

In the Long Run
it's the
Long Distance Log

VOLUME 12

JULY 1967

NUMBER 139



National AAU Marathon, June 11, 1967, Holyoke, Mass.
Winner: Ron Daws.

Photo by: Jo Ann La Pierre

3- NAT. AAU Marathon - Holyoke
12- Farmington Park
12- N.Y. 15 Kilo
14- Kofc T & F Meet 6m.
16- BINGHAMTON 12 m

THE LONG DISTANCE LOG

A PUBLICATION FOR RUNNERS BY RUNNERS

Volume 12, No. 139, July 1967

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NATIONAL AAU SENIOR 25-KILOMETER CHAM-
PIONSHIPS. Albuquerque, New Mexico,
September 9, 1967 9:00 A.M. Altitude of
course, 6,500-7,000 feet. Contact: John
Leppi, 707 Parkland Circle, SE, Albu-
querque, New Mexico 87108

COLUMBIA PARKS AND RECREATION DEPART-
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RRC NATIONAL POSTAL COMPETITION

10-MILE TRACK RACE - Open to affiliated
units of the RRC of America. Competition
must be held during the last three weeks
of July. Results mailed to H.B. Ross,
Co-ordinator by August 1st. Results will
be published & awards will go to 1st
& 1st novice. At-Large members are
also eligible to compete.

Two-Man 10-Mile Relay- Competition must
be held during the last 3 weeks of Sept.
Results to H.B. Ross, 306 W. Center St.
Woodbury, N.J. by October 1st, 1967.

RESULTS OF PROGRAM OF DISTANCE RACES

Sponsored by Washington Sport Club
Sunday, April 23, 1967 at 2 P.M. at
Cottage City, Md. Course: Level course
around city block approx. $\frac{1}{2}$ mile per lap
10-Mile: 1. Steve Jackson, una., 49:15;
2. Geo. Kinnear, WSC, 51:31; 3. George
Cushman, WSC, 54:28; 4. Geo. Yuhasz, AU-
TC, 57:05; 5. Hubert Morgan, una., 57:45;
6. Lester Page, WSC, 60:02; 7. Mart Gre-
enbaum, WSC, 60:02; 8. Milt Greenbaum,
una., 70:11; 9. Geo. Major, una., 70:12;
10. Dave Hanlen, una., 74:58.

Just 4 days after turning in a 2:37 time
in his first try at the Boston Marathon,
Steve Jackson led from the gun to roll up
a fine victory. His time was impressively
close to the course record of 48:48 estab-
lished by Bob Scharf in Nov. 1965.

6-Mile Walk- 1. Ed O'Connell, WSC, 52:45;
2. Harvey Geller, una., 53:14; 3. Joel
Holman, CTC, 55:28; 4. Bill Kaiser, CTC,
61:25; 5. Winslow Holman, CTC, 69:38.

2-Mile RFYL- 1. Anne Uhrig; 2. Frank
Peterson; 3. John Laughland; 4. Win Hol-
man; 5. Bud Demar; 6. George Major.

(Handicap race: winning time 17:30- 17:00
by Anne Uhrig. Best time: 21:12- 10:12
by Larry Noel, III--18th place.)

D.C. AAU ONE HOUR RUN CHAMPIONSHIP, Sun.,
April 30, 1967 at 2 P.M. O'Connell H.S.,
Arlington, Va. (Grasstex surface)

1. Lou Castagnola, WSC, 11 $\frac{1}{2}$ miles, 91 ft.
2. Steve Jackson, una., 11 miles, 548 ft.
3. Lamont Smith, WSC, 11 miles, 189 ft.
4. Rollie Cavaletto, USA, APG, 10 $\frac{1}{2}$ mi. 773'
5. George Cushman, WSC, 9 $\frac{3}{4}$ mi. 773 ft.
6. Ed O'Connell, WSC, 9 $\frac{1}{2}$ mi., 1317 ft.
7. Gabe Mirkin, WSC, 9 $\frac{1}{2}$ mi., 1117 ft.
8. John Donihee, WSC, 9 $\frac{1}{2}$ mi., 8 ft.
9. Hubert Morgan, una., 9 $\frac{1}{2}$ mi., 1083 ft.
10. Les Page, WSC, 9 $\frac{1}{2}$ mi., 42 ft.
11. George Yuhasz, AUTC, 9 mi., 1277 ft.
12. Larry DeMilner, una., 8 $\frac{1}{2}$ mi., 676 ft.
13. Paul Seesman, una., 8 mi., 83 ft.
14. John Larson, una., 7 $\frac{3}{4}$ mi., 240 ft.
15. Bill O'Reilly, una., 7 $\frac{3}{4}$ mi., 102'
16. Chet Salkind, WSC, 7 $\frac{1}{2}$ mi., 1292 ft.
17. Hugh Jascourt, WSC, 7 mi., 1314 ft.

Castagnola rolled up a new D.C. AAU mark
exceeding by 53y the mark that Gar Williams
had established in 1964. WSC took the
team title. Lou's mile splits: 5:02, 9:58
14:57, 20:08, 25:17, 30:34, 35:45, 41:09,
46:36, 51:57, 57:23.

Special Mile Run for men 40 & over: 1.
Ray Gordon, 5:10.0.

D.C. AAU SENIOR 25-KILO CHAMPIONSHIP
Sunday, May 7, 1967 at 2:10 P.M., Course:
3 laps of slightly over 5 miles each;
very rugged course. Weather: Cold, pen-
etrating rain which became torrential dur-
ing middle part of the race.

1. Steve Jackson, una., 1:25:30; 2. Jeff
Collins, WSC, 1:31:47; 3. Jim Heywood,
WSC, 1:32:03; 4. Hubert Morgan, una.,
1:36:37; 5. Ed O'Connell, WSC, 1:38:14;
6. Don Heinicke, una., 1:42:16; 7. John
Winslow, una., 1:45:03; 8. Les Page, WSC,
1:48:39; 9. Larry DeMilner, una., 1:49:54
10. Orrington Hall, WSC, 2:21:23.

Steve Jackson, in front & unchallenged
all the way, was amazingly consistent. He
was 28:35, 28:40 & 28:15 for the 3 laps.

2-MILE RFYL- 1. Harvey F. Geller, 11:56;
2. Ray Gordon, 12:06; 3. Paul Seesman.

By Joe Kleinerman

Holyoke, Mass., June 11- Ron Daws, Twin Cities TC, captured the Sr. Nat'l. AAU Marathon Championship today in sweltering 92-degree heat. In 2nd place some 1,000y back was Jim McDonagh of the Millrose AA. Daws clocked 2:40:07 and McDonagh was timed in 2:43:42. Both made the USA Pan-American Games Marathon team as a result of their "gutty" efforts.

The race was a repeat of the 1964 Olympic trials held in Yonkers, N.Y., in hot humid weather. Today the favorites dropped out again after setting a fast early pace. Tom Laris, John J. Kelley, Lou Castagnola, Mike Kimball, Amby Burfoot and Ralph Buschmann, all fell victims to the heat. Of the 125 official starters only 38 finished under the official four hour time limit.

The Millrose AA, winner of the Nat'l. AAU Sr. 30km & Eastern Regional Marathon team titles, nipped the Boston AA by one point for the team championship. The BAA made the mistake of naming Don Fay for individual scoring only. Rules require that six men be named for the team scoring with the first three to count, thus, the Millrose team of McDonagh, John Garlepp and Bill Shanahan took the championship. (Ed. "Times in the Boston papers vary slightly from Kleinerman's official results.")

1. Ron Daws, TCTC, 2:40:07.4; 2. Jim McDonagh, MAA, 2:43:42; 3. Ed Winrow, NYAC, 2:47:40; 4. Tom Osler, SJTC, 2:49:40; 5. Ray Hall, Central Conn.AA, 2:51:30; 6. Vince Chiappetta, NYAC, 2:57:06; 7. Phil Weiser, TCTC, 2:58:35; 8. Bill Harvey, una., New York, 3:00:43; 9. Jim Colpitta, USAF, New Orleans AC, 3:03:10; 10. Larry Berman, Met.AC, Cambridge, Mass., 3:04:37; 11. Dave Linton, Boston AA, 3:04:53; 12. Bill Gordon, St.Anth.BC, 3:07:16; 13. Hal Higdon, Dunes TC, Ind., 3:08:38; 14. Ted Corbitt, NYPC, 3:08:42; 15. Graeme J. Sutherland, Delaware T&F, Newark, Delaware, 3:08:54; 16. Bill Taylor, Greenwich, Conn., 3:09:44; 17. Ralph Grant, Eastern Kentucky TC, 3:10:52; 18. Norman Higgins, una., 3:11:14; 19. Stu Adams, BAA, 3:13:43; 20. Larry Langer, NYPC, 3:17:40; 21. Donald Brown, Roch.TC, 3:19:49; 22. John Garlepp, MAA, 3:20:33; 23. Don Fay, BAA, 3:23:39; 24. John A. Kelley, una., Watertown, Mass., 3:26:15; 25. Russell Holt, Mt.Park AA, 3:29:15; 26. Bill Shanahan, MAA, 3:30:23; 27. Virgil Yehnert, Cleveland RRC, 3:32:13; 28. Bruce O. LaBudda, Georgia State College, 3:32:52; 29. Mike Bigelow, BAA, 3:33:49; 30. Don Lindaur, St.Anth.BC, 3:39:55; 31. David Whalen, Spartan AC, 3:43:31; 32. John Gray, NMC, 3:45:29; 33. Ron Hughes, BAA, 3:47:41; 34. John Mautner, Eastern Kentucky Univ., 3:48:20; 35. Jim Christianson, Wachusett Str., 3:56:21; 36. Len Holmes, NMC, 3:57:34; 37. Alton Chamberlin, NMC, 3:59:31; 38. Gary Muhroke, Millrose AA, 3:59:47.

Team Scoring: 1. Millrose AA, 1-4-5=10; 2. Boston AA, 2-3-6=11.

Jock Semple writes (June 13th) Today in N.E. it is 52°! Sunday was unfortunate. I honestly think on a cool day it would have been Laris & Kelley at Winnipeg. No knock on the two who made it, but despite the criticism of the press and other runners when you get eight runners of the calibre of those fellows it is awful hard not to set a fast pace (especially running downhill). No one wants to hold back. They are afraid the other guy will build up an insurmountable lead at 10 miles. It is easy for people to say why didn't they hold back. They have never experienced that sort of race. I have & so have you. None of them quit until they were almost out on their feet. I was giving water, ice and encouragement to every one of them & I saw them all get progressively more exhausted. When they did quit it was the only thing they could do. I for one don't want any top runners to struggle on & do themselves harm just for the sake of a team prize. We lost by one point, however I much prefer that than see Kelley or Reneau struggle along & finish in the 20's just for the sake of finishing. One athlete was real angry at what he termed the quitting of his teammate, but I can't feel that way. Ron Daws & Jim McDonagh are not exactly a couple of nobodies. They will do the job in Winnipeg & when they do maybe some of their critics will shut up. McDonagh I have to admire. He was in that pack & managed to hold up. He is a tough little Irishman & belies his 40 years.

Des Moines, Iowa, May 14th (North High field) One-Hour Run- 1. Jim McFadden, Muscatine, 10 1/2 miles, 1,068 ft; 2. Erickson, 10 mi., 732'; 3. Scott, Des Moines, 9 3/4 mi., 26'; 4. Bob Kaldenberg, Indianola, 9 1/2 mi., 1,220'; 5. Harlow, 9 1/2 mi., 278'; 6. Mike Benton, 9 mi., 1,141'; 7. Dave Fortenbury, DM, 8 3/4 mi., 660'; 8. Dan Hill, DM, 8 mi., 563 ft.

PALMER,
ALASKA
May 28, 1967
3-Mile Butte
Race
Jr. Div. 1.
Allan Jamieson
21:21
Sr. Div. 1. Ed
Phillips, 22:25

2ND ANNUAL
EASTERN OREGON
MARATHON
13-Miles
Spray, Oregon
May 21, 1967
1. John Hayes,
OSU Frosh,
1:16:00; 2.
Glen Knopp,
OSU, 1:17:00;
3. LeRoy Har-
man, OSU, 1:21:
45; 4. Tom Mc-
Neil, Fossil
HS (Soph) 1:33:
30; 5. Grant
Chapman,
Spray HS
(Frosh) 1:41:
39; 6. Art
Tereira,
Grant Union
HS, 1:41:40;
7. Lyle Rill-
ing, Spray
HS (Princi-
pal) 1:46:43
8. Tom Nash,
Wheeler Co.
Schools Supt.
1:51:00.
--Don Jacobs--

VIRGINIA
STATE INTER-
COLLEGIATE
T&F CHAMPS
Norfolk, Va.
May 6, 1967
2-Mi. - 1. C.
Jordan, W&M,
9:18.2 MR.
2. Whitmore,
VPI, .880- 1.
T. Donnelly,
W&M, 1:50.9
MR. Mile- 1.
Luzins, W&M,
4:15.2; 2.
DeHart, VPI.
Team: W&M 81
2. Va. Tech 45.



RESPIRE—Tom Laris of New York A.C. gets cup of water and a shower while passing fire house in Springfield. Laris had to drop out six miles from

finish at Holyoke of National A.A.U. marathon.

Daws Outlasts Heat-Wilted Marathoners

By JOHN AHERN
Staff Reporter

HOLYOKE — Ron Daws summed it up completely. He said he couldn't run in the scorching heat. He claimed he can't run on hills. He said he didn't have better than one chance in 50. Besides, he didn't even get his name in the program.

He may have been right on all counts but Sunday afternoon through the streets of Holyoke, Chicago and Springfield everything came up roses for the 29-year-old analyst from Minneapolis. As the cream of the nation's road runners crumbled under the terrific heat Daws won the National A.A.U. marathon and a berth on the Pan-American Games team.

Plodding along in 20th place half way along the route, and sure that would be where he would finish, Daws to his own surprise suddenly found himself in contention and by the 20-mile mark it was only a matter of the winning margin over Jim McDonagh, the 40-year-old naturalized citizen, who also made the Pan-Am team that will compete in Winnipeg in August.

In the last half of the race, Daws ran down Johnny Kelley, Tom Laris, Jeff Reneau, Ralph Buschmann and

Lou Castagnola, all of whom dropped out, and he ran the last three hilly miles as though he were on flat ground to take it all by a half-mile over the little Irishman.

To point up what conditions were, Daws's time was 2:40:07, more than 13 minutes slower than the time necessary to qualify and McDonagh's time was 2:43:42, with the third man, E. Winrow, a New York school teacher, another half mile astern in 2:47:40.

To take nothing away from Daws Sunday was Christmas come early, and if he was the most surprised runner in the country he was also the luckiest. He was the beneficiary of monumental goofs by the nation's best who must have thought they were running to keep warm.

For seven miles in the awful heat Kelley, Laris, Reneau, Buschmann, Mike Kimball, Castagnola and McDonagh looked like sprinters. They sped away from the field early and when a five-mile time of only fractions over 25 minutes was announced no one believed what he heard. Not a soul slowed down and even as far as 12 miles — at the Springfield Plaza — Laris, McDonagh and Kelley were still pound-

ing it out with the rest of the field not in sight.

Kelley was first to wilt and he gave way with Daws only a dot on the distant horizon. Laris, who looked like money from home at that point, finally began to run all over the course looking for water and he and McDonagh swapped the lead twice going into the 18th mile into Willimansett that was the end of Dartmouth's former two-mile ace, the man who finished second to Dave McKenzie in the Boston Marathon two months ago.

By then Kelley had called it quits at the 18-mile mark. Reneau, winner of the New England over the same course a year ago, called it off at the same spot. Buschmann already had thumbed a ride in and Castagnola was barely able to walk.

Other finishers: 4. Tom Osler, South Jersey Track Club; 5. Raymond Hall, Central Connecticut AA; 6. Vincent Chiappetta, New York AC; 7. Phil Weisler, Twin Cities, Minn. Track Club; 8. William J. Harvey, New York City; 9. James Colpitts, Air Force; 10. Lawrence J. Berman, Metropolitan AC, Cambridge,

AUSTRALIA, N.S.W. 10-MILE TRACK CHAMPIONSHIP 1967 Canterbury Race course (Grass track) 10 laps 1/7/67 - 1. L. Toogood, 51:23; 2. A. Robinson, 52:43; 3. D. Power, 52:50; 4. R. McKinney, 53:06 (July 1st)

--Stan Pisani--

Top U.S. Marathoners Burn Out in 100° Heat

By JOHN AHERN

HOLYOKE—This is to take nothing away from Ron Daws and Jim McDonagh. They ran well and they are the nation's marathoning representatives in the Pan-American Games at Winnipeg in August.

But, in the wake of their achievement, the experts were saying:

1. They will have little chance of winning at Winnipeg.

2. The favorites in Sunday's race used poor judgment setting so blistering an early pace in the 100 degree heat.

3. The A.A.U. goofed staging the race so late in the year when hot weather is so likely.

McDonagh stayed with the nation's most highly regarded runners through the first half of the race and he was there at the finish. His time was nothing by marathoning standards. He did 2:43.42 over the hilly course, 3 minutes and 33 seconds in back of Daws. For more than 13 miles he ran shoulder to shoulder with Johnny Kelly, Lou Castagnola and Jeff Renau.

At 18 miles he went by Tom Laris who collapsed completely. At least he finished. The top rated men did not. McDonagh also won at Yonkers a month back. He must be a tough little cookie, although at 40 years old his speed is nothing to rave about.

Daws has some credentials. In 1960 he was ninth in Boston. This year he was 19th in 2:28.42. He missed qualifying for the Nationals by a minute 42 seconds. He couldn't make it at Kansas either and the only reason he was here in Holyoke was because of kindness to a local boy back home in Minneapolis.

"They moved up our marathon from September to May to give me a chance," he admitted. "I made it in 2:23.45. I never thought anything like that would be good enough to win here."

It shouldn't have been and the fact that it is makes the thinking of the top men suspect.

This was a day to conserve strength and wait for the break and Lou Castagnola, fourth in Boston and holder of the second fastest American marathon time ever, agreed he ran a stupid race.

"When I heard the time for five miles, only fractions over five minutes, I decided to slow down. I did for a minute and dropped back. But they never got any farther ahead of me. I was running the same rate they were."

Kelly should have known better. He's an old hand at this. Still he poured it on through the halfway point, finally quitting at 16 miles. There's some excuse for Laris, the man who ran the nation's fastest marathon time—2:16.48 to finish second in Boston two months ago. He hasn't had the experience. When he started to wilt he should have started to conserve. The same goes for Renau and Mike Kimball. It's only common sense. But they ran themselves out, leaving the big prize for two men who are not rated with them to represent the country.

"The A.A.U. is committed to selecting Daws and McDonagh and they deserve to go because of what happened," Kelly said. "But realistically there aren't two better distance runners in the country than Laris and Castagnola. They proved it in Boston. There ought to be some leeway in the selection. Only our best should go."

Great Fans

I competed in the 71st running of the Boston Marathon and this was my first time in this or any such event. I want to tell the people of Boston what great fans they are and how much I appreciate the moral support that they gave me and the other 400 runners during this event. I feel rather certain that the encouragement given by the fans along the route was a large factor in my being able to finish the race. It certainly could not have been very exciting for those standing out in the cold rain and sleet at the end of 3½ or four hours, but it did mean so much to me and I am sure to the other competitors.

DR. JOHN C. JACOBS
Kent, Ohio

'...WHO CARED ENOUGH'

Many kind deeds go unnoticed because of the conflicting and chaotic conditions around us. Perhaps this incident may seem minute in comparison.

It concerns a marine in Chu Lai, Vietnam, and a sports writer on The Globe staff. Lance Cpl Patrick Messore had written to Jerry Nason requesting a booklet concerning the Marathon. In lieu of the 50 cents which he didn't have in American money, he asked Mr. Nason if he would accept a 100-piaster note as fair exchange.

