



There's a fiesta in the wind!

will celebrate her 200th Visit a monument, a mission birthday.

Come join the celebration—this will be the year to bring your

San Diego is 200. And every- friends to fun-filled San Diego thing that isn't old is very, County for a visit they'll never very new. New stadium, new forget. Bring them early for a theatre, new airport, new midwinter tan. Bring them freeways, new Sports Arena, later for a midsummer breeze. new skyline. Next year, all Chase a whale. Bet a race. Go year, California's first city sailing, hunting, or fishing.

> or museum. San Diego is 200. And she never looked younger.

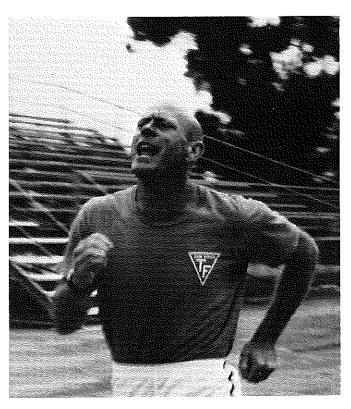
1969 EVENTS

Aquatic Floral Parade International Surfing Championships National Folk Dance Festival International Exhibits Powder Puff Derby - 200 National Square Dance Festival Symphony's Salute to Spain Spanish-American-Mexican Music Festival National Dune Buggy Contest International Art Show World's Largest Industrial Exhibit (Industry Open House) Warm Lights of Welcome Salute to the States Light Ring Show Parade of Ships and Lights International Art & Costume Festival Star Class Regatta Sailing Ship Ārmada American Philatelic Exhibits Program of the Missions

Mormon Tabernacle Choir Old Town Celebration Historical Reenactments * Women's International Bowling Congress Lecture Series International 3-Masted Windjammer Races Charger Half-time Shows Time Capsule Original Television Broadcasts Symphony World Premiere Program of Spain Program of Mexico Parades Galore Flower Shows Coronado Bridge Opening Ceremonies Commemorative Medal Commemorative Stamp 5-Day Opening Ceremonies Western Intercollegiate Rowing Championships International Air Show

For further information, call or write: San Diego 200th Anniversary, Inc., 1600 Pacific Highway, San Diego, California 92101 291-1969

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 middleaged 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

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

FEB 5 19**58**



UNITED STATES DEPARTMENT OF THE INTERIOR OFFICE OF THE SECRETARY WASHINGTON, D.C. 20240

FEB - 2. 1968

I've held an answer to your letter for sometime, hoping that I would be able to say that I would be in California at the time of your U. S. Masters Track and Field Championships. I regret that all indications now, though, are that I will not be.

These events help to bring to attention the therapeutic effects of running and jogging and the importance of creating and maintaining a healthy people -- no matter the age.

I want to commend you and your associates for putting together such a beneficial endeavor, and I hope it meets with continuing success.

Mr. David H. R. Pain Pain and Moody Attorneys at Law 1951 Cable Street Ocean Beach San Diego, California 92107 THE WHITE HOUSE WASHINGTON

To the City of San Diego Recreation Department, San Diego Recreation Association, and the Los Angeles Seniors Track Club:

I Congratulate you on your imagination and initiative in sponsoring the First Annual U.S. Masters Track & Field Championships support of wholesome reach over years and sports competitions as and sports competitions is in keeping with physical Fitness.

To the Participants, Please extend my best wishes for a successful and exciting competition. I hope their enthusiasm will their age group. -particularly to others in

BOB MATHIAS

Congress of the United States

House of Representatives Washington, D.C. 20515

May 10, 1968

MAY 13 1968

David H. R. Pain, Esq. U. S. Masters Track & Field Championships 1951 Cable Street San Diego, California 92107

Dear Mr. Pain;

I want to extend every good wish for the success of the First Annual U.S. Masters Track and Field Championships.

Today physical fitness is more important to Americans Today physical filless is more important to Americans than it has eyer been before. Every day it is easier and easier to live the "soft" life, and yet medical statistics show that the soft life, without exercise is a shorter life.

The U.S. Masters Track and Field Meet, with all competitors 40 or over, shows that exercise isn't just for kids. This Meet will set an example which should be noticed and begin a tradition which should be carried on.

