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Nutrament has been part of the training regimen of Jon Erikson, world record holder for the English Channel Marathon Swim. It is recommended by leading coaches and trainers in every major sport from high school through the pros.

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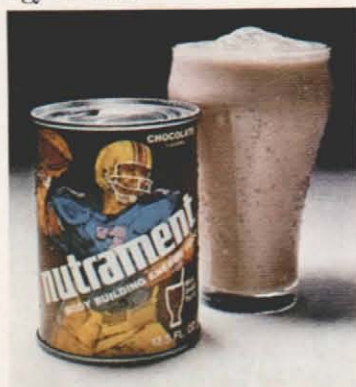
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Jon drank one can every other hour (15 in all) on his way from England to France and back.

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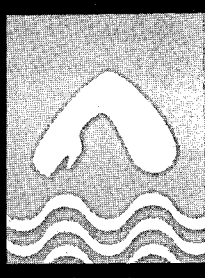


IT GIVES YOU ENERGY TO BURN.

For Nutrament's Usage Guide to All Sports, or The Spring Weight Gain Program, write: The Drackett Co. 5020 Spring Grove Ave., Cincinnati, Ohio 45232.

DISTANCE SWIMMING

By Dennis Matuch



The Lake St. John (Quebec, Canada) 21-mile marathon was the last of three pro swims held this year. Weather conditions were ideal. The water temperature was 67 degrees. The sponsors decided to start the race one hour later (7 a.m.) this year because last year's winner, John Kinsella, had arrived at Roberval sooner than expected.

Only 60 percent of the estimated 50,000 spectators were in the grandstand when he arrived at the finishing dock. This year the sponsors were making sure their patrons would get a chance to see the winner of the race.

Twenty-two world class marathoners started the race. Before 15 minutes had gone by, Kinsella (USA) had earned \$200 by winning the departure sprint. A tightly-knit pack of six swimmers followed close behind as John swam into the lake proper. (The race starts in the Peribonaka River. There is a lap upstream, against the current, and then a "swing around" downstream where the mouth of the river empties into Lake St. John. The total of the sprint laps is approximately 800 yards.) Claudio Plit (Arg.), Veljko Rogosic (Yug.), Marwan Saleh (Syria), Cindy Nicholas (Can.), Raul Villagomez (Mex.), and Jon Erikson (USA) desperately tried to keep Kinsella from getting any distance away from them.

The first withdrawal came after one hour and six minutes by David Gauci. The second withdrawal came a little more than two hours later. At this point of the race, you find yourself in a

situation where your lungs are yelling stop, but your brain is screaming no. The only person at this stage of the race who did not seem to be hurting was Kinsella.

The pack had broken up somewhat with each swimmer a few hundred yards away from the other, that is, except for Claudio Plit and Jon Erikson. From the halfway mark to about the three-quarter mark (about 15 miles), they were swimming together in second place. At that time, Jon was taken on a different course setting by his trainer. Plit decided to stay on his original heading. It was a smart decision.

While most of the swimmers were having their problems, Kinsella was swimming without them. He was told by his handler that he was ahead of his last year's record time. If he could break that record, it would be worth an extra \$500.

That was all John needed to hear. His stroke rate picked up and he added more distance to his comfortable two-mile lead. It was only a little after 2 p.m. when John reached the breakwater marking the entrance to the harbor at Roberval. Some 50,000 spectators cheered their welcome as he coursed up and down the final sprint laps. When he touched the finish, Kinsella had made a clean sweep of the financial and record board—\$5,000 for first place; \$500 for final Molson sprint; \$500 for a new record time across Lake St. John; \$200 for departure sprint—a total of \$6,200.

There was one dangerous moment in the swim. With about two miles to go, Ahmed Amin (Egypt) collapsed. Quick action by his handler who dove into the water to recover him prevented a potentially dangerous situation from developing.

The final results showed Kinsella winning the race in 7 hours 18 minutes 6 seconds. He was followed by Plit, 8:20:31; Rogosic, 8:46:43; Saleh, 9:09:38; Nicholas, 9:14:31; Villagomez, 9:14:56; Erikson, 9:33:26; Dennis Matuch, USA, 10:06:52; and Loreen Passfield, Canada, 10:08:58.

This was John Kinsella's third consecutive win of the Lake St. John marathon. In each race, he bettered the record time for the course. John averaged about 21-minute miles throughout the 21-mile race. That's moving at about 2.87 miles per hour. Previous winners of the race would average about 2.2 to 2.5 miles per hour (good conditions).

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