National Masters Newsletter

10th Issue June 1979 Published Monthly

Spring Highlights

- 37 meet records set in AAU indoor championships
- Al Oerter smashes world age 40-44 discus record
- Irene Obera sets 4 U.S. women’s marks in 45-49 group
- Dean Smith and Kelsey Brown finished 2nd and 3rd in 4:50.0 and 2-mile in 10:19.4. The mile was a battle, with the top 4 all under 5 minutes.
- Elmo Morales directed the 1978 U.S. Masters Outdoor 800 and 1500 champion shatter the 1000-yard record in the 45-49 division in 2:19.2. He broke the meet record in the 600 in 1:17.9 and easily won the mile in a fast 4:30.6.
- Henry Kupczyk won two tactical races in the 45-49 group. In the 1000, he let Tom Sturak of Los Angeles set the pace, then had a furious duel with Kansas’ Jim Hershberger to win by .7 in 2:35.7. In the mile, he outkicked Sturak at the end to win in 4:54.4.
- Just-turned-45 Nick Newton of Los Angeles set an American indoor mark of 34.0 in the 300 and won the 50-yard dash in 5.9.
- Pete Mundle, also of I.A., set two meet records in the age 50-54 mile in 4:50.0 and 2-mile in 10:19.4. The mile was a battle, with the top 4 all under 5 minutes.
- U.S. 1978 AAU outdoor champions Dean Smith and Kelsey Brown finished 2nd and 4th in 4:56.9 and 4:59.3. Splitting them for 3rd in 4:58.9 was Don McEwen, a newcomer to Masters track. McEwen is the former top Wisconsin U. distance star of the 50’s.
- Elmo Morales directed the 1978 U.S. Masters Indoor Track and Field Championships at the University of Michigan Fieldhouse.
- Run on an excellent 220-yard, unbanked tartan track, the meet directed by Elmo Morales featured 37 broken records.
- Ernie Billups of Chicago led the way. The 1978 U.S. Masters Outdoor 800 and 1500 champion shatter the 1000-yard record in the 40-44 division in 2:19.2. He broke the meet record in the 600 in 1:17.9 and easily won the mile in a fast 4:30.6.
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- Brown, of the Jersey Senior Track Club, destroyed the meet record by 6 seconds with a 2:32.1 in the 1000, just holding off Smith in 2:33.8. Smith, of Lombard, Ill., won the unofficial “iron-man-of-the-meet” award by winning the 300 in 36.6 and the 600 in meet record time of 1:22.6.
- (With world record holder Bill Fitzgerald healthy again and waiting in the wings, the 50-54 middle-distance competition in 1979 is going to be something to see.) Kermit Hollingsworth and Dick Richards tied the high jump meet record of 5’10” in the 45-49 group.
- Paul Spangler, the running doctor from California, celebrated his 80th birthday on the 2nd day of the meet. Running better than when he started 5 years ago, Spangler won the 1000 in 3:59.0 and 2-mile in 15:12.4 on the first day as a 79-year-old. Then he came back as an 80-year-old the next day to cop the 600 title in 2:15.3 and set a world age group record with a 7:04.2 mile.
- A national walking record was set by Ron Kulick of the New York A.C. in the 2-mile walk in 14:13.7.

National AAU Indoor Championships at Ann Arbor

37 meet records set as 300 turn out for 1979

ANN ARBOR, MICH., March 17—A record 300 veteran athletes turned out for the 5th Annual National AAU Masters Indoor Track and Field Championships at the University of Michigan Fieldhouse.

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A national walking record was set by Ron Kulick of the New York A.C. in the 2-mile walk in 14:13.7.

The age 60-64 running events were dominated by the trio of Austin Newman, Max Pickl and Art Obokata. Newman took the 1000 in 3:26.3, mile in 5:33.0, and 2-mile in 12:00.7. Pickl won the 50 in 6:8 and the 600 in 1:47.8. Obokata established a new meet standard in the 300 in 40.1.

Florida’s Lou Gregory, who sustained a minor stroke six weeks before the meet, competed in ten events in the 75-79 category, winning all of them as no one showed up to challenge this remarkable athlete.

Carole Brockman was a double winner in the women’s 35-39 division in the mile (6:05.4) and long jump (13’3”).

Karen McHaig won an impressive double in the women’s 30-34 group with a 4:59.3 mile and 10:52.3 two-mile.

continued
300 compete in national AAU Masters meet continued

Grace Butcher won the 600, 1000 and mile in the 45-49 group, while Maria Sparth won the 1000, mile and 2-mile in the 50-54 division.

Special thanks must go to the Ana Arbor Track Club and the Gandy Dancer Restaurant for all of their efforts.

The National AAU Masters Track and Field sponsor, Occidental Life Insurance Co. of North Carolina, outdid themselves. Not only was a direct subsidy given, which was clearly shown in the quality of the officials, but an attractive bag was presented as a gift to each competitor.

Fitzgerald beats Mundle and Smith

POMONA, Calif., April 22—Bill Fitzgerald is back.

The legendary Palos Verdes, Calif., runner, holder of countless world and American middle-distance Masters records, won the age 50-59 1500 in 4:30.8 to highlight Masters action in the Mt. San Antonio Relays.

Fitzgerald had his hands full with National AAU Masters Indoor Mile Champion Pete Mundle, and with Illinois' tough Dean Smith, national AAU indoor champ.

The three ran together until Fitzgerald pulled away in the final straight with his patented kick. Mundle clocked 4:31.8; Smith 4:33.8.

Fitzgerald had been out of serious competition since 1976, with assorted back, stomach and other ailments.

His return to form confirms that competition in the 50-54 middle distances this year is going to be fierce.

Newcomer Mel Elliot topped the 40-49 1500 competitors with a good 4:27. New 40-year-old Joe Burgasser edged Truman Clark in the 5000 by a tick in 16:06.0.

Long-distance champ Dan Fitzgerald, Mundle easily won the 50-59 5000 in an exceptional 16:04.0.

"I'm feeling good," Mundle said, "for the first time in several years. I'm in good shape and hope I can hold it all year long."

Note

There are three addresses to keep in mind involving the Masters Newsletter:

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The National Masters Newsletter (USPS 409530) is published monthly from 102 W. Water St., Lansford, Pa. 18232. Subscription price: $3 for the rest of 1979. Single issues $1, including postage. Advertising rates on request. Subscriptions received at the above address. Address editorial material to Al Sheahan, Editor, 6200 Hazelhine Ave., Van Nuys, Calif. 91401.

Second class postage paid at Lansford, Pa. 18232.
Mueller wins 30-kilometer

ALBANY, N.Y., March 18—American Masters marathon record-holder Fritz Mueller of New York City won the age 40-44 national AAU 30-kilometer championship in 1:39:54.

Nina Kuscik topped the women's win 2:03:39.

WINNERS

Men

40-44 Fritz Mueller 1:39:54
45-49 Ed Stabler 1:42:56
50-54 Howard Rubin 1:49:59
55-59 George Locoloco 2:06:45

Women

40-44 Nina Kuscik 2:03:39
45-49 Toshika D'Elia 2:04:22
55-59 Marion Epstein 4:09:52

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A review of Masters track & field

in 1979 thru April

By PETE MUNDLE

Jan. 6 Muhammad Ali

Invitational Indoor Meet, Long Beach, Calif.

