

National Masters Newsletter

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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 AAU Masters Track & Field Committee and Masters Clubs by Bob Fine, committee chairman.]

1. IAAF. The following is the exact report of the recommendation 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.

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 Goteberg 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 bring the above principles into 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 Viareggio, Italy (near Milan). The

meet should be as large as Goteberg. Cesare Beccalli, the meet director, has written to me to advise that he will permit full participation of non-Europeans in the throwing events, road walk and 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.

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

Over 200 competitors gathered at East Stroudsburg State College, East Stroudsburg, Pa., 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 Kupczyk, 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 one 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 Braceland, Phila., back after a year of working for his black belt in karate, and Marcus Neuhof, Pioneers. All were multiple event winners.

Lou Gregory, 4B, came up from
continued on page 2

200 compete at East Stroudsburg in 4th AAU indoor championships

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

45-49
Giaquinto, N. PC 6.2
Green, H. RH 6.2
Gutierrez, F. GS 6.2
Clark, W. PM 6.2
Moore, H. PM 6.3
Brooks, T. PC 6.3

50-54
Gregory, L. PM 6.2
Valentine, R. PC 6.2
Ulam, J. UN 6.4
Wallace, J. RH 6.6
Lentzer, M. PC 6.6

55-59
Harris, D. PM 6.8
Scharmacher, H. UN 7.5

60-64
Neuhof, M. PC 6.8
Heard, N. UN 6.9
Braceland, G. PM 7.0
Sorlien, R. UN 7.1
Gilligan, B. EA 8.9
Detweiler, R. PM 9.2

65-69
Hills, C. PM 7.2
D'Elia, 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-YD. 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
Bohigian, H. UN 39.5
45-49
Giaquinto, N. PC 36.0
Clark, W. PM 37.0
Moore, H. PM 37.5
Green, H. RH 38.3
Clarence, R. PC 39.4

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 Mulkey 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
Lentzer, M. PC 42.0
Bradley, A. UN 44.0

55-59
Harris, D. PM 42.0

60-64
Neuhof, M. PC 43.8
Braceland, G. PM 45.5
Sorlien, R. RI 45.6

600-YD. RUN

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

45-49
Connelly, T. PC 1:20.7
Enders, R. PV 1:28.3
Spitzer, D. PC 1:29.4
McCluskey, P. PM 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
McCluskey, J. AC 1:54.4

70-74
McArdle, H. UN 2:22.9
75-79
Gregory, L. PR 2:20.5

1,000-YD. RUN

40-44
Zipper, H. PC 2:26.3
Conro, A. BA 2:27.0
Tersago, W. JS 2:35.7

45-49
Kupczyk, H. AI 2:36.6
Fine, R. PC 2:40.4
McCarthy, W. PC 2:41.3
Enders, R. PV 2:54.0
Kinsman, K. UN 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
Mimm, R. SH 3:17.7

55-59
Gear, D. CP 3:00.8
Dyas, T. NJ 3:22.5

60-64
Newman, A. UN 2:57.8

65-69
Witkowski, C. JS 3:23.1M
Monastero, S. PM 3:25.2
McCluskey, J. AC 3:33.0
75-79
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. AI 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
McCluskey, J. AC 6:33.2M

75-79
Gregory, L. PR 7:12.0M

TWO-MILE RUN

40-44
Tersago, W. JS 10:34.0

Roberts, L. PO 11:09.0

Cordero, J. PC 11:16.0

45-49
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

Lister, 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

60-64
Quakenbos, H. JS 12:05.0

Finger, F. CH 13:27.0

75-79
Gregory, L. PR 17:24.5M

50-YD. HIGH HURDLES

40-44
Bertrand, C. PC 6.8

45-49
Mulkey, P. AT 7.4

Enders, R. PV 8.0

Hill, T. GS 8.5

Olson, L. GM 8.5

50-54
Wallace, J. RH 7.5

Valentine, R. PC 8.1

Hemphill, D. PV 9.0

60-64
Braceland, G. PM 8.2

Neuhof, M. PC 8.2

Finger, F. CH 9.0

65-69

Hills, C. PM 8.6

Lacey, R. PC 8.9

McCloskey, J. AC 10.4

70-74
Boas, K. PC 11.7

TWO-MILE WALK

40-44
Kulik, R. AC 14:45.7M

45-49
Jacobson, H. ES 15:19.5M

Corallo, S. PV 15:30.1

Nash, T. PM 19:45.0

50-54
Mimm, R. SH 16:10.7

Kalb, S. SH 21:28.0

Lentzer, M. PC 24:01.0

55-59
Dyas, T. NJ 18:10.3M

Mulerin, H. LE NT

Scully, C. SH NT

60-64
Johnson, D. SH 17:59.0

Braceland, G. PM NT

65-69
Lakritz, D. PC NT

Hills, C. PM NT

WEIGHT THROW

40-44
Jackson, T. GS 26-8

45-49
Olson, L. GM 42-0

Gonzalez, D. GS 41-6

Carstenson, R. UN 32-7

50-54
Ulam, WP 23-2½

Marr, F. MD 16-1½

55-59
Batchelor, D. UN 33-10

60-64 - 25#
McDermott, T. AC 44-1

Fowler, N. 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

continued

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45-49	
Enders, R	PV 17-10
Olson, L	GM 14-11½
Colen, H	PC 14-11
LONG JUMP	
Blake, L	UN 13-6
Mulkey, P	AT 11-10
50-54	
Marr, F	MR 15-5½
Hemphill, D	PV 14-10½
Wallace, J	RH 12-11½
55-59	
Harris, D	PM 13-7½
Eberhardinger	RA 10-6
60-64	
Sorlien, R	UN 13-4
Braceland, G	PM 13-2
Eipel, B	AC 10-10
Detweiler, R	PM 10-7½
65-69	
Hills, C	PM 13-1M
Burho, W	RH 12-10½
Pike, W	PM 10-11
McCluskey, J	AC 10-10½
70-74	
Boas, K	PC 9-6½
Gregory, L	PR 7-8½
SHOT PUT	
40-44	
Young, C	TS 36-5½
Derry, S	PM 35-5
Jackson, T	GS 34-6½
Snell, J	PM 37-7¾
45-49	
Gonzales, D	GS 44-1
Olson, L	GM 42-7½
Mulkey, P	AT 38-8½
Carstansen, R	UN 34-1
Patterson, S	PM 33-1½
50-54	
Cantor, H	PC 42-5¾M
Ulam, J	WP 36-5½
Stern, E	GS 31-8¼
Lentzer, M	PC 28-10
Marr, F	MR 26-2
55-59	
Batchelor, D	UN 34-3
Eberhardinger	RA 29-3½
Scharmacher, H	GS 28-7½
Mulkerin, H	LE 23-3½
60-64	
Heard, N	UN 51-5M
McDermott, T	AC 47-4
Gilligan, B	EA 42-9¼
Eipel, W	AC 39-4
Sereghy, P	PC 38-3½
Hand, H	PM 38-1
65-69	
Pike, W	PM 33-6
McCluskey, J	AC 32-2½
Burho, W	RH 31-2½
Hills, C	PM 28-11½
70-74	
Connolly, R	UN 31-6½
Boas, K	PC 27-6
Grant, M	GS 19-7½
75-79	
Gregory, L	PR 20-5 M
HIGH JUMP	
40-44	
Young, C	TS 5-4
Trout, L	GS 5-2
45-49	
Hutchins, W	PM 5-8
Hollingsworth, K	UN 5-6
Mulkey, P	AT 5-6
Mulkey, P	AT 5-6
Toal, P	GS 4-10

Hill, T	GS 4-10
Clarence, R	PC 4-2½
50-54	
Wallace, J	RH 4-9½
Hemphill, D	PV 4-5¾
Marr, F	MR 4-5¾
Stern, E	GS 4-3¾
55-59	
Ille, T	NJ 4-2½
Eberhardinger	RA 4-0
60-64	
Neuhof, M	PC 4-8
Eipel, W	AC 4-3¾
Braceland, G	PM 4-3¾
65-69	
Lacey, R	PC 4-3¾
Hills, C	PM 4-2½
Burbo, W	RH 4-0
McCluskey, J	AC 3-6
70-74	
Boas, K	PC 3-8
75-79	
Gregory, L	PR 3-6

POLE VAULT	
40-44	
Davenport, H	BO 13-6
Cyprus, N	AC 11-0
Iluzzi, F	GS 10-6

45-49	
Malkin, M	PC 9-0
Toul, P	GS 8-0
50-54	
Hemphill, D	PV 9-0
60-64	
Braceland, G	PM 8-6
65-69	
Burbo, W	RH 8-0
Hills, C	PM 6-0

ONE-MILE RELAY	
N.Y. Pioneer Club	4:35.0
Spitzer, Valentine	
O'Neal, Cordero	

TWO-MILE RELAY	
N.Y. Pioneer Club	9:27.9
Connelly, Fine,	
Conner, Zipper	
Jersey Senior T.C.	9:45.4

WOMEN

50YD. DASH 40-44	
Tricard, L	UN 7.2
300-YD. DASH—	
40-44	
Tricard, L	UN 45.8
Johnson, A	UN 48.3

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600-YARD RUN 40-44	
Buchanan, S	PM 1:36.8
Johnson, A	UN 2:01.8

ONE-MILE RUN 40-44	
Buchanan, S	PM 5:24.9

TWO-MILE RUN	
Buchanan, S	PM 12:13
45-49	
McConnell, I	JS 15:39
Lucas, V	UN 16:15

TWO-MILE WALK	
Lucas, V	UN 21:30
1000-YD. RUN	
Buchanan, S	3:02.0

CLUB CODES

AC—N.Y. Athletic Club
BA—Boston Athletic Club
GS—Garden State
CP—Capitol Track Club
PC—N.Y. Pioneer Club
PM—Philadelphia Masters
PV—Potomac Valley
PR—Pensacola Road R.
CO—Club Olympic
JS—Jersey Senior T.C.
NJ—North Jersey Masters

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, J. Suriano, GS, 5.8; 35-39, Radecke, B, GS, 5.8.

