

In the Long Run
it's the
Long Distance Log

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**THE UNITED STATES TRACK AND FIELD FEDERATION
PROGRAMS OF THE EXECUTIVE OFFICE**

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Tucson, Arizona 85703



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NOTICE TO SUBSCRIBERS

It is with deep regret that the United States Track and Field Federation announces that the Long Distance Log magazine will cease publication with the November-December 1975 issue. This decision has been forced upon us by declining subscriptions, escalating costs, and the retirement of H. Browning Ross as editor a year ago.

We have continued the publication the past year in order to give full value to our subscribers for the money they had paid in advance for subscriptions.

Past issues of the Long Distance Log, dating as far back as 1969, are available for the cost of \$3.50, and may be purchased through this office:

United States Track and Field
Federation
1225 North 10th Avenue
Tucson, Arizona 85705

Yours in Distance Running,

Carl W. Cooper
Executive Director
U.S.T.F.F.

CWC:mas

The Long Distance Log

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Mud-Splattered Kasich

Nabs Title on

'Toughest Course'

By Bob Fretwell

Alex Kasich of West Virginia University proved to be a leadweather runner of the first water Saturday afternoon at Coonkin Park.

Kasich was a picture of mud-splattered splendor after covering the six-mile "Coonkin Monster" in 22:04.8 in winning the U. S. Track and Field Federation cross country championship.

"That's the toughest course I've ever run," Kasich said, after fighting off the challenge of Mark Brown of the first-place Eastern Tennessee State team over the strength-sapping last two thirds of a mile uphill to a plateau overlooking Kanawha Airport.

Brown, an runner-up with a 22:21.9 performance, led Eastern Tennessee's five-man winning team score of 20 points.

"It really tested you," Kasich said, "but everyone ran the same course."

Kasich charged into the lead after one-and-one-half miles as what started out as an ideal day for cross country turned raw with rain. The rain produced sloppy going, especially on the descent to the main portion of Coonkin Park and the later heart-pounding return uphill.

The WYU NCAA All-American ran the first two miles in 9:08, a torrid pace under the weather conditions.

"I ran the first half of the race really hard," he said, "and I tried to hang onto what I had after that."

KASICH CAME into the race as one of the prime favorites after setting cross country records at the WYU and Virginia Tech layouts. Coach Fran Romanenko's ace runner placed fifth in the five-mile NCAA eastern regional Nov. 15 at Van Courlandt Park, N. Y., and earned NCAA All-American honors with a 1:40.3 pace showing in the NCAA championship Nov. 20 at University Park, Pa. Kasich's time in the NCAA championship was 20:18.8, a tribute to the ruggedness and weather conditions

Saturday at Coonkin Park.

The top 15 individuals won hard-earned U. S. Track and Field Federation All-American designation Saturday.

Eastern Kentucky's team championship came as no surprise. The team included three natives of Ireland, and one of them—Raymond Flynn—said the terrain and weather approximated conditions in their home country.

Bookwell University placed second in the team scoring with 74 points and Summit Athletic Club of Akron, Ohio was third with 88.

Third through 15th in the individual finish were Mark Frenness of Eastern Tennessee, James Booth of the University of Kentucky, Carl Hatfield of West Virginia Track Club, Raymond McBride of Eastern Tennessee, Daniel David of Bucknell, David Stodie of Eastern Tennessee, Don McCallister of College of St. Francis, Ill., Ray Temple of Nevada-Las Vegas, Tom Childers of Florida Track Club, Chris Edlesky of Southern Methodist, Ray Flynn of Eastern Tennessee, Louis Calvano of Bucknell and Chris Griffin of Summit A. C. of Akron.

NOTES: Carl Cooper, executive director of the U. S. Track and Field Federation, complimented officials for handling "technical aspects of the meet very well. On another matter, he said, "I've never seen a course that rugged for a major championship—that's no criticism because I feel cross country should be challenging and difficult." Dave Boston, who finished fifth for the All-Star Riders team from Huntington, finished without shoes. He said his spikes became entangled in bricks on the road around the start

club, and he developed blisters on his feet

TEAM SCORES

1. Eastern Tennessee State 67; Bucknell 63; Summit A. C. of Akron 61; West Virginia Track Club 58; Col. State of Mo. 57; Virginia Tech 56; Florida Track Club 54; C. of Charleston 53; Penn State 52; Southern Ill. 51; Southern Miss. 50; Kanawha 49; Southern Cal 48; Southern Cal 47; Southern Cal 46; Southern Cal 45; Southern Cal 44; Southern Cal 43; Southern Cal 42; Southern Cal 41; Southern Cal 40; Southern Cal 39; Southern Cal 38; Southern Cal 37; Southern Cal 36; Southern Cal 35; Southern Cal 34; Southern Cal 33; Southern Cal 32; Southern Cal 31; Southern Cal 30; Southern Cal 29; Southern Cal 28; Southern Cal 27; Southern Cal 26; Southern Cal 25; Southern Cal 24; Southern Cal 23; Southern Cal 22; Southern Cal 21; Southern Cal 20; Southern Cal 19; Southern Cal 18; Southern Cal 17; Southern Cal 16; Southern Cal 15; Southern Cal 14; Southern Cal 13; Southern Cal 12; Southern Cal 11; Southern Cal 10; Southern Cal 9; Southern Cal 8; Southern Cal 7; Southern Cal 6; Southern Cal 5; Southern Cal 4; Southern Cal 3; Southern Cal 2; Southern Cal 1.

WYU ALL-AMERICANS

1. Alex Kasich, W. Va. Track Club 22:04.8
2. Mark Brown, Eastern Tennessee 22:21.9
3. James Booth, University of Kentucky 22:27.4
4. Carl Hatfield, W. Va. Track Club 22:30.1
5. Raymond McBride, Eastern Tennessee 22:31.4
6. Daniel David, Bucknell 22:31.5
7. David Stodie, Eastern Tennessee 22:34.2
8. Don McCallister, College of St. Francis, Ill. 22:35.1
9. Ray Temple, Nevada-Las Vegas 22:37.2
10. Tom Childers, Florida Track Club 22:37.3
11. Chris Edlesky, Southern Methodist 22:38.2
12. Raymond Flynn, Eastern Tennessee 22:42.8
13. Louis Calvano, Bucknell 22:43.0
14. Chris Griffin, Summit A. C. of Akron 22:43.1
15. Through 15.

16. Tom Childers, University of Nevada-Las Vegas 22:44.1
17. Lou Korte, Eastern Tennessee 22:44.2
18. James Booth, University of Kentucky 22:44.3
19. Ray Temple, Nevada-Las Vegas 22:44.4
20. Tom Childers, Florida Track Club 22:44.5
21. Chris Edlesky, Southern Methodist 22:44.6
22. Raymond Flynn, Eastern Tennessee 22:44.7
23. Louis Calvano, Bucknell 22:44.8
24. Chris Griffin, Summit A. C. of Akron 22:44.9
25. Through 25.



Idahoan wins Sauvie run; records fall

The Fourth Annual Island Marathon, a 26-mile-plus double circuit of Sauvie Island, was won Saturday by Terry Heath of Pocatello, Idaho, in a time of 2 hours, 20 minutes and 20.4 seconds. Heath led a field of 314 finishers in what has become the state's largest of more than 200 annual marathons in the United States.

Portland's Damien Koch, running neck-and-neck with Heath with 150 yards to go, was outkicked in the home stretch and finished second in 2:20:28.

In the women's division, Marilyn Paul of Portland set a state A&J record by winning in 2:54:13. The old record was 2:55:36, set by Lili Ledbetter (now 34 years old) in 1974 at Seattle's Trail's End Marathon. Ms. Paul also lowered her own course record of 3:05:41, set in 1972. Her nearest competitor in Saturday's race was Susan Roudier, Tacoma, nearly a half-hour behind with a still-respectable 3:21:16.

Third in the open category was Jim Pearson, Bellingham, Wash., in 2:22:32. Heath, Koch and Pearson are now eligible for the national 1976 Olympic marathon trials, to be held next May in Eugene.

The junior division was topped by Mike Sylvester of Boring, who covered the distance in 2:12:04 to become the only junior division member among 20 finishers who averaged six minutes per mile or better. Eighteen of these were from the open division, and the other was 19-year-old Stan Balfry of Vancouver, B.C., who easily outpaced all other runners of 40 years and older. Balfry's time was 2:36:57.

The finishers separated themselves from an original pack of 367 entrants.

OPEN DIVISION — Terry Heath, Pocatello, 2:20:20.4; Damien Koch, Portland, 2:20:28; Jim Pearson, Bellingham, 2:22:32; Ron Nelson, Eugene, 2:23:16; Steve Williams, Portland, 2:24:11; Steve Williams, Tacoma, 2:25:25; Bruce Mack, Seattle, 2:25:30; Art Long, Olympia, 2:25:38; Tom Hovland, Seattle, 2:25:40; Glenn Smith, Eugene, 2:25:50; Herb Appen, Seattle, 2:26:10; Lou Peterson, Eugene, 2:26:15; George Miller, Long Beach, Calif., 2:26:16; Jerry Pearson, Portland, 2:26:19; Jim Paul, Portland, 2:26:20; Paul Peterson, Tacoma, 2:26:20; Ron Smith, North Bend, 2:26:20; John Stone, Seattle, 2:26:20; Gary West, Portland, 2:26:20; Greg Nelson, Tacoma, 2:26:20.

JUNIOR DIVISION (18 and under) — Mike Sylvester, Boring, 2:12:04; Stan Balfry, Vancouver, 2:36:57; Doug Peterson, 2:36:58; Steve McKee, Seattle, 2:37:00; Ron Nelson, Portland, 2:37:01.

MARATHON DIVISION (26-35) — Ed Hansen, Seattle, 2:47:00; Stan Balfry, Vancouver, 2:47:00; Paul Peterson, Tacoma, 2:47:00; Tom Hovland, Seattle, 2:47:00; Art Long, Olympia, 2:47:00; Gary West, Portland, 2:47:00.

