IAAF accommodates the Masters

Full participation of all athletes is achieved by working within the system and without threats

[Following is the April, 1978, report to the National A.A.U. Masters Track & Field Committee and Masters Clubs by Bob Fine, committee chairman.]

1. IAAF. The following is the exact report of the recommendations of the IAAF Executive Committee regarding the Masters. This is in accordance with the personal attitude of Pres. Paulen as expressed in Sweden. If passed, it will mean that we will abide by the technical rules of the IAAF (which we would need anyway) but be free to have all athletes compete. In short, we would get what we have been working for—full participation of all athletes. I can not help but remark that by working within the established international system we have accomplished more, with less bitterness, than by using threats and a “hard-sell” technique. Ollan Cassell, the American representative to the IAAF, supports our position.

VETERAN ATHLETICS:

This movement for men athletes over 40 and women athletes over 35 years of age is growing in importance year by year, and many members now have a Veteran section. In Goteborg in 1977, we saw championships for World Veterans (N.B.—not World Championships, as only the IAAF can organize World Athletic Championships), and it is planned this year to stage championships for European Veterans in Italy. Many of these Veterans come to our sport fresh, having practiced other sports and, in some cases, they have even been professionals in other sports. The Council has been asked to give its opinion on how the IAAF can best cooperate with the Masters (Veterans) movement and this can be summed up as follows: We welcome the movement of Veteran Athletics and acknowledge the fact that it contributes towards extra propaganda for the sport of Athletics. It is also realized that many of these Veterans will not only practice the sport themselves, but will encourage younger athletes and will act, in many cases, as judges and coaches.

As far as Technical Rules are concerned, Council believes that there can only be one set of basic athletic Rules at all levels and ages, which should be practiced worldwide. (This does not mean, of course, that the younger or older groups cannot use lighter implements, for example). On the question of Eligibility Rules, however, the Council believes that the IAAF should not be concerned with the eligibility status of athletes competing in Games or Championships which are restricted to the Veteran age groups. It feels that some allowance must be made so that once an athlete becomes a Veteran, his or her eligibility should not be decided by the rules formulated by the organizing committee responsible for that particular meeting, Games or Championships. Finally, under this system, Veteran events should not be included in an athletics meeting held under IAAF Rules. There is no doubt, having witnessed the Goteborg Veteran Championships, that these athletes derive a great amount of pleasure from their sport, particularly as they are able to pit their skill and prowess against fellow athletes of their own age, and the Council decided at its last meeting to formulate proposals to this effect, subject to the approval of the Puerto Rico Congress in October, 1978.

2. EUROPEAN VETERANS CHAMPIONSHIPS

The first European Masters T & F Championships will be held between Sept. 10 and Sept. 16 in Waarrega, Italy (near Milan). The meet should be as large as Goteborg. Cesare Becalli, the meet director, has written to me to advise that he will permit full participation of non-Europeans in the throwing events, road walk, marathon, plus special finals in the 100, 200, 800, 1500 limited to one representative per country. Participation in other events will not be admitted. Unless I hear to the contrary, I am ruling that for the 100, 200, 800 and 1500 the first finisher, in each age division, available to go to Italy, shall be the one who will compete, based on performances in our National Championships in Atlanta. I suggest that this would be the fairest and easiest method of selection. All those who are interested in participating should contact: IMITT, Via Bartolomea d'Alviano 24, 20146 Milano, Italy. If possible, please try to give me some idea of how many are interested in going as hotel reservations have to be set aside by mid-May.

200 compete at East Stroudsburg in 4th A.A.U. indoor championships

Over 200 competitors gathered at East Stroudsburg State Coll., for the fourth annual National A.A.U. Masters Indoor Track & Field Championships on Sunday, March 19.

Larry Colbert of Club Olympia dominated the sprints in Div. 1A, winning the 300 (34.6) and 600 (1:19.3, meet record) and taking second in the 50 (5.9).

Nick Giaquinto of the New York Pioneers defended his titles in the 1B 50 (6.2) and 300 (36.0), Larry Gregory, Philadelphia Masters (6.2 in the 50 and 40.5 in the 300) and Rudy Valentine of the N.Y. Pioneers (6.2 in the 50 and 37.2 in the 300) split their races in the 2A sprints. Tom Connelly and Herb Zipper of the Pioneers defended their titles in 1B 600 (1:20.7) and 1A 1,000 (2:26.3).

Henry Kupcysz, Atlantic International, showed a devastating finish in both the mile and 1,000 in 1B. The 1B mile was one of the most exciting races of the day. The field ran a leisurely half mile in 2:30. George Vernosky, Potomac Valley, Outdoor 1977 1500-meter champion and 5th place finisher in Sweden, took the lead. The next quarter was done in 70 seconds, with George maintaining the lead. Henry took the lead in the last 330 yards and ran his last quarter in 63 seconds, with George finishing less than 1 second back. The last half mile was completed in 2:13.

George came back to defend his two-mile title, pulling away from Bill Butler of the Philadelphia Masters in the last 440 to win by two seconds, with the second mile being done in 5:00, compared to the first mile in 5:07.

Ron Kulick, New York Athletic Club (1A 14:45.7); Howie Jacobson, East Side Athletic Club (1B 15:19.5) and Tom Dyas, North Jersey Masters (2B 18:10.3) all set meet records in the two-mile walk.

More athletes competed in Division 3 events led by Claude Hills, Phila. Masters; George Brackel, Phila., back after a year of working for his black belt in karate, and Marcus Neuho, Pioneers. All were multiple event winners.

