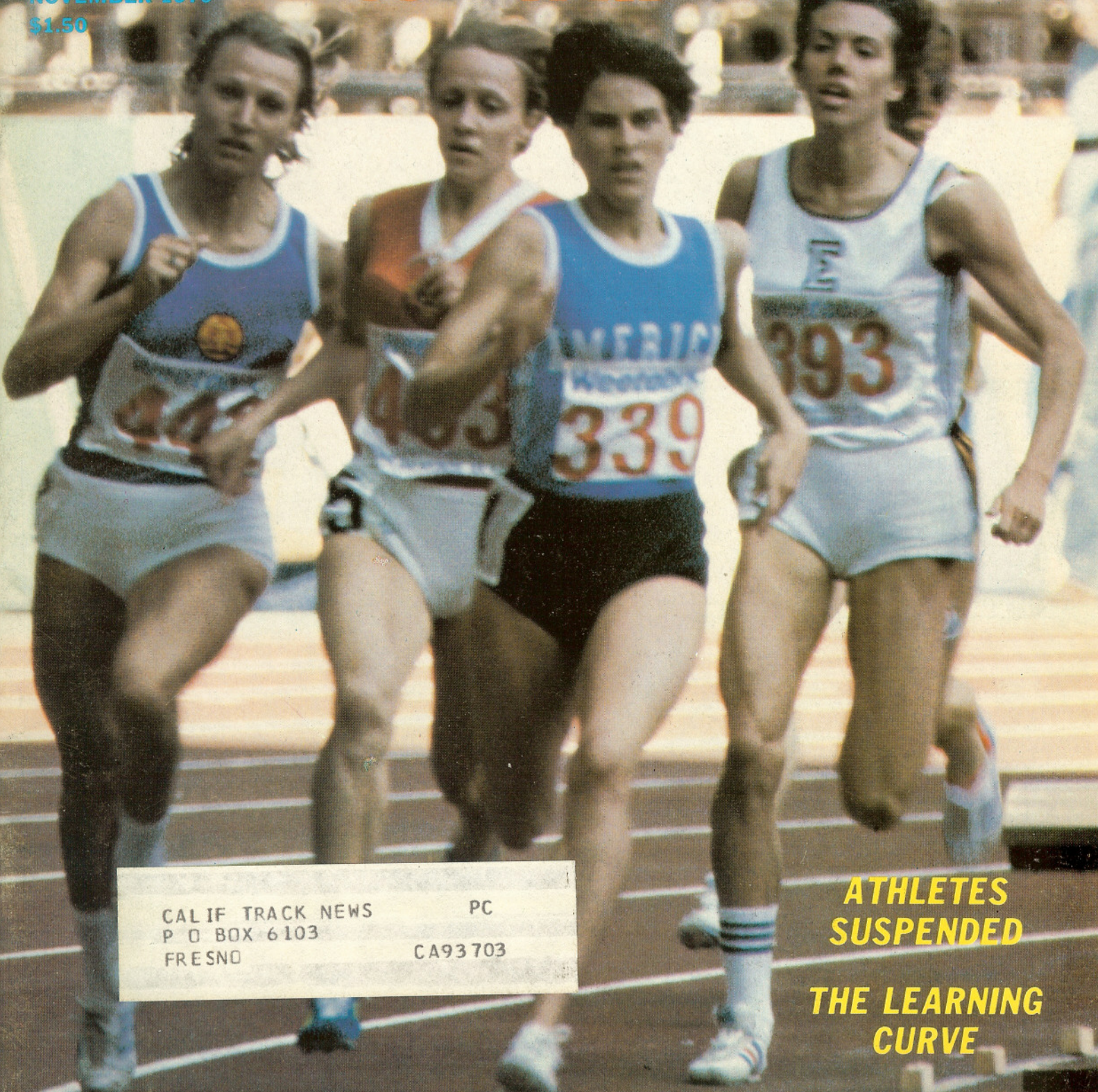


Standards For Olympic Trials

(see Page 10)

WOMEN'S TRACK WORLD

VOL. 11 — NO. 3
NOVEMBER 1979
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**ATHLETES
SUSPENDED**

**THE LEARNING
CURVE**

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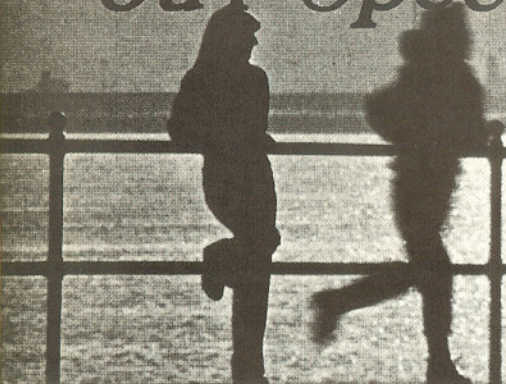


Supplied to the AAU/USA track and field team members.

TRACK & FIELD

MARATHON

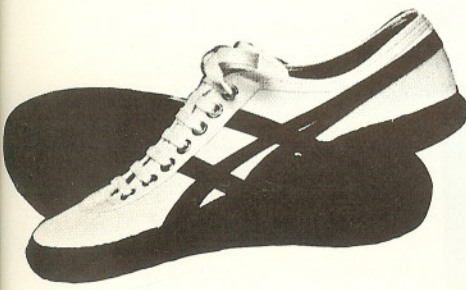
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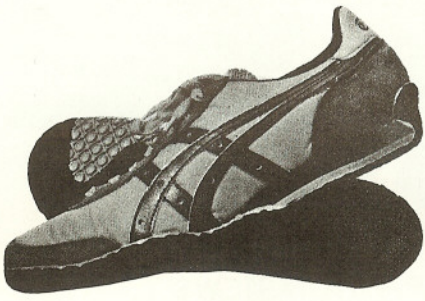
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Special cleated plate for
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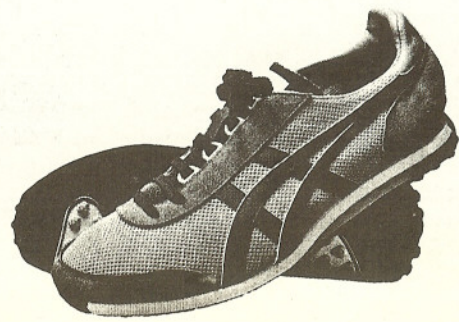
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wear.
Sizes: 5-13
Color: Yellow with royal
stripes

WOMEN'S TRACK WORLD

VOLUME 11 — NUMBER 3

NOVEMBER 1979

COVER PHOTO: (Left to Right) ANITA WEISS (DDR), NADYEZHDA MUSHTA (USSR), ANN MORRELLI (Canada), NIKOLINA SHTEREVA (Bulgaria), WORLD CUP 800.

Photo by: JOE CAUZZA



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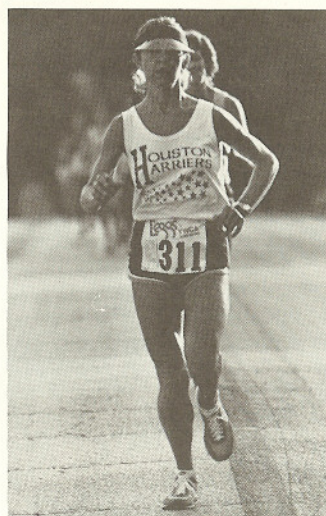
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Help the U.S. Ski Team bring home the Gold.

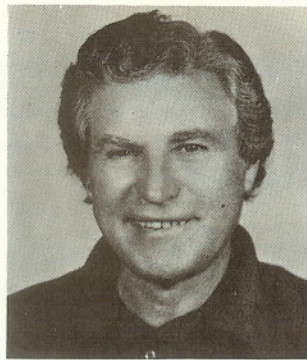
There's one thing standing between the U.S. Ski Team and a Gold Medal at the Olympics: money.

Our Alpine and Nordic teams are not subsidized by the government. Team members invest years of their lives training to win. Now they need your help. Please send your tax-deductible donations to the U.S. Ski Educational Foundation, Box 100 M, Park City, Utah 84060.

Thanks.



REEL OFF



peting and it cannot be traced, yet the effects hold over. And my guess is there are a couple of sport doctors in Rumania and Bulgaria who are looking for new jobs!

Until the IAAF can come up with a positive test, accurate in 100% of the cases and easy enough to give every athlete in a competition it seems only fair there should be no rule to prohibit the use of anabolic steroids. Unless it is fair to everyone, no testing should be done. After all, the use of these drugs is to build the body to a point where the athlete can produce the top performance. Should the IAAF rule out the use of weight training? Should the Americans be denied their steaks simply because the Asians eat rice? Do not vitamins and wheat germ and lecithin granules make the body capable of performing better? Where is the cut-off spot?

This is a touchy subject. No one really knows how wide-spread the taking of steroids is. And I doubt if anyone ever will. Does the girl in the next lane have an advantage over you because of a little blue pill? Let's hear some solutions from the athletes. Write us your opinions and if you wish to write anonymously, that's ok too. We have been deluged with opinions from doctor's, officials, administrators, coaches — now let's hear it from the athletes. What do YOU think should be done about steroids and other drugs?

Two occurrences recently have had an effect on me. First came the news of the suspension of the seven East European athletes, including the world's top three 1500 meter runners of 1979. Secondly, I saw the program on PBS entitled "Race for Gold". Check your TV listings and if this program is on, watch it. It's a good one.

The TV program asks questions concerning drugs. Who uses steroids? Do all athletes from the Eastern European countries use dianabol? Are they forced to use it? On the other hand, are all the athletes from the rest of the world nice people and do not use drugs? We are taken behind the scenes at a training center in East Germany and hear their athletes deny they take drugs. Yet from personal experience, I know dianabol is a product found in many a home in the so-called pure Western world.

The TV program told of the help the drug did for the athlete. It told of asserted side effects. It also ended up by stating their is no positive proof of side effects. That the drug does help cannot be denied. That its use can not be detected 100% of the time also cannot be denied. I have witnessed switching of specimens at international competitions. I have seen switching of subjects at international meetings. And, as these latest suspensions show, steroids are not just for weight persons anymore.

How can this be controlled? The International Athletics Club of England is currently working on a program designed to spot test athletes during their training sessions. Surprise testing. As all top performers are aware, to not be detected by the tests which are given at international matches, simply stop taking the drug three or four weeks before com-



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 Strebis, 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

KALEIDOSCOPE

How's this for 800m strength? At the Spartakiade, Russia had 10 athletes run 1:59.7 or better on the same night in three different races . . . Speaking of 800m runners, although he is a male, the workout of Sebastian Coe just before the European Cup deserves a little mention. He ran 5x800 in 1:52 with a 90 second rest (!), then added a sixth 800 in 1:49.5 . . . Chris Benning has been voted British Woman Athlete of the Year by the British Athletics Writers for her 4:01.6 British record over 1500 meters . . . Grete Waitz can't be too slow. She ran the 800 in 2:03.5 in August . . . At the World Student Games, add some heat and semi-final marks. Koch ran her 200 heat in 22.52 and her semi in 22.32; Gohr ran her 100 semi in 11:00; Marascescu ran her 800 heat in 2:02.5 but did not run the final . . . University of Wisconsin has a Booster Club for its women athletes . . . 12 year old Elizabeth Onyambu of Kenya ran the 1500 in 4:25.0.

Claudia Woody is the new Assistant Director of Athletics at Tennessee . . . Usually powerful Arizona State looks a little thin for 1980 although Renaye Bowen and Dana Collina are back again . . . Loved San Diego State's Fred LaPlante quote about the UCLA cross country course. Said Fred, "the first half of the course has a definite uphill slope; the rest is downhill" . . . New coach at University of Florida is former hurdler Carol Thomson, a 12 year veteran of the AAU wars. She replaced Brooks Johnson who moved to Stanford . . . Europe has two 15-year-olds who bear watching. One is Norway's Gunvor Hilde, 4'11 tall, who was runner-up in the European Junior Championships in the 1500m. The other is

Britain's Linsey MacDonald with a 52.63 400 meter clocking. When she made this mark, she was beaten by Irena Szewinska. Szewinska won her first Olympic Games gold medal when Linsey was just eight months old . . . Brenda Webb is still in Tennessee, running for the Knoxville Track Club . . . Amy Johns, now at the University of Wisconsin/Madison, not Patty Lyons, won the AAU 20k championships in 1979.

