

T&FN INTERVIEW

by Sieg Lindstrom

JIM SPIVEY

What a season it has been for Jim Spivey. A tactical error at TAC scotched his hopes of winning a guaranteed trip to Tokyo. Worse than that, it brought horrible memories of another 4th-place finish—that of the '88 Trials—for which Spivey so wanted redemption.

Wait. Strike that. Redemption is too strong a word, an inappropriate word for a man who, despite injury woes, has been rated in the U.S. Top 10 for 11 consecutive years and won bronze at the '87 Worlds.

And this year? Spivey—though bothered by hip pain and consigned to the pool and exercise bike as we go to press—went on from TAC to a series of up-tempo European races in the 3:50-mile range and a solo 3:52.74 New York Games win.

After placing no worse than 3rd, but never winning, in his three European Mobil Grand Prix appearances, Spivey pronounced himself far from peaked and merely on a plateau.

From that plateau he watched with admirable calm as two of his TAC vanquishers, Terrance Herrington and Steve Scott, chased the 3:37.00 time that would send them to Tokyo in his stead.

Spivey trains with the aid of '70s Big 10 mile stars Ken Popejoy and Mike Durkin, both lawyers. Masters star Popejoy runs with him, and two-time Olympian Durkin writes the workouts.

We caught up to the amiable Spivey at home with his wife Cindy in Glen Ellyn, Illinois, as he fed lunch to his 11-month-old son Sebastian (named after Seb Coe). We asked him how it felt to have his chance to run in Tokyo resting on whether somebody else could qualify.

Spivey: It's almost a catch-22, because if you go to the Worlds, you prepare to run 3 races in 4 days, and that's a different type of mental preparation than it is to run a 1-race scenario where there are rabbits. The World final could be won in anywhere from 3:32 to 3:46.

T&FN: What do you expect?

Spivey: I personally think it's going to be won in about 3:34 or 3:35, but you still have to be prepared for the slow, tactical race and what decisions you make and when to go.

T&FN: Clearly, you are fit this year, so the question arises, "Where did you go wrong at TAC?"

Spivey: I was very, very strong going in. I hadn't run an exceptionally fast time—I'd run 3:39 in Brazil—but I was able to handle a large workload, so based on that type of training the key was to take the pace with 5- or 600-meters to go and then make an extended buildup rather



ALLSPORT/Mike Powell

than wait until the last 100.

T&FN: Why didn't you do that?

Spivey: I don't know if you remember watching me in the heats. We went through in a relatively slow pace, then Matt Giusto picked up the pace in the third lap. And I went with him and thought, "OK, we ran about a 61," and I

wasn't even listening to my splits because, again, time doesn't matter; it's the particular place.

T&FN: You won in 3:45.61, but it was the slowest heat by more than three seconds.

Spivey: I finished the race—"OK, no big deal"—and then found out later my last half mile was 1:50, and I had never

even pressed the pace.

T&FN: *Wasn't that encouraging?*

Spivey: It was kind of a two-edged sword, though. It was great but then I went into the final with a different race strategy. I changed to where I thought, "If I can run 1:50 in the heats and feel that easy, there's no way anybody's going to be able to smoke me in the last 100m."

So my strategy became, "Get on the leader's shoulder with a lap to go, stay there, and then somewhere between 150 and 100 to go wind it up and go."

T&FN: *With 120 to go you were in 2nd behind Falcon, but Herrington and Scott came by on the outside. What did you think?*

Spivey: My initial reaction was, "I can still win this," because of the previous day's race. So instead of staying in lane 2 and trying to just walk Joe down, I went out to lane 4, or 5, or 6 or whatever—I wanted to shake some hands in the crowd before I went the rest of the way. That probably cost me a place on the team; I ran an extra 10y or so.

T&FN: *Were you devastated not to have made the team?*

Spivey: The hardest thing after the TAC meet was, not only do you feel bad initially, but I talked to my wife and she said she just cried and went to the store and bought a giant box of cookies and decided she was going to eat the whole thing. She got through five of them and got so bloated that she said forget it, which was good because they were good cookies the next day.

