

What Else Happened at the Nationals?

A lot happened at the national championships this year. So much, in fact, that even though we like to think our coverage was the best anywhere, we weren't able to tell all. These event-by-event notes should fill in many of the gaps of what else happened at the nationals.

100 YARDS

Although sprinters aren't usually noted for their longevity (US sprinters anyway), Ivory Crockett has been near the top of the heap for quite a while now. The 69 and 70 AAU champ, his 3rd this year was his 5th consecutive year in the top 6. Defending champ Robert Taylor was 7th this time around, his 4th time in the finals in the last 5 years.

NCAA champ Ed Hammonds of Memphis State says that the secret to his improvement is, "that I am running more relaxed." He also credits work on his start. "I have been concentrating the last 6 weeks on my starts," he said at Baton Rouge. "I felt that was the place that I could get better. This climaxes a lot of hard work that began after I recovered from a hamstring injury that knocked me out of the finals last year and caused me to miss the Olympic Trials. I placed 2nd in the indoor 60, but I wanted to show that I can win outdoors. It gave me a lot of personal satisfaction to beat my old teammate, Gerald Tinker." Hammonds' 4th in the AAU final is the best by an NCAA champ in the same year since John Carlos' 2nd in 69. The last NCAA champ to win the AAU in the same year was Nebraska's Charles Greene in 66.

Although he is best remembered as a long jumper, Jesse Owens was a more than creditable sprinter, recording one of the first legal 9.4s and the first recognized 10.2m. Owens recently said that he thinks it will be at least another 10-years before anyone breaks 9.0 in the 100. "The physical capabilities are there," he says, "but our top athletes in college and on the pro circuit are being distracted with material wants such as money and scholarships. Sooner or later, one of today's runners will make it, but they must concentrate and dedicate themselves more than some of the athletes have in the past several years."

Southern Cal's Don Quarrie looked like the man to beat in the NCAA 100 final after some impressive running in the prelims. Of course, that super-tight (0.11) 8-man finish gave no indication of dominance by anyone. If they had run 8 times, there might have been 8 different winners. Quarrie explained his 7th: "I came out too low. I never got into my lift. Actually, my start wasn't any worse than it was in the semi."

AAU runnerup Herb Washington almost didn't make it for the semifinals, missing the bus taking athletes from the motel to the stadium. He was walking several blocks away when the bus pulled out. Herb couldn't catch it, so he ran over to a nearby police car making a turn and explained his plight. The policeman picked him up, cut into traffic, raced after the bus and several blocks later pulled it over and let Herb board.

Although Steve Prefontaine and Dave Wottle are currently hot subjects, the No. 1 object of newspaper and wire service copy is still Steve Williams, double sprint winner at the AAU. That double has become an increasing rarity in the recent past. Since Andy Stanfield's victories in 49, only Art Bragg (54), Bobby Morrow (58) and Ray Norton (59-60) have pulled off the feat. Villanova's Frank Budd (61) is the last NCAA doubler. Budd also took the AAU 100 that year. Williams explained that part of the reason for

the relatively slow (9.4) winning time in the AAU were the 4 false starts: "I got cold during all that waste of time and I felt really sluggish." Williams also reveals that he enjoys competing with the San Diego TC more than at UTEP because, "Now I can pick and choose my races. It's good for my legs. Like at Mt SAC I was scheduled for the 100, 220 and relay. Well, it came up cold, so I just scratched from the sprints. Now if I were at UTEP I couldn't do that. There is a difference between a dual meet schedule and a BIG dual meet schedule. We had no easy meets at UTEP—we met all the biggies and that was hard on my legs." Here's one for the coincidence department—Williams' WR 9.1 came a year to the day after his world Junior 440 record of 45.2.

220 YARDS

Chief victim of the truncated time schedule in the prelims at the NCAA was eventual furlong champ Marshall Dill, running the last heat of the 100 and the first in the 220 back-to-back. "I was quite upset," he commented. "It was the first time I had ever been in a situation like that." Dill said at the time he was uncertain about his summer plans. "I've run for the past 3 summers and I just might take this summer off from running," he said. But after a 3rd in the AAU, he signed on as a member of the international squad.