Congratulations and best wishes to every participant.

BOB MATHIAS U.S. Congressman

RM:po

FIRST ANNUAL U.S. MASTERS

(40 & Over)

TRACK & FIELD CHAMPIONSHIPS

Sponsored by:

City of San Diego Recreation Department San Diego Track and Field Association Seniors Track Club

SCHEDULE

	FRIDAY TRACK		SATURDAY TRACK
	6 Mile Walk 6 Mile Run	7:00 8:00	3 Mile Walk Opening Ceremony
8:00	Opening Ceremony	8:05	220 Yard Dash Trials
8:05 8:25	100 Yard Dash—Heats (5) 220 Yard Dash (S) 3 Sections	8:15 8:35	440 Yard Run (S) 3 Sections 3 Mile Run
	880 Yard Run 100 Yard Semi-Finals	9:00 9:10	220 Yard Dash Finals 440 Yard Run (No Heats)
9:00	2 Mile Run	9:20	Mile
9:20 9:35 9:50	880 Yard Run (S) 3 Sections Mile Relay 100 Yard Finals	9:55	Mile (S) 3 Sections 440 Yard Relay
	FIELD		FIELD
8:30 8:45	Discus Long Jump Shot Put (S) Triple Jump Sextathlon Events	8:05 8:05 8:05	Javelin Shot Put Long Jump (S)

MASTERS MARATHON

(26 Miles, 345 Yards)

Mission Bay — Sunday, July 21, 1968 7:00 A.M.

START and FINISH: MISSION BEACH PLUNGE PARKING LOT

Sponsor — SEA WORLD

Awards: 1:30 Sunday at Banquet at Atlantis Restaurant

This schedule is tentative, depending on the number of entries in each event. A minimum of six (6) entrants is required for each event; otherwise, the Meet Director reserves the right to cancel the event.

Meet Director: Ralph Smith, General Chairman: David Pain, Public Relations: Sally Adams, Marathon: Bill Walker, Vice-Chairmen: Augie Escamilla, Merle Hamilton and Howard Barnes

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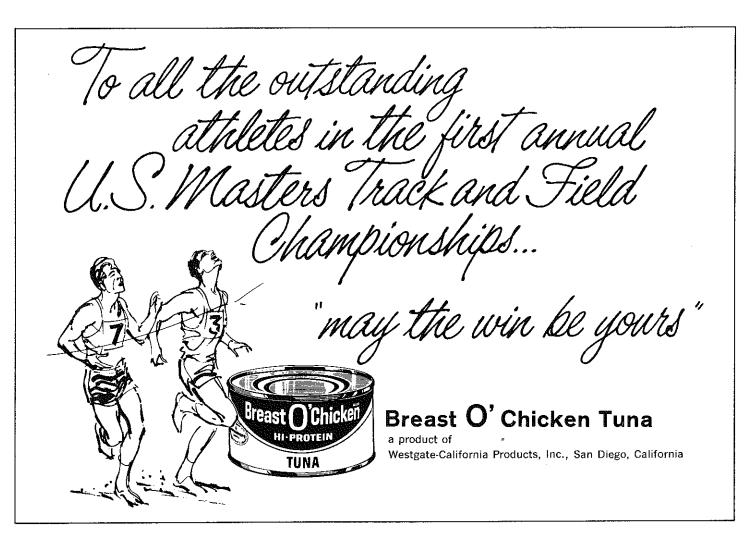
Honorary Referee CURT HARDICK

The First Annual U.S. Masters Track & Field Championships proudly announces the Honorary Referee for these exciting events. You may remember Curt Hardick from past years, for he has made his mark in sports history.

Going back . . . he was a member of the U.S. Olympic Track & Field Team held in Amsterdam, Holland,

where he competed in the 10,000 meter run, won by Paavo Nurmi, the famed Flying Finn. Curt was New England's Cross Country Champion in 1931; 2 mile champion in 1930. In 1933, Metropolitan New York's Cross Country Champion, and in Long Beach, N.Y., Marathon Champion (Modify) 1934.

Welcome to the U.S. Masters, Curt Hardick!



