a master's from Illinois State University last year, which led to his present teaching job. He's still running, and, he says, still improving.

And there is Arthur McLendon, a 36-year old Chicago lawyer who took up running at the club for exercise a dozen years ago.

"Ted let me go on my own for a while, but pretty soon he started asking me to get into one of his meets. He said I'd get more out of it if I had a competitive goal," says Mr. McLendon. "I told him that no matter how slow I was, there'd be somebody out there slower. He was right."

Mr. McLendon now enters about a dozen meets a year, competing in everything from the 200-yard dash to the marathon. "Every once in a while I catch some kid by surprise," he says with a laugh. "It does him a lot of good you know? He figures that if a man my age can beat him, he'd better start working harder."

Mr. Hayden, too, still competes in track despite his 62 years; he runs fairly regularly and holds several age-group records in his specialty, the hammer throw. For the ordinary middle-ager, however, he prescribes moderation in exercise. "It's better to do too little than too much, especially at first," he says.

More tribute to BROWNING ROSS From

ENGLAND

Carl Cooper Esq.
Executive Director
UCCU

January 29, 1975

Dear Mr. Carl Cooper

I would like to pay a brief tribute to Browning Ross, who has relinquished his self imposed task as Honorary Editor of 'Long Distance Log', after eighteen years of tremendous work.

I am, however, relieved to know that this publication will be continued by a professional staff who have the facilities to cope with the vastly expanded amount of work since the days when Mr. Ross started.

I think I must have all the issues of 'LDL' stored away in my athletic archives.

My correspondence with him goes back to the time he was initiating the UCCU-UCL.

Our Newsletter publishes an Annual Report, and that for 1972 contained the following:

"The phenomenal expansion of road running in the U.S.A. during the past ten years, has not been confined to the Marathon, but has covered all road distances.

"This development arose from individual initiative. Three pioneers, though they would not have thought of themselves as such at the time, were Browning Ross, Buddy Ebelin, and Ted Corbett.

"Browning Ross had competed in the Olympic Games at Seattle in 1948. He founded the 'Long Distance Log,' and the UCCU-UCL."

I have never met Browning, although I did speak to him on the phone while on a visit to the U.S.A. He blessed me on a flying visit to London. His party was pressed for time, but between flights, they managed to see something of London, by running round in the early hours of the morning.

Browning Ross is certainly one of those devoted workers without whom amateur athletics could not exist. 'Long Distance Log' has been one of his important works.

Yours sincerely,

John Jewell (sig)

Overseas Hon. Secretary &
Ed. Editor of Newsletter
296 Parkham Road,
Basingstoke, Berkshire, Eng.

CUSACK COPS NEWARK CLASSIC (and a Color TV)

by EUGEN SHEEHY III

IRISH OLYMPIAN & '74 Boston Marathon winner Neil Cusack pulled away from ever-improving Will Rogers (3rd in the recent International Cross Country Race held in Morocco) to win the first prize color TV in the inaugural edition of the annual "Newark Distance Run."

The race attracted many runners from all over the Northeast. Actually, two races were run: the featured 12-miler and a 4-miler (actually 4.3 due to a wrong turn).

Cusack's 58:38.8 winning performance comes to 4:53.23/mi.; Rogers—4:56.0; and Boston Marathon winner (1968) Andy Burfoot—4:58.66/mi.

Other leaders in the field were Carl Hatfield (5th-rated American marathoner for '74) of West Virginia; 4:05-miler Steve Mayhew of Maryland; Ed Ledy, NYAC; Bill Sieben, former Rutgers 28:20 6-miler; 2:16 Englishman Bernie Allen; and "cross-basking" (2:19 in 1971) 35-year-old Herb Lorenz.

Altogether 8 men who have broken 2:21 for the marathon started the race. The field showed such depth that the 18th place finisher averaged 5:17 per mile, and 36 men averaged 5:38. Eight states were represented by the first 8 finishers. Newark mayor Kenneth A. Gibson trotted home in 193th.

Cusack commented later that he was a bit disappointed that Tom Fleming hadn't run. (Fleming was injured the previous week at San Blas, Puerto Rico). Carl Hatfield said that he only wished that the race had been a marathon, as he felt so good he would have had a shot at 2:15.

Bernie Allen said, after the race, now he will "Get out of chemistry and back into training." If the stories about Allen's great running on minimal workouts are true, beware of Allen in the months to come.

Andy Burfoot is running more frequently now, and with better results than he's had in years. Like Rogers, he had run in the Gainesville Cross Country Trials (finishing a disappointing 8th). After a week of eating, drinking, but little training, he was back in form for Newark. Maybe that's the secret to success?

Everyone is looking forward to next year's race and Newark is looking forward to hosting them.

NEW JERSEY

1st ANNUAL NEWARK DISTANCE RUN Feb. 16, 1975

Newark, New Jersey

Course Distance: 12.0 mi.

