Billups sets 2 American records as 413 compete in Track & Field Championships

GRESHAM, OREGON, July 6-8. Four hundred thirteen men and women athletes over age 30 competed in the 1979 National AAU Masters Track and Field Championships on a weather-perfect, beautiful weekend in Gresham, 15 miles east of Portland. Meet Director Jim Puckett and his dedicated crew of volunteers put on what more than a few called "the best meet I've ever attended."

The meet was co-sponsored by Nike, Financial Fitness, Inc. and Mt. Hood Community College. Ernie Billups of Chicago was one of the stars of the meet. Billups broke two American records in the 40-44 age division. He ran the 800 in 1:55.96, breaking his own American mark of 1:57.6 set in last year's national championships, and coming close to Klaus Mainka of Germany's world mark of 1:54.5. The first five runners broke 1:56.

In the 1500, Billups' 4:03.33 smashed Wilbur Williams of Los Angeles' mark of 4:05.9, which had held up since 1973.

Jack Foster wins 1000 Norm Bright an inspiration to all

The legendary Jack Foster of New Zealand, now 47, graciously came to the meet at the invitation of Nike, which sponsored two informative clinics on the sport.

Foster, in a class by himself as an over-40 runner, easily won the 10,000-meter run in an amazing 30:48.5, better than a 5-minute-per-mile pace. Foster holds the world 40-44 and 45-49 marathon marks of 2:11:18.6 and 2:17:29 respectively.

He said he'd "laid off for a whole month in April and just rode my bike. When I train, I never run slower than a 6-minute-per-mile pace. I try to avoid injuries by stopping if I feel something isn't quite right."

Jack capped his weekend with a 400 in the 1600-relay as a member of the "Nike No-Nukes" team.

"It's the first relay I've ever run," said Foster, who ran a 60-second one-lapper after he and Tom Sturak exchanged a 2-bounce baton pass. "It was fun."

Sixty-nine-year-old Norm Bright was an inspiration to everyone. Bright is one of the pioneers of Masters running. He holds dozens of individual age records from the 800 to the marathon. He was the first person over 60 to run the 1500 in less than 5:00.

continued on page 2

HIGHLIGHTS

- 413 compete in National T&F Championships
- Ernie Billups sets 2 American age 40-44 marks
- South Africans banned from 3rd World Championships
- Harry Koppel sets 2 world 65-69 records
- Ray Hatton cracks 45-49 5000 mark
- Irene Obera smashes 2 women's 45-49 standards
- Jack Foster wins National T&F 10K title
- Ralph Lee betters American 35-39 800 record
- Percy Knox lowers world 45-49 100 mark
- Kinsey, Rose, Sherrard, Kolda set new women's records
- Joe Packard sets 3 world 75-79 standards
- Russ Meyer breaks world 75-79 hurdle mark

Billups setting new U.S. mark in 800. Photo by Robert B. Pate.
Billups sets 2 American records

continued from page 1

than five minutes when he clocked a 4:59.4 in last year's Boston Marathon. For the second time, he broke the tape at 1:59.52, winning in 3:24:21.

Famous kick put away Brown, 4:21.94

SO.

35-39

off his American record of 4:25.54.

Sieben Smith, Dean George Puterbaugh. Fitzgerald won it in 2:04.76 with a 26.34 split. He continued to be one of the most successful distance runners of all time.

Lodge, Kansas, won five events-the 800, 1500, 5000, 10,000, and the 20000 meter. The National Masters Newsletter

15:36.8 in the 5000.

Higdon clocked 15:41.5.

Pete Mundle and Jim O'Neil put it into a classic 1978 National Championship duel with Matt Pruitt in the 400. Mundle pulled away, winning in 49.11.

For the first time in history, a human over-age-75 ran the 200 in less than 30 seconds.

Packard's 29.5 compares to his Gothenburg gold-medal time of 29.2 as a 73-year-old.

In the 100, his 14.3 broke Herb Anderson's division time of 14.6. The San Francisco man ran the 400 in 88.5 to also break Anderson's 89.9, set in 1977.

Pruitt went to the start with a faster 1:17.9 time (48.9) than Sumner's 49.5. They were head and head turning into the final straight.

Then Sumner used a bit of strategy.

"I slowed up just a shade," he said, "to make him think I was tiring. When he found himself in front of me, he thought he had me. I relaxed. That's when I turned it on and blew past him. That was easy. Wearing a huge Ace bandage to support a tender hamstring, Sumner 'spent all morning in the hotel, alternating between the Jacuzzi and the pool to loosen up my muscles.'"

In the 35-39 category, national 100, 200, 110-hurdles and 400-hurdles, all in near-record time, as he couldn't help but remember his 73-year-old record. "I'm the manager of my team," he said. "I took care of business."

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Sumner, the 100-200-400-800-1500-5000-10,000-20,000 meter world class distance runner, won at the wire. This year, they ran together again for 245 laps, then Mundle pulled away. With 20 meters to go, he was 10 meters in front.

A certain winner. Then, disaster. A cramped hamstring, Mundle had to pull up, and O'Neil went by just at the wire again, 34.03.9 to 34.03.7. Mundle scratched from the course, naturally, but hoped to be ready for the next race.

Uncontested since 1977, Walt Sumner of Alameda, Calif., kept his streak intact with a 26.3, compared to her winning time in 1976.

--Hal Higdon ran 10:20.4 in the 45-49 Steeplechase.

--Sandra Knott of Cleveland, Ohio, a 1964 Olympian in the 800, ran the women's 44.41, 5000, and 10,000.

--World class race walker Ron Laird, now 40, captured the 5000 walk in 22:26.9.

--Pete Mundle and Jim O'Neil matched up in a virtual replay of their classic 1978 National Championship 10,000-meter race. Last year, O'Neil won at the wire. This year, they ran together again for 245 laps, then Mundle pulled away. With 20 meters to go, he was 10 meters in front.

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continued

Gary Miller of Glendale won the 400 in 52.16 and the 400 hurdles (33") in a good 58.18 to lead the 40-44 group. Percy Knox became the third man in six weeks to tie the 45-49 American record of 11.2. In tying the record, Knox beat the other two holders, Bruce Springbett and Van Parish of Northern California. The San Fernando Valley's Gaylord Kaltenschmidt won both the 800 and 1500 in the 45-49 division, in 2:13.4 and 4:35.4.

"The times were a little slower than I planned," he said, "but I wasn't pushed. I kept waiting for Tom Sturak to catch up with me."

"I'm almost on schedule. I've been doing LSD all winter and spring, but now I'm going to Coach Lazzle Tabor for some speed interval work to sharpen me up."

Kalischmidt has never before competed in international competition, but is heading for Hanover this year.

"I hope to do 2:04. I just want to make the finals."

Steward Thomson won the Shot, Discus and Hammer to lead the 45-49 field performers.

Dick Straub of San Diego led all 50-54 athletes with the wins in the Discus (119"), Long Jump (15'4") and Javelin (134'11").

