

## U.S. running boom racing into new decade

By JACQUELINE MITCHELL  
Collegian Sports Writer

Although competitive running has been around for a long time, running for recreational and physical purposes did not really develop until the 1970s.

Although many thought it was just a fad, running for enjoyment grew immensely throughout the late 70s, and is even more popular today.

Frank Shorter's marathon victory in 1972 at Munich played an important role in the rapid development of the sport.

The media became interested in Shorter, which led to an ABC Sports telecast of the Olympic marathon from Montreal in 1976.

"I think Shorter's marathon victory really got the ball rolling in terms of the running boom," Men's Head Cross Country Coach Harry Groves said.

More and more people are developing an interest in running, and today people are becoming more aware of physical fitness, as they realize running is a good way to keep in shape.

"Everybody is running," David Breinen, a senior on the men's cross country team said. "It's an easy and cheap way to keep fit and you can work it into your schedule."

Marathon racing is also on an upswing. No running sport in history has grown as rapidly or enthusiastically as this one. Each year the number of participants increase as more and more clubs, sponsors and race directors institute marathons throughout the U.S.

Some people list running in a marathon as one of their all-time goals. They feel that it is one thing in life they must conquer, Groves said.

"They might be stiff and sore for a couple of days after," he said, "but they are glad they did it."

College students also contributed greatly to the running boom. Because they spend many hours a day sitting in classes, those who were physically active in team sports in high school needed an activity which they could do individually.

When students became interested in running for pleasure, they went to the golf course where the competitive runners practiced.

"Problems started to come up," Groves said, "so we went out and made them a running loop."

As the weather became colder, students went to Rec Hall to run, resulting in overcrowded conditions as more people became interested.

"Now, during the winter months," Groves said, "you need a traffic cop up there because it's so crowded."

"I think Penn State is one of the high density areas for running," Groves said, "because we are in the country and we have so many places to run. Also, we don't have to worry about air pollution or traffic."

Women did not become involved in running until the women's lib movement began. "I took some doing to break the ice," Groves said, "but then all of a sudden it was accepted."



## Running — in a class of its own

By RICH BRADLEY  
Collegian Sports Writer

With the advent of the fitness boom in the late 1970s, many people turned to jogging as a way to burn off excess pounds and get their bodies back in shape. Jogging, however, was not the miracle cure-all that people thought it would be and many people gave it up.

Today, more people know the medical benefits of running and jogging than ever before and joggers can be seen everywhere. But, there were those who knew of running long before the fitness boom hit the cover of Newsweek.

These were mostly athletes and coaches who knew that running "improved a person's heart beat and cardiovascular endurance and were willing to run every day."

There is a certain group of these people who are not joggers, but prefer to be known as runners. They are not running to lose weight or to listen to a Walkman, but instead, they run for competition in cross country.

The difference is clear. Women's HeadCross Country Coach Gary Schwartz says the basic difference between joggers and runners is in intensity.

"The biggest difference is the intensity of the run," Schwartz said. "The athletes may tend to put a few more miles in, and they definitely run some of those miles at a much higher intensity."

Head Men's Cross Country Coach Harry Groves thinks the biggest gap between runners and joggers is in dedication.

"It's like night and day," Groves said.

"The biggest comparison between the two is the person who is training for competition is far more dedicated. He goes for months and years to get where he has gotten."

"The average jogger will just run until it bothers him a little, then he'll back off a while or will run until he reaches his goal, whatever that is."

"I think the big difference is in competitiveness. One is a total commitment, but generally is more casual," Groves said.

Both Dwight Stephens, captain of the men's cross country team, and Doreen Startare, the women's team captain, have been running cross country for eight years. Stephens averages between 85 and 100 miles per week for his training. Startare averages between 50 and 60 miles per week, but there is more interval training involved in her training than in Stephens'.

"It's something that I really want to do," Stephens said. "I don't know about the average runner, but most of the joggers are just out for fitness, which can be considered a goal, but I'm out to better myself against someone else. A runner is more competitive than a jogger. Runners are in it for competition, joggers are more casual. It's a different perspective."

Both Schwartz and Groves were quick to point out that running, even jogging, isn't an exercise for everyone.

"I really don't think everybody is suited for running," Schwartz said. "Not everybody is suited to train like Frank Shorter or Alberto Salazar."

"It's not too hard for people to go out, go slow and put a lot of miles in. But a lot of people aren't built for running — they're too heavy or the alignment of their feet, knees and hips can't stand the pounding."

Just for comparison, Stephens stands 5-10 and weighs a scant 137 pounds. Startare is 5-7 and weighs 117 pounds.

Groves chose to illustrate his point with a story about Roger Bamister, a doctor who happens to be the first man to break the four-minute mile. Groves said Bamister said that a competitive runner has miles of visits to the doctor's office.