300-Yard Dash—30-34, Kopka, J., UN, 33.7; 35-39, E. Small, PC, 35.7.

600-Yard Run—30-34, Van Auker, T, GR, 1:16.6; 35-39, Harvey, L, PA, 1:22.0.

1,000-Yard Run—35-39, Mannis, F, PM, 2:31.1.

One-Mile Run—30-34, Camo, G, AC, 4:19.0; 35-39, Mannis, F., PM, 4:47.6.

Two-Mile Run—30-34, G. Camp,

AC, 9:39.7; 35-39, L. Faxon, PT, 9:52.8.

High Jump—30-34, Polhamus, C, AT, 5-6; 35-39, R. Bury, GS, 5-8.

Long Jump—30-34, J. Kopka, UN, 19-9; 35-39, R. Radecke, JA, 19-3½.

Shot Put—30-34, R. Kirnik, NB, 48-5¼; 35-39, H. Friedman, GS, 33-1.

50-Yd. High Hurdles—30-34, J. Ackroyd, BA, 7.0; 35-39, Whitehouse, P, UN, 7.0.

Pole Vault—30-34, C. Polhamus, AT, 15-0.

1,000-Yd. Run—30-34, A. Jennings, UN, 2:27.7.

WOMEN

50-Yd. Dash—30-34, D. Shippen, UN, 6.7; 35-39, S. Pashkin, UN, 6.8.

300-Yd. Dash—30-34, D. Shippen, UN, 41.2; 35-39, S. Pashkin, UN, 41.7.

600-Yd. Run—30-34, E. Mulkey, AT, 1:46.9; 35-39, S. Pashkin, UN, 1:35.6.

High Jump—30-34, E. Mulkey, AT, 3-10.

Long Jump—30-34, E. Mulkey, AT, 8-10.

Shot Put—30-34, E. Mulkey, AT, 17-11; 35-39, L. Greene, UN, 27-9.

High Hurdles—30-34, Mulkey, 9.0.

1,000-Yd. Run—30-34, Mulkey, 4:34.3.

And an argument about who's best

Let's hear it for Lou Gregory

Dear Sir:

First I want to congratulate you on the newsletter for Masters track and field. It is very interesting and I assure I support the Masters movement in every way and it has meant a lot to me and the news in the paper is very informative and timely.

However, if you don't mind I am going to chew you out in as polite a manner as I can muster at the present time.

No. 1. In Division 4B (75-79) not once did you mention one of the great distance runners in the division, namely Lou Gregory, who won the marathon in Sweden with a new world's record, 3:47:20, and also the cross-country and no doubt he would have won both the 5000 and 10,000-meter races but was sick with an attack of dysentery for two days but ran in the races anyway. Since that time he won the N.Y.C.

Marathon, the 15-Km. race in Columbus, Ohio, in October. A week later the marathon and then the race at Arlington and the 20-Km. in Tulsa and also the Canada-United States race at Arlington, Va., and then ran an hour race in Florida for a total of 8 miles, 335 yards for a new world record.

No. 2 Herb Anderson and Harold

continued

continued

Chapson cannot be given too many plaudits for their 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-round 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 and injustice 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 to vote against me because I didn't attend the White Plains meet is just narrowmindedness 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; Spangler, 5; Westbrook, 3; Whitmore, 2.

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

First places in the following: high jump, 4'1/4" at Irvine; long jump, 11'3" at Gresham and Santa Barbara; triple jump, 23'9 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, 10/4/75; 200 M, 36.0, Irvine, 1975, and 35.6 in '77; shot put, 33'1 1/2" 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 weights that year with torn right arm tendon under novocaine and was far from my best marks in those events. I also had two to four opponents 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

Outdoor development meet schedule

1978 OUTDOOR DEVELOPMENT MEET SCHEDULE

NOTE:

These meets are scheduled for Downing Stadium, Randall's Island. As of April 1st, the track is being repaired. All those interested in participating in any of these events please send a self-addressed stamped envelope to Bob Fine, 77 Prospect Place, Brooklyn, N.Y. 11217 (212-789-6622) and you will be advised when the track is ready. DO NOT APPEAR AT ANY OF THESE MEETS UNTIL YOU ARE ADVISED THAT THE TRACK IS READY FOR USE. If it will take an extended period of time to fix the track then alternate sites will be investigated. Direct any questions to Bob Fine, 789-6622 after 8:00 P.M.

These meets are open to men and women 30 years of age and older. They will only be cancelled if there is a heavy rain storm. Entry fees are \$1.00. All entries are non-refundable. The races start at 6:00 P.M. with the shorter distances starting first. Lockers are available until 7:00 P.M. Check in starts at 5:30. Field event competitors must supply their own implements. There will be three prizes for each category in the scratch events and five prizes in all other types of events. During July and August we may defer to the P.A.L. and hold our events in conjunction with their meets. Starting time for Masters will still be at 6:00 P.M.

Types of events:

S = Scratch. Ten year age groups for men and women: 30-39; 40-49; 50-59; 60+

P = Predict your time. Prior to the race each competitor will advise the meet director as to the estimated time. Prizes are awarded based on the accuracy of the prediction. No late times to be given and no watches permitted. Age and sex will not be a factor in determining the awards.

H = Handicap. Competitors will advise the meet director, at check in, as to estimated time, using the honor system. Age and sex will not be a factor in the awards.

A = Age-grading. Points will be awarded based on age and performance using Ken Young's computer schedules. Women will have 20 years added to their age for the purposes of computation.

Duel meet with open women. All competitors will receive a participation award. There will be no entry fees for this meet. Sub-Masters will have scratch races the day of the meet.

April 26	May 10	May 24	June 7th	June 21st	July 5th
S 100 yd	P 220 yd	Duel Meet with girls	A 100 meters	P 150 yds	H 440
S 880 yd.	P 3/4 mile	100, 220, 440, 880, mile A 2 mile	P 1 mile	H 3/4 mile	
S Discus	A High jump	880 relay, mile relay	A long jump	P 3 mile	H 2 mile
S Shot	S Triple jump	S 440 & 1 mile (30-39)		S shot out	S Triple jump
				S discus	

July 19th Aug. 2 Aug. 16
A 100 meters S 220 H 440
A 1 mile S 3/4 H 2 mile
S Discus A High jump S Hammer
S Shot A Long jump S Weight

NOTE: Additional events can be added if there is sufficient demand at the day of the meet.

It is emphasized that these are "low keyed" development races. All competitors are requested to bring stop watches and to assist in officiating in events in which they are not competing. The field event competitors will serve as their own officials.

Met AAU Masters Championships

7th ANNUAL METROPOLITAN A.A.U. MASTERS TRACK & FIELD CHAMPIONSHIPS
& NON-CHAMPIONSHIP SUB-MASTERS MEET SUNDAY, JUNE 25, 1978, RANDALL'S ISLAND

PRIZES: 3 AAU Championship medals in each Masters event and Championship patch to winners (no more than one per individual). Non-Championship medals to sub-masters.
Team trophy based on all Masters Divisions being added together (5-3-1).
ELIGIBILITY: Open to all men and women registered in the Metropolitan AAU. If not registered obtain registration form from the Met. AAU, 15 Park Row, NYC 10038.

AGE GROUPS: Ten year age groups for men and women from age 30 to 79. In the event that there are five competitors participating in a five year breakdown of any event then 3 medals will be given for each five year group in each division. Example: If there are 5 competitors ages 40-44 and another 5 age 45-49 in the 100 yard dash, then 3 prizes will be given to both sub-divisions. If there are 9 competitors in ages 40-44 and 4 competitors in ages 45-49 in the 100 yard dash, then only 3 prizes will be given for ages 40-49.
WOMEN: Women will have the same events and prizes as the men.

EVENTS AND THEIR ORDER - Combined groups may be used at the discretion of the director.

