



In the Long Run
it's the
Long Distance Log

VOLUME 21

MAY-JUNE 1975

NUMBERS 233, 234

**"Sole"
Brothers**



ONE-TWO — Ron Blackmore, right, of Clarence, N.Y. First Trust-North Area YMCA Marathon, Sunday, May 18 at Syracuse, N.Y., and his brother, Keith, of Ithaca, who finished second, cool off after the race. (See story on page 7.)

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MAY/JUNE 1975

Prefontaine, Gibson, Copeland Die

Tragedy Strikes Track World

Tragedy has struck the track world as three former NCAA champions have died within the past month.

Steve Prefontaine, 34, formerly of the University of Oregon and seven-time NCAA champion and holder of three NCAA Championship meet records as well as many American records, was killed in a one-car auto wreck near Eugene, Ore., May 26.

His death followed those of former NCAA hurdling champions Paul Gibson and Ken Copeland.

Gibson won the 100-yard high hurdles championship in 1959 for Texas-El Paso. He also was killed in an auto wreck.

Copeland won the 1968 high hurdles championship for UCLA. He suffered from congenital heart disease and died after a strenuous workout.

Prefontaine was the only four-time winner of an event in NCAA track and field history. He won the three-mile run in 1976, 1978, and 1979 and 1979 and his 70 mark of 12:55.3 is a meet record.

He also won the NCAA Cross Country championship three times in 1978, 1979 and 1981, bypassing 1972 to compete in the Olympics. His 1978 winning time for six miles of 30:42 is still the NCAA record.

Prefontaine had just completed a race in Eugene, Ore., when he had come within two seconds of matching his record for the 1,000 meters, in which he was considered the United States' top choice for the 1976 Olympics at Montreal. Ironically, the name of the meet was the NCAA Preparation Meet.



STEVE PREFONTAINE

Dick Buerkle

'PRE WASN'T THE LOUDMOUTH PEOPLE THOUGHT'

by
Dick
Buerkle

Dick Buerkle, himself one of the country's premier distance runners, recalls racing against Steve Prefontaine who was killed May 26, 1979, when his sports car crashed. Buerkle just returned from a three-week tour of the People's Republic of China with the U.S. Track and Field team.

I had my first and last chat with the fiery little Olympian from Coos Bay, Ore. in his luxurious hotel room at the Harish Obersten in the summer of 1973. Steve and I had raced four times previously, he winning by a good margin on three occasions. In the last, just three weeks before this July 10 meeting, I had pressed him to a near American record of 12:33.4 seconds. We began to take on an earnest rival in American long distance running.

Next a legend is almost always disappointing and this, I must confess, followed suit. After reading the newspaper lines attributed to "Pre" I expected the fangs to be nine inches long, at least, but instead found a shy friendly young man who gave the small talk just like everyone else. Steve Prefontaine has been accused of being a loudmouth, a hypocritical overreacting spoiled brat, who could win in the U.S., particularly in Eugene, (home of his university), but never in Europe.

True enough, he seldom won races overseas, but he always ran against the best in the world, simply because the mysterious which surrounded him and his willingness to always set a lightning pace, brought the best wherever he ran.

And how he won at home! Ask any American distance runner what he'd have given to beat Prefontaine in Eugene. The goals he set for himself drove others to strive to beat him, giving the U.S. what is now the best fleet of distance runner it has ever had charge it to Steve Roland Prefontaine.

The All American Championships are scheduled for June 20, 21, in Eugene. I personally was hoping to meet and beat him there. Now no one will.

ODE TO "PRE"

You came out hot and flashing,
Like a Spanish fighting bull,
Your chest went stretching forward,
Straight hair flying from your soul.

Your knees came high, the arms they swung,
You weaved around the bend,
Leaping, diving bearing all,
Exhausted in the end.

You called the foals and forced the world,
That's it as it was,
A warrior running rampant, wild,
In pain you never paused.

For six short years we followed you,
You always grabbed the lead,
And now it's over, just like that,
The hearts begin to bleed.

No more will dirt in London, Ohio,
Crusted beneath your feet,
It's up to other artists now,
To make the tempo sweet.'

No more to poison the dusty roads,
Or touch the emerald green,
No man again to taste,
Your thrilling madness in Eugene.

Dick Buerkle



It was a cold day but everybody had a good time, and we mean everybody, young, old, male, and female.

See Results Page 19.....



"Not in the clamor of the crowded street,
Not in the shouts and plaudits of the throng
But in ourselves, we triumph and defeat" (Longfellow)

THE
LONG
DISTANCE
LOG

A Publication
For Runners
By Runners

Vol. 21 233, 234 May-June 1975

Published bi-monthly under the auspices of the
UNITED STATES TRACK AND FIELD FEDERATION
1225 North 10th Avenue
Tucson, Arizona 85705

Due to the indefinite future of the Long Distance Log,
subscriptions are being accepted for the remainder
of the year only, at a rate of \$4.00, \$6.00 air mail,
in U.S.A. or Canada.
Single copies and back issues are available at \$1.00 each.
Second Class postage paid at Tucson, Arizona.
Please send change of address promptly so that
you will not miss any issues.

See Subscriptions and renewals; Change of address;
Articles, Race Results, and Coming Events
should be sent to:

UNITED STATES TRACK AND FIELD FEDERATION
1225 NORTH 10TH AVENUE
TUCSON, ARIZONA 85705

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Little Big Toe



BY GEORGE SHEFFAN

If your second toe longer than your first toe? If so, and you are an athlete you are in for trouble, if you haven't already had it. The long second-short first toe, called Horton's Foot, is probably the most disabling of the common congenital defects in the architecture of the foot which cause it to fail with overuse.

Until Dudley Horton noticed it, the long second-short first toe was considered no more important than a large nose or a square jaw. No one had thought about what constitutes a normal foot. Horton changed all that. In 1935, he published his classic, "The Normal Foot" which for the foot was what "arvey's" "De Motu Cordis" 300 years earlier was for the heart and circulation.

The function of foot, wrote Horton, depends on two factors:

1-Structural stability, supplied by the 26 bones and the 112 ligaments which bind these

bones together, any abnormality in the bony architecture or laxity of the ligaments, Horton said, can end in weak, painful and inefficient feet. Further these biomechanical problems can cause more remote difficulties in the leg and knee and even the groin and low back.

2-Postural Stability, maintained by the short muscles of the foot and the long muscles of the foot and leg. Imbalance caused by a short heel cord or strong inflexible calf and thigh muscles, he claimed, puts additional stress on the foot and arch.

The most frequent cause of structural instability in the foot is Horton's Foot. It is a biomechanical absurdity. The two millimeter or more shortening of the first metatarsal distorts the normal weight bearing tripod: the heel, the head of the fifth and the head of the first metatarsal. The foot adapts by either: A) bearing most of the weight on the head of the second metatarsal, and thereby causes a stress fracture; or B) pronating the foot (rolling over the inside) and opening up a Pandora's Box of overuse injuries.

The most prevalent of these injuries are evenly distributed between the foot, the heel spur; the leg, the stress fracture; and the knee, runner's knee or chondro malacia.

If you are an athlete and have suffered from any of these illnesses it is possible, I could say probable, that no one has observed whether or not your second toe is longer than the first. Or whether you have any of the other more subtle structural flaws that can cause foot difficulties.

Horton's discovery has been forgotten. It was taught to one generation of physicians and it has discredited. Many people had Horton's Foot without symptoms, so when it appeared in those with complaints, it was thought a coincidence.

The truth was that people were just not using their feet that much. It wasn't until after World War II that athlete used their practice time fivefold and the overuse syndromes of the foot, leg, knee and back became the major concern of sports physicians. By that time Horton's book had disappeared from the libraries and the curriculum. And with it his theory of structural and postural strain which was the answer to these mysterious ailments.

For many who are on their feet very little, Horton's theories are just that. For the practicing athlete his theories can be the difference between being active or on the injured list, indeed the difference between being an athlete or an ex-athlete. When the basketball player spends hours on the court daily, and the runner increases his mileage to 50 and 60 miles a week, and the tennis player makes it a twice a day thing, then we begin to hear about heel spurs and achilles tendons and stress fractures and chondro malacia. And we hear about vitamin D, and cortisone shots and whirlpool treatments.

But we never hear about Horton's Foot and Structural Stability and Postural Stability. I wonder why.

MICHIGAN

WOODEN SPOON 50-KILOMETER RUN

Ann Arbor, Michigan April 6, 1975

Weather: Cold and Windy 36°

Results:

1. Diane Spitz 1:45:30	11. Dave Peeles 2:03:27
2. Gerald Grene 1:45:30	12. Dan Fuller 2:04:39
3. Walter G.utz 1:45:59	13. Peter Hagman 2:05:09
4. Doug Kurtis 1:48:00	14. G. Schafer 2:05:37
5. Jim Carter 1:51:06	15. F. Jarzycki 2:09:18
6. Tommy Silecia 1:52:20	16. Terry Elsep 2:11:38
7. J. Hildebrandt 2:02:05	17. unknown 2:11:42
8. Chris Clark 2:02:33	18. T. Carlson 2:12:31
9. Peter Hensing 2:03:12	19. E. Schwartz 2:13:46
10. Jim Barahal 2:03:27	20. Howard Delzick 2:14:27

MICHIGAN

Don Richardson (age 23)
 WAYNE STATE UNIVERSITY
 Detroit, Michigan
 Winner 5.4 Mile Race
 once around Belle Isle
 March 16, 1975. 26:34

5.4 MILE RACE

Belle Isle, Michigan March 16, 1975
 Weather: Clear, cool 40°

Results:

1. D. Richardson 26:34	11. N. Spathakis 29:09
2. Al Puffer 26:37	12. Doug Bank 29:13
3. John Tarchia 27:01	13. D. Campbell 29:15
4. John Cassani 27:16	14. D. Sheets 29:17
5. Bill Stewart 27:20	15. Larry Neustach 29:18
6. Tim Cummins 28:06	16. Marty Cohen 29:24
7. Jeff Doyle 28:27	17. G. Fairbanks 29:49
8. Bill Walker 28:46	18. Bill Boston 30:03
9. Art Kitze 28:52	19. Mike Baginski 30:13
10. Dwight Holt 29:01	20. Ed Stobach 30:34

MICHIGAN

Bill Stewart (age 32)
 ANN ARBOR TRACK CLUB
 Ann Arbor, Michigan
 Winner 5,000 meters
 at Belle Isle
 April 4, 1975 14:30

ANN ARBOR TRACK CLUB 5,000 METER RACE

Belle Isle, Michigan April 4, 1975
 Weather: cold, sunny 30°

Results:

1. Bill Stewart 14:30	11. Dee Campbell 16:40
2. G. Minty 15:02	12. Eric Jones 16:47
3. Pete Halloy 15:04	13. K. Stanko 17:01
4. D. Richardson 15:08	14. K. Kitze 17:03
5. D. Reynolds 15:27	15. G. Taylor 17:30
6. Pat Knapman 15:40	16. Mike Anderson 17:32
7. Mike Kovach 15:45	17. Gary Lyden 17:43
8. D. Holt 16:23	18. P. Fielder 17:55
9. Bill Walker 16:25	19. S. Pakolan 18:07
10. G. Fairbanks 16:31	20. J. Landsfeld 18:17

MASSACHUSETTS2.5 MILE RACE

Fresh Pond, Cambridge, MA May 10, 1975
 Weather: 62°
 65 Starters and Finishers Reached in 11:51

Results:

1. Gil Keep 12:24	11. T. Sedgewyd 13:46
2. Walter Hill 12:59	12. P. Schlee 13:49
3. Ed Conner 13:03	13. Bob Reagan 13:53
4. S. Goodchild 13:10	14. Larry Berman 14:00
5. Rick Burton 13:16	15. John Seville 14:08
6. Gabe Petron 13:25	16. Rick Drozin 14:15
7. Dave Hegarty 13:32	17. Bob Throce 14:23
8. Fred Scarpa 13:37	18. Ed. Hanlewit 14:32
9. John Bee 13:38	19. D. O'Reagan 14:33
10. Keven O'Brian 13:39	20. J. Martaton 14:42

MASSACHUSETTS10K MILE ROAD RACE

Newton, Mass. May 11, 1975
 Weather: 76°, warm and sunny.
 Starters: 155 Finishers: 151

Results:

1. Tom Dowling 53:19	11. Hamilton Amer 58:12
2. Earl McPike 53:37	12. Aliah Hill 58:12
3. G. Conroy 53:39	13. John Elliott 58:44
4. Vin Fleming 54:44	14. Dave Duval 58:53
5. Gil Keep 55:35	15. Ron Kay 59:28
6. Edie Boyko 56:21	16. Tom Boone 59:45
7. Chet Fortier 56:38	17. John Cahalane 60:08
8. John Higley 57:22	18. Ed. Clarlala 60:26
9. Wayne Jacobs 57:50	19. L. Bauer 60:41
10. Ron Drogan 57:51	20. Steve Rotelcy 60:42

NEW YORK

BLACKMORE & BLACKMORE
WIN MARATHON... ONE, TWO

SYRACUSE, N.Y. The Fifth Annual First Trust-North Area TNAI Marathon became a brother set as 21-year-old Ben Blackmore of Clarence, N.Y. waited around eight minutes at the finish line to greet his 23-year-old brother Keith, of Ithaca, who finished second.

