

1st U.S. MASTERS T&F MEET 1968

INTRODUCTION



DAVE PAIN

Today's society emphasizes youth. Young people constitute a major portion of our population. This is an era of looking young, thinking young, and **staying** young. The whole idea can be frustrating to middle-aged adults. But those over forty, take heart! A youthful mind and body are not an impossibility. The basis of both, however, is physical fitness.

This is the concept behind the First Annual U.S. Masters Track & Field Championships. In recent years, senior running has reached a status in the United States never before achieved. Medical authorities consider it one of the best means by which one may retain physical fitness and prolong a vigorous life.

Most forms of exercise do not strengthen the cardiovascular system. Running does. It is very easy, once you make up your mind, to start running. All it takes is determination, a good pair of running shoes, and loose-fitting clothes. A check-up by a doctor is also a "must."

Competitive running is not advisable for all senior runners. For some, it gives the needed impetus necessary to keep working out daily. Challenge provides stimulation. The United States Masters is for those senior athletes who see the challenge and wish to come to grips with it.

This meet was conceived for several reasons. Senior runners are beginning to prove that a mature individual can be in superb physical condition. Such examples encourage other men to do likewise, and provide exciting events for the spectator. Champion athletes of past years may once again appear and compete.

Younger men will be encouraged to continue in competition beyond the age at which athletes customarily compete. Finally, medical authorities will have an opportunity to test and examine the participants and thereby gain useful medical data.

We trust that athlete and spectator alike will receive benefit and stimulation from the first U.S. Masters Track and Field Championships, and that the interest will be sufficient to justify the continuation of this event as an annual affair in beautiful San Diego.

David H. R. Pain
General Chairman,
U.S. Masters Track & Field
Championships

*David Pain's introductory
message from the meet program*