Bill Fitzgerald, his old self once again, defeated two rivals again.


Page 3 National Masters Newsletter

400 RELAY (Age 30-39) Continued.

110 HURDLES (39")
Fred Johnston SCS 15.25

Hilliard Sumner winning 30-34 200 in 22.22 in Western Regions. Mike Jackson is 2nd.

110 HURDLES (39")
Fred Johnston SCS 15.25

Roger Brandwein 25:14.0

It is not the critic who counts; not the one who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the one who is actually in the arena; who strives again and again; who knows the great enthusiasms and the great devotions and spends himself in a worthy cause; who, at his best, knows in the end the triumph of high achievement; and who, at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat." —Teddy Roosevelt

continued

"Wasn't far off with a good 2:13.1. Avery Bryant and Tom Patalski, both of Los Angeles, won 4 events each in the 55-59 competition.

Bryant placed the 1500, 10,000, Steeple and 800. World champion Patalski took the 110 hurdles, and added scores in the long jump, triple jump and 100.

Wilbur Buchanan doubled with wins in the 200 and 400. In the 60-64 division, George Polynys of Bakersfield won 4 and Irvine's Dan Aldrich took 3 as the competition thinned compared to the younger age groups.

Senator Alan Cranston won the 100 in 14.90 and 200 in 31.84 in the 65-69 category. Art Vesco entered eight events.

Bob MacConahy won the Pole Vault, Shot Put, Discus and Javelin to dominate the 70-74 division.

Christl Miller placed in 5 women's events, then left quietly to play center field in a fast-pitch women's softball league.

In 1980, the Western Regions will be held in San Diego under Dick Straub's direction. Northern California will host in 1981, then back to the Los Angeles area in 1982.
continued

HIGH JUMP
Kermit Walker NS 5'4"
Phil Conley UN 5'2"
Gary Bane SCS 5'0"

LONG JUMP
Ali Henry CDM 21'2"
Kermit Walker NS 20'1"
Gary Bane SCS 18'9"

TRIPLE JUMP
Kermit Walker NS 41'10"
Phil Conley UN 35'2"
Earl Pearson UN 28'11"

SHOT PUT
James Hart SCS 44'15"
Hal Smith SCS 41'8"

DISCUS
Bob Humphreys SCS 153"
Jim Hart UN 136'6"
Hal Smith SCS 128"

HAMMER
Gordon Bobell BC 153'10"
James Hart NM 120'2"
Hal Smith SCS 97'5"

5000 WALK
Ron Laird 23:16
Earl Pearson UN 22:42

400 RELAY (Age 40-49)
Don Cal. Seniors TC 45:19
No. Cal. Striders TC 45:42

1600 RELAY (Age 40-49)
Corona Del Mar 3:46.7

MEN AGE 45-49

100
Percy Knox CDM 11.46
Van Parish NCSTC 11.59
Phil Presber HC 11.72

200
Percy Knox CDM 24.13
Phil Presber NCSTC 24.22
Bruce Springbett CDM 24.27

400
Hans Brunher NCSTC 54.22
Percy Knox CDM 55.22
Jim Parks CDM 55.32

800
Gaylord Kalchschmid SFVTC 2:13.4
Tom Struak CDM 2:22.2
John Harper CDM 2:26.4

1500
Gaylord Kalchschmid SFVTC 4:35.4
Tom Struak SCS 4:42.4
Jim McGinn SFVTC 4:50.9

5000
Tom Struak SCS 13:02.0
Frank Thomas UN 13:16.0
John Harper CDM 20:05.0

10,000
Frank Thomas UN 37:21.1
W.T. Francis BRR 37:31.5

110 HURDLES (36"
Dave Jackson CDM 15.72w
Van Parish NCSTC 16.40w
Bill Adler SCS 17.51w

400 HURDLES (33"
Al Sheahan SFVTC 46.56

HIGH JUMP
Harri Wyatt UN 6'0"
Ed Austin CDM 5'7"
Hurt Oslinger SCS 4'10"

POLE VAULT
Vic Cook 13'11"

LONG JUMP
Dave Jackson CDM 20'7"
Shirley Davidson CDM 19'11"
Phil Schiegel 18'10.4"

TRIPLE JUMP
Dave Jackson CDM 40'2.5"
Tony Nasralla SCS 34'7.5"

BOB
Bill Fitzgerald STC 2:08.2
Bob Sieben SDTC 2:10.3
Don Jackson NCSTC 2:13.1

DISCUS
Stewart Thomson SCS 143'5"
Dick Smith CDM 92"

HAMMER
Stewart Thomson SCS 157'7"
Dick Smith CDM 120'4"

JAVELIN
Dick Smith CDM 136'1"
Jerry Wojciech SFVTC 122'11"

POLE VAULT
Don Grosh 11'

TRIPLE JUMP
John Fitzgerald CDM 25'10"
Bob Metanabke STC 25'14
Bob Metanabke STC 25'20

SHOT PUT
Paul Evans CDM 35'10"

DISCUS
Dick Straub SDTC 119"
Paul Evans CDM 99'5"

LEISURE
Continued

Lewis Smith winning 40-44 200 over Chuck McKenney in 23.72 in Western Regions.

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National Masters Newsletter
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(213) 785-1895 (213) 393-9684

JAVELIN
Dick Strub SDTC 134'11"
Harry Siittenen NCSTC 46'7"

HAMMER
Paul Evans CDM 107'9"

5000 WALK
John Allen 24:43.0
Harry Siittenen 29:46.0
John Friesen 30:47.0

400 RELAY (Age 50-59)
Corona Del Mar 49.94

1600 RELAY (Age 50-59)
Seniors Track Club 4:10.8

MEN AGE 50-59

100
Bob Patassia CDM 12.68
Wilbur Buchanan SCS 11.13
Ray Spencer SDTC 11.40

200
Wilbur Buchanan SCS 26.74
Bob Hunt SCS 27.11
Peter Fetter CDM 27.78

400
Wilbur Buchanan SCS 60.69
Bob Hunt SCS 61.64

5000
Avery Bryant STC 2:19.6
Wilbur Buchanan SCS 2:28.5
Dave Lewis CDM 2:32.1

10000
Avery Bryant STC 4:40.0
Dave Lewis CDM 4:51.5

20000
Avery Bryant STC 9:29.9

400 HURDLES (50"
Tom Patassia CDM 17.05
Bob Hunt SCS 17.72

110 HURDLES (33"
Tom Patassia CDM 31.05

3000 STEEPLECHASE
Avery Bryant CDM 12:03.5
Bob Holmes SDTC 13:17.0

HIGH JUMP
Gerald Gillett CDM 4'6"

POLE VAULT
Dave Brown SDTC 10'6"
Jim Johnson SCS 10'6"

LONG JUMP
Tom Patassia CDM 18.11"
Ray Spencer SDTC 17.18"
Jim Johnson 16'4"

