

Dr. Young supervises Sunday runs

A "Run for Your Life" program sponsored by the Southern Arizona Roadrunners Club is being held each Sunday at Randolph Park.

The run is open to persons of any age or sex and is supervised by Dr. Ken Young, one of Tucson's outstanding distance runners.

Persons interested in jogging from one to four miles should check in at 9 a.m. at ramada No. 5 at Randolph Park, near the baseball stadium.

A spokesman for the Roadrunners, formerly the Southwest Truckers Club, said persons interested in taking part in the program do not have to be experienced runners and can cover the distance they prefer at their own pace.

Tucsonans push fight for women's Olympic distance

This is the first in a series of Arizona Daily Star stories about the Summer Olympics.
The Arizona Daily Star

This story does not relate to an Olympic boycott. It relates to an Olympic girlcott.

It's not about people trying to get out of the Olympics. It's about people trying to get in.

And for that we have Ken and Jennifer Young to thank.

The Youngs operate the National Running Data Center out of their midtown Tucson home; a program sponsored by The Athletics Congress (TAC) to collect and analyze information about distance running.

The Youngs also are founding



Greg Hansen

members of the International Runners' Committee and as such were among the plaintiffs in a recent suit against the Los Angeles Olympic Organizing Committee that attempted to put the women's 5,000- and 10,000-meter races on the 1984 Olympic calendar.

The suit failed.

But inasmuch as they were involved in getting the women's marathon added to the 1984 Olympics, the

Youngs feel their work has not been in vain. A trifecta is yet to come.

In other words, by 1988 the Summer Olympics should include women's races in 5,000 and 10,000 meters.

"Our primary goal at the IRC was to get the marathon added to the Olympics," Ken Young said. "The arguments were that women weren't physically equipped to run long distances.

"We figured that once we got the marathon approved, the 5,000 and 10,000 meters would fall into place."

But that hasn't happened. Legal maneuvers to get the events added for the '84 Summer Games ended in April when a judge, in a 35-page re-



ports Coliseum in women's 5,000- and 10,000-meter races during the track and field trials."

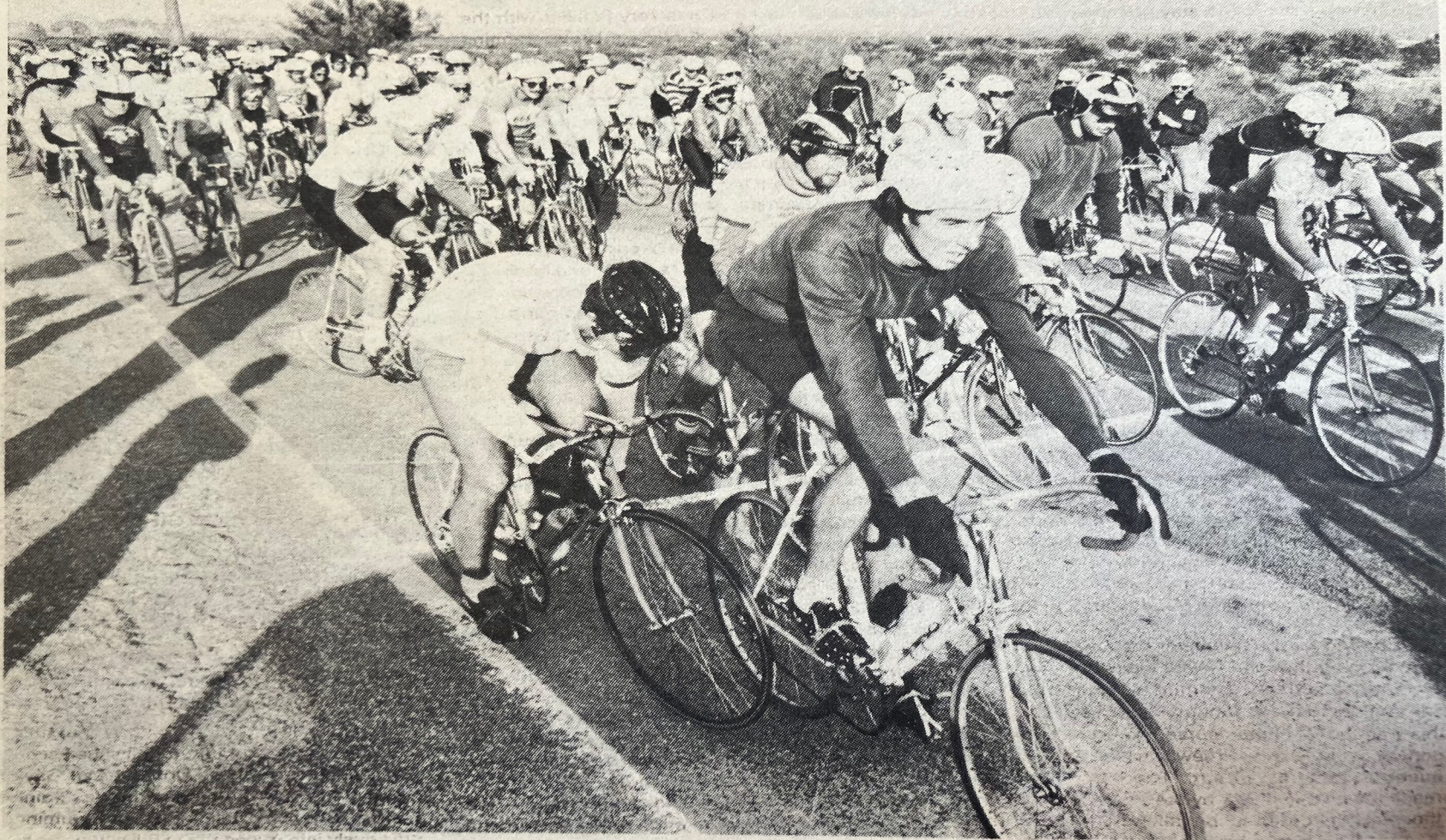
The 5,000-meter exhibition is to be run June 17; the 10,000-meter run is scheduled June 24. A shoe manufacturer has agreed to provide travel expense money to the competitors.

"It's not a shoo-in that we'll have the '5 and 10-k' races for the '88 games," said Ken Young, "but we'll keep pushing until we get it."

To show support for the women's distance races, Jennifer Young and friends attended the Olympic marathon trials in Olympia, Wash., in mid-May wearing T-shirts that read "5,000, 10,000: Girlcott".

But they say the person who will

Ken Young was an early Board member of SAR. His contributions include worldwide race result data compilation, course measurement standards, trail/mountain running and establishing the women's marathon, 10,000 and 5,000 meter runs in the Olympic games. Ken passed in 2018.



The club's first-ever Biathlon event gets underway as about 100 bicyclists head east on Escalante Road near Houghton on the first leg of the longer of the two races held Feb. 19. A 24-mile bike and 10K run, and a 14-mile bike and 5K run were featured. The bike course was an out and back on Escalante and Old Spanish Trail toward Colossal Cave, and the running course was a loop on desert roads in the area of the start. photo by Beth Staats

more on:



Passing In A 15 MPH Zone

Eventual winner Ron Hall takes the lead from John Faglione of Pezuela at the 15-mile mark of the Tucson Admissions Day Marathon. The action took place at the

San Xavier Mission along a stretch of road next to a school. (Sheaffer Photo)

Former Sunnyside Runner Ron Hall Wins 1st Admissions Day Marathon

Former Sunnyside High School cross country runner Ron Hall led a long string of 17 runners across the finish line at the Tucson Admissions Day Marathon, the first annual Arizona admissions day marathon.