MARATHON DIVISION (36-45) — Jim Paul, Portland, 2:54:13; Jim Paul, Portland, 2:54:13; Tom Hovland, Seattle, 2:54:13; Art Long, Olympia, 2:54:13; Gary West, Portland, 2:54:13.

MARATHON DIVISION (46-55) — Susan Roudier, Tacoma, 3:21:16; Susan Roudier, Tacoma, 3:21:16; Susan Roudier, Tacoma, 3:21:16.

WOMEN'S DIVISION — Marilyn Paul, Portland, 2:54:13; Marilyn Paul, Portland, 2:54:13; Tom Hovland, Seattle, 2:54:13; Art Long, Olympia, 2:54:13; Gary West, Portland, 2:54:13.



Steep Hill Offers Rugged Test in 6-Mile Race

"Quote...."

"Remind me each day of the fable of the hare and the tortoise that I may know that the race is not always to the swift; that there is more to life than increasing its speed."

Wilfred A. Peterson

157 ANNUAL OKLAHOMA CITY RUNNING CLUB MARATHON
Lake Hefner Oklahoma City, Oklahoma November 15,

RESULTS:

1. Nolan Grayson	2:33	26. Allen Porter	3:18
2. Larry Aduddell	2:38	27. B. Swearingen	3:19
3. Ron Love	2:39	28. Wb. Staples	3:24
4. W. Mailgren	2:41	29. Bill Ryan	3:24
5. James Fries	2:44	30. M. Magill	3:25
6. Bruce Allen	2:44	31. D. Ellis	3:31
7. Ted Morice	2:46	32. Art Browing	3:31
8. L. Endicott	2:47	33. Mitch Hawley	3:32
9. Jimmy Gray	2:52	34. L. Lauchner	3:33
10. W. Young	2:54	35. Bill Thompson	3:37
11. D. McCleodnon	2:56	36. Ike Franklin	3:50
12. S. Warren	2:58	37. G. Ditton	3:52
13. Bobb. Bish	2:59	38. P. Fernald	3:53
14. M. Williams	2:59	39. L. Terronox	3:57
15. Tom Kempf	3:01	40. Mike Levine	3:58
16. A. Richards	3:05	41. Jim Butler	4:00
17. H. Pachofsky	3:07	42. Brian Smith	4:02
18. Hub Barker	3:11	43. Steve High	4:02
19. Jack Surson	3:11	44. Joe Arce	4:04
20. Steve Turner	3:11	45. R. Wendenhall	4:05
21. B. MacMullin	3:14	46. R. Boudreau	4:08
22. R. Eggerman	3:16	47. Brian McFall	4:10
23. Oran Clemens	3:16	48. Ray Macias	4:11
24. J. Crockett	3:16	49. Jim Smith	4:15
25. Norman Slowan	3:17	50. Edward Bolt	4:16

BOYS PREP DIVISION

RESULTS:

1. Dean Shaw	17:18	21. Bill Yano	19:42
2. Shawn Campbell	17:43	22. D. Laxer	19:44
3. Gary Siriano	17:58	23. P. Hartman	19:54
4. Darry O'Brien	18:23	24. G. Moidel	19:56
5. Gordon Smith	18:31	25. T. Whelan	19:57
6. Tom Rhodes	18:36	26. C. Ramilt	19:58
7. Bill Warner	18:42	27. Ross Jana	19:59
8. Steve Faloon	18:54	28. J. Finke	20:02
9. Chris Favo	18:55	29. J. Chiver	20:03
10. Ron Karas	18:57	30. G. Mariet	20:08
11. Terry Begue	18:59	31. K. Dorman	20:10
12. John Lickert	19:03	32. R. Froust	20:11
13. Henry Dill	19:06	33. J. Cusmin	20:13
14. Steve Buswell	19:10	34. J. Devlin	20:14
15. T. Dougherty	19:13	35. S. Ritchie	20:15
16. Bob Champ	19:18	36. M. Hawkins	20:19
17. Steve Travis	19:22	37. J. Palmer	20:23
18. Tod Danielson	19:30	38. T. Kaylor	20:24
19. John Romano	19:31	39. S. Wiegert	20:25
20. Joe Conabreck	19:33	40. T. Colno	20:27

MEN'S DIVISION

RESULTS:

1. D. Slusser	16:56	26. R. Basin	19:37
2. Carl Hatfield	17:19	27. P. Case	19:44
3. Doug Brown	17:27	28. J. Cutex	19:50
4. Tom Marttaugh	17:33	29. T. Horn	19:57
5. D. McDonnough	17:54	30. S. Fasline	20:07
6. C. Divner	17:56	31. Steppling	20:20
7. M. Sprys	18:00	32. S. Mische	20:20
8. G. Fiedler	18:02	33. S. Levy	20:25
9. J. Eikesh	18:18	34. L. Bloom	20:40
10. S. Bobo	18:18	35. Battaglia	21:00
11. Art Becker	18:22	36. Balkley	21:04
12. George Moore	18:23	37. B. Boni	21:04
13. J. Hurley	18:23	38. G. Shanly	21:07
14. B. Lynch	18:24	39. Fritsky	21:23
15. Tom Abbott	18:36	40. Dywaters	21:37
16. A. Trackic	18:49	41. Selegak	21:38
17. T. Allison	18:53	42. Szilvasi	21:41
18. G. Smith	19:00	43. Kim Seedy	21:47
19. R. Markel	19:01	44. Rodgers	21:50
20. D. Saers	19:03	45. Johnson	22:00
21. M. Williams	19:07	46. Lennox	22:03
22. E. Barvick	19:15	47. Bob McCar	22:20
23. M. Cornelius	19:26	48. G. LeRoy	22:22
24. M. Sapinsky	19:30	49. Leo Rees	22:24
25. Tim Pearson	19:34	50. Wb. Pitlik	22:48

TULSA RUNNING CLUB RIVERSIDE RUN
Tulsa, Oklahoma October 4, 1975

10 miles Weather 50°
Starters/finishers: 44/44

Results:

1. Larry Aduddell	25:45	15. Hub Barker	29:21
2. Randy Coburn	26:38	16. Norman Sloan	31:51
3. Eldred Minnoworth	26:50	17. E. Oelenger	31:55
4. S. Flynn	27:45	18. Dave Watts	31:59
5. Mark Morrisett	28:14	19. Don Hardway	32:04
6. Brent Wooten	28:12	20. John Slayter	32:05
7. Rusty Smith	28:16	21. Howard Gardner	32:19
8. David McCleodon	29:03	22. Gene Johnson	31:30
9. Lanny Endicott	28:51		
10. Tom Kempf	29:10	23. Brown	31:30
11. Jimmy Gray	29:33	24. Wallace	32:05
12. Steve Craner	29:20	25. Baker	32:47
13. Stan Warren	29:59	26. Thompson	32:20
14. Doug Essary	30:22	27. Browning	32:45
		28. Whiteside	33:55

JAN MERRILL

Jan Merrill of Waterford, Connecticut, winner of the Pan-American Games 1500 m run for women, becomes a repeat winner of the YANKEE GAZETTE Athlete-of-the-Month honor. (See page nine in this issue)

Jan was named in June for her accomplishments in winning a National Championship and competing abroad.

So outstanding was her record setting win in Mexico City that she was an easy choice over John Diack, who usually would have been an easy winner himself for his 2:19 marathon to qualify for the Olympic Trials.

Things are looking pretty good for Jan to be going to the Olympic Games next summer.

JAN MERRILL



JAN MERRILL SETS

PAN-AM RECORD

Jan Merrill of Waterford, Ct, capped a spectacular year of running achievement in winning the Women's 1500 meter run in the Pan-American Games. In so doing Merrill set a new Games Record of 4:18:32 for the longest women's event of the quadrennial Championship.

The fleet Connecticut girl is a protegee of Norm Higgins, and runs for his Age Group Athletic Association based in New London. She earlier this year represented the United States during the tour of China and later on the touring USA team that competed on the European circuit. Quite a year indeed for the Connecticut teenager.

The only other New England representative in the Games, Keith Francis of New Bedford, MA, did not fare so well. The heavily favored Francis had trouble in the qualifying heats and did not make the final. The Boston College Senior 800 runner also had gone to China with the national team earlier this year.