TRIPLE JUMP
Tom Patassia CDM 38'4"
Jim Johnson NC 21'14"

SHOT PUT
George Ker CDM 42'4"
Bob Stone 38'4"
Frank Debernard 30'2"

DISCUS
George Ker CDM 122'4"
Bob Stone 115"
Frank Debernard 93'3"

JAVELIN
Pete Fetter CDM 143'11"
Bob Stone 111'2"

HAMMER
Bob Stone 104'4"
Frank Debernard 92"

MEN AGE 60-64

100
Clarence Killen CDM 13.6
Bill Horst SDTC 13.7
Jim Verner CDM 14.07

200
George Polonlina CDM 30.05
Bill Burke SDTC 31.14

400
Clarence Killen CDM 27.6
George Polonlina CDM 67.6
Bill Fairbank STAN 69.69

continued
The National Masters Newsletter, page 5:

**SIDELIGHTS**

**Runner Lists Fast Food**

Many senior persons scoff at the idea of running for slimming purposes. But Lou Ribman, president of the West Coast Metal Importers Association, scoffs at the scoffers.

Ribman, 60, boasts that he holds more long-distance running records than any other 40-plus steel trader in the country. Each morning between breakfast and lunch, he runs 4 miles running up and down the hills around his Pacific Heights home. His pulse rate, 45, is lower than his age.

Ribman notes that many persons complain that in order to lose one pound you have to burn up 3,500 calories, but during a one-mile run you only shed 100 to 200 calories, depending on your speed and weight.

Calculating from his running log, Ribman figures that in the 4- mile run he has lost over 50,000 calories, about one pound more than his weight.

He then calculated to equal the caloric consumption from his running, he could have eaten 2,004 chocolate milk shakes, 2,807 waffles, 1,522 pizzas, 1,701 spaghetti dinners, and 6,400 bananas.

**NORTHERN CALIFORNIA**

**SUNRISE POWER**

Burns Hicks, 62, has run five 50-mile runs and Pike's Peak several times.

Kay Atkinson, 62, and Annabel Uribe, 52, have run several Pike's Peaks and a 50-miler.

Over half dozen of our DSE members over 60 have run Pike's Peak's Bakers' 48-hour run.

In 1975, Lady Brenda Cleland, 83, from Minneapolis, ran half of Pike's Peak and still jogged several miles and swims. She was knighted by King Olaf of Norway for her work at the Nuremburg trials. She discovered missing relatives of Americans in Norway after the Nazi occupation.

**NON-SMOKERS AND SECOND HAND SMOKE**

More than 30 million adult Americans have kicked the cigarette habit. Millions more are trying. Among adults, only one in three still smokes. In the population as a whole, it's one in four. Even counting cigar and pipe smokers, nonsmokers are a clear majority.

Every time anyone lights a cigarette or pipe or tobacco, smoke enters the atmosphere from two sources. Most important for nonsmokers, there is sidestream smoke, which goes directly into the air from the burning end. The cigarette burns for 12 minutes and pollutes the air continuously with sidestream smoke.

The fascinating fact is that sidestream smoke—the smoke from the burning end—has higher concentrations of toxic compounds than the mainstream smoke inhaled by the smoker. Some studies show there is twice as much nicotine in sidestream smoke compared to mainstream. And three times as much carbon monoxide, which robs the body of oxygen. And 50 times as much ammonia.

*From "Second-hand Smoke," published by the American Lung Association."
NORTHRIDGE, CALIF., June 10. Only one AAU official who had been guaranteed $50, showed up for the 1979 Southern Pacific AAU Masters Track and Field Championships.

Eighteen AAU officials had promised to appear. But the thought of wearing a jacket and tie for 6 hours in 110-degree weather for no pay was clearly not as appealing as a cold beer in front of the TV, or a drive to the beach.

Tom Strak, SPAAAU Masters Track and Field chairman, said, “I'm holding all entry fee checks (which were made out by athletes to the AAU) until I get a satisfactory explanation from the AAU. Maybe the time has come to set up our own organization.”

Disgruntled athletes, who voluntarily worked the events for each other in between their own competition, wondered aloud why Masters pay dues to the AAU in return, as one put it, “for what?”

“How would the 100-meter dash men like to time themselves as they came across the line?” asked Jerry Wooldridge, who was measuring for his fellow Javelin throwers.

“We should take the money we pay for AAU dues and use it for some good officials.”

On the track, which was so hot the heat came up through your shoes, the athletes generally continued their improvement towards Hannover.

Among the top performances:

-Hillary Sumner’s triple in the 30-34 100 (10.7), 200 (22.1) and 400 (49.5).

-Percy Knox’s 11.3 in the 45-49 100, which tied the old American record of Dick Stolpe, which was broken on May 12 by both Bruce Springbett and Van Parish at 11.2.

-Mel Elliot’s 2:04.3 in the 40-44 800.

-Ralph Lee’s 1:59 in the 35-39 800.

-Bill Fitzgerald’s 2:10 in the 50-54 800.

-Gary Miller’s 52.8 in the 40-44 400.

-A 4.66 relay off the 40-49 Corona Del Mar squad.

-Jim Carter’s 4:30.2 in the 1500.

-Hillary Sumner’s triple in the 30-34 100 (10.7), 200 (22.1) and 400 (49.5).

John Doborth clearing 6’7” in 35-39 high jump.

### POLY VAULT

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### JAVELIN

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<td>Pete Fettar</td>
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<tr>
<td>65-69</td>
<td>Ar Vesco</td>
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### FRENCH CHAMPIONSHIPS

- 219’10” at Nantes
- 219’10” at Reims
- 219’10” at Toulouse
- 200’7” at Bordeaux
- 200’7” at Lille
- 190’9” at Caen
- 180’6” at Rouen
- 170’3” at Lyon
- 160’0” at Toulouse
- 150’7” at Bordeaux
- 140’4” at Nantes
- 130’1” at Lille
- 120’8” at Caen
- 110’5” at Rouen
- 100’2” at Toulouse
- 90’9” at Lyon
- 80’6” at Bordeaux
- 70’3” at Nantes
- 60’0” at Reims
- 50’7” at Toulouse
- 40’4” at Lille
- 30’1” at Caen
- 20’8” at Rouen
- 10’5” at Toulouse
- 0’2” at Nantes

### BIOCHEMISTRY

WALNUT, CALIF., June 16, Al Oerter, 43, placed 5th in the 1979 AAU National Track and Field Championships with a 217’9” Discus throw, just 2’ off his world record of 219’10” set April 7 this year. Mac Wilkins won the event with a 231’10” 3rd best throw of all time.

The 219’10” toss is the best of Oerter’s career. His four Olympic gold medals in 1956, 1960, 1964 and 1968 were won with respective throws of 184’11”, 196’2”, 200’1” and 212’6”.

“Generally, this has been my best year for marks,” said the 6’4”, 270-pound Oerter, who admitted he is in his finest shape ever. “I think I’ve had my first, third and fourth best throws.”

