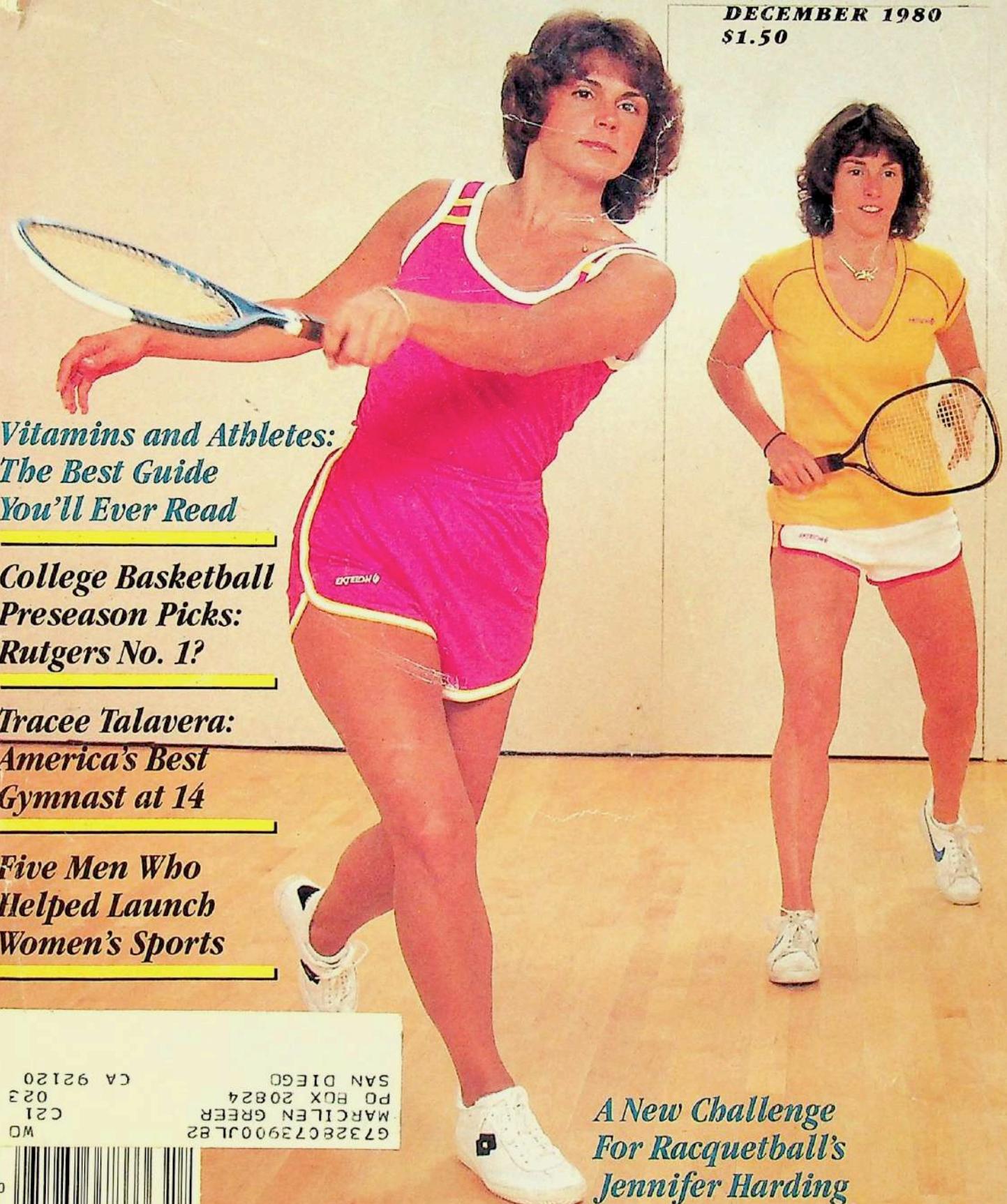


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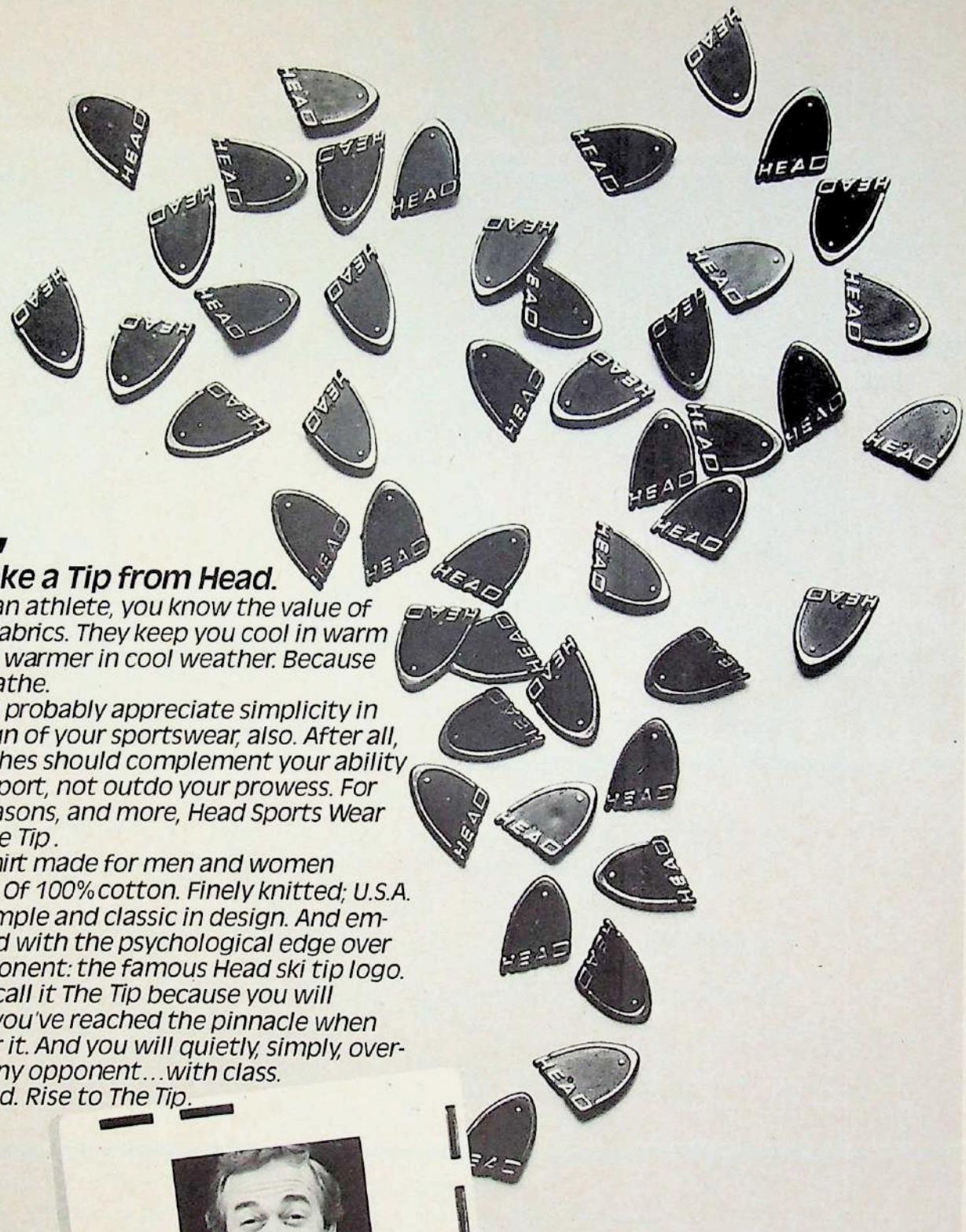
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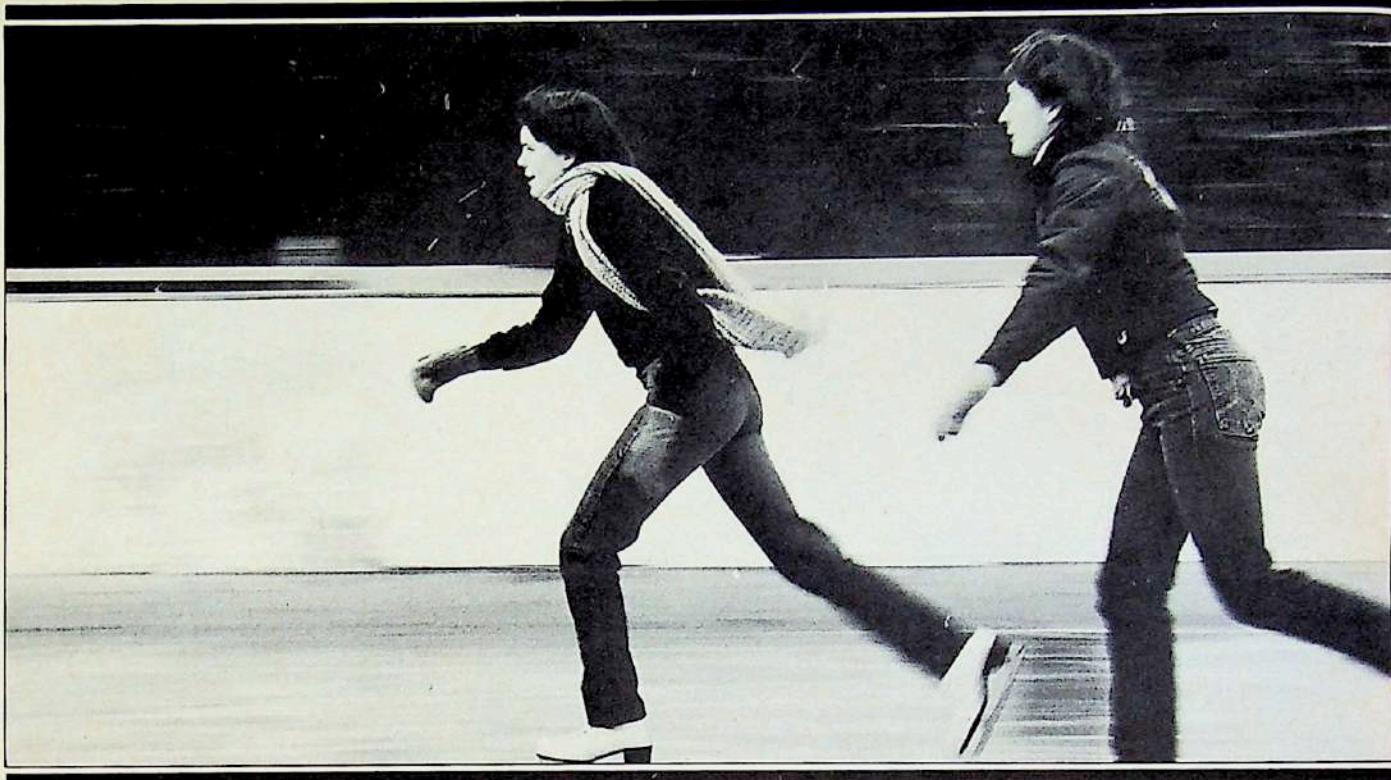


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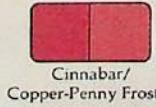


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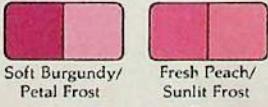
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Running the gamut from racquetball to vitamins

WHEN WE DECIDED TO DO A COVER STORY on racquetball this winter, one of the first things we checked out was the status of the recently formed Women's Professional Racquetball Association (WPRA). The WPRA got started in 1978 when female competitors on the National Racquetball Association professional circuit got fed up with the shabby treatment they were receiving (in the form of poor court times and lower prize money) and decided to start their own tour. Like most women's professional sports, we found, the all-woman tour is undergoing some growing pains.

"Talk to Jennifer Harding," everyone told us. "She was there, let her tell you how it was." Nancy Crowell, editor of *Racquetball* magazine, had expressed interest in doing an article on the mercurial Harding, a racquetball pro who has almost totally disappeared from the public eye in the last year or so. We decided we had an author, an angle and a story.

Although her ranking has dropped drastically during the last two years (from second to nineteenth), Harding is still committed to professional racquetball. She has been concentrating on her business (a racquetball and fitness club) more than on competition. But now she wants to climb back up the rankings.

Part of the reason is Heather McKay, the 39-year-old Australian squash pro who recently took over the number one spot on the tour.

"Heather's very inspirational," says Harding. "She's a great player, and she is older than most of us. If she can do it, I want to give it a try. I still have a few good years left."

Harding is 29. Her story, "Courting Success," appears on page 44.

As a special end-of-the-year bonus, we've put together a vitamin guide so thorough and authoritative that we're calling it "Encyclopedia of Vitamins" (page 27). William Gottlieb, a senior editor at *Prevention* magazine, has written an entertaining, informational and totally captivating article that had the



Left to right: Jennifer Harding, Sue Hoover and Jean Sauer

whole staff running out for vitamin B-12 to combat stress and C to prevent colds. This special 12-page supplement can be pulled out and passed around, or taped up in your house where it belongs.

Lee Green's annual collegiate basketball preview rounds out the issue, and provides the basketball fans among you with a guide to this season's competition. Two-time national champion Old Dominion, minus superstars Nancy Lieberman and Inge Nissen, has some real competition this year. In fact, our expert ranks them third behind Rutgers and Louisiana Tech. "Rebound for Glory" appears on page 14.

Since winter has arrived in most parts of the country, we've included a cautionary guide to the dangers of cold weather, "Coping with the Cold," and some cold-weather recipes. Dr. Ulyot expands on exercising in cold weather. And for the holidays we've put together a list of suggested gifts for active women. See "The Active Woman's Almanac," page 51.

Have a happy holiday.

WOMEN'S SPORTS

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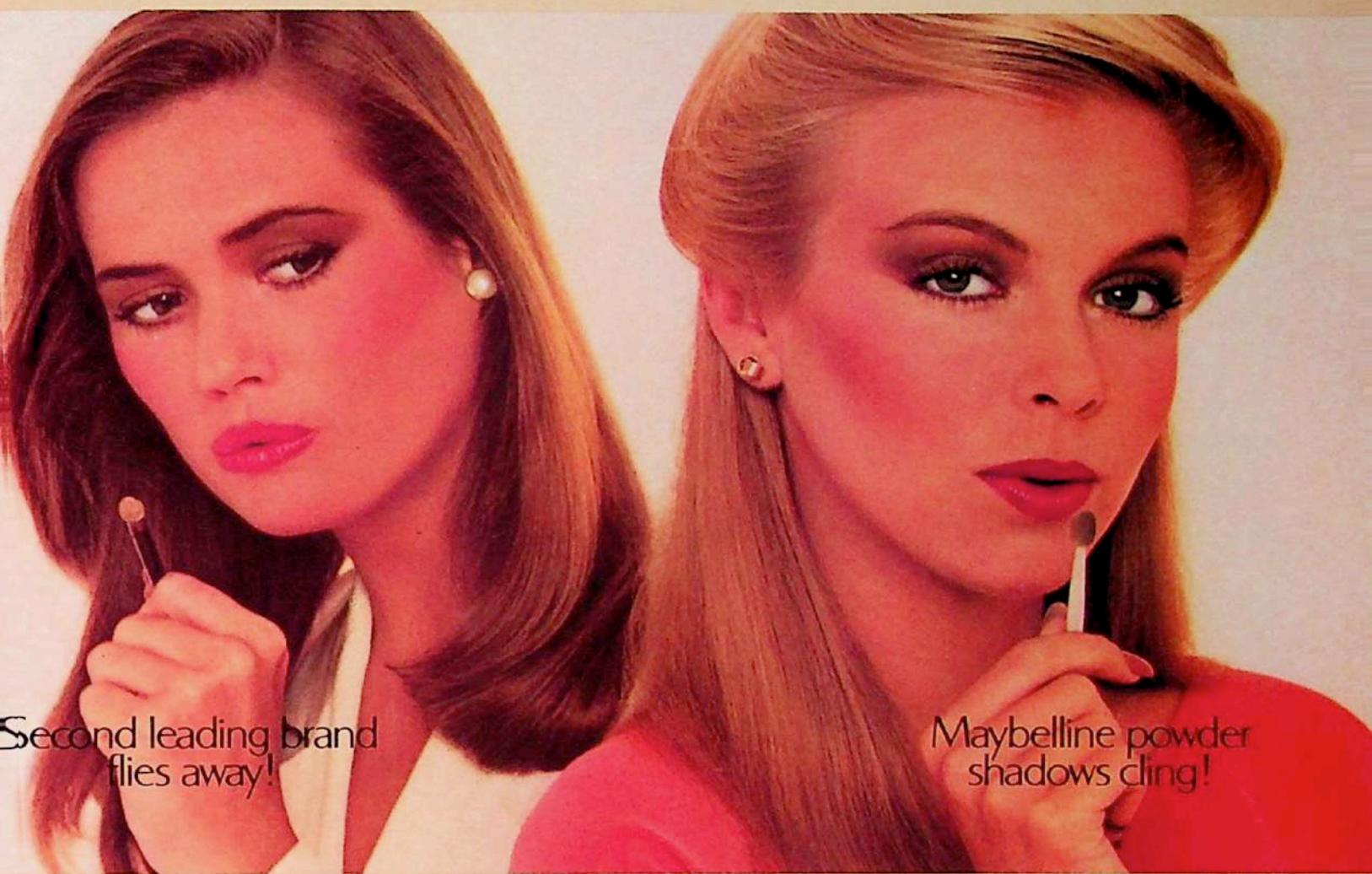
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On the cover: Racquetball pros and roommates, Jennifer Harding (l) and Jean Sauer (r) spend time together on and off the court. Photograph by Jay Carlson.

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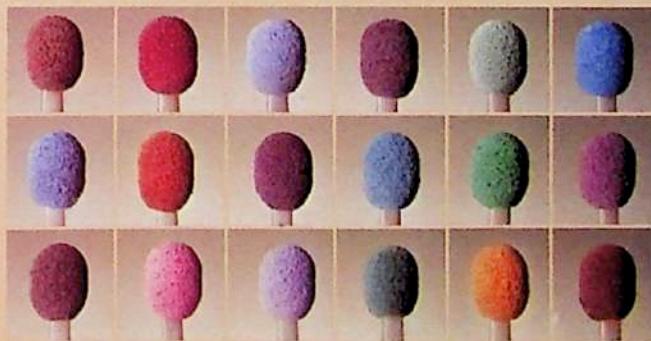
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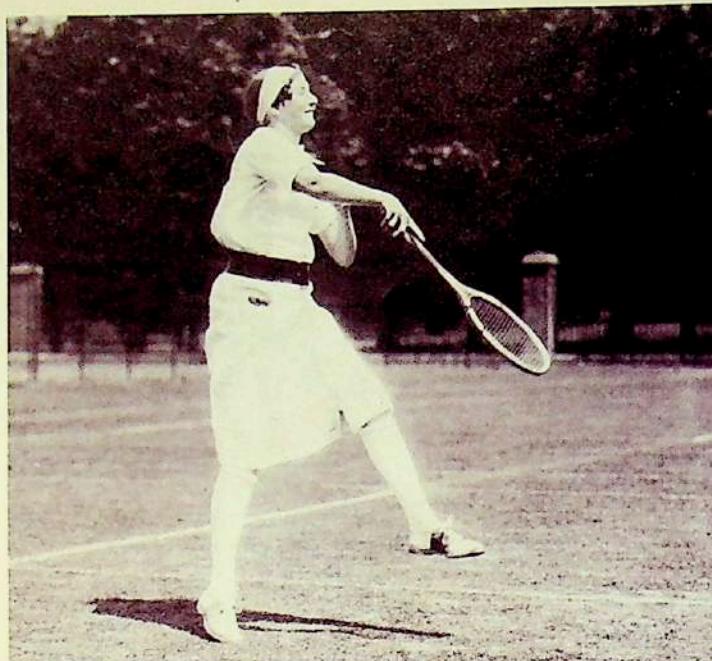
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What it means to be an amateur athlete in the United States

BY JANE FREDERICK

IF A YOUNG WOMAN MAKES SPORTS her priority during high school, it's considered fairly acceptable because colleges now offer athletic scholarships to women. Sports becomes a way to get an education to lead her into something else. But if she's out of college and wants to continue in sports, people don't understand. They don't understand what being an amateur athlete is all about.

It's hard to explain what amateur athletics really means. The Olympic ideal means, for me, a sense of freedom. (Of course that's not true for the Eastern European and Russian athletes, who are motivated in an entirely different way.)

Take the example of a track star who, because he's really fast, could get a football scholarship. Generally, if a man is offered a football scholarship, he's going to take it. But some don't. There are people who are not totally influenced by financial considerations, who want to excel at what they do not for the money, but for enjoyment and just to prove they can do it.

There is a satisfaction from amateur athletics that makes it okay not to be rich. It's nice to be able to say, "I'm not in it for the money."

Think of someone like Al Oerter, who has won four gold medals in the discus and is still competing. People wonder how he keeps going, not just physically but financially. But I think I understand. Once you get going, you begin to fall into a rhythm. You find a way to get the greatest possible amount of freedom so you can work on improving in your sport. What you accomplish becomes more satisfying because you're doing it just because you want to. There's not much in life that works out that way.

On the international level, competing at the top of a sport, the rewards are even greater. There is all the political nonsense that gets in the way, but you can try to ignore it. You have a commitment to the competition and you arrange your



Pentathlete Jane Frederick continues to pursue her amateur athletic career at the ripe old age of 28.

life around that, but there is so much else.

I've learned different languages so I could talk to athletes from different countries; I've traveled around the world. I've seen so much. The life I've been able to lead has been so much richer than it ever could have been without sports. And being an amateur does make a difference. We are not out there killing ourselves trying to win a \$100,000 purse from the People's Republic of China. Going somewhere for a competition becomes a gesture of friendship.

I see the influence of money on the Olympic competition and I see how the athletes are manipulated. There's pressure on us that isolates us from the other athletes, from everything but the competition at hand. Some people say the Olympics are the only competition that matters, that even world records aren't as important.

I don't agree with that. I enjoy the Olympics for the opportunities I get to see other sports and meet the athletes who compete in them.

The Olympic Games at Munich in 1972 was my first international competition. That competition had everything from joy to political terrorism, but I came away from it thoroughly inspired by the athletes I competed against. These women had really dedicated themselves to the pentathlon, and that was something I hadn't learned to do yet. The most important part of that competition for me was getting to know those athletes.

As I said before, the freedom to pick and choose which competition you are interested in and to set your own goals is one of the major rewards of amateur athletics. For that reason, the small meets are my favorites.

That's when you really get to know the other athletes. Every time we see each other, it's mutually inspiring. That's especially true in the all-day events, like mine, because we spend so much time together. It's very odd but the competitive situation does draw you close. When you get home, you want to send your Russian competitor a birthday card. It just seems like a natural thing to do.

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Some of them—the Russians, the Eastern Slavs—seemed so foreign at first. But I got to understand them, how they compete, their motivations. Sports provided a common thread of humanity.

In 1973, at the World Games in Moscow, I began to understand what it meant to them to succeed in sports. If athletes do well, they are placed at the top. If they don't do well, they remain in the country and the mother is still a street sweeper and the brother doesn't get a good job or an apartment. But if an athlete has a good performance because of a God-given talent, he or she is able to give upward mobility to the entire family.

It creates a totally different motivation, even for doing things which are probably dangerous, like a woman who risks sterility by taking a lot of steroids. They confront it and they say, "I'm doing what I have to do and I'm taking my chances." Because they're so good at athletics, they aren't given a chance to try another career. This is their only chance to be successful.

It's so different for us. That's the final thing that's important about amateur athletics. If you are given the talent to do something in sports then you should do it, though not because you're required to. Sports can give something to the world. Perhaps it's not as direct as curing



cancer or being a social worker, but it has value. It's always been interesting for people to watch other people perform. They know you are trying as hard as you can and that's important.

I have this physical ability, God-given or whatever it is. I do the best I can with it because I have a duty, a duty to a talent.



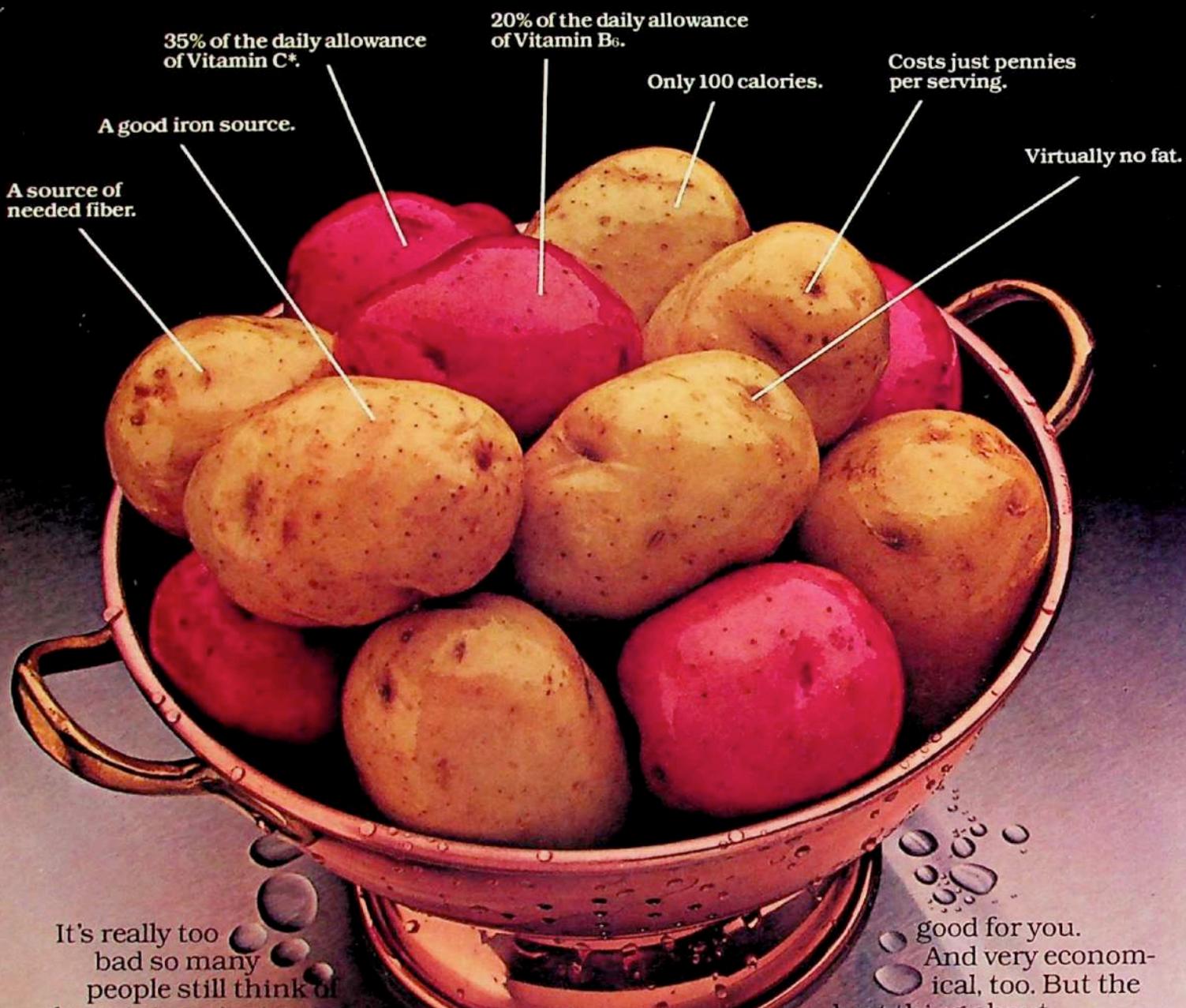
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Swimmers: On your Marx, get set, go!