Hall covered the 26-mile, 30-yard course in two hours, 45 minutes, 45 seconds, considered a very respectable time for the marathon race.

Approximately 120 runners started the race on the 112th St. where was a surprising number of spectators, but the course is mostly paved roads, very difficult running for cross country men.

Hall's name will be engraved on a trophy in the Tucson City Hall. The first 50 finishers received trophies while the next 10 were awarded medals.

Runners identified by two head bands. All the runners who finished the race were awarded certificates of participation.

Included among those who finished the race were Dave Smith, a paleo victim who started two hours earlier than the regular 10 a.m. starting time, riding his wheel chair, over the 26-mile distance, and the winner of the race, 40-year-old Elmer Bailey of Mesa. Bailey finished 10th with a time of 2:30.

There was only one medical casualty of the race. Ago Martinez, 19 years old,

passed out at the halfway mark near San Xavier Mission and was treated and released from the Peza County Hospital.

Road Nuts, the Class AAA southern division cross country champion for Sunnyside High last fall, finished 26th in a time of 3:38 while Sunnyside John finished 27th in a time of 3:50.

Another former Sunnyside cross country star and now at the University of Arizona, Mario Castro, had been expected to be in contention for first place, but the former Sunnyside of Hall was out with a time of 2:30.

Glover Victorious In PBA Tourney

PHILADELPHIA (AP) — Don Glover, 32, of Lakewood, Calif., survived a sudden-death playoff to capture his 10,000 first place trophy in the Professional Bowlers Association's 100,000th tournament.

The 22-year-old left handed put his chance in the head-to-head match when, after tying Billy Hordless of Louisville at 22, he threw two strikes in the two extra frames to win. Then he knocked out Don Johnson of Kansas, 10-7, 10-12.

Tucson Open Qualifying

Qualifying for the 100,000th PBA tournament will be held tomorrow at both the Valley and the Country Club. Here are the starting lines.

VALLEY CLUB
10:00 AM: PHILADELPHIA, PA. — Don Glover, 32, of Lakewood, Calif., survived a sudden-death playoff to capture his 10,000 first place trophy in the Professional Bowlers Association's 100,000th tournament.

COUNTRY CLUB
10:00 AM: PHILADELPHIA, PA. — Don Glover, 32, of Lakewood, Calif., survived a sudden-death playoff to capture his 10,000 first place trophy in the Professional Bowlers Association's 100,000th tournament.

What Handicap?

Don Smith, who wore people might call "handicapped" with his paleo-paralyzed legs, holds up his hands in a victory of sorts after leading his wheel over 26 miles in the Admissions Day Marathon yesterday. Smith officially finished 110th in the 170-man field. (Sheaffer Photo)

Way back in 1969, Tucson hosted the first Admissions Day Marathon.

Eva Talley won the women's race in 3:27. Ron Hall won the men's race in 2:41 and Don Smith was the first and only wheelchair to finish. No time given for Don.

TOP 10 FINISHERS

1. Ron Hall, 40, Mesa, 2:41
2. Elmer Bailey, 40, Mesa, 2:50
3. Dave Smith, 40, Mesa, 3:00
4. Mario Castro, 30, University of Arizona, 3:10
5. John Faglione, 30, Pezuela, 3:20
6. Eva Talley, 30, Pezuela, 3:27
7. Don Smith, 19, Ago Martinez, 19, 3:38
8. John Faglione, 30, Pezuela, 3:40
9. John Faglione, 30, Pezuela, 3:45
10. John Faglione, 30, Pezuela, 3:50

Key Signs Contract

PHILADELPHIA (AP) — Wade Kist of Southwest Texas State College, San Marcos, the Philadelphia Eagle 12th draft choice, has signed a contract with the National Football League club announced Saturday.

August 5, 1977

[illegible]

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1. Meeting (at U of A) called to order at 7:12 P.M..

2. Dispensed with reading of prior meeting's minutes-are in current newsletter.

3. President (Joe Cary) announced that Southern Arizona Roadrunner's team (5 men and 3 women) had won the team trophy at the National's 11, 1978.

4. Cross-Country championship held at Green Valley on Nov.

The following officers were elected unanimously for the coming year:

- A. President- Joe Cary
- B. Vice-President- Mark Kelleher (also in charge of Race Directors)
- C. Membership Secretary- Stella Teter
- D. Recording Secretary- Jim Shea
- E. Treasurer- Bill Oates
 - 1) Assistant Treasurer- Ed Daly
- F. Newsletter Editor- Gary Cary
- G. State Representative and Director of Race Scheduling- Bill Mawhinney
- H. Historian- Ken Young
- I. Materials Officer- Jim Placke

The President expressed his appreciation to the outgoing officers for the excellent jobs they have done to further the well-being of the organization. The officers recognized were:

- Membership Secretary- Steve Oliver
- Treasurer- Jack Deane
- Newsletter- Chuck Karr

discussed past and future of newsletter. Gary Cary proposed that future newsletters be published monthly, in a newspaper format, and that advertising would be sold and any profits derived would be used to pay Gary and two assistants.

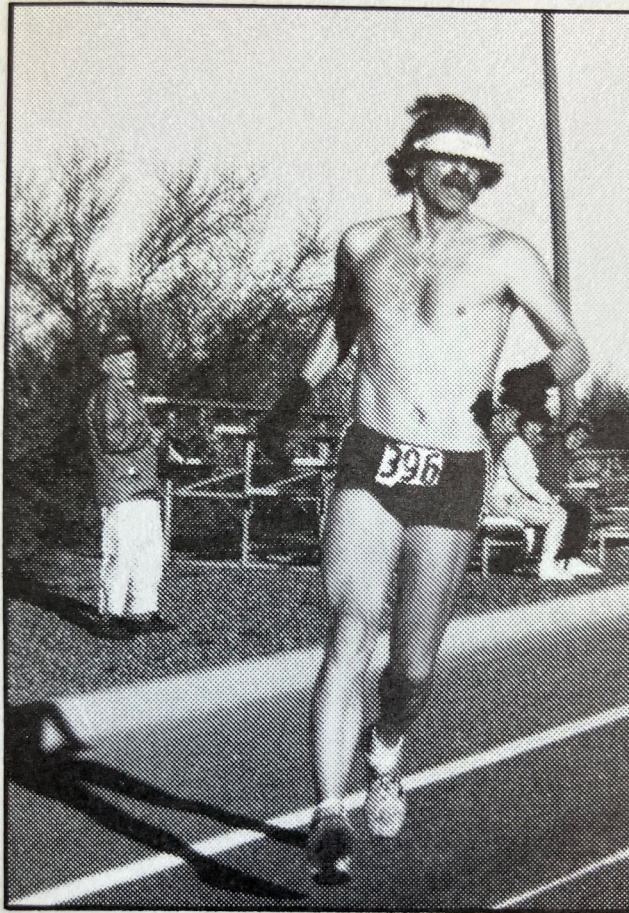
motion passed to put Gary's proposal on a 6 month trial basis with the following every 2 months by club officers. Club to subsidize during the 6 months until commercial publication becomes self-sustaining.

Aug 25/20 SA
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● Sep
Sep 8/9
Sep 15/16
Sep 22/17
Sep 29/18
Oct 6/19

Nov 17
Nov 24
Dec
Dec
Dec



An enthusiastic field attacks the 8 mile loop at Saguaro National Park on a surprisingly comfortable September morning.



