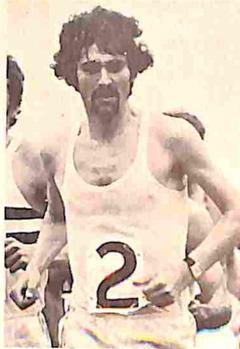


BEDFORD!

Dave Bedford, in 1971, became the world's most exciting active distance runner. He set European records in events from 3 miles to 10,000 meters, and his great volume of training miles has been the subject of much attention among coaches, and observers, as well as his fellow distance runners. In the latest issue of *Track Technique* (No. 46, December 1971), Fred Wilt has put together Bedford's training profile: his best marks, pre-race and pre-training warm-up, workout data, etc.



Another contribution is a provocative report by researcher Gideon Ariel on the physiological effects of placebos in place of anabolic steroids. Don't miss this article—a highly interesting finding to all concerned with steroid use in track & field. Australian Richard Amery has another excellent article on some new ideas on distance training. Irv Black writes on Teaching Beginning Hammer Throwers; Olga Connolly discusses Year-Round Discus Training; and Peter Lay and Ken Doherty are represented with articles on Fundamental Weight Training (part IV) and Power-Skill Training in Field Events, respectively. Make sure to get your copy of this excellent issue soon. Just \$1.00 for TT 46; \$3.00 a year; \$10.00 for 4 years.

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TRACK TECHNIQUE NO. 46 is also out. Its articles include Dave Bedford's training profile, an interesting new finding on anabolic steroids, a new view of distance training by Australian writer Richard Amery, and much more. \$1.00 for TT46. \$3 a year.

Order items above from TRACK & FIELD NEWS, Box 296, Los Altos, California 94022. Add 25¢ per book for postage & handling. 5% tax to Calif. residents.

TRACK & FIELD NEWS

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In the Future

INDOOR

December

29-30 Saskatchewan KC, Saskatoon, Sask

January

12 Senior Bowl, Mobile, Ala
14 Natl CYO Inv, College Park, Md
15 Albuquerque JC Inv, Albuquerque
15 Bennion Gms, Pocatello, Idaho
21 All-American Inv, San Francisco
21 Philadelphia Classic, Philadelphia
22 NAIA Ch, Kansas City, Mo
22 Sunkist Inv, Los Angeles, Calif
22 USTFF Midwn Ch, Columbus, Ohio
22 USTFF Sn Ch, Jackson, Miss
28 Millrose AA Inv, New York, NY
29 Oregon Inv, Portland, Ore

February

4 Star-Maple Leaf Gms, Toronto, Ont
4-5 Coaches' Gms, Ft. Worth, Tex
5 Cleveland KC Inv, Cleveland, Ohio
5 Simplot Inv, Pocatello, Idaho
11 LA Times Inv, Inglewood, Calif
11-12 USTFF Ch, Houston, Tex
12 Athens Inv, Oakland, Calif
18 Olympic Inv, New York, NY
18-19 Central Collegiate, Kalamazoo
18-19 Western Ath Conf, Salt Lake City
19 Achilles Inv, Vancouver, BC
19 San Diego Inv, San Diego, Calif
25 AAU Ch, New York, NY
25-26 Delaware Inv, Newark, Dela
25-26 Southeastern Conf, Montgomery
26 Atlantic Coast Conf, Raleigh, NC

March

3-4 Big 8 Conf, Kansas City, Mo
3-4 Big 10 Conf, Columbus, Ohio
3-4 IC4A Ch, Princeton, NJ
3-4 USTFF Intmtn Ch, Pocatello, Idaho
10-11 NCAA Ch, Detroit, Mich
11-12 European Ch, Grenoble, France
17 US-USSR, Richmond, Va

OUTDOOR

June

1-3 NCAA Ch, Eugene, Ore
16-18 AAU Ch, Seattle, Wash
28-9 US Olympic Trials, Eugene, Ore

August

26-10 Olympic Games, Munich, WG

Up Front

Frank Shorter has loomed large in recent distance events. First he successfully defended his AAU cross country title, crossing the finish line here to clock 29:19 for the 10,000-meter route. Just a week later, he cruised the third-fastest marathon ever by an American, 2:12:50.4, to win the prestigious Fukuoka 26-miler. /Chip Gane/

From the Athletes

Frank Shorter, on how he has affected training and racing mate Jack Bachelier: "It's great to have someone of comparable ability to run with, but since we never run anything like race pace, I think it is more the friendship involved in the mutual effort that is of the most benefit to both of us. I just like to think I make his training and racing a bit more fun that it already is. He can also rightfully feel the satisfaction of having helped me immeasurably."

Some advice from Tarry Harrison to developing young athletes: "Allow yourself eight years of development before becoming a national contender. Don't allow coaches to push you or force you. You must develop emotionally before developing physically."



Bible of the Sport

December 1971

Vol. 24, No. 17

Worldwide Coverage

Amateurism Outmoded Focus: Munich Olympics