IN A WHOLLY SUCCESSFUL ATTEMPT to inject a bit of craziness into the first annual Oberlin College Invitational Relays in September 1979, Oberlin swimming and diving coach Judi Flohr scheduled three novelty events. You know, the 200-yard Inner Tube Relay, that sort of thing? A quartet of Flohr's athletes decided to jump into the spirit of the thing with both feet, so to speak. Just before the start of the aforementioned Inner Tube Relay, the four swimmers showed up at the starting blocks looking like...well, you can see for yourself. (Pictured left to right: Louie Marsh, Jan Friedman and Ann Dugan. Not pictured—to her everlasting credit—is Julie Stern.)

No one knows if the added weight of the competitors' weird facial accouterments slowed them down or what, but they managed only a third-place finish in a very slow 3:49. (That's either three hours and 49 minutes, or three minutes and 49 seconds. We're not sure.)

Because Ohio's small college women's swimming season is being switched from fall to winter this year, the second annual Oberlin Invitational Relays won't be held until January. We can hardly wait.

LONG-HAUL DRIVER

Alice Ritzman, a 28-year-old, six-year LPGA veteran from Kalispell, Mont., recently picked up a \$1,000 bonus for winning the long-drive contest that preceded the \$150,000 Inamori Classic at Almaden Country Club in San Jose, Calif.

Ritzman, who was ranked 36th on the LPGA money list with \$36,568 in winnings, belted the ball an amazing 308 yards. ("I caught one just right," she said afterwards, demonstrating a gift for understatement that equals or surpasses her gift for hitting the long ball.)

Not a bad poke for someone who weighs only 113 pounds. Right, Chi Chi Rodriguez?



THE WBL LOSES FOUR...

Four teams, including the reigning champion New York Stars, fouled out of the WBL before the season commenced. Iowa, Houston and Milwaukee joined the Stars on the financially retired list during a league meeting in St. Louis a few weeks ago because they were either unable or unwilling to meet the WBL's economic requirements for participating in the 1980-81 season.

The current edition of the struggling league consists of nine franchises aligned into two divisions. New Orleans, San Francisco, New Jersey and newcomers Tampa Bay and Dallas make up the Coastal Division; Chicago, St. Louis, Minnesota and Nebraska, another new addition, are in the Central Division.

Bill Byrne, founder of the WBL and its only commissioner, is giving up that post to run the Tampa Bay team. At press

time the league was seeking a replacement for Byrne, with the most prominent candidate being Cathy Rush.

...AND GAINS ONE

The Dallas Diamonds, a team without an arena as this was being written, finally came to terms with Nancy Lieberman, the WBL's number one draft choice. Though exact numbers (i.e., \$\$\$\$) weren't revealed due to a confidentiality clause in Lieberman's contract, it was widely reported to be a three-year deal at \$50,000 per.

Whatever the particulars, Lieberman was obviously pleased at having officially become a Diamond, and she expressed little concern about the fact her new team was temporarily homeless. "We'll play in the streets if we have to," she said. Hey, why not? After all, that's where she learned her moves.

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WHY IS SHE SMILING?

Sure, Grete Waitz wins a race practically every time she laces up her running shoes and, yes, she generally establishes a new course or world record in the process, but is it really fair to make her run backwards?

We think not, although many of Waitz' competitors, including Jacqueline Gareau, probably wouldn't mind having their Norwegian nemesis saddled with such a handicap.

Fortunately that hasn't happened yet. The above picture was snapped before Cape Cod's annual 7.1-mile Perrier Falmouth Road Race, not during it. Waitz, we are happy to report, ran the race the regular way, which is to say, forward. She also finished it the regular way, which is to say, first. Grete (or "Greta," according to her shirt) also set a course record of 37:12.3. Gareau, meanwhile, finished sixth in 39:05.

QUOTE...UNQUOTE

Golfer Amy Alcott on playing for increasingly larger purses: "The money is there if you don't dwell on it and just do the job. When I'm facing a five-foot putt on the final hole, I don't want to think like an announcer who says this is a \$500 or a \$5,000 putt. That's a sure way to miss it. I want to think of it only as a five-foot putt."

Tracy Austin upon being asked at the

U.S. Open if she felt she was in the driver's seat because she was the defending champion: "The driver's seat? I don't even have my license yet."

HAPPY BIRTHDAY

If you're a women's tennis fan and you didn't celebrate September 23, shame on you. That day marked the tenth anniversary of the player rebellion that led directly to the formation of the Virginia Slims Circuit and, ultimately, to the huge purses women's tennis enjoys today. (Current prize money: nine million dollars.)

On September 23, 1970, nine players—Billie Jean King, Rosie Casals, Judy Dalton, Peaches Bartkowicz, Val Ziegelfuss, Kerry Melville, Kristy Pigeon, Nancy Richey and Julie Heldman—signed token one dollar pro contracts with Gladys Heldman to compete in a \$7,500 tournament in Houston.

Now, just ten years later, there are six women's tennis millionaires: King, Martina Navratilova, Evonne Goolagong Cawley, Chris Evert Lloyd, Virginia Wade and Tracy Austin. It's also interesting to note that in 1971 King made history (and quite a few headlines) by becoming the first female athlete to earn over \$100,000 in a single year. In 1979, 15 players reached that milestone, led by Navratilova's \$700,000 plus.

Can the first million-dollar-a-year woman be far off?

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REBOUND FOR GLORY

By Lee Green

★

This business of scouring the country in search of expertise in women's college basketball and then devising Top 10 rankings is a curious endeavor. Some of the people most qualified to evaluate are the least reliable. We speak of coaches. They have no semblance of objectivity, of course, so they're undependable. But if you don't query coaches, who do you query? Bartenders?

Valdosta State head coach Lyndal Worth told us, with no trace of pretense in her voice, that her team matches up well with any other in the country. Impressed, we rifled through our files for corroborating evidence. Instead we found a pre-season poll of southern coaches wherein Valdosta was rated no better than thirteenth. Not thirteenth in the nation, mind you, but thirteenth in the South. Thus enlightened, we began questioning the worth of Worth's words. Bound by time-honored ritual coaches, it seems, are forever caught up in purposeful hyperbole.

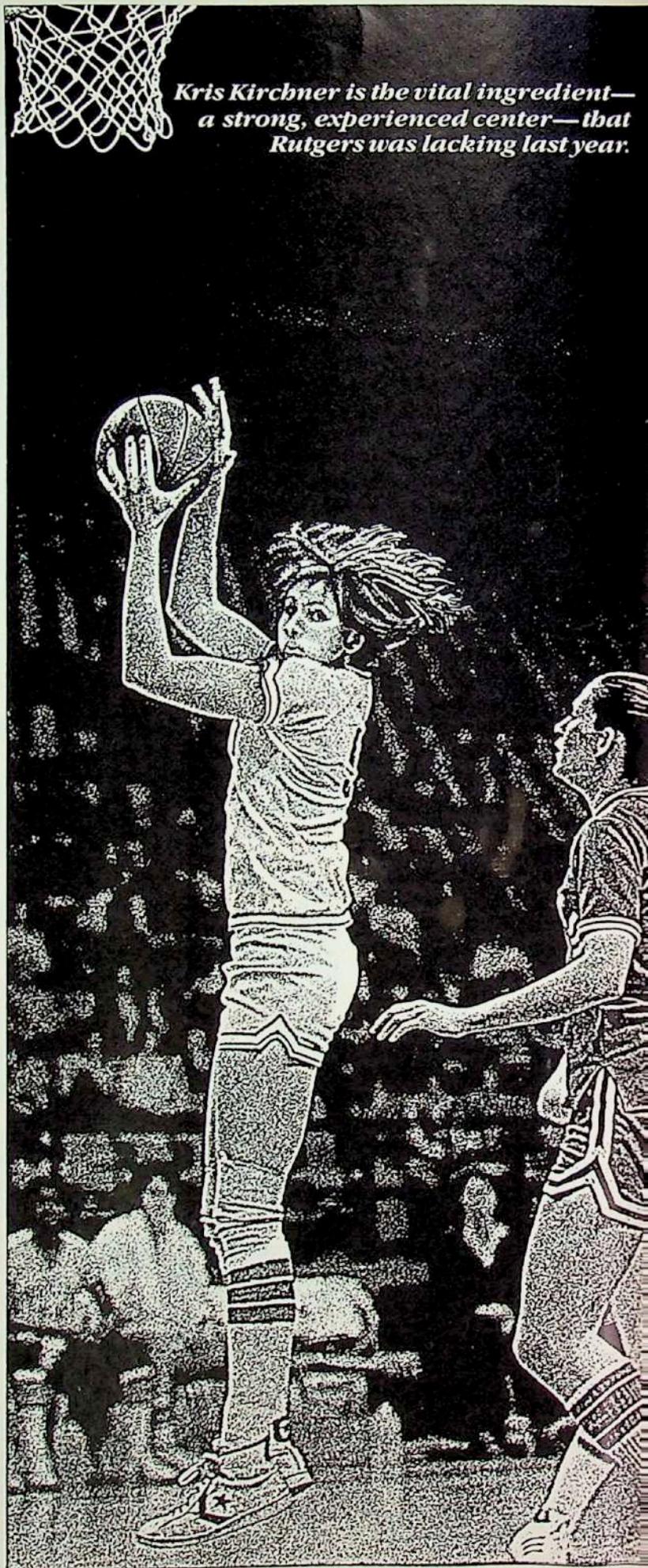
Coach Pat Head Summitt of Tennessee tried a different approach. She had the audacity to tell us her Lady Vols should not be ranked in our Top 10. The theory goes: Better to be ranked low and surpass everyone's expectations than to be ranked high and miss the mark. Impervious to decoys, we've tabbed Tennessee as the number four team.

Further complicating matters is the runaway phenomenon of players jumping from team to team like so many frogs in a pond. Such variables confuse the issue, especially when some of the frogs are all-Americans.

Coaches are afflicted with the syndrome too. It's like that grade school game where everyone marches in a circle until the music stops, whereupon there's a frantic scramble for chairs. When Mel Greenberg started gearing up for this year's Associated Press coaches' poll, he found that 40 of his voters were in new chairs. Or were without chairs. As Mel put it, they went into "retirement, firement or new hirement."

But enough of this talk of musical chairs and leaping frogs. Amidst the chaos, we have attempted to sort things out and fashion a plausible ranking of the nation's Top 10 teams and Top 20 freshman recruits. Our apologies to Rutgers head coach Theresa Shank Grentz for ranking her team number one, but what could we do? *Someone* has to be the target for the others to shoot at.

Kris Kirchner is the vital ingredient—a strong, experienced center—that Rutgers was lacking last year.



1 RUTGERS

It has taken ten score and fourteen years, but Rutgers University, the eighth-oldest college in the country, has at long last assembled a basketball team capable of bringing the AIAW title to New Brunswick, N.J. Coach Grentz has had to look no further than her own backyard for talent. All 12 players hail from New Jersey or neighboring Pennsylvania.

Speaking of new jerseys, 6'4" senior Kris Kirchner is wearing one. After three years at Maryland, the 1980 U.S. Olympic Team member has returned to her home state to play her last collegiate season at Rutgers. In Kirchner, the Lady Knights (now there's an oxymoron if there ever was one) have their ticket to the AIAW Final Four in Eugene, Ore., next March. Not that Kris can do it alone, but she's the vital ingredient—a strong, dominating, experienced center—that Rutgers was lacking last year when the Scarlet posted a 28-5 mark and finished number eight in the Associated Press rankings.

Of the starters, only Kirchner's predecessor has departed. Five-foot-eleven junior Patti Delehanty and 6'0" junior June Olkowski are back on the front line, leading scorer and ball hawk Joanne Burke (5'10" senior) returns in a swing role and 5'6" junior Mary Coyle resumes her chores at point guard. Mary's twin sister Patty will assuredly continue to frustrate opponents with her outside shooting and free-throw proficiency. Observes Grentz, "Patty doesn't have a conscience when she shoots."

High school all-American Lorrie Lawrence, who graces our list of Top 20 freshman recruits, adds depth to the backcourt, while 6'1" Cynthia Powell and 6'2" Terri Dorner solidify Rutgers' inside game. Powell was a New Jersey prep sensation last year; Dorner won all-America acclaim at Mercer County Community College.

But talent alone doth not a contender make. There are intangibles at work here, such as the prevailing success mentality. These players are winners, reared in winning programs. At Rutgers, they're under the tutelage of a coach who was on three AIAW championship teams herself during her playing days at Immaculata College.

What's more, this team has a fiery temperament. These are street fighters with nasty on-court dispositions. Admits one duly impressed opposing coach, "We've

been trying for the last two months to get them off our schedule."

2 LOUISIANA TECH

The Louisiana Tech coaching staff feels this is the best team in the school's history. That's a noteworthy assessment considering the Lady Techsters have reached the Final Four the past two seasons, fashioning a 74-9 mark in the process. It's also noteworthy because Tech will be without its 6'5" centers, Elinor Griffin and Janice Mulford. Griffin, who red-shirted last year, failed to devote herself to rehabilitating a surgically repaired knee; Mulford made a surprise decision to transfer to Abilene Christian.

Just the same, all-American Pam Kelly heads a cast that has all five starters returning, including 6'2" center Tia Sossamon, 5'10" forward Lori Scott, 5'8" guard Angela Turner and 5'9" point guard Jennifer White, who was second in the nation in assists last year with over eight per contest.

Coach Sonja Hogg and her top assistant, Leon Barmore, hope Top 20 recruit Janice Lawrence, a 6'3" prep all-American from Mississippi, will live up to scouting reports. The Techsters also landed Top 20 recruit Kim Mulkey, a spectacular 5'4" guard who will likely play the point occasionally with White shifting to a wing or forward spot. A third recruit, 5'9" Lyn Anastasio of Virginia, has impressed the Tech coaches with her shooting ability.

Last season, Tech handed AIAW champion Old Dominion its only loss. That was in December. When the two teams met in the national semifinals three months later the Techsters lost by 14. Figuring their team was fatigued due to its 45-game schedule, Tech coaches have lopped off about ten games this year.

"One good thing about this year," chuckles Barmore, "is Lieberman's in the pros."

3 OLD DOMINION

Nancy Lieberman and Inge Nissen are gone, as are mainstays Angela Cotman, Chris Critelli and three other teammates. The end of a dynasty? Maybe. But hardly the end of championship contention for the two-time defenders from Old Dominion. Six-foot-eight center Anne Donovan, who blocked 15

shots in a single game last season, is the nucleus of a new-look squad that also includes veteran 5'9" forward Rhonda Rompola, red-shirts Jan Trombly (a starter on the '79 championship team), Beth Wilkerson and Doreen Landolfi as well as former South Carolina players Jean Walling and Suzanne Woolston. Sophomore Lisa Wilson, a transfer from Virginia Wesleyan, holds the distinction of being the only player who hails from Virginia, Old Dominion's home state.

Coach Marianne Stanley is looking for instant maturity from a bevy of talented freshmen, the best of whom is Top 20 recruit Janet Davis, a 6'4" center from Alta Loma, Calif. Six-foot forward Janet Karvonen of Minnesota, another Top 20 pick, is touted as the most heavily recruited frosh in the country, a tag Donovan bore a year ago. Guards Kate Larkin and Pam Elliot are prep all-Americans from New Jersey, Larkin meriting inclusion on our Top 20 list.

The Lady Monarchs open the season with two significant streaks intact: 27 consecutive victories and 55 games at home without a loss. They are bidding to join Immaculata and Delta State as AIAW champions in three successive years. What is it about good things and threes?

4 TENNESSEE

Some of the best basketball of the season will likely occur at Stokely Athletics Center on the Tennessee campus when the Lady Vols play intra-squad games. Coach Summitt's biggest problem is going to be trying to figure a way to use more than five of her talented players at once. During the off-season she recruited seven freshmen and a husband. We don't have a scouting report on the husband, but the freshmen are absolute gems. Five of them are at least six feet tall and one, 6'2" Top 20 selection Mary Ostrowski, is considered by many college coaches to be the top freshman in the country. Four other Lady Vol freshmen—5'10" guard Mina Todd of Kentucky, 5'8" guard Pat Hatmaker of Tennessee, 6'1" forward and Top 20 pick Paula Towns of Georgia and 6'2" forward/center Tanya Haave of Colorado—were arguably the best prep players in their respective states last season.

The departure of all-America center Jill Rankin, now an assistant coach for the Lady Vols, leaves a void. But with 6'5" center Cindy Noble and 6'0" forward Debbie Groover returning as seniors, the

front line should be solid. The key to Tennessee's success may well be in the backcourt. Sophomore Lea Henry, who played a wing position last year, will get first crack at winning the point job formerly held by all-American Holly Warlick.

Tennessee's schedule is so tough this year the freshmen will be either shell-shocked or battle-proven by the time the campaign reaches its latter stages. If Coach Summitt has them ready for the playoffs in March, it will be virtually impossible to keep Tennessee out of the Final Four for the fourth time in five years.

See "Calendar," page 58, for five major basketball tournaments this month.

TOP 20 FRESHMAN RECRUITS

Name	Ht.	Pos.	Hometown	High School	College
Tracy Claxton	6'0"	F/C	New Haven, Conn.	(Wilbur Cross)	Kansas
Cindy Davies	6'1"	F	Indiana, Pa.	(Indiana)	Penn State
Janet Davis	6'4"	C	Alta Loma, Calif.	(Alta Loma)	Old Dominion
Diane Hiemstra	5'10"	G	Yankton, S.D.	(Yankton)	Oregon
Janet Karvonen	6'1"	F	New York Mills, Minn.	(Mills)	Old Dominion
Yolanda Laney	5'10"	F/G	Philadelphia, Pa.	(University City)	Cheyney State
Alison Lang	6'3"	C	Saskatchewan, Canada	(Walter Murray)	Oregon
Kate Larkin	5'7"	G	Trenton, N.J.	(McCorristan)	Old Dominion
Janice Lawrence	6'3"	C	Lucedale, Miss.	(George County)	Louisiana Tech
Lorrie Lawrence	5'7"	G	Morristown, N.J.	(Morristown)	Rutgers
Tammy Mayo	5'11"	F	Lake Charles, La.	(W.O. Boston)	Stephen F. Austin
Pam McGee	6'3"	C	Flint, Mich.	(Northern)	Southern California
Paula McGee	6'3"	C	Flint, Mich.	(Northern)	Southern California
Kim Mulkey	5'4"	G	Hammond, La.	(Hammond)	Louisiana Tech
Mary Myers	5'7"	G	Pittsburgh, Pa.	(Allderdice)	Kansas
Mary Ostrowski	6'3"	F/C	Parkersburg, W. Va.	(Parkersburg Catholic)	Tennessee
Paula Towns	6'1"	F	Fort Valley, Ga.	(Peach County)	Tennessee
Lisa Van Goor	6'4"	C	Yankton, S.D.	(Yankton)	Colorado
Joyce Walker	5'8"	G	Seattle, Wash.	(Garfield)	Louisiana State
Janice White	5'8"	G	Fresno, Calif.	(San Joaquin)	Louisiana State

LONG BEACH STATE

This team doesn't just *win*, it *dazzles*. Everyone's back from last year's 28-6 squad, notably 5'10" Olympic Team member LaTaunya Pollard (only a sophomore) and 5'9" senior Kim Maddox, a pair of all-America candidates who compose the most exciting backcourt in the nation. Pollard is shaky on defense, but when she has the ball she's unstoppable. The 49ers' third guard, 5'9" junior Beth Schroeder, may be the key though. She seems to be the only one able to keep the freight train on the

tracks. Veteran starters Jo Gabbard (5'10" junior) and Sabrina Scudiero (5'11" junior) are back at forward spots, while 6'2" center Bev Groot returns for her final season. After that, the quality among returning players drops off.

New faces include three players from Illinois: Sharon Carroll, a 6'2" senior who tallied 23 points and 15 rebounds per game at Illinois-Chicago Circle last year; 6'1" forward Barbara Gilmore, who had similar figures at Lincoln High School in East St. Louis; and Nina Leonard, a 6'4" frosh from Chicago who hopes to steal some of Groot's time at the post.

Coach Joan Bonvicini's main task with this group is keeping discipline on the court. There's an optimum level at which the machine just purrs and blows opponents away, but sometimes things get out of control. If the 49ers can continue the trend they displayed last season, they could find themselves making their first appearance in the Final Four.

SOUTH CAROLINA

Apparently coach Pam Parsons has an open door policy at South Carolina, because players come and go like transients at a bus station. Revolving door is more like it. Three players from last year's 30-6 squad have left, including team captain Jean Walling, a senior, and junior Suzanne Woolston, a starter most of last season. Both have gone to Old Dominion, while teammate Cheryl Autry has donned a Georgia uniform. Incoming are all-American Frani Washington, who has fled the floundering program at Ohio State, and Pat Mason, who leaves a healthy program at Kansas. South Carolina comes out ahead in the bargain, but Parsons is now faced with the task of getting Washington, Mason, sophomore Evelyn Johnson and top scorer Sheila Foster to play cohesively.

The only problem with having a successful season is it's a tough act to follow. The Lady Gamecocks (let's hear it for another oxymoron) will be hard put to improve upon their third-place finish at the AIAW nationals last year, where they registered an upset victory over Louisiana Tech (77-69) in the consolation after a narrow loss to Tennessee in the semi-finals. Not bad for a team ranked sixteenth at the start of the season. The credit has to go to the enigmatic Parsons, the Bobby Knight of women's basketball. Love her or leave her, they say, and her players have done both. Opponents

would love to leave her off their schedules, since South Carolina is always tough to subdue.

7 CHEYNEY STATE

Cheyney State isn't a well-known institution in the universal scheme of things, but in women's basketball it is very prominent, which speaks well for coach Vivian Stringer. Nonetheless, Stringer feels her team didn't reach its potential last year despite a 27-7 record and a berth in the national playoffs. The polls tend to validate the coach's opinion: *Women's Sports* had Cheyney ranked sixth in the preseason while Associated Press had the Wolves ranked eighth. Cheyney's playoff loss came in the round of 24; its final AP ranking was twelfth.

Valerie Walker is the magic name here. The 6'1" junior forward led Cheyney in scoring and rebounding last year after emerging as the nation's top freshman scorer the year before. Three other starters are back as well: 6'2" senior center Freda Glover, 5'9" junior forward Helen Williams and 5'7" senior guard Alicia George. Joining them this year is 5'10" swing player Yolanda Laney of Philadelphia, a Top 20 recruit. Laney's 29.8 points per game at University City High last year attracted recruiters from some 70 colleges.

Surveying her squad, Stringer feels this Cheyney team has more talent than any of its predecessors, an assessment that doesn't bode well for opponents. Curiously, though, Cheyney has scheduled only four of its games at home, which could make for a long, tiring season. On the other hand, it may prepare the Wolves for the hostile crowds and foreign arenas that flush so many good teams out of the playoffs.

8 KANSAS

Barring injury, Lynette Woodard will undoubtedly be named a Kodak all-American this year, becoming only the second player (UCLA's Ann Meyers was the first) to earn the honor all four years of her career. The 6'0" backcourt standout from Wichita, Kan., averaged 24 points a game last season in pacing the Jayhawks to a 29-8 record and a number 11 ranking in the final AP poll. Presumably, the best is yet to come. If Top 20 recruit Mary Myers can handle the point guard position as a

freshman, coach Marian Washington will be free to move Woodard to a forward spot where she'll have greater access to the hoop, offensively and defensively. Center Megan Scott and 5'11" forward Shebra LeGrant return to the front line where they'll be aided by Top 20 freshman Tracy Claxton, a 6'0" high school all-American out of New Haven, Conn. At 6'1 1/2", Scott is the Jayhawks' tallest player.

Despite the loss of guard Pat Mason, who left Woodard's shadow at Kansas for Frani Washington's shadow at South Carolina, the Jayhawks are stronger this year than last. Help has arrived in the form of junior college transfers Connie Means, a 5'10" forward, and Leonora Taylor, a 6'0" strong forward from Cowley County Community College. Means was named a first-team junior college all-American as a sophomore at Northern Oklahoma last season.

Kansas has the talent to crash the Final Four, but Washington will have to find a way to convince Woodard, Myers and Claxton to pass the ball to each other from time to time. If the Jayhawks play as a team, there's no telling how far they can go.

9 STEPHEN F. AUSTIN

New head coach Mary Ann Otwell, assistant under outgoing Sue Gunter last season, hopes improved outside shooting and added quickness will offset the loss of all-America post player Rosie Walker, who led the Ladyjacks in scoring and rebounding last season. To be sure, there's no replacing Walker, but four starters return including Walker's senior front-line mates, 6'0" forward Barbara Brown and 6'3" center Vanessa Anderson. The starting backcourt of sophomore Pam Crawford and Missy Weisinger remains intact. Crawford averaged 14 points a game as a frosh last year; Weisinger, who ranked third in assists among players on competitive teams, is one of the top point guards in the country.

The premier freshman for the Ladyjacks is Top 20 recruit Tammy Mayo, a 5'11" forward from W.O. Boston High School in Lake Charles, La., where she averaged 37 points per game as a senior. This one's a blue-chipper. Helping out in the backcourt will be 5'7" frosh Rosalind Polk, another excellent prospect from Louisiana.

The Ladyjacks have failed to live up to their rankings the past two seasons,

playing splendidly during the regular season only to fall to seemingly inferior opponents in the playoffs. In 1979, for example, they were clobbered in the Region Four playoffs by Wayland Baptist, whom they had beaten in three previous meetings that year. Last season they entered the national quarterfinals ranked third in the country, but lost to South Carolina. That was *with* Walker. This year the Ladyjacks hope to defy logic and make their first trip to the Final Four *without* Walker. It's not likely, but it could happen if Otwell gets this team to peak at the right time.

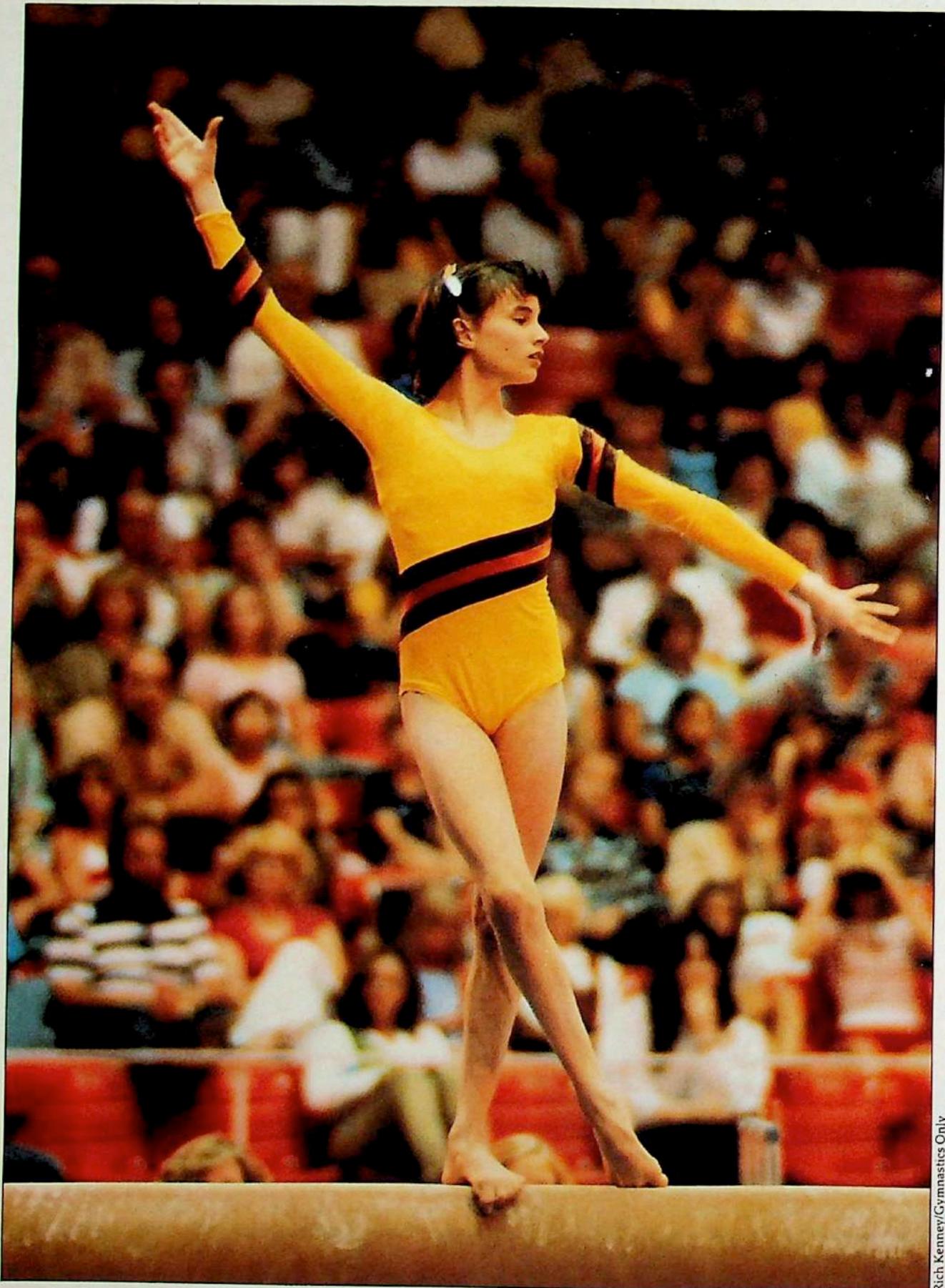
10 OREGON

Oregon has tapped its Canadian connection again, importing Top 20 selection Alison Lang from Saskatoon, Saskatchewan. A 6'3" center off the Canadian national team, Lang joins Bev Smith, a 6'0" junior from British Columbia who tends to lead the Ducks in significant statistical categories.