Don Brannaman 1st 10k

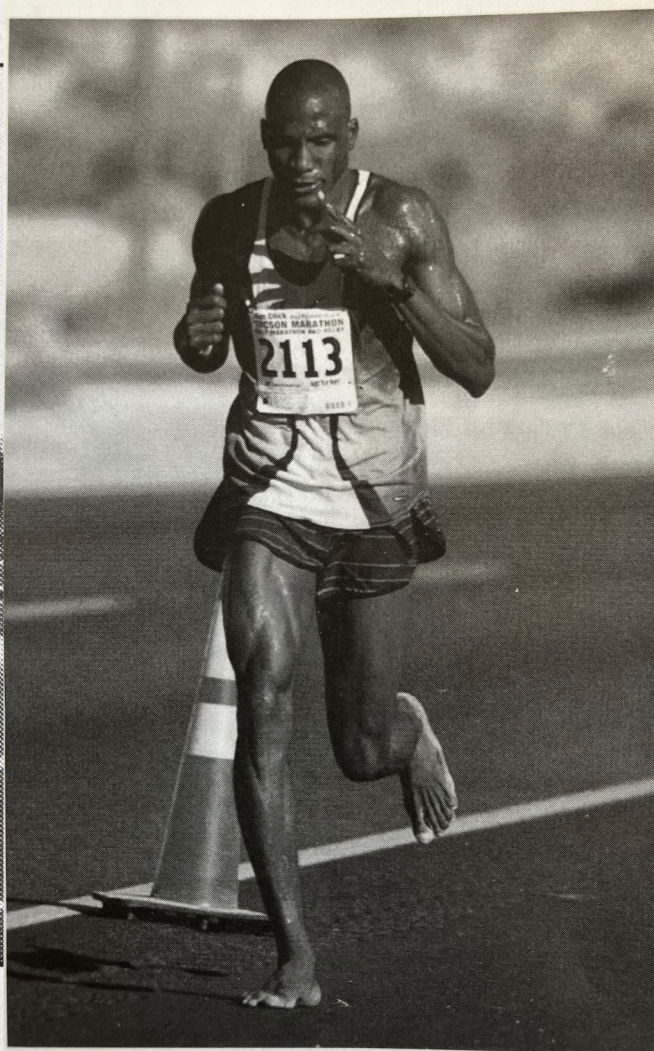
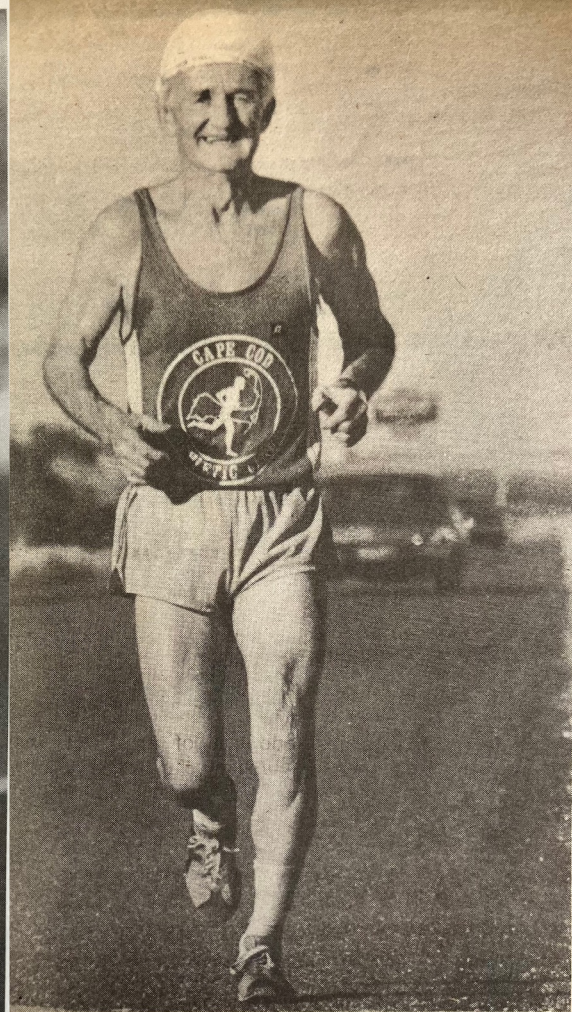


Photo by McCain Photography



young John Kelly runs in the National Master's Cross Country in November of 1979.



Elisa Kinder

The SAR women's team takes home the hardware from the Mule Mountain Marathon after an impressive first place finish.

First SARRC event nears

The first Southern Arizona Roadrunners Club event for the 1981-82 season is scheduled Labor Day with the 11th Annual Saguaro National Monument Run.

Last year, more than 400 runners participated in the traditional opener of the SARRC season, with former University of Arizona All-America Ed Mendoza winning the 8.02-mile event in 42 minutes, 26 seconds. Blair Johnson took second in 43:08 and Phil Stanforth was third in 44:20. The first female finisher was Leslie Heywood in a time of 1:00:48.

The course follows the paved loop through the Saguaro National Monument East and is recommended for runners accustomed to summer running. The loop consists of 2½ miles of small, rolling hills, followed by a hill more than a mile in length toward the middle of the race. The course ends at the monument parking lot.

A two-mile fun run is also scheduled.

Register at Athletic World, 6070 N. Oracle Road through Sept. 6. Late registration Labor Day will occur from 5:30-6:30 a.m. The fee is \$3.



THE 1986-87 SAARC BOARD OF DIRECTORS

Front Row, From Left: Jill Cutler, Laura Lusk, Tom Rotkis, Bruce Steenson

**Back Row, From Left: Dale Cutler, Mary Powell-McConnell, Chuck Koch, Jim Harsha,
Judith Busche, John Norris, Barbara Meadows, Jim Sieveke, Dick Luebke**

Richard Carr not pictured

Tucson surgeon is an authentic man on the run

By Chip Warren
The Arizona Daily Star

Those who are acquainted with Dr. Bill Mangold but don't know him well can be forgiven for thinking his middle name is "responsibility."

As president of the 1,000-member Southern Arizona Roadrunners Club, chairman of the Pima County Medical Society's legislative committee, and a director on the Tucson Symphony board, he has to a schedule that would overwhelm most people.

He is also on the board of the Arizona Medical Political Action Committee, and the professional development committee of the American College of Legal Medicine. Consequently, one wonders when Mangold, 40, has time for his practice as a plastic surgeon.

"I'm curious about everything," he said with a smile. "I have a friend who sort of teases me by saying she's never known anybody interested in as many things as I am."

However, come Sept. 25, some of those duties might have to start taking a back seat — at least temporarily — to another involvement in Mangold's life. That's when the new Northwest Hospital at the corner of Orange Grove Road and La Cholla Boulevard will open, and Mangold will be front and center as its chief of surgery.

His hospital position has necessitated a considerable investment of time since Mangold was selected last spring by the hospital's 50-member steering committee for the one-year appointment. Several months were spent attending planning sessions and drafting by-laws, while more recently there's been the need to establish surgical privileges and departmental rules and regulations.

Once the \$24 million, 150-bed facility is open for admissions, Mangold added, his main role will be to act in a supervisory capacity, as a liaison between the surgical staff and the hospital administration. But he will also have to appoint committee chairmen, preside over surgery department meetings, and field complaints from doctors and nurses.

In typical fashion, Mangold downplayed his contribution as being not really significant as far as deter-

ing whether the hospital will be an efficiently run success.

"It's not like a full-time job. Now, chief of staff — that sometimes gets to become a full-time job," he said, laughing.

The Texas native did acknowledge that making sure things at the hospital get off on the right foot is very important to him and to others in positions of authority.

"I think there's a large role to be played by the medical staff leadership at any time, and I guess it's even more so when you're just getting started," he said. "A lot of us have never started a hospital or worked at the ground level before, so we're just sort of learning as we go along."