But the neighbors, the mailman, her family, my family were all just devastated. And it's hard to explain because if it weren't for '88, they would have just said, "It's one of those days." But there were so many memories from '88.

T&FN: *Not great memories?*

Spivey: As Mike Durkin was quoted as saying, "Basically, Jim, you were playing Russian roulette and you blew your brains out."

At that point you question, "Is the racing and training all worth it?" Then after you get a series of races like Oslo and Stockholm, or even the New York Games, you say, "It's definitely worth it."

T&FN: *Did you wonder after TAC if maybe you'd lost the ability to run at a world-class level?*

Spivey: Not that I'd lost it but just, "Did I have the mental drive to get there?"

T&FN: *What does it take to get back to that level when you've been there before?*

Spivey: 50-60% of the battle is coach using the right perspective. And then, of

Support Not What It Used To Be

One thing Jim Spivey has learned through his injuries of the past three years is that getting by financially is tougher if you're not at the top today than it was in the heady pre-LA-Olympics days of '83 when he first reached world class.

This is the first year since '88 in which he has received even travel money from a shoe company:

Spivey: I remember Athletics West picking me up in '83 and I wasn't making all that much money but it was plenty enough to live on. I thought I was the cat with the bowtie.

A couple of weeks ago, I was giving a speech in Indianapolis and Mark Deady was there. He's doesn't have a contract. You'd think after being an Olympian in '88 that he would be set up for four years.

You cannot criticize the shoe companies, though, because they're doing what's in their interest. But it's going back to the days of Mike Durkin and Ken Popejoy where you ran as long as you were in college and rarely did you continue to train after.

Here's something. I got a letter in Feb-

ruary or March and it came from TAC and said, "Based on your performance in 1990, you're going to be put on the TAC stipend program," and I think I got \$250 or \$300 a month. And I looked at my wife and we just about came to tears.

There would have been a time where, "Ah, \$250? Leave it in the bank." But this was spectacular, to know that you've been rewarded for what you've done.

T&FN: *Frankly, I would have thought Jim Spivey, a World Championships medalist who has run 3:31, would still have a contract.*

Spivey: It doesn't work that way; people forget. Then I read on in the letter and saw I also got insurance from the USOC, and then I really cried. It was a turnaround. I think we figured out it was like \$400 or \$450 a month we were going to save.

When you run a few good times, all of a sudden you start doing really well, but when I look at myself and what I've done the last few years and financially how I've done, I wonder how people who are running 3:40 make it, trying to train full time. It doesn't happen anymore.

course, the other remaining 40% is *your* mental process. And then 10% is physical.

But Mike Durkin is such a spectacular coach. I remember back before São Paulo, he said, "You're going to be in sub-3:50 shape by Oslo," and after my first European race this season, in Bilbao, he told Kenny Popejoy, "Jim will run between 3:32.8 and 3:33.7 at Stockholm, based on his time in Spain."

I was telling Marty Liquori at New York—I know he didn't believe me but I said—"Based on Mike's training over the last 3-4 years now, I will drop 3-4 seconds come September."

He looked at me and said, "Do you know what you're saying?"

I said, "I'm not basing it on what the World Record, or the American Record or Jim Spivey's personal record is. I know my coach and I know how he trains me. We are on a plateau right now."

T&FN: *On a plateau?*

Spivey: Well, I ran 3:33.81 at Stockholm, which is basically a 3:50 mile; I ran 3:49 at Oslo, almost 3:50; and I ran 3:50 at Lausanne. Right there, you can see it's a plateau. No breakthroughs, no poor performances.

T&FN: *You envision the Tokyo race going in 3:34 or 3:35?*

Spivey: That's based on how Morceli

runs. I think he would rather see it go 60, 57, 55 and then kick in. Just a gradual pickup like he did in the World Indoors all the way through.

