

Trackmaster

Vol. 2, No. 10
October
1979

\$1.25

The magazine for, and about, the mid-career runner

An Evangelist For Running





Letters to the TrackMaster Editor

Request for Broader Coverage

Sir:

We subscribe to your magazine, but don't read much about our masters up here in the north.

Pat Bessel of the Grand Island Track Club runs consistently good times. She is 41 years old.

Pat was the only master female to qualify for the Empire State Games open track competition in the state of New York. For the 1500 meter her time was 4:50.7, best in the country for age 41 to our knowledge. For the 3000 meter her time was 10:45.8, second best to Miki Gorman on the Masters Records listed this year for ages 40-49.

At the Canadian-American Dual Meet held at Sweet Home High School, Amherst, New York on August 4, again Pat Bessel was the only master to qualify for the event. She ran the 10,000 meter on the track in 38:24.

The Empire State Games mentioned above were held at Syracuse University, Syracuse, New York August 15-19.

We like your magazine. We hope you will begin to list times for masters all over the United States, not just your regions.

Dick Bessel
Coach, Grand Island TC
Grand Island, N.Y.

Ed. Note:

We are in the market for race results for the entire East Coast. So long as the results are age graded and current, we'll find room for them. Urge your local race organizers to age grade and to forward results to TrackMaster.

Somehow We Missed That One....

Sir:

Faye, my wife, and I wish to thank you for an informative and enjoyable publication.

However, your correspondent didn't do his homework very well for the article on the Grandfather Mountain Marathon. I feel sure that you will wish to make some corrections.

Claudia Gould and Faye Motley were the first two women over 40 to complete the Grandfather Mountain Marathon, each setting a new mark—Claudia in the 40-50 and Fay in the 50 and over group. A 52 year old grandmother, Faye is the oldest woman by 12 years to complete this marathon. This isn't sour grapes, just a correction of a glaring error of omission.

Incidentally, part of the September 29, Blowing Rock Autumn Road Race is run over the same course as the Grandfather Marathon. We're getting marvelous registration for that event, partly due, I'm sure, to your announcement.

Again, we enjoy your publication and look forward to it each month.

Elliot R. Motley, DDS
Blowing Rock, N.C.

Ed. Note:

Sorry to have missed Ms. Motley. Our correspondent was working under a very tight deadline to get the results into the August issue. We'll do better next year.

Birthday Greetings!

Sir:

Happy Birthday! Thanks for adding to runners' reading and enjoyment.

And thanks for a super race at Catoctin. It was well-organized, a fun'n friendly race, a thrill for all of us. The real runners feel bad for the President—and are upset with the *Washington Post* and particularly Coleman McCarthy.

John Butterfield
Annapolis, Md.

Birthday Greetings and a Resubscription!

Sir:

Happy Birthday! Sorry I missed the Catoctin Mountain Park Run, but those hills are too much for me. Here on the shore it's all flat running. Maybe next year.

As a charter subscriber to your fine magazine I want to take advantage of your 13 issue offer. Keep up the good work and don't let the expanded coverage thin down the calendar and coverage of events in the original districts.

Jim Lyons
Onley, Va.

And Yes, Virginia, Those Hills Were Tough

Sir:

Just a note to thank you and the staff at *TrackMaster* for a most interesting, well-run 10K last Saturday at Catoctin Mountain.

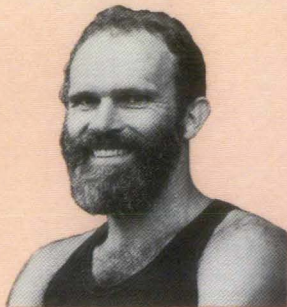
Despite the disappointment with President Carter's experience, I enjoyed the setting and atmosphere, and the air there is magnificent. I hope you have repeats—and I expect you'd be flooded with applications, as people would want to "beat" the President's effort.

As others have said, it was the toughest 10K course I've been on. It took me 7:50 for the first mile (about 80 seconds slower than normal), and 6:15 for the second. Granted the crowd held me up the first mile, but even so that's an incredible difference. And I saw some pretty good runners walking up that hill that stopped the President.

Again, thanks for all your work, and hope the magazine keeps growing.

Wayne Welch
Plus Publications
Washington, D.C.

Letters to the editor should be mailed to TrackMaster, 900 S. Washington St., Suite G-11, Falls Church, VA 22046. The editor reserves the right to abridge letters chosen for publication.



Editorial

It was a good birthday party for *TrackMaster* and a good run at Catoctin on Sept. 15, in spite of the anxious moments we shared when President Carter was unable to complete the course. In the week that followed the race, President Carter's problems with the Camp David hill became a full scale media event, and the President was given all sorts of advice (medical, psychological and political) from sports-writers, political pundits and medical experts.

For those readers who are not Washingtonians, the *Washington Post* received much of the flack for its coverage, and it responded by publishing eight critical letters in its Sept. 18 issue. Dave Theall and your editor were among those critics, and Dave's unabridged letter is found on page 10. My own follows:

"I was disturbed with your Sept. 16 coverage of President Carter's physical difficulties at the Catoctin Mountain Run. While Colman McCarthy's play-by-play account of the episode squares with that of observers I interviewed, the accompanying story by B. D. Colen did not.

"President Carter's problem was a common one for both experienced and inexperienced distance runners. In the excitement of a competitive race, he ran too fast in the early stages of the race and ran out of steam on a difficult upgrade. Having shared that upgrade with the President and 800 other runners, I can assure Mr. Colen that simple physical fatigue is an adequate explanation for the incident.

"To say that an American president in the second half of the 20th century is under stress is a truism, but when Mr. Colen links presidential stress with Mr. Carter's inability to complete a hilly six mile race on a particular day, he is indulging in the same kind of psychologizing decried by Charles Krauthammer on the op-ed page of the same issue.

"Seen from another perspective, it
Continued on page 28.

TrackMaster

Glynn Wood, Editor

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TrackMaster is published at 900 S. Washington Street, Falls Church, Virginia 22046. The statements of writers and advertisers are not necessarily those of the publisher. One year subscriptions to *TrackMaster* are available at the following rates: U.S.—\$12, Canada—\$16, Foreign—upon request. Individual issues may be purchased at \$1.50 per copy including postage and handling. Rates for individual issues to foreign addresses upon request. Special rates for bulk orders. Correspondence, requests for information, and requests for advertising rates should be directed to
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Note to subscribers: *TrackMaster* is mailed at bulk rates on the 7th of each month so that subscribers can expect to have their copy in hand by the 15th. Single copy orders are also mailed once a month. Any order received after the 7th will be filled the following month.

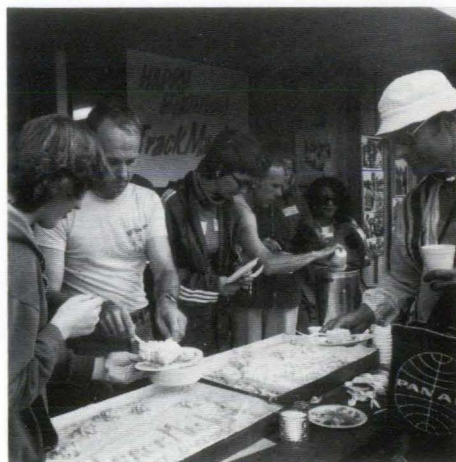
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Cover

Submaster Mary Ellen Williams gets her Catoctin prize from a well-known jogger. President Carter told the crowd at the Catoctin awards ceremony that he continued to be an "evangelist for running."

At right *TrackMaster* staffers pass out birthday cake at our magazine's first anniversary party following the Catoctin race. That's Jack Rugh handling the shovel.



GAINING STEADILY

By Dave Theall

Fast Pace on a Tough Course

October is cross-country season.

Cross-country season is October.

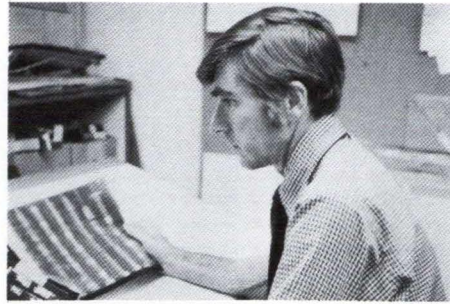
Well, the sport starts in September and ends in November, but the autumn leaves are on the trails and the temperature is ideal in October. Besides the surface where running undoubtedly finds its roots, the variety of cross-country terrain makes it a thinking person's course, and requires both speed and endurance. Finding suitable courses isn't easy. Race promoters tend to gravitate to courses that are available, i.e., the road and the track. Although the sport is a fixture with high school and college teams... in parks and on golf courses... opportunities available to us "mid-career" runners seem to be extremely limited... Actually, a cross-country event used to be a regular part of the Olympic Games. Who knows why it was dropped? The closest thing to it now is the modern pentathlon consisting of a cross-country run, a round robin fencing competition, riding an unfamiliar horse cross-country, a 25-meter pistol shoot, and a 300-meter swimming race. The Army's Mike Burley and John Fitzgerald are the best in the country right now.

Chisholm Charges on

Herb Chisholm's time on the now infamous Catoctin course was a sterling 36:43. He PR'd the next day at Annapolis for 10M in 58:05, and completed his 5-day binge with a PR at 3k in 9:56. At age 53, Herb continues to improve.

Aging Veterans

It is a trite observation to say that professional athletes do it for pay and amateur athletes do it for the fun of it. That's born out by the fact that most runners who stay with it for two years or more seem to stay with it indefinitely. Pros quit entirely when they retire, or are dumped. But then, they weren't engaged in an activity they could do alone by just bursting out the front door. In any event, now that George Blanda and Billy Kilmer



have hung it up, who's left? Well, there's Manny Motta, 41, of the baseball Dodgers; Rick Barry, 35, of the basketball Rockets; Jim Marshall, 41, of the football Seahawks, and Bobbie Riggs, 61, of tennis fame. My favorite veteran, however, is Slammin' Sammy Snead who shot a 66 this past summer at age 67!

Top American Olympic Marathon Finishers

1932	A Michelsen, 7th
1936	John Kelley, 18th
1948	Ted Vogel, 14th
1952	Vic Drygall, 13th
1956	Nick Costes, 20th
1960	John J. Kelley, 19th
1964	Buddy Edelen, 6th
1968	Kenny Moore, 14th
1972	Frank Shorter, 1st
1976	Frank Shorter, 2nd

Capitol Hill

The Senate passed a bill to allow Federal government employees who represent the U.S. in world, Olympic, or Pan Am Games competition up to 90 days paid leave to train and participate. The legislation would extend to Federal employees similar privileges enjoyed by members of the armed forces... such as Mike Shine of the Army... former Penn Stater who silver medaled at Montreal.

Illusions of Grandeur

Ed Sharp of Oxon Hill, Md., turned 40 on September 26. But the first of the month was a more memorable occasion as he assumed the lead in the Hibernian Marathon in Ligonier, Pa., at the 15 mile mark when the front-runner apparently ran off course. For the next 4 miles Ed breezed along dreaming about his speech at the awards ceremony... mom and dad there and so many hometown friends. But wait! A car driven by a race official drives up behind Ed and deposits the wayward

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leader, thereby correcting the unfortunate turn of events. The rested younger man proceeds to win going away. Sharp falters badly—his dreams of a win shattered—but points ahead to Gettysburg, Richmond, Charlotte, and the Marine. Can't win 'em all.

Quotes

Commenting on his up and down racing career: "I hated every minute of it."
—Derek Clayton, Australian world marathon record holder

"Athletes in training don't need vitamins and supplements."
—Jack Mahurin, PhD
Exercise Physiologist

Pan Am Games silver medalist Herb Lindsay on why he finished 34th at the Falmouth Road Race in 1978: "I was fat and out of shape."

"Lasting fame isn't important to me as long as I've enjoyed myself while I've been there."

—Steve Ovett,
English 3:49 miler

"The Pittsburgh Pirates are destined to go on to the World Series and prevail. The Redskins are a team of the distant future."

—Eric Ruschky
Columbia, SC

Mid-Career Running

By Glynn Wood

The Good Old Days

Has Any One Seen the Finish Line?

When New York's finest put the collar on pranksters who hoped to detour last fall's New York Marathon into the East River, it occurred to me that something had really changed in the sport. The notion of keeping one's eyes on a blue line while the miles click away is a recent innovation that does reduce anxiety, but makes the road running more mechanistic than it once was. True, you can still turn up for some casual meets, listen to the gibberish of the race director, and disperse to the four winds. For example, one low key two mile in Washington last year produced three clusters of runners who claimed to be the leaders when they crossed the finish line in seven, eleven and fourteen minutes respectively. Of course, each group claimed that everyone else had gone off course. The race director decided that eleven minutes *should* have been the winning time for two miles and plunked for the middle group!

In a less organized time, part of the excitement of leaving your home course was to see whether you could solve the cross-country puzzle laid out by the opposing coach. Naturally, the hosts would offer to have a non-competing runner jog the visitors over the course. Not surprisingly there were seldom any takers, for few runners were capable of covering the race distance twice in one day at any pace.

The relative casualness and calculated confusion of cross-country and road running was sometimes extended to track meets as well. In a dual meet with Tulane in 1955, my LSU teammate, Bill Jones, clocked the first 9.0 hundred yard dash in history, only to find the course 10 yards short.

More often, confusion at track meets revolved around lap counting in distance races. It was not unusual during the 50's and 60's to be asked to run an additional

lap in a 10K race, for example. Crowds and officials both looked on the 10K as a nuisance that took too much time away from interesting events, and minds were likely to wander around the 17th lap.

Even more likely were disputes on the 160 yard board tracks used for indoor meets. Inevitably the short laps produced general confusion as runners lapped and unlapped each other. I remember running easily for most of two miles on Georgetown University's board track, while the runner I followed conducted a vigorous 22 lap debate with the lap counter. Each time we'd come by the finish line the official would yell the number of laps remaining, and my competitor would respond with one less. Unfortunately the running half of the argument lost, and we had to run 23 laps. Even more unfortunately, the outraged debater still had enough wind left to outkick me on the final lap.

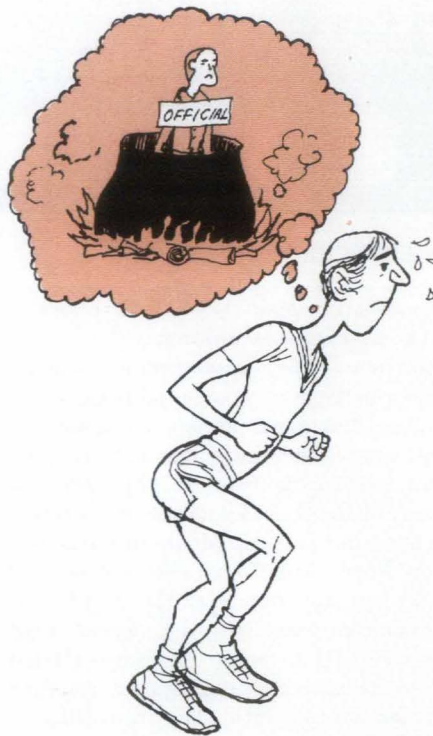
But the opportunities for fouling up track races are relatively limited, and it is on the open roads or fields that possibilities for error literally become infinite. Personally I've never needed a race to go off course, and most of the LSD training I accomplished before 1970 was spent on cloudy days running in and out of suburban cul-de-sacs looking for clues that would remind me where I'd left my street clothes.

Before this era of blue lines, mile markers and other guides for the disoriented, even major races had their share of foulups, and if you ask a veteran runner whether he ever took the wrong turn in a race, you are likely to get a very long story indeed. I know of two such episodes involving national road running championships, and ironically both involved Gar Williams, the hardworking and efficient organizer of distance runs in Chicago, Washington and anywhere else he's lived during the past 20 years.

The first involved a 25K championship that Gar helped organize in Chicago in the early sixties. The defending champion was Pete McArdle, an Olympic marathoner in 1964, who had flown in from New York City for the occasion. At the time Pete was unbeatable at any distance from six miles through the marathon and had won every major American roadrunning championship. This particular race was scheduled for a Fourth of July along the Chicago lake front on a simple out and back course. One official with a stop watch was stationed on a bicycle in front of the starting line. The idea was that he would

start his watch at the gun, peddle furiously to the turn around, and give the runners their halfway split while turning them back toward the finish line.

When the gun went off McArdle quickly took the lead and easily pulled away from the pack. The bicyclist-official had a flat. It took several hours to locate McArdle among the crowds of lightly clad Chicagoans enjoying the Fourth on the lake front. The experience did not improve McArdle's disposition, I'm told.



So much for infinite mistakes. The second "national" foulup was of less consequence, in that the best runners won in the end. However, it accidentally gave me a personal peak performance. The race this time was the 30K championships conducted in 1970 in suburban Washington.

At the time I'd been training for middle distance, and was in no shape for 30K. However, friends from the Boston AA came down to compete, and I went to the race with them, with the idea that two laps of the three lap course would be an excellent training run. Consequently, I made no attempt to start at the head of the pack, and soon found myself running next to Gar Williams, then chairman of the local RRC and technically host for the meet. This time there were officials

Continued on page 28

CATOCTIN: A Fast Race A Presidential Debut



Photos by Jim Elliott

By Jim Elliott

No one had to look very far to recognize that something was different.

For one thing, photographer stands, nicely constructed wooden edifices, stood all over the place. Ropes cordoned off press areas, and there was security like there has hardly been at any race, let alone a little ol' 10 kilometer run around the beautiful Catoctin Mountains of Maryland. "Road Closed" signs established road blocks in abundance. Park Rangers halted all vehicles entering the forest land preserve. Park police cruisers circled everywhere. Small convoys of military vehicles moved into the area only to disappear quietly into 5,768 acres of woods and mountains. People in civilian attire, informally dressed in levis and sweaters for the most part, conducted hushed conversations into little microphones that appeared suspiciously from under the cuffs of shirt sleeves. These same people listened attentively as terse command-like messages spouted forth from little earplugs connected to wires sneaking out from under their collars. The little lapel pins told the story with them: Secret Service. They were everywhere—in the crowd of spectators, among the runners, amidst the press, in automobiles, in golf carts, and behind trees; all of them about as inconspicuous as an ocean liner on a two-acre pond on a Midwest farm.

In spite of the presence of nearly 900 runners and several hundred more spectators a sort of somber hush settled over the starting area, nestled neatly among a group of wooden camp dormitories and

buildings designed and operated for public recreation.

There was a reason for the difference. In fact, there were several reasons in all likelihood. And all of them revolved around one man: Jimmy Carter, President of the United States.

There had been rumors that he might run in the event. The editors of *TrackMaster* were uncertain. They largely were responsible for the race following indications from Carter's aides that the outwardly competitive man in the White House who likes to run might be interested in participating in a public race, if the conditions were right. The indication, made without any promises, came after *TrackMaster* had published a story on the White House runners last May. Editor Glynn Wood and Associate Editor Dave Theall worked closely with White House aides and with many others in making arrangements for the event, with Theall carrying the major share of the burden.

At any rate, in spite of the rumors, there was no assurance that the President would actually appear on the scene and take part. The night before the race, Friday September 14, Nike hosted a spaghetti dinner for some of the participants and the sponsors. A number of White House representatives who were going to run the race showed up. There were even rumors that the President and Mrs. Carter might come. But they didn't.

Thus, up until the security began to show up in such great numbers, no one—so far as we know—knew for sure

Jogging to the start...

whether or not the President would be running.

All briefings to the press were predicated by such statements as "if the President runs."

As more and more security showed up, of course, more and more people began to ask the big question: "Is the President really going to run?" Others, not aware of the possibility, just sort of shrugged and asked: "What the heck is going on here?"

The press had been told to be in place by 10:30 A.M., a half hour before the race was scheduled to begin. By now, everyone was relatively certain that the President would run.

Until 10:45, however, there still remained some fears. At that time Secret Service agents began getting the word that the race might start a little late.

A few minutes before 11, the little earplugs began to sputter with the message: "He's on the way."

Communications, even in the sophisticated atmosphere of the White House, isn't always that good, though. The Secret Service agent with one press group advised confidently to the reporters and cameramen that the "motorcade is on its way."

Well, everyone waited to spot the cars and motorcycles, the red lights, or whatever. And everyone waited—not long really, but a lot longer than the short drive from Camp David should have taken.

No one can be more impatient than the press corps, once it has been advised



Working up the first hill . . .

something is going to happen. The press folks, who later were called upon to exercise even more patience, kept badgering the poor Secret Service agent.

A stern, but friendly fellow, all he could say to questions being thrust at him like an avalanche was: "Well, the message must have been garbled."

Then, at about 11:10, around the corner at the top of the hill above the starting line appeared the President, Mrs. Carter, Amy, Dr. William Lukash (White House physician), and a host of other White House personnel, including some of the Secret Service agents who would run with the President.

The President, looking fit and confident, had decided to forego the motorcade for a jog to the starting line. Although his coming on foot afforded them the privilege of getting more photos than they would have if he'd come by car, the reporters argued among themselves about the wisdom of the President coming on foot.

"Just another gimmick to get attention," one TV photographer complained.

Finally, some pretty, young woman still-photographer asked the fellow whether he thought arrival by limousine and escort, by common logic, would be better for the President than coming the way he did. An answer never came, but the argument stopped.

"Hey" said the President as he got to the starting line, "I'm just a senior-citizen jogger."

From conversations with the White House, we at *TrackMaster* were aware

that he had run the incredibly tough hilly course at least three times, his best time having been 52 minutes. Later, he mentioned that he, Dr. Lukash, and an aide, Bob Patterson, had run the course four times, with a top time of 50 minutes flat.

After disappearing into the throng of runners at the starting line, the President began his race. Hardly anyone noticed that he was there, actually. But who pays much attention to other runners, unless you're up front? Besides, he was surrounded by Secret Service agents. The Secret Service, by the way, had relays of agents. At least, that was what was assumed by the press after passing several fellows standing in the woods with numbers on their running togs, obviously waiting for the race—and more particularly one runner, to come along.

At the water hole, the President was really in a crowd. He was so crowded, as a matter of fact, that he didn't get a cup of water.

"Give me one," he implored, but he already was past the dispensing point. A runner just ahead of him graciously handed the President his cup.

The watering hole was just at the start of the long hill upon which the President collapsed. And after he had passed that point (where the press had been told that Mrs. Carter would hand the President a cup of water, but didn't because she wasn't there), the press congregated near the finish line.

And this is when the patience of the

press really got taxed. Everyone was poised to take pictures of the President coming down the hill to the finish. At the finish line, Dave Theall was calling out the names of the runners as they finished and, as only his remarkable recall seems capable of doing, reporting all the background, wins, college affiliation, and all one would want to know about every known runner completing the run.

