

WOMEN'S TRACK & FIELD WORLD

Vol. 15, No. 8

Oct. 1982

\$1.50



**THE ONLY PUBLICATION IN THE WORLD
DEVOTED EXCLUSIVELY TO WOMEN'S TRACK AND FIELD**

REEL OFF

Let's talk about pressure. During this past week, two examples of pressure have come to my attention. One concerns one of the USA's brightest prospects for an Olympic medal - Mary Decker Tabb. The other case concerns a teen ager with potential who is headed only for unhappiness and disappointment - she is being pushed into a campaign by her father to "make" the 1984 Olympic team and has an established "campaign fund" of five figures to pay for her training and travel up to the Olympics. She shall remain nameless - she's going to have enough troubles!

We have talked with several individuals about both of these fine athletes, so the words written here reflect not only my personal opinion, but those of a high school coach, an international coach and an established sports reporter.

How about Decker? Great balls of fire, America, get off her back! Two national sports magazines recently carried Mary's picture on their cover. Sports Illustrated, with it's well-known 'hex' pictured her shortly before she had her leg in a cast again. (Right before their coverage of the Atlanta Braves - who promptly lost 16 of their next 18 games). Next came "Runner's World" with a nice photo - but across the cover was the question "Will Mary Decker Tabb win the Gold Medal?"

Of all the athletes in the USA who could stand up under this kind of pressure, Mary Decker is the one. We have known her since she was a little squirt and used to spit over her right shoulder to keep opponents from passing her - this pressure will not get to or bother

Mary - **BUT**, it will certainly influence the populace of the country. The public is not used to seeing Mary Decker running behind in a race. They will see this in '84. Her race will be competitive and there is a good chance the Soviets, who will undoubtedly have three finalists, will come up with some tactics and strategy aimed at Mary. What if Mary loses? It won't upset Mary, but the public will utter a loud cry and will remember such headlines as "Will Mary Decker Tabb Win the Gold Medal". Let's leave her, (and our other possibilities) alone. If she wins, run up the flag. If she doesn't, your magazines will still sell. Mary Decker Tabb has been through all this before. She will be all right win or lose, but don't put the pressure on her. Remember the 'cinch' victory predicted in the 800 at Mexico City? Vera Nikolicevic of Czechoslovakia was the cinch and her country boomed that news to the world for weeks. So what happened? Nikolicevic walked off the track while leading her semi-final heat. The pressure was too much. No one wants to win that gold medal more than Mary. Let's let her do it her way and leave her alone.

The second case of pressure is pathetic. A high school girl, talented but far from outstanding, is being pushed by parents, coaches and home townspeople into a campaign designed to making the 1984 Olympic team. This endeavor can only end in failure, disappointment and guilt. I have seen the whole routine many times and she is doomed. She will not make the 1984 Olympic team and can only end up with the huge guilt feeling of having let her parents, coaches and townspeople down. The 'fund' established for her training will be one of the biggest causes of guilt feelings.

There is no doubt but this athlete has potential, but I can tell her and her backers she will not make the 1984 Olympic team. If she

Continued on page 11

Editor & Publisher - Vince Reel

HIGH SCHOOL EDITOR - Rich Ede (714) 624-1484
ROAD RUNNING EDITOR - Jack Welch 8503) 641-6453
ADVERTISING DIRECTOR - Jane Stary 8714) 624-5955

PHOTOGRAPHERS: Jeff Johnson, Cindy Collins, Bill Leung, Jr., Tony Duffy (England), Mike Bailey (Canada), Gladys Chai (Malaysia), Dodie Bump.

CORRESPONDENTS: South America - Gerardo Bonhoff; Austria - Erich Kemper; Australia - Bernie Cecins; Belgium - Nic Lemmens; Canada - Lyle Sanderson, Ted Radcliffe; Denmark - Palle Lassen; Czechoslovakia - Alfred Janacky, Jan Popper, Milan Skocovsky; Finland - Torsten Lindquist; France - Andre Alberty; Africa - Yves Pinaud; East Germany - Ernst Elert, Wolfgang Gitter; West Germany - Heinz Cavalier, Max Heilrath, Fritz Steinmetz; Asia - Rolf von der Laage; Greece - Matthew Artavans; England - Andrew Huxtable, Mel Watman; Holland - J. Koumens; Hungary - Gabriel Szabo; Iceland - Oren Eidson; Israel - Abraham Green; Italy - Luigi Mengoni, Roberto Quercetani; Japan - Atsushi Hoshino, Wakaki Maeda; Malaysia - Gurbaksh Singh Kler; Philippines - Sy Yinchow; Puerto Rico - Fernando Rodil; Norway - Erik Aarset, Einar Otto Oren; Romania - Nicolae Marasescu; South Africa - Gert Le Roux; Spain - Alfonso Posada Sanchez; Jose Corominos; Sweden - Ove Froberg; Turkey - Turhan Goker; USSR - Anatoli Kashcheyev, Ilya Lokshin, Vladimir Otkalenko; West Indies - Richard Ashenheim; Yugoslavia - Leo Lang; USA - Lester B Hanson and 1000 SID's.

"Women's Track and Field World" (second class pending) is published monthly for \$14 per year by S. F. Vincent Reel, PO Box 371, Claremont, California 91711.

Cover photo by G. David Brown.



Apologies to Howard University. The 3:38.29 mark for the 4x400 listed in our 1982 outdoor marks as being made by Harvard, was actually made by Howard. The result sheets give us reason however, for they listed the school as Harvard...National Age Group Cross Country Championships are set for November 6 at Wisconsin/Parkside...New assistant coach at Western Kentucky is Bob Kohl. Kohl comes from Bowling Green High School...New track coach at University of California (Berkeley) is Tony Sandoval. Sandoval has been head coach at the University of New Mexico since 1975. I don't know what Tony plans to do at Cal, but I can tell him something NOT to do if he should ask...That leaves New Mexico without a coach. But not for long. New coach there will be Michael MacEachen who comes to Albuquerque from, of all places, Berkeley, where he was assistant to former coach Vern Gambetta....

Russia staged its "Middle Distance/Long Distance Championships" in Kiev on July 25/27. We won't bore you with a lot of Russian names, we'll just give you the winner and the times of the 'losers': 800 won by Olga Mineyeva in 1:57.41 followed by times of 1:57.68, 1:57.85, 1:58.08, 1:58.09, 1:59.64; Another Olga won the 1500, Dvira with the second fastest time ever at 3:54.23 followed by times of 3:56.14, 3:56.50, 3:57.05, 3:58.17 and 4:00.53; Svetlana Ulmasova won the 3000 in a new world record time of 8:26.78 and she was followed by times of 8:29.36, 8:33.40, 8:35.20, 8:35.31, 8:35.74, 8:37.04 and 8:42.96; Anna Dmoradskaya set a new European record winning the 10k in 31:48.23 with place winners at 31:55.02, 32:04.88, 32:36.05 and 32:36.96. That's what is known as a "Distance Corps".

Jarmilla Kratochvilova ran a 49.03 400 in Prague last month, but that wasn't the story. She passed the 100 meters in 11.3, the 200 in 22.3 and the 300 in 34.2. That means she ran consecutive 100's in 11.3-11.0-11.9 and 14.8. Just wait until she gets that fourth 100 cut down to size!...Doina Melinte turned in the season's best 800 at 1:55.05...New javelin record holder's full name is Ilse Kristiina Lillak. She's 5'10 1/4 and 160...Another European has been making tracks. This time it's Romania's Natalia Puica who turned in a couple of PR's at age 32, (born 29 July 1950). Puica ran the 1500 in 3:57.48 and the 3000 in 8:33.78 within the space of seven days...Well known Romanian Natalia Marasescu is now Natalia Betini.

Let's throw in a few gems about names: Their names indicate they could be twins, but they aren't. Heide and Hilke Skaden are 44 and 19 years of age...We credited Tennessee's Patricia Walsh with a 12.21 century and a 147'11 javelin throw along with a good mark for a win in the discus at an international meet. Seems there are THREE Walsh persons. Pat only threw the disc - and that removes her from our "All-Around Throwers" contest...But back to the names. We'll titillate you with Twyla Willis and Sandy Fitzwater, both marathoners, Terkerler Shegog and 800 runner Bipass Bose of South Bend who must have been named in honor of her father's operation.

Garry Hill, TRN Editor says, "I kinda hate to

Continued on page 12

ALL-TIME ALL-AROUND THROWER

We have had good response to our "All-Around Thrower" contest, best of which has come from that old statistician Calvin Brown who has sent us his "All Time All-Around Thrower" standings. Therefore we have combined his report with our 1982 standings and now establish a permanent chart for these shot-discus-javelin stalwarts. Please send additions and corrections to WTFW, PO Box 371, Claremont, California 91711. For the present we have listed all those whose combined marks total more than 300 feet, but for future consideration, we will keep a record of only the top 15.

1-Gindy Crapper (Ky/Can)	49'6 (81)	164'10 (81)	181'10 (82)	396' 2
2-Kate Schmidt (POC)	42'7 (Un)	136' 8 (82)	227' 5 (77)	386' 8
3-Carol Cady (Stanford)	50'0 (82)	179' 0 (82)	141' 3 (82)	370' 3
4-Cecil Hansen (Ok/Nor)	53'4 (81)	152'11 (81)	152' 8 (81)	358'11
5-Mary Hyden (Missouri)	53'4 (82)	165' 0 (82)	140'11 (82)	352' 5
6-Jacque Nelson (UCLA)	41'2 (82)	128' 9 (82)	173'11 (80)	343'10
7-Susie Ray (UCLA)	49'3 (81)	112' 8 (82)	173' 7 (82)	335' 6
8-Ramona Pagel (CSLB)	53'4 (82)	161' 3 (81)	118' 7 (82)	333' 2
Jody Smith (W.Virginia)	45'9 (82)	153' 5 (82)	134' 0 (82)	333' 2
10-Sarah Albers (N.Colorado)	46'6 (81)	142' 4 (82)	142' 9 (82)	331' 7
11-Peggy Pollock (CSLB)	51'8 (82)	137' 6 (82)	141'10 (82)	331' 0
12-Alma Cobb (Army)	42'11(82)	150'11 (82)	135' 0 (82)	328'10
13-Carla Garrett (Alb,DD)	42'6 (82)	152' 1 (82)	133' 5 (82)	328' 0
14-Laura DeSnoo (San Diego St)	44'0 (81)	169' 7 (82)	113' 7 (82)	327' 2
15-Jo Beth Palmer (Texas)	49'4 (82)	160' 5 (82)	116' 2 (82)	325'11
16-Pam Schmidt (Midland, Nb)	42'9 (82)	146'11 (82)	135' 5 (82)	325' 1
17-Nini Davis (St.John's)	52'7 (82)	144' 6 (82)	127' 7 (82)	324' 8
18-Pia Iacova (Alabama)	47'7 (82)	177'10 (82)	95' 5 (82)	317'10
19-Monica Wren (CP/P)	40'0 (82)	128' 9 (82)	142' 6 (82)	311' 3
20-Tonya Alston (UCLA)	45'7 (81)	130' 8 (78)	132' 9 (82)	309' 0
21-Carol Hall (CP/P)	39'7 (82)	129' 6 (82)	139' 0 (82)	308' 1
22-Kris Benzie (N.Dak.State)	41'7 (82)	130' 9 (82)	134' 5 (82)	306' 9
23-Bonnie Dasse (Vit.Plus)	47'9 (82)	123' 4 (82)	133' 3 (82)	304' 4
24-Liint (Sw State Un)	40'9 (82)	138' 6 (82)	122'11 (82)	302' 2
25-Annie McElroy (CSLB)	52'3 (82)	150' 3 (82)	99' 6 (82)	302' 0

(Late additions: Marilyn Senz of Penn State totals 351'11 with marks of 46'1/151'0/154'0; Lois Warehime of Montana State makes the list with 304'6 with 29'6/131'9/143'3.)

LETTERS

WTFW:

I enjoy your magazine, but you do not include much - if any - news of my favorite event, the walk. Is there a reason for this? We walkers have a rough time anyway, and would appreciate more walking news.

Shelley Watkins
Norman, Louisiana

Dear Shelley:

The reason is quite simple. Walking is not one of my favorite events. It's like competitive swimming - everyone is working hard as Hell, but no one is getting anywhere. Sorta like a dream where you can't move. Walking is a sport and a good one. It just doesn't belong in a track meet.

SFVR

"I read with interest your headline on the "Meaningless National Championships" and must say I couldn't have put it better myself. I will be going to the TAC meeting in December to lobby for separate championships - National Clubs vs. other National Clubs - Local or Regional TAC Clubs vs. other regional clubs. Then and only then will we be back on the track as far as formulating a DEVELOPMENTAL club program instead of one predicated on seeing what athletes they can buy."

Dayne Harms
Track Coach
Foothill College
Los Altos, California

Reach the Peak. Gill

Economy budgets need not be left at the bottom of the hill. Check into our new school pricing policy. Now you may buy from a dealer or directly from Harry Gill.

You deserve the best for your dollars. With Gill Track and Field equipment, not only are you assured of exact specifications, but also of the quality that translates into durability and easily obtainable replacement parts. Over the long run, dollars stretch even further.

You're striving to make and break records, and we want those records to stand unquestioned. That means Gill equipment for practice as well as competition. If you're reaching for the peak with a track and field program, you'll want Gill equipment beside you.

Write for a free copy of the Gill catalog:

Harry Gill Co.
201 Courtesy Road
Urbana, IL 61801
217-367-8438

GILL

ECONOMY

QUALITY

ACCURACY

PERFORMANCE

The most exacting standards in manufacturing Track & Field equipment.



DIANE KONIHOWSKI

PREGNANCY IS AN ATHLETIC EVENT

By Sue Glassman from "The Nor'wester"

You might soon find something new in the sportswear section of your favorite running store: maternity shorts and singlets. Women are discovering the benefits of running while pregnant. Case after case of easier childbirths and quicker recoveries are being reported as a result.

Most women run a moderate three to four miles per day, often into the ninth month, to stay in shape. Yet even more extreme training schedules produced no adverse effects for either mother or child.

Karen Cosgrove, a competitive runner in Cincinnati (marathon IR 2:45:45), not wishing to decrease training simply because she was pregnant, went against her doctor's wishes to run as much as 60-80 miles per week. Hal Higdon tells her story in the December 1981 issue of "The Runner".

She planned to run Boston in her fifth month.

and only extenuating circumstances kept her from doing so. At four months pregnant, she ran 30K of a marathon. At eight months, a 10K in 40 minutes.

"My attitude towards my pregnancy," she said, "was that I was going to listen to my body. My body would tell me whether I was doing too much. And that's what I went on - if I had a bad day, I took it easy; if I had a good day, I took advantage of it and ran more."

Since Cosgrove lied to her doctor about her total mileage, he approved of her running. But by the eighth month, he feared the baby was not receiving sufficient nourishment and oxygen to develop properly. He advised her to stop running.

Cosgrove complied, but secretly took up stationary bicycle riding. The day before she delivered, she washed both family cars, cleaned the apartment, and rode an hour on her exercise bicycle.

Her baby was a healthy seven pound boy.

Although Cosgrove's case is an extreme one, it proves a point. No one really knows the degree of exercise a pregnant woman and her child can tolerate without ill effects. Yet many doctors are reluctant for their patients to run. Many of the objections are based less upon scientific evidence and more upon personal opinion.

One local gynecologist opposed running because the tendons holding a woman's bones together are loosened during pregnancy, especially in the pelvis, to afford easier childbearing. He felt the added stress of running could be harmful to the mother. That this theory is not scientifically grounded makes little difference to him; he still disapproves.

Also, case reports mentioned in the July, 1982 issue of "Runner's World" have shown an increase in birth defects among women with hyperthermia (a rise in body temperature). Little connection, however, has been discovered between moderate running and hyperthermia; it occurs most frequently in long-distance runs, something less expectant mothers would attempt.

Cosgrove's doctor described a third fear: running may cause a loss of circulation to the unborn child. The mother's body, working hard to supply herself with oxygen, may ignore the baby and starve it of oxygen, possibly causing brain damage. This, too, is not proven.

If there is no conclusive evidence that running while pregnant is harmful, then why all the controversy?

Many gynecologists still adhere to advice similar to Dr. C. Van Bloom's in her 1929 manual, "Getting Ready to be A Mother". She recommended walking as the ideal exercise for pregnant mothers. Anything more strenuous was to be avoided: "Exercise is downright injurious if continued to the point of fatigue, no matter how little has been taken."

This 'old school' mentality rides on the firm belief that pregnancy is an illness which removes the mother-to-be from the mainstream of life for nine months. Because of her fragile and helpless condition, she is kept under the restrictive care of her doctor who advises her on everything from diet to sleeping habits to exercise. The less active the patient, the more docile.

Fortunately, a new school appears to be replacing the old. Pregnancy is regarded as a natural state which alters but does not circumscribe a woman's capabilities. Doctor-patient relationships are more equal. Maintaining fitness is stressed.

As one doctor explained, "Pregnancy is an athletic event and should be trained for accordingly."

Of course, there are things to watch out for. Moderation is the key - overextending oneself should be avoided at all costs. It is also advised that women be extra compulsive about



REMBIE KRATTLI

replacing body fluids, especially in hot weather. And listen to your doctor (after you've found one who approves of your running).

If pregnancy continues normally, a woman may run right up to her delivery date. She should stop, however, if any of the following conditions develop: 1) bleeding, 2) leakage of fluid due to a ruptured membrane, 3) change in blood pressure (only bedrest will return blood pressure to normal), 4) premature labor pains (strenuous activity has been known to stimulate labor and again, bedrest is prescribed).