T&FN: *How do you plan to approach the Worlds if you get to go?*

Spivey: I think first of all you have to go into the Worlds with a mind-set you're going to make the final. Second of all, by making the final, you have to put yourself in a position with 300m to go where you're going to medal. And if you're in a position with 300 to go, you *will* medal; there's not that many people who are going to pass you.

T&FN: *What's the hardest part of a race for you?*

Spivey: Right now for me, 300m to go. It used to be the third quarter but Mike really set me straight this year. He said, "You're going to be tired when you go into the third lap, realize it."

With 300m to go, it's not that I've been tired; it's just been that's when the race has started. And instead of being aggressive and getting into position to win, I've more just maintained pace.

T&FN: *Like where?*

Spivey: Lausanne was a great example. Mike said he wanted me to be close enough to Morceli at 1400m to be able to spit on him, and he said, "If you

—continued on p. 49—

a trip to Tokyo. Runner-up Donald Johns (2:14:57), running just his second marathon, lowered his personal best by more than 3:00. Ian Eittle's 2:35:27 led the women. . .

Also running just her second competitive effort at the distance, Lesley Lehane set a course record 2:35:33 to win the San Francisco Marathon (June 23). Danny Martinez won the men's race in 2:15:31. . .

Tanzanian John Burra set a course record 2:13:05 in winning the Moscow International Peace Marathon (July 13). Hugh Jones placed 2nd at 2:14:52. The women's winner was Yelena Semenova (2:33:16).

Hot Feats. . .

Lisa Weidenbach can win in the heat. She proved it again at the Sapporo Half-Marathon (July 7) with a 1:13:50 slowed by 83-degree temperatures. Renata Kokowska (1:14:08), Eriko Asai (1:14:26) and Lorraine Moller trailed. . .

The singular style hasn't chanced much. Alberto Salazar still looks like the victim of a hit and run leaving the scene of the crime. Pointing to a shot on next year's 10K team to Barcelona, Salazar ran 23:23 to win the Nordstrom 8K On Broadway (Portland, August 11). Greg Hitchcock placed 2nd at 23:37. . .

Recovered finally from a Boston Marathon injury, Ed Eyestone ran 29:24 to win the Bellin 10K (Green Bay, June 8). First woman finisher was comebacking Joan Samuelson, with a 33:23. . .

Greg Whiteley (13:45) outkicked William Musyoki (13:46) to win California's Gardena 5000 (California, June 30). Tina Ljungberg ran 16:21 for the women's crown. . .

Jill Hunter hadn't been feeling well, and hadn't planned to enter the Utica Boilmaker (New York, July 14), 15K of humid, hilly hard

Martin returned in a quick Bix 7M.



John Johnson

The Bible Of The Sport



Victor Sallier/Agence Sport

Weidenbach: two fine races in Japan.

road. Of course, 2:09 marathoner Nivaldo Filho hadn't planned on having to outspurt the first woman finisher, either. The Brazilian ran 48:18, a stride in front of Hunter's course record 48:19.

Nearly 3 minutes later came Soviet Olga Markova (51:13), followed by Jan Klecker (51:28), Maria Trujillo (52:13) and Gordon Bloch (52:38).

Bill Reifsnnyder (44:13) pushed the pace, but it was Ed Eyestone's (44:10) usual kick that won the men's race. Steve Spence (44:19) and Andres Espinoza (44:23) were right there with just 400m left. . .

Some observers say the drop's about 70m, but, hey, this is show biz, isn't it? At the Firecracker Fast 5K, Ken Martin plunged to a 13:32 win, with Brenda Webb's 15:58 leading the women. . .

Martin's former wife, Lisa Ondieki, clocked a winning 50:06 at the Australia 15K (Sydney, June 23). Rod Higgins (44:33) outlasted Brad Camp (44:38) in the men's race. . .

Anne-Marie Letko ran 15:41 over 5K to win the Long Island Championship Run (Jericho, NY, July 4). . .

Terry Croyle's 18:32 led the Flamingo Chase 4M (Buffalo, July 20), while Brenda Webb was the first woman at 21:38. . .

