

SUNDAY CALL-CHRONICLE, Allentown, Pa., March 6, 1977 C-5

# 1st Lehigh Valley 26-mile marathon scheduled today

When the smoke from the starting pistol clears today at 11 a.m., some 200 runners will be jogging out of the Trexlerturn Velodrome on the first leg of the 26-mile Prevention Marathon. This is the first such event ever held in the Lehigh Valley and is being sponsored by Prevention Magazine, the nation's largest health magazine. The Lehigh Valley Athletic Association is the cosponsor.

The marathon will begin and end at the Trexlerturn Velodrome, but most of the runners cross-country. After leaving the Velodrome, they will cross Route 222 towards Brimleyville along Old Route 222, down Trexler Road, then left on Framington Road, left on Meritown Road, then left again on Butz Road. This will return them to Old Route 222. They will run this loop three times. On the third pass, they'll turn back towards the Velodrome and the finish line. The first to finish are expected to cross that line between 1:15 and 1:30. Those who do finish will have run a distance which is almost equal to running all the way from Trexlerturn to Reading.

An interesting fact to note is that many of the runners in the marathon will be hoping to cross the finish in such a race for the first time. Many factors will decide whether they do or not. Staying "psyched" for the whole distance is very important. One runner told the story of how a wrong turn that brought him a mere quarter mile off the course completely "blew his cool" and he couldn't run another step once he realized what he'd done. And he was within 3 miles of finishing.

Why someone would take up a sport such as marathon running is akin to the reason why people take on Mt. Everest. The accomplishment of conquering the limitations of mind and body to complete the entire 26-mile, 260-year course has marathon runners arranging their lives around the event for weeks before. Some train by running the distance, or by going as far as they can, a week before the actual marathon. Others just keep in shape and run a "quick" 5 or 10 miles a day right up to the race.

Runners say that speed, a prime consideration in shorter races, is really only secondary in a marathon. The challenge to the athlete is in simply pushing his or her body to continue running until the finish line is passed. And to do that, endurance and will power are more important than speed.

In addition to the obvious sense of accomplishment that comes with running a marathon, some runners and doctors say the health benefits are

enormous. Many runners will claim to be immune to heart attacks as a result of their rigorous training. Of course, runners usually engage in other healthy activities such as eating only good food and refraining from smoking. None of them are overweight, either, as you might imagine.

Trophies will be awarded to the first 20 runners to finish. Special awards will be given in the following categories: High school and under, 1st-3rd; 30

to 39 age group, 1st-8th; 40-49 age group, 1st-5th; 50 and over, 1st-5th. Women, 1st-3rd. Certificates will be granted to all who finish the marathon. All entrants will receive a specially designed T-shirt, commemorating the first Prevention Marathon with a striking, Greek motif. These T-shirts will also be on sale to the public at the Trexlerturn Fire Co. on Route 222.

An additional treat for all the runners will be a natural foods lunch

prepared by Anita Hirsch, Home Economist in Research and Development for Rodale Press Food Services. The lunch will consist of Hungarian split pea soup, large salad buffet including eggs, cottage cheese, sprouts, cheese, beans, and a host of natural salad items; Fitness House Whole Wheat Bread, nuts, seeds, yogurt, and fresh fruit.

Many runners have expressed gratitude and excitement that such a meal

is being prepared for them. Usually, they say, marathon fare consists of junk food which is more of a challenge to eat than the marathon is to run. Besides this meal, aid stations along the way will supply water and juice for the thirty runners.

Good weather is expected for the runners, who are coming in from all over Pennsylvania, New York, New Jersey, Connecticut, Ohio, Maryland, Virginia and North Carolina.

## LARC cage stars play April 1-2

The best boy and girl high school seniors in the area will take part in the upcoming second annual Lehigh Valley All-Star Basketball Classic, sponsored by the Allentown Jaycees for the primary benefit of the Lehigh Valley Association for Retarded Citizens.

The action will take place April 1 and 2 in Rockne Hall, with the schedule including two games each night. On April 1, the East Penn Conference Division 2 stars will clash with the Colonial League All-stars at 7 p.m., with the East Penn-Centennial League game to follow at 8:30 p.m.

On Saturday, the two winners will meet, preceded by the girls' game, which will feature participants from the three leagues divided into two squads.

Coaches for the girls will be Will Peilly of Catasauqui and Lou Sabler of Allentown. Boys' coaches will be Rich Bakas of Freedom, EPC Division 1, Terry German of Dieruff, EPC Division 2, Bill Penoy of Bangor, Colonial and Al Kojlovic of East Stroudsburg, Centennial.

Joe Blankowitch and John Harbacher will serve as trainers with Dr. Dominic Falco close by if needed. The Allentown Chapter of PIAA Basketball Officials will man the whistles for the contest.

## Field hockey camp

The Harris Field Hockey Day Camp, which will be held from 8:30 a.m.-12:30 p.m. during the weeks of Aug. 15 and 22 at Cedar Crest College, is now signing up girls in grades 7-12 for its clinic.