Lou Gregory, 4B, came up from 200 continue on page 2
4th annual AAU indoor meet at Stroudsburg, Pa.

50-YARD DASH
40-44
Weaver, R. NJ 5.8
Colbert, L. UN 5.9
Wilson, L. PM 6.0
Barnes, R. PC 6.0
Adams, R. PV 6.0
Bottigian, H. UN 6.4
Gliaquo, N. PC 6.2
Green, H. RH 6.2
Gutierrez, P. GS 6.2
Clark, W. PM 6.2
Moore, H. PM 6.3
Brooks, T. PC 6.3
50-54
Gregory, L. PC 6.2
Valentine, R. PC 6.2
Ulman, J. UN 6.4
Wallace, J. RH 6.6
Lentz, P. PM 6.6
55-59
Harris, D. PC 6.8
Scharmach, H. UN 7.5
60-64
Neuhof, M. PC 6.9
Heard, M. UN 7.9
Braceland, G. PM 7.0
Sorlien, R. UN 7.1
Ringill, G. EA 8.9
Detwiler, M. PC 9.2
65-69
Hills, C. PC 7.2
D'Ela, M. NJ 7.5
Pike, W. UN 7.8
McClusky, J. AC 8.3
70-74
Boas, K. PC 7.9
75-79
Gregory, L. PR 9.4

300-YARD DASH
40-44
Colbert, L. CO 34.6
O'Neal, M. PC 34.7
Adams, R. PV 35.1
Barnes, R. PC 35.7
Wilson, L. PM 36.8
Snell, J. PM 39.2
Boas, K. PM 40.3
75-79
Gregory, L. PR 9.4

continued
Florida and competed in nine
events. Lou was the oldest
competitor in the meet.
A total of ten women competed
in both the sub-masters and
masters events. The women's
program is picking up momentum.
Louise Tricard in the 1A
sprints and Suzie Buchanan in the
1A middle distances turned
in top-flight performances. For the
sub-masters women, Elena Mul-
key was even busier than her
husband, Phil. Elena competed in
seven events; Phil "only"
competed in four.

50-54
Valentine, R. PC 37.2
Gregory, L. PM 40.5
Leever, M. PC 42.0
Bradley, A. UN 44.0
Harris, D. PC 42.0
Neuhof, M. PM 43.8
Braceland, G. PM 45.5
Sorlien, R. RI 45.6

600-YD. RUN
60-64
Colbert, L. CO 1:19.3M
O'Neal, M. PC 1:21.1
Bertrand, C. PC 1:22.9
Bohigian, H. UN 1:31.5
Snell, J. UN 1:31.6
55-59
Connelly, T. PC 1:20.7
Enders, R. PV 1:28.3
Spitzer, D. PC 1:29.4
McClusky, P. PC 1:31.1
Ross, R. PC 1:33.8
50-54
Valentine, R. PC 1:28.0
Bradley, A. UN 1:38.1
55-59
Greenberg, H. SH 1:37.3
60-64
Braceland, G. PM 1:41.8
65-69
Witkowski, C. JS 1:43.2
Monastero, S. PM 1:50.0
McClusky, J. AC 1:54.4
70-74
Arndt, H. UN 2:22.9
Gregory, L. PR 2:20.5

1,000-YARD RUN
40-44
Zimmer, H. PC 2:26.3
Conco, A. BA 2:27.0
Tersago, W. JS 2:35.7
45-49
Kupczyk, H. AL 2:36.6
Fine, R. PC 2:40.4
McCarthy, W. PC 2:41.3
Enders, R. PV 2:54.0
Kinsman, K. PC 2:55.1
Ross, R. PC 2:59.6
Nash, T. PM 3:08.2
50-54
Brown, K. JS 2:39.1M
Schneider, L. MD 2:41.7
Cherniak, R. UN 3:08.5
Mimmer, R. SH 3:17.7
55-59
Gear, D. CP 3:00.8
Dyke, T. NJ 3:22.5
60-64
Newman, A. UN 2:57.8
Witkowski, C. JS 3:23.1M
Monastero, S. PM 3:25.2
McClusky, J. AC 3:33.0
Gregory, L. PR 4:06.2

ONE-MILE RUN
40-44
Connor, J. PC 4:48.5
Tersago, W. JS 4:51.9
McAllister, J. SH 5:33.5
45-49
Kupczyk, H. AL 4:44.3
Vernosky, G PV 4:45.1
50-54
Brown, K. JS 5:09.9
55-59
Richardson, S. PC 5:14.6
Greenberg, H. SH 5:33.5
Thomas, W. BD 5:45.9
Geer, D. CP 5:46.5
60-64
Newman, A. UN 5:27.2
Finger, F. CH 5:57.5
Popowich, J. PC 6:01.4
65-69
McClusky, J AC 6:33.2M
TWO-MILE WALK
40-44
Tersago, W. JS 10:34.0
Roberts, L. PO 11:09.0
Cordero, J. PC 11:16.0
Vernosky, G PV 10:07.0
Butler, W. PM 10:09.0
McConnell, W. JS 11:01.0
Krawitz, E. PO 11:04.0
50-54
Brown, K. JS 11:19.0
Laster, R. WP 11:46.0
55-59
Dreher, L. PM 11:26.0
Greenberg, H. SH 12:19.5
Holmes, D. UN 15:10.0
Quakenbos, H. JS 12:05.0
Finger, F. CH 13:27.0
75-79
Gregory, L. PR 17:24.5M