Mark Lutz of Kansas had a string of hot races broken by his disqualification in the heats at the NCAA. Previously, he had taken the Big-8 and USTFF furlongs, and afterwards he nabbed 2nd in the AAU. But at the NCAA he was bounced for taking 3 strides on or inside his line. On going to Bakersfield he commented, "Winning out there would only make me feel better, not make me forget. I don't think I can make up for it." Always a quick closer (as he demonstrated at the AAU), Lutz said at the USTFF: "I've been working hard the last 2 weeks on my starts and on running the curve. I'm getting better every day."

After a 3rd in the College Division 100, Eastern Illinois Ghananian Sandy Osei-Agyeman pulled up in the semis of the 220 with a badly pulled muscle and had to be taken away in an ambulance.

Favored Don Quarrie didn't even run the final of the 220, collapsing in the blocks before the race went off. "I

felt dizzy," he recalls. "The doctor said it was heat prostration and he advised me not to run. In the semi, I started wobbling when I came off the turn. I didn't even know where I had finished."

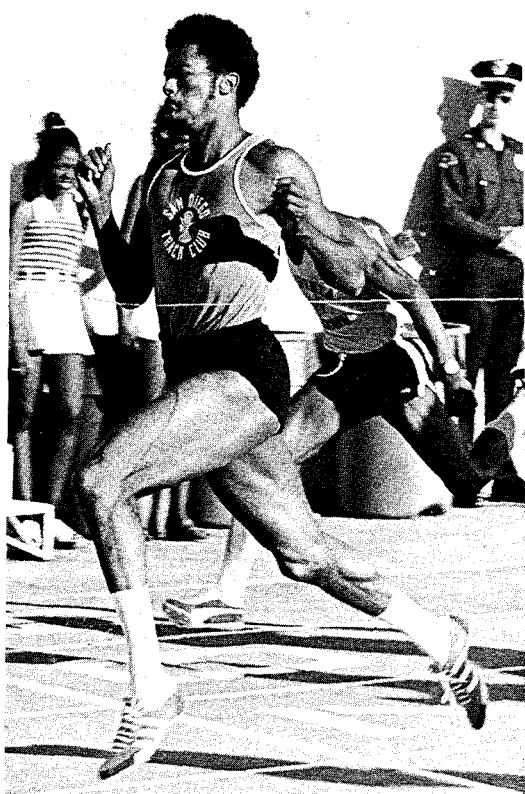
The No. 8 furlonger in the US in 71, Adelphi's Dennis Walker has really had his problems in 73. The ICAA indoor 600 champ, Walker was the object of on-and-off suspension by the NCAA for competing in the US-USSR indoor as a relay member. But at the ICAA outdoor, after running the heats and finals of the 440 relay, heats of the 220 and heats and semis of the 100, a leg gave way in the 100 final. "I was hoping to compete in the NCAA and then in the AAU and go on some tours," he said. "Now? I guess pro track's the only thing to look forward to." He tried to run again in the Met AAU, but the injury, a tendon in back of the right knee, prevented him from running at full strength. After seeing the ITA meet a few days earlier he commented, "I saw the meet the other night at the Garden, but it bored me. There was no real competition, but I'll admit it was a good show."

Although he wouldn't admit to being excited about meeting Valeriy Borzov, Steve Williams said that he was looking forward to it, "especially in the 220—that's my best race." When asked beforehand if he could predict a winning time for the AAU final he commented, "You know I never worry about that—only what will win."

