

New Books

SPORTS ILLUSTRATED/TRACK: FIELD EVENTS, by Bobbie Moore and Bill Bowerman. "How to" book on each field event, with step-by-step instructions for the novice, plus special drills, training suggestions and schedules, etc. for both men and women. Good sequence illustrations. 96pp. 1977. Paperbound. \$2.50

SPORTS ILLUSTRATED/TRACK: RUNNING EVENTS, Jim Dunaway and the editors of Sports Illustrated. Now back in stock. Covers sprinting, hurdling, middle and long distance running, with sample training schedules, info on weight training, warm-up, and other useful material for the beginner. Good illustrations. Revised ed., 1972. 96pp. \$2.50

GUIDELINES TO SUCCESSFUL JOGGING. Latest edition, much revised and expanded, 1977, of the official booklet produced by the National Jogging Association. Answers your questions about jogging, outlines a 12-week beginning program, reviews stretching exercises, etc. The best introduction available. 160pp. \$3.95

FITNESS AFTER FORTY. Hal Higdon's new book is a "must" for anyone who wants to keep his or her "middle-aged" body in tune. Hal, a long-time national-caliber runner now a top master, reveals what he's learned about the value of exercise as the key to a longer, healthier life. There are diet tips, info on what sports are best for fitness, interviews with Dr. Cooper and others, and much more. 272 pages. Paperbound. 1977. \$3.95

DECATHLON CHALLENGE: BRUCE JENNER'S STORY. Bruce Jenner tells of his life and preparation for 1976, and of course the big one in Montreal—his inner feelings and the mental and physical demands on the road to the decathlon gold medal and world record. It's an engaging story, excellently done and well worth the time of any fan. Well illustrated. Hard cover. \$8.95

BRITISH AAA INSTRUCTIONAL BOOKLETS. We have several new titles in stock from this well-respected series of technique and training booklets: **TRIPLE JUMP**, by Tom McNab, 1977 edition, \$3.75; **LONG JUMP**, by David Kay, 1976 edition, \$3.00; **SHOT PUTTING**, by Carl Johnson, 1976 edition, \$3.00; **HURDLING**, by John LeMasurier, 1974 edition (back in stock), \$3.00; **HIGH JUMP**, by Frank Dick, 1975 edition (back in stock), \$3.00; **DISCUS**, by Wilf Paish, 1976 edition, \$3.00; **STARTING AND TIME-KEEPING**, Aspland and Hathaway, 1977 edition, \$3.00. Event books are by British national coaches and cover technique, conditioning, rules, specific exercises, etc. Well illustrated. All highly recommended.

Add 50¢ per book for postage and handling. California residents add 6% sales tax (6 1/2% for Santa Clara County residents).

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Box 296, Los Altos, CA 94022

TRACK & FIELD NEWS

September 1977

Vol. 30, No. 8

ISSN0041-0284

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August
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19-23 WUG, Sofia, Bulgaria
20 Highland G, Edinburgh
24 Weltklasse, Zurich

September
2-4 World Cup, Dusseldorf
9-11 Balkan Games, Izmir
17-18 Euro Cup Dec, Lille, Fr

October
2 25-kilo road, Honolulu
16 15-kilo road, Gardner, Mass
23 AAU Mara, New York City
29 20-kilo road, Tulsa

Cross Country Champs
Yankee, Kingston, RI

November
5 Gulf South, Jacksonville, AL
5 Big 8, Manhattan
5 Southern, Lexington, Va
5 ACC, Chapel Hill
5 MAC, Toledo
5 SEC, Knoxville
5 Big 10, W Lafayette
5 USTFF, Kenosha, WI
7 Southland, Ruston, La
12 WAC, Salt Lake City
12 Big Sky, Salt Lake City
12 Pac-8, Stanford
12 PCAA, Stanford

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PUBLICATION AND MAILING

Track & Field News is published monthly by Track & Field News, Inc., Box 296, Los Altos, Calif. 94022. Second-class postage paid at Los Altos, Calif., and additional mailing offices.

Current mailing dates: September—August 5th; October—September 16th; November—October 28th; December—December 9th.

SUBSCRIPTIONS

12 issues per year, including January Annual Edition. US rates: \$11.00 per yr., \$22.00 two yrs., \$33.00 three yrs. Add \$7.75 per yr. for first-class mail (air delivery). All other countries, including Canada and Mexico, add \$1.75 per yr. to US rates. Foreign air rates on request. Maximum subscription term accepted is three years. Changes of address: include old and new addresses with zip codes; allow three weeks.

