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Steroids: Breakfast of Champions

by Jon Hendershot

Hans Liljeqvist was a Swedish modern pentathlon contestant at the Mexico City Olympic Games. His team ran, rode, swam, shot and fenced well enough to place third in the team competition. In accord with a new International Olympic Committee ruling initiated for the first time in 1968, the top six place-winners in each event were to be tested for dope. So the Swedes went along to the medical testing center, safe in the thought they had finished third, would receive bronze medals after passing the medical examination and that would be that.

But Hans Liljeqvist had imbibed too much alcohol before competing, and since alcohol was one of the "dopes" listed by the IOC, and since he tested positive, the Swedish team was disqualified and France was awarded third place. Hans Liljeqvist thus became the first man in the history of the Olympic Games to be disqualified for using a "dope." The spectre of drug use at the Olympics had made headlines before the Swedish disqualification at Mexico City, however. In 1960 at Rome, a Danish cyclist, Knud Enmark Jensen, collapsed while competing in the road race and died several hours later. It was later revealed a team trainer had given Jensen a stimulant before the race. At Tokyo, according to the statement of Dr. Martyn Lucking, former Commonwealth shot champion, in the Sept. 28, 1968, edition of the British magazine "Athletics Weekly", there was "pretty conclusive evidence that at least the first six placers in the shot put had been using anabolic steroid.

It has been this one type of drug, the anabolic steroid, which has raised a storm of controversy, confusion and misconception in the track and field community. The IOC's decision to test for dope at Mexico, and Liljeqvist's subsequent discovery and disqualification, brought the matter into sharper focus.

Just where a drug like anabolic steroids might be classed is difficult to determine. A wide variety of opinion, both professional and lay, exists regarding its valuable properties and potential hazards.

Anabolic steroids are synthetic male sex hormones, derived from testosterone, a natural hormone produced in the male testes. These synthetic hormones, available in both pill and intramuscular injection form, have anabolic, or growth-increasing, characteristics. At the same time, they are androgenic, that is, they make male secondary sex characteristics in the body.

Critics of the use of steroids by athletes are quick to point out this fact; the drug is intended for use in treating the ill and injured, not for use by healthy athletes.

It is not precisely known when steroids first penetrated athletics. There (Continued on page 9)
Florida: Bachelor 8:55.8 Steeple, 8:35.6 2 Mile

Gainesville, Fla., March 28-29 (from Jim Gaines) -- Jack Bachelor's present form indicates he's going to be a mighty tough man to deal with come time for the AAU championships in nearby Miami. No one in his Florida Relays races could come close to matching strides with the 6'6" Olympian as he set personal bests in both the steeplechase and two-mile. Among the Algerians, Tennessee, New York U and Yale took turns winning fast relays, and Ron Jourdan went seven-seats once again.

Bachelor, a relative novice at steeplechasing, stepped through that race in 8:55.8 on Friday afternoon. He won by 17 seconds as he brought his PR down from last year's 8:59.6 Running in sunny, 74 degree weather Saturday on the all-weather track, Jack burned an 8:55.6 two-mile--6.4 seconds faster than he'd done previously. He left NCAA indoor runner-up Frank Shorter of Yale way off the strong legs of Felix Johnson, and Southern Illinois freshman Gerry Hinton made up considerable ground on Shorter with a 4:01.7 anchor leg of the distance medley with 1:50.5. But Southern Illinois anchor couldn't close the gap in a two-mile relay and Southern Ill. freshman did 57.3--without Richmond Flowers (Rutgers) 52.0 440R, Florida Al?M 40.9; 2. Florida State 40.9; 3. Tennessee 40.9. Southern Illinois in the 440 relay, 40.7 to 40.8. The 880 was no contest even though Prairie View ran 1:24.2 and still lost by 10 yards. Bernard Austin, Jr. and Mack Lewis--all freshmen--joined Ford on both winning teams.

US Highlights

Florida:

Bachelor 8:55.8 Steeple, 8:35.6 2 Mile

Tennessee:

Tennessee and some swift freshmen, provided tile on-track excitement at the Prairie View Relays. An early Saturday morning campus disorder which included a stabbing and some arson provided the rest. The meet went ahead, and Prairie View (3:19.2 sprint medley) and Southern (1:23.3 880) ran nation-leading relays. Johnson provided a big 1:49.0 anchor in the medley race and came back later with a 1:47.9 anchor for the two-mile relay winners who totalled 7:41.4. Southern dominated the short races as Ford won the 100 by four yards in 9.5 and helped in both sprint relay wins. The Louisiana team nipped Texas Southern in the 440 relay, 40.7 to 40.8. The 880 was no contest even though Prairie View ran 1:24.2 and still lost by 10 yards. Bernard Austin, Jr. and Mack Lewis--all freshmen--joined Ford on both winning teams.

