

In the Long Run
it's the
Long Distance Log

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It is with deep regret that the United States Track and Field Federation announces that the Long Distance Log magazine will cease publication with the November-December 1975 issue. This decision has been forced upon us by declining subscriptions, escalating costs, and the retirement of H. Browning Ross as editor a year ago.

We have continued the publication the past year in order to give full value to our subscribers for the money they had paid in advance for subscriptions.

Past issues of the Long Distance Log, dating as far back as 1972, are available for the cost of \$.50 and may be purchased through this office:

United States Track and Field Federation
1225 North 10th Avenue
Tucson, Arizona 85705

Yours in Distance Running,

Carl W. Cooper
Executive Director
U.S.T.F.F.

CWC:msa

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12TH ANNUAL HENRY S. ISOLA MEMORIAL
FOUR MILE CROSS COUNTRY RUN

Van Cortlandt Park, Bronx N.Y.

October 5, 1975 Starters/finishers 102/93

Weather: Ideal about 70°

Results:

1. Tony Colon	10:48	26. Ron Boustelle	23:37
2. Marcel Philips	20:27	27. Mike Avon	23:42
3. Elliott Roe	20:20	28. Greg Calvert	23:43
4. Ed Burns	20:34	29. P. Petscher	23:44
5. Joe Barbery	21:00	30. Larry Langer	23:50
6. J. Steinberger	21:12	31. J. Mahle	23:51
7. Romula Mejia	21:22	32. Bill Mullen	23:54
8. Paul Fisher	21:36	33. G. Buscemi	23:55
9. Joe Boyle	21:52	34. Nick Murphy	24:06
10. M. Konig	22:11	35. K. O'Connor	24:14
11. Sean Nealy	22:12	36. P. Salerno	24:19
12. R. McDonald	22:16	37. B. Pidberry	24:28
13. Ed Walsh	22:22	38. Tony Kearney	24:35
14. Bob Medley	22:35	39. T. Hoffman	24:48
15. Nike Bruno	22:39	40. Dan Dougherty	24:52
16. J. Conbeaney	22:39	41. R. Williams	25:01
17. L. Callahan	22:39	42. Ken Shiffer	25:01
18. Don Rowe	22:41	43. J. Castner	25:05
19. Jim Boran	23:00	44. K. Grisselman	25:07
20. M. De Ricco	23:02	45. Mike Schmitz	25:08
21. H. Rhodes	23:02	46. Steve Kent	25:12
22. C. Cordoba	23:17	47. H. Linton	25:15
23. Al Martin	23:23	48. Robt. Huminsk	25:15
24. Geo. Goodin	23:24	49. C. Holmuth	25:19
25. Gene Grichlow	23:32	50. Mike Cunney	25:31

BUERKLE PACES WIN BY NYAC

Lakewood - it was a new site but the same old story yesterday in the National AAU 3,000 meter team race at Ocean County Park.

For the umpteenth straight time even Coach Jim Rafferty has lost track of the exact figure - New York Athletic Club distancement ran off with the U.S. Championship in the 1.8 mile team test.

Dick Buerkle, former National AAC three-mile champion and a stand out on the AAU track team tour of Mainland China this spring, again was first man home for NYAC, clocking a speedy 7:56.5, over the soggy grass course.

Teammates Pete Squires, Bill Seiben, Tony Colon, and Ron Speirs flocked over the finish line in back of Buerkle to give NYAC a perfect team score of 15 points.

Greater Boston Track Club, led by seventh-place Jack McDonald, ran second with 57 points, followed by a NYAC B team (56) and host Shore Athletic Club (70).

The race had been held at Freehold Raceway and New York's Van Cortlandt Park in recent years. This time it was made the feature event of the Shore AC's second annual open cross-country meet, a seven race production that attracted some 200 athletes despite the steady rain. The meet was co-sponsored by the Brick Township PAL.

Doreen Ennis of Nutley Track Club, twice a member of the U.S. Junior International team, was an easy winner of the women's three-mile race in 18:04 as she beat out teammate Carol Conlon. Women's team honors, however, went to Ambler, Pa Olympic Club led by third-place Kim Gallagher.

Tom Kinsman of Rutgers took the men's five miler in 28:23 over Shore AC's Dean Shonts, the Bergen County College coach, but the Mollinden twins, John and Mike, tied for seventh place to lead Tom's River High School North to the team title.

In boys are group competition, Brick Township's Wayne Bauerband ran off with the 2 1/2 miler for 14 and 15 year-olds in 13:34, Nutley's Craig Bartsch won the 12-13 two miles in 12:18.2, and Chuck Lederer of the Jenkintown, Pa Whiz Kids captured the 11-under 1 1/2 miles in 8:36.



Legging It

Tom Steiner, left inset, outran field of more than 200 Saturday to win the Long Beach Grand Prix 3,000-meter run. Steiner, representing American Avenue Track Club which won team title, outduled Ron Wayne, right, who finished second.

YOU'VE GOT TO PAY THE PRICE



Gay Singer has an early lead in the Lafayette 10 Mile (see District 1110), as about 200 started the race. (See "Lafayette")

by Vince Lombardi

Winning is not a sometime thing; it's an all time thing. You don't win once in awhile, you don't do things right once in a while, you do them right all the time. Winning is a habit, unfortunately so is losing.

"There is no room for second place. There is only one place in my game and that is first place. I have finished second twice in my time at Green Bay, and I don't ever want to finish second again. There is a second place bowl game, but it is a game for losers, played by losers. It is and always has been an American seal to be first in any thing we do and to win and to and to win.

Every time a football player goes to play his trade he's out to play from the ground up, from the ground up, from the soles of his feet right up to his head. Every inch of him has to play. Some guys play with their heads, that's o.k. You've got to be smart to be No. 1 in any business. But more important you've got to play with your heart, with every fiber of your body. If you are lucky enough to find a guy with a lot of heart, he's never going to come off the field second.

Running a football team is no different from running any other kind of business, an army, a political party, a business. The principles are the same. The object is to win, to beat the other guy. Maybe that sounds hard or cruel, but I don't really think so.

It's a reality of life that men are competitive and the most competitive games draw the most competitive men. That's why they are there, to compete. They know the rules and the objectives when they get into the game. The objective is to win, fairly, squarely, decently, by the rules, but to win. And in truth, I've never known a man worth his salt who in the long run, deep in his heart, didn't appreciate the grind, the discipline and the harsh reality of head-to-head combat. I don't say these things because I believe in the brute nature of man or that men must be brutalized to be combative. I believe in God and I believe in human decency, but I also firmly believe that any man's finest hour, his greatest fulfillment to all he holds dear, is that moment when he has worked his heart out in a good cause and has emerged exhausted on the field of battle -- victorious!

EASTERN UNITED STATES TRACK AND FIELD FEDERATION LONG DISTANCE RUN 1975

10 Kilo October 5, 1975
Results:

1. Tim Steele	30:05
2. Ron Venerman	30:25
3. Chris Mallinan	31:05
4. Roy Lapidus	32:18
5. Paul Assini	32:28
6. Dan Senior	32:46
7. Harry Proza	33:25
8. Dave Johnson	34:20
9. Chip Jean	35:35
10. J. Marinaccio	35:35
11. Tom Bierly	36:31
12. Doug Fuller	36:54
13. Jeff Martin	37:10
14. Bob Falcioal	37:44
15. Steve Arnpz	39:35
16. John Finklan	44:10
17. Gene Gibbins	44:11
18. Ted Laras	46:18



The runner set course records at Lafayette, Lafayette 10 Kilo, and almost 2000 meters. (See "Lafayette")

ST. JOHNS UNIVERSITY VARSITY CROSS COUNTRY RESULTS
 St. Johns University, Princeton, New Jersey
 September 28, 1975
 Distance: 3 miles

Results:

1. Cabell	25:38	16. Bond	26:53
2. Masback	25:38	17. W. Dankner	26:59
3. Connor	25:44	18. Marino	27:05
4. Vander Kraats	25:52	19. Millor	27:09
5. Trachtenberg	25:59	20. D. Callaghan	27:12
6. Tom Clark	26:00	21. J. Fitzpatrick	27:15
7. Morelli	26:14	22. Giamo	27:18
8. Kooymans	26:28	23. Holland MCritz	27:26
9. Ross	26:40	24. Sievin	27:43
10. Jennings	26:41	25. Kiernan	27:44
11. Joe Devino	26:36	26. Elson	27:47
12. Colangelo	26:42	27. Greathouse	28:14
13. T. Cappelluzzo	26:44	28. Daniels	28:42
14. S. Keating	26:48	29. Santasieri	28:58
15. D. Beovich	26:51	30. Edminston	29:06

MOTOR CITY STRIDERS 15 Kilometer Race

Helle Isle October 12, 1975

Weather: Sunny 55°

Results:

1. Marty Echen	51:04	21. Dave Childers	58:17
2. Bill Martin	51:31	22. Jack Habel	58:43
3. Randy Fresson	51:58	23. Jim McKeon	59:15
4. Lou Putnam	52:39	24. Barry Chapman	59:46
5. Gary Fairbanks	53:39	25. Bob Hays	59:56
6. Bill Walker	54:10	26. B. Bendare	61:01
7. Graham Walker	54:20	27. Wes Morris	61:11
8. Ernie Taylor	54:27	28. Roger Thompson	61:31
9. Paul LaCroix	55:50	29. H. Szymanski	62:08
10. John Carroll	55:54	30. D. Albertson	62:17
11. Jim Landsfeld	56:04	31. D. Taddonio	62:19
12. Tim Trelfa	56:14	32. D. Finney	62:45
13. Bob Paklaian	56:18	33. Doug Elgin	64:15
14. Bill Barton	56:19	34. Gene Sorge	64:38
15. Jim Skaski	56:36	35. Gil Taylor	65:06
16. Don Briston	56:37	36. Don Greenwood	65:20
17. Paul Griffin	56:51	37. D. McGaugh	65:31
18. Mike Taylor	57:02	38. G. Panniccia	65:41
19. Mac Nemazi	57:21	39. D Choate	65:49
20. Dan Lockwood	58:16	40. Royer Johnson	65:55

13TH ANNUAL VICTOR GLANCE MEMORIAL MOTOR CITY MARATHON

Detroit, Michigan

October 26, 1975

Weather: Sunny 40°

Starters/Finishers 196/151

Results:

Distance: 26 miles

1. Bill Stewart	2:21:05	11. Miro Svab	2:32:55
2. Don Anderson	2:22:58	12. L. Putnam	2:37:07
3. Dick Stirrett	2:23:02	13. J. Doyle	2:37:45
4. Pete Elliott	2:24:19	14. D. Waltz	2:38:04
5. Gary Rizzo	2:24:53	15. G. Michal	2:38:53
6. W. Boyd	2:26:44	16. J. O'Shea	2:40:13
7. P. Doolzer	2:29:08	17. R. Tooth	2:40:44
8. J. Grabowski	2:30:21	18. D. Arbour	2:41:38
9. Lee Milcox	2:31:25	19. Dan Simoc	2:42:19
0. Mark Coker	2:31:53	20. J. Rayburn	2:42:19

Montreal '76

Twenty-kilometer walkers will compete on opening day of the Olympic Trials at Eugene, Ore. Up to 12 athletes will be invited, expressed, for the June 17 race. The qualifying standard has been set at 1:35—a time only Jerry Brown, Larry Young and Todd Scully have bettered since June of this year.

Through mid-September, no US marathoner had yet met the still entry time of 2:20 which was announced in last month's issue. Word from Eugene is that the May 22 race may be opened to slower runners.