Elwin Heiny, the only male among the head coaches of our Top 10 teams, has three starters returning from a 24-5 squad that wound up with a number 17 AP ranking last year: Smith, 5'11" senior forward Debbie Adams and 5'3" senior guard Allison Towriss. The big question mark is the backcourt, where there's a vacancy at point guard. The Ducks recruited two freshman guards, Top 20 pick Diane Hiemstra of South Dakota and Angie Snider of Kansas.

Oregon is the first national-caliber team to come out of the Northwest. Unfortunately, Oregon State is the only team in the area that provides much competition. Heiny has trouble honing his squad's competitive edge against the likes of the Northwest Invaders and the Seattle Sea Baskets. The Ducks have upgraded their schedule this year; however, in the stretch they are handicapped by obligatory games in the Northwest Women's Basketball League where competition is weak.

Nevertheless, Oregon is Top 10 material. This time around the Ducks should do even better than last year when they defeated number 13 Kentucky in the playoffs before losing to Stephen F. Austin in a bid for the AIAW quarterfinals. What the Ducks would like most is to finish the season with home appearances on March 27 and 29, when they host the AIAW nationals at McArthur Court. □

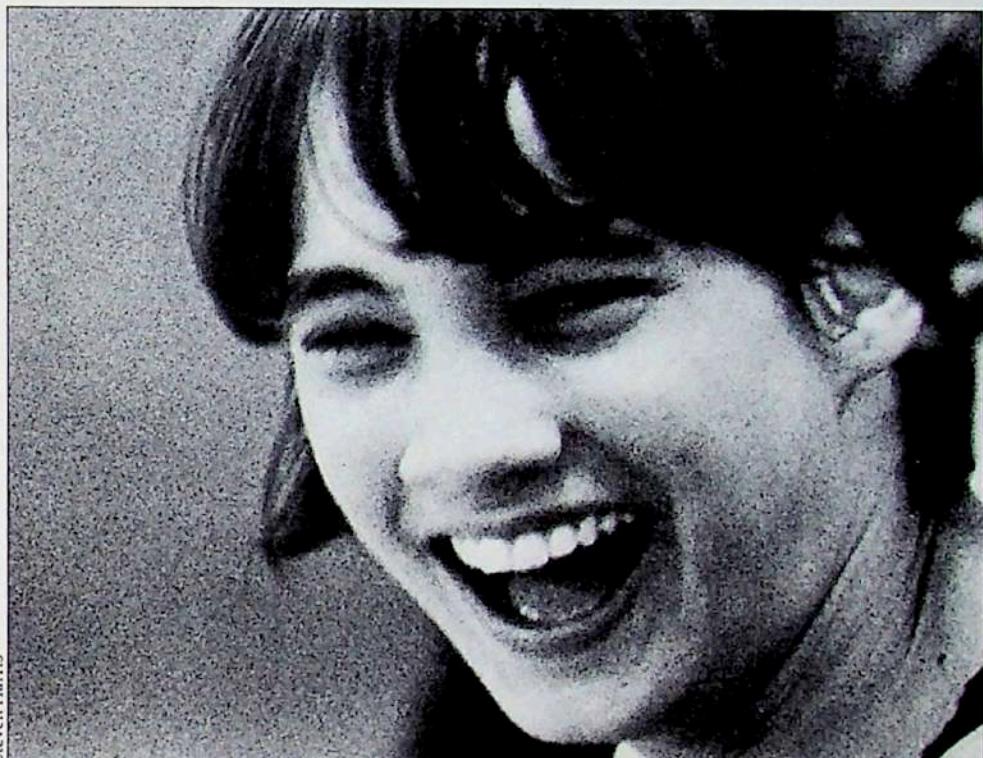


Rich Kenney/Gymnastics Only

Tracee

T A L A V E R A

BY STEVEN HARRIS



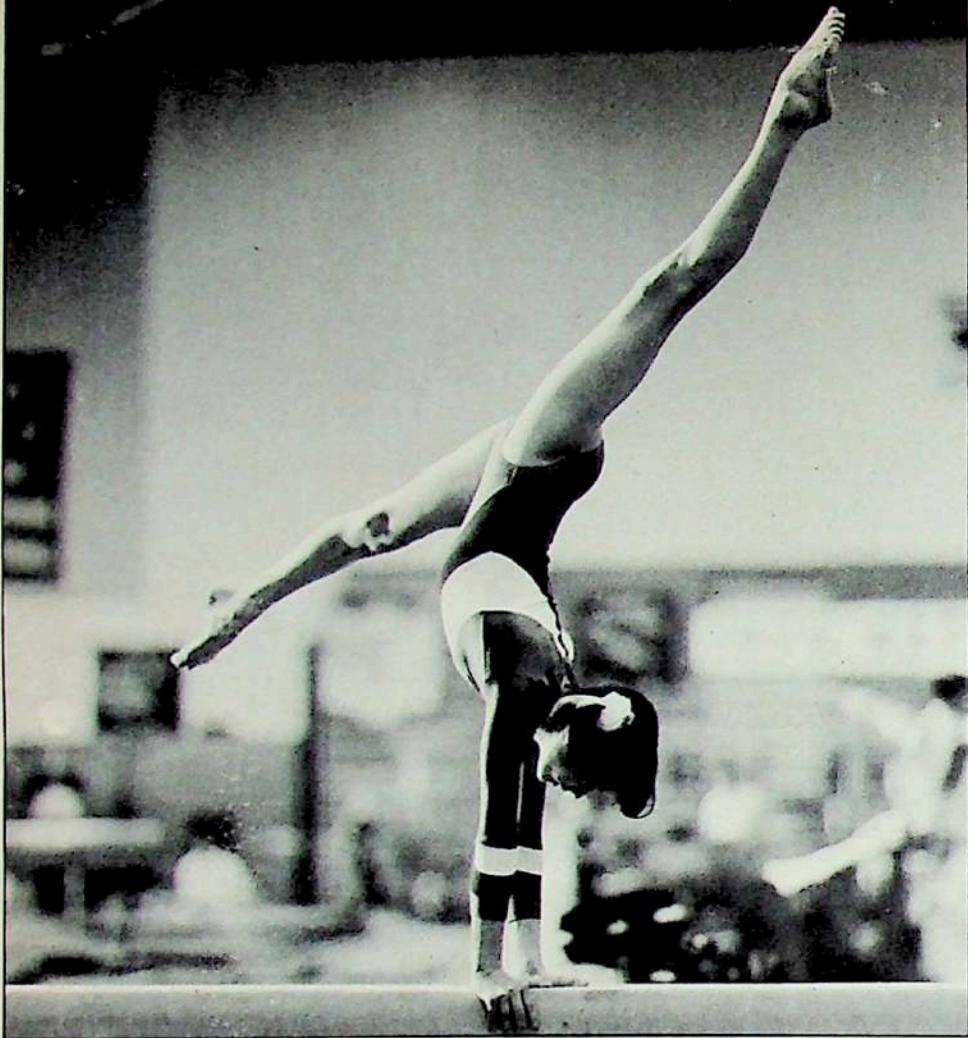
A LOOK AT THE LIFE OF AMERICA'S TOP GYMNAST

*T*he is America's other Tracy, the other teen phee-nom, although as a gymnast she gets neither the publicity nor the financial rewards of Tracy Austin. Tracee Talavera was, at age 11, the 1978 Junior National All-Around Gymnastics Champion. When the age restriction in the Elite class (top national and international competition) was dropped in 1979, some say largely because of her, she placed third all-around in the prestigious American Cup, third in the USA championships at Dayton, Ohio, and third in the World Championship Final Trials in Salt Lake City, Utah.

But 1980 was really going to be Tracee's year. She placed first all-around in six of seven competitions—second only in the U.S. championships to Julianne McNamara, who trains with her at the National Academy of Artistic Gymnastics. She placed first all-around in the Olympic trials in May 1980, four months before her fourteenth birthday. Then came the Olympic boycott and the broken ankle at the September Women's Games in Salt Lake City.

What is remarkable about Tracee Talavera, however, is not just how good she is or how young she is, but how mature she is, and how she got that way.

Tracee is obviously blessed with natural physical talent. According to Dick



To 14-year-old Tracee, the most important thing about being a good gymnast is having a good attitude.

judge; she tries to use the revenue from that to pay for Tracee's travel to various competitions. The Talaveras must also pay a portion of the coach's expenses, and sometimes those of the piano player used in floor exercises as well.

The National Academy, a school of about 450 gymnasts, is in Eugene, Ore., so Tracee has to live away from home. "I think," her mother says, "it's harder on the parents than the kids. It's not a very good situation, but this is a once-in-a-lifetime thing." Even when the Talaveras come to Eugene for a visit, Tracee doesn't stop training.

In the winter, she goes to school from 8 to 12, then trains from 12:30 until 6 or 7. In summer she arrives in the gym around 7 a.m. After a very brief stretch, wearing a sweatshirt and shorts over her leotard and a pair of socks, Tracee begins to work the uneven parallel bars. Then Mulvihill comes out. He assigns a skill to each gymnast (there are about ten Elite girls) who pair off to work a set of bars alternately. "Make 15, Tracee."

Tracee practices an "overshoot long hang kip to handstand." It is a compulsory move, and one she doesn't do very well. In fact, Mulvihill says, "She does it damn poorly." Tracee attempts about 30 or 35 to make her 15, noting each success or failure in a notebook with a plastic flower-topped pen. After each failure, she goes to the chalk bowl and chalks her hands, examining them carefully.

Later the girls move to the floor exercise area and then to the beam. Even when she practices an Arabian, a sort of backwards somersault which has never been done on the beam before, Tracee works with little supervision. So do most of the other Elite girls. Mulvihill spends a great deal of his time troubleshooting for his other coaches and doing administrative work. The Elites are the only girls he coaches directly.

Occasionally he calls advice to one of them. "Your chest back, keep your chest back!" After about 45 minutes he "spots" Tracee and Julianne, catching them as they fly backwards at high speed off the high bar and grope for the low bar. The bar is covered with a thick mat but it looks dangerous. The next day Tracee is the first to do the move without the mat.

Often a gymnast trusts the coach quite literally with her life as he spots her, standing ready to catch or guide her as she learns an exercise. Moreover, as many of the girls are living away from home, the coaches are the only authority

Roman Leos/Gymnastics Only

Mulvihill who, with his wife Linda Metheny, coaches Tracee. "She has a very, very fine neuromuscular coordination, plus a good twisting sense. Some kids are somersaulters, she's a twister." But Tracee's physical talent has its limits: "She's not a physical gymnast. Julianne (McNamara) is physical. If you put a strength test in front of Tracee, she'd come close to flunking it, on a comparative level with other gymnasts, because she's not that strong."

She is remarkably durable though. She doesn't need tape on her ankles and wrists, like McNamara. In fact, she doesn't use the hand guards most gymnasts use while working on the uneven parallel bars, where the tremendous friction and torque can cause torn calluses and bleeding. Unlike every other girl in the gym, she never seems to be in pain while training.

But gymnastics is not a sport in which someone can excel on the basis of talent alone. Unlike track, for example, gymnastics involves few movements which are natural to the body, and judging is based upon arbitrary standards of body position. It is a truism often found on gymnasium walls that good gymnasts are made, not born.

In part, they are made by their parents. Rip Talavera, Tracee's father, is a teacher in Walnut Creek, Calif. Before Tracee and her older sister became interested in gymnastics, their mother Nancy Talavera had worked only part-time. "The day after they started at the National Academy," she says, "I started working full-time. Basically I work to support Tracee's training. I've had bills for as much as \$1,000 a month."

With no previous experience in gymnastics, Nancy Talavera also became a

**TRACEE PLACED FIRST IN SIX OF SEVEN COMPETITIONS,
AND IN THE OLYMPIC TRIALS. THEN CAME THE BOYCOTT AND
A BROKEN ANKLE AT THE SEPTEMBER WOMEN'S GAMES.**

figures around. As Tracee says, "They're like parents. They look after us."

Unlike some coaches, Mulvihill is no drill sergeant. "Life's too short," he is fond of saying. He rarely raises his voice. Most important, he encourages independence, because "if I don't, pretty soon the kid doesn't do anything without the coach's say-so. Sometimes the tables are turned and the coach becomes subservient. I believe that if the kids and the coaches have a certain amount of independence but also dependence based on mutual trust, aspirations, motivation and dedication, then that should help all of them to lead pretty sane lives."

The impetus to make parents out of the only authority figures around is also balanced by the necessity of having to do things most children are still having done for them: washing clothes, budgeting money, arranging time.

Finally, the so-called fear factor contributes to maturity. A balance beam, for example, is 47 1/4 inches off the ground—and only four inches wide. As gymnastics becomes more acrobatic, as women begin to do exercises such as Tsukahara vaults which only men used to do, one of the major psychological factors in a gymnast's success becomes how brave she is, how much she wants to risk in order to improve. All the gymnasts know about Elena Mukhina, the Soviet gymnastics star who was crippled while training for the Olympics. Tracee says, "Some of the tricks are pretty scary, especially the first time, but the coach spots you or you pile up mats... You just get ready to do it by yourself."

She must do it by herself because Mulvihill, unlike some of his coaches, will never try to bully a girl into attempting something. "They have to want to do it. That's pretty well understood. If they don't want to do it, they don't have to be here." He doesn't have much problem with Tracee. "She's not an 'I can't' girl."

Ask Tracee what the most important thing about being a good gymnast is and she responds unhesitatingly, "You have to have a good attitude, not get frustrated. You have to have a good time."

Tracee practices hard because she enjoys the progression itself: "It's fun trying to get something, and then when you get that you think, 'I'll try this other thing.' We're in here a long time, but it doesn't seem like it." She seems able to fail painfully, repeatedly, and not become frustrated. "I do, sometimes, but it

doesn't do much good."

Perhaps it is that attitude that enabled her to accept the Olympic boycott with equanimity. "It was a disappointment, everybody had worked all those years, but there was absolutely nothing we could do about it." Under the circumstances, a childish tantrum might have been excused. A fair number of the adult athletes threw them.

Mulvihill sees boredom and the lure of other activities as the primary limitations on a gymnast's career. "If there's a World Games team to be made, we'll go, but most of the fun is going to Caesar's Palace and competing there, going to the Kips Invitational in L.A., to the Mardi Gras in New Orleans... places where the pressure is personal pride and there's entertainment."

He describes a clinic which he and Tracee gave this summer in Salt Lake City. Tracee went directly from the airport to an amusement park where she rode roller coasters for several hours. The next morning she went fishing (a favorite hobby), learned to water ski, went fishing again and picnicked with friends. The following day they gave the clinic and went home. "It would have been much easier just to go to the gym, but this way it was a lot more fun."

If boredom is not likely to end her career soon, could Tracee continue to compete and win the next Olympiad, when she will be an elderly 18? Mulvihill seems to think so. "After menstruation the girls are simply stronger, more ready to compete." He thinks the current trend to younger girls is mostly media-inspired. "We call it the Shirley Temple syndrome. I think we'll see the pendulum swing back."

Tracee is not so sure. "Four years is a long time. A lot of things could happen."

There is a great deal of pressure on Tracee now. As she works the other gymnasts watch her, some openly, some not. The media has discovered her: A book about her life has been published recently, the TV people seek her and her family out for interviews. Whenever a very young child competes athletically at a high level, there is the suspicion that, pushed hard to satisfy what are essentially adult goals, the child will suffer emotionally.

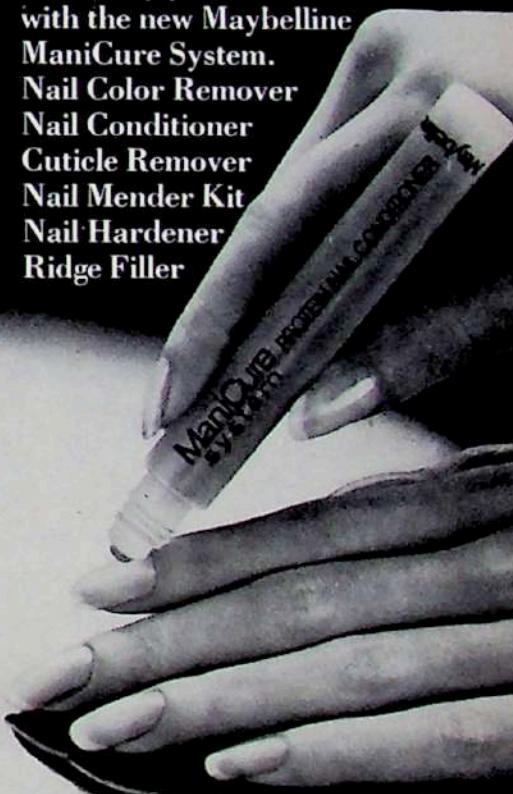
With Tracee Talavera it seems that is not the case. She enjoys what she is doing. She is strikingly self-confident and independent and has so far managed to avoid any prima donna tendencies. Clearly she has learned much falling off the high beam in Dick Mulvihill's gym.

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*Five men who have helped shape
women's sports*

When you think of the explosion of women's sports in the seventies and eighties, who do you think of? Billie Jean King? Nancy Lopez-Melton? Janet Guthrie? Kathrine Switzer, first woman to run the Boston Marathon? These women have contributed greatly to the movement, by being role models and by generating publicity for their sports.

But there are other people who have contributed in less obvious ways, working long and hard behind the scenes to promote women's sports. Surprisingly, many of these people are men. By and large they have received less recognition than they should have, because this is a field where women are the stars.

Here's a look at five of the men whose early support of women's sports played an important part in today's acceptance of women athletes. A few common traits emerge. Most of the men began their involvement with women's athletics through a chance opportunity, most share a commitment to equality even if they are not self-described feminists, most have a fair amount of imagination and all have been willing to take risks.

I give you, then, the men behind the women in sports.

BY ELIZABETH WHEELER

In 1970 women's professional tennis wasn't struggling; it was non-existent. Several top women players had just broken with the tennis establishment over the treatment of women at mixed tournaments. They were tired of playing at odd hours on back courts for a fraction of the men's prize money. They thought they could make it on their own—in fact, they had to. But they needed \$2,500 for their first tournament in Houston.

In 1970 Joseph F. Cullman III was top

executive at Philip Morris. He remembers the day Gladys Heldman, founder of *World Tennis* magazine, marched into his office. "She said, 'What can Philip Morris do for us?'" he laughs. "At the time we were developing Virginia Slims, a new brand of cigarettes designed for women. It seemed a natural: the first women's cigarette and women playing tennis on a tour. Sort of a promotion man's dream.

"It was obvious to me that pro tennis

should be organized for both men and women—and that the women shouldn't be treated like second-class citizens. Philip Morris had the imagination and know-how and wherewithal to do something about it."

Cullman wasn't sure what would happen with the women's tennis tournament and what would follow, but he decided it was worth a gamble. "For \$2,500," he says, "it didn't take long to decide."

That first tournament grew into the ten-city Virginia Slims tour. Cullman says, "The first tournament was well attended and got a lot of publicity. Our involvement grew from that. People got more and more interested in women's tennis and the cigarette was quite successful too."

Virginia Slims and the Women's Tennis Association parted company in 1979, with Avon taking over the sponsorship of the winter tour, but the growth of women's tennis remains largely identified with Cullman, Virginia Slims and "You've come a long way, baby."

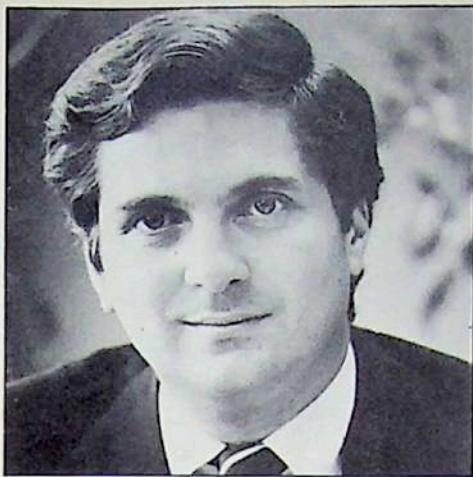
"I'm disappointed that our relationship fell apart," says Cullman. "It was a very happy association and I'm still interested in women's tennis."

In fact he has left tobacco for tennis. Cullman is now vice president of the National Tennis Foundation and working on the Tennis Hall of Fame in Newport, R.I. Philip Morris too has gone on to sponsor sporting events from auto racing to golf. The association with women's tennis, however, remains one of the most significant.

"Virginia Slims tennis was very important to Virginia Slims," says Cullman. "I don't know that the Avon tour is as important to Avon."



JOSEPH CULLMAN III
V.P., National Tennis Foundation



RAY VOLPE
LPGA Commissioner

Five years ago Ray Volpe got a phone call from a friend. The friend was an official of the National Basketball Association. "How'd you like to be commissioner of the LPGA?" his friend asked.

"What's the LPGA?" Volpe answered.

Meeting with golfer Carol Mann, Volpe learned LPGA meant Ladies' Professional Golf Association, an association that was having serious legal and financial problems and needed a commissioner badly. (Volpe had worked with the National Hockey League and came well recommended.)

"Nobody there had any idea what a sports association should be," Volpe says, looking back. "At first I wasn't very interested in the position. But I was intrigued by Carol Mann. I talked with her and some of the other women involved. Finally I said I would take the job under certain conditions: I had to have all the responsibility for the business decisions, I wasn't going to be reporting to the players and the office had to be moved to New York. We agreed I would do the job for one year and then we'd re-evaluate."

That re-evaluation was mainly pro forma. Women's golf has grown enormously in the past few years, thanks in part to strong administration. Volpe notes proudly, "From 1975 to 1980, prize money has increased from \$1 million to \$5½ million, the number of tournaments has increased from 24 to 39 and our staff has grown from 2 to 14 or 15. Tournaments are better run, there's more play on television, galleries are up and the players are very proud of themselves as professional athletes. I think we're a very recognized and respected sports body. Five years ago, I wasn't the only one who hadn't heard of the LPGA."

Volpe's own golf game has improved over those years (he estimates his handicap was 40 when he took the job), but

he's not planning to exchange his briefcase for a golf bag.

"In most sporting associations ex-players do too much of the work, where 99 percent of the work I do has nothing to do with the playing of the game. The NFL is an exception and it is the best-run association in sports. If I had to name a second," he says modestly, "I'd say the LPGA."

Volpe has tried to remain behind the scenes, so when a little girl came up to him recently and asked him for his autograph, he told her, "You don't really want my autograph. You don't know who I am."

She assured him that she did know his name and told him her own as well. "Better not forget it," she added, "because I'm the next Nancy Lopez."

"And that," Volpe concludes, "is what's happened in professional golf, in all women's sports. It has given little girls real heroines to look up to. This job has given me a lot more respect for women."



JESS BELL
President, Bonne Bell

In 1972, there were two new superstars in women's tennis, a blonde from Fort Lauderdale with a two-handed backhand, Chris Evert, and a graceful Australian, Evonne Goolagong. The first match of their long rivalry was for the Bonne Bell Cup, a competition between American and Australian women.

"We didn't start in women's sports yesterday," says Jess Bell, president and chief executive officer of Bonne Bell. "We've emphasized the outdoor woman as the beautiful woman ever since I became president in 1969."

In addition to its role in tennis, Bell's company was the first corporate sponsor of the U.S. women's ski team. Its most

important contribution, however, is in the area of running, sponsoring women's 10K races. "Last year," says Bell, "we had at least 35 races with over 50,000 women participating. This year we have a full schedule of around 20 in the United States, five or six in Canada and more in New Zealand, Australia and Japan. Hopefully, next fall we'll be in England and have a 10K in downtown Stockholm and maybe other European cities where we do business."

Bell's interest in running is not just professional. He took up the sport in 1973 at a time of personal crisis. "I had been a heavy drinker," he explains quietly, "and my marriage was suffering. In fact, my wife had left me. I realized I had to do something or I'd lose my home and my children. So I quit drinking, started running and got my act together. After a month or two, I called my wife and asked her to come back. She saw how running had helped me and started herself. And, as the story goes, we've been running around together ever since."

Bonne Bell first sponsored a women's mini-marathon in New York and then organized other races. The company now has a national circuit of races from February to November, culminating in a championship in its corporate hometown of Cleveland, Ohio.

"We put the emphasis on the female fitness runner," says Bell. "They don't have a lot of races to pick from. At a tough marathon, the percentage of women is really very low. We give them their own race, at the distance of 10 kilometers, and the 40-, 50- and 60-year-olds run. It's terrific to see a 50- or 60-year-old woman out there."

"There's not the same enthusiasm for road racing in Europe, but it seems to be catching on now. We even got 400 women out for our first race in Japan — 600 for our second. We figured if we could get 400 Japanese women to run around the streets in their underwear, we could do anything."

When people ask me what I do for a living, I say I sell tickets to tennis tournaments," Larry King grins. "I've probably promoted more women's tennis tournaments than anyone else in the world. In the past 13 years, I guess I've promoted 50 tournaments."

Becoming a promoter wasn't something he'd planned on. "I never could decide what I was going to do. But Billie Jean wanted to marry a lawyer, so I went to law school."

Billie Jean, of course, is Billie Jean

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King, whom Larry married in 1965. Three years later he promoted his first women's event. "Billie Jean had just turned pro and needed tournaments to play in," he explains. "Ten other law students and I decided to organize the Oakland tournament. We only had to work for 60 days and we made money. I thought promoting women's tennis was like falling off a log." He laughs. "I got my comeuppance."

"You've got to make a choice when your wife is involved in sports," King says seriously. "You can not be involved at all, you can be a nay-sayer or you can come up with solutions. As it happens, Billie Jean's forte is identifying the problem and mine is identifying the solution."

"Billie Jean complained about the quality of the programs; I started *Lob*. Billie Jean didn't like the fact that women weren't playing on television; I put together a television proposal. Billie Jean complained about the lack of coverage of women in *Sports Illustrated*. That's when we started our magazine, *womenSports*, the Women's Sports Foundation and *Inside Women's Tennis*. Billie Jean complained that the women needed their own organization. That's how we got involved with the Women's Tennis Association. I was their first legal counsel."