After the 219-10 toss, however, he developed a bad bladder infection, halting his careful training schedule for 6 weeks.

It’s a rigid program: bicycling exercises in the morning, throwing for two hours each afternoon and lifting weights for 1/2 hours at night.

He’s also on an extensive vitamin nutrition program.

A computer engineer for Grumman data communications, Oerter is analyzing his progress through computer printouts.

Eighty-nine of the 97 starters finished the run, organized by George Vernosky and the Potomac Valley Seniors Track Club. Vernosky managed to finish third overall in 70:11. Charles Ross was 2nd in 68:03.

Trudy Rapp won the women's age 40-44 crown in 80:07. Nicki Hobson, the American women's 40-44 record holder in the 2-mile (12:44.4) and 5000 (18:55.4) journeys from San Diego to capture her Division in 86:23.

Tony Diamond (74:02), Colin Coleman (77:11), John Woods (85:43), Bill Andberg (84:42), and Ray Sears (97:30) were other division winners.

The host Potomac Valley Seniors Track Club garnered all three team awards, in the men's 40-49, 50-59 and women's 40+ divisions.

Note

There are three addresses to keep in mind involving the Masters Newsletter. Editorial material should go to Al Sheahan, Editor; 6200 Hazel-tine Ave., Van Nuys, Calif. 91401. Subscriptions and advertising material should be sent to Masters Newsletter, 102 W. Water St., Lansford, Pa. 18232. Membership dues or renewal of memberships in the Masters Sports Association should be sent to John Popovich, 24-11 23 Ave., Long Island City, N.Y. 11105.
Olson, Backus set marks in weight pentathlon

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<th>NAME/ DIVISION/ AGE</th>
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<td>26.83</td>
<td>108.19</td>
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<td>John Polhemus</td>
<td>27.35</td>
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<td>Larry Judd</td>
<td>27.05</td>
<td>28.81</td>
<td>22.55</td>
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<td>105.26</td>
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Top marks in Raleigh meet

RALEIGH, N.C. May 4-6. Outstanding performances were commonplace at the Southeastern U.S. Masters Track and Field Championships.

For competitive fields in most events—even in the ladies’ divisions—made this meet one of the top Masters events of the spring. Veteran athletes from over a dozen states and Canada turned in these noteworthy efforts:

—Rudy Valentine wins the discus, 50.25 (252) and 400 (55.5), the latter only 0.7 off his own world mark.

—Henry Fairbank’s wins in the 100, 200 and 400 (50.2) in the 60-64 group.

—Mike VanDerWal of Canada’s 2:01.1 in the 40-44 800.

—Glynn Wood’s 4:16.6 in the 45-49 1500, only 6.2 seconds off Bill Fitzgerald’s American record.

—Frederick Vernicky’s 9:39.4 in the 45-49 3000.

—Jim O’Hara’s 15.4 in the 40-44 110 hurdles.


—Bob Young’s 58.87 (1931) javelin toss in the 40-45 group, nearly 8’ short of Bud Held’s American 45-49 record.

—Herb Anderson’s 8 triumphs in the 75-79 division, including a new world triple jump record of 25’8” in the 70-74 category.

—Paul Fairbank’s 5 victories in the 70-74 competition.

—Nolan Fowler’s new world mark of 127”5” in the 65-69 hammer.

—Lady: Elizabeth Holmes 15.8

—Bob Sanford 38

—Richard Barnes 41

—Matt Brown 45.5

—Ed Schuler 47

—Rudy Valentine 55.5

—Henry Fairbank 63

—Fred White 66

—Al Brors 74

—Bryers Russell 76

New National Meet Record (1962 IAAF Tables)
The Australian Veterans Championships were held in Sydney April 14-15, with 332 competitors.

As usual, the Australian middle-distance runners were outstanding. Tony Robertson will be tough to beat in the 2.03.7 in the 45-49 and 2:03:1 in the 50-54.

Wally Sheppard will be the leading contender for the 1.32 in the 55-59. He is in fine form this year and will be the leading contender in that event as well.

John Bowes leading in the 1.77 in the 55-59. He is in fine form this year and will be the leading contender in that event as well.

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1979 annual Masters Track and Field meeting

GRESHAM, OREGON, July 8. The annual Masters Track & Field Meeting was held in Gresham on Sunday afternoon prior to the final day's events.

National Masters AAU Track & Field Chairman Bob Fine presided. Co-Chairwoman Wendell Miller was unable to attend, but sent his best regards.

Fine expressed confidence that Miller would take over the chairmanship exclusively for 1980.

Fine announced that Duke, North Carolina, has bid for the 1980 Indoor Masters Championships. Syracuse, New York, has bid for the 1980 Indoor Championships. Sites will be determined at the 1979 AAU Convention in Las Vegas this autumn.

Tom Struk, Southern Pacific Association Masters Chairman, said Los Angeles will likely bid for the 1981 Championships. "The city of LA is celebrating an anniversary that year, and is looking for events such as this to promote the city. We're hopeful the city will underwrite some of the costs."

Jim Hershberger of Wichita, Kansas, is interested in hosting the 1982 Indoor Championships. Struk is exploring the possibility of Los Angeles bidding for the 1981 World Veterans Championships. Just as Canada did in 1975, when it hosted the 1st World Masters Games one year prior to the Olympics as a "warm-up" for their officials, so could the U.S. use the 5th World Veterans Championships in Los Angeles in 1983 as a prelude to the 1984 Olympics, now firmly set for Los Angeles.

Fine said "There are now 7 committees in the AAU with jurisdiction over our sport: Men's Track & Field, Women's Track & Field, Men's Long Distance Running, Women's Long Distance Running, Race Walking, Masters Track & Field, and Masters Long Distance Running. Women are included in the Masters committees with the men.

"The Masters Track & Field people are willing to merge with the Masters Long Distance Running Committee. An unofficial poll showed 66% of T&F and 52% of LD in favor of a merger. But the LD Committee seems to be opposed."

At the 1978 AAU Convention, the vote was 13-9 (both T&F and LD voting) to keep the committees separate. Merger would mean the LDR could participate in the funds offered by Financial Fitness, the Occidental Life Insurance Co. of North Carolina, among others. A merger would result in a better race, according to his age classification, as he is a competitor. If there were less, he might finish a lap or two behind the leader. A five-year-old ran the 400 hurdles in 4:03.1.

Financing considered a "bargain code" by Fine. Rather than write in the regulations to provide specific action and/or penalties when a competitor, for example, lies about his or her age, or strikes an official in the heat of a disagreement.

At the moment, anyone lying about age is given a 2-year suspension, plus the forfeiture of all medals illegally won. Two incidents have occurred so far. One has returned the medals. One has not.

Everyone approved.

Discussion of team championships in major meets ensued. Should a competitor who lives in, say, Nebraska, be allowed to run for a team from California? Or should the Nebraska competitor be permitted only to compete for a club in the Nebraska district?