Norm Anderson and Keesy Moore, director and technical advisor for the Marathon Trials, outline their plans and hopes for the event:

As in past AAU and Olympic Trials races in Eugene, the Trials will be held in conjunction with a track and field competition—probably the Steve Prefontaine Classic—with the runners starting and finishing at Hayward Field. The course will approximate, so far as it is possible, that to be covered in Montreal.

The size of the field and the requirements for entry are at present uncertain. We know what we want to do. We want to have a field of the best 50-100 US runners, because in past years men such as George Young, Frank Shorter and Bill Rodgers have come to prominence with startling speed. A field smaller than 50 would surely omit potential Olympic qualifiers, not to mention fall-

Continued on Page 6

Continued from Page 5

The Olympics

The marathon is a most unpredictable race—set down by the recent Pan-American Games Trial. There, Rick Ross and Chuck Sured made the team. Neither stalked among the country's top 30 in times for the year, and neither qualified for expense money to the Flagstaff race.

DeCelle and other members of his committee also questioned the choice of Eugene as a site. DeCelle said, "Weather conditions in Eugene in May will not duplicate the conditions the runners must face in Montreal. We should hold our trial at a Southern or Eastern location so as to come more nearly to Montreal's hot, humid climate."

The prospects of a hot, humid marathon in Montreal are quite real, as indicated by the Ivy-Olympic race in August. The temperature was in the 80s, and the humidity was equally high.

Wolf Schanberger, a medical doctor and one of Canada's top long distance runners, commented harshly on the "dross rehearsal."

"The course was excellent, as fine as anyone could wish for. The organization of the race itself (checkpoints, aid stations, police escorts) was laudable. Yet a question emerges which must be answered before too long to avoid a repeat of this year's fiasco.

"Why was the race started at 4:30 p.m. in the worse possible weather conditions? Originally, it was to have started at 1:30, which would have been of some help to the runners. But then TV cameramen objected that there would not be enough light in the later stages of the race to allow for proper filming.

"Cameramen be damned! They may have felt a little hot following the race in a double-decker bus. And yet, because of their influence, the athletes were out there on the pavement paying the price. The marathon may symbolize sheer endurance to some. But that does not mean it has to become a spectacle of human suffering and degradation for sheer desire to complete the course despite adverse conditions."

Twelve of the 18 runners finished. Most of them were sub-2:20 runners, many sub-2:15. Yet the winning time was 2:25. At least one runner wound up in the hospital.

Dr. Schanberger said, "I think a lot of us are getting tired of running these races according to the rules and times decreed by the organizers—especially when this adds to the danger of the race." *

Runner's World Magazine

10TH ANNUAL FOREST HILL CROSS COUNTRY INVITATION

Forest Hill High School Jackson, Mississippi

September 27, 1975

Weather: 73° sunny. Distance 1.9 miles

Results:

1. Carter Lambert	9:15	26. Joey Banik	10:56
2. Ricky Crutcher	9:33	27. Wilbur McCoy	10:57
3. Phil McFarland	9:37	28. N. Haywood	10:58
4. Tommy Reid	9:41	29. Jody Wise	11:01
5. Tom Black	9:43	30. Lars Mason	11:02
6. Chuck Lavender	9:48	31. Kenny Dennis	11:03
7. Rick Casley	9:53	32. Dennis Smith	11:04
8. Wm. Ingram	9:55	33. John Haney	11:05
9. Raymond Tyler	9:58	34. John Scott	11:06
10. Bill Thurber	10:02	35. Elton Bryant	11:07
11. Cliff Nichols	10:10	36. Tommy Buch	11:08
12. Ronald Carrozzal	10:14	37. Jefferey Harr	11:10
13. Joe Welch	10:17	38. Dallas Craft	11:13
14. John White	10:29	39. Willie Jordan	11:17
15. John Martin	10:31	40. Wayne McGowan	11:22
16. Mike Sanders	10:35	41. Randy Wiggins	11:24
17. Kenneth Cox	10:37	42. Morris Coleman	11:29
18. Tommy Dunn	10:38	43. David Newhak	11:30
19. Steve Owens	10:39	44. Dale Harrell	11:31
20. Hal Blackwell	10:46	45. Jerry Mitche	11:22
21. Jim Lewis	10:47	46. E. Bennett	11:33
22. James Robinson	10:48	47. F. Mason	11:34
23. Mike Baucum	10:50	48. G. Wilson	11:35
24. Mark Thomas	10:52	49. D. Hollifield	11:38
25. Bud Thompson	10:55	50. G. McLenore	11:37

ROAD RUNNER CLUB OF NEW YORK 10,000 METER

CROSS COUNTRY RUN

October 12, 1975 11 A.M. Van Cortlandt Pk. N.Y.

Weather: Cool & clear, but muddy from rain

Course: 3 miles

Starters/finishers: 108/102

Results:

1. Pete Squires	32:07	26. Hal Rhodes	38:06
2. Ron Speirs	32:28	27. Mac Larson	38:18
3. Bill Steben	32:40	28. Bob Pope	38:23
4. Mike Poche	32:56	29. Dan Becht	38:30
5. Marvin Wilson	33:27	30. C. Scotto	38:25
6. Ed Burns	33:35	31. Paul Newman	38:26
7. Al Stianchi	33:43	32. C. Dean Ferry	39:27
8. Robt. Basley	34:14	33. Chas. Castigli	39:28
9. Greg Camp	34:14	34. Chris Santag	39:29
10. Justin Gubbins	34:36	35. Geo. Ruciani	39:30
11. Jim Steinburger	34:36	36. Chris Newhoff	40:00
12. Bob Anastasio	35:02	37. Ron Bostelle	40:16
13. Brian McDury	35:20	38. Joe Viverito	40:24
14. Paul Fisher	35:59	39. G. Calvert	40:24
15. Fred Gracia	35:59	40. T. Formichela	40:26
16. John Jurgens	36:14	41. Jack Castner	40:27
17. Ron McDonald	36:33	42. Joe De Maio	40:29
18. Harry Frezza	36:34	43. Mike Schmitz	41:06
19. Jerry McCarthy	37:03	44. Wm. Waldron	41:13
20. Bill Sullivan	37:35	45. Stan Dubbin	41:18
21. Mike Cea	37:46	46. Bob Huminski	41:21
22. C. Cordoba	37:48	47. Don Supper	41:26
23. James Ochs	37:58	48. Joe Mangano	41:39
24. Fred Walker	37:59	49. Frank Norton	41:40
25. Walter McConnell	38:00	50. Tom Hoffman	41:41

AND THE LORD SAID UNTO HIM...

"Master, thou shalt run and keep physically fit so long as ye shall live." And that, my friends, is just what Bob Norman has been doing for the past 43 years.

He began running as a 14 year old schoolboy in Melbourne, Aust. and now, at age 57, can claim to have sampled the turf on five continents, having circled the globe twice.

He'll never tell you about it but Bob Norman has picked up some records along the way. A man who refuses to blow his own horn, this information had to be secured from reliable eavesdroppers.

In 1974, Bob set the world record in the 2-mile for men 55. His time of 11 minutes flat was run barefoot on a tartan track in New York.

When he was 46 years old, Bob was the fifth ranked race walker in Australia. And, in the 55-mile Comrades Marathon 10 race held annually in South Africa, the course is from Durban to Pietermaritzburg and is run in alternate directions in alternate years! He finished seventh with a time of 6:27.

Bob Norman also has a 2:35 marathon to his credit, ran in '62 or '61 --- he can't recall exactly --- in South Africa. He considers none of the above, however, his finest racing moment. But rather his last race in Australia, a 10,000 meter handicap run in 1962; three laps on a hilly course where, says Bob, "I ran like hell." That's one he'll remember.

These accolades and statistics that are the life blood to so many runners are a nuisance to Bob Norman. For while we all fuss with times and dates, he is one jump ahead --- one quantum jump ahead. Because Bob Norman, who is part runner, is also part preacher, part philosopher and part a man for getting the most out of life.

He'll be glad to talk for hours about South Africa (his favorite spot in his world travels) and the all day workouts he organized there as part of a course on physical fitness. Workouts along virgin bush obstacle courses where participants were required to swim, hop and finish running over sand hills that re-

sembled mountain ranges. All this in the hot sun, occasionally lasting till dark. Then, after "sleeping down Saturday night," they would be back at it Sunday morning. "In South Africa," Bob recalls fondly, "we partied till the sun came up."

He set up similar programs in Iran, Vietnam, and Australia, where he went under the heading "resource person" --- an all encompassing title for someone who taught every phase of physical fitness and leadership training. And one of my very reliable sources reports that Bob Norman deserves the credit for rediscovering Ron Clark, who chanced upon one of his classes in Melbourne.

It comes as no surprise that this slightly unorthodox man would have a slightly unorthodox approach toward his own training. Bob Norman trains by the SAID method. In case you're not familiar with it, the letters stand for Stress Adaptation to Imposed Demand. "I train by time and effort, whatever the demand of the race," says Bob, "not by miles." He trains almost exclusively on grass --- "because muscles and concrete don't mix" --- averaging 75-80 miles a week and "not long, slow stuff."

His favorite racing distance is 4-15 miles "under pressure." After that, Bob remarks, "it's a melancholy drag." Incredibly, Bob claims to have come by a new sensation just this year, something he never experienced before --- the sensation of being tired.



"Race walking wasn't tiring," says Bob. "But the painful technique involved just wasn't worth the brass polishes." As for plain, old-fashioned walking, that, declares Bob, "is psychologically boring."

Through his many travels and assorted experiences, Bob Norman has managed to achieve a rare and admirable balance between the light and the profound. He has no excesses; a terrific advertisement for the ancient Greek maxim: everything in moderation.

A vegetarian, Bob dislikes eating out and drinks only when he has to. His idea of a pleasurable evening --- "listening to some jazz or honky tonk or just sitting in the corner reading my books."

He particularly enjoys poring over the New Testament, calling himself "a liberal theologian who is nuts about justice." Which explains why one of his pet passages is Micah VI, verse 8. (He tells me it was also one of Lincoln's favorites):

He has showed you, oh man, what is good and what does the Lord require of you. Not to do justice and to love kindness and to walk humbly with your God.

To say Bob Norman will be missed around here is far too mild and trite an expression for a man of such grace and good humor, who brings a special sort of charm to the sport of running. But he's been in the D.C. area four years --- "The longest I've ever been in one place and it's time to move on."

Bob is bound for Denver to help with an eight or nine month study on rapid transportation. From there he thinks he'll go overseas.

Bob Norman is no aimless wanderer --- he has the terrain well charted, the lay of the land well in hand. He's that one man in a thousand who has found peace of mind along the way, a free man in the highest sense of the word.

Perhaps the explanation lies in the ancient epigram of Epicurus who wrote, "To accustom one's self to a simple and inexpensive habit makes a man free." A formula for all ages and for all menwise enough to heed its message.

By Elizabeth Sadoff

Steiner No. 1 in 200-person jaunt

USTFF LONG BEACH GRAND PRIX 5,000 METER RUN

Tom Steiner bested warm temperatures, smoggy skies, and a field of more than 200 runners Saturday afternoon to win the USTFF Long Beach Grand Prix 5,000 meter run and lead the American Avenue Track Club to the team title.

Steiner, 24, zipped along the same twisting course used by the Formula 5,000 cars in a time of 14:40. Ron Wayne of the West Valley Track Club was second in 14:58, while John Sutherland and Charles Horn, whose San Fernando Valley Track Club lost out in the team standings, 10-11, were third (14:59) and fourth (15:04). Former Long Beach State star Ron Kurrie, unattached, was fifth at 15:09.

Beach Comets Track Club took the women's team crown.

Other age-group winners were 39-year-old Richard Hughes (14th over-all) in the 30-40 category, 44-year-old Glenn Turner (35th) among the 40-50 group and Rudy Ceja, 52, (44th) in the 50 and over class.