DIANE KONIHOWSKI

PREGNANCY IS AN ATHLETIC EVENT

By Sue Glassman from "The Nor'wester"

You might soon find something new in the sportswear section of your favorite running store: maternity shorts and singlets. Women are discovering the benefits of running while pregnant. Case after case of easier childbirths and quicker recoveries are being reported as a result.

Most women run a moderate three to four miles per day, often into the ninth month, to stay in shape. Yet even more extreme training schedules produced no adverse effects for either mother or child.

Karen Cosgrove, a competitive runner in Cincinnati (marathon PR 2:45:45), not wishing to decrease training simply because she was pregnant, went against her doctor's wishes to run as much as 60-80 miles per week. Hal Higdon tells her story in the December 1981 issue of "The Runner".

She planned to run Boston in her fifth month

and only extenuating circumstances kept her from doing so. At four months pregnant, she ran 30K of a marathon. At eight months, a 10K in 40 minutes.

"My attitude towards my pregnancy," she said, "was that I was going to listen to my body. My body would tell me whether I was doing too much. And that's what I went on - if I had a bad day, I took it easy; if I had a good day, I took advantage of it and ran more."

Since Cosgrove lied to her doctor about her total mileage, he approved of her running. But by the eighth month, he feared the baby was not receiving sufficient nourishment and oxygen to develop properly. He advised her to stop running.

Cosgrove complied, but secretly took up stationary bicycle riding. The day before she delivered, she washed both family cars, cleaned the apartment, and rode an hour on her exercise bicycle.

Her baby was a healthy seven pound boy.

Although Cosgrove's case is an extreme one, it proves a point. No one really knows the degree of exercise a pregnant woman and her child can tolerate without ill effects. Yet many doctors are reluctant for their patients to run. Many of the objections are based less upon scientific evidence and more upon personal opinion.

One local gynecologist opposed running because the tendons holding a woman's bones together are loosened during pregnancy, especially in the pelvis, to afford easier childbearing. He felt the added stress of running could be harmful to the mother. That this theory is not scientifically grounded makes little difference to him; he still disapproves.

Also, case reports mentioned in the July, 1982 issue of "Runner's World" have shown an increase in birth defects among women with hyperthermia (a rise in body temperature). Little connection, however, has been discovered between moderate running and hyperthermia; it occurs most frequently in long-distance runs, something few expectant mothers would attempt.

Cosgrove's doctor described a third fear: running may cause a loss of circulation to the unborn child. The mother's body, working hard to supply herself with oxygen, may ignore the baby and starve it of oxygen, possibly causing brain damage. This, too, is not proven.

If there is no conclusive evidence that running while pregnant is harmful, then why all the controversy?

Many gynecologists still adhere to advice similar to Dr. C. Van Bloom's in her 1929 manual, "Getting Ready to Be A Mother". She recommended walking as the ideal exercise for pregnant mothers. Anything more strenuous was to be avoided: "Exercise is downright injurious if continued to the point of fatigue, no matter how little has been taken."

This 'old school' mentality rides on the firm belief that pregnancy is an illness which removes the mother-to-be from the mainstream of life for nine months. Because of her fragile and helpless condition, she is kept under the restrictive care of her doctor who advises her on everything from diet to sleeping habits to exercise. The less active the patient, the more docile.

Fortunately, a new school appears to be replacing the old. Pregnancy is regarded as a natural state which alters but does not circumscribe a woman's capabilities. Doctor-patient relationships are more equal. Maintaining fitness is stressed.

As one doctor explained, "Pregnancy is an athletic event and should be trained for accordingly."

Of course, there are things to watch out for. Moderation is the key - overextending oneself should be avoided at all costs. It is also advised that women be extra compulsive about



REMBIE KRATTLI

replacing body fluids, especially in hot weather. And listen to your doctor (after you've found one who approves of your running).

If pregnancy continues normally, a woman may run right up to her delivery date. She should stop, however, if any of the following conditions develop: 1) bleeding, 2) leakage of fluid due to a ruptured membrane, 3) change in blood pressure (only bedrest will return blood pressure to normal), 4) premature labor pains (strenuous activity has been known to stimulate labor and again, bedrest is prescribed).



HANDY ALIBI SHEET

This list is intended to simplify the problem of selecting the proper alibi to suit the occasion. While some athletes are so bad they don't need an alibi, most will at some time be in need of some explanation to account for some performance and this handy check list may prove helpful. If a loss is sometimes anticipated, this list can be used before the competition. Coaches may wish to xerox the list to distribute to their athletes. This is a great time saver! For those who have the ingenuity to be original, there are blank spaces which may be used. (Note: This Handy Alibi Sheet originally appeared in WIFW for the January issue of 1970).

- | | |
|---|---|
| <input type="checkbox"/> Ate too much | <input type="checkbox"/> Forgot to bring shoes |
| <input type="checkbox"/> I was weak from lack of nourishment | <input type="checkbox"/> Cramp in leg |
| <input type="checkbox"/> Not enough time to warm up | <input type="checkbox"/> Cramp in _____(Fill in location) |
| <input type="checkbox"/> Warmup too much | <input type="checkbox"/> Chiken |
| <input type="checkbox"/> Warmup too soon | <input type="checkbox"/> Cold feet |
| <input type="checkbox"/> Not enough training | <input type="checkbox"/> I thought I was having a heart attack |
| <input type="checkbox"/> Overtrained | <input type="checkbox"/> Snowblindness |
| <input type="checkbox"/> Not enough sleep | <input type="checkbox"/> Got lost |
| <input type="checkbox"/> Too much sleep | <input type="checkbox"/> Thought there was one more lap |
| <input type="checkbox"/> Need more wheatgerm | <input type="checkbox"/> Thought the race ended sooner |
| <input type="checkbox"/> Need more yogurt | <input type="checkbox"/> I can't run when I'm ahead |
| <input type="checkbox"/> Too much weight training | <input type="checkbox"/> I can't run when I'm behind |
| <input type="checkbox"/> Not enough weight training | <input type="checkbox"/> I can't run |
| <input type="checkbox"/> I'm building slow for the future | <input type="checkbox"/> Too much competition |
| <input type="checkbox"/> I don't want to improve too fast | <input type="checkbox"/> No competition (opponents a bunch of hamburgers) |
| <input type="checkbox"/> Saving myself for _____(Insert name of boy, car, trip, etc.) | <input type="checkbox"/> Too many meets |
| <input type="checkbox"/> Started my kick too soon | <input type="checkbox"/> Not enough meets |
| <input type="checkbox"/> Started my kick too late | <input type="checkbox"/> Cheap medals |
| <input type="checkbox"/> Forgot to start my kick | <input type="checkbox"/> I wanted to see what the place medals were like |
| <input type="checkbox"/> Have no kick | <input type="checkbox"/> Too many people were depending on me |
| <input type="checkbox"/> Worried about my studies | <input type="checkbox"/> I don't like organized athletics |
| <input type="checkbox"/> Worried about my finances | <input type="checkbox"/> I only run for exercise |
| <input type="checkbox"/> Worried about _____ | <input type="checkbox"/> I only run for fun |
| <input type="checkbox"/> Boy friend unfriendly last night | <input type="checkbox"/> I didn't feel like running |
| <input type="checkbox"/> Boy friend too friendly last night | <input type="checkbox"/> I couldn't get excited about this race |
| <input type="checkbox"/> When I saw that _____ was running, I choked | <input type="checkbox"/> I was overanxious |
| <input type="checkbox"/> I didn't think | <input type="checkbox"/> My mind was too tense (two-tenths of a normal mind!) |
| <input type="checkbox"/> I thought too much | <input type="checkbox"/> I heard we weren't getting a meal after the meet |
| <input type="checkbox"/> She cut me off | <input type="checkbox"/> I wasn't mentally ready |
| <input type="checkbox"/> I cut her off and thought I was disqualified | <input type="checkbox"/> My coach is an American and doesn't like foreign athletes |
| <input type="checkbox"/> I'm a mudder and the track was dry | <input type="checkbox"/> My coach is a foreigner and doesn't like American athletes |
| <input type="checkbox"/> I can't run on a muddy track | <input type="checkbox"/> My coach is a _____ |
| <input type="checkbox"/> Everyone jumped the gun but me | <input type="checkbox"/> I got discouraged when _____ of Emerson Junior High went past me |
| <input type="checkbox"/> I was waiting for a recall | <input type="checkbox"/> I'm looking forward to indoor track |
| <input type="checkbox"/> Poor judges | <input type="checkbox"/> I'm looking forward to outdoor track |
| <input type="checkbox"/> Poor track | <input type="checkbox"/> I can't stand too much success |
| <input type="checkbox"/> Track too hard | <input type="checkbox"/> My psychiatrist says I'm determined to be a failure |
| <input type="checkbox"/> Track too soft | <input type="checkbox"/> I have an emotional problem |
| <input type="checkbox"/> Too warm | <input type="checkbox"/> My blocks slipped |
| <input type="checkbox"/> Too cold | <input type="checkbox"/> I can't get emotionally aroused |
| <input type="checkbox"/> I have shin splints | <input type="checkbox"/> My coach reminds me of my father and I hate them both |
| <input type="checkbox"/> I have blisters | <input type="checkbox"/> I couldn't find my dianabol |
| <input type="checkbox"/> I have _____ | <input type="checkbox"/> |
| <input type="checkbox"/> Spikes too long | <input type="checkbox"/> |
| <input type="checkbox"/> Spikes too short | <input type="checkbox"/> |
| <input type="checkbox"/> I don't have red shoes | <input type="checkbox"/> |
| <input type="checkbox"/> Nail in shoe | <input type="checkbox"/> |

QUIZ TIME

Not long ago we ran a quiz asking you to name the city and state in which certain colleges and universities were located. Wails came from the masses claiming the test was "too difficult". So here is a simple quiz. Merely name the STATE in which the following 32 schools are located. Surely you should be able to name 25 schools to receive an "excellent". Less than 20 would seem to indicate you're not too informed in this category. Less than 15 would indicate less than smart.

- | | | | |
|-------------------|--------------------|------------------|------------------|
| 1-Adams State | 17-Mankato State | 32-Connecticut | 16-Texas |
| 2-Adelphi | 18-Moorhead State | 31-Virginia | 15-Ohio |
| 3-Alcorn State | 19-Morehead State | 30-Pennsylvania | 14-Mississippi |
| 4-Auburn | 20-Morgan State | 29-Louisiana | 13-Louisiana |
| 5-Bowdoin | 21-Navy | 28-Pennsylvania | 12-Virginia |
| 6-Bowling Green | 22-Northeastern | 27-New Jersey | 11-New Jersey |
| 7-Clemson | 23-Northwestern | 26-Indiana | 10-Iowa |
| 8-Colgate | 24-Notre Dame | 25-Kansas | 9-New Hampshire |
| 9-Dartmouth | 25-Pittsburg State | 24-Indiana | 8-New York |
| 10-Drake | 26-Purdue | 23-Illinois | 7-South Carolina |
| 11-Far. Dickinson | 27-Rutgers | 22-Massachusetts | 6-Ohio |
| 12-George Mason | 28-Slippery Rock | 21-Maryland | 5-Maine |
| 13-Granbling | 29-Southern | 20-Maryland | 4-Alabama |
| 14-Jackson State | 30-Temple | 19-Kentucky | 3-Mississippi |
| 15-Kent State | 31-Mn & Mary | 18-Minnesota | 2-New York |
| 16-Lamar | 32-Yale | 17-Minnesota | 1-Colorado |

?

?

?

RESULTS-RESULTS

MILE RECORD TO DECKER

Paris, France, July 9: Mary Decker-Tabb got her umpteenth record of the 1982 season here today when she cruised through the mile in 4:18.08, exactly 23 seconds in front of second placer Canadian Britt McRoberts. Decker passed the 440 in 62.78, the 880 in 2:08.7, the 1320 in 3:15.32, the 1500 meters in the fastest time by an American this year at 4:01.7 enroute to her world mark. Other Americans in the race were Maggie Keyes, third in 4:32.57 and Brenda Webb, fourth at 4:35.43.

Evelyn Ashford took the 100 meters in 11.21 over France's Laurence Bily (11.49). Lyucina Langer of Poland beat countrywoman Grazyna Rabsztyń 12.76 to 12.97 in the 100m hurdles for another good mark and France set a national record in the seldom-run 4x200 at 1:32.17.

CANADIAN HEPTATHLON

By Lyle Sanderson

Sherbrooke, Canada, July 10/11: Alison Armstrong of the East Ottawa Lions won her first Canadian title by scoring 5269 points in the Inter-Regional Heptathlon Championships. Second was Riverdale's Janet Scott who finished only 68 points behind the winner. Linda Spenst (BC) added five meters to her javelin best with a 122'0 heave to move into contention after six events, but ran only 2:40.44 in the final event and finished third with 5035 points.

The competition also incorporated the Canadian Junior Heptathlon Championship and trials for the Pan Am Juniors. Connie Polman-Tuin of Abbotsford, BC, performed steadily to score 5312 points (hand timed), thereby finishing second over-all. Annie Potvin put together a personal best (17'10 1/2) long jump and 129'7 javelin in spite of suffering a sprained ankle while warming up, to take second with 5097 points and earn the number two position on the Pan Am Junior team.

RESULTS: (Senior Women), 1-Alison Armstrong 5269w (15.81-38'4-5'9-26.83-17'5-115'3-2:21.78), 2-Janet Scott 5201, 3-Linda Spenst 5035w, 4-Liz McBain 4587; (Junior Women), 1-Connie Tuin 5312 (14.3-37'9-5'5-25.2-17'7-103'11-2:28.7), 2-Annie Potvin 5097.

SWEDEN WINS OVER SEVEN NATIONS

Dublin, Ireland, July 3/4: A goodly number of US collegians took part in an eight-nation competition which saw Sweden come out on top with 86 points to 80 1/2 for Holland, 72 for Belgium, 71 for Wales, 68 for Ireland, 57 1/2 for Spain, 55 1/2 for Denmark and 47 1/2 for Austria. US collegians taking part included Tennessee's Pat Walsh (who won the discus), San Diego's Monica Joyce (3000 winner), Maryland's Marita Walton (shot winner), UTEP's Jennifer Smit, Cornell's Dorian Lambelet and Washington's Regina Joyce.

RESULTS: 100, Nelie Cooman (Ned) 11.54; 1200, 1-Cornelia Burki (Swe) 4:14.33...5-Regina Joyce (Ire) 4:18.57; DT, Pat Walsh (Ire) 172'10; 220, Michelle Scutt (Wales) 22.48; 800, 1-van Hulst (Ned) 2:03.30...5-Dorian Lambelet (Svi) 2:05.51; 3000, Monica Joyce (Ire) 8:59.32; SP, 1-Marita Walton (Ire) 53'6 1/2, 2-Jennifer Smit (Ned) 50'9; JT, 1-Regula Egger 187'10.

KEYSTONE STATE GAMES

July 30:--Temple's Sharon Mitnik provided the only big news at the Keystone State Games when she won the shot and discus with marks of 46'7 3/4 and 140'7. Other marks were below par.

RESULTS: 3000, Lori Mahr 10:29.6; 1500, Cindy Sladek 4:41.9; JT, Diane Friel 120'4; HJ, Thea Ackerman 5'8; 100, Tanya Hayward 12.1; 400, Phyllis Buber 55.8; 100H, Glenda Truesdale 14.2; 800, Samantha Green 2:13.4; 400H, Lori McCauley 60.1.

August 14/15: Weight persons dominated the final chapter of the Keystone State Games. Marilyn Senz won the discus, was second in the javelin and third in the shot. Elaine Sobansky won the javelin and was second in the disc. Sharon Mitnik was second in the shot and third in the disc. Lori McCauley was under 60 seconds in the 400 hurdles for a good performance.

RESULTS: (Open Division), 100, Tanya Haywood 12.10; 400, Tammie Hart 55.0; 5000, Sue Crowe 17:32.34; 400H, Lori McCauley 59.55; HJ, Thea Ackerman 5'6; DT, 1-Marilyn Senz 151'0, 2-Elaine Sobansky 149'0, 3-Sharon Mitnik 141'3; 100H, Glenda Truesdale 14.18; 10000, Sue Crowe 35:55.28; SP, 1-Elaine Sobansky 52'4, 2-Sharon Mitnik 47'3 1/2, 3-Marilyn Senz 46'1 1/2; JT, 1-Pam Passera 158'11, 2-Marilyn Senz 154'0; JT, Gail Smith 36'11.

(High School Division), 400, 1-Phyllis Duber 55.0, 2-Samantha Green 55.4; 3000, 1-Kim Deppen 10:32.95, 2-Margarita Higgins 10:39.69; DT, Coleen Rosenstell 135'1; 1500, Cindy Sladek 4:48.73; 200, Pam Copper 24.64; 800, Samantha Green 2:12.22; JT, Debbie Banker 36'0 3/4; Heptathlon, Diane Friel 4640.



Keystone Games winner ELAINE SOBANSKY. (Jeff Johnson photo)

COLLEGIANS SHARP IN SWEDEN

Stockholm, Sweden, July 6: US collegians figured prominently in an International Meet staged in Stockholm's famous Olympic Stadium. Nebraska's Merlene Ottey (Jamaica) won the 100m in 11.21, Robin Coleman (Stanford TC) took the 400 in 52.91, Francie Larrieu won the 1500 and Karin Smith (Cal Poly/SLO) was first in the javelin.

RESULTS: 1500, 1-Francie Larrieu (USA) 4:11.10, 2-Wagner (DDR) 4:11.33, 3-Gillian Dainty (GB) 4:11.96...6-Joan Hansen (USA) 4:15.50; 400H, Skoglund (Swe) 55.04; HJ, 1-Diana Elliott (GB) 6'0 3/4, 2-(Tie) Susanne Lorentson (Swe/SD State) and Chris Stanton (Aus) 5'11...5-Joni Huntley (USA) 5'11; JT, Karin Smith (USA) 202'4.