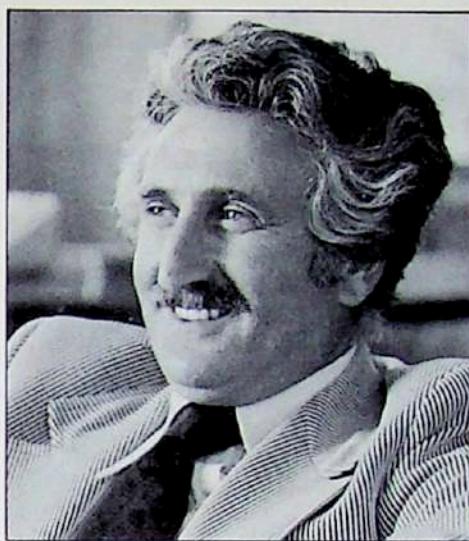
"Team tennis is another example. Billie Jean always wanted tennis to be a popular sport, but only a limited number of people can watch a tournament. Probably the most important thing I've done is the founding of World Team Tennis. It gave women the opportunity to be on a totally equal footing with the men. That's the future, I think — men and women in professional sports together."

Oddly enough, King has little interest



LARRY KING
Tennis Promoter

in sports and, other than Billie Jean's matches, rarely watches any tennis. "I have no commitment to sports," he says, "but I do have a commitment to egalitarianism, and I like to solve problems."



SHELDON SALTMAN
President, 20th Century-Fox Sports

A couple of years ago Dennis Stanfill, jogger and chairman of the board of 20th Century-Fox, called Sheldon Saltman, president of the company's sports division, into his office. "He said, 'Are you aware that women are not allowed to run the marathon in the Olympics?'" recalls Saltman. "I wasn't. But we started talking about what we could do to help."

"We came up with the idea of running the Los Angeles Women's Marathon over the same course the men used in the 1932 Olympics. We invited 50 women, from all over the world, who had run a marathon in three hours or less."

They had hoped the winner would break the record set by the gold medalist in 1932, but a hot, humid day slowed the race. Still, 70,000 people cheered first place finisher Beverly Shingles of New Zealand when she was introduced at the USC-Arizona football game that afternoon.

Saltman was also involved in World Team Tennis and the International Volleyball Association and was co-creator of the "Challenge of the Sexes" television program. He would like to see a second L.A. Women's Marathon, but it remains to be seen whether this and other lobbying efforts would force the Olympic organizers to add a women's marathon.

"I suppose I can understand their reasoning," says Saltman. "If a man who is best in his country is beaten by, say, the third best woman in the event, that might be hard to accept. But that's the kind of thing that can happen now." □

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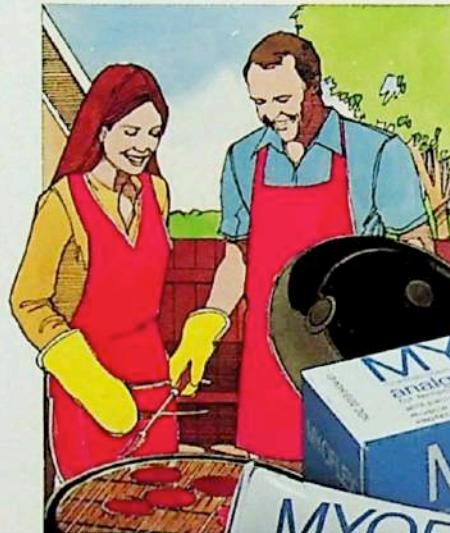
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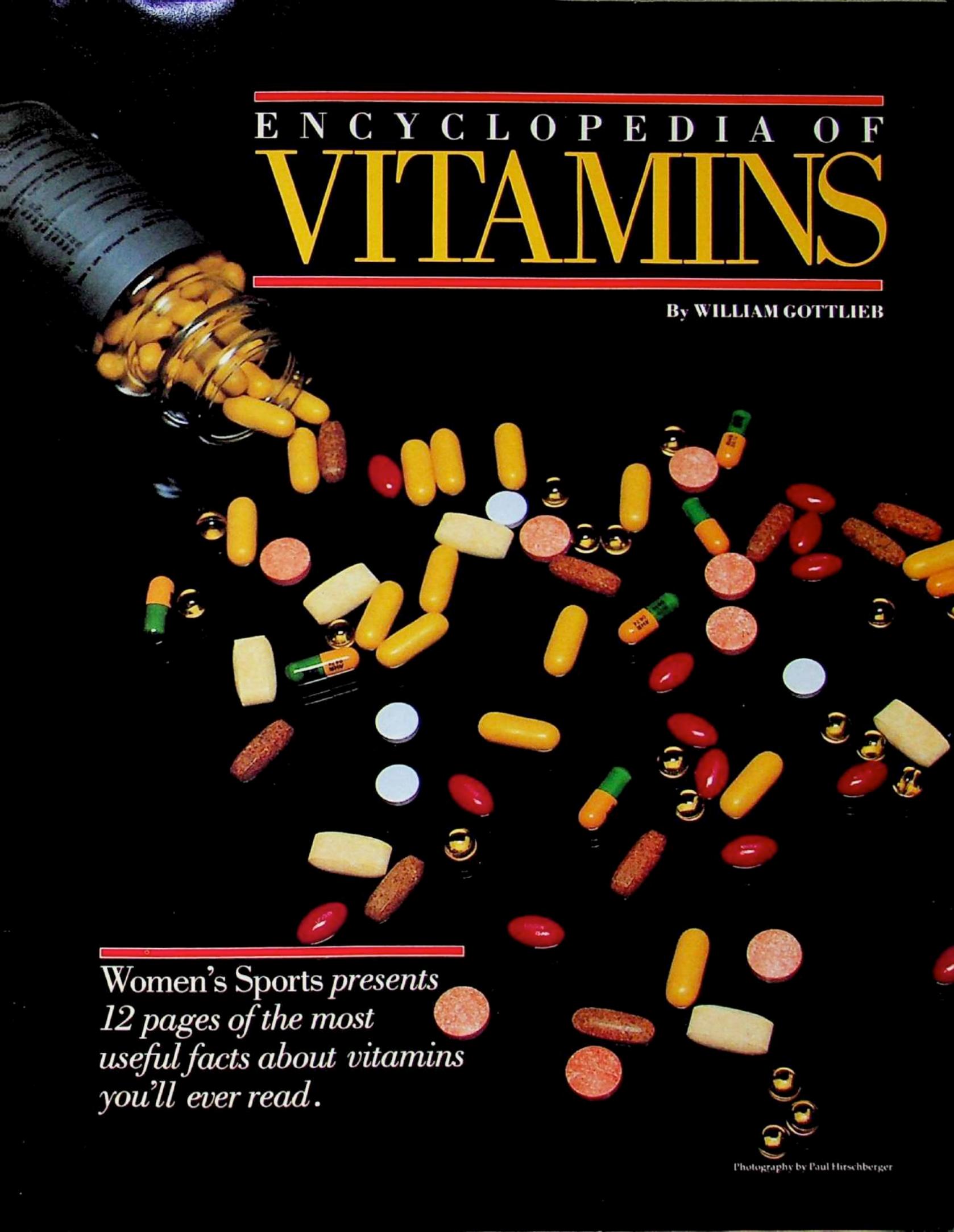
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ENCYCLOPEDIA OF VITAMINS

By WILLIAM GOTTLIEB

Women's Sports presents
12 pages of the most
useful facts about vitamins
you'll ever read.

Linus Pauling thinks you have a birth defect. But don't let that get you down. He thinks everybody has one. This scientist, one of the few people ever to win the Nobel Prize twice (sort of like setting the world high jump record one year and coming out tops at Wimbledon the next), believes that somewhere along the line of evolution our monkey ancestors lost the ability to make vitamin C in their bodies. (Only humans, monkeys, guinea pigs, an Indian fruit-eating bat and the red-vented bulbul bird need to get vitamin C from their diet in order to survive.) Because of this defect, says Pauling, you need to take vitamin C to be at your best. Ten grams of it a day—over 150 times more than the government says you need. Who's right?

Nobody.

Nutrition isn't an exact science, it's a controversial science. Talk to a dietitian and you're likely to hear the bland hooey about how most Americans eat a balanced diet and don't need to take vitamins. Talk to a health food store owner and he'll probably try to convince you that you need every pill on the shelves. You're in the middle with an earful, wondering what to think. And more important, what to do.

That's what this article is for. As an editor of the country's most-read health magazine, I've spent the last four years *living* vitamins, aware of every single new study and advance in the field of nutrition. And I'm convinced—as are many, many doctors—that if someone tells you that you don't need to take vitamins, he or she has a lot to learn about the subject.

You need to take vitamins if you live in a smoggy city. If you train day after day in the sun. If you eat sugar. If you have an allergy. If you load up on carbohydrates before a race. If you bruise easily. If you're about to compete. Actually, there are no if's about it. To be at the top of your form—in sports and in life—vitamins are a must.

As any athlete knows, life is action. There is nothing static about the body. What sparks and controls that action—the beating of your heart, the steady fire of digestion, your breathing, your moving—are enzymes. Vitamins are a chemical part of your enzymes. Without vitamins, enzymes wouldn't work, and neither would you.

Consider vitamin B-1 (thiamine), for instance. Without thiamine, the enzymes that depend on it are useless; the brain and nervous system collapse. Arms and legs lose their coordination. The eye muscles freeze into paralysis. The mind blackens into amnesia and coma. The heart stretches, swells—and stops.

Not a pretty picture, but not a common one either. With the so-called "fortification" of white flour (which replaces less than half the nutrients stripped from wheat during processing), thiamine deficiency was all but wiped out in America. Or so we're told.

A pediatrician in Ohio found that 20 of his teenage patients had a *relative* thiamine deficiency. Not an out-and-out killing lack, but a low enough level so they were depressed, slept poorly, had chest pains and were tired all the time. When he gave them thiamine supplements their symptoms cleared up.

This type of thiamine deficiency is probably caused by stuffing oneself with sugary foods, which burn up thiamine without replacing it. How many people do you know who are tired and whiny, with vague aches and pains? How many of them eat too many sweets? Or drink too much coffee? Or take the Pill? All these factors destroy thiamine. If you're not careful, it's *easy* to have a deficiency of thiamine, or any other vitamin.

But don't tell your doctor that. He'd probably just laugh. When most doctors think about a vitamin deficiency, they think "beriberi" or "rickets" or "pellagra"—diseases caused by complete absence of a vitamin in the body. They're hard put to tell you anything about vitamins beyond that. Doctors receive almost no training in nutrition during medical school, and it shows.

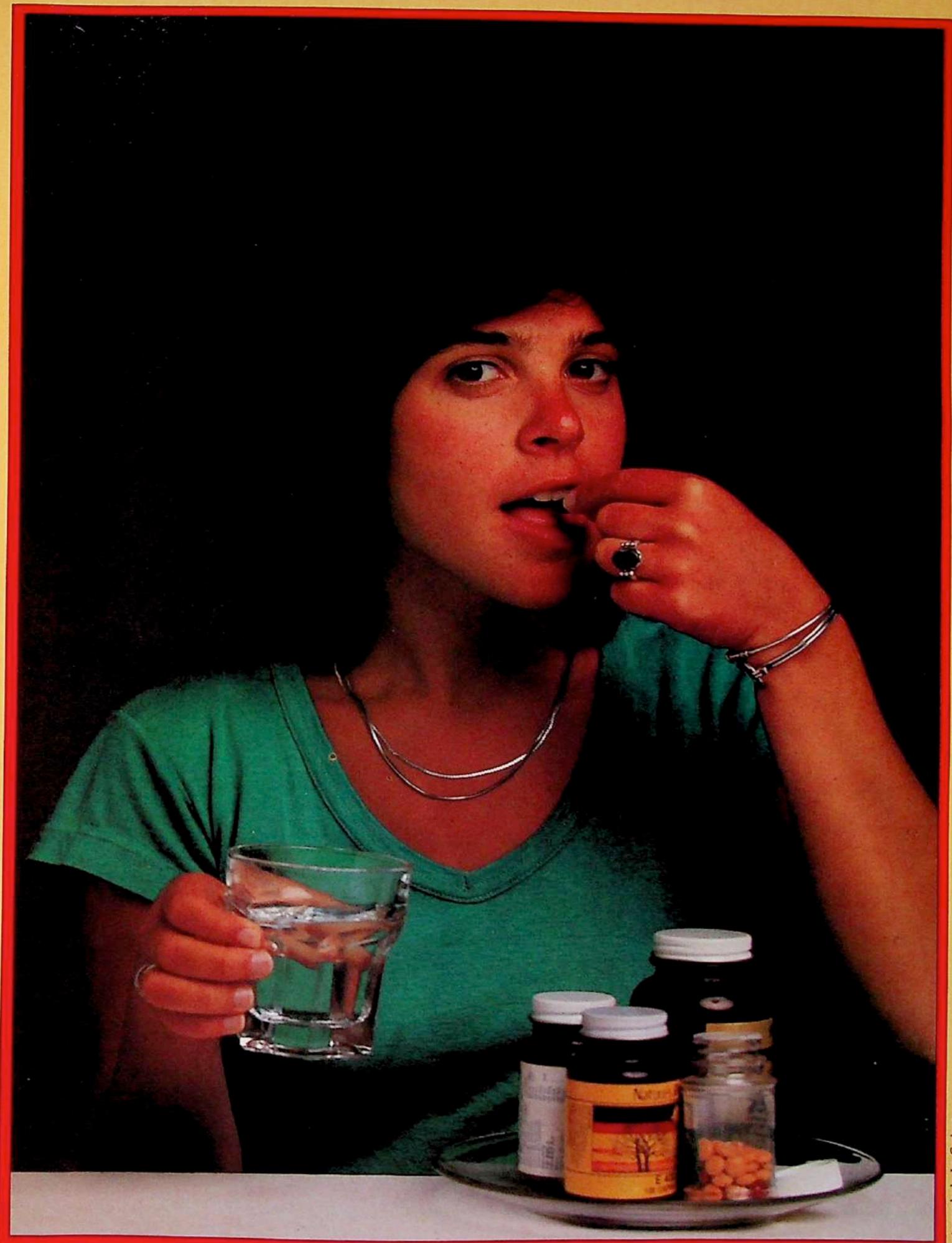
When they prescribe the Pill, how many doctors tell their patients about the serious and very real risk of a deficiency of vitamin B-6—a deficiency that has caused thousands of women who take the Pill to become depressed? How many doctors tell their patients to take zinc and vitamin C before an operation because those nutrients speed healing? How many doctors tell their athletic patients that vitamin E would help them store more of the muscle fuel glycogen? How many—but the list is endless.

What doctors will talk about is the balanced diet. They'll tell you if you eat that diet, you don't need to take vitamins. But a balanced meal, with one item from all four of the major food groups, could consist of a glass of chocolate milk, baloney on white bread and a limp heap of overcooked vegetables. Olga Korbut couldn't balance on that diet.

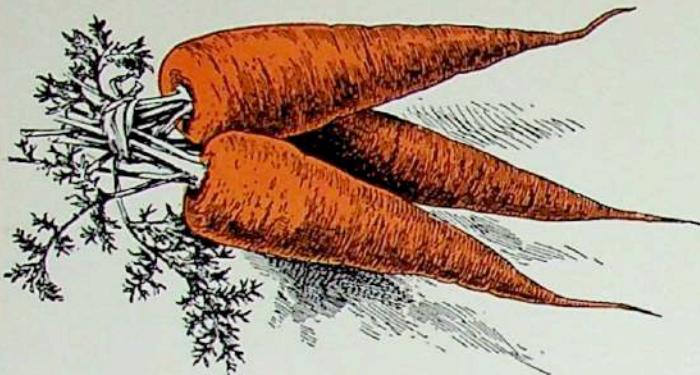
Even if your diet is truly healthful, with lots of fresh fruits and vegetables, whole grains, lean meats and fish, low-fat dairy products, nuts and seeds and sprouts, you still need vitamins. You need a concentrated extra dose of naturalness to counter the *unnaturalness* of modern life.

A researcher I talked to last month said that everybody should take 200 IU (international units) of vitamin E a day to protect his/her lungs from air pollution, even someone living in the Rockies. PCB, a die-hard chemical pollutant that literally saturates every square centimeter of air, soil and water, may be neutralized in your body by vitamins A and C. There are mental pollutants too—overcrowded cities, dismal headlines, a tough day at work—that a maximum level of vitamins helps you deal with. In the long run, vitamins (and minerals, which I'll talk about in a future issue) protect you against serious diseases that could catch up with you later in life: cancer, arthritis, heart disease, diabetes.

Finally, vitamins better your performance. Vitamin C, for example, speeds reaction time, wards off fatigue and helps your body stand up under withering heat or stiffening cold (that last fact has been proven in the sweltering gold mines of South Africa and the sub-zero wastes of the Arctic). So let's look at the vitamins one by one and see how each can help you peak and stay there.



Photography by Jay Carlson



VITAMIN

A If you see polar bear liver on the menu, don't order it. That meat is so high in vitamin A it's poisonous. But it's not polar bear liver that's given vitamin A such bad press. (This is one vitamin a lot of people seem to know a definite fact about: that you can OD on it.) True, your liver stores unused vitamin A, and if it builds up beyond a certain point you're in trouble. But such cases, in which people took over 50,000 IU of vitamin A every day for months, are very rare.

What isn't rare is that people get too *little* vitamin A. A survey showed that over half the people in America aged 18 to 44 take in less than the government's Recommended Dietary Allowance (RDA), and the RDA is too low to start with.

One reason for the lack is that Americans don't eat enough fresh fruits and vegetables, prime sources of vitamin A. Another is that they eat too much fast food, an awful source. (One survey said there was "no good source of vitamin A on the menu.") You can't afford to play fast and loose with vitamin A: It keeps your skin smooth, your vision sharp, your immune system strong and your anti-stress mechanisms on the ball.

Dry, rough or flaky skin may be a sign that you need more vitamin A. Skin is partly made up of epithelial cells, which break down and are replaced constantly. Without enough vitamin A, the new cells are second-rate. Since the scalp's sebaceous glands also depend on vitamin A, a lack could cause dry, brittle hair too.

The epithelial cells aren't only outsiders. They line your throat, nasal passages, bronchial tube, digestive system and genitourinary tract in the form of mucous membrane. Those membranes protect you against cold and flu (and smoke and smog) by ushering germs and dirt out the doors of your body. If vitamin A levels fall, the usher falls asleep on the job and you're more likely to catch cold or be manhandled by pollutants. (There's no question that anyone who has had a fever has burned up 60 percent of his/her vitamin A and needs to replace it.) Since the vagina is lined with mucous membrane, women deficient in vitamin A are more likely to have yeast infections.

Vitamin A also takes the sting out of stress. When life plays rough, the adrenal glands pump out hormones that ready you for action. But too much rough stuff—too much

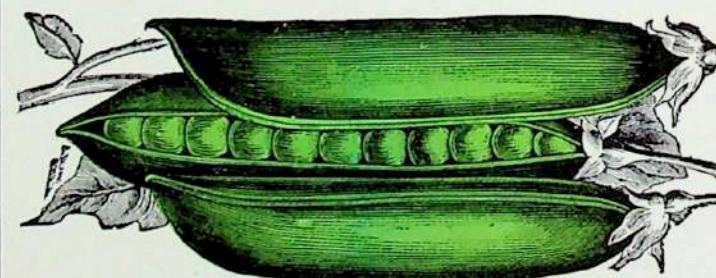
tension, too much bad food, too much dirty air, too much noise—poops out the adrenals and they swell as if bruised. People who live in cities, for instance, have larger adrenal glands than their country cousins.

Vitamin A cuts stress down to size. When you have enough in your system, the adrenal glands cope with stress yet stay normal. Besides that, vitamin A directly short-circuits dangerous, unavoidable pollutants such as PCB, benzene and dieldrin.

As if all that weren't enough, vitamin A can cure heavy menstruation. When women with that problem took 30,000 IU of the vitamin twice a day for 30 days, their periods became normal. In fact, women who begin to menstruate heavily after they stop taking the Pill may have set off a chemical chain reaction that depleted them of vitamin A.

Orange, yellow and green fruits and vegetables such as carrots, sweet potatoes, spinach, apricots and cantaloupe contain a substance called betacarotene (which, by the way, is zapped by overcooking) that changes to vitamin A in the body. A cup of cooked carrots, for instance, has over 16,000 IU of vitamin A.

The most concentrated source of the vitamin, however, is fish liver oil. That doesn't mean you have to relive the childhood horror of cod liver oil. (I can *still* taste it in that grape juice.) Vitamin A supplements, which are virtually tasteless and odorless, are the best source of fish liver oil. A daily supplement of 10,000 IU is enough, but you can take up to 30,000 IU a day without any worry. If you take vitamin E with it, the body's ability to use the vitamin A you take jumps sixfold.



VITAMIN

B₁ (*thiamine*)

If things get on your nerves, get them off with the B-complex vitamins. These are often called the "nerve vitamins," and for good reason. You'd be a nervous wreck without them. Symptoms such as depression, irritability, poor concentration, insomnia, forgetfulness, confusion, anxiety and paranoia are all linked in one degree or another with each one of the B-complex vitamins.

They're all similar and, not surprisingly, they like each other's company. You rarely find one without the others. So what's said about nerves goes for the whole bunch, from B-1 to B-12. (The B-15 found in health food stores is a shady character. The discoverer named it B-15 in his patent application; very few reputable scientists think it's a bona fide

Vitamin A keeps your skin smooth, your vision sharp, your immune system strong and your anti-stress mechanisms on the ball.

member of the B-complex family. Recent tests show that a chemical found in some B-15 supplements—they're not all the same because nobody has an exact idea what B-15 is—is mutagenic: It warps cells and may cause cancer. Laetrile or B-17, another trade name, is in the same category, and that's why neither is discussed in this article.)

When it comes to nerves, thiamine is a standout. It's also been dubbed the "tranquility vitamin." (Remember those frazzled teens who were deficient?) Thiamine helps the body turn carbohydrates into glucose which fuels the brain, one reason why a lack of thiamine fogs up thought and emotion.

Glucose also fuels the muscles. That means any athlete who loads up on carbohydrates before a race should take five milligrams (mg.) of thiamine a day. "What's the use of stuffing yourself with pasta," asks one fitness expert who backs the use of thiamine, "if the body can't turn all of it into energy?"

A quirky plus to thiamine is that mosquitos seem to hate it. People report that if they take 100 mg. a day, they don't get bitten. (It's worth a try, at the very least.) Like all the B-complex vitamins, thiamine is water-soluble, which means what you don't use is excreted and there's no risk of an overdose. For most people, the danger is an underdose.

Most people drink coffee, and caffeine and thiamine don't mix. In fact, a case of "coffee nerves" could well be a case of thiamine deficiency. You should take 10 mg. a day if you drink the stuff. In fact, caffeine in any form (coffee, tea, cola, chocolate, cold and headache remedies) does thiamine in. Likewise alcohol; some people have suggested that liquor be supplemented with thiamine. Heavy cooking blasts the nutrient and, as was said before, refined carbohydrates such as sugar use it up without putting it back.

Unrefined carbohydrates, however, include thiamine in the package. Green, leafy vegetables, whole grains, beans, nuts and seeds are thiamine-rich (and also include plenty of the other B vitamins, except B-12, which is only found in animal products). Other stellar sources of thiamine are brewer's yeast and wheat germ. And if you're one of the few people who like liver, go to it.

Except for special needs, like carbo loading, it's best to take the B-complex together. A good supplement tries to balance them as they're found in nature. For instance, it would include much, much less B-12 than the other B's. The body needs B-12 in micrograms, not milligrams. A supplement that gives you 100 mg. of thiamine and most of the other B vitamins is a reasonable choice. Some offer 50 mg. Others 10 mg. In the end, it's a personal matter; experiment and see how you feel. The more unprocessed your diet, the less you're likely to need.

VITAMIN **B**₂ (riboflavin) The most frequently prescribed drugs are tranquilizers. Second are antibiotics. Both do a number on riboflavin.

That could mean symptoms like teary, bloodshot eyes and oversensitivity to sunlight. (The word on riboflavin has always been that it's "good for the eyes.") Or indigestion, since B-2 helps the digestion of fats. Or cracks at the corner of the mouth and flaky areas around the nose and eyebrows and hairline. Be-



fore those signs show up, a person will simply feel ornery—tired, nervous, no appetite.

But that person needs to eat: among vegetables, broccoli and asparagus. Among dairy products, milk and cheese. Among nuts, almonds. Among meats, liver (yes, again). Any whole grain will do, but wild rice is best. And don't leave that food out on the counter. Riboflavin holds up pretty well under cooking but crumbles under the rays of the sun.

VITAMIN

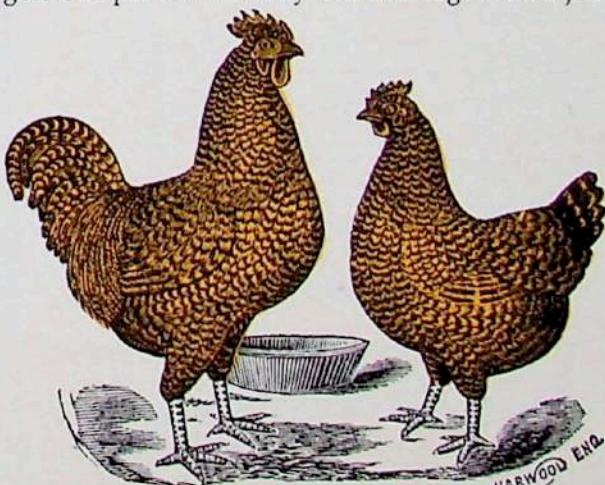
B₃

(niacin)

When white flour was fortified in the 1940s, a lot of people in mental institutions went home. It must have shocked psychiatrists to see hundreds of thousands of schizophrenic patients suddenly start to behave normally. The catch is that they weren't schizophrenic in the first place. They were suffering from pellagra, the niacin-deficiency disease, which has a host of spooky mental symptoms that mimic schizophrenia. Well, there's no use crying over spilt milk. Unless somebody keeps pouring it on the floor.

"I think there is ample reason to believe that the amount of niacin a person should be getting for good health is not the same amount most Americans are getting on a so-called normal diet," says William Kaufmann, M.D., a medical expert on niacin. Dr. Kaufmann is backed up by a study showing over nine percent of American women between the ages of 19 and 44 had a clinical niacin deficiency. Those women were bone-tired and depressed. How many others, with a less intense deficiency, are cranky a lot, but don't know why?

People fall apart when niacin levels fall because at least 40 biochemical reactions in the body depend on niacin. Perhaps the most important involves the red blood cells, which carry oxygen to all parts of the body. The last stage in their journey



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Vitamin B-6 (Purineine Hydrochloride)	50 mg.
Vitamin B-12 (Cobalamin Concentrate)	50 mcg.
Pantothenic Acid (Calcium Pantothenate)	50 mg.
Para-Aminobenzoic Acid (PABA)	50 mg.
Niacinamide	50 mg.
Folic Acid	400 mcg.
Biotin	50 mcg.
Choline (Bitartrate)	50 mg.
Inositol	50 mg.
Lecithin	80 mg.
Calcium (Bone Meal and Eggshell)	200 mg.
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Nutri-Mega contains many naturally-derived ingredients. And it's encapsulated with no sugar, starch, artificial color or imitation flavor.

Hermetically sealed-in potency and freshness.

Our encapsulation process protects against oxidation and insures the megavitamin potency in Nutri-Mega.



Good for your body and your budget.

Nutri-Mega is formulated with extra high potency ingredients.

Imagine what 24 ingredients would cost if you purchased them separately — more than double what you pay for Nutri-Mega. Daily nutrition for less than 24¢ per day.

Available at health food stores. Naturally.

Your nearest health food store is the place to find Nutri-Mega. While you're there, look over our complete line of Radiance products.

There are over 150 of them to choose from. Each one is priced to save you money. Nutri-Mega. Take it easier.