New life has been breathed into the University of Hawaii women's track program. Joe Hilbe, former National AAU men's pentathlon champion, is the new coach and he has assembled the nucleus of a pretty fair team including athletes from Canada, New Zealand and the mainland. They plan to compete in the AIAW Indoor Championships as their first mainland appearance . . . Rose Thompson, Wisconsin's newest distance ace, is a 26-year-old from Kenya. Rose is the mother of two children and won the Kenyan national championship for 1500 and 3000 . . . Speaking of Wisconsin, Suzie Houston is back again. She did not compete in cross country in 1978 due to injuries . . . University of Oregon cross country team was not able to compete in their scheduled meet at Fort Casey Invitational on Whidbey Island last month because the ferry broke down en route to the island . . . Oregon could be called "brittle town, USA". Ellen Schmidt broke her collar bone in a bicycle accident. Teammate Jody Parker broke her collar bone just a month earlier . . . More than 14,000 runners took part in the Sunday Times National Fun Run in London recently. Not all women, of course, but that's a lot of people to put in

lanes . . . The 1980 Junior Olympics Championships are set for Santa Clara, California . . . Names I Like Department: Delight Chambers of Florida State, Twalla Pugh of Klub Keystone, Cici Hopp of the Gateway TC, Krystal Sheets from the Central Conn AA, Patty Gaddy from Northern Colorado, Libby Bell of Idaho State, Lena Spoof of Finland, Gigi Goochey of Cal Poly and Janeal Cabbage from Stanford.

From the IAAF Bulletin of July 1979. "Following dispatch of all relevant details to the IOC (International Olympic Committee), we have recently been informed by Mme. Berlioux, Director of the IOC, that the final necessary data for the women's 3000m event will be put forward at the 82nd IOC session in Lake Placid, NY, February 11 and 12, 1980. We are confident that the event will then receive approval for inclusion in the Olympic Programme for the 1984 Olympics in Los Angeles" . . . Want to subscribe to "China's Sports"? Send \$4 for one year (published bi-monthly) to Guozi Shudian, P.O. Box 399, Beijing, PROC . . . Whatever happened to Helen Thayer, Brenda Bryan, Pat Helms, Mary Ayers and the Mt. Lebanon Track Club? . . . A reminder to all high school and college coaches: Put "Women's Track World" on the mailing list of your Sports Information Director. Send results, photos, features and such to P.O. Box 371, Claremont, California 91711 . . . Kenya will host the IV African Games in Nairobi in 1982.

(continued on Page 23)

MOSCOW 1980

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Without your help, we can't afford to win.

Much More Than Shoes . . .

The Genius of Neoma and Wesley Muzik

No matter where you are or who you may be, there seems to be a heightened awareness of motion . . . the tempo of human existence is quickened. At the elemental level this quickness is on foot, the movement of the walker, jogger, runner . . . athlete!

NEOMA MUZIK and WESLEY MUZIK are unique in the business of shoes for the active, from novice athlete to professional. Wesley transforms technical requirements into reality. A master at his craft, he is taciturn and has little time for comment. Neoma, on the other hand, is warm and winsome. We are intrigued by her charm and warm personality.

Soon after marriage the MUZIK'S operated a shoe factory as the family business. Wesley had learned his craft from his father, a master bootmaker in the Prussian army. The early business experience in their Missouri factory was Neoma's education in the craft. They left Missouri for the sunny climate of Southern California and opened the present business as a repair shop in Redondo Beach, California, 31 years ago. After a short period of time, as a result of the demands of customers for shoes, the Muzik's broadened operations to include sales. There were many competitors in the area. Neoma thought "what shall I specialize in?" Others nearby handled football, baseball, basketball, and tennis shoes. So she decided that track and field shoe sales would be her choice. Immediately, she got every book and magazine she could lay hands on to study track and field! As an astute observer of people, she talked to the "kids" on the local track teams asking what stresses they felt on their feet, in their legs, and in their backs. These youngsters were eager to express their feelings, especially to this concerned, charming lady with twinkling eyes. Neoma is truly gifted. Over the years she has developed the uncannily perceptive eye and deft sense of touch which allows her to spot the problem foot, leg, or carriage, which can be aided by the wearing of correct footgear. As specialists in athletic shoes, the Muziks are without peer. Neoma communicates



*There are numerous choices for the eye . . .
but remember Neoma's advice.*

PHOTO BY AL ALLEN, JR.



PHOTO BY AL ALLEN, JR.

*It's much more than the shoe,
as you can tell by Neoma's warm smile.*

her observations, feelings, and perceptions to Wesley. He translates to the physics of orthopedics and engineers a correction. The combined results are synergistic . . . the result is *greater* than the sum of its parts, in short, miraculous!

One of the stories Neomi relates is indication of Wesley's mastery. A customer, who was a long and triple jumper broke the plate in his shoe. He brought the shoe in for repair, the manufacturer was ADIDAS. The incident occurred in 1954. At that time the idea of repairing the shoe outside the factory was deemed impossible by the company. However, Wesley assured the athlete he could repair the shoe if he got a plate. An ADIDAS field representative provided the plate, stipulating that he must evaluate the result. The results were spectacular! From this incident, a long association with ADIDAS began. Some years later ADIDAS was amazed with the resoling of their athletic shoes by the Muziks.

With all the years of experience and unexcelled skill, the Muzik's shop has become the center of a multitude of diverse activities which include advising, counseling, designing, experimenting, and testing, as well as the necessary

business of selling and repairing. Neoma reminisces . . . they have been trouble-shooting for most major shoe manufacturers . . . PRO-KED, CONVERSE, NIKE, and BROOKS, in the past, just to name a few. They still do for ADIDAS, PUMA, and TIGER. As design consultants, they are testing new designs. These tests involve pilot groups of cardiac runners, youth groups and middle-aged joggers. A unique accomplishment of the Muzik intreprenuership is to make shoes of a specialty nature for many professional athletes. With the ever increasing diversity of operations, a natural division of responsibilities evolved . . . Neoma in front with the people and Wesley involved with production.

The athletes enjoy their visits to Muzik's. Neoma listens, understands and shares their joys and frustrations. She is an adviser and confident . . . always patient, observing, listening to and comprehending the athletes concerns while solving the specific needs relating to providing the ultimate in correct athletic footwear. The bond of these relationships continue as the young athletes finish high school and enter college and beyond! They become friends and remember the Muzik's long past the academic years. Once, a young tennis

player, a native of Redondo Beach, California learned of Muzik's ability to re-sole tennis shoes while he was listening to a fellow player as they competed in Africa. Imagine, he lived only blocks from the Muzik's location and heard of their reputation halfway around the world! Truly, the Muzik's are internationally known. Now the big secret can be told. D.O.G. Enterprises, a Japanese firm, sold American merchandise in their country from locations called "Grandma Stores". Presently these store names have been changed to "Big Sneaker Mama". Each location features a large photo of Neoma Muzik and the Japanese affectionately called her "Big Sneaker Mama"! If *you* really want to be convinced, pay a visit to Redondo Beach, California, and ask Neoma to show you Wilt Chamberlain's shoe . . . wow, that is one "Big Sneaker", mama!

Here are some observations that signal Neoma's perception and concern about foot care. She does not perceive the need for a "woman's" athletic shoe. The demands of athletic activity require the ultimate in quality for everyone. She feels, the tendency of company marketing practices is to appeal to women with style and color rather than with function and utility. In regard to the foregoing comment . . . Neoma was asked "who can be *fit* the best?" . . . her response, "a blind person"!

Her advise to the beginner, young or old, is that all shoes are not for everyone . . . "you have to be fit for your need". Further, she expresses exasperation with the medical professions for failing to offer preventive advise to athletes. Citing the numerous customer complaints of pain in the Achilles, hamstring, knees, feet, and shins as routinely preventable. One of her observations about the significant difference in the length of the human's legs has resulted in help for many people. A sizable percentage of persons have one leg shorter than the other. This difference may not be known or cause any concern. However, one of her regular customers began having severe headaches and back pain. He voiced this complaint and indicated medical help was to no avail. Neoma observed a noticeable shortness of one limb and asked whether he corrected in any way for the condition or had been so advised? The answer was no! So, she suggested lifts in his shoes and had them prepared. The results were incredible . . . the end of what had become a chronic complaint for this person! Neoma advises that leg length variances become extremely critical for distance runners. As you run the globe and concern yourself with the shoe that fits your foot . . . now you will surely know about the masters of the art . . . of caring for the foot of the athlete . . . WESLEY and NEOMA MUZIK!



Neoma looks on with approval at her daughter's handiwork.

PHOTO BY AL ALLEN, JR.

Olympic Trials Information

The U.S. Women's Athletics (Track & Field) Committee, Dr. Evie G. Dennis, Chairman, has set the following minimum standards for entry into the 1980 Olympic Trials in Eugene, Oregon, which will be held June 21-29:

Event	Hand Time	Automatic Time
100 M	11.3	11.54
200 M	23.4	23.64
400 M	52.6	52.74
800 M	2:02.8	
1500 M	4:10.0	
100 M Hurdles	13.4	13.64
Pentathlon	4300	4260

Event	Distance	
	Meters	Feet-Inches
High Jump	1.86	6'1 1/4"
Long Jump	6.40	21'0"
Shot Put	16.60	54'5 1/2"
Javelin	55.00	180'5"
Discus	56.00	183'9"

Qualifying marks must be made between May 31, 1979 and June, 7, 1980, except for those competitors who meet the standard in the 1980 National Outdoor Championship Meet. *Entries will close on June 7, 1980.*

STANDARDS AND RULES FOR ENTRY

- Athletes who have made the qualifying standards or the criteria below will be invited by the Women's Track & Field Committee to participate in the Trials. An athlete should not accept the invitation unless she intends to participate in the Olympic Games if selected and is able to be absent from her family, employment, or school at least five to six weeks in connection with attending a training camp, team processing and the Games in Moscow (from July 7 through August 3, 1980).
- Athletes must be citizens of the U.S. 14 years of age or older and registered by the Athletics Congress of the A.A.U., Inc.
- Trial Selection Criteria*
 - All athletes who have equalled or bettered the Olympic Qualifying Standards established by the International Amateur Athletic Federation (IAAF) from May 31, 1979 through June 7, 1980 in a sanctioned or approved outdoor competition in accordance with the conditions set forth herein are eligible for entry into the Olympic Trials. See standards above.

The IAAF requires that all running marks be made at metric distances. *No intermediate times will be accepted.*

- Athletes who are (1) semi-finalists in the 100 meters, 200 meters, and 100 meter hurdles or (2) finalists in the 800 meters, 1500 meters and field events in the 1980 Senior Women's National Outdoor Championships may be considered.
 - Athletes who attain the top nine (9) scores from the combined results of the 1980 National Senior and Junior Outdoor Pentathlon Championships may be considered.
 - In order to complete the field the Women's Track & Field Committee reserves the right to accept entries that do not fit in the above categories.
- Olympic Qualifying Standards must be made:
 - In metric distances. No intermediate distance times or time conversions will be accepted.
 - In a meet in which not less than eight (8) events are contested and officiated by certified officials.
 - In meets sanctioned by the Athletics Congress of A.A.U., or in closed competition according to Public Law 95-606, Section 206.
 - In the 100 meters, 200 meters, 100 meter hurdles, long jump, and those events in the pentathlon, wind readings must be reported from the anemometer in the entry blank and on the qualifying standard notification form.
 - Field event marks should be measured in feet and meters and both measurements submitted in entry blanks and on qualifying standard notification form.
 - Any athlete invited to the Trials, who has not achieved the Olympic qualifying standard for the event in which she competes, must make the standard at the Trials. If she should place in the top finishers without having achieved the standard, she cannot be selected for the

Olympic team over those finishers who have met the Olympic standard.