This wonderful and (I pre-

DAWS WINS MARATHON, ONLY 38 OF 125 FINISH

By TOM HENSHAW

HOLYOKE — Darkhorse Ron Daws, the thin man from Minneapolis whose only thought was simply to finish in the brutal 90-degree heat, won the National AAU Marathon Sunday in 2:40:07.

Daws and runner-up Jim McDonagh, a wispy, 40-year-old Irishman from the Bronx, nailed down berths on the U.S. team to the Pan-American games in Winnipeg, Man., next August.

The heat (92 degrees at the starting line) produced the slowest National Marathon since 1884 and took such a toll of runners that only 38 of the 125 starters officially finished.

Two of three pre-race favorites, Tom Laris of Walnut Park, Calif., and Lou Castagnola of Rockville, Md.,

failed to finish and the third, defending champ Norm Higgins of Santa Barbara, Calif., wound up a dismal and disgusted 18th.

"It's not worth it," said Laris, the 26-year-old Dartmouth alumnus who dropped out after 18 miles. "Your health comes first."

Daws, 30 next week, appeared to hang back in the early stages to let the others run themselves out. He was a half-mile behind at the halfway mark. He caught McDonagh in the 20th mile and stretched his lead to 3½ minutes at the finish.

"I didn't plan it that way," said Daws, whose 150 pounds are scattered over a 6-foot frame. "I just planned to finish. I still can't believe I won."

Johnny (the Younger) Kelley of Groton, Conn., was a casualty of the heat, but John (the Elder) Kelley of Watertown plodded home 24th in 3:26:15 at the age of 59.

sume) very busy man took time out to send the marine the booklet. As if that were not enough, he also sent a note of encouragement and an autographed dollar bill. My son will treasure these mementos for years to come. Especially, he will remember a sports writer named Jerry Nason who cared enough, and let him know it. My congratulations to The Globe for a fine newspaper with a staff to match.

MRS. INEZ MESSORE
Natick

Clarke Breaks Record

VAESTERAAS, Sweden
—Ron Clarke, pacing himself brilliantly, was clocked in 8:19:8 for the two-mile run Tuesday to slice nearly three seconds from the world record and make the lanky Australian the holder of every major world running standard from two to 10 miles. Clarke, known for his easy, plodding style with bony elbows swaying from his body, easily outclassed his rivals at an international track and field meet and took the world record from France's Michael Jazy, who had run the two miles in 8:22.6 on June 23, 1965.

Before the race, the perennial Australia sensation promised that, if given the right pace, he would set the 18th world record of his career. Clarke received that challenge from young Thor Ivarsson of Sweden.

Ivarsson set the pace in the opening lap, pounding down the cinders at a pace approximately two seconds off Jazy's standard. In the fourth lap Clarke moved into the lead and was timed in 7:47.2 over the first 3,000 meters on the fast and dry track.

As Clarke began his booming kick on the final lap, the crowd of 4,100, sending a record, began slowly rising to its feet and responded to Clarke's final sprint with roars of encouragement.

This is Clarke's first new world record of the year. During 1965 and 1966 he set world records in the three, six and 10 mile runs and also in the 5,000 and 20,000 meter runs.

1. Ron Daws, Twin Cities TC 2:40:07
2. Jim McDonagh, Millrose AA 2:43:23
3. Neil Armstrong, New York AC 2:45:23
4. Tom Clatter, South Jersey TC 2:49:43
5. Ray Taylor, Greenway Rac 2:52:00
6. Vince Chiappetta, Rac 2:52:00
7. Phil Weiser, Twin Cities TC 2:58:34
8. Bill Surver, New York AC 3:01:10
9. Jim Collins, U.S. Air Force 3:04:28
10. Lawrence Berman, Metro AC 3:05:10
11. Bill Corbett, Pioneer Club 3:08:28
12. Hal Hilden, Dones TC 3:08:28
13. Ted Corbett, Pioneer Club 3:08:28
14. G. Sutherland, Newark, Del. 3:12:41
15. H. Higgins, Santa Barbara 3:12:41
16. Ralph Grant, E. Kentucky 3:12:41
17. Jerry Linger, Pioneer Club 3:12:41
18. Stu Adams, Boston AA 3:12:41
19. Don Brown, Rochester TC 3:12:41
20. John Garrison, Millrose AA 3:12:41
21. Don Fay, Boston AA 3:12:41
22. A. Kelley, Watertown 3:26:15
23. Russ Holt, Mountain PK AA 3:29:59

June Bad Time For Marathon

By GEORGE SULLIVAN

HOLYOKE — The United States will not be represented by its two best marathoners in the Pan American Games.

AAU officials have made it possible by some questionable planning.

The National AAU Marathon has been run in mid-May at Yonkers, N.Y., in recent decades.

It was run here yesterday, and the 62-degree weather made the 26-mile, 385-yard race a travesty.

The winner and runnerup—Ron Daws, 29, of Minneapolis and Jim McDonagh, 40, of the Bronx, N.Y.—automatically qualified as the U.S. representatives in the Pan-Am Games July 22-Aug. 6 at Winnipeg, Canada.

Daws, the U.S.'s 15-mile record-holder, figured to be among the top finishers — although even he revealed afterward he's not in top form, restricted by injuries in recent months.

Meanwhile, such top-rated entries as Tom Laris, Lou Castagnola, Johnny Kelley The Younger, Jeff Reneau, Ralph Buschman, Mike Kimball and Ambrose Burford didn't finish—all heat victims, most around the 16-mile mark. And defending champion Norman Higgins finished a distant and disgusted 18th.

Only 125 of the 259 entries even started, and just 38 officially finished.

Many overzealous favorites burned themselves out with a too-ambitious opening five miles and fell by the wayside. The pattern paved the way for entries more set upon running a race than winning it. (Johnny Kelley The Elder of Watertown, incidentally, finished 24th in 3:26.15 at age 59.)

"I've never seen so many good runners drop out of a race," noted veteran marathon official Jack Semple.

And race followers haven't seen such a slow



JOHN KELLEY, SR.

winning time in the National Marathon—2:40.07—since 1954.

The victory almost embarrassed the winner. "I just planned to finish," said Daws, the research analyst who was ninth in the 1966 Boston Marathon, 18th in 1967. "I can't believe I won after such slow time."

The timing of the race was as baffling as the race's time.

As one veteran contestant put it: "If they had to have it in June this year, why didn't they at least schedule it in the morning instead of at the height of the mid-day (1 p.m.) heat? It doesn't make sense."

Kelley The Younger—who dropped out after 16 miles because he was "totally dehydrated"—probably summed up the matter best.

It's not good to hold a marathon in June in this area," said the former Boston University star from Groton, Conn., an eight-time winner of the race. "It's too hot. And the sun was our undoing today."

"May is a marginal month, but June is almost surely prohibitive."

"Sometimes I think the Boston Marathon should be the National Marathon and let it go with that."

"Under normal circumstances, Laris probably would have won today."



TOM LARIS

Laris—the former Dartmouth star who was second in the 1967 Boston Marathon in 2:16.48 beat record-smashing New Zealander Dave McKenzie seemed to be the casualty runners had most sympathy for.

Significant was a meeting between Daws and Laris afterward.

"You're the guy who should have won," said Daws.

"No, you won it fair and square," said Laris. "You did real well."

Laris refused to use the weather as an excuse. Instead the 26-year-old former New Yorker, an current Californian, said he quit because he didn't want to risk his health.

"I didn't want to chance really hurting myself," he explained. "I was fine after 13 miles, but then I started to get dizzy. And it got progressively worse. I finally quit because it wasn't worth risking my health."

"I had a bad experience in a five-mile cross country meet against Manhattan in my senior year at Dartmouth and I remembered it."

"I had gotten dizzy that time, too, and the next thing I knew I was on the ground. I was out for something like 45 minutes and spent the next week in the hospital with heat prostration and liver trouble."

"So when I got the warning this time, I thought I'd better take heed."

"It just wasn't worth it."

"Sure I'm disappointed. I've been training for this just about ever since the Boston Marathon."

"The weather? That's the breaks."

"It was a fair test. I don't want to make any excuses."

The heat did have one silver lining for the marathoners. There wasn't a female runner in sight.

EAMON O'REILLY HIGHLIGHT OF 13TH ANNUAL CLIFTON, N.J. AAU TRACK MEET

Eamon O'Reilly lent more than a touch of class to the senior men's New Jersey A.A.U. T&F championships on Sunday, June 18th at the Clifton Stadium in the feature event of the 13th annual Clifton AAU Track Day.

O'Reilly, a native of Ireland who did his running in this country for Georgetown University, set the only meet record by running the three miles in 14:04.2. This was 23.3s better than Robert Ashton, second this year, ran a year ago in establishing the mark. He was awarded the Clifton Jubilee Trophy as the meet's outstanding athlete. Frank Furman, who will enter his junior year at Ohio Univ., won the 6-mile in 32:18.

3-Mile- 1. Eamon O'Reilly, NJSSC, 14:04.2 MR; 2. Robert Ashton, NJSSC; 3. Ed Shattuck, NJSSC; 4. Phil Peterson, CJTC. 1-Mile- 1. Gary Rosenberg, Mercury AC, 4:20.6; 2. Paul Hetzel, NJSSC; 3. Tom Leonard, una.; 4. Tim McLoone, una. 6-Mile- 1. Frank Furman, una., 32:18; 2. Jim Lombardi, CJTC; 3. Wayne Laviolette, N.J. Striders; 3. Al Hicks, Shore AC; 4. Gary Rosenberg, Mercury AC. 2-Mile Walk- 1. Greg Diebold, Shore AC, 16:43.8; 2. Terry Anderson, CJTC; 3. Richard Endris, NJSSC; 4. Elliott Denman, Shore AC. Team: 1. CJTC, 57; 2. Shore AC, 41; 3. N.J. Astros, 20; 4. N.J. Spike shoe Club, 16; 5. Mercury AC, 10.

MARATHONER Lou Castagnola dropped down to the sprints (for him) & won the DCAAU mile & two-mile championships at the DCAAU Meet held at College Park, Md., on May 20th. Lou won the mile in 4:22.0 & the two-mile in 9:14.0. In the latter, he beat George Sajewycz of Georgetown (9:18.8), Andy Angevine of Maryland (9:34), & Steve Stageberg of Georgetown (9:37.2). Just to set the record straight, the picture on page 7 (May LDL) was Castagnola (3rd from left) not Tom Laris.

2ND ANNUAL PALMDALE 10-MILE HANDICAP RUN & HIGH SCHOOL 3-MILE RUN. 5-27-67, SAT

 Sponsored by the Palmdale Chamber of Commerce. Meet Director: Warren Harwood

Name	Club	Elapsed Time	Actual Time	Fast Pl.
1. Alan Beardall.....	Unattached.....	1:12:54.....	62:24.....	5th
2. Greg Beal.....	Back Bay T.C.....	1:15:13.....	63:43.....	7th
3. Greg Meeks.....	Back Bay T.C.....	1:16:24.....	64:24.....	9th
4. George DePooter.....	Seniors T.C.....	1:16:59.....	63:59.....	8th
5. Rick Nabers.....	Back Bay T.C.....	1:17:15.....	71:45.....	20th
6. Dan Carlson.....	Back Bay T.C.....	1:17:36.....	70:36.....	15th
7. Jeff Kamps.....	Una, Tustin.....	1:17:47.....	69:17.....	14th
8. Rick LaBril.....	Back Bay T.C.....	1:18:16.....	66:16.....	11th
9. Terry Speer.....	LAPD Pacers.....	1:18:37.....	71:37.....	19th
10. George Mesnick.....	Seniors T.C.....	1:18:58.....	70:58.....	18th
11. Wayne Van Dellen.....	High Sierra T.C.....	1:19:06.....	54:06.....	1st*
12. Bob Carman.....	Culver City A.C.....	1:19:13.....	56:43.....	2nd*
13. Chuck Allen.....	Back Bay T.C.....	1:19:28.....	63:28.....	6th
14. Dave Ferris.....	Una, Palmdale.....	1:19:47.....	70:47.....	17th
15. Frank Freyne.....	Una, W.L.A.....	1:19:49.....	64:49.....	10th
16. John Tansley.....	Seniors T.C.....	1:19:52.....	67:52.....	13th
17. Rick Hagin.....	Una, South Gate.....	1:19:59.....	61:59.....	4th
18. Frank Brandt.....	Una, Palmdale.....	1:21:10.....	72:10.....	22nd
19. Crig Rohrer.....	Back Bay T.C.....	1:21:13.....	75:43.....	23rd
20. Phil Clarke.....	Culver City A.C.....	1:21:18.....	60:48.....	3rd*
21. Charlie Short.....	Seniors T.C.....	1:22:39.....	70:39.....	16th
22. Bob Jarvis.....	LAPD Pacers.....	1:23:18.....	71:48.....	21st
23. Mike Kish.....	Seniors T.C.....	1:23:39.....	82:39.....	31st
24. Clyde Allings.....	Seniors T.C.....	1:24:14.....	78:14.....	26th
25. Fred Grace.....	Seniors T.C.....	1:24:50.....	83:50.....	32nd
26. Syd Shaber.....	Una, Sta. Monica.....	1:25:11.....	77:41.....	25th
27. Scott Claypoole.....	Una, Tustin.....	1:25:26.....	67:26.....	12th
28. John Scott.....	Seniors T.C.....	1:25:43.....	85:43.....	35th
29. Don Knox.....	Seniors T.C.....	1:26:18.....	79:18.....	27th
30. Toby Medina.....	LAPD Pacers.....	1:26:46.....	80:16.....	30th
31. Howard Barnes.....	Seniors T.C.....	1:27:11.....	87:11.....	37th
32. Marshal Juaregui.....	Una, Fontana.....	1:27:57.....	76:27.....	24th
33. Bill Daughtry.....	Una, Alhambra.....	1:29:26.....	79:26.....	28th
34. Steve Stephens.....	Una, Palmdale.....	1:29:27.....	79:27.....	29th
35. Dent Hamilton.....	Una, Palmdale.....	1:29:41.....	85:41.....	34th
36. Keith Davis.....	Una, Palmdale.....	1:32:47.....	88:47.....	38th
37. Bob Burke.....	LAPD Pacers.....	1:34:07.....	84:37.....	33rd
38. Ed Jones.....	Una, Palmdale.....	1:34:14.....	85:44.....	36th
39. John McKearn.....	Una, Palmdale.....	2:03:33.....	114:03.....	39th
40. Doug McKearn.....	Una, Palmdale.....	2:09:23.....	119:53.....	41st
41. Rich Rottloff.....	Una, Palmdale.....	2:10:05.....	117:05.....	40th

 Runners that did not finish: Southard, Stafford, Bell and Kradell. Temp. 80

Wayne Van Dellen bested his winning time of last year's Palmdale run of 54:17, by creating a new course record of 54:06. Alan Beardall, Handicap victor, maintained a 6:14.4 per-mile-average to stay ahead of the pack after working his way up front in the first part of the race. Last year's handicap winner was Ron Xavier, who posted 4th fastest time in 60:05. Xavier did not run today.

The two most improved runners, over their last year's times were: Alan Beardall, who lowered his time by 10 Min., 08 secs., and Greg Meeks, who lowered his time by 16 Mins., 18 secs. Oops!...I almost left out Rick LaBril--he improved by 9 Mins., 23 secs. Howard Barnes, Senior Track Club's Secretary, was determined to finish today's tough race--which he did--to make up for his failure last year when the desert heat forced him out at 7 miles.

Continued Page 2.....

PAGE 2. 2ND ANNUAL PALMDALE 10-MILE HANDICAP RUN 9:00 A.M.

Charlie Southard, Seniors T.C., collapsed 100 yards from the finish after putting on a finishing drive in the last mile that proved too much for him as the hot desert sun took its grim toll from his exhausted body. Luckily, both Bob Jarvis and Terry Spear, Los Angeles Police Department runners, had finished ahead of Charlie, and they applied their training in first-aid to revive him with mouth-to-mouth resuscitation and external heart massage. Bob Jarvis recounted: "I couldn't feel a pulse, nor hear a heart beat. He definitely had stopped breathing. We caught him just in time. We worked on him for several minutes before he began to breathe again."

An ambulance was summoned and Southard was taken to Swann Memorial Hospital in Palmdale where he remained under an oxygen tent until he regained consciousness. Southard explained, "I felt strong throughout the race, and I knew exactly where the 7-mile mark was when I started to cover the last 3-miles; but what threw me was a group of people by a car in the last mile who appeared to be standing at the finish line. I began my sprint too soon. The car moved up and again stopped at a spot I thought was surely the finish line. I realized too late that the finish was still further away when the car again changed position. By that time I had expended all my energy and I blacked out."

Southard was released from the hospital within two days, and is under the care of his own physician, whose preliminary tests indicate that no heart damage was evident. However, he will continue to receive further tests and remain at rest. Charlie will not join the senior runners in the Coliseum-Compton special mile for men over 40, but will view it from the stands. He had a good qualifying time of 5:30 for the event.

10:00 A.M.

HIGH SCHOOL THREE-MILE RUN. PALMDALE

5-27-67, Sat.

- | | |
|---|--|
| 1. Steve Whittle, La Canada.....14:57 | 18. Joe Henry, Palmdale.....18:17 |
| 2. Mike Pickett, S.M.....15:01 | 19. Alan Buffington, BBTC.....18:20 |
| 3. Rich Raya, Glendale.....15:13 | 20. Rick Lasky, Pacific.....18:21 |
| 4. Pat Palazzolo, CCAC.....15:16 | 21. Bill Yoder, Arcadia.....18:45 |
| 5. Ray Estrada, Glenn H.S.....15:18 | 22. Abel Aguilar, S.B.....18:48 |
| 6. Andy Mosqueda, Glen H.S.....15:22 | 23. Ralph Dean, Costa Mesa.....18:53 |
| 7. Marty High, SMAA.....15:53 | 24. Ernest Jensen, Arcadia.....19:01 |
| 8. Larry Eismann, Lancaster.....15:56 | 25. Marcus Nava, BBTC.....19:05 |
| 9. Jack Pipkin, LaCanada.....15:58 | 26. Tom Berry, Tustin.....19:43 |
| 10. Tom Keyser, LaCanada.....15:59 | 27. Mike Berthune, Lancaster.....19:59 |
| 11. Eddy Rios, John Glenn.....16:28 | 28. Kevin Barnes, Corona D.M.....20:08 |
| 12. Mark Lowry, Lancaster.....16:29 | 29. Charles Beard, BBTC.....20:16 |
| 13. Jesus Penilla, John Glenn.....16:47 | 30. Bob Babbe, BBTC.....21:38 |
| 14. Rich Priest, John Glenn.....16:49 | 31. Tom Eagle, Tustin.....23:37 |
| 15. Jim McGuire, LaCanada.....16:59 | 32. Steve Kisk, Palmdale.....24:08 |
| 16. Moe Helm, Arcadia.....17:11 | 33. Ted Gilliam, Lancaster.....24:08 |
| 17. John Martinez, San Berdo.....18:12 | 34. C. Bloodworth, HSTC.....24:10* |

(*late start)

 The Fontana 19.1 mile handicap coming up on June 3rd, at 8:30 a.m. has gained such popularity among the high school group, that this year's entry list should be a whooper. The Fontana Jr. Chamber of Commerce is anxious to make this event the best ever. Someone goofed last year and the awards were not present. They finally managed to provide for them approximately a month later and they expressed their regrets, but made up for it by handing out awards for every competitor.

Several thousand people line the streets at the finish line, since the Fontana Days parade is scheduled to start at the approximate time the first runner comes into view.

.....Medine

15-Kilo Crown To Lanin

Iowa Achilles Club Team Winner

DES MOINES, JUNE 1

Challenging the steep incline of a "monster" hill, Pat Lanin of the Twin Cities Track club exposed his gritted teeth for all to see in a grim state of determination and won the junior version of the national AAU 15-kilometer run.