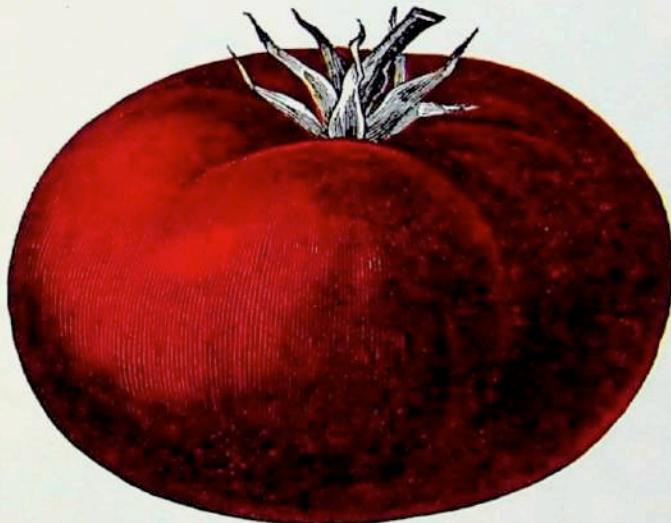
Radiance.

is through the capillaries, hair-thin blood vessels connecting to the tissues. The red blood cells line up single file in the capillaries and march in. The only reason they don't bump into one another is that each has a negative electrical charge that forces them apart. Niacin keeps them charged—and you charged up with oxygen.

Niacin comes in two forms: niacin (which, to complicate matters, is also called niacinamide) and nicotinic acid. If you take 100 mg. or more of nicotinic acid all at once, you're in for a slightly bizarre surprise: Your face, neck, shoulders and chest will turn sunburn-red, hot and itchy. You're not sunburned for life. The effect, which is called "flushing," fades in about 20 minutes. If you take that quantity of nicotinic acid every day, the reaction itself will eventually disappear. But why would you want to take nicotinic acid when you could have an easy time of it with niacin? Nicotinic acid lowers cholesterol; niacin doesn't.

Flushing happens because nicotinic acid sparks the release of two chemicals that dilate blood vessels, and a rush of extra blood flows to the skin. The way to avoid it is, of course, to take niacin, or to take no more than 50 mg. of nicotinic acid at any one time.

I was once surprised by a "flush" when I ate a homemade blenderized concoction that contained a lot of super-potency food yeast. To do the same with other niacin-rich foods, you'd probably have to eat a whole turkey, a few pounds of peanuts, an entire tuna or two and ten baby beef livers. The risk, I think you'll agree, is small.



VITAMIN

B₆

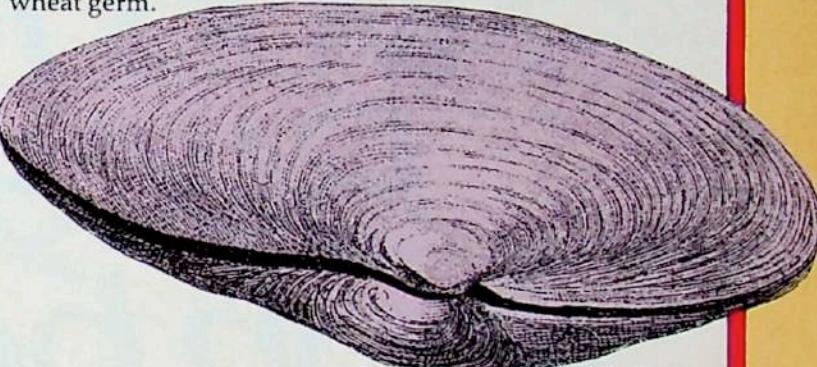
Do you remember your dreams? If not, you may need more B-6, at least according to some nutrition-minded psychiatrists. This vitamin is a must for the synthesis of serotonin, a brain chemical that regulates memory. If there's too little serotonin in your diet, say these shrinks, you don't bring back any slides from your trip to dreamland.

(pyridoxine) One thing you should forget is buying processed foods. Canned foods lose over 50 percent of their B-6, frozen foods at least 30 percent. White flour has lost 80

percent and precooked rice has a measly 7 percent left. This is typical of what happens to vitamins by the time processed food reaches the supermarket.

If your period is less than a breeze, low levels of B-6 don't help, though high levels could put you back on top of things. Doctors have found that 50 mg. a day of B-6 clears up the premenstrual acne flares of teenagers. That amount or more has relieved the swollen hands and feet and the headaches and emotional upheavals that preface some women's menstrual periods. It has also eliminated nausea and vomiting during pregnancy. "All pregnant women have an increased need for B-6," says one doctor.

Any woman needs more B-6 as she grows older. A 30-year-old woman has blood levels of B-6 nearly one third lower than a woman of 20; a woman of 60 has dropped by another third, unless she's been taking supplements or eating very, very well. Whole foods are the best source of B-6: organ meats, lean meats and fish, fresh, raw fruits and vegetables (particularly bananas), nuts, buckwheat, soybeans and wheat germ.



VITAMIN If you're a vegetarian who doesn't eat dairy products, you already know about B-12. Everybody and his brother has been telling you that you're going to get a deficiency. Maybe. Studies show that vegans (total vegetarians) who eat fermented foods such as tamari or tofu, or who eat a large amount of raw food, have B-12 manufactured right in their own intestinal tracts by good-guy bacteria.

Like the rest of the B vitamins, B-12 helps run the switchboard of the central nervous system, relaying messages between body and brain. But take the Pill for six months and 25 percent of the B-12 operators go on strike. Even a slight deficiency of B-12 can hobble you with fatigue, irritability and some degree of numbness in your arms and legs.

B-12 shots, as you may have heard (or tried), are a popular cure for fatigue. They seem to work even in people who don't have a deficiency. Some mystified experts chalk that up to the "placebo effect": If you think a substance will make you better, you'll get better. Others more realistically believe that scientific knowledge about B-12 isn't complete. (The same goes for all the vitamins.)

Before the nutrient was isolated, people with the disease pernicious anemia had to eat huge quantities of liver to stay

Even a slight deficiency of B-12 can cause fatigue, irritability and some degree of numbness in your arms and legs.

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1981

Avon Championship Tennis

Kansas City	January 12-18
Cincinnati	January 19-25
Chicago	January 26-February 1
Detroit	February 2-8
Oakland	February 9-15
Houston	February 16-22
Seattle	February 23-March 1
Los Angeles	March 2-8
Dallas	March 9-15
Boston	March 16-22
New York	March 25-29
(Championships)	

1981

Avon Futures Circuit

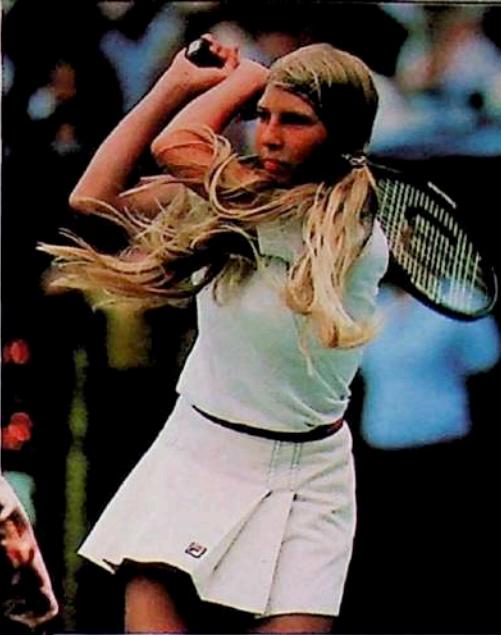
Ft. Myers, FL	January 5-11
Toronto, Canada	January 12-18
Montreal, Canada	January 19-25
Roanoke, VA	January 25-30
Central Pennsylvania (Hershey/Harrisburg)	February 2-8
Columbus, OH	February 9-15
Nashville, TN	February 16-22
Greenville, SC	February 23-March 1
Las Vegas, NV	March 2-8
Bakersfield, CA	March 9-15
Boise, ID	April 1-5
(Championships)	

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Tracy Austin



Andrea Jaeger

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Avon encourages the young players, too. For four years, Avon Futures has been the special circuit for up-and-coming competitors like Tracy Austin, Pam Shriver,

Andrea Jaeger. And you see where it's gotten them.

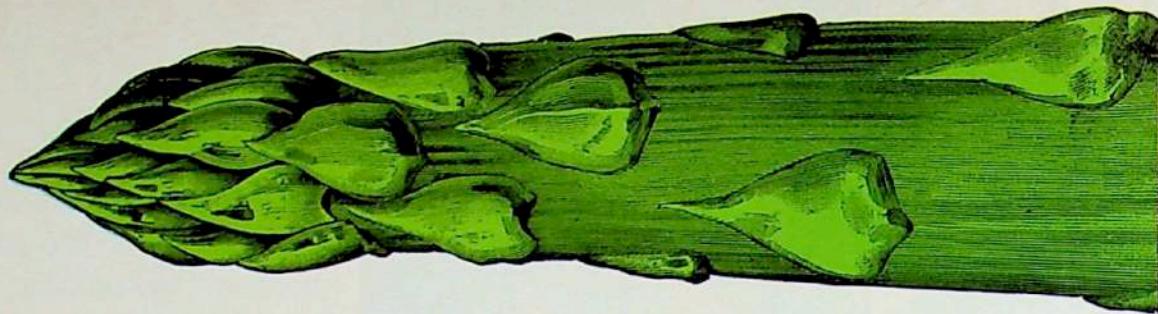
What's more, Avon gets right down to the community level by organizing clinics for youngsters in every city on the tour.

Avon Tennis. It's just another way Avon encourages women to make the most of their talents and opportunities.

AVON *Women's tennis never looked so good.*

Martina Navratilova





alive. Scientists knew that liver contained the "anti-pernicious anemia factor" though they didn't know what that was. Liver is the best source of B-12 but any animal product will do.

FOLATE

If you're anemic you need more iron, right? Not necessarily. A lack of folate can also cause anemia, a disease in which too little oxygen gets to the tissues. Folate helps form genes, the chemicals that blueprint every cell including the oxygen-carrying red blood cells. If the body doesn't have enough folate, the blueprint for the red blood cells looks like it's been drawn up by a two-year-old with a crayon. The cells have a weird shape and they're next to useless. You look pale and feel somewhat weak and irritable.

One doctor claims that a folate deficiency "may affect more people than high cholesterol," and that's millions. Fifty percent of pregnant women, for instance, are somewhat deficient. And since folate helps assemble genes, that deficiency may account for the epidemic of minor and major birth defects (30 percent of all births!). In one study, pregnant women who had low blood levels of folate were compared with pregnant women who had normal levels. The low folate group gave birth to four times more malformed babies than the normal folate group. "Baby blues," the depression that clouds the days of some women after pregnancy, is probably also caused by low levels of folate.

Besides taking supplements, there are some cooking tips to keep your intake high. First, don't use a microwave oven. A microwave destroys 90 percent of the folate in food in 28 minutes; a normal oven set at the same temperature takes 65 minutes. Second, steam rather than boil your vegetables. Eighty-five percent of the folate in cauliflower, for instance, is destroyed after ten minutes of boiling. If you must boil, use that same water to cook rice.

Green, leafy vegetables, particularly from the cabbage family, are the best source of folate. Second best, but far from second-rate, are whole wheat, brewer's yeast, oranges, beets, beans, meat and eggs.

PANTOTHENIC ACID

If you train, compete or even play in cold water, you need more pantothenic acid. A study shows that people immersed in 45-degree water for over ten minutes show much less wear and tear (on a biochemical level) if they've taken pantothenic acid for a few weeks before the dip. In another study, rats were given low, medium and high levels of pan-

tothenic acid and made to swim in cold water until exhausted. The low-level group swam for 16 minutes; the medium group, 29 minutes; the high group, 62 minutes. Would-be Diana Nyads, take note.

The humans fared better and the rats swam longer because adrenal glands contain high levels of pantothenic acid. If you build up that level, your body is steeled against stress and more ready for rugged competition. Roger Williams, PhD, the discoverer of pantothenic acid and a nutrition expert, believes that regular supplements will help you live longer. It is well known that if you react poorly to stress, you shorten your life.

Pantothenic acid is found in all foods; the name is Latin for "from all sides." If you want to keep pantothenic acid on your side, avoid canned and frozen foods, which have lost anywhere from 35 to 75 percent of this vitamin, and anything made with white flour, which may have only 25 percent of its pantothenic acid left.

PABA

(*Para-aminobenzoic acid*)

PABA is no more a vitamin than a leg is a person. It's part of folate. But it steps out on its own too. PABA is the best sunscreen around. It filters out the ultraviolet rays that cause sunburn and skin cancer, a real risk for anyone who lives in a sunny climate and spends a lot of time outdoors. Redheads and blondes claim that PABA is the "anti-freckle" vitamin.

BIOTIN

If Rocky of movie fame had known more about nutrition, he wouldn't have eaten all those raw eggs. A protein in raw egg whites blocks the absorption of biotin. Unless you're an eggnog freak, though, you don't have to worry about a deficiency; biotin will continue to do its thing. Actually, its things, since it's involved on a basic level in many of your body's functions.

CHOLINE, INOSITOL

These two B vitamins are found in lecithin, a substance that's part of the cell walls of plants and animals. They make sure the cells absorb fat, no mean feat since fat is as vital a nutrient as protein or carbohydrate. Choline also turns into the brain chemical acetylcholine. This plays a role in memory function, although scientists have tried to improve the memories of senile patients with choline and lecithin with mixed success.

Think of the B-Complex as a puzzle. If just one of these nine essential vitamins is depleted, your body can miss out on the complete picture of intricately related benefits.

For example, the B Vitamins work together, releasing energy from foods and helping your nervous system function properly.

Stressful living, restricted diets and overcooked foods can deplete your body of B Vitamins. What's more, these water-soluble nutrients must be replaced daily.

Plus® offers a variety of B-Complex formulas and potencies. Each con-

tains all nine essential B Vitamins and related factors from pure vegetable sources, with no artificial colors, flavors, preservatives or sugar.

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C

Teeth and bone formation
Bone fracture healing
Wound and burn healing
Resistance to infections
and other disease

Green peppers
Honeydew melon
Brussels sprouts
Broccoli
Cantaloupe
Strawberries
Oranges

Eat foods raw or
minimally cooked
Shorten cooking time
by putting vegetables
directly in boiling water
Steam or cook vegetables
in very small amounts
of water

Cut food into large pieces
instead of small
Avoid prolonged
standing of foods at
room temperature
Avoid overexposure
to air and light
Don't soak vegetables

60 mg.

Cooking
Smoking

D

Facilitates the absorption
and utilization of calcium

Cod liver oil
Halibut liver oil

Eggs

Salmon

Tuna

Milk (vitamin D
enriched)

Avoid overexposure to air

Bowleg, knock-knee,
curvature of spine,
pelvic and chest
deformities

Softening of bones

Excessive tooth decay

200-400 IU

Smog
Mineral oil
Cortisone

E

Healthy heart and
skeletal muscles
Possible retardation
of the aging process
Helps fight effects
of air pollutants

Oils
Almonds
Sunflower seeds
Whole wheat
Wheat germ

Peanuts

Filberts

Avoid deep-fat frying
Avoid freezing

Breakdown of
red blood cells

8 IU

Heat
Freezing

F O L A T E

New red blood cell
formation
Found in the most rapidly
growing tissues such as
bone marrow and the
lining of the digestive
tract

Spinach
Broccoli
Asparagus
Brewer's yeast

Wheat germ

Liver

Orange juice

Avoid high
temperatures
Avoid cooking in large
amounts of water
Avoid exposure to light

Avoid storing at room
temperature

Anemia

400 mcg.

Sunlight
Estrogen
Aspirin

P A N T O- T H E N I C A C I D

Strong adrenal glands
Converts fat and glucose
to energy

Brewer's yeast
Beef liver
Bran
Peanuts

Sesame seeds

Eggs

Soybeans

Avoid extreme heat

Digestive problems
Weakness
Poor coordination

10 mg.

Food processing
Sleeping pills
Alcohol
Caffeine
Estrogen

VITAMIN

Health Functions	Best Food Sources	Preparation Tips	Deficiency Symptoms	RDA*	Destroyers
Smooth, healthy-looking skin Resistance to infections and other diseases Normal vision Healthy mucous membranes	Beef liver Spinach Cantaloupe Kale Carrots Broccoli Apricots	Cook or process foods in covered utensils Avoid frying foods at high temperatures Avoid overexposure of food surfaces to air	Night blindness Failures of tear secretion and changes in eyes Susceptibility to respiratory infection	4,000 IU	
Emotional stability Energy Memory	Sunflower seeds Brewer's yeast Ham Whole wheat flour Rolled oats Green peas Soybeans	Cook in a minimum of water or steam Avoid high cooking temperatures and long heat exposure Avoid using baking soda with B-1 foods unless used as a leavening agent in baked products	Constipation Depression Loss of appetite Neurological changes Painful calf muscles Beriberi	1.0-1.1 mg.	Caffeine Alcohol Estrogen Aspirin
Enzyme functions in the metabolism of proteins, sugars and fats Essential for growth	Beef liver Milk Brewer's yeast Sunflower seeds Ham Broccoli Beef	Avoid cooking in large amounts of water Cut vegetables into large pieces instead of small Avoid exposure to light Cover pots when cooking	Visual fatigue and sensitivity to strong light Cracks around the mouth Reduced strength Growth retardation Burning and itchy eyes Cracked tongue	1.2-1.3 mg.	Ultraviolet light Water Estrogen Alcohol
Reduced blood cholesterol levels Mental and emotional health Aids metabolism of carbohydrates, fats and amino acids	Tuna Chicken Turkey Sunflower seeds Halibut Ham Peanuts	Niacin is very stable	Irritability Sleeplessness Headaches	13-14 mg.	Alcohol Sleeping pills Estrogen
Production of antibodies Emotional stability Healthy skin Central nervous system regulation Reds body tissues of fluid in premenstrual women	Wheat germ Bananas Brewer's yeast Buckwheat flour Sunflower seeds Peanuts Tomatoes	Avoid cooking in large amounts of water Freezing vegetables results in a 50 to 56 percent reduction Canning vegetables results in a 57 to 77 percent reduction	Anemia, weight loss, stomach pains, vomiting Depression, weakness, nervousness Burning, tingling and numbness in the extremities	2.0 mg.	Long storage Alcohol Estrogen Cortisone
Normal growth Healthy nervous system Normal red blood cell formation	Clams Beef liver Oysters Mackerel Sardines Crab	Avoid extreme heating of meat products.	Nervous system damage Raw scarlet tongue with a smooth surface	3.0 mg.	Alcohol Estrogen Sleeping pills

B
12

Health Functions	Best Food Sources	Preparation Tips	Deficiency Symptoms	RDA*	Destroyers
Smooth, healthy-looking skin Resistance to infections and other diseases Normal vision Healthy mucous membranes	Beef liver Spinach Cantaloupe Kale Carrots Broccoli Apricots	Cook or process foods in covered utensils Avoid frying foods at high temperatures Avoid overexposure of food surfaces to air	Night blindness Failures of tear secretion and changes in eyes Susceptibility to respiratory infection	4,000 IU	
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VITAMIN

C If a heroin addict taking 20 grams of vitamin C every day shot up, nothing would happen. That's right, nothing. It's like shooting up water. Vitamin C is so powerful it immediately detoxifies heroin. Or nicotine. Or alcohol. Or cancer-causing pollutants. Vitamin C is an all-purpose antidote.

But what most people really want to know about vitamin C is: Does it cure the common cold? Yes. You can clear up a cold that's just getting started, or shorten one that's hit full force, by taking one gram every two hours.

Most important, you can prevent colds in the first place. The dosage for that is an individual matter. Some people need as little as 250 mg. a day. Others need two or three grams. One gram (1,000 mg.) may do the trick for most people.

"There is little doubt that the intake of additional vitamin C can lead to a reduced burden of winter illness," says a researcher who conducted studies on vitamin C and the cold. In one of those studies, people who took 500 mg. of vitamin C every day had 38 percent fewer cold symptoms during the winter than those who didn't take the vitamin. Vitamin C strengthens the immune system, your body's protection against the viruses that cause colds.

Winter isn't the only time for runny noses. If you're plagued by hay fever, take heart—and vitamin C.

"Vitamin C almost always alleviates the symptoms of hay

fever," says a doctor who uses it in his practice. He gives two grams every three or four hours for a "mild" case (runny nose, itchy eyes) and ten grams every three or four hours for a "severe" case (a lot of mucus, red watery eyes, itchy throat, frequent sneezing). The minimum for anyone with hay fever is four grams a day.

Vitamin C mows down hay fever because it's a natural antihistamine. It's the release of histamine, sparked by pollen, that causes hay fever symptoms. Vitamin C stops that release.

Vitamin C also helps you beat the heat. In a study of people who work in the 100-degree temperatures of a mine, 500 mg. a day of vitamin C increased their ability to work as hard in the mine as they had outside of it. Not that most of us have to work in mines, but increasing your intake of vitamin C a week or so before an event in hot weather will give you the competitive edge. Another study found that 300 mg. of vitamin C a day prevents heatstroke, and a gram a day cures heat rash (prickly heat).

Most athletes have been confronted with the decision of whether or not to take cortisone to relieve a painful swelling or inflammation. Cortisone is a mixed blessing. It works wonders, but it may have a lot of nasty side effects. Vitamin C is a cortisone denastyizer.

Don't worry about taking too much vitamin C. It does not cause kidney stones, contrary to what some doctors believe. Excess vitamin C in your urine is more than harmless; it's helpful. It prevents kidney or bladder infections.

Oranges, of course, are rich in vitamin C, as are all citrus fruits. Frozen or bottled orange juice, however, has 100 percent less vitamin C than fresh. Surprisingly, the potato is a fine source. Americans actually get more vitamin C from potatoes than oranges. (But not from potato chips, which have lost 75 percent of their vitamin C.) Green peppers, parsley and broccoli are green pastures for vitamin C. Smokers, especially, should graze there. Pack-a-day smokers have 25 percent less vitamin C in their blood than nonsmokers.

BIOFLAVINOIDS

Bioflavonoids are vitamin C's kissing cousins. The white inner skin of citrus fruits and the white column inside a green pepper are packed with bioflavonoids. And while bioflavonoids work best with vitamin C (most supplements include them together), they've established a reputation of their own, mostly as a cure of gynecological problems.

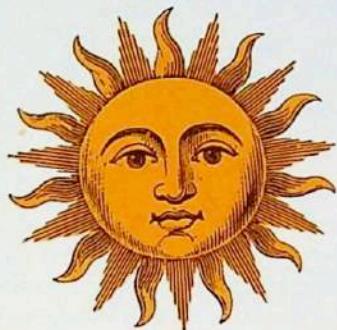
Thirty-nine out of 40 women who had vaginal bleeding after the insertion of an IUD stopped bleeding when they took bioflavonoids. Women who had an excessive or irregular menstrual flow cleared up their problem with bioflavonoids. The nutrient has cured varicose veins and hemorrhoids during pregnancy. It treats all those problems by strengthening capillaries. My girlfriend bruises easily unless she takes bioflavonoids; then the problem goes away in a day or two. Easy bruising is nothing but a sign of fragile capillaries.

Vitamin C is so powerful that it detoxifies heroin, nicotine, alcohol and cancer-causing pollutants. And it cures the common cold.

VITAMIN D

Vitamin D is not what you'd call a versatile nutrient. It does one job: It allows the body to absorb calcium. But that's like saying the heart is a second-class organ because it does only one thing: beat. In fact, without vitamin D the heart couldn't beat since calcium regulates muscle contraction. Calcium is crucial; that's why vitamin D is too.

You get very little vitamin D by eating. Sunlight turns a chemical in your skin into vitamin D (which is technically a hormone). So unless you spend most of your time indoors or cover every square inch of your skin when you go outside, there's next to no chance of a deficiency.



It does improve glycogen storage, giving you more fuel for endurance sports. It does improve the tone and strength of your heart muscle. It does protect cells from oxidation (a sort of internal rust). That means it probably lengthens life (more if not better sex) since many scientists theorize that aging is caused by oxidation. If you have breast cysts, 600 IU a day of vitamin E for two months may clear them up, and reduce your risk of breast cancer.

Vitamin E oil is amazing. Chapped lips, surgical incisions, burns (including sunburn), bedsores, warts, athlete's foot, poison ivy—if it's on the skin, vitamin E oil has cleared it up. And when taken as a supplement with vitamin A, it's good for acne.

Processed foods are vitamin E weaklings. Cornflakes have lost all but two percent. Whole wheat bread has seven times more vitamin E than white bread does. Brown rice has six times more than white. The RDA is nine IU which, say experts, is too low to maintain good health. Look for a supplement that has at least 200 IU of vitamin E.

Illustrations from The Bettmann Archive

VITAMIN E

Curse those pregnant rats! In the early years of scientific study into vitamins, researchers found that vitamin E increased fertility in rats. From that humble beginning, vitamin E has come to be known as the "sex vitamin." Well, improving your sex life is one of the few things vitamin E doesn't do.



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Consumer's Guide to Vitamins

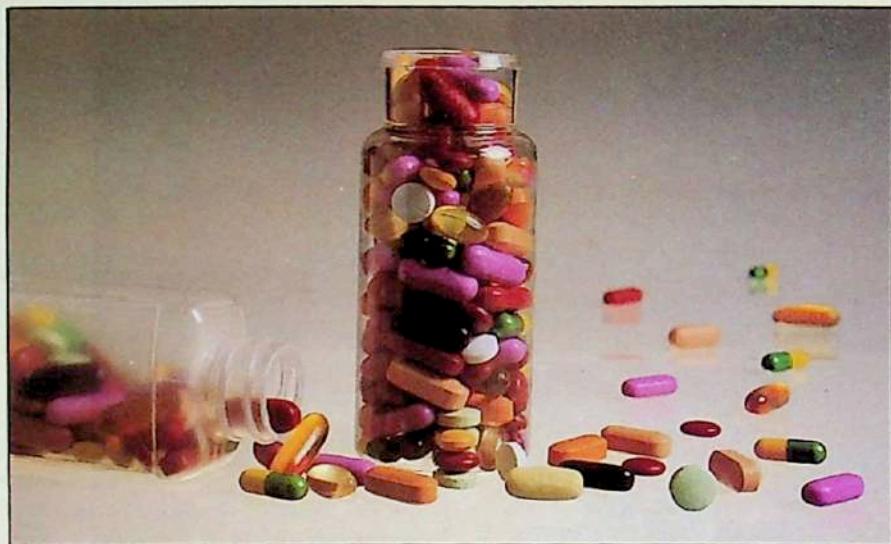
Shopping for vitamins may seem only a little less tricky than buying a used car. Say you're looking for a good deal on vitamin C. Should you get "Vitamin C with Rose Hips" (you didn't know roses had waistlines, let alone hips) or "Vitamin C with Acerola" (a type of cherry from the West Indies)? The supplements are also sub-labeled with their chemical names: Some of them say "ascorbic acid" and others "sodium ascorbate." There are pink, chewable wafers. There are white, medicinal pills. Are you beginning to think "C" stands for "confusing"?

If you've never taken vitamins before (other than the One-A-Day your mom had you chug-a-lug with orange juice), there are two general guidelines: (1) Start simple. (2) Prefer the natural.

Swallowing pills can be a turn off. So begin with a pill—a multi-vitamin supplement. Avoid brands that contain sugar, starch, salt and synthetic preservatives and dyes. The vitamins in health food stores are usually a purer product than the vitamins in supermarkets or drug stores. Chances are they're costlier, too; you may want to be less of a purist and more of a shopper.

Once you find a multi-vitamin you like, find out if the company that manufactures it sells by mail order. If so, order their catalog. Not only will the catalog introduce you to the world of supplements (actually, to the whole solar system and beyond), but mail-order vitamins can be much cheaper than vitamins in stores. Buying from catalogs is a smart way to keep your pocketbook in shape as well as your body.

There's a minor to-do among vitamin buffs over whether vitamins from natural sources are better than those synthesized in the lab. Chemically, they're much the same, as both sides concede. But those who favor the natural believe that trying to copy Mother Nature's formulae is like trying to paint masterpieces by the numbers. You can duplicate



Photography by Paul Hirschberger Vitamins from Simpatic Corp.

them, but you can't capture their essence and power. I think you should tend toward the natural though it's not always possible, as I'll explain.

