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5,000, 10,000-meter distance runners work out on UM track

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5,000-, 10,000-METER
DISTANCE RUNNERS
WORK OUT ON UM TRACK

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While their marathon counterparts worked out around campus and on nearby hills polishing their skills for the 26 mile and 385 yard distance, the 5,000- and 10,000-meter runners participating in the U.S. Olympic Training Camp at the University of Montana braved the hot sun and even hotter rubberized asphalt track at UM's Dornblaser Field to develop faster speeds with interval runs in their respective distances.

"We're really pleased with the runners' efforts because the workout planned for the men at Dornblaser worked out just as we expected it to on Wednesday," said Harley Lewis, UM head track coach, who is one of five mentors putting the runners through their paces.

"It was a unique experience for the 5,000- and 10,000-meter men to run their regular distances but in shorter intervals to help them better their own regular times in the respective distances," Lewis commented.

The 5,000-meter men, coached by George Scott, head track mentor at Sentinel High School in Missoula, each ran four half-mile spurts and four quarter-mile spurts on Dornblaser. The 10,000-meter men, coached by Art Hutton, head track coach at Central Washington State College, each ran the half-mile distance six times and the quarter-mile distance four times.

The runners rested for half-minute or minute intervals between runs. A half-dozen stop watches were utilized in timing the running events and rest periods.

The meter distance runners returned to their regular long-distance workouts on Thursday afternoon.

Lewis said the interval method of training won't be utilized again during the Olympic training period, which continues through Aug. 1 on the Missoula campus, one of six national locations selected for the Olympic training program.

A total of 24 runners are participating in the three-week training program at UM, eight in each of the three distances.