To some individuals, that type of accountability might seem terrifying, not to mention a tremendous burden. But, as far as Mangold is concerned, it represents simply another kind of challenge — and another way to stay busy.

"I suppose I'm just an over-achiever, I don't know," he said. "I don't feel comfortable when I don't have something going on — never have. I just schedule as many things as I can into my week and when there's no more time, that's it."

For extra proof of that, Mangold need only point to his past, when he was involved in an even more mind-boggling array of activities. Ironically, it all began, he said, after he became intrigued by actor E.G. Marshall on the old television series, "The Defenders," and decided to enter law school at the University of Texas in 1966.

"It was all part of a grand scheme I had," he said. "I intended to go to med school all along, but I had always been interested by politics, legislation, that kind of stuff."

During the next three years, Mangold became national secretary of the law student division of the American Bar Association. In turn, he said, that helped him to be named the national medical-legal spokesman for the Student American Medical Association after he enrolled in the University of Texas Health Science Center at San Antonio in 1969.

From there, Mangold was appointed to two U.S. Department of Health, Education and Welfare committees — one an advisory panel on

medical malpractice and the other a student forum assigned to study the environment. It was the latter group, he proudly pointed out, that came up with the idea for the first Earth Day in April 1970, an event designed to increase the public's ecology awareness.

"I really thought I was going to save the world — that was what I was going to do," he said, reflecting wistfully on the experiences.

Such visions of grandeur eventually faded after Mangold graduated from med school. He returned

to his hometown of Lockney for a year to practice with "the town doc" — his father. Later, he wound up back in San Antonio to do his two-year residency in plastic and reconstructive surgery, a field he chose because, he said, "it's surgical psychiatry. I like dealing with people more than diseases."

Not coincidentally, being a plastic surgeon also allows Mangold the opportunity to pretty much dictate his schedule. And these days, he added, he needs plenty of time to pursue his

primary avocation — long-distance running.

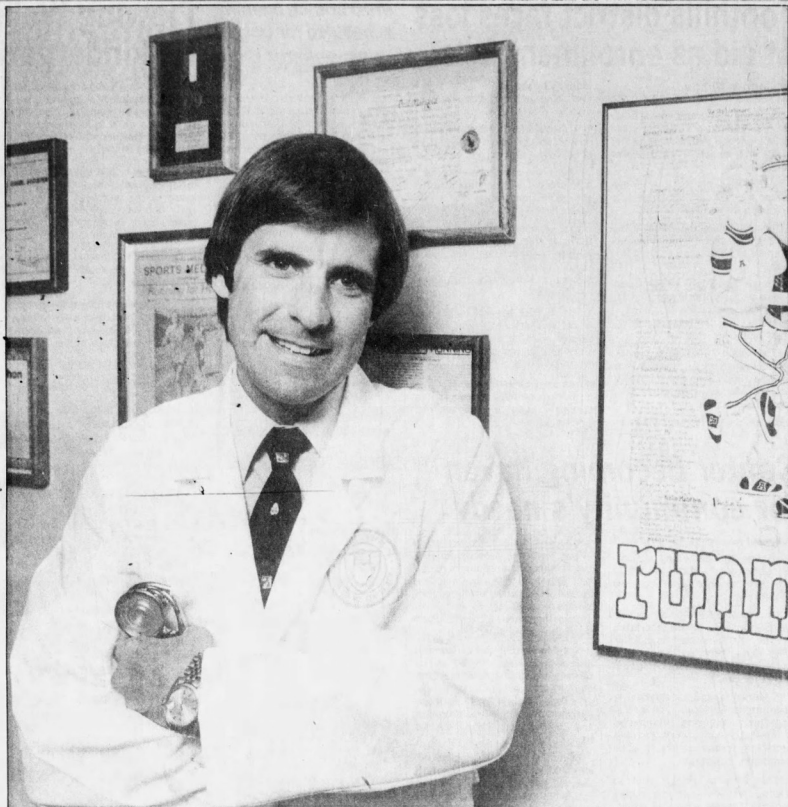
Since taking up the sport seriously in early 1981, Mangold said he has run 18 marathons, including up and down Pike's Peak in Colorado once, and three times in Boston, the mecca for all who aspire to race a grueling 26 miles, 385 yards.

"That was the highest high," he said of the first time he competed in Boston. "I couldn't even talk about it for weeks afterward without getting tears in my eyes."

It was, in fact, running that brought Mangold to Tucson in 1980 when he was still just a casual jogger. "I was looking for a place to live that hadn't invented humidity," he said.

And now that he's here, with the hospital, running club and everything else consuming so much of his time, Mangold said he couldn't possibly leave even if he wanted to.

"I am in Tucson to stay," he said, before adding with a twinge of understatement, "I plan to be a part of this community."



Dr. Bill Mangold is at home in a marathon as he is in an operating room

Ron Medvesch, The Arizona Daily Star



They're off — The field is off and running in the United States Track and Field Federation National Master's Cross Country Championships at Green Valley, top. Below two runners are about half way through the race. The overall

winner of the four-mile run was Robert Packard of Flagstaff who successfully defended the title he won in the inaugural race last year. (Star photos by Scott Braucher)



Results of the Masters National Cross Country Championships at Green Valley yesterday:

WOMEN
40-49: 1. Molly Mullemaus, Tucson, 20:00, 2 miles, 2. Sandy Pash, Scottsdale, 21:00

50-59: 1. Stella Taylor, Tucson, 21:00, 2 miles, 2. Edna Laffin, Tucson, 22:00, 3 miles, 3. Marie Anders, Sun City, 23:00

60-69: 1. Dora Hedsoeth, Green Valley, 24:40, 3 miles

40-49: 1. Edna Laffin, Sun City, 18:40, 2 miles, 2. Betty Campbell, Green Valley, 21:30, 3. Rosalia Westcott, Green Valley, 22:40

50-59: 1. Robert Packard, Flagstaff, 19:00, 2 miles, 2. Don Braman, Tucson, 20:30, 3. Don Braman, Tucson, 21:30

60-69: 1. Joe Cerv, Sierra Vista, 21:00, 2 miles, 2. Bob Rogers, Yuma City, 22:00, 3. Bill Sellers, Tucson, 23:11

70-79: 1. Gerald Rudolph, Wough

Rock, 25:50, 2 miles, 3. Gene Trouther, Tucson, 26:00

50-59: 1. Fred Schoffter, Scottsdale, 19:00, 2 miles, 2. Walt Sherman, Green Valley, 20:30, 3. Jim Wirth, Sacramento, Calif., 21:30

60-69: 1. Don Longenecker, Silver City, N.M., 19:40, 2 miles, 2. Jerry Perrick, Nogales, 20:30, 3. Donald Forner, Stockton, Calif., 21:30

70-79: 1. Don Logan, Scottsdale, 21:11, 2 miles, 2. Fred Briggs, Lake Westcott, St. Louis, Mo., 22:30

80-89: 1. Johnny Kelley, East Dravos, Ariz., 23:00, 2 miles, 2. George Steete, Sun City, 26:10

71-year-old draws a crowd

(Continued from Page 1B)

paper on Wednesday," Needham said.

"He recognized me as soon as he got off the bus. He even recognized me before I recognized him."

Tony Ruzzo was another long lost friend.

He hadn't seen Kelley for half a century. Not since they had worked together as caddies in the White Mountains of New Hampshire, during the early 1920s.

"I was the caddy and he was the caddy master," Kelley recalled. "That was a long time ago."

"In those days, Johnny would run up in the mountains to get in shape," Ruzzo said. "He's a great runner."