For instance, it's better to take vitamins A and D from fish liver oil rather than the synthetic chemical version of those nutrients, and I think, too, you should use vitamin E oil. Oils fuel health. When you take vitamins with the oils that naturally accompany them, you're assured of maximum results.

If you gag at the thought of cod liver oil, don't worry. Those oils come in the form of "perles," small jelly bean-like capsules that enclose the oils and preserve their freshness.

B vitamins of any potency over the RDA are probably synthetic. To get a hefty quantity from a natural source, you could take a lot of brewer's yeast tablets and some people do, but I think it's a bother.

All vitamin C is synthetic. To make a pill of 500 mg. of vitamin C exclusively from rose hips—the fruit of the rose, which is loaded with vitamin C—you'd need a pill that weighed three pounds. By the way, if you find that vitamin C in the form of ascorbic acid gives you stomach troubles, which happens sometimes, switch to sodium ascorbate.

As for storage, any closet in the kitchen will do, except one over the

sink. Vitamins need to be kept reasonably cool and dry. That makes the above-sink closet, the bathroom medicine cabinet, the refrigerator and the windowsill forbidden areas. Vitamins are made to last for years with very little loss of potency, so don't worry about buying a supply that will last you a long time.

Since I spend so much time writing about the benefits of vitamins, people often ask me what I take. What follows is my personal plan; I'm not suggesting you do the same.

I take a very high-potency multi-vitamin/mineral supplement each day at breakfast and 500 mg. of vitamin C three times a day with each meal. Vitamin C is quickly excreted by the body; to keep tissue levels high you need to take it throughout the day.

I take 400 IU of vitamin E at lunch. If you take vitamin E with iron it's less effective, so I take it later in the day than my "multi" supplement. And three times a day I take an herbal preparation that includes Siberian ginseng, gata-kola and cayenne pepper, three herbs I've found tone and strengthen the entire system.

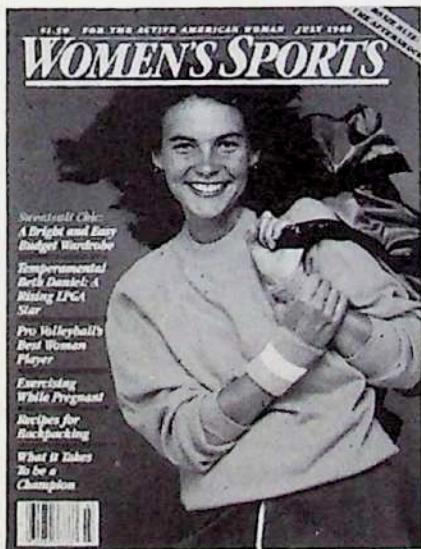
As you can see from my "plan," it's best to take vitamins with meals, either as hors d'oeuvre or dessert. Biotin appetit! □

William Gottlieb is senior editor of Prevention magazine.

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Carol George

COURT

Racquetball's

By Nancy K. Crowell

At the ripe old age of 29, Jennifer Lee Harding has changed careers three times and switched sports just as often. Harding is currently ranked nineteenth on the Women's Professional Racquetball Tour, a surprisingly low rating for the woman who held the number two spot for more than two years, ever nipping at the heels of perennial champion Shannon Wright. What happened? Well, to understand it you have to know Jennifer Harding.

She is not fickle. She is not flighty. She is not uncommitted. She is a woman combining drive, determination and a damn-the-torpedoes, full-speed-ahead attitude with a low tolerance for boredom.

"I need a lot of challenges," says the 5'4" brunette from Portland, Ore.

What has most challenged her over the years is racquetball, from playing on the pro circuit and helping start a league to giving lessons and owning a club.

Harding was that rare girl-child encouraged to pursue athletics. "I didn't have a mother telling me I had to be prim and proper. My mother preferred having me outside playing to sitting in front of the TV." Harding hated the tomboy label that came with her athletic achievements, but she pursued them anyway.

In high school and college, Harding played center field on Dr. Lawrence Bernard's famed softball team, a forerunner of today's pros. "We played fast pitch and trained from March all the way into August. We traveled all over the country. We ended up in the nationals back in Connecticut and there was nothing more to aspire to, so I quit. I wanted to do some other things with my life."

She played top-notch softball against the likes of Joan Joyce and probably could have played professionally. Instead she got into racquetball — via paddleball, a similar game played with wooden paddles instead of strung rac-

RTING SUCCESS

Jennifer Harding tries all the angles

quests. At the time she was in dental school.

"Dental school is a little different from a liberal arts college," Harding explains. "You go to school from 8:00 a.m. to 5:00 p.m. and you don't know when you'll have free time."

Since Harding had always been an athlete — tennis, basketball, running and water skiing in addition to softball — she "found it annoying not to have time to exercise." The only athletic facilities accessible to the women at the dental school were the paddleball courts. In fact, since they were required to take a physical education course, she didn't have many options. So she took up paddleball.

"Paddleball was the best thing I'd ever played," Harding remembers, still conveying the enthusiasm of a novice player. "I couldn't believe it; I'd get so *tired* after just 45 minutes." She couldn't get enough of the new sport. She played all through dental school, challenging professors when she ran through her other competition. "But when I got out," she continues, "no one was playing paddleball. They were all playing racquetball. So I switched sports. I kept playing because I wanted the exercise."

Exercise indeed. A player can burn up 600 calories in an hour of rigorous play. Harding, with her natural athletic ability and superb physical conditioning, adapted to the game with ease. That was in 1972. Now, at the start of a new decade, Harding is an established racquetball pro with a namesake racquet and full sponsorship by a leading racquetball equipment manufacturer, Ektelon of San Diego, Calif. And racquetball, with an estimated ten million players, is the fastest-growing sport in the country.

Racquetball pro Rita Hoff voices what seems to be the consensus on Harding's contributions to the game. "She's been a very positive influence for women's racquetball and women's athletics in gen-

eral. When I started playing racquetball, you'd just throw on an old T-shirt and some shorts. Jennifer was the first to wear a nice-looking outfit."

Sarah Green, another racquetball pro, echoes Hoff's sentiments, pointing to Harding as "one of the first to combine femininity with athletics. She almost went out of her way to be feminine, and it really helped the image of the sport."

A third pro, Judy Thompson, comments, "I think Jennifer is seen as a player who has done nothing but promote women's racquetball. She's been tremendously dedicated both on and off the court. She has one of the best attitudes I've ever seen."

In spite of her good fortune, Harding seems surprised that things turned out the way they did. She relates the series of events leading to her racquetball career with disarming wonder.

"I met a nice group of people when I started playing in amateur tournaments and we traveled just for the fun of it, never thinking there'd be money or anything in it. The next thing I knew, we were having regionals and nationals and then pro tournaments and prize money. It was like a dream come true."

Harding pursued the dream with passion and dedication. Her hard work paid off with a 1976 professional national doubles championship, a 1978 St. Louis pro tour stop victory and a naggingly consistent ranking of number two among all professional women racquetballers.

Dreams, though, have a way of fading into reality. For professional athletes that reality is often harsh, as with Arthur Ashe's recent heart attack, Randy Gardner's pulled muscle and Nadia Comaneci's Olympic fall. While Harding faced no physical setbacks, she learned the hard way what it meant for a woman to play professional racquetball: in brief, second-class citizenship.

The history of racquetball, professional and amateur, has been fraught with political struggles almost since the beginning. Most people believe it's partly a case of the sport growing too fast. When the pro tour was established in 1973 by Chicago multimillionaire Bob Kendler, there were no established guidelines. It was a brand-new baby, molded to the wishes of a few financial backers with their own interests at stake. That didn't bode well for the women.

The facts are plain. Women were not allotted the same considerations, or money, as the men. Where the men had 32 places at each tournament on the tour, with each guaranteed at least \$250, the women had only 16 places with a minimum guarantee of \$125 per player. Only four of those places were allotted for pro qualifying, which meant that often 40 or 50 women battled for those four spots.

Harding recalls angrily, "Women were given bad court times and weren't allowed on the glass courts where spectator viewing is best until the semifinal rounds. The men started on the glass as early as the round of 16. Then we were told we didn't get as much prize money because we couldn't draw the crowds."

"Well, sure we couldn't draw when we

Harding learned the hard way what it meant for a woman to play professional racquetball: second-class citizenship.

"Business fascinates me," says Harding. "It's so full of challenges."

played at 8:00 a.m. Who's going to get up that early to watch us play?"

For years women put up with such treatment because the National Racquetball Club (NRC) was the only pro tour in town. It was a matter of playing by its rules or not playing at all. But it finally began to get to Harding, Hoff, Thompson and others such as Jannell Marriott and Jean Sausser. At the same time, they were beginning to hear how much people liked to watch the women play, and

they saw the number of women playing racquetball growing.

"We totally concede that men are better players," says Harding. "They can hit the ball harder, they're more accurate, they're faster. But that doesn't mean we can't think as well as they can. It's like tennis — there's a distinct difference between the way the men play and the way the women play. We have longer rallies and we don't hit the ball as hard, so the average player can relate to us. Nobody's ever going to play the way Marty does. [Marty Hogan, the number one male player, reportedly hits the ball at speeds of up to 142 miles per hour.] When people watch us, they see a game they could probably play someday."

In 1978 the women decided they couldn't accept the disparities in their sport any longer. They went to the NRC

officials and proposed some changes they felt would satisfy them. Nothing happened. So, with little more than anger towards the pro tour as it existed and a feeling there was a market for their skills, Harding, Marriott, Hoff, Sausser and Thompson left the tour. The Women's Professional Racquetball Association (WPRA) was born.

It was a dramatic move. They didn't know if they could get the sponsorship necessary for tournaments — and in pro sports sponsorship is everything. But by that time, according to Harding, it had grown well beyond a business decision.

"Frankly," she says casually, "it didn't matter if we ever played again. We had to prove a point and get it over with. But we truly felt there was a market out there for us, although we might have to suffer a few months or even a year."

A PROFESSIONAL OPINION: How to get started in racquetball

Racquetball is one of the fastest-growing sports in the country. It's relatively easy to learn, a great workout and lots of fun.

Jennifer Harding left dental work for a career in racquetball as a professional and a businesswoman. Thousands of other women are adding racquetball to their lives by joining clubs and participating in league play. We asked Harding what advice she had for future wall-bangers.

"Basically, I think the first step is to take lessons, to learn the game and avoid injuries. Most private clubs have instructors on the staff and offer a free lesson to new members. But choose your club carefully.

"Find a club that is close to home and work because it will cost you less in the long run. Besides, I think people have a tendency to be lazy, so if the location is inconvenient, they won't show up regularly.

"Consider the programs available at the club. The staff should encourage play and give you the opportunity to find games with other members. Program directors who match people up with players at their level are doing a great service for their members.

"Look for lessons, leagues and tournaments. A league is a program



Jennifer Harding owns her own racquetball club in Oregon.

in which you play a different person each week, for a given number of weeks at an appointed time.

"Of course, you'll want a club to be clean and friendly. It's got to be a fun and exciting place. Atmosphere has a lot to do with a person's motivation. I think the people at the club have a lot to do with whether people stay. At my club we'll even call people at home and say, 'We haven't seen you in awhile, how are things going?'

"Another important feature is a club pro shop. Look for people who

will help you choose the right equipment; look for the best products and professional services. For instance, we will mail back any defective racquet for our customers.

"Also, parents should search for clubs which offer day-care services during the week.

"With clubs opening all the time, you can be selective. Remember, clubs are competing for members.

"Look at a club's entire fitness program. Swimming pools, exercise programs, dance classes and weight-training equipment are added attractions at many clubs across the country. It's great if clubs have facilities for relaxation: saunas, whirlpools, even steam rooms. Additional services might include a food and beverage bar, towels, rental racquets and nutritional counseling.

"If you don't have access to a club, I think the YMCAs and Jewish community centers run good programs, and college classes offer the opportunity to develop racquetball skills with friends."

For a complete listing of racquetball facilities across the country, get *Racquetball: Where to Play, U.S.A.* by Susan McShirley, SRM Press, Los Angeles, Calif., 1979 (\$7.95).

While Harding and her comrades were ready to lay their careers on the line, a number of their colleagues were not. The reluctance of number one player Shannon Wright as well as several younger players added to the frustration.

"The funny thing was the girls who were most afraid, the ones ranked 18 or 16 and below, were the ones who would benefit the most. Sitting out a year would hurt us more than the younger girls."

All that is history now. Last year the WPRA succeeded in securing sponsorship for nine tournaments worth \$73,000 in prize money, and saw a shining conclusion to its first season with the first WPRA national championships. This year, according to WPRA commissioner Dan Seaton, the tour will have at least ten stops and Kennedy-Levy, a prominent New York concern, will act as marketing representative. Total prize money will be in the \$100,000 to \$150,000 range. And membership in the WPRA now includes every professional woman racquetballer in the world.

Through all the political strife and shuffling, something happened to Jennifer Harding. Over the past year and a half her ranking has dropped steadily: from second to fourth, to eighth, then tenth and, most recently, nineteenth. In addition, Harding has resigned from her seat on the WPRA board of directors.

Harding says frankly that once she reaches her goals she becomes bored and moves on. She knew the WPRA could make it without her and she had other considerations to keep her busy. First there was a divorce and adjustment to a new lifestyle. Then there was the realization of a project she had begun several years earlier. Firm in her belief that the sport of racquetball will go on whether the pro tour does or not, Harding had long dreamed of owning and running her own racquetball club.

She describes her way of periodically changing her life. "I was a dental hygienist for five years, bored after the first year and looking for a way to get out. I couldn't afford to quit, so I went to night school and got my license to become a tax assessor. Then came pro racquetball and the WPRA. I stayed with that awhile and then the first racquetball club in Portland opened.

"The owner came to me and asked me to be his pro. I said I'd really like to, but I wasn't going to quit my job just to teach racquetball the rest of my life. I got tired of teaching people how to brush their

teeth and I can't see how it would be much more exciting to teach them how to play racquetball."

Here she pauses to muse in a self-mocking tone, "This is how you hit a forehand, this is how you hit a backhand, this is how you floss..."

As luck, or fate, would have it, things worked out for her. After a month at the new club she became manager, then went on to become a partner with a small percentage in another club. Last year she bought out her partner. Now she spends 10 to 14 hours a day at her club, the Milwaukie (Ore.) Racquetball and Fitness Center, handling everything from clinics to plumbing.

"Business fascinates me," she enthuses. "I love it because it's so full of challenges."

Harding was fairly well prepared for the challenges of owning a racquetball club because she'd done her research. Feeling she couldn't make a satisfactory living playing professional racquetball the way things stood in 1978, Harding used her spare time on the tour to investigate every aspect of the court club industry. At every club she visited she studied the design, talked to managers and owners, even listened to members' complaints. When at last she took over her own club she did more than face the challenges head-on. She embraced them.

She set out immediately to remodel the club, to make it a more total fitness club. But with that leap came problems.

"I was a woman, too young, newly divorced, trying to remodel this club. Even though I had run it on my own for two years, I couldn't get a loan for the life of me. I had to do something, so I took a risk and said, 'We're going to sell enough memberships to pay for this whole thing.' And we did."

The club now has a new Nautilus center, an aerobic fitness center and a hair-styling salon. In September began the second phase of renovation: a swimming pool and glass-walled court so that someday Harding can host a pro stop.

"I love running too," Harding adds. "Even if it didn't have anything to do with conditioning for racquetball, I would still do that. Someday I'd love to run a marathon. That will probably be my goal after racquetball."

But for now Harding has another goal. She says Heather McKay, racquetball's new number one at age 39, has inspired her. "Now that I've got the club together, I'm ready to fight my way back up the ladder." Knowing how she feels about challenges, you can believe her. □

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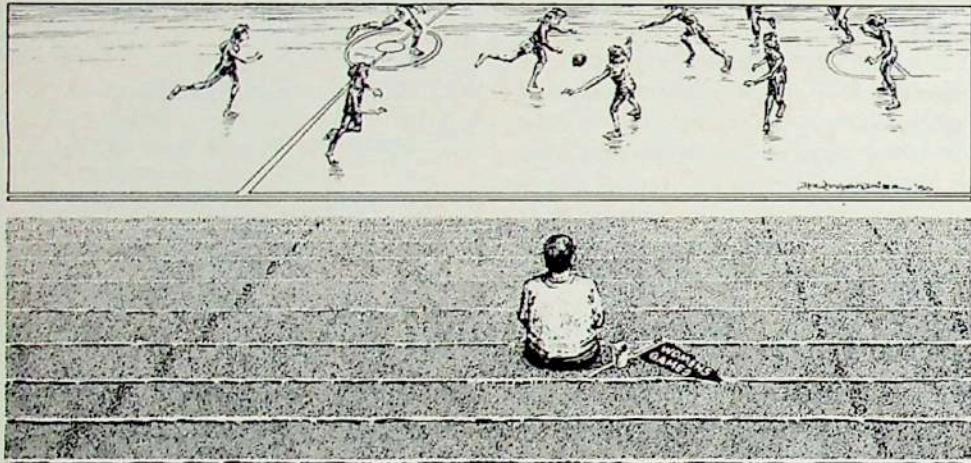
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Larry Baumgardner

BY GREG HOFFMAN

Well, there's some good news about the semi-quasi-Olympic-type event known as Women's Games '80, and there's some bad news. First, however, a few words of background information.

It all began some 24 months ago as an idea in the head of one Ronald B. Scott, a gentleman who had spent several years as an official observer of the athletic scene. In other words, Ron Scott was a sports journalist whose resume included stints as a writer for *The Salt Lake Tribune* and as sports editor for *The Deseret News, Life and People*. After giving up his staff position at the latter publication, Scott hooked up with Colgate and helped run that firm's golf and tennis programs. He also managed promotions on the LPGA tour for a time. Because of his direct involvement with sports, Scott couldn't help but notice the explosive growth of women's athletics. That's when he came up with the notion of staging a large-scale annual exhibition of women's sports.

The original plan for the first Women's Games competition was to bring together top athletes and teams from different sports for a week in September 1980, a few weeks after the Moscow

Olympics.

Toward that end, Scott established Women's Games, Inc., in Westport, Conn., installed himself as president of same and commenced the long and difficult task of transforming his ambitious dream into reality. The first order of business was the selection of a permanent site for the proposed festivities. Since a winter segment would be added to the Women's Games program in 1982, it was essential to locate a site with top-notch ski areas nearby. Scott knew just the place: Salt Lake City, his old hometown. He contacted his alma mater, the University of Utah, about using that school's facilities and a deal was struck. Women's Games had a home, just like that.

Next on the agenda was lining up athletes. It was estimated that somewhere between 250 and 300 professional and amateur athletes in volleyball, basketball, swimming, diving, tennis, gymnastics and distance running would be attending.

This brings us to another pressing item on Ron Scott's enormous list of things to do: securing sponsorship. Providing transportation for so many people, not to mention feeding and housing them for

a week, would obviously require a great deal of money. The privately promoted event had long since assumed epic proportions, but Scott did some assuming of his own. For one thing, he assumed that a large chunk of the necessary funds would come from one of the television networks. They would certainly climb all over each other to obtain the rights to televise the women, many of whom, he further assumed, would have recently picked up gold medals in Moscow.

What was *not* assumed was that a group of movers and shakers in that very same Moscow would suddenly order hordes of their armed countrymen across the border into Afghanistan. But that little maneuver did occur, and it resulted in Jimmy Carter's ultimately realized threat of an Olympic boycott. While the athletes were wondering if they would be allowed to compete in the Olympics, and NBC was wondering if it would be allowed to televise them, Ron Scott put his Games plan on the back burner.

In May, when the decision was made to proceed with the Women's Games, the networks climbed over each other only to say, "Thanks, but no thanks." Even with network coverage, though, a first-time event as big as Women's Games was practically guaranteed to generate red ink, and plenty of it. The main problem in getting sponsors was that the Olympic boycott had severely diminished corporate desire to hitch a ride on the amateur sports bandwagon. Of course, another factor that contributed to Scott's difficulty in securing sponsorship was his insistence upon maintaining what he called "the purity of the Women's Games name." This means he wasn't particularly anxious to promote, say, "The Sears Women's Games" or "The Coors Light Women's Games."

Just a month before Women's Games was scheduled to begin, Scott found his primary sponsor in, of all places, Rexburg, Idaho. Diet Center, a franchised weight-control company, is headquartered in that small community, and Diet Center agreed to come aboard *without* demanding top billing. (Adidas signed on as a secondary sponsor.) Scott also negotiated a TV deal with ESPN (The Entertainment and Sports Programming Network), a year-old cable outfit based in Connecticut.

Scott had talked a number of top female athletes into coming to Salt Lake City. Among those accepting invitations to compete in the unique event: gymnasts Tracee Talavera and Marcia Frederick; divers Jennifer Chandler, Cynthia

Potter and Christine Loock; world record-holding swimmer Mary T. Meagher; distance runner Laurie Binder and members of the Kodak All-America Basketball Team, including Nancy Lieberman and Inge Nissen. Additional acceptees included the WBL champion New York Stars, who would play the All-Americans in an exhibition game; the USC, UCLA, University of Hawaii, University of Houston, University of Utah, University of the Pacific, San Diego State and Utah State women's volleyball teams, and a respectable field of pro tennis players to compete in a \$50,000 tournament.

Ex-Olympian and current sports activist Donna de Varona agreed to act as hostess for the Games. The opening ceremony was scheduled for 5:30 p.m., Wednesday, September 10.

Now for the good news promised earlier. The athletes showed up in Salt Lake City and Women's Games '80 went off as scheduled. (Well, almost as scheduled. There were, along with the inevitable delays and screwups, several frustrating, last-minute departures from the advertised schedule. The marathon was scratched from the program altogether.)

And the bad news? Well, the bad news is that although the athletes and organizers showed up, nobody else did. Of course that's exaggerating, but not much.

Consider this: The University of Utah's Sports and Special Events Center (SEC) is a beautiful arena ideal for basketball, volleyball and gymnastics. It also nicely accommodates tennis and, not incidentally, 15,000 people. Unfortunately, only a couple of hundred souls were in the seats when Women's Games '80's opening ceremony was kicked off by a local high school band playing "We're Gonna Fly Now" from *Rocky*. The musicians, the accompanying choral group, the green T-shirted ushers, the various Women's Games functionaries and the 250 or so athletes who marched in the procession may have outnumbered the "crowd" that watched Lieberman and Company mop up the floor with the pro Stars in the Games' first event.

While the baskets were being removed and the volleyball apparatus set up, I approached Scott, who was sitting in the stands with de Varona.

"What do you think so far?" he asked me.

"I think you could use a few more bodies in the seats."

"Tell me about it." He talked about how terrific the basketball game had

looked on the ESPN monitors, then a few minutes of uncomfortable silence passed. "Maybe the tennis will bring them in," he sighed wistfully.

It didn't. When tennis took over the floor the following day for the first round of matches, less than 50 people were in attendance at 3:00 p.m.

I was wandering around the SEC when I ran into Scott again. The grunts, groans, footfalls and shots of Stacy Margolin and Barbara Potter echoed eerily in the cavernous, nearly empty building. This match, like the previous two, was riddled with unbelievably bad line calls that soon had both players ready to chew the mat. It also had an umpire who couldn't keep the score straight or remember Potter's name.

"It's Potter, not Porter," yelled Margolin at one point, "and the score is 40-30, not 30-40!"

Scott was in agony, and not just because of the poor officiating on the tennis court. He had just been informed that the swimmers were assembled at the nearby Natatorium for the finals in three events, but that the timers had been told to report at 4:00 instead of the 3:00 starting time.

"I feel sick," moaned the beleaguered promoter. "How could that have happened? And why isn't anyone here?"

I asked him if he felt his TV ad was informational enough. The ad in question was a 15-second, rapid-cut series of shots showing women playing the sports featured at the Women's Games while Mason Williams' "Classical Gas" provided audio background. The spot ended with the Women's Games logo, a notation that the event was being held at the University of Utah and the dates. There was no voice-over.

"I don't know," Scott replied. "A lot of people have mentioned the ad. Including my father." Then, "Maybe I just tried to do too much too soon. Maybe I should have started with tennis."

"How does it look for next year? Will Women's Games be back?"

"Oh, we'll be back," he replied. "You can count on that."

Then, almost as quickly as it had surfaced, Scott's sudden burst of enthusiasm disappeared.

"Excuse me," he said, "but I'd better go see who's mad at me now."

Women's Games '80 is history now, but a couple of significant questions remain. The first, of course, is, Will the event manage to shake off its dismal start and come

back next year? If Women's Games '81 does materialize, as Ron Scott insists it will, chances are it will run much more smoothly. Most likely it will enjoy the support of the athletes once again; the money will attract the pros and the competition will attract the amateurs. But will the athletes attract the spectators? The answer is, probably not.

The concept of Women's Games is a good one, and Scott deserves a lot of credit for pulling it off this year. (Of course, so do the athletes who participated.) Although the survival and ultimate growth of Women's Games would be a great plus for women's sports, the plain and simple truth of the matter is that neither seems very likely as long as the Games remain in Salt Lake City.

The Salt Lake area, after all, has established a certifiably uninspiring record where women's athletics is concerned. There's little reason to think that's going to change anytime soon. In the recent past, major gymnastics meets there have done only moderately well at the gate; major swimming and diving meets have done very poorly; women's basketball and volleyball are practically state secrets. When World Team Tennis made several forays into Salt Lake a few years ago, the response to the league's big names was decidedly lukewarm.

Then there is the fact that Utah is a non-ERA state. Everyone agrees that sports and politics shouldn't mix, but everyone also knows that sports and politics do, on occasion, become intertwined. There was no organized protest against Women's Games by pro-ERA groups this year, but protests are a distinct possibility if the event remains in Salt Lake City. (*Women's Sports* received several angry letters about Women's Games '80 from ERA supporters. See "Mailbox," p. 68.) In any event, the last thing any athlete wants or needs is political pressure. That goes for promoters and fans as well.

But Scott, who has a long-term agreement with Diet Center, has no intention of abandoning Salt Lake City. At last report, he was still planning to upgrade the Women's Games tennis tournament to a \$150,000 event next year in order to attract the Top Tenners, and he was still talking about adding an LPGA tournament as well as some track and field events.

When Thomas Wolfe wrote, "You can't go home again," he wasn't thinking of Salt Lake City, nor did he mention anything about women's sports. No matter. Ron Scott's not buying what Wolfe's selling. Not yet, anyway. □

CHINESE WATER COLOR BIRD PRINTS

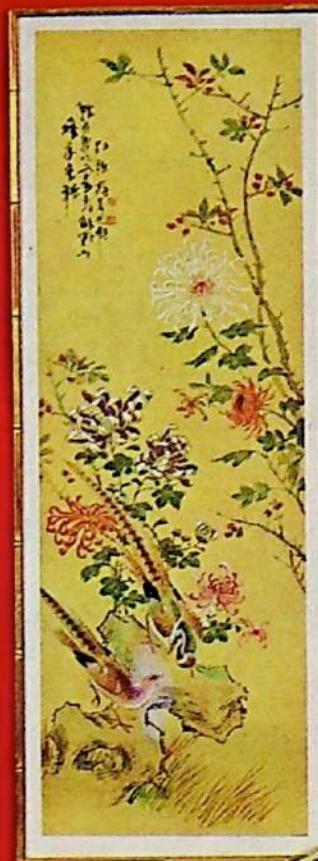
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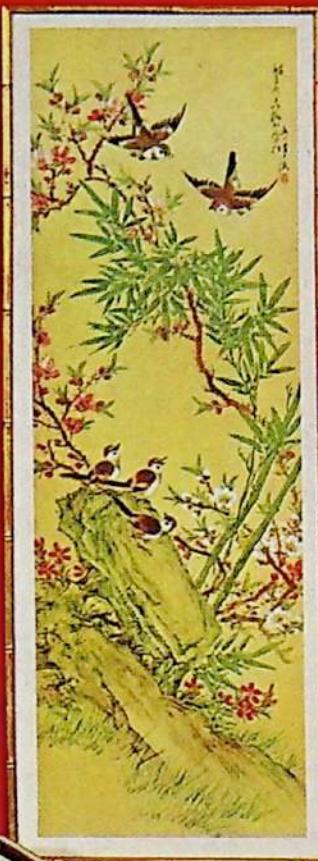
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The Active Woman's Almanac



Photography by Jay Carlson

Winter Wisdom

Unless you plan on spending the entire winter cooped up indoors, don't miss Heidi Henkel's article on the proper way to handle such cold weather dangers as frostbite, hypothermia and snow blindness.