If there is an event in which none of the athletes who competed and finished the Trials achieve the Olympic qualifying standard in or prior to the Trials, the top performer at the Trials, who is available for the Games, will be selected for the team.

If there is an event in which there are a number of competitors who have achieved the Olympic qualifying standard in or prior to the Trials, the order of finish of those athletes in the finals will determine who will be selected for the Olympic team. Under this situation, up to three representatives will be selected. Selectees must be physically fit.

- It should be noted that anti-doping tests will be administered at the Trials. Use of forbidden substances may result in one not being selected for the Olympic team.
- In the shot, discus and javelin throws, only implements that have been approved for the Olympic Games may be used at the Olympic Trials, and only those supplied by the sponsors of the Trials may be thrown.
- All other rules of eligibility and representation in accordance with the Athletics Congress of the A.A.U., Inc., shall apply.
- Each athlete accepted into the competition will be provided travel, room and board one day prior to her contested event and one day after completion of her event, inclusive.
- Olympic qualifying marks must be submitted to Garry Hill, Track & Field News, Box 296, Los Altos, CA 94022, 415-948-8418, the certification chairman, by June 7, 1980, on official forms.

ENTRY FORMS

Entry Forms for the 1980 Women's Trials will be released in January, 1980 and will be circulated to A.A.U. House, Olympic House, and all A.A.U. Association Track & Field Chairmen, Track & Field News, Runner's World, and other agencies as deemed appropriate.

ENTRY DEADLINE JUNE 7, 1980



Exclusively designed for action with femininity

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L'eggs 10,000 Meter Run



Toni Bernhard finished first in a field of 789 women at the 2nd annual L'eggs/YWCA 10,000 in Dallas, September 29.

Dallas, Texas — You could hardly call it a typical Saturday morning, September 29, along the lake at White Rock Lake Park here. Nearly 800 women, ranging in age from nine to 61, were milling about, bending and stretching, some chatting nervously, others standing in quiet concentration.

They were gathered from throughout Texas and seven other states for the second annual L'eggs/YWCA 10,000, the area's original road race for women and it took a minute and a half for all 789 runners to cross the starting line.

Toni Bernhard, with the Houston Harriers team, was out near the front at the start. She passed Andrea Ray of Overland Park, Kansas, after 1½ miles. Bernhard held the lead for the rest of the race and won in 37:17.

Cindy Tolle, the 14-year-old Plano student who won last year's L'eggs/YWCA 10,000, knocked nearly two minutes off her last year's time, but it was only good enough to put her in fourth place overall.

Bernhard, a 32-year-old mother of three, was a bit disappointed with her time. She had been shooting for 35 minutes.

Second-place finisher Martha Sartain, of Irving, was happy with her time of 32:29. "I ran exactly the race I wanted to run. I tucked in behind the leader and stayed with her." Sartain, a sprinter in college, has been running long distances for three years. She said she gets inspiration from her mother, who has been running for a few years and logs a mile or so daily.

The youngest runner was nine-year-old Amy Christy, who finished in 1:04.00. Estelle Finkler, at 61, was the oldest finisher, crossing the finish line at 1:48.05.

Jane Lundeen finished in an hour and 10 minutes. That was about 16 minutes slower than her time in last year's race, but Jane wasn't disappointed. The 30-year-old Dallas resident, seven months pregnant, was running for two. "It was my first pregnant race," she said.

RESULTS: 1—Toni Bernhard (Houston) 37:17, 2—Martha Sartain (Irving) 37:29, 3—Carol Urish (Houston) 37:34, 4—Cindy Tolle (Plano) 37:51, 5—Sherri Sessions (Roanoke) 38:32. Number of finishers — 618.

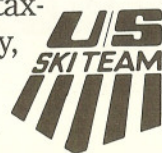


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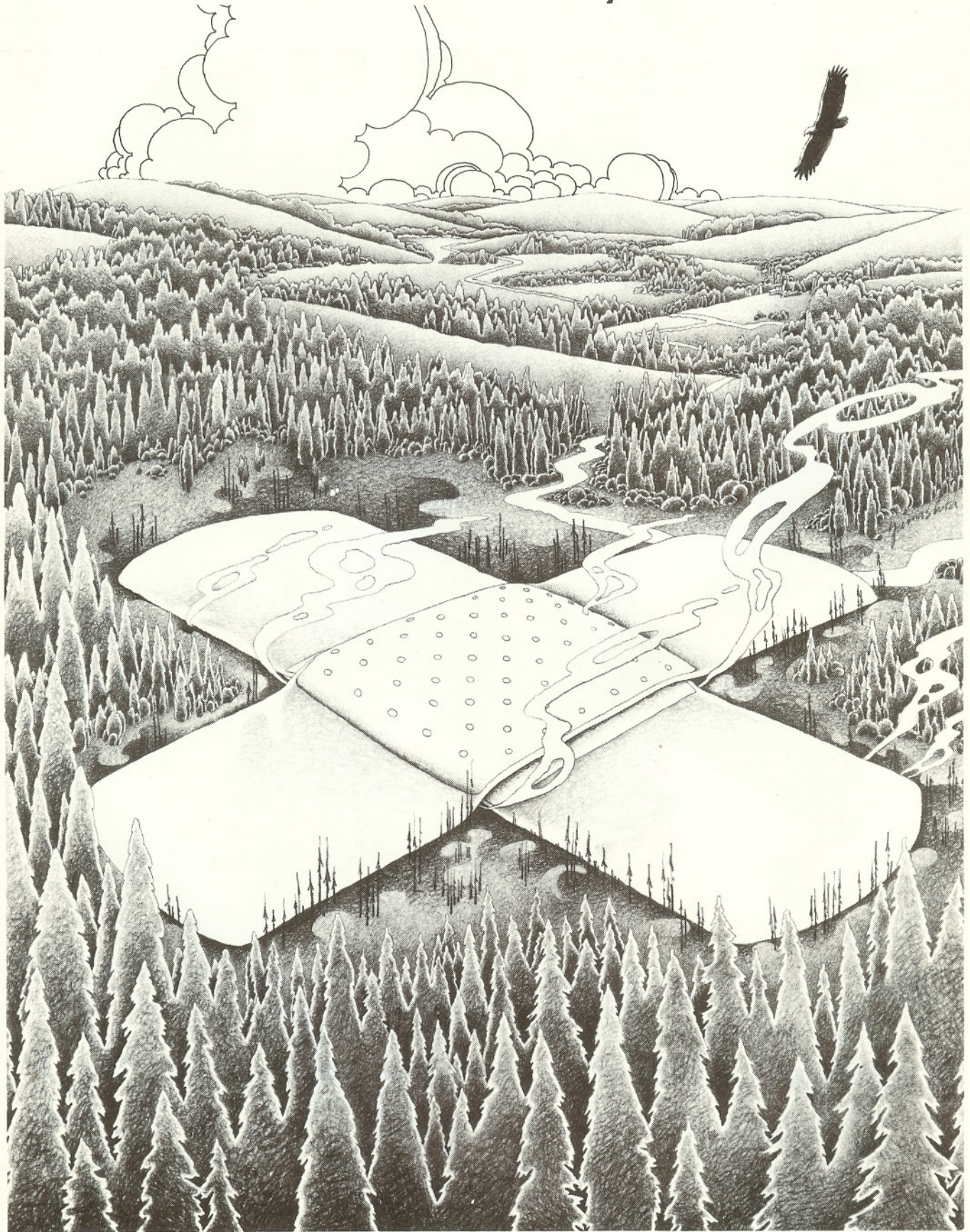
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AIAW CROSS COUNTRY PREVIEW

AIAW CHAMPIONSHIPS — Florida State University, Tallahassee, Florida, November 17, 1979, FSU Golf Course.

Team Qualifiers determined by coaches based on regional strength. All qualifying meets are scheduled for the weekend of November 3, 1979. Three divisions for the first time.

Iowa State, who has yet to lose an AIAW Cross Country Championship, will have difficulty defending their title this fall. Although they return a solid nucleus including Diane and Deb Vetter, Coach Chris Murray, the architect of those many wins, has moved on to Arizona, and Iowa State's reign stands on shaky ground as several of last year's top teams have returned strong clubs and recruited well.

North Carolina State was second to Iowa State at Colorado last fall and appear to be this year's favorite. Coach Tom Jones believes his club has the quality and the depth to be a strong contender.

Returning are six of NC State's top seven from 1978, led by two-time All American Julie Shea. Optimism runs high as well from NC State's frosh, led by Mary Shea, younger sister of Julie and the American record holder at 10,000; Ann Henderson, three time Ohio champion and Betty Jo Springs, three time Florida champion.

Valerie Ford and Kim Sharpe give State added experience and an edge going into the AIAW season.

Right next door to North Carolina in Virginia may be State's toughest competition at the University of Virginia. UVA returns three from the top 14 in 1978 in Margaret Groos, Martha White and Janet McColl. Adding Aileen O'Connor, the AAU Junior Cross Country champion, and Jill Haworth makes Virginia very strong in front. Their depth will be the key in matchups with NC State.

Up in the Northeast, people claim Penn State is ready to make a run for the national title. Penn State returns 1977 champion Kathy Mills, and adds three outstanding newcomers, including Heather Carmichael, the Peachtree winner at 10,000 from New Zealand. Monique Purcell should help as well, along with veterans Patty Murnane and Mary Rawe.

In the Midwest, the experts see Wis-

consin as the top club in the area, replacing Iowa State. The Badgers defeated Iowa State during the regular season in 1978, only to lose to them in the AIAW. The returnees will be led by Sally Zook, 1978 Big 10 champion, Marty McElwee, and add Amy Johns and Rose Thompson, the Kenyan 1500 and 3000 champion. Wisconsin will have the deepest team of all the AIAW contenders, and are ready to move into a top spot should NC State, Virginia or Penn State have depth problems.

The West is loaded this fall in cross country talent, and some outstanding teams will not even make it to the nationals. California Berkeley under Coach Vern Gambetta appears the best of the California schools. The 1978 Region B champions return their top seven, and should move up from their 1978 AIAW finish of seventh. Their top returnee is Jan Oehm, 17th in the 1978 AIAW. New talent is also good, led by All American Cindy Schmandt.

Oregon swept the top five places in the 1978 regionals, and were fifth at the AIAW. This fall, the Ducks look for bigger and better things.

Oregon returns six of their top seven, led by Ellen Schmidt, the regional runner-up in 1978. Newcomers Eryn Forbes and Leann Warren were the top runners in Oregon last fall and should help Oregon challenge Wisconsin as the deepest team in the AIAW.

Top challenger to Oregon in the Northwest will be the Huskies of Washington. Injury and illnesses hit Washington hard in 1978, but 1979 could bring better times. Kathy Adams, 25th in 1978, returns along with veterans Sara Neil and Marjan Moulynn.

Cal Berkeley's road will not be an easy one in their region, as UCLA, Cal Poly San Luis Obispo, Arizona and Stanford all return strong teams.

UCLA was fourth in the region last fall, but missed qualifying for the AIAW. They return a strong nucleus in Linda Broderick, Kathy Chisam, and Sheila Ralstan. They will be getting help from three-time California Valley champion Linda Goen, and transfer Kathy Mintie, the AIAW 5000 runnerup.

Cal Poly finished third in the region behind Berkeley and Cal Northridge. Cal Northridge is weak this fall, but Cal Poly returns their top five from an 11th place AIAW team. Maggie Keyes was 13th at the AIAW. Three top junior college runners and frosh Sue Oran give Cal Poly added depth to challenge Berkeley.

Arizona continues its rise in Women's cross country as they join Region 8 with the other top clubs. They could upset things for the California clubs as they return their entire 1978 team, led by the Hansen twins, Joan and Joy. All American Stacy Crystal, South African Anthea James, and transfer Teri Wierson from Iowa State, as Iowa State coach Chris Murray joins the staff of Arizona's women's cross country coach Dave Murray.