Mexico City

JAN MERRILL leading Theina Wright of Canada in the 1500 meter

NTH PALOS VERDE MARATHON			SOUTHERN PACIFIC ASSOCIATION		PAGE 1
RACE NUMBER	SEX	DATE--MM-DY-YR	DISTANCE--26.200 MILES		
1	M	2126184	62	VERNON BARBER	2100170
2	M	2126176	63	JOCK DUNFORD	2100159
3	M	2126168	64	ERNEST FUNKE	2100143
4	M	2126180	65	BOB FRYMAN	2100143
5	M	2126180	66	FRED SCOTT	2100139
6	M	2126181	67	BOB HOLTEL	2102195
7	M	2126198	68	DON KILMER	2102196
8	M	2132129	69	BOB STEWART	2102178
9	M	2132190	70	PETER MARTINEZ	2102157
10	M	2132120	71	BOB BLANK	2102155
11	M	2132130	72	BOB COHEN	2102154
12	M	2132135	73	BLAINE WITTE	2102154
13	M	2132137	74	JOCK BARBER	2102153
14	M	2132120	75	BLANK WOOD	2102150
15	M	2132130	76	Tom LIND	2104110
16	M	2140187	77	JOHN WELCH	2104110
17	M	2141150	78	JOE TROPLETT	2104104
18	M	2142115	79	LEW HANZA	2104109
19	M	2142194	80	ROBERT SMITH	2104157
20	M	2142152	81	PAUL WINTON	2105100
21	M	2143132	82	JOSEPH WONG	2105104
22	M	2144121	83	JOE TOMAN	2105105
23	M	2144126	84	MICHAEL LINDSEY	2105126
24	M	2144152	85	JOHN BARRETT	2105124
25	M	2145109	86	PHILIP WOODRUFF	2105147
26	M	2145134	87	PAUL BARRETT	2105157
27	M	2146117	88	JOHN BURN	2106111
28	M	2146142	89	MARK JENSON	2106129
29	M	2146158	90	BOB LATH	2106137
30	M	2147147	91	GERALD NELSON	2106152
31	M	2148129	92	BOB KEATLY	2107107
32	M	2148156	93	JOHN CURRY	2107126
33	M	2149143	94	BOB WOODLEY	2107117
34	M	2150142	95	BOB WOODLEY	2107136
35	M	2150122	96	BOB WOODLEY	2107142
36	M	2150122	97	BOB JONES	2107144
37	M	2150130	98	MARK HALL	2107154
38	M	2151100	99	BLAIR FILLER WD	2107154
39	M	2151100	100	Tom COLLIER	2108130
40	M	2152126	101	ROBERT WOOD	2108159
41	M	2152126	102	WALTER SWITZER	2109140
42	M	2152136	103	BOB WOOD	2109142
43	M	2153100	104	BOB HALL	2109144
44	M	2154100	105	FRED FRY	2109150
45	M	2154110	106	JOHN BECKMAN	2109151
46	M	2154134	107	BOB WOODLEY	2109159
47	M	2154153	108	Tom WELCH	2109153
48	M	2155110	109	VICTOR SWITZER	2109143
49	M	2155120	110	BOB WOODLEY	2109152
50	M	2155137	111	BOB WOODLEY	2110114
51	M	2155147	112	BOB WOODLEY	2110114
52	M	2155159	113	CELANO GONZALEZ	2110127
53	M	2156112	114	JOHN PALACIOS	2110136
54	M	2156114	115	MATTHEW WEINSTEIN	2110137
55	M	2156115	116	WALTER WOOD	2110138
56	M	2156126	117	MARK WOODLEY	2110137
57	M	2156130	118	LEATH NEAL	2110143
58	M	2156130	119	SILVER KNOWLES	2110150
59	M	2156155	120	JOHN WOODLEY	2110150
60	M	2157104	121	PAUL WOODLEY	2110150
61	M	2157107	122	WALTER WOOD	2110159
62	M	2157109	123	WALTER RICHARDSON	2110150
63	M	2157129	124	BOB WOODLEY	2110150
64	M	2157130	125	Tom WOODLEY	2110150
65	M	2157136	126	BOB WOODLEY	2110157
66	M	2157139	127	STEWART WRIGHT	2110157
67	M	2157145	128	BOB WOODLEY	2110157
68	M	2157150	129	D O BUCKWICH	2110159
69	M	2158107	130	WILLIAM PORTER	2112130
70	M	2158121	131	BOB WOODLEY	2112137
71	M	2158132	132	LYNN GIDDINGS	2112144
72	M	2159120	133	ROBERT WOOD	2112150
73	M	2159130	134	ALBERT WOOD	2112154
74	M	2159136	135	BOB WOODLEY	2112154
75	M	2159151	136	WALTER WOODLEY	2112157
76	M	2160130	137	WILL WOODLEY	2112157
77	M	2160137	138	BOB WOODLEY	2112157
78	M	2161100	139	W L CARPENTER	2114117
79	M	2161109	140	AL WOODLEY	2114110
80	M	2161110	141	F E ELMAJOU	2114110
81	M	2161114	142	JESUS GARCIA	2114115

FOUR MILE WOMENS ROAD RUN

Central Park, NYC November 22, 1975

Weather: Cloudy, cold and windy 40's

Starters/Finishers 115/112

Results:

1. Roberta Anthes	23:37	51. C. Michaud	31:29
2. Sherry Henry	24:41	52. Toby Lenner	31:39
3. E. Toshiko	25:31	53. F. Anderson	31:41
4. C. Norton	25:50	54. J. Soan	31:57
5. Lauri Fedrinan	25:53	55. Beryl Baer	32:09
6. Carol Delasoglu	26:06	56. A. Greenber	32:32
7. Kimberly Chavis	26:33	57. M. Murphy	32:25
8. J. Schillinger	26:44	58. M. Brennan	32:35
9. Gina Sanders	26:45	59. J. Nichols	32:37
10. Joyce Wackehut	26:48	60. K. Christie	32:38
11. Sara Peacock	27:15	61. C. Mencke	32:39
12. Joan Sterrett	27:40	62. E. Toporov	32:47
13. Jane Million	28:05	63. C. Seeling	32:55
14. Julia Morton	28:15	64. Wendy Werbe	32:58
15. Joan Lawless	28:25	65. Nancy Ober	32:58
16. Jennifer Schlich	28:45	66. J. Dernstei	33:10
17. Ann Kenny	28:47	67. S. Tanzer	33:27
18. P. Fitzpatrick	28:48	68. Mary Wall	33:29
19. Wendy Feuer	28:48	69. Elsie Henn	33:31
20. M. Kogan	28:49	70. H. Bragg	33:43
21. K. Prebble	28:49	71. L. Stanomia	33:44
22. Nancy Jones	28:49	72. Nancy Marr	33:46
23. Eleanor McGrath	28:51	73. R. Abbott	34:04
24. Randi Halling	28:56	74. M. Herman	34:10
25. Se. Massey	28:57	75. C. Conley	34:14
26. Eileen James	28:59	76. M. Bonarti	34:15
27. Diane Honn	28:59	77. S. Gerhard	34:16
28. L. Rickard	29:03	78. C. Adams	34:22
29. M. Bateman	29:05	79. R. Koenig	34:40
30. Mary Peko	29:21	80. K. Stein	35:08
31. Peggy Mirmo	29:22	81. M. Levine	35:28
32. Janet Savage	29:28	82. E. McGinnis	35:44
33. Kathy Herbert	29:24	83. L. Phillips	35:50
34. Karen Bjorkman	29:46	84. C. White	35:59
35. V. Stanenzole	29:47	85. B. Lederman	36:02
36. Ruth Cohen	29:59	86. M. Moroh	36:02
37. Kim Greene	30:03	87. Jean Chu	36:11
38. S. Ginsberg	30:04	88. Mary Ford	36:11
39. K. Gloason	30:08	89. K. Lance	36:34
40. Karen Popp	30:12	90. P. Fritae	36:41
41. Marilyn Wilson	30:18	91. S. Latwin	36:43
42. Jane Dunsky	30:27	92. N. Berger	37:10
43. J. London	30:57	93. A. Rapp	37:27
44. H. Anderson	30:57	94. P. Crowther	37:27
45. R. Southerland	30:57	95. B. Fabio	38:00
46. Marni Noll	31:03	96. S. Roche	
47. Sheila Faigo	31:11	97. L. Anderson	38:08
48. M. Bradley	31:14	98. A. Banks	38:12
49. C. Hudson	31:19	99. A. Verrilli	38:31
50. Linda Grover	31:24	100. K. Jorgens	38:36

NEW ENGLAND
CHAMPIONSHIP

Manchester, NH



Dick Banks Photo

DICK BANKS

In the absence of Bill Rodgers the crown was by him for the last two years was up for grabs in the New England 11 Mile Water Championship. And several runners made a commendable bid for it.

At the finish line though, only one could claim the title and that turned out to be a newly revitalized Sam Hodge of the University of Lowell. The smooth-running Hodge pulled away from one of the best groupings of talent gathered this year to set a new course record.

Utah alumni Randy Thomas & Tom Henderson battled at the end for second, with Thomas getting the edge to team up with Hodge

MOTOR CITY STRIDERS 6 MILE CROSS COUNTRY
 Rouge Park, Michigan November 3, 1975
 Weather: Foggy, 55°
 Results:

1. Don Anderson	31:29	23. no name given	37:27
2. John Grabowski	31:54	24. Scott Hanson	37:59
3. Al Buffner	32:03	25. Jim Skalaki	38:20
4. Jim Darcy	32:41	26. Pat Began	38:36
5. Scott Stone	33:12	27. Neil O'Connor	38:56
6. Bill Johnson	33:15	28. Dave Lee	39:02
7. Lou Putnam	33:20	29. Dan Solomon	39:03
8. John Gores	33:45	30. Chris Morris	39:12
9. Arno Siet	34:06	31. Max Menaxi	39:39
10. Kevin Kitze	34:51	32. Dale Hrigora	39:50
11. Dave Dennis	35:01	33. Sean Moughan	40:07
12. G. Fair-anka	35:15	34. Kirk Smith	40:29
13. De Campbell	35:32	35. Jack Habel	40:38
14. Dave Cronkite	35:46	36. Scott Gaines	40:44
15. Bill Walker	35:54	37. Al Phillips	40:47
16. D. Wollfenker	35:51	38. J. Palazzolo	40:47
17. T. Malphrus	35:54	39/ D. Crockett	40:47
18. Adam Meier	35:57	40. Lyle Bake	41:16
19. G. Landsfeld	36:39	41. Art Pegues	41:40
20. Jim Boon	36:40	42. Mark Hurd	41:41
21. Bob Paklainan	37:00	43. M. Morris	41:41
22. Rick Mosty	37:00	44. Mark Cronkite	41:40

MOTOR CITY STRIDERS MICHIGAN A.A.U.
CROSS COUNTRY CHAMPIONSHIPS
 Rouge Park, Detroit Michigan November 16, 1975
 Weather: Clear, 40°
 Results:

