



RUN healthy

By Edmund R. Burke, Ph.D.

Intense running workouts are great when it comes to increasing fitness. However, they can also suppress your immune system and even speed the aging process. Fortunately, smart sports nutrition can minimize these effects of hard training.

During long workouts, a runner's body releases cortisol, a stress hormone that interferes with the work of the immune system's white blood cells. As a result, your body is more susceptible to contracting bacterial infections during the hours immediately following such a workout.

More worrisome, hard exercise is known to produce free radicals. Free radicals have been shown to damage cell membranes and may be the primary cause of post-exercise muscle soreness.

However, by consuming during workouts a sports drink such as *Accelerade* that contains antioxidants (e.g. vitamins C and E), you can minimize the effects of free radicals on your muscles.

In addition, stimulating insulin release during exercise blunts the effects of cortisol. Sports drinks like *Accelerade* that contain carbohydrate and protein in a 4 to 1 ratio stimulate greater insulin release than conventional sports drinks containing no protein.

By drinking *Accelerade* during workouts, runners can get more of what they want from hard training and less of what they don't want.

Dr. Edmund Burke is a professor and Director of the Exercise Science Program at the University of Colorado at Colorado Springs. He is author of the best-selling book, *Optimal Muscle Recovery* (Avery Publishing). For more information visit www.optimalmusclerecovery.com.



from the editor

E. Gary Hill

MUSIC HATH CHARMS TO SOOTHE A SAVAGE BEAST. . . and to send a track fan screaming from the stadium. English dramatist William Congreve penned the first part of that epigram in 1697; I scribbled the second part just yesterday.

In going down the same road followed by the big-league professional sports, track & field now increasingly makes it possible for you to have to cope with ear-splitting rhythms while trying to enjoy your favorite pastime.

Sure, there's a Fuddy-Duddy Factor at work here, but loud music in general isn't what I'm complaining about. A quick ride in my *Metallicamobile* with the sound system cranked to a *Spinal-Tappish 11* will melt the wax in your ears in short order.

No, my gripe with the musicmeisters has nothing to do with either the volume of the music or the selections made. It has

everything to do with when the music is played, and how loud at that point. As that other great sage—that would be mum—used to say, "There's a time and a place for everything."

Unfortunately we keep getting stuck with sound junkies who think the right time of the meet for music is the meet. Announcer is trying to say something? So what? Race going on? Big deal. But even those producers/DJs who think they understand the sport don't realize that while music can indeed enhance the overall viewing experience (prime example: Atlanta '96, where it was a joy for me to work in conjunction with people who really made the music work; or the drummers in Brussels), there's rarely enough air time for the announcer(s) to get across all the relevant information in a timely manner.

As an announcer, I'm obviously biased on this count. But my concern goes far beyond professional concerns, because I sit in the stands as a fan as often as I'm in the booth. And as a fan, I'm not alone in my distress. And the distress level is rising.

Noted athlete agent Ray Flynn, the former sub-3:50 miler, was outspoken in his criticism of musical abuse at the end of the U.S. indoor season. He put his finger on a very important factor, lamenting to me, "It's bad enough that you can't hear the announcer, but even worse is that they've taken the crowd out of the meets." He's dead-right.

I lost interest in going to professional football games several years ago because of the impossibility of carrying on a conversation between plays. I don't think I'm alone when I say that being able to analyze what you just saw—no matter what the sport—is an integral part of fan enjoyment and you shouldn't have to shriek to do it.

At least the pro leagues know enough to hit the kill switch when the teams swing back into action. Such isn't always the case in track.

When you crank the tunes during a race, you remove the most viscerally satisfying part of the sporting experience: feeling your emotions roller coaster as an event unfolds, riding from the depths of depression to the peaks of elation. Down you go as your neighbors groan; up you go as they cheer; in between the hairs stand up on the back of your neck as that intangible known as buzz ebbs and flows.

Whether it's the 133rd playing of the day of *We Will Rock You* or the first of *Also Sprach Zarathustra*, all that emotion is stifled. Aural abuse is aural abuse whether you love or hate the particular piece of music.