Stanford makes the region ever tougher as they return their top five, led by three-time All American Ann Thrupp. Stanford adds Ann Wotherspoon, the two-time state junior college 3,000 meter champion as well as Kim Schnurpfeil, the Northern California high school runner of the year.

After the top clubs, many others could challenge for top finishes. Maryland was ninth at the AIAW in 1978, and along with Princeton should qualify for the AIAW behind Penn State. Lynn Jennings of Princeton was ninth last fall and will vie for a top spot this fall. Nancy Seegers of Rutgers will be a top Eastern runner.

Tennessee should rate the edge for the third spot in Region II behind powers NC State and Virginia. Brenda Webb has graduated but Terry Crawford recruited well, including two national junior standouts, and two state champs, led by Linda Portasik.

Florida State was 17th at the AIAW and was the top Region III finisher. They return their top seven and add Mary Banks, the three-time New Jersey champion. FSU will also host the regionals and nationals to give them a decided edge over improving Auburn and defending region winner Alabama. Auburn will run four freshmen in their top seven as they seek the second qualifying spot.

(continued on Page 20)

Rumania's Suspended Athletes



Natalia Maracescu and Ileana Silaj, two of the world's top distance runners from Rumania. Both have been suspended by the IAAF when they failed the drug test following the Balkan Games.

Seven East Europeans Suspended

Seven East European athletes, including the top three performers over 1500 meters this season, were suspended indefinitely for using drugs by the International Amateur Athletic Federation. The ban automatically lasts for 18 months, thereby eliminating all of them from the 1980 Olympics.

Three of the top distance runners in the world were included in the list of seven. Bulgaria's Totka Petrova and Rumanians Natalia Marasescu and Ileana Silai were the biggest names found guilty. Two other top-ranked athletes included Rumania's Sandra Vlad and Bulgaria's Daniela Teneva. Two unknown Russians, Eleana Kovaleva and Nadshda Kurdyavtseva, were also suspended.

Petrova won the World Cup 800 this year at Montreal and had the best marks in the world for the 800 (1:56.2) and the 1500 (3:57.4) in addition to turning in a 51.92 mark over 400 meters. Petrova is 32 years of age and has been one of the world's top-ranked runners for the past few years.

Marasescu, 27, set a new world record for the mile (4:22.1) this year and had the second best mark of the year (3:58.2)

behind Petrova for the 1500. She won the University Games 1500 at Mexico City.

Veteran Ileana Silai, born in 1941 (38 years of age), has been running faster than ever before this year. She had the world's third best 1500 time at 3:58.5, and a mark of 1:58.0 for the 800.

Rumanian Sandra Vlad was #23 in the

world this year in the long jump with a best of 6.56/21'6¼. Daniela Teneva of Bulgaria was #16 in the 100 meter hurdles with a best of 13.02s.

The athletes were banned for using anabolic steroids, a muscle-building drug. Tests were given to the Rumanian and Bulgarian athletes at the recent Balkan Games staged in Athens in September.



Natalia Marasescu (Rumania)



Ileana Silaj (Rumania)

PHOTO BY HORSTMUELLER

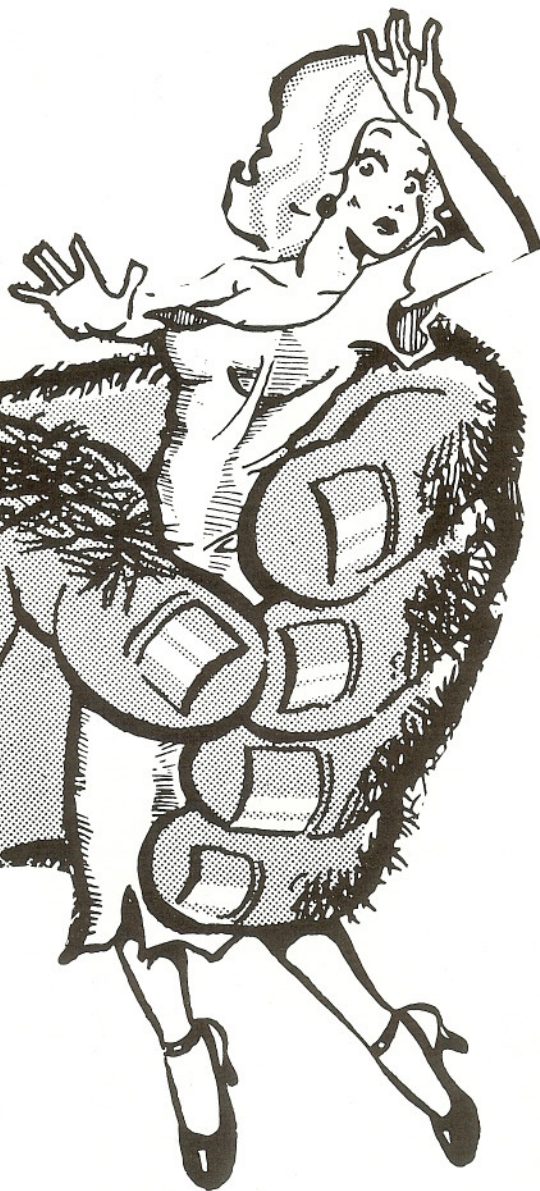


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MARATHON NEWS

Grete Waitz became the first woman to dip below 2:30 for the marathon when she won the New York Marathon on October 21 in 2:27:33. Her time was never bettered in Olympic Games history until Emil Zatopek of Czechoslovakia won in 1952. There were 1829 women participating in the race. Grete said she might have run faster, but was forced to take a "pit stop" at the 10 mile mark causing her to run the second half faster than the first half, 1:12:42 to 1:14:51.

Meanwhile at Waldneil, Germany, on September 23, Joyce Smith won the Avon International race in 2:36:27 for a new British mark. Second was Kim Merritt who came close to her own personal best with a 2:39:43.

RESULTS: (NY Marathon), 1—Grete Waitz (Nor) 2:27:33, 2—Gill Adams (UK) 2:38:31, 3—Gareau (Can) 2:39:04, 4—Lyons (USA) 2:40:17, 5—Carol Gould (UK) 2:42:19, (Germany), 1—Joyce Smith (UK) 2:36:27, 2—Kim Merritt (USA) 2:39:43, 3—Carol Gould (UK) 2:40:37, 4—Elizabeth Hassall (Aus) 2:42:04, 5—Beth Guerin (USA) 2:42:44, 6—Gayle Olinek (Can) 2:44:04 . . . 10—



PHOTO BY JEFF JOHNSON

Joan Benoit



Christa Vahlensieck

Women's Track World

Karen Doppes (USA) 2:46:38 . . . 12—Lori Jorgensen (USA) 2:47:33, 13—Janice Arenz (USA) 2:47:38, 14—Sue Krenn (USA) 2:48:18 . . . 17—Gail Volk (USA) 2:50:49, 18—Lauri McBride (USA) 2:51:03 . . . 21—Kiki Sweigart (USA) 2:53:43, 22—Sue Petersen (USA) 2:53:56 . . . 25—Joan Ulyot (USA) 2:54:50 . . . 27—Sandra Kiddy (USA) 2:56:14 . . . 32—Miki Gorman (USA) 2:56:55. 188 finished the race. Team scores, 1—UK 8:06:06, 2—USA 8:09:05, 3—Australia 8:31:25, 4—Germany 8:34:47, 5—Canada 8:50:24, 6—Belgium 9:08:08, 7—France 9:37:15, 8—Netherlands 9:55:33.

World's All-Time List

2:27:33	Grete Waitz (Nor)	1979
2:34:48	Christa Vahlensieck (WG)	1977
2:35:15	Chantal Langlace (Fra)	1977
2:35:15	Joan Benoit (USA)	1979
2:36:24	Julie Brown (USA)	1978
2:36:27	Joyce Smith (UK)	1979
2:37:37	Lorraine Moller (NZ)	1979
2:37:57	Kim Merritt (USA)	1977
2:38:10	Manuela Angenwoorth (WG)	1977
2:38:12	Gayle Olinek (Can)	1979

In other marathon news, Martin of Oceanside won the Marine Corps Marathon at Washington, D.C. in 2:58:15 and Lyons from Massachusetts took the Ocean State Marathon held in Newport, Rhode Island, in a good 2:40:28.

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AIAW Preview (continued)

Texas returns 12 excellent runners and hope to defend their Region IV crown, but look for Arkansas, led by Jody Rittenhouse, 19th at the AIAW to challenge. Houston and Texas A&M are also hopeful of qualifying for the AIAW.

Though Wisconsin is the clearcut favorite in Region V, Michigan State and Purdue are both strong. Look for Illinois and Western Illinois to also try to get to Florida State. They tied for the third spot in 1978 behind Wisconsin and Michigan State.

Kansas and Kansas State were both at the nationals last fall and hope to get there again. Six members from the Kansas 1978 team that was 14th return, and KU hopes to move into the top 10 this fall.

Colorado was a top club in 1978, finishing fourth at the AIAW, but defending champion Mary Decker is gone along with Dana Slater. Colorado is traditionally strong and could surprise many. They return Kathy Wilson and Kim Hills. Look for New Mexico to again be strong, with an excellent group of incoming runners. Colorado State adds Amy Laffoon to a squad of veteran runners, while Texas El Paso has a young group to go with veteran Debbie Mitchell, the AIAW indoor mile champion.

This fall the AIAW will go to three races for the first time ever, as the schools go into divisions. In the smaller school divisions, three teams and the top 15 individuals will advance to the nationals. There will be no sliding of individuals or teams in the qualifying.

In Division I, however, teams will again qualify on the basis of size and cross country strength in their district. In addition to the regular qualifiers, four at large team bids will be available. These bids will be awarded on the basis of regular season and regional competition with preference going to regions 3, 4, 7 and 9. A unanimous decision of the regional committee, must be supported by a similar vote from the national sub-committee of Chris Murray, Paul Toran of Florida State and Mike Wallace of Minnesota. In the Division I race, the top 15 individuals will advance from the regions as well.

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Kaleidoscope (continued)

Britain's Joyce Smith covered 10 miles in 54:13 on October 14. Kath Binns, also of the British island, was under 55 minutes with 54:38. They are the first females under the magic 55 minute mark... First indoor meet for the coming season is set for December 15 with the Navy Invitational at Annapolis, Maryland. Followed closely by the Princeton Development Meet on the 16th.

Women's Track World

Grete Waitz won a 10k race staged on the Hollywood Park Race Track in 32:41.8, nearly four minutes in front of Sue Kinsey and Kathy Keyes... Julie Brown (LA Naturite) won the SPAAAU District Championship over three miles in 17:13 at Mt. Sac. Michele Bush was close behind in 17:17 with Cyndy Poor third in 17:36... Former Texas runner Nancy Scardina is running open meets this fall but will return to collegiate competition in the spring... How would you like to be coach of the team from Burma? If you

were, you'd have these girls on your squad: Nwe Nwe Yeh, Mrs. Thuza, Jennifer Tin Lay, Mar Mar Min, Than Than, Myint Myint Than and Su Su among others... High School Editor Rich Ede expects to be a father in March — of twins at least says the doctor.

Donna Fromme Apologizes for not having the final article of her series on her experiences at the Olympic Training Camp, but she had her third cancer operation on November 5. We look for her article for our next issue.

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Learning and the Learning Curve

The Learning Curve

One of the phenomena which the track coach must constantly battle is explained by what psychologists call the "learning curve". This phenomenon is associated with all learning, not just track and field, and works against proper mental training, especially for the beginner.

Strange but true, it has been observed that in any physical activity where individual performance is concerned and where there is a way to measure performance, as in track and field, the individual will be less efficient in any given activity after a short training period than he was before the training period began.

Conditioning work at first is detrimental to good performance. The muscles do not react as fast and lack the endurance which they possessed at the start of training due to the amount of "stored up energy" which the athlete accumulated before the conditioning sessions began.