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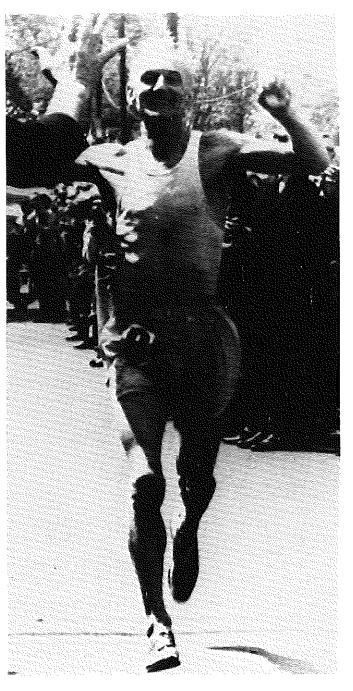
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JOHN A KELLEY, Champion Senior Runner



Compliments of a Friend You've got to have guts to run over 1,000 races. That seems to be a quality sixty-year-old John A. Kelley of Boston has in abundance. Win, place or show, this racer has one goal. "The main thing," he declares, "is to finish—and to break three hours."

The name "Kelley" stands out in a city well known for its outstanding Irish. John Kelley has won his place in historical records of the famous Boston Marathon. This is quite an accomplishment, for the seventy-two-year-old annual event has seen many champions come and go.

Back in 1935, America had a temporary respite from national emergencies. All eyes were upon the Boston Marathon. John Kelley wasn't the man expected to break records. He was a small man, a florist's assistant by trade. At the beginning of the marathon he was, in fact, legendary for having breakdowns.

Kelley and Dave Komonen, Ontario's winner from the year before, were far behind the others. It was the thirteenth mile that became a "lucky mile" for Kelley, when he assumed the lead.

Komonen went back to Canada before completion of the race, leaving a hastily written note of congratulations. He didn't learn Kelley's time until much later: 2hr., 32m., 7s.

All together, Kelley finished in the top ten places eighteen times in the marathon. But it was to be ten years after his 1935 victory before he would again be best. This was 1945. Time: 2h., 30m., 40s.

Kelley was behind Clayton Farrar, in the lead, for thirteen miles. It was to be another three miles before he really began to move. Farrar faded, giving the lead to Lloyd Bairstow. On the hills, Kelley cut down three men and began running behind Bairstow for another six miles. It was close, but Kelley came out ahead by 2m., 10s., much to the joy of marathon followers who'd been cheering him on for a decade.

Has all of this been enough for John Kelley? Apparently not, for at the age of sixty he's still running. Coming up next: the First Annual U.S. Masters Track & Field Championships. This event will be at San Diego's Balboa Stadium July 19th & 20th. He has entered, and promises to give hot competition to other senior entrants.

John Kelley, of course, has remained an amateur. He has taken home more than 900 prizes, but no money. These have ranged from clocks, traveling bags, electrical appliances, rugs, tables, lamps, a desk, a television set, and uncountable watches.

Among his most treasured trophies is a gold bowl, which he won at the age of 54. He had entered the National Marathon and managed to finish fourth. For this, he was proclaimed New England's outstanding amateur athlete for 1962.

No, John Kelley doesn't give up, doesn't let advancing years dent either his enthusiastic or physical condition. Recently, he even decided to take up painting, complete with art lessons at night school.

Look for him at the U.S. Masters in July.

Monday, June 10, 1968 THE SAN DIEGO UNION



Jim Ryun runs about 100 miles a week. Jim Ryun is the world's greatest middle distance runner. He is 21. Fred Grace runs about 150 miles a week. Fred Grace

is a retired accountant who enters a marathon race almost every weekend and never wins.

It has been said about Fred Grace that if you threw a sack over his head you would have before you the perfect physical specimen of a man in his prime. That is not fair to Fred Grace's head. True, there are some wrinkles around the neck, but the neck is firm. His clear blue eyes never need glasses and there is hair on the head and there are teeth in the mouth.

He still carries 125 pounds on a five-foot-four body and that's about the same proportion it was when he was 13 when Grace began running. For almost 60 years then, Fred Grace has been running almost daily, about three or four miles a day.

It has been only in the last two years that he has stepped up his schedule. Now he runs from 20 to 30 miles a day and tries to run competively in a marathon (26 miles, 385 yards) every weekend.