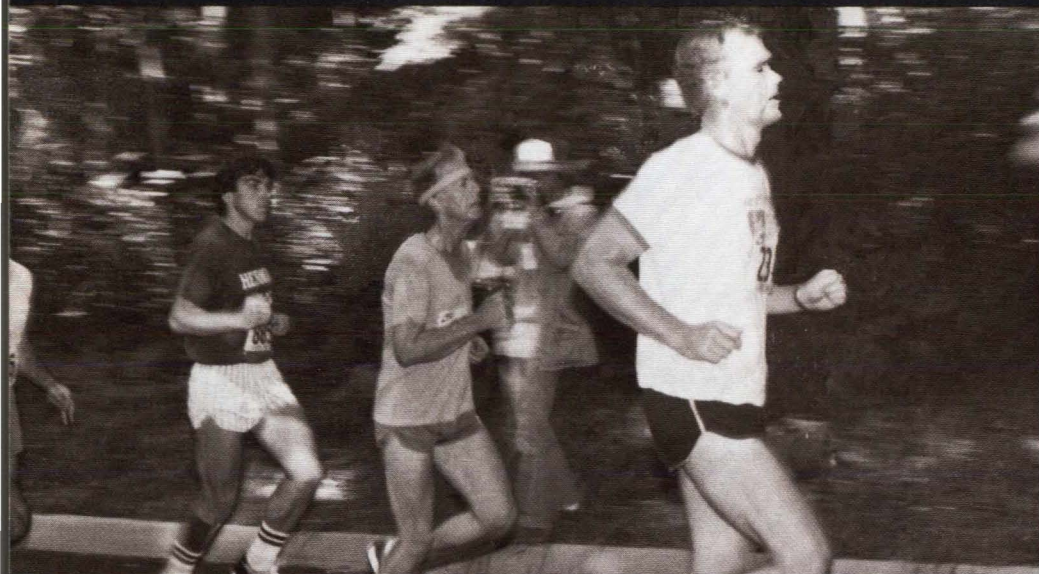
He advised everyone that the President ought to be coming in "at any time." But there was no President. Following his collapse from exhaustion, he was taken back to Camp David.

The press, of course, reached a state of near hysteria when it heard what was going on. But they were in about the same predicament as a reporter who is aboard a ship sinking at sea. There's a great desire to get the story back to the office, but no way of doing it.

The President already had left the course, so the press couldn't get the scene of his collapse. They couldn't get into Camp David. So, the press, too, for all practical purposes, disappeared to phones and to anywhere else that seemed a likely place to go.

Back at the finish line, Mrs. Carter departed in a motorcade, unruffled and unrushed. She is reported to have accepted the word that her husband had not finished with calm, adding something to the effect that, "well, he is just an amateur."

With no official word about the condition of the President, real concern arose



Over the crest at Camp David . . .

among the runners and spectators. Largely, the conversations ended up in private exchanges, however. Because there were no answers, there were only questions and, of course, rumors. "He's being taken to Bethesda Naval Hospital," someone suggested. "He's had a heart attack," commented another. A physician who had seen the President collapse gravely told some listeners: "If he were my patient, he'd be in Bethesda tonight."

Everyone who had been near the President when he pooped out agreed that he did look "bad." TV reports shown later certainly lent credibility to their description.

As the last finishers completed the race, everyone settled down. They grabbed roast beef sandwich box lunches, a beer or soft drink, and stretched out on the expansive lawn overlooking a lake to eat and to enjoy blue grass music provided by the U.S. Navy Band.

Dave Theall and Anna and Bill Jackson of the Hagerstown (Md.) Run for Fun Club, which sponsored the race, began giving out awards. The more observant members of the audience noticed that security was suddenly growing. And shortly thereafter, a motorcade drove up and out jumped a fully-recovered and healthy-looking President, his wife, and Amy.

Applause filled the air, drowning out even the strains of the blue grass music.

"He's here," seemed to be the response of most, a hint of relief that all that had appeared to be so bad earlier obviously was not as bad as many had thought.

Graciously, the President and Mrs. Carter shook hands, mingled with the runners, chatted with spectators, and joked about his not completing the race. Later, on the speakers' stand, he kidded Herb Lindsay, the race winner, that he didn't know how Lindsay had beat him.

He was relaxed as he helped hand out the awards to the visibly impressed winners. He was apologetic that he had not done better. He was smiling. And one got the impression that he felt comfortable being among his peers in the sport of running. He suggested that even more Americans take up the sport, admitting at the same time that he was an evangelist on the subject and would remain an evangelist.

As he left the speakers' stand, Amy greeted him at the foot of the stairs with a big hug. Mrs. Carter smiled as though she, too, was relieved that they had been able to return to the picnic.

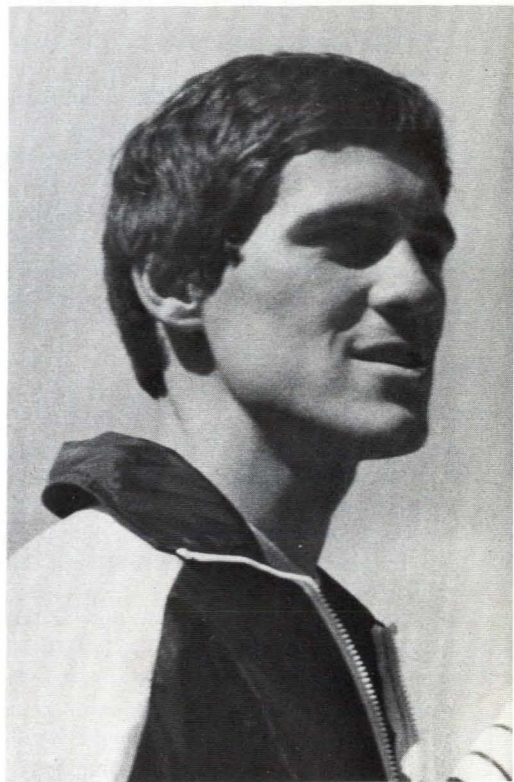
They left as they had come. No. 39 had changed from the running outfit he had worn in the race to another outfit. It was still a running outfit, though.

As the Carter's left, *TrackMaster* began its own little party—a little cake and coffee to celebrate its 1st anniversary and a big "Thank You" to those who have had the faith and confidence to subscribe.

Thus, what turned out almost as a tragic experience ended on a high note. September 15 was a day to remember. The President of the United States actually had joined the public to become the first Chief Executive ever to participate in a race.

In the pack at the turn . . .

Photos by Jim Elliott



Herb Lindsay passes on some advice on hill running after receiving first prize from President Carter.

It was a first for the Nation, a first for a President, a first for *TrackMaster*, which had never before been quite so involved in a race, and a first for about 900 runners.

Reactions toward the President were all ones of admiration and respect, the feeling most runners have for others who have encountered problems along the way.

Photo by Roy Bruce



At the water stop...



Photo by Jim Elliott

In effect, they seemed to be saying, "Hey, he joined us, and that took a lot for him to do. I'm proud that I had the opportunity to run with him."

TrackMaster, too, is proud to have been a part of this. We hope we can do it again. And we hope the President will join us... and you!

Note: The newspaper and network coverage critical of President Carter's aborted 10K race left a lot to be desired. Coleman McCarthy's piece, which minimized the difficulty of the course, was challenged by Associate Editor Dave Theall in the following letter published in the Washington Post.

Letter to the Editor:
Washington Post

There were several statements in the Post's front page articles Sunday on the Catoctin Mt. Park Run which were misleading and should not go uncorrected. They involve the course, the nature of the event, and the President's fatigue.

The Broder-Smith article stated that "...the race was not considered challenging for a runner in training." By whom? That race was run on a course which is described by runners as a "roller coaster," i.e., just up and down. According to one world class participant, Bruce Robinson of Bethesda who finished 9th, it was the toughest course he'd ever competed on. I happened to lay out that particular course and in comparison with others in this region and elsewhere, it ranks 10 on a scale of 1-10.

Coleman McCarthy said that the distance of the event "...is considered a stroll in the forest for experienced distance runners." This statement seems to lack an awareness that a

competitive race was being staged that day with times and places being earned. This wasn't a "jog" as one AP reporter described it. Whether the distance of a foot race is 10 kilometers, 880 yards, or a full marathon, it is going to tax anyone who is racing competitively. In fact, the winner, Pan Am Games 5K silver medalist Herb Lindsay, is not a marathon distance runner. In road racing, it is not how far you can run but how fast.

The President had run the course four times previously—and longer distances also—he just didn't have the competitive experience to maintain the brisk pace and ambitious goal he set out for himself in his first race since his cross-country days at the Naval Academy. There will be other opportunities. But take the man at his word: he simply tried too hard and broke down in the gutsy process.

As usual, no results of the race were covered in the Post's sports pages, even though the field of 900 contained world and national class runners. But that's another issue...an old issue.

Readers should realize that it was a tough course on which that athletic event was held. It wasn't just a jog along the C&O Canal Towpath. Everyone who participated demonstrated vitality, determination and an appreciation of the real values in life: good health and nature's splendor.

Respectfully, David Theall
Race Coordinator

Behind the Media Blitz First Catoctin Run was Excellent Competitive Race

Thurmont, Md., Sept. 15—You wouldn't have known it from reading your daily newspaper, or watching the evening news, but the First Catoctin Mountain Park Run was one of the summer's better competitive road races. Olympic hopeful Herb Lindsay has been the summer's hottest runnerup, with seconds at the Pan Am Games and Falmouth, but at Catoctin he was able to take the measure of local standout Dan Rincon and Olympian Don Kardong, while maintaining a sub-five minute pace over the rugged, hilly course. He completed the course in 30:00.01 to Rincon's 30:37.5.

In age group competition *TrackMaster* magazine's staff was less than generous as co-host, with editor Glynn Wood and contributing editor John Woods taking the 40 and 60 year old divisions. Wood's division was the more competitive, as he upset race favorite Charlie Ross by 17 seconds in 34:36. In their wake were masters standouts like Harold Tinsley (who came from Alabama to the race); Chan Robbins, Ed DeMarrais (New England Correspondent for *TrackMaster*), Don Chaffee from California and John Butterfield.

Among the 50 year olds, Herb Chisholm continued to dominate the best in the Potomac region. His time of 36:43 left a considerable gap between him and runner-up Glenn Coleman (39:57) and Carllston Brower (40:43). Host Bill Jackson of the Hagerstown Run For Fun Club was fourth in 42:15.

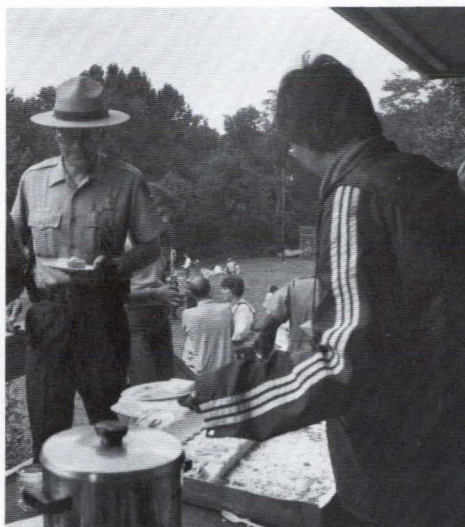
John Woods' 44:45 gave him an even larger margin over Thomas Stout's 48:10 in the over 60 division. Running third behind them was C.J. Grossnickle in 52:09. Paul Fairbank was the oldest runner in the race in 72, and the over 70 winner in 51:13. Seven hundred and three of 750 runners completed the course. You didn't read about 42 of those dropouts, except in *TrackMaster*.

Speaking of less than generous hosts, the Hagerstown Run for Fun Club proved that it pays to practice on those Catoctin hills by defeating the Washington Running Club 50 to 55 for the team competition. Four of the local lads made the top ten in the race and their fifth finisher was in 25th place.

Bevans, Williams and Buzzell Top Women at Catoctin

Thurmont, Md., Sept. 15—Baltimore marathoner Marilyn Bevans told President Carter that she had problems with the

Photo by Jim Elliott



The Park Service [upper left] gets its share of the *TrackMaster* birthday cake at Catoctin. Despite his black socks [upper right] *TrackMaster* editor Glynn Wood holds a two step lead on Charlie Ross at the turn around. Immediately above a couple advertising a local restaurant add color to the post race celebration at Catoctin.

hills, too, but her problems were minor as compared with the rest of the womens field at the Catoctin Mountain Park Run today. Ms. Bevans, 29, and currently the record holder for the Maryland Marathon in 2:51, negotiated the hills in 40:25, to defeat hometown favorite Margaret Horioka of the host Hagerstown Run for Fun Club by more than a minute. Horioka, ran the course in 42 flat.

In the age divisions the toughest competition was at the submasters level, where Carole Herrick's drive over the last mile fell just short of winner Mary Ellen Williams. Williams ran 42:20 and Herrick was a scant four seconds behind. Also finishing close together were Dale Koepenick and Marie Baumann, who took

third and fourth in the division with 44:06 and 44:13.

Natalie Buzzell won the masters prize with a 44:46, almost three minutes ahead of Pricilla Butterfield's 47:37. Next master home was Rachel Bourn, who recently moved into the 50 year group, and whose 48:28 served notice that this division will be tough to win henceforth. Ms. Bourn ran well ahead of Dorothy Bright who followed her through the line in 54:22.

Submasters Herrick and Bauman ran along with Ellen Wessel on the Washington RunHers team that won the team competition over the Potomac Valley Seniors, 663 to 1107. Koepenick, Jan Anderson and Mary Ostroff made up the Potomac Valley team.

On The Distaff Side

They're off [below] in the first 5 mile race of the New York State Women's Running Series at Syracuse/Radisson. At right Beryl Skelton [52], recovers from an excellent 42:18 at the same race, which was good enough to win the women's over 50 award. The series, which will be repeated next summer, was sponsored by Dairylea and Rite Diet Bread. Photos courtesy of Motion Promotion, © 1979.



The pack moves out in the September 23rd running of the RRCA Capitol Area Women's 10K at Hains Point in D.C. Among the prize winners were submaster Carole Herrick and over 50 winner Rachael Bourn. More details will be carried in the November TrackMaster.

Bessels Dominate Final Race in New York Women's Series

Purchase, N.Y., Sept. 15—Pat and Marjorie Bessel of Grand Island, N.Y., pulled out the stops for five miles today in the final race of a summer series for New York state women. Marjorie, 15, ran 29:56 to win the open award by a full minute, while her mother was first master in 32:04. Pat Bessel's time was also good enough for fifth place overall, and as a team the Bessels finished 12 minutes ahead of Annie and Mimi Lerner of St. James, N.Y., whose combined time was 74:08.

Conducted on the suburban campus of Manhattanville College, the race drew women runners from the entire NYC metropolitan area.

The first five finishers in each master age division were as follows:

Submasters

1. Helen Fastovsky, 37:51
2. Helen Mandley, 38:20
3. Melaine Mulvhill, 39:13
4. Ingunn Oskarasson, 39:22
5. Eve Arenella, 41:03

Masters

1. Patricia Bessel, 32:04
2. Margarete, 33:49
3. Waltraud Mack, 35:49
4. Mimi Lerner, 36:14
5. Samara Balfour, 36:49

Suzanne Dettmer of Harrison, N.Y. was the single finisher over 50 in 54:58.



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JOGGING: Views of the Medical Experts

From the viewpoint of numbers, medical experts overwhelmingly support jogging as a healthful exercise—but there still are those who express warnings about possible harmful effects.

As the debate goes on, more and more Americans are jogging.

But this body-vote has not silenced those who strongly believe there are harmful aspects related to jogging that deserve careful consideration by any participant or would-be participant. However, even among those who fear possible harm from jogging, it isn't ruled out completely by all of them as a beneficial exercise.

How great are the benefits, how harmful the ill effects of jogging?

Two *HEW Now* contributors have provided a Pro-Con discussion this month on some of jogging's merits and problem areas, as they see them.

Taking the Pro position is Dr. Stephen W. Havas, an internist who graduated from the University of Pennsylvania Medical School and runs about 50 miles weekly. He is a special assistant to the director of HEW's National Heart, Lung and Blood Institute.

Writing the Con viewpoint is Dr. George E. Ehrlich, director of rheumatology, Albert Einstein Medical Center and Moss Rehabilitation Hospital, and professor of medicine and rehabilitation medicine, Temple University School of Medicine, Philadelphia.

PRO by Dr. Stephen W. Havas

"Me jog? You've got to be kidding!" Most of us have either said this or heard it said many times. And yet, jogging is one of those rare activities in life that is simultaneously fun, healthful, inexpensive and feasible almost anytime and anywhere.

Every jogger will readily tell you how much she or he enjoys running. People who jog regularly feel better—they have more energy, need less sleep, become less tense, develop trimmer figures and improve their self-image. Running produces a zest for life and helps keep both mind and body young.

Regular jogging also induces many beneficial physiological changes. It is one of the most effective conditioners of the cardiovascular and respiratory systems. It frequently results in a lower resting blood

pressure (high blood pressure is a risk factor for heart disease). Total serum cholesterol often falls (the higher one's cholesterol, the greater one's risk of developing heart disease); simultaneously HDL cholesterol rises (higher levels of this particular cholesterol component are associated with a *reduced* risk of heart disease).

Weight also tends to fall. Jogging one mile burns up about 100 calories. Running two miles daily, while keeping food intake constant, results in a 20 pound weight loss in one year. Regular running allows normal-weight individuals a higher daily caloric intake without weight gain than does a sedentary existence.

It has not yet been demonstrated conclusively that all these changes lessen the chances of developing heart disease, but the evidence is somewhat suggestive. Studies of London busmen, British civil servants, California longshoremen and other groups have shown that those who were physically active had a significantly reduced risk of developing heart disease.

A recent study of Harvard alumni found that those who burned more than 2,000 calories weekly in vigorous exercise had half the heart disease risk of those who burned fewer than 500 calories. Running is one of the quickest and most efficient ways of getting such exercise.

Compared to these benefits, the occasional problems caused by jogging seem minor. Most joint and muscle problems are either preventable (by stretching exercises and not pushing beyond pain) or easily treatable (with heat, aspirin, and rest). Cardiac problems due to jogging are rare; inactive individuals over 40 should see a doctor before beginning a running program as a precaution, however.

As for the basics, running requires almost no equipment. Running shoes, inexpensive clothes and a path are all that is needed. The simplicity, cheapness and ready accessibility of these requirements make it an easier habit to maintain than most other forms of exercise.

The final virtue of running is that most people can do it. You don't need to be a physical whiz; most runners aren't. You just need to start slowly and be patient. The beginning is always the hardest. So get prepared and go do it. No, I'm not kidding. You'll be glad you did.

CON by Dr. George E. Ehrlich

Recent studies suggest that almost 80 percent of joggers develop some sort of leg problem. Why should that happen? For one thing, one leg usually is longer than the other.

When you run, the thigh bone on the long side will be driven up into its receiving cup at the hip at each step harder than the hip on the other side. This may prove damaging to the cartilage, incite a mild inflammation, and result in degenerative changes in time. The knee on the shorter side receives greater thrust at each step. Thus, the degenerative process will begin there earlier than on the longer side.

Osteoarthritis is promoted when the alignment is not normal. Only a slight eccentricity is necessary to induce abnormal strains, which will obviously be aggravated in weight-bearing use.

Osteoarthritis is a remote sequel of joint injury. Relating it to prior minor injury is far more difficult than relating it to a major, remembered injury, which is probably why the association has not always been made. But new evidence is accumulating to relate the two.

Because it takes a period of time for osteoarthritis to develop, obviously older individuals are more likely to have it than younger individuals.

Is it a necessary payment for life-prolonging exercise? Can one avoid it? There are some ways to go about it. Professional athletes and coached amateur athletes would never exercise without prior warm-up. For jogging, warm-up should consist of non-weightbearing exercises to loosen the tightness of muscles, and, if possible, a preliminary warm shower or bath. A repeat after the run prevents undue tightening.

Appropriate running shoes are important. Cinder track, grass, even packed sand, are far better running surfaces than concrete or cement. Many urban joggers use local roads. This promotes strain, and leads to earlier damage. The tendency of the jogger to ignore pain and to overcome it by continuing flies in the face of nature, which uses pain as a warning. All these factors promote earlier joint breakdown, a result not apparent at the time of provocation.

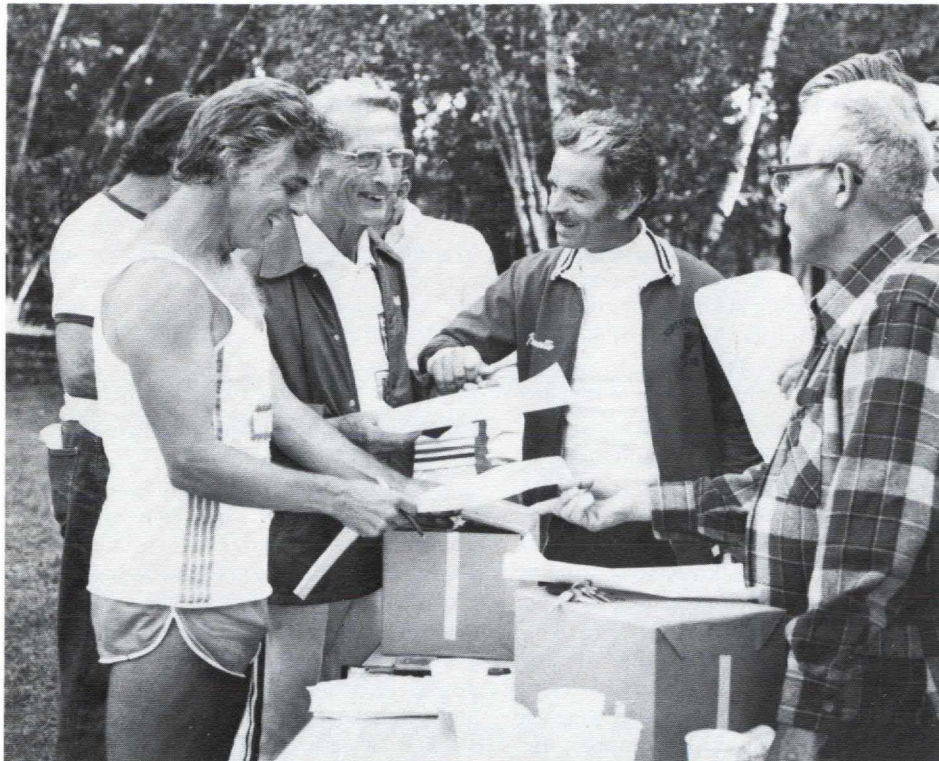
Obviously, the stress on joints is greater for the heavier individual, for the person who begins with knock-knees or bowed legs, for the person with *acquired* flat feet and for the individual who has become flabby through the years.