The second edition of this meet provided some good competition and marks. Ken Dennis came within 0.3 seconds of his Masters AAU record as he conquered a good field with his 60-meter electronic time of 6.18.

Miki Gorman ran away from the field (as she invariably does) in 6.49.5, bettering her meet mark of last year by 0.1. Dorothy Stock of San Diego, coming in 2nd to Miki, still got a 45-49 age division record with her 5.814.4 time. This bettered Nikki Hobson's former record by half a second.

In the 60-meter hurdles, Al Henry nosed out Dave Jackson by a tenth with his AAU record time of 8.5. John Brennan of Santa Barbara also came through with an AAU record in the 1500-meter race, bettering Bob Emmerling's mark by two seconds with his time of 4:13.8. Bob was forced to watch the race with an injury received a week before the race. John led from start of finish, managing to withstand a strong finish by Dave Reisbord (a former member of Occidental College's world record 2-mile relay team), Dave's second place time was 4:15.1.

Stanford coach Payton Jordan powered away at the end from his younger rival Tom Patsalis in his 60-meter win of 7.75, a meet record.


The sprinters flexed their hamstrings to better their indoor times of the All meet. This they did on the fast grass track in the meet which features randomly run distances.

Substitute Hilliard Summer and master Ken Dennis dueled in the 60-meter dash with Hilliard topping Ken by a tick with his good 6.88 time.

Pete Fetter (57) got the nod over Al Guidet (60) in the sprint to the wire as both got times of 8.0 for the 60-meter dash.

Nick Newman, now entering his 45th year, started his entry into the new division with a good performance in the 300 meters with a time of 38.4. Stan Herrmann won the hammer and shot put, while Joe Caruso won the 65-69 long jump in a good 14'3 3/4".

Feb. 17. Orange Masters Meet, Orange, Calif.

The big story of this meet was the prodigious discus throw of Daniel Aldrich. His throw of 172'2" for the 1.0kg discus bettered the world age 60-64 mark of Konstanty Makarmaczyk, one of the best and longest standing records on the books. Last year at the Pan American Games, Daniel unloaded one for 168'6". So he was due for an even better one sooner or later. He also bettered shot put champ Jack Thatcher with a good 45'3 3/4" throw and he bested javelin great Bill Morales with a 157' effort for a stupendous day's work. Christel Miller and Al Kimsey picked up some good marks in the field events, with Christel going over 100 feet in her favorite event, the javelin.


No records were made in this meet. Jack Thatcher evened his shot put series with Dan Aldrich with a good 46'10" to nose out Dan by 10 inches. Dan came through with another good discus effort of 162'5. Tom Patsalis came within a few feet of the age record with a good jump of 39'9" in his specialty, the triple jump.

Ken Dennis outdueled Dave Segal (former British internationalist) in the 100 meters, 11.2 to 11.26.

March 30-April 1. Second International Mexican Masters Meet, Mexico City.

A group of about 50 athletes from all parts of California and the Southwest enjoyed the hospitality of the Mexican organizers and the competition that ensued.

Being housed and fed at facilities at trackside made it a pleasure to compete. This former training site of the Mexican Olympics is now used by top athletes the world over for continued on page 15

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Schedule of Events—June 1979

Sat., May 26, 10 a.m. Mid-America Masters Regional Track & Field Championships, Aurora Central High School, Aurora, Colorado. Men and women, 5-year age groups from age 30.

Contact: Jim Weed, 11672E 2nd Ave., Aurora, Colo. 80010.


Director picks.

Contact: Gloria Fine, 77 Prospect Place, Brooklyn, N.Y. 11217.


Wed., June 6, 6 p.m. Masters All-Comers meet. Randall's Island, New York City.

Contact: Tom Sturak, Box 1602, Santa Monica, Calif. 90406. 213-455-2397.

Sat., June 16, 8 a.m. Atlanta Masters Championships, Lovett Stadium, Atlanta, Ga. (Entry form in this issue).


Wed., June 20, 6 p.m. Masters All-Comers meet. Randall's Island, New York City.

Sat., June 23, 10 a.m. 11th Annual Eastern Regional AAU Masters Track & Field Championships. Franklin Field, Univ. of Pennsylvania, Philadelphia, Pa. (Entry form in this issue).

Sat., June 30, 10 a.m. 8th Annual Metropolitan AAU Masters Track & Field Championships, Randall's Island, New York City. Men and women registered in Metropolitan AAU. To register, write Metro. AAU, 15 Park Row, NYC 10038. 10-year age divisions from age 30.

Contact: Bob Fine, 77 Prospect Place, Brooklyn, N.Y. 11217.

Sat., June 30, and Sun., July 1, 9 a.m. Senior Olympics, University of Southern California, Los Angeles. Men and women. 5-year age divisions from age 25.

Contact: Warren Blaney, 5225 Wilshire Blvd., Los Angeles, Calif. 90036. 213-938-5548.

From the editor

I have just accepted the job as editor of the National Masters Newsletter.

It’s an honor, and a challenge to make this a top publication for all veteran track, field and long-distance running athletes.

The Masters movement is the fastest growing segment of the running community. There’s a wealth of information out there—results, upcoming events, regional news, world developments.

We want to share that information through the National Masters Newsletter.

The demise of Dave and Helen Pain’s excellent USMITT publication has left a large gap to fill. It’s crucial that our newsletter become a quick, accurate means of communication among all over-age-30 athletes.

National AAU Masters Track & Field Co-chairman Bob Fine has effectively developed a cohesive Masters program. He’s been the driving force in getting a national sponsor, the Occidental Life Insurance Co. of North Carolina.

With the help of Ed Gildea, he’s put together nine newsletters since 1977.

Up to now, the newsletter has come out quarterly. From now on, you’ll get it monthly.

It’s a part-time venture for me. From my base in Los Angeles, I’ll assemble the material, then send it to Ed Gildea, who will continue to print and mail the paper from his Lansford, Pennsylvania, headquarters.

It’s urgent that we receive results, schedules and useful information as soon as possible.

Please send all newsletter material to:

Al Sheahen
6200 Hazeltine Ave.
Van Nuys, Calif. 91401

Deadline: the 8th of each month. Feel free to call me at (213) 785-1895 or (213) 393-9684.

We need and welcome your suggestions and criticisms. This is a newsletter for veteran athletes, by veteran athletes.

What kind of publication do we want? A track & field paper only? Include long-distance running? Focus on results? Feature health or training tips? Do profiles? Human interest stories? Etc. We can become a sort of Masters Track & Field News, or a Masters Runner’s World. Or varying shades in between.

Enclosed is a brief survey. Please take a few moments to fill it out and send it to me. Your response will go a long way in determining the direction our newsletter will take.