At 70, Grace may be the livingest case to help answer the important question in this season of jogging: How much is too much?

"Speaking for myself," Grace said, "I don't think I can get too much exercise. I frankly never get fatigued.'

Fred once ran 42 miles non-stop around a track and quit only because he got bored. And besides running he works out daily in his garage gym. He has done 750 sit-ups, 1,000 squats (500 with a 65-pound weight on his shoulders) and 2,000 push-ups in sets of 25. He thinks push-ups do the body very little good and prefers dips on the parallel bar. He has done 1,000 parallel dips in sets of 20, resting only long enough to mark the running total on a blackboard.

Is there a chance that Fred Grace was born with his remarkable body? Perhaps, but he is convinced that nutrition and exercise are responsible. He says that as

a young boy he was sickly and weak. Three persons in his immediate family have died relatively young of cancer. He doesn't mean to imply that exercise has headed off cancer in him. He simply makes the point that there has been no inherited robust health that has given him an inside track to longevity.

Grace has worked for every ounce of vitality he now has. Every morning at 4 he arises, puts on a gray sweat suit, one of four pairs on nylon-topped running shoes (he gets about 4,000 miles to a pair) and runs 20-plus miles through a park near his home in the Baldwin Hills area of Los Angeles.

He doesn't believe in warming up or cooling out. He just goes out and starts running. When he is through he flops in a chair and reads the newspaper.

He is never hungry right after exercise, but when his appetite returns in about an hour he enjoys his biggest of four daily meals. Into a huge, square pyrex cooking bowl he mixes:

Non-fat milk, brewer's yeast flakes, wheat germ, liquid lecithin (made from soybeans), bonemeal, a mineral called dolomite, black-strap molasses, apple cider vinegar and honey. He adds enough water to bring his vitamin pottage to the consistency of oatmeal.

And of the whole thing he says: "Nothing can taste

so wonderful as this."

But one doesn't know whether to trust his gustatory judgment. Fred Grace's favorite dish is liver smothered with vogurt.

He will be in San Diego July 19 to compete in the first annual U.S. Masters Track and Field Championships, running in the marathon, of course. But he doesn't expect to win.

"I never do." he said. "I can run an awfully long way but I can't run very fast. My fastest mile is only 6:56 and I pulled a hamstring when I did that. But if I never win I never drop out either."

Once he broke a long-standing personal rule never to stop during his daily runs. And this time he did it only because a slow-walking, bent old man had warned him every day as he passed him in the park, "Take it easy, young fellow. Don't overdo it."

It turned out the old timer was a former marathon runner, too, who hadn't run since he was 22. And he was three years younger than Fred Grace.

Grace runs in the wind and the cold and the rain. He never has colds nor headaches. He never sees a doctor because he says he never feels the need of one.

"Don't get me wrong," he said, "I'm not anti-doctor. It's just that I would feel a little foolish after all of the exercise I've had all my life going to a doctor and asking him if he thinks I'm in good enough shape to do

Actually, some of Fred Grace's best friends are doctors. One of them who is interested in heart transplants examined Grace's heart recently and paid him the ultimate compliment:

"If you have a fatal accident on the way home be sure and call me."

6 MILE WALK

SPONSORED BY MR. JOHN MacLACHLAN Chicago, California

NO. 743 125 643 650 156 198 130 713	NAME V. W. Grandy Lawrence O'Neil Donald Jacobs Robert Long Winfield McFadden Joe Wehrly Bruce MacDonald Justin Gershuny	AFFILIATION or STATE Florida Montana Portland Track Club So. Calif. Striders California So. Calif. Striders California California	AGE 48 60 48 49 63 52 50 41	TIME.	PLACE
DIS No. 746 100 197	CUS NAME Frank DeBernardi Bill Bangert Dave Shrader	AFFILIATION or STATE California Champ Athletics Club Kansas	AGE 46 43 54		PLACE
NO. 748 749 750 126 251 194 95 161	ELIN NAME Stephan Seymour Richard Bergenback Will Stephens Bill Morales John McClure Donald Esslinger Franklin Held Sid Knowles	AFFILIATION or STATE Los Angeles Athletic Club Maryland California California Maryland California California California San Ysidro Bch. & Tennis Club	AGE 47 41 48 51 42 40 40 64		PLACE