Dr. Joan Ulyot comments on how to counter winter's chill while you're exercising and Karen Kotoske prepares some recipes to keep you warm inside when it's cold outside.

COPING WITH THE COLD

Weathering Winter's Worst

It began pleasantly enough, with a group of good friends and a whole weekend ahead of us to snowshoe and test our igloo-making skills. It wasn't until later that things began to go wrong.

Being exceptionally warm-blooded as well as attentive to childhood cautions to dress warmly, I had worn layer upon layer of clothing and kept my sweater and jacket on all day. I was determined not to get cold. And I didn't, at first; rather I got *hot* under all that clothing. When I stopped to take a rest, I noticed I had worked up a sweat and my shirt and sweater were damp. I took off my jacket and let myself cool down. Then I began to get chilled, so I put my jacket back on and went back to work "cementing" my igloo with loose snow.

I hadn't eaten since my pre-dawn breakfast, but I didn't want to take the time to dig through my pack for food. Instead, I munched on a handful of snow and rubbed a little ice over my chapped lips. The wind had picked up, making the mercury drop and causing me to shiver with every breeze. I countered it by working harder, becoming warm and sweaty again under my clothes.

By late afternoon, my igloo was finished and the temperature had dipped into the sub-zero range. My fingers were numb. I tried to

wiggle my toes. I couldn't feel anything, so I went into my igloo and pulled off my boots and socks. I stared at my almost translucent feet and my grayish-blue toes. Oh no, I thought, frostbite.

I rubbed my feet and put them in the warmest place I could think of—my mouth. Once they looked more alive, I heated up some soup and ate some crackers. I longed to climb into a warm bath and heat my frozen toes but I settled for the next best thing: my down bag.

That turned out to be the best thing I could have done. I found out later that the whole body, not just the frostbitten area, should be warmed. Huddled in my home of snow, I slept soundly. Outside a storm blew into the mountains, bringing with it two feet of crisp, granular snow.

In the morning my toes were still numb, but I felt warm and refreshed. In fact, I was the only one who wasn't complaining about cold feet! (I didn't lose any toes, but to this day I have no sensation in them when the temperature hits about 40 degrees Fahrenheit.) Because I couldn't feel my feet, I didn't think about them, and then something happened to make me forget them completely.

I burrowed out of my igloo and my first vision was of something, someone, lying

The Cold Hard Facts

FROSTBITE: a cold-produced injury in which the cold impairs the blood circulation and the body tissues freeze. Frostbite occurs from inadequate clothing, reduced food and water consumption, exhaustion, injury or a combination of these factors. In its earliest stages, frostbite appears as a sensation of cold or pain and pallor of the skin in the affected area. The tissue becomes whiter and all feeling is lost as freezing progresses.

If frostbite occurs, *do not* rewarm the frostbitten area with hot water or vigorous rubbing. Don't treat the area; treat the entire body. The best way is to immerse the person in water of 100 to 108 degrees Fahrenheit. It is better to walk 12 miles on a frostbitten foot than to reheat only that foot, because blood vessels in the rest of the body will remain constricted and become frostbitten again, causing further injury.

HYPOTHERMIA: a decrease in body temperature which progressively causes muscular incoordination, incoherence, confusion, unconsciousness and, eventually, death. Hypothermia is produced by a combination of bad weather, physical exhaustion, wet or insufficient clothing, dehydration and inexperience. Mountaineer and hypothermia expert Dr. Cameron Bangs notes that treatment of hypothermia will vary with the situation.

He further notes, "Prevention of further heat loss by blankets is not enough. If no other heat is available, the insulating clothing must be removed from the victim and a warm rescuer and they should be wrapped together in blankets or sleeping bags."

Warm liquids such as hot chocolate or soup should be forced down the victim's throat. Be careful not to burn the victim. Cover his or her extremities with wool socks and mittens to keep them from becoming frostbitten.

CHILLS: a feeling of chilliness and violent shivering which is caused by either overexposure to cold, infection or sunburn. The teeth chatter, lips and nails turn purple, the skin is pale and cold and the victim shivers and feels cold even when wrapped in blankets. If caused by infection, the infection should be treated and the chills will run their course. If the chills are from exposure to the cold, they may signal the intermediate stage of hypothermia.

CHAPPING: drying, flaking and peeling of face and hands, and drying and cracking of lips from exposure to the cold and wind. Because cold air holds less moisture than warm air, the effect of wind on your skin is intensified in winter. Dry skin progresses from roughness to peeling, red splotches and deep, painful cracks. Before, during and after exposure to the elements, your face and hands should be covered with a moisturizer which has a sunscreen. Protect your lips with a medicated gloss or moisturizer with sunscreen too.

SNOW BLINDNESS: sunburning of the surface of the eye by overexposure to the sun. At first the eyes feel dry and if they are full of sand, movement and light are painful. The eyelids swell and excessive tearing may occur. To avoid snow blindness, wear good goggles or sunglasses which are large and curved, or have side blinders, to block out reflected rays from the sides and below.

Snow blindness can occur if it is partly cloudy or overcast, even during a snowstorm if cloud cover is light, so eye protection is vital. If you are snow blinded, apply cold compresses to your eyes and take refuge in a dark environment.



By Heidi Henkel

half buried in the snow. It was Liz—and she looked dead! I tore off my mittens and felt for her pulse. She was alive, but unconscious. I pulled her into our three-man igloo. I recalled seeing a film in my high school biology class about hypothermia and somehow remembered what the film had said to do.

We undressed Liz while one of my friends got undressed and then wrapped both of them in a sleeping bag. Then we quickly heated some hot chocolate and poured it slowly down Liz's throat. When she came to, we bundled her up in layers of clothing and continued giving her hot liquids.

She had apparently gone to bed dehydrated, hungry and chilled. Her igloo had leaked wind and snow during the night. The combination forced down her body temperature; she became delirious and, early in the morning, left her igloo barefoot and with no jacket. Once outside, her body lost more heat and eventually she lost consciousness.

We cut our trip short, packed up and snowshoed out, carrying Liz to our cars. We spent two freezing hours digging them out of the recent snowfall. Once home and finally warm, I couldn't remember having ever been so cold, and so frightened.

Pure ignorance had turned

a fun weekend of snow camping into a nightmare. By luck alone, I had recalled the hypothermia film, but none of us knew how to prevent or cure frostbite.

Along with the wonder, beauty and adventure that a winter's day adds to any athletic pursuit, there is genuine danger. This winter, whether you ski, snow camp, or jog on a chilly morning, keep in mind my story and the following advice on exercise, nutrition and clothing. Be informed this winter. Don't get left out in the cold.

Physical Exercise and the Cold

When you exercise in the cold, you burn up more energy and lose more fluids than if you did the same type of exercise in a warmer environment. This is because your body is performing two concurrent functions: fueling your physical activity and keeping itself warm. Don't stop exercising the minute winter hits, just be more alert to your body's needs and reactions.

One normal bodily function, perspiration, takes on a more sinister aspect in cold weather because it involves the loss of bodily fluids. This causes decreased blood volume and increased blood thickness, which can lead to weakness, dizziness, fatigue, apathy, unconsciousness and death. In other words, hypothermia.

Perspiration also dampens your clothing, chilling your body when you stop to take the chair lift or just catch your breath. The perspiration problem is easily solved by bringing a lot of warm clothing with you but not wearing it all while exercising. Wrap your sweater around your waist, stick your jacket in your knapsack, wear a waterproof windbreaker over your shirt. When you pause or stop for the day, put your sweater and jacket on.

Nutrition and the Cold

Since retention of body fluids is so important to your survival, be aware of fluid loss through respiration and urination as well as perspiration. The best prevention is to drink great quantities of fluids before, during and after exercise because, though you may not feel thirsty, your body is dehydrated. Force yourself to drink, and bring a thermos of some hot liquid if possible.

It's equally important to eat to keep replenishing your energy stores (remember, they're burning at twice their normal rate) because they maintain your body heat. Surrounded by snow, you may be tempted to eat and drink snow and ice. *Don't*. It will only lower your body temperature further. Do eat fruit, candy, salted nuts, tinned meats and drink fruit drinks and soup. (Although salty foods may contribute to thirst, they help your body retain water.) Eating small amounts of food frequently instead of three large meals also helps prevent depletion of body energy.

This is your invitation to do everything you've always been warned against—eating sugar and salt and snacking. But just think, as you burn more energy you're burning more calories too. For some appetizing cold weather foods, see Karen Kotoske's "Shiver Stoppers" on page 57.

Clothing and the Cold

A winter wind is vibrant, brushing your cheeks with color, tearing off your hat and tangling your hair. It is also capable of inflicting serious damage to your body unless you take the necessary precautions.

Not only does the air temperature drop when wind enters the scene (windchill factor), human body temperature also takes a dive. Under less windy condi-

tions, cool air is warmed by contact with your skin. The wind, however, accelerates this convection process by causing more cool air to come into contact with your skin than your body has heat to warm it.

To combat this, cover your hands and feet. They account for as much as 50 percent of your total body heat loss in temperatures below 40 degrees Fahrenheit. And don't forget the adage, "If your head's cold, your whole body's cold." Since the brain is an essential organ, in cold weather the body will shut down the blood supply to all other extremities before the head. So an unprotected head can easily pump over half the body's heat production into the air.

This means that between your head, hands and feet, you could lose nearly all your body heat. To keep it in your body, wear a wool hat—in fact, wear wool whenever possible. Wool traps air between its fibers so your body heats only the trapped air and not whatever air brushes past it. Wear several pairs of socks, enough to keep you warm without constricting your foot movement. (Frostbite often occurs when fingers and feet are bound.) Wear comfortable, waterproof boots. Bring extra socks and mittens, even on a day excursion. Mittens, as opposed to gloves, allow your fingers to heat one another.

If you follow this advice, you won't need to cut short a day of skiing to shiver miserably in the ski lodge, nor will you have to say no to a mountain climb or a day of sledding. It's all a matter of preparation, knowledge and common sense.

Remember body heat works better than any fabric or synthetic heat to keep you warm. If all else fails, do what the Eskimos do: Rub noses!

HouseCalls

SPORTSMEDICINE FOR THE ACTIVE WOMAN

By DR. JOAN ULLYOT

Lorraine Rorke



Prescription for Cold-Weather Athletes

Joan Ulyot, M.D., is the author of Women's Running and the recent Running Free: A Book for Women Runners and Their Friends. She is a graduate of Harvard Medical School, where she earned a degree in cellular pathology in 1966. Ulyot's own interest in running led her to change her specialty to exercise physiology. She resides in San Francisco with her two sons.

Now that winter's icy blasts have arrived in some parts of the country though not, fortunately, in my home town of San Francisco, I am again hearing little anxious squeals and noises about the weather. For those who spend their winters in snow and ice, or those who anticipate a visit to the ski slopes, the chief concern seems to be, "Will the cold air freeze or otherwise injure my lungs?" Those who ask are often ardent skiers who hope to fit a little jogging into their winter sports program—if their lungs can stand the strain. No one seems to worry about the effects of the same cold air on the lungs of skiers, skaters or bobsledders!

Why such inconsistency? Perhaps novice runners picture themselves huffing and puffing to an extent unheard of in (downhill) skiers, who let gravity do the work. Certainly cross-country skiing is as aerobic a sport as running, requiring equal or greater air flows and oxygen consumption. I suspect the "frozen lung" concern is simply another excuse to keep people away from the natural sport of running, or to justify sitting in one's armchair, before a roaring fire, drinking a hot toddy. This is a very pleasant picture but it doesn't need to be bolstered by false health information.

For the record: Your lungs are quite safe. Cold, even dry air is warmed and moistened by the time it hits your lungs. The nasal passages and pharynx, which stream copiously in winter, are responsible for this. What you really have to worry about in cold weather sports is frostbite of the nose

and fingers, getting wet and chilled or slipping on the ice!

I have many friends in Minnesota, Alaska and even in the Northern wilds of Saskatchewan who assure me that all these obstacles can be overcome. They seem to vie with each other in claiming to have run in the coldest weather. Here are their recommendations:

1. In very cold weather or wind, wear a wool face mask, or make your own out of a couple of ski caps. You can cut the tassel off one, pull the tube down to cover your mouth and nose (and neck) and pin it at eye level to a second cap covering your head. Most heat loss occurs through the head and neck, so wear those caps!

2. To avoid getting wet and chilled, dress in layers. Wool is the best material, especially for socks, as it retains warmth even when wet, like a wet suit. Cotton is preferred next to the skin and a nylon windbreaker on the outside. Turtlenecks help keep the neck warm.

If you're on an out-and-back jog, always start out *into* the wind, so you're not felled by icy blasts when you turn around. Let the wind blow you back to your hot toddy.

3. Waffle-type soles seem to work well on both dry snow and ice, but be careful. If the only running track around is an icy rut shared by cars, perhaps you should put on skis and set your own tracks elsewhere.

Note that cross-country skiing and vigorous ice skating, which provide excellent aerobic conditioning, don't require the same muscles as running does. The sports are not complete equivalents; it is unwise for a person who is primarily a runner to switch completely and become a ski bum all winter. A five-kilometer jog several times a week will keep your legs in better shape for racing, come the spring thaws.

Q. I'm 32 and have been running a month. My immediate goal is to run five miles a day, either three in the morning and two in the afternoon or five in the morning. My time is slow (10-12 minutes per mile with a minute walking break between miles.) My pulse and breathing have greatly improved, but my legs still tire easily. How long should it take to get my legs in shape if I'm running five miles a day? Are

there any exercises I could do to strengthen my legs?

I might add that occasionally my right knee aches while I'm running on asphalt. The pain is on the outside of the knee, where the joints meet. Any exercises I can do to avoid that?

Third, should a pregnant woman run? I hope to become pregnant soon but I would still like to maintain my running schedule. Is that wise?

Peggy Lane
Glasgow, MT

A. The pregnancy question is a bit complex and I have discussed it in some detail in both my books, *Women's Running and Running Free*, more extensively in the latter. The advice I give can be summarized briefly: Keep on doing whatever exercise you're accustomed to, as long as it feels okay. Slow down as needed, so as not to get overtired.

As for your legs: Your letter indicates you are running five miles a day after only a month! This is *very* fast progress, and I'm not surprised your legs hurt a bit. For comparison, I ran only a mile three or four times weekly for several months; it took me about five months to work up to a single five-mile run. And I was thirty at the time. Generally, you should not increase your daily stint until a) whatever you're doing feels so comfortable, you're afraid you're not getting a good workout, and b) your legs don't hurt.

Pain of any kind is a signal that your body is reacting to a new kind of stress. You should hold the line there, or even back off slightly, to avoid injury. Given time, your legs will adjust to the new load. Though individuals differ considerably in their speed of adaptation, most women your age should be able to run five miles comfortably and pain-free within six months. If you are overweight or have just stopped smoking, it will take longer. Don't rush your body. Your legs are remodeling themselves as fast as physically possible to meet the new challenges. Even the bones change! If you try to do too much, too soon, you're likely to be grounded by a stress fracture. However, the knee pain which you describe sounds to me like

a mild case of tendonitis, which needn't ground you. It should be cured by "t of t" (tincture of time), the doctor's best remedy.

What you really have to worry about in cold weather sports is frostbite of the nose and fingers, getting wet and chilled or slipping on the ice!

Q. My eleven-year-old daughter is a gymnast and works out in season five times a week. When she first starts to limber up, her back makes crackling noises. I have been told by several people that she will have severe arthritis in later years and I am damaging her by allowing her to continue this sport.

Is there any evidence that activities such as these lead to arthritis in later years? What about trauma to the knees, elbows and wrists?

Bonnie Kellogg
Kalamazoo, Mich.

A. Our joints, like our muscles and tendons, were designed to be used, and to work smoothly over a full range of motion. Far from causing arthritis or stiffening, exercising the joints is believed to help prevent these conditions by maintaining full function. A study of Scandinavian distance runners, men in their sixties who had been physically active since adolescence, showed less than half the incidence of arthri-

tis found in their sedentary contemporaries. Your daughter, therefore, is most probably helping to preserve her youthful health and flexibility by her gymnastics program. Certainly the now-retired Soviet gymnasts who serve as team coaches appear more active, more graceful and slimmer than the average woman of their age.

The crackling noises emitted by your daughter's back when she starts to warm up aren't anything ominous like cracking bones or splitting discs. The elastic ligaments, like muscles, become softer and more flexible. I suggest, in order to dampen or eliminate the crackling sounds as well as your worries, that your daughter start with slow, gradual stretches and limbering exercises, rather than sudden or more violent maneuvers. A gradual warm-up will decrease the chance of a pulled muscle, and make you both feel better.

Q. I am 5'3" tall. Almost three years ago when I first started running, I weighed 103 pounds. Two months later I had a radical hysterectomy (I was 33 years old then) and was immediately put on 1.25 mg. of Premarin daily. I began to put on weight almost that same week. After six months I had gained almost 20 pounds and had to increase my mileage greatly just to maintain my weight at a whopping 120 pounds.

Over the past several years I haven't gained any more weight but I still fight "the battle of the bulge" daily. Now for my question. When I get my mileage up (over 40 miles per week), I have to increase my hormone intake to keep from having hot flashes. The more I run, the more I flash

and the more I have to increase the Premarin. The more Premarin I take the more weight I gain... so in fact, the more I run, the more I gain weight. Ye gads, I'll end up being a 400-pound marathoner if I keep on at this rate. Do you have any suggestions or solutions to a problem like this one? If so, please let me know soon; I am growing, g-r-o-w-i-n-g...

Dee Butler
Englewood, Colo.

A. At 5'3", even if you are well-muscled through running, you shouldn't weigh more than 115 pounds, maximum. The first question to be answered is, what is the nature of the weight you keep gaining? Part of it could be added (dense) muscle, but in view of the clear association with Premarin use, water or fat are the more probable culprits.

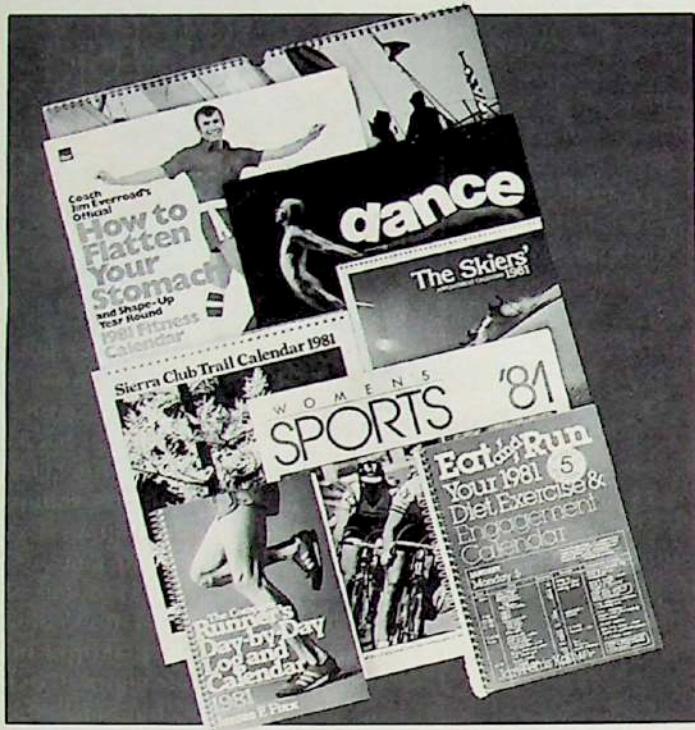
A "body composition," or fat determination, test is indicated first. For health, you should not be over 25 percent fat; most runners are well under 20 percent. If your fat content is low enough, then water retention is the problem. Many hormones cause water retention, and you should experiment with different kinds of estrogen since Premarin has adverse effects. Consultation with an endocrinologist would be helpful.

If the test discloses too much fat, your caloric balance must be off; i.e., intake exceeds output (basal metabolism plus exercise). In this case, you will have to restrict your intake and do push-aways (from the table) in addition to your running. If you enjoy your food as much as I do, let us hope your excessive poundage turns out to be water, not fat.

HOLIDAY PACKAGE

Gifts for Active Women

Calendars for Keeping Track of Time
By Pamela Feinsilber Research by Laura Kaufman



Lynne Robinson

The 1981 Sail Calendar offers "thirteen months of outstanding sailing photography," and the offer is fulfilled. These are big, beautiful photos of wind-powered vehicles from iceboats and catamarans to full-masted schooners. No holidays or birthdays are noted; it's a case of 13 pictures being worth—13,000 words? (Sail Books, 34 Commercial Wharf, Boston, MA 02110, \$11.95)

Dance 1981 is a look-at calendar. There is no space to write down anything but the numbers are big and bold; you could put it on the wall opposite your desk. Illustrating the calendar are photographs of dance productions. The publishers say you can get this directly from them. (Modernismo Publications Ltd., 155 Avenue of the Americas, New York, NY 10013, \$5.95 plus \$5.75 postage and handling)

Sierra Club Trail Calendar has the gorgeous, almost surrealistically sharp photographs we've come to expect from this naturalist group. Any calendar that notes John Muir's birthday is okay with me, but this one

adds quotes by nature lovers like Walt Whitman and Justice William O. Douglas. "It is surprising how much room there is in nature—if a man will follow his proper path." (That one's by Henry David Thoreau; surely he meant women too.) If the calendar really inspires you, there's a handy Sierra Club membership form included. (Charles Scribner's Sons, 597 Fifth Ave., New York, NY 10017, \$6.95)

Women's Sports '81 opens with a poem by Simone de Beauvoir: "Let her/ swim, climb mountain peaks, pilot airplanes, / battle against the elements, take risks, / go out for adventure, and/ she will not/ feel before the world... timidity." Photos of women who have not felt timidity, or at least not shown it, illustrate each month, beginning with Sonja Henie and ending with the American Women's Himalayan Expedition on Annapurna. As if that weren't enough to inspire, a Sportswoman of the Month is selected and described, and women's sports statistics are noted on the ap-

propriate dates. A portion of the proceeds from the calendar goes to the Women's Sports Foundation. (Bo-Tree Productions, P.O. Box 6132, San Francisco, CA 94101, \$5.95)

The Complete Runner's Day-by-Day Log and Calendar by James F. Fixx seems to offer everything a runner needs except the shoes and a cool drink. A two-page spread per week gives you space to record where and when you ran, distance, time, comments—and even note some other activities. In addition, there are photos, cartoons, racing and training tips, lists of the major marathons and an introduction by our man Fixx. (Random House, 201 E. Fiftieth St., New York, NY 10022, \$6.95)

Eat and Run: Your 1981 Diet, Exercise and Engagement Calendar is a good gift for a calorie counter. You get half a page per day to jot down time, food, calories, vitamins, weight, exercise, engagements and feelings. More space is allotted for "Food" than for "Engagements, Feelings" which may be defeating the purpose—but exercise and food tips and a calorie chart make up for it. Author Jan Ferris Koltun also provides a bibliography covering Diet, Nutrition; Exercise, Sports; General Health—Mental, Physical, Spiritual. (Holt, Rinehart and Winston, 383 Madison Ave., New York, NY 10017, \$6.95)

Coach Jim Everroad's Official How to Flatten Your Stomach and Shape-Up Year Round 1981 Fitness Calendar (try saying that in one breath) offers a 12-month exercise program from Coach Everroad's book. A lady in leotards and a guy in shorts demonstrate an exercise apiece each month, giving you 24 exercises plus a dynamic duo to look at. With Coach Everroad's commentary, this adds up to a larger-than-average calendar. (Dell Publishing Company, Inc., 1 Dag Hammarskjold Plaza, New York, NY 10017, \$6.95)

The Skiers' Appointment Calendar is your standard wall hanger with a different picture for each month. Obviously, the photos here are of skiers at play. This may be the only calendar around to show a snow scene in August, not to mention May, June and July. (Marketing Communications, Inc., 1500 Fenpark Dr., Fenton, MO 63026, \$3.95 plus \$1 postage and handling and 4.5 percent sales tax for Missouri residents)

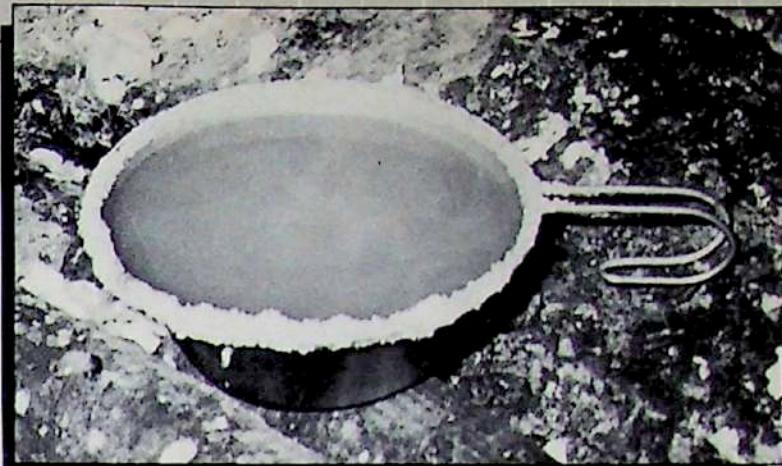
For the woman who has everything

FOR FRIENDS who shrug off calendars and appointment books with a jaunty "Year today, gone tomorrow," here are some other gift ideas:

1. Watertight camera
For shutter snapping on the slopes or under water
2. Fanny pack for skiers and hikers
Lunch, chapstick, wax for skis or gorp for the trail within easy reach
3. Nylon or canvas tote
A go-everywhere, carry (almost) everything gift
4. Nylon ski bag
An easy way to carry those unwieldy skis!
5. Monogrammed towel
Great for swimmers and divers, or just beach bums, to impress their fellow wetheads
6. Cook set with freeze-dried food
For the campers and backpackers on your list
7. Nature posters
Give a gift as great as all outdoors
8. Wooden flower press
To give permanence to mementoes found on the trail
9. Wool hiking socks
To keep feet warm, dry and comfortable on the road
10. Colorful wool hat
Warm head, warm body!
11. Packable rain cape
So your friends won't be caught unprepared again
12. An all-cotton turtleneck
Easy-care wear for active life
13. Nylon/velcro key pouch
This handy little object attaches to a runner's shoe
14. Bicycle bag, bike tool kit, patch kit
Just what every cyclist needs
15. Reflectorized clothes, packs, arm bands, bike lights
Highly visible gifts for night cyclists, joggers, hikers
16. Brass initial plates for tennis, racquetball or badminton players
A gift to personalize every spin of the racquet

Shiver Stoppers

By KAREN KOTOSKE



Karen Kotoske

It's been a day you wish everyone could have: brilliant sunshine reflecting off freshly fallen powder, perfectly waxed skis that haven't stuck once, and a righteous sweat worked up from tracking through a silence you'd forgotten existed. You start noting places to camp when you spot a rapidly moving bank of black clouds that fills the horizon. You don't have to be an ex-Girl Scout to know that your timbers will soon be shivering. But after reading Heidi Henkel's article on hypothermia (see page 52), you're prepared for the perils of Mother Nature.

The chilled person has three very important nutritional needs:

1. Frequent meals, preferably at one- to three-hour intervals
2. At least two quarts of liquid a day (hot liquids are better)
3. Increased salt intake

Try to camp near running water. Be sure to carry an ice pick in case the only water you can find is frozen. You can always melt snow, but it requires a lot of your precious fuel. Don't forget to set your camp stove on a rock, a log or your Ensolite pad so it won't blaze a downward trail!