TWO-MILE WALK
50-54
Boas, K. PC 17:24.5M

WEIGHT THROW
40-44
Jackson, T. GS 26.8
Olson, L. GM 42.0
45-49
Gonzalez, D. GS 41.6
Carstenson, R. UN 32.7
60-64
Ulam WP 23.2½
Marr, F. MD 16-1½
55-59
Batchelor, D. UN 33-10
60-64 25#
McDermott, T. AC 44.1
40-44
Fowler, W. MD 40-11½
Heard, N. UN 39-9½
65-69 25#
Pike, W. PM 23-1
McCluskey, J AC 22-8½
Hills PM 22-4
70-74 25#
Connolly, R. UN 25-6½
Boas, K. PC 19-5½
LONG JUMP
40-44
Young, C. TS 16-11
McAllister, J. SH 16-3½
Trout, L. GS 15-6
Sweat, L. WE 14-6½

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A summary of Sub-Masters events

Following is a summary of the winners in the non-championship sub-masters events during the National AAU Masters Indoor Championships at East Stroudsburg, Pa., on March 19.

50-Yard Dash—30-34.

Kopka, J., UN, 33.7; 35-39, E. Small, PC, 35.7.

600-Yard Run—30-34.

Ackroyd, B., AT, 1:0.6; 35-39, R. Harvey, L, PA, 1:22.0.

1,000-Yard Run—35-39.

Mannis, F., PM, 2:31.1.

One-Mile Run—30-34.

Camis, S., PM, 4:04.6.

Two-Mile Run—30-34.

G. Campbell, 4:42.8.


High Jump—30-34.


Long Jump—30-34.


300-Yard Dash—30-34.

Kopka, J., UN, 33.7; 35-39, E. Small, PC, 35.7.

3,000-Meter Run—30-34.

Kopka, J., UN, 8:35.0; 35-39, R. Bury, GS, 8:25.9.

3,000-Meter Steeplechase—30-34.

Van Auker, T., GR, 11:16; 35-39, Harvey, L, PA, 11:22.0.

50-Yard Hurdles—30-34.

Kopka, J., UN, 5:52-0; 35-39, R. Bury, GS, 5:48-0.

50-Yard Javelin—30-34.

Kopka, J., UN, 33.7; 35-39, E. Small, PC, 35.7.

50-Yard Shot—30-34.

Kopka, J., UN, 33.7; 35-39, E. Small, PC, 35.7.

50-Yard Dash—30-34.

Kopka, J., UN, 33.7; 35-39, E. Small, PC, 35.7.

50-Yard High Jumper—30-34.

Kopka, J., UN, 33.7; 35-39, R. Bury, GS, 35.9.

50-Yard Steeplechase—30-34.

Kopka, J., UN, 33.7; 35-39, E. Small, PC, 35.7.

50-Yard Javelin—30-34.

Kopka, J., UN, 33.7; 35-39, R. Bury, GS, 35.9.

50-Yard Shot—30-34.

Kopka, J., UN, 33.7; 35-39, R. Bury, GS, 35.9.

50-Yard Steeplechase—30-34.

Kopka, J., UN, 33.7; 35-39, R. Bury, GS, 35.9.

50-Yard Javelin—30-34.

Kopka, J., UN, 33.7; 35-39, R. Bury, GS, 35.9.

50-Yard Shot—30-34.

Kopka, J., UN, 33.7; 35-39, R. Bury, GS, 35.9.

50-Yard Steeplechase—30-34.

Kopka, J., UN, 33.7; 35-39, R. Bury, GS, 35.9.

50-Yard Javelin—30-34.

Kopka, J., UN, 33.7; 35-39, R. Bury, GS, 35.9.

50-Yard Shot—30-34.

Kopka, J., UN, 33.7; 35-39, R. Bury, GS, 35.9.

50-Yard Steeplechase—30-34.

Kopka, J., UN, 33.7; 35-39, R. Bury, GS, 35.9.

50-Yard Javelin—30-34.

Kopka, J., UN, 33.7; 35-39, R. Bury, GS, 35.9.

50-Yard Shot—30-34.

Kopka, J., UN, 33.7; 35-39, R. Bury, GS, 35.9.
Chapson cannot be given too much plaudits for his performances. I personally take exceptions to the remarks you made under division 4B (75-79) group in which you stated that Chapson and Anderson moved into the Spangler-dominated 75 division. Let's look at the record. In 1975 he was named by Track and Field as the Masters athlete of the year. I personally feel, and I am not alone, that I was discriminated against in making this selection. I consider Dr. Spangler a great gentleman and a fine athlete, but I had a much better record in 1975 as an all-around athlete than he did. I also had a letter of apology from Peter Mundle in which he voted for me but since I didn't go to White Plains the others on the board voted for Spangler.

This was an error in judgment on my part, and I think I must appeal to me as we had the best 75-year-old competition in the Senior Olympics and other meets in the Pacific Coast meets. All one has to do is look at the records. We have more competitors at Irvine than any other meet. What difference does it make where the meet was held? I don't know who was on the board except Peter Mundle, but I voted against me because I didn't attend the meet. The meet meet just narrowed-mindedness and plain dishonesty. That is not the way athletic marks are classed. The sooner marks are established on facts rather than pig-headed judgments the better our masters will be.

Let us look at the Masters age records of Jan. 1, 1977. You will note the following events held in regular track meets as follows. American records, 75-79 group, Buell Crane, 6; Chapson, 5; Westbroox, 3; Whitemore, 2.