1. D. Richardson	30:33	19. D. Campbell	34:11
2. G. Crane	30:39	20. D. Holt	34:14
3. Dean Foster	31:12	21. K. Seidenwand	34:16
4. Deane Spitz	31:26	22. J. Cassani	34:20
5. K. Leonowicz	31:39	23. G. Fairbanks	34:30
6. D. Anderson	31:39	24. Tim Treifa	34:38
7. Al Raffner	31:59	25. M. Koenigbauer	35:35
8. M. Novak	32:11	26. Eric Jones	35:47
9. M. Durham	32:17	27. J. Landsfeld	36:02
10. Jim Darcy	32:25	28. S. Goldberg	36:03
11. Pat Wilson	32:17	29. K. Holselner	36:28
12. Lou Putnam	33:05	30. Ernie Taylor	36:39
13. J. Grabowski	33:28	31. Bill Martin	36:41
14. Doug Kurtis	33:32	32. Jim Forshee	37:00
15. Mike Unger	33:54	33. Bob Paklain	37:01
16. Jim Carter	34:08	34. Nick Duhalme	37:06
17. G. Walker	34:11	35. Jim Oberling	37:12
18. K. Wright	34:14	36. Dave Leo	37:41
19. D. Campbell	37		

CENTRAL COLLEGIATE CHAMPIONSHIP
 Penn State Blue Golf Course 5.2
 November 1, 1975

Results:

1. P. Steiner	25:05	26. J. Caruso	26:26
2. G. Malley	25:17	27. D. Klor	26:31
3. G. Meyer	25:27	28. G. Savick	26:32
4. M. Ellis	25:29	29. P. Tucker	26:36
5. M. Martin	25:32	30. Mike Irmen	26:37
6. M. McGuire	25:41	31. J. Weinbar	26:39
7. J. Sinclair	25:41	32. B. Baden	26:40
8. D. Nitz	25:50	33. D. Danton	26:43
9. B. Donakowski	25:51	34. J. Zylstra	26:44
10. M. Wender	25:51	35. G. Sheppar	26:45
11. D. Smith	25:59	36. Tom Duita	26:51
12. M. Boyd	26:01	37. Bob Lee	26:52
13. P. Hinch	26:03	38. Jim Hart	26:53

14. J. Dubina	26:15	39. R. Mirick	26:54
15. K. Wilson	26:16	40. M. McCon	26:57
16. M. Jarcz	26:18	41. J. Anstet	26:58
17. S. Darken	26:19	42. G. Zoffit	27:03
18. J. Wile	26:20	43. W. Dunlap	27:08
19. T. Sumbaugh	26:20	44. E. Ryan	27:08
20. M. Foster	26:22	45. Jeff Ford	27:08
21. S. Welch	26:22	46. B. Beams	27:11
22. G. Desjardins	26:23	47. VanDurkran	27:13
23. R. Secord	26:24	48. D. Cartled	27:17
24. S. Grabowski	26:25	49. J. Dawson	27:17
25. D. McDonald	26:26	50. T. Nicholas	27:19

Holmes, Zarate

Tim Holmes of Medesto and Ron Zarate of the Reno Track Club each broke meet records in their respective divisions during competition at the Sixth Annual U.S. Track and Field Federation Western Cross Country Championships at Woodward Park Saturday morning.

Holmes broke the junior division record by more than 15 seconds in the three mile race. Holmes' 14:45.6 broke Sammy Garcia's former record of 15:01 which was set last year.

Zarate broke his own meet record which he had set last year in the six-mile race. Zarate bettered his record by three seconds plus with a 29:37.8 timing.

1. Ron Zarate (SRHS)	29:37.8
2. Bruce Benson (SRHS)	29:51
3. Dennis Scott (VHS)	30:01
4. Wayne Bellamy (Woodland)	30:08
5. Paul Cook (ASA)	30:21
6. Ben Salazar (SRHS)	30:28
7. Lee Paulsen (ASA)	30:31
8. Ben Rigg (ASA)	30:38
9. Ben Peltzman (Berkeley)	30:39
10. Ray Deagle (SRHS)	30:53
11. Anthony Reynolds (SRHS)	30:59
12. George Pollock (Juniata State)	30:51
13. Mike Haag (SRHS)	30:56
14. Curt Anderson (ASA)	31:00
15. Debrae George (ASA)	31:01
16. Paul Staden (Woodland)	31:02
17. Bill Hunter (VHS)	31:04
18. Billy Calves (SRHS)	31:09
19. Jim Garrison (SRHS)	31:18
20. Tom Edwards (SRHS)	31:28
21. Jim Hall (Fresno Pacific)	31:29
22. Chuck Katschler (Juniata State)	31:31
23. Lynn Schaeffer (SRHS)	31:38
24. Tom Ober (Fresno State)	31:48
25. Ed Thaler (Fresno State)	31:59
26. Randy Mylonakis (SRHS)	32:04
27. Curt Elze (Fresno St)	32:04
28. Gene Brown (SRHS)	32:04
29. Gene Smith (SRHS)	32:05
30. Daniel Cook (Fresno Pacific)	32:07
31. Richard Aguilar (Fresno St)	32:10
32. Bob Weaver (SRHS)	32:17
33. Neal Olson (SRHS)	32:19
34. Bryan Davis (SRHS)	32:19
35. Martin Salazar (SRHS)	32:19
36. Jim Tilden (Fresno State)	32:19
37. Bob Aronson (Juniata State)	32:12
38. Steve Anderson (SRHS)	32:13
39. Ray Kuhn (Fresno St)	32:14
40. Bryan Foley (Fresno State)	32:18
41. Gary Williams (Woodland)	32:19
42. Don Anderson (SRHS)	32:22
43. Larry Hunter (SRHS)	32:30
44. Alberto Hernandez (SRHS)	32:30
45. Mike Summers (SRHS)	32:38
46. Richard Flores (Fresno St)	32:40
47. Mike Lohr (Juniata State)	32:47
48. Don Hill (SRHS)	32:51
49. Ben Puckley (SRHS)	32:52
50. Wayne Nash (SRHS)	32:54 (1-80)
51. Rich Ellis (SRHS)	32:58
52. Carlos Nader (SRHS)	32:52
53. Tim Peters (SRHS)	32:57
54. Charles Smith (ASA)	32:58
55. Mike Harrison (ASA)	32:58
56. Fernando (SRHS)	32:59
57. Dale Arvold (SRHS)	32:58
58. Gary Oestmann (SRHS)	32:59 (1-80)

Set CC Marks

In the junior division, Lawrence Carranza and Jose Renteria of Madera placed second and third, respectively. Carranza recorded a 15:01 time and Renteria recorded a 15:13 time.

Ben Muniz of Clovis placed sixth with a time of 15:33. Ron Esquivel of Fresno came in eighth with 15:39 and Ray Gamboa of Madera came in tenth with a 15:45 time.

In the open division, Fresno State University came in fifth in team scoring with 127 points.

The State Center Five-Man, 15 mile relay will be in Fresno at Roeding Park Saturday at 11 a.m. The relay will include six divisions.

59. Jim King (Orange Co)	32:38
60. Ben Ellis (Fresno Pacific)	32:38
61. Willie Smith (Woodland)	32:38
62. Barry Ellis (Ames, Ark)	32:40
63. Mike Adams (SRHS)	32:42
64. Ben Hayes (SRHS)	32:47
65. Don Starkey (SRHS)	32:48
66. Richard Langford (SRHS)	32:50
67. Willie Brown (SRHS)	32:52
68. Ben Smith (SRHS)	32:58 (1-80)
69. Charles Spaul (Orange Co)	32:58
70. Jerry Norwood (SRHS)	32:58
71. Mike Kuebler (Fresno St)	32:59
72. Gene Brown (SRHS)	32:59
73. Richard (SRHS)	32:59
74. Steve Wolf (Fresno Pacific)	32:59
75. Lee Thurman (SRHS)	32:59 (1-80)
76. Jim Peterson (Woodland)	32:57
77. Kevin Puffer (SRHS)	32:58
78. Brian Jarvis (SRHS)	32:59
79. John Gering (SRHS)	32:59
80. Alan Kuebler (Fresno State)	32:59
81. Steve Crosson (SRHS)	32:59
82. Kenta Ohtani (SRHS)	32:59
83. Randy Thomas (SRHS)	32:57
84. Randy Smith (SRHS)	32:57
85. Stan Mahar (SRHS)	32:59
86. Jeff Salvo (SRHS)	32:58
87. Frank Delgado (SRHS)	32:57 (1-80)
88. Steve Ellis (SRHS)	32:57
89. Rich Patterson (SRHS)	32:58 (1-80)
90. Barry Ellis (Woodland)	32:58
91. Harold Stinson (Woodland)	32:58
92. Bill Foss (SRHS)	32:57 (1-80)
93. Dan Jack (Woodland)	32:58
94. Don Ross (Woodland)	32:57
95. Don Bennett (Fresno Aggers)	32:57 (1-80)
96. Jerry White (SRHS)	32:57
97. Gil Wiggins (Woodland)	32:58 (1-80)
98. Gene Lynn (SRHS)	32:58 (1-80)
99. Bob Bell (Fresno State)	32:58
100. Mike Egg (SRHS)	32:57
101. David Packer (SRHS)	32:57 (1-80)
102. Ernest Green (SRHS)	32:57 (1-80)
103. Earl Gruber (Woodland)	32:57
104. Ted Ellis (ASA)	32:57
105. Bob Kuebler (Fresno St)	32:57 (1-80)
106. Allan Lynn (SRHS)	32:57
107. Ray Peterson (SRHS)	32:58 (1-80)
108. Luke Stevens (SRHS)	32:57
109. Eric Ayres (Fresno State)	32:57
110. Steve Smith (SRHS)	32:57
111. Brian Roberts (SRHS)	32:57
112. Doug Finn (SRHS)	32:57
113. Loren Lee (Woodland)	32:57 (1-80)
114. Frank Williams (SRHS)	32:57 (1-80)
115. Jerry Florio (SRHS)	32:57

THE RUN FOR LIFE

by C. L. John Legere

Meanwhile, a few stalwarts had broken the breach and found the way to feel the head of the path. The mind of each was filled with the force of keeping limb and breath in constant touch. The fleeting toes punched in steady tone on grass and dirt and tar, toward home. The runner's ears were empty now of large sounds and only heard the bustle and pounding of closely competing rivals. No words were shared amongst the teams for fear of wasting breath. The chests and shoulders strained to give the legs and toes the best. The struggle to break the bonds, so close, was pushed by each, around. And finally, one was moved ahead to lead the group around. This one could hear the rushing air, the lonely whisper of breeze. He could feel the strain of lung and limb and pain of moving force. He wondered, had he moved ahead or had the others moved behind? He wondered, he thought he had beaten the clock, was this the path ahead? The darting light from the guiding car pointed to the rights and lefts. It brought him to a rolling hill and to a steep, hard climb. Across the top! Down the dale. The legs in synchronous time. The arms kept balance, the head held high, the breath was strained and warm. But each leg tapped a measure close to reach the finish line. A shout came up from 'round the bend. "He's coming," said the voice. The runner turned to enter the path, the trees above embraced a tunnel with ringing sounds. "Come on! Come on! Begin the kick!" the voices loudly said. But back within the runner's thoughts were wonders about where the other harriers were, and how this running could persist. Would the end ever come? Would the pressure stop? Would the legs keep time until the end? The tunnels end was just above, and he broke into the field. The voices cheered, the grass, below, blurred past as legs moved on.