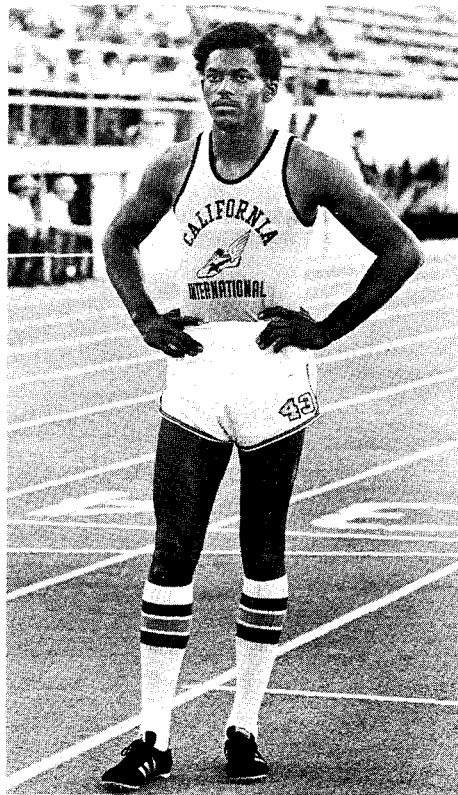
440 YARDS

That super Hayward Restoration meet was supposed to have featured a battle between Benny Brown and Maurice Peoples also, but Peoples didn't show. "It would have been ok if he'd been here," said Brown of his NCAA and AAU conqueror, "but I don't really feel ready for him yet. I didn't come up here to get back at him." Brown feels that all he needs now is some rest. "I'm just exhausted from running too many races too often at the end of the college season. Now I might do just light workouts until I get to Europe and then try to bust a good one over there."

With a PR 45.9 by NCAA 4th-placer Maxie Parks, UCLA claimed a 5th consecutive year with 2 sub-46.0 1-lappers. UCLA runners took 1-5 this year, 1-3 in 72, 1-4 in 71, 4th in 70 and 8th in 69, probably a good part of the reason that the school has now captured 5 NCAA mile relay titles



Ed Hammonds of Memphis State and Steve Williams of the SDTC each scored a pair of sprint wins. (L) Hammonds won the NCAA 100 in 9.4 and anchored the winning 440 relay team. /Chip Gane/ (R) World record holder Williams took both the 100 (9.4) and 220 (20.4) at the AAU. /Stan Pantovic/



Surprise AAU 440 runnerup Karl Farmer is one of 2 performers who has to choose between the Senior and Junior teams. /Chip Gane/

in a row.

A super (need we say more?) 1-lapper, Maurice Peoples is also a fine triple jumper when he wants to be. He hit a PR 51-10 in the NCAA qualifying round last year. "The 2 go together pretty well for me," he says. "The triple jump strengthens my legs and the quarter keeps me in shape."

The career of Dennis Schultz in the 440 has been a brief, but successful one. His 45.9 3rd at the NCAA came in what is believed to be the 5th meet of his life at that distance. His PR 45.8 came in the meet before that, as he topped Big 10 champ Kim Rowe and SWC titlist Don Sturgal to take the USTFF title.

The aforementioned Don Sturgal passed open races at

the NCAA to concentrate on the anchor leg of Texas' previously undefeated mile relay squad. "I would like to run the 440 and 220 too," he said at Baton Rouge. "I probably would if we had a chance at the team title. But my major concern is the mile relay because we're supposed to be the best mile relay team here. Everybody here is still talking about Benny Brown and company, even though we've run a 3:05.7 and they've only run a 3:07. I just want to run something like a 45.5 anchor and make Benny run his butt off to catch me." Sturgal was close to what he wanted anchoring in 45.7 but unfortunately, Benny was already clear by the time it came down to the anchor lap.

880 YARDS

National Junior champ Keith Francis was already a hero to folks in his hometown of New Bedford, Mass. before he won that race in a PR 1:48.5. June 4 was earlier set aside as Keith Francis Day, reports correspondent Don Belisle.

Although he didn't make the NCAA qualifying standard of 1:49.5 in this country, Fordham's Marcel Philippe wasted little time showing some class racing in France, a country he is now eligible to represent in international competition. "It wouldn't be much of a performance in the US," he said in halting French to a group of reporters after setting a French 800 record of 1:46.5.

Former national record holder Ken Swenson (1:44.8m) plans to run again next year after the effects of a long bout with mono wear off. Although it was earlier rumored that he was going to sign with ITA, he recently commented he would rather not. "After 2 years in the Army," he said, "I've had enough of people telling me where to go and what to do."

AAU champ Rick Wohlhuter said that he blocked Dave Wottle out of his mind and just ran the race like any other. "I didn't want to think about him—and I didn't. Once I got the lead, I knew Dave was too far back to beat me." Wohlhuter declined an earlier chance to race against Wottle at the USTFF. "That was the last thing I needed," he commented.