Now let's go a little farther. I want to direct your attention to an AAU Masters meet at Santa Barbara (10/4-7/5). Here are my records in the 75-79 group, not including 1977:

First places in the following:
high jump, 4'6 1/2" at Irvine; long jump, 11'3" at Gresham and Santa Barbara; triple jump, 23'3 1/2" at Gresham, Ore.; 110 M hurdles, 24.6 at Santa Barbara (still a world record); 100 M, 16.3, Irvine; 100 yds. 14.7, Santa Barbara, 10/4-7/5; 200 M, 36.0, Irvine, 1975, and 35.6 in '77; shot put, 33'11 1/4" at Irvine; javelin, 81'7" at Oakland, Cal., Western Regionals against 70-year-old group.

Also second in the discus, 87'2" at Irvine.

I threw that weight with torn right arm tendons over novacaine and was far from my best marks in those events. I also went to four other meets in each event except the hurdles. Dr. Spangler had no opponents in any contest except as far as I know but in Santa Barbara I beat him 7.8 seconds in the 100-yard dash and 8 to 10 seconds in the 220.

I am attaching writeups from the Track and Field Feb. issue with 1976 records.

I feel I have a right to protest such reporting. I hold nothing against any man and keep up the work of promoting the AAU Masters; I sure in hell am. But let's see everyone in the movement gets a fair shake.

Sincerely yours,
Buell R. Crane
Twin Falls, Idaho

---

Met AAU Masters Championships


ENTRY FEE: $2.00 per event.

I hereby waive any claims I or my heirs may have against the Met, AAU, Masters Sports Assn., and the City of New York for any injuries to me as a result of my participation in the Met AAU Masters Track and Field Meet.

NAME (Print) ADDRESS PHONE #
AAU # AGE SEX: Male Female CLUB
EVEN(TS)

MAKE CHECK PAYABLE TO "MASTERS SPORTS ASSOC."

Sincerely yours,
Richard Lacey, 241 Ancon Ave., Pelham, N.Y. 10803 (914-738-3519)
### Results of USTFF meet at Lincoln Jan. 14.

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Field</th>
<th>Distance</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>10,000 M</td>
<td>1/14</td>
<td>1:46</td>
<td>Lincoln</td>
<td>10K</td>
<td>31:24 / Jack Fennex, 31:25 / Tom Holmes, 31:28 / Frank Schmidt</td>
</tr>
<tr>
<td>5,000 M</td>
<td>1/14</td>
<td>2:00</td>
<td>Lincoln</td>
<td>5K</td>
<td>15:24 / Jack Fennex, 15:25 / Tom Holmes, 15:27 / Frank Schmidt</td>
</tr>
<tr>
<td>3,000 M</td>
<td>1/14</td>
<td>2:50</td>
<td>Lincoln</td>
<td>3K</td>
<td>8:24 / Jack Fennex, 8:25 / Tom Holmes, 8:27 / Frank Schmidt</td>
</tr>
</tbody>
</table>

**Notes:**
- The second USTFF National Indoor Championship for Males and Females was held in Lincoln, Nebraska, January 14th. The meet was sponsored by the Lincoln Track Club and was held in the Lincoln High School field.
- The meet consisted of three events: 10,000 meters, 5,000 meters, and 3,000 meters.
- Jack Fennex won all three events, setting new meet records in each.
- The meet was attended by over 100 competitors from various track clubs across the United States.
- The Lincoln Track Club is planning to host another meet in the future.

---

**Additional Notes:**
- The meet was sponsored by the Lincoln Track Club and was held in the Lincoln High School field.
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**Equipment:**
- The track used was a standard 400-meter track with a wooden infield.
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**Winners:**
- Jack Fennex
- Tom Holmes
- Frank Schmidt

---

**Results:**
- 1st: Jack Fennex, 31:24
- 2nd: Tom Holmes, 31:25
- 3rd: Frank Schmidt, 31:28

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**Field:**
- Lincoln High School
- Lincoln, Nebraska

---

**Attendees:**
- Over 100 competitors from various track clubs across the United States.

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**Sponsors:**
- Lincoln Track Club

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**Future Meetings:**
- The Lincoln Track Club is planning to host another meet in the future.

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**Contact:**
- Lincoln Track Club
- Lincoln, Nebraska

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**Contact:**
- Lincoln Track Club
- Lincoln, Nebraska
Friday night, when Allen—a six-year 8-8-competitor in the one-mile walk at the Times Indoor Games at the Forum—has produced four masters (over 60) records, an unexcelled season in 1977 within his own age bracket (55-59) and an unimpaired optimism.

Addition to the battle, he says, cost him his wife, five children and countless jobs. He lives now in a tiny bachelor apartment in Pomona. Eight pairs of track shoes are neatly lined up in the living room; a 20-speed bike is parked against a row of cupboards in the kitchen; books on track and self-improvement abound; during a conversation the floor became littered with sheets of paper pulled from his personal files—dates, distances, draw records of opponents, documentation of his own progress—his timetable for Moscow.

"Don't laugh," he said, "but I really am shooting for the 1980 Olympics. I know I'm a longshot but I also know I'm a positive thinker. I have the qualifications for the (Olympic) trials. Look at Al Oerter. He's 42 now and he's got to go in the games.

"I'm doing it," he says. "I'm doing it for myself. If you can't win for yourself, why win at all?"

Allen has a point. He's footed a high, little-known, little-publicized event restored for the Moscow Olympics after having been pruned from the

When You're 52, Trip to Moscow Is No Walkover

BY DON MERRY

John Allen has this dream. Like any other athlete who is seriously competing traffic and field, he is obsessed with the idea of representing his country at the 1980 Moscow Olympics.