Immediately after the race and congratulations, Ruzzo, now a local artist, took Kelley aside and did a quick sketch of him. Holding the life-like drawing of himself next to his face, Kelley, also an artist, said with pride, "Not bad for five minutes, don't you think?"

But all the friends in the world couldn't have helped Kelley to accomplish what he had hoped to do. Competing in the 70-74-year old age bracket, Kelley had hoped to win the three-mile race, which included men 60 and over and women 40-59.

Kelley was an easy winner in his age group, but finished a distant second in the race to defending champion Don Longenecker of Silver City, N.M.

Robert Packard of Flagstaff successfully defended his title in the four-mile race, which included men 40-59 and Edna Laffin of Sun City won the two mile, for women 60 and over.

Many of the contestants complained that the strong, gusting winds slowed their times, but Longenecker wasn't complaining. In fact, he said he had an easy time winning the race and that Kelley wasn't as big of threat as he anticipated.

"He got such a reputation coming down here, I didn't know what he could do," the 63-year-old Longenecker said of Kelley.

Kelley has been running competitively for more than 50 years. He has won the Boston Marathon twice, finished second seven times, and finished in the top 10 19 times. He has competed in more than 1300 races with lengths of three miles or longer.

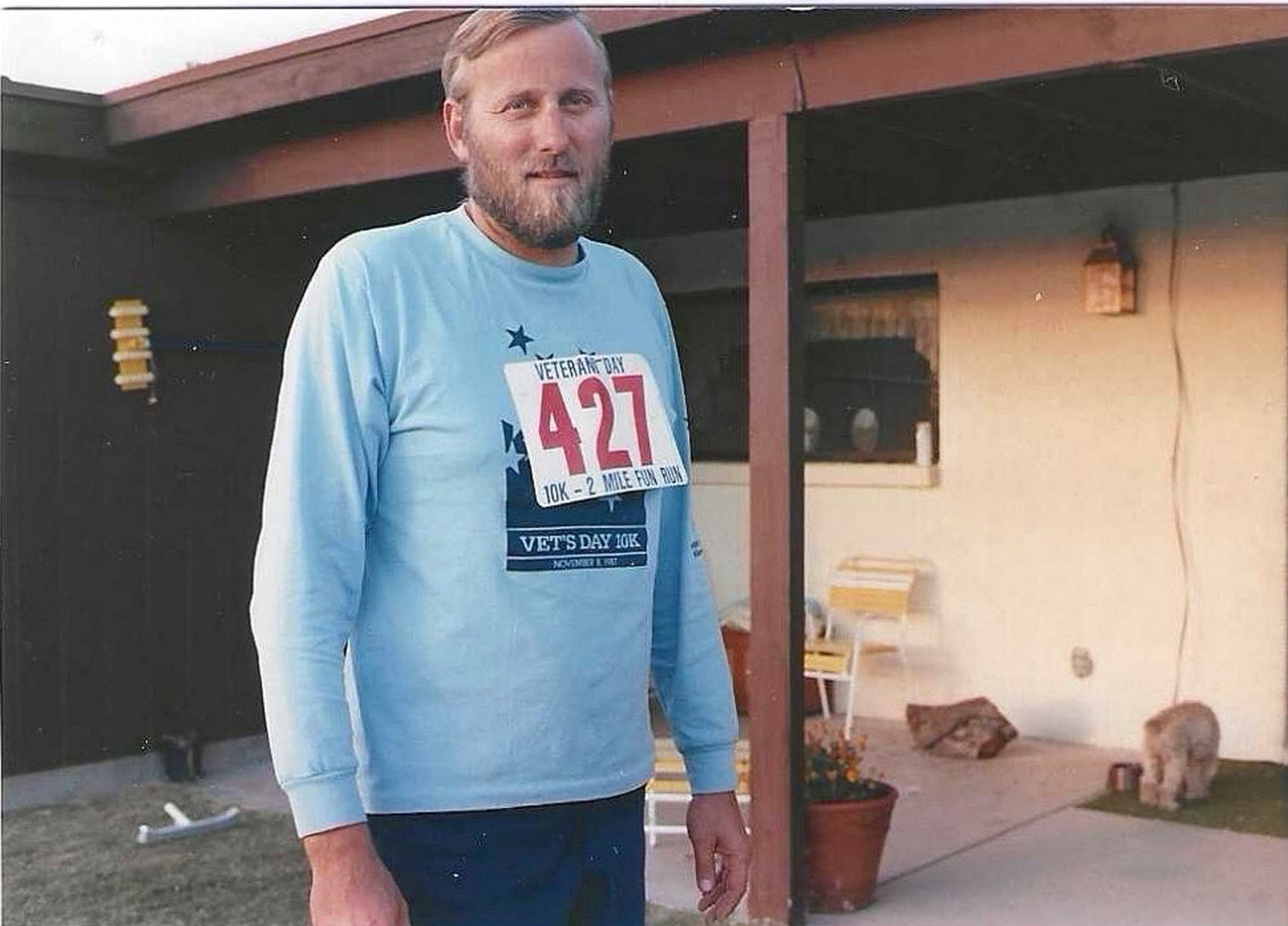


KELLY

TEAM STANDINGS

1, Southern Arizona Roadrunners A, 35 points. 2, Sun City Jogging Club, 31. 3, Cross Country Club of Dallas, Texas, 24. 4, Durango, Colo. Motorless Transit, 12. 5, Southern Arizona Roadrunners B, 11. 6, Sun City's Second Best, 10; University of Arizona, 10. 7, Thunder Mountain Running Club. 8, California Desert Runners, Green Valley, Southern Arizona Roadrunners C, 7. 9, Arizona Roadracers, 6.

SAR won the National Masters Cross Country team race in 1979. It helped that the race was in Green Valley!



**Ken Radon was
the SAR
President in
1992-93.**



Election of 2013-2014 SAR Board of Directors and Officers







WHITE ROCK MARATHON
December 8, 1985
Sport Photo



1988 New York Marathon

Readers' page

Fast start

Tucson-area runners take off downtown at the beginning of the annual 9.3-mile Sun Run. Some 2,000 persons participated in the event this past March.

Photo courtesy of Paul LaFrance/Southern Arizona Roadrunners Club



Running clubs can get you off on right foot

By JAN MCFARLANE

While most Tucsonians were still in bed this past Labor Day, more than 400 others were poised at the starting line of an 8.3-mile race around Saguaro Monument Loop Road.

The race's sponsor — the Southern Arizona Roadrunners' Club — has grown in membership from 200 to 1,200 in the past four years to become one of the largest running clubs in the country.

In the past year and a half, four jogging and exercise courses have been established around Tucson. The latest development in the sport is trail running in nearby desert and mountain areas. Tucson is definitely a running town.

What is it about running that produces such enthusiastic devotees? Many runners begin simply as part of a weight-reduction or muscle-toning program, then become hooked on feelings of physical and mental well being that running provides.

Beginners, however, need to start out slowly, and in Tucson one of the best bets for novice runners is the parcourse.

Parcourses are outdoor exercise trails designed to develop the four components of physical fitness — muscular strength, flexibility and cardiovascular and respiratory endurance. These short-distance routes have illustrated exercise stations at various points. Individuals perform the exercises, doing the number of repetitions appropriate for their skill levels. Then they either jog or walk briskly between stations.

The 1.5-mile, 20-station course at Fort Lowell

Park begins at the park's northeast corner, winds around grassy fields and heads back into a wooded stretch at the eastern edge of the park. At St. Joseph's Hospital, a 1½-mile, 15-station course has been built for patients, staff and the general public. The trail begins east of the hospital complex, then cuts through a desert area.

