

WOMEN'S TRACK WORLD

AUGUST 1980
VOL. 11, NO. 12
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The Trials

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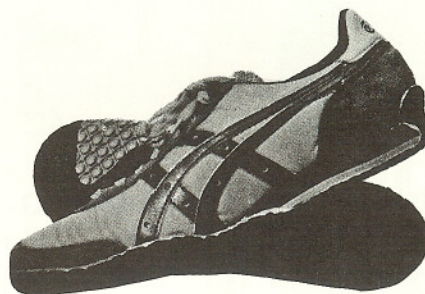
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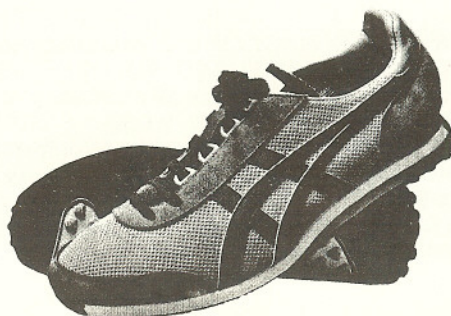
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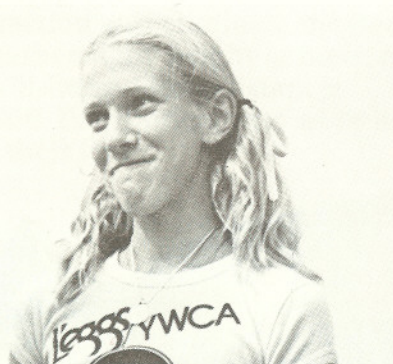
COVER PHOTO: OLYMPIC TRIALS 5000

Photo by: JEFF JOHNSON



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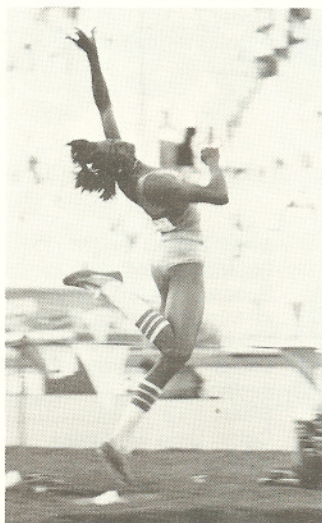
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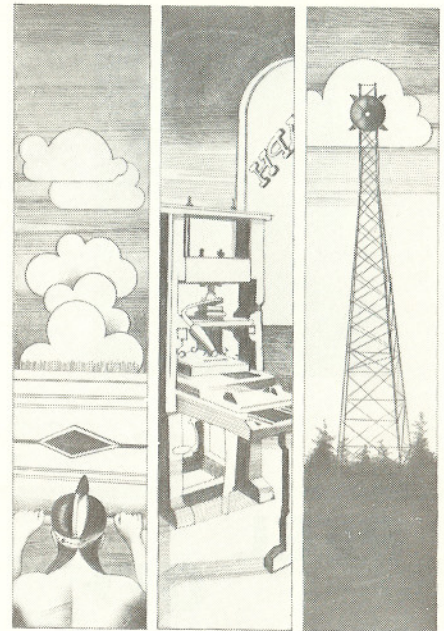
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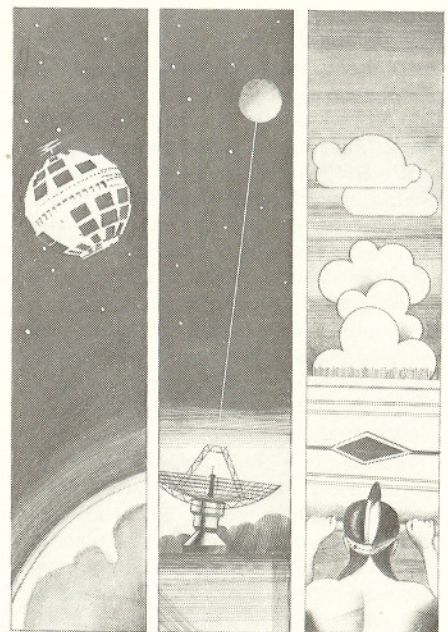
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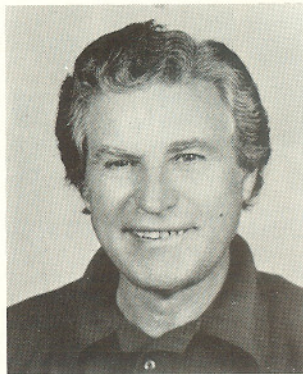


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REEL OFF

* * * * *

I hate Eugene!

I hate the rain in Eugene. I hate the pollen in Eugene. I hate the cold in Eugene.

But most of all, I hate the people in Eugene. These are the people who have proven me wrong, who have taken away my bravado when I have proclaimed track is only really track if you go to Europe. These are the people of Eugene who fill the stands at nine o'clock in the morning to watch the pentathlon hurdles or the javelin qualifying. These are the people who provide the cheers for the performers whether their performance is great or simply completed. These are the people who will hibernate in the town I hate and never show the rest of the USA exactly what it is to be a track nut. These are the people who raise such a ruckus during a race one would believe no more decibels could be added — until the announcer mentions "Oregon". Then the ears must be covered. These are the people who love track and athletes and understand the intricacies of the sport. These are the people who sit around motel lobbies and downtown restaurants talking about "splits" and "distances" and "auto-timing". Three little old ladies who should have been wearing tennis shoes spent the entire breakfast period at a table next to me discussing the probable tactics of the runners in the 5000m final.

Can't you see why I hate Eugene?

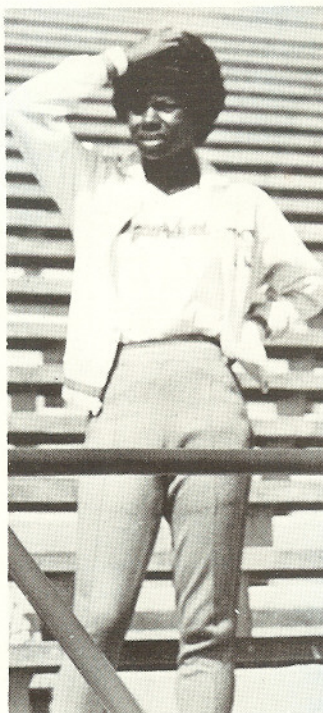
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People get categorized in your mind. Did you ever see your butcher or the checkout girl at the super market walking down the street — I know that person, you say to yourself. But out of their environment it is difficult to realize they are "a person". It's also surprising when someone you know suddenly appears in an entirely different setting such as your barber appearing as Rudolpho in the city's civic light opera. One gets to accept people as they are usually seen.

That's why it is unusual to discover someone you have known for a long time is actually important enough to have a book written about them. How in the world could Ed Temple do enough to get a book on the market. After all, you see him two or three times a year, say hello, exchange a little gossip and say goodbye until the next big meet.

But there's this new book, "Only the Pure in Heart Survive" which Ed has written along with B'Lou Carter (no relation to the boycotting Carter's, I'm sure), and it is a good one. Many times a reviewer writes "this is a book you can't put down" — only this time it is true. It's full of anecdotes, stories, inside information about life as well as track, and it's worth your while to read. I don't know how much Ms. Carter had to do with the writing, but it certainly appears to be written by Ed Temple himself. Get a copy and learn a little about your sport and some of the people connected with it. You'll be glad you did.

* * * * *



ED TEMPLE

As happy as we are for Mary Decker and her new American record of 4:00.9 in the 1500, we feel the US public is being given a ride by the media as they lead the Americans to believe our absence from Moscow is going to affect the Olympic Games. As good as Decker's mark is and with the expectation that she will improve on it, the fact remains Mary could not even make the Russian Olympic team. The Soviets have SIX runners under four minutes led by Kazankina with her new world mark of 3:55.0. Other Soviets are: Smolka (3:56.7), Ollzarenko (3:56.8), Podkopayeva (3:58.3), Saizeva (3:58.5) and Sorokina (3:59.3). Plus seven half-milers faster than Madeline Manning. I am afraid we will continue to be fooled by the media who understand exactly how to keep the public uninformed.

* * * * *



Eugene Rooters

It was pleasing to read the remarks made by Lord Killanin in his farewell speech as President of the International Olympic Committee. It's always pleasant to read remarks when they agree 100% with your own views. Here's what his Lordship said:

"I think it is unfortunate that the President of the United States (and his aides) do not understand how sport is organized in the world. They do not understand how national Olympic Committees work. They do not understand the workings of the International Olympic Committee. And to my mind, they have virtually no knowledge of sport other than about American football and baseball. I must admit I only hope that some of the heads of state I've met are better advised on important matters than they are on sport, because if they're as badly advised on other matters as they are on sport, God help us all."

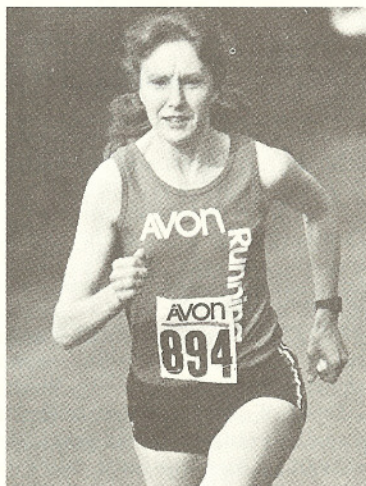
WTW

KALEIDOSCOPE

Says T&F News, "One of life's little irritations is the applause for the last runner in a race when it is obvious she hasn't tried as hard as some of those who finished ahead of her but earned no applause" . . . Also, "The role call of those nations who are with the boycott hardly reads like a who's-who of track and field" . . . TFA/USA will stage the TFA/USA National indoor invitational on January 30/31 of 1981 in Kansas City . . . Who said it? "Race walking is like the art of trying to whisper the loudest" . . . Apologies to Leleith Hodges. She was not the naughty one who got her team disqualified for being out of uniform. It seems Ruth Simpson, another Jamaican, was responsible. According to Coach Bert Lyle, whenever the temperature gets below 80°, all the Jamaicans complain of the "freezing" weather and don innumerable sweat shirts and T-shirts. Simpson thought she had taken off all of her's at the AIAW indoor championships, but she hadn't . . . The Republic of South Africa, not eligible for the Olympics, has had nine women make the Olympic qualifying standards plus seven more in the 400m hurdles and 3000m run.

"SPORT", the Czechoslovakia publication, has announced the results of the voting for World Athlete of the Year for 1979. Approximately 300 sportswriters and officials were involved in the voting which gave the honors to DDR's Marita Koch with 2651 votes. Second was Evelyn Ashford (USA) with 1956 and Grete Waitz (Norway) third with 1350. Others in the top ten were 4—Grazyna Rabsztyn (Pol) 1330, 5—Ruth Fuchs (DDR) 1289, 6—Totka Petrova (Bul) 1018, 7—Marina Makayeva (SU) 813, 8—Ilona Slupianek (DDR) 807, 9—Marlies Gohr (DDR) 787, 10—Rosemarie Ackerman (DDR) 663. Others who scored included 16—Debbie Brill (Can), 27—Jane Frederick (USA), 29—Jodi Anderson (USA) . . . Watch for the

ballot of "Names I Like" in a future issue of WTW. We are going back through the years and listing all the names in this department for you to vote on . . . That was some hurdle race when Rabtszyn set the world record of 12.36. Behind her were three other Poles — Lucyna Langer at 12.44, Zofia Bielczyk at 12.66 and Danuta Perka with 12.69. And only three can go to the Olympics! . . . Yet another Pole, old friend Irena Szewinska, at age 34 and ready for her fifth Olympic Games ran 100m in 11.14w and 51.23 for 400.



Joyce Smith —
another marathon win

The 10.87 hundred meters recorded by Lyudmila Kondratyeva will not be submitted as a new world mark as it was timed either by digital manual stop-watches or by semi-automatic electrical timekeeping . . . Andrea Lynch, the Cal State Northridge sprinter, won a spot on the 4x100 team for Great Britain at Moscow . . . The UK has come up with a future sprint star in 15-year-old Jane

Parry who recently clocked a legitimate 11.80 and 23.66 . . . 16-year-old Linsey MacDonald won the British OT 400 in 51.15. She's 5'3¼ and 92 pounds . . . Meg Ritchie will return to the University of Arizona in September . . . 989 women raced over 30k in Japan recently . . . Mercy Mathew of India set a new national record in the long jump for that nation with a leap of 19'11½ . . . The new national records for South Africa. 16-year-old Charmaine Gale high jumped 1.92/6'3½ and Maryna van Niekerk long jumped 6.77/22'2½ . . . And the beat goes on! 14-year-old Uwe Schonteich of East Germany covered 100 meters in 11.0 flat.

The day East Germany's Evelin Jahl set her short-lived world discus record, the results of the other competitors was hardly mentioned. Since this must have been one of the top disc meetings in history, here are the results for that day: 1—Evelin Jahl (DDR) 234'7, 2—Margitta Pufe (DDR) 220'4, 3—Michel (DDR) 216'9, 4—215'6, 5—211'1, 6—211'0, 7—202'11 . . . And on the same day, Ilona Slupianek set the world record in the shot and the results in that event weren't too shabby either. Take a look: 1—73'8, 2—68'1, 3—67'0¾, 4—66'3¾ . . . East Germany's "Der Leichtathlet" comes up with the 1979 top nation contest results. Scoring is done by taking the top 10 performers in each event from each country and scoring them on the international scoring table, adding up all the events (they included both the 3000 and the 400 hurdles), and for 1979 the top five nations in the world were: 1—USSR 139757 points, 2—East Germany 136004, 3—USA 132265, 4—West Germany 128528, 5—Poland 128165 . . . Best event for the year was the shot by East Germany when they scored 11751 points. On the track, the best event was the Russians with 11415 points in the 1500.

(continued on page 28)



Eugene, Oregon, June 21/29 — They staged the trials for the Placebo Olympics here in "Track Town USA" and as the headline in the Eugene Register-Guard stated, "It's a Great Track Meet, but It's Not the Trials".

In spite of outstanding performances in practically every event and in spite of great competition, the intensity was missing. Everyone competed with the aim of winning and of performing as well as possible, but as Al Oerter said, "I knew it wasn't the Olympic Trials when I could sleep this week".

Be that as it may, the first three finishers in each event were named as "1980 Olympians" and along with another eight from the TAC Championships were provided a summer of international competition by the TAC and US Olympic Committee, both groups doing all they possibly could to make up somewhat for the lack of sensitivities of the White House.

Only one double winner was crowned — Jodi Anderson of the Naturite Track Club annexed the pentathlon and set a

new American record while winning the long jump. There were no real upsets. Closest to it was Karin Smith's win over Kate Schmidt in the javelin, but even that had been expected.

Here's how things went:

100 METERS: Only four runners were eliminated after the first round — Darlene Jefferson, Marbella Washington, Linda Weekly and Felicia DuPuch. The real running began, as usual, in the semifinals. Biting the dust were such well-known speedsters as Karen Hawkins, Dollie Fleetwood, Lisa Hopkins, Val Boyer and veteran Pam Greene.

The final had the appearance of a Cal State Northridge/Tennessee State dual meet with six of the eight finalists representing those two institutions. Alice Brown, Naturite, was out quick and had a clear lead by the halfway mark, a lead which she kept to the tape, winning by over a tenth from defending Trials champ Morehead. The TSU veteran suffered a muscle cramp at the finish and barely held off teammate Chandra

Cheeseborough for the silver. Jodi Anderson picked up fourth as none of the runners turned in a season best.

Heat 1 (+1.00) — Qualify first five from each heat and fastest sixth. 1—Lisa Hopkins (IngPan) 11.42, 2—Michele Glover (WillingboroTC) 11.50, 3—Dollie Fleetwood (SCC) 11.61, 4—Pam Greene (Un) 11.66, 5—Gwen Loud (LAM) 11.68, 6—Darlene Jefferson (MsAC) 11.77; **Heat 2 (+0.4)**, 1—Brenda Morehead (TSU) 11.33, 2—Jodi Anderson (LAN) 11.44, 3—Chandra Cheeseborough (TSU) 11.54, 4—Val Boyer (AlbTC) 11.54, 5—Linda Wilson (TxTC) 11.65, 6—Leola Toomer (MsAC) 11.69, 7—Marbella Washington (Un) 12.21; **Heat 3 (+0.09)**, 1—Alice Brown (LAN) 11.35, 2—Jeanette Bolden (LAN) 11.56, 3—Diane Williams (MichSt) 11.59, 4—Karen Hawkins (TxSth) 11.66, 5—Florence Griffith (LAN) 11.71, 6—Linda Weekly (TxSth) 11.83, 7—Felicia DuPuch (ColFly) 11.88.

Semi 1 (+1.46), 1—Morehead 11.26, 2—Williams 11.37, 3—Anderson 11.38, 4—Glover 11.44, 5—Hawkins 11.48, 6—Wilson 11.56, 7—Fleetwood 11.67, 8—Toomer 11.85; **Semi 2 (+1.24)**, 1—Brown 11.24, 2—Cheeseborough 11.37, 3—Bolden 11.46, 4—Griffith 11.51, 5—Greene 11.52, 6—Hopkins 11.54, 7—Boyer 11.57, 8—Loud 11.77.

FINAL (-0.51), 1—Alice Brown 11.32, 2—Brenda Morehead 11.43, 3—Chandra Cheeseborough 11.45, 4—Jodi Anderson 11.52, 5—Diane Williams 11.61, 6 (tie), Jeanette Bolden and Michele Glover 11.65, 8—Griffith 11.70.

200 METERS: 200 runners had it even easier than the 100 sprinters as only three were eliminated after the first round, one

of them a surprising Gwen Smith credited earlier with a 23.80 who could do no better than 25.28 here. Also lost after the first round was Michele Glover and Auburn's Beverly Kearney.

Although some of the glamour of the 200 disappeared with the absence of Ashford and the injury of Morehead and the withdrawal (after the semis) of Alice Brown, there was still plenty of class in the long sprint field. Cheeseborough, trailing Karen Hawkins, the TAC champion, at the mid-way point, came on to win in a good 22.70 clocking, albeit wind-aided.