A field of 126 entrants took the gun, with 90 finishing. Ben was timed in 2:30.46 for the 26 mile 303 yard race which was sanctioned by the Niagara District AAU. The course record set by Edward Morris of Massachusetts in the 1972 National AAU Championship in 2:24.42.5.

The State University of New York College of Environmental Sciences and Forestry grad student was among a flock of seven runners who shared the time of 28 minutes flat for the five miles in moderate temperatures under a partly cloudy sky.

He was ahead by a stride at 10 miles in 36:44, with brother Keith a second behind. William McMillen of Alden, N.Y. was a close third.

John Arthur of North Syracuse who won the 1974 event, took over the lead for a brief period, and appeared to be setting up for a second straight win.

He suddenly faded, however, and by 15 miles Blackmore had pulled ahead to a third of a mile lead over his brother, with McMillen third.

By 20 miles he had extended his advantage to more than half a mile, with a time of 1:53.40. Keith's closing was 1:59.23. Also moving ahead of McMillen was Paul D. Salak of Whitesboro in 2:04.14.

The last six miles, featuring one punishing grade at the 28-mile mark, separated the runners still further, with Keith crossing the line 5 minutes 24 seconds behind brother Ben.

Jeffers was third in 2:40.30, with Salak fourth at 2:42.53 and McMillen fifth in 2:43.02.

Others in the first 10 were Terry Habecker of Ithaca, 2:43.34; E. Bruce Frederickson, Cassville, 2:44.04; Douglas Colton, Alexander 2:46.56; William Donnelly, Buffalo, 2:47.01, and William Orlando, Jamesville, 2:47.41.

Mary Lynch 88, of Hamlet, a teacher was the first woman across the line, with a time of 3:23.30.

The Veteran's race was taken by 30-year-old Arnold Briggs of Syracuse in 3:22.3, his 90th Marathon Event.

Twelve-year-old Theodore Paris of Liverpool, the youngest entrant, finished in 3:35.23.

The team trophy, offered for the first time this year, was taken by the Finger Lakes Lakes Track Club.

Second was the home-town Syracuse Charger with the Genesee Athletic Association of Rochester, third.

The second annual 5 3/4 mile road race was run in record time by New York State Cross County Champion Bruce Carter of Clinton, a junior at Hamilton College, in 29.29, just 3.8 seconds under the former mark set by Baldwinsville teacher Chuck Wilke.

Two other Hamilton runners, Joe Schwyer and John Fogerson, both sophomores, came in second and third, following Carter to the take 120 yards in arrears.

The event attracted a turnout of 123 competitors.



FIRST TRUST-NORTH AREA "F" START - a field of 126 runners takes off for Fifth Annual First Trust-North Area "F" Marathon in Syracuse, N.Y. May 18, 1975. Winner was 21-year-old Ben Blackmore, graduate student at State University at New York College of Environmental Science and Forestry. He's number 69, at left of second row of runners.

~~~~~  
SEE  
COVER  
PHOTO  
~~~~~



Pack of 126 runners take off for 5 3/4 mile road race held in conjunction with First Trust North-Area TNAI Marathon.

JOGGING? DON'T WASTE YOUR TIME

Duke Dupree

We have the same biological message as the worm and the crocus, with good nurture we grow towards the light of the sun. We are what we are, beginning with the first step as seeds and growing to show ourselves the best we can. We dream and leave the earth in brief exploratory flights against the forever-force that binds us. We move and stretch our muscles and gulp in air and search out roads.

A foot and light-hearted

I take to the open road,
Healthy, free, the world before me,
The long brown path before me
leading wherever I choose.

Henceforth I ask not good fortune,

I myself am good fortune,
Henceforth I whimper no more,
pout no more,
need nothing.

Done with indoor complaints,
Strains, querulous criticisms,
Strong and content

I travel the open road.

Walt Whitman, *Leaves of Grass*

THE COMPLETE JOGGER



From this road I gain things not completely understandable: unexpected joy, strange quiet and creative contemplation, jels, jets and rars, deep compassion...

I hope and search out the best I am. I crave the easy flow and rhythm that sometimes settles over me after ten minutes or so - when, for brief seconds, my feet leave the ground and I'm no longer bound. I relax and some more mystical me seems to take over, I'm in flight. I roam the road looking for those great unexpected journeys I didn't know were in me.

It's a demanding sport, a tough hobby that can't be picked up occasionally and laid down when the nights get long.

The first few months are hard as the jogging wheel is first turned. This is when it's easiest to be discouraged and most tempting to quit for the more conventional ease of T.V. But, once rotating the wheel develops a momentum

of its own, in the same way the motion of jogging develops a life of its own. You will feel yourself new, and the taking on of shoes will begin to represent a way of life that allows new exploration of cold-early dawns, downpours, sparkling afternoons, warm evenings, dusty roads, dark snowy nights.

The person who may be as responsible as anyone for the current interest in hobby jogging and running is Gold Medal Olympic Coach Arthur Lydiard who says: "You may be a person who thinks that at seventy years of age you are too old to overcome some cardiac problems and regain some of your youthful vigour; this being far from a remote possibility. Even in the seventies and older it is possible to rejuvenate people to a degree and make them healthier and reasonably vigorous again."

"Whatever your condition may be, you should realize that there is always the possibility of something to be done to improve your fitness, providing that your heart is a healthy one (and only about 2% of people have some form of diseased heart and may not be able to exercise) then jogging (and other endurance sports) will be found to give fine results and help to make you feel like a new person."

"Feel like a new person?" Literally thousands of people have reported that regular exercise has improved the

quality of their lives, that they feel new. Not necessarily 20 years old again, but with new energy and interest. Though there isn't evidence that satisfies the entire scientific community, there are a growing number of doctors, strongly represented by the American Medical Joggers Association, who are prescribing endurance exercise, especially jogging, as a way not only to improve the quality of one's life, but also the quantity, by the strengthening of the heart and the rest of the cardio-vascular system - as well as possibly lowering blood cholesterol and triglyceride levels, two measurements of fatty substances in the blood that at high levels contribute to atherosclerosis, hardening of the arteries associated with heart attack, a disease in epidemic proportion in our refined, sedentary, car-oriented society.

Why jogging? Because for most people it's the most accessible of all sports, directly out the front door, and because it requires the use of the large leg and shoulder muscles, demanding large quantities of oxygen. It's the muscles' demand upon the heart for more oxygen that causes the heart to do the work necessary to develop good cardio-vascular endurance.

Some Things That Are Worth Knowing

If you are over 30 the NIA recommends you pay a visit to your

doctor or clinic and get a medical checkup before beginning any new exercise program. This checkup may include a stress test which will describe your heart under stress in order to assure that you

have a strong heart and that you are fit enough to begin a program at this time.

The way to begin is by learning Pace. Pace is what allows a good jogger to go out on a run slowly, develop a warm rhythm and come to the end of a jog "pleasantly tired" - not sprinting to the end in a last minute effort to gain some extra reward. For the jogger there's no value in "getting out" the end. These extra bursts, so popular with the new jogger, cause injury by suddenly exerting the body beyond what it's ready for. Frank Storer, 1972 Olympic Gold Medal marathoner, refers to sprinting at the end of a run as "bush league...your run is all over at that point." The art of jogging is in using your energy evenly throughout the entire jog, arriving at the end smoothly, not out of breath, with the pulse rarely above 155. It's this self knowledge of Pace that allows the achievement of distance; not the high energy outputs over short times, but the long gentle jogging of 2, 5, 10, 20 or more miles. This is where the physiological and psychological rewards of jogging take place, this is where the often mentioned mysteries occur.

No matter at what level of training always exercise well within your capacity. This can be readily monitored with coach Bill Bowerman's Talk Test. Although you want to increase your pulse to a level that will allow you to train you don't want to become out of breath to the point where you can no longer carry on a conversation while exercising. Should you suddenly find yourself out of breath, slow down until you are once again able to talk. There are no advantages to the jogger in getting the oxygen demands higher than can be readily met, and on the heels of over exertion ripe trouble. The key is realism. Too much fantasy out on the road and the results can be Crick Up. Train, don't strain. The price that many have had to pay for pushing/walking too fast has never been worth it.

The first long range goal of a new jogger is to be able to achieve the NIA's basic definition of fitness: the development of a base level of cardio-vascular endurance that will allow you to raise your pulse (most easily measured at the carotid arteries running alongside the throat) to 135-155 beats per minute for 30 consecutive minutes at least three times a week. This base level will take time to achieve and will represent a level of fitness possessed by a fortunate minority of our adult population.

Begin by pursuing knowledge of yourself from the first step. The new jogger must become resigned to moving slowly and must develop realistic goals.

Jog out for five minutes and then return the same distance. If not back in ten minutes you know that next time you must pace your energy better over the entire distance. Ten minutes sounds like too little to many new joggers, but it's this going slowly that will guarantee a safe and rewarding program. The quickest way to kill your program is to jump in and over-extend yourself too early. Advice that's crucial to the champion runner as well as the novice jogger is Arthur Lydiard's counsel, "Train, don't strain."

The second day of a new program take it easy, rest. Even though the first day may have seemed overly light begin to develop good habits and establish a "hard-easy" schedule. It's this rest period that will allow your muscles to adapt slowly instead of being torn down by too much stress. This "hard-easy" principle of training is essential whether you're developing a very low-key walking program or are training to complete a marathon.

An excellent approach to exercise is to consider your "hard" day a jogging day and your "easy" day a stretching day where endurance isn't worked on but where you can spend 15-30 minutes three times a week increasing and maintaining the looseness and flexibility so important to complete achievement of fitness and to an injury-free jogging program. Three books which will help the hobby jogger are *Be Young With Yoga* by Richard Hittleman, *Exercise For Runners*, a World Publication and *Yoga and the Athlete*, Ian Jackson, all available through NIA.

As you've successfully completed a few weeks of jogging you'll find that what was effort is now done more easily. At this point consider increasing your exertion, a maximum of 10% at a time. It is more worthwhile to extend distance and maintain a steady pace than it is to try to increase speed within the same distance. The one book I seem to end up pushing as much as any concerning this idea is Joe Henderson's excellent *Run Gently, Run Long*, available through NIA. Always make sure you keep your oxygen requirements low enough to be able to pass the Talk Test. If you can't pass the test you are disproportionately investing energy for the returns you're getting.

Don't waste your time while jogging. Find your own rewards. Jog to your best advantage, not in an attempt to fulfill idealistic goals and miraculous results. Go after the fun and well-being that regular endurance exercise and involvement in a hobby sport can bring. Go after slow adaptation and the understanding and new challenge that the yoga of jogging can bring. The object must be fun, pleasure and fitness built upon your own individual needs. Anything less is too much strain, and strain is the naper. Afoot and light hearted, take to the open road.

NEW YORK

Danny Wins in Hornell Race To Celebrate College Degree

Young Danny Parker, celebrating his graduation from Genesee State 48 hours earlier, ran the legs off 121 challengers on Memorial Day in the 12th annual Hornell Odd Fellows seven-mile road race.

Swinging in front almost in the first 100 yards, the product of St. Quentin High in Rochester made Secretariat's 30-length margin look like a blanket finish.

Averaging about 4:40 per mile, Parker was in 22 minutes and 55 seconds—a full minute and nine seconds ahead of Gary Lantime of Lockport. Jim Boyle of Rochester was third in 35:13—the same spot he occupied a year ago.

"I felt real good all the way," said Parker after it was over. "I sure was thirsty though. I just couldn't seem to get enough water."

With the record-size field, Parker actually lapped three runners. This never has happened before in the Hornell race.

Lantime was running second when they came down Main street for the first lap. Dave Smith and John Phil, both of Lockport, were 4th and 5th with Alfred's Derek Frechette, 1986 in the recent Boston Marathon, placing 6th.