—AL SHEAHEN

### Survey for National Masters Newsletter

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<th>1. The National Masters Newsletter should report on:</th>
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<tr>
<td>a. Only Track &amp; Field</td>
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<td>b. Only Long Distance</td>
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<td>d. Mostly Long Distance</td>
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<td>e. Both T&amp;F &amp; LDR</td>
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<th>2. The newsletter should feature: (check one or more)</th>
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<td>a. National results</td>
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<td>b. Regional results</td>
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<td>c. Local results</td>
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<td>d. International results</td>
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<tr>
<td>e. Entry blanks</td>
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<td>f. Regional schedules</td>
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<td>g. Local schedules</td>
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<td>i. Age-records</td>
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<td>o. Medical Q&amp;A</td>
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<td>p. Letters to editor</td>
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<td>q. Travel info</td>
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<td>s. Regional reports</td>
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<td>t. International report</td>
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<td>u. President’s report</td>
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<th>3. How should age-groups be identified? For example, should the 40-44 men be listed as:</th>
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<tr>
<td>a. 40-44</td>
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<td>d. M40-44</td>
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<th>4. Field events should be listed in:</th>
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<td>a. Feet &amp; inches</td>
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<td>b. Meters</td>
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<td>c. Both</td>
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<td>d. Don’t care</td>
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<th>5. What style format do you prefer:</th>
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<tr>
<td>a. Present newspaper tabloid</td>
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<td>b. 8½ x 11&quot;</td>
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<td>c. Slick cover magazine</td>
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<th>6. How much should the annual subscription price be?</th>
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<td>a. $3</td>
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<td>c. $10</td>
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<th>7. When meet directors submit results, what information on each entrant (besides last name, place &amp; time) should be included: (Check one or more).</th>
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<tr>
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<th>8. What should the name of the newsletter be:</th>
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<tr>
<td>a. National Masters Newsletter</td>
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<td>b. U.S. National Masters Newsletter</td>
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<td>c. U.S. Masters Newsletter</td>
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<td>d. National Veterans Newsletter</td>
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<td>e. National Seniors Newsletter</td>
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<th>9. What other sports publications do you read?</th>
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<tr>
<td>a. Track &amp; Field News</td>
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<td>c. On the Run</td>
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<td>d. Runner’s Gazette</td>
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<td>e. Track Master</td>
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<td>f. National Jogger</td>
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<td>g. Club newsletter</td>
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<td>h. Sports Illustrated</td>
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<th>10. Internationally, we’re known as &quot;masters.&quot; In the U.S., it’s &quot;seniors.&quot; Which do you prefer?</th>
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<td>a. Masters</td>
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<td>b. Veterans</td>
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<td>c. Seniors</td>
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<th>11. What results of competition should we publish?</th>
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<td>a. World Games</td>
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<td>b. National Championships</td>
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<td>c. Regional Championships</td>
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<td>d. Local Championships</td>
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<td>e. Local meets</td>
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Thank you for your cooperation.
Guidelines on establishing a Masters program

By BOB FINE

DEVELOPMENT MEETS

The purpose of these meets is to provide low-keyed competition to be utilized in one’s overall training program as an aid in the development, pacing, enhancing anaerobic ability and having fun.

These meets should not be viewed as the end result of training, but just part of the training.

1. Number of events. To hold a full-scale track meet would not be in keeping with the “low-keyed” nature of these meets. First of all, a full-scale meet will take up to six hours to hold. Next, entry forms, seedings, extensive advance planning and dedicated officials will be required. This is in addition to the greater expense. To try to hold full-scale meets at frequent intervals is just not feasible. It makes more sense to hold several meets over a short span of time with only a few events. It is suggested that a sprint (50 yards to 440 yds.), a middle distance (600 yards to mile) and a distance race (2 to 4 miles) be held. Two field events can also be held. By varying the exact distance and type of event (as indicated later) enough variety can be maintained to keep interest.

2. Simplicity of administration.

a. Every event should have the post-entry. This saves mailing costs and administrative time.

b. Do not use competitors’ numbers. Aside from the expense they require paper work. Since the fields will not be large and since most of the competitors will be known to everyone it should be easy to keep track of everyone. If there is a potential problem of identifying the competitors, then a 3 x 5 card with the competitor’s name on it can be used. The competitors should be instructed to return to the finish line as soon as they catch their breaths.

c. All competitors should be prepared to assist in the administration of the meet. The sprits should be run first, as sprinters are more high strung than the distance runners. The distance runners are to time the sprinters (unless there are enough officials present) and then the sprinters are to time the distance runners. No entry fees should be given out until after all the events have been completed.

3. Prizes. This can vary widely. No prizes at all have to be given. If that is the case then no entry fees or a very small fee (25c) should be charged. Without prizes these meets are nothing more than a time trial. Prizes are recommended as many non-championship runners will participate in these meets if they have a chance to receive a prize. Ribbons can be given costing under 25c per ribbon. Points can be given with a trophy awarded to all competitors at the end of the season, with those competitors having the greater number of points receiving the large trophy. Depending on the number of meets and size of the trophy entry fees will have to be charged. A $1 entry fee seems to work best. If the meets are sponsored by the same group then a die can be made of the group logo costing between $150 to $250. A sponsor might be obtained to provide the die, using the sponsor’s logo. If there is no sponsor then either a special fund-raising function could raise the money or the entry fees can be raised to absorb the cost of the die. By having your own medal it would cost about $1 for the medal. The price will vary depending on the manufacturer, size, extent of the design. In some of the special types of races, as discussed further on, trophies can be awarded to the first three and medals to 4th and 5th. In these

continued
races all ages and both sexes can compete together. If medals are given then you'll meet more than three competitors, at $1 entry fee, in the scratch race to break even. Assuming the trophies cost $2.50, you'll need over 10 competitors in the special races to break even. You could display the plates with the name of the sponsor and the date of the races all ages and both sexes can compete. The problem with scratch races is that usually the same individuals keep winning. In addition, a person at the older end of the decade (47, 48) can not compete against a person at the younger end of the decade (40, 41, 42). Thus, the winners would get the same trophy and a plate based on their finish. By using the same size plate it is easy to keep track of them. By not putting the date or specific event on the plate, the plates can be used indefinitely. It would be best to buy the trophies in bulk with payment to be made after the season.

d. Results. The results should be published in a club newsletter. The previous week's results should be posted at the next meet. Every competitor must receive his time.

e. Scheduling. It is best to have the meets at the same time and place. Every week or every other week seems to work best. These meets can be held during the week in the early evening. In that way the athletes can take off from work to compete. If the weekends can be used, it would be best to buy the trophies in bulk with payment to be made after the season.

f. Publicity. Publication in the newsletters of clubs in the area is using the local Road Running Clubs, the AAU, local "Y's," prior races, hand distribution to the running community via numerous schools, coaches and athletic stores. All the info about the meets should be on one page, including the entry fee and the meet director's contact information. The athletes will run the full course, not just time trials. Three trophies and two medals are usually given in these races. Larger than normal field sizes can be handled. Time on an absolute basis there will be a wide variance in time. If necessary, sections can be run.

PREDICT YOUR TIME. This is strictly a race where the athlete who comes closest to predicting the final time wins. The estimated time is given only to the meet director. No splits during the race are given and no athlete can watch a watch. These races are good before a major competition as they permit each athlete to go as fast or slow as they feel and still earn a prize. Age and sex make no difference in this event. Three trophies and two medals are given.