The real story in the 200 final was the third place finish of Pam Greene from Colorado. Although not ancient at 26, Greene is the oldest of the sprinters at the Trials. She ran 23.95 on April 5, improved to 23.75 May 10, ran 23.62 in her heat at the TAC meet and 23.59 in the semis — that is her season best. And puts her as only the 21st American for 1980! She ran 23.08 with the wind at Eugene in the semis, but her third place and making the 1980 Olympic Team must be classed as a first rate performance. Would that the USA had more runners who would continue to perform after the age of 22!

Heat 1 (Qualify first five in each heat and fastest sixth) (0.00), 1—Chandra Cheeseborough (TSU) 23.16, 2—Pam Greene (Un) 23.50, 3—Brenda Finch (ColFly) 23.82, 4—Cheryl Gilliam (MichSt) 23.86, 5—Carroll Parker (Un) 24.49, 6—Gwen Smith (TxSth) 25.28; **Heat 2** (+0.09), 1—Lisa Hopkins (IngPan) 23.13, 2—Kelia Bolton (MilLions) 23.50, 3—Wanda Hooker (UpstartsAC) 23.52, 4—Val Boyer (AlbTC) 23.63, 5—Melanie Baptiste (Ore) 23.85, 6—Felicia DuPuch (ColFly) 23.98; **Heat 3** (+0.90), (tie), Karen Hawkins (TxSth) and Alice Brown (LAN) 23.23, 3—Florence Griffith (LAN) 23.55, 4—Lorna Forde (Atoms) 23.87, 5—Pam Marshall (ClubInt) 23.99, 6—Michele Glover (WillingboroTC) 24.20, 7—Beverly Kearney (AuburnTC) 24.65.

Semi 1 (+3.23), 1—Cheeseborough 22.90w, 2—Hawkins 22.97w, 3—Bolton 23.48w, 4—Gilliam 23.58w, 5—Hooker 23.64w, 6—Boyer 23.82w, 7—Parker 24.49w; **Semi 2** (+3.33), 1—Griffith 23.02w, 2—Hopkins 23.06w, 3—Greene 23.08w, 4—Brown 23.45w, 5—DuPuch 23.53w, 6—Baptiste 23.58w, 7—Finch 23.69w, 8—Forde 23.91w, (Pam Marshall did not run).

FINAL (+2.37), 1—Chandra Cheeseborough 22.70w, 2—Karen Hawkins 23.04w, 3—Pam Greene 23.21w, 4—Florence Griffith 23.25w, 5—Lisa Hopkins 23.32w, 6—Kelia Bolton 23.42w, 7—Cheryl Gilliam 23.82w, Alice Brown did not run.

400 METERS: It was raining when the 400 heats were held, but it didn't seem to affect the runners with all three heat winners running in the 52 second range. No big surprises in the heats except the women officials disqualified another runner. The women seem to be more picayune than the men and often disqualify for Mickey Mouse infractions. For example, Marian Franklin of the Millbrae Lions and University of California was disqualified for "stepping on the line". First of all this is confusing because Franklin was running in Lane 1. Secondly, the rules do not state a runner should be disqualified for "stepping on a line". The rules state the runner should be disqualified only if she receives an advantage from continuous running on or



Pam Greene — only # 21, but on the team!

JEFF JOHNSON PHOTO

inside the lane line. Regardless, Franklin was out.

It rained again as the semifinals were run and Gwen Gardner turned in the best time of the semis with her 51.94 clocking. The semis saw some fine 400 runners eliminated including Jennie Gorham and Lorna Forde.

The final was a good one with Gardner taking the lead around the final turn only to be caught by Sherri Howard down the home stretch. Denean Howard, running a lifetime best, grabbed the third spot with all three of the placewinners under 52 seconds. Gardner, Denean Howard, Roberta Belle and Kelia Bolton all had lifetime bests. Sharon Dabney had her season best at 52 flat and Kim Thomas, who insists on losing several yards each race by using a standing start, missed her PR by only two one-hundredths of a second, a 52.73 which she clocked in 1978.

A special word for Kelia Bolton. She was fifth in her 400 heat on June 22 in 54.52, placed fourth in her 400 semi (53.14) on June 24. Next day she was second in her 200 heat in 23.50 and had her lifetime best in the 400 final at 53.34. On the 27th, she was third in the 200 semi at 23.48 and later that day placed sixth in the 200 final in 23.42. A busy week and some good performances.

Heat 1, 1—Roberta Belle (DCInt) 52.86, 2—Sharon Dabney (ClippersTC) 53.05, 3—Denean Howard (Ali) 53.17, 4—Pam Moore (WisUn) 53.72, 5—Marcia Martin (Un) 54.42, 6—Brenda Peterson (LAM) 54.50, 7—Rosalynd Dunlap (Mo) 56.50, Marian Franklin (MilLions) disqualified; **Heat 2**, 1—Gwen Gardner (LAM) 52.28, 2—

Kim Thomas (NYPAL) 52.85, 3—Lorna Forde (Atoms) 53.62, 4—Alice Jackson (DCInt) 53.87, 5—Deann Gutowski (LAM) 54.16, 6—Faye Paige (Un) 54.51, 7—Wanda Trent (MsAC) 56.04; **Heat 3**, 1—Jennie Gorham (KCNStars) 52.93, 2—Sherri Howard (Ali) 52.98, 3—Pat Jackson (PrairieView) 53.34, 4—Arlise Emerson (UCLA) 54.26, 5—Kelia Bolton (ML) 54.52, 6—Sharon Johnson (MsAC) 55.79, 7—Robin Jackson (Un) 56.70.

Semi 1, 1—Denean Howard 52.23, 2—Belle 52.73, 3—Dabney 52.85, 4—Bolton 53.14, 5—Gorham 53.19, 6—Alice Jackson 53.53, 7—Moore 54.18, 8—Martin 54.42; **Semi 2**, 1—Gardner 51.94, 2—Sherri Howard 52.35, 3—Thomas 52.86, 4—Pat Jackson 53.21, 5—Forde 53.42, 6—Gutowski 53.58, 7—Emerson 54.19, 8—Peterson 54.7(ht).

FINAL, 1—Sherri Howard 51.48, 2—Gwen Gardner 51.68, 3—Denean Howard 51.70, 4—Sharon Dabney 52.00, 5—Roberta Belle 52.67, 6—Kim Thomas 52.75, 7—Pat Jackson 53.20, 8—Kelia Bolton 53.34.

800 METERS: The two lap run seems to create more controversy than any other event in the sport. And the Trials did not disappoint on that score.

Four heats were run to eliminate one runner from each with an injured Marcia Romesser being the only name athlete losing out. It was in the semis that things began to pop. First of all, the semis seemed to be a little unbalanced. The first heat found Olympic Champion Madeline Manning, Pan-Am Games runner-up Julie Brown, AIAW champion Delisa Walton, former AAU champion Essie Kelley, 1976 Olympian Kathy Weston and veteran kicker Lee Ballenger running together with only four to qualify. Not much was left for the second semi — Robin Campbell, a couple of high schoolers and hometown favorite Leann Warren.

And the first semi caused the sparks. At the finish it was announced Walton had been disqualified. Reports from the backstretch were that Walton had given Weston a real sockeroo on the first lap and then down the home stretch with less than 100 meters to go, she was seen delivering some fine blows to Lee Ballenger out in Lane Four or Five. Later, however, Walton was reinstated, Ballenger disqualified and Weston eliminated. In the second semi, Dana Glidden began a move with about 240 meters to go just as Robin Campbell decided she'd better get out of the pack and Campbell moved quickly from lane one to lane two, unintentionally blocking Glidden, but there was no foul.

Meanwhile, Madeline Manning was showing these young kids how the race is supposed to be run. With her mother, husband, son and several camp followers tagging along, Madeline won her heat in 2:04.2 with a 59.8 first lap, won her semi in 2:03.3 with a 60.1 first 400 and then waltzed away with the final, zipping a 56.3 opening 400 and a 2½ second win over a now healthy Julie Brown, turning in the second-fastest 800 ever by an American citizen, 1:58.3s. Brown caught Campbell in the last 50 meters covering her final lap in 62.7s. Campbell made a

(continued on page 10)



A. BROWN — 100



CHEESEBOROUGH — 200



HOWARD — 400



BANKES — 10000

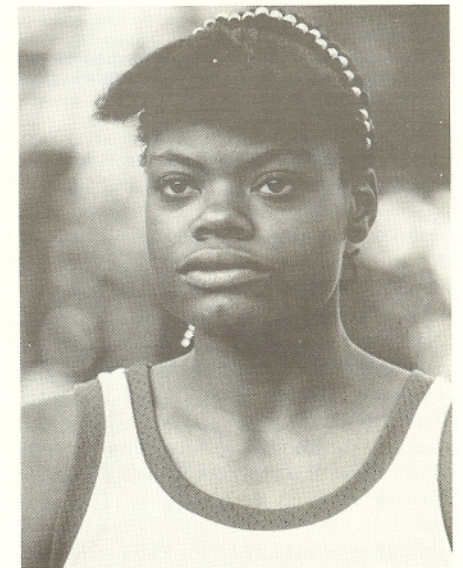
TRIALS



HIGHTOWER — 100H



RITTER — HJ



ANDERSON — LJ & PENTATHLON



MANNING — 800



DECKER — 1500



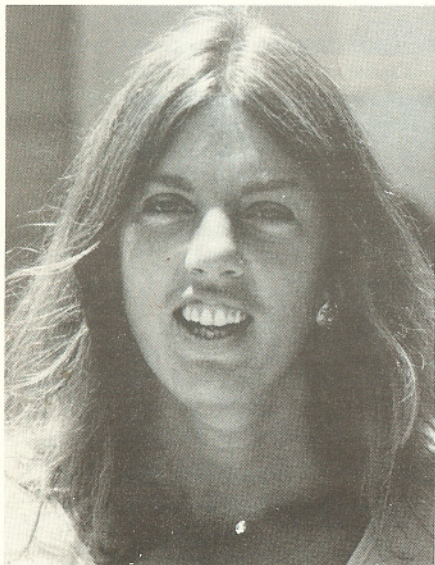
J. SHEA — 5000

WINNERS

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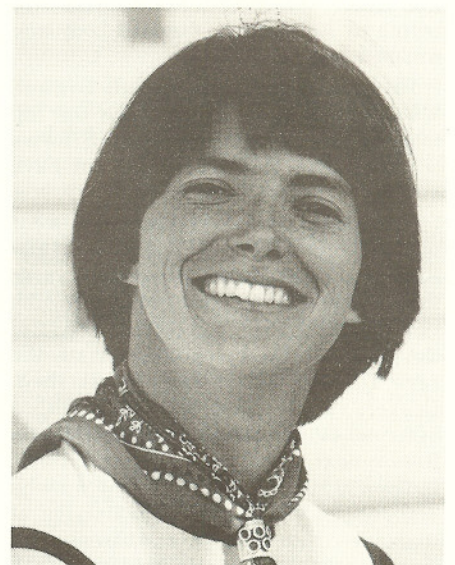
MAHR — 400H



SEIDLER — SP



GRIFFIN — DT



K. SMITH — JT

TRIALS (Continued From Page 7)

good move over the third 200, but tired just at the end.

The race was listed as the fastest "field" ever run in the US with Joetta Clark's 2:03.9 good for only seventh.

Heat 1, 1—Madeline Manning (OralRobertsTC) 2:04.17, 2—Kim Gallagher (Un) 2:05.02, 3—Delsia Walton (KnoxvilleTC) 2:05.06, 4—Christine Mullen (Georgetown) 2:05.47, 5—Regina Jacobs (LAN) 2:08.89; **Heat 2**, 1—Robin Campbell (StanfordTC) 2:05.69, 2—Dana Armin (Sportswest) 2:07.80, 3—Kim Neall (ORTC) 2:07.87, 4—Lee Ballenger (Un) 2:08.54, 5—Diane Ray (MsAC) 2:10.57; **Heat 3**, 1—Essie Kelley (PV) 2:12.69, 2—Joetta Clark (Un) 2:13.32, 3—Julie Brown (LAN) 2:13.38, 4—Dana Glidden (Un) 2:13.48, 5—Pam Schubarth (Un) 2:15.16; **Heat 4**, 1—Ann Regan (SJC) 2:08.58, 2—Kathy Weston (PCC) 2:08.73, 3—Leann Warren (Ore) 2:09.10, 4—Radium Jacobs (ColFly) 2:09.55, 5—Marcia Romesser (AggieRC) 2:12.30.

Semi 1, 1—Manning 2:03.24, 2—Brown 2:03.89, 3—Walton 2:04.14, 4—Kelley 2:04.23, 5—Weston 2:04.31, 6—Jacobs 2:06.41, 7—Arnim 2:06.51, Ballenger disqualified; **Semi 2**, 1—Campbell 2:03.92, 2—Warren 2:04.16, 3—Clark 2:04.55, 4—Gallagher 2:04.75, 5—Mullen 2:05.62, 6—Glidden 2:08.76, 7—Neall 2:09.10, 8—Regan 2:09.89.

FINAL, 1—Madeline Manning (26.5-56.5-1:27.0) 1:58.30, 2—Julie Brown 2:00.96, 3—Campbell 2:01.23, 4—Walton 2:01.93, 5—Warren 2:02.80, 6—Kelley 2:03.17, 7—Clark 2:03.83, 8—Gallagher 2:07.3ht.

1500 METERS: The first of the two qualifying heats was loaded. Decker, Larrieu and Merrill all together. Enough to scare any contenders. But in addition the heat saw Cindy Bremser, Chris Mullen, Leann Warren plus such journeymen as Cathie Twomey, Sheila Ralston, Doreen Ennis and Pat Murnane. Add Michelle Bush, an unknown performer, and the heat took on appearance of greatness. Bush improved her lifetime best from 4:22.9 to 4:18.6 for fifth behind Decker, Larrieu, Bremser and Mullen, and Warren, who was knocked to the ground and finished just out of the money in seventh place, being reinstated by the officials. Jan Merrill, the American record holder was still trying to run with an injured body and finished last in 4:43.3.

Julie Brown, Linda Goen, Brenda Webb and Maggie Keyes were the top four in the second heat, but Brown's winning time of 4:20.9 would not have qualified in Heat One.

In the final, Decker immediately went to the front and was joined by Julie Brown galloping along some three yards to the rear. As the race progressed, the two pulled farther and farther ahead of the pack with Brown running exactly the race Decker would have prescribed. Decker, running 62.4-2:09.6-3:18.6 with a 64.6 final 440, won it in a good 4:05.0 with Brown next in 4:07.2, some eight seconds in front of surprising Leann Warren who just nipped a tiring Francie Larrieu at the tape. Only Warren and Brown ran their season best in the final and Bush slipped from her 4:18.6 in the trials to 4:26.8 and 12th place.

Here's how Leann Warren made it into the 1500 final. (1) Decker leads going around first turn over Twomey as Patty Murnane falls and turns Warren into a hurdler. (2) and doesn't do much for Mullen and Bremser either. (3) Murnane rose to fight again and finished 11th.

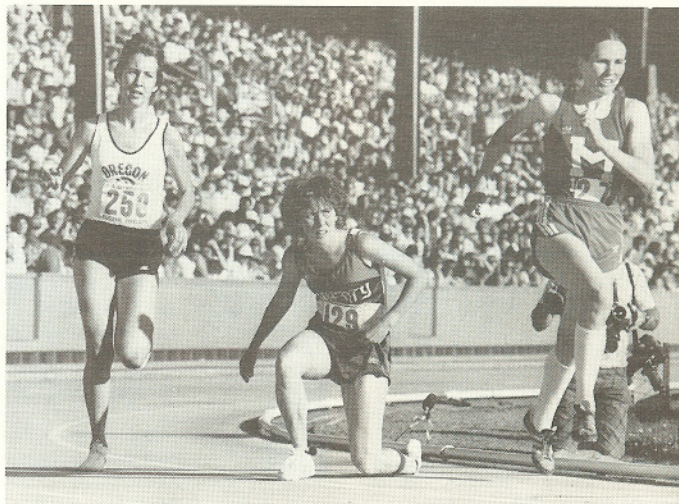
(1)



(2)



(3)



ALL PHOTOS BY JEFF JOHNSON

Heat 1, 1—Mary Decker (AthleticsWest) 4:13.62, 2—Francie Larrieu (PCC) 4:17.43, 3—Cindy Bremser (WisUn) 4:17.60, 4—Chris Mullen (Georgetown) 4:18.30, 5—Michele Bush (UCLA) 4:18.56, 6—Cathie Twomey (OreTC) 4:19.98, 7—Leann Warren (Ore) 4:25.79, 8—Sheila Ralston (UCLA) 4:27.33, 9—Doreen Ennis (Un) 4:33.4, 10—Ellen Schmidt (OreTC) 4:37.4, 11—Pat Murnane (LibAC) 4:41.6, 12—Jan Merrill (AGAA) 4:43.3; **Heat 2, 1—Julie Brown (LAN) 4:20.83, 2—Linda Goen (UCLA) 4:20.87, 3—Maggie Keyes (Un) 4:20.99, 4—Brenda Webb (KnoxvilleTC) 4:21.17, 5—Mary Rawe (PennSt) 4:21.40, 6—Alice Trumbly (GoldenBearTC) 4:21.85, 7—Suzie Houston (WisUn) 4:22.2, 8—Sandra Gregg (Sportswest) 4:26.3, 9—Jennifer White (CharlottesvilleTC) 4:28.93, 10—Debra Pavik (MsAC) 4:31.6, 11—Jill Haworth (Un) 4:38.7, 12—Michele Brown (Un) 4:42.5.**

FINAL, 1—Mary Decker 4:04.91, 2—Julie Brown 4:07.13, 3—Leann Warren 4:15.16, 4—Francie Larrieu 4:15.32, 5—Linda Goen 4:16.86, 6—Brenda Webb 4:17.52, 7—Cindy Bremser 4:17.89, 8—Maggie Keyes 4:18.38, 9—Cathie Twomey 4:18.7h, 10—Alice Trumbly 4:18.9, 11—Mary Rawe 4:19.5, 12—Michele Bush 4:26.8, 13—Chris Mullen 4:32.2.