His time for the route was 51:33.4. A school teacher in the Minneapolis-St. Paul metropolitan area, Lanin admitted he had been training on the hills back home prior to the distance run here.

Cliff DePass, who hails from St. Anthony, B.C., jumped to a commanding lead at the gun and increased the margin to 25-30 yards. However, Lanin, Emporia State College student Dennis Delmott and Iowa AAU Champion Jim McFadden, in order, pulled up to DePass at the five-mile mark.

After six miles, Lanin with his teeth still gleaming, steadily pulled away from the small pack and hit the tape with authority, claiming the title.

Delmott, running at the heels of DePass surged ahead of the tiring veteran of major New York area meets to capture second place in 52:08. He had been running hard in the midwest collegiate meets, claiming he entered for some pressureless running only to end up in the frying pan.

DePass was third in 52:17 and Jim McFadden fourth with a 53:15 clocking.

TCTC's George Podolsky turned in fifth, 54:04, followed by another in black-and-white trim TCTC colors—Tom Griffen. Griffen, a baker, runs home from work at 3 a.m. daily and on occasions encountered police curiosity for running at such wee hours in shorts.

Robert Moorehead, 46, of the Des Moines YMCA is a specimen in physical fitness to marvel at. He simply ran at his own effortless pace and finished the 9-times around loop in 69:28.

How They Finished

1. Pat Lanin, Twin Cities Track Club	51:33.4
2. Dennis Delmott, Iowa Achilles Club	52:08
3. Cliff DePass, St. Anthony, British Col.	52:17
4. Jim McFadden, IAC	53:15
5. George Podolsky, TCTC	54:04
6. Tom Griffen, TCTC	56:17
7. Mike Benton, Guthrie Center	56:58
8. Bob Kaldenberg, IAC	58:36
9. Butch Hammer, IAC	64:14
10. Jerry Michener, IAC	64:35
11. Tom Hess, Des Moines Roosevelt	66:36
12. George Peterson, Des Moines Lincoln	67:36
13. Robert Moorehead, Des Moines YMCA	69:28
14. John Dennis, Des Moines	70:13
15. Dan Hill, IAC	74:08
16. Pat Menough, Des Moines Lincoln	74:10
At 3 miles	6-miles
Lanin	16:49 34:00
Delmott	16:42 34:20
DePass	16:32 34:11
McFadden	16:37 34:45

NOTE: 20 entries, 18 ran, 2 did not finish (Ken Gould of Omaha and Leonard Lenmark of TCTC). Officials: Jim Lyle, Iowa AAU President and John Clarke, a former New England distance runner, assisted by Miss Danette Hill. Refreshments were furnished by Mrs. Butch Hammer.

Werling Again! Breezes to Fast 22:53 Oskaloosa '5' Miler

Oskaloosa, May 31

Undaunted by the presence in the lineup of star runners Jim McFadden and Dennis Delmott, Iowa RRC Eight-mile Champion Ron Werling ran mostly speed bursts to win the first of 3 evening runs planned for Lake Keomah state park here this summer.

Werling was threatened at the closing stages by Jim McFadden who passed some four runners on the last lap and was closing in on Ron. McFadden's 23:33 second place, however, leaves doubt if he could have caught the strong-finishing Tipton ace.

1. Ron Werling, Tipton	22:53
2. Jim McFadden, Muscatine	23:33
3. Dennis Delmott, Des Moines	23:41
4. Tom Murphy, Ames	23:41
5. Thomas Hutchinson, Oskaloosa	25:06
6. Bob Kaldenberg, Indianola	25:30
7. Bob Hagopian, Oskaloosa	25:49
8. Butch Hammer, Des Moines	26:00
9. Bob Wiese, Muscatine	26:25
10. Jerry Michener, Des Moines	27:05
11. Larry Brice, Oskaloosa	27:30
12. Richard Beaver, Cedar	27:49
13. George Peterson, Des Moines	28:04
14. Cliff Jackson	28:10
15. Hays	28:26
16. Utzinger	28:37
17. Pat Menough, Des Moines	29:42
18. Mike Milewski, Buffalo Striders	31:07
19. Scott Beatty, Oskaloosa	32:29
20. Dan Hill, Des Moines	32:42
21. Dave Nelson, Oskaloosa	35:02

RACE FACTS—6:30 p.m., Cool, layout very conducive to running—varied terrain. Fast times indicate course probably short of the billed 5 miles. Officials: Gary O'Daniels, Mrs. Butch Hammer and others.

RRC Greenwood Park 5,000 Meters Won by Werling

Des Moines, June 3

Lanky Ron Werling of Tipton sprinted to the lead, shifted into steady long-striding gear and coasted home in 15:56 for an easy 5,000-meter win under ideal conditions.

Behind Werling came a struggling threesome battling it out for second place. Wm. Penn College of Oskaloosa's little Bob Hagopian had the edge as he charged at the finish line ahead of Mike Benton of Guthrie Center and Road Runner Dennis Delmott of Des Moines. Hagopian's time was 16:34.

Worthy of note in this event was Roosevelt of Des Moines sophomore Tom Hess who won ahead of four other high schoolers entered. Hess has been running regularly in RRC, AAU events and showed his best performance to date.

1. Ron Werling, Tipton	15:56
2. Bob Hagopian, Oskaloosa	16:34
3. Mike Benton, Guthrie Center	16:36
4. Dennis Delmott, Des Moines	16:38
5. Butch Hammer, Des Moines	18:06
6. Tom Hess, Des Moines	18:18
7. Jerry Michener, Des Moines	18:30
8. Richard Beaver, Cedar	19:00
9. George Peterson, Des Moines	19:40
10. Pat Menough, Des Moines	19:49
11. Dave Fortenbury, Des Moines	20:54
12. Dan Hill, Des Moines	21:26

Official: John Clarke, assisted by Danette Hill and Betty Clarke. Very nice medals awarded to all finishers.

NEW ENGLAND LUDLOW, MASS. May 21st

FRENCH-AMERICAN CLUB 6-MILE ROAD RUN

1. Ray Crothers, Central Conn. AA, 30:47
2. George Conefrey, Brockton AC, 31:30
3. Bruce Dobratz, Spartan AC, 31:47
4. Russell Pate, Spartan AC, 32:13
5. Don Putnam, Spartan AC, 32:17
6. Robert Yahn, Yale AA, 32:35
7. Tony Sapienta, Boston AA, 32:39
8. Carlton Baldwin, unat., 32:51; 9. Steve Smith, Spartan AC, 32:55; 10. Newton Perrins, Mt. Park AA, 33:26; 11. Roland Cormier, Mt. Park AA, 33:31; 12. David Whalen, Spartan AC, 33:43; 13. Tom Derderian, NMC, 33:56; 14. Ron Gaff, unat., 34:01; 15. Edward Walkwitz, Mt. Park AA, 34:22; 16. Jim Christianson, Wachusett Striders, 34:56; 17. Lee Chisholm, unat., 34:43; 18. Ralph Fairbanks, NMC, 34:54; 19. Peter Barres, unat., 34:56; 20. Rick Bayko, NMC, 35:06
21. Lawrence Lacroix, unat., 35:17; 22. George Atkinson, Spartan AC, 35:19; 23. Warren Fowler, NMC, 35:23; 24. Donald Bernier, Mt. Park AA, 35:46; 25. John Hurley, NMC, 35:58; 26. Bruce Barmak, unat., 36:00; 27. Russell Holt, Mt. Park AA, 36:07; 28. Dr. Charles Robbins, NYPC, 36:18; 29. John McCarthy, Mt. Park AA, 36:35; 30. Thomas Dodge, unat., 36:42; 31. Dan Tompkins, CCAA, 36:45; 32. Ed Dvorcak, Mt. Park AA, 36:47; 33. Arnold Devlin, Spartan AC, 36:48; 34. Richard Condon, CCAA, 37:11; 35. Vin Fandetti, NMC, 37:22; 36. Dan Robertshaw, WS, 37:30; 37. Gordon Warren, WS, 37:38; 38. John Meymaris, Spartan AC, 37:50; 39. Richard DuCharme, NMC, 38:00; 40. John Jarek, Mt. Park AA, 38:15; 41. Russell Jackson, WS, 38:22; 42. Stan Tiernan, NMC, 38:30; 43. Jim Nichols, NMC, 38:31
44. Dominic Morales, Boston AA, 38:57; 45. Dr. Ed Streker, unat., 39:03; 46. Peter Sinnot, unat., 39:07; 47. Peter Quirk, Mt. Park AA, 39:12; 48. Thomas O'Connor, Mt. Park AA, 39:29; 49. Eric Erickson, BAA, 39:58; 50. William Crowell, unat., 40:11. (74 finishers)

Notes..After a long series of 2nd's & 3rd's Ray Crothers came through with his first 1967 win in a New England race. After an early battle with six other runners, he took the lead at two miles & was never threatened. The Spartan AC again turned in a sparkling team effort to take the team prize. It was their fifth team prize in their last six races. The top ten finishers were awarded cups, while all other finishers received medals & key-chains.

--Rick Bayko--

PORTSMOUTH, N.H., May 27, 1967
10-MILE ROAD RACE (Short course)

1. Bruce Dobratz, Spartan AC, 49:37
 2. James Daley, Jr., NMC, 49:49
 3. Donald Putnam, Spartan AC, 51:06
 4. James Wynn, Spartan AC, 51:11
 5. Anthony Sapienta, Boston AA, 52:17
 6. Larry Berman, Met. AC, 52:31
 7. Richard Ruquist, NMC, 52:35
 8. Pat Palmer, Boston AA, 53:06
 9. David Whalen, Spartan AC, 53:16
 10. Thomas Smart, unat., 53:32; 11. Larry Martin, unat., 53:41; 12. Richard Packard, BAA, 53:52; 13. Gabriel Patroni, unat., 53:59; 14. Robert Esterbrook, USA, 54:26; 15. Richard Gordier, BAA, 54:32; 16. Stu Adams, BAA, 54:51; 17. Peter Barres, unat., 54:54; 18. John A. Kelley, unat., 55:08; 19. Richard Clapp, NMC, 55:14; 20. Newton Perrins, Mt. Park AA, 55:25; 21. Ralph Fairbanks, NMC, 55:41; 22. Robert Bamberg, BAA, 55:53; 23. Royce Sawyer, NMC, 56:44; 24. Bryan Gillespie, USN, 57:18; 25. Frank Niro, NMC, 57:19; 26. Reuben Bigelow, BAA, 57:37; 27. Steve Rebman, NMC, 57:43; 28. Glynn Wood, BAA, 57:53; 29. Peter Burkhardt, BAA, 58:27; 30. John Linscott, BAA, 59:06; 31. Ben Chapinski, NMC, 59:28; 32. Robert Benoit, NMC, 60:58; 33. Paul Schell, NMC, 61:04; 34. Julian Siegal, NMC, 62:06; 35. Dominic Morales, BAA, 62:36; 36. Richard Cecchini, NMC, 62:37; 37. Ira Locke, NMC, 65:06; 38. Robert Lincoln, N.H., 65:36; 39. Arthur Kimber, USMO, 65:40; 40. Gerard Petroni, unat., 66:12; 41. Sigmund Podlozny, NMC, 66:40; 42. Charles Scott, NMC, 66:55; 43. Ray Maillet, Spartan AC, 67:42; 44. Basil Richardson, NMC, 67:56; 45. Geo. Rauh, unat., 68:27; 46. William Perry, N.H., 72:45; 47. Paul Kirby, USN, 74:44; 48. Richard Welch, Wach. Striders, 74:45; 49. Fred Brown, Sr., NMC, 76:25; 50. John Philbrick, Gorham AC, 77:23; 51. Paul Ambrose, N.H., 83:08; 52. Emery Myshraill, USA, 88:18; 53. Arthur Bean, Greek AC, 106:22; 54. Thomas White, unat., NTC.
- Team: 1. Spartan AC, 8; 2. NMC, 17; 3. Boston AA, 20. --Fred Brown, Sr.--

N.S.W. CROSS-COUNTRY CHAMPIONSHIP 10,000m
Quakers Hill, Australia, May 27, 1967

(A rugged two lap course)- 1. Laurie Toogood, 29:29; 2. A. Harrison, 29:42; 3. M. Rooke, 29:55; 4. A. Thomas, 30:05

AUSTRALIAN CROSS-COUNTRY CHAMPIONSHIP
10,000m Launceston, Tasmania

1. L. Toogood, NSW, 31:22.6; 2. A. Benson, Victoria; 3. D. Clayton, Victoria; 4. K. Wheeler, Western Aust.; 5. A. Blackburn, Vic.; 6. A. Harrison, NSW.

MARATHON CLUB of N.S.W. Half Marathon

1. Reg Foulkes, 70:43

GARLEPP WINS 4-MILE RUN; SWAN SECOND

Paterson, N.J., Sunday, May 28- John Garlepp, Millrose AA, won the 2nd annual Old Timers of Paterson 4-mile road run in 21:00. The race, which started and finished at East Side Park in Paterson before a throng of about 1,500, was the feature of a huge outing sponsored by the Paterson Recreation Department.

Garlepp grabbed the lead at the start and was never headed as he went on to win by 100y over Al Swan (21:15) of the Central Jersey TC.

There were 43 starters in the race and all finished.

After the race refreshments were served and Mayor Kramer of Paterson presented a huge trophy to Garlepp. Eighteen trophies were presented. Larry Hilton (5th) won the 1st teenage trophy & Bill Coyne (26th) captured the 1st veteran (over 45) trophy. Before the 4-mile run there was a "Run for Fun" with about 50 competing in the Nat Cirulnick production. Medals were awarded to all finishers.

4-MILE RUN (2 P.M.)

1. John Garlepp, Millrose AA, 21:00
2. Al Swan, Central Jersey TC, 21:15
3. Jim Lombardi, Central Jersey TC, 22:03
4. George Maresca, Staten Island, 22:19
5. Larry Hilton, N.J. Astros, 22:20
6. Bernie Wright, Staten Is. AC, 22:24
7. Dave Swan, una., Passaic, N.J. 22:49
8. Wayne Lovioletta, CJTC, 22:51
9. Herb Bettencourt, Dover, N.J., 23:32
10. Ron Rakowski, una., Passaic, 23:53
11. Joe Jones, una., S.I., N.Y., 24:05
12. Gene Villgrain, United AA, 24:14
13. Jim Wilson, United AA, 24:15
14. Ron Giehl, Garden State AC, 24:17
15. Rolando Cabrera, NYPC, 24:20
16. Charles Martini, CJTC, 24:30; 17. Mike Attenu, Millrose AA, 24:40; 18. Bruce Sacks, United AA, 24:42; 19. Bob Bazley, una., 24:49; 20. Tom Bazley, Shore AC, 25:17; 21. Melvin Blackman, United AA, 25:37; 22. Felix Cabrera, NY-PC, 25:41; 23. Glenn McCarthy, UAA, 25:41; 24. Joe Paz, MAA, 25:47; 25. Mark Collins, UAA, 25:58; 26. Bill Coyne, MAA, 26:05; 27. Dr. Wm. McConnell, CJTC, 26:12; 28. Nat Cirulnick, UAA, 26:46; 29. Sid Feins, CJTC, 27:06; 30. Carlos Bettencourt, una., Dover, N.J., 28:03; 31. Larry Borg, United AA, 28:27; 32. Barry Geisler, Jr., una., 28:38; 33. Joe Faherty, una., Maywood, N.J., 28:39; 34. Clyde Beamon, N.J. Astros, 29:05; 35. Barry Geisler, Sr., una., 29:40; 36. Morty Schwartz, una., 30:12; 37. Allen Wolberg UAA, 30:37; 38. Steve Sutton, UAA, 30:39
39. Kurt Steiner, NYPC, 30:50; 40. Bill Share, una., 32:02; 41. Joe Keller, SABC,

32:14; 42. Art Lucy, United AA, 32:24; 43. Eric Geisler, una., 33:49.

Team Scoring: 1. Central Jersey TC, 22; 2. United AA, 33. --Joe Kleinerman--

GAVIN JONES WINS 3RD ANNUAL GREENWICH RUN

Greenwich, Conn., Tues., May 30- Gavin Jones, NYAC's Jr. Met AAU X-C Champ won the Greenwich Recreation Board sponsored 5-mile road race in the course record time of 25:14.2. Ray Crothers, 2nd today in 25:28, held the old record of 25:16.8 (1966). The race was scored in two sections. Russ Taintor, Bricktown, N.J. H.S., captured the schoolboy division in the new course record time of 26:47. The old record was 26:57 by Gary Burfoot of Fitch H.S. Ct. (1966). A total of 115 runners competed in the race (48 scored in the open section & 65 of 67 in the schoolboy).

Refreshments were served at the K.of C. Hall. Meet Director: Bill Taylor.

OPEN SECTION (9:30 A.M.)

1. Gavin Jones, New York AC, 25:14.2 CR
2. Ray Crothers, CCAA, 25:28
3. Ed Winrow, New York AC, 26:03
4. Jim Lombardi, CJTC, 26:19
5. Bruce Dobratz, Middlefield, Ct., 26:34;
6. Don Putnam, Spartan AC, 26:38; 7. Chas. Martini, CJTC, 26:39; 8. Bob Greenberg, 4F Striders, 26:45; 9. Gary Muhrccke, MAA, 27:08; 10. Jack Coons, Haverstraw, N.Y., 27:11; 11. Wayne Lovioletta, CJTC, 27:17; 12. Harry Howell, NYAC, 27:27; 13. Vince Chiappetta, NYAC, 27:31; 14. Tom Mallory, 4F Striders, 28:03; 15. Bill Taylor, 4F Striders, 28:04; 16. James Janke, 4F Str., 28:12; 17. James Larkin, CJTC, 28:28; 18. Mike Attenu, Millrose AA, 28:47; 19. Frank Niro, III, NMC, 29:22; 20. Larry Langer, NYPC, 29:28; 21. Rick Bayko, NMC, 29:56; 22. Jim Smith, 4F Str., 30:05; 23. Dr. George Sheehan, CJTC, 30:12; 24. Steve Rebman, NMC, 30:16; 25. Richard Condon, Hartford, Ct., 30:18; 26. Joe Paz, MAA, 30:32; 27. Bill Coyne, MAA, 30:38; 28. Nat Cirulnick, United AA, 30:38; 29. Dr. Wm. McConnell, CJTC, 31:10; 30. Vince Fandetti, NMC, 31:12; 31. Walter A. Bingham, West Side YMCA, N.Y., 31:27; 32. John Goodrich, North Merrick, L.I., 31:37; 33. Andrew Crichton, West Side YMCA, 31:43; 34. Gwilym Brown, West Side YMCA, 31:48; 35. Bill Crowell, Pawling, N.Y., 32:49; 36. Tom Talbot, una., Ct., 34:14; 37. Dave Littlehales, L.I. AC, 35:14; 38. Barry Geisler, Sr., Bronx, 35:22; 39. Sig Podlozny, NMC, 35:29; 40. Ernie Medaglia, MAA, 35:40; 41. Kurt Steiner, NYPC, 37:17
42. Jim Dunaway, NYC, 37:38; 43. Dick Rothschild, West Side YMCA, 39:27; 44. Robert Hinkle, Darien, Ct., 40:10; 45. Ed Skalandunas, Riverside, Ct., 41:16; 46. Bill Mongovan, Greenwich, Ct., 41:54

47. Martin Rossi, Cos Cob, Conn., 43:37
 48. James Flxx, Riverside, Conn., 47:38
 Team: 1. Central Jersey TC, 29; 2. 4F Striders, 35.

SCHOOLBOY SECTION (9:30 A.M.)