The two-mile, 18-station parcourse at the University of Arizona, perhaps the most physically challenging of local courses, begins in front of McKale Center and circles around the campus. Instructions also explain the "exercise heart range," or pulse rate, appropriate for different ages and sexes to improve cardiovascular functioning.

Tucsonians also may take advantage of the facilities at Pima Community College's Akdam Road campus. A 1.7-mile, 14-station jogging and exercise trail begins by the track next to the Physical Education Building, at the northwest corner of the campus. A 19-kilometer trail also is marked. Runners may obtain maps and information from the athletics office between 7 a.m. and 9 p.m. and may use the lighted track until 10:30 p.m.

If you'd like to begin racing, you can participate in runs sponsored by Southern Arizona Roadrunners Club. Distances range from two-mile "fun runs" to the annual 26.2-mile marathon. For information about race schedules and events, contact the club at Post Office Box 4678, Tucson 85733, or call Larry Schloss during business hours at 296-7421.

For those who would like an alternative to jogging on city streets, parcourses or competitive running, there is trail running. The Tucson Sunchasers Club organizes beginning, intermediate and long-dis-

tance runs.

"It's just gorgeous to get out into the mountains and run trails with birds and animals," said Pat Martin, a Sunchasers guide. "You run uphill and downhill, and you have to watch your footing. But it's a natural form of locomotion — you run when it's easy, and walk when it's hard. We also stop along the way for snacks, so it's a social kind of thing as well as a training run."

For further information about Sunchasers trail runs, interested persons should contact club president Ellen Witter-Tilton at 795-9558 or Pat Martin at 748-1150. Those interested in a competitive trail-racing series should contact Ken Young at 628-3188 during business hours.

And if you're contemplating marathon running but need information about training, contact Phil Stanforth at the University of Arizona Adult Fitness Program, 626-1418.

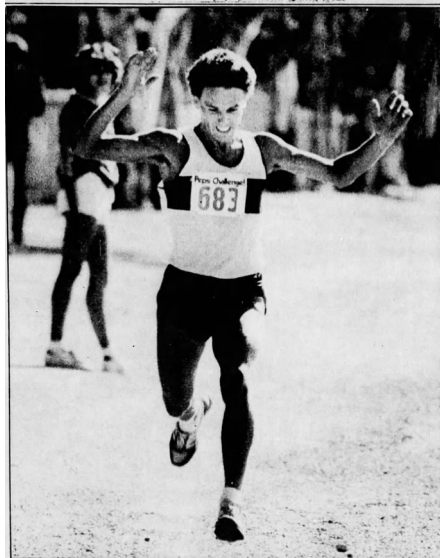
Jan McFarlane is a freelance writer — and a runner.

Anna Neuhaus,
Readers' page
regular, dies









Debra Reinold, The Arizona Daily Star

Aspiring Olympian wins Roadrunners Club race

Steve James, 21, top, gestures in celebration as he nears the finish line at Hi Corbett Field in the Pepsi Challenge 10-kilometer race. James, who is from Britain, is training for the Olympics and is considering attending the University of Arizona. His winning time yesterday was 30:48. Don Kimball, right, waited for the start of the race with a little sun protection and a few tunes from his headset. Below are some of the 1,100 runners in the event, which was sponsored by the Southern Arizona Roadrunners Club, Pepsi-Cola, KVOA-TV and J.C. Penney.











Jogging not neurotic, angry runners tell psychiatrists

By CARLA McCLAIN
Citizen Staff Writer

Evidence that running — for a small number of people — can become an extreme or unhealthy obsession was strongly and angrily challenged by some of Tucson's best and fittest runners last night.

Several members of the Southern Arizona Roadrunners Club — some of them award-winning marathon runners — attacked a study by three University of Arizona researchers that has compared the compulsive, "obligatory" runner to the adolescent girl who irrationally diets her-

self to near-starvation, even death.

The study — still just a theory — gained national attention after it was published in the prestigious New England Journal of Medicine this winter, under the title: "Running: An Analogue to Anorexia?"

The authors — psychiatrists Alayne Yates, Kevin Leehey and Catherine Shisslak — have since presented their findings in other national media.

They define the obligatory runner as "one who runs to the point where it begins to interfere with normal life," who adopts a "running" life-

style" that eclipses all other normal activities and may lead to physical injury, family strife, divorce and social and sexual isolation — factors which in no way discourage the runner's obsession.

As psychiatrists who have clinically treated many people suffering from debilitating eating disorders, they have found distinct similarities between the personality and the obsession of this type of runner and the person suffering from anorexia nervosa — compulsive dieting, sometimes to starvation, characterized by a distorted body image and an obsession with "thinness."

After detailing the study to about 50 members of the Roadrunners Club here, the researchers ran head-on into trouble last night.

"You are saying running is a pathological disease like anorexia," said one member, a UA professor in supreme physical shape from years of running, bicycling and swimming. "You have made running guilty by association."

The major concern among Roadrunner members appeared to be that the publicity surrounding this study has left the general public with an image of runners as ob-

sessed neurotics and running in general as psychologically unhealthy.

Said another club member: "It was an assault on runners. Now you have people saying, 'Omigod, I better not run.'"

However, the authors have stressed that they are comparing only a very small percentage who develop into "obligatory runners" to the anorexic dieter.

"Most of us here don't really fit into what we're talking about," said Leehey, himself a runner. "Most of

Continued, Page 3A

Joggers run down study saying some are obsessed

From Page 1

us here tonight do not have these problems or we wouldn't be here."

Agreeing with that was Dr. Yates, who stressed, "Running offers a lot of self-reinforcement and a sense of self-worth, and a lot of that is pretty darn healthy. It can boost a sense of low self-esteem, relieve depression, improve health and appearance and resolve anger. There are a lot of good reasons to run."

"Our point is just that getting 'locked into' it can be very difficult, and can cause many social and physical problems."

The obligatory runner, like the anorexic, often suffers from low self-

esteem before he begins running. Both the runners and the anorexics also tend to be successful in their lives, high achievers or even overachievers, and well educated, with good family backgrounds, the study says.

However, the anorexic tends to be female and young, while the obligatory runners appear to be mostly mature men, in their mid-30s and older, they found.

This is explained, the authors believe, by the strong pressures of our culture, which place premium emphasis on a woman's appearance, which begins to become important in her teen-age years, and which places prime emphasis on a male's achievement, often physical achievement, by his midlife.







Former SAR President and current Board member, Caroline Gardiner won the Saguaro National Park race.

Left: Caroline burning the cinders in a high school track meet.

Tucsonans beat hills to win Labor Day Run

Saguaro race kicks off season

By Scott Simonson
The Arizona Daily Star



Caroline Gardiner, runner-up at last year's Saguaro National Park Labor Day Run, won this year's event.

Tucsonans Greg Wenneborg and Caroline Gardiner ran away from the field for easy victories in yesterday's Saguaro National Park Labor Day Run.

Wenneborg, 31, triumphed in the men's race for the fourth time in the past seven years. He finished the 8.1-mile course in 42 minutes, 36 seconds. Richard Brown finished second in 44:17.

Gardiner, 38, finished second last year in her first entry in the event. This year, she won in 51:49. Beth Ellickson finished second in 53:07.

The Labor Day Run, perhaps the premier road race of the year in Tucson, serves as the kickoff to the road racing season in Southern Arizona. The rigorous course travels through scenic, rolling terrain in Saguaro National Park West.

The race's crucible arrives at about the 4-mile mark. There, the runners embark upon 1.7 miles of almost continuous uphill. During that section comes a devastating seventh-tenths of a mile climb that often marks a turning point in the race.

"When someone races with me here, I feel like I have an advantage, because I know the hill and they don't," Wenneborg said. "The hill is where I really attack and pull away."