5000 METERS: One of the three "exhibition" events (the other two were the 10k and the 400 hurdles), the 5000 meters was rather a desultory run with no one turning in a season best from the field of 13 entries. Julie Shea was in the lead soon after the race began and from the midway point until the finish gradually increased her lead over the rest of the field. Julie won it by some 23 seconds over sister Mary with Rocky Racette third. The expected sprint to the finish by Betty Springs never materialized and she wound up fifth. Julie covered the final 440 in 72.6s.

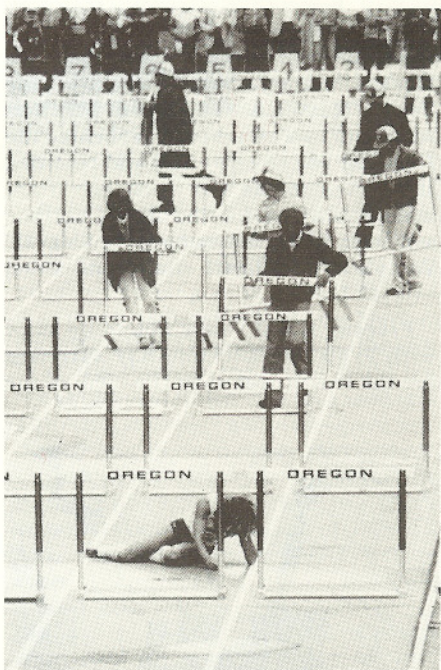
FINAL, 1—Julie Shea (NCState) 15:44.2, 2—Mary Shea (NCState) 16:07.5, 3—Rocky Racette (Minnesota) 16:12.3, 4—Carol Urish (HoustonAC) 16:13.3, 5—Betty Springs (NCState) 16:17.3, 6—Donna Gathje (MankatoState) 16:18.6, 7—Kim Schnurpfeil (StanfordTC) 16:27.0, 8—Eryn Forbes (Ore) 16:31.4, 9—Peggy Cleary (PennSt) 16:36.7, 10—Eileen Hornberger (WestchesterState) 17:14.5, 11—Doreen Ennis (AthAttic) 17:34.8, 12—Lynn Hjelte (GoldenBearTC) 17:46.7, Jenifer White (CharlottesvilleTC) did not finish.

10000 METERS: You knew from the pace of the race that the final 400 was going to be an exciting lap. Kristen Bankes of the Reading Athletic Attic was running her first-ever 10k on the track, got in the lead and didn't know what to do — so she took it cautiously and slowed everyone down. Judy St. Hilaire, the TAC champion, trotted along right behind Bankes and Ellen Hart stuck in third. The trio took off with one lap to go, Bankes and Hilaire pulled away from Hart and three times during the final lap St. Hilaire made a pass at Bankes, but each time Kristen answered "no" and the two staged a great fight down the home straight with Bankes pulling slightly in front over the final 25 meters and winning it by a tenth. Although the time was disappointing, the excitement of the race more than made up for it with the fans at Hayward Field. California's Jan Oehm took a spill just after the start of the race and eventually dropped out as did Karen Bridges and Pam Norris. Joan Hansen of Arizona was running well but suffered leg cramps with 12½ laps

remaining and was forced out of the race.

FINAL, 1—Kristen Bankes (ReadingAA) 33:45.6, 2—Judy St. Hilaire (LibAC) 33:45.7, 3—Ellen Hart (LibAC) 33:47.4, 4—Anne Sullivan (Brown) 34:01.4, 5—Nancy Conz (Un) 34:03.8, 6—Jill Molen (Utah) 34:05.6, 7—Debbie Eide (OreTC) 34:19.4, 8—Laurie Binder (KCBQ) 34:28.2, 9—Beth Sheridan (OhioState) 34:36.2, 10—Peggy Cleary (PennState) 34:46.4, 11—Michelle Aubuchon (GoldenBearTC) 34:45.8, 12—Karen Fitz (KansasCityTC) 34:48.0, 13—Linda Heinmiller (SMTC) 35:04.1, 14—Sally Zook (WisUn) 35:59.3, 15—Judy Fox (WestValleyTC) 36:00.3, Karen Bridges (WarrenStreetAC), Pam Morris (SMTC), Joan Hansen (Arizona) and Jan Oehm (Calif) did not finish.

100 METER HURDLES: Whenever Stephanie Hightower and Deby LaPlante are entered, the 100m hurdles take on a special feeling for it seems something always happens when they meet. And the Trials final was no exception. Hightower won the disputed AIAW title in 1979 when the Acutrack went on the blink and missed the inside lane. Hightower won the AIAW again in 1980 when LaPlante,



The Show must go on.

who led over the last hurdle, suddenly went into reverse and saw the Ohio State runner zip past for the win. But those were mere drops in the bucket compared to the Trials final.

LaPlante, Hightower and Tennessee Freshman Benita Fitzgerald won the three trial heats with no trouble. Patty Van Wolvelaere, fourth in the hurdles at the 1968 Olympics, did not advance as she suffered Achilles problems and did not clear the first hurdle.

The semis saw LaPlante speed to a new Trials record in the first heat at 13.00 as she won over Candy Young and Hightower ran a wind-aided 12.95 to win the second semi over Fitzgerald. Impressive running by Lori Dinello in the semis as she clocked a personal best of 13.46 to

move her to the Number 9 spot on the All Time US list. Dinello improved from 13.78 in 1978 to 13.54 last year and now has a 13.46.

It rained and hailed between the semis and the final, but the track was dry when the final began. LaPlante was in Lane 2, Hightower in four and Fitzgerald further out. Hightower took the lead over the first hurdle and held it until the sixth when LaPlante made her move. Consensus is that LaPlante, in the lead, nicked the eighth hurdle although if it happened, it was so slight it was not visible on the film and was not remembered by LaPlante. The San Diego hurdler led over the ninth hurdle by a fraction of a foot, touched down, took one step and then fell flat and hard to the track. Hightower went on to win in 12.90, second fastest ever by an American with Fitzgerald also recording a lifetime best at 13.11.

LaPlante said, "I came off the hurdle a little crooked, but I have no idea what I did. I was running fast, faster than I have ever run, I might have gotten a little ahead of myself". And that's exactly the way it looked to us. Have you ever seen a long jumper speed down the runway too fast and lose control over her body in the air. She simply got "ahead of herself" and lost control.

In the meantime, one must not overlook the fine hurdling by Hightower and Fitzgerald. The Tennessee freshman, who may become the best of them all, looked especially good. She has the best speed of the top hurdles and only her height (5'10½) is against her. LaPlante, who has nowhere near the speed of either Fitzgerald or Hightower, is exactly the right size for the hurdle height and spacing as they now are. When the IAAF raises the hurdles another three inches, as they surely will before Fitzgerald retires, watch out for that kid from Tennessee. Dinello continued her fine running with a 13.52 for fourth place. Dinello is a 5'1/105 pounder just graduated from Wright State in Dayton, Ohio, and did not take part in the AIAW but did run in the TAC Championships where she was eliminated in the semi-finals.

Heat 1 (Qualify four), 1—Deby LaPlante (KCBQ) 13.22, 2—Candy Young (Ryan'sAngels) 13.69, 3—Linda Bourn (BYU) 13.91, 4—Cheryll Hawthorne (BEBTC) 14.17, 5—Lexie Miller (Ore) 14.23, Patty VanWolvelaere did not finish; **Heat 2, 1—Benita Fitzgerald (Tenn) 13.65, 2—Jackie Washington (LAN) 13.90, 3—Debbie Deutsch (ShoreAC) 14.01, 4—Linda Weekly (TxSt) 14.02, 5—Lorraine Tummings (Un) 14.35, 6—Mitzi McMillin (ClubInt) 14.46; **Heat 3, 1—Stephanie Hightower (OhioState) 13.32, 2—Lori Dinello (Un) 13.70, 3—Pam Page (Mo) 13.73, 4—Gayle Harris-Watkins (Un) and Karen Wechsler (Ind) tied at 14.03, 6—Maureen McGee (LAM) 14.77.****

Semi 1 (+1.27), 1—LaPlante 13.00, 2—Young 13.40, 3—Dinello 13.46, 4—Deutsch 13.78, 5—Bourn 13.94, 6—Wechsler 14.15; **Semi 2 (+2.95), 1—Hightower 12.95w, 2—Fitzgerald 13.31w, 3—Weekly 13.46w, 4—Page 13.52w, 5—Washington 13.53w, 6—Hawthorne 13.90w, 7—Watkins 13.93w.**

FINAL (-0.02), 1—Stephanie Hightower 12.90, 2—Benita Fitzgerald 13.11, 3—Candy Young 13.30, 4—Lori

TRIALS (continued)

Dinello 13.52, 5—Pam Page 13.65, 6—Linda Weekly 13.75, 7—Debra Deutsch 14.00, Deby LaPlante did not finish.

400 METER HURDLES: Another exhibition event staged at the Trials brought forth most of the top 400m hurdlers in the nation. Notably missing was the American Record Holder, Sandy Myers who did not run so as to be able to concentrate on the long jump final which was unfortunately scheduled at the same time.

Texas' Tammy Ettiene had the fastest qualifying time in the heats at 58.15 but in the final it was all Esther Mahr, the TAC winner, in 56.3. None of the runners produced a season best and the top three (the same three as at the TAC), were all at least a full second slower than at Mt. SAC. Seven of the runners in the trial heats used standing starts. Yuch!

Heat 1, 1—Kim Whitehead (IowaState) 59.07, 2—Vivian Scruggs (Va) 59.21, 3—Gail Hicks (AlcornState) 60.76, 4—Brenda Chambers (BoulderValleyTC) 60.79, 5—Amy Dunlap (Wis) 60.85, 6—Rachel Clary (MsAC) 61.28; **Heat 2,** 1—Tammy Ettiene (Tx) 58.15, 2—Debra Melrose (PV) 59.77, 3—Chris Davenport (Iowa) 60.98, 4—Debbie McLendon (BoulderValleyTC) 61.4ht, 5—Dianne Steinhart (Iowa) 65.4ht; **Heat 3,** 1—Esther Mahr (KCBQ) 58.37, 2—Cathy Gebhards (KansasCityNorthStars) 59.86, 3—Teri Seippel 60.82, 4—Ana Biller (SMTC) 61.25, 5—Stephanie Vega (Atoms) 61.38, 6—Sandra Souza (TWUTC) 62.10, 7—Linda Hightower (UCSB) 64.86.

FINAL, 1—Esther Mahr 57.46, 2—Kim Whitehead 58.56, 3—Debra Melrose 59.13, 4—Tammy Ettiene 59.71, 5—Vivian Scruggs 59.92, 6—Cathy Gebhards 60.62, 7—Gail Hicks 61.76, 8—Teri Seippel 62.06.

HIGH JUMP: Texas' Louise Ritter, the only woman who can take six syllables to say "high jump", won the Trials title on fewer misses over Paula Girven at the mediocre height of 6'1½. The weather was dry when the competition began, but within a few minutes the rains came and it was not a day for jumping after that. Colleen Reinstra, the AIAW and TAC champion who had cleared 6'4 in her last competition, missed once at 5'8½, missed twice at 5'9¾ and went out at six feet, settling for sixth. Joni Huntley also had problems at six feet and failed. Kari Gossweiler, Naturite TC, had her troubles as she missed once at 5'8½, once at 5'9¾, twice at 5'11 and twice at 6'0 — and then cleared the six foot bar on her last jump to become the 16th American over that height and pick up fourth place behind Ritter, Girven and teammate Pam Spencer.

Ritter was reported as having broken her ankle on a picnic the day after the competition, but two days later she was conducting a Clinic for the Olympic Development Committee in Texas and said the report of her injuries was "premature".

Qualifying: The following cleared 5'9¾ and qualified for the final: Jalene Chase (DCInt), Maggie Garrison (Sportswest), Paula Girven (Md), Kari Goss-

willer (LAN), Joni Huntley (Un), Sue McNeal (Un), Colleen Reinstra (SunDevilTC), Louise Ritter (TWUTC), Melinda Morris (Un), Pam Spencer (LAN), Wendy Markham (WisUn). The following were eliminated, Sue Lind (Un), Helen Ogar (Un), Theresa Smith (Sportswest), Lela Carter (Wichita), Mary Cragoe (Un), Marilyn Dubbs (Un), Anne Erpenbeck (Drake), Cindy Gilbert (Un).

FINAL, 1—Louise Ritter 6'1½, 2—Paula Girven 6'1½, 3—Pam Spencer 6'0, 4—Kari Gossweiler 6'0, 5—Joni Huntley 5'11, 6—Colleen Reinstra 5'11, 7—Wendy Markham 5'11, 8—Sue McNeal 5'9¾, 9—Jalene Chase 5'9¾, 10—Maggie Garrison 5'8½, 11—Melinda Morris 5'8½.

LONG JUMP: Jodi Anderson added the long jump title to her pentathlon gold and set a new American record in the process. Undoubtedly one of the finest series of jumps in women's track history, Anderson averaged 22'1½/6.74 on her six jumps with her first leap of 21'7¾ her worst effort of the day. It wasn't an easy victory, however. Kathy McMillan took the lead in the third round with a jump of 22'0¼ in what must be classed as the biggest "come-through" effort of the Trials. McMillan had fouled her first jump and took off several feet behind the board on her second effort and recorded 18'2½. And so she was in danger of not even qualifying for the finals, but she stormed down the runway, giving Ed Temple a mild heart attack, and sailed over 22 feet.

Prepster Carol Lewis wound up third with 21'6¼ and Lorraine Ray surprised for the fourth spot at 20'11½. One of the



McMILLAN

JEFF JOHNSON PHOTO

favorites, Pat Johnson, could do no better than 20'10½ and finished sixth. Sandy Crabtree, who had been jumping like an age grouper for the past month, finally got untracked and had a fine series and placed seventh. Martha Watson, trying for her fifth Olympics, leaped 19'6¾ in spite of a muscle problem, but wound up last.

Controversy raised its head when McMillan accused Anderson of being on steroids at the post event interview. One of the first rules of making an accusation is to have some facts to back you up. Since McMillan is taller and heavier than Anderson there were some questioning looks from the reporters.

Qualifying: Jodi Anderson (LAN) 21'6¼, 2—Carol Lewis (WillingboroTC) 21'1½, 3—Kathy McMillan (TSU) 21'0½w, 4—Lorraine Ray (RalphBostonTC) 20'10½w, 5—Jackie Joyner (E.St.LouisTC) 20'9¾, 6—Gwen Loud (LAM) 20'9¼w, 7—Pat Johnson (WisUn) 20'8¾w, 8—Marlene Harmon (LAN) 20'1¼w, 9—Sandy Myers (LAN) 20'1w, 10—Becky Kaiser (Ill) 20'1w, 11—Karen Taylor (LAN) 20'0¼, 12—Martha Watson (ClubInt) and Sandy Crabtree (ClubInt) tied at 19'9¾. The following did not qualify, 14—Vicki Betts (ClubInt) 19'5½, 15—Lanessa Jones (ClubInt) 19'0¼, 16—Shari Fox (Hawaii) 19'0w, 17—Cornelia Jackson (JacksonState) 18'11½, 18—Evalene Hatcher (MsAC) 18'6¼.

FINAL, 1—Jodi Anderson 22'11½, 2—Kathy McMillan 22'2¼, 3—Carol Lewis 21'6¼w, 4—Lorraine Ray 20'11½w, 5—Gwen Loud 20'10¾w, 6—Pat Johnson 20'10½, 7—Sandy Crabtree 20'8¾w, 8—Jackie Joyner 20'4w, 9—Karen Taylor 20'2¼w, 10—Becky Kaiser 20'1¼w, 11—Sandy Myers 20'0¼w, 12—Marlene Harmon 19'8¾, 13—Martha Watson 19'6¾w.

SHOT PUT: Not too much excitement in the shot as is usual with this event in the USA. Maren Seidler, who has the American record at 62'7, tossed the implement 58'9 on her first throw and could have gone home right then. Seidler was never in the 58 foot range again during the competition as she won her fourth consecutive Olympic Trials title.

Ann Turbyne, after setting a personal best of 56'0½ in the qualifying rounds, improved to 56'8 with her first throw of the final and for the first time since qualifying standards have been set for the Olympics, the USA would have had two women in the field. Susan Thornton and Elaine Sobansky also had lifetime bests.

Qualifying: Maren Seidler (SanJoseStars) 58'2½, 2—Ann Turbyne (Gilly'sGym) 56'0½, 3—Lorna Griffin (ACA) 53'1½, 4—Caryl Van Pelt (Sportswest) 49'9¾, 5—Susan Thornton 49'6, 6—Sandy Burke (Northeastern) 48'11¼, 7—Mary Jacobson (OreTC) 48'6¼, 8—Melody Rose (Ali) 48'6¼, 9—Marcia Mecklenberg (Sportswest) 48'4¼, 10—Elaine Sobansky (Un) 48'2¼, 11—Emily Dole (ClubInt) 47'11¼, 12—Susie Ray (VillaParkHS,CA) 46'7¾. Non-qualifiers, 13—Annette Bohach (Un) 44'4, 14—Heidi Kauti (UCLA) 42'1½, 15—Ramona Pagel (ClubInt) 41'1½.

FINAL, 1—Maren Seidler 58'9½, 2—Ann Turbyne 56'8, 3—Lorna Griffin 52'1½, 4—Sandy Burke 51'7, 5—Mary Jacobson 50'3½, 6—Susan Thornton 49'9¾, 7—Emily Dole 49'5¼, 8—Melody Rose 48'6¼, 9—Caryl Van Pelt 48'2¼, 10—Elaine Sobansky 47'9¼, 11—Susie Ray 44'11½, 12—Marcia Mecklenberg 44'6¼.

DISCUS THROW: As was the case with the shot, the discus didn't make

much of a ripple at these Olympic Trials. Lorna Griffith, Lynn Winbigler-Anderson, Lisa Vogelsang and Denise Wood were 1-2-3-4. So what else is new?

Biggest excitement came in the qualifying when Gale Zaphiropoulos of the University of California set a personal best with a toss of 177'2, some 25 feet better than her 1979 mark. Unfortunately for Gale, her throws in the final were not so good and she failed to even make it into the final three throws.

Griffin won the event, as is so often the case in both the shot and discus, on her first effort with a good mark at 197'6 but never hit 185 after that.