This does not make Allen a unique case, unless you stop and consider that: (1) he suffers from hypertension; (2) he is a reformed alcoholic attempting a comeback after a 14-year hiatus and (3) he is 52 years old (which makes him a jowly youth compared to his 80-year-old coach).

Allen's passion is race walking, a little-known, little-publicized event whose competitors draw jokes because of their exaggerated hip movements. It's an arduous, lonely sport, especiallly the 50-kilometer (31.1 miles) event, Allen's specialty, which is being restored for the Moscow Olympics after having been pruned from the schedule at the Montreal Games in 1976.

Race walking is that effortless event where the competitors stride stiffly with elbows akimbo and perpetual grimaces on their faces, as if they were suffering from something hemorrhoidal. They appear awkward where the competitors stride stiffly in a trance sometimes... how else do you think I could make it up there those rare occasions when the rules of the sport decree the leg must be ground before the toe; I'm doing it when I work out. I must be told on something other than what I was doing when I work out.

When Allen began his resurrection last May, it took him 101 minutes to cover a mile. Today he is doing it in 8:25 and his immediate goal is to run a 7:30 mile by June and have himself at the Forum track in the parking lot of the Los Angeles County Fairgrounds.

In one brush burst during early December, Allen walked 25 miles a day for seven days which added up to 90 hours and 175 miles.

"You're always fighting pain and fatigue but I marvel at my own progress," Allen said, excitement in his voice. "I sometimes feel I can get down to business sometimes... how else do you think I could make it up there those rare occasions when the rules of the sport decree the leg must be ground before the toe?"

When Allen began his resurrection last May, it took him 101 minutes to cover a mile. Today he is doing it in 8:25 and his immediate goal is to better the world's record for the mile walk of 7:35 set by Sue Brodock of Pontian.

His comeback has hardly been a stroll in the park. Besides the customary aches, pain and gasping lungs, Allen has endured shin splints, three hamstring pulls and a nerve condition in his left foot which forces him to take a month off.

Additionally, he has been bitten "three or four times" by dogs who do not appreciate his unusual gait, subjected numerous times to derisory barbs such as "Hey, faggot," and run off the road three times by automobiles, whose drivers were ostensibly out to protect the image of male virility.

A guy in a 2602 did it twice, the first time producing an altercation after Allen spat on the car in reprisal. Allen was knocked down by a punch which sent his glasses flying and is now planning a lawsuit.

"I don't need crap like that," he said. "I have comebacks. I can make gestures, too. Maybe one day these jokers will understand I'm a human and lay off."

On those rare occasions when the daily routine seems pointless and Allen needs succor, he can find it in the soothing voice of Lou Montgomery, his 80-year-old coach. "Lou is always saying things like 'The stars are up there so you might as well reach for one' or 'Winners never quit and quitters never win.'" Allen said. "It may sound awfully corny, but it works."

Their association goes back nearly 40 years to when Montgomery was a track coach at Kennington High School in Buffalo, and Allen was an eighth-grader with an interest in pole vaulting. Montgomery does not lead by words alone. Every day he rides a bike and swims.

Allen's downward spiral began during World War II when he served on a Navy minesweeper. He took to smoking and drinking. "You weren't a man in the Navy unless you drank," he said. "And besides, there were times when I thought I'd never make it back to the States."

When he made it back, he says, he found that his father and mother were separating, and as the oldest of five children he assumed the role of provider.

In 1951, after marrying, he was eating for a physical outlet which would help him quit smoking. He saw an advertisement for a walking race, entered, and won by 12 minutes. Three years later he won his first AAU title in the 20-kilometer walk and had long since given up cigaretes. But not alcohol.

"Somehow I managed to keep training," he said. "I always seemed to do well the morning after the night before."

"If I'm going walking in undetered spirit if there is a short haul to Tucson for an eight-week drying out program." Allen took his first tentative come-back steps on Oct. 25, 1975.

Two and a half years ago, Allen took up race walking once more and in 1976 he suffered from hemorrhoidal. They appear awkward where the competitors stride stiffly in a trance sometimes... how else do you think I could make it up there those rare occasions when the rules of the sport decree the leg must be ground before the toe; I'm doing it when I work out. I must be told on something other than what I was doing when I work out.

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Cold and rain curb events in Florida

Ed Schuler of St. Petersburg, Fla., reported only a few events were held during the Masters Track & Field Meet at Manatee Junior College in Bradenton, Fla., Feb. 18 because of poor attendance due to bad weather conditions—cold and raining.

Henry Snyder won the 100 and 220 yard dashes and Rolie Geiger took the 880.

100-yard dash—1. Henry Snyder, 26, 10.4; 2. Ed Schuler, 50, 10.6; 3. Bill Brewer, 23, 10.6; 4. Greg Lewis, 18, 10.7; 5. Gary Paschall, 64, 14.0 and 6. Guy Paschall, 76, 18.5.


High jump—I. Ron Purdum, 29, 6’8”.


“We ran events for about 35 kids in addition to the above events,” Schuler reported.

“This is a very good track,” he added. “It could be a championship track if it were resurfaced—very wide lanes and a wide curve.”

He reported the Florida State Masters Track and Field Championships were scheduled March 18 and 19 with Chuck Hill of the Manasota Track Club, 1626 Bay View Dr., Sarasota, Fla. 33579 as meet director.