1. Russ Taintor, Bricktown, N.J., 26:47
 2. John Vangor, Yonkers, N.Y., 27:29
 3. Deryl Thornton, Yonkers, N.Y., 27:40
 4. Dom Camero, Bricktown, N.J., 27:44
 5. Jerry Glickman, Sheepshead Bay H.S., 28:02; 6. John Durland, Darien, Ct., 28:08; 7. Kevin McGorty, Bricktown, N.J. 28:16; 8. Steve Mate, Fairfield, Conn., 28:51; 9. John Meeker, Greenwich HS, 29:02; 10. Gene Villagrains, Jamaica, L.I., 29:14; 11. James Nichols, Dayville, Ct., 29:24; 12. Wm. Light, Portchester, N.Y., 29:34; 13. Ron Taintor, Bricktown, N.J., 29:38; 14. Bill Dix, Levittown, L.I., 29:53; 15. Robert Irvine, St. Mary's HS, 29:54; 16. Steve P. Kelly, Fordham Prep, 30:19; 17. Glenn McCarthy, Jamaica, L.I. 30:22; 18. John Hastings, Greenwich HS, 30:25; 19. Scott C. Osler, Greenwich HS, 30:28; 20. Randy Ernst, St. Mary's HS, 30:29. (67 starters, 65 finishers)
 Team: Bricktown, N.J. H.S., 21; 2. Greenwich, Ct. H.S., 42; 3. St. Mary's HS, 57
 --Joe Kleiner--

TOM OSLER WINS FARNHAM PARK X-COUNTRY

Camden, N.J., Wed., June 7 - 7 P.M. - In warm sultry conditions, 20 runners cautiously completed one lap before picking up the pace. On the second of 4 laps Tom Osler & Lou Coppens detached themselves from the rest. At 3½ miles Osler decided it was time to take things seriously and, applying pressure, quickly left his Penn AC rival & went on to win by 25s in the good time of 27:30 for the hilly, certified course of 5 miles, 386y. Neil Weygandt, PMC's Middle Atlantic Collegiate cross-country champ, ran a fine race for third place honors.

1. Tom Osler, South Jersey TC, 27:30
 2. Lou Coppens, Penn AC, 27:55
 3. Neil Weygandt, South Jersey TC, 28:12
 4. Browning Ross, So. Jersey TC, 28:59
 5. Larry Simmons, So. Jersey TC, 29:52
 6. Mike Brasko, So. Jersey TC, 29:57
 7. Carl Metzradt, So. Jersey TC, 30:00
 8. Russ Jackson, So. Jersey TC, 30:11
 9. Len Jackson, So. Jersey TC, 30:52
 10. Bob Romansky, So. Jersey TC, 31:01
 11. Ev Sparks, SJTC, 31:30; 12. John Cassaday, Sterling Regional H.S., 32:05; 13. Charles Paslay, SJTC, 32:56; 14. Tom Fisher, SJTC, 33:24; 15. Jeff Rockwell, SJTC, 33:26; 16. Dr. William Heugan, SJTC, 33:37; 17. Vince Masciarelli, Penn AC, 33:57; 18. Norm Baker, SJTC, 39:41. DNF- Al Lockett & Bob Romansky, Jr., SJTC.

Face: 1st lap: 6:39 Osler & Coppens; 2nd lap: 13:32 Osler & Coppens; 3rd lap: 20:29 Osler, 20:42 Coppens, 21:02 Weygandt. M.A. RRC sponsored. 10 trophies awarded.

RYL ONE LAP (ONE-MILE, 97y)

1. John McMenamin, North Wales, Pa., 7:17
 2. George Braceland, 8:14; 3. Tom Tropia, 8:54.

AMBY BURFOOT WINS NEW YORK 15-KILO RUN

New York, N.Y., Sat., June 3- 12 Noon- The Metropolitan Assn. AAU 15km open & Championship run was the highlight of the N.Y. spring road running season with youthful Amby Burfoot, fresh from a 14-minute ICHa three-mile performance (2nd), winning from collegian Jim O'Connell, Tom Osler & Ed Winrow. Winrow came from "way back" in the late stages to pass at least 15 runners for 4th position. One wonders what a faster early pace would do for him? Winner Burfoot also started fairly slow, but when he did move up with the leaders he certainly proved to be the strongest on this particular day. When he moved in front he steadily broke away to win comfortably in the so-so time of 50:30.2. (The course appeared to be quite a bit longer than the advertised 15km distance.)

Jim O'Connell turned in one of his better performances in edging Tom Osler for second place.

The race started a few blocks from Yankee Stadium in the Bronx and finished at the foot of the Perisphere at the old N.Y. World's Fair Grounds in Flushing Meadows, Corona Park, N.Y. A great deal of the race, run in 83-degree heat with no shade, seemed to be run over long bridges.

The race was sponsored by the Triborough Bridge & Tunnel Authority & the prizes (ten watches, five silver plated cups, ten plaques & 50 medals) were excellent.

South Jersey TC easily captured the Open team title with a low score of 46 points. NYAC totaled 70 & Millrose AA 78.

1. Ambrose Burfoot, Wesleyan Univ., 50:30.2
 2. Jim O'Connell, St. Anth. BC, 51:45
 3. Tom Osler, South Jersey TC, 52:07
 4. Ed Winrow, New York AC, 52:27
 5. Lou Coppens, Penn AC, 53:11
 6. Ray Crothers, Central Conn. AA, 53:20
 7. Jim McDonagh, Millrose AA, 53:22
 8. Allen R. Mulvey, Long Island AC, 53:32
 9. Gunther Moses, Bruce TC, 53:43
 10. John Garlepp, Millrose AA, 53:44
 11. Al Swan, Central Jersey TC, 53:48
 12. Bill Harvey, unat., New York, 54:23
 13. Jim Lombardi, Central Jersey TC, 54:32
 14. Browning Ross, South Jersey TC, 54:55
 15. Gavin Jones, New York AC, 55:15
 16. Neil Weygandt, South Jersey TC, 55:26

17. Ron Sayers, South Jersey TC, 55:27
 18. Bill Schwab, New York AC, 55:40
 19. George Wisniewski, St. Anth., 56:02
 20. Gary Muhrcke, Millrose AA, 56:07
 21. Frank Frick, South Jersey TC, 56:16
 22. Richard Lewis, United AA, 56:50
 23. Arthur Hall, NYPC, 56:53
 24. Bill Taylor, Greenwich, Ct., 56:54
 25. Bill Gordon, St. Anthony's BC, 57:15
 26. Bernie Wright, St. Anth. BC, 57:34
 27. Rick Glider, NYPC, 57:35; 28. Jack Coons, Haverstraw, N.Y., 57:38; 29. Don Lindaaur, St. Anth. BC, 58:15; 30. Charles Martini, CJTC, 58:17; 31. Bob Lowe, NYAC, 58:24; 32. Joe Burns, United AA, 58:29; 33. Vince Chiappetta, NYAC, 58:49; 34. Ralph Anlevas, FDUA, 58:56; 35. Herb Bettencourt, Dover, N.J., 59:10; 36. Harry Berkowitz, SJTC, 59:54; 37. Wayne Lavolette, CJTC, 60:13; 38. Al Williams, NYPC, 61:00; 39. Kermit Bowens, Manhattan Flight Kings, 61:07; 40. Mike Attina, Millrose AA, 61:18; 41. Vin Kern, Millrose AA, 61:23; 42. Larry Langer, NYPC, 61:24; 43. Joe Jones, una., 61:44; 44. James Wilson, United AA, 61:45; 45. Joe Paz, MAA, 62:04; 46. Joe Maggi, St. ABC, 62:33; 47. Ray Jackson, Manhattan FK, 62:38; 48. Marc Gelinis, Mt. Park AA, 62:50; 49. Ted Corbitt, NYPC, 63:24; 50. Mike Reif, MAA, 63:26; 51. Bill Shanahan, MAA, 63:33; 52. Frank Vann, United AA, 63:50; 53. Andre Riou, SJTC, 64:10; 54. Phil Tourginy, Westchester Comm. College, 64:17; 55. Jeff Larkin, CJTC, 65:20; 56. Jim Borden, UAA, 65:27; 57. Robert Friedlander, una., NYC, 65:44; 58. Bill Coyne, Millrose AA, 67:53; 59. Sam Berry, una., 68:15; 60. Jeff Rockwell, SJTC, 69:19; 61. George Kochman, MAA, 69:37; 62. Allan Olsen, St. ABC, 69:43; 63. Albert Ugelow, St. ABC, 69:55; 64. Carlos Bettencourt, Dover, N.J., 70:35; 65. Ron Gripenburg, una., 70:53; 66. Dave Littlehales, una., 71:15; 67. Charles Turner, United AA, 71:55; 68. Joe Montecalvo, una., 72:02; 69. Allen Walberg, United AA, 73:02; 70. Ernie Medaglia, MAA, 73:07; 71. Milton Pataky, St. ABC, 73:58; 72. Allen Steinfeld, NYPC, 75:27; 73. Mike O'Hara, St. ABC, 75:53; 74. Henry Mercer, una., 77:48; 75. Art Lucy, UAA, 78:33; 76. Barry Geisler, una., 78:41; 77. Morty Schwartz, una., 80:33; 78. Dudley Glasse, una., 81:34; 79. Bill Manley, St. ABC, 82:40; 80. John Mundy, una., 84:30; 81. Bill Steiner, MAA, 89:45.
 SR. MET. CHAMPIONSHIP- 1. Jim O'Connell; 2. Ed Winrow; 3. Jim McDonagh.
 JR. MET. CHAMPIONSHIP- 1. Gunther Moses; 2. Richard Lewis; 3. Arthur Hall.
 OPEN TEAM- 1. South Jersey TC, 46; 2. NYAC, 70; 3. Millrose AA, 78; 4. St. ABC, 83; 5. CJTC, 93; 6. NYPC, 123; 7. UAA, 137

NEW YORK AC 173rd SPRING GAMES, Travers Island, Pelham Manor, N.Y., Sat., June 3 3 P.M. (5-laps to the mile, dirt track)
Mile Inv.- 1. Dave Patrick, Villanova, 4:04.9; 2. Frank Murphy, V, 4:05.6; 3. Charles Messenger, V, 4:06.1; 4. Tom Donnelly, V, 4:06.5; 5. Barry Brown, NYAC, 4:07.9; 6. Don Rowe, St. John's Univ. Freshmen AA, 4:08.8...
2-Mile Handicap- 1. Eamon O'Reilly, NJ Spiked Shoe Club, Scr. 9:03.4; 2. Ray Smith, L.I. AC, Scr., 9:07.2; 3. Jeff Reneau, USA, 9:10.4; (Scr.) 4. Tom Mulligan, St. John's Univ. AA, Scr. 9:13.6; 5. Terry McQuade, NYPC, 14:0y.
2-Mile Walk (Met. AAU Championship)- 1. Ron Daniel, NYAC, 14:24; 2. Ron Kulik, NYAC; 3. John Kelly, Mill. AA; 4. Steve Hayden, L.I. AC...
Mile Handicap- 1. Kevin O'Brien, Notre Dame/NYAC, Scr., 4:10.3; 2. Robert Bogleione, una., 30y, 4:13.2.

LORENZ DOUBLE WINNER IN MIDDLE ATLANTICS Tower Hill School, Wilmington, Delaware Sunday, June 11, 1967 1 P.M. Hot, 93°
Mile- 1. Herb Lorenz, Penn AC, 4:16.3; 2. Rene Schlag, Penn AC; 3. Glenn Allen, Phila. Pioneers; 4. Ron Sayers, SJTC.
3-MILES- 1. Lorenz, PAC, 16:17; 2. Bob Hagner, Penn AC; 3. Dwight Byrd, Delaware T&F; 4. Larry Simmons, SJTC. (Byrd of Wilmington's P.S. DuPont H.S. led for more than half of the race as no one wanted to push it in the heat.)...
6-Miles- 1. Frank Glanz, Penn AC, 32:22.5; 2. Brian Harrington, Dela. T&F; 3. Neil Weygandt, SJTC; 4. Frank Frick, SJTC...
880- 1. Bill Holmes, Phila. Pioneers, 1:53.9; 2. Joe Daubert, Phila. AC; 3. Don Morgan, Penn AC; 4. Bill Murray, Dela. T&F...
3000m S'chase- 1. Phil Peterson, Penn AC, 9:51.7; 2. Glenn Allen, Phila. Pioneers; 3. Frank Glanz, Penn AC; 4. Vince Phillips, Penn AC.
2-Mile Walk- 1. Tony Selletto, Villanova AA, 15:50.0; 2. Joe Stefanowicz, Phila. AC
 3. Bill Hackulich, Phila. AC.
 Team: 1. Phila. Pioneers 79; 2. Penn AC 67; 3. Delaware T&F, 15; 4. Phila. AC, 13; 5. Harrisburg AAA, 8; 6. tie, SJTC & Villanova AA 5; 8. Pacers AC 2 & Univ. of Penn 2.

MOSES MAYFIELD CLOSE WINNER IN 5-MILER Phila., June 14- After a nip & tuck race with Frank Frick & Neil Weygandt, Moses Mayfield finally prevailed by a few steps over Frick with early pacesetter Weygandt 125y back in third position in the M.A. RRC's summer 5-miler on the East River Drive in Fairmount Park. Hot & humid.
 1. Moses Mayfield, Phila. AC, 26:21
 2. Frank Frick, South Jersey TC, 26:23
 3. Neil Weygandt, So. Jersey TC, 26:43
 4. Mike Brasko, So. Jersey TC, 27:37
 5. Russ Jackson, So. Jersey TC, 28:04
 6. Jeff Freed, Penn AC, 28:23

7. Dennis Heller, una., 29:18; 8. Vince Masciarelli, Penn AC, 29:19; 9. Bob Romansky, SJTC, 29:22; 10. Gary Rigg, SJTC, 29:55; 11. Ken Maus, una., 30:12; 12. Charles Paslay, SJTC, 30:42; 13. Joe Flemming, Broomall, Pa., 31:04; 14. Dr. William Heugan, SJTC, 31:36; 15. Frank Romero, una., 31:45; 16. Jeff Rockwell, SJTC, 32:29; 17. Dave Kelly, una., 32:48; 18. Norm Baker, SJTC, 34:44; 19. Tom Tropia, SJTC, 38:46; 20. Jerry Hoch, Phila. AC, 41:31.

PACIFIC ASSN. AAU T&F CHAMPIONSHIPS

Sacramento, Calif., June 10, 1967
5000m- 1. Dent, Pas. CC, 14:30.6; 2. R. Delgado, Athens AC, 14:31.6... 3000m SC- 1. Gaston Roelants, Belgium, 8:45.4; 2. Bob Richards, BYU, 9:05.8. Mile- 1. Dean, Athens AC, 4:03.5; 2. Romero, Reedley HS, 4:08.0... 880- 1. Lilly, Ore. St. Fr., 1:50.2

SOUTHERN PACIFIC AAU T&F CHAMPIONSHIPS

Eagle Rock, Calif., June 9, 1967
6-Mile- 1. Gene Gurule, una., 29:24.0; 2. Deines, Oxy, 29:55.2... 3-Mile- 1. Woelk, Striders, 13:57.6; 2. Macias, Belmont HS, 14:20.8; 3. Oleson, SMCC, 14:21.6. Mile- 1. Kruger, UCLA, 4:06.3; 2. Von Ruden, una., 4:07.1... 880- 1. Buck, USC, 1:49.6

NCAA COLLEGE DIVISION, Ogden, Utah, June 9-10-- 6-Mile- 1. Colehour, Eastern Ky., 29:58.4; 2. Amby Burfoot, Wesleyan, 30:08.8; 3. Bob Pitts, Cortland State, 30:26.6... 3-Mile- 1. Pitts, 14:24.8; 2. Burfoot, 14:25.8; 3. Colehour, 14:39.4. Mile- 1. Martinez, Southern Colo., 4:16.7

OREGON FEDERATION, Corvallis, Ore., June 10th- 3-Mile- 1. Jim Greille, Mult. AC, 13:43.4; 2. Morrow, Oregon TC, 14:02.8. 3000m SC- 1. Lehner, Ore. TC, 9:19.8. Mile- 1. T. Thompson, Staters, 4:11.6.

SAN DIEGO INV., San Diego, Calif., 6/10
2-Mile- 1. Ron Clarke, Aus., 8:25.2; 2. Pat Traynor, USAF, 8:34.6; 3. Tracy Smith SMAA, 8:35.0; 4. John Lawson, una., 8:37.4
5. Kerry Pearce, Texas Western Frosh, 8:46.1 Mile- 1. Martin Liquori, Essex Catholic HS, Newark, N.J., 4:00.1; 2. Tim Danielson, BYU Frosh, 4:01.4; 3. Dave Patrick, Villanova, 4:02.5; 4. Harry McCalla, USAF, 4:05.4... 880- 1. Tom Von Ruden, una., 1:49.6; 2. Frank Murphy, Villanova, 1:49.7; 3. Ted Nelson, Strid., 1:49.8; 4. Hansen, Pierce JC, 1:49.9.

NATIONAL FEDERATION CHAMPIONSHIPS, Albuquerque, N.M., June 9-10-- 6-Mile- 1. Harrison, Colorado St., 30:29.0; 2. Eller, NM, 30:41; 3. Tarry, Kans. St., 30:42. 3-Mile- 1. Geo. Scott, NM, 14:22; 2. Harrison, Colo. St., 14:26.8; 3. Stenburg,

Duke, 14:37... 3000m SC- 1. Conrad Nightingale, Kans. St., 9:05.0; 2. Loudat, NM, 9:05.0; 3. McCubbins, Okla. St., 9:15.6. 880- 1. Jim Ryun, Kansas, 1:47.2; 2. Ray Arrington, Wisc., 1:48.8; 3. Metcalfe, Okla. St., 1:49.0... Mile- 1. Ryun, K, 4:09.3; 2. Wiecezorek, Iowa, 4:10.8.

NAIA T&F CHAMPIONSHIPS, Sioux Falls, S.D. June 9-10-- 6-Mile- 1. Van Nelson, St. Cloud State, 28:52.0... 3-Mile- 1. Nelson, St. Cloud St., 13:29.8; 2. John Mason, Ft. Hays State, 14:06.0... 3000m SC- 1. J. Mason, 9:01.0; 2. Clark, Harding, 9:12.8; 3. McMahon, Okla. Baptist, 9:16.8... Mile- 1. John Mason, 4:07.3.

KNIGHTS OF COLUMBUS T&F MEET at La Salle College's McCarthy Stadium, Phila., Pa. Sunday, June 18th- 6-Mile- 1. Lou Coppens, Penn AC, 32:13.0; 2. Tom Osler, SJTC, 32:44; 3. Moses Mayfield, Phila. AC; 4. Harry Berkowitz, SJTC... Mile- 1. Herb Lorenz, Penn AC, 4:21.5; 2. Larry Simmons, SJTC, 4:35; 3. Bob Winward, Dela. T&F; 4. Frank Frick, SJTC... 3-Mile- 1. Stan Johnson, Phila. Pioneers, 14:57.0; 2. Moses Mayfield, Phila. AC, 15:35; 3. Bob Hagner, Penn AC; 4. Neil Weygandt, SJTC... 880- 1. Carl Richardson, NYPC, 1:54.6; 2. Bill Holmes, Phila. Pioneers; 3. Joe Daubert, Phila. AC; 4. Bill Murray, Dela. T&F... 2-Mile Walk- 1. Dave Romansky, SJTC, 14:37.0; 2. Ron Kulik, NYAC; 3. Steve Anderson, Phila. AC; 4. Joe Stefanowicz, Phila. AC... Team: Phila. Pioneers.