All of the first 20 runners were pretty much in the same order at the halfway mark.

Harold Snyder, the 43-year-old Alfred runner, won the Masters Division in 27:09 in front of Don Farley of Ithaca in 31:27.

Roberta Austin Kirsch, the girls track coach at Canisius Central School, won the women's division in 48:29. Amy Tuttle of Alfred University was second.



The Evening Tribune, Hornell, N.Y., Tuesday, May 21, 1980

DANIEL PARKER, left, of Rochester won the Hornell Odd Fellows 7-mile road race Memorial Day. Here he poses with Harold Snyder, center, chairman of the run, and Gary Lantime of Buffalo who placed second.

HAL Snyder, 43-year-old Alfred runner, won Masters Division of the IOOF road race in Hornell on Monday.

The IOOF Order of Finish

1	—37:55	Daniel Parker, Rochester
2	—38:24	Gary Lantime, Lockport
3	—38:35	Jim Boyle, Rochester
4	—38:45	Dave Smith, Lockport
5	—38:51	John Phil, Lockport
6	—39:00	Derek Frechette, Alfred
7	—39:05	Dave Wain, Welling
8	—39:10	James O'Connell, Rochester
9	—39:15	Tom Smith, Hornell
10	—39:20	Joe O'Brien, Buffalo
11	—39:25	Joseph Vitale, Rochester
12	—39:30	William McMillan, Ithaca
13	—39:35	Steve Franchino, Canisius
14	—39:40	Sam Lantime, Buffalo
15	—39:45	Harold Snyder, Alfred
16	—39:50	Mike Montemurro, Lockport
17	—39:55	David Bennett, Ithaca
18	—40:00	John Hill, Ithaca
19	—40:05	Mike Santoro, Lockport
20	—40:10	Mark Pappas, Rochester
21	—40:15	Don Taylor, Ithaca
22	—40:20	Stephen Spagnoli, Rochester
23	—40:25	Edward Pappas, Ithaca
24	—40:30	Robert O'Connell, Rochester
25	—40:35	Tom Donohue, Rochester
26	—40:40	Phil Franchino, Ithaca
27	—40:45	Bob Grogan, Ithaca
28	—40:50	Bradley Conrad, Buffalo
29	—40:55	Larry Pappas, Ithaca
30	—41:00	Don McMillan, Ithaca
31	—41:05	Thomas Janak, Ithaca
32	—41:10	Robert Kirsch, Ithaca
33	—41:15	Robert Kirsch, Ithaca
34	—41:20	John Kirsch, Ithaca
35	—41:25	John Kirsch, Ithaca
36	—41:30	John Kirsch, Ithaca
37	—41:35	John Kirsch, Ithaca
38	—41:40	John Kirsch, Ithaca
39	—41:45	John Kirsch, Ithaca
40	—41:50	John Kirsch, Ithaca
41	—41:55	John Kirsch, Ithaca
42	—42:00	John Kirsch, Ithaca
43	—42:05	John Kirsch, Ithaca
44	—42:10	John Kirsch, Ithaca
45	—42:15	John Kirsch, Ithaca
46	—42:20	John Kirsch, Ithaca
47	—42:25	John Kirsch, Ithaca
48	—42:30	John Kirsch, Ithaca
49	—42:35	John Kirsch, Ithaca
50	—42:40	John Kirsch, Ithaca
51	—42:45	John Kirsch, Ithaca
52	—42:50	John Kirsch, Ithaca
53	—42:55	John Kirsch, Ithaca
54	—43:00	John Kirsch, Ithaca
55	—43:05	John Kirsch, Ithaca
56	—43:10	John Kirsch, Ithaca
57	—43:15	John Kirsch, Ithaca
58	—43:20	John Kirsch, Ithaca
59	—43:25	John Kirsch, Ithaca
60	—43:30	John Kirsch, Ithaca
61	—43:35	John Kirsch, Ithaca
62	—43:40	John Kirsch, Ithaca
63	—43:45	John Kirsch, Ithaca
64	—43:50	John Kirsch, Ithaca
65	—43:55	John Kirsch, Ithaca
66	—44:00	John Kirsch, Ithaca
67	—44:05	John Kirsch, Ithaca
68	—44:10	John Kirsch, Ithaca
69	—44:15	John Kirsch, Ithaca
70	—44:20	John Kirsch, Ithaca
71	—44:25	John Kirsch, Ithaca
72	—44:30	John Kirsch, Ithaca
73	—44:35	John Kirsch, Ithaca
74	—44:40	John Kirsch, Ithaca
75	—44:45	John Kirsch, Ithaca
76	—44:50	John Kirsch, Ithaca
77	—44:55	John Kirsch, Ithaca
78	—45:00	John Kirsch, Ithaca
79	—45:05	John Kirsch, Ithaca
80	—45:10	John Kirsch, Ithaca
81	—45:15	John Kirsch, Ithaca
82	—45:20	John Kirsch, Ithaca
83	—45:25	John Kirsch, Ithaca
84	—45:30	John Kirsch, Ithaca
85	—45:35	John Kirsch, Ithaca
86	—45:40	John Kirsch, Ithaca
87	—45:45	John Kirsch, Ithaca
88	—45:50	John Kirsch, Ithaca
89	—45:55	John Kirsch, Ithaca
90	—46:00	John Kirsch, Ithaca
91	—46:05	John Kirsch, Ithaca
92	—46:10	John Kirsch, Ithaca
93	—46:15	John Kirsch, Ithaca
94	—46:20	John Kirsch, Ithaca
95	—46:25	John Kirsch, Ithaca
96	—46:30	John Kirsch, Ithaca
97	—46:35	John Kirsch, Ithaca
98	—46:40	John Kirsch, Ithaca
99	—46:45	John Kirsch, Ithaca
100	—46:50	John Kirsch, Ithaca



ROBERTA Kirsch, girls track coach at Canisius Central School, won women's title in IOOF 7-mile race in Hornell.

NEW YORK

EASTERN BRUNSWICK A.A.U. 5,000 METER TRACK CHAMP
Queensborough Community College Bayside, New York
June 1, 1975 Weather: Warm with showers.

Women 5,000 Meter Run**Results:**

1. Nina Russell 19:36	6. Sue D'Letto 22:11
2. C. Anderson 20:19	7. Emma Lealin 22:52
3. B. Anderson 20:38	8. N. Stetch 22:49
4. L. Karabarger 20:50	9. D. Stetch 22:58
5. M. McKay 21:46	10. Holly Riba 25:39

Men 5,000 Meter Run**Results:**

1. D. Neares 14:54	11. L. Barnett 16:50
2. J. Gubbins 15:03	12. M. Konig 16:54
3. S. Crooke 15:47	13. P. Schwartz 17:01
4. E. Sweeney 16:17	14. V. Chiappet 17:08
5. P. Gubbins 16:18	15. H. Breckler 17:08
6. N. Tighe 16:19	16. J. Felber 17:44
7. Alan Corder 16:29	17. Frank Lesto 18:03
8. Andy Rosey 16:32	18. G. Haller 18:12
9. Deleen Gibson 16:37	19. Joe Blasek 18:22
10. Marty Brown 16:40	20. Leo Hurillo 18:35

Men 15,000 Meter Run**Results:**

1. S. Karlin 47:53	11. P. Schwartz 55:10
2. Arthur Hall 48:52	12. Bill Meyer 55:24
3. Gary Berts 50:51	13. Bob Fischer 55:35
4. Ernie Rivas 51:28	14. G. McCarthy 55:54
5. Joe Burns 52:11	15. Tony Kewy 57:04
6. Alan Corder 54:00	16. W. Decker 58:00
7. F. Lintra 54:01	17. A. Kaufman 58:26
8. R. Petion 54:09	18. H. Grustels 58:29
9. Bill Miller 54:26	19. S. Greenway 58:37
10. Larry Cropper 54:42	20. F. Lenta 58:42

FORT STANWIX DAYS RUN

August 3, 1975

20 KM. ADIRONDACK ASSOC. CHAMPIONSHIP

BEAUTIFUL
HISTORIC
COURSE

ROSE, N.Y.
9:30 A.M.

- WOMEN'S 5 KM. • WOMEN'S TEAM
- OPEN MASTERS • JR. MASTERS

CONTACT:

Dee Howell
Sore Family -yr
301 W. Bloomfield Street
Rose, New York 13440

FREE T-SHIRTS
TROPHIES

NEW YORK

13th ANNUAL WILLIAMSON APPLE BOGOTY ROAD RACE

Williamson, New York 10.4 Miles May 10, 1975

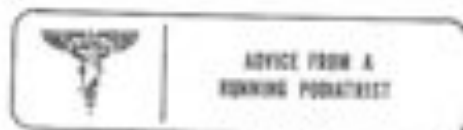
RESULTS:

1. Daniel Farber 51:01	11. Steven Graves 57:44
2. Donald Brown 52:17	12. G. Bessell 58:31
3. D. Frechette 52:39	13. N. Paprocki 58:43
4. Roger Hawk 54:10	14. Dale Ladd 58:55
5. Tom Painting 54:41	15. Mike Reif 60:11
6. Joe O'Brien 54:45	16. Robert Muir 60:35
7. Joe Cantaric 55:04	17. Robert Brown 61:03
8. Gary LaHues 56:44	18. Dan O'neer 64:17
9. Robert Goodell 56:55	19. J. Blanchard 65:27
10. Braden Getherd 57:22	20. S. Donville 65:28



HERE YOU see record field of 133 runners taking off Memorial Day in 13th annual 7-mile foot race sponsored by the Hornell Odd Fellows

ledge. Dan Parker, recent graduate of Geneseo State, won the race in 31 minutes and 55 seconds.



Randy F. Adams, D.P.M.

My readers who have some sort of foot or leg problem can take advantage of my free "Medical Advice Column" - ALL QUESTIONS ASKED BY 1987-88 - by Dr. Randy Adams, DPM, at 714 Union St., Mill Valley, CA 94042 (415) 434-3889-0801.

LARRY SUMNER (Alhambra Heights, CA): "Four weeks ago I began training for an upcoming marathon. My miles per week jumped from 40-50 to 70-80 miles per week. After only two weeks of this increased mileage, I began to experience pain in my left knee; below and to the inside of the knee cap. There was also some swelling.

I laid off running for a couple of days and the pain disappeared. When training resumed, the pain returned. Since most of my training is done on the road, I postulated that some soft turf training might help. Soft turf, along with a decrease in mileage, seemed to lessen the discomfort.

Finally last weekend I decided it was time to get some more long mileage in, so I ran 16 miles on Saturday and another 16 miles on Sunday. Sunday night I could hardly bend my knee and the pain was so bad that I got little sleep. By Monday night, the pain and swelling was again minimal.

I tried using Dr. Scholl's arch supports for one week and during my last two long runs. They didn't seem to help. I have also been consistent in my evening stretching, especially for the lower leg and hamstring areas.

I am aware that my foot plant is not correct since I wear down my heels very quickly on the outer corner of each shoe.

Is there some advice that you can give me which might allow me to keep high mileage training without personally consulting a podiatrist? If this is not a practical solution, please give me a list of "sports-minded podiatrists" within the Sacramento area. Thank you."

(ANSWER) - SUMNER'S CASE: "Out of the first 50 athletes I have seen in my office, 15 complained of knee pain. Through examination, treatment, follow-up, and referral, it turned out that two of them had real knee problems, (meniscal meniscus problems) and the other 17 had various injuries related to footwear at foot contact. I find that each one of these runners has an imbalance when the heel contacts the ground in long distance running, caused either by an inward leaning of the leg or a tilt in the heel bone itself.

Overuse injuries occur when there is a change in the running style, such as increases in mileage, hill running, running intervals, or a change to hard surfaces or banked tracks. This change in style puts increased stress on tissues which are only slightly abnormal. Normally in running, there is an intricate balance between flexibility, support, strength, and leverage of the joints of the foot and the knee joint. The knee should function primarily as a shock absorber with very little rotation; the foot should have the flexibility to cushion heel strike and adapt to the supporting surface. If there is any tilt of the leg or heel bone itself, then the leg must rotate in order for the foot to be flat on the ground.

Any side-to-side rotation of the leg causes movement of the patella (kneecap) on the front of the thighbone, which eventually produces overuse injury. Your Scholl's arch support did not work in this case because it supported the arch, not the heel bone itself. You would be much better off with a custom insole (for custom-fit) with an inner heel wedge cemented into the bottom (see figure in next column).