If there were team championships, would a competitor who might finish only 6th be more likely to compete, because his 6th place finish could give a point to his team? Would there be more camaraderie to promote team competition? Would more people compete?

Jimmie Packard said team championships would be "a cancer" on the movement. Tom Struk and others said recruitment would get out of hand; that ugly incidents and bias would result, which is exactly what the Masters program tries to avoid.

The proposal for team championships was defeated, 36-6.

Fine announced Geza Feld, national ranking chairman, is compiling 1979 stats in all events, in all age categories. Send him your best performance for 1979. He'll compile the results which will be printed in the newsletter. Certificates for the top 5 will be awarded.

Fine encouraged clubs to participate in the annual postal relays. You get a relay team together, run it anywhere, anytime, and submit your result. Best team in the U.S. wins.

Everyone on your team? Veterans Associations, AAU, and Masters Association are expected to mount the challenge. The American Track & Field, Pete Mundle (national records chairman) and Ken Young of the National Guard of Nebraska, are working on age-graded tables for each event. One purpose: If only ten people are entered in an event in all divisions (common for the 400 hurdles), instead of breaking it up into eight or nine divisions as is done now, and giving everyone a gold medal, one competition could be held using the tables. If a 60-year-old ran a better race, according to his age and the performance level of the official table, he would win, even he might finish a lap or two behind the leader. A 38-year-old. It would make a gold medal more meaningful.

The New York Masters Association will publish the age-record book in the future, not Track & Field News as before.

As long as we have a sponsor, the maximum entry fee for national and regional championships will be $5. John Bevilaqua, AAU Masters Treasurer, has resigned as Executive Director of Financial Fitness. AAU is still committed to providing $30,000 to the grant in 1979, and may well continue the grant in 1980.

Fine said a complete accounting of continued
continued

the funds will be published in the newsletter.

A National Masters Directory will be published by Financial Fitness, Inc., listing all registered Masters in the U.S. When you're in a strange area on business or traveling, you can call a member to learn of local events, the best place to run, etc.

The most important thing, said Fine, is the National Masters Newsletter. Al Sheahan and Ed Gildea have been hired to edit and publish, respectively, the paper.

Sheahan asked for suggestions and comments. We need 250 subscribers to make it work. At present, we have a bit over 1000. Everyone is encouraged to talk up the paper. Get your friends to subscribe. A subscription blank is in this issue. It's only $3 for the rest of 1979; probably $10 in 1980, depending. It will serve as the main form of communication for Masters athletes.

Fine announced the disturbing news that the South Africans, once again, will be barred from competing in the 1979 World Veterans Championships in Hannover. (See separate story.)

Citing the confusion that has developed with changes to implement weights and hurdles heights, Fine asked for and received unanimous approval to make the U.S. standards conform to international standards. Thus, for a veteran who plans to compete abroad, he or she can now plan on the same conditions applying here in the U.S. as will be encountered overseas.

Athletes from 18 states

compete in TFA/USA meet

SLIPPERY ROCK, PA., June 9-10. Athletes from 18 states and the District of Columbia took part in the annual TFA/USA Track and Field Championships at Slippery Rock State College in Western Pennsylvania.

States were North Carolina, Oklahoma, Michigan, New York, Pennsylvania, Ohio, Minnesota, New Jersey, Texas, Florida, Georgia, Virginia, West Virginia, Maryland, Delaware, California and Connecticut.

The meet expanded this year to 5-year age divisions starting with 30-34 for both men and women.

Three former U.S. Olympians competed. They were Sandra Knott (1964), Billy Reilly (1968) and Lou Gregory (1952).

"I think this was our best meet yet," said organizer John Harwick, head of the West Penn Track Club. "I hope we can develop into one of the major meets each year. I think TFA/USA has a super executive director in Barry Wagner, and I think we will be making progress at all levels."

Citation Awards (Outstanding Performers)

1979

55-59—Ann Ruth, Eastern Pennsylvania TC

50-54—Sandra Knott, U., Cleveland, Ohio


30-34—Kathy Marsh, Southeast (Colo) NC

1979

75-79—Lou Gregory, Pennsylvania Runners Assn.

60-64—Bob Peters, Western Pennsylvania TC

55-59—Bob Peters, Western Pennsylvania TC

50-54—Ray Cartwright, Western Pennsylvania TC

45-49—Pay Cartwright, New York Masters

40-44—Zoran Potonion Valley Sentinels

35-39—Bob Standfast, Philadelphia Masters

30-34—Norm Bower, Cleveland Weight Throwers

WOMEN

TIME STANDARDS (VAR/AUG/91)

1. Eastern Pennsylvania Track Club 1:10

2. Eastern Pennsylvania Track Club 1:10

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continued
Top performances at 8th annual Met meet

NEW YORK, N.Y., June 30. The 8th Annual Metropolitan AAU Masters Track Field Championships saw the top performances:

—A near world 50-54 mark in the 100 meters by J. Ryan, who set the nearly eight-year-old Alphonso Juliard's 6-year-old record of 11.4.

—Lloyd Riddick's 23.6 and 53.4 in the 44 and 44-49 division.