US collegians were prominent in more meets in Sweden during July and August. Winners included Yvonne Hannus (Stanford/Sweden), Cindy Bremser (Wisconsin United), Annette Tannander (Colorado/Sweden) and Jan Svendsen (Wilt's AC). Three US collegians tangled in the high jump at Malmo on August 4 with San Diego's (Sweden's) Susanne Lorentson beating Colorado's (Sweden's) Annette Tannander and Alabama's (Iceland's) NCAA champion Dina Gisladdottir as all three cleared 5'11 1/4. In spite of no speed (26.33 for 200m), Annette Tannander had a fine 5799 heptathlon mark at Stockholm.

Sweden's Ann-Louise Skoglund got her second national record in recent days when she sped 51.90 in the 400. Her other national mark was 55.80 for the 400m hurdles.

RESULTS: Goteborg, Sweden, August 2: 400, 1-Ann-Louise Skoglund (Swe) 52.30, 2-Yvonne Hannus (Fin) 54.62; 1500, 1-Cindy Bremser (USA) 4:14.71...8-Eva Ernstrom (Swe) 4:21.90; JT, 1-Tina Lillak (Fin) 208'10, 2-Karin Smith (USA) 203'4.

Malmo, Sweden, August 4: 400, Ann-Louise Skoglund (Swe) 51.90; 800, 1-Yvonne Hannus (Fin) 2:02.98...3-Cindy Bremser (USA) 2:05.83; HJ, 1-Susanne Lorentson 5'11 1/4, 2-Annette Tannander (Swe) 5'11 1/4, 3-Dina Gisladdottir (Ice) 5'11 1/4; DT, 1-Jan Svendsen (USA) 160'4, 2-Gale Zaphiropoulos (USA) 156'8.

Stockholm, Sweden, July 7/8: Heptathlon, Annette Tannander (Swe) 5799 (14.2-37'4-3/4-5'11-26.33-19'4 1/2-154'1-2:22.80).

In other meets in Sweden, San Diego's Eva Ernstrom won the 1500 in 4:20.80 in a meet at Stockholm on July 22, Leslie Hoerner took the discus at 155'8 at Jarvso on July 26, Richmond's Jo White (GB) won the 1500 in 4:15.07 at Kvarnsveden on the same date with Joan Hansen 5th in 4:16.32. White won the 800 at Vasteras on July 30 in 2:06.86 and Midde Hamrin (Lamar/Swe) was second in the 3000 at Karlstad on August 4 in 9:14.34.

Other American performances in Europe include: Oulu, Finland, July 7 - 800, Robin Coleman 2:08.4; Crystal Palace, London, England, July 30/31 - 200m, Randy Givens (4th) 23.47, 23.40 heat. 5000, 1-Monica Joyce 15:45.26, 2-Regina Joyce 16:15.71; Crystal Palace, August 8 - 200, Randy Givens (6th) 23.75. LJ, Jennifer Innis (4th) 21'0.

FAST 3000 BY MONICA

Cork, Ireland, July 13: Ireland's Monica Joyce, a student at San Diego State, set a new National record when she won the 3000 meters in 8:53.24 in an International meet here today. Monica was not alone at the finish. Runner-up was Athletic West's Brenda Webb in her best of 8:54.97 and a couple of ticks back was Regina Joyce (Washington) in her best of 8:55.05. Carol Lewis (Houston) won the long jump at 21'0 3/4.



MONICA JOYCE leads sister REGINA during European season. (John Marshall photo)

JOYCE AND JOYCE WIN

Dublin, Ireland, July 17/18: The sister's Joyce each won an event at the Irish Championships. Monica took the title in the 1500 at 4:10.48 and Regina annexed the 3000 in 9:03.83. Pat Walsh won the discus at 167'4.

COAST INVITATIONAL

Towson, Maryland, July 16/18: A fistfull of outstanding performances were turned in by the 878 girls who took part in the Eighth Annual East Coast Invitational. Karen Woods of Capitol Heights, Maryland, was selected the outstanding performer in the 17/18 Division with her 54.04 win in the 400 and 59.24 in the 400 hurdles. Dallas' Stacey Zartler was tops in the 15/16 Division with clockings of 2:11.54 and 4:31.50 for the 800 and 1500. Louan Guialdo from the Bronx, New York, won the 13/14 Division long jump at 18'5 and high jump at 5'2 and picked up a second in the 200 in 25.10. Twelve year old Annie Hoefler, Silver Spring, Maryland, had swift times of 2:19.74 and 4:42.30 for wins in her Division.

But these athletes were not the only performers with good marks as a perusal of the results listed below will show.

RESULTS: 11/12 DIVISION, 800, Annie Hoefler (Silver Spring, Md) 2:19.74. 13/14 DIVISION, LJ/HJ, Louan Guialdo (Bronx, NY) 18'5 5/2; 400, I-Desiree Black (Staten Island, NY) 56.03, 2-Deborah Huston (Bronx, NY) 56.99; 800, 1-Kristen Burgoyne (Centre Square, Pa) 2:13.74; 4x440, Starlets TC, Staten Island, NY 3:55.81. 15/16 DIVISION, SP (4K)/DT, Colleen Rosensteel (Greensburg, Pa) 38'4/140'0; 100, 1-Carla McLaughlin (Durham, NC) 11.89, 2-Robin Benjamin (Capitol Hts, Md) 11.91; 200, 1-Tonja Stevens

(Pittsburgh, Pa) 23.98, 2-Carla McLaughlin 24.22, 3-Robin Benjamin 24.22; 400, 1-Tonja Stevens 55.92, 2-Tanya McCray (Staten Island, NY) 56.11, 3-Marcella Duckett (Philadelphia, Pa) 57.14, 4-Angela Pulliam (Newark, NJ) 57.34; 800, 1-Stacey Zartler (Dallas, Tx) 2:11.54, 2-Jackie Babien (East Orange, NJ) 2:11.64, 3-Juanita Wilson (Dallas, Tx) 2:14.84; 1500, 1-Stacey Zartler 4:34.50, 2-Juanita Wilson 4:32.30, 3-Kelley Madden (Dorchester, Mass) 4:33.20; 3000, Kelley Madden 10:05.30; 100H, Zonya Cross (Sicklerville, NJ) 14.64; 4x440, Keystone TC, (Philadelphia, Pa) 3:54.37. 17/18 DIVISION, LJ, 1-Teresa Allen (Charlotte, NC) 18'10 1/4, 2-Sharon Johnson (East Orange, NJ) 18'8; HJ, Angie Jones (Fairfax, Va) 5'8; SP (4K), Pam Dukes (Willingboro, NJ) 39'6 1/4; 100, 1-Angela Williams (Brooklyn, NY) 11.79, 2-Mamie Wilson (Durham, NC) 11.79, 3-Denise Mitchell (Willingboro, NJ) 11.87; 200, 1-Angela Williams 23.98, 2-Denise Mitchell 24.19; 400, 1-Karen Woods (Capitol Heights, Md) 54.24, 2-Michelle Collins (Silver Spring, Md) 54.84; 800, 1-Karol Davidson (Oak Ridge, Tn) 2:11.44, 2-Samantha Green (Philadelphia, Pa) 2:12.14, 3-Lorine Goodwin (Brooklyn, NY) 2:13.44; 1500, 1-Alisha Harvey (Fairfax, Va) 4:34.80, 2-Cindy Tolle (Piano, Tx) 4:36.60; 3000, 1-Holly Murray (Norristown, Pa) 10:05.76, 2-Tara O'Neill (Dallas, Tx) 10:06.93; 100H, 1-Tina Walls (Williamstown, NJ) 14.14, 2-Diane Thomas (Mt. Airy, Md) 14.24; 400H, Karen Woods 59.24; 4x440, 1-Gazelle Striders, (Philadelphia, Pa) 3:45.44, 2-Keystone TC, (Philadelphia, Pa) 3:48.80; 4x880, 1-Starlets TC (Staten Island, NY) 9:06.50, 2-Metroplex Striders (Dallas, Tx) 9:06.70, 3-Keystone TC 9:10.30.

CANADIAN CHAMPIONSHIPS

By Lyle Sanderson

Ottawa, Canada, July 30/August 1: Angella Taylor was named female Athlete of the Meet for her outstanding sprint double in the Canadian Senior Championships at Ottawa. Taylor gave notice that she was very fit with a new Canadian record of 11.08 to win her 100m semi-final. Then, with only a +0.7 m/s wind behind her, she tied the Commonwealth record with an 11.07 win in the final ahead of Angela Bailey (11.36) and Molly Killingbeck (11.55).

In the 200 meters Taylor ran 23.60 (heat), 22.60 (semi) and powered the straight to a 22.37 final win. Marita Payne (Florida State) was second (23.28) in a Scarborough Optimist sweep. It was Killingbeck's eighth race of the meet as she had earlier won the 400m in 52.09 from Payne (52.85) and teammate Charmaine Crooks (UIFP) who ran 53.26.

Debbie Scott (University of Victoria) dominated the 1500 and 3000 meter races with strong moves with two laps to go in both. Her 4:10.70 for the 1500 and 9:10.81 for 3000 came without challenge.

The 800 meters was a victim of slow early pace. Grace Verbeek (Hamilton Olympic) added the outdoor title to her Canadian Indoor Championship in a slowish 2:03.90.

Andrea Page (Kitchener-Waterloo) ran a well-judged race and came on well in the straight to win the 400m hurdles in a Canadian record 58.01 ahead of Christine Slythe's personal best 58.70.

Veteran Sue Kameli (former UNLV), nee Bradley, who took time out last year for a baby, hurdled beautifully to a Canadian record 13.38 ahead of Junior Karen Nelson's 13.52 in the 100m barriers. Sylvia Fograve finished strongly for third in 13.68.

Ann Peel dominated the 5000m walk with a Canadian record 23:44.12.

Anna Marie Malone front ran to an easy 10000m win with a 34:23.99 clocking.

Heptathlete Jill Ross Griffen performed steadily on the first day but had approach problems in the long jump and managed only 18'9 1/4 to lose more than 100 points off her usual long jump performance. She came back brilliantly with a personal best 142'5 in the javelin and a personal best 2:11.18 for 800 meters to score 5967 points. Only Jill herself and England's Tessa Sanderson among Commonwealth heptathletes have ever scored higher. Ross' marks were 13.91-18'9 1/4-37'7 1/2-24.84-5'8 1/2-142'5-2:11.18.

Janet Scott added over 100 points to her best with 5325 points for second ahead of Alison Armstrong (5232). Linda Spent (5141) and Denise Fillion (5071) also produced personal bests.

Debbie Brill was unhappy with her 6' 0 1/2 high jump win ahead of Julie White (Boston U) 5'11 1/4 and Brigitte Reid (5'9). In a special exhibition the next day, Brill cleared 6'1 1/4 by at least four inches, but could not manage 6'2 1/2 as Reid cleared 5'11.

Karen Nelson rode a +3.64 wind to a 20'5 1/4 long jump win.

Carmen Ionesco won both the discus and shot (54'3 1/2). Rose Hauch (Tennessee) could not produce her early season form and had to settle for second at 52'4 3/4.

Monique Lapre's 182'10 javelin mark dented Celine Chartrand (176'8) as come-backing Laurie Schultz (nee Kern) threw 174'11 for third.

It was the best Canadian Championship ever held. Pat Reid and Ken Porter organized an excellent meet.

WORLD JAVELIN RECORD



Finland's TIINA LILLAK tossed the javelin 236'7 for a new world record. (Horstmuller photo).

Helsinki, Finland, July 28/29: Finland got its first-ever women's world record here today when Tiinak Lilla tossed the javelin 237'6 on her fourth effort. Finish boys and girls are rumored to "grow up" with a javelin beside their bed each night, but this is the first female record for the country in this event.

Of interest to Americans was the victory by Robin Coleman in the 800 over San Diego State's Swedish runner Yvonne Hannus. Only other Yanks in attendance were discus throwers Jan Svendsen and Leslie Hoerner, neither of whom threatened the winner. UIFP's Ria Stalman (Netherlands) was also present.

RESULTS: 1500, Marjo Lakka (Fin) 4:19.94; DT, 1-Ulla Lundholm (Fin) 200'5...3-Li Xiahui (China) 191'7, 4-Ria Stalman (Ned) 191'0...7-Jan Svendsen (USA) 171'4, 8-Leslie Hoerner (USA) 158'8; 100, Helena Laihorinne 11.37; 800, 1-Robin Coleman (USA) 2:06.51, 2-Yvonne Hannus (Swe) 2:06.83; JT, 1-Tiinak Lilla (Fin) 237'6 WR (Series: Foul-Foul-Foul-237'6-217'0-Foul), 2-Tuula Laaksalo (Fin) 203'1.

TAC JUNIOR OLYMPICS

Lincoln, Nebraska, July 30/August 1: Shirley Walker, a 17-year old senior at Seattle's Garfield High School, was the only double winner in the Young Women's Division of the TAC Junior Olympics. Walker had a unique double, winning the 100 hurdles in 13.66 and the 200 in 24.25. Arizona's Cindy Johnson, Ohio's Patty Metsler and Florida's Michelle "Micky" Finn each tallied a victory plus a silver medal, but Walker was the only twin winner. Johnson won the disc with a fine throw of 172'3 then lost the shot by four inches to Virginia's Teena Brooks. Metsler won the 3000 then lost the 1500. Finn captured the 100 then lost the 200 to Walker. Missouri's Angela Thacker had a strange meet. She was second in the long jump (19'9, same distance as the winner), second in the 100 (11.96), third in the 200 (24.48) ran on the winning 4x400 team and probably a leg on the second place 4x100 team. With heats et al, that makes it quite a session for Ms Thacker!

In the Intermediate Division there were two double winners. 15-year old LaVonna Martin took both hurdles and New Mexico's Carla Garrett won the shot and disc - plus a third in the javelin. Stacey Zartler, a 15-year old 97 pound 'weaking' had a fine 4:37.86 clocking in the 1500.

RESULTS: Young Women's Division, 1500, 1-Jennifer Rioux (Mi) 4:39.33, 2-Patty Metsler (Oh) 4:40.83, 3-Mary Spear (NC) 4:42.10; 800, 1-Lillian Taylor (Mo) 2:11.81, 2-Jacqueline Love (Nv) 2:12.77, 3-Anne Johnson (NH) 2:13.38; 100H (+0.03), 1-Shirley Walker (Wa) 13.66, 2-Diane Thomas (Mi) 13.69, 3-Christine Walls (NJ) 14.01, 4-Stephanie Thomas (Mo) 14.05; 200, 1-Shirley Walker (Wa) 24.25, 2-Michelle Finn (Fl) 24.36, 3-Angela Thacker (Mo) 24.48; SP, 1-Teena Brooks (Va) 44'8 1/4, 2-Cindy Johnson (Az) 44'4 3/4, 3-Beth Stuart (Nb) 43'1 3/4; HJ, 1-Jewel Dorman (Wa) 5'9 1/4, 2-Heather Smith (Mi) 5'9 1/4, 3-Rosie Wadman (Ill) 5'8; 400H, 1-Christina Alls (NJ) 60.89, 2-Kari Agin (Mi) 61.09, (Selina Christian finished first in 60.69 but was disqualified for finishing in the wrong lane); 3000, 1-Patty Metsler (Oh) 9:48.45, 2-Karlene Erickson (Nb) 10:03.69; 400, 1-Jacqueline Malone (Ill) 54.58, 2-Lillian Taylor (Mo) 55.53, 3-Chantal Nickles (Al) 55.85, 4-Gymonne Hatter (Ok) 55.95; 100 (-0.34), 1-Michelle Finn (Fl) 11.79, 2-Angela Thacker (Mo) 11.96, 3-Mamie Wilson (NC) 11.99; 4x800, Royal Knights (St. Louis, Mo) 9:25.00; JT, 1-Debbie Clark (Gn) 146'2, 2-Sherrie Mackinney (Pa) 143'3, 3-Roxie McKee (Ks) 140'10; LJ, 1-Melody Smith (Ca) 19'9, 2-Angela Thacker (Mo) 19'9, 3-Stacey Whitfield (Co) 19'8, 4-Sheila Echols (Th) 19'6; 3000W, Allison Cole (Mo) 16:33.72; DT, 1-Cindy Johnson (Az) 172'3, 2-Joan Gago (Ha) 139'10; 4x100, 1-Memphis Recreation Dept 46.70 (46.50h), 2-Royal Knights 47.20; 4x400, 1-Royal Knights 3:46.00, 2-Summit City TC 3:54.42.

