

## Anatomy Prof Is Long Distance Runner

# He Isn't Crazy, He's a Marathon Champion

By Ina Fried

(From a report by Tish Lobb, Reporter, Anatomy Department.)

It's 30 degrees (-1 Celsius) and along comes a man running in shorts. He's not crazy. And he's not going to freeze.

Instead, he is relaxing and getting exercise that will make him feel better and protect him against heart disease.

If he is Dr. William C. Hall, associate professor of anatomy, he also may be training for a marathon. Hall, who won the 26-mile, 385-yard (about 42 kilometers) All American Marathon at Ft. Bragg this fall, runs about 100 miles (161 km) a week.

"The most important thing is to run consistently seven days a week — rain or shine — even in show," Hall said. "There are special suits you can wear to keep from getting wet, but if it's dry, your hands are about the only thing that really gets cold."

### Twice a Day

"If you train for long distances, you have to run twice a day," he said. Before coming to work, he usually runs for about an hour on trails in Duke Forest. Another hour in the afternoon must be squeezed in before dark.

"In late afternoon you're almost forced to run on the track for safety," he said. One runner had to withdraw from the Ft. Bragg marathon after running into a parked truck in the dark.

"One of the nice things about running is that you don't depend on other people or have to fit your schedule in with others," Hall said.

"Ninety per cent of it is done alone. Occasionally on weekends a group of us go on three-hour training runs together."

The average non-runner, huffing and puffing after a dash across the



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street, might picture collapse long before the end of a three-hour run. Yet to Hall it seems more like 40 minutes.

### Addictive Activity

"Something about running is addictive," he commented. "You get

to the point where it's enormously enjoyable.

"I don't think I've ever been bored running," he continued. "Because of the kind of job I have and because I have young children at home, that's about the only time during the day when I'm alone. Sometimes I think over the day or about my work. Sometimes I'm almost hypnotized by the rhythm of running."

### Tricky Part

"The tricky part is when a person begins to run for the first time," he warned. "The first several weeks are such agony. If you get through that, you enjoy running more and more."

He praised track coach Al Buehler and the Duke University Preventive Approach to Cardiology (see *Intercom*, Sept. 17, 1976) for organizing groups of runners who can reinforce each other and learn under supervision.

Without supervision, he said, new runners are likely to overdo and wind up with pulled muscles or inflamed tendons which force them to stop practicing. "Then you have to start all over again," he groaned.

### Informal Coaching

"People like Coach Buehler are always willing to give suggestions," he said. "That's a primary reason there are so many people running around here."

In addition to many joggers, about a dozen people from Durham are long-distance runners including Ed Daw, assistant business manager of the Medical Private Diagnostic Clinic; Dr. Henry Fairbank, professor of physics; Dr. Peter Klopfer, professor of zoology; Dr. Seth L.

Warner, professor and chairman of the mathematics department; and Scott Eden, a former member of the Duke track team now a first year medical student.

Buehler sometimes arranges master's races for people over 40, Hall noted. He also has allowed some runners to practice with the Duke cross-country team.

"One nice thing about long-distance running is that from the very beginning you can run with the best," Hall commented. "You may not win but you can be in the same race. This gives running an esprit d'corps you wouldn't have if you were segregated according to ability."

### Racing with Champions

Running in several races with American champions Frank Shorter and Bill Rogers was "very exciting" for Hall. Shorter won a silver medal in the 1976 Olympics. The gold medal winner, a man from East Germany, completed the marathon in two hours, nine minutes, 55 seconds. Hall's winning time at Ft. Bragg was two hours, 32 minutes, 18 seconds.

"Marathon running is more a combination of endurance and moderate speed than lots of speed," Hall said. "A long-distance runner is certainly not the kind who wins a sprint."

"Races are a good way to measure how much you've improved," he said. "Competition makes you run faster than you would alone."

His goal? "To keep it going as long as possible. You're always curious about how much better you can get."



**IMPROVING THEIR SKILLS** — That was the goal of Verda Adams, standing, clerk typist at the Child Guidance Clinic, and Gloria Bass, receptionist at the Eye Center. With counseling and financial assistance from Paths for Employee Progress (PEP), they recently completed a two-year program in general office technology at Durham Technical Institute. (Photo by Ina Fried)

## Cancer Association Installs Dr. Shingleton as President

Dr. William W. Shingleton, director of the Comprehensive Cancer Center, took office Tuesday as president of the Association of American Cancer Institutes.

Shingleton has served as the group's president-elect for the past year. Ceremonies marking his new post took place in Houston, Tex., during the association's biannual meeting.

As president of the organization, representing 51 cancer research centers, Shingleton said he will push for more cooperative programs "to prevent duplication and to allow easier comparison of results." A computerized library of treatment results to be shared by all member centers will take a high priority, he said.

Shingleton is the Duke Comprehensive Cancer Center's first director. A member of the medical society faculty since 1948 and a professor of surgery since 1959, he also heads the Division of General Surgery.

He grew up in Wilson, N.C., and received his A.B. degree summa cum laude from Atlantic Christian College in Wilson. He earned his M.D. degree at Bowman Gray School of Medicine in Winston-Salem, then came to Duke for post-graduate training in surgery.



DR. WILLIAM SHINGLETON

Author or co-author of 82 scientific articles, Shingleton serves on two advisory committees of the National Cancer Institute. He is chairman of the Cancer Control and Rehabilitation Advisory Committee and is a member of the Cancer Centers Review Committee. In North Carolina, he is on the board of directors of the American Cancer Society's state division.