Andy Ronan ran a 34:37 to win the little-too-long Litchfield 7M (Litchfield, Connecticut, June 9). . .

Despite running an extra 100m as the lead vehicle got lost, Jon Sinclair won the downhill Deseret News 10K (Salt Lake City, July 24) in 28:09. Lorraine Moller's 32:13 looked plenty good at 1500m above sea level. . .

Even higher (altitude some 1600m) is South Africa's Johannesburg. Matthews Motshwarateu won the Premier Triple Crown 15K (June 9) in 44:23. Elana Meyer continued to impress mightily, winning her section in an estimable 49:34. That's at 4900-feet, folks. □

SPIVEY — continued from p. 47:

die and run 42 seconds for your last 200, I don't care; I want you to go through that."

I was close with a lap to go, but then with 300 to go Morceli picked up the pace, and I was 4th. It kind of spread out to where it was Morceli, [Wilfred] Kirochi, [Peter] Rono and me.

Rono didn't go with Kirochi, so there was a gap between 2nd and 3rd; I was 4th so at 1400 I would have had to have a really good spit. But then I kicked by the other two guys the last 80m to get 2nd.

Looking at the race and knowing how I felt afterwards, I should have gone on the backstretch and gotten into 2nd or 3rd instead of thinking, "We're fast and we're going to run a good time; just keep plugging away here."

T&FN: So you feel you always need to engage, in some sense, at 1200 then?

Spivey: Exactly. You just have to go through it. All it takes is one time where you go out and you press yourself and you get through it, and you say, "Why didn't I do this all along?"

T&FN: Good luck with healing your hip. We'll be looking for you 300m from home in Tokyo, or at least in the big races in Brussels or Cologne afterwards.

Spivey: Well, as long as this injury doesn't keep me down much longer and I start training, I'll be fine—if Steve doesn't qualify. And if he doesn't, I really believe there will be fireworks in September.

You'll say, "Dang, he was ready for the Worlds." And that's what we were training for all year. □

James Calvin Spivey was born March 7, 1960, in Schiller Park, Illinois, and is 5-10/135. Graduated in '78 from Fenton HS in Bensenville, Illinois, and competed '78-'82 for Indiana. Presently represents the Asics TC. Before concentrating on the 1500, was TAC runner-up at 5000 in '83, and was 9th in his semi at Helsinki.

PRs (with ATL positions): 800—1:46.5 ('82); 1000—2:16.54 ('84) (5, 6 A); 1500—3:31.01 ('88) (8, x W; 2, 2 A); Mile—3:49.80 ('86) (18, x W; 4, x A); 2000—4:52.44 ('87) (6, 7 W; 1, 1 A); 3000—7:48.61 ('88); 2M—8:24.14 ('86); 5000—13:19.24 ('83) (13, x A).

Progression (World & U.S. Rankings in parentheses):

Year	Age	1500	Mile	Major Meets
'76	16	—	4:35.5	—
'77	17	—	4:18.3	—
'78	18	—	4:07.7+	—
'79	19	3:44.66	—	11)TAC Jr
'80	20	3:38.56	3:58.91 (x, 8)	7)OT
'81	21	3:37.24	3:57.0 (x, 5)	3)NC, 4)TAC
'82	22	3:37.34	3:55.56 (x, 5)	1)NC, 4)TAC
'83	23	3:36.4	3:50.59 (x, 4)	—
'84	24	3:34.19	3:53.88 (9, 2)	1)OT, 5)OG
'85	25	3:35.15	3:52.95 (x, 3)	1)TAC, 1)OF
'86	26	3:34.4	3:49.80 (9, 3)	2)TAC
'87	27	3:34.37	3:51.91 (5, 1)	1)TAC, 3)WC
'88	28	3:31.01	3:50.57 (7, 2)	4)OT
'89	29	3:36.85	3:57.17 (x, 7)	—
'90	30	3:34.47	3:56.44 (x, 3)	—
'91	31	3:33.7	3:49.83 (? , ?)	4)TAC