Intermediate Division: 800, 1-Susan Nash (Oh) 2:11.94, 2-Vanessa Thompson (Gn) 2:13.60, 3-Doniece Johnson (Ca) 2:14.65; 100H (-3.62), 1-LaVonna Martin (Oh) 14.01 (13.79h), 2-Kimberly Duke (NJ) 14.56; 3000, 1-Kathleen Smith (Tx) 10:04.06, 2-Juanita Wilson (Tx) 10:17.19; 400, 1-Genesia Eddins (Ma) 55.16, 2-Maurice Ivy (Nb) 55.74, 3-Kim Scott (NC) 55.82; JT, 1-Lisa Sohns (Wa) 140'0, 2-Tammy Villani (Ct) 135'8, 3-Carla Garrett (NM) 122'10; 100 (-2.01), 1-Carla McLaughlin (NC) 12.07, 2-Wenda Vereen (NJ) 12.20; 400H, 1-LaVonna Martin (Oh) 61.10, 2-Amy Moore (Wa) 61.87; 3000W, Tyra Karlsson (Wa) 16:29.70; LJ, 1-Cynthia Johnson (Nv) 19'0, 2-Terkeler Shegog (Tx) 18' 8 3/4; SP, 1-Carla Garrett (NM) 42'3 1/4, 2-Toni Wallace (Ill) 41'5; TJ, 1-Laura Kirkham (Oh) 38'5, 2-Lafonya Wynn (NC) 36'9; 4x800, 1-Memphis Recreation Dept

9:27.10, 2-Pacers of Downers Grove 9:28.5; DT, 1-Carla Garrett (NM) 145'3, 2-Debbie Smith (In) 139'11, 3-Toni Wallace (Ill) 139'9; HJ, Barbara Reims (Wa) 5'7; 200 (+0.94), 1-Wenda Vereen (NJ) 24.19, 2-Carla McLaughlin (NC) 24.26, 3-Kim Phillips (Wa) 24.76; 1500, 1-Stacey Zartler (Tx) 4:37.86, 2-Mari Thomas (Wi) 4:46.28; 4x100, 1-South Central AA, Wa. 47.71, 2-Durham Striders 47.89; 4x400, 1-East St. Louis Railers 3:53.25, 2-SCAA 3:55.17.



Arizona high schooler CINDY JOHNSON threw 172'3 at Junior Olympics.

ASHFORD WINS TWO

Nice, France, August 14: Evelyn Ashford won both sprints easily to highlight an International Meet in Nice. Although her winning time in the 100 was disappointing to her (11.24), her 200 was her best of the year at 22.10. The century was run into a slight wind.

Several other Americans performed well. Stephanie Hightower won the hurdles and Colleen Sommer was over 6'3 in losing to West Germany's Ulrike Meyfarth (6'4 1/2). Cindy Bremser ran a fast 1000, placing third in 2:41.22.

Results: 100, 1-Evelyn Ashford (US) 11.24, 2-Diane Williams (US) 11.28, 3-Rose Bacoul (Fra) 11.62; 200, 1-Evelyn Ashford (US) 22.10, 2-Kathy Smallwood (GB) 22.60, 3-Merlene Ottey (Jam) 22.71; 400, 1-Ute Brener (DDR) 52.00, 2-Rosalyn Bryant (US) 52.90; 1000, 1-Nathalie Thomas (Fra) 2:40.87, 2-Debbie Scott (Can) 2:41.12, 3-Cindy Bremser (US) 2:41.22; 100H, 1-Stephanie Hightower (US) 13.14, 2-Machabey (Fra) 13.23; 400H, 1-Chantal Rega (Fra) 56.66, 2-Cirulli (Ita) 56.87, 3-Yvette Wray (GB) 57.25; 4x100, 1-France 43.41, 2-Britain 43.51, 3-USA (McMillan-Innis) (?) 43.51; 3-USA (McMillan-Innis) (?) 43.51; 400, 1-Ulrike Meyfarth (WG) 6'4 1/2, 2-Colleen Sommer (US) 6'3, 3-Martina Sterk (Hun) 6'2

INNIS 22'4 AT VIAREGGIO

Viareggio, France, August 11: Jennifer Innis of Guyana and Cal State Los Angeles, turned in a lifetime best here today to whip a good long jump field. Innis, never known as a consistent performer, cut the sand at 22'4 1/2 to whip Olympic silver medalist Kathy McMillan (21'4) and collegiate champion Carol Lewis (20'11 1/4). There were other fine performances with West Germany's Ulrike Meyfarth winning the high jump over Colleen Sommer 6'4 3/4 to 6'3 1/4. Bakersfield's Phyllis Blunston was fourth with a leap of 6'2. Evelyn Ashford ran one of her rare 1982 furlongs and turned in a swift 22.10 to win over England's Kathy Smallwood and Jamaica's Merlene Ottey. Ashford also won the century in slow time. Stephanie Hightower took the 100 hurdles with ease.

RESULTS: 100, 1-Evelyn Ashford (USA) 11.24, 2-Diane Williams (USA) 11.28, 3-Mary Bacoul (Fra) 11.62...7-Jennifer Innis (Guy) 11.71; 200, 1-Evelyn Ashford (USA) 22.10, 2-Kathy Smallwood (GB) 22.60, 3-Merlene Ottey (Jam) 22.71; 400, 1-Christine Bremer (DDR) 52.00, 2-Rosalyn Bryant (USA) 52.90; 4x100, 1-France 43.41, 2-Great Britain 43.51, 3-All Stars (McMillan-Innis-Bryant-Williams) 44.38; 1000, 1-Nathalie Thomas (Fra) 2:40.87, 2-Debbie Scott (Can) 2:41.12, 3-Cindy Bremser (USA) 2:41.22; 100H, 1-Stephanie Hightower (USA) 13.14, 1-Machabey (Fra) 13.23; 400H, 1-Chantal Rega (Fra) 56.66; HJ, 1-Ulrike Meyfarth (WG) 6'4 3/4, 2-Colleen Sommer (USA) 6'3 1/4, 3-Katalin Sterk (Hun) 6'2, 4-Phyllis Blunston (USA) 6'2; LJ, 1-Jennifer Innis (Guy) 22'4 1/2, 2-Kathy McMillan (USA) 21'4, 3-Carol Lewis (USA) 20'11 1/4.

WILLIAMS BEATS OTTEY

Cologne, West Germany, August 22: Diane Williams, the most consistent of American sprinters in Europe this summer, finally crashed the big barrier with an 11.18 victory in the 100 meters over Jamaica's heavily favored Merlene Ottey. Ottey was timed in 11.29 for the silver.

Nearly every event produced top notch marks with Angella Taylor's 22.48 200 time and Ulrike Meyfarth's 6'4 1/2 high jump among the best.

RESULTS: 100 (-0.2), 1-Diane Williams (USA) 11.18, 2-Merlene Ottey (Jam) 11.29, 3-Alice Brown (USA) 11.40, 4-Heike Schmidt (WG) 11.50, 5-Jennifer Innis (Guy) 11.55...8-Jackie Pusey (Jam) 11.74; (Heats) Brown 11.38, Carol Lewis 12.22; 200, 1-Angella Taylor (Can) 22.48, 2-Florence Griffith (USA) 22.87, 3-Grace Jackson (Jam) 23.13; 800, 1-Yolanda Januchta (Pol) 1:59.65, 2-Gerdes (WG) 2:01.79, 3-Thomas (Fra) 2:02.11, 4-Delisa Walton (USA) 2:02.23...6-Cathy Rattray (Jam) 2:04.08...8-Deanne Gutowski (USA) 2:06.63; 1500, 1-Van Hulst (Ned) 4:07.53, 2-Brigitte Kraus (WG) 4:07.72, 3-Debbie Scott (Can) 4:10.10, 4-Cindy Bremser (USA) 4:10.22...9-Jan Merrill (USA) 4:22.54; 100H (+0.2), 1-Lucyna Langer (Pol) 12.55, 2-Stephanie Hightower (USA) 12.97, 3-Benita Fitzgerald (USA) 13.13, 4-Grazyna Rabsztyk (Pol) 13.19; HJ, 1-Ulrike Meyfarth (WG) 6'4 1/2, 2-Brigitte Holzappel (WG) 6'2, 3-Heitmann (WG) 6'2, 4-(Tie) Phyllis Blunston (USA) and Wzjontek (VE) 5'11; SP, 1-Cordula Schulz (WG) 66'2...5-Kathy Picknell (USA) 50'0; JT, 1-Inggrid Thyssen (WG) 212'6, 2-Karin Smith (USA) 199'1; Junior 400, Diane Dixon (USA) 52.60.

PAN AM JUNIORS

Barquisieto, Venezuela, July 30/August 1: the USA and Canada Juniors traveled all the way to Venezuela to stage what practically turned out to be a dual meet. Only ten nations showed up for the Second Pan-American Junior T&F Championships with an entry list so small that no heats were required for the 100 meter dash! The USA (using the accepted 10-8-6-4-2-1 scoring) tallied 206 points to 171 for Canada. Closest nation to these two was Cuba with only 48 points followed by host Valenzuela with 39. No other country even reached double figures.

The Yanks and the Canuks were 1-2-3-4 in the 100, 200, 800, 1500, 3000, the walk and high jump. They were 1-2 in both relays. They finished 1-2-3-5 in the 400 and 400 hurdles, 1-2-4-7 in the long jump and 1-2-5-6 in the shot. Cuba was 1-2 in the disc, but the North Americans were 3-4-5-6. Only in the javelin, where our girls are "protected" by the rules persons, did we bomb. The US was last and next-to-last in the spear.

Cecil Smith, Editor of Canada's "Athletics" said, "With only ten countries and 243 athletes taking part, the whole question of a Pan Am Junior Championship must now be reviewed in light of what transpired in Valenzuela. Both USA and Canada sent full teams at great expense to these championships, while other countries sent only token representatives.

"Of course many countries will cry 'we have no money', but this may be an excuse in light of all other competitions these countries are exposed to. If this is the case, then Canada and USA may as well consolidate their Junior programs for mutual benefit. What's the point in having Canada versus USA in Venezuela when we could have had it in Vancouver or Colorado Springs?

"I'm afraid we must face the fact that unless the Pan Am Athletic Commission takes greater interest in the Junior Hemispheric Championships, then this competition will surely die...We cannot appease countries simply because of politics...What guarantee have we that the Third Pan Am Junior Championships which supposedly is in Jamaica will take place? (Incidentally, Jamaica did not send one athlete to Venezuela!)

"As for the competition in Venezuela, well, this was a nightmare for the athletes. Schedules kept changing; delays were numerous; no known track referee; no known multiple event referee; no running totals in the heptathlon to keep athletes and spectators informed. The list of irritating problems goes on and on, but on the positive side, the food was excellent! The question is not why problems did happen, but how to avoid them in future Pan Am Junior Championships. That is if there is a future.

The USA supplied the meet's only double winner in sprinter Donna Dennis who took the 100 and 200. In addition, the Yanks won the 1500 with Polly Plumer, the 3000 by Vickie Cook, the 100 hurdles with Anita Epps, the 400 hurdles with Gayle Kellon, the high jump by Mary Moore, the shot with Natalie Kaaiawahia and both relays. Canada took the 400 (Jillian Richardson), the 800 (Patricia Wellman), the long jump (Sharon Clarke) and the walk (Joan Bender). That left only the disc and javelin for the Cubans.

RESULTS: 100 (+0.96) 1-Donna Dennis (USA) 11.70, 2-Angie Phipps (Can) 11.86, 3-Janet Davis (USA) 11.87, 4-Donna Pajor (Can) 11.99; 200 (+0.31), 1-Donna Dennis (USA) 23.83, 2-Tonja Stevens (USA) 23.94, 3-Jillian Richardson (Can) 24.08, 4-Angie Phillips (Can) 24.27; 400, 1-Jillian Richardson (Can) 52.74, 2-Maxine Underwood (USA) 53.00, 3-Gervase McCraw (USA)



Canada's JILL PUROLA was second in the 1500.



Here are four outstanding prepsters who represent the Southern California Cheetahs. Left to right: Gayle Kellon, Gervaise McCraw, Michelle Taylor and Zelda Johnson. Taylor is only 15, the others are 17. At the TAC Junior Championships, Kellon won her 400H heat in 58.32, won the 400H final in 58.22, ran a leg on the winning 4x400 relay team and a leg on the second place 4x100 team. Johnson was 3rd in her 100 heat, 3rd in her 100 semi and fifth in the 100 final, she was 5th in her 200 heat and ran on both relay teams. McCraw was 2nd in her 200 heat, 2nd in her 200 semi and 4th in the 200 final, first in her 400 heat and first in the 400 final and ran on both relay teams. Taylor was 4th in her 800 heat and 4th in the 800 final and ran on both relay teams. The four runners scored 48 points and won the second place team trophy. Taylor did not make the Pan Am team, but McCraw was 3rd in the 400, Kellon won the 400 hurdles with a new American junior record.

53.42, 4-Angela Mancilla (Col) 55.95; 800, 1-Patricia Wellman (Can) 2:06.10, 2-Trescia Palmer (USA) 2:06.84, 3-Camille Cato (Can) 2:07.16, 4-Kerri Zaleski (USA) 2:07.18; 1500, 1-Polly Plumer (USA) 4:23.7, 2-Michelle Rowan (USA) 4:25.1, 3-Jill Purolo (Can) 4:25.9, 4-Atricia Wellman (Can) 4:29.0, 5-Mariel Gongora (Arg) 4:30.2; 3000, 1-Vickie Cook (USA) 9:46.7, 2-Carol Howe (Can) 9:51.4, 3-Kate Ishmael (USA) 9:51.4, 4-Sandra Anschutz (Can) 9:54.5; 3000W, 1-Joan Bender (Can) 14:21.3, 2-Alison Baker (Can) 14:47.7, 3-Jamie Melfi (USA) 15:23.9, 4-Simone Palcides (USA) 15:31.7; 100H (+0.46), 1-Anita Epps (USA) 13.95, 2-Connie Polman-Tuin (Can) 14.22, 3-Kelly Graham (USA) 14.27, 4-Janice Heard (Can) 14.52; 400H, 1-Gayle Kellon (USA) 58.18, 2-Isabelle Boutet (Can) 59.84, 3-Owen Wall (Can) 60.25, 4-Belkis Chavez (Cub) 61.19; 4x100, 1-USA 44.07, 2-Canada 46.02; 4x400, 1-USA 3:34.68, 2-Canada 3:43.12; HJ, 1-Mary Moore (USA) 6'1 1/4, 2-Carol Ann Lesley (Can) 5'11 1/4, 3-Shari Collins (USA) 5'10, 4-Darlene Osborne (Can) 5'10; LJ, 1-Sharon Clarke (Can) 19'10 1/2, 2-Deborah Larsen (USA) 18'6 1/4, 3-Barbara Martin (Cub) 19'4, 4-Yvette Bates (USA) 19'2 1/4; SP, 1-Natalie Kaaiawahia (USA) 50'9 1/2, 2-Regina Cavanaugh (USA) 48'6, 3-Luz Danna Bohorquez (Ven) 48'6, 4-Liz Polyak (Can) 44'10 1/2; DT, 1-Maritz Marten (Cub) 181'1, 2-Hilda Ramos (Cub) 167'0, 3-Natalie Kaaiawahia (USA) 154'5, 4-Liz Polyak (Can) 146'9; JT, 1-Iris De Grase (Cub) 177'1, 2-Marieta Riera (Ven) 162'3, 3-Martha Hart (Can) 162'2, 4-Yunaria Pina (Ven) 158'2

SCORES: 1-USA 206, 2-Canada 171, 3-Cuba 48, 4-Venezuela 39, 5-Colombia 9, 6-Argentina 6, 7-Brazil 2, 8-(Tie) Peru and Chili 1.

BERLIN SPORTFEST

Berlin, West Germany, August 20: American collegians were once again prominent in this International Sportfest. Nebraska's Merlene Ottey (Jamaica) whipped Canada's Angella Taylor over 100 meters as the two Commonwealth sprinters keep trading wins en route to the Commonwealth Games in September. Ulrike Meyfarth, West Germany, won the high jump over a fine field at 6'2 3/4 and new world record holder in the long jump, Valy Ionescu of Rumania, captured that event at 22'3 1/4.

RESULTS: 100 (+1.2), 1-Merlene Ottey (Jam) 11.14, 2-Angella Taylor (Can) 11.17, 3-Diane Williams (USA) 11.18, 4-Florence Griffith (USA) 11.35, 5-Alice Brown (USA) 11.43...7-Jeanette Bolden (USA) 11.57; (Heats), Jackie Pusey (Jam) 11.72; 4x100, 1-France 43.53, 2-West Germany 43.64; 800, 1-Yolanda Januchta (Pol) 2:01.87, 2-Terri Cater (Aus) 2:01.93, 3-Wanda Stefanska (Pol) 2:02.15, 4-Delisa Walton (USA) 2:03.63, 5-Dorian Lambelet-McClive (Swi) 2:03.66...7-Deanne Gutowski (USA) 2:05.73, 6-Cathy Rattray (Jam) 2:06.11; 100H (+0.2), 1-Lucyna Langer (Pol) 12.65, 2-Stephanie Hightower (USA) 12.86, 3-Benita Fitzgerald (USA) 13.04...5-Candy Young (USA) 13.16, 6-Carol Lewis (USA) 13.85; HJ, 1-Ulrike Meyfarth (WG) 6'2 3/4, 2-Coleen Sommer (USA) 6'2 3/4, 3-Wzontek (WG) 6'0 3/4, 4-Phyllis Blunston (USA) 6'0 3/4; LJ, 1-Valy Ionescu (Rum) 22'3 1/4, 2-Karin Hanel (WG) 21'6, 3-Jennifer Innis (Guy) 21'4 3/4, 4-Kathy McMillan (USA) 21'2.

ZURICH "WORLD CLASS"

Zurich, Switzerland, August 18: In years past, athletes looked forward to competing in Zurich simply because the city was known for "Fast Times". Now, with electronic timing, athletes still look forward to competing in Zurich simply because they gather the best in the world each year for their "World Class" meet and the city is still known for its Fast Times.

Evelyn Ashford turned in a fast time in winning her heat of the 100 against a 1.0 mps wind, but withdrew from the final when she felt a muscle twinge in her right upper leg. In her absence, Canada's Angella Taylor downed Merlene Ottey in 11.21 in the final as a host of Americans chased them across the finish line.

Jamilla Kratochvilova annexed the 400 in a speedy 48.86, covering the first 200 in 22.4. The 1500 was a good one to watch with Rumania's Doina Melinte leading the pack across the finish line in 4:02.47. The class of the field can be seen from Cornelia Burki's tenth place time of 4:07.88! Splits were 64.2-2:10.5-3:17.0.