Yesterday, Wenneborg already had pulled away when he reached the hill. Wenneborg said he separated from Brown at about three miles, and he wouldn't be challenged again.

A math teacher at Flowing

Wells Junior High, Wenneborg is training to qualify for the 2000 Olympic trials. He will run the Chicago and Dublin marathons this season, and a time of 2 hours, 20 minutes or better will qualify him for the trials. He has run seven previous marathons, and has run sub-2:20 before.

Yesterday's goal, a sub-42 minute race, eluded him. He set a fast pace but couldn't maintain it.

"Three or four guys are all that have broken 42 here, and they're all pretty much studly," he said. "I was on pace through about three-and-a-half (miles), but then I ran into trouble."

Gardiner didn't lead entering the big climb, but she made her move on the hills and pulled away.

"I passed (her competition) on the hill and just tried to stay up with the (men) in front of me," Gardiner said. "Last year I think I slowed down after the hill, so I tried to keep up with the guys around me."

Gardiner trimmed more than 2:30 from her time from a year ago, when she was the runner-up. The 1997 champion, Lisa Warneke, did not compete yesterday.

The Labor Day Run, in its 28th year, is sponsored by the Southern Arizona Roadrunners.





Fenno wins 3rd straight Tucson Marathon title

By W. Glenn Cook

The Arizona Daily Star

Rick Fenno, a man of considerable Tucson Marathon experience, didn't need to look over his shoulder at the finish line.

Janet Stamper-Holland, who until yesterday had no marathon experience, glanced just to be sure.

Both came away winners at the 22nd Tucson Marathon and Relay, tested by blustery winds more than their nearest competitors.

For Fenno, a 34-year-old Tucsonan, it was his third consecutive victory. Blair Johnson (1977-79) is the only other man to win the event three times in a row.

"It's a good feeling," he said after winning in 2 hours, 28 minutes and 59 seconds. "I always run a little more relaxed by myself. But I was surprised I was running alone. There was just no one else out there. I thought there would be more competition."

Tucsonan Benito Gonzales was second at 2:35:09 and Pat Alvarez third in 2:41:47.

Stamper-Holland, a 32-year-old Tucson triathlete whose only prior long-distance experience came in the 1990 and 1991 Ironman competitions, crossed the finish line along with her husband Doug in 3:07:09.

"I was looking over my shoulder," she said. "You can never be too sure."

In last year's race, Jane Tompkins-Lundgren edged an unsuspecting Sylvia Kneist at the finish line in 3:07:04 to win the women's title.

Tompkins-Lundgren placed third yesterday in 3:15:08. Pamela Reed was second in 3:11:00.

"I'm not disappointed at all," said Tompkins-Lundgren, 34, from Fairway, Kan. "My goal was to finish between five and 10 minutes off last year's time. I've been fighting off a few injuries, so considering my fitness level, I feel good that I reached my goal."

The race started and finished downtown, and the gradual 300-foot climb to the turn at East Broadway and Camino Seco was made more difficult by 20-30 mph winds blowing

west.

"It was hell," Fenno said. "It was really wearing me down. The first 13 miles were a real test. But it did help coming back."

But by the time Fenno made the turn, his race was decided. The wind effectively knocked down the rest of his competition.

"I started the race really slow because I haven't been training enough," said Gonzales. "After the first three miles, I didn't see (Fenno). I lost him."

Gonzales, 35, who finished second last year, had his training hampered by injuries sustained last February repairing a car. While working under the propped-up vehicle, it fell, pinning him for several minutes before help came.

He started running again in September, but overtrained, causing more nagging injuries.

Overtraining wasn't a problem for Stamper-Holland. She prepared for yesterday's race by running trails with her husband, never for more than two hours.

"We came out here for a nice, long run," Doug Holland said. "It wasn't as much of a race. It was nice for her to get first place. That was a bonus."

Stamper-Holland said she finished both Ironmans with 3:35 and 3:34 marathons, but that she "liked to run after riding. I always feel like it loosens me up."

After taking a winter break from swimming, Stamper-Holland said she plans on getting back in triathlon shape. Fenno said he'll start training for the Twin Cities Marathon in October.

Ned Tomscheck, a 36-year-old Tucsonan, won the wheelchair division in 2:25:36.

"I didn't mind the cold so much with my earmuffs, but the wind was tough," he said.

The race had 609 total participants, more than what race director Barbara Liguori had expected, but less than last year's 663. The men's 35-39 group was the largest, with 47 runners. Only 41 women ran individually.

New spin for Tomey: wheelchair racing

By Tara Wood
The Arizona Daily Star

Dick Tomey will help showcase athletes who are at the pinnacle of their sport tomorrow morning – but it won't be on the football field.

The UA football coach will help host the Dick Tomey Pony Express, a fund-raising event that includes an open 5-kilometer run, a fun run, and 5K novice and 10K elite wheelchair races that will feature some of the nation's top wheelchair athletes.

The event will benefit the University of Arizona's Center for Disability Related Resources, which strives to provide disabled students with an equal opportunity to fully take part in the total education experience.

The Dick Tomey Pony Express is replacing the Push 'N Plod Wheel & Jog-a-thon, a move organizers hope will create a more visible event that appeals to more of the public, said Dave Herr-Cardillo, the program coordinator for the center and the director of wheelchair athletics.

In keeping with the Pony Express theme, participants have a chance to win a one-year lease of a 1996 Ford Mustang convertible. Also, there will be a Mustang auto exhibition by the Southern Arizona Mustang Car Club, a live mustang on hand, and pony rides for the kids.

About 40 wheelchair athletes are scheduled to race, including 20 who are elite racers from around the country.

"They will be showing Tucson something it has never seen before," Herr-Cardillo said. "It's truly awesome."

Athletes slated to take part include Craig Blanchette of Cheney, Wash.; Scott Hollonbeck and James Briggs of the University of Illinois wheelchair track team; and Tony Nogueira of New Jersey. Cheri Becerra will travel from Nebraska to highlight the women's field.

Blanchette was featured on a Nike "Just do it" commercial that ran during the 1995 Super Bowl broadcast.

Hollonbeck won two gold medals and one silver in the 1992 Paralympics in Barcelo-

"These guys are just mind-boggling. They may not have the use of their legs or are missing their legs, but they are just built like rocks."

Brian Corrigan

Wheelchair racer and event organizer

na, Spain, and set world records in the 4x400-meter relay and 800-meter track events.

Brian Corrigan, a UA student and wheelchair racer who helped put together the elite field of men and women, said the winning attitude of these athletes helps make wheelchair racing a great sport.

"These guys are just mind-boggling," Corrigan said. "They may not have the use of their legs or are missing their legs, but they are just built like rocks."

"They can do more with their upper bodies than most people can do with their entire body," Corrigan said.

"If I were to have children, these guys are the role models I would want them to have," said Frank Paletta, a UA student who coaches wheelchair athletes and is an assistant director of the race.

The sport gets more exciting each year, and the racing chairs are rapidly becoming more high-tech, Corrigan said.

The chairs are extremely aerodynamic, are made with lightweight materials such as aluminum or carbon fiber, and ride on bicycle wheels with little resistance. Racers can reach 15 mph.

Both Paletta and Corrigan said their lives were profoundly affected by taking up wheelchair athletics. The sports steered them away from the illegal drugs and depression they experienced after the spinal cord injuries each suffered.

"It got me from laying in a hospital bed, wanting my life to end, to being so enthusiastic about life," Paletta said.

The two hope the Pony Express events will help give the public a new way of looking

at disabled people.

The event features a variety of prizes based on pledge money raised and athletic performance, as well as random drawings.