"This is somewhat true because the guy is always working on the edge of his body's ability to take the work that he's doing, so lots of things can happen," Groves said. "Like maybe he's got a cold or tendonitis or maybe he comes up with a stress fracture. Non-competitive runners get these same things, but to a lesser degree because they generally are not working as hard, although some of them are still going at a high rate of pressure. They're pushing their bodies pretty hard at a different level."

To help people make sure they are not pushing themselves too much, or doing too little, Schwartz had some advice for those considering jogging as a way to get physically fit.

"If people want physical fitness, running a couple of miles a day or every other day is fine," Schwartz said, "but running it a little bit harder, rather than just jogging really slow for 10 miles, will give them pretty good cardiovascular endurance."

## Booters win defensive struggle

By MATT MICHAEL  
Collegian Sports Writer

During practice sessions both Head Coach Walter Bahr and Assistant Coach Mike Ditchfield make it a point to remind the men's soccer team that the most important parts of a game are the beginning and end of each half.

Their emphasis on these critical periods during the game paid off yesterday, when forward Bob Waizenegger scored with only three seconds remaining in the first half and the Lions held on to edge Cleveland State 1-0 at Lenoa Park in Cleveland.

The victory was the fourth in a row for the No. 6 Lions (5-1) while Cleveland State (3-1) suffered its first loss of the season.

"We scored at a very crucial time in the game," said Ditchfield. "There was very little Cleveland

State could do with only three seconds left in the half. Penn State's goal took on extra importance because of the strong winds that swirled around Lenoa Park.

"It was a very even game and both teams had the same field conditions," Ditchfield said. "We played with the wind in the first half and the Lions held on to edge Cleveland State 1-0 at Lenoa Park in Cleveland."

Normally, the team playing with the wind will have an edge because it will be able to get the ball upfield quicker by using long passes. But the Penn State defense was able to neutralize the Vikings' second half advantage.

"Our defense controlled the game in the second half," Ditchfield said. "It was an overall team effort and (goalkeeper) Greg Kenney had an errorless game."

Penn State forward Niall Harrison said the goal "came out of nothing." The Lions made a throw-in pass with eight seconds remaining to forward Dave Dabora, who fed Waizenegger with a pass into the center of the field and he knocked the ball in with only three ticks of the clock left.

"The Cleveland State fullbacks lost their concentration and that led to the goal," Harrison said. "Soccer is a 90-minute game and you have to play hard for the entire time you're out on the field."

The goal was Waizenegger's second of the season and he now has four total points, which places him in a tie for third on the team. Daboro's assist gave him his first point of the young season.

The Penn State defense was put on the spot in the second half since Kenney stopped six shots en route to his second shutout of the year and the fifteenth of his career.

The Lions will now travel to Fairleigh Dickinson on Saturday to meet one of their top rivals in the East.

"The communication started from the back and it spread throughout the whole team," Ditchfield said. "Once one player starts talking it becomes contagious."

It is no coincidence that in the Lions' only loss, a 3-2 setback at the hands of Navy, they failed to talk to each other.

"We had no communication at Navy," defender Gerry Moyer said. "Yesterday Greg took charge in the goal and I have taken it upon myself to take charge of the defense since I'm the only defender back from last season."

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## Committee urges education changes in collegiate sports

By DOUG TUCKER  
AP Sports Writer

KANSAS CITY, Mo. — A blue-ribbon committee recommended some blockbuster changes within the NCAA yesterday, including making freshmen ineligible for football and basketball and requiring schools to issue yearly "report cards" on how their athletes perform in the classroom.

In addition, the committee presented a compromise proposal to head off what many view as an attempted power grab by the American Council on Education.

The recommendations now go to the National Collegiate Athletic Association Council, which will decide whether to put them on the agenda for the NCAA convention in January.

John P. Schaefer, former president of Arizona University and chairman of the Select Committee on Athletic Problems and Concerns in Higher Education, admitted that many of the proposals will be opposed on the convention floor. All would require approval by a majority of NCAA schools.

Certain to meet fierce resistance would be the measures on freshmen eligibility and institutional report cards. In meetings earlier this year, separate groups of athletic directors, football and basketball coaches and faculty representatives went on record as being unanimously in favor of retaining freshmen eligibility.

But Schaefer, president of the Research Corporation of Tucson, Ariz., said the freshman year "is the most critical year a student faces. The kind of start a student gets his freshman year will frequently determine whether or not that student will be able to graduate from college."

One reason many schools would oppose the freshman measure would be financial. Schaefer admitted that more scholarships would be needed to accommodate freshman ineligibility. Presently, schools can give 30 football scholarships each year and a total of 55. The Select Committee's proposal would allow 26 each year, and a total 104. In basketball, the total allowed would be 16 instead of the present 15.

The American Council on Education proposal would set up a body of 35 presidents with what would amount to dictatorial power over the NCAA. The presidents would be empowered to set aside any vote of the convention and enact legislation without consulting member schools.

The committee's proposal would not give the commission less power. "We recommend that a council of presidents be established that would have the right to advise and review actions of the NCAA. But the activity of these presidents would be restricted," Schaefer said.