No set of muscles will improve unless a need for that development is put on the muscle or set of muscles.

When an athlete first comes out and starts practicing, the tendency is for her to worsen rather than improve. As the training proceeds, additional stress is placed upon the specific muscles needed to perform the movements of the athlete's particular event or activity. The muscles will at first break down under the demand of the additional work. Then as the need for improvement is realized, the muscle will gradually strengthen and the athlete's performance will improve.

An example of how the learning curve works might be as follows: a girl wanders onto the athletic field and starts to high jump. She clears 4'6" without previous conditioning or training. This indicates she has potential so she reports to the coach and begins scientific, planned workouts. She conditions her legs, takes exercises, works on form and after a week or so she clears 4'8". Thus encouraged, she sets about training in earnest and before long jumps for height again. This time, after repeated trials, she cannot do better than 4'4". This is the critical point in the embryonic athlete's life. After working out for a month with experienced help from a coach, she fails to better her initial effort which had been achieved without training or coaching. Why work? Why train? Now, according to the psychologists, is when she should really go to work. She will begin to have "plateau's of learning" and "degrees of

improvement". Gradually she will improve, and once improvement begins, it will continue until she has reached her physiological limit. The degree of improvement is large at first, but as progress continues it gets smaller and smaller. Time plateaus, conversely, are short at first and gradually lengthen. The important point to get across to the aspiring athlete in this connection is that in ALL fields of learning there comes a point where you perform with less achievement after practicing than you did before practicing. This is natural and normal, and happens to EVERYONE in all physical learning situations. The champion is the one who works through this momentary delay in improvements, and goes on to achieve greater performances and approach her personal absolute potential.

Learning is characterized by rapid initial improvement. Curves of motor learning are characterized by spurts of improvement and by plateaus appearing as periods of no improvement. Learning plateaus often represent periods during which a new set of habits are being formed, and these new sets of habits probably are the basis for later improvement. Following a plateau the learner usually makes further improvement at a slower rate than the initial improvement. A plateau signifies the learner has mastered the lower-order habits, but they are not yet sufficiently automatic to leave the attention free to attack the higher-order habits.

The characteristic features of the learning curve are:

- 1—Initial improvement
- 2—Plateau
- 3—Further improvement
- 4—The limit.

Lack of motivation, faulty training methods and the limitations of poor techniques account for some plateaus.

The beginner must understand that all champions have passed through similar periods where progress seems at a standstill.

Learning in Relation to T&F Skills

An individual has good motor intelligence if she learns physical skills with comparative ease . . . Results in coaching will not be evident beyond the limits of motor intelligence . . . The slow learner needs more time and greater patience from the coach . . . The learner cannot be forced; she must be ready to learn . . . A person tends to repeat those activities which give her pleasure and to avoid those activities which bring her discomfort.

If the learner constantly strives for improvement, she will eventually reach

a point beyond which she cannot improve . . . Most performers possess a level of performance beyond which they do not believe themselves capable of going. In some instances proper motivation and experience can alter this mental limitation . . . The physical limit may be reached relatively easily in speed activities such as sprinting, but it is very difficult to realize or attain this limit in endurance or skill.

The frequency and length of practice periods have a significant bearing on sports learning . . . Optimum practice periods vary with the condition and the ability of the athlete; the champion may profitably practice two or three times as long as the novice . . . Generally speaking, sports "cramming" is not profitable.

Until physiological deterioration sets in, the individual may begin and learn well any new motor activity . . . The learner doesn't learn on every repetition, but only on certain trials . . . Over-learning is essential to retention of skills . . . Positive teaching is better motivation than negative teaching . . . Praise and encouragement go hand in hand with the positive approach.

Accuracy first, then speed has been the traditionally accepted order of skill teaching . . . A period of training which emphasizes an increase in accuracy will also tend to produce an increase in speed. However, a period of training which aims at too great an increase in speed will rarely produce a corresponding increase in accuracy . . . Once the basic coordinations are reasonably well established, movement with momentum should be a regular part of the daily practice period . . . It is unwise to demand speed at the very outset since it increases the difficulty of learning correct movements . . . Until an athlete has gained a little skill in the basic coordination of her event, the momentum with which she performs should be either ignored or restrained . . . The learner who learns slowly cannot use the same force she will employ when her actions become fast.

"Full speed may not be optimum speed. Research shows that a sprinter can move off her blocks soon with a 'bunch' start, but not without sacrificing power. Therefore a 'medium' start is better in terms of crossing the finish line first. A long jumper can run too fast on her approach and thereby sacrifice jumping power from the board. Controlled speed is the compromise accepted by most coaches. The movement is executed as fast as a reasonable degree of accuracy will allow. The concept of controlled speed is recommended for teaching physical skill."

(Bud Miller)

The general teaching sequence used most successfully by physical education teachers and coaches is: 1) Explanation, 2) Demonstration, 3) Supervised practice

or drill . . . No matter what activity, if proper mechanics and techniques are practiced, there will be an increase in the skill and proficiency of the performer . . . With practice, movements become mechanical or habit . . . The more a skill is practiced properly, the better the athlete learns to use only the muscles involved in performing this particular skill, thereby reducing the amount of energy necessary to perform a given amount of work.

An increase in skill and efficiency may be the first changes which occur as a result of training . . . Athletes will learn more rapidly and retain what they have learned for a longer period of time when the coach instills in them a firm desire to learn . . . It is seldom good technique to embarrass an athlete in public . . . Would-be athletes learn more from pictures than from any amount of verbal instruction.

Endurance is the one requirement that can be most improved and the one in which the result of work can be seen most readily . . . In field events, emphasis in practice work should be placed upon form rather than upon height or distance. The mark in practice is a matter of secondary consideration . . . Most of the practice session should be devoted to perfecting and approved technique.

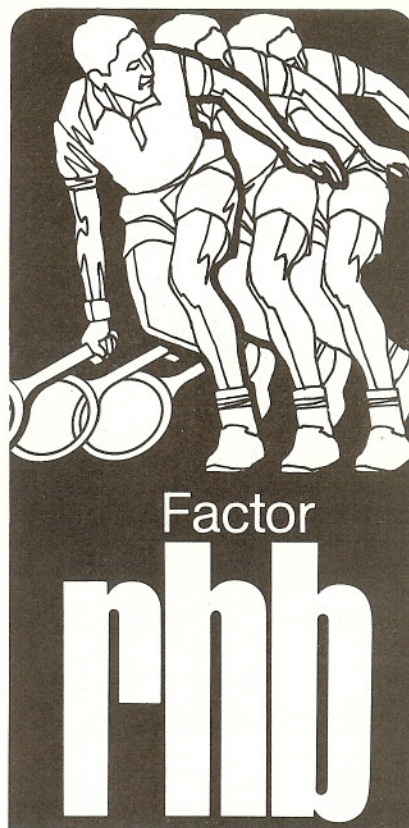
How skills are learned:

- 1—We learn by performing an act over and over again
- 2—We learn best the things we enjoy doing
- 3—We should get a correct mental picture of the complete act
- 4—Since we differ as individuals, we react differently to various types of training.

Brief principles which the coach can utilize in handling the athletes:

- 1—Remember that individual differences affect the learning process
- 2—The learning process is affected by the level of maturity of the learner
- 3—What is learned by the athlete is adaptable and can be transferred from one situation to another
- 4—Best learning is done when a competitive situation is simulated
- 5—The learning process proceeds best when the learner has knowledge of her status and progress
- 6—The satisfaction the athlete receives in achieving success definitely aids learning
- 7—The learning process proceeds smoothly and efficiently for the individual under the type of coaching which guides and stimulates without domination or coercing.

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Results - Results - Results - Results

CROSS COUNTRY

South Pacific Games

Suva, Fiji, August 28 - September 8 — Eighteen Pacific Island countries took part in the Sixth South Pacific Games. New Caledonia athletes took the major share of the honors, but all of the islands are beginning to come up with representative performers. Fiji now boasts an all-weather track and automatic timing and is an ideal spot for you to stop and have a little competition when you're on your way to Australia or New Zealand.

RESULTS: 100/200/400. Brigitte Hardel (NC) 12.07/-24.68/57.02; 800. Liku Make (Fiji) 2:22.2; 1500. Christele Barthelemy (NC) 4:49.1; 3000. Betty Boppart (Guam) 10:27.8; 100H/LJ. Miriama Chambault (NC) 14.80/5.76w (); HJ/Pent. Daniele Guyonnet (French Polynesia) 1.75 ()/3625 including 1.80 () HJ; SP/DT. Marie-Christine Sealeu (NC) 13.08 ()/45.78 (); JT. Mereini Vibose (Fiji) 46.94 (); 4x100. New Caledonia 48.19; 4x400. Fiji 3:58.0.

England Upsets Russians

London, England, September 22/23 — The Soviet Union suffered a rare defeat when they tangled with the United Kingdom team at Crystal Palace in a three-on-a-side competition. With the meet hinging on the final event, the 4x400 relay, the British figured they were out of it when, after leading the first two legs, Russian hurdler Tatyana Storozheva took the baton some seven meters behind and proceeded to put the Russians in the lead by three meters for the anchor leg which pitted Irena Bagryantseva against Jos. Smith. Smith, violating most of the rules of tactics, passed the Russian on the first turn and then held on to win with a 51.3 spin of the track. The Soviets led 141-133 with only the javelin and relay remaining, but the British women scored a 1-2-3 finish in the spear, then won the relay for their team victory.

RESULTS: 100. 1—Heather Hunte (UK) 11.26w. 2—Kathy Smallwood (UK) 11.34. 3—Bev Goddard (UK) 11.50; 200. (-1.8). 1—Hunte 23.38. 2—Smallwood 23.38. 3—Goddard 23.76; 400. 1—Joslyn Smith (UK) 52.64. 2—Linsey MacDonald (UK) 53.04. 3—Irena Bagryantseva (SU) 53.33; 800. 1—Liz Barnes (UK) 2:03.6. 2—Yekaterina Poryvkina (SU) 2:04.9. 3—Mineyeva (SU) 2:05.0; 1500. 1—Ilinykh (SU) 4:16.1. 2—Sadreidinova (SU) 4:17.9. 3—Gillian Dainty (UK) 4:18.6; 3000. 1—Chris Benning (UK) 9:00.2. 2—Ilinykh (SU) 9:00.7. 3—Krasnova (SU) 9:01.8; 100H (-1.9). 1—Morgulina (SU) 13.21. 2—Lebedeva (SU) 13.49. 3—Shirley Strong (UK) 13.55; 400H. 1—Tatyana Storozheva (SU) 57.03. 2—Marina Markeyeva (SU) 57.87. 3—Christine Warden (UK) 57.91; HJ. 1—Moira Maguire (UK) 6'1. 2—Serkova (SU) 6'0 $\frac{3}{4}$. 3—Barbara Simmonds (UK) 5'9 $\frac{1}{4}$; LJ. 1—Susan Hearnshaw (UK) 21'9. 2—Morgulina (SU) 20'4 $\frac{1}{2}$. 3—Gillian Reagan (UK) 20'4; SP. 1—Isayeva (SU) 62'6 $\frac{1}{2}$. 2—Akhrimenko (SU) 56'1. 3—Melnikova (SU) 54'4 $\frac{1}{2}$; DT. 1—Melnikova (SU) 212'0. 2—Gorbachova (SU) 199'7. 3—Akhrimenko (SU) 197'5; JT. 1—Tessa Sanderson (UK) 210'1. 2—Fatima Whitbread (UK) 179'1. 3—Jackie Zaslona (UK) 167'5; 4x100. 1—United Kingdom (Barnett - Smallwood - Goddard - Hunte) 44.06. 2—Soviet Union 45.38; 4x400. 1—United Kingdom (Probert - MacDonald - Karen Williams - Smith) 3:32.2. 2—Soviet Union 3:32.6.