Yordanka Donkova (Bulgaria) won the 100 hurdles in 12.60 against a 1.2mps wind with American's Hightower, Fitzgerald and Young all running well for 3-4-5 positions.

Antje Kempe of East Germany upset new world record holder Tiina Lillak in the javelin with a winning toss of 223'3 and Czechoslovakia won a very swift 4x100 in 42.98. The USA was third in 43.30 - not too shabby.

RESULTS: 100 (-1.20), 1-Angella Taylor (Can) 11.21, 2-Merlene Ottey (Jam) 11.25, 3-Diane Williams (USA) 11.25, 4-Kathy Smallwood (GB) 11.33, 5-Jeanette Bolden (USA) 11.36, 6-Florence Griffith (USA) 11.48; "B" Race (-1.00), 1-Callender (GB) 11.43, 2-Alice Brown (USA) 11.55...6-Jennifer Innis (Guy) 11.69; Heats, Innis 11.67, Ashford (USA) 11.08, Cathy Rattray (Jam) 12.12, Marlene Harmon (USA) 12.17, Jackie Pusey (Jam) 11.91; 4x100, 1-Czechoslovakia 42.98, 2-Great Britain 43.21, 3-USA

(Brown-Bolden-Griffith-Williams) 43.30, 4-France 43.46, 5-West Germany 43.81, 6-Italy 44.03; 400, 1-Jamilla Kratochvilova (Cz) 48.86, 2-Tatyana Kocpenbova (Cz) 50.41, 3-Rosalyn Bryant (USA) 52.61, 4-Genowefa Blaszkak (Pol) 52.70, 5-Delisa Walton (USA) 53.12...8-Arlise Emerson (USA) 55.22; 1500, 1-Doina Melinte (Rum) 4:02.47, 2-Van Hulst (Ned) 4:03.78, 3-Gabriella Dorio (Ita) 4:04.31, 4-Chris Boxer (GB) 4:04.48, 5-Cindy Bremser (USA) 4:05.76, 6-Bridgette Friedmann (WG) 4:05.90, 7-Monica Joyce (Ire) 4:06.69, 8-Debbie Scott (Can) 4:06.89, 9-Janet Marlow (GB) 4:07.11, 10-Cornelia Burki (Swi) 4:07.88; 100H (-1.20), 1-Yordanka Donkova (Bul) 12.60, 2-Lucyna Langer (Pol) 12.62, 3-Stephanie Hightower (USA) 12.85, 4-Benita Fitzgerald (USA) 13.14, 5-Candy Young (USA) 13.16, 6-Grazyna Rabsztyl (Pol) 13.29; "B" Race (-1.80), 1-Marie Savigny (Fra) 13.52...4-Marlene Harmon (USA) 13.89...6-Carol Lewis (USA) 14.00; JT, 1-Antje Kempe (WG) 223'3, 2-Tiina Lillak (Fin) 217'6, 3-Sofia Sakorafa (Fin) 211'1.

OTTEY WINS SWIFTIE

West Berlin, Germany, August 20: Merlene Ottey captured the 100 meters in a fine 11.14 to highlight the International meeting in West Berlin. Ottey couldn't afford to loaf for Angella Taylor (Canada) and Diane Williams (USA) were close behind. Ulrike Meyfarth (West Germany) continued her string of victories over the USA's Coleen Sommer in the high jump with a 6'2 3/4 mark to win on the fewer misses rule.

RESULTS: 100, 1-Merlene Ottey (Jam) 11.14, 2-Angella Taylor (Can) 11.17, 3-Diane Williams (USA) 11.18; 800, 1-Yolanda Januchta (Pol) 2:01.87, 2-Terri Cater (Aus) 2:01.93, 3-Wanda Stefanska (Pol) 2:02.15; 100H, 1-Lucyna Langer (Pol) 12.65, 2-Stephanie Hightower (USA) 12.86, 3-Benita Fitzgerald (USA) 13.04; 4x100, 1-France 43.53, 2-West Germany 43.64; LJ, 1-Valy Ionescu (Rum) 22'3 1/4, 2-Anretter (WG) 21'6, 3-Jennifer Innis (Jam) 21'4 3/4; HJ, 1-Ulrike Meyfarth (WG) 6'2 3/4, 2-Coleen Sommer (USA) 6'2 3/4, 3-Wzontek (WG) 6'0 3/4.

DIXON & HIGHTOWER WIN IN KOBLENZ

Koblenz, West Germany, August 25: Diane Dixon won the 400 and Stephanie Hightower took the hurdles at an International meet in Koblenz. Top mark of the competition went to East Germany's Barbel Woecckel who sped 22.16 in the 200 to win over Canada's Angella Taylor.

RESULTS: 100, 1-Kathy Smallwood (GB) 11.34, 2-Florence Griffith (USA) 11.38, 3-Jeanette Bolden (USA) 11.39; 200, 1-Barbel Woecckel (EG) 22.16, 2-Angella Taylor (Can) 22.44, 3-Kathy Smallwood (GB) 22.53; 400, 1-Diane Dixon (USA) 52.42, 2-Cathy Rattray (Jam) 52.71; 800, 1-Margrit Klinger (WG) 1:59.57, 2-Martina Krott (WG) 2:00.54, 3-Simone Buengener (WG) 2:01.69; 3000, 1-Britte Kraus (WG) 8:44.43, 2-Gargano (Ita) 8:48.66, 3-Debbie Scott (Can) 8:48.85; 100H, 1-Stephanie Hightower (USA) 13.02, 2-Candy Young (USA) 13.07, 3-Grazyna Rabsztyl (Pol) 13.17; HJ, 1-Ulrike Meyfarth (WG) 6'2 3/4, 2-Britte Holzapfel (WG) 6' 2 3/4, 3-Phyllis Blunston (USA) 6'0 3/4; SP, Losch (WG) 60'0; LJ, 1-Sabine Everts (WG) 21'4 3/4, 2-Anretter (WG) 21'4.

GREAT HJ AT TIRRONIA

Tirronia, Italy, August 25: High jump World Record holder Sara Simeoni showed she will be a contender for the European title once again as she scaled a winning 6'5 to defeat American record holder Coleen Sommer and former American record holder Louise Ritter. Sommer hopped over a good 6'4 1/4 and Ritter had her 1982 best at 6'3 1/4 for third place. Cuba's Silvia Cosca, still a junior, also cleared 6'3 1/4 to grab fourth spot.

In another good performance, Rumania's Maricica Puica nipped Italy's Gabriel Dorio in the 1500 in 3:57.82 to 3:58.65.

VAN DAME INV

Brussels, Belgium, August 27: Jeanette Bolden, having an up-and-down European season, had one of her "ups" here tonight as she whipped Canada's Angella Taylor in the 100 meters in a so-so 11.26. Taylor came back to take the 200 in 22.83 over Florence Griffith.

East Germany's Marita Koch showed she is ready for her upcoming clash with Jamilla Kratochvilova by winning the 400 in a swift 48.87. To say she was not pressed is hardly necessary. Second place, US Junior Diane Dixon, was more than six seconds back in 52.69.

Stephanie Hightower won the 100 hurdles in 12.87 as Candy Young moved into the #3 spot on the All-Time USA List with her second place clocking of 12.89.

Louise Ritter continued her "comeback" with a win in the high jump at 6'2 1/4.

RESULTS: 100, 1-Jeanette Bolden (USA) 11.26, 2-Angella Taylor (Can) 11.28, 3-Diane Williams (USA) 11.31, 4-Alice Brown (USA) 11.43, 5-Florence Griffith (USA) 11.44; 200, 1-Angella Taylor (Can) 22.83, 2-Florence Griffith (USA) 22.87, 3-Grace Jackson (Jam) 23.17, 4-Alice Brown (USA) 23.50; 400, 1-Marita Koch (DDR) 48.87, 2-Diane Dixon (USA) 52.69, 3-Arlise Emerson (USA) 53.21...6-Cathy Rattray (Jam) 54.49; 800, 1-Doina Melinte (Rum) 1:59.34, 2-Hildegard Ulrich (DDR) 1:59.47, 3-Van Hulst (Ned) 2:01.17, 4-Dorian Lambelet-McClive (Swi) 2:02.08; 100H, 1-Stephanie Hightower (USA) 12.87, 2-Candy Young (USA) 12.89; HJ, Louise Ritter (USA) 6'2 1/4.

YOUNG BEATS HIGHTOWER

Stuttgart, Germany, August 29: Candy Young scored her first win over Stephanie Hightower at the International Meet here in Stuttgart with a 12.89 clocking equalling her two-day old PR. Hightower, the American record holder, was timed in 13.15. Grace Jackson, Atoms TC and Jamaica, won the 200 with a lifetime best of 22.92 and Germany's Ulrike Meyfarth cleared 6'5 1/2 to take the high jump.

RESULTS: 100, Jeanette Bolden (USA) 11.52; 200, 1-Grace Jackson (Jam) 22.92, 2-Heidi Gaugel (WG) 23.14; 400, 1-Gabby Bussmann (WG) 50.75, 2-Diane Dixon (USA) 52.43; 800, Margit Klinger (WG) 2:00.71; 100H, 1-Candy Young (USA) 12.89, 2-Stephanie Hightower (USA) 13.15; 400H, Chantal Rega (Fra) 55.28; HJ, 1-Ulrike Meyfarth (WG) 6'5 1/2, 2-Meyer (Swi) 6'4 1/2; LJ, 1-Ingra Maneke (WG) 204'6, 2-Ria Stalman (Ned) 200'10.

FLASH-TWO WR

Two world records were set on the third day of the European Championships in Athens. Ulrike Meyfarth, who won the high jump at the Munich Olympics as a 16 year old, got the HJ mark with a leap of 6'7½. Marita Koch whipped Jarmila Kratochvilova in their hyped up 400 meters with a new mark at 48.15. Kratochvilova was timed in 48.85 for the silver.

Other winners to date include EG's Ilona Slupianek in the shot (70'10), Marlies Gohr (EG) in the 100 at 11.01, Valerie Ionescu (Rum) at 22'3½ in the long jump, Olga Mineyeva (USSR) in the 800 with 1:55.41 and Christova of Bulgaria in the disc at 224'2.

Around the Continent, other US collegians were exhibiting their talents. Old Dutch foes Ria Stalman (LATIC) and Jennifer Smit (UTEP) were 1-2 in the shot in Amsterdam on August 7. Stalman won at 53'8 1/2 while Smit had a mark of 49'5 1/4. Next day, Stalman won the disc with a throw of 208'8.

On July 13, Joan Hansen won the 1500 at Visby, Sweden, in 4:26.72 and Susanne Lorentson high jumped 6'0 for a win in that event over Colorado's Annette Tannander (Swe) at 5'11. Tannander long jumped 19'10 1/2 for second at Goteborg, Sweden on July 24 and tossed the javelin 152'6 for a win the next day.

In another meet at *Stockholm on July 28/29, Eva Erngstrom ran 3000m in 8:58.44 for 3rd one place ahead of Midde Hamrin who turned in a 9:02.01 mark and Susanne Lorentzon was beaten by world record holder Sara Simeoni of Italy in the high jump. Simeoni cleared 6'2 1/2 to 6'1 1/4 for the San Diego State jumper.



Top photo is Rumania's Anisoara Cusmir who set a world record in the long jump at 23'5½. She held the record for five minutes. Lower photo is Valerie Ionescu, also of Rumania, who hopped 23'7½ on her final jump.



Canada's DEBBIE SCOTT was the surprise winner of the Fifth Avenue Mile.

FIFTH AVENUE MILE

New York, New York, September 5: Canada's Debbie Scott upset a fast field to win the Second Annual Fifth Avenue Mile with a time of 4:23.96. Scott stayed with the pack over the first half mile, then moved to the front over the third 440 and poured it on over the final downhill quarter.

Wendy Smith, Great Britain, came on strong over the latter part of the race to grab the silver with young Kim Gallagher picking up third.

Jan Merrill and Francie Larrieu tried to steal the race with a surge mid-way, but could not pull away from Scott.

RESULTS: 1-Debbie Scott (Canada) 4:23.96, 2-Wendy Smith (GB) 4:25.62, 3-Kim Gallagher (USA) 4:30.29, 4-Francie Larrieu (USA) 4:31.26, 5-Jan Merrill (USA) 4:32.14, 6-Darlene Beckford (USA) 4:32.74, 7-Sue Addison (USA) 4:34.63.

REEL OFF - "CONTINUED"

continues to train and compete until the 1988 Games, I can tell them all she will not make that team either. If she continues to train and compete until the 1992 Games - that is a possibility. Read the story in the September issue of WIFW about Jarmilla Kratochvilova's planned campaign - 12 years it took. If our girl has the desire to train for 12 years, then she might have a chance, but most American girls don't or won't do this for which we can thank our society which prevents them from trying.

Of the two events in which this athlete competes, she does not rank in the USA top 50. I would as be as happy as anyone if this girl could make the team, but she won't and I hate to see her hurt, unhappy and discouraged.

CLASSIFIED

CLASSIFIED ADVERTISEMENTS:-20c per word. Send to PO Box 371, Claremont, Ca 91711.

Be informed of the latest in physical fitness. Read PHYSICAL FITNESS NEWSLETTER, Dept. 750, PO Box 195, Western Springs, Ill 60558. \$1.00 for introductory copy.

COLLEGE STUDENTS!

Improve your grades

Termpaper catalog
306 pages
10278 topics

Rush \$1.00 to

Research
Box 259161F
Los Angeles, 90025

(213) 477-8226

RUNNING SHOES RESOLED

- *Complete new bottoms on all jogging shoes
 - *Fast service
 - *Orthopedic work done
 - *Satisfaction guaranteed
 - *Please remove laces
- *Send shoes & \$13.75 (tax & postage paid) to:

2822 N. 5th Street
Milwaukee, WI 53212
(414) 645-9100, ext. 455

RESOLING SPECIALISTS

ATTENTION WOMEN'S TRACK COACHES!

Innersports is your complete company for your needs.

RUNNING AN INVITATIONAL? with big names or small names we will:

- *send out press releases to all papers in your area;
- *Design, print and distribute flyers;
- *Write up a report on your meet and send it to all major magazines;
- Can design and print your T-shirts and handle your awards and ribbons.

Contact us about our T-shirt prices. The highest quality with the lowest price.

For more info:

INNERSPORTS, Box 1275, Burlingame, Ca 94010.

TRACK BRIEFS - COACHES SPECIAL, \$6.00 each: Moving Comfort European style racing briefs in soft poly/cotton interlock. In stock, ready to ship. One dozen minimum order. Available in navy, light blue, mauve, cream. Sizes: petite, small, medium, large and extra large. No phone orders or billing. Send check or write Moving Comfort Coaches Special, Dept JD, 5412 Eisenhower Avenue, Alexandria, Va 22304

RUNNING FEET, RACING THOUGHTS

By Cheri Holder from "the Nor'wester"

It was dusk and I was blissfully running alone on the country road between home and Green River Community College. A gold Colt approached, pulled off the road, and switched off its light.

As I jogged closer, I moved to the other side of the road and glanced at the driver who appeared to be getting something out of his trunk. Actually, he wasn't getting anything out but himself. For a moment my ears pounded, my face flushed and I was scared. He was a geriatric exhibitionist, I was a lady out running, and our roads crossed.

I yelled, "Get out of here," and he hastily complied. I was angry at the old poop for intruding on my run. It was the same anger I had felt that day ten months ago when I first started jogging. Then I had been mad at my husband instead of some aging flasher.

But the feeling of irritation was the same. And I pondered as I pounded the asphalt. Is anger why I run? Sometimes it is. But why do I keep running? I'm not always angry, am I?

No. Then I realized that running describes not only the forward movement of my feet, but the forward progress of my mind. My jogging feet mirror my inner strides.

This quest to do what I need to do, to feel what I need to feel, is so intense that its energy is hard to harness. Running gives it direction. An almost insatiable desire to know, explore, feel, push, exploding inside me propels me outside.

Whatever the motivation, I felt better physically soon after I started running. My skin looked good with its tan. My legs grew stronger and firmer and my lungs didn't seize up in protest after a few blocks. I also quit stopping for a sideache; a "real" runner leans to "run through" these ailments and I was determined to be "real". So determined was I that I also tried to "run through" a stress fracture in my ankle.

Four weeks away from running was the prognosis. Irritable and restless, I suffered withdrawal. Was running now an obsession? Did it dominate my thoughts and feelings?

When I couldn't do it, it certainly seemed to. But my doctor, a runner himself, assured me my feelings were normal. Running does produce a "high" and I was "low" without it.

When I resumed running, my Ace bandage was part of my uniform for several weeks. Nevertheless, I was running again. The wind blew in my face and the dogs barked and the cars honked and I was part of nature again. Thoreau and Walden had nothing on me.

But there's more to running. It's my sanctuary. It is my time alone. Until I had a family I didn't realize how necessary time alone is.

Since having children, I find time alone a treasure worth fighting for. When I'm running, I'm not "on call". I don't have to find a shoe, bring a glass of water, wipe a bottom, or mediate the latest squabble. I'm away from household obligations and I revel in this escape.

It has also been while running alone I've found the time to know me. Elaborate conversations run through my mind. Sometimes I'm witty, sometimes even brilliant and insightful. Alone I can really know and like me. In a crowd, it never occurs to me to make the effort; I'm too busy knowing others. I need a quiet time for introspection and running provides this time.

My awareness of nature is heightened. Riding in a car I never noticed what was blurring by. At a jogging pace, what else do I have to do but

enjoy? If I'm running at 5:00 a.m. I hear the birds chorsing. If I run at 5:00 p.m. the cows mooing as they wait their turn for milking serenade me.