A word of warning: If pain comes on in your knee(s) while running, stop. There should be no limitation of the knee motion, no bruise or swelling, never any 'locking' of the knee, and no 'clicking' or 'snapping'.



with knee joint motion. Not all knee problems are referred from abnormal foot motion, and many need the care of an orthopedist. I expect that a soft support like this will help, but you will need to be fitted with a rigid functional orthotic. Enclosed please find a list of podiatrists in your area. Hope this information is helpful to you.

*******ANNOUNCEMENT******* (Effective July 1, 1987, I will become the Director of the Podiatry Sports Clinic at the California College of Podiatry Medicine in San Francisco. We will see athletes by appointment on Thursday and Saturday mornings. Fees through the clinic will be based on income. For additional information, please contact D.P.M. at 1770 Doby St., San Francisco 94116, or phone (415) 363-3444.

The following article was submitted by Steven A. Sumner, D.P.M. There is also a picture and normally included in the Boston Marathon. He has been training runners in the Bay Area for several years.

SPONGE WEDGE (see figure) - I had some runners in my office who complained of knee pain.

Through examination, treatment, follow-up, and referral, it turned out that two of them had real knee problems, (meniscal meniscus problems) and the other 17 had various injuries related to footwear at foot contact. I find that each one of these runners has an imbalance when the heel contacts the ground in long distance running, caused either by an inward leaning of the leg or a tilt in the heel bone itself.



Overuse injuries occur when there is a change in the running style, such as increases in mileage, hill running, running intervals, or a change to hard surfaces or banked tracks. This change in style puts increased stress on tissues which are only slightly abnormal. Normally in running, there is an intricate balance between flexibility, support, strength, and leverage of the joints of the foot and the knee joint. The knee should function primarily as a shock absorber with very little rotation; the foot should have the flexibility to cushion heel strike and adapt to the supporting surface. If there is any tilt of the leg or heel bone itself, then the leg must rotate in order for the foot to be flat on the ground.

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A word of warning: If pain comes on in your knee(s) while running, stop. There should be no limitation of the knee motion, no bruise or swelling, never any 'locking' of the knee, and no 'clicking' or 'snapping'.

OKLAHOMA

WILSON RUNNING CLUB'S 13 MILEWATER RACE

Dulsa, Oklahoma Saturday, April 14, 1977

Weather: Ideal mid 50's.

Starters: 27 Finishers: 27

Results:

1. Larry Adell 49:01	11. Larry Hanna 59:30
2. Glenn Town 53:45	12. Jim Jess 60:04
3. Brent Hooten 53:35	13. Bill Taylor 60:03
4. L. Shilcott 55:44	14. H. Houghton 60:13
5. Tom Kempf 56:02	15. Art Browning 60:26
6. Bob Baker 57:01	16. Paul Jordan 62:06
7. Jay Caldwell 58:07	17. E. Hestekin 62:50
8. Norman Sloan 58:30	18. Richard Rags 62:56
9. Rich Neuck 58:38	19. Bill Thomson 63:10
10. F. Kittleson 58:38	20. Vince Santine 63:25

MASSACHUSETTS**5.1 MILE RUN**

Hilford, Mass.

June 1, 1975

Weather: Hot & humid. Starters: 56.

Results:

1. Michael Baxter 47:05	11. Robert Sealy 51:14
2. Wayne Lenothe 47:44	12. Mick Hedson 51:17
3. Dan Larson 47:50	13. D. Hetherman 51:34
4. Robert Gary 48:20	14. Paul Schell 51:51
5. B. Johnson 49:04	15. H. Calsons 52:04
6. Rita Murphy 49:56	16. Stuart Thuret 52:13
7. N. Stellanio 50:06	17. P. Cassidy 52:34
8. G. Campagna 50:14	18. G. Butterworth 53:13
9. M. Seaver 50:18	19. Robt. O'Reagan 53:52
10. Vix Fardetti 50:21	20. Dana Hebert 54:08

MASSACHUSETTS**HELANE MARATHON CRAWFORDS, 13 ANNUAL**

Holyoke, Mass.

June 1, 1975

Temp: 73°, high humidity.

Starters: 63 Finishers: 56.

Results:

1. Rich Boyko 2:34:40	11. Jim McDonough 2:57:27
2. Ernie Rivas 2:35:10	12. Bob Gillette 2:58:59
3. Joe Gasek 2:40:57	13. Roger Welch 3:02:04
4. L. Frederick 2:44:11	14. D. O'Flah. 3:02:43
5. James Breen 2:44:49	15. Tom Boone 3:02:50
6. John Jareh 2:46:59	16. E. Gabriel 3:04:00
7. Bill Gordon 2:50:59	17. Andy Jaffe 3:05:44
8. Pat Burke 2:51:25	18. H. Bennett 3:08:35
9. Steve Grotay 2:52:02	19. Steve Sachs 3:08:36
10. H. Sittel 2:56:55	20. Jim Pabey 3:09:30

NEW JERSEY**6 MILE CROSS COUNTRY RUN**

Pt. Scott State Park, Pennsville, N.J. June 1, 1975

Weather: Hot, overcast, humid, rough.

Starters: 14 Finishers: 13

Results:

1. Ken Kling 34:06	6. Roger Clark 41:21
2. Tom Grogan 39:07	9. Paul McSorley 41:40
3. H. Worthington 39:07	10. Chris Miller 42:27
4. Bob Rosansky 39:30	11. Jim Plant 45:40
5. Milner Ball 40:51	12. E. Cannon 46:10
6. Steve Shimp 40:54	13. Marshall Lett 46:51

NEW HAMPSHIRE**519 ANNUAL SAMPSON 5 MILE RUN**

Bedford, New Hampshire

May 25, 1975

Weather: 71°.

Starters: Finishers 94/59.

Record held by Tom Dowling 39:11 set in 1974.

Results:

1. Dean Coppitt 39:14	11. Bob Hemen 41:55
2. Ray Currier 39:28	12. John Sealin 41:59
3. T. Dardarian 39:41	13. Ed Sandifer 42:50
4. Tom Dowling 40:05	14. P. Kalan 42:34
5. Steve Hillis 40:34	15. Chet Fortier 42:48
6. Fred Doyle 40:43	16. Mark Sheer 42:55
7. Tony Wilson 40:50	17. Rusty Lamada 43:21
8. Terry Gillinge 41:09	18. V. Phillips 43:24
9. Bill Dowling 41:28	19. Registered 43:50
10. Rich Boyko 41:53	20. G. Schobel 44:04



This is SHANNON LYNN COONEY, an 11-year-old sixth grader at Oriole Elementary School in Tucson, Ar. In the past two consecutive years, Shannon has placed first in two track events in the city-wide track meet for Girls' Recreation, an after-school activity. Her competition in the 50-yr dash, and the long-jump in class "J" (meant for the smallest girls), has brought her both medals and blue ribbons. Her best running time has been 4.6 sec, and her best long-jump, 13'6", although her winning jump at this year's meet was 12'9".

ARIZONA**5.5 MILE AND ANNUAL RUN**

Flagstaff, Arizona

April 5, 1975

Weather 45°, windy.

Starters/Finishers: 30/17

Results:

1. Chuck Good 20:05	10. K. Wilson 35:19
2. Jim Tropp 30:21	11. J. Jodach 37:26
3. Jeff Higson 31:30	12. C. Peterson 37:40
4. Neil Cook 31:42	13. Steve Gray 39:34
5. Nick Martin 31:43	14. Ed Jerm 40:54
6. Nat White 32:03	15. G. Dusen 45:05
7. Scott Dexter 32:25	16. C. Beaton 48:27
8. Bob Peckard 34:07	17. A. Schaeflin 50:15
9. Jack Julek 34:08	

OKLAHOMA**GRIPER LEAD 10 MILE RUN**

Oklahoma City, Oklahoma

Weather 55° windy.

Results:

1. Terry Hiegler 51:35	11. H. Grapson 57:30
2. N. Meterling 52:21	12. E. High 59:00
3. Steve Wolf 52:25	13. Bill Church 60:30
4. R. Strangland 52:25	14. C. Brockman 61:36
5. Larry Bess 52:54	15. Steve Turner 62:29
6. D. Franklin 53:00	16. G. Gibson 63:18
7. Bob Meyers 54:09	17. J. Frelich 63:35
8. Tom Story 57:19	18. Bob Barber 63:42
9. Larry McDonald 57:48	19. D. Green 64:21
10. Dahl Cox 58:31	20. M. Hetsch 64:36

MASSACHUSETTS**5 MILE RUN**

Fresh Pond, Cambridge, MA May 17, 1973
 Weather: Fair, 74°
 Starters: 34. Finishers: 28.

Results:

1. Dan Fenser 26:17	11. G. Whitcomb 31:26
2. G. Camargo 26:42	12. Claude Ellis 31:39
3. Steve Liggett 26:30	13. Jim Crouse 31:50
4. Dave Walsh 29:09	14. Judd Hill 32:00
5. Joe Carlino 29:11	15. Ed Seille 32:37
6. Ed Wood 29:41	16. Tom Hayden 32:59
7. Mike James 30:04	17. Ed Switon 33:23
8. R. Leonard 30:08	18. E. McGaffigan 33:30
9. J. Pool 30:11	19. B. Henderson 33:59
10. E. Hahlwitz 31:13	20. D. Dickson 36:01

MASSACHUSETTS**50 KILO RUN**

Haverhill, MA May 16, 1973
 Weather: Fair 74°

Results:

1. Rick Bayko 32:25	11. B. Clements 35:15
2. Bill Deering 32:35	12. J. Conannon 35:24
3. Don Putman 33:20	13. Stuart Rice 35:39
4. Bob Thomas 33:32	14. Larry Bernas 35:47
5. Tony Septenza 33:42	15. Bobt. Accoin 35:48
6. Phil Kalar 33:54	16. Gill Emery 35:50
7. Hal Kidd 34:22	17. Vieter Pasco 37:03
8. Ben Gaff 34:23	18. D. Bernardin 37:05
9. R. LaPiano 35:03	19. Elmor Devle 37:13
10. Bill Moore 35:11	20. R. Verette 37:34

MASSACHUSETTS**6 MILE RUN**

Greenfield, Mass. May 6, 1973

Results:

1. John Arthur 34:22	11. Joe Martino 39:27
2. Mark Mason 34:41	12. D. Wetherman 39:40
3. J. Broadhead 34:54	13. George Slate 39:53
4. Tom Durie 34:57	14. Tim Swania 39:06
5. Ho. Derring 35:50	15. Ed Parler 39:23
6. Roland Cornier 34:16	16. Terry Coyne 39:35
7. John Jarek 34:27	17. Dennis Kidred 39:29
8. David Howe 34:33	18. Dick Clapp 40:04
9. Don Sanford 35:06	19. G. Rytton 40:21
10. Wayne Lakotke 35:27	20. Van Currie 40:39

MARYLAND**ANNUAL 200 TO 10,000 MILE RUN**

Rockville, Maryland March 23, 1973

Results:

1. B. Valaryus 32:41	11. Gans. Brown 36:42
2. Eric Smith 32:40	12. D. Laird Sr. 36:36
3. Henry Dwyer 34:36	13. John Noble 36:03
4. Du. Howard 35:16	14. Larry Greene 37:20
5. R. King 35:31	15. Carl Shorwin 37:30
6. Edward O'Sourke 35:57	16. Jim Keese 38:17
7. John Wallister 36:05	17. Paul Thornton 38:17
8. Jimmy Saylor 36:04	18. Nile Marie 38:34
9. Allan Greenberg 36:40	19. Herb Chishala 38:46
10. Bob Stakemore 36:42	20. Gary Ceponis 39:14

MASSACHUSETTS**7.5 MILE RUN**

Fresh Pond, Cambridge, Mass. May 31, 1973
 Weather: Hot & Humid

Results:

1. Wayne Ringham 13:12	11. Chas. Kemer 14:04
2. Gebe Petroci 13:16	12. Bruce Higell 14:14
3. Steve Liggett 13:24	13. Ed Wood 14:20
4. Glenn Niechuziel 13:28	14. Ed. Hahlwitz 14:22
5. Bruce Clements 13:29	15. Bob Gordon 14:27
6. D. McGilvery 13:31	16. Jim Heburg 14:30
7. Bruce Brown 13:35	17. Bobt. Gray 14:31
8. Ed McConan 13:43	18. P. Stanton 14:32
9. H. Amrotas 13:52	19. Jim Crouse 14:41
10. Andy Rogovin 13:57	20. K. Sodenholm 14:44

MASSACHUSETTS**SIX MILE RUN**

Newburyport, Mass. June 3, 1973
 Weather: Cloudy and cool.