Course Record: New

Starters/Fin: 251/7

Temp. & Cond: 63°, Calm, humid

Results:

1. Neil Cusack 58:38.8	21. JoyWilliams 1:05:21
2. Will Rogers 58:48	22. Sean Healy 1:05:25
3. Andy Burfoot 59:44	23. Fred Best 1:05:26
4. Carl Hatfield 1:00:07	24. JohnPaladino 1:05:38
5. SteveMayhew 1:00:37	25. PaulPetcher 1:05:46
6. Ed Ledy 1:00:47	26. PatRobbins 1:05:56
7. Bill Sieben 1:01:00	27. Tunknow 1:06:08
8. Bernie Allen 1:01:19	28. PaulCappic 1:06:30
9. Herb Lorenz 1:01:36	29. TomCladick 1:06:40
10. ScottGraham 1:02:14	30. LarBurnett 1:06:55
11. HughBeeoney 1:02:46	31. BillFrankum 1:06:57
12. SheldonEarlin 1:02:50	32. Al Hahl 1:07:09
13. Rick Bayko 1:02:55	33. BrianSeasia 1:07:17
14. J. Witkowski 1:02:59	34. DeanHonta 1:07:22
15. KevinMcDonald 1:03:13	35. MikeFanelli 1:07:28
16. Peter Davis 1:03:16	36. SteveKerama 1:07:36
17. BruceRobinson 1:03:26	37. Tunknow 1:07:55
18. Geo. Cosafrey 1:03:33	38. John Goady 1:08:10
19. LarFredericks 1:03:06	39. John Ritzer 1:08:18
20. Ken Kling 1:05:16	40. Bob Dodge 1:08:26

NEW YORK

ROCHESTER ROAD RUNNERS 7 and 14 MILE RUNS

Hendon Ponds Park, Rochester, New York March 8, 1975

Course Distance: 7 Miles

Course Record: not given

Starters/Finishers: not given

Weather Cond: 19°, chilly, windy.

Results:

1. Mike Montemayor 44:07	6. Bill Poe 52:26
2. C. Davis/A Lions 46:40	7. Len Bagley 55:12
3. Bob Santel 47:32	8. F. McGuire 55:39
4. Steve Reiner 49:38	9. J. Freaki 56:28
5. Gerry Miller 50:21	10. Bob Hart 56:57

Results: (14 mile race)

1. Jim Boyle 1:18:44	11. Tom Doncher 1:38:27
2. Dave Smith 1:20:03	12. Jack Huber 1:38:49
3. Bruce Quisby 1:22:40	13. B. "abellie 1:40:21
4. Bill McHullen 1:22:40	14. Al Kremmer 1:40:27
5. Steve Hojein 1:27:52	15. Jim Palmieri 1:46:09
6. Gerry Benedi 1:28:18	16. S. Ribyat 1:46:07
7. Roger Hasser 1:33:36	17. M. Lynch 1:47:40
8. J. Balchard 1:36:24	18. Bill Hughes 1:51:00
9. George Gray 1:37:33	19. J. Fernandes 1:53:00
10. Al Power 1:37:46	20. Norm Frank 1:54:58

PENNSYLVANIA

7.2 MI. RUN

Feb. 23, 1975

East River Drive, Philadelphia, Pa.

Course Distance: 7.2 mi. (3 mi. Veterans)

Course Record: n/a

Starters/Fin: 21/21

Temp. & Cond: 45°, Rain, flat course

Results:

1. JOHN SEVICK 38:04	9. Jack Hirst 44:04
2. Mike Fanelli 40:58	10. Ed Berkeimer 44:40
3. JohnSzenthaler 41:15	11. Steve Orser 45:38
4. FrankJolillo 41:30	12. Joe Schram 45:44
5. Neil Weygand 44:13	13. Bob Laveon 46:14
6. HussinAbdulalim 42:27	14. John Delley 47:35
7. Jim Hutawani 42:33	15. Jim Thacker 48:20
8. Dave Kelley 43:03	

Results: (3 mi. Veterans)

1. GUS CONSTANT 17:54	3. Bob Parsons 19:12
2. Steve Yanai 18:24	4. Ed Hayco 19:50

Results: (3 mi. Women)

1. SUZIE MURKIN 19:24	2. Rita Carey dnff
-----------------------	--------------------

GEORGIA

FOURTH ANNUAL ATLANTA TRACK CLUB MARCH 22, 1975
ONE-HOUR RUN CHAMPIONSHIP
 RIDGEMOUNT HIGH SCHOOL-

1	Bob Varsha	11 mi. 344 yds.
2	Randy Stroud	11 mi. 66 yds.
3	Ken Mian	10 mi. 1276 yds.
4	Wayne Riley	10 mi. 880 yds.
5	Ira Kiddle	10 mi. 750 yds.
6	Ernie Raney	10 mi. 624 yds.
7	Scotty Powers	10 mi. 484 yds.
8	Ken Byers	10 mi. 344 yds.
9	Charles Petterson	10 mi. 296 yds.
10	Howard Dial	9 mi. 1480 yds.
11	Rocky Brown	9 mi. 1464 yds.
12	Jimmy Chandler	9 mi. 1436 yds.
13	Bill Bocco	9 mi. 1344 yds.
14	Mark Kitchens	9 mi. 1316 yds.
15	Tom Barron	9 mi. 1136 yds.
16	Gayle Barron	9 mi. 950 yds.
17	Wayne Williams	9 mi. 806 yds.
18	Roger Beebe	9 mi. 510 yds.
19	Cedric Stratton	9 mi. 278 yds.
20	Jim Cowart	9 mi. 258 yds.
21	Virgil Smith	9 mi. 144 yds.
22	Bill Woolley	9 mi. 82 yds.
23	Herb Benario	9 mi. 74 yds.
24	Elliott Galloway	8 mi. 1502 yds.
25	Ken Johnson	8 mi. 1464 yds.
26	Janie Goode	8 mi. 1454 yds.
27	H. T. Marshall	8 mi. 970 yds.
28	David Walsh	8 mi. 612 yds.
29	Jim Miller	8 mi. 596 yds.
30	Bill Maynard	8 mi. 394 yds.