HANDICAP. Age and sex make no difference in these races. For these events 440 yards or shorter, all the competitors start off at the same time with the slower athletes given an advantage by starting a distance ahead of the scratch man. It is suggested that all competitors give their estimated time and that the meet director then transcribe that time into distance to be awarded to the slower runners. This means that aside from the scratch man none of the athletes will run the full distance, so that their times will be somewhat meaningless. For distances over 440 yards, from the 880 yd. on up, the handicap is given in time. Everyone starts off (at different times) from scratch with the slowest competitor starting first and the fastest last. For example, if the fastest competitor indicates that he'll run 2:00 for the half, another indicates 2:05, and the slowest 2:12, then the slowest starts off; seven seconds later the 2:05 half-miler starts and 12 seconds later the fastest competitor starts. In this way all competitors run the full distance and can be given their exact times. Over a period of time, the meet director will begin to have a good idea as to the capabilities of the athletes and can determine the time handicap to be given. Generally, most of the competitors will give an honest evaluation, for there is nothing more embarrassing than finishing way ahead in a handicap race based on your estimated time. Three trophies and two medals are given.

Men's divisions aged 30 and over competing in 5-year age groups will start competition at 10 a.m. Gold, silver and bronze medals will be awarded to all who compete in the five events—discus, shot, javelin, hammer and weight throw. Prtridge said, "Directions for reaching the Academy and a list of hotel and motel accommodations in the area will be sent upon request." He added, "Please enclose self-addressed envelope with entry."
Brennand, Hansen, Duarte win Southern Cal 25-Km

VENTURA, CALIF. March 4—

Javelin

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<td>1:38:37</td>
<td>Norm Lambino (STC)</td>
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<td>Dan Shearan (STC)</td>
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<td>NTA</td>
<td>Jim Miller (STC)</td>
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100 MEN

40-44 Sammy White 11.5
45-49 Frank Laudano 12.3
50-54 Les Trubey 11.7
55-59 Jack Rice 13.4
60-69 Orrin Graf 13.4
70+ Jerome Staggenborg 16.0

100 WOMEN

40-44 Sue Mallick 14.6
50-54 Elizabeth McBride 19.3
55-59 Melanie Paschal 17.0

Florida State Championships

The 1979 Florida State Masters Track & Field Championships were held at Sarasota, Fla., on March 17 and 18. Winners in the Masters divisions:

100 MEN

40-44 Blair Bowling 24.9
45-49 Frank Laudano 28.6
50-54 Les Trubey 27.3
55-59 Jack Rice 31.9
60-69 Orrin Graf 32.4
70+ Jerome Staggenborg 38.4

120 WOMEN

40-44 Sue Mallick 35.0
50-59 Melanie Paschal 40.0

440 MEN

44-49 Sammy White 56.4
45-49 Kent Wiley 73.7
50-54 Les Trubey 62.6
55-59 Jack Rice 61.2
60-69 Orrin Graf 79.2
70+ Jerome Staggenborg 88.6

440 WOMEN

35-39 Jewel Shenk 1:50
40-44 Sue Mallick 1:20
45-49 Nancy Carson 1:44
50-54 Elizabeth McBride 1:32

880 MEN

40-44 Louis Johnson 2:19.5
45-49 Kent Wiley 2:30.6
50-54 Robin Heaps 2:27.2
55-59 Jack Rice 2:24
60-69 Orrin Graf 3:22.6
70+ Jerome Staggenborg 3:42

880 WOMEN

30-34 Rita Kramer 3:00.6
35-39 Monique Garreau 2:41
40-44 Sue Mallick 3:07.8
55-59 Melanie Paschal 3:30.2

MILE MEN

40-44 Charles Hill 5:17
45-49 Richard Dyer 5:41
50-54 Robin Heaps 5:20
55-59 Jack Rice 5:28
60-69 Dick Leis 7:11
70+ Jerome Staggenborg 8:00

MILE WOMEN

35-39 Mary Britton 5:57
40-44 Sue Mallick 7:02
45-49 Nancy Carson 7:57
50-54 Elizabeth McBride 8:36
continued on page 11
Recalling Ed Barron, Father of Running in Area

By the time of his death from cancer last Thursday, Ed Barron had organized many running events, participated in many road races and shared his personal enthusiasm and love of running with friends and strangers. It is said that he had been most known as the father of Atlanta Masters Running Association.

On his 65th birthday, no October 12, 1977, Barron wasAssignableFrom the direction of the Atlanta Masters Running Association. When he learned of his cancer diagnosis, Barron was driven by his desire to continue his passion for running and to inspire others to do the same. He founded the Masters Running Association to promote running and fitness among seniors, and he continued to be involved in the organization even after his diagnosis.

As a founder of the Masters Running Association, Barron believed in the power of running to improve health and well-being. He was a true inspiration to many runners and served as a role model for those who sought to improve their fitness and health through running.

Barron's legacy continues to be felt in the running community, as his contributions to the sport of running have left a lasting impact on those who knew him and continue to be inspired by his dedication and passion for the sport.

Colman McCarthy
Who’s the most versatile? Consider Jim Hershberger

By BOB FINE

The claim that Dr. Bob Thomas is the most versatile over-40 runner of all time has been disputed, with Jim Hershberger’s name being advanced.

Jim is a 46-year-old self-made millionaire in the oil business living in Wichita, Kansas. His medical history is as fascinating as his athletic performances. He’s had 16 major operations, 191 stitches and 42 broken bones. He had cancer surgery at the age of 18 and has very rarely been able to go through a season without some substantial medical problem.

Competitive doesn’t sufficiently describe his attitude. Jim suffered a broken rib while diving for the tape in a Master’s mile. He won a National Indoor Masters Championship with a 102-degree temperature. Besides holding 20 records in the Mid-American Region, Jim has won 11 National Championships at distances from the 220 to the marathon.

In addition to his running exploits, he was an alternate on the 1948 Olympic Wrestling Team, played 180 holes of golf in one day, averaging 88 strokes per round, was ranked second in the world in rackets in 1969, yet he ranks water skiing as his best sport!

Jim’s best times as a Master are as follows: 100-10.2; 220-22.3; 880-1:59.3; mile-4:29.3; 1500 meter-4:13.1; 3000 meter-9:37.7; three mile-14:58.8; four mile-20:42.0; five mile-26:06.6; 10K-32:27.0; 20K-1:10:58; 25K-1:29:58; 3000-meter steeplechase-10:22.0 and the marathon-2:41:31.

Jim has been most generous in his support of track. He donated the artificial track to his alma mater, Kansas University. He sponsors a “Walk-R-Run” annually for the American Cancer Society. He provides three track scholarships per year for Kansas U. He has underwritten the cost of many local meets. Jim is currently bidding to host the 1982 National AAU Masters Track and Field Championships in Wichita.

Who is the most versatile Master? It is really not important. What is important is that athletes like Bob and Jim continue to compete to the utmost of their abilities and serve as examples to everyone that age does not diminish athletic desire and that our only limitations are what we place upon ourselves.

From the Los Angeles Herald, May 1, 1979

‘The Happy Jogger,’ 67, Off for Nation’s Capital

Don Almy, 67, says he began recovering from old age four years ago when he started jogging. Now, as a sort of jogging evangelist, he’s literally running across the country to encourage older Americans to pay more attention to their physical health.

Called “The Happy Jogger” back in his home state of Hawaii, Almy took off running from his starting point in front of the USC Andrus Gerontology Center in downtown Los Angeles yesterday, headed for Washington, D.C.

Accompanied by his German shepherd puppy, Lalla, and followed by his wife Camille driving the couple’s motor home, Almy will run 10 miles a day and plans to reach the East Coast next April.