UCLA-Kansas: 59'11 1/2" Sixth in Shot Battle

West Los Angeles, Calif., March 29 (from John Wenos) -- It was only a dual meet, and oh what a dual! More world and national class marks resulted from the Kansas-UCLA clash than from any other meet of any type so far this outdoor season. Despite delayed television coverage, 10,113 customers turned out at the beautiful new Taras-track facility where NCAA indoor champion Kansas beat UCLA, 91-63.

The shot put was the unquestioned highlight. It took 65'10 1/2" (by Steve Marcus) just to score. Sixth-placer Ruff Hodge missed 60 feet by just a half-inch, a mark that improved his personal best by over 1 1/2 feet. Karl Salb opened the competition by lobbing the ball 66'4"--his outdoor PR. Teammate Steve Wilhelm reached 65'3"--his best anywhere. Down in fourth and fifth were Mark Stotich (61'6") and NCAA indoor bronze medalist Doug Knop (60'7"). Knop's career-best 187'5" won the discus. Salb was second at 182'2".

Other highlights: 220-m. hurdles, 2:09.9; 440-m., 49'9; 800-m., 1:51.2; 1000-m. 2:24.9; javelin, 206'0.; 440-in., 57'10; 880-m. 1:57.1; 1500-m. 4:04.1; pentathlon, 4280 points; 3000-m. steeplechase, 9:35.1; long jump, 22'10; and triple jump, 54'3.5. R. Kelley of Indiana set a 1:47.9 PR in the two-mile relay, and he gave indications that better things are coming by hardly missing his second try at 17'13". His UCLA teammate Jon Vaughn settled for 10'6 1/2.

Wayne Collett topped the running, winning the quarter in 46.3--two-tenths ahead of Len Van Hofwegen--and anchoring UCLA's victorious 3:09.9 mile relay team with 45.9. Van Hofwegen handed to Wayne after a 46.2 leg. Collett also anchored the 49.1 (to Kansas' 40.4) 440 relay winners. Jim Ryan's "just-fast-enough-to-win" double required him to run 47.7 8 and 1:01.2. Kansas freshman Bob Bornkessel returned to 440 hurdles with a 52.2 win.

Other highlights: 220 2.2 mph, Julio Meade (Kans) 20.9 3000mSt, Paul Mattingly (Kans) 9:09 0.14 200, 21.7; Denny Rogers UCLA 49'5" w; 2. Ken Gunes (Kans) 49'5 w.

Kentucky: Many Midwesterners Get Into Action

Lexington, Ky., April 4-5 (from Nolan Fowler) -- Multiple fine performances by a number of athletes--runners Mike Butler, Mark Winzenried, Dave Ellis and Mike Goodrich, and throwers Mitt Sonny and Brian Oldfield--provided the big news from the Kentucky Relays.

Wisconsin, the outstanding team, got a high hurdles victory from Butler and three relay victories. Winzenried contributed mightily to two of them. After racing a legal 13'7 in Friday's semifinal, Butler won the final in a windy 13'8. The wind kicked up strongly both days, but usually across the straightaway. Sophomore Winzenried anchored Friday's sprint medley relay with 1:49.5. The team had 3:21.6. The next day, he opened a big lead on the first leg of the distance medley with 1:50.5. But Southern Illinois freshman Gerry Hinton's 2:56.3 three-quarter leg cracked the race wide open. Alan Robinson's leisurely 4:08.4 anchor gave his team a 3:45.2 win, to Wisconsin's runner-up 10:02.4. Winzenried later paced Wisconsin's winning 7:31 2 two-mile team with 1:49.7.

Ellis and Eastern Kentucky's Grant Colehour put on one of the weekend's
International Cross Country: Roelants Wins Again

Glasgow, Scotland, Mar. 22 - All Tunisia's defending International Cross-Country champion Mohamed Gammoudi could say at the 56th championship race at Clydebank near Glasgow was "I freeze".

Whether this applied to what he thought of the up-and-down, switchback course or to the conditions is not clear but the fact that he dropped out of the race testified to the toughness of the race over the 12,000-meter course. This, indeed, was a true cross-country test, and, inevitably, a real cross-country runner was to be found on the list of leaders.