Dave Wottle ran in the light blue of the USAF at Bakersfield, part of the beginning of his 3-month tour of duty, which extends through the summer and includes a trip to Europe. In the fall Wottle is expected to return to Bowling Green State to be a graduate assistant to coach Mel Brodt.

The 880 turned out to be one of the highlight races at the NCAA, but the characters looked different than one might have calculated them to be in the beginning of the year, when it seemed that 5 of the top 6 from 72 would be returning. But the super-tough 1:49.5 qualifying stan-

dard (the hardest of the meet), eliminated defending champ Willie Thomas, runnerup Ron Phillips (sick much of the year) and 5th-placer Marcel Philippe. Third-placer Tony Waldrop opted for the mile, leaving only 6th-placer Steve Bence, who duplicated his placing, while 7th finisher Rob Mango ended up 2nd.

ONE MILE

The "iron-man" of the NAIA, with 8 races covering 15.5M in just 51 hours, Texas Southern's Tommy Fulton stuck to the mile at the AAU, finishing a creditable 4th to become an alternate on the international team. When asked whether he would rather run his multiple races in 1 day (as he did at the NAIA Regional) or spread over 3 he commented: "It's hard to say, because usually all I need is that 40min or so between races. It also depends on how the races are scheduled. Like at the nationals, 6M was my last race, but it was first in the district. I think it's best to have the longest race at the end. It isn't hard to change tempo between the half and mile. In the long races I just adjust my tempo to the pace of the others. Actually, I find each race gets me prepared for the next one. I need a race to get loosened up. I don't know how to go to a meet and run just one race. I just have to run more than one."

Marty Liquori received a ribbing from southern California track figures Al Franken and Hank Ehrlich a while back about his mustache. "I'm glad you shaved it off," said Franken. "You look a lot better." Ehrlich agreed. "That's right. You're a handsome guy. Ugly people are the only ones who should grow a mustache or beard. Why did you want a mustache?" Liquori replied, "The mustache made me look older. Otherwise I look about 16. How would you feel if you had to watch a 16-year-old newscaster reading the news every night on TV?"

"I had planned to be in front when we reached the last turn," said Big 10 champ Ken Popejoy of his NCAA race, "but I waited too long. I figured I could outkick Wottle in the last straight, because I had done it twice already this year, but 3 guys shot by me on the curve—Wottle, Waldrop and McAfee—before I could get back into it." Popejoy still finished 5th with his 5th consecutive sub-4:00 of the year. He picked up a bad case of blisters during the race—one observer said the soles of his feet looked like a "mine field"—and they became infected in mid-week, so he was unable to go to the AAU.

NCAA runnerup Tony Waldrop, a North Carolina junior, reveals, "I really didn't have a plan for the race. I just wanted to get out there and get it over with. Mentally, it was getting to me waiting around for the start. I was looking for a 6th. I'm new to the mile and not used to running it." He also revealed that until this year he had run only 2 collegiate miles, and had never broken 4:18 as a prep. He was the 800 runnerup in 72.

"I learned something about myself tonight," said Dave Wottle after his big mile victory over Steve Prefontaine. "I learned I can handle a fast pace. My coach has always said my best race would come off a fast pace, but you never really know until you try it. So I really had no idea what would happen." Wottle also had a little adventure after the race. As people flocked around to congratulate him, a young man grabbed the famous hat from his head and made off with it. Dave chased him into a nearby field, where the guy tripped and Wottle fell over him, skinning his knees. But he got his hat back.

The wire services didn't do a very good job of reporting the facts on that super Hayward Field Restoration mile, at least in regards to where everybody stood on the all-time lists. Dave Wottle (3:53.3) becomes the No. 3 performer, with the No. 6 performance in the world. Steve Prefontaine (3:54.6) moves to =9th, and John Hartnett (3:54.7) is 11th. On a national level, Wottle moves to 2nd in the US, Pre =3rd, while Hartnett set an Irish national record.

STEEPLECHASE

Being "Confident with a Capital C" as he is [11 June], Doug Brown had a few words of warning for the Soviets after his AAU victory: "I think we have caught up to them in the steeplechase—they'll have to struggle this time."