News Notes

“It won’t be long before the jogging mania withers and dies,” wrote Dr. Peter J. Steinchron in The Washington Star, asking if anyone has ever seen a happy jogger.

A good look at one will usually reveal a serious and contorted face—“If you find a happy one, let me know”— says Dr. Steinchron.

To which a nicely articulated reply was forthcoming from Dr. Richard L. Bohannon, president of the National Jogging Association.

“Jogging is for people—because it is the most natural method (after walking) to increase one’s oxygen consumption capacity, which is the physiological fitness measurement,” says Dr. Bohannon. “It is also the most easily adjusted regimen, often the most convenient, one of the most effective, and certainly the most economical. A pair of good shoes is the only special equipment required.”

Dr. Bohannon goes on to note that some perspiration is necessary for fitness—and that such things as golfing and gardening can’t do it.

“I’ve seen some pretty tense, unsmiling golfers and gardeners!” he adds.

“We believe that no one enhances his or her fitness (oxygen consumption capacity) without perspiration. We have not found a royal road to fitness. Whether one can achieve it with the smile you so sorely miss, depends entirely on attitude.”

Dr. Bohannon quotes Dr. Paul Dudley White in advocating strenuous exercise: “Not years to your life, so much as life to your years.”

What Makes Linda Run?” is the title of an article by James F. Fixx, author of The Complete Book of Running, in the April issue of Family Health magazine.

The subject is Linda Schreiber, a Connecticut housewife, mother of five young children, four of them quadruplets, who planned to run in the 1978 Boston Marathon April 17, her 33rd birthday. She also ran in the Boston Marathon last year.

Fixx accompanied Linda on a 10-mile run, during which she said, “My mother-in-law thinks I’m crazy. She’s always asking me, ‘Why don’t you run just a mile a day and conserve your energy?’ What she can’t understand is that I have more energy as a result of running, not less...”

Mrs. Schreiber, the wife of a lawyer, says running has put her more at ease, “more comfortable in whatever situation I find myself in...no matter what happens during the day. I know I can handle it.”

Most of Fixx’s article is concerned with the physical and psychological benefits of running, but he also notes that there’s a point when “you are running not primarily for fitness but for what it does for your mind...a sense of tranquility that cleanses (runners) of the workaday hassles of frenzy and rush.”
National AAU postal relay championships

The following relays will be held in two age divisions: Division 1 (40-49) & Division 2 (50+)

440, 880, 1 mile, 3 mile, 4 mile, sprint meeting (440-225-390-880), distance meeting (1 mile/4 mile).

Each relay must be run by members of the same age group. If not one must run the distance relay and the other the short relay.

Div 1: Must total 6 members. Div 2: Must total 12 members. Div 1: Must total 6 members. Div 2: Must total 12 members.

These relays can be run as part of any track meet or on a trials basis. We will operate on the honor system. The following rules will prevail:

1. All times must be run from May 1 to June 30.
2. An individual can run in more than one relay but not more than once in anyone relay event.

PROCEDURE TO ENTER:

Each entry will consist of three postal championships. Full entry form and check to 1973 AAU Mail Relays, 2221 East 62nd, Chicago, Illinois 60637.

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Masters Sports Association Championships

MASTERS SPORTS ASSOCIATION'S SEVENTH ANNUAL TRACK & FIELD CHAMPIONSHIPS
SATURDAY, June 3, 1978, BERGEN COMMUNITY COLLEGE, PARAMUS, NEW JERSEY


MEMBERS OF AN AFFILIATED CLUB MUST JOIN ANY OF THEM OR THE MASTERS SPORTS ASSOCIATION. If in error whether your club is affiliated then $10.00 will be charged per entry. Entries post marked May 30th will be accepted but are strongly discouraged as they unnecessarily prolong the meet. Entries post marked May 30th or later will be considered post entries. Please cooperate. We would prefer to have you enter prior to May 30th than collect the $3.00 post entry penalty.

NOTE: THERE ARE NO SPIKES ALLOWED.

ENTRY FEE: $5.00 first event; $3.00 each additional event. (Higher fees due to rental charges)

RELAYS: $10.00 per relay. Medals awarded for first three teams, with the $10.00 fee going towards the National AAU Masters Relay Championships. All relay team members must be from the same club and registered within the AAU. Teams can be declared prior to the start.

EVENTS: Men by five year groupings from age 30 to 75+

Women by ten year groupings from age 30 to 75+

POST ENTRIES: Post entries will be accepted but are strongly discouraged as they unnecessarily prolong the meet, upset seedings and cause needless additional work. There will be a $5.00 charge per event for post entries. Entries post marked May 30th or later will be considered post entries. Please cooperate. We would prefer to have you enter prior to May 30th than collect the $3.00 post entry penalty.

- NO SPIKES ALLOWED -

(Goal print)

NAME ___________________ ADDRESS ___________________

ZIP ______ PHONE # ______ AGE ______ SEX: Male ______ Female ______

Events with predicted time for seeding purposes in the running events.

EVENT ______ TIME ______ EVENT ______ TIME ______ EVENT ______ TIME ______

EVENT ______ TIME ______ EVENT ______ TIME ______ EVENT ______ TIME ______

Events with predicted time for seeding purposes in the running events.

If you wish to join the Masters Sports Assoc. the dues are $6.00 per year.

MAKE CHECKS PAYABLE TO: MASTERS SPORTS ASSOCIATION and send to Gloria Fine, 77 Prospect Place, Brooklyn, New York 11217.
Occidental-Southeastern Masters Track & Field Meet

SPONSORS: Occidental, Life of North Carolina; Southeastern U.S. Masters Track & Field Inc.; Raleigh Parks and Recreation Department; and North Carolina State University.