Kvalheim, his fast three-mile came at the Sacramento State Invitational, March 29, a meet that also had a 51 9 intermediate hurdle race by Gary Knoke and the 51 9 300-meter dash by Bob Seagren. The former Seagren had trouble. He made 16 9 and lost to Andy Steben, 16 9. So Seagren went to Claremont in the afternoon and vaulted 17 9, same as second-place Al Oerter. Kvalheim also ran 25 9 1 for the victory as McGlone reached 26 9, also with a 25 9 1 wind.

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Kvalheim has an 8:39 6 two-mile and 13:23. 8 for three. (Hloto by Jeff Kroot)

Australian Championships: May, Hooker Hot

Melbourne, Aus. Mar. 28-30 (from Bernie Cecins) - The old guard of Australie track, Clarke, May, O'Brien, etc., showed their usual brilliance at the national championships at Olympic Park, but new star Bill Hooker emerged shining just as brightly.

Two days short of his 20th birthday, Hooker charged around the cut-up track and battled a stiff wind to win the 400-meters in 46 2. He had won in 46 2, 14 seconds ahead of the rest of the field, and 46 2, 28 seconds ahead of the third place man.

Phil May took just one long jump to win, soaring 25 9 11 for a career and Australian record. Clark, his old rival, followed in 25 9 11. O'Brien, the 1964 Olympics champion, was third with 25 9 11.

Hooker had 100 metres on the field at the start, and was 75 metres away in the final four laps for a 28:54.4 to 28:58 2 triumph. Surprise third placer Phil Captain of Taylor (29:50. 8) was running his seventh race in eight days. The field pushed the shot 60 4~, good enough for the win while Olympic champ Frank Vogan was a 60 4--8 55 3 on the 28th. But Hooker and Clark were the 1961 world leaders in the event with 60 4--8 55 3 and 60 4--8 55 3.

Touring Americans: Coleman Gets Record Action

One thing about Leon Coleman: he's consistent. A week after equaling the world indoor record over the 50-meter hurdles in an international meet in Moscow, the American barrier expert once again ran a record-tying 6.4, this time at an international affair in Hamburg, West Germany.

It was two nights after the US-West Germany get-together in Kiel, where Coleman had won in 6.5, and as he has done throughout the American tour of Europe, Coleman was a tented world champion and in the triple jumps, best first set in 1967 by Eddy Otto and was equaled last year by Czech Milan Tokt.

Other Americans fared well in Hamburg. Herb Germain got his first international win of his career with a 1:51.8 800. Barry Brown and Jim Crawford went one-two in the 1 100 with times of 10.8 and 10.9. Louis Baumann won the 440-meters in 47.7, a world record in Europe.

Hooker and Clark were the 1961 world leaders in the event with 60 4--8 55 3 and 60 4--8 55 3. His third place, 60 4--8 55 3, was edged Belgium (125) for second.

Indeed, the best outdoor performances are concentrated in small meets that don't rate separate stories. New leaders are: cc:nccentrated in small meets that doo 'n't rate separate stories. New national leaders in eight events, plus a drawer-full of other outstanding marks, are included Mike Hanna's indoor vault best of 16'4 3/4" and Kauko Ketola men's 800 in 1:46.6.

The new leaders since last issue: national leaders in eight events, plus a drawer-full of other outstanding marks, are included Mike Hanna's indoor vault best of 16'4 3/4" and Kauko Ketola men's 800 in 1:46.6.

As usually happens this time of year, a good share of the best outdoor performances are concentrated in small meets that don't rate separate stories. New national leaders in eight events, plus a drawer-full of other outstanding marks, are included Mike Hanna's indoor vault best of 16'4 3/4" and Kauko Ketola men's 800 in 1:46.6.

Other: Paul 2:08.1, 1:10.8 After 2 Trials

Before disposing of the indoor season, we must report Lowell Paul's impressive group of performances in the Central AAU meet (March, 26). The U-CTC runner took the 1000 in 2:08.1 and the 600 in 1:10.8 after going through heats of both earlier the same day. Paul also ran a 4:03 6 mile on Illinois' oversized Tarrau track (Champaign, March, 8). Other late indoor marks were: Mike Hanna's indoor vault best of 16'4 3/4" and Kauko Keta.
Late News

Sprungers, hurdlers and jumpers again made strong showings in the West for the best marks of the season thus far. In a March 29 meet in Laramie, Wyo., the best track marks received from the Pacific Coast for boys were compiled by Jack Shepard.