Behind Brown in that muggy NCAA steeple, the only PR went to BYU junior Gary Cramer, with 8:45.2. The Drake Relays and WAC champ, Cramer said, "I usually



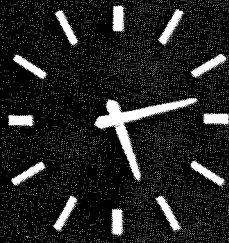
Frosh Keith Francis (r) used a PR 1:48.5 to nip fellow yearling Dale Scott as the twosome went 1-2 in the Junior Championships. /Phil Bannister/

AMERICAN 12:53.0 -RECORD- NCAA 13:18.9

HOME TRACK MEETS

TEAM

MAR. 13-7 ⁰⁰ DRAKE	1	PRE	13:05.3
MAR. 17-2 ⁰⁰ DRAKE-ALL P.M. IN EL PASO	2	COLO	13:10.5
MAR. 24-10 ³⁰ L.S.U. A.M. INVITATION	3	COLO	13:10.6
MAR. 31-7 ⁰⁰ MIAMI-TEX. P.M. KAN. ST.	4	W. ST	13:13.0
MAY 5-7 ⁰⁰ MISS. ST. P.M. GAYLOR	5	MANH	13:14.7
JUNE 5-9 NCAA			



We knew that Steve Prefontaine was becoming an institution—but this is ridiculous! The scoreboard at Baton Rouge was programmed to print out the school and mark for each of the top 5 placers. But instead of "Oregon", after the 3M we got "Pre". /Dennis Carollo/

have a certain memorized pace that I try to run and that way I have quite a bit left at the end. This is the first race I have lost this year, but when you lose to an 8:28 you don't feel as bad. I felt a little flat today, but I had a good season and haven't been over 9:00 all year." Correspondent Lynn Cannon reveals that Cramer had Perthes-Leggs disease when he was 3½. This is a serious condition in which the hip socket begins to rot away. If immobilized for a period of time, the condition sometimes clears up. Cramer wore a brace for 4½-years, during which time he could put no weight on the diseased leg.

THREE MILES

Without a doubt, the distance revelation of the championship season had to be Colorado junior Ted Castaneda. Going into the Big 8 meet with a 13:52.0 best, he hit a PR 13:37.4 to top favored John Halberstadt. At the USTFF he hit a PR 4:04.1 for 4th in the mile. In the NCAA 3M heats, he chopped a big chunk off his PR with a 13:21.2. "Pre's got everybody," he said of his chances in final, "but after him, everybody will be in there." Castaneda certainly was, moving to 2nd in a PR 13:10.6. At the AAU, he passed the three, going instead for a mile-6M double. He didn't make the mile final, but did get a PR 4:02.7 in the heats. And in the 6M he got another PR, and another 2nd, with 27:22.4, moving to 8th all-time US. And he thinks he could have won that Bakersfield race. "I should have started my kick sooner, coach," he told

Colorado assistant Jerry Quiller. "This is just a prelude of things to come for Colorado runners," the running revelation predicted.

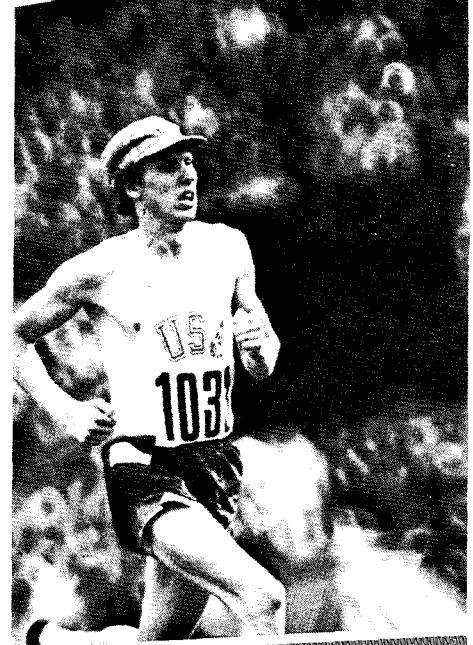
Although he ran a PR 13:14.8, a time faster than ever run before in the NCAA, Manhattan's Mike Keogh got only 5th with that quick time. Keogh ran a difficult triple at the IC4A, doing the 6M and 3M heats one day and the 3M final the next. "You know something," he said. "I'm sick of looking at this track. Forty-eight times around it in one weekend is just too much. I think I've earned a beer tonight. Maybe two... maybe more..."