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6 MILE RUN

SAN DIEGO TRACK CLUB (Senior Division)

NO. 659 142 660 661 662 147 663 664 665 734 667 125 670 671 671 675 676 677	NAME Harold Sheppard Walter Frederick William Chapman Harold Harris John Reeves N. R. Williams Luka Sekulich Paul Oerth Fred Nelson Roland Anspach Noel Mackey Robert Sargent Don Chatterton Richard Packard Tom Tripodes John Getas Charles Short W. T. Mackey W. D. Hargus George Gavras James O'Neil John Boitano Hugo Robst	AFFILIATION or STATE S. D. Track & Field Assn. Srs. Track Club East Valley YMCA Univ. of Chicago Track Club East York T. C. Toronto, Canada Santa Barbara Athletic Club No. Calif. Srs. T. C. California Srs. Track Club Kettering Striders New Mexico California California Boston Athletic Assn. California Dolphin Club Seniors Track Club West Valley Track Club S. D. Track & Field Assn. Finger Lakes Road Runners California So. End Rowing Seniors Track Club	46 60 41 40 41 60 45 40 42 48 46 49 45 40 46 41 43 46	TIME	PLACE
676 677	John Boitano Hugo Robst	So. End Rowing Seniors Track Club	46 40		
678 150	William Walker John Lafferty	S. D. Track Club S. D. Track & Field Assn.	42 50		
680 681	Charles Adkinson John Thompson	Convair Recr. Assn. Seniors Track Club	40 43		
682 683	John Cochran Alex Ratelle	Nevada Twin City Track Club	49 43		
684 685	J. Edwin Griffith Robert Donald	Whittier YMCA Seniors Track Club	46 43		
686 657	Donald Coleman Kenneth Wilson	California Twin City Track Club	40 41		4
739 109	Fred Minter John Garcia	S. D. Tráck & Field Assn. Seniors Track Club	49 50		
168 139 136	Paul Carmichael James Stephenson Theodore Althausen	Olympic Club The Olympic Club Olympic Club	60 47 43		3



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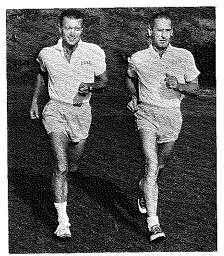
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San Diego

HONORARY REFEREES



DR. JOHN L. BOYER DR. FRED W. KASCH

Drs. Fred W. Kasch and John L. Boyer together with Dr. David Carmichael share the spotlight today as honorary referees because of their extensive work and research toward physical fitness of Americans.

Boyer and Kasch, as the founders and leaders of

San Diego State's Adult Fitness Program and Exercise Physiology Laboratory, have combined to develop techniques which keep Americans in better physical condition.

They have received world recognition for their accomplishments, which include a published book titled, "Adult Fitness - Principles and Practices."

"The prevention of coronary heart disease was our No. 1 goal in undertaking these physical fitness programs," Dr. Boyer said.

"Studies have shown that exercise of the cardiovascular type are a real value in prevention of heart disease.

"Running and physical fitness exercises are the easiest, simplest and least expensive way to get the proper kind of cardiovascular exercise and improve heart conditions," Dr. Boyer said.

"Running gives a man continual rhythmic endurance work, which is the best exercise for your heart,'

Dr. Boyer also was quick to point out that participation in sports does not necessarily develop fitness.

"We tested an outstanding athlete at San Diego State (a track and football performer) and found that a man 50 years of age who had been following our prescribed running and exercise program was actually more physically fit. Age is no deterent to fitness," Dr. Boyer said.

In their book, the doctors point up the need for physical fitness because our way of life today tends to omit a method of releasing the pressures of daily work. "Exercise two to five times a week is not only good

for physical fitness, but a release for tensions and frustrations," Dr. Boyer said.

'Overcoming years of sedentary living and substituting habits of regular physical activity is the No. 1 problem," he said.

"But the results of better feeling, longer life span and a general 'brighter outlook on life' make the effort worthwhile," Dr. Boyer said.