20th ANNUAL August 3, 1975

PIKES PEAK MARATHON

Train w/ Salt Stack of San Francisco
 Write for brochures:
 Rudy Fahl, Mgr.
 2400 N. Colorado Ave. Age Divisions
 Colorado Springs, CO 80904 MIKE, JOE or RONI
 Colorado 80904

13 MILES UP BARR TRAIL

COLORADO

ROCKY MOUNTAIN ROAD RUNNERS 7 MILE RUN
 WASHINGTON PARK, DENVER, COLORADO
 SUNDAY, JANUARY 12, 1975

Course distance: 7 mi
 Course record: 37:11, Lee Courkamp, 1966
 No. starters: 52
 No. finishers: 52
 Weather: 3 below zero; roads slippery;
 winds 10-15 mph

RESULTS:

1. Ed Hagerman	40:42	11. Seth Bradley	45:21
2. Gar Williams	41:00	12. Dave Deubert	45:27
3. Phil Weiser	42:08	13. J. Wischnoy	45:51
4. Lee Courkamp	42:59	14. Darl Bien	45:52
5. Bill LaGrange	43:20	15. Fritz Holland	45:59
6. Ken Borrego	43:49	16. Jan Howell	46:17
7. W D Kavanough	43:50	17. Ken Maurer	47:07
8. John Kearns	43:56	18. Ron Kinney	47:59
9. Dan Peterson	44:49	19. Tom Milner	47:59
10. Jerry Klein	44:53	20. Dan Kimpton	48:00
FIRST WOMAN: Cherie La Grange (43d)			57:02

NEW JERSEY

Start of the 12th Annual Caesar Rodney one-half Marathon in Elizabethton, Delaware on Sunday, April 6, 1975. The eventual winner was runner 473, Larry Bush of the Sports East Club, Woodbury, New Jersey. Bush beat out 243 rivals with 1:09:16.

PENNSYLVANIA**3 mi. PREDICTOR RACE**

Feb. 9, 1975

East River Drive, Philadelphia, Pa.

Starters/Fin: 1/38

Other states: n/a

Results:

- | | |
|---------------------------|-------------------------|
| 1. Frank Goldcamp 26:15 | 8. Barry Rosaler 27:44 |
| 2. Seth Bergmann 26:34 | 9. Peter Dase 27:57 |
| 3. Mike Fanelli 26:55 | 10. Bill King 28:12 |
| 4. Jim Robold 27:06 | 11. Jim Rutkowski 28:33 |
| 5. Frank Mastulli 27:10 | 12. Leon Dreher 28:43 |
| 6. J. Neessenthaler 27:21 | 14. BellVeyganat 28:43 |
| 7. Bob Berthold 27:36 | 14. EdBelkshamer 29:12 |

a = 1st Veterans

PENNSYLVANIA**MIDDLE ATLANTIC SCC 3 mi. 500**

Feb. 2, 1975

East River Drive, Philadelphia, Pa.

Starters/Fin: 64/62

Temp. & Cond: 50°, calm

Results:

- | | |
|-------------------------|----------------------------|
| 1. Jim Durbach 25:19 | 9. Rich Cullen 26:44 |
| 2. Pat Hanson 25:48 | 10. Doug McCreary 26:50 |
| 3. Gary Fanelli 25:50 | 11. Seth Bergmann 26:51 |
| 4. Ken Kling 26:02 | 12. New Bryan 26:51 |
| 5. Frank Goldcamp 26:09 | 13. Dave Harris 26:57 |
| 6. Barry Bilicki 26:14 | 14. Doug White 27:02 |
| 7. Bob Hespton 26:16 | 15. J. Neessenthaler 27:31 |
| 8. Mike Fanelli 26:44 | 19. Leon Dreher 28:02 |

a = 1st Veterans

MASSACHUSETTS**MILBORO MARATHON**

Feb 22, 1975

Course Distance: m a

Course Records: Ken Mueller

Starters/Finishers: 116/84

Weather Cond: perfect

Results:

- | | |
|-------------------------|-------------------------|
| 1. Ken Heller 2:26:06 | 11. P. Collins 2:33:19 |
| 2. Vin Fleming 2:29:10 | 12. R. Kremer 2:33:36 |
| 3. P. Thompson 2:34:29 | 13. H. Callahan 2:34:51 |
| 4. Larry Olson 2:35:52 | 14. John Kent 2:35:46 |
| 5. P. Kuchinski 2:36:33 | 15. J. Wallace 2:37:20 |
| 6. Ben Drogan 2:36:23 | 16. E. O'Hagan 2:37:25 |
| 7. Chet Fortier 2:39:29 | 17. Stuart T. 2:38:05 |
| 8. Scott Graham 2:40:21 | 18. Da. Evans 2:38:43 |
| 9. W. Dove 2:43:02 | 19. E. Lucio 2:39:22 |
| 10. J. Gorman 2:46:38 | 20. David Duval 3:01:20 |

ILLINOIS**10 km 500**

Nov. 10, 1974

Winnetka, Illinois

Course distance: 10 km

Course records: n/a

Starters/finish: 253/244

Temp. & cond: 40°, rainy

Results:

- | | |
|---------------------------|---------------------------|
| 1. Pete Farwell 31:20 | 11. Dick Holloway 32:50 |
| 2. Mike Delabrevere 31:33 | 12. Doug Chase 32:54 |
| 3. Gary Barrett 31:34 | 13. Dave Knopp 33:01 |
| 4. Mark Walter 31:43 | 14. Spence Williams 33:05 |
| 5. Ken Caldwell 31:43 | 15. Barry Baines 33:29 |
| 6. Ken Egbert 31:59 | 16. Jeff Water 33:31 |
| 7. Bill Van Dyke 32:13 | 17. L. Berenshaugh 33:32 |
| 8. Bob Sandstrom 32:24 | 18. Robert Savage 33:34 |
| 9. John Jones 32:37 | 19. Bob Frederick 33:35 |
| 10. Jim McLatchie 32:46 | 20. Tom Dahlberg 33:36 |

NEW YORK**NATIONAL THIRTY KM MASTERS AND OPEN CHAMPIONSHIPS****30 KILO 500**

Mar 23, 1975

Albany, New York 12210

Course Distance: 30 km

Course Record:

Results:

- | | |
|---------------------------|---------------------------|
| 1. John Vitale 1:31:50 | 11. Vin Fleming 1:38:09 |
| 2. W. Rodgers 1:32:03 | 12. Scott Graham 1:38:15 |
| 3. Tom Fleming 1:32:56 | 13. L. Fredericks 1:38:17 |
| 4. John Klidich 1:33:55 | 14. M. Sodzina 1:38:47 |
| 5. Bernard Allen 1:35:23 | 15. D. Robinson 1:39:25 |
| 6. Stephen Mahieu 1:35:47 | 16. K. Mueller 1:39:27 |
| 7. Philip Stewart 1:37:04 | 17. Ralph Thomas 1:39:34 |
| 8. Laurence Olsen 1:37:25 | 18. Jim Shrader 1:40:15 |
| 9. Justin Gobbins 1:37:50 | 19. W. Tylak 1:41:30 |
| 10. Bill Bragg 1:37:57 | 20. Martin Smith 1:42:07 |

NEW JERSEY**3.7 mi. VETERANS & 7.4 mi. RELAY**

Feb. 16, 1975

Cooper River Parkway, Passaic, N.J.

Starters/Fin: 5/8

Temp. & Cond: 48°, Cloudy, patches of snow

Results: (3.7 mi. Veterans)

- | | |
|------------------------|----------------------|
| 1. BROWNING ROSS 21:18 | 15. Joe Dorsey 25:26 |
| 2. Larry Delaney 21:33 | 16. Ed Rayson 25:26 |
| 3. Gus Cosantant 22:00 | 7. Frank Kelly 27:37 |
| 4. Steve Tansal 23:31 | 8. Jerry Koch 31:37 |

Results: (7.4 mi. 2-man Relay)

- | |
|----------------------------------------------------|
| 1. Jack Exton 20:47 & Joe Germano 18:33=39:20 |
| 2. John Sevcik 18:41 & Tom Oeler 20:58=39:39 |
| 3. Harry Bilicki 19:24 & Jim Rutkowski 20:59=40:23 |
| 4. Tom Weber 19:12 & Wayne Humphrey 21:50=41:02 |
| 5. John Shields 19:55 & Jim Heavens 21:33=41:28 |
| 6. Joe Shields 20:25 & Dave Kelly 21:06=41:34 |

RHODE ISLAND**10 KILOMETER 500**

Providence, Rhode Island

Feb. 9, 1975

Course Distance: 10 km.

Starters: 65

Weather Conditions: Cold & snowing.

Results:

- | | |
|--------------------------|------------------------|
| 1. Rick Bayko 33:02 | 11. J. Eber 35:35 |
| 2. G. Cosefrey 33:09 | 12. Bill McHuldy 35:40 |
| 3. Paul Pilliero 33:19 | 13. Paul Godek 35:46 |
| 4. P. Kuchinski 33:48 | 14. Lou Paul 36:21 |
| 5. Paul Dolron 33:52 | 15. Thomas Esmir 36:22 |
| 6. R. Collard 34:44 | 16. Vin Fandetti 36:27 |
| 7. J. Babington 35:02 | 17. S. McDonough 36:39 |
| 8. G. Schobel 35:12 | 18. Dean Heber 36:55 |
| 9. Steve Olson 35:17 | 19. L. Haulton 37:35 |
| 10. Scott McKenzie 35:27 | 20. Matt Hird 37:37 |

NEW JERSEY**20 km. 500**

Feb. 23, 1975

Gladesville, New Jersey

New course & records

Starters/Fin: 7/137

Temp. & Cond: 40°, Rain

Results:

- | | |
|----------------------------|--------------------------|
| 1. Jeff Klein 1:06:36 | 8. Ted Johnson 1:22:48 |
| 2. Paul Amadi 1:11:05 | 9. Bob Bolcomb 1:23:23 |
| 3. Jim Ochoa 1:11:43 | 10. Doug Cambrin 1:27:27 |
| 4. Jeff Roggenberg 1:16:42 | 11. Gary Beach 1:27:50 |
| 5. Scott Marsh 1:17:10 | 12. Steve Roche 1:29:00 |
| 6. Stan Chodnicki 1:19:12 | 13. Steve Hisko 1:29:15 |
| 7. Dan Russell 1:19:23 | |

Prime "Ribs" - cont.

Frohlichstein's "ashes and praise" award was a tiny track shoe with the sides clipped out.

The Club's Search Committee, headed by Kokech, has been less than sensational in attracting outside talent to St. Louis' runs, being snubbed by Frank Shorter, Steve Prefontaine, Kip Keino, Neil Cosack, Frankie Larrieu, Jack Foster, Herb Elliott and John Longboat, amongst others.