Qualifying: 1—Lorna Griffin (ACA) 192'8, 2—Lynne Anderson (OreTC) 183'6, 3—Denise Wood (Un) 182'0, 4—Gale Zaphiropoulos (GoldenBearTC) 177'2, 5—Jan Svendsen (Un) 170'8, 6—Julia Hansen (Sportswest) 169'11, 7—Leslie Deniz (Un) 168'8, 8—Lisa Vogelsang (ACA) 165'11, 9—Julie Cart (SunDevSports) 163'5, 10—Pia Iacovo (Falmouth-PerrierTC) 162'0, 11—Helene Connell (ACA) 161'5, 12—Monette Branson (LAN) 161'4. Non-qualifiers, 13—Marcia Mecklenberg (Sportswest) 157'10, 14—Brenda Denny (Col) 156'10, 15—Mary Stevenson (Ore) 153'10, 16—Julie Jones (Un) 153'5, 17—Caryl Van Pelt (Sportswest) 151'7, 18—Leslie Hoerner (ClubInt) 149'11.

FINAL, 1—Lorna Griffin 197'6, 2—Lynne Anderson 184'11, 3—Lisa Vogelsang 176'0, 4—Denise Wood 175'8, 5—Leslie Deniz 175'0, 6—Julie Hansen 171'8, 7—Jan Svendsen 170'3, 8—Julie Cart 167'9, 9—Gale Zaphiropoulos 167'8, 10—Pia Iacovo 163'0, 11—Helene Connell 163'0, 12—Monette Branson 161'7.

JAVELIN THROW: In contrast to the other two throwing events, the javelin was a Frank Meriwellian event. American record holder Kate Schmidt, the former world record holder, has established a "five year plan" for herself, gotten a new coach (Lionel Pugh of Canada) — well, hardly a 'new' coach since she was self-coached in the past — and consequently her throwing marks for 1980 have all been far off her best of 227'5. But she still possesses the strongest throwing arm in the world and can come up with the long throw even while learning new techniques.

Karin Smith, who has spent the last few years training in Germany, had the best mark in the qualifying round at 205'1, but that's all they were doing — qualifying. When the final came around Karin opened with 200'3 and Kate fouled. Second throw saw Smith hit 207'4 and whatdoyouknow, Schmidt came right back with 207'4. Schmidt then tossed three consecutive fouls while Smith produced tosses of 193'1, 205'8 and 206'0. Schmidt threw 196'4 on her final throw which gave the title to Smith by virtue of a better second mark, but Karin wasn't satisfied and threw 208'5 on her final effort for her second consecutive win over old rival Kate Schmidt.

While these two were battling for the win, another duel was taking place for the third spot on the Olympic team. Jeanne Eggart of Sportswest had a best of 168'11 and Stanford's Mary Osborne a best of 168'10 with one more throw re-

maining for each. Eggart threw 169'11 on her last effort apparently wrapping up the bronze, but Osborne, with her coach shouting instructions from the stands, threw a lifetime best of 181'3 on the final throw of the competition to gain the precious spot on the team. Osborne's best throw for 1980 up to that last effort had been 169'2 made in the Trials qualifying.

Qualifying: 1—Karin Smith (ACA) 205'1, 2—Kate Schmidt (PCC) 188'7, 3—Jeanne Eggart (Sportswest) 174'5, 4—Mary Osborne (StanfordTC) 169'2, 5—Sally Harmon (Ore) 166'4, 6—Patty Kearney (OreTC) 165'8, 7—Jackie Nelson (ClubInt) 163'0, 8—Linn Dunton (KCBQ) 162'1, 9—Celeste Wilkinson (Un) 155'7, 10—Lynda Hughes (Un) 155'1, 11—Debbie Williams (Un) 154'4, 12—Donna Mayhew (GlendaleCollege) 150'3. Non-qualifiers: 13—Deanna Carr (Sportswest) 142'3, 14—Tonja Reigle (Un) 135'2.

FINAL, 1—Karin Smith 208'5, 2—Kate Schmidt 207'4, 3—Mary Osborne 181'3, 4—Jeanne Eggart 169'11, 5—Patty Kearney 166'3, 6—Jackie Nelson 159'10, 7—Lynda Hughes 158'8, 8—Sally Harmon 154'9, 9—Donna Mayhew 151'11, 10—Debbie Williams 147'0, 11—Celeste Wilkinson 144'3, 12—Linn Dunton 143'2.

PENTATHLON: There was a lot of drama in the Trials pentathlon. A not-so-healthy Jane Frederick battling a very healthy Jodi Anderson. Neither had completed a pentathlon during this year and Frederick was practically without any competition of any kind due to various and assorted injuries.

But the time had come and the two tangled in the gloom of the Eugene mist. Jodi opened in the first heat of the hurdles, winning it in 13.85. Frederick won the third flight in 13.93 over Marlene Harmon with 14.01 and Linda Waltman in 14.53. But it was in the second flight that the entire pentathlon took on a new tack. The Acutrack failed and although none of the top four in the hurdles were affected as they ran in heats one and three, the final result changed. Rule states that if automatic timing fails in any of the heats, ALL competitors must revert to hand times. Anderson's 13.85 went to 13.5, quite a good boost. Frederick's 13.93 became 13.8, but it was Harmon and Waltman who were affected the most. Marilyn King, the grand old lady of pentathloning in the USA, won that second heat in 14.2 and after one event Anderson led with 931 points to 891 for Frederick, 866 for Harmon and 841 for King and Susan Brownell.

Frederick had to score well in the shot to keep pace with Anderson, but Jodi opened the competition with a lifetime best of 44'0 and Frederick fouled. Both athletes fouled their second efforts and in one of the big come-through performances of the meet, Frederick threw caution to the winds and uncorked a fine 47'8½ on her last effort. King threw over 42 feet while high schooler Harmon tossed a miserable 31'2¼ and Waltman 36'11¾. After two events Frederick led with 1760 over Anderson (1735) and King (1626). Waltman had 1478 and Harmon 1422.

Cindy Gilbert, a new addict to the



JEFF JOHNSON PHOTO

Waltman gets WR in Pentathlon 800.

pentathlon, straddled over 6'0¼ for the first time in her life and won the high jump as both Frederick and Anderson cleared 5'10½. King, Harmon and Waltman all were over 5'7 and Frederick led after three events with 2781 to 2756 for Anderson.

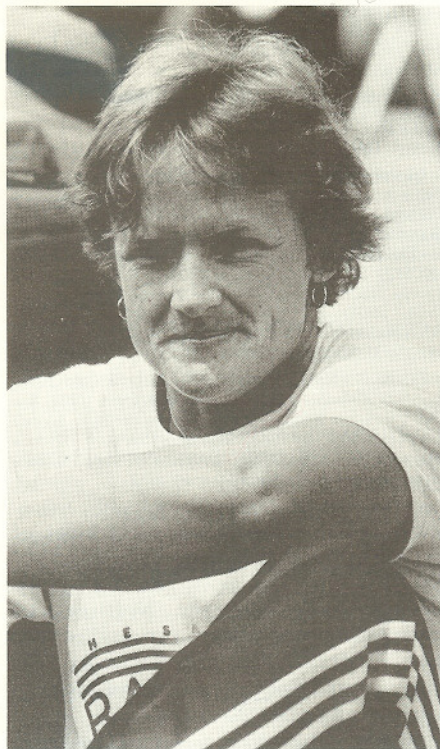
Before the competition began in the long jump, Frederick tried out her aching limbs and decided that with no Moscow to go for, it was foolish to take chances on those muscles. And so she withdrew and the big battle now was between King, Waltman and Harmon. Anderson hopped 21'8¼ to increase her lead to 3793 points. King had 19'6¼ and 3456 points. Harmon jumped 20'2¼ and led Waltman 3296 to 3255.

And so it came down to the 800. Anderson needed to run 2:07.6 to break Frederick's American record — the best-ever for a pentathlon 800 was 2:09.4 by Yekaterina Smirnova of the Soviet Union set last year. Anderson didn't do it, losing to Linda Waltman by a couple of seconds, but Waltman set a new world best with a clocking of 2:09.3s. Harmon had a good 2:12.29 and King held on for 2:23.73. Anderson had run 2:11.42 for her winning score of 4697.

But the real story was King-Waltman-Harmon. Using the hand times for the hurdles as was required by the rules, King held on for second with 4199 points. Waltman finished third with 4191 with Harmon fourth just two points back with 4189. The irony is that if the Acutrack had worked in the second heat of the hurdles, Harmon would have been third with 4188 and Waltman fourth with 4187.

Ten of the first 11 place winners scored personal bests, only ninth placer Mary Harrington failed to better her own

TRIALS (continued)



PENTATHLON GREATS — left to right; Jane Frederick, Marilyn King, and highschooler Marlene Harmon.

JEFF JOHNSON PHOTOS

record. Gilbert's 6'0 $\frac{3}{4}$ in the high jump was most satisfactory. Her lifetime best had been 5'11, a mark she had made in 1977 and the 1077 points that performance gave her enabled her to place fifth in the Trials pentathlon. Eight athletes were over the 4000 point barrier.

FINAL, 1—Jodi Anderson (LAN) 4697 (13.5-44'0-5'10 $\frac{1}{2}$ -21'8 $\frac{1}{4}$ -2:11.42), 2—Marilyn King (Millions) 4199 (14.2-42'11 $\frac{1}{4}$ -5'7-19'6 $\frac{1}{4}$ -2L23.73, 3—Linda Waltman (TxTC) 4189, 4—Marlene Harmon (LAN) 4189, 5—Cindy Gilbert (Un) 4080, 6—Joan Russell (Un) 4066, 7—Susan Brownell 4037, 8—Theresa Smith (Sportswest) 4000, 9—Mary Harrington (Un) 3987, 10—Cindy Banks (Golden Bear TC) 3979, 11—Jenny Stary (Pomona-Pitzer) 3862, 12—Brenda Wilson (AdamsState) 3544, 13—Judy Fontaine (AGAA) 3466, Jane Frederick (Un) and Sharon Hatfield (ClubInt) did not finish.

400m HURDLES RECORD PROGRESSION

(* = Unofficial record)

| | | |
|-------|-------------------------|----|
| 61.1* | Sandra Dyson (GB) | 71 |
| 60.7* | Lebuse Manciynova (Cze) | 71 |
| 60.4* | Judy Vernon (GB) | 73 |



LINDA WALTMAN

| | | |
|-------|---------------------------|----|
| 59.1* | Wendy Koenig (US) | 73 |
| 58.6* | Maria Sykora (Aut) | 73 |
| 58.5* | Maria Sykora (Aut) | 73 |
| 57.3* | Maria Sykora (Aut) | 73 |
| 56.7* | Danuta Piecyk (Pol) | 73 |
| 56.61 | Krystina Kacperczyk (Pol) | 74 |
| 55.74 | Tatyana Storosheva (SU) | 77 |
| 55.63 | Karin Rossley (DDR) | 77 |
| 55.44 | Krystina Kacperczyk (Pol) | 78 |
| 55.31 | Tatyana Selentsova (SU) | 78 |
| 54.89 | Tatyana Selentsova (SU) | 78 |
| 54.78 | Marina Makeyeva (SU) | 79 |
| 54.28 | Karen Rossley (DDR) | 80 |

3000m RUN RECORD PROGRESSION

(* = Unofficial record)

| | | |
|---------|-----------------------|----|
| 9:44.0* | Roberta Picco (Can) | 66 |
| 9:42.8* | Paola Pigni (Ita) | 69 |
| 9:38.0* | Paola Pigni (Ita) | 69 |
| 9:22.0* | Paola Pigni (Ita) | 69 |
| 9:09.4* | Paola Pigni (Ita) | 72 |
| 8:53.0* | Ludmilla Bragina (SU) | 72 |
| 8:52.8 | Ludmilla Bragina (SU) | 74 |
| 8:46.6 | Grete Waitz (Nor) | 75 |
| 8:45.4 | Grete Waitz (Nor) | 76 |
| 8:27.2 | Ludmilla Bragina (SU) | 76 |

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Simeoni — Olympic Champion

From "South Africa Athlete"



FORMIA — When she was a little girl in the Romeo and Juliet city of Verona, Sara Simeoni dreamed only of ballet and flying across the stage into the waiting arms of Rudolf Nureyev.

Her dream faded as she grew taller and taller, but the idea of leaping, soaring through the air never left her.

Now, at 26, Sara Simeoni is the world high jump record-holder. She can leap higher than any other woman in the world, higher than any ballerina, higher than the average front door.

"If someone had said to me, when I started at 12 years old, that one day I would jump over a bar 2.01 meters above the ground, I'd have laughed at them," she said at her Mediterranean training camp here.

"I don't know how long my record will stand and I don't really care. I'm only concerned with my next ambition which is winning my first Olympic gold in Moscow at whatever height."

And how high will that be?

"Well, it's just speculation but I think whoever wins will have to do 2.05. When I saw the Russian, Yashchenko, lift the men's record to 2.35m I realized there were no limits."

It was in the Northern Italian city of Brescia, on August 4, 1978, that Simeoni broke the crucial two-meter barrier in a minor match against Poland.

Women jumpers had been threatening to achieve the feat for some months, particularly Simeoni's arch, but friendly, rival Rosi Ackermann of East Germany who had reached 2.00m.

But it is a rainy night in Prague, a few weeks after her historic jump, that Simeoni remembers as quite literally the highpoint of her career.

In a sudden-death eliminator for the European championships gold medal, she equalled her own record and then watched as Ackermann's trailing left leg just caught the bar at the same height.

Overnight, the gold medal turned Simeoni into Italy's most-famous athlete.

"Everybody at home in Italy said they couldn't watch the television because the pressure was so unbearable," she recalled, her expressive and fine-boned face breaking into a smile.

"But I don't feel pressure, I never have, it just makes me want to win even more. In Prague, I never thought I was going to lose."

The worst pressure, she says, has come

from the instant fame which greeted her triumph. Italy's passionate sporting fans may treat second-raters like champions, but they turn genuine world-beaters into almost divine beings.

"It's terrible. I'm virtually a prisoner here. If I go in the street, anywhere, there's always a crowd. People stop me and stare, they shake my hand, they want autographs and pictures of me with their children. I just don't go out."

But there are compensations. Like the informal deal with Fiat which lets her drive around in a brand-new 132 diesel sedan and offers the prospect of a public relations job when her jumping days are over.

And always at her side, ready with advice, encouragement and often criticism, stands the tall figure of her fiance and trainer, Ermine Azzaro.

A former high-jumper himself, he has guided Simeoni's career ever since 1971 when she decided to stop being just a good athlete and set out on the long road to becoming the best.

A few weeks after she arrived at the national athletic center here, near Naples, she passed a personal test crossing the bar at her own height of 1.77 meters.

Earlier, she had been among the first Italians to adopt the backward "flop" style unveiled by American Dick Fosbury at the 1968 Mexican Olympics.

She remembers the agonizing hours spent getting the method right, the tense rocking on the heels, the high-heeled launch almost under the bar.

"I've got a little tendon trouble at the moment, so my training is just running and exercises."

But when I jump in training I never push myself. I know I can do 6'5 any time I want, but records are made in competition.

When I go to Moscow I won't know what I'm capable of jumping and nor will the others."

Formia, with its dry and sunny climate, it hasn't snowed since 1906 — is her base for two-thirds of the year.

Simeoni's achievement has set an example for thousands of Italian girls. Like 15-year-old Alessandra Fossati of Milan who cleared the world-class height of 1.86.

"Sandra could be world champion one day," predicted Simeoni. "She has the determination and the talent."

WTW

August 1980

Liberty Bell Classic

Philadelphia, July 19 — Mary Decker saved President Carter's neck when she set a new American record for the 1500 meters at the Liberty Bell Classic, the administrations' Placebo Olympics which turned out to be about as exciting as a head cold. Radio, TV and newspapers blared to the gullible public that 31 nations were on hand to provide our Olympic athletes with world class competition, but only Canada and China provided any real competition. Canada won the 200, 800, javelin and pentathlon. China annexed the shot, discus and high jump. West Germany was billed as tough, but they could muster only a couple of sixth places. Kenya scored in a couple of events, Bermuda and the Bahamas (with athletes from US schools), placed a fifth and sixth, and Thailand picked up a third in the 4x100 relay with three teams competing. Not what one would call "world class competition".

Decker simply crushed her opposition in the 1500, passing the 800 mark in 2:07.3 and scoring with a 4:00.87 to break the record she had set only last week. Decker, who was not yet recovered from her racing in Europe and her jet flight, ran a perfect race and indications are she can go much faster when the real running begins in Europe in August.

Kathy McMillan won the long jump with a good 21'9¼, but the real news in that event was Carol Lewis who improved to a lifetime best of 21'7¼, a mark which moves her to the Number Three spot on the All-Time US List just ahead of Martha Watson. Only two other Americans had personal bests. Roberta Belle continued her improvement in the 400 when she clocked 52.34 for third and Jeanette Bolden whisked to a 11.41 time for second in the 100.

The pentathlon saw the Number Three and Number Four all-time performances by Americans as prepster Marlene Harmon set a new US Junior and US High School record with 4346 points. Harmon won only one event, the 800, with a fine 2:10.17. Linda Waltman moved to the Number Four spot on the All-Time List with 4314. Waltman also won only one event, the 100m hurdles in 13.82. Canada's Diane Konihowski, the Commonwealth Games champion, took the title with a good score of 4640, winning the high jump and shot en route to her victory.

The weather was bad ranging from 90° heat to pouring rain, but the crowd was great and appreciative.