UCLA Wins Florida Meet

Tallahassee, Florida, September 29 — UCLA took its troops for a look-see at the site of the National AIAW Championships and was both elated and disappointed. The team was pleased with their rather easy victory as three Bruins trotted across the finish line ahead of the rest of the field, but was disappointed when rain washed out part of the course forcing a change. Greatly-improved Kathy Mintie, transfer from Arizona State, was the individual winner as the Uclans beat such good teams as Florida State, Texas, Alabama and LSU.

RESULTS: 1—Kathy Mintie (UCLA) 16:50.5. 2—Linda Goen (UCLA) 17:41. 3—Linda Broderick (UCLA) 17:42. 4—Cindy Sturm (Ala) 17:53. 5—Kelly Wells (Tx) 17:56. 6—Kathy Moore (FIST) 17:56. 7—Jayne Sweigart (Tx) 17:57. 8—Mary Banks (LSU) 18:02. 9—Sheila Ralston (UCLA) 18:03. 10—Sue Jackson (Ala) 18:22. Scores. 1—UCLA 30. 2—Florida State 53. 3—Texas 61. 4—Alabama 79. 5—Louisiana State 140. Number of finishers — 50.

Lady Lion International

University Park, Pennsylvania, September 22 — The Penn State cross country squad scored an easy win at their own Lady Lion Invitational scoring 28 points to far out-distance runner-up Maryland with 44. Kathy Mills won easily over former Colorado star Dana Slater. Distance was 5000 meters.

RESULTS: 1—Kathy Mills (PS) 17:34. 2—Dana Slater (Warren Street TC) 18:06. 3—Patty Murnane (PS) 18:15. 4—Debra Pavik (Maryland) 18:17. 5—Brigid Leddy (Vil) 18:19. 6—Mary Walsh (Md) 18:26. 7—Peggy Cleary (PS) 18:29. 8—Heather Carmichael (PS) 18:35. 9—Mary Raw (PS) 18:52. 10—Nancy Fitzgerald (Md) 19:01. Scores. 1—Penn State 28. 2—Maryland 44. 3—Cornell 129. 4—Warren Street TC 129. 5—Villanova 129. 6—West Virginia 161. 7—Rhode Island 166. 8—Bucknell 183. 9—Indiana U of Penn. 213. 10—Juniata 486. Number of finishers — 99.

Cal Wins Own Invitational

Berkeley, California, September 22 — The University of California ran 1-2-3-4-5 to wipe out all opposition at the Berkeley Invitational over the 5000 meter course. Jan Oehm won it in 17:46.

RESULTS: 1—Jan Oehm (Cal) 17:46. 2—Susanne Richter (Cal) 18:02. 3—Cindy Schmidt (Cal) 18:05. 4—Lynne Hjelte (Cal) 18:18. 5—Alice Trumbly (Cal) 18:21. 6—Phyllis Ulrich (SJC) 18:28. 7—Rhonda Craig (CSLB) 18:43. 8—Michelle Aubuchon (CS Hay) 18:53. 9—Karey Robinson (CS Hay) 19:00. 10—Cheryl Flowers (Cal) 19:06. . . 24—Doreen Assuma (CSLB) 20:14. Scores. 1—UC Berkeley 15. 2—Cal State Hayward 65. 3—CS Long Beach 71. 4—Sacramento State 134. 5—Nevada/Reno 216. 6—University of San Francisco 256. 7—San Francisco State 266. Number of finishers — 75.

North Carolina State-22, Virginia-33

Raleigh, North Carolina, September 22 — North Carolina State assumed the role as AIAW favorite with an impressive 22-33 win over Virginia. Julie Shea won by about 10 seconds over highly ranked Margaret Groos of Virginia. North Carolina's win is more impressive when the fact that neither Valerie Ford nor Ann Henderson competed. Race was over the 5000 meter route.

RESULTS: 1—Julie Shea (NCS) 16:56.7. 2—Margaret Groos (UV) 17:05. 3—Betty Springs (NCS) 17:28. 4—Mary Shea (NCS) 18:03. 5—Eileen O'Connor (UV) 18:03. 6—Sue Overby (NCS) 18:17. 7—Jill Haworth (UV). 8—Kim Sharpe (NCS) 18:21.

Rittenhouse Wins

Fayetteville, Arkansas, September 28 — Sophomore Jody Rittenhouse easily won the running of the Second Annual Arkansas Invitational, but her efforts were to no avail as Oklahoma from Wichita State and the hometown crew. Although Rittenhouse's time was credited as a new course record, the distance of the race has been kept secret.

RESULTS: 1—Jody Rittenhouse (Ark) 17:51. 2—Siri Bjelland (Ok) 18:25. 3—Maureen Houghton (Ok) 18:33. 4—Nancy Scardina (Un) 18:48. 5—Teena Carr (Ok) 18:57. 6—Tammy Tucker (WS) 18:59. 7—Mavis Curtis (Ok) 19:25. 8—Julia Reed (WS) 19:35. 9—Karen Chance (Ark) 19:45. 10—Jan Spring (WS) 19:47. Scores. 1—Oklahoma 40. 2—Wichita State 48. 3—Arkansas 51. 4—Oklahoma State 90. Number of finishers — 25.

Iowa State Wins Mid-American

Kenosha, Wisconsin, September 29 — Iowa State and Wisconsin/Madison staged a close battle at the TFA/USA Mid-American Collegiate Championships with the ladies from Iowa taking a 27-37 decision. Rose Thompson of Wisconsin partially eased the pain of the loss as she downed ISU's Chris McMeekin for the individual title in 16:49 over the 5000 meter course.

RESULTS: 1—Rose Thompson (Wis) 16:49. 2—Chris McMeekin (ISU) 17:05. 3—Mary Seybold (ISU) 17:22. 4—Suzie Houston (Wis) 17:23. 5—Mary Stepha (Wis) 17:30. 6—Wren Schafer (ISU) 17:35. 7—Diane Vetter (ISU) 17:41. 8—Dawn Buntman (Wis/Stevens Pt) 17:44. 9—Kristen Roberts (ISU) 17:51. 10—Lindy Nelson (SIU/Carbondale) 18:06. Scores. 1—Iowa State 27. 2—Wisconsin/Madison 37. 3—Wisconsin/Stevens Point 103. 4—Southern Illinois/Carbondale 126. 5—Marquette 127. 6—Carroll 178. 7—Loyola 191. 8—Carthage CC 252. 9—Beloit 261. Southwest Michigan and Wisconsin/Milwaukee did not score. Number of finishers — 78.

Results - Results - Results - Results

Busch Wins Beach Run

Long Beach, California, September 23 — Michelle Bush, UCLA freshman, won the annual SPAAAU run on the sand in Long Beach covering the 2½ miles in a good 14:15.

RESULTS: 14/Over (2½-m), 1—Michelle Bush (UCLA) 14:15, 2—Yvonne Yanke (CSLB) 14:43, 3—Lisa Sellon (SCC) 15:31 . . . 15—Mari Gibbs (Un) 17:22; 14/15 (2½-m), Sandra Katzer (Un) 15:16; 12/13 (2m), Theresa Barrios (Un) 11:50; 10/11 (1½-m), Lori Charrette (BA) 9:06; 9 Under (1m), Kristin Harkin (BA) 5:50.

U.S. Women 5th at Lugano Cup

Eschborn, Germany, September 29 — With Sue Liers leading the way, the USA women walkers finished in fifth place at the Lugano Cup behind Great Britain, Sweden, Norway and Australia. Liers finished in 10th place over the 5 kilometer distance.

RESULTS: 1—Marion Fawkes (GB) 22:51, 2—Carol Tyson (GB) 22:59, 3—Thorill Gylder (Nor) 23:08 . . . 10—Sue Liers (USA) 24:02 . . . 19—Chris Sakelarios (USA) 24:50 . . . 22—Sue Brodock (USA) 25:00, 23—Paula Kash (USA) 25:08. Scores, 1—Great Britain 85, 2—Sweden 74, 3—Norway 69, 4—Australia 64, 5—USA 48, 6—Germany 38, 7—France 36, 8—Italy 26, 9—Switzerland 14, 10—Denmark 12.

St. Olaf Wins

St. Paul, Minnesota, September 29 — Jan Ensrud continued her fine 1979 running by winning the individual title over the 5000 meter course on the University of Minnesota Golf Course as she and her teammates won over three other squads. All four teams were close in the scoring over the grassy, wet course.

RESULTS: 1—Jan Ensrud (SO) 18:05.5, 2—Lori Bocklun (SDakSt) 18:09, 3—Beth Stronge (SO) 18:15, 4—Marybeth Spencer (Un) 18:22, 5—Leslie Seymour (SO) 18:28, 6—Rocky Racette (Minn) 18:38, 7—Gail Rusch (Wis/LaCrosse) 18:43, 8—Tammy McGrane (Minn) 18:46, 9—Cindy Sargent (SDS) 18:50, 10—Terri Wegner (Minn) 18:54. Scores, 1—St. Olaf College 49, 2—University of Minnesota 52, 3—University of Wisconsin/LaCrosse 58, 4—South Dakota State 66. Number of finishers — 63.

Hartwick Invitational

Oneonta, New York, October 29 — Hartwick joined the list of teams winning their own invitational meets as they outscored six other institutions with 42 points. Race was 5000 meters.

RESULTS: 1—Leslie Price (Alb) 20:18.7, 2—Vicky Kraft (Syr) 20:36, 3—Mary Anne Person (Un), 4—Carrie Paige (Hart) 21:55, 5—Susan Guilfoil (Syr) 21:53. Scores, 1—Hartwick 42, 2—Syracuse 59, 3—Albany 67, 4—St. Lawrence 95, 5—Hamilton 140, 6—Oneonta 162, 7—Union, no score. Number of finishers — 46.

Women's Track World



Molly Morton (U. Oregon) winning 5000 m.

PHOTO BY M. BAILEY

Penn State Wins Triangular

East Lansing, Michigan, September 29 — Penn State, with Kathy Mills back in harness, scored an easy win over Wisconsin and Michigan State over the 5000 meter course for the Lady Spartan Invi-

tational. All five of Penn State's scoring runners were in the top seven with Mills nearly a half minute in the lead.

RESULTS: 1—Kathy Mills (PS) 17:31.2, 2—Heather Carmichael (PS) 18:00, 3—Patti Murnane (PS) 18:07, 4—Marty McElwee (W) 18:14, 5—Peg Cleary (PS) 18:20. Scores, 1—Penn State 18, 2—Wisconsin 40, 3—Michigan State 68. Number of finishers — 27.

Results - Results - Results - Results

Virginia Edged Penn State

Charlottesville, Virginia, October 6 — In a battle of the "biggies", the University of Virginia, led by Margaret Gross' win over Kathy Mills, scored a one point triumph over visiting Penn State. Virginia finished 1-4-5-7-10 with the Pennsylvania lasses 2-3-6-8-9. Distance was 5000 meters.

RESULTS: 1—Margaret Gross (V) 16:44.8, 2—Kathy Mills (PS) 17:20, 3—Heather Carmichael (PS) 17:33, 4—Aileen O'Connor (V) 17:37, 5—Jill Haworth (V) 17:53, 6—Patty Murnane (PS) 18:07. Number of finishers — 21.

Cal Tough at Fresno Invitational

Fresno, California, October 5 — UC Berkeley established itself as one of the nation's top cross country teams by whipping 12 other squads to win the running of the Annual Fresno Invitational. Berkeley won easily over Cal Poly/San Luis Obispo, 26-63 with the other teams far behind. Individual winner was Cal Poly's Maggie Keyes who won by nine seconds and set a new course

mark over the three mile distance in 16:23.2.