I often run with Mt. Rainier in front of me and am always awed at its snow covered beauty. The jagged Olympics and the more-rounded Cascades provide a backdrop for the natural beauty which abounds here.

I also get a thrilling feeling of accomplishment and achievement when I reflect on my progress. Though I'm hardly an athlete, I've found that running lets me set and meet expectations and goals.

At first I just wanted to WALK five miles in an hour. Soon walking became jogging. Next I wanted to run just a little faster tomorrow than I had today, maybe five miles in 55 minutes instead of 57. Or if not faster, maybe one telephone pole farther.

My capacities were growing. I was Joanne Woodward in her made-for-TV movie, "See How She Runs", and someday I'd run a marathon - not to win, but just to finish. It was exhilarating to go from "I think I can" to "I know I will".

Running has opened new friendships to me. These friends offer their interests and concerns, often vastly different from my own, enriching my world.

A lady ran up from behind one day and we jogged about a mile together before she sprinted off. She runs seventeen miles a day and has won marathons. She's a wife and mom and teacher and she ran the Boston Marathon this year. Her prizes last year exceeded her teaching salary.

An English-teacher friend talks about books with me. We jogged through "The Company of Women" by Mary Gordon last week. James Agee's "Death in the Family" is this week's fare.

Then there's a friend who was divorcing and hurting and yet running beside me, encouraging me to try harder. Runners seem to be very supportive of their own.

I treasure these friends who share their lives with me, along with their Nikes and sweats.

Thus running has become my model for discovery. I run because I need to move, physically, mentally and spiritually. I still have "miles to go before I sleep", and it's still more pleasurable for me to devour the miles at a jog than a crawl. But running dissipates my anger, strengthens my heart, firms my legs, and quiets my soul.

Kaleidoscope (Continued)

see Mary Decker Tabb breaking all these 'meaningless' World Records. I know she's smart enough to know that owning the mile, 5000 and 10000 standards doesn't mean all that much in an international sense, but the public doesn't. I don't want to see her once-adoring fans turn on her when the going gets rough. And rough it will be in LA when she is thrown against the Russians".

5'0/95 pound Cindy Holmes hopped over 6'0 to set a new differential record...New IAAF Heptathlon scoring table goes into effect April 1, 1985....Joni Huntley has resigned as assistant track coach at Oregon State to train for the '84 Games....Pam Spencer is now Pam Marques.

...And while we're speaking (again) of names how about long jumper Sheri Popsey the Keystone Games winner and another Keystone long jumper, Sonja Yingling....California high school discus thrower Jacque Norton threw the implement 167'5 on June 12 at Lancaster to move into the #6 position on the All-Time US Junior list.

Next day, Jacque competed in a meet at Irvine. How far did she throw? 167'5. Perhaps she might consider herself on a plateau!...Katie Ismael was awarded the W.I.S Club Scholarship at Wisconsin. The award is for incoming freshmen...Wisconsin sophomore Cathy Branta comes from Slinger...Arkansas picked up some foreign help. Two Irish lasses, Mandy Nolan and Edel Hackett plus Sharon Bolton from England join the Razorbacks. Nolan was Irish high school national champion and Hackett is a true Leprechaun, born on St. Patrick's Day, 1964...Arkansas also picked up a new assistant coach. Keela Yount is the new one...Thinking about names, why can't the Americans come up with names like Hu Na, the Chinese tennis player who defected? Think of the time that would be saved by writing 'Hu Na' instead of Chanira Cheeseborough or Stephanie Hightower or Maggie Van Zealand or Gale Zaphiroopoulos or Sharrifa Barksdale. Let's hear it for Hu Na!

WTFW Back Issues available from September 1979. \$1.50 plus postage. Write WTFW, PO Box 371, Claremont, CA 91711.

NEW! "WHOLE LIFE RUNNER" MAGAZINE. \$7, quarterly. 14618 Tyler, Nevada City, Ca 95959.

1983-84

INTERNATIONAL CALENDAR

1983

USA vs Canada Indoor Pentathlon at Canada. February/date TBA.

Indoor Championships at New York, February 25.

IAAF Cross Country Championships at Gateshead, England. March date TBA.

Outdoor Championships at Indianapolis, Indiana. June 17/19.

USA vs East Germany at Los Angeles, June 25/26.

World University Games at Edmonton, Canada, July 1/12.

USA vs USSR and West Germany at USSR or WG, July 16/17.

IAAF World Championships at Helsinki, Finland, August 7/14.

Pan American Games at Caracas, Venezuela, August 14/29.

1984

USA vs Canada Indoor Pentathlon at USA. February date TBA.

Indoor Championships at New York, February 24.

IAAF Cross Country Championships at Belmont Park, New York. March date TBA.

Outdoor Championships, June 8/10, site TBA.

Olympic Trials, June 23/July 1. Site TBA.



ON THE ROAD AGAIN By Jack Welch

I awoke this morning, lifted my bronze torso - picture Robert Redford, only younger and without the mole - and looked out my window. Above the Portland cityscape the sun was glowing red. On the sidewalk below a young girl jogged past, accompanied by her mother on a bike. As I was climbing into my car an hour later, the dauntless duo passed by again. The mother was now jogging and the daughter was astride the ten-speed. Mom, it appeared, had only one speed.

ANNE MACKAY didn't demonstrate any awesome ability at the 8th Annual Dilworth Jubilee 5 Miler (Virginia, August 15). The former University of Vermont runner eschewed excess, finding 29:53 more than enough for the victory. American Athletics won the team title among women, earning \$100 in the process.

Another slow yet victorious time was essayed by VICKIE RANDALL at the Presidio 10 miler (San Francisco, August 29). Ms. Randall averaged 6 minute pace for the win.

Talk about slow! JENNY FIDLER took some nine months to complete Robin Elizabeth DeLorne Fidler. Placing first in her age group (June 30), the tiny tyro weighed in at 5 lbs. 13 oz. Lee, a 2:15 marathoner, kept both ladies in the hospital until Independence Day to enable his participation in the Peachtree 10K.

Speaking of babies and 10 kilometer competitors, MOLLY MORTON SALAZAR, a 34:28 performer, was still jogging days before the birth of Antonio on August 27.

August 6th saw the appearance of FRANCIE LARRIEAU at a Pepsi Challenge 10K held in Seattle. The track star simply crushed the "opposition", winning by almost three minutes. Larrieau's 32:26 preceded an outstanding duel between SUSAN GREGG and KRISTY FURDY. Gregg's 35:16 held off her challenger by two seconds. BETH MILBWSKI (35:24), BRIDGETTE BAKER (35:33) and GAIL VOLK (35:53) trailed.

ALLISON ROE, one woman who is certainly unaccustomed to trailing anyone, did so at the Pepsi Challenge Indianapolis Regionals (August 22). But Roe wasn't discouraged with her performance, the first competition in nearly four months. The 26-year-old world record holder is returning to the road wars following an achilles tendon injury.

"I'm not quite in shape yet, but I was reasonably pleased," said Mrs. Roe after her 34:38 second-place finish. "My time today was about 30 seconds to a minute slower than the time I would pass 10K during a marathon. But it will come. I felt strong for the first three miles."

That's the point at which DIANE RUSSA, a 5'2, 93, pounder, broke away to win in 33:55. (Her only faster 10K is a 33:40 run a few weeks earlier.)

Currently a senior at Michigan State, the 20-year old Russa slashed the Chicago Distance Classic 20K (July 11) record to 1:09:48, not 1:07 as I so erroneously reported last month.

GAIL VOLK captured the Moving Comfort 10K

(Seattle, July 18) with a time of 35:05. CAROL CHILCOAT finished 12 seconds later in this women's only race. Following were KAREN PETLEY (35:39) of the University of Washington and JANIS KLECKER (36:05).

This month's recruiting tip - since so many readers are college coaches - is 9-year old SARAH SCHWALD of the Seattle TC. Miss Schwald Fred in the Moving Comfort race with a time of 40:29.

That raises a question. Does ANNE ALDAIN have any college eligibility remaining? Might be worth a call to Creigh Kelley, Mrs. Audain's agent. (Can we use the word "agent" in a family magazine?) Anne, refreshingly unspoiled by her athletic notoriety, stopped by Portland (August 22) to participate in the Nordstrom International Road Race. She covered 10K "almost as a workout", in 32:30. GAIL VOLK finished next in 36:19.

Audain will return this winter to New Zealand for her native summer where she'll run in the Commonwealth Games. At an intimate luncheon for twenty, Anne told me, and anyone else listening, that she was also looking forward to world record attempts at 5K and 10K on the oval. It is her hope that MARY DECKER TABB will make simultaneous efforts. "If she comes," Audain said, "we'll have a go at it." That would certainly seem the case.

It might be worth while to include JOAN BENOIT. Holy surgery, Batman! There is no truth to the rumor that "Benoit" (as in Detroit), is French for bionic. But you must be curious about what medical miracles were performed last December on Joan's (as in Bone's) achilles tendons. I mean, really truly, it's one thing to win Falmouth, and it's obviously extraordinary to beat a superlative field by more than a minute in just 7.1 miles. But to crush GRETE WAITZ's course record by 38 seconds on a solo effort would seem to stretch credulity.

Actually, Benoit had hoped to go head to head with the great Norwegian, but Grete withdrew citing an injury problem. Joan decided that, if she couldn't compete against Waitz personally, she would just go after her record. No one else had much of a chance as Benoit passed the one mile mark in 4:54. She went by 10K in 32:30 and then picked up the pace again. Her 36:34 equates to a 31:59 ten kilometers.

Such a pace was beyond the capabilities of Kiwi transient DIANE RODGER who finished in 37:42. Oregon TC's own DEBBIE EIDE placed third in 38:04 to continue her climb to national road stardom. SUE SCHNEIDER (38:37), JACQUELINE GAREAU (38:47), LAURIE BINDER (38:50), NANCY CONZ (38:57), LINDA McLENNAN (38:59), SUZANNE GIRARD (39:03) and Bermuda's MERENNETTE



Continued on page 15

HEPTATHLON HODGE PODGE

(The following bits of information about the heptathlon and heptathlon performers was taken from several publications and is printed here for information purposes only - not as an "article" about the heptathlon. information was taken from "Track Technique" who in turn took the info from "Modern Athlete and Coach", "Olympic Development Technical Bulletin", "Athletics Coach" and "Ontario T&F Technical Bulletin" and was written by (among others) England's Bruce Longden, Austria's Konrad Lerch, Ed Parker, West Germany's Warner Schallau, Lyle Knudson and Jane Frederick.)

The first steps towards adding a pentathlon to the women's athletic program was taken in the 1920's. First the Russians introduced a pentathlon consisting of 100 meters, javelin, long jump, discus and 800 meters. The Germans then introduced the triathlon (100, high jump and ball throw) to their Championship program. In 1926, the Germans changed their triathlon to the 100, HJ and discus and a year later introduced the pentathlon which included the shot, long jump, 100, high jump and javelin.

Compared with the decathlon, internationally accepted in 1911 and included in the Olympic program of 1912, the women's pentathlon took a long time to find an official place on the international scene. Although the German version of the triathlon was contested in the Women's World Games in Prague in 1930 and the German version of the pentathlon in the European Championships in 1938, it took until 1964 before the event finally appeared in the Olympic program.

Several changes to the German version had meanwhile taken place. In 1948 the events of the pentathlon were changed to the shot, high jump, 200m, 80m hurdles and long jump. This was altered in 1961 to 80m hurdles, shot, high jump, long jump and 200 meters. Just after the first Olympic contest, 52 years after the men's decathlon had appeared on the Games program, the 80m hurdles was replaced by 100m hurdles. Finally, in 1977 the 200m was eliminated and replaced by the 800 meters. Now the pentathlon itself has disappeared and has been replaced with the heptathlon which adds the 200 and the javelin to the old pentathlon program. Always, the event has favored the jumper-sprinter type. The athlete with jumping power and speed has a marked advantage in the long and high jumps and because of the relatively low obstacles, also in the hurdles.

The old pentathlon was made up of three "pure" events - the high jump (jumping factor), the shot put (throwing factor) and the 800 meters (endurance factor). The remaining events were "mixed" - the hurdles (sprint/jump factor) as well as the long jump. Now the javelin adds another "throwing" factor, but this is equalized by the return of the 200 - another "speed" factor.

There was the constant complaint that there was an imbalance of jumps and throws. It has been said that three throws against two jumps gives the throwtypes a distinct advantage - and visa versa. However, it should be kept in mind that women have only two jumping events - long and high - in their entire list of events.

Many governing persons in the late 60's and early 70's were of the opinion that women are not suitable for heavy physical performances and even a seven-event competition would be too demanding. Fortunately that opinion has now changed, thanks to the performances by the athletes.

There was some hesitancy about including the javelin in the new heptathlon. It appears that the lack of throwing activities among girls is responsible for the difficulties in handling the

javelin later in life. The girls do little throwing compared with the boys who are constantly throwing sticks, stones, snowballs, baseballs, etc. Consequently, the discus, based more on a heaving action, may be better suited for women athletes. On the other hand, the replacement of the javelin with the discus is open for criticism as the discus has some movement elements similar to the shot and it is common to find athletes who perform well in both. (By Warner Schallau, West Germany. Written in 1978).

It has always been accepted that the winner of the Olympic decathlon be known as the world's greatest male athlete. Similarly, winner of the women's heptathlon is known as the world's greatest female athlete. (Ed: Can you name the winner of the heptathlon at the last Olympics?) The multi-event program for women has been constantly changing. Until some final stability is achieved, the combined event for women will not receive the public recognition and acceptance that the men's decathlon has attained as a test for the world's best athletes.

The most successful heptathletes in recent years have been 5'9/5'11 tall and weighed 140/160 pounds. These athletes have been primarily the sprinter-jumper type. The change from 200 to 800 during the last days of the pentathlon made a slight change as extra strength-bulk was detrimental for 800m. However, the 800 is in large proportion an anaerobic event, so the same attributes required in the other events (strength, speed, power) or fast-twitch muscled fibers applied. And now that both the 200 and 800 are included in the multi-event contest, the sprint-jump type is still in demand.

The problem in the United States was that few pentathlon competitions were scheduled. Only in Olympic years could our multi-event athletes concentrate on the pentathlon/heptathlon. In order to make an international team in the years between the Olympics, the athletes had to compete in individual events for there was no multi-event competition. Fortunately, those in charge have seen the light and we now have an adequate (debatable) supply of competitions and several international matches each year.

No matter what a coach is trying to teach an athlete through training, it must appear or be repeated frequent enough in one form or another so it can first of all be understood, then learned, and eventually engrained in such a way that it becomes an integrated part of what will become an athlete's directed, holistic, conditioned response. If one does not practice something frequently enough, it will not become engrained or automatic. (Knudson, Frederick, Parker.)

Early on in the Olympic pentathlon, Mary Rand, Ingrid Becker and Meta Antennen broke records and won medals because they could compensate for their weakness in the shot by their superlative running and jumping. The reasons for the poor performance in the shot were 1-prejudice against body-training, 2-the low opinion of its ability to contribute valuable points and 3-by insufficient physical ability in some cases. (Rand, Becker and Antennen were all world class long jumpers. Rand was an excellent hurdler and Becker - (Mickler) - a swift sprinter. Antennen was a good sprinter and hurdler.)

Lisle Prokop's world record in 1969 started an era of the true pentathletes who are able to get good results in all disciplines. The top ten finishers in the pentathlon at Montreal averaged 5'9 and 152 pounds and 25.7 years of age. Frederick was the tallest at 6'2 and

Burglinde Pollak (DDR) the heaviest at 176. The winner (Sigrun Siegl, DDR) was 5'8 1/2 and 134 and 22 years of age. Her win was a direct result of her outstanding abilities in running and the long jump.

The javelin was a great addition to the multi-event competition because it meant that only truly versatile athletes will dominate the event...A heptathlete will only be successful if she regards the heptathlon as her special event and the separate disciplines as a means to that end. That, of course, does not exclude high performance in a single event. But training should see all the disciplines as a whole and must therefore vary from other training...It takes longer to become a good heptathlete, their average age proves that. The reason for that extra time is also that it takes time to acquire the psychological strength and self-confidence necessary to do well...A heptathlete has to be a mature personality who is not put off by defeat and works single mindedly toward her goal...Never forget the old pentathlon rule "Strengthen your weak points - don't neglect your strong ones." (Konrad Lerch, Austria).

Just to continue the ever-changing multi-event scene, the IAAF will announce a new scoring table AFTER the 1984 Olympic Games in Los Angeles.

QUALIFYING STANDARDS FOR WORLD CHAMPIONSHIPS

Helsinki, Finland, August 7/14.

- (A) If a country sends two or three athletes, all must meet this standard.
(B) If a country sends only one athlete in an event, the athlete must meet this standard.

	(A)	(B)
100	11.43	11.73
200	23.15	23.75
400	52.00	53.13
800	1:59.90	2:03.30
1500	4:07.00	4:16.00
3000	8:59.00	9:18.00
Marathon	2:45:00	3:00:00
100H	13.38	13.83
400H	57.40	59.30
High Jump	6' 2 3/4	6' 0
Long Jump	21' 4	20' 6
Shot Put	58' 4 3/4	54' 1 3/4
Discus Throw	205' 1	183' 9
Javelin Throw	203' 5	180' 5
Heptathlon	5950	5700
4x100	xxx	45.40
4x400	xxx	3:38.00

In other words, there will be no clunkers present at the World Championships as there sometimes is at the Olympic Games - although there is a provision for any country to enter "an" athlete regardless of performance so every nation so desiring can take part in the World Championships.