6 mile run	10:00	High hurdles	11:00	440 yd. dash	12:30	880 yd. run	2:00
long jump	10:00	100 yd. dash	11:30	pole vault	1:00	Triple jump	2:00
javelin	10:00	one mile run	12:00	shot put	1:00	3 mile run	2:30
weight throw	10:00	Hammer	12:00	2 mile walk	1:00		
discus	11:00	High Jump	12:00	220 yd. dash	1:30		

SPIKES FOR THE ARTIFICIAL TRACK ARE PERMITTED, DRESSING FACILITIES AVAILABLE
POST ENTRIES WILL BE ACCEPTED BUT IT IS URGED THAT YOU PRE-ENTER.

NOTE: As of April 1st, the track is still being repaired. It is expected to be ready in time for the meet. In the event that the meet can't be held at Randall's Island competitors will be notified as to any changes.

ENTRY FEE: \$2.00 per event.

I hereby waive any claim I or my heirs may have against the Met. AAU, Masters Sports Assoc. and the City of New York for any injuries sustained as a result of participation in the Seventh Annual Met. AAU Masters Track and Field Meet.

SIGNATURE _____

NAME (Print) _____ ADDRESS _____ PHONE # _____

AAU # _____ AGE _____ SEX: Male _____ Female _____ CLUB _____

EVENT(S) _____

MAKE CHECK PAYABLE TO "MASTERS SPORTS ASSOC." and send to

Richard Lacey, 241 Ancon Ave., Pelham, N.Y. 10803 (914-738-3518)

Results of USTFF meet at Lincoln Jan. 14.

RESULTS OF THE USTFF TRACK MEET JANUARY 14, 1978, LINCOLN, NE.

60 HIGH HURDLES (30-34)

1 Tom Thorne	8.1
2 Jerry Holmberg	8.2
3 Michael Novak	8.2+
4 Harry McDonald	9.5

(35-39)

1 Jacques Lebel	9.0
-----------------	-----

(40-44)

1 Bob Warren	7.8
2 Bob Ardrey	10.0
3 Franklin Brown	10.5

60 PRELIMINARIES HEAT 1

1 Bob Kuhn	6.6
2 William Nix	6.8
3 John Minnick	6.9
4 Beau Darrick	7.1
5 John Wagner	7.4

HEAT 2

1 Hugo Hartenstein	6.7
2 Austin Allen	7.0
3 Larry Fuerst	7.0+
4 Phil Wieting	7.2
5 Jim Walker	7.4
6 Gary Jones	7.8

60 PRELIMS FINALS (30-34)

1 Bob Kuhn	6.5
2 Tom Bassett	6.5+
3 John Minnick	6.8
4 Tom Thorne	6.8+
5 William Nix	7.3
6 Jim Shoemaker	7.0

(35-39)

1 George Anderson	6.5
2 Thornton Shelton	7.0
3 Gary Oliphant	7.0
4 John Bingsesser	7.2
5 Jerry Robertson	7.4

(40-44)

1 Bob Warren	6.7
2 Hugo Hartenstein	6.7+
3 Don Ficke	7.3
4 Larry Fuerst	7.1
5 Austin Allen	7.1+

WOMEN

1 Betty Pappas	8.5
2 Carole Brockman	8.8
3 Sharon Audley	10.1

(45-49)

1 Phil Mulkey	8.1
2 Jerry Donley	9.7
3 Freeman Harr	10.4

(50-54)

1 Freeman Harr	10.4
----------------	------

(30-34) HEAT 2

1 Tom Bassett	6.6
2 Jim Shoemaker	7.0
3 Tom Thorne	7.1
4 Harry McDonald	7.2
5 Darrell Hessler	7.6

(40-44)

1 Bob Warren	6.7
2 Don Ficke	7.1
3 Ted Ritchey	7.2
4 John Noble	7.2+
5 Charles Neuman	7.3

(45-49)

1 Phil Mulkey	7.1
2 Alex Pappas	7.1+
3 John Poppell	7.3
4 Chuck Sales	7.4
5 Loren Reusser	7.5
6 Mark Buchholz	8.2

(50-54)

1 Ken Kasperek	7.5
2 Mel Albright	7.6
3 Max Goldsmith	7.7
4 Robert Armstrong	7.9
5 Freeman Harr	8.1
6 Russell Jones	8.5

(55-59)

1 James Upham	7.5
2 Paul Constant	7.9
3 Joe Shy	8.1
4 Bill Dyer	8.3
5 Phil Henn	11.0

(60+)

1 Bill Dyer	8.3
2 Phil Henn	11.0

60 PRELIMINARIES -- HIGH SCHOOL HEAT 1

1 Matt Minchow	6.5
2 Michael Rife	6.8
3 John Keeling	6.9
4 Jim Wright	7.0
5 Randy Lofland	7.2

60 FINALS HIGH SCHOOL

1 Matt Minchow	6.4
2 Isaac Quarrels	6.5
3 David Hamann	6.7
4 Michael Rife	6.7+
5 John Wright	7.0
6 John Keeling	7.0+

300 YARD PUN (30-34)

1 Tom Bassett	33.5
2 Bob Kuhn	35.2
3 Jerry Holmberg	36.8
4 John Minnick	36.9
5 Fay Wade	37.7
6 Jim Shoemaker	37.9

(35-39)

1 George Anderson	35.3
2 Thornton Shelton	36.1
3 Richard Beaver	38.6
4 Al "axey"	39.1
5 Ross Greathouse	39.5
6 Jerry Robertson	40.1

(40-44)

1 Hugo Hartenstein	36.0
2 Austin Allen	36.7
3 Bob Lida	36.7
4 Larry Fuerst	37.5
5 Don Ficke	37.8
6 Dick Kette	37.8
7 Phil Wieting	38.5
8 Ted Ritchey	40.1
9 Gary Jones	42.1
10 Lynn Lightner	42.2

(45-49)

1 James Upham	1:07.4
2 Paul Constant	1:09.6
3 Joe Shy	1:14.3
4 Bill Dyer	1:14.3

(60+)

1 Bill Dyer	1:14.3
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440 YARD RUN (30-34)

1 Ken Morris	54.7
2 Michael Collopy	56.2
3 Jerry Holmberg	59.5
4 Jim Shoemaker	59.6
5 John Cook	59.9
6 Dana Roper	63.2

(35-39)

1 Thornton Shelton	58.8
2 Mel Sayers	61.4
3 Ross Greathouse	62.5
4 Richard Beaver	63.6
5 Jacques Lebel	63.7
6 Jerry Robertson	65.3

HEAT 2

1 Isaac Quarrels	6.6
2 David Hamann	6.7
3 John Wright	6.8
4 Greg Wilson	7.0
5 Phil Howell	7.1
6 Bob Reick	7.2

(45-49)

1 Bill Gaedke	36.5
2 Loren Reusser	37.5
3 Alex Pappas	38.4
4 John Poppell	39.6

(50-54)

1 Mel Albright	40.4
2 Max Goldsmith	41.1
3 Robert Armstrong	43.8

(55-59)

1 James Upham	40.0
2 Paul Constant	41.2
3 Edward Halpin	41.4

(60+)

1 Bill Dyer	45.2
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WOMEN

1 Betty Pappas	8.5
2 Carole Brockman	8.8
3 Sharon Audley	10.1

(45-49)

1 Phil Mulkey	8.1
2 Jerry Donley	9.7
3 Freeman Harr	10.4

(50-54)

1 Freeman Harr	10.4
----------------	------

(30-34) HEAT 2

1 Tom Bassett	6.6
2 Jim Shoemaker	7.0
3 Tom Thorne	7.1
4 Harry McDonald	7.2
5 Darrell Hessler	7.6

(40-44)

1 Bob Warren	6.7
2 Don Ficke	7.1
3 Ted Ritchey	7.2
4 John Noble	7.2+
5 Charles Neuman	7.3

(45-49)

1 Phil Mulkey	7.1
2 Alex Pappas	7.1+
3 John Poppell	7.3
4 Chuck Sales	7.4
5 Loren Reusser	7.5
6 Mark Buchholz	8.2

(50-54)

1 Ken Kasperek	7.5
2 Mel Albright	7.6
3 Max Goldsmith	7.7
4 Robert Armstrong	7.9
5 Freeman Harr	8.1
6 Russell Jones	8.5

(55-59)

1 James Upham	7.5
2 Paul Constant	7.9
3 Joe Shy	8.1
4 Bill Dyer	8.3
5 Phil Henn	11.0

(60+)

1 Bill Dyer	8.3
2 Phil Henn	11.0

60 PRELIMINARIES -- HIGH SCHOOL HEAT 1

1 Matt Minchow	6.5
2 Michael Rife	6.8
3 John Keeling	6.9
4 Jim Wright	7.0
5 Randy Lofland	7.2

60 FINALS HIGH SCHOOL

1 Matt Minchow	6.4
2 Isaac Quarrels	6.5
3 David Hamann	6.7
4 Michael Rife	6.7+
5 John Wright	7.0
6 John Keeling	7.0+

300 YARD PUN (30-34)

1 Tom Bassett	33.5
2 Bob Kuhn	35.2
3 Jerry Holmberg	36.8
4 John Minnick	36.9
5 Fay Wade	37.7
6 Jim Shoemaker	37.9

(35-39)