Registration deadline is March 15 and forms and instructions may be obtained by writing Mary Ann Harris, 261 Croft's Mill Road, Harleyville, Pa. 19438. There is a \$20 tuition fee for each player while complete teams may register and receive coaching as a group. The camp sessions will include conditioning, techniques, tactics, strategies, rules and gameplay.

## Rugbers sweep

The Allentown Rugby Club kicked off its spring schedule yesterday by sweeping Lehigh University in "A" and "B" matches, 13-0 and 12-6 respectively.

Mark Currie and Hank Mattes each tallied tries in the "A" match. Bob Match had five points with a conversion and penalty kick.

Allentown's backfield dominated play in the "B" contest as rookies Dave Michael and Tony Calabrese each had tries. Neil Crumney added a conversion.

# GOOD YEAR

## 'Custom Power Cushion POLYGLAS' PAIR SAVE \$2070 to \$3660 WHITEWALLS

<b>A78 x 13</b> Save \$20.70 per pair <b>2 for \$59</b> Plus \$1.73 F.E.T. Per Tire.	<b>E78 x 14</b> Save \$25.30 per pair <b>2 for \$65</b> Plus \$2.26 F.E.T. Per Tire.	<b>F78 x 14 F78 x 15</b> Save \$24.70 to \$27.30 per pair <b>2 for \$73</b> Plus \$2.42 or \$2.52 F.E.T. Per Tire.
<b>G78 x 14 G78 x 15</b> Save \$27.80 to \$30.50 per pair <b>2 for \$74</b> Plus \$2.58 or \$2.65 F.E.T. Per Tire.	<b>H78 x 14 H78 x 15</b> Save \$28.30 per pair <b>2 for \$84</b> Plus \$2.85 or \$2.88 F.E.T. Per Tire.	<b>L78 x 15</b> Save \$36.60 per pair <b>2 for \$85</b> Plus \$3.12 F.E.T. Per Tire.

**Sale Ends March 19th**  
**SAVE AT ALL SERVICE TIRE CENTERS**

**No Trade Needed**

### RADIALS AT '74 PRICES

Whitewall Size	You Pay 1974 Price (Steelguard)	Plus F.E.T.
BR78-13	\$40	\$2.06
ER78-14	\$54	\$2.47
FR78-14	\$58	\$2.65
FR78-15	\$59	\$2.59
GR78-15	\$61	\$2.90
HR78-15	\$64	\$3.11
JR78-15	\$69	\$3.27

Steel belted "Custom Tread" radials now priced at '74 levels (the comparable 1974 tire was "Custom Steelguard").

### SAVE 20% ON POLYESTER

Blackwall Size	SALE PRICE	Plus F.E.T. No trade needed
B78-13	\$21.80	\$1.80
E78-14	\$24.40	\$2.20
G78-14	\$27.50	\$2.53
H78-14	\$29.00	\$2.73
G78-15	\$28.20	\$2.50
H78-15	\$30.30	\$2.70

"Power Steer"... our best selling bias-ply tire is on sale now through March 19. Tire-up now and save!

### SPRING TUNE-UP TIME IS HERE!

#### Lube & Oil Change

**\$5.50** (Up to 5 qt. of motor oil, 10-50 grade oil)

- Complete chassis lubrication and oil change
- Helps ensure long wearing parts and smooth, quiet performance
- Please phone for appointment
- Includes light trucks

Ask for our Free Battery Power Check

#### Front-End Alignment

**\$13.95** (Any 2 or 4 wheel drive, extra 2 wheel drive cars. Excludes most wheel drive cars)

- Complete analysis and alignment correction
- to increase tire mileage and improve steering
- Precision equipment, used by experienced mechanics, helps ensure a precision alignment

### 4 Easy Ways to Buy a New Credit Program

APPLY FOR YOUR OWN SERVICE TIRE REVOLVING ACCOUNT CREDIT CARD

- 6 MONTHS TO PAY
- MASTER CHARGE
- BANKAMERICARD
- CASH

# GOOD YEAR

**SOLAR ENERGY ASSOCIATES**  
SOLAR HOT WATER, HOME & POOL HEATING, SOLAR ASSISTED HEAT PUMPS, WOOD HEATING SYSTEMS, ENERGY CONSERVATION.

INTEGRATED, ENERGY EFFICIENT SYSTEMS DESIGNED FOR AGRICULTURAL, COMMERCIAL & RESIDENTIAL APPLICATIONS (NEW & EXISTING BUILDINGS)

CALL AL BAKER 838-7460

**PROFESSIONAL AUTO CARE & SERVICE** at very reasonable prices

## service tire

ALLENTOWN (Allentown) 218-1130 (703-6923) BETHLEHEM (2 STORES) 665-8932 (475 South Blvd.) 665-3772 EASTON 274-3800 (27th Street) WHITEHALL 432-4642 (1175 Washington St.)

**ALL SERVICE TIRE CENTERS OPEN MONDAY and THURSDAY till 8 P.M. DAILY to 5:30 SAT to 2 P.M.**