96 Starters. Record held by Rick Bayko, 30:27.

Results:

1. Buddy Peetick 31:21	11. Louis Agalar 33:39
2. Phil Kalar 32:18	12. Bob Accoin 34:15
3. Bob Thomas 32:34	13. J. Conannon 34:29
4. W. Lamotte 32:48	14. Gill Emery 34:39
5. S. Curtis 32:59	15. Dave Duval 34:36
6. Harry Fowler 33:01	16. David Heath 34:42
7. Ron Gaff 33:05	17. E. Clarina 34:43
8. D. Willeughby 33:17	18. Paul Schell 34:44
9. Jake Mahoney 33:28	19. Chas. MacKay 34:56
10. Stan Heulton 33:29	20. Bruce Higell 34:59

SOUTH DAKOTA**13TH ANNUAL "BLACKBERRY 10"**

Brookings, S.D. June 14, 1973
 Weather: 63°, Rain, Dr Wind.

Results:

1. Ken Eakin 1:21:21	11. L. Fries 1:31:29
2. V. Side 1:22:06	12. E. Tronter 1:32:08
3. D. Kainer 1:24:53	13. J. Undercol 1:32:09
4. H. Adamsen 1:25:18	14. J. Troncol 1:32:35
5. H. Fincher 1:25:40	15. G. McDenney 1:32:37
6. L. Clausen 1:26:32	16. T. Thoreson 1:32:55
7. H. Dunlap 1:26:33	17. D. Cripp 1:33:01
8. J. Hethair 1:27:53	18. Gene Jay 1:33:25
9. Ken Kainer 1:27:36	19. G. Cooper 1:33:49
10. K. Kegotke 1:30:48	20. H. Peterson 1:34:13

NEW HAMPSHIRE**1ST ANNUAL 10 MILE RUN**

Salem, New Hampshire May 31, 1973
 Weather: 79°

Starters/finishers: 63/36.

Results:

1. Ralph Thomas 33:46	11. David Roche 59:15
2. E. McGilvery 34:20	12. Bobt. Regen 59:25
3. Steve Ellis 55:13	13. Bobt. Clarin 60:06
4. Bill Deering 56:03	14. Gill Emery 61:25
5. Chuck Riley 56:14	15. Bob Accoin 61:31
6. Malcolm Kidd 56:15	16. G. Farmer 62:01
7. H. Perkins 58:19	17. H. Farmer 62:01
8. Tony Septenza 58:39	18. T. Dian cett 63:15
9. Stuart Rice 59:01	19. Bill Howe 63:24
10. John Heulin 59:13	20. Gary Polk 65:03

BREAST STRESS

A young woman friend of mine who has started and then stopped jogging has a problem which might be common to other women. She is about 5'10", weighs about 120 lbs., age 28 years, thin frame but rather large breasts. Her girth is 30 D, but she won't say. In any case she had been jogging and arrived at about the 10th mile late after several weeks, but stopped because of chest pain. Her doctor suggested the idea jogging, claiming that the motion of her breasts, clanking like the motion of her breasts, over with a good bra was stressing the muscles. He also she really would like to continue jogging and asked me if there were special support bras or exercises for strengthening the appropriate muscles to permit her to continue jogging. Any answers?

Very truly yours,
S. Semper, L.A. Calif.

Many women have asked me about what is the best bra to utilize to ease chest pain - there are probably just the beginner's advice related to various bra-making techniques. She should practice abdominal breathing. The breast binding can definitely be uncomfortable, therefore it is essential to wear a good supportive bra - (times things work!) I suggest a pregnancy-sensitivity type for best support (ordinary wired bras don't do the job). Push-ups (from knees) also help develop the underlying pectoralis muscles and keep things from sagging or stretching. I suggest working up to 20 lbs.

I know some very athletic endowed women runners. They may not be the fastest, being somewhat weighted down, but they do run long and are tough. Some even run the infamous DORSEY! And they're not sagging. So this young girl should take heart and jog on.

Dr. Joan Ulfrey

DIET

Like many joggers, I'm interested in losing weight easily. One diet that has received considerable attention is Dr. Atkins' DIET REVOLUTION where it's suggested that carbohydrates be cut way down in order that the body can switch to burning its own fat for fuel. Besides the fact that Dr. Atkins suggests foods very high in animal fat to replace normal carbohydrates could you comment on this type of diet?

Sincerely,
Zola Zanata

The question of the very low carbohydrate ketogenic diet - is it safe or harmful - is one of great controversy in medicine, especially since our friend Dr. Atkins has recently popularized this diet for all Americans. Dining in general is the topic of conversation in almost all social circles and especially among joggers and other individuals seeking high levels of physical fitness. Since this is the case, I will attempt to answer your question from a scientific viewpoint by explaining the basis of the low carbohydrate diet and then making several recommendations. To just give my "opinion" would be inadequate since there are at least eight opinions on dining as there are diets in this country (approximately 80 different

QUESTIONS AND ANSWERS



Dr. Joseph Jacobs. "This is the exercise rig. The horse gets to put hooves, after it, on the ball and heel in one go."

There are several factors important in affecting a weight loss or to be more specific, a fat loss. Weight control is not synonymous with fat control. The purpose of weight reduction is to lose fat not lean tissue. Fat is only stored energy. Stored energy must be utilized. The first and most important factor, then, is how much energy is one utilizing on a daily basis. If one is consuming more energy than one is using in, there will be an energy deficit and the person will lose weight or fat.

The low carbohydrate diet plan works well because you eliminate refined sugars, starches and caffeine, all of which elevate insulin levels in the blood. When insulin levels drop significantly on a low carbohydrate diet, the body cannot store fat. The stimulation of readily available carbohydrates from the diet also causes a mobilization of stored glucose from the liver and muscle and finally from protein (gluconeogenesis). Once these stores are utilized, there is a mobilization of fatty acids from the fat deposits of the body and the process of ketogenesis begins. Initially one will lose more weight than on a balanced diet because large amounts of fluid are lost due to protein catabolism (gluconeogenesis). Eventually after several weeks of dining, weight loss slows down. Initial large weight losses are just fluid losses. Too rapid a fluid loss can cause electrolyte imbalances that are dangerous. The loss of potassium, sodium, magnesium and calcium occur and can cause symptoms of lightheadedness, muscle cramps, weakness, irritability, depression and tremor. Too large a mineral loss can also cause too much lean tissue to be lost rather than fat tissue.

A diet that is ketogenic can also lead to the formation of uric acid deposits in the joints and kidneys. Joggers usually complain that they feel too tired on this diet.

For these reasons, I recommend a modified vegetarian type dietary regimen for joggers. The plan would allow nuts and whole grains (necessary for magnesium and other trace elements), with milk or fermented (the

vegetables, eggplants and fruits (see vegetables), eggs, chicken and fish or seafood. Animal meats would be avoided or minimized. Refined sugars and flour would not be allowed.

Best regards,
Allen F. Robbins, D.D.

KNEE TROUBLE

I have been jogging regularly for eight years, a minimum of four times weekly, a minimum of five miles each time.

Recently, I suddenly had trouble with my knees. In examining my condition, my personal physician took a test which show that there is a calcification in the joints.

He recommends that hereafter I just walk as lightly as I can, and swim. What has been your experience in a condition like this? Does the jarring from continuous running aggravate the condition?

I would appreciate your reply.

Very sincerely, Ted L. Robinson

Dear Mr. Robinson: In answer to your letter of February 25, 1975, regarding the calcification in your knee joints, first we must define what we mean by calcification of the knee joint. If your doctor is referring to calcification of the articular cartilage, this probably is chondrocalcinosis. The treatment would be systemic and local anti-inflammatory medication. The diagnosis should be made by seeing the crystals of chondrocalcin in the synovial fluid in the calcification is due to a low body in the knee joint, the treatment would be to reduce the loose body surgically if it is giving symptoms. If the calcification is in the ligaments, then this would be due to a chronic ligamentous strain, and the treatment for this is either an elastic support or knee-cap.

Another possibility is that the calcification, wherever it might be may not be causing the symptoms and a thorough orthopedic evaluation would be in order.

Sincerely yours,
Dan M. Trause, MD

LEG ENDURANCE

At age 70, my heart and lungs have no trouble with my aerobic regime, but VERY gradually my legs are tired and less happy with it. My feet seem to grow a tiny bit heavier every month - not after working, but when jogging with both feet off the ground at once.

What, if anything, can I do to increase the endurance of my leg muscles - if ever told it is to prevent pain?

Very truly yours,
John L. Anderson

Dear Mr. Anderson:

It is extremely difficult to answer your question without more historical information. It is also necessary to be able to perform a physical examination upon you. Most important of all you need a medical stress treatment test which will specifically and definitively answer your question. Only in this way can you accurately answer the question.

It is very interesting to meet a young gentleman like yourself at age 70 who still has the vitality of a healthy 50-year old. I wish much of our younger adults were as energetic and as enthusiastic as you are. To you it is not, and I am pleased to see that you are not doing either.

Cordially,
Joseph Arnold M.D.

TOE NAILS

My end speed jogging companions frequently like the nails on my fingertips?

Mr. John Deidman - Culver City, CA

Dear Mr. Deidman:

Thank you for your recent query about a frequent loss of toenails by joggers. I do not recall having had this question put to me prior to the morning, but I can say that I have lost the nail from my right big toe twice during the past two years.

The first injury turned in an accumulation of blood beneath the nail, probably due to the trauma of jogging with an ill-fitting shoe or sock. Of course, there is the possibility that one broken nail - for a shoe is an accumulation of blood beneath the nail. If the tendency to easy bruising or bleeding is marked, a physician should be consulted so that a blood study might be undertaken.

Nevertheless, the most likely cause of frequent loss of a toenail is that the nail is struck against the inside of the shoe during jogging and thereby loosened, allowing blood to accumulate beneath it and gradually force it away from the nailbed. After being thus loosened, the nail will be cut off, leaving the slightly tender nailbed. Fortunately, nail regrowth is required, and the new nail will gradually grow out and completely replace the old.

As a preventive measure, keep the toenails cut reasonably short, but definitely avoid the practice of grinding. Wear sturdy fitting socks, with no wrinkles over the toenails. See that the jogging shoes are properly fit and supportive.

Yours very truly,
R.L. Behrman, MD

NEW YORK**ROCHESTER ROAD RIVERS TRACK MEET**

Rochester, New York May 11, 1975
 Weather: 74° Sunny. Winds 10 MPH
 Tracks: 440 all-weather.

Results:

3 MILE RUN		
1. Dave Finn 15:18.8	4. Peter Clark 15:13.6	
2. Mike Quinn 15:39.0	5. Goose Gray 15:25.0	
3. Jim Boyle 16:36.0	6. F. Pecoraro 19:45.0	

500 YARD RUN (MEN)

1. E. Turner 2:02.4	7. F. Pecoraro 2:48.0
2. Bob Hudson 2:05.0	8. S. Cregledi 2:52.0
3. Tim Ferris 2:08.0	9. Goose Gray 2:53.0
4. N. Hassauer 2:10.6	10. H. Dezart 3:27.0
5. Guy Colombo 2:14.0	11. D. Kowalski 3:28.0
6. J. Boyle 2:25.0	

500 YARD RUN (WOMEN)

1. Liz McCann 2:35.8	3. Diane Garvey 2:40.0
2. Debby Grain 2:39.5	4. Kathy Grain 3:06.0

ONE MILE RUN

1. Mike Hyatt 4:30.2	5. Mike Quinn 5:02.0
2. D. Finn 4:48.2	6. Goose Gray 6:02.0
3. B. Belarick 4:51.0	7. S. Cregledi 6:35.0
4. Bruce Quinby 4:51.0	

NEW YORK**NATIONAL AND 20,000 METERS POSTAL CHAMPIONSHIP**

Central Park, New York March 23, 1975

Results:

1. J. Vitovick 1:04:23	11. S. Levine 1:09:12
2. A. Hall III 1:04:49	12. Mike Lonig 1:09:40
3. Tim Deaver 1:09:10	13. S. Lusa 1:10:09
4. Jeff Klein 1:09:39	14. Joe Burns 1:10:12
5. E. McDonald 1:09:39	15. S. Verchans 1:10:33
6. Sean Dealy 1:07:23	16. David Hain 1:11:36
7. G. Bertech 1:07:33	17. Paul Peter 1:12:24
8. E. Venezian 1:06:06	18. Alan Corder 1:12:40
9. Ray Legtine 1:06:03	19. John Kinner 1:13:06
10. Mike Tighe 1:06:36	20. Ed Walsh 1:13:32

NEW YORK**1ST ANNUAL ROAD RACING CLUB OF NY**

Daytone, N.Y. May 13, 1975

Track: 3,000 Meter Run

Results:

1. Kelly O'Spale 10:13.7	9. Hari McKay 11:31
2. A. Scandarra 10:17.8	10. S. Anderson 11:32
3. H. Perera 10:28.8	11. S. Barrett 11:36
4. W. Frank 10:33.8	12. Ann Dolan 11:44
5. Marie McGown 10:55	13. L. Blackstone 12:12
6. Cathy Anderson 11:06	14. J. Foster 12:23
7. K. Coffin 11:07.3	15. L. Wallen 12:36
8. C. Green 11:07.3	16. J. Schlicher 12:57
9. H. McKay 11:31	17. S. Decker 14:49

OPEN 10,000 METER RUN**Results:**

1. F. Killemer 34:00.4	8. J. McCarthy 35:08
2. F. Lindeman 34:22	9. S. Flosser 35:39
3. Sean Dealy 35:09	10. Wm. Meyer 36:15
4. S. Lusa 35:33	11. D. Gonzalez 36:17
5. F. Walker 35:53	12. K. Bregelien 36:40
6. Jill Lamy 35:54	13. Wm. Decker 36:24
7. Dan Sullivan 36:06	14. Larry Farrell 36:47

MASSACHUSETTS**3 MILE RUN ROAD MEET**

Hyde Park, Mass. May 11, 1975
 Weather: Cool and wet.