There are obviously potential problems involving the heart, blood vessels and other organs that are not pertinent to this discussion.

This is not to be regarded as a diatribe against exercise, and especially not against running and jogging. It is merely designed to warn the jogger of potential risks that need to be included in the question. □

Ellison, Rubin, Sheehan Among Winners at Otto Essig 10K

By Ed DeMarrais



Photos by Ed DeMarrais

John Sullivan, one of New England's better master marathoners looks over entry lists with Otto Essig before Essig's annual race. This year's run produced another strong field and several records.

The fastest times in the tenth revival of Otto Essig's late summer road race went to the younger runners, as usual. But the old timers more than made up for it, posting three new records for the ten kilometer distance and bringing to this event a glory of past and present achievement that no one in their forties can match. As for women, 69 entered and 56 ran to the finish. New records were set in three of the four women's divisions.

Carolyn Bravahis of the Hartford Track Club came here for the first time and created a new standard for excellence in 38:12 as she broke Merry Cushing's record of 39:57. Joining the parade of new records were Ruth Johnson who took down her own mark in the 45 to 49 class by more than a minute, and Blanche Paine who lowered Loretta Eiben's 50+ mark by 1:18.

In class 2, Susan Redfield of Liberty AC missed a new mark by twenty seconds, but she scored a win over current record holder, Merry Cushing of Sugarloaf

Mountain. Cushing, one of the pioneer woman masters in New England, has been a highly respected performer in this race in recent years.

In the 40-44 men's race, Dan Ellison & Larry Jowett set a fast pace, shaking off an early challenge from Henry Donovan of Lynn, Mass., who at 41 was new to this event. Ellison went on to grind out a hard earned victory over the persistent Jowett, establishing himself for the time being, as the man to beat in the major New England events for short road races.

The 45-49 division produced a topsy turvy race as Ed DeMarrais went out with Ellison and company for a 5:00 first mile. At three miles he had a lead of perhaps 150 yards on Al Wick of Haverford AC, but in the next two miles he suffered a power failure and Wick, running a strong, steady pace, closed the gap and then opened up a large lead of his own for an easy win.

Bill McCaffrey, former record holder in the 50-54 class, clearly came prepared to

hang a pair of horns on last year's winner and current record holder, Howie Rubin of New Hartford, N.Y. Rubin who did his college running at the University of Connecticut, had the speed to escape McCaffrey's clutches, but the margin was much closer than last year. Though McCaffrey had to settle for second, he had the pleasure of surpassing his own record by more than a minute, with a brilliant 35:26 effort.

Laureu Williams of Green Mountain AA, a consistent high finisher in the 50-54 class, moved up to the next class and celebrated with a hard fought win over Frank Dimarco of the Hartford Track Club.

The 60-64 category provided really interesting action. John Woods, who divides his loyalties between the Potomac Valley Seniors and *TrackMaster* magazine, was back on hand after a record setting 41:23 in 1978. This year he was even better with a 41:03, which was good for third place!

John had the misfortune to run into Dan Geer of the Capitol Track Club of Bennington VT., just turned 60, but both were pole axed by the furious rush of George Sheehan with a 39:09. It was a satisfying experience to watch him cross the line. He's a fierce old warhawk who truly lives up to his literary image. Nothing fits Sheehan better than a quotation from Blake "I have conquered and shall go on conquering. Nothing can withstand the fury of my course... my enthusiasm is still what it was, only enlarged and confirmed."

Among the 65-69 division another strong performance was given by Louis



It's taken Julia Fermoijloe a long time to acquire the decorations for that hat. Ms. Fermoijloe is a New England AAU official, and the souvenirs represent a long standing interest in distance running.

Young of the North Medford Club, who ran 44:05.

The 70-75 class provided one of the classic rematches in the sport, with John Kelley vs Les Pawson. That story is told in another featured account.

Among the 75-79 group the entry list drops sharply. Entered but not appearing was Lou Gregory, the '32 Olympian. In his absence Lou Roberts of Utica, N.Y. came up with a fine effort to score an easy win in 57:26.

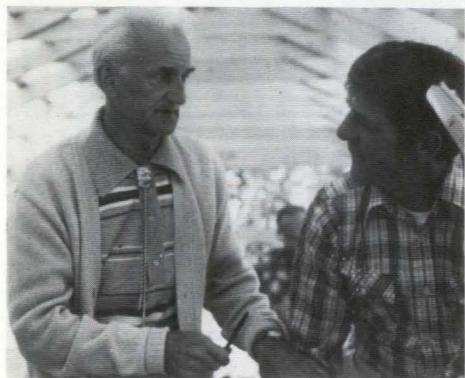
The 80+ division produced only two entrants, Carl Willberg and Frank Fetter, who are two durable yankees from the hills of New Hampshire. Carl, 82, surpassed his 1978 record by two minutes

with a 71:19, and Fetter wasn't far behind.

This year's race featured a course change, partly to eliminate the confusion which led to a wrong turn by Ellison & Jowett last year. There were some comments that times seemed slow, perhaps as the result of a long course. Otto, however, confirmed that it had been carefully measured by a wheel. It's not a difficult run, but most of the second and third miles lie on a long uphill grade, which takes its toll.

As usual, race arrangements were very well handled & the post race celebration went well into the afternoon.

Kelley vs Pawson, A Rematch



John Kelley signs autographs after his win in the 70 and over division at the Otto Essig 10K. Kelley, the only American to make the Olympic team in both 1936 and 1948, continues to set records in his age division.

If they had been baseball players, say Hubbell and Foxx, facing one another at an Old Timer's event, it would have been in front of a huge crowd drowning in sentimentality & nostalgia. But this was Westfield & runners don't easily romanticize their sport. Many in the crowd probably weren't even aware that they were watching a meeting between two titans of the Boston Marathon.

It was Leslie Pawson, 74, of Pawtucket, Rhode Island, running unattached, against John Kelley, 72, of East Dennis, Massachusetts, running for the Cape Cod AC. They had competed against each other long ago at Boston, perhaps fifteen or sixteen times. Pawson won in 2:31 in 1933. Kelley took it all in 1935 in 2:32. Pawson came back to triumph in 1938 in 2:35 and again in 1940 in 2:30, beating Kelley in a scant 200 yards. In 1945 Kelley came up with his finest effort. At age 37 he won in 2:30:40.

Thereafter Pawson dropped out of the marathon and at one time he gave up running for six years. That was "a big mistake". Now at 74, he still puts in a full

work week at his insulation business, but he tries to find time each day for a run. He might run five miles one morning, and two and a half at a faster pace the next day. Occasionally he will throw in a longer run of up to 7 miles.

He hasn't tried a marathon in years. His longest recent effort was a ten mile race in one of Otto Essig's events in the early seventies. Currently, he's racing only three or four times a year - at Westfield, the Senior Olympics at Brown University and the Old Stone Bank race in October.

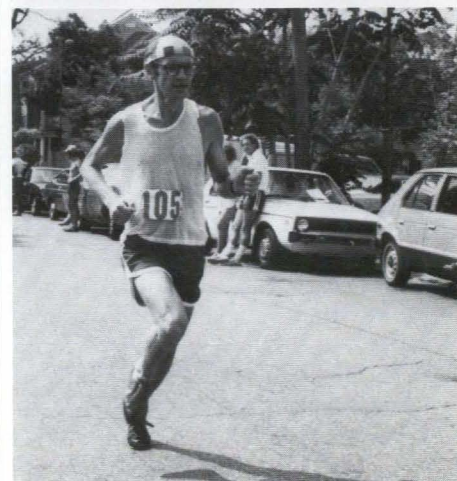
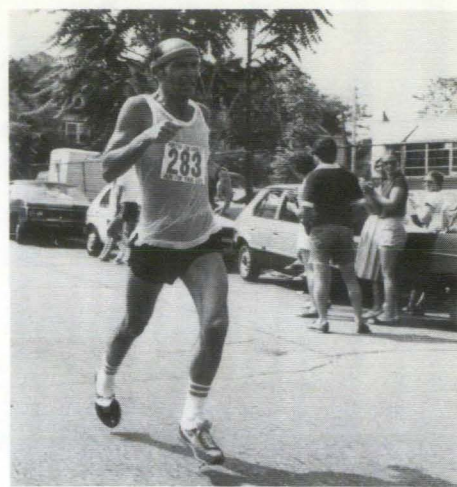
This year he finished second to Kelley in the class 7 race, five minutes off John's record pace. He doesn't expect to be competitive (with John at least) on his present schedule. But he has the satisfaction of belonging to one of the most exclusive clubs around, the group of three time marathon winners. He shares this distinction with Clarence DeMar (7 wins), Gerard Cote (4 wins) and Eino Oksanen. Just this year Bill Rodgers applied for membership.

Kelley, at 72, has participated in 48 BAA marathons and has virtually become the patron saint of the event. But he's not just a sacred relic to be trotted out for display at race time. Not many of those who linger on to cheer the passage of this fine man realize that he is a world class athlete in his age group—perhaps the best.

John made that clear in this year's Berkshire Master's race by establishing a record of 43:06 in his class, 3:36 faster than Paul Fairbank's 1976 mark. His time was also 1:25 below the listed world record for 10,000 meters at age 72.

Kelley also holds the 65-69 record of 41:24, which he set at age 69. It may be some time before either of these are surpassed, unless John Kelley tries again next year.

Ed DeMarrais/Correspondent



Summer and fall races produced consistently good performances for a number of New England masters runners. On top is Bob Reagan, who has placed well in races from 10K to 10M. The middle runner is Jean Prendergast of the Sharron RC, who won the over 50 prize in the NEAAU 10K in 49:19.

Immediately above in Gil Emory, who has been the season's runnerup, finishing second at both 10 and 15K in New England AAU championships. Last month Emory broke into the win column by taking the Gloucester 25K. See page 20 for details.

RAQ Running Air Quality & IONS

by Charles Wallach

In France they say, "*Le joggair, c'est mal!*" or "*ca va,*" and sometimes, "*c'est bon,*" because they know about something we're just getting around to learning. In Greece they say, "the air's okay" (in the Greek alphabet of course) because in the ancient gut-wisdom of Spartan tradition they have long sensed something that we have been ignoring until very recently—there is a certain quality to the air which affects athletic performance and the impact on the body of sustained exercise.

It's not temperature; there's little difference between the efficiency of a runner when the weather's fair in the hot, dry atmosphere of Arizona, or the cold, crisp air of wintry Vermont—except for the sweat-factor. It's not pressure, because the normal range of barometric variation represents less than 1,000 feet difference in elevation, in terms of oxygen density (and very few runners go out in very stormy weather). It's not humidity, at least directly, although abnormal humidity caused by moisture trapped in temperature inversions has an indirect bearing. It's ions.

Normal, fresh, good-feeling air has roughly 2,000 to 3,000 small, monomolecular, positively or negatively charged ions per cubic centimeter—that's about 40,000 per cubic inch. If that number seems large at first glance, it represents a microscopically small percentage of the chemically identical but non-ionized molecules of oxygen, hydrogen oxides, and carbon dioxide in the same volume. We've been ignoring these important little chaps because we couldn't see 'em, and couldn't quite believe they were real. But now that we are beginning to discover how to measure them through their effects on animal and plant life, as well as certain industrial processes, we're just beginning to give them the attention they deserve.

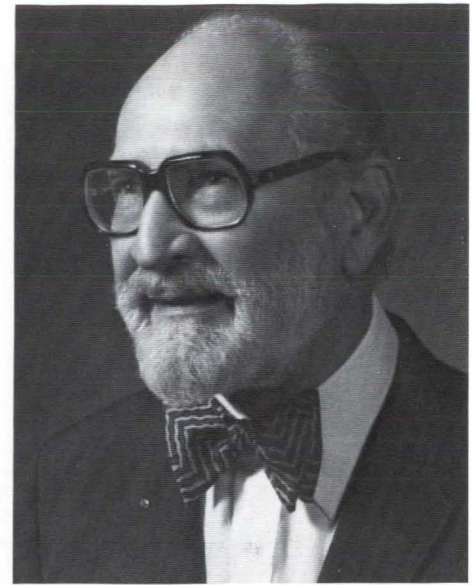
These ions (and we're talking only about the family of very small, light, atmospheric ions here) represent a natural aspect of our environment that has had very significant biological effects all through the many billions of years of our ascent up the evolutionary tree. The naturally changing balance or ratio between posi-

tively charged ions (posions) and negative ones (negions) plays an important part in influencing the behavior patterns of most forms of life, but as humans we have developed the capability of overriding these effects for the most part since they are no longer important to our survival. However, an understanding of the effects of ions might very well be of significant survival value to a runner with impaired circulation or pulmonary function that only shows up during strenuous exertions.

Occasionally one hears about a chap in the prime of life who has consistently jogged, played tennis or whatever, who suddenly drops dead in the middle of such an accustomed exercise. This nearly always occurs under particularly oppressive weather conditions. Much less frequently (because we generally don't hear about such things, although they may occur more often) we may come to know of some life-long jock or runner who suddenly decides to hang up his shoes and take it easy—but who doesn't like to talk about it. Chances are, he overstrained himself on a bad day and got scared; or perhaps his doctor told him that if he'd take it easy, he had many more good years left—implying that if he didn't he wouldn't.

And so it goes. Your body and mind tell you that running is wonderful for your wellbeing, yet the scare stories in the newspapers make you wonder if your feelings and intuitions are wrong. Right? Just remember, those newspapers rarely if ever tell you how many years a great many people have *added* to their lives by running regularly, or using other appropriate exercise patterns. The fact is that the statistical chances that you'll benefit from such exercise far outweigh the chances that you'll keel over mid-stride, and you can improve these chances enormously by doing three things:

1. Listen to your body, and not to your macho or macha pride. That wise old saw about doing everything in moderation is widely misunderstood; it doesn't mean you should never drive yourself to excessive heights of exertion (or genius, for that matter!) but rather that you should not do it too frequently, and then



only when the conditions are right.

2. Listen to your physician, who can test the performance of your cardiovascular and pulmonary systems and tell you what your best limits are (both upper and lower). This is much like a modern auto mechanic who can plug into your exhaust pipe with a computerized analyzer and tell you the most amazing things about the innards of your car.

3. Listen to the air, or smell it, or be aware of its subtler qualities that our senses aren't really attuned to register objectively. Don't run in bad air, but if you must, be aware of what's happening in your system and moderate your exertions accordingly.

In discussing air-ion balance in general terms, there is one thing that I want to emphasize heavily: ion balance is of absolutely no importance to a few of you, and you'll get nothing out of this article! There is a broad spectrum of individual sensitivity to ion effects; perhaps as many as 25% of the population have a (possibly genetic) capability of automatically adjusting their various biochemical metabolisms for shifts in posion/negion balance within a few minutes, and are seldom affected by these factors except when they have been under prolonged stress (either psychological or physical) and their resistance wears thin.

This may be compared to the situation where a certain few individuals can smoke two packs of cigarettes a day until they're in their 80's or 90's, and finally get killed by a blowout in a motorcycle race. Most of us, of course, louse up our heart and lungs if we smoke, and that's what all the anti-smoking noise is about.

So what I have to say here about the possible effects of atmospheric ions on your health might be very meaningful for perhaps a third of you, and of some

importance but less significance for another large fraction. You must judge for yourself, bearing in mind that your understanding of this new science of air-ionization might also be useful in benefitting someone else about whom you care.

How can you tell? Well, there is one very simple indicator that most of us can use; do you or anyone you know become irritable, depressed, headachey, experience pain twinges, become scatter-witted or feel a bit "out of it" with the approach of a major storm? And then feel wonderful after the storm center has passed? This is a common indicator of ion-sensitivity. In the forefront of every storm there is a dramatic increase in the population of positive ions in the air, which is nature's signal to your body to crawl into your cave

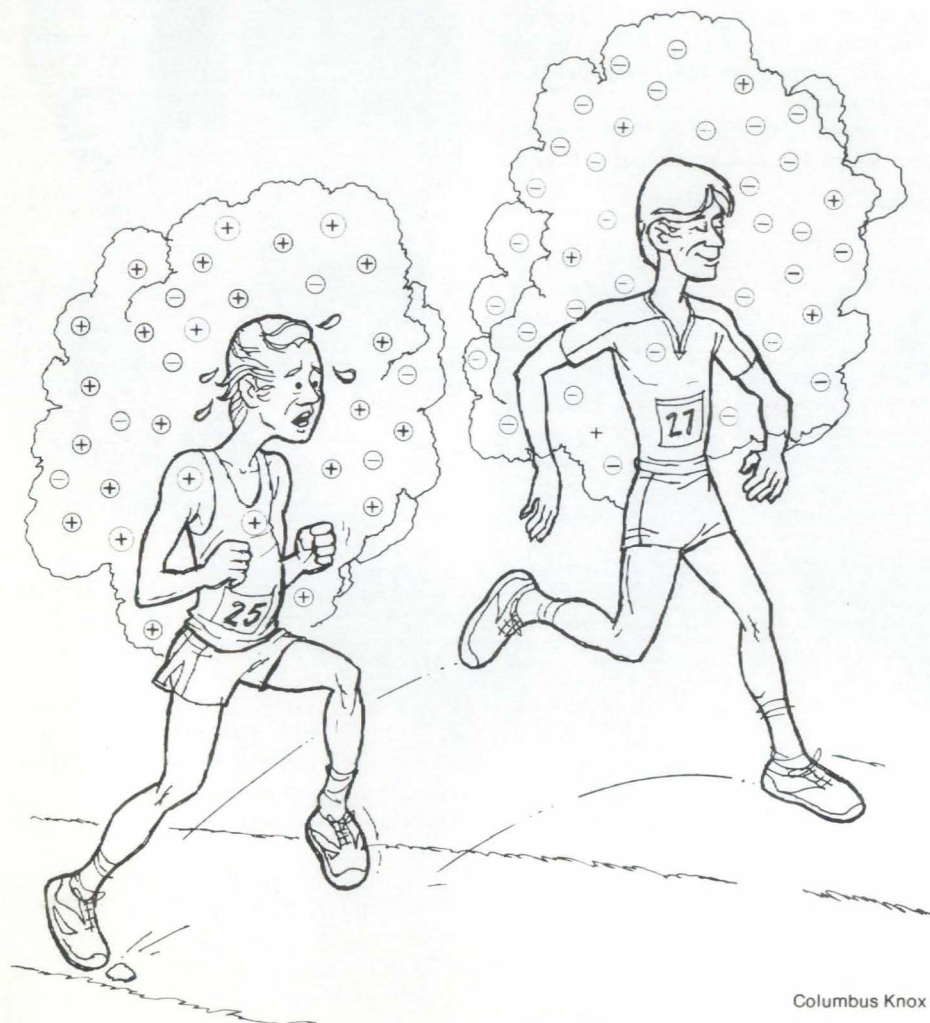
the neigions come pouring up out of the earth's crust (as a by-product of radioactive decay deep beneath) or are created in great numbers by sunshine and the friction of air and water with the falling rain. To lend some perspective to the last item, while the normal negion concentrations in plain old fresh air run around 1,000/cc, within a few yards of a major waterfall like Niagara they shoot up to around 40,000/cc. Which leads me to mention parenthetically that high concentrations of negions are known to enhance sexual vigor, which is perhaps why Niagara Falls is such a popular resort for honeymooners—particularly second-honeymooners!

Another common indicator of ion sensitivity in our beknighted society is the office fatigue syndrome. The design of

minute amounts of energy picking up the telephone from time to time—yes, at the end of the day (some days much worse than others, depending on the weather) they are absolutely wiped out as if they'd been loading cargo all day. Those ion-sensitive individuals have had their biochemical metabolism dragged down to the point where they feel drained of energy. Yet in walking two or three blocks to the parking lot, breathing more or less fresh air (even in spite of city traffic), they begin to feel better by the time they reach their car.

Then, the same commuter will get in the car, close the windows, turn on the air conditioner or heater, and drive for 30 minutes through commuter traffic in the notoriously bad ionic environment of a closed moving vehicle. No wonder that by the time they reach home they're either ready to kick the dog or collapse into a martini or two.

(Ed. Note: This is the first of two articles on running air quality by Mr. Wallach. The second will be found in the November *TrackMaster*. Mr. Wallach is President of Behavioral Research Associates, Inc., and has been on a number of atmospheric ion research teams and is currently engaged in consulting to government, industrial and medical institutions in the application engineering of ion generation systems. He also lectures extensively on this subject "to fill a gap," he says "until we can generate more experts in this field," and is teaching two graduate courses on the basic principles of ionization in health and industry.



Columbus Knox

and go to sleep until the storm's over. And if you don't, the stresses that are set up in resisting this signal may find any one of a wild variety of outlets. So under certain conditions, posions = stress.

Conversely, high concentrations of negions relieve such stresses, which is why the world seems beautiful to us after a storm when the lightning has neutralized the high posion concentrations and

modern offices and high-rise apartments contains a number of features which we think of as conveniences, and they are. But they also dramatically reduce the population of negative ions and cause a strong shift in +/- ratio in the positive direction—especially toward the end of the day. Often people put in eight hours or so sitting in a comfortable chair behind a desk, shuffling papers and expending

Aristotle and Aphrodite

"Is a runner a conformist or non-conformist?"

DDT

by Jim Elliott

Baseball may be the national pastime, but running is gaining popularity among the men who play that game.

Talks with managers, ballplayers, and others in the major leagues indicate that, with few exceptions, just about everyone agrees that running is essential for pitchers during the season and helpful to everyone during the off-season.

Among the clubs which demand the most running of their pitchers is the Baltimore Orioles, where Manager Earl Weaver has maintained a strong running program since taking over in 1968.

"Of course," Weaver said during an interview in the Oriole locker room, "Johnny Sain never believed in it. But I think running is just about the best conditioning for a pitcher. They don't play but about every four days, and I don't see how anyone can stay in shape without running."

Among other Orioles who are active runners are coach Ray Miller, pitcher Jim Palmer, catcher Rick Dempsey, and Elrod Hendricks, now also a coach. Coach Frank Robinson joked that "my mind is willing, but my body just won't make it." In spite of that statement, however, Robinson agreed that running is healthy.

"Is it good for baseball players?" he was asked. "It's good... period,"

he said. Miller is a recent convert to the sport, having just started last October.

His brother-in-law had told him of the addiction that develops,

but Miller had shrugged the idea off as a "bunch of baloney."

Starting off with runs of one mile ("I almost died until I learned to take it a little easy), he was up to six miles a day in three months. Now he runs everyday. By early September, he had completed 504 laps at Oriole Stadium alone this season. That's the equivalent of 126 miles.