1 George Anderson	35.3
2 Thornton Shelton	36.1
3 Richard Beaver	38.6
4 Al "axey"	39.1
5 Ross Greathouse	39.5
6 Jerry Robertson	40.1

(40-44)

1 Hugo Hartenstein	36.0
2 Austin Allen	36.7
3 Bob Lida	36.7
4 Larry Fuerst	37.5
5 Don Ficke	37.8
6 Dick Kette	37.8
7 Phil Wieting	38.5
8 Ted Ritchey	40.1
9 Gary Jones	42.1
10 Lynn Lightner	42.2

(45-49)

1 James Upham	1:07.4
2 Paul Constant	1:09.6
3 Joe Shy	1:14.3
4 Bill Dyer	1:14.3

(60+)

1 Bill Dyer	1:14.3
-------------	--------

(50-54)

1 Ralph Hall	2:32.9
2 Arnie Erickson	2:42.7

(55-59)

1 Edward Halpin	2:36.7
2 Chester Peters	2:37.7
3 Robert Wilde	2:48.9
4 Tom Woolard	3:04

(60+)

1 Paul Bridges	2:41.7
2 Bill Dyer	2:52.9

HIGH SCHOOL

1 Tam McCashland	2:03.4
2 Phil Kichaefer	2:03.5
3 Bob Kalinski	2:04.7
4 Tom Bomaster	2:04.7
5 Bill Sealock	2:10.0
6 Mike Kalinski	2:10.9
7 Doug Rozhart	2:12
8 Alan Young	2:16

(40-44)

1 Bob Elwood	4:49.9
2 W.D. Rhodd	5:04.4
3 Tom Anderson	5:16.3
4 Robert Miller	5:42.7

(45-49)

1 Arne Richards	5:12.3
2 Dale Goering	5:14.0
3 Bob Brown	5:41.0
4 Mark Buchholz	5:49.9
5 Bob Reece	6:01.6
6 R.C. Weldon	6:18.9

(50-54)

1 Jerry Morrison	5:11.8
2 Chester Peters	5:44.8
3 Robert Wilde	6:03.0
4 Paul Constant	6:39.3

(60+)

1 Bill Dyer	6:13.6
2 Carole Brockman	6:12.1

WOMEN

1 Betty Pappas	8.5
2 Carole Brockman	8.8
3 Sharon Audley	10.1

(45-49)

1 Phil Mulkey	8.1
2 Jerry Donley	9.7
3 Freeman Harr	10.4

(50-54)

1 Freeman Harr	10.4
----------------	------

(30-34) HEAT 2

1 Tom Bassett	6.6
2 Jim Shoemaker	7.0
3 Tom Thorne	7.1
4 Harry McDonald	7.2
5 Darrell Hessler	7.6

(40-44)

1 Bob Warren	6.7
2 Don Ficke	7.1
3 Ted Ritchey	7.2
4 John Noble	7.2+
5 Charles Neuman	7.3

(45-49)

1 Phil Mulkey	7.1
2 Alex Pappas	7.1+
3 John Poppell	7.3
4 Chuck Sales	7.4
5 Loren Reusser	7.5
6 Mark Buchholz	8.2

(50-54)

1 Ken Kasperek	7.5
2 Mel Albright	7.6
3 Max Goldsmith	7.7
4 Robert Armstrong	7.9
5 Freeman Harr	8.1
6 Russell Jones	8.5

(55-59)

1 James Upham	7.5
2 Paul Constant	7.9
3 Joe Shy	8.1
4 Bill Dyer	8.3
5 Phil Henn	11.0

(60+)

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2 Michael Rife	6.8
3 John Keeling	6.9
4 Jim Wright	7.0
5 Randy Lofland	7.2

60 FINALS HIGH SCHOOL

1 Matt Minchow	6.4
2 Isaac Quarrels	6.5
3 David Hamann	6.7
4 Michael Rife	6.7+
5 John Wright	7.0
6 John Keeling	7.0+

300 YARD PUN (30-34)

It's a Long Walk to Moscow



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

BY DON MERRY
Times Staff Writer

John Allen has this dream. Like any other athlete who is seriously committed to track 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 callow youth compared to his 80-year-old coach).

Allen's passion is race walking, a little-known, little-publicized event whose competitors draw jibes because of their exaggerated hip movements. It's an arduous, lonely sport, especially the 50-kilometer (31¼ 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 offbeat 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 because the rules of the sport decree that: (a) the heel must always touch the ground before the toe, (b) it must touch before the other foot leaves the ground and (c) the leg must be straightened at the knee on every stride.

If they break stride once they are warned; twice and they are thrown out of the race, much like a harness horse who deviates from a prescribed gait.

Two and a half years ago, Allen says, he was down and out and a patient in the mental ward of the Veterans Hospital in Tucson, the culmination of a battle with liquor for more than 30 years. He began what has been a remarkable recovery last May when he took up race walking once again. His first career produced five AAU national championships and membership on the 1960 U.S. Olympic team in Rome.

His second career, which continues.

Friday night when Allen—a sinewy 5-9—competes in the one-mile walk at the Times Indoor Games at the Forum, has produced four masters (over 40) records, an undefeated season in 1977 within his own age bracket (50-54) and an unrestrained optimism.

Addiction to the bottle, 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 10-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 sheafs of paper pulled from his personal file—dates, times, distances, 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 know I can qualify for the (Olympic) trials. Look at Al Oerter. He's 42 now and he's going to try it in the discus."

Attired in a navy blue jogging outfit with the letters USA on the back, a donation from four-time Olympian Ron Laird, Allen works out daily for two to three hours. He has mapped eight different courses through the nearby Ganesha Hills and the Frank G. Bonelli recreational park. While training for the Times Games, Allen devised a course closely approximating the Forum track in the parking lot of the Los Angeles County Fairgrounds.

In one brash burst during early December, Allen walked 25 miles a day for seven days which added up to 30 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 want to make things happen faster than they are. The biggest thing I have to learn is patience. I try to keep my mind occupied on something other than what I'm doing when I work out. I must be in a trance sometimes . . . how else do you think I could make it up those hills?"

When Allen began his resurrection last May, it took him 10½ minutes to cover a mile. Today he is doing it in 8:25 and his immediate goal is to better the woman's world record for the mile walk of 7:05 set by Sue Brodock of Fontana.

His comeback has hardly been a stroll in the park. Besides the customary aches, pains and gasping lungs, Allen has endured shin splints, three hamstring pulls and a nerve condition in his left foot which forced 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 derisive 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 280Z did it twice, the second time producing an altercation



John Allen

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 Kensington 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 did make it back, he says,

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

In 1951, after marrying, he was casting about 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 25-kilometer walk and had long since given up cigarettes. But not alcohol.

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

But he quit walking in 1963 after a dispute with the AAU, and "my world started to fall apart faster." In 1969, he says, his wife left him and for six years he drifted from city to city, tavern to tavern. He panhandled on the boulevards of Waikiki; jumped bail in one state on a drunk driving arrest, and survived four hazy months in the interior of British Columbia.

His last stupor came one evening in Phoenix when he was arrested for directing traffic at a busy intersection. From there it was a short haul to Tucson for an eight-week drying out program.

Allen took his first tentative comeback steps on Oct. 25, 1975. One year later, having not touched a drop, he celebrated the occasion by bicycling from Phoenix to Tucson, 140 miles in 10 hours. He moved to Pomona on New Year's Eve, 1976, and five months later, buoyed by his Olympic thoughts, began training seriously.

He got a job as a car salesman (he sold 14 cars and earned \$2,000 his first three weeks) a job which provides money to enter races throughout the country. He has set masters records in the 5,000 meters, 15 kilometers, 40 kilometers and, most recently, the 10-mile walk at the Rose Bowl Handicap race Jan. 22.

He is doing the 50 kilometers in a fraction under 5 minutes and knows he will need to get down to 4:20 by the Olympic trials, 2½ years hence. His best time in the event is 4:38, made as a 35-year-old in 1961. The world record is 3:56.39 by Mexico's Enrique Vera.

Allen is enough of a realist to know he'll never threaten Vera's time but, "I feel I can get down to 4:20 and who knows, I might make the team just like in 1960 at Pittsburgh when the weather was a humid 90 degrees and other race walkers were dropping like flies.

"If I do make it, I'll be an example for the rest of the world. Race walking has done so much for me, provided me with something worthwhile on which to rebuild my life. It makes me feel good. I feel I owe it something."

So he continues to repay. He'll just be another name in the program Friday night, probably not even a factor in his event.

But his mind is made up and it's on Moscow, 1980. How else could you explain the fact that at 8 a.m. on the Saturday morning immediately following the Times Indoor Games, Allen will be in San Diego competing in a "half-marathon" race, a distance of 13.1 miles?