RESULTS: 1—Maggie Keyes (CP/SLO) 16:23.2, 2—Jan Oehm (Cal) 16:32.1, 3—Cindy Schmandt (Cal) 16:42.5, 4—Kim Schnurpfel (Stan) 16:44, 5—Lyne Hjelte (Cal) 16:48, 6—Alice Trumbley (Cal) 16:59, 7—Phyllis Olrich (SJ Cindergals) 17:09, 8—Michelle Aubuchon (CS Hayward) 17:16, 9—Roxanne Bier (SJC) 17:18, 10—Pam Cox (Cal) 17:19, 11—Kathy Perkins (CP/SLO) 17:20, 12—Eileen Kramer (CP/SLO) 17:28, 13—Ann Thrupp (Stan) 17:31, 14—Ann Regan (West Valley) 17:38, 15—Connie Hester (CS Hayward) 17:39... 19—Laurie Hagopia (Cal Lutheran) 17:54... 24—Tena Annex (Aggie RC) 18:01... 32—Marcia Romesser (Aggie RC) 18:24... 48—Dana Spurrier (Cal) 18:47. Scores, 1—UC Berkeley 26, 2—Cal Poly/SLO 63, 3—CS Hayward 95, 4—San Jose Cindergals 114, 5—Stanford 137, 6—Cal Lutheran 190, 7—Sacramento State 222, 8—Aggie TC 232, 9—West Valley College 235, 10—Arizona State University 246, 11—Nevada/Reno 314, 12—CS Bakersfield 326, 13—Fresno TC 390. Number of finishers — 112.

Rutgers Invitational

New Brunswick, New Jersey, October 6 — Maryland edged Florida State 57-61 for the title at the Rutgers Invitational. Princeton, competing without Lynn Jennings, was third.

RESULTS: 1—Brigit Leddy (Vil) 17:19, 2—Seeger (Rut) 17:38, 3—Walker (Md) 17:45. Scores, 1—Maryland

57, 2—Florida State 61, 3—Princeton 81, 4—Massachusetts 118, 5—Rutgers 120. Sixteen teams participated.

Iowa State Rolls On

Ames, Iowa, October 5 — The only school to ever win the AIAW cross country championship, Iowa State University, started right off again in 1979 under a new coach by winning its own Invitational over nine other institutions. Scottish import Chris McMeekin took individual honors by almost as large a margin as her teammates annexed the team title. McMeekin finished 25 seconds ahead of St. Olaf's Jan Ensrud and the St. Olaf team was second in scoring with 102 points — to 30 for the Cyclones.

RESULTS: (5000m), 1—Christine McMeekin (ISU) 17:39.8, 2—Jan Ensrud (SO) 18:05, 3—Lori Bocklund (S.Dak.St) 18:05, 4—Mary Seibold (ISU) 18:18, 5—Wren Schafer (ISU) 18:27, 6—Leslie Seymour (SO) 18:34, 7—Beth Strong (SO) 18:34, 8—Eileen Casey (SW Missouri St) 18:41, 9—Dianne Vetter (ISU) 18:44, 10—Cindy Sargent (SDakSt) 18:46... 14—Bridget Seip (ISU) 18:57... 22—Kitty Ho (Drake) 19:15... 41—Sandy Denoon (Drake) 19:49... 64—Kay Stormo (Iowa) 20:53. Scoring, 1—Iowa State University 30, 2—St. Olaf 102, 3—Central Iowa 118, 4—South Dakota State 122, 5—Iowa 129, 6—Drake 145, 7—University of Wisconsin/La Crosse 148, 8—Southwest Missouri State 226, 9—North Dakota State 243, 10—Nebraska 244. Number of finishers — 91.

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Utah Invitational Won by Minnesota

Ogden, Utah, October 5 — The University of Minnesota travelled to Utah to win a close battle with Montana State for the Utah Women's Intercollegiate Invitational, 43-47. The University of Northern Colorado's Judy McCreery won the 5000 meter race in 17:55 at the 4500 foot high course.

RESULTS: 1—Judy McCreery (UNC) 17:55, 2—Lauri Adams (Mont) 18:09, 3—Laura Holm (Mont) 18:33, 4—Rocky Racette (Minn) 19:03, 5—Tammy McGrane (Minn) 19:07, 6—Terri Wegner (Minn) 19:17, 7—Theresa Pidcock (Utah) 19:30, 8—Pam Crockett (Utah) 19:30, 9—Christy Daleabout (Utah) 19:36, 10—Jeri Butt (UNC) 19:41. Scores, 1—University of Minnesota 43, 2—Montana State 47, 3—Idaho State 94, 4—Utah 94, 5—Northern Colorado 113, 6—Weber State 160, 7—Brigham Young 167, 8—Utah State 191. Number of finishers — 65.

Arizona Wins Cal Invitational

Berkeley, California, October 6 — Twelve teams toed the starting line for the California Invitational, but eyes were on only two — the University of Arizona and the University of California. Chris Murray's forces won it with 5-6-8-9-11 places (39 points) to the 2-4-7-16-19 finishes (48 points) for the hometowners. To even things out, it must be reported that Cal's top runner, Jan Oehm, did not compete. As has become the habit in California this year, Maggie Keyes of Cal Poly/San Luis Obispo won the race breaking Dana Slater's meet record by 10 seconds and Julie Brown's course record by five.

RESULTS: 1—Maggie Keyes (CP/SLO) 17:33, 2—Cindy Schmidt (Cal) 17:48, 3—Kim Schnurpfeil (Stanford) 17:53, 4—Alice Trumbley (Cal) 18:06, 5—Joy Hansen (Ariz) 18:09, 6—Tere Wierson (Ariz) 18:10, 7—Lynne Hjelte (Cal) 18:10, 8—Joan Hansen (Ariz) 18:12, 9—Marjorie Kaput (Ariz) 18:30, 10—Suzanne Arfman (OreSt) 18:30, 11—Michelle Aubuchon (CS Hayward) 18:33, 12—Ann Thrupp (Stanford) 18:35. Scores, 1—Arizona 39, 2—California 48, 3—Cal Poly/San Luis Obispo 73, 4—Stanford 126, 5—CS Hayward 134, 6—Oregon State 151, 7—Montana 151, 8—New Mexico 217, 9—California "B" 255, 10—West Valley TC 29'86, 11—Hayward "B" 314, 12—Stanford "B" 338. Number of finishers — 80.

Hayward Invitational

Hayward, California, October 20 — Cal State Hayward won its own Invitational as it defeated 14 other teams, scoring a low of 23 points. Chico's Jill Symons won the individual title, but Hayward clumped across the finish line in 2-3-4-5 places to clinch the win. Runner-up team was California's "B" squad as their varsity runners were competing elsewhere.

RESULTS: (5000m), 1—Jill Symons (Chico) 17:28, 2—Michelle Aubuchon (Hayward) 17:50, 3—Connie Hester (Hayward) 18:00, 4—Stefani Stout (Hayward) 18:08, 5—Franie Castro (Hayward) 18:13, 6—Dana Spurrier (Cal) 18:55. Scores, 1—Cal State Hayward 23, 2—California 57, 3—Woodside Striders 73, 4—Chico State 117. Number of finishers — 91.

Women's Track World



Kim Merritt

PHOTO BY JEFF JOHNSON

Bremser TFA/USA National Champ

Kenosha, Wisconsin, October 20 — Veteran Cindy Bremser took individual honors as the Track and Field Association/USA staged its National Championships on the University of Wisconsin three-mile course. Bremser won by a wide margin from Kim Merritt. The University of Wisconsin/Madison took the team title with 16 points to 45 for the University of Minnesota, the only other full team in the competition.

RESULTS: 1—Cindy Bremser (Wisconsin United TC) 16:45.4, 2—Kim Merritt (Birdlegs TC) 17:22, 3—Bev Rolland (Westerwood TC) 18:08, 4—Sally Zook (Wis) 18:17, 5—Laura Koterba (Florissant Valley TC) 18:24. Number of finishers — 33.

Big 10 Title to Wisconsin

Iowa City, Iowa, October 21 — Although Purdue snuck Alanna McCarthy and Diane Bussa into the second and third slots, the University of Wisconsin/Madison had no trouble winning the Big Ten title 30-46 over runner-up Boilermakers. Wisconsin's Rose Thompson took the number one spot with a new course record of 17:30.8 for the 5000 meters.

RESULTS: 1—Rose Thompson (W) 17:30.8, 2—Alanna McCarthy (P) 17:48, 3—Diane Bussa (P) 17:57, 4—Mary Stepka (W) 18:14, 5—Cynthia Wadsworth (MSU) 18:16, 6—Suzie Houston (W) 18:22, 7—Lisa Berry (MSU) 18:23, 8—Ann Mulrooney (W) 18:25, 9—Kelly Spatz (MSU) 18:31, 10—Rocky Racette (M) 18:42. Scores, 1—Wisconsin 30, 2—Purdue 46, 3—Michigan State 60, 4—Iowa 155, 5—Ohio State 159, 6—Minnesota 171, 7—Indiana 176, 8—Michigan 176, 9—Illinois 208, 10—Northwestern 293. Number of finishers — 68.



Kathy Mintie

PHOTO BY DOUG SCHWAB

Bonnie Bell Title to Groos

Boston, Mass., October 8 — Margaret Groos from the University of Virginia ran the fastest 10k ever by an American in a road run to win the annual Bonnie Belle 10k title with a time of 32:47. Lynn Jennings, the 1977 winner at age 17, was second in 33:41 with defending champion Joan Benoit third in 34:12. More than 5000 female runners took part in the race ranging from 6-year-old Kara Schultz (1:04:00) to 78-year-old Ruth Rothfarb (1:06:00). Three countries and 32 states were represented.

RESULTS: 1—Margaret Groos (Va) 32:47, 2—Lynn Jennings (Ma) 33:41, 3—Joan Benoit (Me) 34:12, 4—Shauna Miller (Can) 34:43, 5—Kim Merritt (Wi) 34:48, 6—Dia Elliman (Ma) 35:01, 7—Michele Bush (Ca) 35:01, 8—Anne Sullivan (RI) 35:23, 9—Diane Soroll (Can) 35:45, 10—Marjorie Bessel (NY) 35:56, 11—Karen Bridges (Ok) 36:10, 12—Kathy McIntyre (NY) 36:13 . . . 17—Roxanne Bier (Cal) 36:42. Team champion, Liberty AC.

Willamette Invitational

Salem, Oregon, October 13 — Powerful University of Oregon flexed its muscles at the Willamette Invitational and placed the first six collegiate finishers to dominate the competition, winning with 20 points to runner-up Oregon State's 63. Ten teams took part in the three mile competition. Oregon Track Club's Robin Baker was the individual winner in 16:21, some 12 seconds ahead of the first collegian, Oregon's Judi Parker.

RESULTS: 1—Robin Baker (OTC) 16:21, 2—Judi Parker (Ore) 16:33, 3—Cherri Williams (Ore) 16:45, 4—Eryn Forbers (Ore) 16:46, 5—Leann Warren (Ore) 16:54, 6—Katy Mountain (Ore) 16:55, 7—Joan Hopfenspirger (Ore) 17:14, 8—Ronda Burnette (ECSU) 17:18, 9—Susan Arfman (OSU) 17:23, 10—Allison Snow (Ore) 17:25, 11—Kathy Weston (OSU) 17:34 . . . 23—Kathy Costello (OSU) 18:07 . . . 39—Janet Heinonen (OTC) 18:43. Scores, 1—University of Oregon 20, 2—Oregon State 63, 3—Linfield 135, 4—Oregon Track Club 173, 5—Lam CC 176, 6—Oregon College of Education 226, 7—Whitworth 246, 8—L&C 253, 9—Willamette 273, 10—George Fox 352. Number of finishers — 95.

Iowa State Wins Saluki Invitational

Carbondale, Illinois, October 13 — Continuing to roll along, the Iowa State University cross country squad added the Saluki Invitational title to their 1979 laurels. Chris McMeekin and Wren Schafer took the first two places as the Cyclones defeated 16 other teams for the championships over the 5000 meter, hilly course.

