

● A list of the amateur athletic competitions won by Sven Johanson of Anchorage would look something like a list of such competitions held in Scandinavia, and the United States since 1945. In skiing it would include the Swedish, Scandinavian, New York, New Hampshire, Maine, Vermont, Northwest, John Craig Memorial, Donner Trail Memorial, North American and National championships. It would include events in walking, speed skating, bicycling and track. This thirty-four-year-old hundred-sixty-pounder, who has been making records on Seward's Mount Marathon for the last six years, is good at all sports.

Johanson was born in Neder-Kalix, Sweden. He and ten brothers and sisters worked on the family farm as youngsters, and the boys worked in the woods. At fourteen he left home to learn plumbing; at twenty he began a two-year hitch in the Swedish army; after that he worked in Stockholm as a plumber. In 1950 he moved to Astoria, Oregon, where an uncle lived. A few months later he went to Anchorage, and there he stayed.

He likes Anchorage. That's where he met and married Judy Drues, and where their little blonde daughter was born. That's where he has won the Fur Rendezvous ski races the four times he has entered. He also won the Fairbanks Gold Nugget ski race the one time he entered it.

Exercise and a rigid training schedule, Johanson says, are imperative for physical fitness—to bed at ten, eight full hours of sleep, regular meals high in protein, no alcohol, absolutely no smoking—not for a couple of months or almost all the time, but every day of every month, all year.

In this matter, Johanson says, Americans in general are "softies" compared to Europeans, and few American soldiers could keep up with a Swedish soldier.

Most athletes keep physically fit so they can excel in sports. Johanson participates in sports to keep physically fit. He likes speed skating best, finds cross-country skiing the hardest, enjoys them all and says that as an amateur athlete he'll never retire.