"WHY NOTHER KICKING IN THIS HEAT WHEN WE CAN JUST CUT THROUGH THE TREES?"

1ST ANNUAL MET AAU 15 KILO CROSS COUNTRY CHAMPIONSHIP AND OPEN RUN

October 19, 1975 Van Cortlandt Pk. Bronx, N.Y.

Course: Regular 15 Kilo.

Weather: Bad. Heavy rain. wind 50*

Starters/finishers 58/56

Results:

1. Oscar Moore Jr.	44:51	26. E. Bredholdt	54:55
2. Ed Burns	46:53	27. Wm. Dassel	55:06
3. Joe Boyle	48:53	28. John Londa	55:24
4. Pat Burke	50:31	29. S. Innorta	55:30
5. P. Kaftanski	50:41	30. D. Dougherty	55:54
6. P. Petscher	50:43	31. Wm. Maldon	56:04
7. Jay Fordice	51:00	32. F. Robinson	56:29
8. Jan Mithcell	52:08	33. Cameron Helms	56:33
9. James Gechse	52:26	34. E. Cleaves	56:40
10. Stephen Hanson	52:34	35. W. Freeman	56:41
11. Andrew Sandry	52:41	36. Andy Stevens	57:17
12. Mike Avon	52:41	37. S. Rynski	57:28
13. Jim Wolfe	52:41	38. M. Socrist	57:42
14. Bill Minzella	52:47	39. Martin Schiff	57:47
15. Joe Schuessler	52:48	40. M. McGinnis	57:51
16. Larry Langer	53:05	41. Tom Webb	59:08
17. Joe Viverito	53:17	42. Mike Sunny	59:39
18. Mac Larson	53:18	43. J. McBride	60:06
19. K. Higgings	53:55	44. Ted Burrow	60:46
20. H. Boutolle	54:19	45. D. Charblous	61:47
21. Tony Keavey	54:20	46. N. Bennett	62:09
22. Bob Davis	54:21	47. Stan Salas	62:13
23. Mike Howe	54:36	48. Mike Curry	62:28
24. Jack Lansford	54:46	49. L. Domenich	63:17
25. George Busocmi	54:53	50. Tad White	63:23

SOUTHWESTERN USTFF

October 18, 1975

Results:

1. Leonard Hilton	29:51	25. Ken Buyers	
2. Stan Vernon	30:23	26. Mark Vincent	32:16
3. Rich Pettigrew	30:36	27. Dale Hurton	32:21
4. Rich Smith	30:52	28. Robert Price	32:34
5. Don Jindra	30:58	29. Dave Moore	32:43
6. Kyle Heffner	31:04	30. Mark Lawless	32:47
7. Lane Mitchell	31:06	31. Mark McCall	32:48
8. Bill Adams	31:08	32. Larry Rose	32:52
9. Manfred Kuhrs	31:13	33. Walker Lea	32:52
10. Chas. Cottle	31:19	34. Tim Latham	32:59
11. Randy Wilson	31:25	35. Michael Smart	33:01
12. Rodney Grand	31:29	36. Vic Hirsch	33:15
13. Wes Bruner	31:36	37. Joe Kirkpatrick	33:20
14. Julius Stewart	31:41	38. Jim Siones	33:21
15. Keith Schooley	31:46	39. Perry Pittman	33:29
16. Keith Schonne	31:53	40. Marie Parrish	33:30
17. Ricky Marques	31:55	41. Tony Wheeler	33:34
18. Russ Grove	31:57	42. Mike Albert	33:39
19. R. J. Field	31:58	43. Ken Gregston	33:34
20. Jim Held	31:59	44. Jim Gleason	33:34
21. Dave Stafford	32:06	45. Lewis Macias	33:34
22. Bonny Root	32:12	46. Sam Simpeh	33:34
23. Walter Jochanoqis	32:14	47. Bill Smith	33:39
24. Mark Newland	32:15	48. Tommy Glass	33:42
25. Ken Buyers	---	49. Dale Meadow	33:52
		50. Mike Mercado	33:55

The Olympics



The Olympic year which will end in Montreal next July has already started. Qualifying times—minimum standards required for entry into the Games—have counted since May 31 for track men and women. Marchers don't have a time limit for the Olympics, but they do face the toughest standard ever imposed for the Trials: 2:30. Their qualifying period begins May 21.

The US Olympic Committee chose Eugene, Ore., as the site for the men's and women's track Trials. The dates are June 12-17—a month before the Games. There had been complaints in 1972 that the early-July tryouts were too far removed from the August-September Games.

The marathon is also set for Eugene. But to give those runners more recovery time, the race is separate from the rest of the Trials. The date is May 22. (We have no information yet on the Trial procedure for the 20-kilometer walk.)

Scrutiny will be from US Olympic officials is that all sub-2:20 marathoners (times recorded in AAU sanctioned races on AAU certified courses between May 1975 and May 1976) will be given travel and living expenses for the Trials. The same will be true for the dozen or so athletes invited to try out in each of the track races.

Almost as soon as the marathon qualifying time was announced, grumbling was heard. Nearly 20 US runners have broken 2:20 this year. (None had done it between May 21 and Sept. 1, at this time west to prove.) Remember, though, that most of them did this at Boston under conditions they can't expect again next year. And even if nature were to cooperate, the calendar wouldn't. Boston will be less than five weeks before the Trials.

Bob DeCelle, AAU long distance chairman, says it's fine to reward the fastest runners. But allow others in, too.

3RD CAPITOL CITY RUN

October 6, 1975 4.55 miles

Results:

1. Hugh Long	26:34	31. Steve Nations	30:05
2. D. Blackwell	23:59	32. Tim Wallace	29:09
3. Lee Dukes	24:38	33. Mike Briater	28:10
4. R. Ainsworth	25:41	34. Phil. Coleman	29:35
5. B. Murray	25:50	35. Wes Denton	29:35
6. Sal Lamandre	27:55	36. Walter Howell	31:58
7. L. Stong	25:08	37. Tommy Ross	29:32
8. Alan Clark	25:11	38. Carter Blake	34:45
9. James Phillips	25:19	39. Richard Brown	31:48
10. Gary Standley	25:11	40. David Trewolla	31:50
11. David Perry	25:24	41. Gene deMedicis	30:04
12. Larry Stalock	25:32	42. J. Weisz	35:36
13. Mike Bain	25:43	43. Jim Stewart	32:48
14. D. Starkey	27:46	44. Mike Jones	30:51
15. Mack Finley	27:54	45. Gill McAdory	30:53
16. Tom Virgets	26:10	46. Bill Scott	34:13
17. R. Perry	26:13	47. Morris Colema	32:18
18. Kirk Long	27:17	48. James Robinson	32:27
19. Steve Underwood	26:21	49. Ken Kable	32:51
20. Chas. Evans	26:39	50. Chas. Rogers	32:58
21. Larry Littlejohn	28:42	51. Rick Orsino	34:04
22. Ike Raley	26:53	52. Ed Williams	32:25
23. Steve McCoppin	26:56	53. Barry Jones	32:36
24. Jas. Cook	27:58	54. D. J. Thomas	36:49
25. Allen Bradley	27:09	55. J. L. Gibbons	36:50
26. Paul Cranford	29:27	56. John Crow	37:31
27. Tommy Ross	29:32	57. Don Williams	36:33
28. Elvin E. Smith	30:57	58. Harry Kirby	35:38
29. Al Briede	33:00	59. Richard Carl	38:40
30. Johnny Harper	28:05	60. Phil Horn	33:44

WEST TEXAS RUNNING CLUB

Odessa, Texas September 15, 1975

High School 2 - mile

Results:

1. Richard Postra	10:15	21. Bart Wolff	11:25
2. Robt. Wilson	10:24	22. Billy Mandrew	11:26
3. Mike Darden	10:26	23. Chuck Stump	11:19
4. Octavio Ramirez	10:29	24. Malcolm Moran	11:21
5. Harold Stewart	10:30	25. Paul Herman	11:22
6. Ralph Diaz	10:31	26. Robt. Hillen	11:24
7. David Wolff	10:34	27. Robt. Gonzales	11:25
8. Kim Crinkle	10:36	28. Ernie Aguirre	11:44
9. Pat Darden	10:43	29. Larry Tyler	11:45
10. Chris Coldwell	10:48	30. No name given	11:48
11. Mike Hernandez	10:50	31. Tom Hunter	11:52
12. Richard Brown	10:51	32. Ben Gault	11:59
13. Ted Winton	10:55	33. Ernest Munoz	12:00
14. Terry Davis	10:58	34. Victor Olivas	12:01
15. Don Shewmaker	10:59	35. Tim Ruitt	12:02
16. Paul Darden	11:00	36. Dwain Gibson	12:03
17. Johnny Navarro	11:01	37. Tommy Constan	12:17
18. Jeff Atkins	11:02	38. Thomas Holman	12:25
19. Jr. Hernandez	11:04	39. Tim Brazell	12:26
20. Robt. Posey	11:06	40. Roy Holguin	12:29

Continued on Page 10

DOUBLE RIVERSIDE 10 MILER

Tulsa, Oklahoma

October 4, 1975

Weather: 50°

Starters/finishers 44/44

Results:

1. Larry Aduddell	52:30	21. H. Gardner	1:50
2. Randy Coburn	53:50	22. Gene Johnson	1:50:
3. E. Minworth	53:55	23. Gerard Brown	1:06:10
4. S. Flynn	56:10	24. Steve Wallace	1:06:35
5. Mark Morrisett	57:23	25. Bill Thompson	1:07:15
6. Brent Wooten	57:25	26. Bob Baker	1:07:50
7. Rusty Smith	58:09	27. Art Browning	1:08:15
8. D. McClendon	58:33	28. V. Whiteside	1:09:56
9. Lanny Endicott	59:15	29. Gary Timm	1:10:57
10. Tom Kempf	59:43	30. Ron Niedrauer	1:57:17
11. Jimmy Gray	1:00:04	31. Arnold Lako	1:60:17
12. S. Cramer	1:10:09	32. Jim Buller	1:69:17
13. S. Warren	1:01:33	33. Ray Conn	1:16:22
14. Doug Essary	1:02:07	34. M. Burckes	1:16:47
15. Hub Barker	1:02:40	35. J. Ozman	1:17:04
16. Norman Sloan	1:04:19	36. D. Niemyer	1:20:43
17. Ed Oelenberger	1:05:04	37. D. Murphy	1:21:45
18. Dave Watts	1:05:15	38. P. Saungard	1:21:53
19. Don Hardway	1:05:30	39. B. Blount	1:21:53
20. John Slayer	1:06:10	40. Jim Newton	1:22:52

RIVERSIDE 2-MILER

Tulsa, Oklahoma

October 4, 1975

Starters/finishers 34/34

Results:

1. Don Fotts	10:21	16. Art Wade	14:27
2. Sol Bever	10:24	17. Surendra Gupta	14:28
3. Jim Beaver	11:02	18. Dave Baker	14:32
4. Bill Boggs	11:35	19. Heather McD.	15:05
5. Ron Niedrauer	12:08	20. Dan McDonald	15:37
6. Bobby Ladd	12:11	21. K. McWin	15:39
7. Brad Griffin	12:35	22. Ed Pearce	15:44
8. Dixie Marquez	12:48	23. K. Martin	15:44
9. Leon Love	12:59	24. K. Kiper	15:44
10. Jim Homb	13:07	25. B. Schock	15:49
11. John Stevens	13:57	26. K. Johnson	15:50
12. Ken Ellis	13:57	27. H. McDonald	15:50
13. Kelly Kiper	13:58	28. G. Bobinik	16:28
14. Cindy Bowerman	13:58	29. M. Sloan	17:08
15. Janine Cunningham	14:25	30. Sheryl Fread	17:09

MOTOR CITY STRIDERS 3 MILE CROSS COUNTRY RACE

MOORE PARK

October 5, 1975

Results:

1. Mike Novak	15:21	16. Gordon Good	18:22
2. Dan Reynolds	15:22	17. Bob Flores	19:02
3. Al Puffner	15:29	18. Man Nemazi	19:24
4. Gary Leeds	15:30	19. Bill McGahey	19:28
5. Larry Alcantar	16:22	20. Neil O'Connor	19:58
6. Gary Fairbanks	16:46	21. Al Phillips	20:32
7. Jerry Young	16:46	22. Gene Sorge	20:35
8. Bill Walker	16:52	23. Don Finney	21:10
9. Bob Blusk	17:02	24. Rich Sande	21:14
10. Paul LaCroix	17:04	25. Nick Tadsonio	21:30
11. Bob Stockton	17:16	26. John Sinker	21:35
12. Jim Landsfield	17:18	27. Roger Johnson	24:06
13. Bill Barton	17:52	28. Terry Deeter	24:50
14. K. Anderson	18:06	29. Sylvia DeLage	24:51
15. John Gault	18:09	30. Debbie Ruffitt	24:52

ing in the prime requirement of any selection trial—that of duplicating as closely as possible the conditions to be faced in Moscow.

