

# Salazar—King of Boston

Former Oregon star wins marathon in close finish

**BOSTON (AP)** — Gritty Alberto Salazar surged past Dick Beardsley with about one-half mile remaining, then hung on for a narrow victory Monday in the 86th Boston Marathon, a race that marked an end of an era.

The 23-year-old Salazar, the world record holder with a time of 2 hours, 8 minutes, 13 seconds in the 1981 New York City Marathon, failed in his effort to break that mark.

But he did shatter the Boston Marathon record, clocking 2:08:51, the fourth fastest in history. Japan's Toshihiko Seko set the course record of 2:09:26 last year.

The former Oregon running star had to be treated for dehydration after the race. (See story below).

Beardsley, 26, from little Rush City, Minn., with a population of 904, where he lives in a log cabin, was timed in 2:08:53, also under the previous Boston record.

The stirring finish equaled the closest in the history of the prestigious race. In 1978, Bill Rodgers outdueled Jeff Wells by two seconds.

Rodgers, a four-time winner and 34 years old, was not equal to the swift pace cut out by Beardsley and Salazar, and wound up fourth, behind John Lodwick, of Eugene. Lodwick was timed in 2:12:01

and Rodgers in 2:12:13.

In the women's division, Charlotte Teske of Darmstadt, West Germany, upset former world record holder Grete Waitz of Oslo, Norway, but failed to challenge the world mark of 2:25:29 set last year by Allison Roe of New Zealand at New York City or the course record of 2:26:40 established by Roe last year.

Ten minutes after the race, Salazar was wrapped up in blankets with a temperature 10 degrees below normal.

Within 40 minutes after the race, Salazar had received three liters of fluid and his temperature was back up to 97 degrees, about one degree below normal.

The story of this year's marathon, however, was the dramatic finish between Salazar and Beardsley. It certainly overshadowed all the pre-meet controversy surrounding the race's move to professionalism next year, with the switch from the traditional Monday Patriots' Day to a Sunday to accommodate national television.

Once the two pulled away from the pack with about six or seven miles remaining, they ran close together the rest of the way.

But with about a half-mile left, Salazar made his move and surged past Beardsley.



Photo by Mark Pynes

Former Oregon track star Alberto Salazar bounced back from his 10,000-meter loss to Henry Rono to hold off Dick Beardsley in the final strides of the Boston Marathon Monday. Salazar squeezed 35 seconds off the record time for the course in winning his third consecutive marathon before collapsing on a stretcher with a serious case of dehydration. Within an hour, Salazar was back on his feet.

## 'He's going to destroy his life'

**BOSTON (AP)** — Jose Salazar waited on the fringes of the crowd, his face full of worry, as a team of doctors and nurses worked on his son.

"One of these days he's going to kill himself," the elder Salazar said. "No question about it, he's going to destroy his life."

In his left hand was the olive wreath his son Alberto had just won in a fight to the finish at Monday's Boston Marathon. But the younger Salazar's fight didn't end when he crossed the finish line.

Ten minutes after his victory, his body temperature had dropped to 88 degrees, more than 10 degrees below normal. He was severely dehydrated.

He trembled uncontrollably and his teeth chattered as he lay on a plain canvas cot in the darkened garage where the runners went after the race.

But his marathon training served him well. "His cardio-vascular system compensates," said Dr. Tom O'Donnell, a member of the post-race medical team. "You and I would be in boot hill."

As time passed, Salazar's temperature rose. At 2:39 p.m., 31 minutes after he finished the race, it was 94.6. "He's going to be all right," a nurse cried out as the temperature was read.

At 2:45, it was 95. At 2:51, it was 97.

Minutes later, he sat up for the first time since being helped to the cot.

So, moments after arriving in the garage, Salazar was hooked up to two intravenous solutions. They were removed after he had taken three liters in 40 minutes.

Castelli said Salazar never went into shock and that 88 degrees "isn't that bad, but we were worried that it would keep going down."

Jose Salazar shook his head and wore the worried expression of a father as he tried to peer through the maze of medical personnel surrounding his son.

"No," he said, he doesn't want Alberto to give up marathon running. "I just want him to be what he wants to be."

"But people think it's easy. They don't think of this. People think you just come in and win. This is the price you pay."

## the do-it-yourself athlete

# Aerobic dancers get in shape with television

By Mark Johnson  
Of the Emerald

The sound of hail pelting the window woke me from an afternoon nap several weeks ago.

Feeling restless because of a lack of activity during the recent bad weather, I made a half-mile trek to a friend's house to watch a wide variety of cable television entertainment.

I found I wasn't the first to arrive, so I pulled up a chair and joined the people parked in front of the screen. Someone in the box commanded my attention.

"WARNING: These exercises may be hazardous to your health."

The ominous warning was met by a variety of hoots and whistles, but the only answer to my confused questions was an instruction to "shut-up and watch."

A woman, a shapely woman in tights,

began dancing to the beat of fast-paced music as a female voice placed emphasis on the art of breathing.

"Aerobicise," cable-television's attempt to bring sweating into America's livingroom, illustrates probably the fastest growing fitness activity since roadrunning — aerobic dance. Other names by which aerobics and music are incorporated are jazzercise and slimnastics, but the show that was getting so much attention in that livingroom was called "Aerobicise."

Although the main attraction of "Aerobicise" for that crowd may have been the woman in the tight suit, the practical purpose of aerobic dance involves exercising to the rhythm of music. Aerobic dancing forces the body to demand and process oxygen, which can provide a base for fitness, and is a little less painful than just plain exercising.

The College of Health, Physical Education and Recreation describes dance slimnastics offered in their SHAPE program as "an aerobic fitness and dancing mixture of simple movements and dance steps set to music, designed to improve and maintain cardiovascular/physical fitness."

Aerobic dance has also brought the dirty business of physical fitness into the home, through the marketing of aerobic albums and television programs. Convenience and privacy are two of this method's strong points.

The strongest point, however, is that aerobic dance is a viable alternative for getting in shape.

And enough people participate to make aerobic exercise big business.

The marketing of aerobic dance records, television programs and classes have reaped small fortunes for

promoters offering activities privately in the home, or in classes.

But no matter how big the business has gotten in the past few years, people seem to be willing to pay the price of getting back in shape and enjoying the results.

### LOCAL AEROBIC DANCE OUTLETS:

**Courtsports** (2510 Oakmont Way & 4242 Commerce) — Offers jazzercise classes for \$3 per one-hour session.

**Jazzercise** (4722 Brookwood) — Three classes per week for four weeks costs \$18. Two classes per week for a four week session costs \$14.

**Other outlets** include physical education classes offered during some terms, the SHAPE program also sponsors dance slimnastics for twice-a-week, seven-week sessions for about \$25, and classes offered by community groups can be found through the local media.