"I find it very rewarding," Miller said. "I feel better. I sleep better, and I'm more relaxed and clear-headed during the games."

As Miller sees things, running adds to a pitcher's endurance and reduces injuries. In addition, he said, it is a "great builder of self-confidence, and that helps in any athletics."

Catcher Dempsey has been running since the eighth grade. As a sophomore in high school he was clocked at 10:15 for two miles, 4:31 for one mile, 2:05 for the half mile, and jumped six feet, two inches in the high jump.

He turned to baseball in his junior and senior years, but still participated in cross

Weaver



Palmer



had any trouble with my legs, and I attribute that to running. And I could catch everyday without any trouble."

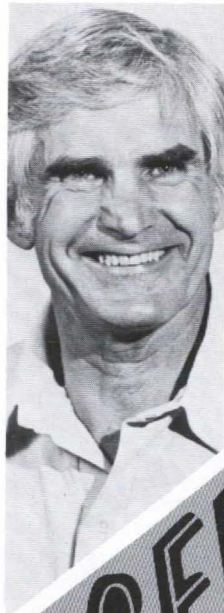
Elrod Hendricks, one of the most happy-go lucky fellows in the majors, admitted that he was not as yet "addicted" to the sport, but certainly he's gaining on it.

"When I feel a little sluggish now that I'm not playing," he said, "I know it's time to do some running. It really makes me feel good. I'm even beginning to get my wife involved."

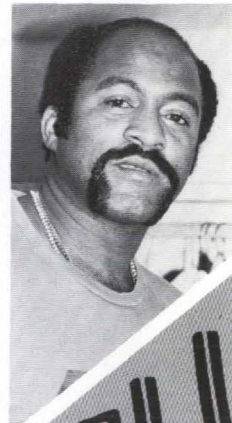
Jim Palmer does considerable running regularly.

"Look at how much it's helped him," Miller suggested.

Buhler



Tiant



BASEBALL

"Here's a guy who's probably 33, and he's got the body of a 22 year-old."

Two of the most active New York Yankee runners are pitchers—Tommy John and Luis Tiant. Tiant started running in 1968 when he was with Cleveland, and John started the same year.

Pointing out that 1968 was his best year in the majors with 21 wins and 26 nine-inning games, the venerable Tiant said, "When I start running, I start winning."

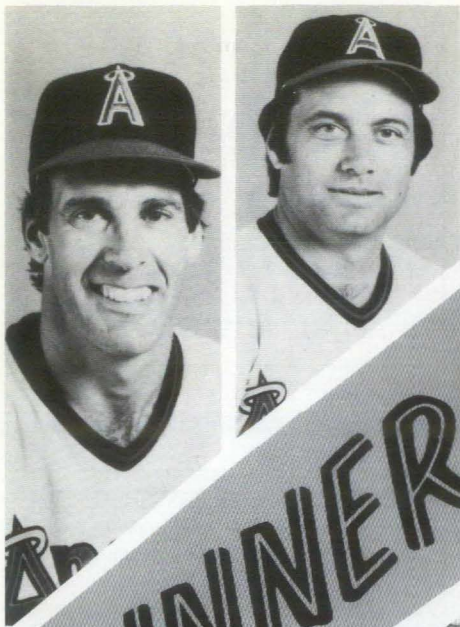
John started as an effort to increase his stamina, he said. He runs both long distances and sprints and says he feels a lot better for it. He runs almost every day, usually about 30 minutes around whatever ballpark he happens to be in, which adds up to about four miles.

"It's probably more help to a National League pitcher than an American League pitcher," he explained, "because the National League pitcher has to bat and run, and it probably helps his wind. In the American League, you don't have to do

country races, which took place before the baseball season started. He has never stopped since, he explained.

Because he gets around on the diamond so much as a catcher, he doesn't run too much during the season. In the off-season, however, he runs everyday, going seven miles one day, four the next, six the next, four the next, and then back to seven.

"It's really helped my endurance," he said. "Through the years, I really haven't



Barr [left]
Fregosi [right]
Johns
[below]

RUNNERS



that much, maybe back up the bases once in awhile."

Other pitchers known to be runners include Bill Lee, of the Montreal Expos, Burt Hooton and Don Sutton of the Los Angeles Dodgers, and Darold Knowles, the former Washington Senator now with the St. Louis Cardinals.

Knowles, the only man ever to pitch in seven games of one World Series (with Oakland) has been running since 1977. He had read Ken Cooper's book and wanted to lose some weight.

"At my age (mid-thirties)," he said, "running really helps. I think it's been a real contribution to extending my career in the big leagues."

For a long time, he continued, he had experienced trouble with an Achilles tendon. "I don't know whether it has anything to do with it or not," he added, "but since I started running, I haven't had

McRae



Knowles

any trouble with it."

Hooton runs three to five miles a day, he said, usually at a 7 to 8 minute mile clip.

Hooton started running in 1974, he said, "when basically I was pretty out of shape." He has found that running helps his endurance and improved his mental outlook.

Probably the most active runner with the Dodgers is the trainer, Bill Buhler.

"He runs all the time," one player reported. "He runs so much that I think he must be traveling from state to state."

Jim Barr, with the California Angels, is another pitcher who's a runner. He started jogging about seven years ago and really got into running about two years ago, he said.

He attributes much of his interest to his wife and her friends, who run regularly, also. He explained that he just hasn't found running with five women all that bad.

Barr, 31, has participated in some competitive races, including the Valentine Race in Oakland, Ca., in which he finished 184th. Barr is so taken with running that he is probably one of the few pitchers who will run the day he's going to pitch.

"If it's a night game," he said, "I'll usually do a couple of miles in the morning. It gets my blood going and just makes me feel a whole lot better."

Hal McRae, designated hitter with the Kansas City Royals, began running in 1969 as part of a rehabilitation program for a broken leg. He now feels "guilty," he said, if he doesn't run four or five times a week. He's been anticipating entering some competitive races, he explained, "but those folks aren't amateurs in those races you know."

Whitey Herzog, manager of the Royals, said he'd rather have his players doing sprints, but that pitchers need the longer runs to build up their endurance.

Jim Fregosi, manager of the California Angels, feels somewhat the same way.

"Baseball is a game where things happen fast," Fregosi said, "so I think sprints help a player more than long distance running."

Billy Martin, manager of the New York Yankees, believes that running is okay, but that a person can run too much.

"A player who is playing everyday can't be running too much," he said. "Our pitchers run 20 laps a day, and our relievers have been cut down to five or ten laps. If they are a short man, they'll run five laps. If they're a long man, they'll run 10 laps (center field to the foul line).

"We don't run them in sprints. We just sort of lengthen the laps out at about three-quarters speed.

"I don't believe in all this jogging. I think you develop your heart to a certain stage, and then if you stop, you have a tendency to hurt your heart. You know, there's going to come a day when you can't jog anymore.

"I make my pitchers run. And if they want to run the long distances that's fine with me; whatever they feel is best. I just don't happen to agree with it." □

FINISH LINE District I

Ed DeMarrais & Dale VanMeter / Correspondents

Fast 10K for DeMarrais, Despite Short Course

Needham, Mass., Aug. 14—When hometown master Ed DeMarrais outlasted twenty year old Joe Gallagher to win the open prize in the Needham Mid-Summer Night's 10K in 33:34, it seemed too good to be true. So DeMarrais remeasured the course and found it 95 meters short. With the discount DeMarrais' 10K is still one of the summer's fastest times and was almost two minutes faster than his previous masters course record of 35:44.

Following DeMarrais in the masters division were Dick Lyons in 39:28 and Tom McGovern in 40:06. The over 50 competition was won by Joe Cunniff in 46:34, ahead of Earl Burtman's 47:22. Dan Finlayson was first submaster in 34:49, over Rick Scranton's 35:52. First woman submaster was Gerri Hawn in 48:08.

Hurley and Sullivan First in Mid-Summer Night Race

Weymouth, Mass., July 31—More than two hundred runners came to run in the Mid-Summer Night Races sponsored here by the South Shore Striders. John Hurley, placing tenth, was the first master in the Five Mile Race. The second master, Gerald Good, placed twenty-first, with a time of 30:40 to be followed quickly by Joseph West in 30:49. The first woman master was Lya O'Neill, with a time of 41:34. The second woman master, Suzanne Dixon, ran 45:54. There were 175 finishers in the Five Mile Race.

In the Ten Mile Race, Michael Sullivan, first master, placed twentieth, with a time of 1:06:58. Second master was Michael Gallahue, fortieth in 1:14:24. The first woman master was Diane Herbert in 1:39:15. There were 85 finishers in the ten mile race.

Out of Area

Knott, Barracato Post Fast Times at Cleveland Classic

Cleveland, Ohio, Aug. 4—The first annual Cleveland Track Classic attracted a large field of masters runners to the Cayahoga Community College track today, and distance runners Sandra Knott and Charles Barracato tripled in excellent time.

Knott, a 1964 Olympian, ran in open competition, finishing third in both the mile and two mile in 5:12 and 11:29. In addition she clocked 2:24 while finishing fifth in the 880.

Barracato, on the other hand, had only masters to contend with, and he won the same three events handily in 2:15; 4:56 and 17:34.

Other master winners were Booker Bledsoe, 35-5 in the shot; Dick Mann, 93-1 in the discus; Tom Stradley, 10.7 for 100 yards; Charles Dudley, 25.6 for the 220; Ray Boyd, 57.5 for the 440, and John Forrest, 10:31 for two miles.

Wilson and Woods in Hardwick 5.7 Mile

Hardwick, Mass., August 18th—In the heat of mid-August, at the Hardwick Fair, one of the oldest in our country, Ken Wilson of the Central Mass Striders, placed sixth in a field of 110, and first as a master with a time of 32:05. He was followed by John Woods of the Greater Springfield Harriers, who placed eight, with a time of 32:12. Later Bill Rees, placing 18th, ran 33:30, followed by Ken Heath, as fourth master, 20th overall, and a time of 34:11.

The fifth master, Roland Johnson, placed 25th overall, with a time of 35:02. The first woman, also the first woman master, Loretta Eiben, placed 79th with a time of 42:36.

Emery Leads Masters in Gloucester 25K

Gloucester, Mass., Sept. 3—Almost a thousand people came to run in the Cape Anne 25K sponsored by the Wingersheek Road Runners Club held on an early September day, with a temperature of 85 degrees and high humidity. Gil Emery of the North Medford Club led the masters, placing 11th, with a time of 1:30:02. He was followed by Jim Green, of Beverly, who scored as second master by placing 17th, with a time of 1:31:29. Larry Olsen, of the North Medford Club, a submaster, repeated his win of the race of two years ago, by winning with a time of 1:23:22. The first woman master, Joan W. Lewis, of Haverhill, had a time of 2:04:42. Marlena G. Atamanuik, of Topsfield was second woman master with a time of 2:10:05.

In the extremely high humidity, and heat, there were but 638 finishers.

Wakeland Wins in Spudland 13.1 Mini-Marathon

Presque Isle, Me., August 4—On the occasion of the 125th Northern Maine Fair, held on the campus of the University of Maine, master runner Gary Wakeland sped to a quick finish in 1:17:05. He was followed by Robert Bright with a time of 1:20:32; Sam Hamilton in 1:26:31; Vaughn Holyoke in 1:29:00; and Bill Sayres in 1:31:20. A field of 105 finishers ran in high humidity and 85 degrees.

The first woman was Patti Lyons in 1:16:11; and she was followed by Joan Benoit in 1:16:35.

Mueller Misses Bid for Third 50K Championship

Brattleboro, Vt., Sept. 16—Submaster John Cedarholm of the Boston AA upset defending champion Fritz Mueller over this hilly course in a record time of 2:56:43. Mueller, who won the race in 1977 and 1978, became the second runner to break three hours on the course, when he crossed the line in 2:59:05.

Other winners were Andrea Chiappetta, first woman in 3:46:34 and Frank Rulifson, first male over 50. Complete results will follow in the November issue of **TrackMaster**.

AT LAST—AVAILABLE
IN A REPRINT EDITION

On the Run from Dogs and People

By HAL HIGDON

Long before running was popular, long before the era of waffle-bottomed shoes, long before more than 90 per cent of you discovered what LSD really meant, in the dim, dark ages before Jim Fixx, but after Pheidippides, Hal Higdon wrote a book about his experiences as a long distance runner and competitor in the Boston Marathon.

The book sold out its first printing of 5,000 copies—which probably equaled the number of marathoners back in 1971—but the original publishers (being businessmen, not runners) saw fit not to reprint, meaning that most of you have heard about, but probably have not had an opportunity to own the classic "On the Run from Dogs and People." That now has been changed with the publication of a quality paperback edition of this classic account of the travails of the long distance runner.

Now, you may not be the first person on your block to own a copy of "On the Run from Dogs and People" (your neighbor may have stolen a copy from the library), but you could be the second or third. This new edition (to be published in May) is updated and includes material not included in the first edition.

To order an advance copy of "On the Run from Dogs and People" autographed by the author, fill out the coupon below and mail it with your check for \$7.50 (includes postage and handling) to the below address:

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 "BEGINNER'S RUNNING GUIDE" \$10.00

FINISH LINE District II

Reading Athletic Attic Track Club Wins Team Honors

Camp Joy, Pa., Aug. 25—The Reading Athletic Attic Track Club walked off with the team honors in the open division of the Fifth Annual Union Canal 11-Mile Run here today.

The team was led by overall wins from Jeff Bradley and Kris Bankes, male and female teammates respectively. Bradley completed the run in 1:00:13, and Bankes finished in 1:07:16.

Male category winners were: (30-34) Dale Eisenhut, 1:03:06; David Symonds, 1:08:27, and Brian Soverwing, 1:09:09; (35-39) Lewis Coppens, 1:05:58; William Donini, 1:07:16, and Bruce Zeidman, 1:08:31; (40-44) Jake Myers, 1:09:21; Ray Whitney, 1:13:51, and Charles Schrammel, 1:15:07; (45-49) Patrick Nutt, 1:10:51; Howard MacCauley, 1:14:18, and Al Williams, 1:17:10; (50 and over) Jack Rosenberg, 1:13:44; Mike Buonassi, 1:20:50, and Ross Yates, 1:27:58.

Women category winners were: (18-34) Kris Bankes; Vicki Vasvan, 1:19:49, and Chris Horst, 1:25:52; and (35 and over) Marilyn Fegley, 1:33:23; Kay Croll, 1:36:58, and Beverly Sweigart, 1:47:38.

Aneshansley and Mitchell Lead Masters in Prospect Park 5K

Brooklyn, N.Y., Aug. 5—Jim Aneshansley of the host Prospect Park TC, led a field of seventy masters over the rolling hills of Prospect Park to win the masters prize in the Manufacturers Hanover 5K run in 16:33. Aneshansley's time was also good enough to place him 25th in open competition, in a race won by Odis Sander of Millrose in 14:39.

On the distaff side Mary Mitchell won the masters division over Dorothea Edmead by a 17 second margin in 24:32. At the same time submaster Nancy Linday outlasted Anna Thornhill 18:49 to 19:38, after falling back to second place overall. The open winner was Cindy Wuss of Warren Street with a time of 18:01.

Other age group winners were Art Hall of North Shore TC, first submaster in 15:33; Joseph Simonte of Central Park TC, first over 50 in 18:21; Rufus Schatzberg of Cahit Pacers, first over 60 in 20:31; Mary Rodriguez of Greater New York AA, first woman over 50 in 26:13; and Adrienne Child, first over 60 in 30:02.

For complete Back of the Pack coverage see page 25.

Pearce, Rubin Run Fast 10M in Utica

Utica, N.Y., Aug. 12—David Pearce and Howard Rubin of the host Utica Pacemakers gave the young fellows a run for their money in the fourth annual 10 Miler. Pearce moved through a 5:22 first mile and slowed only slightly to finish with a 55:20 over an accurately measured course. He was first over 40 and the fourth finisher out of 169 starters.

Rubin (51) was only a little more than a minute behind Pearce with a 56:38, which was good enough for ninth overall. Following Rubin in his division were Sam Gratch and Ed Buckley in 64:11 and 67:31. Runnersup in the masters division were Jim McDade in 59:56 and Daniel Cohen in 61:08. Craig Crouch of the Syracuse Chargers won the race in 51:53.

d'Elia Wins Masters in Women's Half Marathon in NYC

Central Park, N.Y., Sept. 8—Toshiko d'Elia of the Greater New York AA led a strong field of masters through today's Women's Half Marathon in 1:29:13. Cloudy weather and temperatures in the 60's allowed 277 of the 300 starters to complete the course over the hilly Central Park course.

d'Elia's margin of victory over runnerup Hermine Bartee was over two minutes, as Bartee finished in 1:31:13, followed by Julianne Grace in 1:34:24.

The 50 year old competition was close between Mary Rodriguez and Dorothy Rosenfield, with clockings of 1:55:59 and 1:56:18. Sue Kuschner was third in this division in 2:02:06.

Nancy Linday of Millrose continued to dominate the submasters division with a 1:25:07, which placed her sixth overall. Johanna Colletta and Anna Thornhill followed with 1:30:25 and 1:30:55. The open winner was Lauri McBride (26) in 1:18:53.

Gottshall First in Keystone Festival 20K

Altoona, Pa., Sept. 9—Dick Gottshall took the masters prize in his hometown's Keystone Festival Run today in 72:54, finishing just ahead of Altoona teammates Angelo Gioiosa (76:03) and Charles Harter (81:22). The race was conducted on the first fine autumn day of the season over a moderately hilly course.

Submaster Steve Molnar of Johnston just missed winning the entire race, as he completed the course 10 seconds after winner Don Nokes' 68:30. Behind Molnar in submaster competition were Joe Straub of Bedford in 75:02 and Gerald Simon of Windber in 75:42.

Earl Koylor of Huntingdon won the over 50 prize in 90:21, just nipping Cecil Condon of Clearfield, who ran 90:28. Irv Dulberg got the third in that division in 93:25.

Garlepp, Schonfeld Top Masters in PR-Hispanic Half Marathon

Central Park, N.Y., Aug. 26—A field of more than 1200 runners turned up for a warm, sunny half-marathon through New York's Central Park today, and John Garlepp of Millrose topped a strong masters field with 74:12 for the rolling course. Behind Garlepp, Sid Howard clocked 75:48 for second place. Sal Vega of Warren Street was the open winner in 65:45.

The first female master home was Polly Schonfeld in 100:35. This was some six minutes ahead of her nearest competitor, Janet Hanna.

Submaster Art Hall continued to dominate summer races in his division with an excellent 69:22, which also gave him fifth place overall. His major competition came from Bob Fischer, who is only a year away from becoming a master, and who ran 72:06.

Other age group winners were Joe Burns of Millrose, first over 50 in 81:39; Wilfredo Rios, first over 60 in 96:58; and female submaster Anne Gilchrist in 75:13. Ms. Gilchrist was also female runnerup in open competition to Sharon Barbano's 71:42.

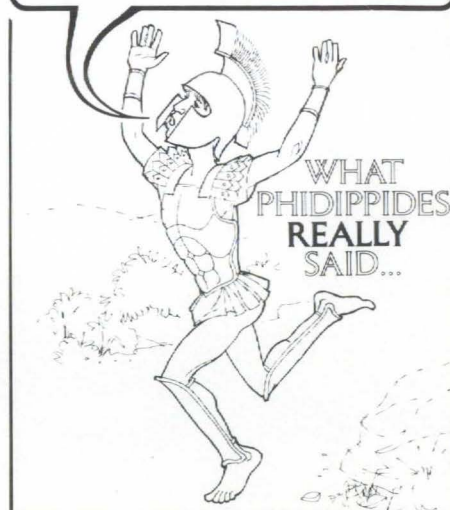
10K Chase Run Draws 523 Runners to Lehman College Campus in Bronx

New York, NY, Aug. 19—Four hundred ninety one of the 523 participants completed the 10K Chase Run, sponsored by the Chase Manhattan Bank, at the Lehman College campus in the Bronx here today.

Male category winners were: (30 and over) Bill Nagengast, 34:01; Mike Barnow, 34:13, and John Maffi, 34:27; (40 and over) Cahit Yeter, 36:04; Herman Willis, 36:32, and Charles Kennedy, 36:36; (50 and over) John Lynch, 41:23; Stanley Edelman, 42:03, and Charles Hofmeister, 42:54; and (60 and over) Rufus Schatzberg, 43:27; Frederick Burke, 47:49, and Charles Feldman, 49:57.

In the women's categories, the winners were: (30 and over) Nancy Linday, who also was overall winner, 39:25; Anna Thornhill, 40:48, and Beverly Heffernan, 45:30, and (40 and over) Billie Moten, 50:14; Chris Dickinson, 51:40, and Alexandria Johnson, 57:01.

That was supposed to be a flat course?!



FINISH LINE District III

Williamson, Chisholm and Gutttag Win Category Honors in PVA AU 10K

Hains Point, DC, Aug. 12—O.T. Williamson won the 40 and over male category, Herb Chisholm took the 50 and over age group, and Alvin Gutttag captured first place in the over 60 category here today in the Potomac Valley AAU 10K Championship Run.

Williamson was clocked in at 34:25, followed by Tom Kurihara, 36:51, and Charles DesJardins, 37:10. Chisholm finished in 35:53, with second and third place honors going to Carl Brower, 37:33, and Jack Scott, 40:23, respectively. Gutttag, with 45:53, finished ahead of second place winner Paul Fairbank, who had 46:29, and Dick Lukes, with 49:54.

In the women's 40 and over category, the winners were Joanne Mallet, 49:14; Diana Stone, 58:30, and Lee Glassco, 58:32.

Overall winners were Will Albers, 31:38, and Louise Mallet, 43:29.

Eames Wins Strasburg Heritage Days 15K

Strasburg, Va., Sept. 1—Heat and an erroneous date in the Washington Post reduced the field to some forty runners, but master runner Evelyn Eames managed 81:50 for 15K of humid, hilly running to win the women's prize in the Heritage Days Run.

Teenagers Mike McKiernan and Mark Stickley conceived and conducted this race as part of the town's annual festival, and from the runners point of view, this was an excellent race.

Doug Walker was the first male master in 56:05, and that was good enough for third place overall. Larry Matthews won in 53:57.

Other age group winners were submaster Jerry McDowell in 57:00; Jack Scott for 50-59 in 64:52; and Ray Gordon for 60 and over in 68:08.

The competition was tough, even for pencils to record name and time at the end of the RRCA Capitol Area Women's 10K. Race results will be printed in the November TrackMaster.