There are usually about 80-100 runners in the Olympic Marathon. Thus, there should be that many in the Olympic Trial. Therefore, we propose to invite all US runners who have bettered 2:25 since June 1, 1974. We understand that 10 US men did that in 1974, that more will this year, and are sure that still more will be next year.

As well, we believe that entry by petition ought to be allowed to those good 10,000-meter runners who believe they are capable of a good marathon. A time of 29:30 might be an appropriate cut-off.

Unfortunately, there appear to be USOC objections to opening the field to such a large number of Olympic candidates. The USOC has pledged to assume the expenses of at least the top-12 qualifiers in each track and field event, and fears morale problems if any additional, non-subsidized entrants are allowed to compete.

We are now engaged in writing forth the peculiar nature of the marathon—its not being able to identify with certainty that small group of runners from which the three best will come—to the USOC track and field committee, which understands the problem, and the USOC board of directors, which may not.

One important implication of having a closed, 12- or 16-man Olympic Trial would be the need for a fair method of qualifying. It would seem that a system such as we have had in the past of regional qualifying races is fairer than simply picking the men at the top of the ready list. Yet the regional races have been notable for their inability to produce Olympic or Pan-American team members. This system may, in fact, encourage runners to peak at the wrong time, to gear their training for the regional race, not the more important one to follow.

We believe that the interests of a strong Olympic team, such as we had in 1972, are best served by permitting athletes to qualify as much as a year in advance of the Olympic Trial and give their training so as to arrive in Eugene primed for the race that really counts.

It would seem that to plan for a relatively open Olympic Trial Marathon, we have to convince the USOC of two things:

1. An open trial is necessary to select the best US team.

2. No matter whose way is not paid to Eugene will contemplate a lawsuit over that fact of life, even if he should make the team. (We believe this can be accomplished with a simple well-timed, signed white envelope.) •

TUPELO INVITATION

Tupelo, Mississippi October 25, 1975
 Weather: 50° cold & cloudy
 Distance: 2.3 miles All pavement--hills

Results:

1. Carter Lambert	11:21	15. Stevie Owens	12:27
2. Ricky Crutcher	11:37	16. Steve Wargler	12:44
3. Jim Favnesi	11:46	17. John Martin	12:52
4. Danny Gill	11:48	18. John White	12:53
5. Tommy Ried	11:52	19. Joey Banik	12:58
6. Ray Stone	12:01	20. Cliff Nichols	13:09
7. James Carbine	12:04	21. Bud Thompson	13:24
8. Raymond Tyler	12:05	22. Morris Coleman	13:27
9. Wally Steward	12:08	23. Elton Bryant	13:30
10. Wm. Ingram	12:17	24. Wayne McGowan	13:45
11. Chuck Lavender	12:19	25. Mike Beacom	13:50
12. Ron Carrozza	12:21	26. Dennis Smith	14:01
13. Neal Haney	12:22	27. David Braden	14:07
14. Allen Poole	12:23		

ST. JOHN UNIVERSITY VARSITY CROSS COUNTRY RESULTS

Van Cortlandt Park, New York October 11, 1975
 Distance: 5 miles Weather: rainy

Results:

1. Feller	25:41	16. W. Danker	27:26
2. Butynes	25:54	17. Brown	27:28
3. T. Cabbelluzzo	25:54	18. Dennis Beovich	27:48
4. E. Keating	26:03	19. Dowd	28:22
5. Field	26:10	20. Dabney	28:34
6. Williams	26:14	21. D. Kisch	29:04
7. Tom Clark	26:28	22. Smith	29:04
8. Joseph Devito	26:35	23. Longo	29:23
9. J. Fitzpartick	26:37	24. Delucie	29:35
10. Matt Munson	26:45	25. Spencer	29:40
11. D. Callaghan	26:48	26. Cucco	29:42
12. Oyola	27:05	27. Rhodes	30:03
13. Adler	27:08	28. Raabe	30:33
14. Minnie	27:16	29. Eistler	31:18
15. Woody	27:25	30. Anderson	32:31

6TH ANNUAL "LONGEST DAY" MARATHON AND SOUTH DAKOTA AAU MARATHON CHAMPIONSHIP

Brookings, South Dakota Sunday, November 2
 Weather: 73° Clear. Distance: 26 MI 385

Results:

1. Ken Keehn	2:32	15. D. Solavig	3:11
2. Loren Kambest	2:46	16. Ted Kyriakos	3:20
3. Alex Ratelle	2:49	17. Harvey Mills	3:22
4. Jim Lundberg	2:56	18. Brian Suening	3:24
5. John Motheis	2:56	19. Chas. Roberts	3:24
6. C. Firstbrook	2:58	20. M. Anderson	3:24
7. Paul Raether	2:58	21. Jim Lichty	3:29
8. Mc's Bartling	2:59	22. Paul Mermaugh	3:36
9. Tony Thoreson	3:00	23. Jeff Bostow	3:36
10. Ed Arenz	3:01	24. Harry Stanko	3:38
11. John Iversen	3:05	25. John Burton	3:53
12. George Kiner	3:05	26. J. O'Neill	3:55
13. Wyatt Howe	3:07	27. John Hanson	4:25
14. Russ Strande	3:09	28. K. Magnuson	4:30

Lorenz Winner In 18-Mile Run

Long Beach Township

Herb Lorenz, 36-year-old industrial arts teacher and cross-country coach at Burlington Township High School, added another distance running honor to his list of track accomplishments by winning yesterday's Long Beach Island commemorative 18-mile race.

Lorenz, a former Trenton State College star who nurtures Olympic marathon aspirations, covered the 18-mile route from Holgate to Barneqat Light in one hour, 39 minutes and 12 seconds as he outclassed a 210 athlete field in Ocean County's biggest track event of the year.

The event was sponsored by St. Francis Community Center of Brant Beach and dedicated to the memory of the 11 Israeli Olympic team members slain by Arab terrorists at the 1972 Munich Olympic Games.

For 12 miles, Lorenz was locked in a stride-for-stride battle for the lead with two Shore Athletic Club rivals, Gary Pierce of Long Branch and Roy Lapidus of Cedar Grove. Lorenz broke free at that point, however, as blisters slowed Pierce and fatigue hit Lapidus.

Pierce fought back to make a late run at Lorenz and claimed second in 1:40:11, a 1/2 minute improvement on his performance here last year, when he ran second to NYAC's Tom Fleming.

Lapidus, fourth here in '74, improved by 4 3/4 minutes to third in 1:41:11. Top Ocean County finisher was fifth place Dave Hudson of Shore AC and Lakewood.

"Sure I want to make it to the Olympic Marathon Trial (next May in Eugene, Ore.) said Lorenz after it was over. "But I'm not exactly pinning all my hopes on making the team. There are just too many good men in the country ahead of me right now."

Lorenz's top marathon clocking is 2:17:47, achieved in being the eighth American (and 14th finisher) in last April's Boston Marathon. He was 2:12 off the Long Beach record of 1:37:00 set by Philadelphia's Moses Mayfield in 1973.



JOHN DIXON,

Sports Editor

THURSDAY, SEPTEMBER 25, 1975



HANK HOLLINGWORTH

Move over, Boston Marathon

The Long Beach 5,000-meter Grand Prix run for humans has been somewhat overshadowed by Sunday's Formula 5,000 Grand Prix, but there are those chaps in the city who believe that Saturday's gallop around the same course as the exotic machines could develop into something big.

Naturally, the transmute of Ron Alice, Dr. Jack Rose and Bill Tisdale is afflicted with that malady known as track-and-fielditis, so what else would you expect the threesome to dream?

"I have hopes that one day soon our 5,000-meter run can be the Boston Marathon," cracks Alice, director of the human's marathon.

"Long Beach is such a hotbed of track, why shouldn't I do even better in staking a distance run than Charleston (W.Va.)?" wonder Rose and Tisdale, who so incidentally, produced a grueling 11-mile grind in Charleston a few weeks ago.

TO HEAR ROSE and Tisdale, one would think that their Charleston chase was something only a little less than the magnitude of the Olympic Games. At that, however, it was something you might, for lack of a better word, call unique.

Rose was anchored in Charleston for the past year as executive director of the new Track & Field Hall of Fame. In that capacity it was only natural that Charleston folks called upon him to put on their Charleston Distance Run, a feature of the Labor Day weekend's famed Steamwheel Regatta.

Rose, however, was tied up preparing to return to Long Beach State to resume his coaching duties, thus he sent an SOS to Tisdale, a United Air Lines official who had a track background and, more important, produced know-how.

Tisdale winged away to Charleston on the first available flight and hasn't been the same since.

"IT WAS SOME KIND of event," enthuses Bill, who ran the half-mile for famed Mel Patton at Long Beach City College in 1963 and assisted Rose at Long Beach State in '64.

There were 1,000 runners, and the housing and feeding of them was a Herculean task. The astonishing thing to me was that the Charleston people themselves housed and fed most of the athletes. White athletes stayed with black families, black athletes with white families. . . . It was all extremely heartwarming.

Jack dedicated the race to Steve Prefontaine (the famed Oregon distance runner who was killed in an auto accident last May), and Steve's parents, Ray and Elfrida Prefontaine, were special guests for the run. Not only that, but Jesse Owens was the race starter.

The run was handled by computer and was split into 11 categories—for runners 8 to 76 years old. There even was a category for West Virginians only."

