

## Sports Injuries & Running Clinic

of Eugene, P.C.

Eugene Medical & Professional Center  
132 East Broadway, Suite 830  
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## ALBERTO!

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marathoner ever," says Bob Sevene, who coaches for the Athletics West track club that lists Salazar as a member. The two first met 10 years ago in Massachusetts.

Squires was right about this guy who had no kick, but an oh-so-powerful shuffle that left opponents behind. He was right about this guy who sometimes wore black socks when he ran. He was right about this guy who said goodbye to Wayland, Mass., heard all the stories about the late Steve Prefontaine, and came West.

...  
"The first time, I'd said I'd run 2:10, so all these guys who hadn't run that time — or had barely run that time — were kind of shocked. And then the next year when I said I was going to break the record, a lot of them said, 'Well, who's that guy.' I wasn't trying to put them down. I just knew that I could do it. And I did." — Alberto Salazar

To say that Salazar's running exploits are the sole thing granting him notoriety is a farce. Indeed, Salazar's tongue keeps the spotlight close to him at all times. Never does he duck the challenge of being frank. Telling Salazar not to be honest is like telling Reggie Jackson that he doesn't stir the drink, or like telling Reagan to pack up the MX missile.

"He's always been very honest," says wife Molly, a former Oregon school record holder in the 3,000, 5,000 and 10,000 meters and the comic relief in the Salazar family. Molly once said that anybody planning to watch a 10,000-meter race needed to bring a good book along. Now she says, "If I look ugly one night, he'll tell me."

And if Alberto thinks he'll run 2:10 in his first marathon, he'll tell her — and everyone

else who cares to inquire. In 1980, Salazar astounded everybody but himself by winning the New York Marathon in 2:09:41.

Rodgers, the king that took the American marathon crown from Frank Shorter, had a 26.2-mile successor. Said Salazar to reporters: "I think I proved something to people who said I couldn't do it, who said running a marathon is some mystical thing."

The way Salazar runs marathons is a mystical thing. He would go on to win his first four marathons — repeats in New York in 1981 and 1982, then a Boston victory later in 1982.

It seemed the marathon catered perfectly to Salazar, and vice-versa. "For Alberto, the longer the run, the better," says Oregon coach Bill Dellinger, who coaches Salazar and will coach the U.S. distance runners in Los Angeles this summer. "Biomechanically, he's very well suited to the marathon," adds Sevene. "He has a low back-kick and he's very efficient."

...  
"In any other city, I'd be a big celebrity."  
— Ron Tabb

Ron Tabb is Salazar's training partner. He is also a tremendous marathoner in his own right, with a best of 2:09:32 via Boston in 1983. And like Salazar, he gets his coaching advice from Dellinger. Seemingly, he has all the traits to make the media flock his way.

But Tabb lives in Eugene, and Eugene is Salazar country. If the Willamette Valley has gained a reputation as a marathon mecca, it is because of Salazar, not Tabb.

Five of the six times he has run the marathon, Salazar has dipped under 2:10. Marathons are on the road, where it is harder for the competition to hang back and kick past Alberto. Salazar loves the road, for that is where he can use his strength and his strategic surges to silence any kicker.

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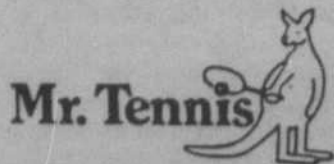
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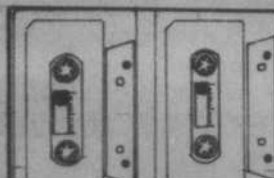


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