Results:

1. Larry Cline 24:32	11. R. Gray 26:30
2. G. Conefrey 25:06	12. Robt. Gross 26:41
3. Tom Bowling 25:07	13. Robt. Reed 27:20
4. Terry Gallag 25:24	14. S. Hart 27:34
5. Joe Catalano 25:32	15. C. Rooste 27:35
6. Douglas Fish 25:42	16. S. Pollitt 27:55
7. Rick Bayki 25:51	17. Bob Turone 27:59
8. Fred Boyle 26:52	18. Paul Godek 28:05
9. K. Pfrangle 26:06	19. S. McCorm 28:10
10. Mike Dexter 26:24	20. J. Despey 28:11

MASSACHUSETTS**2ND ANNUAL JO 3 MILE ROAD RUN**

Reading, Mass. May 24, 1975

Weather: Fair 76°
 79 Starters, record held by Scott Graham.

Results:

1. Earl McElvrey 26:28	11. Wm. Horriano 29:21
2. Rick Bayke 27:25	12. David Noche 29:36
3. Mark Duggan 27:27	13. Robt. Cizria 29:37
4. Lou Agular 28:04	14. J. Conahan 29:38
5. G. Charbonneau 28:43	15. Paul Schell 30:02
6. Ronald Caff 29:02	16. S. Deegan 30:04
7. John Hess 29:04	17. E. Juscottas 30:13
8. Frederick Silva 29:08	18. James Day 30:18
9. Cate Petrosi 29:21	19. Bruce McGill 30:46
10. Stuart Rice 29:41	20. Robt. Jersey 31:04

PENNSYLVANIA**1975 ATLANTIC AND 20 KILOMETER RUN CHAMPIONSHIP**

Philadelphia, Pennsylvania June 12, 1975

Course Distance: 20 Kilometers
 Weather: 80° Breezy

Results:

1. E. Loren 1:03:09	11. J. Barton 1:18:44
2. F. Goldcamp 1:12:13	12. Halmer Ball 1:20:27
3. W. Polorny 1:12:13	13. F. Douine 1:22:10
4. H. Naples 1:12:49	14. A. Kleyker 1:22:10
5. Tom Geller 1:13:56	15. J. Wicher 1:22:56
6. V. Phillips 1:14:32	16. S. Andrea 1:23:15
7. Peter Dene 1:15:01	17. R. Shusen 1:23:19
8. E. Koch 1:15:53	18. W. Humphreys 1:23:49
9. D. Weygandt 1:17:29	19. J. Deley 1:24:20
10. E. Johnson 1:18:04	20. V. Hannon 1:24:51

SOUTH DAKOTA**WILKIE STRONG TRACK CLUB ALL-COMER *QUEST *RUN**

Seaman Field, Brookings, South Dakota April 30,
 Distances: 1 Mile

Weather: Cloudy, Male winds 3-10MPH

Results:

1. Jim Egeberg 6:27	3. S. Underwood 7:52
2. Jesse Keehn 7:06	9. Ken Keehn 7:58
3. S. Underwood 7:06	10. Jay Dirksen 7:34
4. H. Morrill 7:07	11. S. Dirksen 7:34
5. Keith Morrill 7:16	12. Connie Kainer 7:44
6. Mark Hancock 7:35	13. T. Anderson 7:38
7. Ken Haag 7:44	

INTERVIEW WITH RON LAWRENCE *President American Medical Joggers Association*

NIA - Tell me a little about yourself. What kind of a doctor are you? What is your latest research?

LAWRENCE - Well, I'm a neurologist. I got interested in jogging during the mid 60s for a number of reasons. One was because of the rising heart attack rate. We are in a coronary epidemic and there are no two ways about it. We're not doing much about it. That's unfortunate. Friedman and Roseman have done an excellent job in highlighting the seriousness of the problem in their book *Face A Balance and Your Heart*, but no one has offered any positive approach to reducing it - and that's only that, generally when you're over 50 and you see your doctor you're falling apart physically, losing awareness and memory. I know that even if physical activity doesn't prevent the decline in the quality of life better. That is something that I think should be stressed, too, in regards to jogging. It does, as we know, improve the quality of people's lives. That's something really big.

Also, I'm president of the American Medical Joggers Association, which is a group of about 200 jogging doctors who are associated with the NIA. I think it helps to jog yourself, as a doctor, in order to be able to discuss patients with the value of jogging. AMA is a very active organization as you know. We are growing and publish a newsletter regularly edited by Tom Baxter. We send the doctor to jog and encourage doctors to get their patients jogging.

NIA - If you see what may be a low typical middle aged person, overweight, too little exercise, what do you say to such a person about exercise? How should one start a jogging program and what do you think the benefits might be?

LAWRENCE - Basically I like to see people start off with a gradual increase of activity. First off I make sure the person is in good enough physical shape. I try to get anyone starting an exercise program into aerobic testing. Unfortunately, how it went means I have schedules to me become free, that would be nice.

Once testing is very important if a person is going to start jogging consistently, like NOW. But I prefer to have people begin by walking. I like to have a person walk for miles without feeling uncomfortable before they take their first jogging step. In this way the stress testing thing isn't as important because what you're doing is allowing people to show their problems at very low stress. If, during their walking, people experience chest pain or some shortness of breath or exhaustion then they must be checked out at a clinic way before continuing. But, if they are able to walk up to ten miles, three times a week, then they might jog. Walk 1,500 feet, jog 1,200 feet.

So, I like people to begin by walking, and only then begin a jogging program. I like an easy after day routine, alternating light jogging with walking and adding perhaps a mile a month. Then, our hope is that those who can't do it will work up slowly to marathon distance since we know that among people with this level of cardiovascular fitness there has never been a reported death due to heart attack.

NIA - Are you a gross burner?



Ron Lawrence Jogging on the 10th Greenway.

LAWRENCE - No, I'm a solo jogger. Occasionally I'll take someone out with me. I started when I was 42 years old. When I got out with some younger persons they say, "Well, if he can do it I can do it." Then they see me and go on and become competitive marathoners, which is great.

NIA - How about diet?

LAWRENCE - No one has done the work with diet that needs doing, but more will be done. Now, a lot of things are out of thumb. There's a lot of talk

NIA - Tom Baxter has said that he will take at his nutritional expert anyone who can finish a marathon. What about your own personal habits?

LAWRENCE - Well, what I've done is pretty much devise a system for myself that works for me. I'm a great believer in vitamin C, even though it may not be the answer some people think it is. Just plain old ascorbic acid. The vitamin E controversy I don't know about. I like it, but there hasn't been anything done.

B vitamins, of course, are very important. I get my B's from wheat. I eat plenty of bran. We need 50-100 milligrams of thiamine per day, and many of us don't get enough. I recommend taking a good B supplement.

NIA - Part of the problem with B's is that some people say they have to be taken in a constant balance with each other. For instance, B1 has to be taken in a constant ratio with B2, etc.

LAWRENCE - I know, but I don't believe in that. I know I'm not a nutritional realist. Many people know more than I do, my information comes from watching a lot of people. One thing about the B's, that is that it corrects a lot of mistakes that all of us make. If it weren't for that God-given gift a lot of us would be dead. Because when we pour down, Oh Boy! But the question that's made through the gut wall is smoking. So, as long as you don't inhale, let's forget. So, what I'm saying is I don't think you have to worry too much about the proper balance of B's to B12 and so forth. Even though I probably know the Food and Drug Administration as much as anyone I believe we also have to respect a lot of what they have to say, because they spend a lot of time and money

investigating things. Why have all this going on if there isn't some truth to it? What we have to realize that a lot of what they put out is very good, and that we as long-suffering citizens are supporting the thing, and that there are many second people there trying to figure things out. So, I believe that their information on B and C and the rest must be the result of very extensive research. Even if I don't agree with their present vitamin C stance. I would rather trust them, in that aspect, than the person down at the local health food store. We see a lot of people get very sick on a lot of fat diets. I believe in what the Tarletons, "The Middle Way is the Best."

NIA - Do you drink alcohol at all?

LAWRENCE - Yes, I do. Over the last six years since I've been running I've cut way down. I prefer drinking wine to hard liquor, although I do like Scotch. Of course, with wine you shouldn't eat as if other, but a couple of glasses of wine with a meal may be good for a lot of people. Current studies like alcohol and heart are very hard because it has strong effects on the nerves and brain. Significantly, the best thing to do is to avoid all alcohol. But, since many of us are in excess it gives us some enjoyment, we try to keep down to four effects. So I would say to avoid distilled spirits and you avoid the real beer.

NIA - Are you still eating meat?

LAWRENCE - As far as red meat is concerned, there's a lot of fat there. Ground, fat is bad. Again, I eat a little. There's a habit. Finally, I've been eating some protein. I think egg has been maligned. I go in and out on them. Egg are fine if you're exercising. They are excellent high quality protein. The problem is any food, ANY food, if you're sedentary, is probably producing injury if you're taking in more than you need for living in other words, anything you take in that you don't use goes to fat. This is the danger of any diet. So, if you're exercising you can overcome a lot of the dangers of a fatty diet. Sure, your endurance won't be as great - but if you exercise you can get away with a lot. Of course, exercise doesn't burn the calories that some people think it does. An average jogger will burn about 100 calories a mile, and this can be replaced with a glass of beer. So to lose weight you have to exercise and eat down. A pound of fat represents about 1,000

calories. Look the Asians fat men, and sometimes only one and they aren't malnourished. The fatness of the Chinese diet is very much. As far as the literature reports China is a new nation of healthy people. Why? They exercise. So the key is, "Don't eat more than you need and exercise." The Chinese exercise in the streets. They have no athletic supplements. They're not exercising anything particularly. Unplanned, yes. What I'm trying to point out is that exercise can cancel out many of the effects of fat.

I do believe in C and a good B supplement and lean. What I tell people who don't want to get their fat much is not to worry. The important thing is exercise. And lean is very important. We need the laughter, it works like an internal massage.

NIA - Many older people retire, they have extra time. What are they going to do with their extra time? Many are turning to hobby sports, yoga, bicycling, jogging, walking, swimming. What do you say to these older people about jogging?

LAWRENCE - I see this. I don't know about beginning jogging for older people. I do know about walking. Vigorous walking is vital. A 55-year old person that has another 10 years, or more to live. You're not going to become a great runner, a lot of aging processes like hardening of the arteries, have taken place that can't be reversed. I agree with Dr. Paul Dudley White. He died walking because it's less stressful than jogging for older people. When an older person walks for miles at least three times a week for a year then they can consider jogging if they like. 30 miles of walking a week, for a year. Then, if they are comfortable and determined to jog they can begin a light program. Certainly, they don't ANY competition. Seriously, bicycling, swimming. You see more and interest may be higher. People like getting vigorous, however, bicycling. I am sorry to say I would not recommend jogging to older people. It's just too stressful for the heart period. Other endurance sports are less stressful with bicycling.

NIA - Do you do any supplemental exercises to your jogging?