Hubert Morgan (left) and Ray Riffe of the Western Pennsylvania Track Club, Pittsburgh. Morgan

won the 50-and-over title in the Pennsylvania State Masters Championships in September at



Penn State and Riffe won his second straight JFK 40-and-over title last fall in Pittsburgh.

It was Riffe's second win in a row in the 3-miler. His time was 19 minutes, 13 seconds.

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. Harry Shadle, 64, 14.0 and 6. Guy Paschall, 76, 18.5.

220-yard dash—1. Henry Snyder, 23.7; 2. Brewer, 23.9; 3. Mike Byrd, 25, 24.3; 4. Gary Moss, 22, 24.3; 5. Schuler, 24.8; 6. Shadle, 34.5; 7. Guy Paschall, no time.

880-yard run—1. Rolie Geiger, 25, 2:02; 2. John Shenk, 35, 2:11;

3. Bob Turba, 36, 2:12; 4. Dick Querillon, 35, 2:23; 5. Bill Clark, 40, 2:31; 6. Melanie Paschal, 55, 3:42; 7. Shadle, 3:53.

High jump—1. Ron Purdum, 29, 6'8".

Long jump—1. Mike Byrd, 25, 19'6"; 2. Bill Brewer, 23, 18'7"; 3. Schuler, 16'0".

"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. Steinchon 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. Steinchon.

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

NATIONAL A.A.U. POSTAL RELAY CHAMPIONSHIPS. FOR MASTERS

The following relays will be held in two age divisions: Division 1 (40-49) & Division 2 (50+)
440, 880, 1 mile, 2 mile, 4 mile, sprint medley (440-220-220-880), distance medley (3/4 mile, 440, 880, one mile). All distances will be in yards.
There will also be one age group medley at 4 x 440 with a leadoff of a 40-49 year old; 2nd leg 50-59 year old; 3rd leg 40-49 year old; anchor leg 60+.

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

1. All times must be run from May 1st to July 31st.
2. An individual can run in more than one relay but not more than once in any one relay event. (Example: A competitor can run the 440 in the mile relay, sprint medley, distance medley and the age-medley but could not run in more than one mile relay, sprint medley etc.)
3. An athlete in Division 2 can compete in a relay in Div. 1 (go down in age). An athlete in Div. 1 can not compete in Div. 2.
4. For the 440 and 880 yard relays, if 400 meters and 800 meters are run instead an adjustment in the times will be made.

5. A separate entry form must be used for each given relay.

ENTRY FEES: \$10.00 per team for each relay. A team can enter more than one relay provided each team in a given relay is composed of different athletes.

PRIZES: Official A.A.U. National Championship medals will be given to the first three teams in each given relay.

PROCEDURE TO ENTER: John MacLachlan will coordinate these postal championships. All entries must be received by Aug. 15th. The prizes will be mailed to the team director by Oct. 1st. All team members must be registered in the A.A.U.

RELAY EVENT	TEAM NAME:
TEAM MEMBERS:	
NAME: _____	ADDRESS _____ AAU # _____
1st leg AGE _____	ADDRESS _____ AAU# _____
NAME: _____	ADDRESS _____ AAU# _____
2nd leg AGE _____	ADDRESS _____ AAU# _____
NAME: _____	ADDRESS _____ AAU# _____
3rd leg AGE _____	ADDRESS _____ AAU# _____
NAME: _____	ADDRESS _____ AAU# _____
4th leg AGE _____	ADDRESS _____ AAU# _____
TIME: _____	TIME OF EACH LEG-OPTIONAL 1. 2. 3. 4.

MAILING ADDRESS FOR PRIZES: Name _____

We hereby certify that the above time is a true one.

TEAM DIRECTOR _____ CHIEF TIMER - NAME & ADDRESS. _____

Make out your entry fee check for \$10.00 to "JOHN MacLACHLAN"

Mail entry form and check to: JOHN MacLACHLAN, HORSESHOE BAY, BOX 7770, MARBLE FALLS, TEXAS 78654

Muhammad Ali Invitational Indoor Meet

MASTERS RESULTS

1st annual Muhammad Ali Invitational Indoor Track & Field Meet
Long Beach (Calif.) Arena; Saturday, 7 January 1978 (200m round)

Men's 1500 meters

1. Bob Emmerling (42), Southern California Striders 4:15.8*
2. John Brennand (41), Santa Barbara Athletic Assoc. 4:15.9
3. Edwin Gookin (44), San Diego Track Club 4:16.5
4. Tom Sturak (46), Southern California Striders 4:22.2
5. Brian Fernce (40), Southern California Striders 4:25.6
6. Ed Field (41), Santa Monica Track Club 4:32.2

* American Masters indoor record; old mark, 4:15.9, Ken Napier (West Valley Joggers & Striders), Oakland, California, 1973.

Women's 1500 meters

1. Miki Gorman (42), San Fernando Valley Track Club 4:49.6*
2. Nikki Hobson (46), San Diego Track Club 5:18.9
3. Dorothy Stock (45), San Diego Track Club 5:21.5
4. Judy Ikenberry (35), Rialto Road Runners 5:24.1
5. Karen Frank (38), Seniors Track Club n.t.
6. Donna Gookin (41), San Diego Track Club 5:49.0
7. Ellen Rose (49), Corona del Mar Track Club 5:55e

* Establishes American Masters indoor record.

Men's 60 meters (40-55)

1. Ken Dennis (40), Corona del Mar Track Club 7.15*
2. Dave Segal (40), Corona del Mar Track Club 7.33
3. Van Parish (44), Northern California Striders 7.44
4. Percy Knox (44), Corona del Mar Track Club 7.50
5. Dick Mason (43), Southern California Striders 7.50
6. George Waterman (42), Corona del Mar Track Club 7.55
7. Dick Glasgow (43), San Diego Track Club 7.72
8. Nick Newton (44), Southern California Striders 7.85

* Establishes American Masters indoor record.

Men's 60 meters (55+)

1. Payton Jordan (60), Corona del Mar Track Club 7.79
2. Tom Patsalis (56), Corona del Mar Track Club 7.91
3. Al Guidet (59), Corona del Mar Track Club 8.10
4. Bob Hunt (57), Southern California Striders 8.14
5. Pete Fetter (56), Corona del Mar Track Club 8.25
6. Bill Morales (61), Corona del Mar Track Club 8.52

Men's 60-meters High Hurdles (36")

1. Al Henry (40), Corona del Mar Track Club 8.60*
2. Dave Jackson (46), Corona del Mar Track Club 8.90
3. Van Parish (44), Northern California Striders 9.09
4. Hal Smith (42), Southern California Striders 9.17

* Establishes American Masters indoor record.

Witnessed by Tom Sturak

Sports Association Indoor Development Meets

1977-1978 MASTERS SPORTS ASSOC. INDOOR DEVELOPMENT MEETS

Dec. 2, 1977 168th St. Armory	Dec. 16, 1977 168th St. Armory	Jan. 4, 1978 168th St. Armory
100 yard dash - scratch sub-masters 30-39 R. Johnson 33 10.5 C. Johnson 34 10.8 G. Shane 37 11.1 W. Perry 35 11.1 M. DeJesus 33 11.4 Masters 1 40-49 A. Budd 42 10.5 R. Barnes 40 10.8 L. Riddick 41 11.1 ? A. Gaton 40 11.4 Masters 2 50-59 R. Valentine 54 10.8 M. Lentzer 51 10.9	2 mile age-grading V. Chiaopetta 44 10.30.2 778 R. Fine 46 10.47.0 769 L. Stern 43 10.57.0 704 H. Willis 39 11.07.0 632 D. Spitzer 49 12.14.8 623 T. Talbott 45 12.05.0 598 M. Canurso 51 12.56.2 595 D. Denig 45 12.36.8 548 Dec. 28, 1977 168th St. Armory 50 yard dash sub-masters R. Johnson 33 5.9 M. Johnson 34 6.1 W. Perry 35 6.1 G. Shane 37 6.2 Pendleton 6.2 M. DeJesus 33 6.2 O. Griffin 34 6.2 S. Moste 6.4 S. Holmes 32 6.6 Masters 40-44 P. Weaver 40 6.0 R. Barnes 40 6.0 A. Budd 42 6.4 A. Rustang 6.4 A. Gaton 40 6.4 Masters 45-49 J. Ryan 49 6.3 T. McCormack 45 6.4 T. Talbott 45 7.2 Masters 50+ R. Valentine 54 6.3 M. Lentzer 52 7.1 Women S. Pashkin 35 7.2 3/4 mile run 40-49 R. Fine 46 3.34.9 V. 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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

ELIGIBILITY Open to members of the American Masters Athletic Assoc. The following is a partial listing of affiliated clubs: Boston AA, Canitol TC, Garden State; Jersey Senior TC, North Jersey Masters' Masters Sports Assoc., Nittany Valley; N.Y. Pioneers; Phila. Masters; Potomac Valley; Syracuse Charges; West Penn, N.Y. Road Runners. IF YOU ARE NOT A MEMBER OF AN AFFILIATED CLUB YOU MUST JOIN ANY OF THEM OR THE MASTERS SPORTS ASSOC. If not sure whether your club is affiliated phone 212-789-6622 after 8:00 P.M.
PRIZES: 3 trophies per event; medals for relays

NOTE: THERE WILL BE A CONCURRENT NEW JERSEY AAU MASTERS T & F CHAMPIONSHIP OPEN ONLY TO N.J. AAU REGISTERED MASTERS. CONTACT Harry Henriques, 26 Ellis Dr. Basking Ridge, NJ 07920 for entry blank. Send self-addressed stamped envelope.