The thin white band was still intact, awaiting the runners' stab. The runner's face was strained and seeking this haven of race's end. He pushed his body with power unknown toward this final goal. The field was active, once again, the voices raised to pitch. The movement of the viewers now to see and be in view. The trickle of followers from the paths began to appear. The space between this ball and its leader far ahead began to spread as the leader pushed to finish the race alone.

The finish line received the ends of the tape as they were snapped by the winner. The chute received the winner's grasp and the runner's legs slowed down. He moved along and walked and limped and bent to ease the strain. He, now, looked back and he could afford to see the field behind. A slim small grin appeared on him as he saw the others strain to meet him in the chute and claim the places just behind.

The race was over for these harriers, but as soon as breath returned, they claimed their suits; they felt the grass and looked to see the line of emerging



runners as they joined the finish circle kind.

The din returned again, in force, in the hollow school house hall. The members, seated now, to hear the honor's calling roll. The tiny metal man, atop the trophy was struck in flight. He would stand, in running stance, forever to remind the harrier claiming him that today he led the pack. He would show the many near and far that this man was ahead and show the others this day, what they might soon become.

Outside the hall, the runners began to meet the next challenge. The muscles and breath began their countdown to the day when the white line, once again, would show the start for racing strain. The lonely practice began anew. The strain could not be stood, the runner must run, to run as well as this day's efforts brought. The run to life had just begun and the staccato steps to the finish line were in stride. Life is the open road ahead. The harrier, now, is ready for that grueling run, and he will keep himself in shape for rigors of that course.

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NATIONAL 20km CHAMPIONSHIP

For the second year in a row a man came from out of the West to beat the new Englanders on their home turf for the National AAU 20 Kilometer Championship. Dave Babiracki of the San Fernando Valley Track Club followed in Gary Tuttle's footsteps in defeating Bill Rodgers and John Vitale, the 1973 & 1972 winners of the championship at this distance, while wiping out Tuttle's course record by about 2 minutes.

The day was cold, raw, and windy, but the runner's soon heated up things. Babiracki, Rodgers, and Vitale broke off from the 198 starters early in the going. By five miles Rodgers was blistering along, having dropped Vitale and began to pull away from Babiracki. But the California was not to be had easily.



Bill Babiracki Photo

RALPH THOMAS



OKLAHOMA RIVERSIDE 2-MILER

October 4, 1975 Tulsa, Oklahoma

Starters/finishers: 34/34

Results:

1. Don Potts	10:21	21. K. McWillis	15:50
2. Sol Beaver	10:24	22. Pearce	15:39
3. Jim Beaver	11:02	23. Martin	15:44
4. Bill Boggs	11:35	24. Kiper	15:44
5. Ron Niedrauer	12:08	25. Schock	15:44
6. Bobby Ladd	12:11	26. Johnson	15:49
7. Brad Griffin	12:35	27. McDonald	15:50
8. Dixie Marquez	12:48	28. Bobinik	16:28
9. Leonard Love	13:07	29. Sloan	17:08
10. Jim Hosbs	13:10	30. Frederick	17:09
11. John Stevens	13:58	31. Englert	18:06
12. Ken Ellis	13:59	32. Zimmerman	18:11
13. Kelley Kiper	13:60	33. Giffin	18:24
14. Cindy Bowman	13:60	34. Dumgardner	19:19
15. J. Cunningham	14:25		
16. Art Wade	14:30		
17. Surendra Gupta	14:36		
18. Dave Baker	14:39		
19. H. McDonald	15:05		
20. Dan McDonald	15:26		

JOHN F. KENNEDY MEMORIAL 3-MILE RUN (13TH ANNUAL)

November 2, 1975

Schenley Park, Pittsburgh, PA

Girls DivisionResults:

1. Leslie Deveraux	21:37	26. P. Gray	28:09
2. Robin Wormsley	21:52	27. R. Taflan	28:14
3. Sheila Boyer	22:05	28. N. Ritchie	28:26
4. Sherri Lovelace	22:15	29. Lynn Huber	28:28
5. Delores Patrick	22:24	30. J. Arnsen	28:48
6. Victoria Hall	22:25	31. C. Patrick	29:13
7. Sandy Wallace	23:03	32. E. Murphy	29:15
8. M. Eaglesham	23:04	33. K. Camp	32:37
9. Lori Lenz	23:14	34. S. Birkhim	32:43
10. P. Webb	23:45	35. N. Herb	32:55
11. Joan Harlip	23:49	36. R. Gallo	33:14
12. Karen Hazlett	23:56	37. D. Masters	34:53
13. Amy Massenz	23:56	38. J. Emery	34:53
14. Angie Toney	24:20	39. D. Anderson	37:18
15. Sunny Gilkeson	24:45	40. K. Watson	37:19
16. Terri Albright	24:50	41. K. Monzeis	37:22
17. Noelle Mirabelli	24:58	42. A. Wiener	37:46
18. Tammy Talston	25:16	43. W. Givens	38:10
19. Dawn Craig	25:34	44. L. Mary	39:12
20. Nancy Murphy	25:37	45. J. Bryant	40:04
21. Laura Miller	25:38	46. J. Smith	40:05
22. Jessica Hall	25:46	47. A. Chalbi	40:14
23. Erin Ritchie	25:48	48. B. Lucas	40:24
24. Dinah Marciniak	26:24	49. S. McKittr	40:32
25. Laura Rutkowski	28:03	50. D. Sush	40:50

WOMEN'S DIVISIONRESULTS:

1. Shannon Cline	20:28
2. Patty Weldon	20:50
3. Nina Crampe	21:31
4. Carol Scheid	21:46
5. Christine Allison	22:24
6. Kim Grisle	22:30
7. Betsy Daley	23:14
8. Tusanne Eickhold	23:15
9. Gail Sabanosh	23:31
10. Debbie Gavlik	23:32
11. Lisa Burnett	23:33
12. Beth Gallet	23:59
13. Lisa Loftis	23:50
14. Susan Gailey	23:59
15. Ranki Winger	24:25
16. B. Varney	34:29
17. Simone Grillo	24:31
18. R. Ritchie	24:34
19. J. Friedrich	24:55
20. Rose Ritchie	25:10
21. Gail Hornack	25:30
22. Carla Dunmire	25:33
23. Candy Karshner	25:50
24. Colleen Civallo	25:57
25. Peggy Balo	26:19

Continued on Page 21

"Run for Life"
Continued from Page 13

The blue sky was a canopy for the events sparkling on the grass enclosure. The white bank across the field restrained the chattering group of stalwarts who were flexing their muscles for the two fold purpose of preparation and demonstration. Beneath the smooth ripples were flurries of nerves and thoughts of the coming surge when this group would be loosed, with a bang, to tumble and flay at the open space ahead. Confident chatter and mature assurance was traded amongst the revels. Piercing eyes within each camp, surveyed each other to find the weaknesses they could use. Legs and arms were forced into strange positions to stretch the muscles, warning of the grueling task ahead. Invisible bicycles were ridden with wheels pointed to the sky. Unseen hurdles were leaped and torsos moved from side to side. Ears strained to hear the words of wuthority above the din of these many chatters and groans. The re-ped line came to conform with the white ribbon splashed across the grass. The harriers shed their heavy suits. Uniform stes of shorts and tops framed each strong young body straining to begin.

The Clatter dropped. The nervous coughs began. The silence included the unheard count that was pronounced at the straight white line dotted with clawing feet. The call was issued. A crisp, "Get set!" and the silence returned to introduce the sharp staccato snap of the starters pistol. A sound like a ship issued from the straining limbs and calookers began their calls of cheer. The straight line sagged, bowed and spewed its runners forth. The clump of starters snaked into the open void waiting to swallow the sprinting stars. A tail began to form and soon the stream was targeted at the gulf in the trees, and the issue point of roadway and track to be gained by the small ball of action at the front of the line.

Silence, once again, became the shroud for the lonesome white line across the field. Here was a discarded shirt, there a broken string, replaced just before the gun. A darting aide picked up the empty suits from their sprawling positions on the field and heaped them into piles which represented the castles from which the harriers came. The bees and ants and grass again claimed the now empty starting point, to be controlled by them again, until other thundering hordes begin to descend upon this altar of beginning runs.

