

man caught the dognapper, threw him to the ground, and tied him up with Crystal's leash. He then walked the suspect, who was far too pooped to resist, all the way back to his home, and called police.

For Harman and Crystal, the romp through the park was not terribly unusual: They run several miles together at Byrd every day. Harman said he had too much training time and affection invested in the black-and-white pup with the half-blue, half-brown eyes to let the dognapper get away. Said the arrested man, ruefully, to a detective: "I messed with the wrong guy." Said Detective Raynard E. Saylor: "I think it's great. I wish more people would get involved like that."

—Bob Holland

This Runner Will Really Be Cruising!

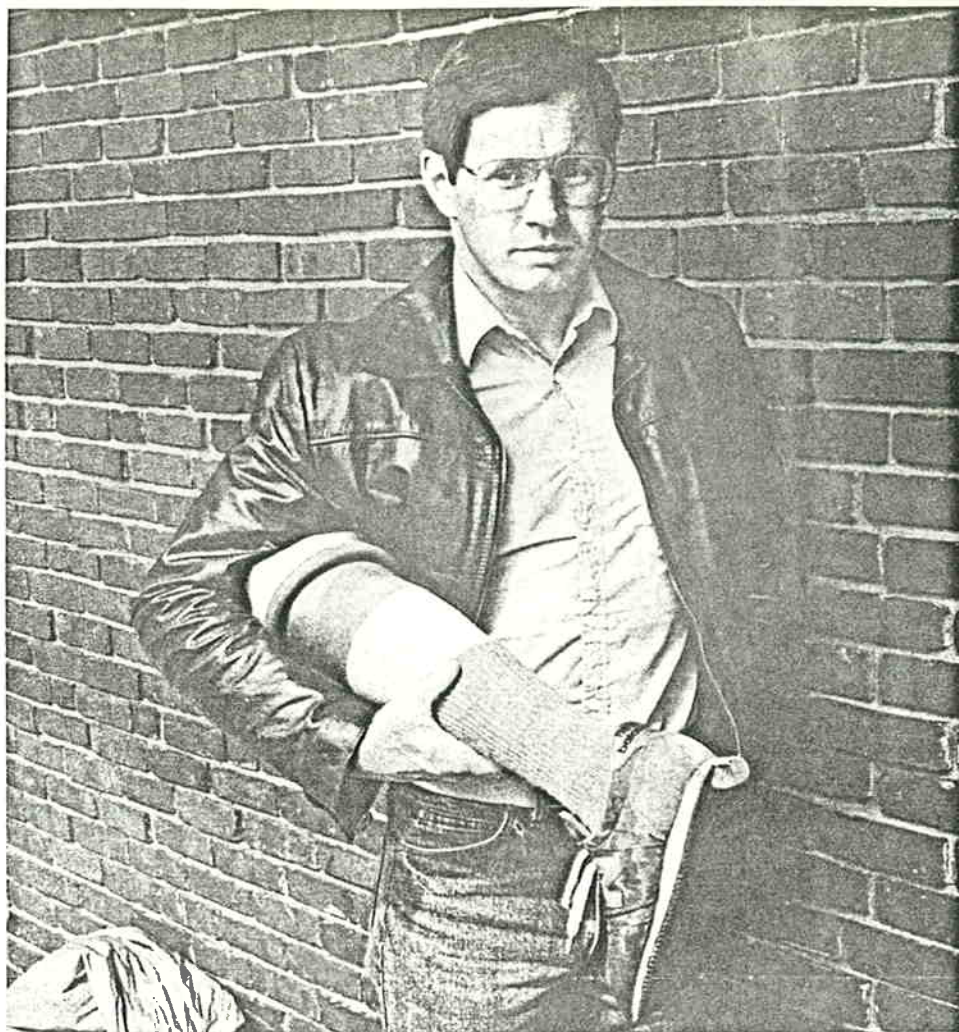
We were a little surprised, the other day, to receive a news release announcing that Michael Reagan, son of the President, was planning a "609 mile run from Chicago to Detroit to raise funds for the U.S. Olympic Committee." Upon reading further, however, we discovered that this arduous journey will be made at the wheel of a power boat. Oh, well—around our office, we always seem to take the word "run" a little too seriously.

A Leg Named Fred

Fifteen years ago Pat Griskus was struck by a drunk driver in Kansas City. He woke up in a hospital, several hours later, with one leg less than he had been allotted at birth. For the former 4:52 high school miler this was a cruel turn of fortune. He had to learn how to live all over again.

It took years, but he learned well, and now he sets an inspiring example for us all. Today Pat Griskus is, so far as we can tell, the fastest one-legged marathoner in the world. On March 6th of this year the self-employed investment counselor finished the John English Marathon in Middletown, Connecticut, in 4:11:09. He ran on a revolutionary new artificial leg designed by Richard Press (himself a marathoner). The leg has a silicon insert to prevent the stump from sliding up and down within the prosthesis socket. It also has a SAFE (a Stationary Ankle Flexible Endoskeleton) which mimics the movements of a real foot.

Griskus calls his artificial leg, affectionately, Fred. They have come a long



Jay Griskus and his artificial leg, "Fred".

way together. They have a long way to go.

—Ron Delaney

The Galloping Poll

The running boom is not over. According to the Gallup poll, the number of Americans who run has not leveled off, but is continuing to *increase*. In 1977, 11% of the adults sampled claimed to run or jog. By 1980, it was up to 12%. This year, the latest figure is 14%—one out of every seven adults!

Perhaps it is a hopeful sign for the future of America that the sport is most popular among the younger generation. The rate of participation is reportedly highest among the 18-to-24 age group (30 percent) and lowest among the 65-and-over group (2 percent). The correlation between education and aerobic exercise was borne out by the poll: 21% of college graduates run compared to 13% of high school grads and 5% of those with only a grade school education.

The average distance run in a session was 2.3 miles. Only 13% claimed to "usually" run more than 4 miles, and that includes braggarts and liars.

Speed Work Works

In the final weeks before the women's marathon in Helsinki, Marianne Dickerson trained like a miler, relentlessly running intervals on the track. "I think it's kind of ironic," remarked Dickerson, an engineering student from St. Joseph, Illinois, who won a berth on the U.S. team with a 2:33:44 at Avon in only her second marathon. "I was in a training camp in Sweden for the past 2½ weeks and instead of concentrating on my longer runs, I started doing a lot of short sprints on the track. I even kidded my coaches that if it came down to a sprint I would really be in there."

It did, and she was. Dickerson entered the stadium in third place, 25 meters behind Raisa Smekhnova of the Soviet Union. "When I saw her look back, I knew she was dead," Dickerson recalled. A spirited sprint around the final curve brought the 22-year-old Purdue graduate student a silver medal in the first world championship marathon for women.

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