Geriatric Gang Claims Record for 24 Hour Relay

Selinsgrove, Pa., Sept. 23—The Geriatric Gang was somewhat the worse for wear at the end of the 24 hour relay held on the Susquehanna University track yesterday and today, but they had also covered nearly 230 miles to outstrip a San Diego team's record by more than three miles.

The race was conducted on a soggy track, but in temperatures that ranged between 45 and 60 degrees—ideal for this kind of competition. Top runners on the team were Jonah and Joshua Tobey, who averaged 5:35 and 5:38 per mile for their 24 repeats.

All members of the 10 man team were able to complete the course, except Ed Conway, who had to leave the competition after averaging 6:45 for 18 miles.

Team rules for the 24 hour relay are somewhat loose, at it is assumed that finding 10 runners willing to sustain 24 hours of running would be an impossible task for most conventional distance teams. Therefore, in addition to seven Pennsylvanians, the Geriatric Gang also included one runner from Vermont, one from New Jersey, and another from Delaware.

Other average times for the team were as follows: Jack Rosenberg, 6:06 (24 miles); Harold Maurer, 6:12 (23 miles, 1100yds); John Schwanger, 6:25 (24); Guido Schiavi, 6:27 (23); Dick Smith, 6:28 (23); Stan Seiple, 6:34 (23); and Ross Yates, 6:41 (23).

Another Missing Person....

Bill Malloy (50) of Alexandria was omitted from August's Back of the Pack coverage of the D. C. Schlitz Lite 10K. His 50:02 placed him 19th in his division.

Coffin, Holtom First Masters in Charlotte 5K

Charlotte, N.C., Sept. 8—Alex Coffin and Harold Holtom easily pulled away from their peers over a hilly 5K Course today to win their divisions in the Athlete's Foot-Cosmopolitan Spa 5K today. Coffin was top master with 18:24, and was followed by Ralph McLaughlin, 19:15 and Henry Hunt, 20:15. Holtom won the over 50 prize in 19:30 ahead of Edwin Lews, 22:54 and George Crouse, 24:16.

Submaster winners were Bob Maydole (4th overall), in 17:50 and Sandra Rathman, in 22:56. The open winner was Belvie Jenkins who bested 130 starters in 16:48.

Kurihara, Lichtman Score in Tetrathon

Silver Spring, Md., Aug. 11—Running four events in mid-summer heat is not an activity to draw a crowd, but 34 runners held on to the over-heated finish in this special form of over-achievement. Tom Kurihara turned on a final 11:17 two mile to overcome Ray Hartenstein's lead in the masters division. Kurihara's other times were 61 for the 440; 2:28 for the 880; and 5:19 for the mile. Hartenstein had run 58, 2:23 and 5:36, before fading to a 12:24 in the final event.

Submaster competition between Allan Lichtman and Paul Haaga was just as keen. Both led off with 55.7 for the 440; then Lichtman edged Haaga 2:09 to 2:10 in the half and 4:49 to 4:52 in the mile. Haaga was able to win the two mile 10:35 to 10:38, but the margin was not enough to recapture the lead.

Other winners were Bill Osburn over 50 with 67, 2:41, 6:11 and 13:31; and Mary Hanley, women submaster in 73, 2:48, 6:25 and 13:58.

Tim Gavin was overall winner in 56.6, 2:07, 4:30 and 9:59.

Lamade Returns to Academy to Win Masters at Severn River 10M

Annapolis, Md., Sept. 16—Rusty Lamade finished his academic program at the Naval Academy in 1961, but he seemed right at home on the Annapolis course, as he moved away from a strong masters field to win in 55:30.

Other academy graduates were conspicuous among the top finishers, as Steve Gilmore won the race in 50:39 and John Butterfield finished third in the masters division in 57:05. Both Gilmore and Butterfield were doubling after racing the Catoctin Mountain Run the previous day.

Altogether 1400 runners started the race, and 1127 were scored through the finish line, in a race that was handled smoothly from start to finish.

On the distaff side the masters winner was Anne Barnett, who had almost a five minute lead over Arline Ford, while finishing in 80:11. Margaret Cochrane won the over 50 prize in 85:31.

Other age group winners for men were Herb Chisholm (who also ran the day before at Catoctin) with a fine 58:05 in the over 50 division, followed by Francis Kelley (63:38) and D.A. Irrera (65:38). Jeremy Clark was master runnerup in 56:33.

Monahan Claims Masters Record in Winning 100 Mile

Ft. Meade, Md., Aug. 4—This was a day to wear ruts in the surface of the hardy asphalt track on this Army base, as some 270 runners toed the line to try as long a race as they could imagine. A 24 hour relay and individual runs and walks of 50 and 100 miles were held simultaneously. Despite temperatures and humidity in the 90's, 218 runners made their declared goal.

Clearly the most impressive performance was that of Potomac Valley Senior Pete Monahan, who completed 400 laps on the track in 15:42:02, a masters meet record. Only three of Monahan's eight competitors completed the race, and Monahan was more than an hour ahead of John Emswiler (26) who ran 17:05. This was Monahan's third 100 mile race for the summer, and his fastest time. He won a race in Virginia and placed third in a race at Squaw Valley, California.

Other individual winners were submaster Jim Czachor, who ran 50 miles in 5:45:55; master Paul Robertson, who walked 50 miles in 10:17:31, and submaster Alan Price, who walked 100 miles in 21:09:09.

In the 24 hour relay a team with the unlikely name of Alligator B defeated the Baltimore Olympic Club, 285 miles to 262, and age group prizes went to the following: Jerry Moore for averaging 5:14 for 26 miles in the submaster division; Jack Shawver for averaging 5:45 for 26 miles in the over 40 division; Harry Kleinman for averaging 6:46 for 23 miles in the over 50 division; and to Arlene Gamble for averaging 7:37 for 21 miles in the women's submasters division.

DCRRC Drops Montgomery County in Challenge 10K

Derwood, Md., Sept. 9—For an early season cross-country meet, this race had a lot to offer, with excellent weather, a challenging course and a rather impromptu scoring system in which the first nine runners home were counted for each team. No one seemed too upset with the final score of DC 54 to MC 117.

The ruggedness of the course did not make for fast times either, and Steve Clapp was able to win in the masters division in 40:48, Frank Luff among the 50's in 52:22 and Al Gutttag was first over 60 in 49:28.

Submaster winners were Mike Kemper in 40:20 and Jo Lasko in 70:72. Robert Stack of the DCRRC was the overall winner in 34:04.

Monahan, Potomac Valley Seniors Win Hour Run

Bethesda, Md., Aug. 25—Pete Monahan (45) fell just short of 10 miles for the hour track run to win the Potomac Valley AAU championships today, in a meet dominated by masters runners. His official distance was 9 miles, 1285 yards. A team of 50 and over Potomac Valley Seniors won the team prize, with Glenn Coleman, Tony Diamond, Frank Ruliffson, Francis Kelley and Rod Johnson covering almost 45 miles in their hour of running.

Age group winners were Glenn Coleman, first over 50 in 9/501; John Woods, first over 60 in 8/787; Paul Fairbank, first over 70 in 7/1057; and Ann Morris, first female in 6/1635. Eighteen competitors finished the hour.



Everyone at Catoclin reads the Bulletin, or at least this last place finisher did. The truck headlights were to signal that this was the end of the pack. It didn't really take him that long to make it home.

Not to the Swift Goes the Unbody Award in NIH 10M

Kensington, Md., Sept 16—For the more substantial members of the roadrunning fraternity there is continual heartburn over the foot/pound handicap given away in race after race to the Rodgers, Rincons and other lightweights at the head of the pack. Health's Angels, a club of runners at the National Institutes of Health in Bethesda, Md., ease this situation once a year in their anniversary run, when the featured prize is the unbody award. To qualify for this competition your height in inches must be divided into your body weight to produce a number larger than 2.5.

This years winner was master runner Bill Sollers of the DC Harriers, a solid 70 inch, 180 pound marathoner, who moved his unbody over the hills of this 10 mile course in a respectable 63:10. His victory over submaster Steve O'Briant (184 pounds over 10 miles in 69:59) at least temporarily upstaged the light'of foot. Soller's time also gave him third place in the masters division behind Albrecht Hofmann and Tom Kurihara, who clocked 61:13 and 62:36.

Open winner Paul Rapavi of Club Southeast covered the distance in 54 flat. Other age group winners were submasters Henry Danver and Jeannette Flax in 56:12 and 80:30; first female master Carol Thompson in 72:12; and Leonard Lincoln, first over 50 in 69:20.

Williamson Wins Over Marcy at AU 10K

Washington, D.C., Aug. 16—The 5K loop that begins on the American University campus is used in a variety of ways to hold D.C. road runners to modest times, and this summer's 10K was no exception. In the masters division Otis Williams could manage no better than 36:31, but that gave him nearly a minute over his nearest competitor, Al Marcy. And Marcy's 37:24 gave him a comfortable margin over Charles DesJardins' 37:38.

Ray Gordon made one of his infrequent visits to the city and handled the familiar course in 43:34, which was good enough to beat 50 year old winner Walt Washburn's 44:18 as well as 60 year runnerup Al Gutttag's 47:25.

Joanne Mallet was first woman master in 51:40 and Ray Morrison (35:19) and Karen Fady (46:25) were first submasters. Ex-Navy star Steve Gilmore broke Gary Cohen's (American University) course record with a 31:58.

A separate 5K race for women was won by Jeanne Nastro in 18:54. Dale Koepeniek won the submasters division while finishing 3rd overall in 21:20, and Peggy Theall was first master in 26:52.

For the runner who has almost everything . . . Consider a gift subscription to TrackMaster

LYNCHBURG

Higdon Hangs Tough at Virginia Ten

by Dave Theall

Photos by Olivia C. Harvey



Lynchburg, Va., Sept. 22—Running writer Hal Higdon did a number on the masters field in the sixth running of the classic Virginia 10-Miler. The 95 percent humidity and steep hills were the same for everybody, but Higdon at age 47, showed the youngsters how he earned international standing from 3K to 26.2 miles. His 55:14 broke Karl Killingstad's course record, as the Fayetteville, N.C. native settled for third in 56:30. Consistent Charlie Ross was runner-up in 56:09. Last year's winner, coach David Bloor of Woodberry Forest School, Va., finished fourth in 56 and change.

In the women's division, Marge Rosasco, 31, took second overall to the world shattering performance of Norway's Grete Waitz. The 2:32 marathon champion posted an amazing 53:04. Marge's 59:49 earned her a \$125 gift certificate toward anything her heart desires.

Unofficially, the top 3 men 50-59 were George Swift, Edwin Rosdahl, and Donald Englar. Later Charles Van De Zande of Raleigh was credited with the win. John Woods of **TrackMaster** had a poor night's sleep before the race, having been evacuated from his "motel"—his campsite on Treasure Island in the James River—which was being flooded from extended rainfall. However, the 61-year old vet and survivor of the Catocin Mountain Park Run, posted a 10 second improvement over his predicted 71 minutes to edge defending age group champion Ray Gordon, who ran 73:15.

Rachel Bourn, 50, who posted a 48:28 at Catocin which President Carter would like to have had, settled for second over 40 in 77:45. First place went to Anne Boyd of Durham in 76:15.

Sub-masters ran wild in the open division, naturally, in that defending champion Bill Rodgers, Brendon Foster, and Frank Shorter placed 2, 3, and 5. "Next year I hope to win my age division" joked Shorter at the awards ceremony. "I can't remember when I last won a race" lamented the four time winner from the Greater Boston TC who posted a PR 47:14 on the hills of Lynchburg. But the "King of the Road" lacked the finishing charge of high altitude trainer Herb Lindsay, who had won at Catocin the previous week. Winning time: 47:02. About 2,000 runners started the race.

Under the leadership of Rudy Straub, and the efforts of half the non-running population of Lynchburg, race execution and atmosphere lived up to the billing: "Where Southern Hospitality Meets the Road." □

They're near the halfway point [above] at Lynchburg, and the master runner leading this pack is Ron Henry [I362] of Richmond, with teammate Bill Pollok [J105] on his heels. Submaster Marge Rosasco [below], who finished second in the race, listens to Ellison Goodall, American recordholder for 10M at 55:37, but an also ran at Lynchburg.

BACK OF THE PACK



Maryland Catocin Mountain Park 10K

Men over 70

1. Paul Fairbank, (72) 51:13

Men over 60

1. John P. Woods, (61) 44:45
2. Thomas F. Stout, (61) 48:10
3. C.J. Grossnickle, (61) 52:09
4. Richard E. Lukes, (60) 52:26
5. Norman Locksley, (64) 53:30
6. William M. David, Jr. (60) 53:42
7. Bill Forwood, (67) 55:13
8. Vincent J. McGrath, (65) 56:20
9. Donald Leatherman, (67) 60:16
10. Michael Ronca, (64) 79:01

Men over 50

1. Herbert B. Chisholm, (53) 36:43
2. Glenn W. Coleman, (56) 39:57
3. Carlston C. Brower, (51) 40:43
4. William M. Jackson, (51) 42:15
5. William Osburn, (55) 43:20
6. Don Englar, (54) 44:04
7. Henry Barksdale, (50) 44:09
8. Clifford Ham, (55) 44:14
9. Walt Kreimann, (59) 45:39
10. Leon M. Miles, (54) 47:31
11. Everet Barnes, (52) 48:06
12. Frank Harding, (55) 48:16
13. Ralph Driscoll, (55) 48:39
14. Charles W. Spaulding, (51) 49:07
15. Fred M. Schrock, (50) 49:38
16. Vic Stockman, (51) 49:59
17. Howard Norseth, (50) 50:36
18. Edward E. Roginski, (52) 51:15
19. Dale L. VanMeter, (59) 51:38
20. Frank Turner, (53) 52:03
21. Tom W. Ausherman, (58) 52:05
22. Walter R. Comer, (52) 52:07
23. Sanford Watzman, (53) 53:38
24. Bruce H. Burnside, (57) 54:18
25. Robert Arter, (50) 54:55
26. Robert J. Leonard, (56) 56:37
27. Andrew Davis, (54) 57:21
28. Chuck Leshar, (59) 58:02
29. Larry Noel, (58) 66:32

Men over 40

1. Glynn Wood, (45) 34:36
2. Charles L. Ross, (41) 34:53
3. Harold Tinsley, Sr., (42) 35:43
4. Chandler Robbins, (42) 36:04
5. Ed DeMarras, (48) 36:10
6. Don Chaffee, (40) 36:24
7. John A. Butterfield, (42) 36:37
8. Warren H. Ohrlrich, (40) 37:08
9. David L. Watkins, (43) 38:11
10. Thomas A. Hassler, (42) 38:49
11. Val Lewton, (42) 38:56
12. Robert J. Kelso, (44) 39:05
13. Mike Fleming, (43) 39:10
14. Everet Rice, (41) 39:33
15. Gary L. Palsgrove, (40) 40:07
16. John C. Anderson, (40) 40:17
17. David G. Sanford, (47) 40:36
18. Gordon M. Gerson, (42) 40:45
19. Seth Riegle, (40) 40:47
20. Sal Corrallo, (48) 41:00
21. Ronald W. Fisher, (44) 41:15
22. Steve Clapp, (40) 41:23
23. Ray Hartenstein, (45) 41:27
24. Maynard R. Weyers, (43) 41:35
25. Kent A. Price, (40) 41:53
26. Jack Gray, (41) 42:01
27. Jerry Adams, (40) 42:02
28. George Everett, (43) 42:03
29. Arlen D. Morey, (42) 42:08
30. Frank G. Lambdin, (47) 42:12
31. Sanford Wiesenthal, (46) 42:18
32. Arthur Morton, (42) 42:32
33. Carl E. Wisler, (45) 42:54
34. John C. Laughland, (42) 42:56
35. Wayne M. Welch, (47) 43:07
36. Stephen L. Coppas, (41) 43:10
37. Lyle Bivens, (44) 43:23
38. Rodger Armstrong, (41) 43:29
39. Dave Wiseman, (41) 43:43
40. Jack Esrey, (45) 43:47
41. Rolf Johnson, (40) 43:49
42. John H. Gracey, (47) 43:55
43. Lawrence G. Holt, (48) 43:59
44. Fred True, (44) 44:06
45. Daniel L. Wagner, (41) 44:22
46. Bob Courtemanche, (41) 44:55

Men over 40 continued

47. Michael Sommer, (44) 45:07
48. George Baker, (48) 45:35
49. Robert Fuller, (42) 45:36
50. Robert J. Brown, (45) 45:45
51. Fred N. Christman, (46) 45:49
52. Joseph DiVanna, (42) 46:02
53. Coblens H. Scherr, (40) 46:10
54. Dale A. Vogel, (49) 46:42
55. Donald J. Gerson, (45) 47:40
56. Jack Patton, (49) 47:44
57. John B. Deam, (48) 47:59
58. John T. Zanone, (41) 48:07
59. R. Colin Dayton, (43) 48:08
60. Barry Nestor, (40) 48:15
61. Bernard H. Martin, (42) 48:33
62. Thomas Sessions, (41) 48:34
63. John H. Bailey, (47) 48:46
64. John D. Little, (46) 48:48
65. Gordon DeHond, (41) 49:49
66. Brooks Hill, (44) 49:51
67. Jim Miller, (44) 50:03
68. Richard G. Gray, (46) 50:05
69. Ralph E. Corbitt, (42) 50:38
70. Thomas A. Werner, (44) 51:06
71. Allen R. Shoe, (44) 51:06
72. John Cunningham, (48) 51:08
73. John C. Frye, (45) 51:11
74. Runal J. Beckman, (46) 51:18
75. Andrew Radel, (46) 51:20
76. Robert L. Neff, (43) 51:26
77. Jim Shindledecker, (44) 51:34
78. Thomas E. Petika, (43) 51:50
79. W. J. Smith, Jr., (42) 52:24
80. Tom Mathews, (40) 52:55
81. Dick Heiks, (47) 53:21
82. Donald B. Myer, (42) 53:23
83. Don R. Clay, (42) 53:46
84. Paul Siegler, (40) 53:57
85. Robert T. Mason, (42) 54:15
86. R. A. Neuman, (40) 54:23
87. Michael McAusland, (44) 54:46
88. Clater Smith, (47) 55:31
89. Robert J. Byer, (47) 55:52
90. Hugh A. Williams, (48) 56:26
91. Robert J. Hickey, (46) 56:59
92. Paul Liebler, (49) 57:06
93. Donald R. Smith, (44) 57:37
94. Richard W. Miller, (44) 57:43
95. Edward W. Senft, (41) 57:50
96. Mason M. Lilly, (48) 57:55
97. Hoyt Griffith, (49) 59:06
98. Colman McCarthy, (41) 59:32
99. Jim Purks, (43) 59:36
100. Myron Winstein, (49) 61:20
101. Gerald Kirwin, (46) 61:55
102. Eugene Anderson, (48) 62:33
103. Converse M. West, (48) 63:36
104. Sam W. Joseph, (44) 69:41
105. Frank Stocklin (41) 75:40

Men over 30

1. Don Kardong, (30) 31:07
2. Herm Atkins, (31) 32:22
3. Thomas Mullen, (37) 35:39
4. Bob Thurston, (35) 35:45
5. Tom Cook, (32) 36:10
6. Jeff L. Myers, (30) 36:23
7. John P. Kennedy, (36) 36:40
8. W. Michael Welch, (30) 36:56
9. Jeffery Roush, (30) 37:30
10. Charles Brumley (39) 37:44
11. Allan J. Lichtman (32) 38:04
12. Terry O'Connor (36) 38:20
13. Robert H. Driscow (34) 38:25
14. Gary D. Knipling (35) 38:30
15. Lucious Anderson (33) 38:43
16. Robert F. Webb (32) 38:51
17. Robert Williams (37) 38:52
18. Peter J. Coles (38) 39:01
19. Robert K. Redlin (35) 39:03
20. Matt Hutmaker (37) 39:07
21. Roger Kurrus (32) 39:13
22. Paul Tiberi (32) 39:15
23. Bill Wooden (35) 39:25
24. Richard A. Strafella (37) 39:27
25. Robert Bauerschmidt (39) 39:35
26. Bob Eldridge (39) 39:36
27. Jeffrey Tedrick (30) 39:44
28. Donald H. Boyer, Jr. (35) 40:01
29. Vincent A. Fuller, Jr. (38) 40:04
30. Robert R. Bushnell (37) 40:09
31. Walter P. Smith (32) 40:11
32. Bruce Witty (37) 40:18
33. Alan Landay (31) 40:19

Men over 30 continued

34. Ken Poper (34) 40:23
35. Tom Gjelten (31) 40:29
36. William Sharer (32) 40:41
37. Alex Ratnofsky (31) 40:55
38. Michael G. Kemper (34) 41:04
39. Jeffrey White (34) 41:13
40. Frank R. O'Donnell (32) 41:17
41. Colin Norman (33) 41:22
42. Jerry Garvin (33) 41:48
43. Michael R. Grupe (32) 41:49
44. Charles Short (32) 41:58
45. Gary E. Moeller (36) 42:02
46. Jack S. Rugh (37) 42:24
47. James Nemzek (37) 42:27
48. Gerry Gears (35) 42:29
49. Robert C. Raymond (38) 42:31
50. Rhonnie L. Smith (32) 42:32
51. Jerry Frankenfield (36) 42:36
52. David Knode (33) 42:38
53. Raymond J. Kirk (32) 42:42
54. Robert V. Kelly (33) 42:45
55. Robert A. Boone (32) 42:47
56. Bert M. Coursey (37) 42:56
57. Christopher Holmes (38) 42:58
58. Roy L. Thompson, (33) 42:59
59. H. Heicie (32) 43:00
60. Victor C. Stevens (33) 43:04
61. Ronald R. Knipling (32) 43:05
62. Charles Hanson (35) 43:09
63. Stuart Schmitz (34) 43:12
64. James M. Murphy (32) 43:17
65. Glenn D. Pendleton (34) 43:25
66. Garry DeLoss (36) 43:26
67. James Sheaffer (33) 43:28
68. Ronald Crystal (38) 43:41
69. Jon W. Stull (33) 43:47
70. Kenneth Alan Coren (30) 43:48
71. John F. Bunker (30) 43:50
72. Timothy Mandan (30) 43:51
73. John Klippel (34) 43:54
74. Robert E. Carlstrom (31) 44:00
75. Glenn Burow (37) 44:07
76. Jay Carver (34) 44:08
77. John Baxter (37) 44:09
78. William Becker (36) 44:12
79. Frederick Mosser (34) 44:19
80. David L. Louwsma (30) 44:24
81. Anthony Marro (37) 44:28
82. Matthew E. Jaffe (38) 44:33
83. Tee Pecora (31) 44:34
84. Ron Tipton (31) 44:35
85. Al Mazzei (32) 44:41
86. Keith Kennedy (30) 44:56
87. Frank Zarnowski (36) 45:03
88. Scott Rutherford (35) 45:03
89. Anand K. Rajan (30) 45:04
90. Peter L. Dunningan (30) 45:06
91. Robert C. Hargis (35) 45:08
92. Fred Schellenberg (38) 45:12
93. Samuel Case (37) 45:15
94. Stuart W. Case (38) 45:18
95. Jay Kirwan (31) 45:21
96. William P. Nairn (31) 45:34
97. Fred Lyon (30) 45:41
98. Steve Annand (31) 45:42
99. Kenneth Shipp (31) 45:44
100. David B. Murphy (37) 45:46
101. Phil King (38) 45:47
102. Peter M. Beaty (35) 45:55
103. Richard B. Leeds (30) 46:12
104. Michael O'Connell (38) 46:19
105. Dennis McPhail (32) 46:19
106. James M. Walters (31) 46:20
107. James E. Schools (30) 46:22
108. Edwin Ahlstrom (34) 46:24
109. Edison L. Monk (34) 46:27
110. Myron K. Jacobson (35) 46:34
111. Howard L. Blume (32) 46:35
112. Jeff Darman (35) 46:37
113. Dick Hillman (36) 46:38
114. Tom Groppel (36) 46:39
115. Bruce Downes (33) 46:43
116. Mikel M. Goodwon (36) 46:55
117. Clifford Baranowski (39) 46:59
118. James G. Shipe (34) 47:00
119. Edward J. Kantner (37) 47:06
120. Martin Kolsky (38) 47:10
121. Charles C. West (39) 47:10
122. Robert W. Esslinger (34) 47:14
123. William R. Mentzer (31) 47:15
124. J. Michael Keating (32) 47:29
125. Lawrence Prevatte (39) 47:38
126. Ralph E. Wagaman (34) 47:42
127. William Kirby (32) 48:02
128. Stephan C. Golis (32) 48:18