The following compilation lists the best high school marks received through April 3, class in school name, senior unless indicated by: **junior, ****=sophomore. Marks are included from entire school year, explaining presence of Brown's 7'3" and Carrigan's 7'0" from Sept. 1968. Send prep stats to Box 36341, Houston, Tex. 77036

100: 9.0, Mike Lusk (Moody, Corpus Christi, Tex.), Gene Pouncey (Lincoln, Dallas, Tex.), Gerald Tinker (Coral Gables, Fla.); wind-aided: 9.3, Ken Curl (Wortham, Houston, Tex.), 9.4, Albert Haynes (Los Angeles, Calif.), 9.8, Bill Sharp (Weatherford, Tex.), 9.9, Aran Maitland (Jackson, Miami, Fla.); 10.0, Will Blackman (Wheatley, Houston, Tex.), 10.1, David Perkins (Westwood, Mesa, Ariz.); 10.2, Bill Sharp (Weatherford, Tex.), 10.3, John Anderson (Santa Ana, Calif.).

220: 22.7, Dick Martin (Lake Highlands, Dallas, Tex.), 22.8, Mike Sharp (Weatherford, Tex.), 22.9, Mike Sharp (Weatherford, Tex.), 23.0, Mike Sharp (Weatherford, Tex.), 23.1, Mike Sharp (Weatherford, Tex.).

440: 46.6, Kirk Kirkpatrick (Huntsville, Tex.), 46.7, Kirk Kirkpatrick (Huntsville, Tex.), 46.8, Kirk Kirkpatrick (Huntsville, Tex.), 46.9, Kirk Kirkpatrick (Huntsville, Tex.).

880: 1:54.3, John FitSimmons (Camden, N.J.), 1:54.4, Kirk Kirkpatrick (Huntsville, Tex.), 1:54.5, Kirk Kirkpatrick (Huntsville, Tex.), 1:54.6, Kirk Kirkpatrick (Huntsville, Tex.).

1600: 3:26.3, Mike Sharp (Weatherford, Tex.), 3:26.4, Mike Sharp (Weatherford, Tex.), 3:26.5, Mike Sharp (Weatherford, Tex.), 3:26.6, Mike Sharp (Weatherford, Tex.).

3200: 6:51.1, Mike Sharp (Weatherford, Tex.), 6:51.2, Mike Sharp (Weatherford, Tex.), 6:51.3, Mike Sharp (Weatherford, Tex.), 6:51.4, Mike Sharp (Weatherford, Tex.).

The best marks for senior are:

100: 9.0, Mike Lusk (Moody, Corpus Christi, Tex.), Gene Pouncey (Lincoln, Dallas, Tex.), Gerald Tinker (Coral Gables, Fla.); wind-aided: 9.3, Ken Curl (Wortham, Houston, Tex.), 9.4, Albert Haynes (Los Angeles, Calif.), 9.8, Bill Sharp (Weatherford, Tex.), 9.9, Aran Maitland (Jackson, Miami, Fla.); 10.0, Will Blackman (Wheatley, Houston, Tex.), 10.1, David Perkins (Westwood, Mesa, Ariz.); 10.2, Bill Sharp (Weatherford, Tex.), 10.3, John Anderson (Santa Ana, Calif.).

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3200: 6:51.1, Mike Sharp (Weatherford, Tex.), 6:51.2, Mike Sharp (Weatherford, Tex.), 6:51.3, Mike Sharp (Weatherford, Tex.), 6:51.4, Mike Sharp (Weatherford, Tex.).

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The Dope on the Pill

According to Ecker, now in the Product Development division of Kissen Corporation, the effect of steroids on human performance is in direct relation to the dosage. The athlete increases in strength, speed, and size. The drug is usually taken orally, continuously, and depending on his training program and the points out. Drug use is usually combined with other bodybuilding methods. For the particular athlete, running, hurling, jumping, throwing, and weightlifting were the usual goals. All this led to the significant increases, usually in a short time. One American athlete gained 17 pounds in one month. A hammer thrower gained 20 pounds in four months. Many people, probably thinking only about some of the benefits, such as muscle, distance runners, hurlers, and jumpers found one of the great advantages for instance in an impulse event like the jump, the pills help athletes to take steroids.

Ecker says that an increase in performance is a graph of the athlete's performance. Ecker believes that when you graph the performance of an athlete you will get a straight line. On the team, the student, or the suspect of having taken some, you will get a straight line that passes through the origin. However, the test is not perfect. There is still much work to be done. When an athlete takes the anabolic steroids, the athlete may use them with the curve. Jumps drastically, almost vertically, that is, with the body. The maximum jump has been improved from 11 to 11.5 to 12 and 13 and a long jumper who, in the same period went from 25 to 26 to 27 to 28.

The improvement itself is not unusual. It is known that it jumps at one point — when that point occurs, it is possible to have an abnormal improvement without taking drugs but it's pretty rare.