End

CURRIER WINS BAY STATE

1. Ray Currier	BAA	2:50:50
2. Chris Chashers	SMAC	2:51:35
3. Bill Deering	usat	2:56:09
4. Rory Sweet	WJBY	2:56:32
5. Rick Gianni	usat	2:56:53
6. Peter Phillips	usat	2:58:02
7. Mark Kison	SNB	2:58:59
8. Malcolm Kidd	STC	2:43:15
9. John L. Sullivan	SMC	2:43:20
10. Thompson Webb	usat	2:43:58
11. John Jarek	SMC	2:48:20
12. Brian Devin	usat	2:48:45
13. Ed Inneson	usat	2:47:20
14. John Goswami	CMY	2:47:52
15. Brian Thomas	usat	2:48:25
16. Steve Grotzky	NAA	2:48:37
17. Kevin Kravoski	SMC	2:48:45
18. Thomas Barnwell	STC	2:48:50
19. Joe Frattaroli	SMC	2:48:56
20. Edward Neethes	SMC	2:49:05
21. Joe Cabalano	BAA	2:49:00
22. Sam Hanson	BAA	2:49:10
23. Robert Ragan	CMY	2:51:25
24. Robert Biorbas	CMY	2:51:55
25. William Wine	usat	2:51:58
26. Sam Deyan	SMC	2:52:17
27. Roger Reich	usat	2:52:27
28. Peter DiCicco	usat	2:53:49
29. Bruce Clewate	SMC	2:54:02
30. Ed Makowicz	SMC	2:54:42
31. Robert Myrtle	STC	2:55:12
32. Edward Kusbaum	CMY	2:55:16
33. L. Kent Smith	SMC	2:55:20
34. Marcus Davis	usat	2:55:58
35. Stuart Thurston	SMC	2:56:07
36. Tom Soosa	SMC	2:57:07
37. John Kelley	usat	2:57:10
38. Daniel Williams	ITAC	2:58:10
39. Edward Trapp	usat	2:58:32
40. Mike Burdovic	CMY	2:58:36
41. Edward Shriver	usat	2:59:23
42. Joe Carlin	CMY	2:59:59



RAY CURRIER

TULSA RUNNING CLUB

SENIOR DIVISION:

1. Marshall Adams	51:59
2. Arthur Williams	57:28
3. Robt. Godwin	58:56
4. Don Hale	59:33
5. D. Martin	59:50
6. James Beech	61:27
7. Jim Ferry	61:57
8. Barry Ligon	63:00
9. Walter Berleyong	63:17
10. Hugh Faust	65:15
11. Dick Dillard	65:38
12. George Daniels	65:54
13. Ron Richardson	66:35
14. David Sherrod	66:42
15. John Finger	67:08
16. Robt. Thompson	68:08
17. Lynn Finger	68:12
18. Gillespie	68:36
19. Ball	68:59
20. Cuday	69:18
21. Roy Davis	70:19
22. Don Jett	70:34
23. Dan Paul	70:45
24. R. Terry	71:42
25. G. Siler	72:48
26. Schumpert	74:11
27. Paul Brock	74:28
28. Harrington	75:19
29. Parnell	79:23
30. Mathis	82:54

TULSA RUNNING CLUB 5 KM RACE

1. Don McDonald	16:12	11. J. Stevens	21:59
2. Brent Wooten	16:14	12. Jim Nombs	22:37
3. Bill Boggs	18:15	13. Niemeyer	22:46
4. Lehman	18:25	14. Art Wade	23:01
5. Bob Barker	18:36	15. Guptaq	23:14
6. Singletary	19:02	16. Sandypedy	23:20
7. Jim Newton	20:01	17. Ed Pearce	23:21
8. Dixie Marquez	20:06	18. J. Gaines	24:13
9. Vern Whiteside	20:30	19. P. Zimm	29:07
10. Ray Conn	20:41	20. Johnson	31:13

20 KILOMETERS

1. Terry Hiegler	13:20	12. Johnson	18:55
2. Addudell	13:40	13. Oelenberg	20:23
3. Nolan Grayson	15:59	14. MacMullin	20:58
4. Morrisett	18:23	15. Thompson	21:08
5. Tom Kempf	17:47	16. Browning	21:41
6. Stan Warren	18:04	17. Porter	23:00
7. Hub Barker	17:48	18. Driver	24:00
8. Richard Eggerms	18:16	19. Timm	25:01
9. Dave Watts	18:12	20. Butler	25:11
10. John Burdan	18:25	21. Gedosh	29:15
11. Jim Benz	18:49	22. Johnson	25:18

10TH ANNUAL CAUSE COVE-SMOKE MOUNTAIN ROAD RACE

November 16, 1975 Smoky Mt. Nat. Park
 Distance: 10 miles Weather: Sunny 31° calm.
 Condition of Course: Excellent

Results:

1. Bruce Skiles	48:51	16. D. Gandy	57:14
2. Tom Carter	48:59	17. Preatly	57:57
3. Bill Naviland	50:28	18. McWilliams	58:00
4. Heins Wiegand	50:43	19. J. Wright	59:25
5. Garoth Hayes	50:44	20. G. Wyatt	59:26
6. Sal Vega	51:03	21. Doolittle	59:28
7. Randy Stroud	51:18	22. Mears	59:35
8. Terry Baker	52:25	23. Campbell	59:55
9. John Fox	52:28	24. Eric Heid	60:00
10. Rick Nusick	52:28	25. J. Whitehe	60:38
11. Neil Murphy	52:44	26. Guerik	60:52
12. John Durland	53:03	27. Pooley	61:36
13. Bob Montgomery	53:13	28. Swaney	61:26
14. Les Porterfield	53:19	29. Payne	61:28
15. Louis DeLorenzo	54:14	30. George	64:31
16. Steve Hall	54:38	31. Anderson	64:33
17. Gary Perry	54:44	32. Young	64:50
18. Paul Rapavi	55:02	33. Spotts	66:01
19. Ken Bailey	55:28	34. Baker	66:36
20. Jim Dunaway	55:58	35. Freestone	67:28
21. Gary Lindquist	56:21	36. Pierson	67:30
22. Robert Eaton	56:23	37. Kupria	67:44
23. John Lloyd	56:25	38. Gayle	68:37
24. Daniel Sims	56:38	39. Dunn	77:34
25. Bob Smith	57:12	40. Oatby	78:15



JOHN VEGA

**A.A.U. CROSS COUNTRY CHAMPIONSHIPS 4 MILE
JUNIOR AND HIGH SCHOOL TEAMS**
Results:

1. Bill Johnson	15:36	26. Dan Tynor	17:14
2. Oren Sampson	15:37	27. Eric Essique	17:15
3. Scott Stone	15:41	28. Jim Brown	17:16
4. Arno Siat	15:56	29. Steve Habbitt	17:20
5. Ed Ranea	16:00	30. Jim Dault	17:25
6. Greg Marger	16:01	31. Jim Davis	17:34
7. Toby Hayes	16:04	32. Glenn George	17:41
8. Al Martens	16:06	33. Tim Jones	17:41
9. Larry Nestuck	16:10	34. Jim Mayotte	17:45
10. Bryan Graham	16:20	35. Jerry Makrly	17:47
11. Kevin Kites	16:21	36. Dan Skinner	17:52
12. Tom Walsh	16:21	37. Doug Moore	17:55
13. Ron Buchanan	16:30	38. Marc Vanhalla	18:00
14. Keith Sello	16:33	39. Mike Tate	18:04
15. Gary Carter	16:34	40. Dave Ambrose	18:11
16. Tom Szrycki	16:35	41. Jim Waldrop	18:13
17. Tom Collins	16:40	42. Tim Cassani	18:18
18. Kevin Ball	16:44	43. Geo. Sumner	18:19
19. Roger Lawrence	16:45	44. Greg Berris	18:20
20. Adam Weiner	16:49	45. Ron Rice	18:37
21. Greg Kindig	16:52	46. J. Thibaudeau	18:40
22. Rick West	16:45	47. Brian Brink	18:45
23. Ger. Hadock	17:07	48. Steve Estrada	19:02
24. Steve Catta	17:10	49. Steve Auld	19:13
25. Mike Mead	17:14	50. Bob Trautz	19:44



JIM CAPSOTO

**LYNN, MASSACHUSETTS
10,000 METERS**

November 7, 1975

1. Jim Caposoto	BAA	31:24
2. Robert Lodge	OSTC	31:30
3. Art Bulong	OSTC	31:43
4. Scott Graham	OSTC	32:08
5. Tom Devonian	SMAC	32:25
6. Chris Chambers	SMAC	32:30
7. Earl McElvory	SMC	32:41
8. Rich Neckes	OSTC	32:49
9. Fred Doyle	OSTC	32:50
10. Tony Wilson	SMAC	33:03
11. Don Ricciato	OSTC	33:07
12. George Comerfey	SHS	33:15
13. Ben Stafford	PlySt	33:17
14. Joe Catalano	BAA	33:26
15. Tom Albertson	PlySt	33:31
16. Scott Mackenzie	SMC	33:41
17. Ed Sandifer	SMAC	33:45
18. Joe Lohman	PlySt	33:52
19. Doug Stewart	OSTC	33:58
20. Scott Severance	PlySt	34:04
21. Jim Smith	PlySt	34:11
22. Dave McLeod	OSTC	34:15
23. Paul Swenson	SMC	34:19
24. Malcolm Kidd	OSTC	34:33
25. Bill Bennett	OSTC	34:38
26. Peter Crisci	SMAC	34:54

41. David Austin	SMAT	3:01:17
44. Ralph Leonard	COU	3:01:43
45. Bill Billing	SMAT	3:01:48
46. Mike Madson	COU	3:01:58
50. Anders Gada	COU	3:01:59
53. John P. Sullivan	SMC	3:04:36
55. Joe See	SMAT	3:04:38
57. Jud Hill	COU	3:04:35
58. Bruce Wigell	SMC	3:04:55
57. Andre Richard	OSTC	3:04:41
59. Thomas Welton	OSTC	3:04:57
62. Ron Gates	SMC	3:10:01

63. Julian Siegel	SMC	3:10:38
67. Mark Taylor	COU	3:11:53
68. Mike Becker	COU	3:12:32
70. Steve Davis	SMC	3:12:40
71. Bill Dvinetti	SMC	3:12:47
72. John Barnano	SMAT	3:14:57
73. Gil Dewy	SMC	3:18:14
76. Jerry Hamilton	SMC	3:23:38
81. James McGuire	PVC	3:23:03
81. Roger Groszians	SMC	3:24:17
85. Fred Robinson	SMC	3:26:17
86. Dave Wallace	COU	3:26:28
91. Arthur Littlefield	PVC	3:26:38
96. Stan Farnetto	SMAT	3:28:34

Burfoot altered strategy, result was same - victory

By EARL YOST

Herald Sports Editor

"I decided to run differently today. I decided to go out slowly instead of trying to take the sting out of the better finishers," bearded Anley Burfoot reflected after he captured yesterday's Five Mile Road Race over Manchester's water-logged streets.

