

A record-setting show

Dr. Carman prescribes masters running tonic

By C.J. Rieck
staff writer

Dr. Ken Carman has this book. It contains a list of his athletic accomplishments and workouts. For seven years, while growing up in Cresko, Iowa, and then at University of Iowa, there was lots to fill his book with.

After graduation from Iowa, there was a lull in Carman's book. A 30-year-old man.

That void is over now. Carman's book is again active, so active that he may need a new one soon.

At 55, Carman has become one of the top runners in the nation in his Masters' age division.

ON MAY 6 at the Southeast U.S. Masters Track and Field championships at North Carolina State, Carman shattered the national record for 55-59-year-olds in the men's 3,000-meter run. His time of 10:12.5 bested the mark of

10:19.0, set one year before by Ann Arbor's Jim Forsthe.

Carman also won the steeplechase in 11:36.0.

Two more entries for the Garden City resident's book, a listing he really doesn't require. Nearly everything in it he could recite without need of reference.

"One reason I did so well," he said of his recent record-setting race, "was that I ran with younger runners. I was fourth overall. One college guy and two 30-year-olds finished ahead of me. I beat everyone else entered."

"I had a tremendous finishing kick. I ran the last 200 meters in 30.5. I can't remember ever doing that, not even in college."

"I never, never had a kick like that."

IN HIS HIGH school days in Iowa, Carman ran the mile and, while at Iowa, wrestled and ran cross country. "It was an unusual combination," he

admitted.

"But few of the things Carman does could be called normal for a 55-year-old man. When he began his professional career some 30 years ago — he now heads Annapolis Hospital's family practice program — he gave up running."

Until three years ago. That's when Carman decided to run in the Belle Isle New Year's Eve race with his wife, Barbara.

It was a mistake — of sorts. "I was very, very irritated with myself," he said of the race. That's when Carman decided to get back into shape.

The reason for Carman's irritation at Belle Isle was more than a conditioning problem. Attitude had a lot to do with it.

"When I run, I run to win," he explained. "I'm a competitive runner."

HE STARTED his training shortly after the Belle Isle fiasco. He competed

in six races in 1980 and won four.

In 1981 "I began to crank up the speed," which had been dormant for so long, and finished first in his age division 12 times, taking second in six other races. Last year was even more productive: 27 firsts in 31 races and some records to go with it.

His 10:55.0 clocking in the steeplechase established a national record for 54-year-olds. Then, at the National Masters Track and Field Championships in Wichita, Kansas, last August, Carman won the 50-54 division 5,000-meter run in what he called "the toughest race I ever had in my life."

In winning, Carman outdistanced Al Laurence, a native of Australia who won the 1958 Olympic bronze medal in the 10,000-meter run.

"All of my times are better this year than last," Carman said. "I suppose you could say I improve with age."

And work. His schedule — both training and travel — is what makes

him so competitive.

AT 5:30 EVERY morning, Carman can be found peddling his exercise bike, which he continues for a half-hour. At noon, he exercises for 30 minutes, then runs for 1-1/4 hours. In the evening, its back on the stationary bike for another half-hour session.

Sound fatiguing? It's nothing compared to his weekend schedule.

Carman spends most of his week-ends, not at home watching TV, but on the road, racing.

"I have this theory," he said. "If you're going to run, you've got to run against the best. I actively seek out the fastest runners."

Wherever they may be. In the next month, Carman will be in New Orleans, Atlanta, Cleveland and Eugene, Ore. for assorted competitions. Of the 30-35 races he competes in during a year, more than half are out of state.

His goal? "My main goal is the world steeplechase championship," he said. "That's one event (in which) I have a

good shot at the world title."

Carman would like to reach that goal at the World Masters Championships, Sept. 23-30 — in San Juan, Puerto Rico. It's a sure bet he'll be there. Even if he has to run the entire distance.



Dr. Ken Carman
Master of run

Nothing gentle about Eaglet rowers

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Kick off. You're not rowing long, so row hard. Put a sprint on. MOVE. Look at the man's neck in front of you. MOVE. He begins beating his megaphone on the side of the motorboat, seemingly in a frenzy, spurring the kids on.

Pain etches its way across their faces, even Martin's. A tongue lolls out a mouth. Teeth clench.

Strzelewicz, operating the motor in the back of the launch, leans forward. "Look at them. Total concentration," he says. "There's so much discipline. I

don't know of any other sport that takes that much concentration. Just look at their faces."

Their faces show pain and exhaustion. But the eyes never leave the neck of the person in front of them. The shoulders never stop working. The oars rise and set, rise and set to gether."

ROWING IS a tradition at St. Mary's, thanks to long-time coach Judson Ross, who is known as the father of rowing in Michigan, though the sport has existed locally at Eccore High School since the late 1800s.

Three years ago, Ross, then 71 and ill with heart trouble, asked LeBlanc, one of his former rowers at Eccore, to come out to a practice.

"He tricked me," says LeBlanc, 54 and a Union Lake resident who, when he isn't coaching or rowing himself in masters' events, sells life insurance for Metropolitan Life. "Just go into the boat once," he said. "I went out once and I was stuck."

Ross had found someone to carry on the tradition. He died last year of a heart attack. "We sure miss him," says LeBlanc.

The tradition includes LeBlanc, now, and Strzelewicz, who graduated from St. Mary's seven years ago but returns in the springs to help out. It includes veteran rowers like Martin, and kids like Basic, a gangly, yet-to-fill-out freshman.

Hayes finds success

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PAT GOT her spunk from her father, Lou Marudas, something of a legend in Detroit sports and public relations circles. He did publicity for Olympia for decades and was as well liked as anyone in the business. "Next to my husband, he was my best friend," says Pat. Lou, 70, retired recently and, in anticipation of Murphy's attendance at Ari-

zona State, moved to Tempe in January to buy a condominium. A month later, after a round of golf, attendance at a college baseball game, dinner and a walk, Lou sat up in bed, complained he was ill and slumped over dead of a heart attack.

"He was very proud of what I accomplished," says Pat. "I feel very badly that if I do make it to '84, he won't be around. But he'll know. He'll know."

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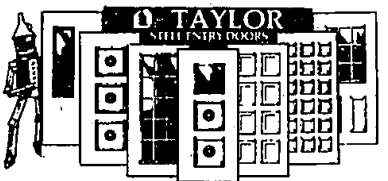
Publsh. May 23, 1983

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