EVENTS AND THEIR ORDER Seeded sections and combined age groups may be used at the discretion of the meet director:

6 mile run	10:00	100 yd. trials	11:30	2 mile walk	1:00	Spring medley	3:15
long jump	10:00	100 yd. finals	11:45	pole vault	1:00	Distance medley	3:30
javelin	10:00	one mile run	12:00	shot put	1:00		
weight throw	10:00	440 yd. dash	12:30	220 yd. dash	1:30		
high hurdles	11:00	high jump	12:00	880 yd. run	2:00		
discus	11:00	hammer throw	12:00	3 mile run	2:30		

(Sprint medley - 440-220-220-880) (Distance medley - 3/4 mile-440-880-one mile)

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 \$3.00 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 -

(please 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 _____

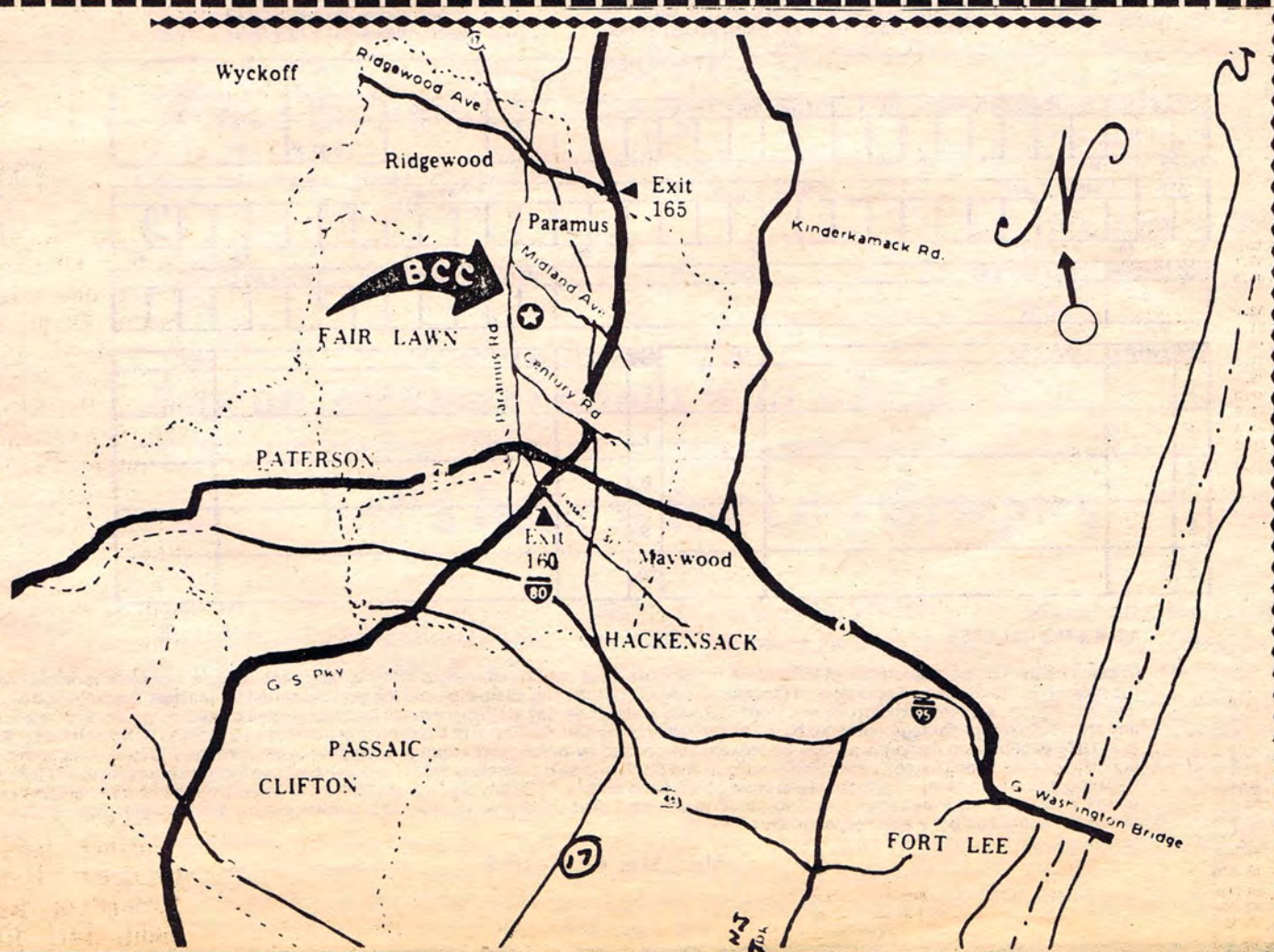
I hereby waive any claim I or my heirs may have against the sponsoring organization, the North Jersey Masters Track & Field Club; Bergen Community College; and the AAU for any claims or injuries sustained by me in participating in the Seventh Annual Masters Sports Association Championships and the concurrent New Jersey AAU Masters Championships.

CLUB _____

SIGNATURE _____

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

Note Date Changed To May 5, 6 & 7

- 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, 919-556-4323 will reach R.S. Boal 919-755-6640 will reach John L. Duncan.
- SANCTION:** This meet is sanctioned by the Amateur Athletic Union.
- AGE DIVISIONS:** 30-34 (OA) 35-39 (OB) 40-44 (IA) 45-49 (IIB) 50-54 (IIA) 55-59 (IIB) 60-64 (IIIA) 65-69 (IIIB) 70 and over (IV) (Same for both men and women).
- ENTRY FEE:** Includes a commemorative patch, souvenir program, running shorts, and final official results. \$5.00 - First event and \$4.00 - Each additional event.
- AAU REGISTRATION:** All contestants must be registered with the AAU 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 1/4 inch.
- LATE ENTRIES:** Entries postmarked after April 15, 1978 will require an additional \$1.00 fee 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.
- NO REFUNDS AFTER APRIL 15, 1978**
- REGISTRATION:** - FRIDAY PARTICIPANTS ONLY - register at the track from 1:00 P.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 | #21 - Long Jump | #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 - 35 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 WOMEN ONLY:**
- | | |
|----------------------|----------------------|
| #29 - 100 Meter Dash | #30 - 400 Meter Dash |
| #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 AAU.
- MISCELLANEOUS:** Lockers and showers at Carmichael Gym - no charge - bring towel.
- RECEPTION:** Golden Years Clubhouse, 105 Pullen Road (corner Pullen 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 momentos, 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 motels for those who need it by Capital Area Transit (CAT) buses.
- MOTELS NEARBY:**
- | | |
|--|----------------------------|
| Hilton Inn, 1707 Hillsborough Street | Reservations #919-828-0811 |
| John Yancy, 2200 Hillsborough Street | Reservations #919-828-9091 |
| Mission Valley Inn, Avent Ferry Road | Reservations #919-828-3173 |
| Velvet Cloak Inn, 1505 Hillsborough Street | Reservations #919-828-0333 |

DETACH HERE

OFFICE USE	AAU REGISTRATION #	TELEPHONE #	# OF EVENTS ENTERED	# of BANQUET TICKETS	TOTAL AMOUNT ENCLOSED
				@ \$7.00	\$

AGE	NAME	LAST	FIRST	INITIAL

AGE DIVISION	STREET ADDRESS	CITY	STATE	ZIP CODE	BIRTH DATE

EVENT #	EVENT TITLE	FEE	EVENT #	EVENT TITLE	FEE
1.			6.		
2.			7.		
3.			8.		
4.			9.		
5.			10.		

ATHLETIC RELEASE:

In consideration of the acceptance of this entry I hereby, for myself, my heir executors, administrators and assigns, release and discharge the promoters, manager 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 the said races 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 specifically release and discharge said promoters, NCSU at Raleigh whose facilities are being used for this track meet, etc. from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility.

Shirt Size Requested

S M L XL
(Circle One)

Athlete's Signature

AAU SANCTIONED

Detach & Mail to:
John L. Duncan
Raleigh Parks & Recreation Dep.
P.O. Box 590
Raleigh, N.C. 27607

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.

POLE VAULT—35-39, Mike Turckek, 13-6; 40-45, Ed Hoyle, 12-6; 50-54, Marve Schoon, 8-6.

SHOT PUT—30-34, Bob Johnson, 51-9½; 35-39, Brian Murphy, 37-7; 40-44, Burl Kruse, 36-4½; 45-49, John Graham, 24-5; 50-54, William Walmroth, 43-5; 55-59, Mel Buschman, 33-5; 65-69, Ambrose Kermit, 28-11.