If the World Championships were this year, how many American athletes would have qualified (providing, of course, they make the team). Here's the number we have as of mid-August who have made the (A) standard:

HEPTATHLON HODGE PODGE

(The following bits of information about the heptathlon and heptathlon performers was taken from several publications and is printed here for information purposes only - not as an "article" about the heptathlon. Information was taken from "Track Technique" who in turn took the info from "Modern Athlete and Coach", "Olympic Development Technical Bulletin", "Athletics Coach" and "Ontario T&F Technical Bulletin" and was written by (among others) England's Bruce Longden, Austria's Konrad Lerch, Ed Parker, West Germany's Warner Schallau, Lyle Knudson and Jane Frederick.)

The first steps towards adding a pentathlon to the women's athletic program was taken in the 1920's. First the Russians introduced a pentathlon consisting of 100 meters, javelin, long jump, discus and 800 meters. The Germans then introduced the triathlon (100, high jump and ball throw) to their Championship program. In 1926, the Germans changed their triathlon to the 100, HJ and discus and a year later introduced the pentathlon which included the shot, long jump, 100, high jump and javelin.

Compared with the decathlon, internationally accepted in 1911 and included in the Olympic program of 1912, the women's pentathlon took a long time to find an official place on the international scene. Although the German version of the triathlon was contested in the Women's World Games in Prague in 1930 and the German version of the pentathlon in the European Championships in 1938, it took until 1964 before the event finally appeared in the Olympic program.

Several changes to the German version had meanwhile taken place. In 1948 the events of the pentathlon were changed to the shot, high jump, 200m, 80m hurdles and long jump. This was altered in 1961 to 80m hurdles, shot, high jump, long jump and 200 meters. Just after the first Olympic contest, 52 years after the men's decathlon had appeared on the Games program, the 80m hurdles was replaced by 100m hurdles. Finally, in 1977 the 200m was eliminated and replaced by the 800 meters. Now the pentathlon itself has disappeared and has been replaced with the heptathlon which adds the 200 and three javelin to the old pentathlon program. Always, the event has favored the jumper-sprinter type. The athlete with jumping power and speed has a marked advantage in the long and high jumps and because of the relatively low obstacles, also in the hurdles.

The old pentathlon was made up of three "pure" events - the high jump (jumping factor), the shot put (throwing factor) and the 800 meters (endurance factor). The remaining events were "mixed" - the hurdles (sprint/jump factor) as well as the long jump. Now the javelin adds another "throwing" factor, but this is equalized by the return of the 200 - another "speed" factor.

There was the constant complaint that there was an imbalance of jumps and throws. It has been said that three throws against two jumps gives the throwing types a distinct advantage - and visa versa. However, it should be kept in mind that women have only two jumping events - long and high - in their entire list of events.

Many governing persons in the late 60's and early 70's were of the opinion that women are not suitable for heavy physical performances and even a seven-event competition would be too demanding. Fortunately that opinion has now changed, thanks to the performances by the athletes.

There was some hesitancy about including the javelin in the new heptathlon. It appears that the lack of throwing activities among girls is responsible for the difficulties in handling the

javelin later in life. The girls do little throwing compared with the boys who are constantly throwing sticks, stones, snowballs, baseballs, etc. Consequently, the discus, based more on a heaving action, may be better suited for women athletes. On the other hand, the replacement of the javelin with the discus is open for criticism as the discus has some movement elements similar to the shot and it is common to find athletes who perform well in both. (By Warner Schallau, West Germany. Written in 1978).

It has always been accepted that the winner of the Olympic decathlon be known as the world's greatest male athlete. Similarly, winner of the women's heptathlon is known as the world's greatest female athlete. (Ed:-Can you name the winner of the heptathlon at the last Olympics?) The multi-event program for women has been constantly changing. Until some final stability is achieved, the combined event for women will not receive the public recognition and acceptance that the men's decathlon has attained as a test for the world's best athletes.

The most successful heptathletes in recent years have been 5'9/5'11 tall and weighed 140/160 pounds. These athletes have been primarily the sprinter-jumper type. The change from 200 to 800 during the last days of the pentathlon made a slight change as extra strength-bulk was detrimental for 800m. However, the 800 is in large proportion an anaerobic event, so the same attributes required in the other events (strength, speed, power) or fast-twitch muscled fibers applied. And now that both the 200 and 800 are included in the multi-event contest, the sprint-jump type is still in demand.

The problem in the United States was that few pentathlon competitions were scheduled. Only in Olympic years could our multi-event athletes concentrate on the pentathlon/heptathlon. In order to make an international team in the years between the Olympics, the athletes had to compete in individual events for there was no multi-event competition. Fortunately, those in charge have seen the light and we now have an adequate (debatable) supply of competitions and several international matches each year.

No matter what a coach is trying to teach an athlete through training, it must appear or be repeated frequently enough in one form or another so it can first of all be understood, then learned, and eventually engrained in such a way that it becomes an integrated part of what will become an athlete's directed, holistic, conditioned response. If one does not practice something frequently enough, it will not become engrained or automatic. (Knudson, Frederick, Parker.)

Early on in the Olympic pentathlon, Mary Rand, Ingrid Becker and Meta Anttonen broke records and won medals because they could compensate for their weakness in the shot by their superlative running and jumping. The reasons for the poor performance in the shot were 1-prejudice against body-training, 2-the low opinion of its ability to contribute valuable points and 3-by insufficient physical ability in some cases. (Rand, Becker and Anttonen were all world class long jumpers. Rand was an excellent hurdler and Becker - (Mickler) - a swift sprinter. Anttonen was a good sprinter and hurdler.)

Lisle Prokop's world record in 1969 started an era of the true pentathletes who are able to get good results in all disciplines. The top ten finishers in the pentathlon at Montreal averaged 5'9 and 152 pounds and 25.7 years of age. Frederick was the tallest at 6'2 and

Burglinde Pollak (DDR) the heaviest at 176. The winner (Sigrun Siegl, DDR) was 5'8 1/2 and 134 and 22 years of age. Her win was a direct result of her outstanding abilities in running and the long jump.

The javelin was a great addition to the multi-event competition because it meant that only truly versatile athletes will dominate the event...A heptathlete will only be successful if she regards the heptathlon as her special event and the separate disciplines as a means to that end. That, of course, does not exclude high performance in a single event. But training should see all the disciplines as a whole and must therefore carry over from other training...It takes longer to become a good heptathlete, their average age proves that. The reason for that extra time is also that it takes time to acquire the psychological strength and self-confidence necessary to do well...A heptathlete has to be a mature personality who is not put off by defeat and works single mindedly toward her goal...Never forget the old pentathlon rule "Strengthen your weak points - don't neglect your strong ones." (Konrad Lerch, Austria).

Just to continue the ever-changing multi-event scene, the IAAF will announce a new scoring table AFTER the 1984 Olympic Games in Los Angeles.

QUALIFYING STANDARDS FOR WORLD CHAMPIONSHIPS

Helsinki, Finland, August 7/14.

- (A) If a country sends two or three athletes, all must meet this standard.
(B) If a country sends only one athlete in an event, the athlete must meet this standard.

	(A)	(B)
100	11.43	11.73
200	23.15	23.75
400	52.00	53.13
800	1:59.90	2:03.30
1500	4:07.00	4:16.00
3000	8:59.00	9:18.00
Marathon	2:45:00	3:00:00
100H	13.38	13.83
400H	57.40	59.30
High Jump	6' 2 3/4	6' 0
Long Jump	21' 4	20' 6
Shot Put	58' 4 3/4	54' 1 3/4
Discus Throw	205' 1	183' 9
Javelin Throw	203' 5	180' 5
Heptathlon	5950	5700
4x100	xxx	45.40
4x400	xxx	3:38.00

In other words, there will be no clunkers present at the World Championships as there sometimes is at the Olympic Games - although there is a provision for any country to enter "an" athlete regardless of performance so every nation so desiring can take part in the World Championships.

If the World Championships were this year, how many American athletes would have qualified (providing, of course, they make the team). Here's the number we have as of mid-August who have made the (A) standard:

STANDARDS (CONTINUED)

100 - 15	10CH - 6
200 - 4	40CH - 3
400 - 5	HJ - 3
800 - 1	LJ - 7
1500 - 2	SP - 0
3000 - 10	DT - 0
Mar - 12	JT - 1
	Hept - 4

So it appears we have our work cut out for us next year if we hope to have a large squad at the First World Championships.

THE ROAD (CONTINUED)

BEAN-SIMONS (39:06) comprised the remainder of the Top Ten. SUE KING, now represented by IMC and representing the New Balance TC, placed 13th in 39:28. 5:36 per mile pace ought to get you better than that. Maybe not.

Sub-5:20 pace earned Miss Benoit an American record at the Bobby Crim 10-miler only a week after Falmouth. Crim, held in Flint, Michigan, to benefit the Special Olympics, was won in 53:18, a time which broke Patti Catalano's course and national marks of 53:40.

LAURIE BINDER was the bridesmaid with a time of 55:21, while LISA LARSEN of the University of Michigan garnered third place in 55:36. JULIE ISPHORDING (55:42) and EILEEN CLAUGUS (56:39) also took the trip.

Bobby D. Crim, if anybody cares and a number of people in Michigan must, is the House Speaker for that State's legislature. Just in case Allen Ludden should ask.

Ask JOSEPHINE WHITE what's the nicest trophy she ever received for winning a road race and she is sure to answer \$1000. That's what Miss White earned winning the June 13 First Jersey Invitational Mile (Jersey City). White's 4:37 was much too much for DARLENE BECKFORD who banked 500 bills for a 4:52. DOREEN ENNIS trotted 4:55 for \$250, CYNTHIA WUSS whizzed 4:55 for \$200 and MARY HERLIHY hotfooted 4:56 to earn \$175.

20-year old KATHY BRYANT of Delaware, Ohio, won the Lima, Ohio (July 30) edition of the Pepsi 10K Series with a time of 33:42. Following somewhat immediately was BETH SHERIDAN at 34:01.

Junction City, Oregon, is a small town not too distant from Eugene, so MARTY COOKSEY's win at the Scandia Run (August 19) was not surprising. Possessing a 33:11 PR, Cooksey did express some satisfaction at winning in 35:04.

Stanford's ANNE LOOKE was in Alaska during summer break, so she decided to add some luster to the Anchorage Pepsi 10K (July 24). By the way...hey, CATHY GRIFFIN, you're in charge of this 145 race extravaganza - are all these events necessary? Meanwhile, Anne locked up the victory in 34:08.

DIANE RODGER got that US victory she's been looking for at the Maggie Valley 5 Miler (August 7). Accompanied by ELLEN HART, BRENDA WEBB and BETH SHERIDAN, Rodger toured the first three miles in 4:54, 10:05 and 15:31. She made her move at four miles to finish in 26:42. Hart was 10 seconds back, with Webb another nine. Sheridan couldn't hold on to fold at 27:48. JULIE ISPHORDING placed 5th at 28:11.

America's Finest City Half Marathon belongs to San Diego (who said Pussatunney?) and on August 22nd the finest runner was LAURA DEWALD. Representing Brooks Racing Team, Dewald covered 13.1 miles in 1:16:55 to win \$1000. BETH MILEMSKI of Cal State Northridge ran 1:17:56 to

add \$400 to her personal scholarship fund. Must stop here. I must go to a testimonial for my editor, Vince Reel. We had originally understood the occasion to be a memorial service for Vince. However, it seems he didn't die...He is just parting his hair on a different side. (Ed. note:-At least I have hair.)



Long jumper VERONICA BELL.



TRACK & FIELD WORLD

- RESULTS
- FEATURES
- STATISTICS
- TECHNIQUE
- PHOTOS

AND MUCH, MUCH MORE

- THE ONLY PUBLICATION IN THE WORLD DEVOTED EXCLUSIVELY TO WOMEN'S TRACK & FIELD.

- PUBLISHED MONTHLY

TO: WTFW
P. O. BOX 371
CLAREMONT
CA 91711

REGULAR
SUBSCRIPTION \$14.

PLEASE RUSH ME A ONE-YEAR SUBSCRIPTION AT \$14. SAVE \$4 OFF NEWSSTAND PRICE.

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

TO: WTFW
P. O. BOX 371
CLAREMONT
CA 91711

ATHLETE'S
SUBSCRIPTION \$12.

PLEASE RUSH ME A ONE-YEAR SUBSCRIPTION AT \$12. I AM A MEMBER OF THE FOLLOWING SCHOOL OR CLUB TEAM:

TEAM _____
NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

CANADA & MEXICO, ADD \$2.00. FOR OTHER FOREIGN COUNTRIES, ADD \$6.00.



The Importance of Breakfast

By Vince Reel

Breakfast must be our best meal. This means a high protein meal. Recently research work at Harvard, University of Chicago and elsewhere has shown that upon eating the so-called "average American breakfast", which is a high sugar, carbohydrate breakfast (consisting of egg, bacon, cereal, toast, orange juice and coffee), the blood sugar goes up within 15 minutes from a low fasting blood sugar of about 70 or 80 milligrams percent to around 140 or 150 (the normal being between 80 and 120). It is our normal or higher than normal blood sugar that helps give us our energy and ambition and helps to take away our sense of hunger and irritability.

Of course, many other nutritional elements are absolutely necessary for the proper production of energy and to properly burn up and utilize the blood sugar. Insulin is one of these chemicals. It is secreted by the pancreas. When a high sugar, carbohydrate breakfast causes a sudden flooding of our blood stream with blood sugar, an emergency call is sent to our pancreas for huge amounts of insulin to be secreted rapidly. The non-diabetic pancreas is able to supply the indispensable insulin so as to help properly utilize the extra blood sugar. In fact, it actually supplies too much insulin and, as the research has shown, within one hour after this high sugar, carbohydrate, low protein breakfast, our blood sugar is

actually lower than before this breakfast was eaten. Hunger pains set in at low blood sugar count of about 70.

This low blood sugar persists until lunch when usually another high starch, carbohydrate meal is eaten. The same sudden excessive amount of insulin is secreted and this time in less than an hour our blood sugar is again lower than before the meal. Thus we run along all day at a low rate of efficiency. We are tired and grouchy. We think we need "coffee breaks", a coke "that refreshes", "a cigarette", a "high ball". All of these things merely serve to whip a tired horse, and actually make the condition worse, except very momentarily.

Hence, along toward the latter part of the day we are apt to fight with our boss, unduly criticize our subordinates and hurt the feelings of our friends whose blood sugar is likewise low. We get into our car to drive home — everybody drives like a "jerk". When we get home we don't want to face our wives or our children until we've had a "couple of highballs" or eaten our dinner. By dinner time we are famished. We eat fast and engorge ourselves. After dinner, and especially if a high protein dinner, we are at peace with the world. We sit down to visit with our family or watch television and fall asleep. We are exhausted after such a fatiguing, low blood sugar day. We

drag ourselves off to bed and are efficient all night while we are asleep.

After a huge high protein supper, our blood sugar remains high all night and, as we don't exercise, it is likely too high for hunger in the morning for breakfast. We aren't hungry. We "can't face breakfast". We take a light carbohydrate breakfast and are on our way around once again.

Now comes the crux of the discussion. If we eat protein abundantly with our meals, especially at breakfast, insulin is required to be secreted gradually and in a sense dribbles into the blood stream slowly and properly utilizes the blood sugar so slowly that a normal of high normal blood sugar is maintained for hours. The key to the whole problem is a good high protein breakfast. So we should eat breakfast like a King, lunch like a Prince and dinner like a Pauper.

The research mentioned showed that one must eat from 40 to 50 grams of protein for breakfast in order to maintain a sufficiently high prolonged blood sugar, thus preventing fatigue and promoting efficiency throughout the day. Very few persons get this amount of protein. For example, one egg gives 6 grams of protein, two strips of bacon 5 grams, and coffee, toast and orange juice practically none. **HOW DEFICIENT IN PROTEIN ARE YOU?** What's the answer? Following is a formula for a highly rated Protein Cocktail which you can mix and drink in your

WHY CROSS COUNTRY?

by Jess Arriaga
from California Track News

Teenage violence is on the increase among American boys and girls. Alcohol and drug abuse is on the rise. Many teenagers have lost the feeling of belonging to society and have instead joined one of the increasing number of gangs. A large segment of our teenage population seems in need of a direction in their lives — something to which they can devote their time and effort. Educators, administrators, law enforcement people, and the media have spent a considerable amount of time examining these problems of today's youth. Much money has been spent at the local, state, and federal level on new and innovative approaches aimed at meeting this growing challenge.

At this seemingly crucial time in the fight against juvenile delinquency the school districts in this state are considering cutting back or even eliminating one of the major deterrents to such antisocial behavior — organized interscholastic athletics. One of the sports that seems to be at or near the top of the list of

those that are expendable (third in the CIF Section Questionnaire) is cross country. This is because cross country has never been one of the "glamour sports". It does not raise large amounts of revenue like some sports do. It does not dominate sports page headlines. It is not even a professional sport. So why shouldn't cross country be eliminated?

Cross country should not be cut out or even cut back because more than any other sport it has the potential to help fight juvenile delinquency. The reason that the word "potential" is used is because traditionally cross country has been treated like a second class sport. Little effort has been made to get experienced coaches in most schools. School papers, rallies, and other activities have not given cross country the same notice as other sports. Often physical education teachers and coaches have considered cross country for "pansies" who were "chicken" to go out for football. Consequently, this lack of status associated with cross country has discouraged many good athletes from participating. Cross country really hasn't been given a chance in many schools.