SOUTH JERSEY TC ALL-COMERS T&F MEET (1st in a series of six) Deptford Twp. HS N.J., Wed., June 21, 1967 7 P.M.
2-Mile- 1. Lou Coppens, Penn AC, 9:34.6; 2. Larry Simmons, SJTC, 10:10; 3. Larry Stone, Phila. AC, 10:11; 4. Don Lang, SJTC H.S. Mile- 1. Bob Doman, Phila. AC, 4:39.9
2. Andy Harp, Penn AC, 4:43.2; 3. Howard Schaeffer, SJTC, 4:43.3; 4. Ken Kling, SJTC... 880- 1. Joe Daubert, Phila. AC, 1:55.2; 2. Fran Carver, Phila. AC, 1:56.9; 3. Bill Mahoney, Phila. AC, 1:57.1; 4. Jim Flannery, Phila. Pioneers... Team: 1. SJTC, 26; 2. Phila. AC, 23; 3. Camden YDC, 11; 4. Penn AC, 10.

3rd ANNUAL CAPE MAY, N.J. INVITATIONAL PROMENADE TRACK MEET (Straightaway macadam "Boardwalk" along the ocean.) Sat., June 24, 1967 1 P.M. (Hot & very humid.) Mile- 1. Fran Carver, Phila. AC, 4:22.1; 2. Joe Daubert, Phila. AC, 4:23.0; 3. Harry Nolan, Shore AC, 4:29.5... 880- 1. John Portee, CJTC, 1:46.6; 2. Al Hicks, Shore AC, 1:48.2; 3. Leo Fischer, Phila. AC, 1:50.5; 4. Ed Ford, SJTC, 1:52.0. (definitely a short course!)... 5-Mile- next pg.

"Round the Cape" Run- 1. Lou Coppens, Penn AC, 24:07.4; 2. Frank Frick, SJTC, 24:52.2; 3. Browning Ross, SJTC, 24:55; 4. Phil Peterson, Penn State; 5. Graeme Sutherland, Dela.T&F. (35 starters, unfortunately the timers & judges only timed & placed the first three (?). Short course.) Trophies to 1st, 2nd & 3rd in 15 events.. Team: 1. Phila. Pion. 17; 2. CJTC, 10; 3. tie, Penn AC & Phila AC, 8; 5. Shore AC, 5; 6. SJTC, 4.

MEET OF MILES, KANSAS, June 6, 1967
Open Mile- 1. John Mason, Fort Hays St., 4:37.5; 2. Bruce Zamrzla, PHS, 4:41.5; 3. Lee Musil, West Kansas TC, 4:45.3.
Open Walk- 1. John Rose, WKTC, 8:07.4.
Intermediate Run (13 & Under)- 1. Gregg Bauer, WKTC, 5:32.5.
Junior Run (14-15)- 1. Paul Ide, LaCrosse, Kans., 5:50.0.

Senior Run (15-17)- 1. Roger Carlin, Bucklin, 4:34.5; 2. Lee Musil, Pawnee Hgts., 4:35.1; 3. Mike Estes, Bucklin.
Women's Run- 1. Diane Burns, Topeka Cosmo, 5:47.5. --Arne Richards--

ONE-HOUR RUN (MISSOURI VALLEY AAU CHAMPIONSHIP) Sat., June 17, 1967 Columbia, Missouri 5:00 P.M.

1. Arne Richards, West Kansas TC, 10 mi. 81 yds; 2. Bob Whitman, una., Kansas City, 8 1/2 miles, 363 yds; 3. Joe Duncan, una., Columbia, Mo., 8 1/2 mi., 213 yds.

2ND ANNUAL CURTIS COUNTRY LANE MARATHON (Curtis Memorial Day Nebraska Centennial Marathon) May 30, 1967

1. Stephen Matthews, Denver, Colo., 2:38:55; 2. A. Berry Crawford, Boulder, Colo., 2:39:53; 3. Carl Owczarzak, Minden, Nebraska, 2:46:00; 4. Louis Fritz, Verdon, Nebr., 2:48:36; 5. Elmer Lehmann Leroy, Kansas, 2:49:34; 6. Bill Young, Kearney, Nebr., 2:55:25; 7. Ken Katzer, Lincoln, Nebr., 2:56:06; 8. Gene Somer, Curtis, Nebr., 3:04:15; 9. John Peterson Kearney, Nebr., 3:11:17; 10. Vincent Zavala, Wood River, Nebr., 3:18:14; 11. Richard Halverson, Lincoln, Nebr., 3:20:42; 12. Gary Mierau, 3:26:02; 13. Ralph Merriman, Lincoln, Nebr., 3:31:15; 14. Jim Metz, Lincoln, Nebr., 3:37:55; 15. Don L. Childs, Harrisburg, Nebr., 3:38:47; 16. Jim Peterson, Lincoln, Nebr., 3:38:59; 17. Jim Fleagle, Enterprise, Kansas, 3:41:48; 18. Jay Christie, Denver, Colo., 3:47:31; 19. Andy Aiken, Lincoln, Nebr., 4:03:30; 20. Jim Schaffer, Lincoln, Nebr., 4:20:35; 21. Jay Krabacher, Evergreen, Colo., 4:22:14.

DNF- Roy Johnson, Ken Purdy, Bruce Far-
rar, Tom Bouse, Steve Ostlund.

Team: 1. Cornhusker RRC (Owczarzak, L. Fritz, Katzer) 13; 2. Denver TC, 14; 3. Kearney State College 22.

The race was run on a cloudy, rainy day. An alternate course had to be laid out because of the impossible muddiness of the original certified course's roads. The race was run on asphalt from Curtis to 4 miles east of Moorefield on Highway #23. Matthews & Crawford ran even for 24 miles (2:28:00).

TEENAGE 3-MILES- 1. Bob Campbell, Denver TC, 17, 15:43.5; 2. Jim McKinney, Denver TC; 3. Steve Nalty, Denver TC; 4. Ralph Zavala, Wood River, Nebr.; 5. Lon Bull, Denver TC; 6. Joe Fichtner, Hayes Co. HS.

WOMEN & GIRLS ONE MILE- 1. Brenda Whitman K.C., Mo., 24, 7:05; 2. Sheila Russell, Curtis, Nebr., 7:45; 3. Connie Turner, Curtis, 8:25; 4. Julia Brand, Curtis.

--Gene Somer--

SOUTH JERSEY TC ALL-COMERS T&F MEET (2nd in a series of six) Deptford Twp. HS N.J., Wed., June 28, 1967 7 P.M.

Mile- 1. Herb Lorenz, Penn AC, 4:17.2; 2. Fran Carver, Phila.AC, 4:19.1; 3. Larry Campbell, Penn AC, 4:31.3; 4. Bob Whitby, SJTC, 4:38.0; 5. George Hill, Camden YDC. 3-Mile- 1. Herb Lorenz, Penn AC, 14:39.8 (4:58, 9:54); 2. Lloyd Lyons, Penn AC, 16:42.4; 3. John Cassaday, SJTC, 17:19.8; 4. Jeff Rockwell, SJTC, 17:53.6..H.S. 880- 1. Jerry Clark, SJTC, 1:59.9; 2. Bob Dom-
an, Phila.AC, 2:01; 3. Mike Potopa, Potts-
town Pacers AC, 2:02.2; 4. Rich Shervais, Pottstown Pacers AC, 2:03.3..2nd Heat: 1. Mike Kozacic, SJTC, 2:09.6.

Team: 1. SJTC, 37; 2. Penn AC 14; 3. Phila.AC, 12; 4. Camden Youth Dev.Center, 10; 5. Pacers AC, 4; 6. Phila.Pioneers 3.

ROSS WINS! (FINALLY); COPPENS SECOND

Wenonah, N.J., Thurs., June 29- Only 13 faced starter Tom Osler in the annual Wenonah Woods run of approximately 5 1/2 miles. Lou Coppens was responsible for a fast early pace & by three miles he had opened a 30y gap, however Browning Ross soon closed the gap & moved in front at the 4-mile mark. On the final 1 1/2-mile stretch along the Woodbury Heights to Wenonah railroad tracks Ross edged out to a 70y margin which held up to the end.

1. Browning Ross, SJTC,	28:02.2
2. Lou Coppens, Penn AC,	28:14.7
3. Neil Weygandt, SJTC,	29:06.9
4. Ross Todd, Penn AC,	29:35.5
5. Bruce Hafemeister, SJTC,	30:15
6. Bob Romansky, SJTC,	31:01
7. Gary Rigg, SJTC, 31:26; 8. Lloyd Lyons, Penn AC, 32:09; 9. John Herbst, SJTC, 33:25; 10. Don Lang, SJTC, 33:37; 11. Dr. Wm. Neughan, SJTC, 34:13;	

12. Ed Cox, SJTC, 35:29; 13. Jim Henderson, SJTC, 37:18. (Cool, overcast).
 RFFYL 3 $\frac{1}{2}$ -MILES- 1. Bert Dahlstrom, Woodbury, 22:56; 2. Stan Brason, Springfield Pa., 24:29; 3. Ernie Brason, 25:27.

POTTSTOWN PACERS AC ALL-COMERS T&F MEET
 Ursinus College Stadium, Collegeville, Pa.
 Thursday, June 29, 1967 6 P.M. - Mile-1.
 Herb Lorenz, Penn AC, 4:24.8; 2. Mike Potopa, Owen J. Roberts' HS, 4:31.0.
 2-Mile Hcp.- 1. Glenn Brewer, Owen J. Roberts HS, 10:48.1 ET 0:50 9:58.1 Act. T.
 2. Bob Hagner, Penn AC, 10:58.2-9:58.2.
 Mile Walk- 1. Steve Anderson, Phila. AC, 7:55.2.

AKRON, OHIO YMCA 10-MILE RUN, JUNE 25th
 1. Les Hedegus, 54:34.0; 2. Wise, 56:09.5
 3. Whalen, 56:24.5; 4. Ian Milne, 56:39;
 5. Reed, 57:57; 6. Yehnert, 59:31; 7. Ford, 60:47; 8. Caplinger, 62:21; 9. O'Reilly, 63:25; 10. Gibson, 64:12.5;
 11. Young, 64:44; 12. Kincaid, 67:04;
 13. Comyns, 67:24; 14. Sturgus, 69:31;
 15. John O'Neill, 69:54; 16. Dr. Jacobs, 73:34; 17. Klett, 77:40; 18. Suscinski, 86:33.

4-MILE RUN- 1. Hunter, 21:03; 2. Sternberg, 22:23; 3. Bernard, 22:45; 4. Frye 23:50; 5. Hilkert, 23:54; 6. Flower, 24:04; 7. Bryan, 24:25; 8. Sanders, 26:43; 9. Barnhart, 28:13; 10. Vandell, 28:57; 11. White, 29:59; 12. Whitaker, 30:41.
 --Don Nelson--

Weekly Sunday runs will be staged by the Akron Central YMCA during July & August. For schedule write Don Nelson, YMCA, 80 W. Center St., Akron 8, Ohio.

TOM OSLER WINS BINGHAMTON 12-MILE RUN

Binghamton, N.Y., June 25- Tom Osler, Senior National 30km champion, won the 9th annual St. Christopher AC 12-miler on a flat, out & back course in hot 80° humid weather at the start & cooler weather at the end, due to a big storm halfway through the race which cooled the runners off. Osler followed the early pace maker, Al Swan, for a few miles & then took the lead closely trailed by Jim Lombardi, CJTC, who had won this race in 1964 & was second in '65 & '66. With about two miles to go Ed Winrow started his usual late kick & passed Lombardi. He cut into Osler's lead somewhat, but the SJTC ace still finished comfortably in 1:02:14 and 170y ahead of Winrow. Osler's time was the 2nd fastest for the course. The course mark is held by Jim O'Connell, SABO. O'Connell clocked 1:01:17.6 in 1965.

There were 71 starters in the race and

all but one finished. (About 10 runners arrived after the race started, including defending champion Dick Ashley of Rochester, N.Y.)

The team trophy went to the newly formed Utica Pacemakers, coached by Joe Ficaro, former Syracuse runner. The defending Rochester TC couldn't run as a team due to a dispute with their district AAU. After the race, the runners were treated to a fine chicken dinner with all the trimmings.

1. Tom Osler, South Jersey TC, 1:02:14
 2. Ed Winrow, New York AC, 1:02:34
 3. Jim Lombardi, CJTC, 1:03:32
 4. Don Brown, Rochester, N.Y., 1:03:42
 5. Phil Peterson, CJTC, 1:04:05
 6. Al Swan, CJTC, 1:04:06
 7. Richard Spurling, Mill. AA, 1:04:07
 8. Gunther Moses, una., NYC, 1:04:51
 9. Ray Smith, Long Island AC, 1:05:56
 10. Neil Weygandt, So. Jersey TC, 1:06:07
 11. Bill Gordon, St. Anth. BC, 1:06:22
 12. Jim Frazier, Utica Pacem., 1:06:42
 13. Paul Durbin, Finger Lakes TC, 1:06:52
 14. Douglas Allen, St. Chris. AC, 1:07:20
 15. Fred Gordon, Gardentown TC, 1:07:49
 16. Gary Leighton, St. Chris. AC, 1:08:06
 17. Tom Dunn, Utica Pacemakers, 1:08:13
 18. William Abel, Utica Pacem., 1:08:35
 19. Richard Bevins, Utica Pacem., 1:09:44
 20. Bud Sweet, St. Chris. AC, 1:09:55
 21. Mike McFarland, Watertown RRC, 1:10:51
 22. Newton Ferrins, Rochester, NY, 1:11:10
 23. Joe Briggs, Utica Pacemakers, 1:11:18
 24. Gary Stevens, Elmira K of C, 1:11:42
 25. Steve Sweet, Elmira K of C, 1:11:55
 26. Manny Banks, Auburn TC, 1:12:08; 27. Bob Brown, Rochester, 1:12:27; 28. Mike Attena, Mill. AA, 1:13:10; 29. Nat Cirulnick, United AA, 1:13:57; 30. Andrew Huray St. Chris. AC, 1:14:11; 31. Ed Cerasani, Buffalo Striders, 1:14:13; 32. Phil Pratt, Auburn TC, 1:14:14; 33. Chas. Lasher, St. Chris. AC, 1:15:05; 34. Dan Zehr, Watertown RRC, 1:15:06; 35. Ron Fleury, Auburn TC, 1:15:29; 36. Tom Leeder, WRRRC, 1:15:32; 37. Warren Pratt, una., 1:15:57; 38. Dr. James McConnell, CJTC, 1:16:15; 39. Bill Coyne, MAA, 1:16:21; 40. Darryl Dunham, una., Whitney Pt., N.Y., 1:17:01; 41. John Moreau, St. Chris. AC, 1:17:03; 42. Joe Kirby, SABO, 1:18:02; 43. John Collins, Elmira K of C, 1:18:40; 44. Mick Ruggeri, St. Chris. AC, 1:18:52; 45. Wm. Chapin, WRRRC, 1:19:15; 46. Matt Cola, SABO, 1:19:51; 47. Charles Paslay, SJTC, 1:20:09; 48. Gary Leiberhan, St. Chris. AC, 1:21:01; 49. John McArthur, Utica PM, 1:21:13; 50. Dennis Gilyard, St. Chris. AC, 1:21:14; 51. Alfred Bertoni, St. Chris. AC, 1:21:17; 52. Wm. Brizzolari, St. Chris. AC, 1:21:19; 53. Bruce G. Ferguson, WRRRC, 1:22:15; 54. Dusty Loro, WRRRC, 1:22:21;

55. Gerhard Plessinger, Cleveland RRC, 1:22:24; 56. Barry Geisler, Sr., United AA, 1:22:51; 57. Norman Frank, Rochester, 1:24:25; 58. Francis Marano, una., Conklin, N.Y., 1:25:41; 59. Milt Pataky, St. Anthony's BC, 1:25:52; 60. Barry Geisler, Jr., United AA, 1:25:56; 61. Ernie Medaglia, MAA, 1:26:07; 62. Robert Engle, Watertown RRC, 1:27:54; 63. Lawrence Pratt, Auburn TC, 1:28:22; 64. Mike O'Hara, SABO, 1:28:51; 65. Dale Corey, Watertown RRC, 1:29:04; 66. Norman Baker, SJTC, 1:29:14; 67. John Hudson, Albany TC, 1:30:50; 68. Kurt Steiner, NYFC, 1:32:28; 69. Eric Geisler, UAA, 1:41:47; 70. Tom Tropia, SJTC, 2:04:25.

DNF- John Bump, Binghamton, N.Y.
Team: 1. Utica Pacemakers, 4-7-8-9-12--40; 2. St. Christopher's AC, 48; 3. South Jersey TC, 72; 4. Watertown RRC, 81; 5. St. Anthony's BC, 84.

Awards: 8 trophies, 15 medals, local awards & team trophy.. Race Director: Rev. John H. Donovan.. Officials: Jack Warner, Bill Donahue, Joe Kleinerman, Walter Berger, Carmine Lombardi.

NEW ENGLAND ASS'N AAU SR. 6-MILE TRACK CHAMPIONSHIP at Bowditch Field, Framingham, Mass., June 1, 1967 7:00 P.M. (Rubberized asphalt track; temp. 68° weather- fair.)

1. Ralph Buschmann, Spartan AC, 29:26.0
2. Bruce Dobratz, Spartan AC, 30:42
3. Ken Mueller, Boston AA, 31:17
4. Jim Daley, No. Medford Club, 31:41
5. George Conefrey, Brockton AC, 32:01
6. Paul Hoss, Spartan AC, 32:05
7. Larry Berman, Metropolitan AC, 32:06;
8. Mike Gallagher, Spartan AC, 32:27; 9. Don Putnam, Spartan AC, 32:45; 10. Dick Ruquist, NMC, 33:07; 11. Ron Gaff, una., 34:09; 12. Ed Connor, NMC, 34:31; 13. Warren Fowler, NMC, 34:58; 14. Steve Reberman & Frank Niro, NMC, 35:28; 16. Ed Curtis, NMC, 37:05; 17. Dominick Morales, BAA, 38:00; 18. Julian Siegel, NMC, 38:10
19. Fred Brown, Sr., NMC, 46:31.

DNF- Warren Mitchell, Spartan AC; Donald Wilken, NMC; Bill Feeney, BAA; Stuart Adams, BAA (did not start).

COMMENTS: Buschmann was out in front from the start, but a small pack of Gallagher, Dobratz, Mueller, Conefrey & Jim Daley stayed within striking distance for 1 1/2 miles; from then on the race was Buschmann's alone. The race was run in two heats, with places awarded on time. The first nine finishers, with the exception of Hoss, were in the first heat, the others were in the second.. Buschmann ran miles of 4:45, 9:37, 14:37, 19:35, 24:33 & 29:26.0.. Bruce Dobratz turned in

a good effort. He has been running at least two races a week in the past month and a half & seems to be getting faster each race.. Graham Farnell's Spartan AC displays a lot of strength & depth.

--Rick Bayko & Larry Berman--

KIWANIS 3-MILE ROAD RACE, Milton, Mass.

June 3, 1967 Weather: Hot!

1. Ron Wayne, Brockton HS, 15:00
2. George Conefrey, Brockton AC, 15:08
3. Charles Diehl, Xavier HS, 15:15
4. John Quirk, Boston College HS, 15:18
5. Dick Mahoney, Boston Coll. HS, 15:31
6. William C. Varraso, Ab. Williams HS, 15:35; 7. Larry Berman, Met. AC, 15:37; 8. Frank Kelly, NECTC, 15:38; 9. John Vercollone, Milton HS, 15:41; 10. Jim King, Dartmouth HS, 15:43; 11. Tom Koerber, Cath. Memorial, 15:48; 12. Joe Butler, Brockton HS, 15:51; 13. Brad Kron, BHS, 15:54; 14. Mike Coughlin, BHS, 15:59; 15. Ken Fortin, BHS, 16:00; 16. Paul McElroy, Randolph HS, 16:10; 17. Mike Small, RHS, 16:12; 18. Dave Whalen, Spartan AC, 16:16; 19. Dave Linton, BAA, 16:17; 20. Richard Barry, Brockton HS, 16:19; 21. Russ Mattson, Walpole HS, 16:21; 22. Dom Monterio, Brock. HS, 16:22; 23. Dave Dulong, Rand. HS, 16:23; 24. Rick Bayko, NMC, 16:24; 25. Hugh McDougal, Sharon HS, 16:26. (93 listed finishers.) Comments: Ron Wayne was given an unexpected chance to defend his title here & did so successfully. Ron was scheduled to compete in the mile at the Mass. H.S. state meet, but when that was postponed because of rioting in that area he came out to this one. He took over the lead at 1 1/2 miles & held it until the end. Brockton H.S.'s New England schoolboy x-champs, copped the team prize.. Only one AAU official was at the race, and because of the novice help only 30 times were recorded, and many runners were missed.