"I did this for about a mile and a half and I knew the pace wasn't too fast but I wanted to stay with Tom (Hollander) and John (Vitali). "At the top of the hill (Highland Street), Tom started to slow down and I was a little worried. I wasn't sure what Tom, John and Charlie (Duggan) would do."

Burfoot knew exactly what to do and when to do it.

He took over the lead at the two-mile mark and looked back only to see how far his nearest challengers were.

The 29-year-old Burfoot, in winning his fifth Five Mile in succession, became the greatest winner in history, his total now numbers seven.

"I wasn't as nervous as usual today and I wasn't really psyched up. I was resigned to let happen whatever would happen," he said as he accepted congratulations.

Did the weather bother?

"I put my painter's cap on mainly



(Herald photo by Dunc)

to keep the raindrops off my glasses. I put on mittens for the cold. Actually, it was a pleasant day to run. The conditions were good. You have to accept the changes in the weather and dress accordingly.

The 12th appearance in the Silk Town Five Miler wasn't unlucky by any measure for the New London man.

"I'm trying to be serious about retirement," he said. "I've been running a long time (more than half his lifetime) and training hard. It gets harder to stay in top shape all the time," he answered.

"I like to run in Manchester. The reception I get each year is tremendous. It's a warm feeling and this has contributed to the fact that I do well here."

"I always seem to run over my head here."

Altering his style of running didn't change his final placement one iota.

Records are made to be broken and it's unlikely that Burfoot's five-year and over-all seven triumphs will ever be surpassed in the Manchester Five Mile record book.

The Wellesley grad is one of the fellows who has helped "make" the Five Miler big league from start to finish.



Q&A — Runner passes discarded cups which contained doses of electrolyte replacement and glucose.

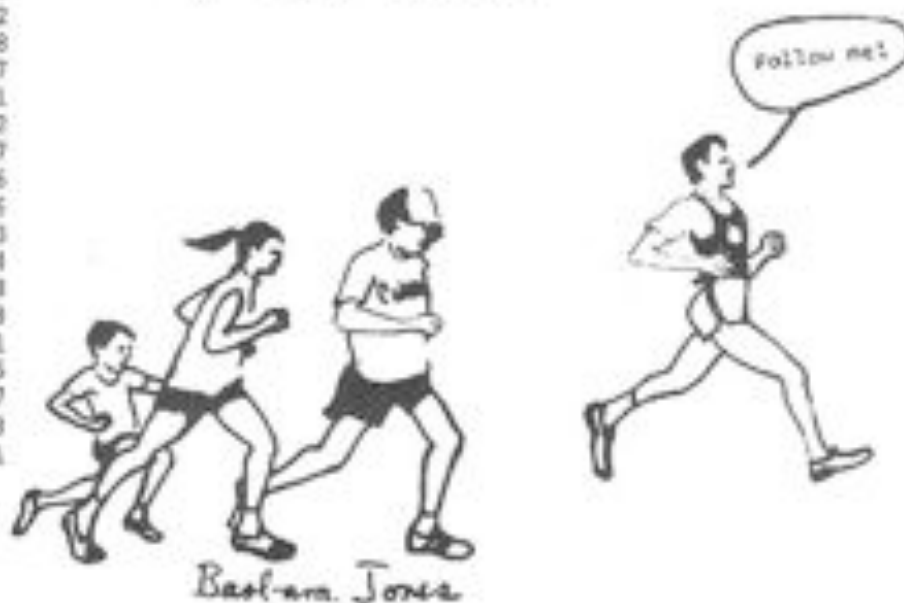
NET AAU & OPEN 30 KILOMETER CHAMPIONSHIP RUN
 Sunday November 23, 1975 Central Park NYC
 Road Runners Club of New York
 Starters/finishers: 172/151

Results:

1. Ed Burns	1:40:47
2. Paul Fisher	1:41:08
3. Hugh Sweeny	1:41:51
4. Mike Knoig	1:41:52
5. Sam Maisel	1:43:08
6. Karl Mueller	1:43:59
7. Pat Burke	1:44:15
8. Roy Lapidus	1:44:57
9. Terry Gallagher	1:45:58
10. Jack Brennan	1:46:06
12. Tom Stoothoff	1:47:04
13. Joe Burns	1:47:38
14. D. Blackstone	1:47:54
15. Bruce La Belle	1:48:45
16. Thomasow MD	1:49:02
17. Ray Hall	1:49:45
18. Vermillion	1:50:25
19. Paul Petscher	1:50:40
20. James Wolfe	1:50:41
21. John Garlepp	1:51:04
22. Joe Schuessler	1:51:45
23. Bob Dalton	1:52:17
24. Joe Viverito	1:53:09
25. James Gelakis	1:53:09
26. Ralph Garduno	1:53:44
27. Don Dixon	1:55:13
28. Henry Murphy	1:55:13
29. Geo. Busocmi	1:55:40
30. D. Gonzalez	1:55:47
31. Tony Knavy	1:56:40
32. Matt Hyde	1:57:04
33. Bob Glover	1:57:13
34. Andy Sandoy	1:57:22
35. Bill Mullen	1:57:28
36. Mike Davison	1:57:37
37. Joe Messina	1:57:51
38. Floyd Rodd	1:57:52
39. Mike Howe	1:58:17
40. E. Bredholt	1:58:26
41. Robt. Boyer	1:58:36
42. Mike Schmitz	1:58:43
43. Mike Cleary	1:58:54
44. Howard Basia	1:58:58
45. Karl Robinson	1:59:08
46. Doug Fuller	1:59:21
47. Robt. Cardela	2:00:05
48. Kevin Higgins	2:00:37
49. R. Williams	2:01:08
50. James Behr	2:01:41

NORTHERN VIRGINIA CROSS COUNTRY RESULTS

PLACE	TIME	NAME
1	32:57	Dan Kiscoo
2	34:41	George Barker
3	34:46	Bob Thurston
4	35:00	Wayne Roe
5	35:10	Dan Kooka
6	35:17	Kevin Breen
7	35:24	Bruce Robinson
8	35:28	Steve Milroe
9	35:32	Bill Scholl
10	35:46	Mike Bradley
11	36:13	Cliff Karthausser
12	36:23	Ken Umbarger
13	36:38	Shelly Karlin
14	36:48	Bruce Talawyna
15	36:59	Bill Mahone
16	37:04	Ben Beach
17	37:24	Pearce Loary
18	37:48	Rich Englehart
19	37:55	George Vernosky
20	37:57	John Devlin
21	38:08	Eric Johnson
22	38:18	Bruce Delaplaine
23	38:33	Henry Hart
24	39:03	Pete Nye
25	39:42	David Amey



ALL-FIRE OKLAHOMA RESIDENTS (MAINTENANCE) LIST

NAME	AGE	ADDRESS	TIME	PLATE	CLASS	DATE
1. Terry Ziegler	26	Tulsa	210010	1	011 Capital Tulsa	Mar 75
2. Larry Abiddell	30	Tulsa	2136156*	6	Self Wichita Kansas	May 75
3. Ronny Shawna	21	Weathertford	2125103	3	011 Capital Tulsa	Mar 72
4. Helen Grayson	25	Borman	2126157*	2	Andy Payne Weathertford	Aug 74
5. Glen Town	25	Tulsa	2128100	6	Kansas Bologna Lawrence	Apr 75
6. Terry Lavie	21	Tulsa	2141140	5	011 Capital Tulsa	Mar 75
7. Bob Peltan	26	Duncan	2141150	2	Duncan Texas	Jan 75
8. Charlie Bouran	20	Tulsa	2144110*	6	Kansas Balaya Lawrence	Apr 71
9. Bob Myers	22	Borman	2144158*	15	Self Wichita Kansas	May 75
10. Don Burnett	19	Oklahoma City	2145129*	5	Topoka Kansas	Dec 72
11. Brent Beaton	24	Texas	2146132	12	011 Capital Tulsa	May 74
12. Tandy Caburn	24	Borman	2147112	3	011 Capital Tulsa	Mar 75
13. Bruce Martin	21	Tulsa	2147117*	2	Calweston Texas	Nov 70
14. Tom Lambert	23	Woodward	2149105	2	Redrunner Oage	May 71
15. Jeff Forterman	17	Tulsa	2149133	5	011 Capital Tulsa	Mar 72
16. Mike McDowell	31	Tulsa	2150123	7	011 Capital Tulsa	Mar 75
17. Bill Blawie	22	Landon	2151129*	1	Atessa Tn.	Feb 70
18. Larry McDonald	19	Broken Arrow	2151143	4	Topoka Kansas	Dec 73
19. David Baumherry	23	Tulipadi	2152143	2	Greenlog Arkansas	Jan 70
20. Bill Ward	20	Tulsa	2152100	3	Redrunner Oage	May 71
21. Glen Dorrongh	31	Tulsa	2153143	0	011 Capital Tulsa	Mar 73
22. Charles Coe	38	Bartlesville	2153149*	10	Galweston Texas	Nov 72
23. Larry Dadoe	31	Tulsa	2154111	6	011 Capital Tulsa	Mar 75
24. Tom Tompf	30	Bartlesville	2154115	6	Teconco Canada	Aug 75
25. Brooks Jones	19	Tulsa	2154159*	16	Self Wichita Kansas	Jun 71
26. Joe Shelton	19	Ardeno	2156110	5	Redrunner Oage	May 71
27. Jimmy Gray	30	Oklahoma City	2156125	9	011 Capital Tulsa	Mar 73
28. Mickey Sullivan	25	Old	2157123	11	011 Capital Tulsa	Mar 75
29. Norman Sloan	36	Tulsa	2157127	30	Waltersok Dallas	Feb 76
30. Bill Church	16	Midwest City	2157120	16	011 Capital Tulsa	Mar 75
31. Bill Callahan	23	Borman	2157124	8	011 Capital Tulsa	Mar 72
32. William Korschene-148	32	Four City	2157136	3	Redrunner Oage	May 74
33. Art Browning	43	Tulsa	2157159	12	Mission Bay California	Jan 75
34. Mark Beek	25	Tulsa	3100100	12	011 Capital Tulsa	Mar 75
35. Mark Hardisty	18	Borman	3100121	11	011 Capital Tulsa	Mar 75
36. Gene Johnson	40	Tulsa	3100131	13	011 Capital Tulsa	Mar 75
37. Hester Mackery	28	Woodward	3107143	936	Borman	Apr 75