LAWRENCE - I do a modification of the Royal Canadian Airforce Exercises. I don't do much, but do keep an abdominal muscle tone. Some legged stuff. Some yoga. Jogging stresses the muscles in the leg, and this can be very harmful. So I stretch a minimum of 10 minutes three times a week. **DO EXERCISES FOR RUNNERS**, a World Publication available through NIA, via Dr. Harkness's INTRODUCTION TO YOGA.

NIA - What's your opinion about Marijuana and exercise?

LAWRENCE - Well, it's the same old story. Marijuana in moderation I don't believe causes any real harm. Like one glass of wine, one joint of marijuana now and then, used like most people do, as a way to relax, does no real harm. I don't advocate the use of marijuana however, since any kind of smoking is bad. Again, the way of the Tao. "The middle way."

NIA - Thank you. Keep jogging.

NEW YORK**1ST ANNUAL 50 MILE ROAD RACE OF NY
SPRING SPEED PROGRAM**

Dayside New York May 6, 1975

Course Distance: 5,000 Meter Run

Weather: Temp: 54° mild wind

Results:

1. F. Valtierra 15:20.4	11. H. Stern 17:57
2. J. Barbary 16:23	12. J. Folber 18:01
3. D. Sullivan 16:23	13. A. Cammentolo 18:07
4. Bill Loney 16:41	14. M. Greenstein 18:55
5. F. Walker 17:00	15. J. Gilhooly 18:55
6. F. Hoffman 17:23	16. Del Palara 19:32
7. D. Gozalen 17:33	17. Ed Stora 19:53
8. Alan Kaufman 17:42	18. A. Keavey 20:04
9. Larry Langer 17:43	19. J. DiFrancisco 20:04
10. Bob Fischer 17:49	20. N. Gracton 20:11

NEW YORK**QUEENSBOROUGH COMMUNITY COLLEGE
NATIONAL ROAD RACING CLUB OF AMERICA POSTAL**

Dayside New York May 24, 1975

Weather: Sunny, 55° Wind 15 MPH
Track: 440 yard rubberized asphalt surface.**Results:**

1. Mike Tighe 104 125E	11. Drackman 88 1605E
2. A. Corder 104 30Y	12. P. White 88 1541E
3. Bob Frankus 94 1704E	13. D. Supper 88 1544E
4. F. Sinatra 94 1673E	14. F. Heilly 88 1340E
5. Bob Hill 94 1609E	15. T. Brown 88 1205E
6. S. Greenwald 94 677E	16. N. Kaseck 88 1030E
7. Calapetta 94 604E	17. R. Kpaton 88 490E
8. Tony Keavey 94 30Y	18. S. Harrill 88 189E
9. G. Haller 88 34E	19. L. Sadoff 88 140E
10. Bill Dean 88 1665E	20. J. Klein 78 1377E

NEW YORK**FILSON COUNTY RUNNING RACE - 14 KILOMETERS**

Gloversville, New York June 15, 1975

1. Joyn Staick 39:22	7. Dick Reed 42:07
2. Dave Hillman 40:12	8. Jim Bowler 42:26
3. Larry Frederick 41:23	9. J. Hillman 42:32
4. R. Harrington 41:46	10. C. Beganski 42:32
5. Bill Martin 41:52	11. Ted Bick 43:44
6. R. Hillman 40:18	12. Cathy Shrader 48:44

INDIANA**MOHNS VALLEY 15 KILOMETER ROAD RACE**

Anderson, Indiana June 14, 1975

Course Distance: 15 Kilometer

Weather: Cloudy Breeze 80°

Results:

1. Gary Rosesser 49:07	11. S. Kearney 53:20
2. Chuck Kreyen 49:38	12. L. Kirland 54:47
3. Joe Opazeky 51:04	13. Bobbie McGart 53:07
4. Leo Turshyn 51:39	14. Dennis McHal 53:28
5. Dan Hubler 51:42	15. Richard Jay 53:33
6. Jerry Pierce 52:15	16. Ronald Chase 53:41
7. Stan Kevin 52:35	17. Robert Haldo 53:44
8. Todd Stone 52:50	18. J. Warner 56:10
9. Phil Switzer 52:57	19. Jack Densley 57:11
10. Max Blank 52:57	20. Jeff Bailey 57:40

NEW HAMPSHIRE**DURHAM NEW HAMPSHIRE 10 MILE RUN**

Durham, New Hampshire May 26, 1975

Weather: Cloudy, 76°

Results:

1. J. Catalano 32:47	11. Y. Fowler 35:42
2. T. Atherton 33:55	12. J. Curtis 35:43
3. T. Gallagher 34:15	13. P. Deacon 36:16
4. Tom Doherty 34:23	14. R. Clarissa 36:31
5. Don Putnam 34:34	15. G. Emory 37:19
6. Bob Vester 34:54	16. T. O'Leary 37:49
7. John Kealin 35:12	17. Robert Lee 37:59
8. Ron Gaff 35:32	18. C. Mitchell 38:23
9. G. Charbonneau 35:33	19. Ed Risler 38:47
10. H. Stigliano 35:42	20. C. Holay 38:48

TEXAS**MOY TRAIL CROSS COUNTRY RUN**

San Angelo, Texas

Five Mile

April 12, 1975

Weather: Wind 100MPH 50° Overcast.

Results:

1. Kim Wrinkle 3:45.2	11. Gene Adams 6:33.0
2. Tom Hayfield 3:47.2	12. Alan Berger 6:33.8
3. Ruben Lozano 3:52.6	13. H. McClure 6:42.8
4. R. Gilleswater 3:59.9	14. Bobby Pedersen 6:43.4
5. Glenn Petty 6:04.4	15. R. Haggoner 6:52.0
6. D. Pittsitley 6:08.2	16. Salim Chik 7:03.8
7. H. Hilltop 6:08.8	17. O. Cataloff 7:43.6
8. N. Hiden 6:23.4	18. S. Hayfield 7:59.4
9. R. Anderson 6:30.4	19. Bob Buck 8:02.0
10. R. Kreninger 6:33.6	20. Cass. Hill 9:08.8

2ND ANNUAL WALPOLE 10 MILE ROAD RUN

Weather: Warm and Clear May 18, 1975

159 Starters, 130 Finishers.

Results:

1. Larry Olson 50:59	11. Mike Baxter 54:40
2. J. Catalano 52:14	12. Ed. Goodfor 55:04
3. J. Cedarholm 52:17	13. P. Phillips 55:19
4. Y. Coville 52:23	14. Bob Gray 55:35
5. T. Gallagher 52:45	15. D. Gianini 55:45
6. P. Dorion 52:58	16. Ron Drogan 55:57
7. Gil Kemp 53:54	17. Steve Kiley 56:08
8. Chuck Riley 53:58	18. Tom Doherty 56:21
9. T. Derderian 54:29	19. P. Dolerty 56:27
10. Tony Wilcox 54:38	20. Ron Kay 56:35

VIRGINIA**NATIONAL AAU 15 KILO CHAMPIONSHIP**

Alexandria, Virginia

May 19, 1975

Results:

1. Hamilton Auer 46:56.8	8. D. Jayree 48:04
2. Bill Rodgers 46:58	9. Jack Mahoria 48:18
3. Gareth Hayes 47:27	10. E. Hereford 48:36
4. Bernice Allen 47:35	11. C. Hatfield 49:08
5. Mark Covert 47:44	12. Russell Pate 49:19
6. Scott Graham 47:51	13. B. Robinson 49:47
7. Steve Mahieu 47:53	

NEW YORK**MINI-MARATHON 10,000 METERS**

Central Park New York May 10, 1975

Results:

1. C. Lettice	35:56	26. Nancy Lindsay	40:04
2. J. "ussen	36:03	27. H. Kussak	40:08
3. Brenda Webb	36:48	28. C. Allison	40:10
4. Karen MacFarig	37:07	29. K. Vargas	40:33
5. D. Ennis	37:19	30. Kathy Smith	40:33
6. Jenny Tuthill	37:36	31. H. Pevan	40:46
7. Hobbie Velker	37:41	32. Cathy Greene	41:02
8. Marie Aastrup	37:50	33. Marie Bosch	41:25
9. Debby Mueller	38:00	34. C. Gardner	41:31
10. M. Romano	38:01	35. K. Corrigan	41:41
11. D. Richie	38:02	36. Yoshiko D'Elia	41:44
12. Joan Benoit	38:05	37. Mary Albright	41:46
13. Cathy Schrader	38:05	38. H. Bohartien	41:51
14. Carol Corlen	38:21	39. C. J. Horton	41:54
15. Ilona Locking	38:43	40. R. Neethman	41:59
16. L. Hedroge	38:49	41. Marjan Kulick	42:04
17. Kathy Switzer	38:58	42. Katherine Good	42:10
18. Marilyn Stevens	39:09	43. H. Leever	42:12
19. Linda Pusch	39:20	44. H. McKay	42:16
20. Roberta Annes	39:31	45. H. Swelaka	42:17
21. Hiza Cramer	39:33	46. Susan Lambian	42:18
22. Kelly O'Toole	39:34	47. Jan Dolan	42:20
23. Nancy Fresh	39:42	48. Mary Hanzchik	42:21
24. Marrie Cushing	39:43	49. Lee Kornberger	42:22
25. Anita Stauderra	40:00	50. Carol Dolsogian	42:24

It was "ladies day" in Manhattan's Central Park as 276 runners from 15 states and Puerto Rico competed in the world's largest ever all-female race, the Fourth Annual 10,000 meter "mini-marathon".

After 1 1/2 miles the lead groups included Jackie Hansen, American marathon record holder in 2:45; 18 year-old Dorcen Davis, last years winner and a "Millen Square Garden" women mile regular, Brenda Webb, the AMU indoor 2 mile champion, Brenda's Lettering (Ohio) Striders team member Karen MacFarig; Cathy Schrader, the 1973 Mini-Marathon winner, and National AMU Cross Country 5th placer Charlotte Lettice.

One by one, the leaders dropped back until only Lettice and Hansen, escorted by dozens of bicycling collectors, were together, passing the 6 miles in 34:39.

"At that point, I was ready to ask Jackie if she wanted to tie" said Charlotte, whose husband, Tom Dardarison is a 2:19 marathoner.

"and I was going to ask her the case thing?" replied Jackie, "If only I had known."

But the question went unanswered as Charlotte utilized her 59 second 1/40 speed to pull away to a course record 35:53 and a 7 second margin of victory in the last 200 yards.

Meet Director Hina Kowick, a 2:55 marathoner who finished 27th pointed out that "We've grown from 73 starters in 1972, to 157 last year, and almost 300 today." With the continued monetary sponsorship of fellow runner Arno Niemand, we hope to invite runners from abroad to future races.

NEW YORK**THOMAS A. BRIDAY MEMORIAL 10,000 M EAST. REGIONAL**

Brook Park, Yonkers, New York April 27, 1975

Weather: 50's windy and fair.

Starters/Finishers: 125/119

Results:

1. Tony Colon	32:12	11. H. Myrnes	33:59
2. Mike Keogh	32:12	12. Jim Kelly	34:07
3. Tim Deaver	32:36	13. Mike Knodig	34:13
4. J. Jurgens	32:56	14. Pat Burke	34:19
5. G. McCarthy	33:15	15. D. Blackstone	34:26
6. P. Handelman	33:16	16. D. Sullivan	34:31
7. Mike Doyle	33:17	17. D. Chaudree	34:45
8. H. Sweaty	33:26	18. L. Burnett	34:50
9. P. Fisher	33:42	19. P. Petcher	34:55
10. Sean Healy	33:56	20. Toby Meyer	34:56

MINNESOTA**IRONDEQUOIT 5 MILE RUN**

Irondequoit, Minnesota July 4, 1975

Weather: Sunny 82° Wind 10 MPH

Results:

1. P. Pfitsinger	25:04	11. Jim Ferris	27:44
2. Jim Doyle	26:03	12. John Nott	27:51
3. D. Frechette	26:06	13. Sandy Hale	27:56
4. Todd Etchman	26:24	14. Bob Dorecree	28:25
5. Bruce Baden	26:26	15. G. Francisco	28:38
6. G. Pfeiffer	27:06	16. Don Anson	28:49
7. Joe Herenda	27:08	17. B. Hethelen	29:14
8. S. Ulick	27:12	18. James Spear	29:23
9. W. Paprocki	27:17	19. Barry Gilliv	29:33
10. J. Rajan	27:41	20. B. Shilons	29:37

GEORGIA**THIRD ANNUAL BROCKWAY ROAD RACE**

Atlanta, Georgia

Three mile race

Results:

1. Greg Camp	15:11	11. Mike Roberts	17:30
2. Chuck "Arrie	15:37	12. H. Kitchen	17:30
3. D. LaBode	16:30	13. D. Stenale	17:31
4. H. Mackel	16:52	14. Scott Knight	17:36
5. Bob Windall	17:09	15. J. Chandler	17:45
6. Allen McDaniel	17:15	16. V. Perkinson	17:47
7. Don Hale	17:18	17. B. Barnette	17:56
8. D. Hoyton	17:19	18. Herb Lawe	17:58
9. Da. Hagg	17:22	19. Sig Lee	18:20
10. David Cook	17:25	20. Jim Paris	18:21

VIRGINIA**KAINE POINT 20 KILOMETER**

Kaine Point, Virginia

Weather: cool & windy

Results:

1. Phil Stewart	63:02	11. Ed Jerome	73:20
2. Wayne Roe	63:49	12. H. Bethin	73:49
3. H. Beth	69:37	13. D. D. Hay	74:17
4. S. Talavyna	70:11	14. H. Jackson	74:53
5. G. Vernosky	71:34	15. V. Dovy	75:07
6. J. Nichols	71:51	16. V. Lewton	75:19
7. B. Beach	71:55	17. H. King	76:06
8. H. D'avers	72:19	18. B. Sander	76:55
9. Chas Ross	72:39	19. D. Laird	76:55
10. Chuck Johnson	72:43	20. A. B. Ross	77:00

USTFF

Domestic

Programs

Grow



CARL COOPER

On May 24-26, the 18th United States Track and Field Federation Outdoor Championships will be held.