This year, Kokech came through. "Hobart Fliegler from Goble's Knob, Arkansas, has agreed to shoe for a Wednesday night pace in June." Hobart has a hankering for cross country—trains nights with co-sponsors. He "thinks a trip to the big city would be OK. The committee requests \$23 for his bus ticket."

So much for tickling others. At the wrapup, Gianladis presented Hamilton with Nike bedroom slippers, with spikes, since he drives to early runs in "jammies. Hamilton reciprocated with a Fountain of Youth T-shirt emblazoned with "I Am Not An Old Man!" Before he trimmed his wild, gray-tinged locks recently, Gianladis, 34, had been joined by a spectator who yelled to a youngster, "You're not going to let that old man beat you, are you?"

MISSOURI

Busy first in Marathon

Bob Busby of Warrensburg, Missouri set a course record in winning the Olympiad Marathon. The 25-year-old Busby ran the course in 2:21:00 to break the record of 2:22:52 set last year by defending champion Bob Fitts of St. Louis.

Fitts, who also won the event in 1973, finished 2nd with a time of 2:25:13. World masters champion Arthur Taylor, a 48-year-old Canadian from Kitchener, Ontario, won the masters division and placed 7th overall with a time of 2:31:12.

The course was run over as much of the 1974 Summer Olympic course as was still intact.

OLYMPIAD MEMORIAL MARATHON

Mar. 2, 1974

St. Louis, Missouri

Course Distance: Marathon

Course Record: 2:22:52, Bob Fitts, 1974

Starters/Finish: 192/142

Temp. & Cond: 18°, partly cloudy, chilly

Results: (Open Div.)

- | | |
|--------------------------|-------------------------|
| 1. Bob Busby 2:21:00 | 6. Paul Simon 2:30:12 |
| 2. Bob Fitts 2:25:13 | 7. Rick Katz 2:34:46 |
| 3. Rick Lowe 2:28:23 | 8. Aristotides 2:37:31 |
| 4. D. Gyllenheal 2:28:29 | 9. J. Sealtians 2:37:56 |
| 5. Helen Pelgand 2:30:12 | 10. Rick Clear 2:39:14 |

Results: (Masters)

- | | |
|--------------------------|----------------------|
| 1. Arthur Taylor 2:31:12 | 3. Dick Lake 2:52:11 |
| 2. Ron Knowlton 2:48:40 | |

Results: (Junior Div.)

- | | |
|---------------------------|----------------------|
| 1. Mark Steinberg 2:44:45 | 3. Jim Loyet 2:58:21 |
| 2. Paul Kieh 2:50:07 | |

Results: (Women Div.)

- | | |
|--------------------------|-------------------------|
| 1. Carlyn Gibard 3:30:48 | 3. Karen Kokech 3:41:16 |
| 2. Marilyn Good 3:30:29 | |

MISSOURI

MIAMI 50 km RUN

Dec. 7, 1974

Columbia, Missouri

Course Distance: 30 km

Course Record: 1:46:39, Loren Moss, 1973

Starters/Finish: 51/26

Temp. & Cond: 40°, Cloudy, Lt. Wind

Results:

- | | |
|----------------------------|----------------------------|
| 1. Rick Katz 1:44:30 | 14. Ben Londeree 1:56:19 |
| 2. Rick Gallison 1:44:45 | 15. Don Grashberg 1:57:32 |
| 3. Chas. McWalter 1:47:15 | 116. Jeff Whitlock 2:01:23 |
| 4. Harold Garrity 1:47:18 | 118. Vieter Bell 2:01:23 |
| 5. Tim McWalter 1:47:57 | 13. John Durbin 2:01:59 |
| 6. Bob Rosses 1:48:30 | 19. Turk Storvick 2:03:23 |
| 7. Rick Todd 1:48:33 | 120. Bill Lindsey 2:10:58 |
| 8. Dave Dunleavy 1:51:40 | 180. Gary Lyon 2:10:51 |
| 9. Don Kasprout 1:51:55 | 22. Hal Adams 2:12:37 |
| 10. Bill Ortwein 1:52:04 | 23. Joe Marks 2:13:59 |
| 11. Dick Hessler 1:52:11 | 24. Dave Thomas 2:28:08 |
| 12. Jim Loyet 1:52:36 | 25. Don Stikes 2:34:05 |
| 13. Sandy Lawrence 1:53:49 | 26. Chs. Porciello 2:41:21 |

NEW YORK

10,000 m EASTERN REGIONAL

Apr. 27, 1975

ALL ROAD RUNNING CHAMPIONSHIP

Tibbette Brook Park, Yonkers, New York

Course dist: 10,000 m

Course record: 31:01.2, 1974, Art McAndrew

Starters/finish: 125/119

Temp. & cond: 50's, fair and windy.