LONG JUMP—30-34, Larry Steeb, 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, Cecelia Whitfield, 8-10.

HIGH JUMP—30-34, Larry Steeb, 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, Cecelia Whitfield, 4.

MILE—Women, 25-40, Karen McKeachie, 5:33.3; separate race, first place, Liz Soper, 6:03.5; women, 40 and over, Grace Butcher, 6:07.7.

60-YD. DASH—30-34, Gerald Cerulla, 6.8; 35-39, Dave Shevitz, 6.9; 40-44, Jay Avery, 7.1; 45-49, Charles Edmonds, 7.4; 50-54, Rush Jacobs, 7.5; 55-59, Mel Bushman, 7.6; 60 and over, Rolland Steeb, 8.9; Women, Jean Bollinger, 9.3.

60-YD. HIGH HURDLES—39" height, 35-39, Bryan Westfield, 8.1; 36" height, 40-44, Richard Stillwagon, 8.4; 33" height, 50-54, Don Walsh, 9.7; 30" height, Chuck Koons, 14.1.

300-YD. DASH—30-34, Kent Bernard, 32.7; 35-39, Don Williams, 33.8; 40-44, Dick Katte, 37.6; 45-49, Charles Edmonds, 38.4; 50-54, Rush Jacobs, 39.7;

55-59, Howard Strassenburg, 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; 55-59, Howard Strassenburg, 1:40.1;

Letter

I know it was inadvertent, but your last issue neglected to mention I defended my hammer title 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 discus 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.

Women, 25-34, Kris Westrum, 1:45.7; Women 40 and over, Grace Butcher, 1:44.5.

1000-YD. RUN—30-34, Pat Wilson, 2:19.1; 35-39, Harry Hill, 2:29.4; 40-44, Milt Efthimiou, 2:58.4; 50-54, Len Barnes, 2:58.5; 60 and over, Richard Bredenbeck, 3:29.9.

MILE—30-34, Eric Zemper, 4:26.8; 35-39, Bill Stewart, 4:16.8; 40-44, Bob Paklaian, 4:52.5; 45-49, John Forest, 5:05.9; 50-55, Richard Green, 5:12.5; 55-59, Allan Phillips, 5:33.3; 70 and over, Richard Bredenbeck, 6:17.1

TWO-MILE WALK—Women, Jeanne Bocci, 17:25.7; Men, Gerald Bocci, 16:32.7.

TWO MILE RUN—30-34, John McCravey, 10:01.5; 35-39, Bill Stewart, 9:12.8; 40-44, Bob Paklaian, 10:10.9; 45-49, John Forrest, 10:46.6; 50-54, Fred Holappa, 11:07.8; 70 and over, Richard Bredenbeck, 12:48.0; Women, 25 and over, Karen McKeachie, 11:40.1.

MILE RELAY—30-49, Warren Track Club, 3:32.8, P. Hallup, R. Pihlaja, P. Wilson and D. Campbell; 50-59, Ann Arbor Track Club "C", 4:30.9, G. Kostishak, M. Sanders, D. Greenwood and F. Holappa.

35 records broken in regional meet as walkers lead the way

Thirty-five records were broken in the 6th 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 race walking, 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 hurdlers, 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 second places and one third place. Bill Clark, 45, 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 with Phil Hager, 41, winning in 4:57.9 and 10:27.3 and National 1977 Indoor and Outdoor Champion George Vernosky, 47, winning in 4:56.1 and 10:24.0.

Kelsey Brown of the Jersey 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 11:23.4. Lloyd Riddick, a finalist in the World Championships, won the 50-yard dash in 5.6, 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 (16'½") and high jump

continued

Letter

Sirs:

After reading the entry fee schedule for the AAU Eastern Masters Indoor Championships, may I suggest that the name of the contest be changed to the "Millionaires Championships." Surely there must be a more reasonably priced facility located somewhere in the eastern United States.

Yours truly,
John Andreucci
Everett, Mass.

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:
Ed Kusiak, Track & Field Coach
Patrick Gym
University of Vermont
Burlington, Vermont 05401

6TH ANNUAL EASTERN MASTERS AAU INDOOR CHAMPIONSHIPS, FEB. 19, 1978
THE PEDDIE SCHOOL, HIGHTSTOWN, NEW JERSEY (● = meet record t = ties record) ●
1A=40-44: 1B=45-49: 2A=50-54: 2B=55-59: 3A=60-64: 3B=65-69: 4A=70-74

50 yd. dash			
1A	Riddick, L	43 NYPC	5.6
	Budd, A	42 NYPC	5.6
	Barnes, R	40 NYPC	5.7
	Gaton, A	41 NYPC	5.8
	Helfrick, F	40 NJM	6.3
1B	Kendrick, J	46 NYPC	5.9
	Clark, W	45 PHIL	5.9
	Ender, R	46 PV	6.2
	Thomson, S	49 NYPC	6.3
	Colen, H	49 NYPC	6.8
2A	Valentine, R	54 NYPC	6.2
	Wallace, J	50 RICH	6.4
	Lentzer, M	52 NYPC	6.5
	Gillesoe, R	53 NYPC	7.0
	Johnson, R	52 PV	7.3
2B	Harris, D	55 PHIL	6.3
	Manno, J	57 NJM	6.5
	Kafka, E	55 PV	7.9
3A	Neuhof, M	62 NYPC	7.0
3B	Hills, C	65 PHIL	7.0
4A	Boas, K	74 NYPC	8.4

50 yd. High Hurdles			
1A	Schroeder, B	41 UNAT	7.0
tie	Trout, L	43 GARD	7.0
1B	Clark, W	45 PHIL	8.0
	Olson, L	46 GR. M	8.1
	Hill, T	47 GARD	8.4
	Colen, H	49 NYPC	9.1
	Taylor, G	47 PHIL	9.2
2A	Wallace, J	50 RICH	7.4
3A	Neuhof, M	62 NYPC	8.5
3B	Hills, C	65 PHIL	8.8

300 yard dash			
1A	Riddick, L	43 NYPC	35.2
	Budd, A	42 NYPC	35.8
	Gaton, A	41 NYPC	36.4
	Barnes, R	40 NYPC	36.6
	Helfrick, E	40 NJM	40.0
1B	Clark, W	45 PHIL	38.0
	Thomson, S	49 NYPC	38.2
	Ender, R	46 PV	38.9
2A	Valentine, R	54 NYPC	37.0
	Lentzer, M	52 NYPC	42.7
	Bradley, A	51 UNAT	43.2
	Johnson, R	52 PV	45.1
2B	Manno, J	57 NJM	41.6
	Harris, D	55 PHIL	41.8
	Kafka, E	55 PV	50.6
3B	Lacey, R	67 NYPC	45.5
	Monastero, S	66 PHIL	45.6
	Hills, C	65 PHIL	47.2
4A	Boas, K	74 NYPC	52.7

600 yard dash			
1A	O Neal, M	40 NYPC	1.22.8
	Bradley, J	41 PV	1.24.7
1B	Connolly, T	47 NYPC	1.23.0
	McMahon, J	47 PV	1.30.0
	Thomson, S	49 NYPC	1.30.2
	Spitzer, D	49 NYPC	1.30.4
	McCarthy, W	45 NYPC	1.32.7
	Ross, R	45 NYPC	1.37.4
2A	Valentine, R	54 NYPC	1.29.3
	Bradley, A	51 UNAT	1.37.2
	Johnson, R	52 PV	1.41.3
2B	Manno, J	57 NJM	1.38.1
	Wendell, R	56 NYPC	1.40.6
	Harris, D	55 PHIL	1.44.0
	Kafka, E	55 PV	1.52.5
3B	Lacey, R	67 NYPC	1.45.2
	Witkowski, C	65 JS	1.47.2

1,000 yard run			
1A	Zioner, H	43 NYPC	2.28.0
	Conro, A	41 BOST	2.30.1
	Bradley, J	41 PV	2.45.0
	Coiro, V	43 NYPC	2.45.7

1B	Fine, R	46 NYPC	2.40.3
	McMahon, J	47 PV	2.46.0
	Spitzer, D	45 NYPC	2.57.0
	Ross, R	45 NYPC	2.57.5
	Denig, D	45 NYPC	3.00.0
2A	Brown, K	50 JS	2.42.0
	Messinger, A	54 NYPC	2.46.4
	Lister, W	50 ?	2.47.7
	Johnson, R	52 PV	3.06.0
2B	Greenberg, H	58 SHR	2.55.2
	Wendell, R	56 NYPC	3.14.0
3A	Newman, A	62 UNAT	2.56.0
3B	Monastero, S	66 PHIL	3.25.5
	Witkowski, C	65 JS	3.27.0

one mile run			
1A	Hager, P	41 PV	4.57.9
	Tersago, W	42 JS	5.02.6
	McAllister, J	44 SHR	5.32.5
1B	Vernosky, G	47 PV	4.56.1
	Diamond, T	48 PV	5.20.6
	Denig, D	45 NYPC	5.32.8
2A	Brown, K	50 JS	5.08.1
	Snedeker, D	50 UNAT	5.13.8
	Messinger, A	54 NYPC	5.14.4
2B	Richardson, S	57 NYPC	5.16.0
	Greenberg, H	58 SHR	5.32.1
3A	Newman, A	62 UNAT	5.34.5
	Pooowich, J	60 NYPC	6.09.8
3B	Witkowski, C	65 JS	NT
4A	Cash, T	71 SHR	6.19.0