—Rudy Valentine's triple in the 55-59 100 meters (12.6). 220 yards

| METROPOLITAN A.A.U. MASTERS TRACK & FIELD CHAMPIONSHIPS JUNE 30, 1979 RANDELL'S ISLAND, NEW YORK |
|------------------|------------------|------------------|
| 100 METERS       | 200 METERS       | 440 YARDS       |
| R. Pendleton     | 34 PC 11.7       | 107 PC 22.1     |
| D. Lyons         | 34 PC 11.7       | 107 PC 22.1     |
| 25-29            | 25-29            | 25-29           |
| U. Gillard       | 37 PC 11.9       | 137 PC 24.9     |
| R. Gill          | 38 PC 11.9       | 137 PC 24.9     |
| A. Taule         | 37 PC 11.9       | 137 PC 24.9     |
| 440 YARDS        | 440 YARDS        | 440 YARDS       |
| J. Beall          | 41 YR 11.3       | 135 YR 24.6     |
| L. Middick       | 41 YR 11.3       | 135 YR 24.6     |
| R. Barnes        | 41 YR 11.3       | 135 YR 24.6     |
| R. Alston        | 41 YR 11.3       | 135 YR 24.6     |
| 55-59            | 55-59            | 55-59           |
| E. Valentine     | 55 PC 12.4       | 202 PC 24.9     |
| 50-60            | 50-60            | 50-60           |
| D. Lawrence      | 50 PC 12.0       | 199 PC 24.9     |
| L. Lawrence      | 50 PC 12.0       | 199 PC 24.9     |
| 60-64           | 60-64            | 60-64           |
| L. Middick       | 57 PC 12.0       | 200 PC 24.9     |
| 440 YARDS        | 440 YARDS        | 440 YARDS       |
| 122 Yard Run     | 122 Yard Run     | 122 Yard Run    |
| R. Pendleton     | 30 PC 24.0       | 94 PC 24.0      |
| A. Minkoff       | 30 PC 24.0       | 94 PC 24.0      |
| W. Gray          | 30 PC 24.0       | 94 PC 24.0      |
| J. Johnson       | 47 PC 22.5       | 144 PC 24.9     |
| R. Galloway       | 47 PC 22.5       | 144 PC 24.9     |
| 200 METERS       | 200 METERS       | 200 METERS      |
| 60-64           | 60-64            | 60-64           |
| L. Middick       | 52 PC 12.4       | 199 PC 24.9     |
| R. Barnes        | 52 PC 12.4       | 199 PC 24.9     |
| R. Alston        | 52 PC 12.4       | 199 PC 24.9     |
| 55-59            | 55-59            | 55-59           |
| E. Valentine     | 55 PC 12.4       | 202 PC 24.9     |
| 50-60            | 50-60            | 50-60           |
| D. Lawrence      | 50 PC 12.0       | 199 PC 24.9     |
| L. Lawrence      | 50 PC 12.0       | 199 PC 24.9     |
| 60-64           | 60-64            | 60-64           |
| L. Middick       | 57 PC 12.0       | 200 PC 24.9     |
| 440 YARDS        | 440 YARDS        | 440 YARDS       |
| 122 Yard Run     | 122 Yard Run     | 122 Yard Run    |
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| A. Minkoff       | 30 PC 24.0       | 94 PC 24.0      |
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| J. Johnson       | 47 PC 22.5       | 144 PC 24.9     |
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| L. Middick       | 52 PC 12.4       | 199 PC 24.9     |
| R. Barnes        | 52 PC 12.4       | 199 PC 24.9     |
| R. Alston        | 52 PC 12.4       | 199 PC 24.9     |
| 55-59            | 55-59            | 55-59           |
| E. Valentine     | 55 PC 12.4       | 202 PC 24.9     |

continued
## Don Palmer Memorial Relays

**SANTA ANA, CALIF., May 26.** The 1978 U.S. National Team Champion Corona Del Mar Track Club won the unofficial 30-39 and 40-49 age divisions of the annual Don Palmer Memorial Relays at Santa Ana College.

The Seniors Track Club of Southern California won the 50-59 crown.

The event is named after the late Don Palmer, a fine 400 and 800 runner for Corona Del Mar in the mid-1970’s. Palmer exemplified the spirit of his Master’s movements with his outgoing friendliness, tough competitiveness and enthusiasm for running.

**Hawaii report**

The Hawaiian Masters Championships will be held the first week of June, 1980. The Senior Olympic Fall Championships are set for December 29-30, 1979.

A Masters competition will be held every weekend from September through December, 1979, usually at Kaiser High School, or the University of Hawaii.

For more info, contact J.P. Karbins, 3140 Waialae Ave., Honolulu, HI 96816, who is recently elected President of the Hawaii Masters Track Club.
South Africans banned from Hannover

Once again, the unwelcome face of politics has intruded upon the Masters Track and Field world.

Bob Fine, North American Representative of the World Veterans Masters Association, received a letter dated June 20 from Roland Jerneyd, Secretary of the Association, stating that the South Africans have been barred from competing in the 1979 World Veterans Track and Field Championships in Hannover, Germany.

As you remember, the International Amateur Athletic Federation (IAAF), the governing international body for track, field and long distance running, last October told the World Veterans Masters Association, "You may allow anyone we choose to compete in our events, as long as a man is over 35 and a woman over 35, the IAAF said it will accept in our events."

The decision was unanimously given. So the worst fears of everyone are confirmed. Despite all the talk, despite all the proclamations that everyone would be allowed to compete, regardless of race, sex, political affiliation or where you happen to live, it won't happen.

In 1977, many, who perhaps are now saying, "I told you so," felt that the international pressures were too great: that the political forces were too strong; that if we wanted all men over 40 and women over 35 to compete, we would have to set up our own organization; that we'd have to stay totally clear of the IAAF and AAU.

The AAU said, "Do what you want." Then the IAAF, after two years of work by Fine and others, said, "Do what you want." And STILL not everyone is allowed to compete.

So what we thought would be a pleasant, friendly, open 3rd World Veterans Championships appears to be disintegrating into a sour, muddy and political football. The fun simply isn't there when you have to worry about politics. So why worry? How can you not worry when some of your fellow athletes, who want very much to compete, are denied the opportunity? How can you compete in your own event without feeling a tinge of guilt because someone who belongs in your event is not there? What could have continued?
continued

you have done about it? Nothing? Maybe. But there's always some-
thing that can be done. It's too late to
boycott the whole damned thing. Maybe a smaller thing will happen and
everything will be okay.

But this is the last year that many
Masters are going to participate in a
movement which denies basic human
rights. It's like belonging to a country
club which discriminates. For a
while, you try to change it from the
club which discriminates. For a
open up your own country club.

We went on faith in 1977. We
trusted that if we joined forces with the
IAAF and others, we could help
break down the barriers.

Well, there's an old saying: "Fool
me once, shame on you. Fool me
twice, shame on me."

LATE FLASH: Bob Fine, through
World Veterans President Don
Farquharson, reports: "It seems the
European Association had nothing
to do with the matter. It was strictly
the Russians indicating that if the
South Africans or Rhodesians
compete as a nation, then the
Germans would have difficulty
competing in the Olympics. On this
basis the German federation indicat­
ed that the South Africans couldn't
compete as a nation. We'll have to
wait until we get to Germany for a
meeting of the executive committee to
see what can be done. I want no
subterfuge this time. It now seems
they can compete as individuals but
dependent on the 200 in 23.0; open up
and run the 100 meters in 16.1."

Jackson, Kinsey

Dave Jackson was named out-
standing male Masters track and
field athlete for 1978 in the Southern
Pacific District of the AAU.

Shirley Kinsey won the outstanding
female award. Both run for the
Corona Del Mar Track Club.

Jackson, of Carson, Calif., was the
1978 U.S. triple jump champion in
the 45-49 division at 40 4/4", and
runner-up to South Africa's Danie
Burger in the 110-hurdles in 16.3.

He won the Western Regional
triple jump in 43 6/16" and the
110-hurdles in 15.4.

In 1977, Jackson was the gold
medalist in the 110 hurdles in the 2nd
World Championships in Gothen-
borg.

Kinsey, of La Crescenta, Calif., has
been a regular participant at most
West Coast meets, and is constantly
encouraging other women to enter the
Masters program.

She won the 45-49 Discus at the
1978 Western Regionals at 76 1/", as
well as the 200 in 23.0; and took 2nd in
the Javelin at 563 3/16."
Dear Percy,

The following is a report of the actions of the North American Committee at our meeting in Lancaster, California, June 2013.