Always eminently quotable, Steve Prefontaine was his usually voluble self at the NCAA: "Sometimes it seems that AAU rules work against runners instead of for them—and you can quote me on that." His comment was in relation to being reminded that he could get disqualified for pushing and shoving. He had said, "There was a lot of shoving and pushing early in the race [a heat]. I didn't mind it much. In fact, American runners have to get used to that type of thing if they expect to compete internationally. I even threw a few elbows and gave a few shoves myself." What had him angered against the AAU (this time) was the fact that he was having difficulties (since resolved) in getting a permit from the AAU to travel and compete in Europe... No, there's no truth to the rumor that the NCAA is thinking of changing the name of the 12-lap event to the "Pre-mile" in Steve's honor.

The ever-alert Pre soon discovered the perfect place to cool off after his 3M romp, getting a hand from runnerup Ted Castaneda as 7th-placer Ron Martin looks on. /John Morvant/



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Olympic Trials finalist (8th) and 72 NAIA champ **Dave Antognoli** of Edinboro State has had a frustrating 73 campaign. Injured for the first time in his career in the fall of 72, he slipped on ice in January, tearing ankle ligaments. This ankle problem progressed to a painful hip aggravation resulting from favoring the ankle. His mileage fell to 35M per week, mostly non-quality. At the NAIA he tried the marathon, finishing 3rd in his first 26-miler. Coach Doug Watts says that Dave left the meet enthusiastic and hopes to continue his distance running in the 10,000-marathon level for several years.

If anyone has any doubts that the AAU 6M was one hot race, think on this: Penn State's **Charlie Maguire** ran a PR 28:19.0, finishing only 12th. But that was 0.4 faster than the PR he set the week before at the NCAA—a race he won.

Eastern Michigan's **Gordon Minty** said he was shocked by how fast he ran in winning the AAU title. "I didn't think we would run that fast because we weren't running fast early on. But I was really happy with 200y left because I had a clear lead." Reflecting on a year which got him PRs at both 3M (13:10.6) and 6M (27:21.2), Minty commented, "I've been happy with my times all season. You always set your sights a little high and this year I achieved almost everything."

College Division champ **Chuck Smead** was a prep stand-out of whom little has been heard in recent years. "This is the first time in 5 years that I've run intervals on the track because I've had injuries and transferred schools (from Westmont to Humboldt State) and stuff like that. So this is my first real track season since I was a junior in high school."

NCAA 3rd-placer **Mitch Wiley** of BYU ran only 2:07.3 as a high school senior in Jackson, Wyo. He says that he didn't even try the mile because he didn't think he could race that far. A senior, Wiley never tried the six before this season, and his 28:21.2 PR in the NCAA is his 4th ever race at the distance.

The heat and humidity took their toll in the 6M at Baton Rouge, only 13 of 23 starters finishing. That is the lowest total to complete the race since 66, when 12 finished.

120 YARD HURDLES

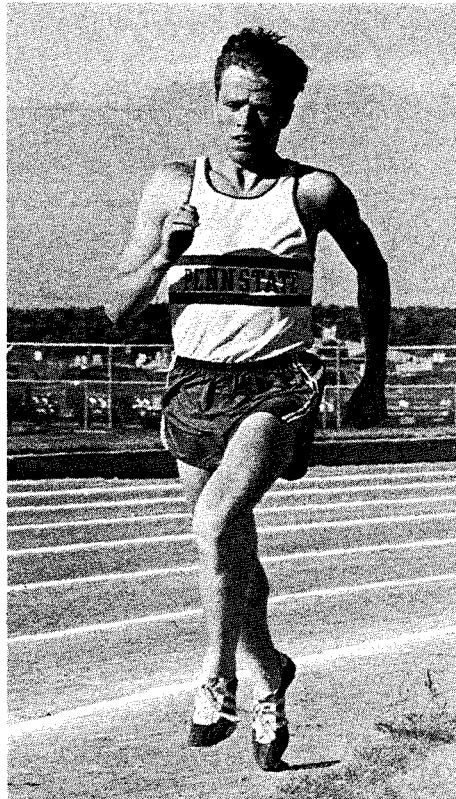
Rod Milburn said at the NAIA that he felt that sub-13.0 is going to come sooner or later. "I feel like I could do it eventually," he commented, "but I have other