The Select Committee includes six presidents who helped form the ACE proposal. An NCAA official said the committee's proposal was recommended by five of the six.

## Young lady booters open season today

By PATTI GANDRAS  
Collegian Sports Writer

When the women's soccer team opens its season today against Franklin and Marshall at 4:00 p.m. on Pollock Field, it will be under the direction of two new coaches and without seven of last year's starting players.

Despite these setbacks, the team is optimistic about its chances for a good year.

"We lost a lot of people to graduation, and we have a fairly young team, but we still have a lot of experience," rookie Coach Sal Frenda said. "The whole defense played last year, and we have a lot of depth."

Before coming to Penn State, Frenda coached

both high school and men's indoor soccer teams in York, as well as a women's outdoor team. Robert B. Kelly is the team's conditioning coach.

Coming off an 8-3 season last year, in which its only losses were to nationally ranked teams, the team has already played four pre-season games at 11 in Buffalo, N.Y. Competing in four matches, with wins against Erie Community College, 2-1, and Canisius College, 5-0, and losses to Buffalo, 4-0, and Nazareth College, 3-1, most of the players agreed that the tournament provided valuable practice in preparation for today's game.

"We lost a lot of people to graduation, so there are a lot of new faces in our starting lineup, and right now we're adjusting to that," Lady Lion

forward Amie Breckenridge said. "It was good that we played so many games in Buffalo, because we did get better with every game."

"We need to play with new teams, against new people," Breckenridge said. "That's something you can't get in practice. We're ready for this game."

According to the team's captain, junior fullback Nancy Getchell, the team will be counting heavily on its newer members in today's game.

"It's a really young team," Getchell said. "We lost seven starting seniors last year, so we have to really look to our freshmen. Only five people (currently on the team) played last year."

Despite this setback, the team is optimistic and eager for its season to begin.



Lady Lion Paula Renzi crosses the finish line in a race last week.

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## Bucs stay 2 behind Phils as both teams win

NEW YORK (AP) — Left-hander Larry McWilliams pitched a two-hitter, and Dave Parker homered, leading Pittsburgh to a 4-0 victory over the New York Mets yesterday.

The victory kept the Pirates within 2 games of Philadelphia in the race for the National League East title. The Phillies beat the Chicago Cubs yesterday, 8-5. McWilliams, 15-6, struck out 11, a career high, and did not walk a batter in winning his seventh game in eight decisions since the All-Star break. Mike Easler drove in two of Pittsburgh's runs with a double and a triple.

McWilliams, who has not lost since Aug. 7, yielded George Foster's leadoff single in the second, then held the Mets hitless until Hubie Brooks singled with one out in the sixth. He retired the last 11 batters in order for his fourth shutout of the season.

The Pirates scored two runs in the fourth inning off Ed Lynch, 10-10. Parker led off with his 12th homer of the season, a 460-foot shot that cleared the Mets' bullpen in right field. Consecutive doubles by Jason Thompson, who had four hits, and Easler produced the second run.

After a ground ball sent Easler to third, Lynch walked Richie Hebner intentionally, and the Mets got out of the inning when Berra grounded into a double play.

In the sixth inning, Thompson singled and scored on Easler's triple off the wall in right-center. When shortstop Jose Oquendo's relay to third hit Easler in the back, the ball skidded toward the Pirates' dugout. Easler sent home, but Lynch, backing up the play, threw him out at the plate.

The Pirates scored another run and chased Lynch, who yielded 10 hits, in the seventh inning. Berra led off with a single, was sacrificed to second and went to third on a ground ball. Ray's single produced the fourth run and finished Lynch.

**Phillies 8  
Cubs 5**

PHILADELPHIA (AP) — Joe Morgan, who has eight hits in his last 10 at-bats, went 4-for-5 and drove in three runs to trigger Philadelphia to an 8-5 victory over the Chicago Cubs yesterday to keep the Phillies two games in front in the NL East.

Reliever Willie Hernandez, who pitched three innings and allowed three hits and two runs, emerged with his eighth victory against four losses.

The Phillies, who have 11 games to play, scored three times in the fourth off reliever Reggie Patterson, 0-1, to erase a 3-2 deficit and go ahead to stay.

They loaded the bases on a single to Garry Maddox, a walk by Ivan DeJesus and a single by Von Hayes. Morgan then singled for two runs, putting the Phillies ahead 4-3, and Pete Rose hit a sacrifice fly to center fielder Mel Hall, who made a spectacular catch with his back to the playing field.

The Cubs took a 2-0 lead in the first inning after Thad Bosley opened with a triple. Ryne Sanberg slunched an RBI single, stole second and scored on a fielding error by Morgan at second base.

The Phillies tied it in the bottom of the first on RBI singles by Sixto Lezcano and Maddox. Lezcano's single knocked in Morgan, who also singled.



Pirates Dave Parker (39) gets congratulations from third base coach Joe Lonnett yesterday after Parker slugged his 12th homerun of the season. The Pirates took the Mets, 4-0.