--Rick Bayko & Fred Brown--

DORCHESTER DAY 10-MILE ROAD RACE

Dorchester, Mass., June 4, 1967 11 A.M.
1. Dave Dunsy, Northeastern TC, 55:49.0
2. Larry Olsen, No. Medford Club, 57:07
3. Ken Mueller, Boston AA, 57:42
4. Jim Wrynn, Spartan AC, 57:49
5. Gabe Petroni, unat., 57:53; 6. Edmund Connor, NMC, 58:04; 7. Phil Ryan, BAA, 58:12; 8. Tony Sapientza, BAA, 58:19; 9. Peter Stipe, BAA, 58:28; 10. Dick Packard, BAA, 58:44; 11. Ron Gaff, una., 59:16; 12. Pat Palmer, BAA, 59:39; 13. Chas. Lang, Spartan AC, 61:00; 14. Peter Hoss, Sp. AC, 61:15; 15. Don Houton, Dorchester, 61:35; 16. John Booras, BAA, 61:54; 17. Remi Charoux, NMC, 62:04; 18. Tom Black, NMC, 62:15; 19. Ken Dawson, BAA, 62:30; 20. Tom Derderian, NMC, 62:55; (next page)

21. Paul Schell, NMC, 64:00; 22. Ron Hughes, BAA, 64:07; 23. Don Fay, BAA, 64:17; 24. Pete Burkhardt, BAA, 64:54; 25. John Counihan, BAA, 65:02; 26. Don Dunskey, NETC, 65:46; 27. Paul Donovan, BAA, 66:18; 28. Jim Alexander, BAA, 66:25; 29. Steve Sacks, Emerson College, 66:38; 30. Robert Gormley, una., 67:34; 31. Ed Curtis, NMC, 68:55; 32. Bob Hersey, NMC, 68:59; 33. George Leslie, NMC, 70:21; 34. Al Joseph, Lynn AC, 71:17; 35. Dick Cecchini, NMC, 71:18; 36. Kevin MacDonald, NMC, 71:35; 37. Warren Fowler, NMC, 73:06; 38. Bob Benoit, NMC, 73:07; 39. Bob Page, NMC, 73:18; 40. George Waterhouse, NMC, 73:20; 41. Stan Tiernan, NMC, 73:25; 42. Sigmund Podlozny, NMC, 74:32; 43. Don Wilkin, NMC, 75:32; 44. Al Chamberlin, NMC, 76:42; 45. Royce Sawyer, NMC, 77:05; 46. John Wallace, BAA, 77:57; 47. Harold Gabriel, Boston YMCA, 78:50; 48. Wm. Nolan, Dorchester, 80:55; 49. Larry Joseph, Lynn AC, 81:52; 50. Warren Mitchell, Spartan AC, 82:54; 51. Ernest Sibson, Brockton YMCA, 85:51; 52. Frank Scaletta, Spart. AC, 86:29; 53. Richard Hogan, BAA, 87:25; 54. George Lattarulo, NMC, 88:02; 55. Allen Payrot, NMC, 88:27; 56. Ed Field, BAA, 90:40; 57. Chas. Scott, NMC, 91:20; 58. Bill Perry, una., 91:21; 59. Chas. Snyder, una., 91:30; 60. Frank Miro, NMC, 91:48; 61. Andre Moreau, NMC, 93:50; 62. Jim Lynch, NMC, 94:20.

COMMENTS: Ninety degree heat didn't stop Dave Dunskey from winning his first road race crown. The former Northeastern Univ. track & x-country star bested 68 runners and, because the course was lengthened by a half mile this year, he established a course record. More than a minute back was Larry Olsen of NMC. Larry figured that Ken Mueller was the man to beat, and he stuck with him through a big part of the race. Many of the competitors had run in one of the two races the day before, and were off to catch a third race later on in the afternoon at Chicopee, Mass.

--Rick Bayko--

ALDENVILLE, MASS. 6½-MILE ROAD RUN

June 4, 1967. Temp. 92-degrees. Sponsored by the American Legion. 67 starters, 65 finishers with two being carted off to the hospital with heat exhaustion.

1. Bruce Dobratz, Spartan AC, 38:18
2. Don Putnam, Spartan AC, 38:20
3. Russ Pate, Spartan AC, 38:58
4. Dave Whalen, Spartan AC, 39:18
5. Charles Dyson, Hartford TC, 39:40
6. Steve Smith, Spartan AC, 39:47
7. Robert Kitchen, Chesapeake TC, 40:23
8. Roland Cormier, Mt. Park AA, 40:50

9. Edward Walkwitz, Mt. Park AA, 42:19;
10. Bruce Goodchild, NMC, 42:48; 11. John Thompson, MPAA, 43:21; 12. John Hurley, NMC, 44:09; 13. John Jaren, MPAA, 44:32; 14. Dan Tompkins, CGAA, 44:46; 15. Frank Niro, NMC, 44:53; 16. James Nichols, NMC, 45:05; 17. Joe Martino, una., 45:47; 18. John McCarthy, Mt. Park AA, 45:55; 19. John Counihan, BAA, 46:06; 20. Richard Fermoy, NMC, 46:10; 21. Tom Derderian, NMC, 46:17; 22. Vin Pandetti, NMC, 46:24; 23. Thomas O'Connor, Mt. Park AA, 47:42; 24. Stuart Putnam, Wach. Striders, 47:54; 25. David Shaw, WS, 47:55; 26. Timothy Bosworth, una., 48:09; 27. Harry Miller, NMC, 48:31; 28. Edward Dvorchak, MPAA, 48:51; 29. Chester Shyloski, una., 48:53; 30. Robert Russell, una., 49:03; 31. Wm. Crowell, una., 49:22; 32. Remi Charoux, NMC, 49:42; 33. George Atkinson, Spartan AC, 49:44; 34. John O'Connor, Mt. Park AA, 49:52; 35. Bruce Barman, MPAA, 49:55; 36. Norman Scally, una., 50:31; 37. John Lawrence, Mt. Park AA, 51:02; 38. Don Bernier, MPAA, 51:14; 39. Dan Heary, NMC, 51:52; 40. Peter Quirk, MPAA, 51:59; 41. Sigmund Podlozny, NMC, 52:19; 42. Mike Robinson, una., 53:22; 43. Alton Chamberlin, NMC, 54:08; 44. Dave Brackett, MPAA, 54:24; 45. Ed Jazab, MPAA, 54:25; 46. Robert Benoit, NMC, 54:26; 47. Thomas Lull, Mt. Park AA, 54:27; 48. James Lynch, MPAA, 54:39; 49. Martin Cosgrove, una., 54:56; 50. Rod McAlpine, una., 55:15.

--Fred Brown, Sr.--

NMC MIDWEEK 6-MILE RUN, Milford, Mass.

June 7, 1967. Weather: Cool.

1. Larry Olsen, 32:53; 2. Edmund Connor, 33:14; 3. Richard Ruquist, 33:28; 4. Remi Charoux, 33:52; 5. Richard Clapp, 35:37; 6. Robt. Hersey, 35:39; 7. Bruce Goodchild, 35:40; 8. Rick Bayko, 36:09; 9. James Nichols, 36:18; 10. Steve Rebman, 36:25; 11. John Hurley, 36:33; 12. Claude Ellis, 36:42; 13. Don Wilkin, 37:40; 14. Harry Miller, 38:08; 15. Kevin McDonald, 38:52; 16. George Leslie, Jr., 38:55; 17. Stan Tiernan, 39:25; 18. Robert Page, 40:44; 19. Ray Ducharme, 41:09; 20. James Conley, 41:23. (32 finishers) --F. Brown--

7TH ANNUAL MT. WASHINGTON RUN, June 18th

1. Angus Wootten, unat., 1:12:43
2. Roland Cormier, Mt. Park AA, 1:14:18
3. Richard Clapp, NMC, 1:14:25
4. Peter Stipe, Boston AA, 1:16:05
5. Craig Dupree, Boston AA, 1:17:47
6. Charles Dyson, Hartford TC, 1:19:02
7. James Daley, Jr., NMC, 1:19:34
8. Tom Maynard, Boston AA, 1:20:10
9. Stuart Adams, Boston AA, 1:20:40
10. Remi Charoux, NMC, 1:21:08
11. Richard Cordier, Boston AA, 1:21:58

12. Kenneth Klatka, una., 1:22:17; 13. George Waterhouse, NMC, 1:23:10; 14. Myron Bigelow, BAA, 1:24:46; 15. Don Morton, BAA, 1:25:31; 16. Don Fay, BAA, 1:26:20; 17. Lenny Holmes, NMC, 1:26:21; 18. Ben Chapinski, NMC, 1:27:04; 19. Ralph Grant, Waterville AC, 1:27:21; 20. Roland Dyer, WAC, 1:27:31; 21. John Hurley, NMC, 1:29:07; 22. Ron Gaff, unat., 1:31:03; 23. Rick Bayko, NMC, 1:31:45; 24. John Jarek, Mt. Park AA, 1:31:53; 25. Charles Scott, NMC, 1:34:23; 26. Beattie McKenzie, Ottawa Ski Club, 1:34:38; 27. Sigmund Podlozny, NMC, 1:38:33; 28. Bob Page, NMC, 1:40:41; 29. Sam Stallard, Viking Ski Club, 1:41:48; 30. Vin Fandetti, NMC, 1:41:56; 31. John Linscott, Boston AA, 1:42:24; 32. Doug Bourne, Mt. Royal Francis Amis, Que., 1:43:19; 33. Alton Chamberlin, NMC, 1:44:41; 34. Wm. Laqueux, una., 1:44:44; 35. George Leslie, NMC, 1:46:49; 36. Brian Guerdon, NMC, 1:47:13; 37. Ronald Dyer, Waterville AC, Maine, 1:47:34; 38. John Philbrick, Gorham AC, 1:51:08; 39. Robert MacVeigh, Boston AA, 1:51:47; 40. James Daley, Sr., NMC, 1:56:32; 41. John Halpern, Cambridge YMCA, 2:00:40; 42. Wm. Castle, New York AC, 2:03:46; 43. George Lattarulo, NMC, 2:04:09; 44. Stanley Sheldon, una., 2:17:12.

Notes... At the start Roland Cormier jumped into the lead & held it until the six-mile mark. At the halfway house Cormier still held the lead but Wootton was coming strong. He soon took the lead & went on to win by a good margin. Dick Clapp, who climbed Mt. Adams the day before, finished strongly for a good 3rd. It appears as though the "outlanders" have taken this event over as they have the BAA Marathon. Fred Norris (1965), Leo Carroll (1966) & Wootton are all from England. Officials: Les Balcom, John Canney, Fred Brown, Sr., and that shy gentleman, Jock Semple. --- Fred Brown

15TH ANNUAL BENNIES LUNCH 10-MILE ROAD RUN, June 21, 1967 Weather: Ideal.

Lynn, Mass. - Dominic Morales took the lead for the first five miles & then former Nat'l. Jr. 25km champ Stan Tierman grabbed it & held it until Peter Stipe, who started 8:30 after the gun, moved in front about 800y from the finish. Amby Burfoot took the time prize. He ran from scratch with Johnny Kelley. This run is one of the best in the area. About 25 fine trophies. The moaning regarding handicaps was much louder than usual, but maybe it was just because handicapper Fred Brown left his earplugs home. Team: 1. NMC, 9; 2. BAA, 16; 3. Spartan AC, 31; 4. CCAA, 33; 5. Lynn AC, 39.

1. Peter Stipe, Boston AA, 66:23 8:30 57:53
2. Tom Denderian, NMC, 66:30 6:00 60:30
3. Stan Tierman, NMC, 67:00 1:00 66:00
4. Remi Charoux, NMC, 67:10 7:30 59:40
5. Ken Dawson, Boston AA, 67:13 7:30 59:43
6. Ray Hall, CCAA, 67:28 10 57:28
7. Richard Fermoy, NMC, 67:33 1:00 66:33
8. Frank Wall, Spart. AC, 67:41 7:30 60:11
9. Russ Holt, Mt. Pk. AA, 67:42 6:00 61:42
10. Ned Gillette, Sp. AC, 67:45 7:30 60:15
11. Phil Ryan, BAA, 67:53 9:00 58:53
12. Thomas Doyle, Lynn, 67:57 8:30 59:27
13. Gabe Petroni, una., 68:03 9:00 59:03
14. Richard Weeks, LAC, 68:07 7:30 60:37
15. Luis Velasquez, BAA, 68:10 1:00 67:10
16. Jim Daley, Jr., NMC, 68:27 12 56:27
17. Jim Green, BAA, 68:29 12 56:29
18. Amby Burfoot, CCAA, 68:30 15 53:30*
19. James Hall, CCAA, 68:31 10 58:31
20. Elliot Edwards, NMC, 68:43 3:00 65:43
21. Rick Rowley, una., 68:47 7:30 61:17
22. Dick Packard, BAA, 68:49 8:00 60:49
23. Dave Linton, BAA, 68:51 7:00 61:51
24. John J. Kelley, BAA, 68:59 15 53:59
25. Chas. Kellogg, BAA, 69:03 3:00 66:03
26. Ray Crothers, CCAA, 69:15 14 55:15
27. Wm. Gimms, Spart. AC, 69:29 1:00 68:29
28. Larry Joseph, LAC, 69:33 10 59:33
29. Steve Rebman, NMC, 69:34 6:00 63:34
30. Don Wilkin, NMC, 69:35 3:00 66:35
31. James Wyrnn, Sp. AC, 69:36 12 57:36
32. Rick Bayko, NMC, 69:44 7:30 62:14
33. John Gray, NMC, 69:46 7:00 62:46
34. John Wallace, BAA, 69:56 6:00 63:56
35. Ken Mueller, BAA, 69:58 14 55:58
36. Glynn Wood, BAA, 70:00 11 59:00
37. Dick Clapp, NMC, 70:31 7:30 63:01
38. Claude Ellis, NMC, 70:33 4:00 66:33
39. Ray Babineau, una., 70:39 7:30 63:39
40. John Linscott, BAA, 70:42 6:00 64:42
41. Richard Hogan, BAA, 70:43 5:00 65:43
42. Edward Curtis, NMC, 70:59 3:00 67:59
43. Charles Russell, una., 71:00 7:30 63:30
44. Kevin McDonald, NMC, 71:27 3:00 68:27
45. Mike Small, Sp. AC, 71:38 9:00 62:38
46. Paul Schell, NMC, 71:43 6:00 65:43
47. Robert Hersey, NMC, 71:50 5:00 66:50
48. Tony Sapienza, BAA, 72:02 11 61:02
49. Don Fay, Boston AA, 72:06 6:00 66:06
50. Andre Moreau, NMC, 72:07 3:00 69:07
51. Roland Cormier, MPAA, 72:10 10 62:10
52. Paul White, una., 72:11 7:00 65:11
53. George Leslie, NMC, 72:15 Gun 72:15
54. John Morton, BAA, 72:27 7:30 64:57
55. Charles Scott, NMC, 72:28 1:00 71:28
56. John Jarek, MPAA, 72:49 5:00 67:49
57. Myron Bigelow, BAA, 72:50 10 62:50
58. Mike Corcoran, BAA, 72:57 7:30 65:27
59. Paul Levesseur, una., 73:39 7:30 66:09
60. Daniel Sturk, CCAA, 73:40 Gun 73:40
61. Norman Scally, una., 74:10 4:00 70:10
62. Dan Dunlop, BAA, 74:40 Gun 74:40
63. Warren Mitchell, SAC, 75:24 Gun 75:24
64. Dave Jellison, Mass. St., 75:33 9 66:33

65. Robert MacVeigh, BAA, 75:44 Go 75:44	
66. Sigmund Podlozny, NMC, 75:50 Go 75:50	
67. Edward Knowlton, LAC, 75:54 7 68:24	
68. Paul Lochiatto, Newton YMCA, 75:58 7 68:28	
69. Ray Franco, Brock, Y, 76:42 5 71:42	
70. Geo. Waterhouse, NMC, 76:50 3 73:50	
71. Fred Marola, BAA, 77:06 Go 77:06	
72. Robert Page, NMC, 77:08 1 76:08	
73. Roger Perham, LAC, 77:49 3 74:49	
74. Dominic Morales, BAA, 79:00 3 76:00	
75. Ernest Sibson, NMC, 79:58 Go 79:58	

(95 starters, 93 finishers)

--Fred Brown, Sr.--

MIDWEEK NORTH MEDFORD CLUB 6-MILE RUN
June 28, 1967. Weather: Ideal. 35 starters. Trophies to all.

1. Victor Reeves, 30:09; 2. Tom Dederian, 31:49; 3. Eric Darling, 32:02; 4. Ron Gaff, 33:02; 5. Gary Peyton, 33:07; 6. Harry Miller, 33:12; 7. Warren Fowler, 33:26; 8. Frank Niro, 33:28; 9. Rick Bayko, 33:33; 10. Royce Sawyer, 33:49; 11. Robert Hersey, 33:59; 12. Russ Mattson, 34:00; 13. John Gray, 33:43; 14. Stan Tiernan, 34:44; 15. Robert Page, 35:02; 16. John Hurley, 35:10; 17. Richard Fermoy, 35:13; 18. Paul Schell, 35:36; 19. William Squires, unofficial, 36:16; 20. Julian Siegel, 37:47. (33 finishers) Brian Margie (25th in 39:26) is totally blind & a student at Perkins Institute for the Blind. He ran a fine race & was guided by Claude Ellis, the school's Principal.

--Fred Brown, Sr.--

50 CLUB OF LYNN 10-MILE HANDICAP RUN
Lynn, Mass., June 24, 1967. Weather: Very hot. Temp. in low 90's. Some of the runners out the course short by up to a half-mile through no fault of their own. Tony Sapienza, off at 8:30, captured the race & Ralph Buschmann, the scratchman at 15:00, won the time prize with a 52:59 clocking.