1975 SDSU INVITATIONAL X-C MEET

High School Men's race 3.0 miles results

1. Joel Brandt	16:11	51. Lynn Cliff	19:08
2. P. Luitjens	16:14	52. N. Bjorklund	19:09
3. Don Johnson	16:25	53. B. Peterason	19:09
4. Bruce Keppen	17:33	54. Ben Joraig	19:13
5. Tony Bauman	17:34	55. Chris Hance	19:14
6. Randy Kantack	17:38	56. B. Wold	19:15
7. Ben Cloud	17:44	57. Dick Bartling	19:15
8. Layne Deneul	17:48	58. B. Armstrong	19:19
9. G. Buse	17:49	59. Mark Frooty	19:19
10. Paul Brandt	17:50	60. Joe Peters	19:21
11. Jeff Hawley	17:53	61. D. Oltmanns	19:24
12. J. Lathrop	17:55	62. Kevin Huey	19:26
13. S. Anderegg	18:03	63. Rod Alexander	19:28
14. Kenny Wagner	18:06	64. D. Granset	19:30
15. Keith Holland	18:15	65. Kevin Maba	19:32
16. Andy Alexand	18:16	66. John Ebsen	19:32
17. Todd Enderason	18:19	67. R. Halverson	19:35
18. Vince Leib	18:20	68. D. Schroeder	19:41
19. P. Peterson	18:22	69. D. Graetzer	19:42
20. T. Kerkvleit	18:26	70. Mike Polzine	19:42
21. D. Jones	18:28	71. Gene Roberts	19:43
22. J. Christensen	18:29	72. Pat Artz	19:44
23. K. Thoreson	18:36	73. Jack Bedesson	19:45
24. Randy Brown	18:37	74. Gary Close	19:46
25. K. Badigan	18:39	75. Jon Kitlo	19:47
26. Bill Yount	18:40	76. Dave Ed Bear	19:48
27. John Wiphey	18:41	77. H. Redicus	19:52
28. D. LaSotte	18:41	78. Preston Steen	19:52
29. D. Woltz	18:41	79. N. Bearstall	19:55
30. Fred Villa	18:42	80. Jim Costello	19:56
31. Bill Bandest	18:42	81. S. Kunselman	19:56
32. S. Johnson	18:42	82. Ivan Little E	19:57
33. Hunter Campbe	18:44	83. B. Efraimson	20:01
34. E. Kakwittch	18:45	84. D. Hebeisen	20:01
35. Dale Spotted	18:45	85. Steve McGreen	20:01
36. S. Dunlap	18:45	86. Tim Olson	20:02
37. Glen Foote	18:50	87. S. Stoltenburg	20:02
38. K. Rowan	18:51	88. H. Black Eagle	20:02
39. J. Hildebrand	18:52	89. Glenn Roe	20:02
40. Jeff Krieter	18:55	90. Evan Ranz	20:03
41. B. Ganzer	18:55	91. Roy Berndt	20:05
42. C. Fraimson	18:55	92. B. Lushbough	20:05
43. J. Rider	18:59	93. Kent Schmidt	20:05
44. Joe Tecumseh	19:00	94. Dan Propat	20:06
45. Joe Hirocke	19:02	95. Pete Royer	20:11
46. B. Garry	19:03	96. Laron Crause	20:11
47. J. Goosen	19:04	97. Dan Djerke	20:11
48. H. Graetzer	19:05	98. Craig Hill	20:13
49. Kent Peterson	19:07	99. F. DeMarria	20:13
50. Jim Thompson	19:08	100. Tom Meyers	20:17

Becky Palla himself and two others under course started at La Mesa 10:11. (SDSU in Lakewood, Colorado) - (SDSU) nearly great conditions, Mt. Valley's Jim Hartzel pushed hard from the start and kept pushing. . . so hard in fact that he stopped 84 seconds from his own 1974 standard of 20:13. His competitor gave a good account of themselves too, as teammate Bill Clark and Jack Bellan also dipped under the old mark with 20:59 and 21:09 clockings. Larry Rose, in fourth, was also close at 21:17. In the over-40 race, Jim Fletcher proved why he was chosen as the top masters road runner in 1974 by defeating Dennis Tompkins by a full half-minute. Surprise third-placer was fast improving George Ross, another half-minute back. First woman to finish in the very good field was Sue Monday (20:31), who destroyed her nearest competitor by over a minute (Pat Riley--20:42).

Track's Circus Won't Play in Philadelphia



The Evening Bulletin

Thursday, May 29, 1975

New York—"Do you know why I didn't quit at 40 yards? Do you know why?" John Carter announced. "It meant 50 dollars instead of 25."

"Hey, you know what we can do with 50 dollars?" John Carter informed a jovial Madison Square Garden's first son. "We can go to Atlantic City and get married."

It was 8:32 P.M. last night and Carter, whose track career is as lasting as his Eagle remove was brief, sprouted on the track at Sorensen Smith and the pole vault runway for the first time.

Exactly 100 minutes later, Steve Smith would have a new world indoor pole vault record (38-6) and \$4,500. John Carter, now a Los Angeles politician, would take home \$50, no doubt. The Olympic medalist and Harlem sprinter was 46 in the five-man 60-yard dash.

"Maybe it was the vodka," he observed.

This was the circus called pro track—International Track Association, to be formal—and it came to the Big Apple last night, attended by an estimated 3,400. Garden management surprisingly claimed \$441—for a meet that drew over 12,000 in both its '73 and '74 New York stopovers.

"The performances, they are going up," roared Don Fuchs, who profited \$1,500 for his wife (19:2.7) and two girls (1:46.6) double, leading his season earnings to \$21,700. "But the crowd is dying."

So much so that the ITA's Philadelphia date—June 1 earlier, June 12 recently—has apparently been cancelled, though president Mike O'Hara said the final decision won't be made until Friday.

The Philadelphia 100,000 mile at the Arcodrome has no firm date. And may never.

"I've heard July, August, and October," O'Hara said. "The people are optimistic . . . but they've always been optimistic."

Continued on Page 16

PAUL SHORT MEMORIAL RUN

Bethlehem, Pennsylvania

Course: 10,000 meters

Results:

1. Bruce Teague	31:12	26. D. Patterson	32:43
2. Mike Dyon	31:21	27. Jim Davis	32:44
3. Kevin McCarey	31:23	28. D. Sprick	32:45
4. Bill O'Brien	31:25	29. Bob Dugan	32:48
5. Steve Dorsey	31:27	30. Matt Sellaer	32:54
6. Steve Pindlay	31:32	31. Bill Young	33:01
7. D. Rienhart	31:39	32. Murray Hale	33:04
8. Ray Meyers	31:39	33. Paul Ketko	33:02
9. Mickey Yardia	31:40	34. John Hiley	33:08
10. S. Crooke	31:44	35. John Buckley	33:09
11. Tim Steele	31:56	36. Geo. MacKay	33:10
12. Brian Dodge	21:57	37. Mike DeGaida	33:37
13. Adam Shormaker	32:07	38. Bob McCormack	33:43
14. Julie Piazza	32:09	39. Ed Riggs	33:46
15. John Evans	32:15	40. John Ptolamy	33:56
16. Carey Pinkowski	32:17	41. Brian Kelly	33:58
17. Dave Cope	32:20	42. Mark Fields	34:10
18. George Likken	32:22	43. Bill Geating	34:12
19. Dave Norris	32:24	44. Phil Sheevers	34:14
20. Steve Podganjny	32:30	45. Paul Stapleton	34:38
21. K. Thornton	32:31	46. Mike Borghard	34:52
22. S. Thoren	32:40	47. Dave Sheraton	34:54
23. Norm Goldwire	32:41	48. D. Hudson	34:56
24. Claus Rinne	32:42	49. John Gnerre	35:32
25. Chas. Sumrell	32:42	50. Larry Bova	35:34

14TH ANNUAL CHARLES H. BRENNAN RACE

HOVOR CITY STRIDERS

SELEN ISLE

September 7, 1975

Weather: Clear 70° Distance 5.4 miles

Results:

1. Jerome Drayton	25:56	26. Ken Stanko	31:34
2. Gerald Crane	26:27	27. Dan Walter	31:41
3. Don Richardson	27:04	28. Steve Koso	32:15
4. Dan Reynolds	27:21	29. Art Tukes	32:58
5. Al Ruffnew	28:05	30. AE Barton	32:59
6. John Doyle	28:12	31. Greg Landefeld	32:59
7. Fred LaPlante	28:59	32. Scott Stanley	33:11
8. Jim Carter	28:59	33. Neil O'Connor	33:21
9. Harry Bradford	29:27	34. Max Semazi	33:35
10. Hugh Kuchta	29:37	35. Joe Bressman	33:48
11. John Cassai	29:43	36. Jim McKean	33:54
12. Miro Svabb	30:02	37. Jeff Wagrayn	34:01
13. G. Fairbanks	30:32	38. Jim Dryden	34:30
14. Bill Martin	30:33	39. John Hanchon	34:34
15. P. McBride	30:39	40. John Lalonde	34:35
16. Devin Kiteo	30:38	41. Jack Habel	35:07
17. Vic Sipes	30:39	42. Ruben Washine	35:11
18. Jim Forshoe	30:56	43. Robert Smith	35:12
19. Steve Foley	30:59	44. R. McKinney	35:13
20. Fred Aguirre	30:59	45. Pedro Walls	35:18
21. Bob Stockton	31:07	46. Giulio	35:21
22. Earnest Taylor	31:11	47. Geo. Lemieux	35:43
23. Jim Landefeld	31:29	48. Roger Thompson	36:00
24. Fred Sims	31:32	49. Howard LaKritz	36:54
25. Bob Paklain	31:34	50. Don Albertson	37:09

Continued from Page 15

"It's been a tough year for us," sighed Larry James. "Gus Filson says tomorrow world record-writing riders, the economy . . . We've had to cut down on the number of events, lighten our belts. If we can just make it through the next two years . . ."

"For the Olympics, ABC has 76 hours of coverage. Anyone who's at the scene will be an instant star. Afterwards, we'll have everybody who people want to see. The past three years, we've had basically the same act."

The pros, of course, are ineligible for the Olympics, and vice versa.

James, the '88 Olympic silver medalist from Villanova, missed the '72 U.S. team.

"My body was the same, but my mind wasn't right," the Jackson State (N.J.) amateur athletic director said. "Pro track has me motivated again. It's given me the opportunity to accomplish goals I couldn't get as an amateur."

James barely missed a \$2,000 payday last night, smacking early in the 400, failing to nip John Smith at the tape. Still, he achieved a personal best on The Garden's highly-banked 1/4-mile oval (17:41) Raceway.

"Man, imagine that pro track," he grinned, "and a horse can't talk back."

Currently, Jumbo Keith, and world shot put record-holder Brian Oldfield are the only pro stars not coming to Connecticut.

Oldfield, especially, was outraged by the turnout.

"People are such rodents," the 43, 200-pounder bursted. "Red-neck rig-a-rookin' beer-drinkers can't stand root if it's not hot and not water-oriented and radioactive. Football's millionaire to me, all these coaches. I don't like to hear my head against a wall. I'm not a mule. I practice to my own point."

"I've charred my low-rhythm the past couple years. I don't make positive a path. I easy track and field."

Oldfield was interrupted, a telephone handed to him; the Christian Science Monitor was on the line.

"That President Ford you talking to?" Carlos laughed. "I know it is. He talks to you white guys when you win. He don't talk to no black dudes."

Carlos, trying not to be "categorized as a redneck", counted over spectators' purses of only \$60.

"I'm a dream. If I wasn't, they wouldn't pay my way back to New York City. My head is no longer pinned to being the best in the world. This is just a vacation to me, to see some nice people I've met."

And he gazed up at the \$2,000 empty seats.

"Man," John Carlos declared, "I haven't seen The Jackson this empty since two scream-bums were fighting."

Meanwhile, Smith was blocking out the crowd. All of it. He's into self-hypnosis.

"Believe, I could never jump while a race was going on. Now, it doesn't bother me a bit." The Olympian said after his 22nd 10-hour vault, four inches higher than the amateur record. "I can concentrate on my event, not the other performances."

Last night, without bitter rival Bob Seagren — injured Saturday in a Perenna Kator blades — sponsored Demonstration at Rockefeller Plaza — Smith was the only competitor left at 17 feet. If he'd missed, the \$2,000 first prize would have gone begging. Smith and the purse kept rising.

He tied his laces after every vault, leaped with a pad taped to his sore wrist, coughed from bronchitis. He was alternately bothered by leg cramps, shoulder pains, and nosebleeds. Until three miles at 18:7.34, the hypnosis was successful.

"All moments until I make 18 feet," he declared.

Steve Smith was \$4,500 richer but aware that money and happiness cannot be equated.