Almy had to take a medical retirement from the Air Force five years ago due to a heart condition.


Nearly four years later, the 5-foot, 7-inch Almy’s weight is down from 195 to 140 pounds.

Herald Examiner photo by Ken Popine
Don Almy limbers up before running

Look Look Look
All U.S. Masters Track Athletes, Families, Friends Come To Germany
For the Third World Veterans Games (Men aged 40-plus & women aged 35-plus)
In Hannover, West Germany July 27-Aug. 2
Saves Saves
By Traveling With a Group From Falcon Travel
(1835 South Broad St., Philadelphia, Pa. 19148)
Assisted by The Philadelphia Masters T. & F. Association
(C. Joe Stefanowicz, PMT & FA Rep.)
For Information Call (After 6:30 p.m.): (215) 485-3870
Or write Falcon Travel for Details and Pamphlet
OTHER OF RUNNING IN AREA

LOOK LOOK LOOK
ALL U.S. MASTERS TRACK ATHLETES, FAMILIES, FRIENDS COME TO GERMANY GERMANY FOR THE THIRD WORLD VETERANS GAMES (Men aged 40-plus & women aged 35-plus)
IN HANNOVER GERMANY July 27-Aug. 2
SAVES SAVES by TRAVELING WITH A GROUP FROM FALCON TRAVEL (1835 South Broad St., Philadelphia, Pa. 19148)
Assisted by The Philadelphia Masters T. & F. Association (C. Joe Stefanowicz, PMT & FA Rep.)
For Information Call (After 6:30 p.m.): (215) 485-3870
Or write Falcon Travel for Details and Pamphlet
Hannover update

As you know, the third World Veterans Championships will be held in Hannover, Germany, from July 27 to Aug. 2, 1979.

The official entry deadline was May 20. However, we are reprinting the entry form in the hope that organizers will accept your entry if it's only a week or so late. No guarantees, however.

The form asks for "Certification by the National Association." Please disregard this unless you plan to be part of the U.S. scoring team in the Cross-Country or Marathon.

The form was printed before the IAAF waived the "profession­alism" rule for Masters. Now, anyone, amateur or "professional," may compete, so there is no need for the AAU or anyone else to "approve" your entry. Just send it in.

The U.S. Long Distance Running Committee, however, wants to prevent "non-eligible runners" from scoring in the two events which the LDR oversees—the Marathon and Cross-Country.

It's a little complex. To sum up, if you want to simply enter any event, just send in the entry form. No "approval" needed. If you think you'll finish in the top five in the Marathon or XC, and you want your finish to be counted in the U.S. point totals, Ken Bernard, the National AAU LDR Chairman, suggests you get a travel permit from the AAU.

Travel plans are firming up. Helen Pain's charters leave from New York, Boston, Chicago, Oakland and Los Angeles. There may still be space available. Call 714-225-9555, or write Sports Travel International, 4869B Santa Monica Ave., San Diego, Calif. 92107.
according to age groups. Scoring is made as follows:

a) In the age groups of M 40-44, M 45-49, M 50-54, M 55-59; 5 competitors will be formed from a team. In the following age groups of men and all age groups of women each 3 competitors will be scored for a team.

b) The "A" team consists of the 5 or 3 best competitors of each nation; no 2nd team being formed by the next 3rd competitors etc.

c) In the open events and the cross-country events are added according to the positions of competitors.

d) The lowest aggregate of points of 5 or 3 competitors each determines the final classification.

Any further individual entry scoring must be recorded on the entry forms attached.

Late entries are only acceptable for road events and cross-country must reach the organisation office at 12 a.m. at latest the day before the event is held.

Entries for relay events must be handed in by 12 a.m. at latest the day before the beginning of the competition.

To identify competitors ages, entries must be accompanied by a certificate of birth. Personal racing to these events are requested to present their certificates to the Registration Office upon arrival, where they will also receive the necessary information and registration forms. A list of all registered competitors being set up in the Hannover Tourist Information Office (Tourenbüro). Confirmation of acceptance will be sent to participants concerned immediately.

ENTRY FEES

Individual entry (1st event) DM 20

Any further individual entry DM 10

Entry for relays DM 40

No separate entry fees are required for road and cross-country events (team scoring).

Payments must be made exclusively in German currency (DM) with your control number as on the bottom address.

1. WCO 1979

STADTPARKASSE HANNOVER (RLZ 550510) Account No 748201

EXCURSIONS AND ENTERTAINMENT

Following the athletic competitions we are offering on Friday, August 3rd, 1979, daily excursions to the following destinations:

HARZ: via Goslar, Oberharz, Braunlage DM 18

HEIDE: via Gifhorn, Luneburg, Hamburg, Neumünster DM 25

WESER: via Soest, Hameln, Bremen, Holzminden DM 18

BREMEN: with sightseeing tour DM 15

HAMBURG: with sightseeing tour DM 17

Opportunity of undertaking a circular tour of the harbour.

Extracurricular activities are subject to participation of 50 persons at least. Registrations must therefore be made upon arrival at the Registration Office in the hannover Vendehaus (Tourist Information Office). The competitive events of competition are distributed. You will be further informed there about any further details on excursions.

By JOSEPH MARTIN

LEXINGTON VA., March 10—The third annual Virginia Association AAU masters indoor State Championships were held in Lexington at the VMI Field House on VMI's new 200-meter Rubebern track. Eighty-four persons competed this year, compared with 64 last year and 43 the year before. Trophies for outstanding performances, donated by Pres Brown's, Inc., of Lexington, went to Foster Paulette, unmatched, of Richmond, outstanding Submaster, and to Roy Cherkow, RTFC, of Williamsburg, outstanding Master. Paulette won the Sub-Master 1500-meter run in 4:11.9 and was second in the 800-meter run by two-tenths of a second with a time of 2:01.2. Cherkow, competing in the Masters II division, set records in winning the long jump with 4.92 meters

Paulette, Chernock best in Virginia indoor meet

continued

FLORIDA STATE CHAMPIONSHIPS

55-59 Melanie Paschal 7.25

55-59 Melanee Paschal 7.25

45-49 Lou Caro 21.3

36-39 Mary Boy 21.8

60-69 Harry Shadle 21.2

HIGH JUMP MEN

40-44 Sammy White 5'4"

45-49 Norman Vincent 4'4"

50-54 Bill O'Brien 4'8"

60-69 Harry Shadle 4'0"

70+ Frank Furniss 3'8"

DISCUS MEN

40-44 Steve Lasher 99'6"

45-49 Austin Baggett 119'4"

50-54 Don Hall 73'6"

60-69 Harry Shadle 97'3"

70+ Frank Furniss 77'4"

DISCUS WOMEN

55-59 Melanie Paschal 43'7"

Teams, Masters; Manasota Track Club, 468; Tampa Bay Track Club, 117.5; Daytona Beach Track Club, 92.

The Tourist Information Office arranges for reservation of entrance tickets to concerts, theatre performances and entertainment of any kind and whenever from Monday to Friday from 10 a.m. to 12 a.m. and 1:30 p.m. to 4:30 p.m. Phone 198 2318. Sightseeing tours on Monday until Saturday 12:30 a.m.