The key word in the above sentence is "18th."

USTFF has come a long way since it was formally organized in the summer of 1961. It now represents more than 90 per cent of all track and field athletes and competition in the United States.

Also, more than 90 per cent of all track coaches, facilities and all dollars involved in the United States in track and field activities are represented by USTFF.

"The future is very encouraging as far as our domestic competition programs are concerned," said Carl W. Cooper, USTFF executive director.

"This year, we sponsored 14 cross country meets, of which some are regional championships as well as the national championships; 17 indoor track meets, plus the national championships; 22 decathlon, plus the national championship; nine marathons, and seven outdoor meets this spring, including the national championships at Wichita," Cooper said.

"In addition, USTFF is sponsoring the first Meet of Champions June 14 in Berkeley, Calif.," Cooper said.

The Federation does more than conduct meets, however.

It sponsors a number of clinics in various parts of the country, both through the national executive office in Tucson, Ariz., and through its 50 state organizations.

It also conducts the popular "Postal Competition" in conjunction

with Track and Field News and has been involved in overseas tours, last summer sending five athletes and four coaches to Africa for a series of regional clinics in Kenya, Nigeria and the Ivory Coast, with 22 nations attending, and sending the Pacific Coast Club on a six-week tour of Scandinavia.

Last summer, 40 of the 100 institutions which sponsored the National Summer Youth Sports Program conducted track programs under the auspices of USTFF.

The Federation also conducts a certification program for officials; has its own Hall of Fame while supporting all halls of fame in the sport; conducts a merchandising program for meets and offers an extensive list of publications for sale; sanctions more than 300 meets per year, and does work in legislative areas.

"The basic concept of the USTFF is one of a single purpose organization formed by its constituent members who conduct their own track and field programs and contribute and cooperate with the USTFF for the common good of promoting the one sport of track and field in all of its aspects," Cooper said.

By granting each of the constituent members a vote and a voice in the policies and actions of the Federation, it has resulted in a cooperative effort that has produced the program and results to date of the USTFF," he said.

20th ANNUAL August 3, 1975
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Silent Shunning

We are the snowmen,
 We are the cold men,
 Far from their homes,
 Far from the warmth of friends,
 The snow, it would freeze us,
 The sleet, it would cut us,
 We are the lone men,
 Unknown men, never lost
 In a blizzard, never found dead,
 The world pretends we are not;
 Assumes it is lost, on an average,
 We are the lean men
 With steam in our clothing,
 With steam in our faces and words,
 We cry in the wind,
 Spit curses at hills
 And know who to hunt,
 We are the finders,
 Last year we came this way,
 This year we come this way,
 Next year we come this way,
 Perhaps time past is
 Present in time future,
 We are the old men,
 We are the new men,
 Watching the seasons pass
 Without stopping us,
 Without making us hide,
 We are the snowmen,
 Quiet men, certain men,
 For the while we must endure
 The tedium of frozen masks,
 Ice encrusted garments
 And soberly lit skies,
 We are the men,
 When wet and gone
 And warmed up with a meal,
 Who cannot believe,
 Suddenly,
 What they have done,
 And are a little frightened
 By the howling of the ice wind
 And the darkness creeping
 Through the hostile night.

John F. Sevoik

WHERE HAVE ALL THE DOCTORS GONE?

I HAD DUE to see Professor Viktor Gutshemer for my quarterly checkup and ordered regimen on April 2 last year. But he died on March 21. I had been a patient of his for over a year, having previously suffered three heart attacks, the last two in quick succession in 1972.

I had been discharged from the hospital as recovered but I didn't feel recovered and was following the instructions of my doctor. "Don't drink wine, don't walk uphill, don't get angry, take this pill for this feeling and this pill for that feeling and this pill when you feel this, and this medication for tension and this pill to sleep and give down a slug of brandy when you feel anxious around the heart, and when you live alone and have no relatives to look after my phone number right next to the phone at your bedside because these things often happen at night, and don't worry, and here you maintain your will!"

After those months of that, I still couldn't make it even to the corner without gasping suddenly for breath, and it was always a surprise, and not even a pleasant one, to wake up in the morning. Then came a letter from a friend in New York, a prominent insurance man. "See Professor Gutshemer in Roman City right away. He's one of the world's great heart attack preventers."

I DON'T know then that Professor Gutshemer was a controversial figure among Israel's cardiologists. He had I yet heard of David Rimm, a patient of the Professor's, who has since been written up twice in The Jerusalem Post for his startling achievements in long distance foot races at 55, six years after a severe heart attack.

But the fact that the Professor was an elderly doctor for Boris Karaff didn't exactly fill me with confidence. He searched me for one or two, and studied my medical history and the results of lab tests I had been told to bring along. He finally said, "You have a good body, now we have to take care of it." Then he gave me a very detailed exercise and health-care regimen to follow for the next three months, no pills permitted. And that was the start of such appointments thereafter — exhaustive tests, increased exercises, plus a breathing-out when I gained a kilo or when he found other evidence of inconstancy. And now I doubt those cardiologists.

AMJA Conference

HERE THEY ARE By Donaldson

In the article on the memory of Professor Gutshemer, Howard Blake asks, "Where are the doctors?" Many were it. Between the two days of American Medical Joggers Association meetings preceding the largest of all Marathons, the Boston, April 21, approximately 300 AMJA members ran in and completed this last bow of all long-distance running events.

I have attended three meetings before, at which the overweight and out of shape usually predominated. Some of the exciting aspects of these AMJA meetings were that there wasn't a cigarette anywhere, no one talked while someone else was running, and 150 health-conscious women, doctors,

When he had built me up, after four months, to where I was running about at full speed without even breathing hard, and feeling better in every way than I'd felt for many years, he passed up the exercise, the water and the swimming still another week to a cold two hour workout every day. I reacted, "Let's face it," I complained, "I'm not doing exercise in order to stay alive, I'm staying alive in order to do exercise!" He smiled, and I quickly apologized. So soon I'd forgotten what a mess I was only two months before.

Professor Gutshemer was 75 when he died of a stroke, and the younger cardiologist he'd been training in his method died of a brain tumor a few days before. The doctor around but I don't find anybody who comes up to the Professor's knees. I saw the Kaiser Hotel, which is Hebrew for Chamber of Horrors, but they just thought up some new jills. I went to a prestigious Jewish rehabilitation center and was assembly-lined into courtesies from one expert technician to another — for cardiographs, blood pressure, EKG's, etc. Everyday a specialist within a specialty. And when all the results were in a young medly told me, "Congratulations! Everything is within normal range."

"Fine!" I said. "Now how do I keep it that way until next time?" "Well, walking is good," he said. "And watch your weight. And avoid tension." What a letdown after the Professor's precise instructions.

Good technicians they are, unquestionably. But where are the doctors? Where are the Gutshemers? Where are the dedicated pioneers who see clearly what others won't look at because it wasn't taught in medical school? Where are doctors who are not only scientists but artists, who not only promise that you'll live to be 100 but make you believe it, and who's most important make you want to? I haven't found one.

So I'm just sticking to what the Professor told me to do the last time, over a year ago. And every morning when I'm knocking myself out with those weights and I sweat in how wonderful I feel and how I don't want to go to the office for another seminar-filled day, I look up and grin. "Now I am doing Professor!" because I know he's got to stop-watch on me.

Howard Blake from the Jerusalem Post



Dr. Roger Sanderson

Lawrence, President of AMJA, Secretary Harold Stone Subotnick, D.F.W., Peter Jull, M.D., Otto Rosenzweig, M.D., Dr. Roger Sanderson, M.D., Joseph Aronoff, M.D., George Shuman, M.D., Terry Kavanagh, M.D., Joe Scott, M.D., Tom Baker, M.D., Dr. Emmanuel and Jack Ross, Tracy & Paul Hall of Paris.

Dr. Aronoff emphasized strongly that the medical profession must find professional helpings about the preventive benefits of regular exercise. Although doubtful about being overly sanguine, too emotional and biased, the personal impact of the doctor to counsel can be to walk until the conventional evidence about coronary disease is settled once and for all. What we now call aging is actually disease, heart attack is of epidemic proportions, mental health people are encountering more and more depression and we are looking on to our children ways of life that are "normal" but far from healthy.

The key program speaker was Dr. Roger Sanderson, Medical Director, Queen Square Hospital, London, the first man to break the 4 minute mile, 3:22.4 in 1954.

Dr. Sanderson stated how the problem of the sedentary majority can be attacked. A delight in sport must be a vital part of continuing education, the element of play must be nurtured in our leisure time and factories and information must be made available to people in order that all can have the opportunity of developing hobby sports conducive to health. Dr. Otto Rosenzweig suggested developing humane and creative training camps of 1 — 4 weeks duration that could help people after their lifestyles to come more in line with positive health.

Dr. Stone Subotnick and George Shuman emphasized that it's essential for people to develop their own sport, but that doctors must also learn to diagnose and treat structural problems that are going to bring to our leisure activities. The function of the professional mustn't be to discourage active participation in endurance exercise because of ignorance and conservatism, but must be to help people achieve the flexibility, strength, understanding and normal motion that will allow them to function best.

Dr. Subotnick emphasized the necessity of going slowly. "The faster way to do more is to do a little less, right now." With this "Trim, don't strain" approach nearly anyone who wants to get complete the rugged marathon distance, 26 miles, 385 yards. Completion of such distance requires a very high level of cardiovascular endurance. Dr. Tom Baker, during a side presentation on the life style of the Tarzansville Indians of the Western highlands stated that "nearly anyone can run a marathon if it's pleasant

enough and if you treat them to a party every other day." That it is possible to reach the level of fitness through training is demonstrated by the number of cardio-vascular patients who are now regularly completing the marathon distance after heart attack and who are statistically living longer and more active lives than their peers without the benefit of athletic training and fitness.

Dr. Ernst Van Aaken, famed West German long distance coach summed up the tone of the meeting at the previous AMJA banquet. "Oxygen is the stuff of life, anyone who runs the marathon is long to live."

The doctors and the health field people are here. A small percentage of the profession now, but a growing number recognize that many of us aren't willing to accept what our doctors tell us is "normal." We aren't willing to be overweight any longer, with high blood pressure, low energy and high cholesterol counts. We aren't willing to sit back and do of heart attack without doing something to prevent it. We aren't willing to be complacent while disease advances through our bodies, lowering the quality and quantity of our lives. AMJA is a pioneer in the world of curative and preventive medicine. Under the excellent leadership of Ron Lawrence, Jull, Babo and many others, AMJA is a healthy voice in the wilderness of cardiovascular fitness.

Plans were made of the entire last day and upon completion of editing will be available to AMJA and NIA members. It was an excellent two days, and the day of the race was perfect for a 26 mile walk-jog-run. For those of us who didn't run this year there are over 300 days of training left until next year as well as a growing number of the marathons spreading throughout the country. For further information on AMJA contact Jull, Suite, P.O. Box 4704, N. Hollywood, California, 91507.

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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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