1975



VICTORS — Winner of the Sauvie Island marathon Saturday was Terry Heath of Idaho State University (right), while Damian Koch of Portland (162) finished second in the 26-mile run.

MASTERS CROSS COUNTRY Bimsbury, Ct 10/19/75

This is a true X-Country run through the woods of Stratton Reservoir State Park in Bimsbury with 3 good hills each loop—a two loop course. Temperature was 11° and it was raining. Running was terrible.

Of almost as much interest as the race was a pre-race visit to the outhouse by one of the Mass. runners, whose name I will omit, and somehow during the visit he dropped his wallet through the hole into the stream. We finally succeeded in retrieving it after we tipped the outhouse over.

The race itself was a three man affair all the way with Don Sanford leading Tomber and Sobarty for the first four miles. Manfred finally pulled away at that point with Pete overtaking a tired Sanford for the second spot. A great race.

--Bill Tribbe

1. Manfred Tomber-41	NYC	20:52
2. Peter Sobarty-41	NYC	20:56
3. Don Sanford-42	NYC	20:27
4. Vin Fendotti-44	NYC	21:48
5. John L. Sullivan-45	NYC	22:28
6. Bob French-45	DMAC	22:38
7. Bill Wilson-41	DMAC	23:01
other subscribers		
10. Hank Devine-41	NYC	33:13
19. Bob Hogan-45	NYC	35:29

40-49 division

1. George Brown-40	NYC	25:15*
2. Alex Hossack-41	S.F.	24:47
3. Joe Hutchinson-44	TTC	25:48
other subscribers		
5. Jack McEvoy-41	TTC	26:45
7. Arthur Littlefield-41	NYC	29:00
9. Big Pedersen-49	NYC	29:28
10. Ray Lighton-45	NYC	28:42

*New course record

60 & over division

1. Joe Vailonis-61	NYC	50:52
2. Fred Brown Sr.-49	NYC	52:56

BOYS DIVISION

RESULTS:

1. John Wessels	19:48	26. McDonald	23:10
2. Don Champion	20:18	27. L. Hender	23:11
3. Doug Suers	20:19	28. DiFiore	23:19
4. Glenn McKenzie	20:55	29. Raynsford	23:20
5. Jim Olson	21:00	30. M. Hiecox	23:25
6. Larry Gray	21:09	31. E. Murrer	23:32
7. Rich Blong	21:13	32. DiFiore	23:39
8. M. Rihtarchik	21:19	33. Oldcorn	23:40
9. Carl Linthrose	21:22	34. Newman	24:04
10. Bob Becker	21:30	35. Biehi	24:06
11. Scott Dekkers	21:38	36. Blair	24:17
12. Loyal Jasper	21:40	37. Sapinsky	24:30
13. Matt Miller	21:41	38. Lynch	24:36
14. Steve Pole	21:57	39. Stephenson	24:40
15. Chris Nabors	22:03	40. Brad Day	24:41
16. Butch McNabb	22:06	41. R. Koper	25:00

John F. Kennedy race

continued from page 14

17. Duke Cline	22:14
18. Todd Brown	22:23
19. Tom Byrne	22:27
20. Greg Juniper	22:28
21. Gary Highfield	22:30
22. Dan Changer	22:48
23. D. Heideman	23:04
24. John Gano	23:07
25. Shannen Ritchie	23:09



United States Track and Field Federation

Executive Office

1225 N. 10th Ave. TUCSON, ARIZONA 85705

Area Code 602 624 7475

WHAT IS THE USTFF?

The United States Track and Field Federation is an organization of organizations. It is a single purpose organization constituted for the sole purpose of promoting all aspects of the sport of Track and Field in the United States.

The active members of the USTFF are: The National Collegiate Athletic Association representing over seven hundred and fifty member colleges and universities in eight regional districts; The National Federation of State High School Associations representing over thirty thousand high schools in fifty-five state and district associations; The National Junior College Athletic Association representing over five hundred and fifty junior colleges in sixteen geographical regions; and The National Track and Field Association representing over four hundred Track and Field Clubs across the United States.

The allied members of the USTFF are The American Association for Health, Physical Education and Recreation. The National Association represents more than thirty-five thousand professional people working in Health, Physical Education and Recreation Fields.

The associate members of USTFF are the Athletic Institute, the National Athletic Trainer's Association, the United States Track Coaches Association, the National Association of Collegiate Commissioners, and the President's Council on Physical Fitness.

Every phase of American Track and Field, and the majority of all track and field interest, is represented in the membership of the above enumerated constituents belonging to the United States Track and Field Federation.

USTFF members are responsible for: (1) More than 95% of all track and field athletes and competition in the United States. More than 700,000 men and women compete in organized competition as representatives of their schools or track clubs. An additional 4,000,000 men and women also participate in track and field through intramural or physical education activities. An additional 1,000,000 youngsters use these facilities during the summer months in age group track and field programs. (2) More than 95% of all track coaches in the United States. (3) More than 95% of all track facilities in the United States. USTFF members own and operate track and field facilities worth more than \$200,000,000.00. (4) More than 95% of all dollars invested in the United States in track and field activities.

STRUCTURE OF THE USTFF

The policy making group of the USTFF is the Governing Council. Voting power is distributed between the high schools, junior colleges, colleges, universities and track and field clubs who appoint their own members to the Council. Voting power is distributed so no single group, or even a combination of few groups, can control the voting.

The Executive Committee of USTFF is elected from the Governing Council and is made up of four officers and one representative of each constituent member who are elected for a two year period.

The Governing Council and the Executive Committee of the USTFF set policy which is carried out by an Executive Director.

The USTFF is organized into fifty State Associations with each state having its own director, officer, and track and field program which consists of Cross Country Meets, Road Races, Decathlon, Marathons, Indoor and Outdoor Competitions, Clinics, etc.

The Executive Office of USTFF coordinates the programs of the State Associations of USTFF. It also conducts area and national cross-country championship meets, area and national decathlon championship meets, area and national marathon championships, area and national championship road races, area and national championship indoor meets and area and national outdoor championship meets. This office also conducts track and field clinics, postal competitions, coaching schools, publishes books and magazines on track and field, certifies and registers track and field officials, and registers track and field clubs for the National Track and Field Association. Further, the Executive Office sanctions meets in which its constituent members compete, conducts a Hall of Fame, and Coach of the Year award program. It also serves as a central office where coaches and athletes may obtain information on all phases of track and field.

CONCLUSION

The basic concept of the USTFF is one of a single purpose organization formed by its constituent members who conduct their own track and field programs and contribute and cooperate with the USTFF for the common good of promoting the one sport of track and field in all of its aspects. By granting each of the constituent members, a vote and a voice in the policies and actions of the Federation, it has resulted in a cooperative effort that has produced the program and results to date of the United States Track and Field Federation.

MEMBERSHIP

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STATE AND DISTRICT

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1925 State High School Building
1925
1000 University Building
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1000

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Dr. Thomas E. Finkbeiner
Director of Physical Education
University of California, Berkeley
National Association of Track and Field
National Association
1000 University Building
1000

ALLIED MEMBERS

Dr. George E. Miller
Executive Director
National Association for Health, Physical Education and Recreation
1000 University Building
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ASSOCIATE MEMBERS

Dr. Lloyd M. Young
1000 University Building
1000

USTFF PUBLICATIONS

The United States Track and Field Federation announces the publication and release of three new and excellent books of interest to those involved in our sport. We are indeed pleased to have the opportunity to bring these excellent works to those of you teaching, coaching and participating in track and field in the United States. The U.S.T.F.F. continues to provide long-needed materials to promote and develop our sport. We hope you find these publications valuable to your program.

"MECHANICS WITHOUT TEARS".....Fred Wilt. This excellent work-book contains virtually every aspect of the study of mechanics, presented in a test form, and utilizing a variety of question-answer techniques designed to emphasize pertinent facts. (123 pgs) \$5.00.

"ARTHUR LYDIARD'S RUNNERS BIBLE".....by Arthur Lydiard.
One of the world's best known distance runners brings you his techniques.....the insights learned and other information as only he can tell it. This excellent work belongs in every library. (\$3.00)

"JOGGING THE LYDIARD WAY.....ANAEROBICS vs AEROBICS"., by Arthur Lydiard.
Jogging.....as described by the man who has done so much for distance running throughout the world. This excellent publication will provide information for both the distance runner and the acquaintance interested in jogging for fun..... (\$2.00)

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United States
Track and Field
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APR 79

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