MASTERS SIX

(Sextathlon)



California

S. D. Track & Field Assn.

44

JOHN KLEINSASSER

Dave Pain

Willard Shank

Vernon Davies

Ken Goetzel

Mack Harbin

Albert Arnold

George Loper

William Knuppel

Ralph Schuhart

Ramon Gil

Ed Dowell

James Grant

Ken Bernard

Donald Pickett

Wayne Ambrose

Earl Kranz

J. E. Sharp

Leo Bulick

George Puterbaugh

Willis Kleinsasser

NAME

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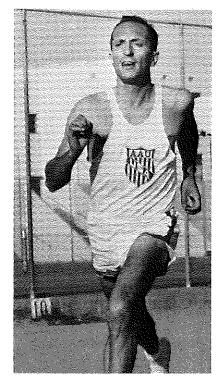
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Oregon	43														
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California	46														
Mid Pacific Road Runners	48														
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California	43														
Yolo Spikettes	40								ļ						
Marin Athletic Club	40														
California	42														
Olympic Club, San Francisco	40														

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PLACE

440 YARD RUN

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٩T	NO.	NAME	AFFILIATION or STATE	AGE	TIME
	182	John Hales	Seniors Track Club	51	
	653	Hugh Maiocco	California	41	İ
	709	Luis Castaneda	Nevada	40	
	710	A. Lewis	S. D. Track & Field Assn.	47	
	44	E. Smith	S. D. Track & Field Assn.	51	
	683	Alex Ratelle	Twin City Track Club	43	
	697	Louis Fields	No. Calif. Seniors T. C.	45	
	663	Luka Sekulich	No. Calif. Srs. T. C.	45	
	711	William Fitzgerald	So. Pacific Assn.	43	
	698	John Holt	California	40	
	729	Bill Soule	California	42	
	657	Kenneth Wilson	Twin City Track Club	41	l
	92	G. J. Adams	Arizona	46	- 1
	248	Charles	Christian	46	į
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HUGH MAIOCCO

TIME | PLACE

220 YARD DASH

SPONSORED BY NELSON-MOORE CO. MEN'S CLOTHIERS San Diego, California

97 Dallas Smith Arizona 48	70 98 93 77 73 72 15 194 97	AFFILIATION or STATE Nebraska California California Wildcat Club So. Calif. Striders S. D. Track & Field Assn. Los Angeles Police "Pacers" Southwestern West Side (N.Y.) YMCA Seniors Track Club Denver Track Club California S. D. Track & Field Assn. Road Runners Club of Austin United Bank of Arizona U. S. Naval Hosp., Oakland California California California California S. D. Track & Field Assn. California California California California California California S. D. Track & Field Assn. California Cal. Col. of Podiatric Medicine A.C. California	AGE 440 448 449 444 444 444 444 444 444 444 444
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LONG JUMP

NO.	NAME	AFFILIATION or STATE	AGE
90	Lewis Roberts	Seniors Track Club	40
587	Freeman Marr	Southwestern	43
702	Allan Corwin	California	43
73	H. W. Hartin	S. D. Track & Field Assn.	40
194	Donald Esslinger	California	40
	3		

SHOT PUT

NO.	NAME	AFFILIATION or STATE	AGE
746	Frank DeBernardi	California	46
100	Bill Bangert	Champ Athletics Club	43
747	Theodore Jacobs	California	44
197	Dave Shrader	Kansas	54
161	Sid Knowles	San Ysidro Beach & Tennis Club	64

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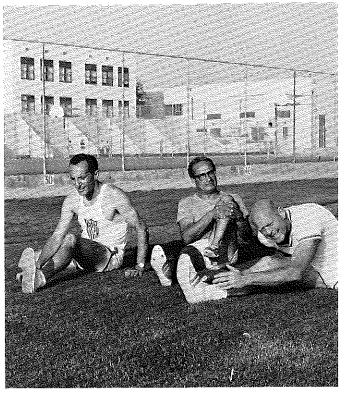
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RALPH SMITH

MEET

The "Champions Meet" keeps its theme of "world class competitors" right on down the line through the selection of San Diego native Ralph Smith as meet director.

His success as meet director of last year's Third Annual Invitational Track Meet, which produced three world records, made his selection for a repeat performance the easiest and most obvious decision.

He has been in the "world record class" since 1926 when, at the age of 19, he vaulted 13-53/4 to claim a National High School and American record in that event.