Men over 30 continued

129. Jim Dillon (36) 48:29
130. Raymond Tarrach (37) 48:30
131. Robert Fontenrose (34) 48:31
132. Rodney Williams (34) 48:36
133. Jeffrey Wynn (33) 48:48
134. Edward N. Perry (32) 48:53
135. David Pierce (37) 48:55
136. Thomas Russell (36) 49:04
137. John F. Ebbott (35) 49:09
138. John M. Powell (38) 49:10
139. Daniel Wagner (34) 49:11
140. John W. Frost (33) 49:12
141. W.R. Scarry (38) 49:32
142. John W. Lawton (36) 49:40
143. Phillip C. Uncapher (30) 49:43
144. John C. Norvell (39) 49:44
145. Paul F. Kramer (37) 49:46
146. Kerry Johnson (38) 49:57
147. Paul Murray (34) 50:02
148. Dr. Alan Golden (31) 50:04
149. Robert T. Lackey (35) 50:07
150. Patrick B. Haggerty (31) 50:10
151. Sam Hribal (39) 50:11
152. Keith M. Miles (33) 50:12
153. Russ Eberhart (36) 50:14
154. Terence Fortune (32) 50:16
155. LaRue M. Hatfield (31) 50:18
156. Bob Wingfield (34) 50:23
157. Jerrold M. Ward (36) 50:27
158. Tom Callahan (39) 50:34
159. S. Martin Wyatt (38) 50:59
160. Mark Miller (30) 51:12
161. Joseph P. Maloney (37) 51:17
162. Joseph T. Lamoglia (34) 51:19
163. Carroll Walter (33) 51:27
164. Ronald J. Brunner (35) 51:29
165. Don C. Meyer (32) 51:46
166. Robert L. Dziuban (32) 52:09
167. Douglas Kirby (35) 52:12
168. George Connelly (39) 52:13
169. J. Michael Nye (36) 52:20
170. Cliff Durkee (38) 52:24
171. Robert Crawford (30) 52:32
172. Larry K. Prather (33) 52:38
173. Sherman Stinson (32) 52:38
174. Larry Crawley-Woods (52) 52:41
175. Gerd Reznik (34) 52:44
176. W. David Pittman (37) 52:52
177. Ernest G. Best (30) 53:05
178. Robert D. Reynolds (36) 53:19
179. William Boyer (33) 53:33
180. Thomas A. Bowman (33) 53:53
181. Donald A. Carr (31) 53:58
182. David Middleton (34) 54:00
183. David C. Gardner (30) 54:19
184. G. Doss Baker (36) 54:43
185. Thomas Cooper (37) 54:47
186. Michael A. Fleming (31) 54:50
187. Peter R. Wright (32) 55:11
188. Gary W. Freeman (34) 55:20
189. William H. Roscoe (35) 55:26
190. Fred Balius (30) 55:29
191. Thomas Drooger (37) 55:40
192. James E. Rannels (35) 55:46
193. H. Douglas Wade (37) 55:48
194. Lewis E. Dimler (37) 56:07
195. David Lawton (32) 56:21
196. Mike Hendricks (30) 56:38
197. Robert E. Hessler (32) 56:49
198. David Sommers (32) 57:04
199. Jack Smith (31) 57:11
200. Victor Stone (32) 57:30
201. James Kenin (35) 57:34
202. Romeo Centeno (33) 58:07
203. Ernest W. Hansen (31) 58:10
204. Robert B. Crawford (37) 59:15
205. Terry Flannery (32) 59:29
206. Owen Flynn (38) 59:54
207. Eric D. Dmytrov (30) 60:02
208. Joseph Peyronnin (32) 61:14
209. William A. Gore (35) 61:38
210. Mike Babcock (35) 62:33
211. Victor Tabares (39) 62:35
212. Ben Benitez (32) 62:57
213. Walter Fatzinger (37) 67:15
214. Richard D. McKee (36) 67:37
215. David Barlow (33) 67:52
216. John W. Hardester (34) 72:22
217. Alan F. Deanehan (38) 72:22

Women over 50

1. Rachel Bourn (50) 48:28
2. Dorothy F. Bright (54) 54:22

Women over 40

1. Natalie Buzzell (46) 44:46
2. Priscilla Butterfield (40) 47:37
3. Martha Hauer (41) 54:01
4. Joan Marie Hargis (41) 56:11
5. Barbara M. Garner (40) 56:43
6. Nancy Eynon (48) 57:17
7. Ann Shindledecker (42) 59:24
8. Patricia A. Gray (49) 61:59
9. Vassie Jo Anderson (42) 62:28
10. Sara E. Cary (41) 64:39
11. Juliet Guroff (47) 65:19
12. Noel Holbrook (49) 68:05
13. Lana D. Smith (40) 72:18
14. Inge Stocklin (40) 73:36

Women over 30

1. Mary Ellen Williams (33) 42:20
2. Carole Herrick (38) 42:24
3. Dale Ann Koepenick (32) 44:06
4. Marie Baumann (33) 44:13
5. Judith Graeff (31) 46:26
6. Noel Holbrook (49) 68:05
7. Linda M. Scott (38) 47:43
8. Susanne Armstrong (39) 48:11
9. Mary F. Hanley (31) 48:20
10. Janice K. Anderson (33) 48:38
11. Barbara Johnson (37) 49:54
12. Judy Weber (35) 51:36
13. Linda Downes (33) 52:49
14. Bonnie Kerrigan (32) 53:14
15. Sara Frankenfield (33) 53:36
16. Mary Plumer (34) 53:45
17. Leslie Nuse (34) 53:46
18. Mollie Ingram (36) 53:49
19. Marianne Joseph (36) 54:08
20. Kathryn B. Foster (35) 54:27
21. Marilyn Pierce (39) 54:31
22. Arleen Kuech (36) 55:23
23. Karyn Mandan (32) 55:55
24. Louise Wynn (31) 55:59
25. Peggy J. Bowers (38) 56:52
26. Elaine L. Jacobson (34) 56:54
27. Patricia Turner (38) 57:01
28. Penelope N. Richards (32) 57:03
29. Sue Heflin (31) 57:24
30. Elizabeth Pugh (30) 58:04
31. Judith E. Naiman (30) 59:23
32. Alice R. Scherr (36) 59:42
33. Ellen Darman (32) 60:15
34. Karen Finger (33) 60:25
35. Kathlyn Millan (33) 60:37
36. Sharon Turner-Jackson (60) 59:32
37. Marjorie Kulik (30) 62:01
38. Susan K. Middleton (30) 62:08
39. Pat Murphy (35) 63:10
40. Linda Carter (37) 63:26
41. Jean F. Burow (34) 63:34
42. Carol Lawton (34) 63:47
43. Rose Kirwin (36) 65:47
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88. E. Combs, 49:57
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11. Daniel Rowley, 23:48
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22. David Weiss, 21:26
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14. John Simmons, 18:00
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19. Donal Geraghty, 18:26
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21. Thomas Kampman, 18:36
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28. Peter Kelsch, 19:02
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46. Israel Johnson, 20:04
47. Patrick Quigley, 20:05
48. Gregory Laxer, 20:06
49. Steve Budihas, 20:10
50. Bernhard Molidrem, 20:11
51. Harvey Rosen, 20:16
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53. Edward Lam, 20:22
54. Stanley Galazin, 20:24
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56. Raymond James, 20:28
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58. Jerry Chlunsky, 20:31
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60. Frederick Spiegel, 20:36
61. Paul Ramos, 20:36
62. John Quealy, 20:39
63. Tom Ludwinski, 20:42
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69. Neil Skolnick, 20:53
70. Robert Meltzer, 20:54
71. Lloyd Clarke, 20:57
72. Thomas Julia, 20:59
73. Franklyn Rother, 21:01
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76. Paul Kennedy, 21:06
77. Eugene Armstrong, 21:08
78. Arthur Horowitz, 21:12
79. Ludwik Wojtas, 21:13
80. Ronald Waithe, 21:17
81. Bennie Carlton, 21:23
82. Charles Beck, 21:23
83. Walter Blackhall, 21:24
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91. Michael Shuster, 21:51

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108. Phillip Unger, 23:11
109. Charles Wagner, 23:14
110. Maurice Wallish, 23:15
111. Jay Travers, 23:19
112. Barry Goldsmith, 23:22
113. Michael Blair, 23:22
114. Calvin Oliver, 23:30
115. John Giordano, 23:31
116. Michael Holzer, 23:35
117. John Ahern, 23:36
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134. Gerald Puk, 25:17
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149. Jack Diefenbach, 26:29

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150. Edwin Krales, 26:45
151. Stephen Weekes, 27:27
152. Thomas Turck, 27:32
153. Richard Joannides, 27:59
154. Martin Prince, 28:31
155. Thomas Amodeo, 29:16
156. Lawrence Levy, 29:38
157. Ray Millstein, 29:58
158. Martin Drozdoff, 29:59
159. James Dillon, 30:02
160. John Norton, 30:55
161. Royce Rowe, 31:31
162. James Zarb, 31:36
163. Michael Stap, 31:47
164. George Devlin, 31:47
165. James Conlin, 32:14
166. George Bradley, 35:44
167. Robert Oakes, 37:10

Women Over 60

1. Adrienne Child, 30:02
2. Althea Jureldini, 33:49

Women Over 50

1. Mary Rodriguez, 26:13
2. Yolanda Rodriguez, 34:43

Women Over 40

1. Mary Mitchell, 24:32
2. Dorothea Edmead, 24:49
3. Christiane Dickinson, 25:35
4. Regina Necora, 27:45
5. Andrea Miller, 27:53
6. Ceil Laikind, 28:07
7. Elizabeth McCracken, 29:13
8. Margery Robinson, 30:57
9. Esther Marcus, 31:44
10. Thelma Roper, 33:56
11. Barbara Kennedy, 35:06
12. Arleen Stapleton, 36:23

Women Over 30

1. Nancy Lindow, 18:49
2. Anna Thornhill, 19:38
3. Molly Colgan, 20:15
4. Kathleen Cuvelier, 20:58
5. Suzanne Lynn, 22:48
6. Bettee Fennimore, 23:11
7. Bonita Krasner, 23:29
8. Arlene Baker, 23:39
9. Mary Wischusen, 23:47
10. Sandra Hann, 24:37
11. Anne Schepp, 24:48

Women Over 30 continued

12. Mollie Spiegel, 24:49
13. Joyce Hasher, 25:00
14. Sophia Oakes, 25:03
15. Diane Sonde, 25:13
16. Leona Schauble, 25:36
17. Joan Bancel, 25:53
18. Stephanie Sheppard, 26:17
19. Maria Giordano, 26:19
20. Yolanda Fazzuoli, 26:40
21. Sherry Williams, 26:34
22. Joanne Zummo, 26:42
23. Phoebe Epstein, 26:59
24. Mary Trost, 27:06
25. Kathe Bender, 27:12
26. Kathleen Myers, 27:20
27. Myra Watnick, 27:24
28. Sylvia Boswell, 27:57
29. Barbara Barnes, 28:05
30. Sally Murphy, 28:20
31. Pamela Byrd, 28:41
32. Diane Fromhartz, 28:54
33. Lynne Armstrong, 29:13
34. Mary Ann Fitzgerald, 29:16
35. Susan Crayne, 29:18
36. Vilena Clarke, 29:23
37. Vera Fenster, 29:34
38. Robyne Horton, 29:34
39. Marva Perkins, 30:00
40. Dolores Grancagnolo, 30:25
41. Joann Seymour, 30:28
42. Catherine Cook, 30:41111
43. Gladys Irish, 31:08
44. Peggy Warner, 31:13
45. Pamela Chepiga, 32:15
46. Barbara Moseley, 32:25
47. Dorothy Mercadante, 33:07
48. Ida Zambrano, 33:08
49. Marianne Sheehan, 33:45
50. Linda Galbraith, 33:48
51. Marilyn Ventura, 35:06
52. Carolyn Scotto-Lavino, 35:14
53. Sady Sanders, 35:31
54. Kathleen Weaver, 36:24
55. Janice Fisher, 38:13
56. Asenath Sapp, 41:35

Womens Half-Marathon

Women 40-49 continued

24. Sheila Byrne, 2:05:22
25. Dorothea Edmead, 2:07:36
26. Lenora Fiddelman, 2:07:43
27. Rosalie Lipssett, 2:07:56
28. Patricia Herron, 2:08:10
29. Nancy Geekie, 2:08:50
30. Mary Neivens, 2:10:41
31. Ellen Rosenblum, 2:11:41
32. Elizabeth Chiera, 2:12:30
33. Margery Robinson, 2:20:39
34. Ruth Koch, 2:26:22

Women 30-39

1. Nancy Lindow, 1:25:07
2. Johanna Coletta, 1:30:25
3. Anna Thornhill, 1:30:55
4. Donna Hudson, 1:32:09
5. Kathleen Cuvelier, 1:33:11
6. Maria Lazarich, 1:34:04
7. Judy Coady, 1:36:32
8. Karen Kinney, 1:36:58
9. Caryl Hudson, 1:37:19
10. Christine Steinmetz, 1:37:30
11. Kathleen Shay, 1:37:39
12. Elizabeth Franceschini, 1:38:00
13. Judy Kaplan, 1:38:36
14. Anna Perry, 1:38:46
15. Marjory Preston, 1:39:22

Women 30-39 continued

16. Vilma Lee, 1:39:39
17. Mary Healy, 1:40:11
18. Susan Colligan, 1:40:52
19. Pat Bessone, 1:40:52
20. Linda Thurston, 1:41:03
21. Ann Moore, 1:41:08
22. Chooryang Corfield, 1:42:49
23. Maggie Bradley, 1:42:54
24. Laurie Silis, 1:42:58
25. Faye Barth, 1:43:51
26. Linda Lockard, 1:44:32
27. Kate Glynn, 1:44:58
28. Nan Cooper, 1:44:59
29. Nancy Ortiz, 1:45:00
30. Edith Jones, 1:45:23
31. Betty Torrusio, 1:46:20
32. Barbara Kevles, 1:46:44
33. Cris Sterling, 1:46:58
34. Bonita Krasner, 1:47:42
35. Rochelle Shulman, 1:48:25
36. Margery Carozzone, 1:49:17
37. Linda Wahl, 1:49:34
38. Anne Kunz, 1:49:40
39. Ellen Breslan, 1:49:52
40. Michele Lamontia, 1:50:10
41. Joyce Brechner, 1:50:21
42. Julia Bruno, 1:50:26
43. Linda Forrester, 1:50:47

Women 30-39 continued

44. Irene Jackson, 1:50:48
45. Joan Kaplan, 1:51:06
46. Anne Gawkins, 1:51:40
47. Barbara Guidos, 1:51:46
48. Sally Gavin, 1:51:49
49. Betsy Brown, 1:52:15
50. Arlene Baker, 1:52:25
51. Patricia Pike, 1:52:27
52. Nayibe Berger, 1:52:41
53. Catherine Seelinger, 1:52:45
54. Karen Monash, 1:52:58
55. Gail Morse, 1:52:59
56. Mary Lennon, 1:53:00
57. Catherine Shanley, 1:53:05
58. Christine Helton, 1:53:10
59. Kathleen McArdle, 1:53:30
60. Minni Richardson, 1:53:53
61. Bernadette Mazzella, 1:54:44
62. Arlene Chapman, 1:56:19
63. Patricia Boerner, 1:56:27
64. Pearl Coleman, 1:56:37
65. Virginia Russell, 1:57:00
66. Rosalie Prinzivalli, 1:57:06
67. Gloria Callender, 1:58:12
68. Linda Osvath, 1:58:20
69. Karyn Girolami, 1:58:29
70. Joan Cohen, 1:58:34
71. Margaret Hagen, 1:58:40

Women 30-39 continued

72. Monica Roche, 1:59:03
73. Jacqueline Draper, 1:59:31
74. Rosemary Parker, 1:59:40
75. Regina McCarthy, 1:59:45
76. Sylvia Macheski, 1:59:58
77. Jpan Weiss, 2:00:07
78. Schellie Hagan, 2:00:15
79. Yvonne Mitchell, 2:00:27
80. Linda Siegel, 2:00:30
81. Ruth Hedrick, 2:00:35
82. Leona Schauble, 2:00:53
83. Ann D'Annibale, 2:01:10
84. Virginia Huber, 2:01:24
85. Eustratia Kourduinis, 2:01:33
86. Mary Squire, 2:01:37
87. Lucille Lessane, 2:01:42
88. Sharon Fennessey, 2:02:06
89. Cindy Stuliff, 2:02:09
90. Deborah Bell, 2:02:40
91. Anna Kuhns, 2:02:42
92. Joan Wolf, 2:03:37
93. Ardythe Ashley-Tobias, 2:03:47
94. Nancy McAleer, 2:04:05
95. Bridget Bruno, 2:04:09
96. Anne Litowitz, 2:04:45
97. Jessica Sand, 2:05:26
98. Sally Murphy, 2:05:48
99. Sandra Sanderson, 2:06:29

Women 30-39 continued

100. Leslie Axelrod, 2:06:56
101. Angela Bonavoglia, 2:06:58
102. Janie Aragon, 2:07:19
103. Rhudi Eagle, 2:07:22
104. Susan Lent, 2:07:27
105. Nancy DiRaffaele, 2:08:03
106. Molly O'Brien, 2:08:24
107. Carol Bunevich, 2:08:51
108. Mary Kellen, 2:08:53
109. Kathie Mock, 2:10:02
110. Barbara Bruno, 2:10:15
111. Wanda Belkin, 2:10:19
112. Alice McGrath, 2:11:16
113. Irene Logan, 2:12:02
114. Carolyn Pope, 2:12:17
115. Judith Perez, 2:13:11
116. Roberta Nassar, 2:13:14
117. Linda Taylor, 2:13:27
118. Elenita Bader, 2:16:12
119. Janiece Feiden, 2:16:21
120. Marcy Rosen, 2:19:37
121. Gail Rosenkrantz, 2:20:15
122. Nancy Reynolds, 2:26:29
123. Joann Trimarco, 2:28:41

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Editorial

(continued from page 3)

seems highly likely that President Carter's first three miles were a presidential record of sorts, and one that he will easily improve as he continues with a physical-fitness program thoroughly appropriate for a busy executive. That program, a somewhat improved sense of pace, and a little luck, could mean a successful run in the fall of 1980."

TrackMaster was delighted to hear that the President has resumed his running program, and hopes that at least one of President Carter's successful runs next fall will be at the Catoctin race.

Theall and your editor were also quoted in the Sept. 24 issue of *Sports Illustrated*, which devoted six pages to the race. I expect to have my pundit's

The Good Old Days
Continued from page 5

aplenty, so that Gar felt he could enjoy a peaceful non-competitive run.

We had roughly half a mile of light conversation, and were running easily with a pack of ex-football players at something like seven minutes to the mile, when Gar suddenly broke into a sprint.

"Oh, Heck," I think he said, "They've taken the wrong turn!" At the next corner Gar took a sharp left and went off in hot pursuit of the nation's finest 30K runners. I didn't follow, and discovered that my position in the race had improved from something like 250th to 5th. Further, everyone ahead of me was carrying at least a 30 pound handicap.

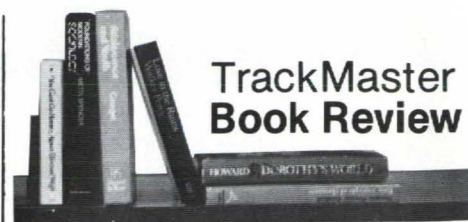
I moved my pace down to six minutes to the mile, and within a quarter of a mile was leading a national championship field. When I completed the first lap of 10 kilometers, I had a 500 yard lead over my nearest competitor! I accepted the cheers and encouragement of the finish line crowd as modestly as I could and moved into my second lap. Unfortunately Norm Brand, the Washington area's timer for all seasons gave me away to anyone who was familiar with the sport. "Wood's time for the first lap was 38 minutes!"

Needless to say a flock of angry runners flew past me somewhere around the nine mile mark, without the usual courtesies of the road. Not a word of appreciation was uttered for my willingness to set the pace for them, as they swept by at a pace just over five minutes to the mile.

I held steady for the rest of the second lap, put on my sweats and joined the crowd at the finish line to cheer in the ingrates and my friends from Boston. One spectator saw through my disguise, however, and naively and sympathetically asked, "What happened? I was sure you were going to win with the lead you had after the first lap."

I made sure that Gar Williams was out of earshot, then explained. "It was the race organizers. The course wasn't marked properly and most of us had to run an extra mile!"

license revoked for telling SI before the race that I was sure that the President would have no trouble with the course.