Carol Lewis — now #3

JEFF JOHNSON PHOTO

RESULTS: 100, 1—Chandra Cheeseborough (US) 11.27 (wind +0.48), 2—Jeanette Bolden (US) 11.41, 3—Karen Hawkins (US) 11.43, 4—Marj Bailey (Can) 11.44, 5—Diane Williams (US) 11.54; 200 (+0.01), 1—Angela Taylor (Can) 22.77, 2—Cheeseborough (US) 22.84, 3—Hawkins (US) 23.41, 4—Payne (Can) 23.66, 5—Bailey (Can) 23.70; 400, 1—Gwen Gardner (US) 52.04, 2—Crooks (Can) 52.33, 3—Roberta Belle (US) 52.34, 4—Walters (Kenya) 52.70, 5—Kim Thomas (US) 53.70; 800, 1—Yvonne Mondesires (Can) 2:02.4, 2—Robin Campbell (US) 2:02.6, 3—Anne Morelli (Can) 2:02.7, 4—Chemweno (Kenya) 2:05.0, 5—Debbie Campbell (Can) 2:06.5, 6—Delisa Walton (US) 2:07.6; 1500, 1—Mary Decker (US) 4:00.87 (AR), 2—Julie Brown (US) 4:10.37, 3—Francie Larriue (US) 4:10.39, 4—Rose Thompson (Ken) 4:18.23, 5—Mary Purcell (Ire) 4:18.30; 100H, 1—Stephanie Hightower (US) 13.08 (wind +0.38), 2—Benita Fitzgerald (US) 13.17, 3—Esther Roth (Isr) 13.20, 4—Candy Young (US) 13.57, 5—Lane (Can) 13.61, 6—Cecelia Branch (Can) 13.88; 4x100, 1—USA (Cheeseborough-Hawkins-McMillan-Bolden) 44.57, 2—West Germany 45.26, 3—Thailand 46.90; 4x400, 1—USA (Thomas 54.4-Walton 52.9-Belle 52.5-Campbell 52.9) 3:32.69, 2—Canada 3:33.50; HJ, 1—Zheng (China) 6'3½, 2—Reid (Can) 6'0½, 3—Paula Girven (US) 5'11, 4—Ge (China) 5'10¼, no other entries; LJ, 1—Kathy McMillan (US) 21'9¼, 2—Carol Lewis (US) 21'7¼, 3—Shonel Ferguson (Bahamas) 21'3¼, 4—Heike Schmidt (GFR) 21'2¾, 5—Anke Weigt (GFR) 21'1¼; SP, 1—Shen (China) 54'0¼, 2—Ann Turbyne (US) 53'3½, 3—Lu (China) 52'5¼, 4—Konihowski (Can) 51'10¼, 5—Lorna Griffin (US) 48'1½; DT, 1—Xie (China) 185'7, 2—Moreau (Can) 181'1, 3—Lorna Griffin (US) 175'7, 4—Zhu (China) 171'6, 5—Lynn Winbiger (US) 171'1; JT, 1—Kern (Can) 188'5, 2—Teng (China) 181'5, 3—Li (China) 180'3, 4—Beverly Kearney (US) 175'7, 5—Smith (Bermuda) 171'7... 7—Mary Osborne (US) 159'8; Pentathlon, 1—Diane Konihowski (Can) 4640 (14.27-48'9-6'1¼-20'3¼-2:12.60), 2—Marlene Harmon (US) 4346 (13.83-33'4¼-20'6-5'8½-2:10.17), 3—Linda Waltman (US) 4314 (13.82-34'5½-5'8½-19'8¼-2:10.37), 4—Ye (China) 3882, Sulek (GFR), Karen Page (NZ) and Marilyn King (US) did not finish.

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High School Track

By Rich Ede

This has been, without a doubt, the year of the relay in US high schools, and mostly in California. Berkeley twice lowered its national record in the 4x200, first at the Jenner meet in San Jose (April 11) to 1:37.6, then at the Capitol Relays in Sacramento (April 26) to 1:37.1.

The distances have not been neglected either. Starting at Arcadia (April 12) Bonnie McGlinchey of Fountain Valley held off Vicki Cook of Alemany for a demolition of the metric distance medley record in 12:04.4 (Alemany was clocked in 12:04.6). The following week at the Sundevil Invitational (Mt. Carmel, Poway, April 19) Alemany made short work of the 4 x one mile mark with a 21:14.3 clocking. On May 10, at Punxsutawney, Pennsylvania, State College clocked a 21:11.8 for 6400 meters, just missing bettering Alemany's mark. Fountain Valley and Alemany tangled again on May 3 at Claremont in a mass field (21 teams) and this time Cook passed McGlinchey after the first lap and held on to win in 12:08.5.

In the more common sprint relays, the name to remember is still Howard. Now competing for Kennedy High of Granada Hills, CA, the three remaining Howard sisters proved last year to be no fluke as they set national standards in both 400 and 1600 relays at the California State Meet (45.81 and 3:37.98). Berkeley, which had gone 45.7 in its section meet at Hayward a week earlier did not contest the 400 relay and dropped the baton in the 1600 final. Long Beach Poly moved into second spot on the relay list with 3:39.83.

CALIFORNIA STATE CHAMPIONSHIPS (Berkeley, June 6/7) — "The winner is Howard . . ." The time, a new national record . . ." started to sound like a broken record at Edwards Stadium. First, Kennedy of Granada Hills blasted to a 45.81 400 relay clocking. Then Sherri, disdaining her defending role in the 400, ran second to Berkeley's Sharon Ware in the 100 (11.42 to 11.61 — the worst finish by a Howard all day). The next race found Denean claiming an official Federation record in the 400 in 53.04. Then, in the 200, Sherri reversed the decision over Ware clocking 23.19 (to Ware's 23.62) for yet another Federation record.

But it was the 1600 relay that brought the crowd and Kennedy didn't disappoint. With Berkeley still in the team race and Long Beach Poly always a threat, Kennedy (Howard, Howard, Howard, Cook) merely ran 3:37.98 with Poly second in 3:39.83. Berkeley's baton



VICKI COOK

troubles worked their usual State Meet number as the third runner dropped the baton and they finished seventh in 4:02.88.

The Howards overshadowed some other excellent individual efforts. The 800 was a travesty. First, nation-leading Louise Romo, North Torrance, who won her heat, did not make the final since she had only the ninth fastest time. Then, final "winner" Renee Durrand (Laguna Beach) was disqualified on a questionable call. Official winner was Marilyn Davis (Miramonte, Orinda) in 2:09.73.

In the 3200, Vicki Cook (Alemany, Mission Hills) ran away with the field in the fastest time in the nation so far, 10:14.78.

In the field, Sophomore Karen Lysaght (St. Francis, Sacramento) defeated state record holder Sue McNeal and Mt. Whitney's Tonya Mendonca by clearing 6'0 in the high jump. McNeal actually claiming only third at 5'10.

One of the more notable performances of the weekend belonged to Thousand Oaks' Marlene Harmon who won the long jump (20'8³/₄), placed second in a gale-aided 100 hurdles (13.58, won by Judy Young of Berkeley—13.52) and turned in 54 and 53 legs on the fifth place 1600 relay. Then, on Sunday, she traveled to Santa Barbara where she turned in the best pentathlon ever by a high school student by blasting 4142 (since upped at the Olympic Trials to 4189). Thus, in three days she had three long jump competitions, three hurdle races,

two 400's, one high jump, one shot put, and ended with a 2:11.0 800 meters.

KALEIDOSCOPE: We had all hoped that the conversion to meters would solve some of the confusion but . . . Since the summary of rule changes in 1979 mistakenly said the shot weight change in 1981 (although the rule said 1980) Southern California didn't make the change until their state qualifying meet, using eight pounds the rest of the way . . . By the way, since the 1980 rule book reads identically to the 1979 book, the confusion is heightened . . . Reportedly, part of the hesitation to conform to the world and run 1500 and 3000 meters seems to stem from a desire to run the "mile" from a staggered start and/or the fact that the 1500 would start in the center of a curve. On a 440 track the 1500 starts in each lane 2.992 meters before the end of the first 400 meter relay zone (or 1.24 meters before the end of the first 440 yard relay zone) — easy staggers to measure and start from . . . Until Harmon's blitz at the end of the season, Fountain Valley (CA) Sophomore Sharon Hatfield was a pentathlon sensation, scoring 3911 in March and competing in four other pentathlons this year, topped by a Junior Championship of 3925 . . . A high school team of Californians is touring Taiwan this summer . . . Southern California's 4A preliminary meet ran 100 yards (the only division to do so) because the meet manager wanted to prove that the track was faster than the previous year. All divisions ran yards in other events in prelims, then switched to meters for the finals.

WTW

Alternatives to Running During Injury

from RRCA Sports Medicine Committee
Courtesy "THE NOR'WESTER"

The recent increase in the number of people who have taken up running as a form of exercise, has brought on a vast increase in the number of injuries. At the same time many doctors and podiatrists are beginning to see the light and are treating the cause of the injury rather than the symptoms. This means that many injuries are healed without a halt in training. However, in the cases where running is impossible (so that the injury may be completely healed), more and more runners are turning to alternative exercises.

Two other forms of exercise; cycling and swimming, immediately come to mind. These can be used quite successfully to maintain aerobic condition until running is again possible. Cycling also increases quadriceps strength (those muscles on the front of the thigh). This is important because these muscles are rarely used in running, which results in an imbalance with the strong hamstring muscles. Swimming also improves upper body strength (another area often neglected by runners).

However, there are problems associated with swimming and cycling. If alternative exercise causes pain in the

injured area (as is often the case with swimming and cycling) then it must be discontinued because it is causing further damage. Also, in order to be effective, one must either know how to swim or own a bicycle (not an inexpensive item in these days of inflation). A further alternative to swimming could be walking or running with your legs under water. This increases resistance and greatly decreases the pounding associated with regular running.

Dr. Myles Schneider, D.P.M., reports a form of exercise therapy he has used successfully on some muscular joint injuries. This therapy involves alternating icing the affected area until it is numb, with short periods of exercise until the pain returns. Not only is swelling minimized, but the blood supply to the deeper vessels is increased, which promotes healing. For complete details contact Dr. Schneider direct at 7420 Little River Turnpike, Annandale, Virginia 22003.

A final alternative exercise was researched by Charlie Gatti in 1977, as a requirement for a Master's Degree. This involves placing a flotation device around the runner, then having him get into the deep end of the swimming pool in an upright position (the flotation device holds the runner's head above water). The

runner is then instructed to move his arms and legs in his/her normal running motion, i.e., to "run" in the water. The intensity may be varied by increasing the arm and leg motions (in fact, intervals may be done in this manner).

This "water training" as it is called, proved effective in raising the heart rates of the injured runners to an acceptable training level. It was particularly effective with injuries caused by overuse or from pounding on hard pavement. However, if this training causes pain to the injured area, it should be discontinued. For more information contact Charlie Gatti at Washington University, Department of Athletics, St. Louis, Missouri 63130.

While these are by no means all of the alternative exercises available to injured runners, they are some of the more effective ones. They help to alleviate some of the tensions and frustrations which build up when one is unable to run. Of course, they also help to maintain aerobic conditions so that one may more quickly return to a regular training schedule.

This information was presented as a public service by Dannon Yogurt and the Road Runner's Club of America.)

WTW



THESE YOUNG WOMEN REPRESENT THEIR TEAMS AT THE UNIVERSITY OF SOUTHERN CALIFORNIA IN INTERCOLLEGIATE COMPETITION

Front row: Sandy Crabtree, track & field, Glendale, AZ; Kathy Haynes, basketball, Madera, CA; Anna Maria Fernandez, tennis, Torrance, CA; Meredith Williams, swimming, San Jose, CA; Jill Ornstein, gymnastics, Huntington Beach, CA.

Back row: Denise Strebbig, golf, San Bernardino, CA; Cathy Stukel, volleyball, Champaign, IL; Elizabeth Palmer, crew, San Marino, CA.

For more information please contact: USC Women's Athletic Dept., Heritage Hall, University Park, Los Angeles, CA 90007, (213) 741-7693 or 7770

RESULTS — RESULTS — RESULTS

World Records

Last month's attack on world records was the sole property of East Germany. Now, however, the rest of Eastern Europe is into the act and the Russians have led this month's assault. The new marks are:

800 Meters - World record equalled by Nadyezhda (Mushta) Olizaryenko at 1:54.9s.

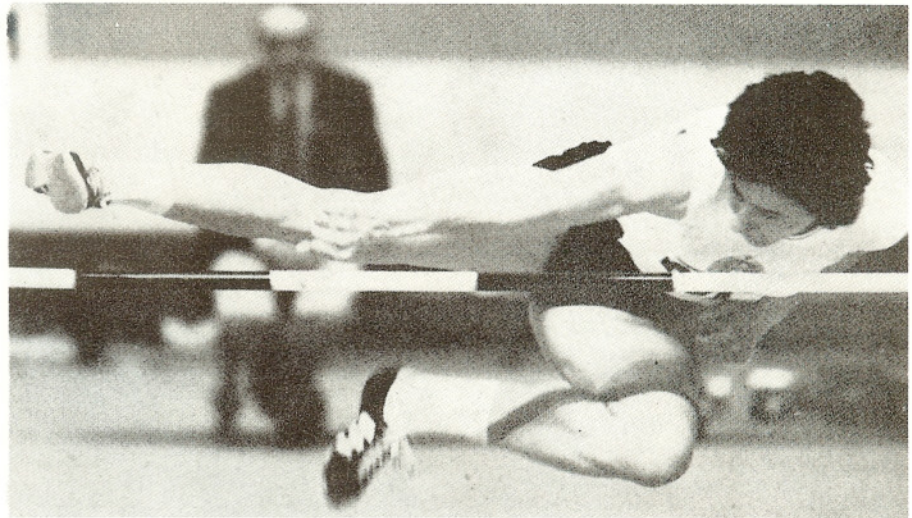
1500 Meters — Tatyana Kazankina broke her own world mark with a run of 3:55.0.

Javelin Throw — Practically unknown Tatyana Birulina, who hadn't even been selected as a member of the Soviet Olympic squad, uncorked a throw of 229'11 to smash Ruth Fuch's newly set world mark.

Discus Throw— Bulgarian veteran, 30-year-old Maria Vergova-Petkova, tossed the disc 235'7 to break the new record set by DDR's Evelyn Jahl earlier this season.

4x100 — The East Germans bettered their own world mark for the sprint relay with a clocking of 41.85. A team of Romy Mueller-Barbel Wockel-Ingrid Auerswald-Marlies Gohr did the honors. What might they have run with Marita Koch on the team?

Pentathlon — Russian Olga Kuragina scored 4856 with the following performances: 13.44, 44'1¼, 6'1¼, 21'0½ and a fantastic 2:03.8 for the 800. She had to hustle as countrywoman Olga Rukavishnikova had 4836 with marks of 13.84, 44'3½, 6'2½, 21'4¾ and 2:04.5. (Note: Nadyezhda Tkachenko recently scored 4880, but it was hand timed and not eligible for record purposes).



Veteran Blagoyeva jumping once again.

Balkan Games

Sofia, Yugoslavia, June 13/14 — Bulgarian athletes dominated the 1980 Balkan Games as good, but not spectacular, performances were recorded in most events. Interesting to note Yordanka Blagoyeva, silver medalist at Munich, is back and placed second in the high jump at 1.87/6'1¾. The winners were:

RESULTS: **400**, Elena Tariza (Rum) 52.04; **3000**, Vanya Gospodianova (Bul) 9:09.5; **LJ**, Ekaterina Nedeva (Bul) 21'4¼; **400H**, Donka Dimova (Bul) 56.96; **SP**, 1—Virshinia Vesselina (Bul) 69'3¼, 2—Stoyanova (Bul) 68'8¼; **Pentathlon**, Valentina Dimitrova (Bul) 4650; **200**, Lilyana Schischkova (Bul) 23.38; **1500**, Nikolina Schtereva (Bul) 4:10.7; **4x400**, Bulgaria 3:27.8; **100H**, Yordanka Donkova (Bul) 13.29; **HJ**, Cornelia Popa (Rum) 6'2¼; **JT**, Antoaneta Todorova (Bul) 209'1.

Schmidt Beats Smith

Stuttgart, Germany, July 11 — Kate Schmidt, who lost to Karin Smith twice in the USA, turned the tables when she won the javelin here in an International competition with a toss of 197'1. Smith was second at 193'8 as both beat Tessa Sanderson of Great Britain.


The USA won only two other events, the two relays, as Andrea Lynch upset Alice Brown in the 100 and Shirley Strong of Great Britain beat Stephanie Hightower in the hurdles.

RESULTS: **100**, 1—Andrea Lynch (GB) 11.41, 2—Alice Brown (US) 11.43, 3—Marjorie Bailey (Can) 11.52, 4—Annegret Richter (GFR) 11.59, 6—Jeanette Bolden (US) 11.63; **800**, 1—Klinger (GFR) 2:01.89, 2—Friedmann (GFR) 2:02.68, 3—Robin Campbell (US) 2:02.70, 4—Marlow (GB) 2:03.08, 5—Yvonne Mondesire (Can) 2:03.62, 6—Ann Morelli (Can) 2:03.94; **100H**, 1—Shirley Strong (GB) 13.06, 2—Stephanie Hightower (US) 13.12, 3—Siska (Hun) 13.17, 4—Esther Roth (Isr) 13.33, 5—Kempin (GFR) 13.40, 6—Candy Young (US) 13.41; **4x100**, 1—USA (Cheeseborough-Hawkins-Brown-

Bolden) 43.77, 2—GFR 43.82; **4x400**, 1—USA (S. Howard-D. Howard-Dabney-Gardner) 3:31.70, 2—Canada 3:33.53, 3—Nigeria 3:34.91; **HJ**, 1—Meyfarth (GFR) 6'1¼, 2—Debbie Brill (Can) 5'11 . . . 4—(tie) Paula Girven (US) and Wziontek (GFR) 5'7; **JT**, 1—Kate Schmidt (US) 197'1, 2—Karin Smith (US) 193'8, 3—Tessa Sanderson (GB) 178'3.

"I thought it was out!"



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PETER PROBST PHOTO



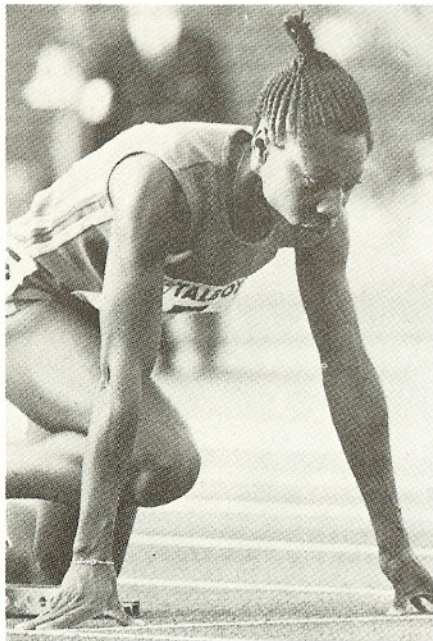
Olga Kuragina, USSR, new pentathlon record.

