

# About '76 Olympics

## Waldrop In Doubt

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By Mary Garber

Staff Reporter

CHAPEL HILL — Tony Waldrop is washing dishes.

The University of North Carolina runner who ran nine consecutive sub-four minute miles last year, is working to get in shape and return to competitive running.

On the side, Waldrop is coaching the North Carolina half-milers, milers and three-milers. He is attending graduate school, working on his masters' degree in physical education. And he is washing dishes in a research lab at Chapel Hill.

"I do a bunch of other junk around the lab," said Waldrop, "but my main job is dish washer and they never let me forget it."

And in his spare time?

"I keep three books going reading," said Waldrop. "I have a novel, a book of plays and one of poetry."

After his tremendous streak last year, Waldrop began to slow down. He was plagued by illness. He had infected wisdom teeth and the doctors told him he would continue to have problems until he had them extracted.

He was tired, ill and even though he won he wasn't satisfied with his performances.

Waldrop passed up the U.S.-Russian meet, went to England and ran a 3:42 in the 1,500 meters in the British championships. But he knew he was below form, so he dropped out of running and had his teeth pulled.

He has been working hard to get back in shape but his only competition has been a 4:02 mile indoors at Greenville, S.C., last month.

Waldrop will go to New Zealand in February as part of a Rotary program where he will continue work on his masters, run a lot and study a system of training which puts more emphasis on distance running.

Runners in New Zealand run 80-100 miles a week. Waldrop averages about 50-60.

As one of the top distance men in the

country, Waldrop should be a prime candidate for the 1976 Olympics. But he's not sure he will compete.

"I'll wait until just before the Olympic trials (in 1976) to make up my mind," he said. "It all depends upon whether I'm mentally and physically ready. I have to get back mentally so that I feel like competing. Part of this will have to come through competition and part without.

"By the summer of 1976, I want to know I can make it. I'll make the decision maybe a month or even a couple of weeks before the Olympic trials, I hope to run well enough while I'm in New Zealand to get some trips out of the country."

Waldrop ran the half-mile at his request when he came to North Carolina but he knows that he is a better miler.

"The half-mile has become almost a sprint, the 880-yard dash," he said. "There's more planning in running a mile, figuring out where you want to be each lap and how you want to run your race. It's a more controlled competition."

Waldrop is enjoying working with the Carolina distance men.

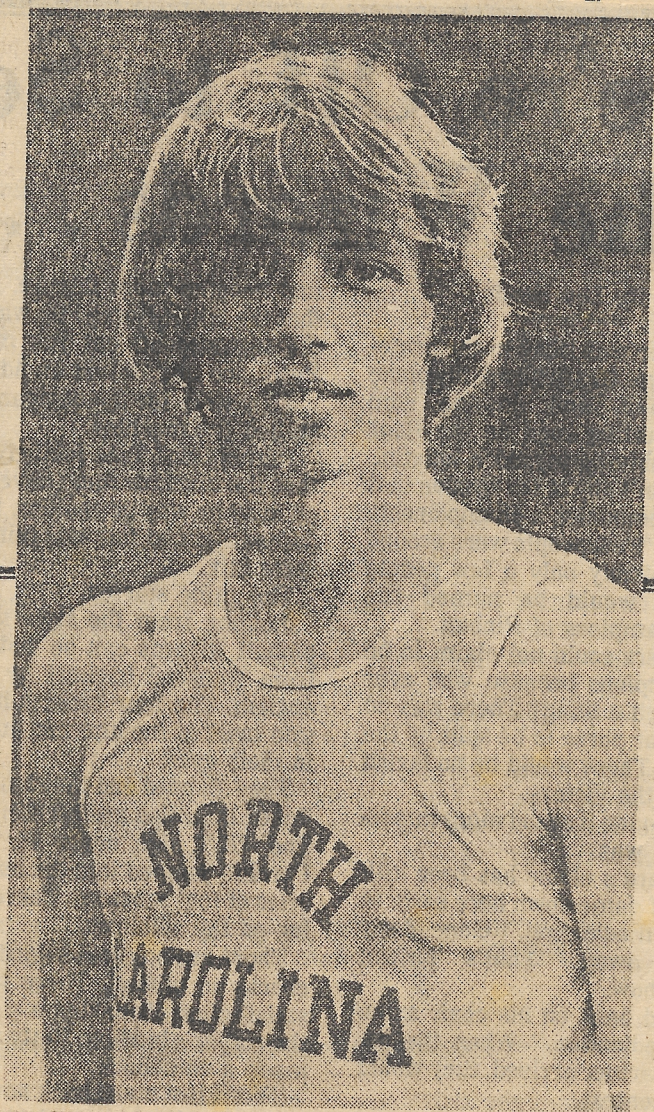
"It has made me think about what I'm doing myself," he said. "I'm learning what it's like to coach. I'm closer to them in years than most coaches would be and this is a help because I know them better. But sometimes they know me too well."

Waldrop was a political science major in undergraduate school. But being an athlete, he became interested in physical education and is concentrating on physiology.

"I haven't decided what I'll do my thesis on," said Waldrop, "probably something that has to do with running."

He's getting a kick out of his dish-washing job. "My roommate (Mike Garcia) and I used to kid around and say that a college education would help you get a dish-washing job in a high class place," said Waldrop.





**TONY WALDROP:** Working to regain form.