Results:

- | | |
|--------------------------|---------------------------|
| 1. Tony Colon 30:12.8 | 11. Robt Gyrocs 33:59 |
| 2. Mike Keogh 30:18.9 | 12. Jim Kelly 34:07 |
| 3. Tim Weaver 30:36 | 13. Mike Konig 34:13 |
| 4. John Jurgens 30:36 | 14. Pat Burke 34:19 |
| 5. Gene McArthur 33:15 | 15. Dave Clarkstone 34:26 |
| 6. Frank Handelman 33:18 | 16. Dan Sullivan 34:38 |
| 7. Mike Doyle 33:17 | 17. David Casarides 34:45 |
| 8. Hugh Seely 33:26 | 18. Larry Burnett 34:50 |
| 9. Paul Fleher 33:42 | 19. Paul Petcher 34:58 |
| 10. Sean Healy 33:56 | 20. Toby Hayer 34:56 |

Results: (Women)

- | | |
|--------------------------|-----------------------|
| 1. Nancy Lindsay 42:08 | 5. Diana Kern 47:58 |
| 2. Mimi Lynn Ross 44:35 | 6. Mary Foss 51:51 |
| 3. Lynn Blackstone 45:59 | 7. Sandra Simon 63:21 |

Team Scores:

- | | |
|---------------------|----------------------|
| 1. Fordham U 44 21 | 3. Willrose 41 64 |
| 2. Central Pa TG 41 | 4. St. Anthony HC 58 |

MASSACHUSETTS

10 MILE ROAD RUN

Amherst, Mass.

Mar 2, 1975

Course Distance: 10 Miles

125 Starters.

Temp. & Cond: Temp not available, cold.

Results:

- | | |
|--------------------------|------------------------|
| 1. Bill Rogers 52:26 | 11. Geo Cooney 55:51 |
| 2. John Dimes 54:46 | 12. Tom Wolff 55:55 |
| 3. T. Berderian 55:31 | 13. Tony Wilcox 55:57 |
| 4. Hamilton Jser 55:33 | 14. Paul Deiron 56:00 |
| 5. Charles Duggar 56:36 | 15. Kevin Dalton 56:42 |
| 6. Vincent Fleming 54:47 | 16. Dan Dillon 56:51 |
| 7. Neil Coville 55:03 | 17. Chuck Riley 56:55 |
| 8. Rick Bayko 55:18 | 18. Larn Kellan 57:30 |
| 9. Robt Leary 55:40 | 19. Frank Katz 57:49 |
| 10. John Schler 55:47 | 20. P. Broughton 58:03 |

WASHINGTON

4400 S.W. 320th
Federalway Wash.
November 11, 1974

To whom it may concern:

I am a Third grader in Ms. Colborne's room at Twin Lakes Elementary school. our class is doing a report on different sports, and i picked Track because i'm one of the best runners in our class. and i was wondering, how old do you have to be to join a track team? and where is the closest track team to King county wash? Which field is funnest

The Mile run →



TENNESSEE

SECOND ANNUAL SMOKEY MOUNTAIN MARATHON
FEBRUARY 15, 1975

Location: Central High School
Knoxville, Tenn.
Distance: 26 mi., 305 yds
Course Record: T. Potter—2:42:28
Weather: Partly cloudy, 64°, 8-10 mph wind
Condition of Course: Excellent
No. of Entries: Open Div.—30 runners
Masters Div.—3 runners
(40 and over)

1. Terry Gallagher 2:36:35*
2. Mike Markley 2:40:00
3. Johnny Lloyd 3:01:11
4. Charles S. Gibson 3:02:40
5. Tom Potter 3:03:08
6. Carroll Young 3:03:37
7. Lawrence Gridley 3:04:43
8. George Daniels 3:06:23
9. Rocky Brown 3:06:35
10. Richard Haviland 3:07:51
11. Gale Thompson 3:09:20
12. Michael Hodge 3:15:32
13. Robert Wiltshire 3:23:39
14. Bill Sealy 3:40:57
15. Murray Vincent 3:48:21
16. Bob Wright 3:57:54
17. Walter Berleyoung 3:57:54

*—New course record

- Masters Division (40 and over)
1. Lloyd Lunda 3:14:50
 2. Joe M. Guinness 3:22:19
 3. Ernest Palmer 3:49:02

TEXAS

1975 BOYS AND GIRLS BOYS CHAMPIONSHIP
1975 NATIONAL BOYS AND GIRLS BOYS CHAMPIONSHIP (Junior level)

BOYS UNIVERSITY TRACK, WACO, TEXAS, SEPTEMBER, MARCH 11, 1975

Rank	Name	Age	Club	Mile Time
1.	Steve Johnson	17	Fort Worth TX	20:11.7
2.	Wayne Green	19	Garland TX	20:15.0
3.	Ken Smith	21	Amer. Nat. Nat. Team	20:17.0
4.	Bob Reid	21	Terlingon TX "A"	20:17.0
5.	Bill Adams	20	Team AM University	20:17.7
6.	Richard Adams	22	Team AM University	20:18.7
7.	Tom Clousek	41	Terlingon TX Masters	20:19.0
8.	Erica Griffith	21	Oregon TX	20:19.0
9.	Scott Lundy	20	Hammarsted	20:19.0
10.	Warren Johnson	17	South TX High School	20:20.7
11.	Garrett Street	22	Terlingon TX "A"	20:21.0
12.	Ed Jensen	21	Wash. S.C. Sports Club	20:21.0
13.	Dale Hager	21	Terlingon TX "A"	20:21.1
14.	Keith Boyd	20	Gulf Coast TX	20:20.0
15.	Dick Powell	22	Terlingon TX "B"	20:21.0
16.	Ken Savage	22	Amer. Nat. NatTeam	20:21.0
17.	Paul Finken	22	Terlingon TX "A"	20:22.0
18.	Steve Turk	23	Hammarsted	20:22.0
19.	Jack Lippert	20	Hammarsted	20:22.0
20.	Tom Blinsky	20	Gulf Coast TX	20:22.0