World Sport, 1967, reported that the Baltimore Colts professional football team discovered what was termed fantastic weight gains and increases in strength in a short time. Ecker was told by the officials that the company sells more steroids to professional football teams than to athletes teams. Ecker himself, a stimulant, has used to cause athletes, fitness, and not to cause action upon muscles or nerves. Do not do they paralyze the sense of fatigue. A New York report in the Sept 27, 1965 issue described strength tests given in Los Angeles by William Foster, Ph.D. and Glenn Enstrom of UCLA to athletes who had taken steroids. They found that the pills had no effect whatsoever on stamina. The trouble, Ecker comments, is they have great effect on other things but not on stamina.

There are, of course, serious effects of the use of steroids, particularly in the case of oxandrolone, which is not uncommon among athletes. The athlete who has been on the drug without a doctor's supervision. Documented cases of the effects are few, however, and there is great disagreement among manufacturers. Doctors agree that the use of drugs and steroids is dangerous and can cause death. At one extremity are those doctors who supply steroids to athletes, with the obvious feeling there are no dangers. At the other are doctors who manufacture who warn of possible liver damage, jaundice, sexual impotence or sterility, marked acne, degenerative joint disease, and even cancer.

Some of the claims of side-effects I can believe and others I question. Ecker says, the athlete may see the liver, because the liver has to process these substances and an overdose could lead to death. There is one death in the orthopedic ward at a medical center. A machinist patient took an entire bottle of steroids and his liver was destroyed and he died. That is the only documented case, a death cause by steroids, however.

Rick Bruch related in Athletics Week in 1961 and revealed what were termed fantastic weight gains and increases in strength in a short time. Bruch added he knew of other athletes who became sexually impotent. Ecker laughs and indicates. There actually is an increase in libido. I know one athlete who said he was lucky to be traveling in Sweden when he was taking pills or he would have been in big trouble.

Steroids are possible when an athlete takes large prolonged doses of the drug. As artifical hormones are taken in and substituted for the natural testosterone in the system. The time period of use, one period of time, testosterone ceases to be produced because it has been substituted for. Ecker says.

There is also the possibility of damage to youth. If they should be given the drug before they reach full maturity. Ecker pointed out several cases where high school coaches have given steroids to their teams without the boys' knowledge. This is potential danger. He feels if the drug is not administered properly, there is the chance of stunted growth.

He stated most of the side effects are reversible in 85% of the cases when the drug is withdrawn. Even so, he says, it's still a big risk to take. He suggests that an athlete won't be in that 15% where the effects are irreversible.

On the other hand, Ecker adds that a Swedish doctor experimented with male hormones on cyclers over 20 years ago. He has been checking the athletes periodically since and has found no harmful side effects.

"One athlete took 12 times the normal dosage."

One of the difficulties in accurately determining the effects of the drug, and its hazards and benefits as well, is that athletes usually take them on a hit and miss basis. A more accurate determination of the effects can be made as soon as the prescription dosage is known. The recommended dosage of Dianabol is five milligrams daily. Ecker explains. In severely debilitated cases, 10 milligrams may be given. These dosages, it must be remembered, are for the sick. One American hammer thrower told Ecker he took 20 milligrams a day for three months.

'I checked with the manufacturer of the product he used, and that was 12 times the normal dosage over the time he took the pills,' Ecker reveals. "This athlete used a conservative take, too. One shot putter told this writer he took pills three different periods of time in the past three years, five milligrams a day the first time and then 10 milligrams the other two. 'I tried 15 the last time,' he said. 'But I got nervous and couldn't sleep so I dropped back down.'" Then, too, the length of time an athlete takes pills varies with each athlete.

"The usual procedure is to take them for three months, then have a week off."

Ecker explains. One athlete said he took them only one month of the year and the benefits in terms of weight and strength gained lasted all year. "But another problem," Ecker says, "is that an athlete reasons. Well, look at what I've gained and how I've improved since taking pills for three or four weeks. 'Think what it can do if I take them all the time?" An Olympic champion thought the benefits came to those who take steroids while working hard at their particular area.

Because so many athletes are secretive about their use of steroids, it is impossible to estimate with any accuracy how many athletes take them, but a US world record holder estimated at least 70% of the top Americans use steroids. Ecker offers an opinion on the secrecy surrounding their use.

"Many athletes undoubtedly feel this is a method of remaining superior to their opponents," he says. "I know an American Olympian who visited one of his biggest rivals at Mexico City, a European, and saw a big bottle of pills on the window sill. He said to me later, 'I've got to get back on them. He'll get
There are many problems in controlling the use of drugs.