1. Tony Sapienza, BAA, 66:45 8:30 58:15	
2. Ronald Gaff, unat., 66:59 8:00 58:59	
3. Richard Weeks, LAC, 67:34 8:00 59:34	
4. Luis Velasquez, BAA, 67:51 1:00 66:51	
5. Ralph Buschmann, SAC, 67:59 15 52:59*	
6. Glynn Wood, BAA, 68:37 10 58:37	
7. Dick Packard, BAA, 68:53 8:30 60:23	
8. Don Wilkin, NMC, 69:06 2:00 67:06	
9. Victor Reeves, MIT, 69:12 10 59:12	
10. Rich. Fermoy, NMC, 69:22 2:00 67:22	
11. Remi Charoux, NMC, 70:02 9:00 61:02	
12. Ben Chackinski, NMC, 70:06 5:00 65:06	
13. James Wyrnn, Sp. AC, 70:22 11 59:22	
14. John Wallace, BAA, 70:40 6:00 64:40	
15. Larry Olsen, NMC, 71:36 12 59:06	
16. Richard Clapp, NMC, 71:46 6:30 65:16	
17. John Counihan, BAA, 71:52 7:00 64:52	

18. Ed Knowlton, Lynn AC, 72:10 1 71:10	
19. John Atkinson, Sp. AC, 73:21 12 60:51	
20. Gabe Petroni, una., 72:28 10 62:28	
21. Paul Schell, NMC, 73:59 6 67:59	
22. Robert Hersey, NMC, 74:47 3 71:47	
23. Russell Pate, Sp. AC, 75:31 12 63:01	
24. Pete Burkhardt, BAA, 76:05 6 70:05	
25. Sig Podlozny, NMC, 77:07 Go 77:07	
26. Tom Maynard, BAA, 77:43 9 68:43	
27. Royce Sawyer, NMC, 79:08 7 72:08	
28. John Dow, Lynn AC, 79:59 Go 79:59	
29. William Ginns, Sp. AC, 80:16 Go 80:16	
30. Roger Perham, Lynn AC, 80:24 Go 80:24	
31. Warren Fowler, NMC, 81:10 11 70:10	
32. Eric Darling, Met AC, 81:37 11 70:37	
33. Andre Moreau, NMC, 81:38 2 79:38	
34. Norman Scally, unat., 82:33 2 80:33	
35. Paul Caswell, Lynn AC, 82:44 3 79:44	
36. Robert Benoit, NMC, 82:55 7 75:55	
37. Joseph DeLeo, unat., 83:34 Go 83:34	
38. Rick Hersey, NMC, 84:03 1 83:03	
39. Fred Lane, unat., 85:16 8 77:16	
40. Rick Bayko, NMC, 87:13 8 78:43	
41. Phil Angelo, una., 101:24 3 98:24	
42. Rick Sawicki, una., 101:44 8 93:44	
43. James Lynch, NMC, 102:21 Go 102:21	
44. Edward Field, BAA, 104:38 Go 104:38	

Team: 1. Boston AA, 1-3-5--9; 2. NMC, 21;
3. Spartan AC, 24; 4. Lynn AC, 24.
(51 starters, 44 finishers) --Fred Brown--

CLEVELAND RRC 5-MILE RUN, Forest Hills
Park, June 18, 1967

1. Les Hegedus, 27:30 (5:06, 10:51, 16:03 21:47); 2. Fred Corpuz, 28:06 (5:06, 10:51, 16:15, 22:12); 3. Dave Wise, 28:36; 4. Ian Milne, 29:13; 5. Roy Reisinger 29:40; 6. Gary Krynovich, 29:50; 7. Paul O'Reilly, 30:32; 8. Geoff Vaughn, 30:40; 9. Rich Senick, 31:05; 10. George McKay, 31:22; 11. Jim Kimple, 31:46; 12. Jim Galambos, 34:02; 13. Jim Comyns, 34:33; 14. Alex Steinbergh, 35:18; 15. Bill Byerly, 35:36..DNF- John O'Neil & Jake Pioche.

Notes: Les Hegedus & Fred Corpuz had a nice duel going through 2 1/2 miles, but Corpuz couldn't keep contact after that, and slowly fell back. Despite the unimpressive times, the field was of respectable quality; the course at Forest Hills Park is slow & tough, and the day was hot and sultry.

--Roy Reisinger--

CLEVELAND RRC 5-MILES, May 21, 1967

Albert Sewell, a high school senior from Cincinnati, bested Cleveland's Fred Corpuz, 26:41 to 26:54, in the race held at Edgewater Park on the shore of Lake Erie. Sewell followed Corpuz for the first 2 1/2 mile loop of the two-lap course, then took over the pace when he learned the course. Jack Mahurin, running for the Ohio Valley TC, was third in 27:16.

1. Albert Sewell, 13:09 26:41
2. Fred Corpuz, 13:10 26:54
3. Jack Mahurin, 13:21 27:16
4. Virgil Yehner, 14:05 28:14
5. Ian Milne, 13:58 28:39
6. Albert Brown, 14:42 30:12
7. Jim Kimple, 30:13; 8. Rich Senick, 30:15; 9. John O'Neill, 32:54; 10. Jim Klett, 33:55; 11. Jim Comyns, 33:59; 12. Robert Dole, 35:40. DNF- Sol Gorland, James Smith, Mike Jung. --Roy Reisinger--

5-MILE ROAD RUN, Grand Island, Nebraska Sunday, June 11, 1967 7:15 A.M. Midwest AAU Championship

1. Louis Fritz, 24, Cornhusker RRC, 25:13
 2. Tim Hendricks, 21, Peru, 25:27
 3. Carl Owczarzak, 26, Cornhusker RRC, 26:03
 4. Ken Purdy, 22, Kearney State, 26:48
 5. Gene Somer, 27, Cornhusker RRC, 27:11
 6. Roger Lauehead, 20, unat., 31:03
 7. Eugene Schmid, 19, Kearney St., 40:59
- Team: Cornhusker RRC.

TEENAGE DIVISION- 1. Ralph Zavala, 17, Wood River, Nebr. HS, 26:45; 2. Rick Waldron, 16, una., Minden, Nebr., 27:42; 3. Steve Kadel, 16, Hastings, Nebr., 28:10; 4. Andy Zavala, 15, Wood River HS, 30:17; 5. David Zavala, 14, WR HS, 30:32; 6. Paul Peters, 16, Centura HS, Boelus, Nebr., 30:37; 7. Tim Enck, 16, unat., Grand Island, Nebr., 31:03; 8. Robert Seymour, 16, Grand Island, 32:01.

10-MILE MIDWEST AAU CHAMPIONSHIP RUN Grand Island, Nebraska, Sunday, June 25 7:15 A.M.

1. Carl Owczarzak, 26, Cornh. RRC, 54:38.5
2. Louis Fritz, 24, Cornh. RRC, 54:38.5
3. Ken Katzer, 24, Cornhusker RRC, 56:02
4. Gene Somer, 27, Cornhusker RRC, 58:18
5. Steve Kadel, 16, unat., 58:54; 6. Ken Purdy, Kearney St., 59:02; 7. Carroll Kinnaman, KS, 62:12; 8. Richard Waldron, una., Minden, 63:24; 9. James Metz, una., Lincoln, 64:13; 10. Ralph Merriman, una., Lincoln, 65:23; 11. Andy Aiken, una., Lincoln, 69:34; 12. Horace Collins, 32, Cornhusker RRC, 69:55; 13. Scott Moody, 18, una., Greely, 82:02. --Gene Somer--

Team: Cornhusker Road Runners Club
Fritz & Owczarzak came home in a dead heat with Owczarzak really pouring it on during the last half of the race. The old course record was 56:31.

FIFTH ANNUAL JACKRABBIT 15.2-MILE ROAD RACE, White to Brookings, South Dakota June 10, 1967 8 A.M. 620, partly cloudy. Course record: 1:19:20.5 by Ron Daws, TC TC, June 5, 1965

1. Dike Stirrett, Charleston, Ill., 1:23:48.0; 2. Pat Lanin, TCTC, 1:24:15.1
3. Rick Vafeadas, Adams State, Colorado,

- 1:24:29; 4. Ilhan Bilgutay, TCTC, 1:26:59
5. Ken Katzer, Lincoln, Nebr., 1:33:45;
6. Dr. Gerald Loper, Brookings, So. Dak., 1:49:02. (6 starters, 6 finishers)

1ST ANNUAL GREATER DAYTON, OHIO JAYCEES FITNESS RUNS (Co-sponsored by Ohio River RRC) Defense Electronics Supply Center, Kettering, Ohio, June 25, 1967 Weather: Ideal

- 11.5-MILE OPEN RUN- 1. Terry Gallagher, Univ. of Kentucky, 69:08; 2. Klaus Praesant, WPAFB, 69:37; 3. Todd Clark, Wittenberg College, 76:40.

DNF- Kevin Quinlan, Alter HS & Bob Trepetta, St. Joseph's College. Notes: After running together for 11 miles, Gallagher left Praesant in the last 880y. Todd Clark, who plays on the Wittenberg (Ohio) Lacrosse team, was the only other finisher.

- 2.5-MILE VETERANS RUN- (Age 30-39)- 1. Jack Mortland, OHTC, 14:02.5; 2. Wes Hieb, una., 14:25; 3. Bud Minelli, una., 17:46. (Age 40-49)- 1. Roland Anspach, Springboro, 14:38; 2. Elver Gaston, Roth H.S. coach, 14:52; 3. Dick Blue, Cincinnati YMCA, 14:58; 4. Barney Cook, Dayton AC, 16:00; 5. C.W. Anderson, St. Bernard HS coach, 16:47; 6. Carroll Hunt, Dayton YMCA, 18:35.

(Age 50 & Over)- 1. Russ Reiter, 59, YMCA 19:10. Notes...Jack Mortland won easily as he switched from walking to running for today's race.

- 2.5-MILE OPEN- 1. Don Imhoff, OVTC, 12:40.8; 2. Mark Shillito, Chaminade HS, 12:55; 3. Ron Koker, Baltimore Liberty Union HS, 13:07; 4. Terry Gallagher, UK, 13:11; 5. Jim Gallagher, UK, 14:02; 6. Jim Blue, Greenhills HS, 14:22; 7. Garth Reynolds, Wright State, 14:43. (36 finishers). Notes...Imhoff ran third until the last 600y. when he passed Koker & Shillito. Shillito is one of Ohio's finest prep milers. Youngest finisher was Ricky Smyth (age 5) who ran the course in 28:25.

- 2.5-MILE H.S. RUN- 1. Frank Molitor, Amelia HS, 12:40.9; 2. James Sebree, Roth HS, 13:13; 3. Bill Riggs, Lemon Monroe HS, 13:18; 4. Ron Koker, 13:34; 5. Dwayne Gaston, Northridge HS, 14:27. Notes: Molitor (2:50 at Boston Marathon) is the best distance runner in area high schools.

--Steve Price--

EASTERN ILLINOIS UNIVERSITY DISTANCE RUNNERS DOMINATE CONFERENCE MEET, May 20, '67 Macomb, Ill., John Schneider and Roger Quinlan, both seniors from Eastern Ill. Univ., (Charleston, Ill.) took first & 2d places respectively in both the mile & 2-mile runs. Schneider came back with a 9:11.6 Conference 2-mile record after

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CRAIG RUNYAN SETS 10-MILE RECORD

Denver, Colo., May 28- Craig Runyan of Colorado University broke away from the pack to break the Washington Park course record for 10 miles & by doing so won by more than two minutes. Craig ran 53:37.5 to break Lee Courkamp's year old record of 55:47. Gary Pierson of Colorado Springs took second with a respectable 56:27.5. Jim McKinney of South H.S. in Denver was third in 57:11. He captured the State AAA H.S. mile championship this year.

4. Lee Courkamp, 61:24; 5. Dave Jones, 62:49; 6. Al Britton, 65:25; 7. John Blank, 65:48; 8. Don McMahill, 66:14; 9. Ted Cutler, 66:57; 10. tie, Dr. Allan Watts & Bill White, Jr. --John Blank

DE PAUL TRACK CLUB 9.2-MILE "ROMATHON"

Chicago, Ill., May 20- Steve Kearny of Ball State University won the DePaul TC 9.2-mile "Romathon." Kearny toured the scenic splendor of the Lincoln Park lake front course in a fine time of 50:20.5. Kearny's performance established a course record. Max Blank, another Ball State runner, turned in a 56:33 clocking. Placing third was John Guldán, a Junior at Marist High School. Guiding the runners over the course via bicycle was DPTC distance runner George Gabauer. Officials: Don Amidei, Harry Price, George Gabauer and Pat Savage.

Weather: Sunny, brisk north wind, 55°.

1. Steve Kearny, Ball St., Ind., 50:20.5
2. Max Blank, Ball State, Ind., 56:33
3. John Guldán, Marist H.S., 58:07
4. Phil Horwitz, unat., 58:54
5. Ray Bernard, DePaul Academy, 60:03
6. Tim Winandy, DePaul Academy, 60:06
7. Gary Howard, DPA, 60:11; 8. Bob Las-tsch, DPA, 60:30; 9. Bill Dix, DPA, 63:57; 10. Lamont Howard, DPA, 63:57; 11. Alex Gajdos, DPA, 64:24; 12. Richard King, UCTC, 64:38; 13. Bill Kelly, DPA, 68:17; 14. R. Sprietams, una., 72:10; 15. Bill Banach, DPA, 72:11; 16. J. Ta-kacs, DPA, 81:22; 17. G. Hartyl, Gordon Tech H.S., 87:32.

I.I.A.C. MEET- Continued from page 21 winning the mile in 4:13.2. Quinlan's double was 4:13.9 and 9:12.7. Eastern Illinois was runner-up to Central Michigan in the I.I.A.C. Meet. --Tom Woodall

RRC OF N.Y. SUMMER SPEED PROGRAM

July 1, 1967 11 A.M. Van Cortlandt Park
2-Mile Open- 1. Tim McLoone, So.Orange, N.J., 9:40.8; 2. Gunther Moses, una., 9:46; 3. John Garlepp, MAA, 9:53; 4. Mike Attena, MAA, 9:53.2; 5. Herb Bettencourt, Dover, N.J., 10:36; 6. Jim

Wilson, UAA, 10:50; 7. Larry Langer, NYPC, 11:00; 8. Carlos Bettencourt, Dover, N.J. 12:04; 9. Mike Ornstein, W. Nassau AC, 12:08. DNF- Art Hall, NYPC & Bernie Wright
2-Mile Teenage Run- 1. Tim Steele, Dover, N.J., 10:14.8; 2. Bryan Sheridan, Essex Falls, N.J., 10:26; 3. Matt Cola, SABC, 10:33; 4. John McPortland, Norwood, N.J., 10:38; 5. Phil Costanza, Bronx, 10:43; 6. Dennis Sullivan, Brooklyn, 10:48.

--Joe Kleiner--

TEACHER OUTSHINES PUPILS AT MERIDEN, CONN.

June 25- The old master, Johnny Kelley, of Groton, Conn., taught his pupils another lesson in running today. With the temp. in the 90's and the humidity high enough to make the cats chase the dogs, Kelley finished a full minute ahead of his protegee, Amby Burfoot of the Central Conn. AA, & two minutes ahead of his other former student, Ray Crothers, also of the CCAA. (35 starters & 28 finishers over a very tough course.) Refreshments after the run.

Roy Gooding, Bud Townsend & Bob Tenoza of Meriden did an excellent job in staging this short ten-miler.

1. John J. Kelley, Boston AA, 49:03
2. Amby Burfoot, CCAA, 50:40
3. Ray Hall, CCAA, 50:50
4. Ray Crothers, CCAA, 51:57
5. Norm Higgins, Santa Monica AC, 52:20
6. Bill Rogers, 52:22; 7. Bruce Dobratz, CCAA, 53:18; 8. Bill MacMahon, 54:28; 9. Charles Dyson, Hartford TC, 55:06; 10. Roy Ingram, 56:22; 11. Jim Janke, 57:02; 12. Angus Wooten, 57:12; 13. Bill Taylor, 57:24; 14. Bob Greenberg, 60:25; 15. Bob Tenoza, 62:01; 16. Lee Chisholm, 62:10; 17. Frank Condon, 63:37; 18. Bob Backrak, 64:11; 19. Jim Norris, 64:11; 20. Will Boucher, 70:19; 21. Mark Carrier, 71:51; 22. Fran Doyle, 73:34; 23. Mark Bossi, 75:35; 24. Hal Cosgrove, 75:35; 25. Ron Nash 80:31; 26. Joe Russell, 85:02; 27. Don Fizzonia, 2:08; 28. Brian Bennett, 2:08:44.

Trophies top 5 finishers & merchandise to all finishers. --Bill Taylor--

2ND ANNUAL BIG MEADOW RUNS (10 Mile Open & 3-Mile Open--Elevation 7,500') Sponsored by High Sierra TC. Sat., June 17, 1967 Sanctioned by: Central California AAU.

3-Mile--3 P.M.- 1. Dave Bronzan, HSTC, 18:56; 2. Don Chapin, HSTC, 19:12; 3. Charles Bloodworth, HSTC, 19:26 (1st HS); 4. Ron Xavier, HSTC, 19:37; 5. David Chapin, una., 23:53.

10-Mile Open--4 P.M.- 1. Rick Luna, HSTC, 62:51; 2. John Kajiwara, HSTC, 66:57; 3. Julio Martinez, Alameda TC, 70:09; 4. Paul Fisher, Culver City AC, 72:13; 5. Richard Scott, ATC, 76:59; 6. Larry Trevino, ATC.

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ASHLEY NEW CHAMP OF HORNELL RACE

Hornell, N.Y., May 30th
Champions never repeat in the Odd Fellows Memorial Day race. There have been five years of the Hornell 5-mile run. Dick Ashley, with his wife and small son looking on, became the 1967 champion. Corning, N.Y.'s Don Brown, the defending champ, finished second.

Ashley headed the Rochester TC to the team championship as he covered the course in 24:26.8. Brown was second in 24:45 with young Billy Briell, Alfred University sophomore running for the Almond Fyre Fyters, taking third.

Ashley and Brown ran practically side by side for the first three miles. Shortly after the runners made the first loop on Main St., Ashley suddenly picked up two yards. He gained a few more on Seneca St. & held the lead until the finish.

Rochester TC had 31 points to win the IOOF team trophy. Almond Fyre Fyters were second with 48. Red Feather AA of Brockport took third with 55 points & the Road Runners of Watertown, N.Y. were 4th with 89.

The race was held under almost ideal conditions. It was sunny, but cool. A field of 33 runners, largest in the history of the race, started.

Dick Ashley is 28 years old & is employed by Champion Products Inc. Sporting Goods in Rochester.



Dick Ashley (center) Rochester won the Odd Fellows 5-mile road race Memorial Day with Don Brown (left) of Corning second and Billy Briell Almond Fyre Fyters third.

Times in the IOOF Race

1. 24:26.8 Dick Ashley, Rochester Track Club.
2. 24:45 Don Brown, Corning, N.Y. (unattached)
3. 25:17 William Briell, Almond Fyre Fyters.
4. 25:17.5 Mike Kelly, Rochester Track Club.
5. 25:41.5 Dwight Rogers, Rochester Track Club.
6. 25:40 Gary Westorf, Red Feather Ath. Assoc., Brockport
7. 26:01 Peter Siaz, Almond Fyre Fyters
8. 26:13 Thomas Vogt, Danville (unattached)
9. 26:35.4 Andy Erickson, Almond Fyre Fyters
10. 26:50.2 Dave Trosch, Red Feather Ath. Assoc., Brockport
11. 27:01.3 Herb Baker, Red Feather Ath. Assoc., Brockport
12. 27:08.1 Robert Lamb, Trenton, N.J. (unattached)
13. 27:14 Mike McFarland, Road Runners, Watertown, N.Y.
14. 27:19 Robert Brown, Rochester Track Club.
15. 27:15.5 Mike Hoffman, Rochester Track Club
16. 27:30 Don Wilkalis, Rochester Track Club
17. 27:34 Dave Wain, Sciders, Bradford, Pa.
18. 27:38.4 Walter Easton, Red Feather Ath. Assoc., Brockport
19. 27:44 James High, Rochester Track Club.
20. 27:59 Richard Fitzharris, Rochester Track Club.
21. 28:26 Steve Ambreiter, Almond Fyre Fyters
22. 28:32.5 Robert Tusta, Rochester Track Club.
23. 28:43.6 James Neary, Rochester Track Club.
24. 28:54 Pete Todd, Rochester Track Club, Rochester
25. 29:29 James Conley, Rochester Track Club, Rochester
26. 29:45.8 Dr. Milton Tuttle, Almond Fyre Fyters
27. 29:59 Thomas Leeder, Road Runners, Watertown, N.Y.
28. 30:20.1 Ray Rows, Red Feather Ath. Assoc., Brockport
29. 31:15.8 D. Corey, Road Runners, Watertown, N.Y.
30. 31:44 Leo Remme, Road Runners, Watertown, N.Y.
31. 32:28.8 Robert Engle, Road Runners, Watertown, N.Y.
32. 32:49.8 Dr. Robert Wood, Clifton Springs (unattached)
33. 33:49.8 Ed Davis, Road Runners, Watertown, N.Y.