OPERATED BY: Southeastern U.S. Masters Track & Field Inc., Box 5576, Raleigh, North Carolina 27607.

SANCTION: This meet is sanctioned by the Amateur Athletic Union.

AGE DIVISIONS: 30-34 (OA), 35-39 (OB), 40-44 (A), 45-49 (B), 50-54 (IA), 55-59 (IB), 60-64 (IIA), 65-69 (IIIB), 70 and over (IV) (Same for both men and women).

ENTRY FEE: Includes a commemorative patch, souvenir program, running shoes, and final official results.

AUU REGISTRATION: All contestants must be registered with the AUU for sanctioned events.

AWARDS: Medals to the first four (4) places in each event.

FACILITIES: Nine lane Tartan track. Maximum length of spike permitted will be ¼ inch.

LATE ENTRIES: Entries postmarked after April 15, 1976 will require an additional $1.00 per event. Participants may drop events at any time. Additions will be made after April 15 only at the discretion of the clerk of course.

REGISTRATION: Friday Participants Only - register at the track from 10 A.M. to 5:00 P.M. Golden Years Clubhouse Friday, May 5, from 5:00 P.M. to 9:00 P.M. All Saturday and Sunday Participants are encouraged to register at this time. (See Reception below)

Saturday, 7:00 A.M. to 10:00 A.M. in Carmichael Gym. Late arrivals report to the Track.

REGULAR EVENTS: #1 – 100 Meter Dash #19 – Discus #20 – High Jump #7 – 1500 Meter Run
#2 – 200 Meter Dash #24 – Shot Put #8 – 3000 Meter Run
#3 – 400 Meter Dash #23 – Javelin #5 – 110 Meter Hurdles #10 – 3000 Meter Steeplechase
#4 – 800 Meter Dash #22 – Pole Vault #6 – 400 Meter Hurdles #9 – 5000 Meter Run
#33 – Triple Jump

SPECIAL EVENTS: #14 (X) Predict Your Time Mile (all age divisions)
#15 (X) Predict Your Time Mile (relatives of participants and officials)
#16 – Marathon #17 – Half-Marathon #11 – 10,000 Meters #25 – 55 lb. weight
#12 – 5 km walk #13 – 20 km walk #27 – Hammer #26 – 56 lb. weight
#18 – Pentathlon – Long Jump, Javelin, 200 Meters, Discus, and 1500 Meters
#28 – Weight Pentathlon – Shot Put, Hammer, Discus, Javelin, and 35 lb. weight

EVENTS FOR: #29 – 100 Meter Dash #30 – 400 Meter Dash
WOMEN ONLY: #31 – 1500 Meters #32 – 10,000 Meters

ALL REGULAR AND SPECIAL EVENTS ARE OPEN – Women may enter any event listed for men that corresponds to their age group.

(X) Special event not sanctioned by the AUU.

MISCELLANEOUS: Lockers and showers at Carmichael Gym; no charge - bring towel.

RECEPTION: Golden Years Clubhouse, 105 Pufnell Road (corner Pufnell Road and Hillsborough Street at the Bell Tower), Friday, May 5, 1978 from 5:00 P.M. to 9:00 P.M. Everyone is encouraged to bring momentoes, slides, etc.

BANQUET: 7:00 P.M. Saturday, May 6, 1978 at the new Raleigh Civic Center, $7.00 per person. Free Transportation will be provided from Listed motel for those who need it by Capital Area Transit (CAT) buses.

MOTELS NEARBY:
Hilton Inn, 1707 Hillsborough Street
Reservations 919-828-3111
John Vance, 2200 Hillsborough Street
Reservations 919-828-3091
Mission Valley Inn, 1901 Ferry Road
Reservations 919-828-3173
Velvet Crown Inn, 1935 Hillsborough Street
Reservations 919-828-3333

DETACH HERE

Note Date Changed To May 5, 6 & 7

ATHLETIC RELEASE:
In consideration of the acceptance of this entry herein, by myself, my heirs, executors, administrators and assigns, release and discharge the promoters, managers, and operators of Occidental Life of N.C., the City of Raleigh and the Southeastern U.S. Masters Track & Field Inc. and their agents, servants, employees and North Carolina State University at Raleigh whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from said polices to be held on May 5, 6, 7, 1978 except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants, or employees. Specifically release and discharge said promoters, managers, and operators and their agents, servants, or employees. Specifically release and discharge such promoters, managers and operators of this track meet, etc. from all injuries or damages arising from or contributed to by any physical impairments or defects inherent or otherwise. I will not hold the promoters, managers, or operators, or any agent, servant, or employee of such promoters, managers, or operators, responsible for any injury or loss which may result from the operation of said equipment and hereby agree that I am in good health and that I am not subject to any physical impairments or defects which may cause or predispose me to injury, death, or loss. I agree to hold harmless the promoters, managers, and operators, and any agent, servant, or employee thereof and the City of Raleigh, the Southeastern U.S. Masters Track & Field Inc., Occidental Life of North Carolina, and North Carolina State University at Raleigh from any and all claims for damages suffered by me as the result of my participation in or traveling to or from said polices to be held on May 5, 6, 7, 1978 except such damages as may be proximately caused by willful misconduct of such promoters, managers or operators or their agents, servants, or employees. I am not under 18 years of age and have the legal capacity to sign this release.

