

Bjorklund Sets Record In Maryland Marathon V

By PHIL JACKMAN
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When the fifth Maryland Marathon started out at the Stadium yesterday, eventual winner Garry Bjorklund was thinking about running the course in two hours, 20 minutes. A good time, but nothing to write home about.

"Then I began re-evaluating as I went along," he said. "In my mind, I had all these checkpoints, things I wanted to accomplish, and I was ahead of them."

That's when he decided to let it all hang out.

Result: a record, his 2.13.46.4 time beating Bill Rodgers' 1976 standard by a healthy 28 seconds.

But that's the story of the front runner. How about back in the pack? Marilyn Bevans of Baltimore won the women's division with a record time of 2.51.18, and 1978 defender Lisa Matovic of Pittsburgh was second in 2.54.34.

Ron Hill, who didn't get the call that he was being invited to MM V until last Thursday night despite being the unofficial "father" of the local race, finished fourth to go along with his 1-2-3 finishes the last three years.

To hear most people tell it, Bjorklund is a novice at marathon running, but 20 seconds of talk with him brings out the fact he has gained a vast amount of experience through study.

Off one marathon race in his home town (Duluth, Minn.), he challenged the hottest distance runner in the world today (Bill Rodgers) in New York and, if it were not for a cramp while stopping for a drink at the 19-mile mark, Rodgers might have had all sorts of trouble defending his title.

Actually, this was the first time Bjorklund was competitive the whole way. His first marathon in Duluth was a cakewalk, the 26-year-old being able to stop and change shoes while still spinning by minutes. In New York he cramped.

"What I particularly liked about this race is it gave you an opportunity on the way out to see what you had to do on the way in," he said. On the way out is when Bjorklund ran everybody into the asphalt. Five guys—Bjork-

lund, Don Kardong, Dan Cloeter, Barry Brown and Dan Rincon—struck out from the start and they ran pretty much as one until it was time to go down Satyr Hill (between the seven- and eight-mile mark).

"I've learned how to relax on hills, both going down and up," said the victor. He and Rincon, the squatly (5-6) ex-Maryland crosscountry leader, moved out from their shadow and went together.

Between the 10- and 11-mile mark it was all over. Rincon began to tie-up that eventually led to his tucking it in and Bjorklund was virtually all alone the last 15 miles of the race.

Meanwhile, a short way back, Dan Cloeter was figuring: "Garry looked awfully good, awfully strong from the start. I think I began thinking about second place as early as the six-mile mark."

Third was Bruce Robinson from Washington, who ran several people down on the way home. "That's the way all these races turn out, it seems," he said. "Guys do well the first half, but then there's always a couple of guys in the top ten who just sort of fall by the wayside.

Next in line came Ron Hill: "I was completely out of it the last 5-6 miles. If I'da known I was going to run here earlier I could have gone on the diet . . . and held onto third place."

The diet is a low carbohydrate (starvation) diet seven days before a race, then the usual carbohydrate-stacking the last three days. In other words, loading up with usable or burnable energy.

Ron was not upset with his finish, however: "I seemed to be a mile (actually 500 yards) behind Kardong, then there was throwing up beside the road. It's a place (4th to 3rd) I didn't earn. But I needed a drink, a boost to get me in, and that's when Bruce Robinson went by me."

Getting back to the leader, Bjorklund, the guy he was worried about was Hill. After the fateful five had moved out and run together the first 5-6 miles, Garry turned to his companions and asked "Where's Hill?"

Kardong answered: "Oh, he told me he's going out slow."

Bjorklund rested on that for a while then, "Hill was fairly close at the turnaround (13.1 miles). He winked at me as I went by."

Garry took it to mean, "Hey, fella you're all right, but don't count me out yet."

"Actually, what it meant," said Hill, "is I salute you. The way he was going I wasn't going to catch him." And no one else was either.

"I always run according to the way I feel," said Bjorklund, "and it's cost me races in the past. But this time I was just flowing with the land."

Running into a head wind the last five miles, Bjorklund actually picked up the pace: "I had no idea what my time was I was, just running the way I felt."

Obviously, he felt awfully good.

Cloeter, running his race for second early, seemed alternately choppy and with it as he moved in.

Kardong was the pre-race favorite with Bjorklund and seemed ready to grab the runner-up spot coming off Satyr Hill "I had felt sickly earlier, but my stomach seemed to be settling down. I thought I was going to get second.

When he began to stretch it out coming down Ferring Parkway, however, it didn't work and he spent 10 minutes next to the road, getting rid of breakfast and last night's supper. Don ultimately ended up in 22nd position after spending all that time in the ditch.

The Human Energy Club out of Pittsburgh won the team title with the 5-6-7 finishers—Sam Bair, Tom Allison and Steve Molnar.

Author Hal Higdon was the top 40- and-over finisher in 2.39.15. Herb Chisholm bested the 50- and-over guys with a reading of 2.52.00. Tom Zarzycki of Mt. Clemens, Mich. was the top junior in 2.27.33. Tom Hunter of Dalton, Ohio, was the best 16- and-under finisher in 2.55.38 and Jim Kennedy, 14th in 2.28.11 and Jon Lott, 10th in 2.27.01 were the top City and Country finishers, respectively.