KEY OF ABBREVIATIONS USED IN THE PRELIMINARY TIME-TABLE

AM, Morning; PM, Afternoon; H, Hour; SF, Semi-Final; F, Final; P, Preliminary round and final of technical events.

The detailed time-table will be elaborated upon record of any entries and will be published subsequently in the official programme. The preliminary-time table attached shall be subject to minor changes only.

VORLAIUFER ZEITPLAN, PRELIMINARY TIME-TABLE / HORAIRES PRÉLIMINAIRES

Competitions were held in the State Park of Williamsburg. The final results were published successively in the official programme. The preliminary-time table attached shall be subject to minor changes only.

continued from page 7

35-39 Paul Black: 27.12

50-54 Elizabeth Miere 29:51

55-59 Melanie Paschal 27:09

SIX MILE MEN

40-44 Charles Hill 38:10

45-49 John Ross 40:20

50-54 Bill O'Brien 40:16

55-59 B. John Ross 46:20

60-69 Dick Leis 48:25

SIX MILE WOMEN

30-34 Nancy Glaser 57:42

35-39 B. Karen 41:21

40-44 Jean Bowing 54:28

45-49 Nancy Carson 55:46

120-YARD HIGH HURDLES MEN

40-44 Sammy White 17.5
(16'4 1/2"), the 55-meter dash in the 7.3 and the 55-meter hurdles with an 8.5.

Other standout performances included a 14.03-meter (46 1/4") shot put by Submaster Charles Falk of Lexington and CTC, a 2:32.1 800-meter run by Frank Finger in the Masters III division, and a 4:18.0 1500 for second place in the Submasters division, along with a winning 5000-meter run time of 15:59.3 by Lew Faxon of Hampton and PTC. Also exceptional was David Watson’s winning 2:01.0 in the Submasters 800 meters. David, from Williamsburg, also represents PTC.

Team scoring was as follows: RTFC 91, CTC 90, TS 9, PTC 3, Bath Co. RR1, Shenandoah Valley TC 0.

WINNERS (* indicates meet record)

55 Meter
30-39 Bill Mebane 6.7*
40-49 Harold Green 7.1*
50-59 Roy Chernock 7.3*

30-39 Bill Mebane 6.1
40-49 Harold Green 5.9
50-59 Joe Martin 6.4
60-69 C.E. Kline 7.0

800-METER
30-39 David Watson 2:01.0
40-49 Charles Tewksbury 2:32.5
50-59 Charles Lauck 2:37.1
60-69 Frank Finger 2:32.1

5000-METER
30-39 Lew Faxon 15:59.3
40-49 Charles Goetz 16:53.2
50-59 Louis Hundley 17:27.7
60-69 Richard Shrumb 23:44.1

55-METER HURDLES
30-39 Jack Gallagher 11.0
40-49 Ed Zini 9.6
50-59 Roy Chernock 8.5

1600-METER RELAY
30-39 RTFC/Dil Cook. Phelps, Green, Cole
40-49 CTC (Finger, Hundley, Lauck, Martin)

55-METER HURDLES
30-39 Joseph Adams 56 1/4"
40-49 Ed Zini 49 3/4"
50-59 Sportswood Hall 51 1/4"
60-69 Frank Finger 53 1/4"

LONG JUMP
30-39 Jack Gallagher 17'2 1/2"
40-49 Ed Zini 16'5 1/4"
50-59 Roy Chernock 16'4 1/2"
60-69 Sherman Barthe 12'1 1/4"

SHOT PUT
30-39 Charles Falk 46'4 1/4"
40-49 Lynn Newcomb 36'5"
50-59 Sportswood Hall 31'8"
60-69 Sherman Barthe 30'1 1/4"

In consideration of your acceptance of this entry, I hereby waive all rights and claim for any injury, loss or damages I may have against Birchmount Stadium, the Organizing Committee, the Meet Director or other officials which are sustained at the above championships.

Signature:...........................

ELIGIBILITY:
All women age 35 and over and men age 40 and over, on the 9th of June, 1979, who are residents of North America (as defined by the World Veterans Athletic Association, i.e., Canada, U.S.A., Central Americas and Caribb in, and other islands of North America) and who are fit to take part.

SPECIAL EVENTS:
Blind runners requiring the assistance of a guide runner, only compete in the two special events later listed. viz. 100M Special and 3000M Special.

THE PROGRAM:
Consists of competition in the following age classes: (a) men in 5-year age classes from 40-44 up to 75+; (b) women in 5-year age classes from 35-39 up to 60+.

SPECIAL AWARD:
A perpetual silver challenge cup to winning country in international 4 x 400M relay to be held for 1 year. One team only per country.

FACILITIES:
Birchmount Stadium has viewing grandstands, full changing and shower facilities, but not lockers. Competition is on new Unifroy Flats or spikes (maximum 7mm) are suitable. There is a snack bar in the stadium.

ENTRY FORM

THE SECOND NORTH AMERICAN MASTERS TRACK & FIELD CHAMPIONSHIPS
1979

THE SIXTH CANADIAN AND EIGHTH ONTARIO MASTERS CHAMPIONSHIPS
AT BIRCHMOUNT STADIUM, SCARBOROUGH (TORONTO AREA) ONTARIO, CANADA
ON JUNE 9TH & 10TH, 1979

NAME:................................CLUB:...........................................

(Please Print)

ADDRESS:........................................DATE OF BIRTH:..............

CLASS:..............................................................

BEST RECENT MARKS (FOR SEEDING):...........................

EVENTS ( ) 100M ( ) 200M ( ) 400M ( ) 800M ( ) 1500M ( ) 3000M S.C.
( ) 5000M ( ) 10,000M

Entry Fees: $6.00 1st event $3.00 each additional event $...........

Banquet: Send me tickets at $10.00 per person $...........

TOTAL $...........

AWARDS:
The first three competitors in each approved age class, in each event, will receive an appropriate award: there will be medi­als for the first three finishers in each approved age class, and a gold medal to the winner of the 1st, 2nd and 3rd Ontario finishers. Any other award to the country in internation­al 4 x 400M relay to be held for 1 year. One team only per country.

FACILITIES:
Birchmount Stadium has viewing grandstands, full changing and shower facilities, but not lockers. Competition is on new Unifroy Flats or spikes (maximum 7mm) are suitable. There is a snack bar in the stadium.

ELIGIBILITY:
All women age 35 and over and men age 40 and over, on the 9th of June, 1979, who are residents of North America (as defined by the World Veterans Athletic Association, i.e., Canada, U.S.A., Central Americas and Caribbean, and other islands of North America) and who are fit to take part.

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### Aldrich wins 3 events

**ORANGE, CALIF., Feb. 17—** University of California Chancell or Dan Aldrich won the shot, discuss and javelin in the 60-69 division to highlight the 2nd Annual City of Orange, Calif., Masters Track Meet.

George Ker, 1978 Masters T&F Athlete of the Year, won the Shot and Discus in the 50-59 group as competitors surprisedly good early season form.