RESULTS — RESULTS — RESULTS (continued)

Good 400 at Oslo

Oslo, Norway, July 1 — Joslyn Hoyte-Smith set a new British Commonwealth record when she won the 400 meters in 50.88 at an international meeting here tonight. Smith beat Jamaican Merlene Ottey by nearly two seconds. Madeline Manning scored a slow, but close win over Spain's Maria Pujol in 2:03.0 and Norway's Grete Waitz eased through an 8:40.3 three thousand.

RESULTS: 100 (+0.3), 1—Heather Hunte (GB) 11.26 . . . 4—Andrea Lynch (GB) 11.74, 5—Leleith Hodges (Jam) 11.94; 200, 1—Kathy Smallwood (GB) 22.75, 2—Jackie Pusey (Jam) 23.00; 800, 1—Madeline Manning (USA) 2:03.0, 2—Pujol (Spain) 2:03.1, 3—Van Nuffel (Belgium) 2:03.3; 3000, 1—Grete Waitz (Nor) 8:40.3, 2—W. Smith (GB) 8:59.8; 100H (0.00), 1—Lorna Boothe (GB) 13.20, 2—Fredriksen (Nor) 13.59, 3—Sharon Colyear (GB) 13.62; 4x100, 1—Great Britain 43.3, 2—Jamaica 43.9.



Commonwealth 400 record for Joslyn Hoyte Smith.

MIKE STREET PHOTO

Greece Defeats Israel

Tel-Aviv, Israel, June 20/21 — For the first time ever, Greece defeated Israel in a dual meet in Israel, 92-64. The competition, staged at the new Athletic Stadium in Tel-Aviv, produced some good marks, best of which was veteran Esther Roth's 13.28 clocking in the 100m hurdles. Roth also won the 100m in 11.66 and was second in the 200.

Other good marks were by Maroula Lambrou of Greece with a leap of 20'10³/₄

in the long jump and Israel's Scorpa Sultana with a toss of 182'3 to win the javelin. Israel's new middle distance find, 18-year-old Anat Meiri, won the 1500 in 4:25.3. Meiri, a 5'9¹/₄ newcomer, set an Israeli record for the distance in Europe in July at 4:14.1.

RESULTS; 100H, 1—Esther Roth (Isr) 13.28, 2—Elizabeth Fantazi (Gr) 13.60; 100, 1—Esther Roth (Isr) 11.66, 2—Ale Siuli (Gr) 11.80; 400H, 1—Elizabeth Fantazi (Gr) 59.36 (Greek record); 800, Giorgia Troubaki (Gr) 2:09.92; 200, 1—Siuli (Gr) 24.65, 2—Roth (Isr) 24.67; 400, Soluna (Gr) 56.60; 4x100, Greece 46.45, 2—Israel 48.02; 4x400, Greece 3:44.5 (New Greek record); 3000, Zahave Shmuell (Isr) 9:38.2; 1500, Anat Meiri (Isr) 4:25.3; JT, Scorpa Sifia (Isr) 182'3; SP, Sarodi Sultana (Isr) 54'6³/₄; LJ, Maroula Lambrou (Gr) 20'10³/₄, 2—Yanako (Gr) 20'5¹/₄.



Esther Roth, double winner Greece.

PETER PROBST PHOTO

Pusey Whips Szewinska

Jackie Pusey, Jamaica's gift to Cal State Los Angeles, waited until she hit Europe to turn in her season highlights. Pusey won the 100m in Goteborg on July 3 in 11.51w and then returned to whip Irena Szewinska of Poland in a speedy 22.84 clocking. The veteran Pole was clocked in 22.93 in second place. Results in Sweden include the following:

Goteborg, July 3 — 100 (+2.9), 1—Jackie Pusey (Jam)

11.51, 2—Rose Allwood (Jam) 11.54; 200, 1—Jackie Pusey (Jam) 22.84, 2—Irena Szewinska (Pol) 22.93 . . . 4—Rose Allwood (Jam) 23.84; 400, 1—Essie Kelley (USA) 53.83 . . . 3—Leann Warren (USA) 55.18; 1500, 1—White (GB) 4:10.5 . . . 3—Madeline Manning (USA) 4:14.0 . . . 6—Maggie Keyes (USA) 4:20.9; 100H, 1—Lorna Boothe (GB) 13.17 (+3.17), 2—Sharon Colyear (GB) 13.26.

Kil, July 4 — 200, 1—Jackie Pusey (Jam) 23.99, 2—Rose Allwood (Jam) 24.25; 800, 1—Madeline Manning (USA) 2:01.7, 2—Leann Warren (USA) 2:03.8, 3—Essie Kelley (USA) 2:04.1; 100H, 1—Lorna Boothe (GB) 13.41, 2—Sharon Colyear (GB) 13.59.

Stockholm, July 7 — 200, 1—Linda Haglund (Swe) 23.06, 2—Gwen Gardner (USA) 23.75; 1500, 1—Francie Larriou (USA) 4:13.0 . . . 4—Maggie Keyes (USA) 4:18.7; 100H, Grazyna Rabzyn (Pol) 12.88; JT, 1—Maria Colon (Cuba) 216'6, 2—Kate Schmidt (USA) 205'3; 100 (+2.5), 1—Linda Haglund (Swe) 11.28 . . . 3—Grazyna Rabzyn (Pol) 11.58; 400, 1—Irena Szewinska (Pol) 51.00, 2—Gwen Gardner (USA) 52.79; 3000, 1—Nemtez (Swe) 9:12.0, 2—Brenda Webb (USA) 9:14.5; SP, 1—Maria Sarria (Cuba) 65'4³/₄; DT, 1—Carmen Romero (Cuba) 212'5, 2—Maria Betancourt (Cuba) 211'6.

WR at Znamenski

Moscow, USSR, July 4/5 — 1976 Olympic 800/1500 champion Tatyana Kazankina, back from a year of maternity leave, broke her own world record for the 1500 here today with a time of 3:55.0s. Kazankina was not alone at the finish as the next five placewinners were all under four minutes.

Fantastic performances were the order of the day as one can tell by reading the following results:

RESULTS: 100 (+0.16), 1—Kondratyeva 11.21, 2—Botschina 11.22, 3—Komisova 11.26, 4—Popova 11.26; 800 (Heats) Providochina 1:59.2, Vacheusheva 1:59.8, Rutschayeva 1:59.8, Buchanova 1:59.3, Rigel 1:59.4; (Semi-finals) I, 1—Mineyeva 1:58.1, 2—Vesselkova 1:58.4, 3—Bucharova 1:58.7, 4—Rigel 1:59.0, 5—Mischkel 1:59.1, 6—Baikauskaitte 1:59.8, 7—Guirna 2:00.2, 8—Popova 2:00.6; II, 1—Providokina 1:57.5, 2—Vachrusheva 1:57.7, 3—Gerassimova 1:58.7, 4—Rutschayeva 1:59.2, 5—Kuimova 2:00.5, 6—Aschichmina 2:00.7, 7—Odnoletko 2:00.9; FINAL, 1—Olga Mineyeva 1:55.1, 2—Tatyana Providokina 1:55.9, 3—Ludmila Vesselkova 1:56.9, 4—Valentina Gerassimova 1:57.3, 5—Soja Rigel 1:57.3, 6—Olga Vachrusheva 1:57.6, 7—Alexandra Bucharova 1:59.1, 8—Nina Rutschayeva 2:00.1; 400H, (Heats) Storosheva 55.15, Makeyeva 55.21, Kastezkaya 56.32; FINAL, 1—Storosheva 54.93, 2—Kostezkaya 55.81, 3—Fessenko 56.33, 4—Zelensova 56.97; 200, 1—Botschina 22.45 (World Junior record), 2—Kratochvilova 22.80; 400, 1—Inna Bagryanseva 50.57, 2—Nina Synskova 51.34, 3—Ludmila Tschemova 51.44, 4—Tatyana Goischtschik 51.53, 5—Tatyana Prorotschenko 51.72; 3000, 1—Yelena Zuchio 8:54.0, 2—Maria Maksimenko 8:54.5; 100H, 1—Vera Komisova 12.93, 2—Irina Litovtschenko 12.96; 1500, 1—Tatyana Kazankina 3:55.0 (WR), 2—Lyubov Smolka 3:56.7, 3—Nadyezhda Olisarenko 3:56.8, 4—Samira Saizeva 3:56.9, 5—Yekaterina Popokayeva 3:57.4, 6—Maricia Puica (Rum) 3:59.3; LJ, 1—Tatyana Skatschko 22'11¹/₂, 2—Tatyana Kolpakova 22'5, (World record holder Bardauskiene jumped 21'6³/₄ in the qualifying but did not place in the final).

Good Mile by Julie Brown

London, England, July 13 — Julie Brown won the mile in good time and

August 1980

Alice Brown and Stephanie Hightower reversed decisions on Andrea Lynch and Shirley Strong at an International meet here tonight.

Brown won the mile in 4:30.3, a personal best and the Number Four mark on the All-Time USA List. Julie's previous best was set last year at 4:37.5.

Alice Brown, who lost to Andrea Lynch at Stuttgart two days earlier, won the 100 in 11.43 as Lynch finished far back in fifth position. Likewise, Stephanie Hightower, who had been beaten by Britain's Shirley Strong in Stuttgart, took the hurdles in 13.43 with Strong in second place. Canada's Debbie Brill, who lost to Germany's Ulrike Meyfarth at Stuttgart when she cleared only 5'11, won that event tonight with a leap of 6'4¾ to 6'3½ for the German girl. Paula Girven, with only 5'7 at Stuttgart, came back with a clearance of 6'1¼ here.

RESULTS: 100, 1—Alice Brown (US) 11.43, 2—Heather Hunte (GB) 11.45, 3—Kathy Smallwood (GB) 11.48, 4—Merlene Ottey (Jamaica) 11.56, 5—Andrea Lynch (GB) 11.67, 6—Jeanette Bolden (US) 11.73; 200, 1—Smallwood (GB) 22.79, 2—Bev Goddard (GB) 23.31, 3—Karen Hawkins (US) 23.63; 300, 1—Probert (GB) 36.02 . . . 5—Sharon Dabney (US) 36.47; 600, 1—Robin Campbell (US) 1:26.1, 2—Essie Kelly (US) 1:27.0 . . . 6—Leann Warren (US) 1:27.8; Mile, 1—Julie Brown (US) 4:30.3, 2—Mary Purcell (GB) 4:30.4, 3—Friedman (GFR) 4:30.8; 100h, 1—Stephanie Hightower (US) 13.43, 2—Shirley Strong (GB) 13.45, 3—Lorna Boothe (GB) 13.47; 4x100, 1—Great Britain 43.36, 2—USA 44.18, 3—West Germany 44.43; 4x400, 1—Great Britain 3:29.2, 2—USA 3:30.8, 3—Jamaica 3:34.4; HJ, 1—Debbie Brill (Can) 6'4¾, 2—Ulrike Meyfarth (GFR) 6'3½, 3—Louise Miller (GB) 6'2½, 4—Paula Girven (US) 6'1¼; SP, Eva Wilms (GFR) 64'3, 2—Sarria (Cuba) 60'6½.

New 3000 Record for Decker

Oslo, Norway, July 14 — The USA scored in only one event here today in an International meet at famed Bisset Stadium, but it was a good one. Mary Decker toured the 3000 meters in 8:38.73 for a new American record. Jan Merrill had the old mark at 8:42.6, a mark she set at the Montreal Olympics. Brenda Webb grabbed sixth place with a neat 9:09.52 and Maggie Keyes picked up a personal best in eighth position with a time of 9:11.14, a mark which places her as #11 on the US All-Time List.

RESULTS: 3000m, 1—Mary Decker (US) 8:38.73 (AR), 2—W. Smith (GB) 8:55.20, 3—Smeeth (GB) 8:58.00, 4—Christensen (Norway) 9:00.85, 5—Paula Fudge (GB) 9:02.23, 6—Brenda Webb (US) 9:09.57, 7—Teske (GFR) 9:10.04, 8—Maggie Keyes (US) 9:11.14.

Stary Wins Decathlon

Ventura, California, July 18/19 — Pomona-Pitzer's Jenny Stary had no trouble winning the Second Annual

Women's Track World



Shirley Strong, GB, win one, lose one, to Hightower.

Women's Decathlon staged by former high jumper John Debroth. Stary's winning score of 6556 was more than 500 points ahead of runner-up Joan Russell.

Russell led after the first day by virtue of wins in the high jump (5'3¾) and 400 meters (59.53). Russell also took top honors in the 1500 (5:28.0), but by then it was far too late. Stary won the long jump (17'5) and shot (40'1¼) on the first day to trail Russell 3607 to 3583. Usually one of her strong events, the hurdles, turned out to be a near disaster for Stary as she could record only 17.00 to 15.93 by Russell, a deficit of 98 points. But the next three events saw the Pomona student score 1978 points to only 1215 for Russell and the competition had ended. Stary threw the disc 122'8 to 77'4 for Russell,

pole vaulted 8'1¼ to 5'3¾ (exactly the height Russell cleared without the pole), and tossed the javelin 114'3 to 94'2. The javelin, where Stary has thrown more than 155', was a disappointment to the winner.

Only other event winners were Santa Barbara's Linda Hightower in the hurdles at 15.85 and Lynn Wingle who took the 100 in 12.96. Thirteen girls entered the two-day affair and 11 finished.

RESULTS: 1—Jenny Stary (P-P) 6556, 2—Joan Russell 5995, 3—Linda Hightower 5854, 4—Debbie Gelvin 5742, 5—Lynn Wingle 5409, 6—Diane Spangler 5369, 7—Toby Russell 4391, 8—Calerie Thorpe 4390, 9—Monica Bednar 4248, 10—Cindy Collins 4127, 11—Iris Cohen 3557, Michelle Gavin, and Sylvia Quirk did not finish.

WTW



KAREN HAWKINS

(Marks received to July 20)

+ = Not a US citizen
 * = Hand time plus 0.14

Send corrections and additions to
 P.O. Box 371, Claremont, CA 91711

- 100
- 11.02* +Merlene Ottey
- 11.19 Brenda Morehead
- 11.21 Alice Brown (11.17w)
- 11.27 Chandra Cheeseborough
- 11.30 Dollie Fleetwood
- 11.30 Lisa Hopkins
- 11.32 +Andrea Lynch
- 11.34 Sharon Ware
- 11.35 Diane Williams (11.32w)
- 11.37 +Leleith Hodges
- 11.38 Jodi Anderson
- 11.40 Karen Hawkins (11.33w)
- 11.41 Jeanette Bolden
- 11.43 Patrice Roberts
- 11.44* Jennifer Innes
- 11.44 Michelle Glover

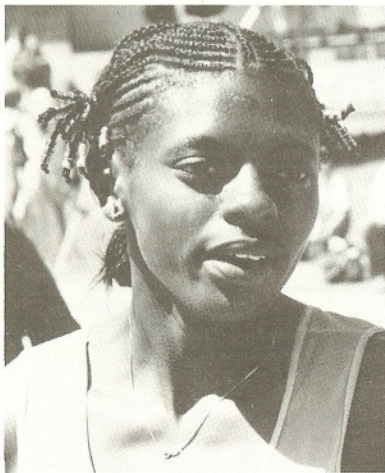


LINDA GOEN

1980 USA TOP 15

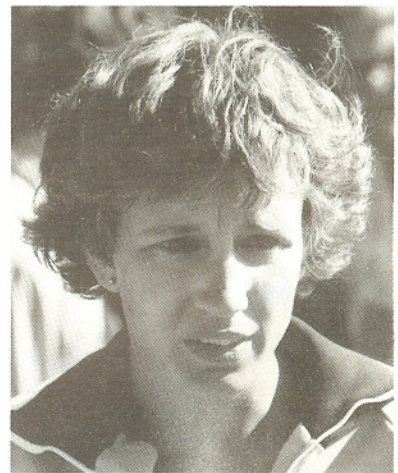
TO JULY 29

ALL PHOTOS BY JEFF JOHNSON



GWEN GARDNER

- 200
- 22.38 Brenda Morehead
- 22.56 +Merlene Ottey
- 22.78 Karen Hawkins
- 22.84 +Jackie Pusey
- 22.84 Chandra Cheeseborough (22.70w)
- 23.13 Lisa Hopkins (23.06w)
- 23.19 Sherri Howard
- 23.28 Alice Brown (23.23w)
- 23.30 Gwen Smith
- 23.36 Val Boyer
- 23.38 Angel Doyle
- 23.39 Patricia Jackson
- 23.39 Rosalyn Bryant
- 23.43 Elaine Parker
- 23.47 +Rose Allwood



ROCKY RACETTE

- 400
- 51.44* June Griffith
- 51.48 Sherri Howard
- 51.59 Gwen Gardner
- 51.70 Denean Howard
- 52.19 Yolanda Rich
- 52.24* Rosalyn Bryant
- 52.34 Roberta Belle
- 52.35 Robin Campbell
- 52.64* Evelyn Ashford
- 52.64 Patrice Jackson
- 52.72 Alice Jackson
- 52.75 Kim Thomas
- 52.78 +Jackie Pusey
- 52.82 Jennie Gorham



LEANN WARREN

- 800
- 1:58.3 Madeline Manning
- 2:00.9 Mary Decker
- 2:01.0 Julie Brown
- 2:01.3 Robin Campbell
- 2:02.0 Delissa Walton
- 2:02.4 Essie Kelley
- 2:02.6 Leann Warren
- 2:03.7 Kathy Weston
- 2:03.9 Joetta Clark
- 2:04.8 Kim Gallagher
- 2:04.9 Lee Ballenger
- 2:05.3 Ruth Caldwell
- 2:05.5 Chris Mullen
- 2:06.0 Francie Larriue
- 2:06.0 Cynthia Warner



CINDY BREMSER



BETTY SPRINGS



JULIE BROWN



CAROL URISH

- 1500**
 4:00.1 Mary Decker
 4:07.2 Julie Brown
 4:12.4 +Penny Werthner
 4:12.5 Brenda Webb
 4:12.8 Linda Goen
 4:13.6 Jan Merrill
 4:13.7 Cindy Bremser
 4:14.1 Madeline Manning
 4:14.3 Maggie Keyes
 4:15.2 Leann Warren
 4:16.4 +Rose Thompson
 4:17.6 Alice Trumbly
 4:17.7 +Monica Joyce
 4:17.8 Cathy Twomey