Two Mile Run			
1A	Hager, P	41 PV	10.27.3
	Tersago, W	42 JS	10.34.5
	Stern, L	43 NYPC	10.52.8
	Feld, G	45 NYPC	11.24.0
1B	Vernosky, G	47 PV	10.24.0
	Uher, M	45 WP	11.18.5
	Diamond, T	47 PV	11.18.5
	Cleaves, H	46 JS	11.29.4
	Wiedeman, D	45 SHR	12.04.0
2A	Brown, K	50 JS	11.23.4
	Henriquez, H	50 JS	11.42.4
	Lister, W	50 ?	12.01.5
	Mimm, R	53 SHR	12.40.5
2B	Geer, D	58 CAP	12.04.5
3A	Quackenbos, M	60 JS	12.05.8
	Woods, J	60 PV	12.48.5
	Johnson, D	61 SHR	14.10.2

Two Mile Walk			
1A	Kulik, R	40 NYAC	14.38.3
AMERICAN MASTERS INDOOR RECORD			
1B	Jacobson, H	47 E.S.	15.02.0
	Corrallo, S	47 PV	15.05.0
	Briggs, A	46 PV	17.23.0
	Wiedman, D	45 SHR	17.30.0
2A	Mimm, R	52 SHR	16.24.5
	Kalb, S	50 SHR	20.20.0
	Lentzer, M	52 NYPC	21.34.0
2B	Dyas, T	57 NJ	18.22.0
	Scully, C	56 SHR	21.34.0
3A	Johnson, D	61 SHR	17.11.8
3B	Lakritz, D	68 NYPC	18.15.0
	Hills, C	65 PHIL	21.35.0
4A	Cash, T	70 SHR	20.34.0

One Mile Relay			
New York Pioneer Club "A" 4.02.5			
Budd-Spitzer-Valentine-O Neal			
New York Pioneer Club "B" 4.13.5			
Coiro-Ross-McCarthy-Barnes			
Potomac Valley Senior T.C. 4.52.9			

Two Mile Relay			
New York Pioneer Club 9.17.7			
Connolly-Fine-Stern-Zioner			
Potomac Valley Senior T.C. 9.56.6			
Bradley-McMahon-Hager-Vernosky			

Shot Put			
1A	Kratin, K	43 ?	38 11 1/2
	Jackson, T	43 GARD	38 6 1/4
	DeLuca, J	40 JS	34 3
1B	Gonzalez, D	45 GARD	49 7 3/4
	Olson, L	46 Gn. M	49 5 1/2
	Carstensen, R	46 UNAT	41 11 1/2
	Hill, T	47 GARD	38 4 1/4
	Wiedman, D	45 SHR	30 1/2
2A	Lentzer, M	52 NYPC	30 1
	Stern, E	50 GARD	29 7
2B	Kafka, E	55 PV	26 9
3A	Detwiler, R	64 PHIL	25 8
3B	Burho, S	67 RICH	25 6
	Hills, C	65 PHIL	21 6
4A	Connolly, R	71 UNAT	26 6
	Boas, K	74 NYPC	22 9 1/2

Pole Vault			
1A	Schroeder, B	41 UNAT	12"
	Illuzzi, F	41 GARD	9 6
1B	Malkin, M	45 NYPC	9
2A	Wallace, J	50 RICH	8 6
3B	Burho, S	67 RICH	8
	Hills, C	65 PHIL	6

Long Jump			
1A	Trout, L	43 GARD	16 1/2
	McAllister, J	44 SHR	15 7 1/4
	DeLuca, J	40 JS	14 1/2
1B	Clark, W	45 PHIL	17 4
	Ender, R	46 PV	17 1
	Kendrick, J	45 NYPC	16 6
	Hill, T	47 GARD	14 3
	Taylor, G	47 PHIL	14 1/2
	Colen, H	49 NYPC	14 1/4
2A	Wallace, J	50 RICH	14 3 1/2
2B	Itarris, D	55 PHIL	14 6
	Ille, T	58 NJ	14 2 1/4
3B	Hills, C	65 PHIL	12 11 1/2
	Burho, S	67 RICH	11 10
4A	Boas, K	74 NYPC	9 3

High Jump			
1A	Trout, L	43 GARD	5 2
	Schroeder, B	41 UNAT	4 10 1/4
	Illuzzi, F	41 GARD	4 8
1B	Clark, W	45 PHIL	4 10 1/4
	Hill, T	47 GARD	4 8
	Ender, R	46 PV	4 6 1/4
	Olsen, L	46 GN. M	4 4
	Colen, H	49 NYPC	4 1 1/2
2A	Wallace, J	50 RICH	4 10 1/4
	Stern, E	50 GARD	4 1 1/4
2B	Ille, T	58 JS	4 1 1/4
3A	Neuhof, M	62 NYPC	4 6 1/4
3B	Hills, C	65 PHIL	4 1 1/2
	Lacey, R	67 NYPC	4 0
4A	Boas, K	74 NYPC	3 10

Weight Throw			
1A	Kratin, K	43 UNAT	27 3 1/4
	Jackson, T	43 GARD	27 1 1/2
1B	Gonzalez, D	45 GARD	39 5
	Olsen, L	46 GN. M	38 11
	Carstensen, R	46 UNAT	27 0
	Hill, T	47 GARD	26 4 1/4
3A	Detwiler, R	64 PHIL	21 5
3B	Hills, C	65 PHIL	16 1 1/2
4A	Connolly, R	71 UNAT	16 10
	Boas, K	74 NYPC	10 3

WOMEN			
300 yd.			
1A	Buchanan, S	40 PHIL	45.6
2B	Kafka, B	56 PV	72.0
1,000 yd. run			
1A	Buchanan, S	40 PHIL	2.57.5
	Johnson, A	41 MFK	3.56.5
One Mile Run			
1A	Buchanan, S	40 PHIL	5.42.0
	Wiedeman, D	43 SHR	6.30 (estimated)
	Johnson, A	41 MFK	7.34.0

Two Mile Run			
1A	Wiedeman, D	43 SHR	14.13.0
1B	Lucas, V	46 UNAT	16.52.0
Two Mile Walk			
1B	Lucas, V	46 UNAT	22.06

TEAM SCORES
5-4-3-2-1 by five year groups with each 5 year group added together, women scored seperately and then included with the men in the totals

DIVISION 1 (40-49)			
New York Pioneer Club	NYPC	106	
Potomac Valley Senior T.C.	PV	68	
Garden State Track Club	GARD	54	
Philadelphia Masters	PHIL	36	
Shore Athletic Club	SHR	17	
Jersey Senior Track Club	JS	15	
Green Mountain Athletic Club	GN. M	14	
Manhattan Flight Kings	MFK	7	
New York Athletic Club	NYAC	5	
West Penn Track Club	WP	4	
Boston Athletic Club	BAA	4	
East Side Track Club	ES	4	
North Jersey Masters	NJM	2	

SPECIAL EVENTS			
300 yard dash 30-34 men			
Johnson, R	32 NYPC	33.5	
Kooka, J	32 ?	33.9	
Maxwell, B	33 ?	35.0	
Ihne, R	30 SHOR	tie 35.1	
Dyce, T	32 ?	35.1	
Johnson, M	34 Jaguar T.C.	35.5	
Van Dasin, D	33 PHIL	35.9	
Cohne, H	33 UNAT	38.8	

300 yard dash 35-39 men			
Small, E	39 NYPC	35.9	
Mannis, F	38 PHIL	36.6	
Perry, W	35 Jaguar	37.0	
Gil, E	38 UNAT	37.3	
Cordero, J	37 NYPC	39.0	
King, E	35 GARD	39.1	
Gibson, D	38 NJM	39.3	
Lucas, W	36 SHR	39.4	

One Mile Run 30-34 men			
Maxwell, B	33 ?	4.45.7	
VanDasin, D	33 PHIL	4.49.4	
Index, W	31 NJM	5.03.4	
Paganelli, A	30 GARD	5.04.7	

One Mile run 35-39 men			
Mannis, F	38 PHIL	4.46.1	
DeMarco, R	36 ?	4.54.1	
Gibson, D	38 NJM	4.56.1	
Cordero, J	37 NYPC	5.07.7	

300 yard dash 30-34 women			
Ransom, N	32 MFK	43.9	

300 yard dash 35-39 women			
Pashkin, S	35 MFK	42.3	

One Mile Run 35-39 women			
Pashkin, S	35 MFK	6.15.5	