"Have I got a problem?" the Californian countered. "I got a problem!" By Californian comes what he do."

One man's problem, another man's dream. With \$4,500, John Carlos could offer a whitened Wildwood honeymoon, at the very least. ♦

AAU SENIOR & MASTERS 10,000 METER CROSS COUNTRY CHAMPIONSHIPS

Van Cortlandt Park, Bronx, New York

Course: 10,000 meter

Starters/finishers 135/118 Weather: hot 75°

Results:

1. P. Squires	31:44	51. J. Murphy	40:23
2. R. Speira	32:02	52. M. Bastick	40:29
3. M. Roche	32:27	53. A. Sandor	40:39
4. T. Fleming	32:36	54. B. Cobb	40:44
5. E. Downey	32:51	55. K. Bostell	40:53
6. T. Colomn	32:57	56. R. Fine	41:02
7. O. Moore, Jr	33:11	57. C. Godwin	41:01
8. B. Sieben	33:20	58. G. Rinn	41:21
9. J. Van Dyke	33:29	59. E. Bredhold	41:24
10. J. Nichols	33:46	60. R. Williams	41:30
11. E. Burns	33:48	61. W. Krebs	41:35
12. K. Rogers	33:58	62. N. Nelson	41:36
13. M. Wilson	34:09	63. P. Diels	41:41
14. A. Stiacchi	34:37	64. J. Burdan	41:43
15. J. Barbary	34:46	65. A. Kaufman	41:50
16. G. Camp	34:49	66. C. Van de Zan	41:53
17. L. Frederick	34:52	67. T. Hoffman	41:55
18. J. Steinberg	35:00	68. H. Lieberman	42:15
19. J. Pasternac	35:23	69. M. Lewis	42:27
20. G. Wurhcke	35:37	70. H. Schiff	42:35
21. V. Bevera	35:42	71. K. Fitzpatrick	42:37
22. R. Mejia	35:44	72. G. Shahe	42:44
23. D. Reese	35:48	73. F. Lento	43:04
24. O. Martinez	36:04	74. J. Cohen	43:17
25. J. Rothbook	36:07	75. J. Hernana	43:18
26. T. Robinson	36:21	76. D. Gibson	43:23
27. J. Jurgens	36:24	77. J. Cordero	43:37
28. S. Healy	37:03	78. J. Fahy	43:41
29. P. Burke	36:24	79. A. Drackman	43:42
30. S. Borbet	37:08	80. J. Erskine	43:50
31. V. Chiappets	37:13	81. P. Beckett	43:51
32. J. Fillis	37:20	82. B. Rowell	44:01
33. R. McDonald	37:25	83. E. Anderson	44:08
34. J. Brennan	37:26	84. M. Whiting	44:09
35. J. Garleop	37:55	85. T. O'Brien	44:25
36. R. Hall	38:00	86. W. Coyne	44:27
37. D. Rowe	38:13	87. L. Smerka	44:51
38. J. Burns	38:15	88. M. Gunney	45:30
39. L. Lanzer	38:24	89. J. Jones	45:33
40. P. Fetacher	38:51	90. D. Pitches	45:35
41. J. Larson	38:51	91. A. Licari	45:58
42. R. Pope	39:19	92. J. Wallace	46:06
43. R. Wiltshire	39:21	93. T. Burrow	46:17
44. C. Susconi	39:24	94. H. Frankfurt	46:30
45. C. Genovese	39:26	95. G. Shilling	46:50
46. D. Gonzalez	39:37	96. Ted Smith	46:59
47. A. Kevey	39:40	97. J. Borden	46:59
48. J. McDonagh	39:59	98. J. Handelman	47:00
49. W. Gordon	40:13	99. M. Bennett	47:18
50. F. Morton	40:21	100. V. Gagliano	47:34



Tuning up

Rosanna Reed of Lakewood and Tom Steiner of Mankato (Minn.) St. College take practice run over Grand Prix course for Saturday's 5,000-meter race. Rosanna is queen of the event and Steiner, a 4:04 miler, is one of the favorites.

NEW YORK CITY MARATHON

Central Park, New York City, N.Y. Sept. 28, 1975

Results:

1. Tom Fleming	2:19	51. Wm. Weigel	2:56
2. William Bragg	2:25	52. Ron Ouellette	2:56
3. Tim Smith	2:26	53. Robt. Frankum	2:57
4. Max White	2:28	54. Mat Baxter	2:57
5. Mike Baxter	2:28	55. Wm. Sergeant	2:57
6. Art Hall III	2:29	56. Kevin Kelly	2:57
7. Larry Fredrick	2:29	57. Gary Driscoll	2:57
8. Mike Bonig	2:33	58. Sabin Snow	2:58
9. Rory Suomi	2:33	59. Joseph Kelly	2:58
10. Sheldon Karlin	2:34	60. Gerald Good	2:58
11. Daniel Larson	2:34	61. Bryon Mundy	2:58
12. Karl Mueller	2:35	62. John Amernan	2:58
13. Bennett Geraman	2:36	63. Stephan Worthup	2:58
14. Mike Naples	2:37	64. Ron Trapp	2:59
15. L. Scheneli	2:38	65. George Maine	2:59
16. John Bitner	2:39	66. Howard Easis	2:59
17. D. Blackstone	2:40	67. Ray Alley	2:59
18. A. Somerville	2:41	68. Peter Clement	2:59
19. Ed Burns	2:42	69. Gary Meltzer	2:59
20. John Garlapp	2:43	70. George White	2:59
21. Scott Mosentah	2:44	71. Robt. Hunting	3:00
22. Mark Williams	2:45	72. Jim Fahey	3:00
23. Henry Carst	2:46	73. Robt Kaplan	3:00
24. Bruce La Belle	2:46	74. Harold Gabriele	3:00
25. Dave Waco	2:47	75. Woods McCahill	3:00
26. David Sarles	2:47	76. Gregory Clark	3:01
27. Nick Marshall	2:48	77. J. Brian Thomas	3:01
28. Neil Weygaedt	2:47	78. Flory Hood	3:01
29. Richard Becker	2:48	79. Wm. Kinsella	3:03
30. Don Dixon	2:48	80. Vincent Rizzi	3:03
31. Douglas Allen	2:48	81. Harry Berkowitz	3:04
32. Jack Cohen	2:48	82. Peter Finnegan	3:04
33. Hal Stern	2:50	83. Jay Twomey	3:04
34. William Hine	2:50	84. Walter Green	3:05
35. Pat McEwen	2:50	85. Robt. Lutz	3:06
36. Joe Viverito	2:51	86. Carl Soderstro	3:07
37. James Czachof	2:52	87. Howard Stauber	3:07
38. Al Meehan	2:52	88. Jim McDonagh	3:07
39. Sheldon Molnisky	2:52	89. Ralph Williams	3:08
40. Tom Cladek	2:53	90. David Farquahr	3:08
41. A. John Merola	2:53	91. John Long	3:08
42. Patrick Connolly	2:53	92. Joe Caldwell	3:09
43. Robert Falk	2:53	93. Edwin Kay	3:09
44. Bailey St. Clair	2:53	94. Peter T. Rly	3:09
45. Wm. Leonard	2:54	95. Wm. McCaffrey	3:10
46. Mark Flechota	2:55	96. Victor Mojica	3:10
47. Kerry Saruth	2:55	97. V. Chiapporta	3:11
48. Tom Benedict	2:55	98. Irv Abelman	3:11
49. G. K. Erich	2:56	99. Miles Crane	3:11
50. Bob Glover	2:56	100. Ron Webb	3:12

**NATIONAL ROAD RUNNERS CLUB OF AMERICANS KILO
CROSS COUNTRY CHAMPIONSHIP**

November 16, 1975

Course: 15 Kilo

Starters/Finishers: 127/114

Results:

1. Tom Fleming	47:35.4	25. S. Karlin	54:06
2. Tim Steele	48:52	26. Sam Maize	54:50
3. Dan Maloney	50:14	27. Mike Koeni	54:50
4. Ed Burns	50:17	28. Jim Pillie	55:11
5. Rbt. Bazley	51:13	29. P. Wood	55:50
6. Mike Cotton	51:33	30. J. Wolfe	55:51
7. Mike Doyle	51:41	31. T. Petrie	55:55
8. G. Murbckv	51:44	32. K. Langer	55:59
9. T. Strand	52:11	33. M. Larson	56:08
10. P. Fisher	52:16	34. Bob Dalton	56:13
11. J. Stopa	52:24	35. B. Jewell	56:23
12. M. Phillippe	52:33	36. B. Shradar	56:32
13. Pat Burke	52:42	37. D. McFarlin	56:31
14. D. Larson	52:54	38. Bill Mullen	56:41
15. R. Mejia	52:55	39. Joe Burns	56:50
16. T. Stoothoff	53:26	40. Scott Mars	57:11
17. Sean Healy	53:32	41. J. Schusse	57:16
18. S. Rabideau	53:36	42. G. Busco	57:23
19. J. Garza	53:47	43. D. Gomez	57:29
20. P. Cappio	54:00	44. R. Boute	57:33
21. Ray Hall	54:01	45. G. Toomy	57:36
22. S. Melistaky	54:04	46. F. Casto	58:02
23. C. Biegariski	54:05	47. Bob Pope	58:06
24. D. Thomashow	54:06	48. A. Sandoy	58:17
25. S. Karlin	54:37	49. J. Demio	58:18
		50. J. O'Neill	58:55

MOTOR CITY STRIDERS 16.2 MILE RACE

Belle Isle September 21, 1975

Weather: cloudy windy 53°

Results:

1. Bill Stewart	87:33	26. D. Niedresta	109:09
2. Richard Holloway	90:43	27. John Hancock	109:23
3. Al Ruffner	91:14	28. Larry Birch	109:27
4. Randy Presson	93:41	29. T. Bleakley	110:07
5. Miro Svab	93:46	30. W. Richard	110:25
6. Eric Jones	95:39	31. Sty Yukrd	110:35
7. Harry Bardford	96:55	32. Ray Baldaud	110:35
8. Bill Martin	96:21	33. Fred Holappa	110:45
9. Lou Putnam	96:43	34. Charlie Bahag	110:50
10. Dave Peale	96:52	35. Dave Lee	111:05
11. Mike Glass	97:40	36. Jim Blight	111:22
12. Frank McBride	100:53	37. Vic Sipos	111:28
13. Tim Trelfa	101:30	38. R. A. Miller	112:05
14. Gary Fairbanks	102:34	39. Arnold Yaski	112:06
15. Ron Baker	102:37	40. Larry Thomas	113:46
16. Das Campbell	103:02	41. Henry Skyski	114:37
17. Dan Walter	103:11	42. Ge. Lemieux	114:44
18. Ernie Taylor	103:14	43. R. McKinney	114:45
19. Bob Paker	105:11	44. Dar Spayski	115:01
20. Neil O'Connor	105:27	45. Roger Thomson	115:43
21. Ray Fielder	105:40	46. Gene Sarge	116:28
22. Max Demazw	106:26	47. G. Panicia	116:40
23. Mike Taylor	107:04	48. Ron Patero	116:47
24. Martin Kraft	107:26	49. Wes Morris	117:44
25. Tom Simons	108:46	50. Jack Soye	118:30

Date: Oct. 1, 75 DETROIT FREE PRESS

Walker's His Name --And Game

BY BONE TEMPERT

Free Press Staff Writer

WALKER'S HIS NAME -- AND GAME

Bill Walker is a man in motion. Every evening he can be seen striding intently down east side streets. His arms are bent stiffly at his side, pumping back and forth like a child's imitation of a choo-choo. His legs are straight and he rolls on the balls of his feet. His head is steady and his hips click from side to side.