The saddest part is that while the motivation for adding music to the mix, which is upgrading the meet-going experience, is exactly the right one, an important preliminary step—basic information services—is continually overlooked. If meet promoters want people

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LETTERS

CROSS FAN CROSS

IN TERMS OF “customer friendliness” and “brand-selling” the IAAF and the organizers of the World Cross Country were as far from the mark as you can get:

- The meet’s Internet presence was dismal. I couldn’t ever find pricing details, how to get to the site, or hotel or airline deals (there weren’t any).

- Very little local marketing. No signs or posters, nobody really aware of the meet. Limited local newspaper or TV coverage before the event, and that which there was took a distant 2nd place to the all-important Ireland vs Italy rugby clash!

Thus there were only a few thousand hardy souls in the stands on the first day. Hardly good enough for a world event.

FROM THE EDITOR — from p. 6

to enjoy their meet to the fullest, how about trying to ensure that they know what’s going on?

A good announcer can usually keep the crowd well apprised of what’s happening on the track, but I’ve lost track of the number of times at elite-level competitions where the mike-dude has to apologize to the crowd because he doesn’t have a list of numbers of the people in the race. Or because an unknown rabbit is added at the last minute.

But it’s the field events that really get the short end of the stick. Walk into a meet and you’d like to think that you can tell what’s going on in the high jump and vault because the sign board gives you the height.

But as noted in this space in the March issue, because nobody apparently makes an indicator board with fractions, only 25% of the time does the board tell the truth. And that’s if you’re lucky enough to have somebody rotating the board to your side of the stadium. That’s one job that frequently fails to get assigned.

How about the throws and other jumps? Wouldn’t it be nice if somebody invented an indicator board that at all times indicated who the top 3 (heck, even just the leader) were? As it is, unless you’re charting an event—or are sitting next to a geek who does—there’s a good chance you have zero idea what’s going on in the field, because even the best announcers have only so much airtime available and the races get precedence.

Bottom line? Get this simple stuff right, then worry about playing the Wolfman Jack role. You’re trying to put the roof on the house before you’ve built the foundation.

- The actual meet was the least spectator friendly event I’ve ever attended. A course design based on a racecourse has obvious problems but the organizers made it so much worse by limiting spectator access to the grandstands only: a view of less than 10% of the course. And that across two solid fences.

I swear that the best view was from the parking lot. Apart from the last 150m of each race where the runners were closer to the stands, the runners were two obscuring fences and at least 30m away from the public.

Maybe it is a good thing that it was so poorly marketed—it would have turned off any new fans very quickly. But that’s not nearly good enough. The sport desperately needs to provide a positive, enjoyable experience and this was a major opportunity lost. Does the IAAF not think that fans are important?

Richard Kelman—Rome, Italy

SPRINTERS STEP UP

CONGRATULATIONS to the coaches and athletes of the men’s Tennessee team for their victory at Fayetteville. Special kudos go to Justin Gatlin and Leonard Scott for running the 4x4. That impressed me more than their exploits in the 60 and 200.

It seems that guys who call themselves 100 men say, “Well, maybe I go in the 200, but Coach, forget the 400!” It’s especially nice to see that Justin and Leonard respect their coaches and care enough about the team effort that as top dashmen they’ll go the whole lap and risk having the bear jump them in that last 50.

Joe Stefanowicz—Newark, Delaware

MASTERS READING

IN THE APRIL LETTERS you said “There is a good Masters-only magazine.” Masters readers may wish to know that the name of that magazine is *National Masters News*. For subscription info call 541/343-7716.

Al Sheahan—

Editor, National Masters News

NO MAGIC BARRIER

THE EDITOR’S RANT in the March issue about English vs. metric heights in the Millrose high jump ignored the greatest metric tyranny of all: under current rules, one of the greatest barriers in the sport’s history, 7-feet, doesn’t exist!

6-11³/₄ (2.13) or 7-1¹/₄ (2.14) indeed!

Jimmy Edmonds—New York City

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