TrackMaster Book Review

The Honolulu Marathon
by Mark Osmun

J. B. Lippincott Company;
255 pages; \$2.95

The Honolulu Marathon is much more than a book about the third largest marathon in the world. As a former sportswriter with *The Honolulu Advertiser*, Osmun interestingly weaves together a wide range of activities that deal not only with the 26-mile race, but with running in general and the advantages it offers to anyone who wants to participate in the sport. If there is one theme, perhaps it is the story of Osmun himself and of his experiences in progressing from a relatively non-competitive runner into a marathoner and how he did it. Much of the credit for that advancement is given to Dr. Jack Scaff, a Honolulu cardiologist who is founder and chief promoter of the race and who has, since 1974, conducted Marathon Clinics on the island which appear to be responsible for 97% of those who start the race crossing the finish line. Osmun also throws in profiles of Val Nolasco, the first American cardiac patient to run a marathon; Harry Cordellos, the blind marathoner; and Sue Stricklin, who had to learn to walk again after an automobile accident and is now one of the best women runners in Hawaii. Osmun points out that the uniqueness of Honolulu is in its concept to help people reclaim their bodies, pride, and spirit. Therefore, it is open to all comers—unlike the more restrictive Boston and New York marathons. Written in a "participatory" journalism style, the book offers the reader insight into the behind-the-scenes excitement of a marathon, the thrills and struggles of a first marathon run, and the color and enchantment of the race's island enchantment. It's a worthwhile book for any runner, or for that matter, any layperson as well.

—Jim Elliott



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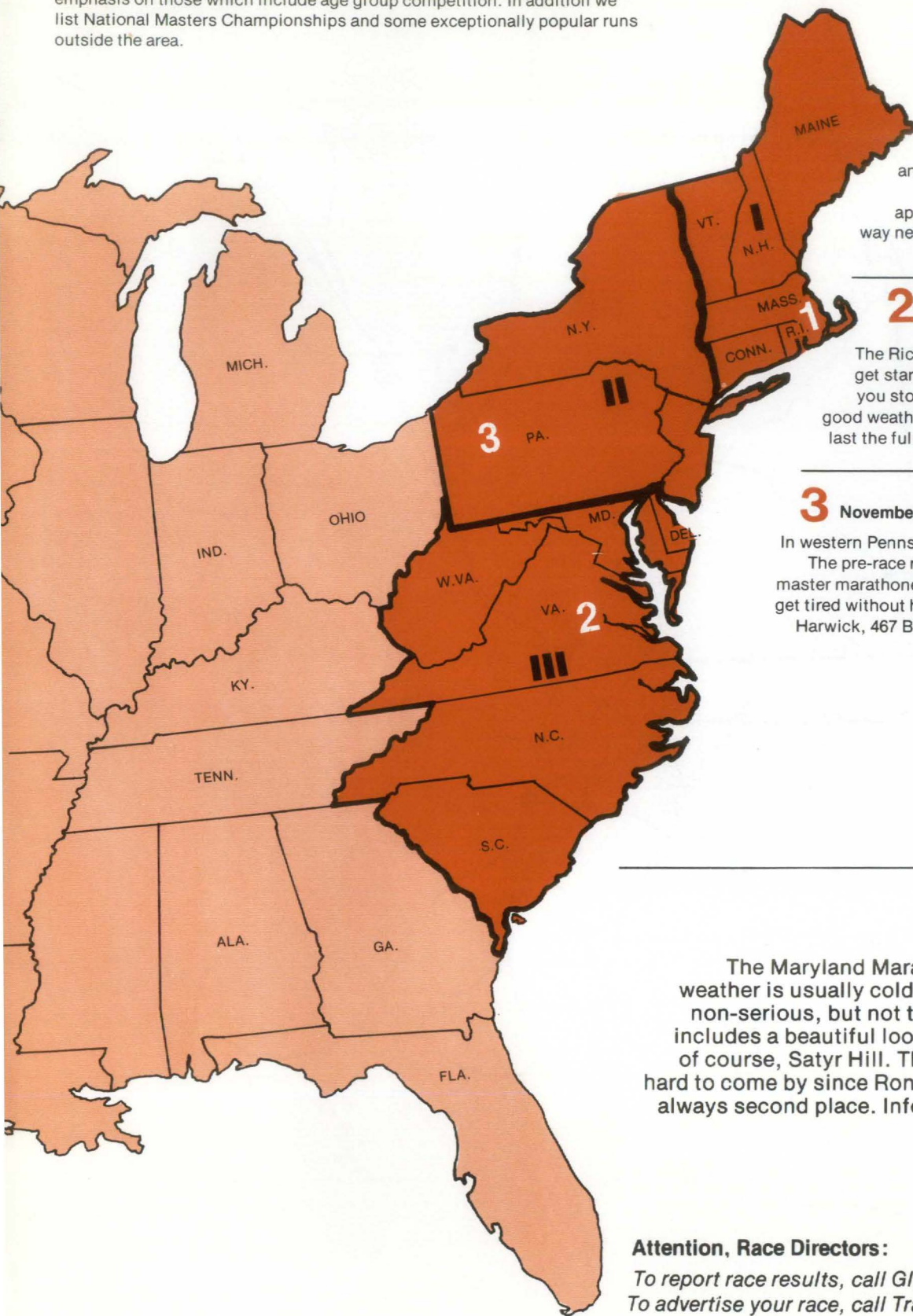
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Featured Races

 Area of map receiving full race coverage

The race locator is a special feature of *TrackMaster*. We list competitive races scheduled for the coming month in our area of coverage, with emphasis on those which include age group competition. In addition we list National Masters Championships and some exceptionally popular runs outside the area.



1 October 20

For New England master runners the Ft. Devens, Mass. 30K looks like the month's best bet.

The prizes are age graded by five year groups, with 75 and over being the top category and \$3 gives you beer, chowder and apples. It's outside the Boston Beltway near Leonminster in the rolling hills. Information at (617)796-2798.

2 October 21

The Richmond Marathon is a good one to get started on. You can get a certificate if you stop at 5 or 13 miles, and with a little good weather this can be a fast course, if you last the full 26. Information at (804)649-6488.

3 November 4

In western Pennsylvania the JFK 5K is the big one: The pre-race routine includes a presentation by master marathoner/author John Graham on how to get tired without half trying. Information from John Harwick, 467 Beverly Rd., Pittsburgh, Pa. 15216.

Plan Ahead—December 2

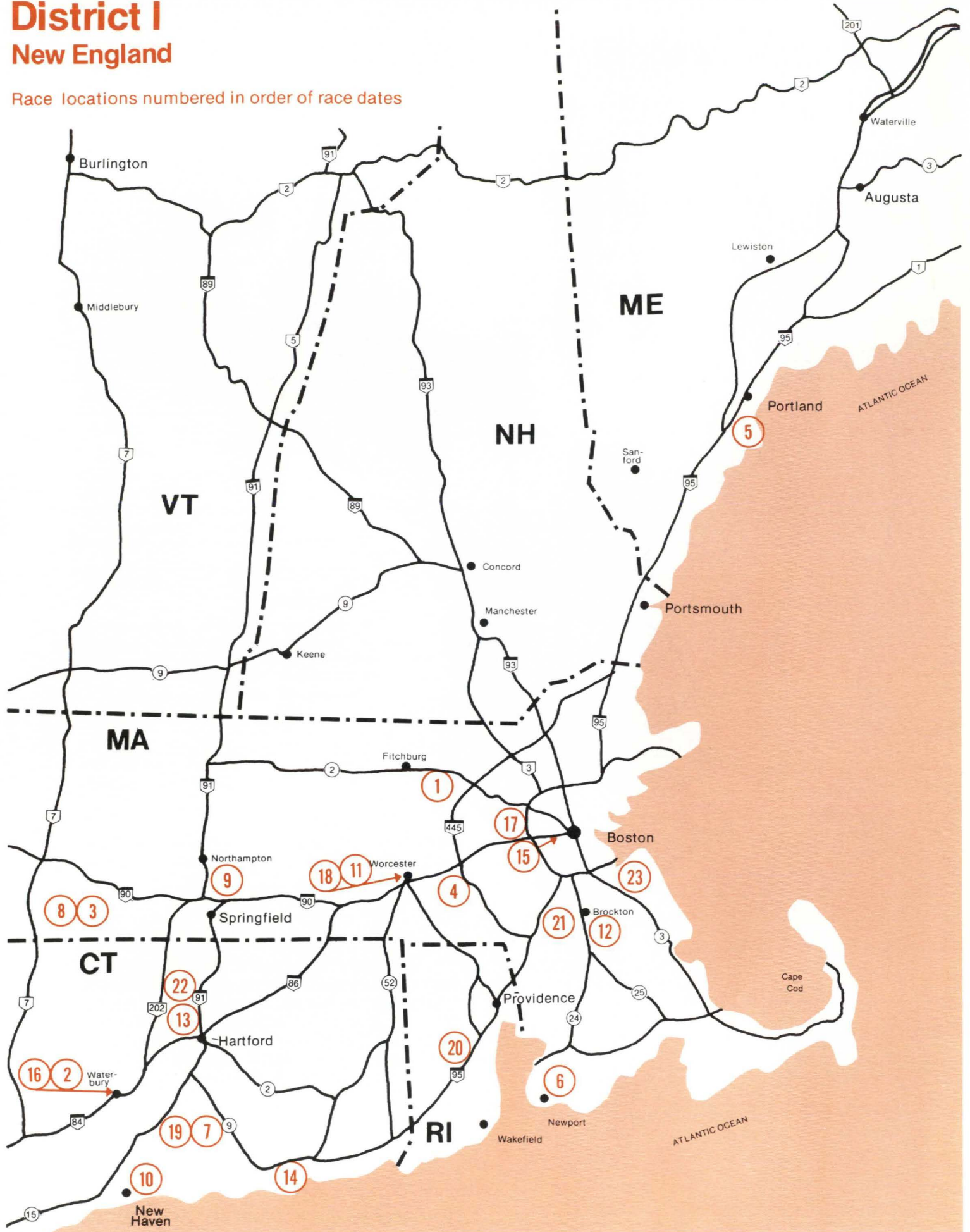
The Maryland Marathon is a class event. The weather is usually cold enough to discourage the non-serious, but not to affect times. The course includes a beautiful loop around Loch Raven and, of course, Satyr Hill. The Master's prize has been hard to come by since Ron Hill turned 40, but there's always second place. Information at (301)882-5455.

Attention, Race Directors:

To report race results, call Glynn Wood at [301] 229-6069.
To advertise your race, call TrackMaster at [703] 532-8252.

District I New England

Race locations numbered in order of race dates



District I Race Calendar

Back of the Pack:
complete results for all finishers over 30.

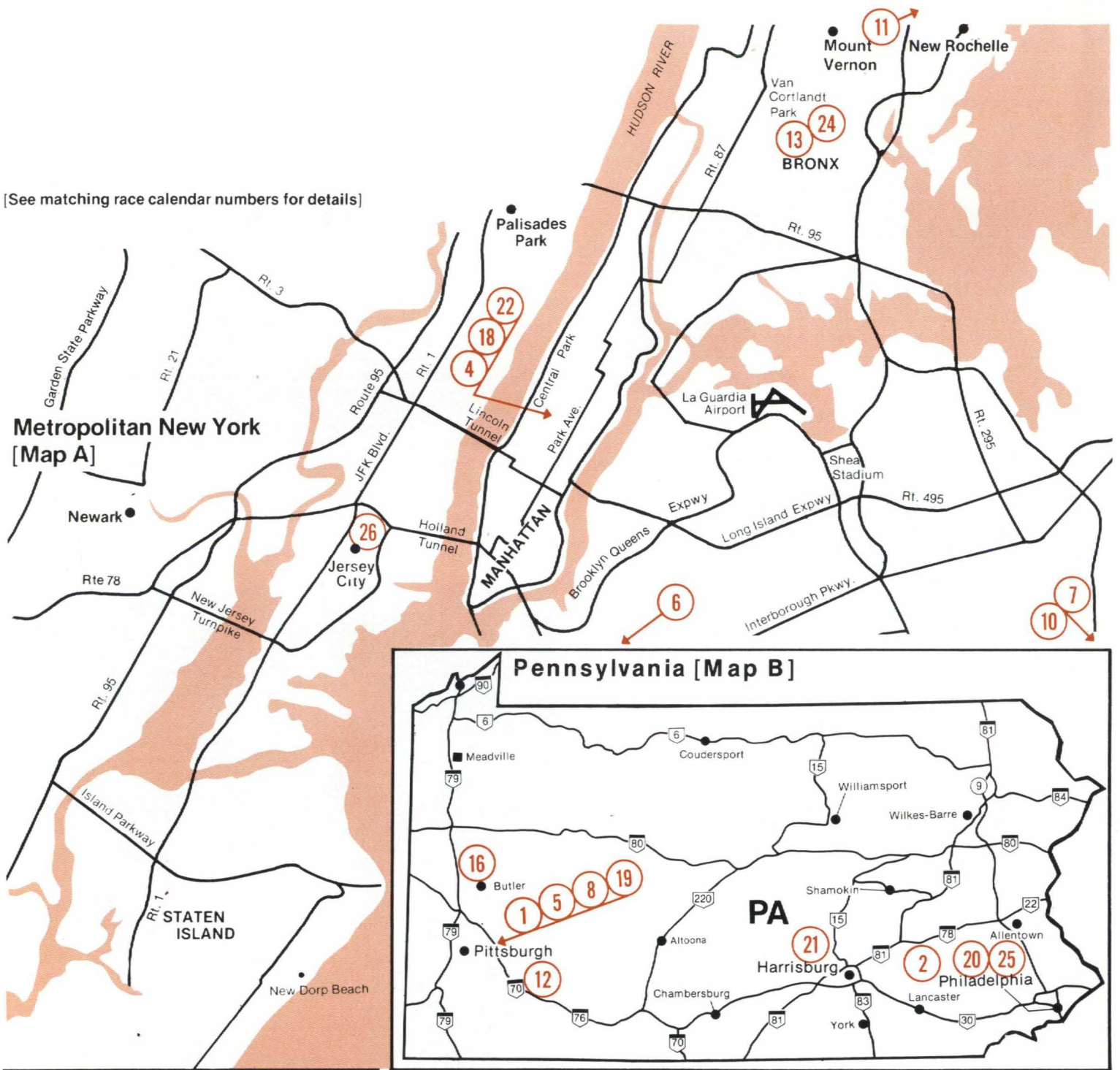
- 1** Oct 20 Sat 1pm **NEAAU 30K Championships** Ft. Devens Mass. Sports Arena. Randy Robbins, Ft. Devens Public Affairs Office, Ft. Devens, MA 01433 (617)796-3307. \$3 entry fee. Five year age groups to 75 + . Soda, beer, apples and chowder after race.
- 2** Oct 21 Sun **10K** Waterbury, CT. Tony Delmonaco, Libra AA, Box 1918, Waterbury, CT 06720 (203)755-2838.
- 3** Oct 21 Sun **Laughing Brook 5-Miler** Laughing Brook Wildlife Sanctuary, Hampden, MA. Fred Brown, Sr, 157 Walsh St, Medford, MA 02155 (617)391-1899 (9 to 9 only). \$2 entry fee.
- 4** Oct 21 Sun **5.5M** Framingham, MA. Fred Brown, Sr. See race 3.
- 5** Oct 21 Sun 9am **Casco Bay Marathon** Portland Expo Bldg, Portland, ME. Casco Bay Marathon, PO Box 3172, Portland, ME 04104. Entries close Oct 6, 800 runner limit.
- 6** Oct 21 Sun 11am **Ocean State Marathon** Rogers H.S., Newport, RI. Ray Nelson, 80 Lincoln St, North Kingston, RI 02852 (401)885-1382. Certified 3-loop course. No post entries.
- 7** Oct 28 Sun 1pm **John Vitale 10-Miler** Snow School, Middletown, CT. Bernie O'Rourke, Parks & Recreation Director, Municipal Bldg, Middletown, CT 06457 (203)347-4671.
- 8** Oct 28 Sun **8M** North Adams, MA. Walter Childs, Sr, 339 Somers Rd, Hampden, MA 01036 (413)566-3145.
- 9** Oct 28 Sun **5.3M** Ludlow, MA. Walter H. Childs, Sr. See race 9.
- 10** Oct 28 Sun **Conn. Masters 5000 Meter Championships** Hamden, CT. Al Furbush, 111 Standish Ave, New Haven, CT 06473 (203)239-2133 or 334-5551.
- 11** Oct 28 Sun 10am **Worcester Parks 10K** Worcester, MA. Betty Jevervin, Parks & Rec. Dept, Worcester, MA 01605.
- 12** Nov 3 Sat 11am **6M** D. W. Field Park, Brockton, MA. Fastrac USA, PO Box 71, Mansfield, MA 02048 (617)339-5858 or 384-3142. \$3 entry fee, 500 runner limit.
- 13** Nov 4 Sun 11am **10M** Simsbury, CT. John Crabotti, 754 Hopmeadow St, Simsbury, CT 06070 (203)658-99053 or 651-3751.
- 14** Nov 4 Sun 1:30pm **5.5M** Community Center, Pearl St, Mystic, CT. Roger Quesnel, 67 Stanton Lane, Mystic, CT (203)536-3575.
- 15** Nov 4 Sun 12 noon **7.3M** Newton, MA. Race Consultants, 1798 Mass. Ave, Cambridge, MA 02140 (617)547-0667. \$4 entry fee.
- 16** Nov 4 Sun **6M** Waterbury, CT. Carl Cicchetti, 53 Newton Terrace, Waterbury, CT 06708 (203)753-8687 or 756-7881.
- 17** Nov 11 Sun 12 noon **10K** Beaver Meadows Golf Course, West Concord, MA. Fred Brown, Sr. See race 3. \$3 entry fee. T-shirts to top 400.
- 18** Nov 11 Sun **Central Mass. Striders 10K** Boylston, MA. Central Mass. Striders, Box 2, Worcester, MA 01606.
- 19** Nov 11 Sat 1pm **4.25M** Wesleyan Univ., Middletown, CT. Bernie O'Rourke. See race 8.
- 20** Nov 11 Sat 3pm **5M** Coventry, RI. Frank Sherman, 162 Hopkins Hill Rd, Coventry, RI 02816 (401)821-0156.
- 21** Nov 17 Sat 11am **Second Annual Foxboro Marathon** Foxboro, MA. Robert Spitter, 1 Rhodes St, Plainville, MA 02762. Entries close Nov. 5. Certificates to all finishers, T-shirts to all entrants.
- 22** Nov 18 Sun **10K** Bloomfield, CT. Ron Anctil, 1 Hoskins Rd, 2Ar, Simsbury, CT 06070
- 23** Nov 18 Sun **10K** Weymouth, MA. Dave Laprise, 15 Ranger Circle, South Weymouth, MA 02190.



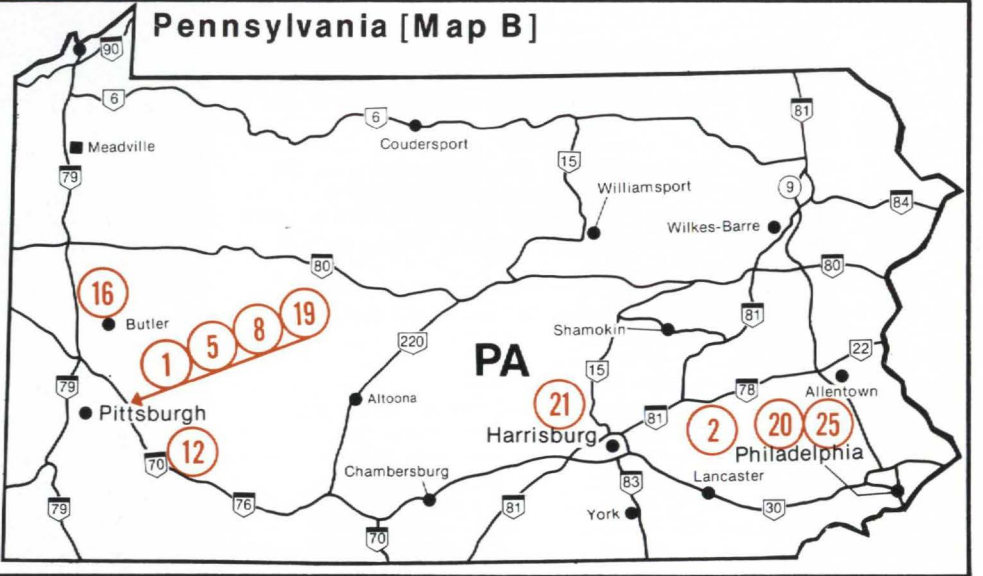
The first family watches a rejuvenated President pass out awards at Catocctin. The pensive fellow in the rear is Bill Lukash, White House physician and runner.

[See matching race calendar numbers for details]

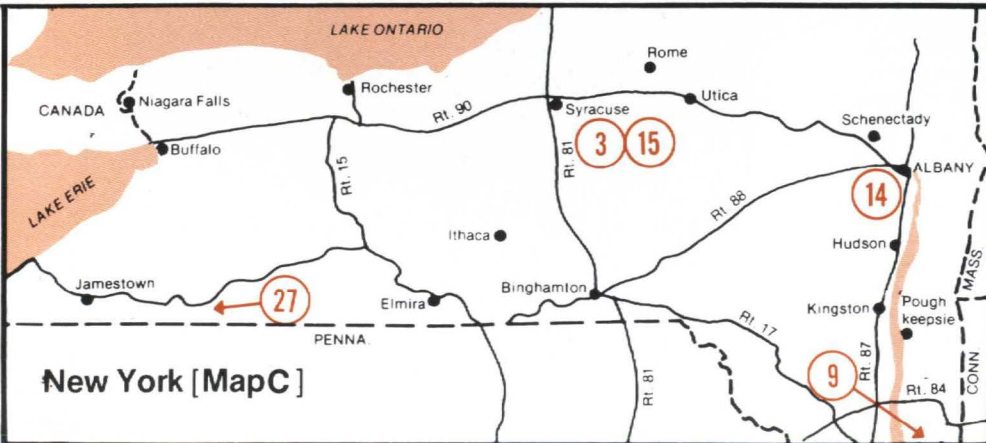
Metropolitan New York [Map A]



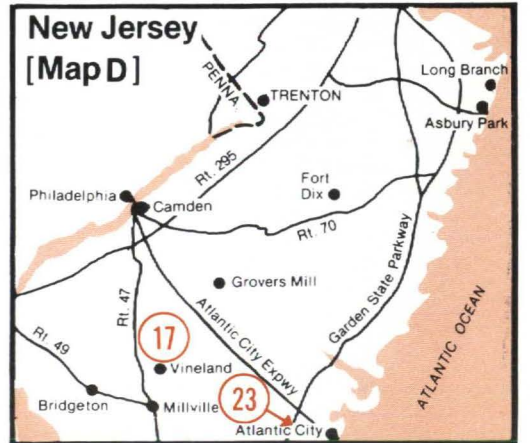
Pennsylvania [Map B]



New York [Map C]



New Jersey [Map D]



District II Race Calendar

Letters next to
race location numbers
indicate Map A, B or C

Back of the Pack:
complete results for all finishers over 30.