RESULTS: 1—Chris McMeekin (ISU) 18:01.4, 2—Wren Schafer (ISU) 18:38, 3—Lisa Berry (MichSt) 18:48, 4—Cynthia Wadsworth (MSU) 18:49, 5—Jill Washburn (MSU) 18:57, 6—Diane Vetter (ISU) 18:59, 7—Robin Smith (EIU) 19:00, 8—Krista Roberts (SU) 19:01, 9—Kelly Spatz (MSU) 19:04, 10—Laura Brewer (Murray State) 19:10 . . . 14—Bridget Seip (ISU) 19:14 . . . 17—Rocky Racette (Minn) 19:23. Scores, 1—Iowa State 30, 2—Michigan State 37, 3—Western Illinois 110, 4—Minnesota 171, 5—Illinois State 175, 6—Illinois 190, 7—Indiana State 201, 8—Eastern Illinois 217, 9—Southern Illinois 249, 10—Ohio State 251, 11—Murray State 278, 12—Southwest Missouri State 299, 13—Southwest Missouri State 354, 14—Eastern Kentucky 366, others including Southern Illinois/Edwardsville, Memphis State and Washington University. Number of finishers — 111.

Riverside Wins at Bakersfield

Bakersfield, California, October 13 — The University of California at Riverside, long a patsy for the powerful southern California collegiate teams, made a sharp U-turn for the 1979 season, winning the five team competition at Cal State Bakersfield with 46 points. Host Bakersfield also scored 46, but Riverside's 5th runner finished in 14th position, six spots ahead of the Bakersfield fifth lass. Course was 5000 meters.

RESULTS: 1—Maria Albert (UCR) 17:59, 2—Ramirez (CSB) 18:32, 3—Schubert (Loyola-Marymount) 18:41, 4—DeAndea (CP/P) 18:57, 5—Dunbar (CSB) 19:00. Scores, 1—UC Riverside 46, 2—CS Bakersfield 46, 3—Cal Poly/Pomona 65, 4—Loyola-Marymount 76, 5—Westmont 112. Number of finishers — 35.

Iowa Nips Michigan

Edwardsville, Illinois, October 13 — Iowa State continued its unbeaten ways, but by a slim margin as they won the Invitational Cross Country Meet here today with 30 points to nip Michigan State by seven points. Fourteen teams took part.

Iowa State's Chris McMeekin led the parade with an 18:01.4 clocking over the 5000 meters.

RESULTS: 1—Chris McMeekin (ISU) 18:01.4, 2—Schafer (ISU) nt, 3—Berry (MSU) 18:46, 4—Wadsworth (MSU) nt, 5—Washburn (MSU) 18:59, 6—Vetter (ISU) nt, 7—R. Smith (EIU) 19:00, 8—Roberts (ISU) nt, 9—Spatz (MSU) 19:04, 10—Buddenbaum (ISU) 19:11 . . . 13—Seip (ISU) nt. Scores, 1—Iowa State 30, 2—Michigan State 37, 3—Western Illinois 110, 4—Minnesota 171, 5—Illinois State 175, 6—Illinois 190, 7—Indiana State 201, 8—Eastern Illinois 217, 9—Southern Illinois 249, 10—Ohio State 251, 11—Murray State 278, 12—Southwest Missouri 299, 13—Southwest Missouri 354, 14—Eastern Kentucky 366. Number of finishers — 91.

Reedley Road Run

Reedley, California, October 13 — Taiwan's Lee Su-Mei won the 14th running of the Reedley Road Run covering the 2½ mile course in 15:24.2, a minute and 35 seconds in front of runner-up Michelle Gauche. The Reedley Run, one of the most popular of weekend cantors, is conducted as a part of the annual Reedley Fiesta and goes up and down the main street of the town with thousands of spectators eyeing the runners during the entire course.

RESULTS: 14/Over (2½m). 1—Su Mei Lee (SCRR) 15:24.2. 2—Michelle Gauche (SCRR) 16:59. 3—Lenelle Was Kow (SCRR) 17:38; 12/13 (2m). Sonia Cooper (SCRR) 12:22.9; 10/11 (1½m). Carol Doody (SCRR) 9:28.1; 9/Under (1m). Jenell Gomez (SCRR) 6:13.8.

Bremser Wins Tom Jones Invitational

Madison, Wisconsin, October 13 — Cindy Bremser, running for Wisconsin United, easily won the Tom Jones Invitational run over the four miles in 22:14. The University of Wisconsin/Madison took the team title with little competition.

RESULTS: 1—Cindy Bremser (WU) 22:14. 2—Rose Thompson (W/Mad) 22:26. 3—Kim Merritt (Bird Legs TC) 22:42. 4—Sandi Grove (W/Mad) 23:18. 5—Ann Mulrooney (W/Mad) 23:26. Scores. 1—Wisconsin/Madison 28. 2—Wisconsin United 79. 3—South Dakota State 96. 4—Wisconsin/LaCrosse 169. 5—Wisconsin/Eau Claire 184. Number of finishers — 45.

Lady Vol Invitational

Knoxville, Tennessee, October 15 — As is so often the case, the University of Tennessee won its own Invitational here today with 34 points, 10 less than runner-up Kentucky. Wake Forest was a distant third with 75 points. Tennessee placed 1-2-3- and had seven of the first nine places to clinch their victory.

RESULTS: 1—Linda Portasik (T) 17:58. 2—Shannon Cline (T) 18:05. 3—Miriam Boyd (T) 18:24.

Cal Poly Conference Champion

Morro Bay, California, October 20 — Maggie Keyes, with her fourth consecutive weekend of breaking records, led her Cal Poly/San Luis Obispo team to a double win as the green and gold runners not only took their Conference title, but also added the Open title in this double race. Keyes was almost 25 seconds ahead of her closest rival, Kim Schnurpfeil of Stanford, and the team was just as far ahead of all the others. Distance was 5000 meters.

RESULTS: 1—Maggie Keyes (CP/SLO) 17:30. 2—Kim Schnurpfeil (St) 17:54. 3—Kathy Perkins (CP/SLO) 18:18. 4—Eileen Kramer (CP/SLO) 18:25. 5—Ann Thrupp (St) 18:35. 6—Kate Keyes (CSN) 18:39. 7—Sheila O'Donnell (CP/SLO) 18:47. 8—Janice Kelley (CP/SLO) 18:51. 9—Carol Keller (CSN) 19:02. 10—Ann Wotherspoon (St) 19:07. Scores (Open Division). 1—Cal Poly/SLO 23. 2—Stanford 47. 3—CS Northridge 70. 4—Aggie RC 143. 5—UC Santa Barbara 143. 6—Cal Poly/Pomona 202. 7—CS Bakersfield 213. 8—UC Irvine 213. 9—Bakersfield College 266. Number of finishers — 64.

Women's Track World



Kathy Mills PHOTO BY CYNTHIA HARMON

Penn State Wins Penn Open

University Park, Pennsylvania, October 13 — Penn State scored another 1-2-3 finish, this time without Kathy Mills, to easily win the Penn State Open cross country race over the 5000 meter course.

RESULTS: 1—Heather Carmichael (PS) 18:15. 2—Patty Murnane (PS) 18:21. 3—Peggy Cleary (PS) 18:39. 4—Kris Bankes (AthAttic) 18:48. 5—Lynne Strauss (NVTC). Scores. 1—Penn State 20. 2—Nittany Valley TC 61. 3—Slippery Rock 75. 4—Jane's Jets 80. 5—Bloomsburg State 145. 6—Slippery Rock "B" 147. 7—Happy Valley TC 165. 8—Nittany Cross Country 203. Number of finishers — 51.

Hayward Wins Golden State Title

Sacramento, California, October 27 — Cal State Hayward dominated the Golden State Conference Championship as it placed 2-3-4 and waltzed off with the team title scoring just 24 points to runner-up Cal State Sacramento's 66. Chico's Jill Symons continued her domination of individual titles in this region as she won the 5000m race in 17:43, four seconds ahead of Hayward's Michelle Aubuchon.

RESULTS: 1—Jill Symons (Chico) 17:43. 2—Michelle Aubuchon (Hay) 17:47. 3—Franie Castro (Hay) 18:08. 4—Connie Hester (Hay) 18:19. 5—Mary Anne Scannell (Sac) 18:24. Scoring. 1—Cal State Hayward 24. 2—Cal State Sacramento 66. 3—Cal State Chico 85. 4—Humboldt State 95. 5—UC Davis 100. 6—Sonoma State 173. 7—San Francisco State 198. Number of finishers — 58.

Mintie Wins Over Maggie Keyes

Rocklin, California, November 3 — Kathy Mintie of UCLA scored a mild upset when she defeated Maggie Keyes to win the individual title at the AIAW Region 8 Championships. Mintie, a transfer from Arizona State, clocked a fine 16:17 over the 5000m course to wallop Keyes, who has been burning up the xc courses all year, by a huge 33 seconds. As expected, California won the team title followed by Arizona and UCLA. More details in our next issue.

RESULTS: (Division 1) 1—Mintie (UCLA) 16:17. 2—Maggie Keyes (Cal Poly/SLO) 16:50. 3—Oehm (Cal) 16:53. 4—Trumbly (Cal) 17:14. 5—Hansen (Ariz) 17:18. Scores. 1—California 44. 2—Arizona 51. 3—UCLA 70. (Division 2) 1—Albert (UC Riverside) 18:12. 2—Thrupp (UCSB) 18:41. 3—Martel (UCSB). Scores. 1—Cal State Bakersfield 36. 2—Nevada/Reno 47. 3—UC Riverside 64. (Division 3) 1—Symons (Chico) 17:43. 2—Aubuchon (CS Hayward) 17:50. 3—Hester (CS Hayward) 18:03. Scores. 1—CS Hayward 35. 2—Cal State Sacramento 58. 3—Cal Lutheran 100.



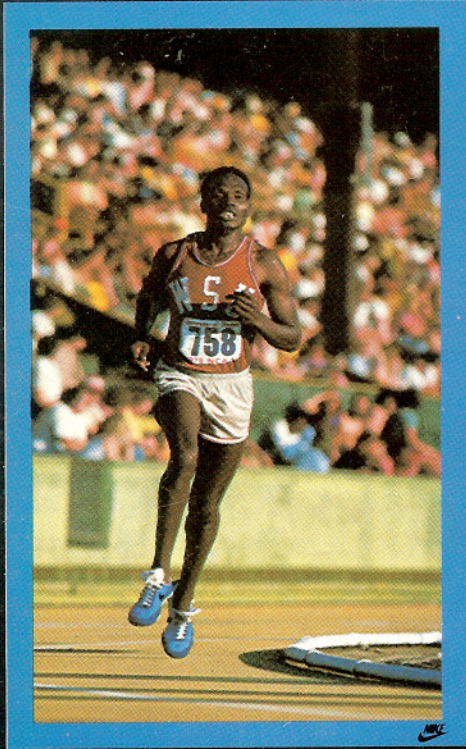
Christine McKeekin PHOTO BY ED LACEY



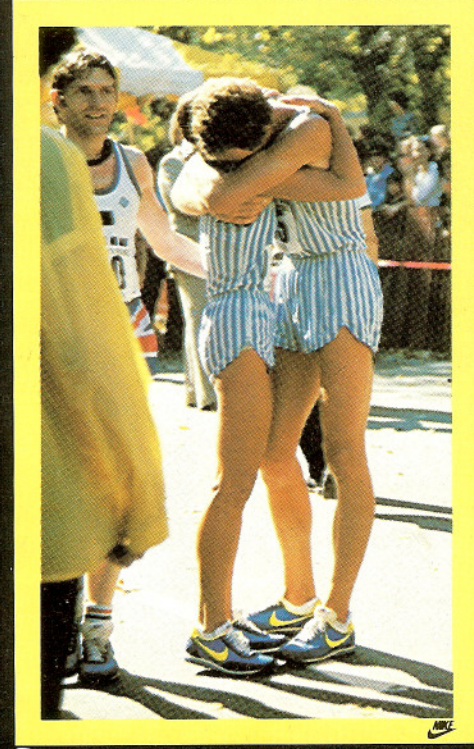
A.



B.



C.



D.

A. Roadrunning,
Deschutes River, Oregon.

B. "Battle of Atlanta,"
the Peachtree 1978.

C. Rono.

D. Finish, N.Y.C. Marathon 1978.

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