Race Notes... Dr. Milton Tuttle of Alfred and Dr.

Robert Wood (an M.D.) FROM Clifton Springs were the oldest runners in the field. Each is 48. They received tremendous applause from the home stretch-Main St. crowd. The YMCA made its facilities available for the runners. Race officials and runners were guests of the Odd Fellows at an awards luncheon after the race. Boy Scouts again served as guides all along the course.

2ND ANNUAL BIG MEADOW RUNS- Continued-- Course accurately measured by wheel and last year's 10 mile course was about 800y short. Several streams had to be run through where the road was washed away. Light rain during both races. Officials: Wayne & Barbara Van Dellen, Marilyn Fisher, Dave Bronzan. -- Wayne Van Dellen--

2ND ANNUAL BIG MEADOW 10-MILE OPEN RUN, Sponsored again by High Sierra Track Club Sat., June 24, 1967 at 3 P.M. Elevation 7,500' - 1. Wayne Van Dellen, HSTC, 60:40.6; 2. Robert Yslas, HSTC, 61:38; 3. Rick Luna, HSTC, 61:58; 4. John Kajiwara, HSTC, 64:39; 5. Pete League, Marin AC, 66:14; 6. Ben Sanchez, HSTC, 69:37; 7. Eugene Stemm, Seniors TC, 71:19; 8. Ronald Martin, HSTC, 73:43; 9. Sam Fujisaka, HSTC, 80:42. Weather: Ideal (still plenty of snow) --Wayne Van Dellen--

14th ANNUAL SOUTHERN CONFERENCE T&F CHAMPS, Sat., May 13th, Murphy Field, Fort Eustis, Va. 60°, overcast..3000m SC- 1. Terry Donnelly, W&M, 9:16.4; 2. George Davis, W&M, 9:41.5; 3. Dick Widell, W&M, 9:43.1. 1-Mile- 1. Terry Donnelly, W&M, 4:13.8; 2. Carl Hatfield, WVa., 4:16.6; 3. Geo. Davis, W&M, 4:18.8. 3-Mile- 1. Carl Hatfield, WVa., 14:16.1; 2. Chop Jordan, W&M, 14:23; 3. Geo. Davis, W&M, 14:29.

880- 1. Juris Luzins, W&M, 1:51.9. Team: W&M 77; 2. VMI 48; 3. Richmond 40; 4. WVa.

The reader has a right to know what my qualifications are for writing on this subject. He should know that after sixteen years of running I never bettered 4:45 for the mile, 60 minutes for ten miles, & I unfailingly finished in the bottom half of every long distance race I ever ran in. Yet I am unashamed to state that I know as much about long distance running as any man alive. Socrates was said to be a wise man because although he knew nothing he knew he knew nothing. I claim the same sort of wisdom about running. After sixteen years of close study of this sport I don't think I have met someone who can legitimately say he does know something. I am not saying that no one's methods are better than anyone else's. I am saying that if they are better it is by sheer luck. With the introduction over, I proceed to document the case.

Theories about diets. The number of theories about proper diet is roughly equal to the number of people who care to open their mouths up on the subject. Consider a typical issue of that "scientific" journal called Track Technique. Glancing through the Dec. 1960 issue I find Arthur Lydiard, the famous New Zealand coach & Warren Guild, an M.D. offering us their opinions. Lydiard tells us to have scrambled eggs in the pre-event meal. A half-hour later we should have some tea. Guild advises us that the worse thing we can do is eat eggs in the pre-event meal. He also says there is no justification for the tea tradition. Who is right, Guild or Lydiard? Which do you prefer, medical expertise or practical experience? No matter which you prefer there is no reason to think either of these gentlemen can provide one or the other. On what experience do you think Lydiard bases his opinion? Has he done controlled experiments & found, as he claims to, that eggs "assist the body to recover from the exertion of a hard race"? If he has, he never mentions any. I venture to guess that Lydiard is addicted to what is known as the "fallacy of the dramatic instance." That is, he probably knew of a runner or two who ate an egg before running and felt fresh afterward & of a runner or two who didn't eat an egg & complained of tiredness. From such cases he announced his generalizations to the world. As for Guild, I know nothing of him. I do know, however, that the study of nutrition plays a very small role in the training of M.D.'s in our medical schools & none at all with respect to the (alleged) special needs of athletes. On the subject of nutrition the average M.D. knows little more than what he learns from observing the staff dieticians when he is doing his internship and residency. The onus of proof lies with Guild to tell us why we should believe his apparently obiter dicta pronouncements.

Or take the case of special supplements. We know how many athletes in their desperate attempts to find the key that would unlock the door to the secrets of fantastic success have spent fortunes on wonder drugs & foods? Many of you will remember Louis Schiavo, a fairly competent runner of a few years ago who ran for the NYPC & Queens College. Louis' father, Angelo, personally told me that his wonder food bills alone came to \$20/month. Was it worth it? Who knows? Perhaps he would have been good, anyhow. Perhaps not. Your guess is every bit as good as Carlton Frederick's or Adelle Davis'. Since no biochemist has suggested that Viobin Wheat Germ Oil or Tiger's Milk is likely to be dangerous to your health & if you can afford an extra \$20/month, go & give it a try if you want.

French athletes drink wine and British athletes drink large quantities of beer. In America these are supposed to be taboo. I am not saying this proves it really doesn't matter. I am saying no one knows whether it matters. For all I know Jazy would be ten times better if he didn't drink wine or smoke cigarettes (he does both). Some people who don't like what they call "fads" are fond of the cliché, "So long as you use common sense you can eat what you like." This cliché is worthless. It's possible athletes do need special diets (and of course, just as possible that they don't). And just what is common sense, anyway? Is eating an egg before running common sense? All we know is that some people never give a

thought to diet & are successful; others who never give a thought to it are unsuccessful; some are concerned about diet and are successful; and finally, some are concerned & are unsuccessful. "You pays your money and you takes your choice."

Theories about training. There is no need to detail the contradictory nature of these theories--a brief sketch will do. Gosta Holmer swears by fartlek but Stampfl uses interval training exclusively. Lydiard tells us to take tremendously long runs but Cerutti advises us to run on the dunes, preferably naked, & to swing from the trees like Tarzan as we pass them by. He also tells us to squeeze our middle finger against the thumb for additional power. Forbes Carlile tells us we are in danger of dropping dead if we run when we have colds. Rompotti thinks we should check our hemoglobin count after each workout while Gerschler is very big on pulse rates. (By the way, my resting rate of 40 beats per minute never helped me.) Yancey used to advise runners to "dry out" by taking a very hot bath the night before a meet but other coaches are telling you to get plenty of fluid. Most coaches say you should warm-up thoroughly even in hot weather because, they say, although the skin may feel warm the muscles may not be. Gustaf Laurel gives an elaborate set of 22 exercises to do during the warm-up. On the other hand, Charley Robbins has expressed doubt about the value of the warm-up altogether. Do you think you know from your own experience whether you need one? When you experimented with and without warm-up did you make sure the conditions were otherwise the same so that differences of performance couldn't be accounted for because of some other factor? How often did you try the experiment? And are you now ready to give some young athlete the benefit of your wisdom on the basis of your single experiment? We all know of the allegedly fabulous success of Mihaly Igloi. How many of us know of his failures? When Jack Rubin lived in California he had an opportunity to get to know some of the lesser lights training under Igloi. Some of these men trained as faithfully & tenaciously as Beatty ever did. And while he strained to break four minutes they strained for five. What conclusion do you draw from this? That these runners weren't naturally gifted? That Igloi's methods weren't suitable for them? That they would have done even worse under some other method? Take your choice. For my own part I will stick to what I base my wisdom on--I haven't the foggiest idea of what was wrong.

Parallel to the diet-cliche there is a training-cliche: "The important thing is regular training over a long time. It doesn't matter whether you use fartlek, intervals, or anything else. Just do it regularly & build up gradually. "Do I disagree with this? No. Why should I? For all I know that is all there is to it. But remember, it is a theory just as much in need of proof as Cerutti's, Doherty's, Igloi's or anyone else's. Bear in mind that in adopting that maxim you expressly contradict a theory of one of the above men. Maybe you're thinking, "Look, it's obvious. All these techniques work. And what have they got in common? Good, hard regular work. "Yes, maybe they do have that in common but is that what is responsible for whatever success they have caused? For all you know Lydiard's men succeeded despite him, not because of him. And what of the failures who used the "good, hard, gradual build-up method"? And how many years was Bruce Kidd doing regular, hard work when we first heard of him at the age of fifteen? Look up the training of Joe Binks in Wilt's Handbook and get a shock. Binks ran once a week for a maximum of thirty minutes. He did 14:10 for 3 miles. But beware of the trap! Don't think I'm arguing against the "hard work" school of thought. If you think a couple of examples disproves the theory then you have fallen victim to the fallacy of the dramatic instance.

By now you are thinking, "Good grief! Does he think there is absolutely nothing at all known about training? Ridiculous!" You are right, I have exaggerated, yet I take nothing back. The question is: What do we know that isn't so obvious that a young runner cannot find it out by himself? Is the common core

of good sense that Bill Wiklund and Bob Campbell and other "volunteer advisors" (they think of themselves as advisors instead of coaches) have to offer too difficult for an intelligent young man to dig out himself? And as for the rest of their theories, God knows why they want to assume the responsibility for making or breaking someone's career.

Shall I go on? Everything I've said can also be said about theories on the advisability of weight-training, on the causes of leg cramps, on racing tactics. You name the subject: there is sure to be as many "experts" offering conflicting opinions as there are possible conflicting opinions to be offered. If coaching is an art or science then why does every veteran runner think he knows as much as the next fellow? It is always the newcomer who needs the help. Indeed, that is supposed to be the purpose of this article.

THE MORAL OF THE STORY: There is none. I don't know whether to tell the young athlete to trust totally in the judgment of a veteran coach, to tell him to follow someone's advice only so far as his intuition tells him to, or to strike out on his own & listen to no one. All I can say is this: know the facts and make your choice with eyes wide open.

----- IS THERE AN OXYGEN DEBT? -----

I wasn't exactly a babe in arms in October 1966 when I first heard of an oxygen debt. In fact, I was getting pretty close to my second diaper age. I'll be 70 in December 1967.

However, perhaps because of my near senility, I didn't go along with the oxygen debt jazz. I think it's as a mixed up a theory as two left hands and two right feet. A well conditioned runner is more likely to suffer from an oxygen jag.

At the time oxygen debt bumped into me, trying to get me off my course, I had been working for about 10 months to REDUCE my air intake. I had learned accidentally to control my heart rate by limiting my air intake.

My theory is that the subconscious, afraid of an oxygen shortage, sends the wrong message to the brain and we breathe too deeply too long.

Although I had been running daily for nearly three years I had never competed until August 21, 1966. The reason I got nerve enough to try is that I joined the Seniors Track Club in July.

In December 1966 I ran my first Marathon at Culver City in 3:58:59 & was no more winded at the finish than if I had run a city block.

I made quite a few 27 to 30 mile runs to get ready.

In January 1967, at age 69, I ran the San Diego Marathon in 3:48:20. The following Saturday I ran the Las Vegas Marathon in 3:41:52.

At the finish of both runs I was as relaxed as a freshly diapered Brat.

After the San Diego run I loafed a day & ran better than Marathon distance for three successive days.

Some think that I finish relaxed because I don't put out. This is sillier than drinking a cola to get energy.

All 2:30, and under, Marathoners can break 4:30 for the mile. I can't even come close to seven minutes. So how much loafing can I do?

The answer is that I have been training in one or more sports for 55 years.

I never eat or drink junk. I train much longer distances than most runners. I can relax and sleep at "will".

And I try not to go on an oxygen jag by controlling my air intake.

Oxygen lag? Train hard enough to get in the shape you should be in and forget it.
Fred Grace, Los Angeles, California

CENTRAL CALIFORNIA ASSN. AAU T&F CHAMPS in the Reedley High Stadium, Tuesday night, June 6th- 3-Mile- 1. Pete Romero, Reedley HS, 14:22.9; 2. Wayne Van Dellen, High Sierra TC, 14:26.8; 3. Yslas, una. (H.S. junior) 14:27.9..880- 1. Pete Romero, Reedley, 1:55.8; 2. Warmerdam, Fresno State Frosh, 1:57.1; 3. Burdick, Fresno State, 1:57.7..Mile- 1. Romero, 4:21.1; 2. Bronzan, HSTC, 4:31.5; 3. Van Dellen, HSTC, 4:33.0..Romero, newly-crowned Calif. Interscholastic 2-mile champ, won the mile at 8 p.m., the 880 at 9:05 & the 3-mile at 9:40. He started the season with an amazing inter-class triple: 1:56.6, 4:15.0 and 8:53.0, all within a time span of one-hour and 40-minutes. This kid is tremendous!

CANADIAN NEWS - Hamilton Olympic Club Spring T&F Meet at McMaster University Sat., May 20, 1967--Cold winds, low temperatures and intermittent rain took their toll on competitors and spectators. Mile- 1. Bob Finlay, Toronto OC, 4:13.1 (Bill Crothers dropped out although he was leading by about two strides midway through the third lap when he stepped off the track. He said later he had been affected by the cold weather & could not continue.)..880- 1. Ray Tucker, Hamilton, 1:56.9; 2. Jean Medhi, Montreal, 1:57.3. 7-Mile- 1. Dave Ellis, TOC, 13:47.8; 2. Peter Buniak, TOC, 14:16.

Toronto Gladstone AC Sr. 3-Mile Club Championship Run at York Memorial Collegiate Institute, May 17th- 1. Paul Belliveau, 16:51.8; 2. Ray Atance, 17:42; 3. Dennis Vallianatos, 20:13; 4. Wendon Adey, 20:36; 5. James Dunn, Sr., 21:01; 6. Karl-Heinz Merschensch, 23:30.2. Mile Club Run (May 21)- 1. Paul Belliveau, 5:10.5; 2. Dennis Vallianatos, 5:31; 3. Wendon Adey, 5:31.5.

Professional coach Lloyd Percival was cleared on May 25th in the Ontario Supreme Court of allegations that he had doped his athletes when the five members of the Central Ontario Registration Committee apologized to him, said the proceedings they took were unwarranted and agreed to pay him court costs of \$5,000. Percival, 53, coach of the Don Mills TC, had sued the registration committee (which included Fred Foot, coach of the East York TC) for \$100,000. He settled for \$5,000. The biggest loser was amateur sport, which cannot afford to lose financially, or in any sense of taste or prestige. It's ironic that all the money spent in court couldn't go to sports that are crying for it. The case proves that do-gooders should not be encouraged to overplay their authority. Kangaroo courts are best left to kangaroos. However, amateur sport would not survive without the unpaid devotion or the constant effort of AAU volunteers. They blunder perhaps, but are fundamentally honest. They receive, at most, an occasional trip with a touring team in return for nagging criticism of events they organize & operate in their spare time.

Dave Ellis of Toronto won the 10,000m & 5,000m in 30:42.4 & 14:19.8 in the Northern AAA's International Games in Port of Spain, Trinidad. Both were Games' records. Ellis presented his 10,000m prize to Trinidad's Darnley Gretton, who was lapped consistently during the race, in recognition of the loser's courageous performance. Felix Frederick of Trinidad was 2nd & M. Dematos third.

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Woodbury, N.J. July 4th T&F Meet 5 P.M. Woodbury H.S. Stadium (Very slow track) Mile- 1. Bob Whitby, SJTC, 4:39.3; 2. Bruce Hafemeister, SJTC; 3. Harry Berkowitz, SJTC..2-Mile S'chase- 1. Bob Hagner, Penn AC, 10:30.2; 2. Browning Ross, SJTC, 10:43.4; 3. Bruce Hafemeister, SJTC; 4. Bob Whitby, SJTC..880- 1. Jerry Clark, SJTC, 2:00.0; 2. Ed Ford, SJTC, 2:00.1; 3. George Hill, Camden YC..RFYL Mile (12 & Under)- 1. Bill Romansky, 6:00; 2. Jeff Staeger; 3. John Ashe..RFYL Mile Open- 1. John McMenamin, 5:23.0; 2. Jim Cromley; 3. Dave Brier.

SJTC ALL-COMERS T&F (3rd of Series) Wed., July 5th 7 P.M. Deptford Twp., N.J. H.S. 2-Mile S'chase- 1. Stan Johnson, Phila. Pioneers, 10:12.8; 2. Jack Schilling, Phila. AC, 10:40.8; 3. Bob Whitby, SJTC, 10:50.5; 4. Larry Simmons, SJTC, 10:53; 5. Don Campbell, Phila. AC, 10:59; 6. Ed Ford, SJTC, 11:09.7; 7. Lloyd Lyons, Penn AC, 11:25; 8. Bill Webster, una., 11:30. H.S. Mile- 1. Dave McDonnell, Phila. AC, 4:40.2; 2. Nick Wechselberger, Pemberton HS, 4:41.5; 3. Jerry Clark, SJTC, 4:43.5; 4. Carl Dobbins, Sterling Reg. HS, 4:44.6.

DELAWARE AAU OPEN T&F MEET at Baynard Stadium, Wilmington, Delaware, Thursday, June 8, 1967- 2-Mile- 1. Gary Harrington, 9:46.0; 2. Jeff Brokaw, Tower Hill School (20y back); 3. Brian Harrington; 4. Chris Little..Mile- 1. Bob Winward, 4:37.0; 2. Brian Harrington; 3. Ron Niblett..880- 1. 1. Bill Murray, Wilm.HS, 2:01.9.

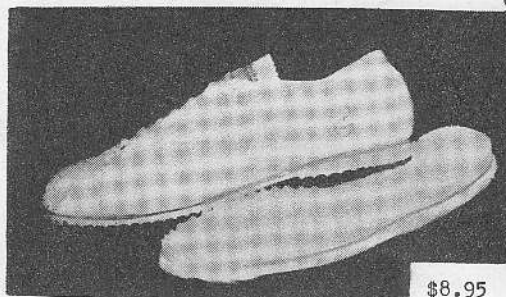
3RD ANNUAL LONG BRANCH SUMMER FESTIVAL SERIES OF DISTANCE RUNS & WALKS

#1, Monday, June 19th, Long Branch, N.J. at Takanassee Lake (Rain)- 5000m Run- 1. Harry Nolan, Middletown, 17:25.5; 2. Gary Beach, Red Bank, 17:58.6; 3. Bruce Naidoff, Middletown, 18:06.8; 4. John Mautner, Interlaken, 18:19.4; 5. Bob Byron, Middletown, 19:04.3; 6. Martin Anderson, Middletown, 20:08.8; 7. Bob Carlson, Brick Twp., 20:51.6; 8. Brenden Elliott, Ocean Twp., 22:51...5,000m Walk- 1. Tony Sellitto, Spring Lake, 28:08.5; 2. Elliott Denman, W.Long Branch, 29:24.2; 3. Don Davison, Long Branch, 29:30

#2, Monday, June 26th- 5,000m Run- 1. Harry Nolan, 16:53; 2. Artie Smith, Atlantic Highlands, 17:05; 3. Joe Witkowski, Elizabeth, 17:17; 4. George Sheehan, Jr., Manhattan College, 17:39; 5. Gary Beach, Middletown, 17:43; 6. Ben Strauss, Toms River, 17:57; 7. Geo. Mayer, Red Bank, 18:05; 8. Bruce Naidoff, 18:06; 9. John Mautner, 18:13; 10. Bruce Lowry, 19:05. (34 starters, 31 finishers) 5000m Walk- 1. Shaul Ladany, NYPC, 26:41; 2. Greg Diebold, 27:15; 3. Tony Sellitto, 27:18.

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