The 6M champs all picked up PRs:

(L) Eastern Michigan senior **Gordon Minty** hit 27:20.8 at the AAU. /Don Chadez/

(C) Penn State soph **Charlie Maguire** did 28:19.4 at the NCAA. /Don Wilkinson/

(R) Prep **Terry Williams** (Lompoc, Calif) used a 28:45.2 at the Junior. /Phil Bannister/



things to consider for the future." Foremost in his future plans is the possibility of pro football, although he has currently been unable to come to terms with the Los Angeles Rams. "I believe I showed the coaches I could play," he said. "But we're not together on money and I won't play football unless it's worth my while financially." He added, "I have to feel I can make it this year. If I didn't there would be no reason for even trying football." A Ram spokesman commented, "The chances of any 13th-round draft choice making our club are slim. But Rod has a lot of physical tools." If he doesn't go pro in football, Milburn might turn to ITA. "But I want to make sure it lasts more than just one year before I commit myself and lose my amateur status," he says.

Washington State's **Kip Ngeno** (no relation to the distance runner, John; both pronounce their last name nyenno, with a very nasal "ny" section) looked good in the heats of the NCAA, equaling the African record of 13.8 and beating defending champ Jerry Wilson. But he ran the 440 relay prelims 15min before the hurdle semis and ran a listless 14.2.

Hot early in the year (13.4w/13.5 as Kansas Relays), **Gregg Vandaveer** of Kansas didn't make it out of the heats at Baton Rouge. And he was only 6th at the USTFF. He wasn't exactly up to par by season's end however. In a late May training session he was long jumping on the artificial turf on the infield at Kansas and fell back on his head, suffering a concussion.

440 YARD HURDLES

AAU champ **Jim Bolding** credits much of his 73 success to not running in the school situation any more. "It's a different season when you're out of school and running for a club. When I was at Oklahoma State we had the big relays of Texas, Kansas and Drake which you had to be ready for in April. I ran the sprint relays as well as the hurdles, which meant a lot of races. But now I don't have



to do that." Bolding also revealed that former internationalist Dixon Farmer, now the coach at Michigan, has been helping him for the past 2-years, mostly by mail. "One of the things that helped me late this year was that Dixon and I got together the week before the AAU—which is pretty rare since he's in Ann Arbor and I'm in Stillwater—and worked on some technique stuff, trail leg stuff, because it's the end of my races where I've lost races all along."

Michigan State's **Bob Casseleman** had a rather abbreviated season leading to his NCAA 3rd and AAU 4th, running in the hurdles in only 3 meets. "I was warming up at the Kansas Relays—practicing a 13-stride pattern between hurdles—but I wasn't warm enough and I strained a hamstring," he reveals. The injury kept him from doing much before early May.

HIGH JUMP

How does AAU champ **Dwight Stones** prepare for meets? "I found that if I play a few sets of tennis before a meet, I'm more relaxed the day of the competition. And I swim, too." Stones says that he is much happier competing for the Pacific Coast Club than he was for UCLA. Not that he had anything against UCLA, just the school scene competitively. "What do you have to get up for?" he asks. "One meet, the NCAA. That stuff's just not for me. I like high jumping too much to have just one thing to get ready for." Stones recently joined John Radetich as the only high jumpers ever to top 7ft with both the flop and straddle, rolling over a personal best 7- $\frac{1}{2}$ with that "old-fashioned" style.

Although his 7-4 for 2nd in the NCAA was nothing to be ashamed of, Oregon State's **Tom Woods** wasn't satisfied. "I let the heat get to me psychologically," he offers. "I let it beat me."

POLE VAULT

The University of Florida pulled off a unique double this year, providing the vault winners at both the AAU Senior and Junior Championships. Senior Mike Cotton took the title at Bakersfield, while frosh Will Freeman used his home pit in Gainesville to take the Junior crown.

Bob Richards says that one of the proudest moments of his life was when he was vaulting at the Bakersfield Classic. "I was just getting ready to vault," he says, "and the announcer said, 'I guess we can drop the Jr. now. He's made 17-6 and his dad never did anything like that.' That