1. The enclosed Constitution was adopted.
2. A report of all profits from the North American Championships was turned over to the Council.
3. It was decided that we explore the possibility of having a North American Cross-Country and Marathon Championship. Anyone interested in hosting such an event(s) please contact me.
4. Unanimously supported Fernando's bid to host the 1980 Pan American Masters Championships. We expect to discuss this with the North Americans at a joint meeting in Harvard.
5. Support for the proposal of the World Veterans' Constitution that athletes can only be banned if they lied about their age or had engaged in unauthorized conduct and that national franchises be awarded, with the understanding that an individual can not be banned from competing if he does not belong to the recognized national group.

The following matters were raised for discussion after the World Championships:

1. Election of new officers. This will be done by the Council. It was felt that after Lancaster, we first would have to see what happens in Toronto. If nothing is done regarding this point then we will take a poll of our members.
2. Whether we should hold a North American Indoor Track and Field Championship if a Pan American Championship is held in the same year. There was concern that if there were two championships held the same year then we might get too many entries for a North American Championship. There were about 230 athletes in Toronto, primarily from Canada and New York City. The counter argument was that the competition is better and since the athletes are paying their own way it would give them a better chance of competing at an international level, if they qualify for the North American and Pan American Championships. These options were proposed. Please complete the enclosed poll and return it to me.

Percy Knox

North American Masters Council meeting

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Percy Knox
Schedule of Events

(Not: Due to many requests we are printing the known schedule for the remainder of 1979, so you can plan accordingly. Please send omissions and changes to the Editor.)


Women over 35.

Wed. Aug. 1 & 15 6 p.m. Masters All-Comers meets, Randall's Island, New York City.


Sat. Aug. 25, National AAU Open and Masters 50K Walk Championships, San Francisco. Contact: Dr. Dean Ingram, 507 Cobb Bldg., Seattle 98101.


Sun. Sept. 2. 2nd Annual Southwest Masters T&P meet; Univ. of New Mexico, Albuquerque. Entry fee in various categories.

Sun. Sept. 16, National AAU Masters 50K Road Championships, Brattleboro, Vermont. Contact: Kurt Steiner, 1600 E. 21 St., NYC 11210.

Sat. Sept. 29, National AAU Masters 25K Road Championships, Tulsa, Okla. Contact: Vera White, 9196 S. Knoxville Ave., Tulsa, Ok. 74136.


Sat. Oct. 6. 6th annual Santa Barbara Masters T&P meet; Univ. of Calif., Santa Barbara, Calif. Contact: George Adams, P.O. Box K, Goleta, CA 93017.


Sat. Nov. 17. National AAU 50-mile Open and Masters Track Championships, Los Angeles. Contact: Tom Sturak, Box 1602, Santa Monica, Calif. 90406.


Sat. Dec. 8, Weightman's Pentathlon Championships (Open & Masters); Glendale College, Contact: John Tansley, above.


Letters to the Editor

(Take you for your response to the survey in the June newsletter. We'll publish the results in the September issue. Meanwhile, here are a few of the comments we've received.—Ed.)

I think it's important that you get out an early tentative schedule of major meets. Many of us have family and business commitments, and if we knew what the tentative schedule was, we could plan on attending the major meets.

I would also comment that the Newsletter would be more effective without too much emphasis on long-distance running. The long-distance runners have various magazines that cover the topic in detail. There is full coverage of long-distance running, but very limited coverage of track and field.

I would also like to suggest that you make a reasonable profit so the Newsletter will survive. Anything from $3 to $5 a year would be satisfactory.

Tremendous improvement over last issue which was all Eastern coverage. Try, try to cover all geographic areas.

J.J. Stewart, Cincinnati, Ohio

Feature mostly track and field, Use "Masters." All have poor connotations. Masters implies mastery. Veterans implies a seasoned athlete. Seniors implies old age. Schedules very important.

Tom Woodring, Santa Barbara, Calif.

Especially liked schedules, entry blanks, results.

Dean Smith, Lombard, Illinois

Don't try to be another Runner's World. Cover what they don't cover. Serve as a communications piece.

Hal Higdon, Michigan City, Indiana

This is the first copy I've seen or heard about. I'm very excited about its format and content.

Bob Hunt, Anaheim, Calif.

Use "Masters." Veterans sounds like the Army.

C. Joseph Stefansowicz, Boothwyn, Pa.

When you're in Hannover...

A revolutionary new concept in mass transportation is being tested by the Germans in the Wunsdorf section of Hannover. It's called "personalized bus service." You should plan to try it if this kind of social innovation interests you.

The system works like this: You go to the bus stop and check the map on display. Find the number that corresponds with your destination. Insert a 20-pfenning coin (about 10 cents) into an electronic call box. Punch in the number. The date is relayed to a computer center. The computer sends back to the call box the time the bus will pick you up. The call box dispenses a ticket. You pay a fare to the driver. The bus that is generally closest to the call box will pick you up. The bus then takes you by the most direct route to your destination. The route may vary, depending on calls from other boxes. Buses can also be summoned by telephone.

The experiment is being closely monitored by West German transit experts, and has attracted widespread attention. A Hannover city official described it as "very successful," and added: "The population accepted it at once, and it will be expanded next year."
Total Protection for the Totally Fit.

Occidental Life Insurance Company of North Carolina offers runners up to 25% off term insurance premiums and up to 20% off whole life premiums. We keep you covered while you run.

- Waiver of medical exam for marathoners up to $100,000.
- Full insurance portfolio.
- Check-o-Matic feature.
- Buy by mail, phone or agent.
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Uncle Larry’s show and tell

Do you hanker for the good old school days of show-and-tell? Like to relive some memories of days gone by?

No problem. Just attend a local AAU meeting.

Tom Sturak, Masters T&F AAU Chairman in the Southern Pacific Association, went to the monthly meeting of the AAU on July 2 to question why only one AAU official had shown up at the local AAU Masters T&F Championships on June 10. And why only 5 had appeared for the AAU Western Regional Masters Championships on June 23-24.

Before he could pose the question, however, Larry Houston, presiding officer, conducted what one visitor described as “an hour-and-a-half of uncle Larry’s show and tell.”

Houston called upon a dozen or so club representatives to tell why their club should be permitted to join the AAU. Sample: “The Monterey Park Water Polo Club is a group of fine people dedicated to the high principles of sportsmanship.” (Yawn).

Next, the other club reps got up to say how well their team had done in recent competition. “The Downey Aquatics won 3 first places in the Long Beach Swimming Championships.” Applause. Ho-hum.

One who is accustomed to the usual pace of American business meetings could barely believe what was happening. It was like something out of the Wizard of Oz. Not quite real.

Finally Sturak got to speak. The mood changed.

“Why,” he asked, “don’t AAU officials show up when they promise to?” Eighteen officials said they’d be there. One showed up, 150 athletes had to work their own meet. My people are furious.”

The answer was that Masters should arrange for officials “from within your own committee. It’s not the province of the whole SPAAU.”

Recalling that the main purpose of the Masters program joining up with the AAU a few years ago was to provide competent officiating at meets, your editor said:

“The Masters have tried to keep good faith with the AAU. We wouldn’t let a single athlete compete in that meet until they paid their AAU dues.”