He continues...

There are many problems involved with any attempts at controlling the use of drugs. First, the rule was made retroactive, so that if an athlete had ever taken steroids at any time in his life and not just before the following race, he could be disqualified. If so, little time of thought was applied in other forms of dope as defined by the IAAF rules. Second, it was the reverse, that his disqualification could be only for a year without a blood test or without his admission of guilt. Additionally, the use of pill-taking is even more difficult, if not impossible. They are available by doctor's prescription, but sometimes it's easier that that. I travel extensively throughout the world. I've seen too many athletes who haven't taken a pill-doping drug, but at any time, they could be administered at any time, and the test shows. I know the common practice among athletes, from the United States and around the world, to just sign up and return without a problem. If they have any, they are often seized and questioned. The questions are many and there are few concrete answers and no known solutions. The problems are many and there are few concrete answers and no known solutions.

One thing is certain: as the use of drugs grows in all sports, not only in track and field, but also in all other sports, the problem will continue to grow. The problems are many and there are few concrete answers and no known solutions. One thing is certain: as the use of drugs grows in all sports, not only in track and field, but also in all other sports, the problem will continue to grow.
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DISTANCE RUNNING NEWS, Post Office Box 1082, Manhattan, Kansas 66502 ($3.00 per year)
Evans: To Run or Not to Run

by Dick Drake

To run or not to run, that is not a question of moral importance weighing on the conscience of a man but of the outcome of an Olympic race. For many, it is a question of life and death, of gold and silver. It is a question of fame or obscurity, of glory or disgrace. It is a question of adulation or vilification. And it is a question of life or death for the man who runs.

The pressures that enveloped Lee, who had been a promoter of the Olympic boycott from its outset in late 1967, when Tommie and John were dismissed from the team, had convinced him that black men were not ready to run. But Lee won the race of the day that started so hopefully for him.

And the Olympics were important to Lee. When we came to Mexico, Tommie and John said, 'I don't know what the hell I'm going to do.' I'm going to do it on the victory stand. We had discussed possible alternatives first at Sacramento, then in LA, Tahoe and again in Denver before coming to Mexico. After Tommie had run one of his heels in the 200, we were sitting in the stands watching a victory ceremony. He asked me, as we were watching Avery Brundage, to shoot the shaker's arm. 'What are we going to do if Brundage shakes our hand?'

So we decided to get some black gloves that we would put on our pants and take out at the victory ceremony if Brundage wanted to shake our hand. But Tommie said he would rather have to hand them over any more victory ceremonies.

Lee Evans rides high. (Photo by Steve Morduck)

Evans weighed heavily on him when Tommie Smith and John Carlos were suspended from the US team for their black power victory stand demonstration. "I didn't think the black community would think about what I did or didn't do (at the Olympics). These are the people I have to live with."

Lee is a strong advocate of individual, human and civil rights. His efforts toward understanding an equal place for blacks at San Jose State as well as his involvement in the Olympic Project for Human Rights attest to his commitment. Just as the decision to become involved in promoting individual rights was basing his own, the burden of determining the role of Lee Evans weighed heavily on him when Tommie Smith and John Carlos were suspended from the US team for their black power victory stand demonstration. "I didn't think the black community would think about what I did or didn't do (at the Olympics). These are the people I have to live with."

Lee Evans rides high. (Photo by Steve Morduck)

"I was really crying now, and I pushed this official."
I consciously think about those things often I have to correct myself and I try not to lose ground or even in the last 100 yards. The lead is so close that I have to train for the half-mile, which gives me a lot of black study classes. I'd say San Jose is a year ahead of any other institution.

The backstretch strategy brought to mind his major losses to Tommie Smith during their heralded duel in a spring race in 1967: "I think one of the main reasons for that was that I didn't have enough experience with the strategy. I was easy enough in the backstretch but I wasn't relaxed. Possibly I could have beaten him that day with a different strategy but we wouldn't have had a world record. We had agreed before the race that we would go for a world record, at least that's what I told him. I'm sure he would have liked to get off me. I had been made of him, maybe he would have gone out and I would have followed. But I doubt if I ever had another chance to race Tommie at this distance because he isn't training for the quarter anymore."

"I took our aggressions on the US Olympic Committee."