Here are some hot, salty ideas so you won't get caught with your temperature down.

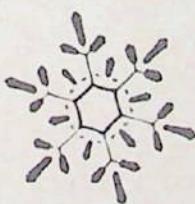
Hot Liquids

tea
coffee
reconstituted, flavored dried milk
liquid jello
instant fruit drinks
bouillon
dried soups
instant oriental noodles



Salty Foods

canned fish
beef jerky
dried cheese
salted crackers
dried beef
bouillon
soya sauce
salami
potato and corn chips



JUMBLED NUTS

1/2 C raw almonds
1/2 C raw pecans
1/2 C raw cashews
2 T salt

1 1/2 C boiling water
2 T Worcestershire sauce
1 C pretzel sticks

Cover nuts with salt and water and soak for 15 minutes. Drain and toss with Worcestershire sauce. Spread on a cookie sheet and bake at 300 degrees, stirring frequently, for 45 minutes. When nuts are cool add pretzels and store in a plastic bag.

This tangy drink will warm your hands before breakfast or your toes before sleep.

HOT SALTY DOGS

3/4 C instant orange drink granules
1 t dried lemon peel
1 t coriander
1 qt. boiling water
salt

Mix the orange granules, lemon peel and coriander at home and secure in a plastic bag. At the campsite add it to the boiling water and simmer five minutes. Wet the rim of your trail cups and dip in salt, margarita style. Add the hot liquid and feel the rush of warmth!

HOT TUNA CHOWDER

1 7-oz. can tuna packed in water
2 t salt
1/2 t celery seed
1/2 t garlic powder
1/2 t paprika
1 envelope dried onion soup mix
2 medium-sized potatoes, finely diced
5 C water
1 package sour cream topping mix

At home combine the salt, celery seed, garlic powder, paprika and onion soup mix. Seal in a plastic bag. On the trail, bring the water to a boil and add the potatoes. Stir in the tuna and spices. Simmer for 15 minutes. Just before serving stir in the sour cream mix.

C A L E N D



Alison Shaw/Vineyard Gazette

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			World Cup down-hill, giant slalom and combined races, Val d'Isere, France (thru 12/4)		Women's Basketball League Season Opener, Dallas, Tex.	2nd Annual L'eggs/YMCA 10,000-meter Run, Houston, Tex.
	1	2	3	4	5	6
8th Annual Honolulu Marathon, Honolulu, Hawaii		\$400,000 JC Penney Classic, LPGA/PGA Tournament, Largo, Fla. (thru 12/14)		World Cup down-hill and combined races, Piancavallo, Italy (thru 12/13)	Avon 10K, Deerfield Beach, Fla.	
7	8	9	10	11	12	13
American National Volleyball Junior National Training Squad Exhibition Match, San Diego, Calif.	\$100,000 WTA Match, Tucson, Ariz. (thru 12/21)	World Cup down-hill and slalom races, Altenmarkt, Austria (thru 12/18)		American National Volleyball Exhibition Match, Phoenix, Ariz.	American National Volleyball Exhibition Match, San Francisco, Calif.	
14	15	16	17	18	19	20
Saucony "Share the Road" 10K, Coconut Grove, Fla.						Atlanta Marathon, Atlanta, Ga.
21	22	23	24	25	26	27
28	29	30	31			

A GUIDE TO MEDICAL SELF-CARE

By AMY RENNERT

Medical Self-Care:
Access to Health Tools
Edited by Tom Ferguson, M.D.
Simon & Schuster/
Summit Books,
New York, \$19.95 hardcover,
\$8.95 paper, 320 pages

The idea that people can and should take more responsibility for their health is nothing new. What is new is the most comprehensive book on the subject to tell them how.

Medical Self-Care: Access to Health Tools combines practical how-to information with philosophical analysis. Readers will feel 100 percent better (even if they felt fine in the first place) after examining this book.

Tom Ferguson is the doctor and editor responsible for getting us healthy. Just three years ago he was an overworked medical student at Yale. Today he is the California publisher of the quarterly *Medical Self-Care*. This book contains some of the best articles and interviews from the early journals plus some outside material.

The book deals with most of the things that make people sick—from bad eating habits to bad relationships. According to Doctors Lewis and Brandy Engel, "A significant percentage of patients have exhibited symptoms—ulcers, colitis, depression, insomnia and migraines seem to be the most common—that seem almost invariably to disappear when the relationship problems are worked out." The Engels write about building strong and satisfying relationships.

Clinical physicians, psychologists, pharmacologists, nurses and other experts in their fields take turns discussing the options for how and where to give birth, how to teach children about medicine, how to deal with menopause and find fulfillment in later life.



TO
HEALTH
TOOLS
Tom Ferguson, M.D.
Editor



Chris Val

Probably the most useful section in the book is "Being Your Own Paramedic." Here we learn one of life's biggest secrets: the contents of a physician's black bag. Illustrations and directions for using such tools as stethoscopes, otoscopes and reflex hammers to perform basic physical exams are presented in a clear, readable fashion. A special section on women's health describes birth control methods and shows women how to do their own vaginal exams.

While Ferguson feels 40 to 70 percent of the visits to doctors are unnecessary, he has no intention of putting physicians in unemployment lines.

"I'm afraid that doctors misunderstand the self-help medicine movement. The training patients get won't qualify them as ENT specialists or cardiologists. The instruments in their black bag are for preliminary observation only, for screening out the person who needs to see a doctor from the one who may only need to take some simple preventative measure...."

Ferguson also aims to educate people on getting the best possible care from their physicians. He supplies questionnaires to help individuals determine their levels of wellness while identifying problems likely to

problems likely to pose risks. Believing that good exercise, body work and a minimum of stress are essential for well-being, Ferguson includes a chapter on all of these topics. (He reduces stress for the staff of his journal by scheduling editorial meetings in a redwood hot tub.)

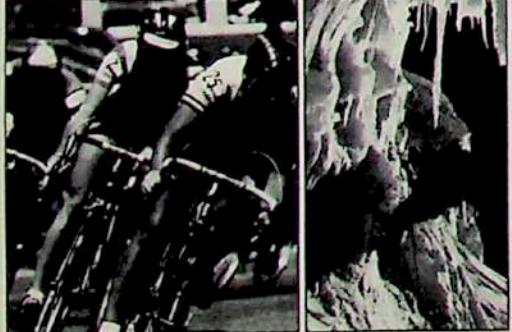
For medical professionals and lay people who are won over, there is a chapter on how to teach self-care and reach out to the community in which they work or live. For people wanting more knowledge in a particular field, the reviews and synopses of books at the end of each chapter are particularly helpful. Guides for consumers who want to make use of medical libraries are provided in "Clinical Sciences."

Reading *Medical Self-Care* is like spending a few days with some doctors who are willing to really explain their answers to your questions. But there's one big difference—the price.

IT'S A WINNER!



WOMEN'S SPORTS '81



THE 1981 WOMEN'S SPORTS CALENDAR

Scale Annapurna, ski High Sierra powder and be the first to reach the tape in the 1500 meter with the all-new edition of the Women's Sports calendar. The WSF has produced a 12" x 12" full color wall calendar to inspire you through the 1981 sports year. The calendar contains a dozen frameable action shots of girls and women participating in sports as well as a concise collection of 'famous firsts' for women in sports. \$5.00 plus \$1.00 each for postage. (Cal. residents add 6% tax)

WOMEN'S SPORTS FOUNDATION
PO Box 29384
San Francisco, CA 94129

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State: _____ Zip: _____

Let your fingers do the running...

HER SURFING HAD IMPROVED a lot over the summer and she was beginning to feel confident about testing her ability against other girls at the beach. Her technique was already far better than her other surfing friends and although she'd never competed before she felt ready to enter some regional competitions. But how could she find out where surfing competitions were held in her area?

Somewhere there is an organization for every sport imaginable. The Women's Sports Foundation has updated its sports organizations guide to include 125 multi-sport and single-sport organizations in the U.S. The list covers every major sport and most of the lesser known ones including acrobatics, archery, ballooning, curling, luge, judo, modern pentathlon (riding, fencing, shooting, swimming and running) and windsurfing. Professional sports are also included.

The guide has a key code to indicate if the organization has films, books, a magazine, scholarships. The guide tells you who to contact and gives important facts such as which groups are national governing bodies.

If surfing is your game, or you'd like it to be, the National Scholastic Surfing Association sanctions competition for member schools (elementary through college) and gives scholarships. You can learn how to turn professional by contacting International Professional Surfing.

The National Intercollegiate Rodeo Association can tell you about colleges offering the sport; it offers scholarships too. The professional branch is the Girls Rodeo Association.

The U.S. Canoe Association offers competitions, racing classes and canoe camping. Women are very visible in harness racing today and active in the U.S. Trotting Association. If pro football is for you, there is the National Women's Football League whose teams play in Texas, Ohio and Southern California. The U.S. Women's Squash Racquets Association organizes national tournaments while the U.S. Tennis Association Education

and Research Center acts as a reference and information center.

Boxing and wrestling are two sports gaining in popularity, but they're difficult to locate. The New England Women's Amateur Wrestling Association, Inc., has films and a magazine. Women boxing enthusiasts can contact the International Amateur Boxing Association.

The Association for Intercollegiate Athletics for Women is the national governing body for women's intercollegiate sports, offering films and books and other sources of information relating to college sports. Athletes in Action—Women's Ministry offers sports programs for Christian athletes.

Both the National Senior Sports Association and Senior Sports International, Inc., conduct competitions for senior athletes.

If you have a sport, it's probably in the guide. If not, the Foundation doesn't know about it yet and welcomes your information. Don't be one of those who wanted to participate and wishes she had. Ask a few questions—from your recreation department, high school, college coach, the Foundation or the appropriate sports organization.

Get out, keep fit and feel good. Remember, a sport can be a great social activity too.

To order the sports organizations guide, write Women's Sports Foundation, 195 Moulton St., San Francisco, CA 94123. Please include \$1 for postage and handling.

More Free Films

ANOTHER WOMEN IN SPORTS FILM is available through Association Films, Inc. Donna de Varona narrates this inspiring 30-minute film sponsored by Sears Roebuck and Company. A unique film, it is a diversion from the norm as it depicts women and girls enjoying non-traditional sports such as ice hockey and baseball. The twofold message encourages women to be involved in sports and to try unusual sports.

There are now four *Women In Sports* films available to schools and organizations on a free-loan basis. All are of very

high quality and excellent for women's studies, physical education classes, PTA meetings, etc. Make sure your school or group takes advantage of these opportunities.

To send for the new Sears film, write Associated Films, Inc., 600 Grand Ave., Ridgefield, NJ 07657, or write the Women's Sports Foundation for its complete list.

Colleges and high schools should also consider making these films a part of their permanent collections. Send purchase inquiries to the Women's Sports Foundation, 195 Moulton St., San Francisco, CA 94123.

The Law Is On Your Side

THE WOMEN'S SPORTS FOUNDATION recently wrote to Connie DiSanto to tell her she has the right to an equal sports opportunity.

"I come from a small town where football is the main sport. None of the girls' sports are taken seriously. The boys get new uniforms and equipment every year and all of our stuff is at least four years old. This is a real letdown because this is my last year in high school. Do you think this will hurt my chances for playing sports in college?"

Yes, Connie, we do, but the law is on your side. For help call SPRINT, a project of the Women's Equity Action League, (800) 424-5162, or contact the Project on Equal Education Rights (a project of the NOW Legal and Defense Fund), 1029 Vermont Ave. NW, Ste 800, Washington, D.C. 20005.

Women's Judo In The Olympics?

WOMEN'S JUDO IN THE OLYMPICS could be nearer reality with the holding of the First Women's World Judo Championships last month. This competition, held in Madison Square Garden in New York City, was a prerequisite for inclusion in the Games. Men's judo has been an Olympic sport since 1964.

Rusty Kanokogi, coach of the U.S. women's judo team, has been the dominant force behind this competition. Applause to Rusty for the tireless efforts which made this CBS sports spectacular possible.

A new goal for the Olympians: international competition at home

WE'RE GOING TO GET CREAMED," sighed Sheryl Johnson.

Now what would make the second-leading scorer on the world's third-best field hockey team say a thing like that?

Perhaps an impending match with the world's best field hockey team.

But when the third-ranked U.S. Olympic field hockey team came face to face with the number one Netherlands national team on October 7 in San Jose, Calif., Johnson was wrong. No one was creamed, whipped or even slightly blended. What did happen was a stirring exhibition of world-class field hockey which matched a young, feisty, skilled American team against a strong, seasoned Dutch team.

The first half featured exciting, even play covering the whole field. Powerful, direct hits by the Dutch challenged the speedy American forward line of Sheryl Johnson, Nancy White and Patsy Huntington, who ran after each Dutch shot, outdistancing the Dutch and almost the ball. In the one-on-one and double-team situations, the U.S. team easily wrested control of the ball, then pressed on the Netherlands goal. At the goal, the Americans often lost the ball during a cross or shot-on goal. The Dutch, on the other hand, lost the ball frequently on their drives. But once at the goal, their hard, deceptive shots scored on one of every two attempts—compared with one of every four for the Americans.

Stanford All-American standout Nancy White played an unfamiliar position as forward; she's usually at sweep. But she sparked drive after drive which, with eight minutes left in the first half, resulted in the first goal of the game on a cross from Marcie Place. Had someone mentioned "creamed"?

Four minutes later, the Dutch treated everyone to a show of their secret weapon, sweeper Fieke Boekhorst, who fired off one goal, then turned around three minutes later and scored another one off a corner. But the Americans' en-



Anita Miller demonstrates the finesse and aggressive play the Americans are known for.

thusiasm didn't dampen as they finished off the first half with what their coach, Vonne Gros, described as "gutsy play, with equal distribution of the ball over the field and good, aggressive drives."

Experience beat determination in the second half as the Dutch scored again. This time Sophie von Weiler hit a clean shot into an open U.S. goal. The Americans kept up their attack despite the score. Gros later remarked, "A lesser team would've folded at 3-1, but this team kept playing."

Even when Fieke Boekhorst hit in her third goal with just over a minute left in the game, the U.S. countered with a strong push down to the Dutch goal. They scrambled off several goal attempts but were unsuccessful, and the game ended 4-1 for the Netherlands.

The post-game consensus was that the U.S. team gave a good show considering the obstacles. Such as the fact that only four members of the real U.S. Olympic team played (Johnson, White, Anita Miller and Karen Shelton) because jobs and school kept the others at bay. Or the fact that the rest of the roster consisted of Elite players, a few of whom had just coached or played for Cal State Long Beach in the preview game against San Jose State. Or the fact that the U.S. team had only practiced a few hours together, whereas the Holland team practices to-

gether at least twice a week. Or the fact that field hockey is the Netherlands number one sport ... and who knows where it rates in the States?

It was a good show and when you've got a good show, you take it on the road, which is precisely what the United States Field Hockey Association (USFHA) is doing. The San Jose game was the first of a five-city tour which features the national teams from West Germany, New Zealand and Australia as well as the Netherlands and the U.S. The tour is sponsored by the Olympic committee, which received financial backing from the government to provide some alternative showcase for Olympic sports. (According to Sandy Vanderstoep, executive director of the USFHA, "Field hockey in the U.S. is growing. This year a national youth hockey program is starting for girls from eight years old on up.")

The tour is also providing the U.S. Olympic team with a last chance to compete before many of the players retire from field hockey. "After the boycott was announced, the players were a little discouraged and morale was low. Many of them can't afford to spend another four years in training," said Gros.

Gros, who is credited with bringing the U.S. from their eleventh-place international ranking to third, plans to coach the 1984 Olympic team. But she adds,

Wayne Glusker



Wayne Glusker

Nancy White prepares to fire off one of her powerful bits.

"It's sad to see this team, the first U.S. Olympic field hockey team ever—the pioneers—break up."

At least the USFHA tour gives the team some of the recognition it merits and provides a showcase for the world's best field hockey. As Nancy White, who will retire after the tour, stated emphatically, "The tour isn't a substitute for the Olympics, but I'll never turn down a chance to play against the world's top players."

—Heidi Ann Henkel

Bicycling

Mary Jane Reoch was the first woman finisher in *Outside* magazine's Peugeot Apple Lap held Sept. 28. The 75-mile race through the streets of New York carried a purse of \$15,000.

Bowling

Patty Costello, leading WPBA tour titlist, defeated Pam Buckner, 230-192, to win the Oct. 2 Pabst Extra Light Classic in Cedar Rapids, Mich.



Mary Jane Reoch

Golf

Amy Alcott scored a decisive victory over second-place finishers Beth Daniel and Patty Hayes in the Oct. 12 Inamori Classic in San Jose, Calif., with a score of 280 for four rounds.

Kathy Whitworth teamed up with Donna Caponi Young to capture their second team title in the Portland Ping Team Championship on Oct. 6. Young and Whitworth shot three consecutive eight-under-par 65s.

United States team Judi Simpson Inkster and Carol Semple, shooting sub-par final rounds, won the Women's World Amateur Golf Team Championships over Australia by seven strokes on Oct. 5 in Pinehurst, N.C.

Jerilyn Britz won her first LPGA victory of the year with a sudden-death finish over Nancy Lopez-Melton at the Sept. 30 Mary Kay Classic in Dallas, Tex.

Dorothy Porter fired a final round of 75 to win the 1980 USGA Senior Women's Golf Championship Sept. 26 in Sea Island, Ga.

Donna Caponi Young took her fifth LPGA title this year with her victory at the Sept. 22 ERA Real Estate Classic in Overland Park, Kan.

Donna Caponi Young coasted to a win at the Sept. 15 United Virginia Bank Golf Classic in Portsmouth, Va., with a final round of 74, beating Nancy Lopez-Melton by four strokes.



Amy Alcott

Running

Mary Beth Spencer overtook "Rocky" Racette with 1 1/2 miles left and went on to win the Minneapolis L'eggs/YWCA 10,000-meter run with a time of 35:39 on Sept. 30.

Karen Bridges ran a fast 34:46 to win the Bonne Bell 10K held Sept. 28 in Kansas City, Kansas.

Laurie Binder swept past favored Joan Benoit to capture the Sept. 28 Natural Light Half-Marathon Series Finals in Portland, Ore. Binder's winning time was 1:15:55.

Sue Hillary won the Moving Comfort Women's 10K in a time of 38:50 on Sept. 14 in Yorktown Heights, N.Y.



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Lorraine Moller was the first woman to finish the Nike OTC Marathon with a personal record of 2:31:42 on Sept. 7 in Portland.

Sara Sundborg placed first in the women's division of the Cambridge, Mass., Saucony "Share the Road" 10K race on Sept. 7 with a 36:44 time. Ruth Rothfarb, 79, won the women's 50-and-over division with a time of 64:25.

Patty Lyons Catalano ran 2:30:57.01 at the Molson's Beer Marathon held Sept. 6 in Montreal, Canada. Jacqueline Gareau was close behind with a time of 3:31:41.8.

Kristin Bankes set a new meet record of 1:18:38 at the New York Avon Women's Half Marathon on Sept. 6.

Tennis

Tracy Austin defeated Dianne Fromholtz, 6-1, 2-6, 6-2, to win the Oct. 5 \$100,000 U.S. Women's Indoor Tennis Championship in Bloomington, Minn.

Hana Mandlikova ousted Wendy Turnbull, 6-3, 7-5, to take the Atlanta Tennis Classic held Sept. 28. Mandlikova had beaten Chris Evert Lloyd, 6-1, 6-4, in the semifinals.

Billie Jean King took little time to dispose of Terry Holladay, 7-5, 6-2, to win the \$175,000 International Women's Tennis Tournament in Tokyo, Japan, on Sept. 14.

Women's Games

Basketball: All-Americans defeated New York Stars, 79-63.

Tennis: **Virginia Ruzici** over Ivanna Madruga, 6-1, 6-3.

Gymnastics: **Marcia Frederick** won the parallel bars and the vault. **Tracee Talavera** placed first on the balance beam. **Kim Mateja** was first in the floor exercise. All-around finishers: 1. **Marcia Frederick**, 2. **Julianne McNamara**, 3. **Kim Mateja**.

Running: **Laurie Binder** won the 10K. The marathon was canceled.

Diving: **Cynthia Potter** took the one-meter and **Carrie Finneran** won the three-meter.

Swimming: **Susie Thayer** won the 50-yard freestyle, the 100-yard freestyle and the 200-yard freestyle. **Diane Johanningman** took the 50-yard backstroke and **Tauna Vandeweghe** won the 100-yard backstroke. **Mary T. Meagher** placed first in the 100-yard butterfly and **Diane Johanningman** flew to first in the 50-yard butterfly. **Terri Baxter** took both the 50-yard and 100-yard breaststroke. **Lisa McLain** won the 100-yard individual medley and **Gayle Hegel** took the 200-yard individual medley.

Yacht Racing

Judy McKinney, **Charlotte Gordon** and **Amy Chapman** won the U.S. Women's Sailing Championship easily in *Flying Scots*. The series was held on August 27 on Lake Ponchartrain, La.

Sharon Higginbotham and **Ron Baerwitz** took their second straight National Sea Explorer Sailing Championship on August 13 on Eagle Mountain Lake, near Fort Worth, Tex.

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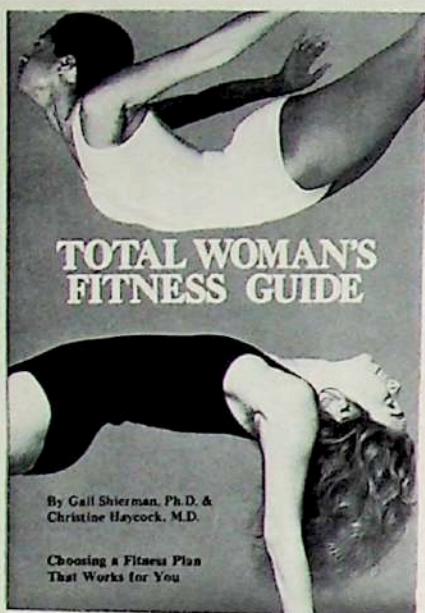
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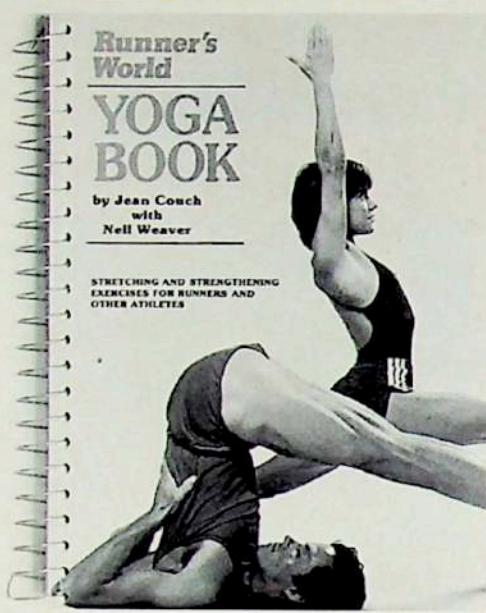
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by Edie Leen

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QUOTE TABLES

MIND EXERCISES

BY LOIS PFLUGH

How to solve the QuoteTable

1. Define the clues and write the appropriate letter above the numbered dash.
2. Transfer letters to the corresponding numbered square in the diagram.
3. When the pattern is completed, the quotation can be read left to right.

—Quote by Jane Blalock

CLUES

a. Speech impediment 116 8 48 94

b. Secretariat, for one 27 44 113 62 77 120 35 51 46 5 111 19

c. Strategies of battle 58 1 103 25 86 20 7

d. Ref's counterpart 74 10 66

e. Ski lift 54 12 100 85 33 117 89

f. Speedskating family 91 15 41 70 107 30

g. Marceau 22 102 38 59

h. Eastern 29 101 79 18 84 55 6 93

i. The likely winner 3 115 60 21 16 109 43 69

j. Quaker's pronoun 105 56 99 24

k. Provisional 71 39 68 81 9 50 26 110 45

l. Former Iranian leader 76 63 57 88

m. Floating bridge support 65 118 13 87 98 37 53

n. Chairs 112 47 4 97 90

o. To charge an official with misconduct 52 32 23 92 83 11 104

p. Breakfast favorite 36 31 119 114 108 80

q. Not quiet 17 73 28 2 82

r. Musical increase in volume 78 75 61 121 14 67 40 96 72

s. Hurry 106 64 42 49 95 34



Last Month's Puzzle

—Quote by Mildred "Babe" Didrickson Zaharias



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Aerobic Dancing
BY JACKI SORENSEN

MAILBOX

A FORUM FOR READERS

To boycott or not to boycott: that is the question.

To the Editor:

I was appalled that any women's sports event would be held in a state which has not ratified the Equal Rights Amendment, and staged in a city and state run by the Mormon Church, a church that is using its power and money to defeat this amendment.

Why were you, as a women's sports magazine, not demanding a boycott of Women's Games '80 as long as it was being held in Salt Lake City?

Lorene Lamb
East Bay National
Organization for Women
Oakland, Calif.

Your letter raises an interesting question: Should women athletes boycott women's athletic events held in states which have not ratified the Equal Rights Amendment? Greg Hoffman's article "Women's Games '80: Soggy Start in Salt Lake" (page 48) mentions the ERA boycott issue as one more problem in getting the Women's Games off the ground.

As it stands at press time, the National Organization for Women (NOW) suggests women boycott *conventions* in unratified states. On October 6, the Supreme Court upheld the legality of NOW's boycott on the basis of the right to political expression in the first amendment.

According to spokesperson Nancy Thompson, NOW has not yet taken an official position on whether or not female athletes should boycott *events* held in unratified states but may consider it.

A straw poll of the *Women's Sports* staff suggests that it is 100 percent pro-ERA. But our feeling, as in the case of the recent Olympic boycott, is that sports and politics should be kept separate. We believe that the question of participation in a sports event in a non-ERA state should be left to each athlete to decide.

Do you agree with us on this, as you did in the case of the Olympics? We'd like to hear from you, pro or con.—Ed.

Out of focus?

To the Editors:

I am writing in regard to the photo contest sponsored by your magazine. I realize it has been several months since the results were published but I didn't want to sound like a sore loser, although I didn't really lose. Somewhere in the top 25 isn't bad on a first attempt.

The thing that bothers me is that in your March issue the contest announcement said, "Capture her kayaking in white water, sliding into home plate... victory or defeat." Correct me if I am wrong but I was led to believe you wanted to see women athletes in action, giving their best in their sport. Winning entries in the color category show this—but the black and white is a totally different story.

A woman blowing a bubble on the pitcher's mound isn't exactly athletic; cute, maybe. The second-place photo of a woman with a place ribbon stuck to her back pocket is, I feel, a bit degrading.

If *Women's Sports* sponsors a contest again next year you can be sure my photos will be entered again. All I ask is that if you are possibly going to pick a cutesy photo of a woman in a uniform, state so in your announcement. I prefer catching the women I shoot giving their sport their all, but if someone blowing a bubble will take first place I'll try to lower myself.

Sharon E. Hoffer
Travis AFB, Calif.

We hope to offer our photo contest again in 1981. We respect your opinion on this year's contest winners, but the contest announcement did call for athletes "poised in an emotional moment of victory or defeat" as well as in action. We believe our winning photos captured all facets of the athletic woman—action, determination, victory, defeat and the pleasure and humor of competition. Thank you for your comments and we look forward to seeing your entry in our '81 contest.—Ed.

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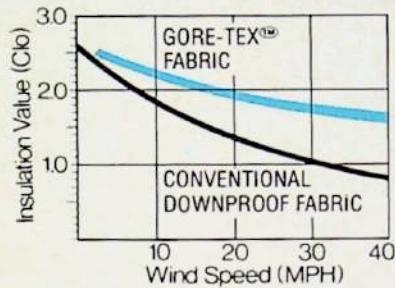
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