If cross country were given an equal chance in all schools it could and would directly effect the incidence of juvenile delinquency in many ways. First of all, cross country teaches moral standards as high as any sport. The successful runner is a dedicated athlete. He or she finds that they must train hard and consistently. They often must train all year around to realize their full potential. Drinking and smoking are out for the serious cross country runner, as are any other drugs, because they negatively affect running performance. Good diet and sleep habits are important also.

The long distance runner learns to take pride in his or her body and finds that good health habits along with a rigorous training schedule are rewarded by good running performances. The runner develops a good feeling when running, commonly known as "runner's high". Cross country helps to build disciplined young men and women who have self-esteem. They learn to appreciate hard work and its rewards along with the natural high of running as opposed to the unnatural highs of alcohol and other drugs.

In addition to all of these fantastic things that cross country can do for the mind and the body of the runner, there is another great thing about cross country — almost anyone can do it. Cross country does not favor the naturally-gifted athlete as much as other sports. The less gifted athlete can overcome his or her

lack of natural ability through regular training. The history of cross country is full of stories of less talented athletes becoming world class performers. As Dr. George Sheehan would say, "Through running everyone can become an athlete". If cross country is eliminated, many potential athletes at the high school level will have to turn to other things besides athletics.

Realistically speaking, no sport should be cut or cut back until qualified coaches have been given the chance to initiate interest. The financial difference in running athletic programs at the high school level as compared to the cost of juvenile delinquency is far greater, not to include moral aspects taught in athletics.

Now, more than ever, is the time to encourage cross country. Long distance running is by far the fastest growing sport in this country. It is finally gaining the status that it deserves. The physical benefits of running along with the excitement of running competition are becoming increasingly well known to the American public. More than any other high school sport it is one that can be continued throughout life to the great benefit of the individual without any special equipment or facilities. Cross country running is finally coming of age in this country.

When one examines all of these benefits offered by cross country, at the high school level, the costs of such a program seem miniscule indeed. Cross country has traditionally thrived on budgets that would not even be considered by other sports. This is a sport that requires no special training or meet area. No practice gear is usually provided by the school. Insurance is among the lowest for high school sports. All that is really needed, and all that has usually been provided, is a coach, a few uniforms, insurance, and transportation to meets. Cross country has been and will continue to be an inexpensive sport.

The school district that decides that cross country is well worth the small price tag, should promote it the same way that it does other major sports. Where qualified coaches aren't present, the ability to coach cross country should be used as a criterion when hiring teachers. There are many well qualified teachers who were cross country runners in college.

Often it has been asked, "Can we afford to continue sports like cross country?" With the needs of today's youth, and the potential that cross country has for meeting these needs, we must ask ourselves, "Can we really afford to eliminate sports like cross country?"

BREAKFAST (continued)

room — try it.

PROTEIN COCKTAIL

Needed:

- Mixer (hand or motor)
- Bowl or large pitcher
- Drinking glass

Ingredients:

- 1 glass of milk
- 1 or 2 eggs
- 1 tbsp powdered skim milk
- 1 tbsp wheat germ
- 1 tbsp Lecithin granules
- 1 teasp processed Safflower Oil or Corn Oil
- 1 envelope Instant Breakfast
- 1 tbsp Tiger's Milk

Flavor:

This MUST taste good. Flavor it according to your taste. You can replace the instant breakfast with chocolate syrup, Hemo, black strap molasses, malt, yogurt, peanut butter, vanilla, nutmeg, cinnamon, add salt, instant coffee, frozen fruit juices, baby foods, apricot nectar, etc., etc., etc. Anything you want to make it taste good to you.

Mixing:

Just toss everything into the mixer and turn it on.

If any of the ingredients listed above as necessary are distasteful at first, use only a small amount and then gradually increase.

"YES"

From "Illinois Track and Field News"

Recently, I fielded a question that has been all too familiar over the course of my years as a runner and jogger; "Why do I run when it is such a boring activity?" And as always, the question caught me off guard and I was answerless other than to say that I didn't think it was so boring.

The questioner is a fairly active individual who has shown proficiency at a number of other sports including golf and racquetball. He is an athlete type who really didn't need to run for the physical improvement. Like so many others, he was caught up in the fad-appeal so he thought he would try his hand (or feet) at running.

As I said, I really didn't have a very appropriate answer to his question at the time it was asked but have since digested his narrative and have come to understand why the running was so boring to him.

My friend started running last summer in July. He ran first thing in the morning so as not to interfere with his 3:45 tee-off time. As I said, he is almost a natural athlete so it wasn't too long before he was up to a three mile distance.

When the weather turned cold, he found time to run two miles around the indoor track at his racquetball club. He noted that the track was a 22 lap per mile facility. His jogging was always after his 7:00 a.m. court time.

The story ends here. After two months of indoor running, my friend hung it up. Running just became too boring for him.

His problem is obvious to me now.

Running is boring for him because he makes it boring.

In his mind, there is no reason to run. He has no weight problem so he didn't need to run to trim his waist. He didn't run because he particularly enjoyed it. His athletic satisfactions were his "kill-shot" on the racquetball court and his booming drives off a golf tee. He could fathom no reason to run, other than it was the fashionable thing to do.

Secondly, he always ran alone. For him, maybe the old saying "Misery loves company" would have helped him. By running with someone else, he could have found more enjoyment in what he was doing.

And thirdly, this poor guy ran for more than six months and the only change he ever made in his running routine was to change from a monoxide choking three-mile course, four times around his apartment complex parking lot, to an even more monotonous 44 laps around a tiny indoor track.

I've been running for a long time, but would quit tomorrow if I thought that were the only future I had. Actually, I wonder how many joggers are caught up in the same kind of rut.

I had to go to my office particularly early on a Saturday in April. By coincidence, that Saturday was the end of the first really warm week we had this spring.

I must have seen 15 or 20 people jogging that morning even though it was only 7:00 a.m. All these people, despite their differences in age and sex, had one thing in common. They were all running alone.

Sure, running can become boring, but so can anything else. There are certain things that my friend could have done to have made his running more enjoyable.

First of all, it seems to me that there should be a reason to run. I am sure that the great majority of people run for the health benefits it offers although the outward appearance is for an improved appearance. It is that size 12 body that wants to get back into that dress size 9 or that 38 inch waist that really should accommodate a 34 inch belly.

There are obviously a lot of people who find motivation for

their running by racing.

Certainly these are not all blood and guts competitors but just average people who want to seek new personal records. Whether they are seeking to finish that marathon, or run that 10 mile distance without stopping or perhaps to be the winner overall, they have a reason for what they are doing.

I like to race, also, but I can also find motivation in other ways. I am always setting goals for myself like trying to have fewer missed days in a particular month, or to run more miles in June of 1979 than I ran in June of 1978.

The point is to have something to shoot for. My friend did not.

Second of all, try to run with someone else as often as possible. The solitude one finds when running is great, but too much solitude may quickly become loneliness to make those miles feel longer and harder.

My schedule is irregular enough that it is difficult for me to find a regular running partner, but when I can occasionally find someone to run with, I really enjoy it. Somehow, the mileage is always a little greater than what I would normally do, the pace is usually a little faster than my normal speed and yet, the time seems to go much quicker. The run is always more enjoyable.

And the last and probably most important hint is to add some variety to your runs.

I try never to run the same course more than twice a week. I have a number of favorite routes marked out and I enjoy running these because I know the mileage ahead of time as well as approximately how long it will take me.

Despite my fondness for several particularly appealing routes, I am always looking for new places to run. During the warmer months when my mileage is increased, there are more possibilities.

I know from experience, however, that the number of different courses decreases when my mileage is less. Even with this disadvantage, there are little tricks to making that daily run enjoyable.

If you enjoy a particular loop, but run it in the same direction every day, try running the loop backwards. You'll be amazed at

JOGG

all the things you never noticed when going the other direction. It is like a brand new course.

There are other tricks for breaking the doldrums. I don't care too much for running with a transistor radio, myself, but I know a lot of runners who do and they really swear by it. I have done it occasionally and I know it really takes your mind off everything else.

One of my favorite tricks, however, is to run while carrying a golf ball. I will play catch with myself or with a running partner by bouncing the ball off the pavement, then trying to catch it before it bounces again. This was one of my favorite ways to turn a slow easy run into a far-out workout. Sometimes you really have to sprint to catch up with the ball.

One word of caution about this game: Don't try this on any street but those least traveled ones. It would be very easy to get caught up with the game and forget to watch for the traffic.

In retrospect, I am not sure any of these diversions would have helped keep my friend running. And that's okay too. Running is an activity that can be extremely rewarding in many ways. Many people find it a lot of fun.

But if you aren't one of these people, fine. Don't force yourself to the point where you hate it. Find something else to do.

Q. Dr. Friedman, is jogging good for most people?

A. No. There are no really lasting health benefits whatsoever from jogging. No scientific evidence exists that the coronary arteries themselves can be protected against disease by vigorous exertion. And so many people today are actually risking their lives by jogging.

Q. Is the threat of death from jogging really serious?

A. Hundreds of deaths have occurred during jogging or running. Actually, I believe that jogging may worsen coronary disease in some people. In a study with my colleagues in 1973, we looked into cases of about 60 people who had died instantaneously in San Francisco, and found that 50 percent who had died of heart disease were indulging in moderate to severe physical exercise at the time: jogging, handball playing, competitive tennis, running for an opera because they were late, or carrying heavy bags at the airport.

We also have read of a number of cases of marathon runners who have died while running. We have also determined from a recent calculation that five percent of all heart patients will die during the time they're jogging if they jog an hour each day for five years.

Q. Medically speaking, what is the greatest danger from jogging?

A. The greatest danger is the immediate occurrence of an arrhythmia, a ventricular fibrillation of the heart — and that's instant death. That can only really affect the people who have serious coronary-artery disease. But only 50 percent of the people who died instantly during exercise were aware of the fact they had serious coronary disease. At autopsy, of course, we find that their blood vessels are pretty badly occluded.

GING

Q. Are there any statistics showing how many people die while running?

A. No, because the jogging associations quibble about whether the deaths are due to the jogging.

But they keep no accurate records, as far as I know. But I have been able to collect reports of over 16 deaths from jogging in the past three years by reading the San Francisco Chronicle and/or the San Francisco Examiner. And you know that the death of anyone while jogging in Illinois is usually not going to be picked up by either of those papers. For example, there was a jogger who died in Washington during the running of a race in favor of the equal-rights amendment for women. When he dropped dead, it was barely mentioned in the papers here. Death from jogging is no longer big news unless the jogger had enjoyed national prominence.

Q. Is jogging more dangerous for some people than others?

A. Yes. It's very dangerous for Type A individuals. This is the individual who is fighting time because he wants to accomplish too much in too little time. Or he has what we call a free-floating

"NO"

From "The Nor' wester"

hostility in which he easily gets irritated by other people. These are hard-driving excessively competitive people. And, of course, jogging appeals to them because they think they can compress in 15 minutes what a Type B individual may take an hour to do — namely have fun while he exercises.

Q. What is a Type B runner?

A. A Type B is an individual who is very confident that he's doing the best he can with what he has been endowed with. He doesn't care what other people think of him. He possesses his own internal standards, so he doesn't have to race with or against time. He doesn't get angry with people easily unless they deserve it.

It doesn't bother me a bit to see a Type B person run. But you can't get a Type B to jog, because he says "Why should I indulge in such a stupid exercise? Why not have fun playing tennis or playing golf or walking?"

Q. Why then do Type A people jog?

A. A lot of joggers have told me they get rid of their inner rages and tensions — and I think they do.

And they feel wonderful when they're through. If you tap your finger gently with a hammer for about five minutes, it's awfully nice to feel the relief when you put your finger in warm water later.

Too, they become obsessed with it. It's self-engrossing.

Finally, many runners have a destructive wish. Part of jogging is destructive, and many of these people know that they are flirting with death, but they like to play that kind of roulette.

Q. Are you saying that jogging isn't good for anybody?

A. I think it may be O.K. for college kids. I don't believe that it will present them with immediate death. But even then, I'm not sure that it doesn't accelerate the general chronic course of coronary-artery disease. That's because jogging is doing exactly what high blood pressure does: It's asking a heart to beat more vigorously. People forget that the runner collapsed and died in the original marathon in ancient Greece.

Q. Are there any circumstances under which you would advise your heart patients to jog?

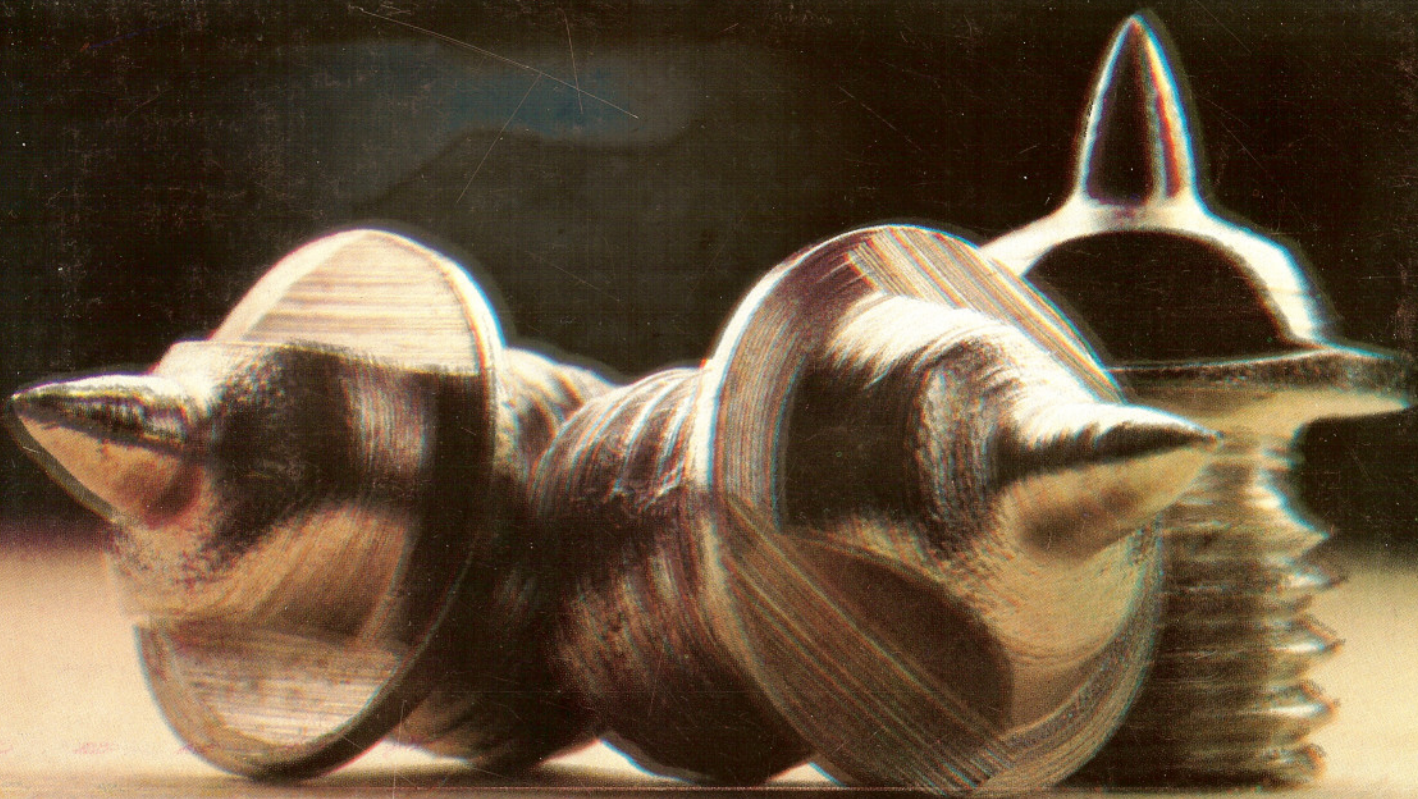
A. I wouldn't hear of it.

We do urge them to exercise every day — for at least an hour. We think it's very good for mental health and for their general circulation. But it should be tennis, non-competitive; or non-competitive swimming, gardening, without lifting heavy weights, walking, golf, except on very hot days, fishing, as long as it's not at extremely high altitudes. Almost anything but handball, raquetball, squash, jogging — anything that is too competitive or violent.

Q. What do you do for exercise yourself?

A. I walk 40 or so minutes every day. I look around as I walk — as if I am going to write a letter to a friend and describe what I see.

Then I garden, and I fish — anything that grandpa did. He seemed to make out well enough without jogging.



OUR NEW SPIKE SHOE HAS A FEW MISSING PARTS.

Namely, the spikes. You won't find them in our new Waffle Racer. You won't even find a place to screw them in.

That was no oversight, however. We designed the Waffle Racer to take you where spikes fear to tread. Into the fiercest indoor competition. And the most grueling cross-country races.

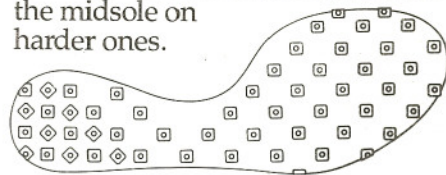
And it will take you there with a lightness and fit that you thought only possible in a world-class spike.

The reason is simple. We built the Waffle Racer on the same last as our Zoom series—those revolutionary spikes that ran to victory in the Pan American Games, the Olympic Trials and even Moscow itself.

But now with the Waffle Racer, you get something even the Zoom can't deliver.

Better cushion.
Lab tests show the Waffles

tend to act as independent shock absorbers—pushing into the ground on softer surfaces and into the midsole on harder ones.



All of which makes this new racer ideal for tearing across everything from grass and concrete to wooden indoor tracks.

So if you want a racing flat that doesn't fit like a normal racing flat, that doesn't act like a normal racing flat, pick up the new Waffle Racer.

The shoe with a spike in its heart.



Beaverton, Oregon