“But if you’re telling us to arrange for our own officials, what’s the point in Masters paying $4.50 annual dues to the AAU? What are we getting for it?”

The answers:

“Such the AAU can officially accredit you as an amateur when you compete overseas under AAU rules.”

“We can make sure you don’t have to compete against professionals.”

“To pay for the office space and typewriters.”

Less than ten minutes later, we learned where some of our dues go besides office space and typewriters.

“I propose,” said Houston, “that we allocate funds for a mini-suite at Caesar’s Palace during AAU Convention week in Las Vegas.”

The motion passed easily.

We left, secure with the knowledge that our money was being well spent.

Tips for Europe

Going to Hannover? If you’ve been to Europe before, you know what to expect. If not, here are a few pointers:

1. Like to shop? Do it in the daytime or before 2 p.m. on Saturday. Everything shuts down in the evenings. Saturday PM and Sundays except the restaurants and tourist attractions.

2. How to change money? Get higher exchange rate with a traveler’s dollars at certain European banks. Don’t give you cash if you get new checks the same day, unless it’s Monday before 2 p.m. to 5 p.m., and you’re in a city with an American Express office. If it’s a weekend, don’t expect help from AE until Monday.

3. What’s the temperature? Forget Fahrenheit. Europe runs on centigrade. S9°F=15°C. 68°F=20°C. 77°F=25°C. 86°F=30°C. It’s a 9-5 ratio. What time is it? Europe never heard of “PM.” It’s 8 p.m. is 20:00. 5 p.m. is 17:00. 2:45 p.m. is 14:45.

4. Save $50-$100 before you leave. If you’ll be in Europe a few weeks, you can temporarily cancel your automobile insurance. (Except comprehensive, which you still need.) Check with your agent.

5. Train. Anyone? Trains are superb in Europe. A pleasure to ride; a cheap, efficient way to get places. In Switzerland, they’re absolutely breathtaking through the mountains.

6. Be prepared for Late May, Late October heat. The Continent is more temperate than the U.S., but you can get a blistering sun in Italy and Spain.


Note: The Great Lakes Weight Pentathlon Championships will be held at East Michigan University, Ypsilanti, Mich. on Sunday, Aug. 19, starting at 10 a.m. 5-year age groups—discus, shot, javelin, hammer, weight throw. $5. Contact Larry Steeb, 2232 Dexter 103, Ann Arbor, Mich. 48103.
The joy of injury

By BOB FINE

Dr. George Sheehan, both the medical and spiritual guru for the running community, wrote an article exculpating guilt (which is one of the alleged reasons that the Irish are such good runners). Not being Irish or Catholic, I have no personal experience to comment on that explanation. Until recently I would have disagreed with George, but then again I am the one who told George to either run 200 yards ahead or behind me (due to the almost obscene noises he makes during a race) or take up silent meditation.

However, a recent experience has caused me to reconsider my objection to finding joy in pain.

My background and attitudes play a part in the efficacy of my conclusion, so please bear with me. I am a 48-year-old, dedicated middle distance runner, who can be classified as a little bit above average but nothing special. My best times are 2:13 for 800 meters; 4:27 for 1500 and 10:35 for two miles. I also engage with some success in race walking but don't train for the event. I don't enjoy running very often. Perhaps 10% of the time do I obtain pleasure from it. Usually when I'm doing intervals. LSD for me is a drag. I'd much rather cuddle close to my wife's warm and succulent body than drag my ass out of bed at 6:00 a.m. for my morning workout. Most of my training gives me as much pleasure as deflecting; it is something that one has to do and it is a joy when you are finished. I've never experienced a runner's high and put it in the same category as the Holy Grail. I am happy for all those that make running a spiritual experience and I wish them well. I run for the challenge (to myself) of competition, for good health (I'm so lazy that I wouldn't jog unless I had the goal of competition) and the camaraderie. I don't like pain. I don't even like discomfort. Discomfort I expect as part of the price to pay for competitive effectiveness. Pain is an enemy that will reduce my effectiveness and it also hurts. I could train in bed by reading track publications I'd surely do so.

The year was 1979, North American Championships, in Toronto, Canada. That I experienced the "joy of injury." My mother was undergoing major surgery that weekend. She had requested that I bring her home a gift. "I have nothing," she innocently turned in her sleep it was finished. "A little ice to ease the pain," delivering the sentence slowly with my voice trailing off towards the end. After being packed in enough ice to turn my lips blue, making me look even worse, I was carried to my car. God, it was wonderful. The Pope never had a better trip through the streets of Rome. My wife, who has always been very cooperative and understanding about my running, became more concerned. I didn't have the heart to tell her that I could undress myself. I overplayed it a bit when I told her that it wouldn't be fair for her to sleep in the other twin bed in the hotel room—I really wanted her next to me. However, she felt that if she innocently turned in her sleep it might aggravate the injury and that she would make the sacrifice. I could not refuse the offer.

Naturally, I had to be helped off the field with my arms draped around two teammates. I was quickly able to synchronize my grimmace with each step. I was as brave an Errol Flynn in "Custer's Last Stand," as imperious to pain as Gunga Din as he blew his bugle, riddled with bullets, to warn the company of attack. When asked if I needed anything, I replied through clenched teeth, "A little ice to ease the pain," delivering the sentence slowly with my voice trailing off towards the end. After being packed in enough ice to turn my lips blue, making me look even worse, I was carried to my car. God, it was wonderful. The Pope never had a better trip through the streets of Rome. My wife, who has always been very cooperative and understanding about my running, became concerned. I didn't have the heart to tell her that I could undress myself. I overplayed it a bit when I told her that it wouldn't be fair for her to sleep in the other twin bed in the hotel room—I really wanted her next to me. However, she felt that if she innocently turned in her sleep it might aggravate the injury and that she would make the sacrifice. I could not refuse the offer.

The joy of injury made it impossible for me to compete the next day. That was alright also since I was not going to deny my teammates' assertions that I could have won the 800-meter if my leg was not injured while running for the team. In fact, I couldn't have won the 800 on a bicycle, but I didn't want to destroy their illusions. I learned to graciously accept the plaudits of the other athletes as I hobbled around. I made sure that the Ace bandage was a thick one. In accepting congratulation I developed the technique of shyly looking towards the ground and saying something to the effect: "It was the least that I could do." I received more attention than if I had set a world's record. I was the wounded war veteran marching, no hobbling, down Main Street being welcomed home. I was the cowboy riding off into the sunset and the Marines storming the Pacific atoll.

My problem now is that I am recovering. I had no garage detail for a week until my family noticed that I wasn't limping any more. My teammates no longer ask how I feel. They now treat me like any ordinary person.

But I remember the joy of my injury. My self-indulgence. The concern of my peers. My Walter Mitty fantasies about my accomplishment. In a few weeks there will be the Regional Championships in which I'm scheduled to run another relay. One can always hope for the worst.