

- Rearfoot Motion in Distance Running (by Christopher J. Edington, E.C. Frederick, and Peter R. Cavanagh)
- Muscle Activity in Running (by Irene S. McClay, Mark J. Lake, and Peter R. Cavanagh)
- The Lessons from Animal Studies (by R. McNeill Alexander)
- Ground Reaction Forces in Distance Running (By Doris I. Miller)
- Transmission and Attenuation of Heelstrike Accelerations (by Gordon A. Valiant)
- Biomechanical Aspects of Distance Running Injuries (by Stanley L. James and Donald C. Jones)
- Relationships Between Distance Running Biomechanics and Running Economy (by Keith R. Williams)
- Scale Effects in Distance Running (by E.C. Frederick)
- Gender Differences in Distance Running (by Anne E. [Betty] Atwater).

There is no doubt that Biomechanics of Distance Running is not a book for the casual reader, but, it is - to quote from the Preface - "for serious students of biomechanics who are seeking a broad perspective on the topic." This book is an essential reference for the top level technique oriented coaching of runners. It will most certainly take the reader to a higher level of knowledge!

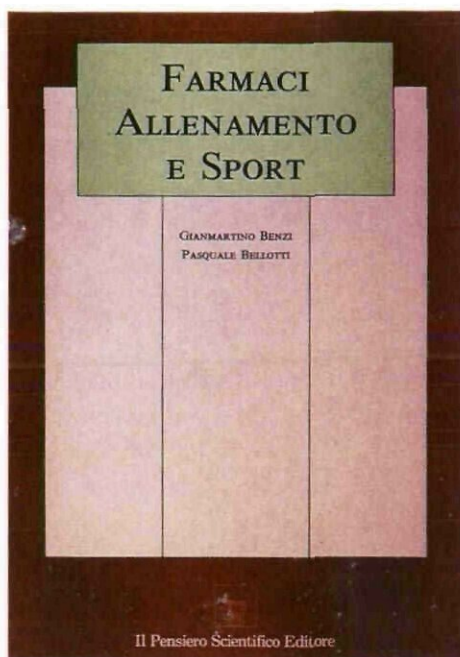
Jürgen Schiffer

**Farmaci, allenamento e sport
(Drugs, training and sport)**

**By Gianmartino Benzi and
Pasquale Bellotti**

**Il Pensiero Scientifico Editore,
Roma, 1990**

This is a formidable book which examines the issue of drugs in sport beyond the issue of doping.



"Doping" is defined by sports federations and governing bodies. They prepare lists of specific substances and practices consciously used to improve performance in sport. These are banned in order to preserve the integrity of competition, the morality of sport and the health and physical soundness of the athletes.

This book extends the theme beyond doping, into the complex problem of drug usage for purposes other than the treatment of disease. These involve doses and ends which differ greatly from those for which the drugs were intended. They therefore induce effects that are partly known but partly unpredictable, with obvious risks both to individuals and the community.

The authors deal with the problem of use, abuse and misuse of drugs in sport and during the training process. It provides an extensive and in-depth study which reviews all the information available on the action and effects of the

various drug families and substances.

The authors also describe all the key concepts of training for sport. They explain that this is a complex subject requiring careful organization and specialized knowledge. It needs therefore to be managed in a professional way by qualified people.

Its pattern of organization, together with its scope and thoroughness, place this as an original and unique work of its kind. It makes a major contribution to the international literature on this subject.



Second IOC World Congress on Sport Sciences

26 to 31 October 1991, Barcelona, Spain

Information available from:

Josefina Cambra

Organising Committee Secretariat

Edifici Hélios

c/o Mejia Lequerica s/a

08028 Barcelona

Tel: (343) 419 1992/490 1992

Fax: (343) 411 2092

T/x: 99892 COOB E

International Conference on Computer Application in Sport and Physical Education

Theme of the conference:

Computer application in:

Physical education:

instruction, (interactive video, data bases, etc);

Competitive sport:

coaching, analysis of training and competition, etc;

Sport sciences:

biomechanics, psychology, exercise physiology, medicine.

New developments in software and hardware will be exhibited in a special exhibition.

The conference will be held at the Wintage Institute for Physical Education and Sport on July 1-5 1991.

For further information please contact:

International Computer Conference Secretariat - Wingate Institute

Netanya 42902, Israel.

Tel: 972 53 29548

Fax: 972 53 54374