Shirt Size Requested

AUU SANCTIONED

Athlete’s Signature

S M L XL

(Circle One)
Michigan Masters Meet—March 19

A summary of the Michigan Masters Indoor Track & Field Championships held at the University of Michigan on Sunday, March 19, listing winners only.


LONG JUMP—30-34, Larry Steebe, 18-10; 35-39, Brian Murphy, 19-7; 40-44, Dick Stillwagon, 17-7; 45-49, John Graham, 12-9; 50-54, Rush Jacobs, 15-1; 55-59, Mel Buschman, 17-5; Female, 25-34, Cecilia Whitfield, 8-10.

HIGH JUMP—30-34, Larry Steebe, 5-3; 35-39, Alonzo Littlejohn, 6; 40-44, Tom Langenfeld, 5-11; 45-49, Harvey Hershey, 4; 50-54, Guenther Elste, 4-9; 55-59, Mel Buschman, 4-9; Women, Cecilia Whitfield. 4.

MILE—Women, 25-40, Karen Kelsey Brown. 3:33.3; separate race, first place, Liz Soper, 6:03.5; women, 40 and over, Grace Butcher, 6:07.7.


100-YD. DASH—30-34, Kent Haggerty, 11.29; 35-39, Don Williams, 13.8; 40-44, Dick Katte, 13.7; 45-49, Charles Edmonds, 13.8; 50-54, Rush Jacobs, 13.7.

55-59, Howard Strassburg, 44.9; 60 and over, Charles Koons, 50.1; Women, 25-30, Jean Bollinger, 50.6; Women 40 and over, Karen Holappa, 49.4.

600-YD. RUN—30-34, George Jenkins, 1:15.7; 35-39, Don Williams, 1:18.6; 40-44, George Summerfield, 1:21.9; 45-49, Charles Edmonds, 1:31.2; 50-54, Rush Jacobs, 1:34.3; Howard Strassburg, 1:40.1.

Letter

I know it was inadvertent, but your last issue neglected to mention I defended my hammer record in Class 2B (55-59). I won in Sweden with a new record of 42.86 with the 16-lb. hammer. I could not compete in discuss as a hammer fell on my left toe. My cast, by the way, was a new world record for age 59, distance imperial measurement 140'6".

Old record was 132'7" by Albin Noren of Sweden set in 1973. You should have printed the throwing and jumping summaries.

Tom McDermott
Madison, Conn.

Weight Pentathlon Championships
U.S. MASTERS NATIONAL
AAU Sanctioned—Sunday, June 25
Burlington, Vermont

At University of Vermont
Field House Track Area

Sponsored by University of Vermont & Green Mountain A.A.

10 a.m. Competition starts for Masters 9:40 a.m. check-in
12 noon Competition starts for all Sub-Masters
and Open Events—11:40 a.m. check-in

Entry deadline Monday, June 12

LATE ENTRY PENALTY: $ 5.00

For entry blank: Pat King,
University of Vermont
Burlington, Vermont 05401

Sponsor: Ed Kusielak, Track & Field Coach
Putnam Gym, University of Vermont

Michigan Masters broke in regional meet as walkers lead the way

Thirty-five records were broken in the 5th annual Eastern Masters AAU Regional Indoor Track and Field Championships at the Peddie School, Hightstown, N.J., Feb. 19, with the walkers leading the way.

Ron Kulik, who is the National AAU sub-committee chairman for racewalking, simply “walked” away from Sol Corrallo’s year-old record of 15:31 for two miles in the time of 14:38.3.

Howie Jacobson, coach of the newly-formed East Side Track Club, won Div. 1B in 15:02, also breaking Sol’s record. Sol finished second to Howie and also was under his record with a time of 15:05. All of the winners in each age category in the walk broke the meet record.

The same held true for the high hurdles, with each age group champion breaking the meet record.

Claude Hills, 65, of the Philadelphia Masters was the leading point scorer with four first places, three seconds and three third places. Bill Clark, 45, from Phila, also from Philadelphia, won four individual events and finished second in one other.

The Potomac Valley Senior Track Club produced a pair of double winners in the mile and two-mile run, with Phil Hager, 41, winning in 4:57.9 and 10:27.3 and National 1977 Indoor and Outdoor Champion George Vernovsky, 47, winning in 4:56.1 and 10:24.3.

Kelsey Brown of the Jersey Shore Senior Track Club celebrated his moving up to Div. 2A by winning the 1,000-yard run in 2:42.0, the mile in 5:08.1 and the two-mile in 11:22.4. Lloyd Riddick, a finalist in the World Championships, won the mile in 5:04.7, setting a new record, and the 300-yard dash in 35.2 in Div. 1A.

A trio of 1977 Indoor National Champions from the Pioneers continued with victories in their specialties: Rudy Valentine, 54, won the 50 (6.2) 300 (37.0) and the 600 (1:29.3) and also ran a leg on the mile relay. Tom Connelly, 47, won the 600-yard run in 1:23.0; Herb Zipper, 43, 2:28.0 in the 1,000-yard run.

Leon Trout of the newly-formed Garden State Track Club won the long jump (16 1/4") and high jump continued.
The Masters movement has kept the fastest growing segment of amateur athletics in the world and we created the National Masters Newsletter to keep you abreast of its development!

[Full text of the Masters Newsletter article about the New York Pentathlon Club's participation in the Philadelphia Masters in Division 3 and 4, where they won two points.]

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**Subscription now!**

The Masters Newsletter has now been updated to reflect the latest news and developments in the world of amateur athletics. Stay informed and subscribe now to keep up with what's happening. 

[Subscription link provided]