The first-place winner in each division, or anyone who raises at least \$500 in pledges, or someone randomly drawn, will get a key that might start the Mustang convertible. The person with the real key wins the free lease of the car.

Second-place finishers or those who raise at least \$400 will be entered in a drawing for a trip for two to Hawaii.

Tucson car dealer Jim Click, who supplied the Mustang, has played a major role in the Pony Express and in the Push 'N' Plod in the past, and will compete in the novice wheelchair race, Herr-Cardillo said.

Most able-bodied participants will take part only in the 5K run and fun run, but because of his history of involvement with local wheelchair events, Click is the "honorary disabled person" for the race, Herr-Cardillo said.

Click became involved in wheelchair events after watching the progress of an employee, Richard Nolen, who became paralyzed when he was injured in a touch football game. After becoming involved in the UA Wheelchair Athletic Program, he became a top-notch wheelchair racer and raced in both the Los Angeles and Boston marathons.

In 1988, Nolen received the first Wheelchair Athletic Scholarship ever offered by the UA.

All events will take place on the UA Mall. The 5K and the fun run begin at 7:30 tomorrow morning, followed by a novice wheelchair race at 8:15, and the elite wheelchair race at 8:45. Race-day registration begins at 6:30 in the courtyard area of the Ina E. Gittings Building, on the east end of the mall. Prize drawings begin at 9:30, and you must be present to win.

The registration fee is \$15, but participants who turn in \$25 in pledges are automatically registered.

For more information about the Dick Tomey Pony Express, contact Herr-Cardillo at 621-5178.

The first U of A wheelchair race took place in 1995.

The 2026 edition marks the 31st edition of the Jim Click Run & Roll 5K!







An early photo of Doreen!



Doreen (right) has been the Organizer in Chief of SAR's RANnual Celebrations for many years.









2006 Arizona Distance Classic





When Lizards ruled the Sonoran desert.

Former SAR President Tim Bentley as a Sabino High cross country runner.



Bentley leads Lizards

Topping off its most successful season ever, the Sabino boys' cross country Varsity team placed ninth in the state meet, held November 14 at Tempe's Mover Park.

The Lizards ended the season with a 12-2 record and placed fifth overall in Divisionals, which were held November 8 at Canyon Del Oro High School. Senior Tim Bentley's fourth place finish was the best for the Sabers.

As one of the top five teams in the Divisionals, Sabino qualified its top seven runners to the State competition. The top seven were Seniors Tim Bentley, Ross Martin, John Schnorr, Juniors, Vic Palma,

Matt Fahringer, and Mike Vertz, and Freshmen Todd Martin. Tim Bentley led the team with an eleventh place

Sophomores Stacy Willis and Terri Hart led the girls' Varsity team to Divisionals, after finishing the season at an 11-3 mark. The girls dashed to a sixth place finish in divisionals.

The boys' JV team rounded out Sabino's triple attack with a 12-2 finish. Junior Mike Vertz took first in the JV Divisionals.

Coach John Brooks looks upon the season as a great success. "I'm extremely happy. The 35 total victories are the best we've ever done."











**Team Felde at the
Packet Pick up table.**

**Sheryl & Steve have
been mainstays of
SAR for 25+ years.**

































Tucson family 'running junkies'

While Blair Johnson breezed to an easy victory in the Admission's Day Marathon, a Tucson family was "strung out" for miles chasing him.

Bill Mawhinney, 38, an estimator for Russett Trane Co., admitted after the race that he had turned his family into "running junkies."

"We're addicted to running," he said.

By the time Eliza, Bill's wife, and their two sons had crossed the finish line, the Mawhinneys had racked up nearly 105 miles Saturday in a combined time of 16 hours, 55 minutes and 51 seconds.

Bill and Eliza and their sons Jason, 12, and Alex, 10, ran the equivalent of the distance from Tucson to Mesa

without suffering a single blister.

The Mawhinneys were among 20 runners from the Southern Arizona Roadrunners Club, a Tucson running club, who took part in Saturday's race.

Bill, who finished 76th out of 252 in 3:16.15, started running 2½ years ago, but got his family hooked on running when he started competing about a year ago. He has competed in six marathons including the Fiesta in Phoenix, Mission Bay in San Diego and two Admission's Day events.

Jason, a member of the Fickett Junior High School track team, ran Saturday's marathon in 3:49:04, finishing 164th. His best time, he said, in five marathon starts is 3:38.

Alex, a third grader at Erickson Elementary School, was the youngest runner in the marathon and finished 237th with a time of 4:43.31. Alex completed his first marathon in October — the Copper Valley Marathon at Glog.

Reluctant to give his se-



Blair Johnson

Marathon winner

cret for being able to endure a 26 mile race, he said "just finishing" was his only thought after 20 miles of the race.

Meanwhile, slumped on a curb after crossing the finish line, his mother, Eliza, was ecstatic despite her fatigue.

"I cut my time from last year by one hour," she exclaimed.

"I was sick in bed with a virus for three days before this race," she added. "But I had my heart set on the marathon and nothing was going to stop me."

Eliza said she didn't fix any breakfast for her crew before the race, but the night before they had all gone out to an Italian restaurant to stuff themselves with spaghetti and pancakes.

Bill said he doesn't try to play coach for his family of runners.

"They do their own thing," he said.

"Jason works out with the track team. Alex runs around the park sometimes, if he feels like it."

As for himself, he said, "When you get to be my age you have to do a little bit of running every day."

Eliza said she likes to run by herself, averaging about 40 miles a week.

The Mawhinneys have the neighborhood around their Colgate Drive home laid out in a variety of courses.

"We can take off from the house and run three, four

five miles or whatever we feel like," said Bill.

For Bill "racing is a kind of high."

"It gives you a sense of well being and self-confidence."

"Running helps me leave the work at the office," he added. "And once you have a good pair of shoes, it's a cheap sport."

"Aside from a few blisters," said Bill, "the family hasn't had any injuries."

Looking at his son, Jason, Bill said, "the day he passes me I'll be real proud."

"I'll pat him on the back and say take it away baby."

★ ★ ★

Marathon results

1. Blair Johnson, Tucson, 2 hours, 21 minutes, 43.3 seconds; 2. Bob Cooper, Redwood City, Calif., 2:27:41.5; 3. Phil Stanforth, Tucson 2:27:42.5; 4. Doug Heabertin, Tucson, 2:30:53.1; 5. Nick Johnson, Scottsdale, 2:31:46; 6. Ron Willis, Las Cruces, N. M., 2:31:51.5; 7. Wall Rotkis, Tucson, 2:32:05.6; 8. Hayden Smith, Tucson, 2:32:22.3; 9. Leonard Suarez, Bismarck, 2:34:49.4; 10. John Copeland, Tucson, 2:37:58.5; 11. Jack Janelle, Morrison, Colo., 2:39:48.2; 12. Ken Malish, Tucson, 2:39:57.1; 13. Tom Hinsley, Flagstaff, 2:40:34.5; 14. Tom Bailey, Denver, 2:40:36.1; 15. Jeff Whitfield, Tucson, 2:44:00.7; 16. Tony Celentano, Tucson, 2:44:09.8; 17. Joe Carv, Sierra Vista, 2:44:12; 18. John Hayes, Tucson, 2:45:49.5; 19. Jerry McNeill, Mesa, 2:46:19.5; 20. Paul Siebert, Las Cruces, N. M., 2:46:38.5.

Florida logjam for lead

ST. PETERSBURG, Fla.





**Two pillars of our
running
community.
Former SAR
President, Tim
Bentley and Lucas
Tyler.**

SOUTHERN ARIZONA
*Annual
Celebration*
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