- 1b** Oct 20 Sat 1pm **Boyce Park 15K** Pittsburgh, PA. Rich Baldock (412)373-1559.
- 2b** Oct 20 Sat 9am **Berkshire Mall 10K** Wyomissing, PA. Robert DeWalt, 3018 Marion St, Laureldale, PA 19605.
- 3c** Oct 20 Sat 8:30am **Fayetteville-Manlius 10K** Fayetteville, NY. Mike Guzman, Fayetteville-Manlius H.S., Chittenango Rd, Manlius, NY 13104.
- 4a** Oct 21 Sun 10:30am **N.Y. City Marathon** NYRRRC, PO Box 881, FDR Station, New York, NY 10022 (212)595-4141 or 595-3389. Entries closed, better luck next year.
- 5b** Oct 21 Sun 1pm **15K Boyce Park**, Pittsburgh, PA. Rich Baldock, 4406 McKenzie Dr, Monroeville, PA 15146.
- 6a** Oct 27 Sat **10K Stampede** Clifton Park, NY. John Ellison, 1 Hawley Dr, Ballston Lake, NY 12019 (518)399-5262.
- 7a** Oct 27 Sat 10am **City Managers 5M Trophy Run** National Blvd. & Boardwalk, Long Beach, NY. Robert Carroll, Long Beach Rec. Dept, Magnolia Blvd & West Bay Dr, Long Beach, NY 11561 (516)431-5533.
- 8b** Oct 27 Sat **GPRRC X-C Championships** Pittsburgh, PA. Skip Brown, Kimberly Estates, Rd 3, Box 497J, Pleasant PA 15666.
- 9c** Oct 28 Sun 10am **Run for Life 20K** White Plains, NY. Jack Hutter, Counter Center, 226 Westchester Ave, White Plains, NY 10604. Random drawing among finishers under 2½ hours for free 2 week trip to Greece.
- 10a** Oct 28 Sun 9am **Ghostly Gallop 5M** Rocky Point, NY. Peter Fluery, 23 Willow Rd, Rocky Point, NY 11778 (516)744-0074.
- 11a** Oct 28 Sun 10am **Larchmont Newcomer's Club 5M** Larchmont, NY. D. Rainier, 21 Summit Ave, Larchmont, NY 10538.
- 12b** Oct 28 Sun **Recognition 10K** Youngwood, PA. Fred Kneeder, Westmoreland County CC, Box 967, Rt 119N, Greensburg, PA 15601.
- 13a** Oct 28 Sun 11am **National AAU Masters 15K X-C Championships** Van Cortlandt Park, NYC. Kurt Steiner, 1660 East 21st St, Brooklyn, NY 11210.
- 14c** Oct 28 Sun 2pm **5M X-C** Albany, NY. Burke Adams, 21 Chestnut Ct, Rensselaer, NY 12144 (518)462-0750.
- 15c** Oct 28 Sun 1pm **Erie Canal Towpath 5K & 20K** DeWitt, NY. Mary McKeever, 124 Remington Ave, Syracuse, NY 13210.
- 16b** Oct 28 Sun **Western PA TFA/USA 20K** Butler, PA. Glenn Petherich, 221 Brown Ave, Butler, PA 16001.
- 17d** Oct 28 Sun **Sneakers In The Park 5K & 10K** Hadassah, c/o 2564 Edna Drive, Vineland, NJ 08360. \$5 entry fee.
- 18a** Nov 3 Sat 8am **Metropolitan AAU 50M Championships** Central Park, NYC. NYRRRC. See race 4.
- 19b** Nov 4 Sun 10:45am **17th Annual JFK 5000 Meter Run** Schenley Park, Pittsburgh, PA. John Harwick, 467 Beverly Rd, Pittsburgh, PA. \$3 entry fee until Oct. 28, then \$4 until Nov. 3. \$5 at post. John Graham will speak on "The Effects of Stress on the Human Body" at pre-race clinic at 7pm, Nov. 3.
- 20b** Nov 4 Sun 9:30am **Phila T&F 1st Annual Fall 6-Miler** Plaisted Hall, East River Drive, Phila, PA. \$4 entry fee. Post entry \$5. Flat course. Mail entries to Athletic Attic, 4 West Lancaster Ave, Ardmore, PA 19003. Check payable to Phila Masters Track & Field.
- 21b** Nov 4 Sun 10am **Harrisburg National Marathon** Harrisburg, PA. Jim Kuntz, Central YMCA, Front & North St, Harrisburg, PA 17101 (717)234-6221.
- 22a** Nov 10 Sat 12 noon **Perrier Women's 4M Run** Central Park, NYC. NYRRRC. See race 4.
- 23d** Nov 10 Sat 9:30am **Fenton Cary Half-Marathon & Women's Boardwalk 5K** Ocean City, NJ. Michael Allegretto, Ocean City Dept. of Rec, PO Box 570, Ocean City, NJ 08226. T-shirts.
- 24a** Nov 11 Sun 11am **Metropolitan AAU Senior & Masters X-C Championships 10K**. Van Cortlandt Park, NYC. NYRRRC. See race 4.
- 25b** Nov 11 Sun 10am **4th Annual Provident Marathon** Memorial Hall, Philadelphia, PA. Chris Tatreau, Memorial Hall, Philadelphia, PA 19131. \$4 entry fee. 285 pewter awards.
- 26a** Nov 11 Sun 1pm **Veterans Day 5K & 10K** Hasbrouck Heights, NJ. Susan Pollard (201)288-0963.
- 27c** Nov 11 Sun **Olean Jaycees J.F.K. RUN 10K**. Olean, NY. Dan Proto. PO Box 223, Olean, NY 14760.

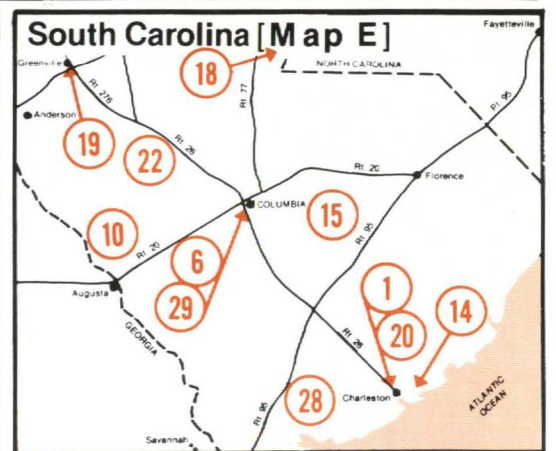
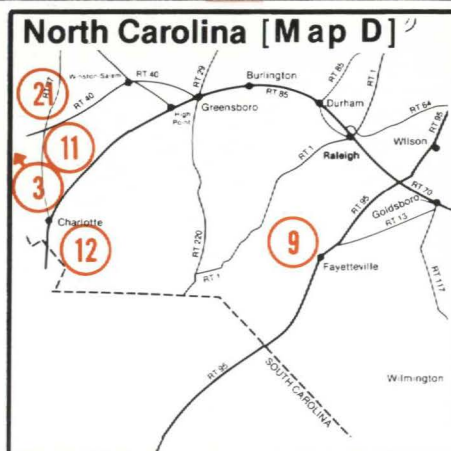
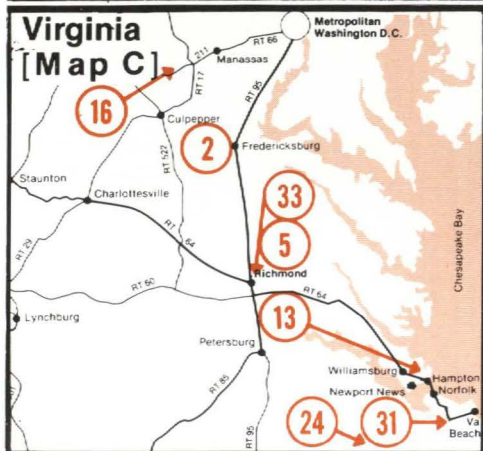
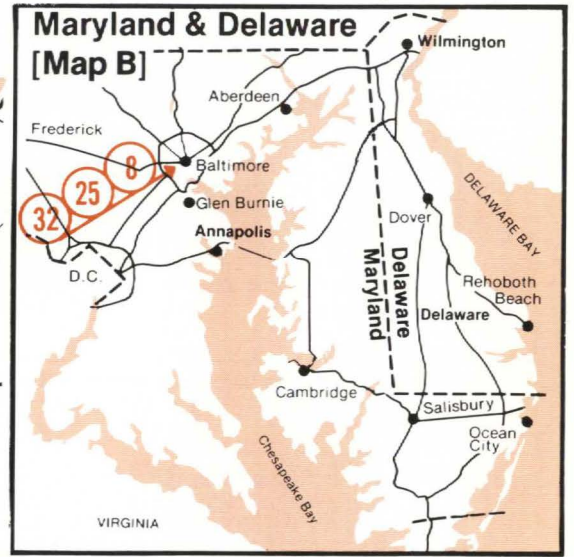
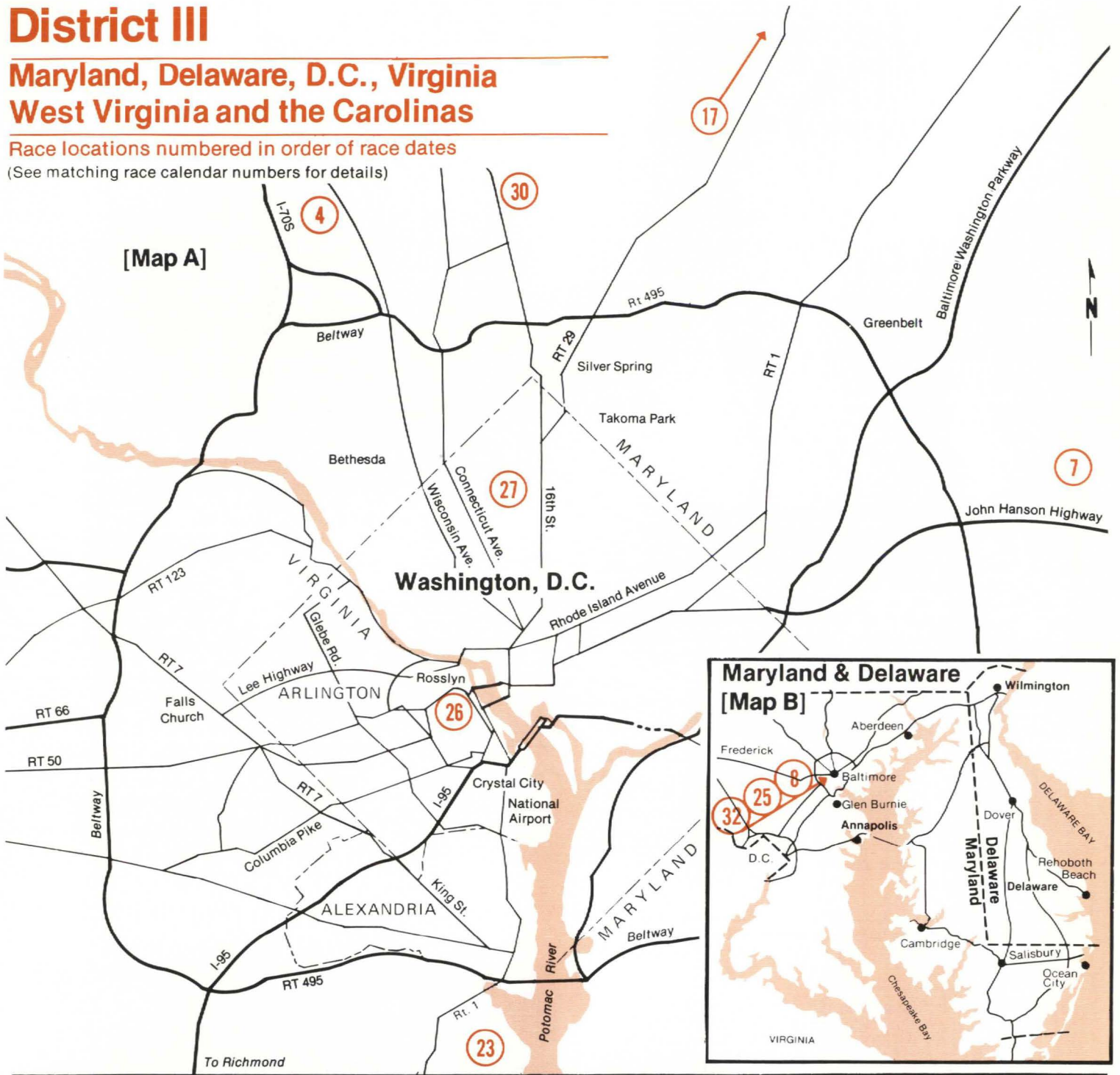


Edie Clements of Rochester, has been a competitor in the New York State Women's Running Series this summer. She is shown in the race at Syracuse. Photo courtesy of Motion Promotion © 1979.

District III

Maryland, Delaware, D.C., Virginia West Virginia and the Carolinas

Race locations numbered in order of race dates
(See matching race calendar numbers for details)



District III Race Calendar

Letters next to
race location numbers
indicate Map A, B, C, D or E

Back of the Pack:
complete results for all finishers over 30.

- 1e** Oct 20 Sat 9am **Charles Towne Landing Race** 5M & 10M. Charleston, SC. T & T Sports, 3561 Meeting St. Road, Charleston Heights, SC (803)747-5708.
-
- 2c** Oct 20 Sat 10am **Battle of Fredericksburg 15K** Fredericksburg, VA. Major G. F. Dickinson, USMC (804)371-5317.
-
- 3d** Oct 20 Sat **V in the Sky 10K & Half-Marathon** Asheville, NC. Phidippides, 85 Tunnel Rd, Innsbruck Mall, Asheville, NC 28805 (704)258-3650.
-
- 4a** Oct 21 Sun 2pm **Rockville 10K** Montgomery College, Rockville, MD. Larry Noel, Phidippides Running Center, 1776 East Jefferson St, Rockville, MD 20852 (301)770-5543. Singlets to all finishers. No entries after Oct. 13.
-
- 5c** Oct 21 Sun **Richmond Newspapers Marathon** Richmond, VA. Dewayne Davis, Marathon PR Office, 333 East Grace St, Richmond, VA 23219 (804)649-6488.
-
- 6e** Oct 21 Sun 2pm **S.C. State Fair 10K** State Fair Grounds, Columbia, SC. S.C. State Fair, PO Box 393, Columbia, SC 29202.
-
- 7a** Oct 21 Sun 1pm **Bowie 6M** Tasker H.S., Bowie, MD. (202)522-DCRR.
-
- 8b** Oct 21 Sun 9am **Lake Montebello 9M** Baltimore, MD. Scott Lutrey (301)792-7861. Mugs and BRRC Decal to all finishers.
-
- 9d** Oct 27 Sat 10am **All American Marathon** Ft. Bragg, NC. 82nd Airborne Rec. Office (919)396-4406.
-
- 10e** Oct 27 Sat **2nd Annual Aiken Lung Run** 10K. H. O. Weeks Recreation Center, Aiken, SC. Pat Simpson, 602 Chestnut Ct, Aiken, SC 29801. \$3.50 entry fee, \$4 after Oct 19. Five year age groups for men to 50 +. Ten year age groups for women to 40 +.
-
- 11d** Oct 27 Sat 12 midnight **Halloween "Spook Run"** 5K & 10K. Asheville, NC. Phidippides. See race 3.
-
- 12d** Oct 27 Sat 10am **Half-Marathon & 10K** Charlotte, NC. UNCC Alumni Assoc. Office, 115 Reece Bldg, UNCC Station, Charlotte, NC 28223 (704)597-2274.
-
- 13c** Oct 27 Sat 11am **2nd Annual For Women Only 5K** Bowling Alley, Ft. Monroe, VA. Jim Sherrard, 53 Eastmoreland Dr, Hampton, VA 23669 (804)851-6285. \$3 entry fee by Oct. 20 includes T-shirt; after Oct. 20, no T-shirt.
-
- 14e** Oct 27 Sat 9am **2nd Annual St. Andrew's Village Run** 5K & 10K. St. Andrews Episcopal Church, 440 Whilden St, Mt. Pleasant, SC 29464 (803)884-6169. \$2 entry fee by Oct. 23. \$4 if T-shirt desired.
-
- 15e** Oct 27 Sat 9am **Sumter Family YMCA Autumn Run** 5K & 10K. Univ. of S.C., at Sumter. Sumter YMCA, 50 Willow Dr, Sumter, SC 29150 (803)773-1404. \$4 entry fee until Oct. 22, then \$5.
-
- 16c** Oct 28 Sun 12 noon **Hunt Country Fall Classic** 10K. Fauquier H.S., Warrenton, VA. George Burbella (703)439-8824.
-
- 17a** Oct 28 Sun 9am **Times Metric Marathon** Columbia, MD. Rich Belz, 9114 Lambskin Lane, Columbia, MD 21045. T-shirts. \$3.50 entry fee until Oct. 20, then \$5.
-
- 18e** Oct 28 Sun 2pm **Great Pumpkin Run** 5K & 10K. Winthrop College Park, Rock Hill, SC. York County Striders, 401 College Ave, Rock Hill, SC 29730. \$3.50 entry fee until Oct. 24, then \$4. Ten year age groups to 50 +. T-shirts to all finishers.
-
- 19e** Nov 3 Sat 9am **Eastside Shuffle 5M** Pelham Road Elementary School, Greenville, SC. Eastside Shuffle, Eastside YMCA, North Hills Shopping Center, Greenville, SC 29615. \$4 entry fee until Oct. 29, then \$5. T-shirts.
-
- 20e** Nov 3 Sat **Olde Charlestowne Sertoma Race** 9.3M. Charleston, SC. Jim LaBonte, Gov. Council on Phy. Fitness, 2600 Bull St, Columbia, SC 29201 (803)758-7957.
-
- 21d** Nov 3 Sat 10am **The North Carolina Lung Run** 10K. Hickory, NC. Jerry Fregeolle, 2003 10th Street Lane, NW, Hickory, NC 28601. T-shirts.
-
- 22e** Nov 3 Sat **Clinton Textile 10K** Clinton, SC. Jim LaBonte. See race 20.
-
- 23a** Nov 3 Sat 1pm **Ft. Hunt Park 10K** Mt. Vernon, VA. (202)522-DCRR.
-
- 24c** Nov 3 Sat 10am **Suffolk Harvest 5M** Suffolk, VA airport. Jim Moore (804)539-9000 days or 539-8288 evenings.
-
- 25b** Nov 4 Sun 9am **20M** Loch Raven Dam, Baltimore, MD. Wayne Richardson (301)661-4499.
-
- 26a** Nov 4 Sun 9am **4th Annual Marine Corps Marathon** Marine Corps War Memorial, Arlington, VA. Col. Bill White, Box 1775, Quantico, VA 22134 (703)640-6161. Deadline Oct. 31. 10,000 runner cutoff.
-
- 27a** Nov 4 Sun **Run for Peace** 5M & marathon. Washington, DC. Peters, 3112 18th St, NW, Washington, DC 20010.
-
- 28e** Nov 10 Sat 9:30am **Roadrace By-The-Sea** 10K. Fripp Island, SC (19M SE of Beaufort). Race Director, Fripp Island Executive Office, Fripp Island, SC 29920. \$3.50 until Nov. 1, then \$4.50. T-shirts. Post race brunch, \$3.75.
-
- 29e** Nov 10 Sat 11am **Christmas Seal Lung Run** 10K. Univ. of S.C., Columbia, SC. S.C. Lung Assn, Central Branch, 1817 Godsden St, Columbia, SC 29201. \$3.50 entry fee before Nov. 10, then \$4.50. T-shirts.
-
- 30a** Nov 10 Sat 1:30pm **7.8M Open & 5K Women** Wheaton Regional Park, Wheaton, MD. (202)522-DCRR.
-
- 31c** Nov 10 Sun **Seashore State Park 10-Miler** Virginia Beach, VA. Tom Walsh (804)420-0195.
-
- 32b** Nov 11 Sun 9am **Women's 3-Miler** Goucher College, Baltimore, MD. Mel Walton (301)821-8337. \$2 entry fee. Moving Comfort running shorts to top 3 in age groups.
-
- 33c** Nov 11 Sun 3pm **RFTC 8M Vets Day Classic** Univ. of Richmond, Richmond, VA. Bob Phelps (804)740-1966. \$2.50 entry fee.

The third annual Charlotte Observer Marathon

INCLUDING A 10,000 METER RUN AND A ONE-MILE FUN RUN.
**SATURDAY, JANUARY 5, 1980,
10 A.M., CHARLOTTE, N.C.**

Individual, team and wheelchair competition in marathon. T-shirt, certificate to all competitors. Awards to top three in all age groups in both marathon and 10,000 meter. Winning man, woman and team receive trips to the Boston Marathon or Skyline Marathon in Buffalo, N.Y.

Certified course. Aid stations. Split times given. January 5, average high 51° F.

**Clinic, Friday night, January 4,
7 p.m. at the Charlotte Civic
Center.**

LAST YEAR'S WINNERS

MARATHON:

Male: John M. Ziegler, 2:19:45
Female: Ann Holmes, 3:11:15
Team: Pembroke State
University

10,000 METER

Male: Greg Meyer, 29:10.4
Female: Kitty Consolo, 37:21.8

COURSE RECORDS

Marathon: Lee Fidler, 1977,
2:19:04
10,000 meter: Greg Meyer,
1978, 29:10.4

For brochure and entry blank,
send name and address to:

**The Charlotte Observer
Marathon
P. O. Box 30294
Charlotte, N.C. 28230**



**The
Charlotte
Observer
Marathon**

Or call Phidippides, Charlotte
Observer Marathon
Headquarters. 704-527-5824.



TrackMaster
Associate Editor
Dave Theall
welcomes President
Carter to the stage
during the awards
ceremony at
Catoctin. Carter,
who had to be
helped from the
course near the four
mile mark, recovered
quickly and was in
good spirits at the
ceremony. Also in
the picture are Bill
[back to camera] and
Anna Jackson, hosts
for the meet and
organizers of the
Hagerstown Run for
Fun Club.

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