Heads turn. Dogs bark. Kids on bicycles chase. People see him and say: "How there is a man in a hurry."

Bill Walker is one of this country's top race walkers.

Earlier this year the 38-year-old Detroit truck driver, a 135-pound blade of a man with a wispy mustache, set a new American record for the 50-mile race walk.

At an age at which many men are content to sit back their recliners with a can of beer and watch helplessly as their bellies swell into hills and then mountains, Walker is out challenging the world for new records.

There is no limit for Bill Walker. He walks in 20, 30, and even 60-mile races. He calls them his "ultra races." Last summer in steamy Iowa he raced in a 62-mile walk which began at 5:30 in the morning and did not end until 5 p.m.

"I stopped once and sat on a tree stump because I thought I had something in my shoe. But I looked and it was a big blister the size of the ball of my foot." He put the shoe back on and continued.

Race walking, also known as heel and toe racing, dates to 19th century England. The central requirements of race walking is that the athlete must keep one foot in contact with the ground at all times.

Continued on Page 19

**USTFF SECOND ANNUAL EASTERN NEW MEXICO UNIVERSITY
CROSS COUNTRY CHAMPIONSHIP**

October 11, 1975 5 miles

Weather: Hot no wind

Results:

1. Mike Boit	23:55	26. Jim Burgess	27:55
2. Joe Tiony	23:56	27. Plix Leba	28:01
3. Tom Boitt	23:57	28. Marc Johnson	28:05
4. Roger Ellis	25:08	29. Paul St. Germa	28:07
5. Mark Frieman	25:10	30. Jay Jones	28:17
6. Joseph Mengich	25:20	31. Freddie Davis	28:29
7. Terrell Tendle	25:22	32. Gary Thomas	28:36
8. Mil Lavallee	25:45	33. Johnny Gonzal	28:39
9. Bill Welsh	25:52	34. Leslie Famb	28:50
10. Mel Vassie	25:56	35. Cavalier	29:10
11. R. Arellano	25:57	36. A. Graham	29:14
12. Larry Sims	26:05	37. Romero	29:18
13. K. Yara	26:27	38. P. Navarro	29:32
14. R. McCormick	26:32	39. S. Zander	29:35
15. Pete Castillo	26:35	40. J. Plerro	29:44
16. Larry Lane	26:36	41. P. Salcido	29:45
17. Kalith Brown	26:38	42. L. Duogan	29:46
18. McLain Wilson	26:47	43. S. Bazar	29:59
19. Wes Stout	27:03	44. P. Thornton	30:05
20. D. Patterson	27:24	45. J. Hernandez	30:07
21. R. Chavez	27:40	46. B. Cox	30:23
22. Rane Lozoya	27:46	47. D. Sandoval	30:52
23. David Luna	27:46	48. T. Gallegos	30:58
24. Nil Beson	27:51	49. T. Gallegos	30:59
25. Benson	27:52	50. Ely	31:07

**MOTOR CITY STRIDERS INTERNATIONAL FREEDOM
FESTIVAL 10 MILE RACE**

Belle Isle

Results:

1. Non Falck	51:49	26. Ed Timmerman	63:22
2. Don Richard	53:04	27. Gary Loads	64:47
3. James Carter	53:34	28. Doug Wolfe	65:13
4. John Yurchis	53:40	29. Bill Switt	65:18
5. John Yurchis	53:49	30. B. Sponseller	65:36
6. D. Kurtis	53:49	31. P. Carrissimi	65:40
7. J. Cassani	55:04	32. M. Paklains	65:42
8. Al Ruffner	56:19	33. L. Birsch	65:49
9. Jeff Doyle	56:48	34. Dave Lee	65:49
10. D. Kurtis	56:47	35. David Doerer	66:13
11. D. Wise	56:57	36. M. Kraft	66:40
12. J. Kosishak	57:10	37. Tom Hart	66:45
13. Fred Wright	57:22	38. B. Timm	66:50
14. Hugh Kuchta	57:28	39. G. Wight	67:36
15. Vic Sipes	58:47	40. Neil O'Connor	67:42
16. G. Fairbanks	59:52	41. G. Walker	67:58
17. D. Campbell	60:04	42. D. Braun	67:59
18. Tim Cummins	60:26	43. A. Phillips	68:05
19. Bill Walker	60:50	44. Max Nemazi	68:06
20. Jerry Ganser	60:55	45. T. Ashworth	68:11
21. Steve Gold	61:08	46. J. Habel	68:17
22. K. Kitze	62:09	47. Scott Gregory	68:43
23. Bill Morgan	62:50	48. P. Holappa	68:43
24. E. Strobach	63:05	49. J. Skalska	68:49
25. Bill Martin	63:22	50. Howard Carr	69:22

Continued from Page 18

This rule creates a strange waddle when the walker moves. Of all the Olympic sports, walking is perhaps the strangest looking.

"Sometimes I will be walking out at Belle Isle and people who see me actually break out in uncontrollable laughter," Walker confides soberly.

A Walker in top form resembles a hustling waiter or a quick stepping businessman out to infect the world with his enthusiasm. Walking is what children do when the lifeguard tells them not to run.

The sport elicits strange reactions.

"I was walking down East Warren one time in front of Kopitakis restaurant when a man got out of his car and handed me the keys. He thought I was the parking lot attendant coming up to get his car." This humiliating image dates back to the days when Detroit was one of the race walking capitals of the country. In the 1940s and the 1950s the sport was dominated by a Detroit native named Bill Mihalo, who like Bill Walker was a truck driver when he was not competing.

During his 20-year prime Mihalo won over 20 national championship races. He was truly a world class athlete but throughout his career he chafed under the sport's portrayal as a kinky, somewhat esoteric, endeavor.

In one desperate 1949 attempt to establish the sport's respectability, Mihalo challenged a speedy Detroit Tiger utility infielder named Frank Mutha to a race around the basepaths at Briggs Stadium.

Mihalo started the race walking from first base. Mutha started running from home plate. Mihalo won. But the sport's image was not saved.

Sometime later on Belle Isle a Detroit police officer, bewildered by the strange motion of a walker during a race on the island, gave the man a ticket for walking on the street.

These kinds of reactions have limited the number of active American walkers to a mere 300. These are stalwart men, inured to the giggles and the criticism. Men who plod forth directly in the face of outrageous laughter and misunderstanding.

Men like Bill Walker.

Walker, who lives with his

wife and three children in an attractive home filled with medals and trophies on the city's east side, began competitive walking in 1968.

In the late 50s and early 60s Walker was a top class rower, American lightweight double sculls champion in 1956-57 and 1960-61.

But in 1962 he gave up sports completely. "I was tired of getting up at 5:30 a.m. to row. I was 24 years old and I thought I was too old to compete anymore," he laughs.

For six years he sat on his rear, drank beer and observed passively as his stomach took on new proportions.

But in 1968, he says, he began to feel heavy and uncomfortable with his inactivity. He entered a 15-mile walk that year at Belle Isle and finished last.

"I was a little embarrassed but just glad that I finished," he says. After that defeat he dove head-first into competitive walking. He now walks at least 11 miles a day.

And this year, when he set the new American 50-mile mark on the track at Grosse Pointe North High School in April, he emerged as a world class walker.

He has begun rowing again for the Detroit Boat Club. He plans to join the cross-country running team at Wayne State University where he recently enrolled as a freshman. He enters bicycle races. He is fascinated with the bizarre new sport of cycle-cross, a brutal cross country bicycle race where the athlete half rides half carries his bike over miles of rugged terrain.

Training for cycle-cross, Walker jogs around Detroit streets at night carrying a bicycle on his back.

His energy seems to know no bounds. One evening this week he was out in Fraser running in a five-mile running race sponsored by the Fraser Department of Recreation.

In a field of 22 men, many of the then years younger and former college cross country runners, Walker finished sixth; first in his age division, with a remarkable time of 27-minutes nine seconds for the course.

"I set a course record for my age group," he said after the race.

"Everything went fine for me. I can tell that I'm hard because I can taste the blood in my mouth that came

NATIONAL 20 KILOMETER CHAMPIONSHIP.

Gardner, Mass.

October 26, 1975

Weather: ideal

198 starters 180 fin.

Results:

1. Ed. Barbiracki	60:20	51. Hugh Sweeney	70:07
2. Bill Rogers	60:24	52. James King	70:08
3. John Vitale	62:12	53. Phil Ryan	70:12
4. Scott Eden	62:45	54. Kirk Pfrangel	70:13
5. A Barfoot	62:41	55. Pat Nash	70:14
6. Robt. Hodge	62:44	56. R. Cormier	70:46
7. R. Thomas	63:06	57. W. Lamothe	70:52
8. Tom Fleming	63:16	58. R. Susting	70:55
9. Ronald Wayne	63:37	59. R. Horton	70:56
10. Howie Ryan	63:47	60. R. Gianinni	71:00
11. C. Griffin	63:59	61. P. Thompson	71:20
12. P. Tarkington	64:16	62. C. Cutts	71:21
13. G. Conefrey	64:19	63. Mark Elmer	71:28
14. P. Cook	64:24	64. T. Derderian	71:29
15. J. Gubbing	64:31	65. Tom Derdean	71:29
16. Ray Currier	64:36	66. Larry Jewett	72:02
17. Jack Mahurin	64:47	67. K. Kraszesk	72:15
18. E. McGilvery	64:50	68. S. Radigean	72:16
19. A. Dulong	65:03	69. J. Broadhead	72:27
20. Kevin Prest	65:08	70. S. Moulton	72:30
21. Robert Lunn	65:42	71. M. Malboski	72:44
22. Robt. Thurston	65:53	72. M. Davis	72:40
23. S. Karlin	66:08	73. Wm. McNulty	73:16
24. D. Mahoney	66:10	74. -----	
25. Vincent Flem	66:13	75. C. Cutts	73:16
26. Wm. Bragg	66:14	76. S. Rice	73:33
27. J. Stanley	66:28	77. Ronald Kay	73:40
28. Tim Smith	66:37	78. S. Powers	73:46
29. Tony Wilcox	66:40	79. S. Anderson	73:48
30. Roy Suomi	66:41	80. K. Ronin	73:52
31. G. Barker	66:52	81. Chet Fortier	73:57
32. Bruce Robinson	67:19	82. Larry Thode	73:59
33. Bob Sevine	67:19	83. Jeff Meek	74:05
34. David McLeod	67:32	84. Robt. Keagan	74:05
35. Ken Mueller	67:57	85. Nick Cicalo	74:27
36. Alan Milld	67:58	86. Tom Doone	74:42
37. Joe Catalano	67:59	87. Phil Heath	75:20
38. Paul Doiron	68:03	88. Steve Subbe	75:29
39. Mark Sisar	68:04	89. J. Theirault	75:31
40. Wayne Roe	68:08	90. Wm. Shrader	75:35
41. Chet Bioganeti	68:15	91. Robt. Riordan	75:50
42. Ed Sandifer	68:20	92. J. Sullivan	75:52
43. M. Baxter	68:21	93. Steve Olsen	75:56
44. Dan Larson	68:22	94. Mike Orlando	76:02
45. Paul Roche, Jr.	68:22	95. Andrew Lovely	76:02
46. Allen Smith	68:39	96. James McDade	76:19
47. Ken Dawson	68:40	97. Kent Smith	76:30
48. Brad Hurst	69:18	98. Gilbert Emry	76:42
49. Kim Murphy	69:20	99. David Duval	76:42
50. Terry Gallagher	69:23	100. J. Sullivan	76:46

up from my lungs."

What makes Bill Walker walk... and run...and row...and bike?

Walker himself does not quite know. It feels good, he says, to keep moving. Moving is better than standing still.

"Actually, I've tried to quit several times. But I find that I can't," he says.