#### AGE 25 - 29

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<tr>
<td>Bob Goodson</td>
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#### AGE 40 - 49

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<td>Bill Mullin</td>
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#### AGE 50 - 59

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<td>Dave Lewis</td>
<td>52.0</td>
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<td>Charlie Allen</td>
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#### AGE 60 - 69

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<td>Burt Williams</td>
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<tr>
<td>Alan Kibby</td>
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<td>Frederick L. Johnston</td>
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<tr>
<td>Bob Boles</td>
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#### AGE 90 - 99

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<td>11.1</td>
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#### 100 YD. DASH

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</thead>
<tbody>
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<td>John Hallock</td>
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<td>Gregory R. Arenas</td>
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#### 220 YD. DASH

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#### 440 YD. RUN

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<tbody>
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<tr>
<td>Leta Bianco</td>
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#### 800 YD. RUN

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<td>Kenneth Hunter</td>
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<tr>
<td>Robert I. Mackay</td>
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#### 1,500 M.

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<tr>
<td>Bob Goodson</td>
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#### 400 YD. Hurdles

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<td>30</td>
<td>39.9</td>
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</tbody>
</table>
**Surveysing Masters athletes**

Jeanne Nelson, a second-year graduate student at the University of California at Santa Barbara, is seeking the cooperation of Master athletes in a survey to be used in a project for her Master of Arts degree.

"I am interested in comparing your performance throughout your years of training," Miss Nelson reported. "In order to evaluate the changes, an evaluation of the changes in your workout schedule is needed. This survey will help determine if certain activity functions are age-limited."

Miss Nelson said the results of her survey will be available for publication in a future issue of this newsletter. Your cooperation with her is requested.

### Masters Track and Field

<table>
<thead>
<tr>
<th>State of Residence</th>
<th>Male</th>
<th>Female</th>
<th>Age</th>
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<table>
<thead>
<tr>
<th>When did you begin to train?</th>
<th>During your peak, how many times a week did you work out?</th>
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<tr>
<td>10 and under</td>
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<tr>
<td>11-15</td>
<td>During your peak, how many times a week did you work out?</td>
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<tr>
<td>16-18</td>
<td>During your peak, how many times a week did you work out?</td>
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<td>19-22</td>
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<td>23-25</td>
<td>During your peak, how many times a week did you work out?</td>
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<thead>
<tr>
<th>What age?</th>
<th>When you first began, how many times a week did you work out?</th>
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<tbody>
<tr>
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</tr>
<tr>
<td>2</td>
<td>During your peak, how many times a week did you work out?</td>
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<tr>
<td>3</td>
<td>During your peak, how many times a week did you work out?</td>
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<td>6</td>
<td>During your peak, how many times a week did you work out?</td>
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<th>When you first began, how many times a week did you work out?</th>
<th>How many?</th>
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<td>6-10</td>
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<td>81-100</td>
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<tr>
<td>More than 100</td>
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<table>
<thead>
<tr>
<th>What was the mileage/yardage: When you first began?</th>
<th>During your peak?</th>
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</thead>
<tbody>
<tr>
<td>When you first began, how many times a week did you work out?</td>
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<table>
<thead>
<tr>
<th>If there is a difference in the above questions, what has caused the changes?</th>
</tr>
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<table>
<thead>
<tr>
<th>Have you suffered sports-related injuries throughout your years of training?</th>
<th>Yes/No If yes, please list years and injuries. How soon did you return to training?</th>
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</thead>
<tbody>
<tr>
<td>How many years total did you compete in Age Group, High School and College?</td>
<td>Please list year, event, and personal best time for the years listed above.</td>
</tr>
</tbody>
</table>

**State of Residence**

- EDWARD DUGROTT
- CHARLES MILLER
- SHIRLEY PINSON
- WARREN CUMMINGS
- LESLIE HEFFERNAN
- J. FIELDS
- L. BURKE
- A. McCONAGHY
- ROBERT PERRY
- R. SHARBA
- G. MCMAHON
- H. HAMMER
- H. REINER
- M. MILLER
- S. TAYLOR
- R. SMITH
- D. MENDOZA
- L. HIGGINS
- R. MCKEAN
- S. FLEMING
- B. D. ILL
- G. BURKE
- A. DUGROTT

**Masters Track and Field**

- BILLY SUNDIN
- J. McKEAN
- G. KISION
- D. CUMMINGS
- W. HENDERSON
- L. HEITZ
- D. SULLIVAN
- A. DUGROTT
- E. REYNOLDS
- G. MCMAHON
- H. ALBERICH
- J. MCKEAN
- E. JORDAN
- D. BURKE
- A. REDMOND DUGROTT

**State of Residence**

- CA
- OR
- WA
- UT
- NV
- ID

**State of Residence**

- CA
- OR
- WA
- UT
- NV
- ID

**State of Residence**

- CA
- OR
- WA
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**State of Residence**

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- OR
- WA
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Sen. Cranston ready for season

LOS ANGELES, April 14—U.S. Senator Alan Cranston showed up in pretty fair early season shape for this development meet at Los Angeles’ Lincoln High. Cranston won the 60+ 220 in 32.3 and placed in the 100 in 14.0. Herman Franklin was a double winner in the Submasters 100 in 9.8 and 220 in 22.0.

Jim Carter, who’s training under Coach Laszlo Tabori of the San Fernando Valley Track Club, ran an excellent mile in 4:43.7 in the 40-49 division.

### continued from page 3

high altitude training. The track is one of the best in the world. One of the notable world class athletes training there is Poland’s great Irena Svenska. It was a thrill to train with the elite of the world. The high altitude, of course, affected the distance events as times slowed by 20 to 30 seconds per mile.

In the steeplechase, Eligio Galicia of Mexico astounded with a world record performance of 11:05.8, taking more than 20 seconds off the former record of Alan Merritt of Australia. In the 800 meters, submasters division, Ralph Lee won with a good mark of 1:55.5. The Mexicans came out in force to bid us farewell as we departed for the airport in a very warm manner as one and all vowed to return next year to this land of beautiful people.

April 7. West Valley Masters Meet, Los Gatos, Calif.
The two stars of this meet are

#### Correction

Arne Richards advises there was a serious error in the AAU national schedule published on page 4 of our Spring newsletter. The correct date for the 25-K championships is Nov. 17, Richards advises.

### Teri Anderson wins in Kansas

Teri Anderson, women’s track coach at the University of Kansas and former K-State star, won the Missouri Valley AAU Women’s 10,000-meter championship at St. George, Kan., March 10. Finishing comfortably in front in 34:08, just missing the course record of 34:04 set by Carole Brockman of Kansas City, Mo., in 1978.

Runner-up and winner of the 30-39 division was Gabriel Bailey of Manhattan, Kan., in 34:52. Martha Blocker, also of Manhattan, running her first official AAU race, won the women’s 40-and-over title in 55:34.


In the 50-and-over division Harry Crockett Jr. of Lincoln, Neb., was a record-setter in 94:30.

Irene Obera, who just entered the 45-and-over division, and the swinging 80-year-old doctor Paul Spaniger.

Irene gobbled up four American age-group records by sizeable margins in the 100 (12.7), 200 (27.4), 400 (65.3) and long jump (15’9”). She broke Ellen Rose’s old 45-49 records of 14.5 in the 100, 31.5 in the 200 and 70.1 in the 400. Irene’s long jump mark bettered Shirley Kinsey’s 1977 leap of 113”.

Paul garnered two world age-group records in the 400 (90.6) and 800 (3:27.2), and won the 100 in 19.7 and the 200 in 42.3.