- 3000**
 8:38.8 Mary Decker
 9:02.5 Brenda Webb
 9:07.5 Jan Merrill
 9:07.9 Julie Brown
 9:11.2 Maggie Keyes
 9:11.4 Julie Shea
 9:15.2 Margaret Groos
 9:16.3 Cindy Bremser
 9:17.4 +Rose Thompson
 9:18.0 +Heather Carmichael
 9:19.0 Joan Hansen
 9:20.7 Pia Palladino
 9:21.2 +Lynn Kanuka
 9:22.0 Aileen O'Conner
 9:22.5 Mary Shea

- 5000**
 15:30.6 Jan Merrill
 15:41.3 Julie Shea
 15:51.7 Margaret Groos
 15:52.2 Brenda Webb
 15:57.3 Mary Shea
 16:03.9 Betty Springs
 16:04.9 Eileen Hornberger
 16:08.0 Judi St. Hilaire
 16:10.5 Rocky Racette
 16:12.7 Donna Gathje
 16:15.9 Margaret Cleary
 16:17.7 Mary Walsh
 16:22.8 Carol Urish
 16:23.1 Kim Schnurpfeil
 16:28.2 Lynne Hjelte

- 10000**
 33:02.4 Julie Shea
 33:03.0 Mary Shea
 33:03.4 Betty Springs
 33:10.2 +Midde Hamrin
 33:31.1 Judi St. Hilaire
 33:33.1 Carol Urish
 33:37.5 Ellen Hart
 33:45.6 Kristen Bankes
 33:48.5 Anne Sullivan
 33:55.6 Jan Oehm
 34:03.8 Nancy Conz
 34:05.6 Beth Sheridan
 34:05.6 Jill Molen
 34:16.6 Mary Walsh
 34:19.4 Debbie Eide

- Marathon**
 2:31:23 Joan Benoit
 2:35:08 Patty Lyons
 2:35:12 +Gayle Olinek
 2:39:22 Laurie Binder
 2:41:07 Jane Welzel
 2:41:50 Kathleen Samet
 2:42:23 Ellison Goodall
 2:44:40 Toni Bernhard
 2:44:41 Gail Volk
 2:44:45 Vanessa Vaojdos
 2:44:46 Donna Burge
 2:45:26 Marilyn Bellwood
 2:45:36 Debbie Eide
 2:46:44 Elaine Campo
 2:46:47 Kiki Sweigart



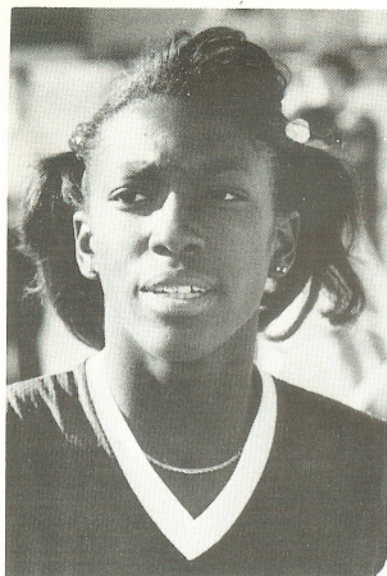
NANCY CONZ



EILEEN HART



FRANCIE LARRIEU



LINDA WEEKLY



DEBRA MELROSE



BENITA FITZGERALD

100 Hurdles

- 12.90 Stephanie Hightower
- 13.00 Deby LaPlante
- 13.11 Benita Fitzgerald
- 13.26 +Sharon Colyear
- 13.30 Candy Young
- 13.32 Linda Weekly
- 13.34 Pat Van Wolvelaere
- 13.46 Lori Dinello
- 13.47 Karen Wechsler
- 13.48 Pam Page
- 13.55 Sherri Ballew
- 13.57 Karen Holmes
- 13.59 Jackie Washington (13.52w)
- 13.60 +Sue Kameli
- 13.71 Debra Deutsch (13.68w)

400 Hurdles

- 56.40 Sandy Myers
- 56.44* Esther Mahr
- 57.34* Kim Whitehead
- 57.62 Edna Brown
- 58.15 Tammy Ettiene
- 58.34* Debra Melrose
- 58.54* Brenda Chambers
- 58.97 Teri Seippel
- 59.05 Stephanie Vega
- 59.10 Vivian Scruggs
- 59.14* +Joan Elumelu
- 59.19 Peach Payne
- 59.30 +Ellie Mahal
- 59.53 Carol Humphries
- 59.55 Debra McLendon

High Jump

- 6'5½ +Debbie Brill
- 6'4¾ Louise Ritter
- 6'4 Colleen Reinstra
- 6'3 Pam Spencer
- 6'1½ Paula Girven
- 6'1¼ +Marie Betioli
- 6'1 Joni Huntley
- 6'0¾ Cindy Gilbert
- 6'0 Sharon Burrill
- 6'0 Karen Lysaght
- 6'0 Keri Gosswiller
- 6'0 Kym Carter
- 6'0 Wendy Markham
- 6'0 Sue McNeil
- 5'11¾ Jalene Chase

Long Jump

- 22'11½ Jodi Anderson
- 22'2¼ Kathy McMillan (22'8w)
- 21'7¾ Carol Lewis
- 21'6½ Pat Johnson
- 21'3¼ +Shonel Ferguson
- 21'0 +Themis Zambrycki
- 20'11½ Jennifer Innes
- 20'9¾ Jackie Joyner
- 20'8¾ Marlene Harmon
- 20'7¾ Lanessa Jones
- 20'7¾ Sandy Myers
- 20'7¼ +Lorraine Ray (20'11½w)
- 20'6½ Shari Fox
- 20'6½ Becky Kaiser
- 20'6½ Gwen Loud (20'10¼w)
- 20'6½ Sandy Crabtree (20'8¾w)



SHARON BURRILL



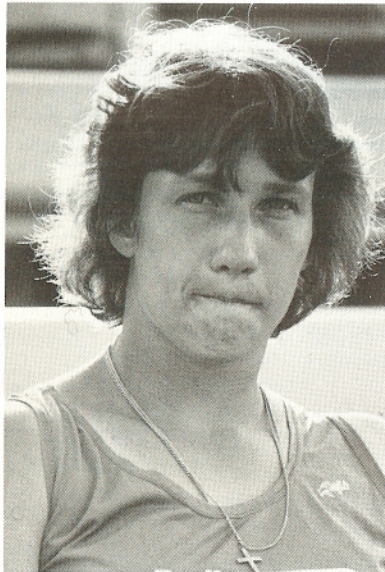
COLLEEN REINSTR



KATHY McMILLAN



ANN TURBYNE



DENISE WOOD



LYNN ANDERSON

Shot Put

- 59'5 Maren Seidler
- 56'8 Ann Turbyne
- 55'1½ +Meg Ritchie
- 53'10½ Lorna Griffin
- 53'3 +Rose Hauch
- 52'6¼ Kathy Devine
- 52'5¼ +Marita Walton
- 51'7 Sandy Burke
- 50'11½ Mary Jacobson
- 50'10 Melody Rose
- 50'9¾ +Jennifer Smit
- 50'8¾ Carol Van Pelt
- 50'7¾ Denise Wood
- 50'1¼ Elaine Sobansky
- 49'9¾ Sue Thornton

Discus

- 213'6 +Meg Ritchie
- 207'5 Lorna Griffin
- 189'1 +Ria Stalman
- 187'6 Denise Wood
- 184'11 Lynn Anderson
- 183'11 Leslie Deniz
- 181'1 Helen Connell
- 180'8 Jan Svendsen
- 177'2 Gale Zaphiropolous
- 177'1 +Betty Bogers
- 176'0 Lisa Vogelsang
- 171'8 Julia Hansen
- 170'9 Julie Cart
- 165'0 Pia Iacova
- 164'3 +Marita Walton

Javelin

- 208'10 Karin Smith
- 207'4 Kate Schmidt
- 181'3 Mary Osborne
- 180'7 Patty Kearney
- 174'10 Sherry Calvert
- 174'5 Jeanne Eggart
- 173'11 Jackie Nelson
- 173'1 Linn Dunton
- 172'2 Cathy Sulinski
- 170'0 Lynda Hughes
- 168'4 Sue Gibson
- 167'7 Celeste Wilkinson
- 167'6 Donna Mayhew
- 167'4 Deanna Carr
- 166'6 Teresa Cooper

Pentathlon

- 4697 Jodi Anderson
- 4346 Marlene Harmon
- 4314 Linda Waltman
- 4299 +Themis Zambrzycki
- 4199 Marilyn King
- 4118 Mary Harrington
- 4080 Cindy Gilbert
- 4066 Joan Russell
- 4037 Susan Brownell
- 4034 Teri Seippel
- 4000 Theresa Smith
- 3979 Cindy Banks
- 3979 Cindy Banks
- 3932 +Ann Crump
- 3926 Nancy Kindig
- 3925 Sharon Hatfield



Nadezhda Ohsarenko
800 WR — 1:54.9.



Israel's new distance star, 18 year old Anat Meiri, 1500 in 4:14.1.

Carbohydrate Loading

Various techniques of dieting, known as carbohydrate (or glycogen) loading have been devised to increase the level of glycogen in the muscles, which is depleted in distance running. There are three main variants of carbohydrate loading:

1. The simplest way to increase your glycogen reserves is to increase the amount of foods in the diet containing high levels of carbohydrate and to reduce the amount of fat and protein consumed. Foods which are good sources of carbohydrates are breakfast cereals and porridge, bread and cakes, rice, fruit and vegetables, especially potato, dried fruits, sweet corn, bananas, fruit juices and sweet drinks generally.

The protein and fat foods that should be minimized in the diet are meat, poultry and fish products, eggs, salad dressings, cheese and dairy products in general, chocolate and nuts. You can maintain a permanently elevated glycogen level at about 50% above normal by following this diet continuously, or you can achieve a temporary loading by switching to the diet about three days before the endurance event.

2. Even greater increases in glycogen levels can be achieved by an initial depletion of muscle glycogen followed by carbohydrate loading. Glycogen is depleted by a long run (14-19 miles) and the

diet for the next three days is high in carbohydrates. This regime can give double the normal glycogen level in muscle.

3. The maximum carbohydrate loading effect is obtained by an exhaustion-deprivation-loading regime. Muscle glycogen is exhausted, as stated above, seven days before an important event. The diet for the next three days contains mainly protein and fats and very little carbohydrate. This keeps muscle glycogen low. Normal training should continue for this period.

For the following three days large quantities of carbohydrates are added to the diet and very little exercise is carried out. Increases of about 150% in muscle glycogen can be achieved by this method.

There are a number of drawbacks to the last regime. It can be unpleasant during the deprivation period. The brain can only function properly on blood glucose which is low during this period due to the low level of carbohydrate in the diet, and consequently some people feel disoriented, irritable and lack concentration. The removal of carbohydrate from the diet severely restricts the variety of foods that can be eaten and your level of irritation can be heightened by ingestion of unappealing meals.

These distractions are occurring at a time when the athlete should be psycho-

logically peaking for a big event. Because of these stresses it is generally recommended that loading shouldn't be used more than twice in a season and certainly not more than once a month. For runners who are competing regularly, the first two systems discussed are more feasible as they could be used on a weekly basis.

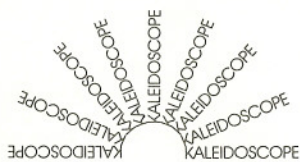
The actual benefits of carbohydrate loading (in terms of how many minutes in a marathon) are extremely difficult to determine. Problems of personal motivation, actual race conditions and interaction with other competitors in different races means that races are individual affairs and because a competitor bettered his time from three months ago in a similar race could be due to other factors, besides diet, that have changed.

As a general guide, a study in Sweden where 10 runners ran a 30km course twice — once on a normal diet and once on a loaded diet — all ran their best time when carbohydrate loaded and the improvement in time ranged from 1 minute to 15 minutes.

In summary, the use of carbohydrate loading may reduce your time by a few minutes in events greater than 15km but don't expect miracles. Carbohydrate loading is no substitute for more training.

Distance Running News (Australia)

WIW



(continued from page 5)

Lowest score was by East Germany with only 8807 points in the 3000. For the USA, our best event was the high jump which scored 10869 points (on the track it was the 400 with 10626 points), and our worst event was the discus which tallied only 9477 points — although the 100m hurdles was close with only 9497 points.

The Colgate Women's Games in Canada had 1368 competitors take part . . . Good marathon in England recently where Joyce Smith, the 42-year-old distancer lowered her national record to 2:33:32 as she won over Yrene Forster of Switzerland who also set a new national mark at 2:35:57. Gill Burley of England was third in 2:45:09 . . . On her way to her new WR of 3:55.0 in the 1500, Tatyana Kazankina passed the 800 mark in 2:07.0 and then ran her third lap in 61.2, passing

the 1200 meters in 3:08.2 . . . New distance sensation is young Chris Cardwell of the Sun State Striders of Orlando, Florida. As an 11-year-old Chris has covered the mile in 5:37.9, two miles in 12:00.8, 5000 in 18:39 and 10k in 40:26 . . . Track is beginning in Bangladesh. Razia Sultana Anu set a national record of 60.2 when she placed seventh at the Southeast Asian Games at Bangkok and became the first Bangladeshi to make a final in international competition . . . The Fourth Asian Amateur Athletic Association Championships will be in Manila in 1981 . . . TFA/USA will be happy to send you their regular bulletin. Drop them a line at 10920 Ambassador Drive, Suite 322, Kansas City, MO 64153 . . . High schooler Melinda Morris from Buffalo Tri City HS in Illinois, is causing a few eyes to open with her high jumping skills lately. She's already over 5'10 and has just turned 17.

Craig Masbach said it, "The problem was not the boycott itself, but the arrogant abuse of power by the powers-that-be to control our actions — actions which, in a free society, should be left for better or worse to the individual." . . . From the Coach's Bulletin Board: "You

don't raise people by lowering standards".

There were some famous people at the Olympic Trials. "Agnes" Morehead was listed an entry in the 100 and Martha Washington was announced as the 'next long jumper' . . . 72-year-old Marilla Salisbury of San Diego was a double winner at the National Masters Championships in Philadelphia. Her two events, however, were quite unusual as she took the 100 in 29.3 and the 10000 meters in 76:22 — in 100 degree heat yet . . . Brooks Shoe Company has added a "Masters Only" series of runs to their promotional program. Women over age 35 will compete in the first event, a 20k run on October 4 at Dunes State Park in Chicago. There will be a 15k run in Washington, D.C. on October 19 and the last run, a 25k, will be in Golden Gate Park, San Francisco, on November 30.

Iowa State has signed Kelley Matthews, top ranked Wisconsin hurdler . . . Oregon State has signed weight person Debbie Talley . . . Brigham Young has a new coach. Craig Poole formerly of Skyline High School in Salt Lake City will be the new head man . . . Julie Shea has

NUTRITION

Sun Time is Fun Time . . .

Swimsuit weather is upon us, and you know what that means. No more hiding those ugly bulges under winter clothes.

While it doesn't take long for bulges to grow — an extra 500 calories each day, which is equivalent to a piece of cake and a glass of whole milk, will add up in one week to an excess of 3,500 calories or a weight gain of one pound of fat. The reverse, fortunately is also true.

By reducing caloric intake by 3,500 calories, you can lose a pound of fat. As the chart shows, by eating 500 or 1000 calories less each day, you will lose one or two pounds of fat in one week.

A weight loss of one to two pounds each week is a healthy goal. If you lose too rapidly, not only will you take off fat but also muscle. Since 90% of your calories are burned by muscle, you surely do not want to lose this vital tissue. This is why people who follow a "crash diet" regain weight just as quickly as they lose it.

The first step in losing weight is to study your present eating habits. Write down everything you eat and drink for one week. Don't forget to note those between meal nibbles such as nuts or cookies. Each little tidbit of food adds up. Watch for "calorie traps" — sampling food when cooking or eating leftovers from the children's plates.

Now that you have learned something about yourself, critically look over your food record and see where you can cut calories. A good place to start is snacks. Many of your favorite snacks are loaded with calories.

Snacks are frequently consumed out of habit not hunger. If you always snack in front of the TV, then watching TV becomes a signal to eat.

Before you eat any snack, ask yourself if you're eating out of habit or hunger. If the answer is hunger, select a low calorie snack.

Are you a perpetual snacker because you never take time to eat meals? You will consume less calories and not be as tempted to indulge in high calorie treats if you sit down to eat three nutritious meals a day. Take a look at the chart. It outlines a healthy low calorie breakfast, lunch and dinner.

A second critical area that needs watching is your intake of fats (oils, margarine, mayonnaise and fatty meats). Fats are 2½ more concentrated in calories than protein and carbohydrates. This is why people gain weight even when they don't eat large amounts of food. For example — two pieces (4 ounces) of baked chicken is only 154 calories. Fry it and it jumps to 282 calories.

Therefore, you can save calories by cutting down on the amount of fat you add when preparing foods.

And remember — keep the cream sauces off the vegetables too.

Bake, broil and barbecue your meat. When browning meat, instead of adding fat, use a vegetable oil spray and a non-stick pan.

Besides containing protein, meat is also a rich source of fat. Chicken, fish and veal are lower in fat and calories than beef, lamb and pork. Bear that in mind when marketing. Also, look for lean cuts which have little marbling.

Dairy products likewise, contain fat. Drink nonfat milk instead of whole milk and you can save 60 calories and still get the same amount of vitamins, minerals and protein.

When making dips, substitute low fat cottage cheese and low fat yogurt for sour cream and cream cheese.

Starchy foods have the undeserved reputation of being the "bad guys" of dieting. But, it's the fat you put on starches that turns them into high calorie foods.

One slice of bread is only 70 calories. Half cup of rice or pasta is approximately 100 calories. For each tablespoon of margarine you increase calories by 100. A small baked potato is only 72 calories. Three tablespoons of sour cream and voila — 75 calories. French fry the same potato and it now has 107 calories.