The backstretch strategy brought to mind his major losses to Tommie Smith during their heralded duel in a spring race in 1967: "I think one of the main reasons for that was that I didn't have enough experience with the backstretch approach. I was easy enough in the backstretch but I wasn't relaxed. Possibly I could have beaten him that day with a different strategy, but we wouldn't have had a world record. We had agreed before the race that we would go for a world record, at least that's what I told him. I'm sure he would have liked to get off me. I had been made of him, maybe he would have gone out and I would have followed. But I doubt if I ever had another chance to race Tommie at this distance because he isn't training for the quarter anymore."

Lee paused, and once again pondered his seemingly inherent drive to win first. "I wish I could tell you what it is that makes me want to win so badly. I'm not sure if I could, but always I have been really bad for at least two hours after a race. I may throw up if I lose. Yes, I recover almost immediately with the same physical exertion as if I had lost. Mentally, I hurt for at least two days. There's a lot of pain for me when I lose."

"Without admitting it, Lee knows that he can't put a finger on what motivates him to his tremendous victories. He knows he's physically endowed and well-conditioned, but so are other athletes. And he even laughs at his explanation, however serious he is, that the avoidance of pain could be a primary motivating force.

"(Art Simburg, a long-time friend of Lee's, suggests this obsession with winning is a matter of self-respect. "Before he became interested in track, he had little self-respect. Whatever he did, particularly when he worked in the food warehouse, he wasn't interested in doing it very well."

"Lee realized he had a certain innate ability for track, so he began putting everything into it. He thought it could become a great career. He became interested in training and started thinking about how he should make the most of it."

"In practice, he usually puts a little more into the workout than is suggested. Psychologically, he believes this makes a difference when the chips are on the table. It gives him confidence."

"But I doubt if I ever had another chance to race Tommie at this distance because he isn't training for the quarter anymore."
Lee Evans,
Competitor
track. And just when he seems to be getting a messy point on a nontrack issue, he will switch to talking about running. In this case, we hadn't concluded the Olympics, and there was still the 1,600-meter relay to run. I was only too glad to get away from that sort of thing. I had worked hard to prepare for the Olympics, and I was determined to make sure that I was in top form when we got there.

I had been training at the track in Salvador, Brazil, for several months, and I had been working hard to get my body in the best possible condition. I knew that the Olympics would be the most important event of my career, and I wanted to make sure that I was ready for it.

I had been working with Dr. Fran Gaffney, the US Olympic team doctor, and he had been watching me very closely. He had been telling me what I needed to do to get ready for the Olympics, and I had been following his advice to the letter.

I had been working hard at the track, too. I had been training with my coach, Bob Blackmon, and I had been working on my form. I had been working hard to get my legs in top condition, and I had been working on my mental preparation.

I had been working hard to get my body in top condition, and I had been working on my mental preparation. I had been working hard to get ready for the Olympics, and I was determined to make sure that I was in top form when we got there.
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Bible of the Sport

He is treated regularly and is functioning consistently well. Tom Rosandich, founder of the Marine Corps Relays, now director of Olympic Sports Village, has been named athletic director at the University of Western Ontario. According to the National Federation, there are 16,650 US high schools participating in track with 598,000 athletes involved. There are 1519 schools and 31,000 athletes in indoor track, and 6997 schools and 125,000 runners in the outdoor sport. Only basketball has more schools competing than track, and only football, basketball, and track have more athletes. Abebe Bikila, two-time Olympic marathon champ, suffered a broken neck and serious spinal cord injury in a traffic accident while riding in Ethiopia. He is now recovering.

Ted Lloyd, most noted for his development of Mike Anderson, his 1000 mile runner, has accepted a one-year appointment as track coach for Panarama's preparation for the Central American and Caribbean Games in 1970. He has also assumed the duties of associate athletic director at the University of Miami. According to the New York Times, Mittelberg, relative to the NCAA meet is not now known...

68th session in Warsaw, beginning June 6. Georgetown has formally suspended track for the outdoor season, following a dispute with Steve Benedek, whose contract will not be renewed come July when it expires. The status of its most prominent star, Steve C., is not now known.

Ted Lloyd, most noted for his development of miller Jim Crawford at Harding, will not be renewed come July when it expires. The status of its most prominent star, Steve C., is not now known.

Steve Lloyd, most noted for his development of milers Jim Crawford at Harding, will not be renewed come July when it expires. The status of its most prominent star, Steve C., is not now known...

The European Championships will be conducted on Tartan surfaces, making it the third straight major competition following the Pan American Games and the Olympics. The European championships were held in Budapest in 1961 and will be held in Brussels in 1966. The European championships were held in Budapest in 1961 and will be held in Brussels in 1966. The European championships were held in Budapest in 1961 and will be held in Brussels in 1966.