ADVERTISING

New England: Steve Ganak Ad Reps, Statler Office Bldg., Boston, Mass. 02116. Phone: 617/542-6913.
All other areas: Send space orders and materials to Ed Fox or Penny DeMoss, Track & Field News, Box 296 (365 First St.), Los Altos, Calif. 94022. Phone: 415/948-8188. Advertising deadlines 30 days before publication (for camera-ready copy).

ADDRESS, TELEPHONES

All mail should be addressed to Box 296, Los Altos, Calif. 94022. Merchandise and subscription number: 415/965-2433 (1010 Corporation Way, Palo Alto, Calif), Executive office: 415/948-8188. Editorial office: 415/948-8417.

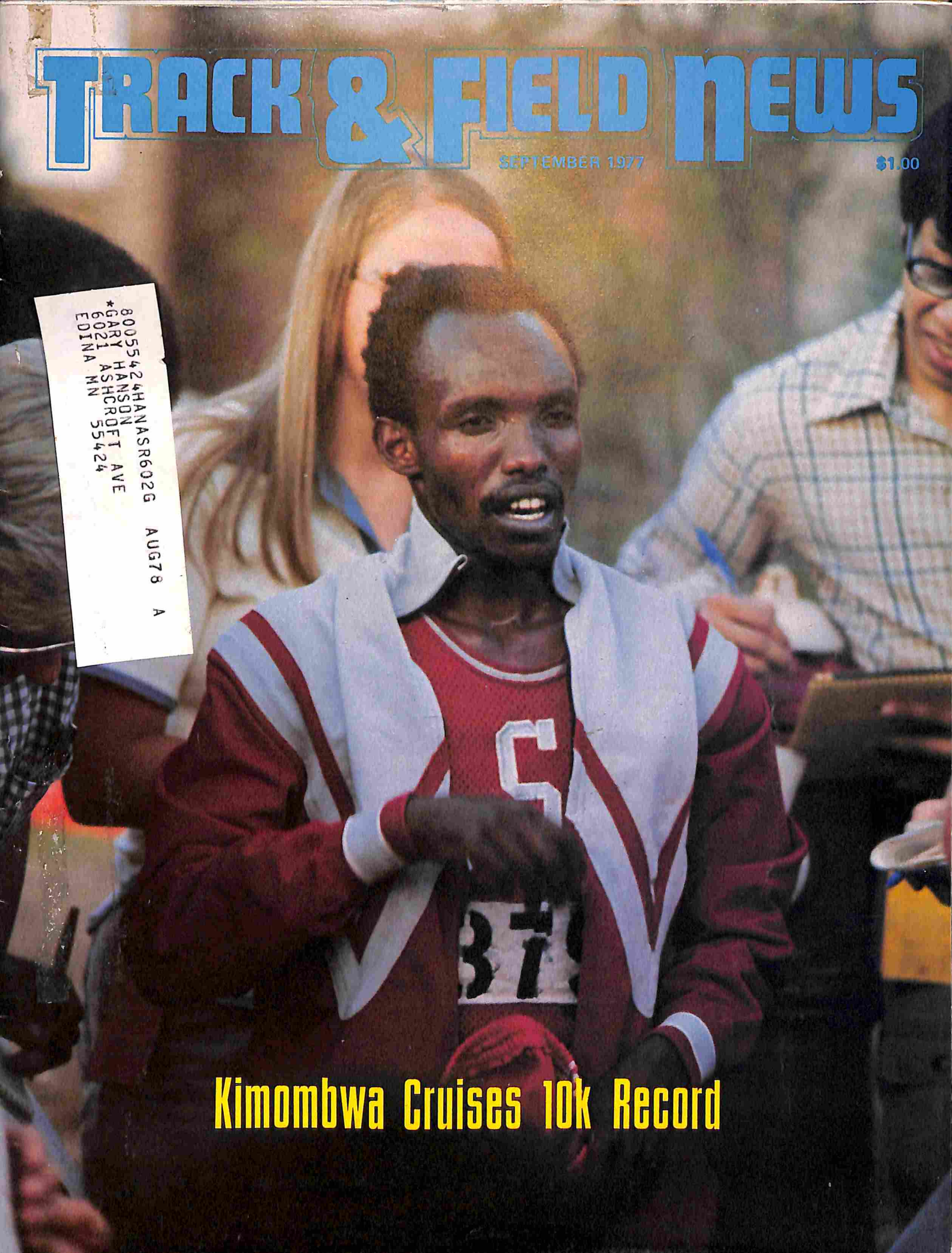
ON THE COVER: Samson Kimombwa suddenly is in the center of things. [Cathy Breitenbucher]

TRACK & FIELD NEWS

SEPTEMBER 1977

\$1.00

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Kimombwa Cruises 10k Record