

Possibilities

Just a week after the marathon, the last-place finisher was already receiving job offers, invitations to talk shows and proposals for books and movies. But Linda Down, a 25-year-old Manhattanite who suffers from cerebral palsy, said publicity was not the reason she had run the race. "I wanted to show that things were possible. Running a marathon seemed impossible to me in the beginning. But I decided to try anyway."

Down finished the course, aided by crutches, in eleven hours. Volunteers from the New York Road Runners Club were waiting in Central Park to clock her; the finish line was not removed until she crossed it.

Down, who has a master's degree in social work and is a freelance writer, began training for the marathon in September 1981, first with sit-ups and other exercises and then by running the L'eggs mini marathon in New York last May. The longest distance she had run

York played "Oz to her Dorothy." Afterwards, Down told reporters, "I've always enjoyed the energy and spark of the city, but this was seeing it on the community level... It becomes a collaborative effort between the people in the street and runners. You become comrades in arms."—*Nan Silver*

Loaded

It was the day before the marathon, and all through the 67th street Armory the sounds of Gary Fanelli's harmonica reverberating off caverns of concrete could be heard. All the tables were set; the 2,500 pounds of Ronzoni dried pasta (that would stretch from Manhattan to the moon and halfway back if laid end-to-end) were boiling; the 28,500 ounces of sauce were simmering; the 70 cases of Heineken and 300 cases of Perrier chilling, and many cardiovascularly excellent creatures were stirring around hundreds of tables, loading carbohydrates into nervous stomachs.

Some of the runners had depleted their cells of glyco-

And if pasta was good for runners, runners have been, as Chico Escuela of "Saturday Night Live" might have said, "very, very good" to the people who manufacture pasta. Runners and other fitness-minded types have given pasta a good name in the last few years; the media has picked it up, and the news has filtered down to the masses. But that's not the whole story. Pasta is a very cheap source of carbohydrates and protein around which to build a meal. In the worst recession in decades, that counts.

"We've gotten a lot of good press in the last year," said Ylanda Tini of Firestone and Associates, which handles advertising for Ronzoni. We say: "It's the food of the '80s."

"Mueller's has done very well in the market," explained Bill Maguire, an analyst with Merrill, Lynch who specializes in processed-food companies. "Red meat consumption is in decline, and pasta is a good source of cheap protein. In general the pasta business is up five per cent to 10 per cent in unit volume, which is two to three times faster growth than other food companies."

These days, that's not peanuts. —*Robert Barnett*

Cold War

Despite changes in the amateur rules by no less an organization than the International Amateur Athletic Federation and a climate of acceptance for "professionalism" throughout the running community, the Eastern Bloc continues to have Western running officials on the run. Just when everything pointed to the establishment of over-the-table prize money for the first time at the New York Marathon, Fred Lebow announced that such awards would not be given openly

because, "I don't think we can afford to gamble when we don't have clear-cut guidelines from our federation [The Athletics Congress] or the IAAF." Lebow claims the recent IAAF rule revisions were designed for track and field and that their application in road racing is as yet unclear.

Even so, one could argue that the marathon, though a road race, is clearly part of track and field because it is on the program of every important multinational track-and-field meeting—the Pan Am Games, European Championships, Commonwealth Games, World Championships and Olympics. But, says Lebow, "The Russians are asking questions. John Holt of the IAAF and Ollan Cassell of TAC advised me against it."

The caution and fear are predicated on the belief that come 1984, the Soviets and their allies could force the issue of payments to runners, even though any American with a chance at the Olympics is now putting over-the-table earnings into a trust fund, as required by TAC and the IAAF for the preservation of amateur standing. The Soviets do not take kindly to Western athletes making money in any fashion because that helps them compete with Soviet athletes, who receive "support" from the state. Still, does anyone really believe that in 1984 an American could end up suspended by the U.S. governing body and ineligible for the Olympics? With the Games in L.A. yet?

In the meantime, Lebow continued his policy of awarding under-the-table prize money. Post-race reports had Salazar receiving \$18,000 and Waitz, \$14,000, out of a total "expense" purse of \$150,000. The leading Russians finished 17th (men) and eighth (women). In the money? **FINISH**



Linda Down at the White House in the company of other famous athletes.

before New York was a training run of 18 miles, which took her seven hours. At the marathon, Down was given moral support by her mother, twin sister and a friend who followed her the length of the course, and by the many New Yorkers who lined the roads, waiting to cheer her on. As one local sportswriter put it, New

gen in the days before so that the starved cells would store huge amounts, and many more had skipped the controversial depletion phase and just loaded up the night before after a moderate carbohydrate regimen. But all knew that complex carbohydrates, the kind that are slowly broken down metabolically, are good for you.