For gutty laughs, no pressbook of collegiate track can top the one put out by Eddie Mullens at El Paso—particularly for his descriptions of coach Wayne Vandenburg and the team prospects. For his irreverent treatment of Vandenburg, making him a ripe subject for a range of adjective, I must have thrown a generally good number of descriptors to Wayne in the brochure into one sentence. Vandenburg is an eternal optimist whose team could best the Russians under normal conditions. He has more confidence in his team than the guy who wrestles bears in the ring. For a living, owns one of the fastest voices outside of the auctioneering profession, came in the spring of 1966 (to El Paso) and went to work quicker than a monkey can skin a banana, has more energy than a vitamin commercial. Could talk until you got to the end of a book before he really lost his breath. He knows—show about his program, may fill an inside straight quicker than a peeping Tom would see Sophia Loren's apartment windows, appears to have more aces that pitching card factory, has already assumed the duties, having left in mid-school year ... The New York Times.

Eighty world record holder, is now and names the number one of the athletic council at Jacksonville, Fla. Peter Snell, double middle distance winner at the Tokyo Olympics, reports he is still at 179-lbs., partly as the result of a five ring symbol. SANROC has urged American athletes not to compete against British and West Germans for their participation in the South African Games. The IOC rebuked the South African Olympic Committee for using the Olympic five ring symbol. SANROC has urged American athletes not to compete against Britain and West Germans for their participation in the South African Games. The IOC rebuked the South African Olympic Committee for using the Olympic five ring symbol. SANROC has urged American athletes not to compete against Britain and West Germans for their participation in the South African Games. The IOC rebuked the South African Olympic Committee for using the Olympic five ring symbol.

There is no silver medalist in the high jump. Although nobody knows what the high jump competition was all about, the high jump was a wide margin. The high jump was a wide margin... The high jump was a wide margin... The high jump was a wide margin... The high jump was a wide margin...

The athletes to participate in the Games, saying the "South African situation is so complex that further entanglement is not necessarily going to help." Four Providence College trackmen have been suspended by coach Ray Sandor for three days following a dispute with the team. Four Providence College trackmen have been suspended by coach Ray Sandor for three days following a dispute with the team. Four Providence College trackmen have been suspended by coach Ray Sandor for three days following a dispute with the team. Four Providence College trackmen have been suspended by coach Ray Sandor for three days following a dispute with the team.

Valeriy Brumel's comeback track now has him up to 6'5" in the high jump, this in a series of 19 jumps during a practice session including the US touring team in Moscow. Pity George May, a 26'2" long Jumper for Oregon State. He flipped off a course and was still weighing 200 pounds. His two two-miles have limited to white competitors only. His two two-miles have limited to white competitors only. His two two-miles have limited to white competitors only. His two two-miles have limited to white competitors only.
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Distance Running Trends

by Joe Henderson

World distance running in the last hundred years or so has shown a curious pattern of sectionalism, with a nation or small group almost completely dominating for a number of years, then surrendering leadership to another. In the past century, running power—like the political, military and economic—has come tumbling for a number of years, then surrendering leadership to another. Curious pattern of sectionalism. With a nation or small region almost completely dominating for a number of years, then surrendering leadership to another. Curve, George, the first great miler, ran 4:12.8 as a professional in 1886—a mark that took the rest of the world 50 years (from the time records were first kept in 1861) until they didn’t ccb until the 1950s.

The first great world leader, the British Isles, was a natural enough one, since that’s where the competitive sport got its first real emphasis. It took the rest of the world 50 years (from the time records were first kept in 1861) until everyone else to catch the British—at-least in terms of records. British runners, for instance, had command of the world mile mark from 1861 to 1911, the two-mile from 1863 to 1926, and similar spans for the other standard events between 1850- and 1900-000 records. The reason for this, according to the record. Walter George and Alf Shrub, competed in the Games George, the first great miler, ran 4:12.8 as a professional in 1886—a mark that took the rest of the world 50 years (from the time records were first kept in 1861) until they didn’t ccb until the 1950s.

The British wasn’t world, and the world mile mark from 1861 to 1911, the two-mile from 1863 to 1926, and similar spans for the other standard events between 1850- and 1900-000 records. The reason for this, according to the record. Walter George and Alf Shrub, competed in the Games George, the first great miler, ran 4:12.8 as a professional in 1886—a mark that took the rest of the world 50 years (from the time records were first kept in 1861) until they didn’t ccb until the 1950s.

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Many-times seven-footer LORENZO ALLEN took a sudden leap above that figure with 7'12" the first weekend in April. The Arizona freshman has had other 7'0" clearances this spring and did it once last year. (Murdock photo)
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