BOYS AND CHAMPIONSHIP

1. Steve Johnson
2. Wayne Green
3. Ken Smith

BOYS (18 & under)

1. Phil Eshen
2. Warren Johnson
3. Steve Parker

BOYS (16-17)

1. Tom Clousek
2. Jack Savage
3. C. J. Hagen

BOYS (16 & Over)

1. Tom Adams
2. Charles Miller
3. Warren Johnson

BOYS AND WOMEN

1. Carol Orlin
2. Sally Jurgensen
3. Lisa Baker

BOYS AND WOMEN MASTERS

1. Lisa Adams
2. Mary Ann Johnson
3. Gloria McGee

BOYS AND TEAM CHAMPIONSHIP

1. Terlingon TX "A" Bob Reid, Tom Green, Dale Hager, Paul Finken, Tom Clousek
2. Terlingon TX "B" Dick Powell, Jack Boyd, Ken Adams, Ken Smith, Steve Parker
3. Amer. Nat. NATTEAM Dick Savage, C. J. Hagen, Tom Adams, Charles Miller, Lisa Baker

MICHIGAN

Michigan Man Is Champion

By TOM MEYERS

Messenger Staff Writer

Unlike many of the other 117 runners who competed in the Eighth Annual Athens Marathon Sunday, 26-year-old Duane Spitz of Holt, Mich., wasn't bothered by traffic at all.

One of the principal reasons for that was that the traffic — and the runners too — trailed him during most of the 26-mile, 380-yard endurance run.

A total of 88 runners completed the entire course as the field of marchers battled temperatures in the 20s along with wind and occasional snow. The snow reached blizzard proportion for about 15 minutes around 2:30 p.m. The race had started at noon.

Spitz, who runs with the Mid-Michigan Track Club, completed the course in 2:27:04.8. He finished more than two minutes ahead of his nearest competitor, Jim Stanley of Exeter and the Summit Athletic Club (2:29:35).

One of the fiercest battles of the race came around 2:30 p.m., just before the blizzard hit, as six runners raced to cross the finish line

under the drive and one-half hour mark. They all made it six of them made it in the last one-minute span. That is the time required to qualify a runner for the famed Boston Marathon next month.

One interested observer of the Marathon Sunday was Bill Emmerton, one of the world's most famous long-distance endurance runners.

Emmerton was in Athens for the race and to speak today to two service organizations, Rotary at noon and Kiwanis tonight.

Another was Carl Hatfield, who has won each of the past two marathons but did not enter this year. He had suffered some blisters a while running in an indoor meet in Columbus Saturday, but made the trip to Athens Sunday to see some of the other contestants.

The Summit Athletic Club bested five other groups to win the team trophy. In addition to Stanley, runners from the club who finished were Bill Bernard (18th in 2:51:45) and Rick Brenner (26th in 2:52:54).

The northern Ohio group finished with 11 points com-

pared to 19 for the Mid-Ohio Riders. The Lake Erie A. was third with 28 points.

The hills which were part of the revised course provided problems for some of the runners, including Spitz.

"One of those hills would make three Boston Newbreaks Hills (part of the Boston Marathon course)," he said. "You just keep climbing."

After he had completed the race he took a long shower ("that loosened my legs back up"), then relaxed as he talked to well-wishers and other runners.

"Going out, except for the last three miles, the wind was good, but coming back it was strong all the way. I just tried to keep the lead. You just hope you don't get too tired. I knew I would finish, but the last two miles, I didn't know whether anyone was going to catch me." As it turned out, no one did after he took the lead at the two-mile point.

Spitz used the race for two purposes — as both a qualifier and a tune-up for the Boston Marathon, where he hopes to finish in the top 10. "It gives me seven more weeks to work for Boston," he noted.

Spitz was the recipient of the traditional laurel wreath which had been flown in from Greece in addition to a first-place cup. The other runners in the top 10 also received awards as did Wendell Sullivan of Cincinnati, who was the first runner 40 years of age or over to finish.

1. Duane Carl Spitz, Mid-Michigan Track Club, Holt, Mich., 2:27:04.8; 2. James R. Stanley, Summit Athletic Club, Cuyahoga Falls, Ohio, 2:29:35; 3. Peter R. Elliott, University of Chicago Track Club, Chicago, Ill., 2:30:00; 4. Roger Boulder, West Virginia Track Club, Parkersburg, W. Va., 2:30:47; 5. Craig G. Harris, Lake Erie A. A., Columbus, 2:31:34.

6. Daniel William Schmitt, Ohio Track Club, Newark, 2:32:18; 7. Clayton J. Brown, Bethel Banana Track Club, Maple Dale, Ohio, 2:32:47; 8. Peter H. Cross, Unattached, Pittsburgh, Pa., 2:33:17; 9. Gregory A. LaRay, Pittsburgh Road Runners, Pittsburgh, Pa., 2:34:40; 10. James J. Guent, Unattached, Wheeling, W. Va., 2:35:37.

11. Les Jolly, Rushmore Track Club, Athens, 2:40:00; 12. Kenneth Michael Latorre, Newark Track Club, Center Lake, Mich., 2:40:30; 13. Rudolph Williams II, West Virginia Track Club, Phillip, W. Va., 2:40:33; 14. Larry Fitzgerald, Mid-Ohio Riders, Mansfield, 2:40:40; 15. Tom Clark, Niagara Road Club, Leavitt, N.Y., 2:41:32.

