

In the coming decade running will continue to enjoy a high level of participation—more so than could ever have been imagined before the running boom of the '70s. What's changing, and will continue to change, is that running itself will be only one part of the runner's training regimen. Cross-training or multisports training will become increasingly predominant for the middle-of-the-pack competitor, even more than for the elite runner.

For the elite, *specific* training will continue to be the key to success, with other workouts serving mainly as a means of keeping in shape during times of injury or out-of-season training.

Supplementary workouts will commonly include water training, whether it be running with a vest (the kind that holds you upright) in the water, aerobics-style exercise or swimming. It will include cycling, whether on the roads, on a turbo-trainer or on a Fitron or other mechanized cycling machine. It will often include weight training. Diversified training will have the benefits of keeping runners fresher, developing great muscle strength and flexibility and reducing risk of injury.

For many runners an added attraction of this more varied approach to training will be that other family members, including kids, can be included in many of the workouts. With the baby boom generation now enjoying the pleasures of both sports and parenthood, more parents will choose to take the kids along for a workout rather than leave them with a sitter. Often, training time will be quality time with the kids—witness the booming sale of joggers' baby strollers!

In the arena of international competition, efforts will continue to add new events to the Olympics in 1996 or 2000—specifically the triathlon, a 20K or 30K road race and a women's 5,000 meter. The latter is something that women desperately need and want but aren't getting much support for. Given the usual pace of things, unless there's a drastic intensification of effective lobbying efforts, it will take more than a decade.

—Jacqueline Hansen



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*Jacqueline Hansen was a two-time world record holder in the women's marathon and was the first woman to break 2:40—running 2:38:19 in the October 1975 Nike OTC Marathon. She was also president of the International Runners' Committee (IRC) during its successful campaign to include a women's marathon in the Olympics. She is now Program Director of the Run for Fun program of the Amateur Athletic Foundation of Los Angeles.*

As the 1990s gain steam, look for fitness formulas to supplant the guy hawking Grecian Formula.

The running boom is already graying, and the next decade promises to be one with increasing emphasis on senior running and fitness. Look, too, for more adult runners to lead the way for youth fitness.

More than half the runners in the Boston Marathon are now 40 or older, and that group will continue to grow. Many of those runners who feel they've found the fountain of youth will start to channel their energy into expanding the ranks of young runners. Concern that a generation of couch potatoes is raising a new crop of "tater tots" will compel runners/parents to step in where schools leave off.

Only one state, Illinois, requires daily physical education classes, and P.E. is often first to go when the budget crunch comes. In the age of fast-food meals and Nintendo for recreation, it's not surprising that today's teenage girls are running a full minute slower than their counterparts a decade ago in national tests for a standardized distance close to a mile, or that teenage boys, on the average, are 13 pounds heavier than the same age group in 1983.

Successful youth-running programs like those associated with the Spokane, Washington, Bloomsday Run and the Long Beach, California, Memorial Medical Center are already providing models for other cities. More kids will be fun runners in the 1990s, and a healthy emphasis on fitness, not competition, will keep those youngsters returning to the sport in later years after the novelty and expense of other sports wears thin.

The running marketplace will try to keep the maturing runner intrigued, however, by offering novel running experiences, from high-altitude "adventure" runs in the Himalayas to the camaraderie and teamwork of massive road relays, like the Hood to Coast Relay in Oregon.

Older runners will be looking for an occasional new twist to their sport—whether it's taking up masters track competition, exploring the wilderness through trail running or trying a multidiscipline event, like the triathlon. For most, however, the desire to race frequently will diminish and road-racing numbers will stabilize. Traditional races will continue to draw their traditional crowds, but there will be small demand for new races.

The graying runners of the next decade will be relieved to find clothes and shoes designed with them in mind. They'll be pleased to see running models who aren't 22-year-olds with 9% body fat. They'll be less anxious about their health when studies confirm what they'd known instinctively: that through exercise they can slow or even reverse the deteriorating effects of aging and help stave off a number of debilitating problems, including osteoporosis, heart disease and obesity. For the runners of the '90s, the motto will be, "Use it, or lose it."

—Janet Heinonen



DOUG NEWMAN

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