Besides snacking and the generous use of fats, a sweet tooth also can be fatal to the dieter. Try to satisfy your craving for sweets with fresh fruit or unsweetened canned or frozen fruit. Diet soda, sugarless gum or mints can also help. Also available are calorie reduced desserts such as low calorie gelatin, frozen diet dairy desserts and angel food cake which are delicious substitutes for calorie-rich desserts.

And be wary of alcohol. Not only does it contain calories but it stimulates your appetite. When you use high calorie mixers, you compound the problem.

If you drink with friends just to be social, drink tomato juice, club soda or diet soda. As long as you are drinking something, no one will notice you are being calorie-smart.

1 POUND OF FAT = 3,500 CALORIES

If you decrease calorie intake by:

500 per day X 7 days = 3,500 calories or 1 pound of fat
1000 per day X 7 days = 7,000 calories or 2 pounds of fat

(Continued on Following Page)

KALEIDOSCOPE

been voted the outstanding athlete in the Atlantic Coast Conference, the first woman to win the award . . . My daughter Cathy, the jogger, reports she is up to a mile per day and has achieved this remarkable result without taking steroids . . . Seems to be some debate about "World Records". Some publications are ruling out cities such as Mexico City — aren't they in this world?

Nadyezhda (Mushta) Olizaryenko equalled the world 800 record at 1:54.9, but let it be known she won her HEAT the day before in 1:56.7 . . . Soviet Junior sprinter Natalia Bochina ran 10.99 recently behind Kondratyeva's 10.87 record . . . 16-year-old Antoaneta Todorova of Bulgaria recently threw the javelin 217'10 . . . Marita Koch suffered a muscle pull in May which may affect her Olympic performances . . . The women's

discus record is the only event in which the mark exceeds the men's world record . . . Both Tatyana Kazankina and Barbel (Eckert) Wockel missed 1979 for maternity reasons. Now they both lead the world in their events, the 1500 and the 200 . . . First-ever World Championships will be held in Helsinki, August 7-14 in 1983 . . . The 1981 European Cup will be at Zagreb, Yugoslavia, August 15/16.

Another hint. You can painlessly save calories by eating smaller portions of your favorite high calorie foods. The thought of never eating pie can be devastating. A more workable approach — eat a smaller serving. And eat the smaller portion *slowly* to make the good taste last longer.

The smaller portion approach to dieting also applies to your entree. Fill your plate with generous servings of vegetables and salad with diet dressing and take less meat. You will save calories and still have plenty to eat.

CUTTING CALORIES

| Typical Day | Calorie Reduced | Calories Saved |
|------------------------------------|---------------------------|----------------|
| Breakfast | | |
| ½ cup orange juice | | |
| ¾ cup dry cereal | | |
| 2 t sugar | no sugar or sugar sub. | - 28 |
| 1 C whole milk | 1 C nonfat milk | - 60 |
| Lunch | | |
| Sandwich | | |
| 2 slices of bread | | |
| 2 ounces luncheon meat | 2 ounces lowfat deli meat | -130 |
| 1 ounce cheese | 1 ounce diet cheese | - 50 |
| 2 t mayonnaise | 2 t imitation mayonnaise | - 20 |
| Small bag of potato chips | Raw vegetables | -140 |
| Snack | | |
| Sunflower seeds, 1 handful (¼ cup) | Fresh Apple | -140 |
| Dinner | | |
| Beef, fatty cut, 3 ounces | Beef, lean cut, 3 ounces | -110 |
| Salad with 2 T Italian dressing | Diet dressing | -110 |
| Broccoli, ½ cup | Broccoli, 1 cup | x 20 |
| Small baked potato | | |
| 1 T margarine | 1 T diet margarine | - 50 |
| Snack | | |
| Chocolate Chip cookies, 4 | Vanilla wafers, 4 | -134 |
| 1 C whole milk | 1 C nonfat milk | - 60 |
| TOTAL 2212 calories | 1200 calories | -1012 |

SNACKS

| High Calories | | Reduced Calories | |
|--------------------------|---------|------------------------|-------|
| Potato chips, 15 (1 oz.) | 160 | Pretzels, 15 rings | 118 |
| Corn chips, 15 (1 oz.) | 165 | Bread sticks, 1 | 42 |
| Nuts | | Saltines, 6 | 72 |
| Almonds, ½ C | 425 | Raw celery, carrots, | |
| Peanuts, ½ C | 420 | zucchini, cauliflower, | |
| Walnuts, ½ C | 324 | green pepper, ½ C | 10-20 |
| Sunflower seeds, ½ C | 406 | Popcorn, popped 2 C, | |
| | | (no oil) | 46 |
| Cheddar, Monterey or | | Diet cheese, 1 oz. | 50-60 |
| Swiss cheese, 1 oz. | 106-114 | | |

(some snacks are also listed under sweets)

An essential element to weight loss is an exercise program. Not only does it burn calories, but it helps control the appetite plus being a pleasant distraction.

Losing weight does not have to be traumatic. There are many painless ways to trim calories from your normal eating habits. In order to successfully lose weight and keep it off, you must follow a healthy eating plan that becomes part of your lifestyle.

FATS

| High Calories | | Reduced Calories | |
|-------------------------------|---------|-----------------------------|---------|
| Oil, 1 T | 120 | Vegetable Spray | 4 |
| Butter or margarine, 1 T | 100 | Diet margarine, 1 T | 30-50 |
| Mayonnaise, 1 T | 101 | Imitation mayonnaise, 1 T | 64 |
| | | Mustard, 1 T | 15 |
| Salad Dressing, 2 T | 140-160 | Low Calorie Dressing, 2 T | 30-50 |
| Dairy Products | | | |
| Whole milk, 1 C | 150 | Lowfat milk, 1 C | 120 |
| | | Nonfat milk, 1 C | 90 |
| | | Instant nonfat milk, | |
| | | reconstituted, 1 C | 30 |
| Cottage cheese, 1 C | 260 | Low fat cottage cheese, 1 C | 200 |
| Sour Cream, 1 C | 416 | Lowfat yogurt, 1 C | 140 |
| Cream cheese, 1 C | 868 | | |
| Meats | | | |
| Luncheon meats, 2 oz. | | Lowfat deli meats, 2 oz. | 60-90 |
| (Bolog, sal., etc.) | 172-256 | Extra lean hamburger, 3 oz. | 185 |
| Regular hamburger, 3 oz. | 245 | Beef, lean cut (rd.), 3 oz. | 220 |
| Beef, fatty cut (sir.), 3 oz. | 330 | Pork, trimmed of fat, 3 oz. | 216 |
| Pork, loin, 3 oz. | 340 | Lamb, trimmed of fat, 3 oz. | 180 |
| Lamb, loin chop, 3 oz. | 300 | Veal, 3 oz. | 185-230 |
| | | Chicken, no skin, 3 oz. | 115 |
| | | Fish, 3 oz. | 80 |
| Tuna, oil packed, ½ C | 245 | Tuna, water packed, ½ C | 100 |

SWEETS

| High Calories | | Reduced Calories | |
|----------------------------|----|----------------------------|-------|
| Granulated sugar, 1 T | 46 | Sugar substitute, 1 packet | 0-3.5 |
| Brown sugar, 1 T | 51 | Brown sugar substitute, | |
| Honey, 1 T | 64 | 1 packet | 3 |
| Syrup, 1 T | 50 | Low calorie syrup, 1 T | 0-15 |
| Jam, jelly, preserves, 1 T | 54 | Low calorie jam, jelly, | |
| | | preserves, 1 T | 4 |

| Snacks | | Fresh Fruit | |
|----------------------------|-----|-----------------------------|-------|
| Chocolate bar, 1.4 oz. | 220 | Apple, 1 small | 60 |
| Peanut butter cup, .9 oz. | 140 | Devils Food cupcake, 1 | 45 |
| Devils Food cupcake, 1 | 160 | Ding Dong, 1 | 81 |
| Ding Dong, 1 | 170 | Twinkies, 1 | 80 |
| Twinkies, 1 | 145 | Canned fruit in syrup, ½ C | 100 |
| Canned fruit in syrup, ½ C | 100 | Canned fruit, water-packed, | |
| | | ½ C | 30-35 |

C = cup T = tablespoon t = teaspoon oz. = ounces

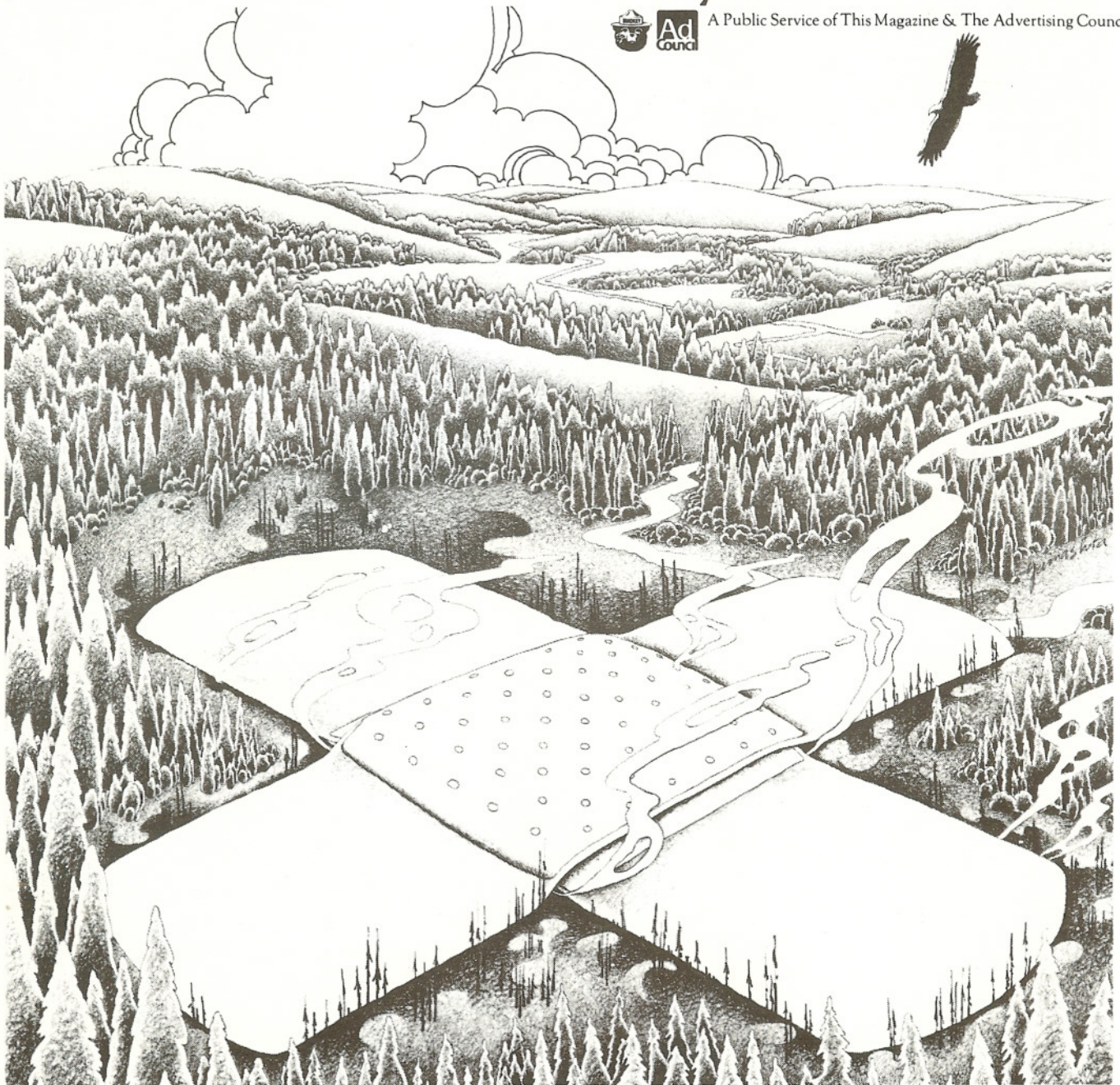
| | | | | | | | |
|----------------------------|---------|--|-------|--|----------------|--------------------------------|-------------|
| Desserts | | Unsweeten frozen fruit | 40-50 | Beverages | | | |
| Gelatin, ½ C | 80 | Weight Watchers flavored fruit snack | 50 | Regular Soda | 144-168 | Diet Soda | 1-2 |
| | | D'Zerta low calorie gelatin, ½ C | 8 | Milkshake, 12 oz. | 300 | Alba Fit'n Frosty | 70 |
| Pudding, ½ C | 180-190 | Estee low calorie dessert gel | 40 | Hot Cocoa Mix, 1 envelope | 110 | Alba Hot Cocoa Mix, 1 envelope | 60 |
| Ice Cream, 5 fl. oz. | 160 | Low calorie pudding, ½ C | 70-85 | | | | |
| Sherbet, 5 fl. oz. | 160 | Weight Watchers frozen diet dairy dessert, 5 fl. oz. | 100 | | | | |
| | | Angelfood cake | 127 | | | | |
| Cake, 1 med. piece | 300-400 | | | ALCOHOLIC BEVERAGES | | | |
| Pie, (1/6) | 320-420 | Vanilla Wafers, 4 | 72 | Beer (3.6% alcohol), 12 oz. | 150 | Dry wine, 1 glass (3½ oz.) | 87 |
| Cookies, chocolate chip, 4 | 206 | Ginger Snaps, 4 | 120 | Gin, rum, vodka, whisky (90 proof) 1 jigger (1½ oz.) | 110 | Dessert wine, 1 glass (3½ oz.) | 140 |
| Oatmeal, 4 | 235 | Graham Crackers, 2 squares | 55 | | | | |
| Macaroons, 4 | 360 | | | C = cup | T = tablespoon | t = teaspoon | oz. = ounce |

WTW

Some burns take 100 years to heal.



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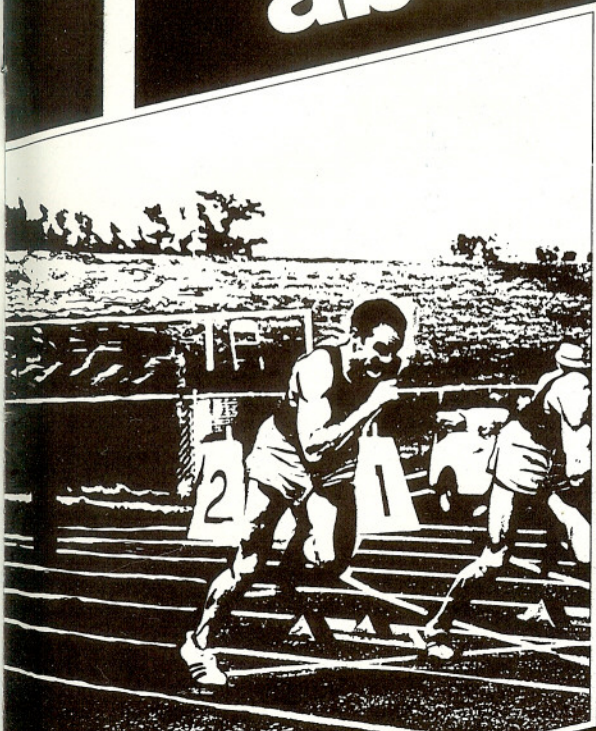
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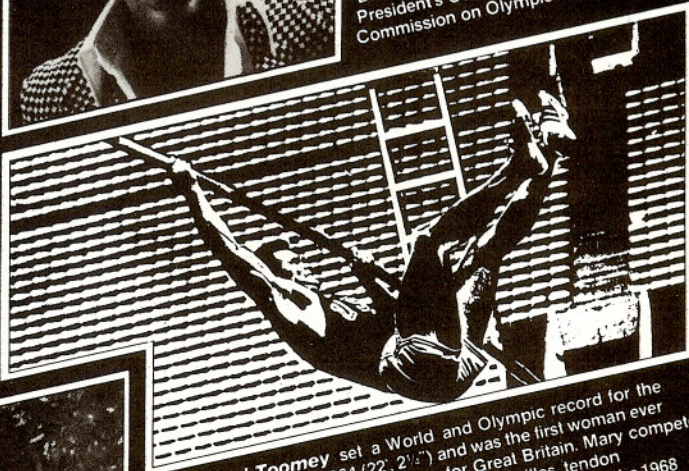
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What do the Champions say about THE COMPETITIVE EDGE?



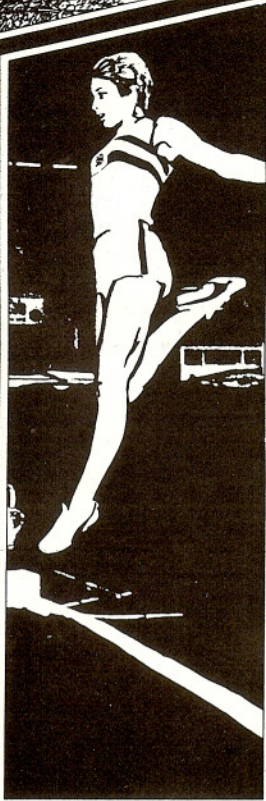
Bill Toomey is, in the opinion of many, one of the finest all-round athletes in the world. The winner of the 1968 Decathlon, Bill also set a new World Record in the Olympic Decathlon in 1966 and 1969, is a former "World's Greatest Athlete," and recipient of the "Sullivan Award." In addition to his many sports awards and honors, Toomey also was a member of the Board of Directors of the U.S. Olympic Committee. Currently, he is on the President's Council on Physical Fitness and Sports, and the President's Commission on Olympic Sports.



Mary Rand Toomey set a World and Olympic record for the long jump in Tokyo in 1964 (22' 2") and was the first woman ever to win a gold medal in the long jump for Great Britain. Mary competed internationally for eleven years before an Achilles tendon complication forced her retirement just after her selection for the 1968 Olympics in Mexico. Her set of Olympic medals include a gold for the long jump, a silver in the pentathlon, a bronze for the 4 x 100 meter relay, a Commonwealth gold and silver, and two European bronzes.



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 Mile 3:49.0
 3000 7:32.1
 Steeplechase 8:05.4
 5000 13:08.4
 10,000 27:22.4

Women's

1500 (indoors) 4:00.8
 Mile 4:21.7
 60yd. Hurdles (indoors) 7.47
 Mile Relay 3:41.5
 Mile (indoors) 4:17.5



Beaverton, Oregon