16. Harold J. Nichols, Gamma Beta College, Gamma, Pa., 2:41:38; 17. Gerald C. Miller, Mid-Ohio Riders, Cincinnati, 2:42:28; 18. William Benjamin Summit Athletic Club, Cuyahoga Falls, 2:43:48; 19. Robert Alan Stewart, Ohio Track Club, Newark, 2:47:08; 20. Dale Tracy Markley, Ohio River Road Runners, Springfield, 2:50:01.

21. Douglas Paul Pating, Unattached, Marietta, 2:50:42; 22. Wendell Sullivan, Unattached, Cincinnati, 2:50:58; 23. Gregory Scott Nelson, Western CMSA, N.W., Warren, 2:51:00; 24. Duane Arthur Gorman, Summit Veterans State College, Mount Vernon, 2:51:48; 25. Jeffrey S. Suck, Cuyahoga Community College, Newkirk Heights, 2:52:00.

Other runners and their times were listed.

27. Frederick Rappaport, Rushmore Track Club, 2:54:00; 28. Anthony N. Acosta, Unattached, 2:55:37; 29. James Gaudin, Unattached, 2:55:38; 30. Tom William Peter Kalla, Unattached, John S. Fuller, Alto, 3:07:07; and A. Douglas Barnes, Unattached, 3:08:00; 31. William James Peltola, Unattached, 3:24:00.



The Messenger, Athens, Ohio — Miss, March 5, 1975

COLD WEATHER RUN — The point of it all was the run, not the ride, although some of the runners, feeling Sunday's bitter wind and occasional snow in their faces, must have wished

they were on bicycles instead of on foot in the Eighth Annual Athens Marathon. Here, two cyclists alongside with some of the 117 runners who participated in the 26-mile, 380-yard race

— Messenger Photo by Don Or



United States Track and Field Federation

Executive Offices

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Area Code 602 624-7475

A NEW DIMENSION IN DISTANCE RUNNING
by Thomas F. Brunick, Cross Country and Marathon
Coach, College of St. Francis, Joliet, Illinois

I am writing this article to expose our running program at the College of St. Francis, Joliet, Illinois. We feel we have something which will add a new flavor to college distance running. It has been called, by the head of the World Marathon Association, one of the most innovative running programs in the country today.

The program consists of the traditional cross country season which runs from September to Mid-November. After the cross country season, we get into a program totally new to the collegiate distance running scene.

Instead of a track season, we have a marathon season. The season is comprised of four marathons: the North Central Marathon in December; the St. Louis Marathon in March; the U.S.T.F.F. National Marathon Championship at the Drake Relays in April, and the N.A.I.A. Marathon in June.

During the marathon season, we do not strictly run the marathon distances. We will be competing in distance races both on the track and off, emphasizing to our runners the enhancement it will give to our marathon program. The reason we are combining road running and distance running on the track into a marathon program is because we feel that in order for a marathon runner to reach his full potential, he must be a well-rounded distance runner. I think a good example of this would be looking at the three individuals who represented the United States in the 1972 Olympics. All three runners are very adept and quite qualified from the mile on up. In essence, we feel this is the key to success in marathon running.

I am sure the question in many peoples' minds is "Can a marathon program be not only successful, but practical, on the collegiate basis?" In all honesty, we at the College of St. Francis feel it definitely can be.

First of all, we have always felt that there should be a place in collegiate distance running for the guy who doesn't particularly like to run strictly track and cross country, but rather sees himself as a distance runner more in the line of road runner. Consequently, we felt that this program would be attuned to these individuals.

Secondly, in the National Association of Inter-Collegiate Athletics (N.A.I.A.), a marathon is held in conjunction with the track and field championships. Overall, we don't feel the quality and enthusiasm is there. We feel that if a college or a group of colleges would specialize in this event, we can bring the N.A.I.A. marathon to the overall quality and esteem that this classic distance should be held at.

The third and final reason is that we simply feel that the marathon is really going to boom in popularity in the next four years. If people felt the marathon was popular in the past four years, I think they will be pleasantly surprised by the even greater enthusiasm which will be shown towards it in the near future.

Earlier in the article, I discussed the part of our program in which we would engage in road runs. We have set up a period from January through March in which we will take to the roads against other colleges and score them like cross country meets. We are extremely excited about this period of our training, because we feel it can shed some new light in the area of collegiate competition in the form of racing.

These road runs could go anywhere from five miles to fifteen miles over various terrain and conditions. We feel that this season could enhance any collegiate distance running program no matter what their goals or desires. I think it keeps the guys from getting bored from either too much training or too much running indoors.

In closing, I would like to say that the main reason why we have developed this program is not to attract big names or big publicity, but rather to provide a program for the average distance runner, the guys who like to run the roads and the marathons but who very seldom gets the chance on a collegiate basis.

I know there have been other collegiate distance running programs who have used marathons, but none have ever gone to the degree of making it a collegiate varsity sport. We feel that marathons and road runs are now, and will be in the future, a vital organ of the complete distance running program.

We, at the College of St. Francis, want to be a part of this type of complete distance running program. We hope others will find merit in our program, and if so, possibly incorporate some of our thoughts and ideas into their programs.

USTFF PUBLICATIONS

The United States Track and Field Federation announces the publication and release of three new and excellent books of interest to those involved in our sport. We are indeed pleased to have the opportunity to bring these excellent works to those of you teaching, coaching and participating in track and field in the United States. The U.S.T.F.F. continues to provide long-needed materials to promote and develop our sport. We hope you find these publications valuable to your program.

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