High School Results
on Page 14

HOLLINGWORTH—

Continued from Page 14

MOST STUNNING ASPECT of this long-distance race was not that West Virginians awarded themselves trophies, but that three of the finishers in the 15-mile trial were heavily handicapped.

One was blind, another had no feet, and the third was in a wheelchair!

No, Virginia, I haven't gone bananas. Tisdale and Rose have the newspaper articles to support that astonishing statement.

Bob Hall of Tennessee finished 40th, better than the majority of the trained athletes in the gallop. The plucky Hall covered the entire 15 miles of hilly terrain in a wheelchair!

"The first five miles of the race involved a hill—the participants went two and a-half miles up the hill, then two and a-half down," says Tisdale. "The man in the wheelchair had an awfully hard time in braking the wheelchair going downhill. His hands were covered with blisters at the finish."

The man in the wheelchair wasn't exactly making like a turtle, either. He completed the race in one hour and 30 minutes, just 10 minutes behind the winner.

HALL'S FINISH was emotional, as you might imagine, but Tisdale claims the high point of the marathon came when Harry Gordillo, a Californian, came into the Charleston stadium, where the race climaxed.

"Harry ran the last lap to a standing ovation even though he was running ahead of only 25 per cent of the runners," relates a choked-up Tisdale. "You see, Harry was completely blind!"

"He ran for 10 miles up and down hills, and through city streets with a guide beside him. Harry held his guide's arm and ran at the same pace."

There's more. The guide was a runner named Pete Strubawek, another Californian, who also had a slight handicap. He was born without feet and hands! Pete had boomer attached where his feet would have been.

After those feats, what could Rose and Tisdale possibly do for an encore?

ROSE POINTS OUT that traffic throughout the length of the course was stopped completely for 2½ hours. Even the railroad came in a screeching halt—the well-known Charleston express to Evansville, John McKay's home town, was delayed 1½ after the gallop.

"More than 10,000 spectators lined the course, offering refreshments to the runners and spraying them with garden hoses," bubbles Rose, who has been known to go into a trance at the thought of humans merely jogging.

The temperature was 85, and the humidity was 90 per cent. Weather conditions obviously will be better for the Long Beach run.

"I have to think that if a much smaller city like Charleston could put on such a successful distance run, Long Beach could stage something infinitely bigger. Maybe not this year because we're learning the ropes, but next year maybe!"

GOOD AS LIFE was in Charleston, Rose is back at Long Beach State "to teach for good—with 100 per cent effort."

The good doctor remains the Hall of Fame director, but he says that the year-old Charleston shrine is in phase II (building construction and fund-raising), "so I'm not needed there."

GRAND PRIX RESULTS
PAGE 8
(PICTURE ON PG 17)

9TH ANNUAL SOUTH DAKOTA STATE UNIVERSITY INVITATIONAL CROSS COUNTRY MEET

Brookings, South Dakota September 20, 1975
Weather: 40°, overcast, NW wind 20-35 mph.
High School Women 1.5 mile race results:

1. Jane Wipf	9:15	21. Pam Stohr	11:01
2. Kari Kenefick	9:31	22. Joan Mueller	11:08
3. Darcy Weber	9:40	23. C. Graber	11:14
4. Lori Moyer	10:13	24. Lynda Waltner	11:24
5. Kathy Felker	10:16	25. Alice Ranshaw	11:28
6. Liz Villa	10:21	26. Julie Roscoe	11:22
7. Sue Peterson	10:22	27. Marie Scubic	11:24
8. Tina Block	10:23	28. Sue Barker	11:33
9. Becky LaCombe	10:24	29. Becky McCune	11:34
10. Lori Kortering	10:25	30. Judy Voortman	11:36
11. Ronae Hillestal	10:27	31. Ronae Massey	11:40
12. Vonda Bjorklo	10:27	32. M. Telkamp	11:43
13. D. Hornemann	10:33	33. Karen Hoff	11:44
14. Mary Klay	10:37	34. T. Mutchelknaas	11:48
15. V. Gunderson	10:43	35. R. Jansma	11:49
16. L. Vant Hul	10:45	36. Megan Groth	11:59
17. Marteen Burns	10:48	37. Nova Little	12:01
18. Julie Bosler	10:49	38. S. Ahrendt	12:06
19. D. Van Burgt	10:56	39. Pat Kelderman	12:11
20. K. Vander Zee	10:57	40. Lisa Mueller	12:17

College Men results:

1. Mike Bills	26:04	36. R. Evander	28:32
2. Randy Fischer	26:09	37. Fred Runkel	28:41
3. Pat Tobin	26:25	38. Mike Harland	28:48
4. Mark Bills	26:29	39. C. Leader Chy	28:53
5. Mike Dunlap	26:32	40. John Baker	28:54
6. Mark Hillstrom	26:32	41. M. Aoguaotta	28:56
7. Ron Amundson	26:45	42. P. Gravdin	28:56
8. John Allen	26:58	43. Tom Matter	29:02
9. S. Ostwinkle	27:07	44. Terry Clark	29:07
10. Steve Hoyer	27:09	45. David Kobes	29:11
11. Carey Buhler	27:20	46. K. Stechmesser	29:13
12. Rick Lee	27:22	47. Jon Ingulson	29:18
13. Mike Hildreth	27:33	48. C. Sutton	29:18
14. Mark Kauk	27:33	49. Larry Sprouse	29:19
15. S. Reinhart	27:40	50. Mike Allen	29:36
16. Mel Miner	27:43	51. Greg Jamieson	29:45
17. Scott Manual	27:48	52. LaRon Klock	29:51
18. Tim Huber	27:52	53. Dave Peterson	29:54
19. Jon Paul	27:55	54. Bernie Naan	30:00
20. Neil Kruse	27:56	55. Joel Jaeger	30:04
21. K. Schreier	27:58	56. Carl Risch	30:10
22. Pete Aaaro	27:59	57. Mike Keim	30:15
23. Andy Goettel	27:59	58. Wayne Heiman	30:25
24. Dave Ahrendt	27:59	59. Dave Mulder	30:26
25. Laurel Friebe	28:00	60. Tom Swentlik	30:33
26. K. Rogotske	28:01	61. Al Swanson	30:36
27. Jeff Hermann	28:02	62. Gene Salmon	30:50
28. Mark Morin	28:03	63. Bill Cave	30:58
29. Tom Bartley	28:05	64. Dan Guadhi	31:22
30. L. Appleton	28:15	65. Marc Phelps	31:28
31. Jim Lichty	28:17	66. Clay Price	31:33
32. Larry Baker	28:22	67. Joe Probat	31:34
33. A. Sivertson	28:27	68. Grant Harper	32:17
34. R. Hibma	28:29	69. Howard Payne	32:17
35. S. Anderson	28:30	70. Larry Youngren	32:43

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COMING EVENTS USTFF INDOOR MEETS 1976 (continued)

USTFF EAST TENNESSEE STATE RELAYS - JANUARY 23, 1976

This First Annual Meet will be an invitational meet with six men invited in each event. East Tennessee State has built a Mini-Dome with an excellent track facility. For entry forms and further information contact Dave Walker, Head Track Coach, East Tennessee State University, Johnson City, Tennessee, 37601.

UNIVERSITY OF TENNESSEE USTFF INDOOR MEET - JANUARY 30, 2, 1976

This Fourth Annual Meet will be hosted by the University of Tennessee at Knoxville. A full program of indoor events will be held. Stan Hueston, Head Track Coach, University of Tennessee, Knoxville, Tennessee 37996, should be contacted for entry forms and further information. The Open and Girl's Division will be held on January 30, 1976, and the High School Boy's Division on January 31, 1976.

CARLETON COLLEGE - USTFF INDOOR MEET FEBRUARY 7, 1976

This Third Annual Meet will be hosted by Carleton College, Northfield Minnesota 55057. A full program of indoor events will be held in Men's and Women's Divisions. Entry forms and further information can be secured from Meet Director Bill Hoyck, Head Track Coach, Carleton College.

LOUISIANA STATE UNIVERSITY - USTFF INDOOR MEET FEBRUARY 7, 1976

This Second Annual Meet will be held in the new indoor track and field facility, at Louisiana State University, Baton Rouge, Louisiana 70803. Regular NCAA events will be held with the format of the meet similar to our Southern Indoor Championships at Jackson, Mississippi, and the Montgomery USTFF Indoor meet at Montgomery, Alabama. Joe May, Head Track Coach, Louisiana State University, will serve as Meet Director, and should be contacted for entry forms and further information.

NORTHERN ARIZONA USTFF INDOOR MEET - FEBRUARY 7, 1976

This Fifth Annual Meet will be hosted by Northern Arizona University, Flagstaff, Arizona 86001. A full program of High School, College, and Open Events will held. Entry forms can be secured from Meet Director Leo Haberlack, Head Track Coach, Northern Arizona University.

MONTGOMERY USTFF INDOOR TRACK MEET FEBRUARY 13, 1976

The Fourth Annual Meet will again be held in the Garrett Coliseum in Montgomery Alabama, and will be sponsored by the Montgomery Track Association. A full program of Open, University, and College Events will be held. Mel Rosen, Head Track Coach at Auburn University, Auburn, Alabama 36830, will serve as meet director this year, and should be contacted for entry forms.

FURMAN TEXTILE CITY USTFF INDOOR MEET - FEBRUARY 14, 1976

This Second Annual Meet will be hosted by Furman University, Greenville, South Carolina 29615. A full program of events will be held in afternoon and evening sessions. Entry forms and further information can be secured from Meet Director Bill Keedler, Head Track Coach, Furman University.

BSUN USTFF INDOOR MEET - FEBRUARY 14, 1976

This Sixth Annual Meet will be hosted by North Dakota State University, Fargo, North Dakota 58002. A full program of College, and Open Events will be held. Entry forms can be secured from Meet Director, Bruce Whiting, Head Track Coach, North Dakota State University.

USTFF NATIONAL INDOOR CHAMPIONSHIP MEET - FEBRUARY 12, 13, 14, 1976

This Annual Championship Meet will be hosted by the Oklahoma City Jaycees. Oklahoma High School events will be held on February 12, 1976. Junior College and College events on February 13, with the Open Championship on Saturday the 14th. Medals and All American certificates will be given to the first three places in each event in the Open Division, with trophies going to the winning and runner up teams. Expense money will be paid on a guaranteed per-race basis in the University Open Division.

ILLINI - USTFF INDOOR CLASSIC FEBRUARY 27, 28, 1976

This Third Annual Meet will be hosted by the University of Illinois at Urbana-Champaign. A full program of NCAA indoor events will be held. No team scoring is in effect since the emphasis is on individual competition. There will be a college-university division, and special invitational events for Junior Colleges and High Schools, and unattached athletes. For further information and entry forms, contact Gary Wenzke, Head Track Coach, University of Illinois, 125 Assembly Hall Champaign, Illinois 61820.

BENNING USTFF RELAYS - FEBRUARY 28, 1976

Idaho State University will host this Annual Meet in their wonderful Mini-dome. A full program of indoor events will be held. There will be no team championship as each event will be an individual Championship. Entry blanks can be secured from Meet Director Bob Swene, Head Track Coach, Idaho State University, Pocatello, Idaho 83201.

OHIO STATE INVITATIONAL - USTFF MIDWEST INDOOR CHAMPIONSHIP MEET FEBRUARY 27, 28, 1976

This Seventh Annual Meet will be hosted by Ohio State University, Columbus, Ohio 43210. The same full program of events for High School, Junior College, College, Women, University and Open will be held. Each event will be an individual Championship and no team scores will be kept. Bob Epkeamp, Head Track Coach, Ohio State University, will serve as Meet Director and should be contacted for entry forms.

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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