Submaster Dave Romain had three excellent performances in the 200 (22.3), 400 (49.8) and 800 (1:58.4) as he easily dominated these events.

Harry Koppel, 65, coming off stellar performances in the National Indoor Championships last month, continued to sparkle with near-record performances in the 100 (13.2) and 200 (27.8).

In other action, Payton Jordan came through with two age records. The 62-year-old phenom sprouted to 100-yard (11.1) and 100-meter (12.3) records in April.

Al Deren in a meet in New Jersey, surprised the whole world with his US open leading discus throw of 219’10”.

At 42 he is a threat to make the U.S. Olympic team and who knows what else.

Ramsey Thomas, 35, from Maryland but presently residing in California, has lowered the U.S. submasters records in the 800 (1:54.7), 1500 (3:56.4) and the mile (4:14.9) with outstanding races this year in California.

### Letter

Dear Sirs,

With the demise of the USMITT Newsletter and the shaky position of Veteris, your publication is taking on a much needed communication link for Veterans. We do need a good source of information.

With the above in mind, I was astonished that your Spring ’79 issue failed to even mention the World Veterans Track & Field Meet in Hannover, Germany, beginning in late July. The critical thing is that those who wish to enter only have until May 20 to pay those high fees. With USMITT dead and Veteris in bad position, who does one look to for the 1981 World Veterans Meet.

I suggest you consider this point in your future endeavors.

Your publication is getting better all the time. Keep it up.

Sincerely,

Dick Glasgow
Fist fight dampens Mexican meet

MEXICO CITY, March 30—A fist fight between American Masters Bill Adler and Hal Smith put a damper on the least, on the International Masters Track and Field Meet in Mexico City. As a result of the 3-day weekend:

—Smith resigned his post as Western Regional AAU Masters Track and Field Chairman.

—the Mexican Athletic Federation was talking about banning Smith from ever competing again in Mexico.

—Relations between the Mexican and American Masters have been strained.

—Adler and Smith haven’t spoken to each other since, even though they’re both hurdlers and often train on the same track at the same time.

—Some Masters were so turned off by the events that they were considering withdrawing from future competition. What happened?

The Mexican Athletic Federation was hosting a group of 50 U.S. Masters and their families. They provided free food and lodging at the Olympic Village, compliments of the athletes and the government.

It was an ongoing reciprocal gesture which began in 1977 when Adler, then Strider President, organized the Pan-American Games in Los Angeles. This year, Smith, also a Strider past-President, was captaining the American team. His wife, Ann, was organizing the logistics of the trip.

“When we arrived,” Smith said, “the officials told me that the meet would adhere strictly to IAAF rules. I said ‘fine.’ Then they bent the rules to suit themselves.”

Smith said they first changed the schedule. Then “three flat javelin tosses by Vic Cook weren’t allowed. There were two heats in the 50-54, 100, but no final. Two hammer throwers showed up in the 6th round and they let ’em compete. An American sub-master shotputter showed up after the competition was over. They let him throw. He won. So the Mexican who thought he was the winner protested. I negotiated a match competition to pick a winner. The Mexican won. But instead of giving our guy 2nd, they placed him last.”

“By 3 p.m. the first day,” Smith continued, “I’d been in 12 arguments, all on behalf of others in my role team captain.”

Then the dam burst. Smith had clearly won the javelin by several feet. But it was mysteriously placed 2nd by the officials.

“That did it,” said an observer.

“Hal was disgusted. He threw the javelin on the table and stalked off the field.”

Adler and others agreed the Mexicans were wrong but told Smith, “You shouldn’t offend your hosts.”

Smith disagreed: “You should have stood behind me.”

The next day,” Adler said, “Hal accused the Mexicans of cheating. Jose Terino (meet organizer) wanted to file a protest to ban Hal from ever competing in Mexico again, but we tried to talk him out of it.”

At the final day banquet, when kudos were being passed out, Smith reportedly became upset when Ann didn’t get the recognition she felt she deserved for organizing the trip. He asked to speak to the group.

“When he came back from the podium,” Adler said, “he began yelling and swearing at Dave Jackson and Dave Brennand in front of wives and 200 people. I went over to quiet him down and we got into a scuffle. I pushed and he pushed and then people broke it up.”

Later, at the Olympic Village, Smith approached Adler, wanting to talk. Smith was 6’5” and 225 pounds. Adler is 5’9” and 165 pounds.

“Ye put one hand behind his back,” Adler said, “and we went at it pretty good for a couple minutes until some people pulled us apart.”

Smith commented: “Let’s just say Bill and I had a disagreement on what action should have been taken. I admit I insulted the Mexicans. They needed insulting.”

Smith will continue to compete, but his resignation as Regional Chairman leaves the status of the June 23 Western Regional Championships in doubt. Hugh Cobb and Rod Fergerson may step in to organize the meet.

One observer expressed the sentiment that “People who put on Masters meets should run them by the rules, not like a 6th grade playground.”

“But American Masters must remember that officials are going to make mistakes and bad calls, just like any sport. It’s something you have to live with.”

“As mature people, it’s up to us to act like ladies and gentlemen at all times, especially when we’re representing the United States as guests in another country.”

National AAU Masters Track and Field Co-Chairman Bob Fine said: “I’m very upset over this. The whole idea of Masters Track and Field is to generate fun and camaraderie, not bad feelings.

“Am not in a position to judge who was right or wrong. I wasn’t there. But no one benefits from something like this. I hope it never happens again.”

Though overshadowed in the post-meet conversations, many on-the-field performances were noteworthy:

—Mario Perez was an impressive double winner in the 40-44 division, taking the 5000 in 15:22.6 and 10,000 in 33:14.4.

—Veteran Ozzie Dawkins dominated the 50-54 sprints with a triple triumph in the 100 in 12.8, 200 in 24.8 and 400 in 57.4.

—Hans Bruhner, U.S. 400 champion in the 45-49 group, won the 100 in 12.2 and 200 in 24.1.

—Eligio Galicia of Mexico set a world record of 11:05.7 in the 55-59 1,500.

—Al Guidet ate up his 60-64 division with wins in the 400 (65.4), 100 (13.5), long jump (14’11”), 110 hurdles (6.3) and 400 hurdles (83.3) and 200 (27.4).

—U.S. 100 and 200 champion Ken Dennis won his specialties in the 40-44 category in 11.8 and 23.6.

Richards is top Master in 50-K

Veteran marathoner Arne Richards placed third overall and first in the over-40 division in the First Annual KSU Manhattan Track Club and Missouri Valley AAU 50-kilometer championship at Manhattan, Kan., on March 17.

Richards, who was co-director of the even with Eugene Russell, finished in 4:05:06.

The winner was Jim Stewart, 32-year-old civil engineer from Topanga, who was clocked at 3:38:15 in his first-ever ultramarathon.

Richards, 46, a librarian at KSU, was the only finisher over 40.

—in the 30-34 class. Hilliard Sumner outdistanced Herman Franklin in a sensational 200, both being clocked in 10.9. Sumner won the 400 in 50.5. Franklin garnered the 100 in 10.9.

—Ray Spencer nabbed wins in the 55-59 200 (27.3), triple jump (35’2½”), long jump (16’9”), 100 (13.4), and 400 (61.6).

More detailed results will be published in our next issue.

Herb Lorenz leads Masters at Boston


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