His other athletic endeavors, including the county welterweight boxing championship in 1927, have been a sound foundation for his entrance into recreation work as a career.

After several years as recreation supervisor for Convair, Smith assumed his present post in 1946 as San Diego's muncipal athletic supervisor.

Testimony to his diligence came recently with his selection for the "Merit Award," highest honor emblematic of outstanding leadership and extraordinary services benefiting sports programs in the Southern California municipal athletic recreation system.

In addition to his regular duties, Smith is boxing commissioner for the local Pacific Southwest Association of the A.A.U. and annually serves as matchmaker for the Golden Gloves and Navy Championships.

A life member of the national A.A.U., Smith, at one time or another, has been president of virtually every amateur sporting organization in San Diego County.

3 MILE WALK

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PLACE

NO. 743 125 643 650 744 198 130 713 745	NAME V. W. Grandy Lawrence O'Neil Donald Jacobs Robert Long Ash Severson Joe Wehrly Bruce MacDonald Justin Gershuny Bruce Shields	AFFILIATION or STATE Florida Montana Portland Track Club So. Calif. Striders California So. Calif. Striders New York Athletic Club California S. D. Track & Field Assn.	48 60 48 49 42 52 40 41 46	TIME	PLACE

880 YARD RUN

SPONSORED BY BALI HAI RESTAURANT Shelter Island

NO. 45 708 709 61 710 711 712 733 311 121 679	NAME Ray Gordon James Hartshorne Luis Castaneda Ray Mahannah Arthur Lewis William Fitzgerald D. J. Pascoe Avery Bryant Dean Kratz William Fix Pete Mundle	AFFILIATION or STATE Washington Sport Club Buffalo Athletic Club Nevada California S. D. Track & Field Assn. So. Pacific Assn. U. S. Naval Hosp., Oakland California Nebraska Spokane Track Club Santa Monica Athletic Assn.	AGE 50 44 40 52 47 43 44 44 44 42

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3 MILE RUN

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NO. 664 734 669 670 674 675 735 736 737 115 90 150 738 661 678 739 679 311 168 139 117 663 195	Paul Oerth Roland Anspach John Getas Charles Short George Gavras James O'Neil Robert Kay Richard Lee Jim Gorrell Ed Halpin Lewis Roberts John Lafferty Daniel Santiago Harold Harris William Walker Fred Minter Pete Mundle Dean Kratz Paul Carmichael James Stephenson Bob Buum Luka Sekulich Earl Foster	AFFILIATION or STATE California Kettering Striders Dolphin Club Seniors Track Club Finger Lakes Road Runners California Seniors Track Club Central YMCA Seniors Track Club United States Air Force Seniors Track Club S. D. Track & Field Assn. California Univ. of Chicago Track Club S. D. Track & Field Assn. Saonta Monica Athletic Assn. Nebraska Olympic Club The Olympic Club California No. Calif. Srs. T. C. Bethune Pacesetters T & F Club	40 42 45 42 41 43 42 48 46 51 40 40 42 49 40 44 60 45 45	TIME	PLACE

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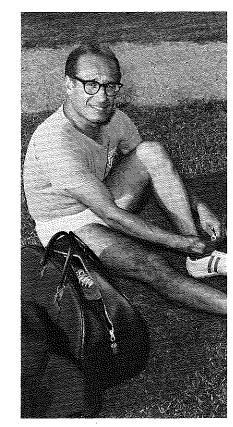
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2 MILE

705 John Cherry 706 Leo Henrikson 707 Augie Escamilla 738 Daniel Santiago 127 John Wright 87 H. T. Burkett		S. D. Track & Field Assn.	AGE 42 51 51 41 47 45 42 44 47 45 45	TIME	PLACE



AUGIE ESCAMILLA

MILE RELAY

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Seniors R. C.
No. Cal. Srs. T. C.
Olympic Club
S. D. YMCA
S. D. Track Club Olympic Club

TIME | PLACE

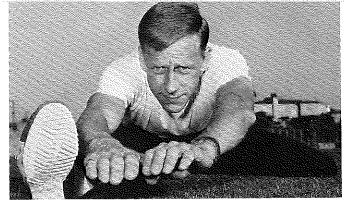
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MILE

JIM HARTSHORN

NO. 730 203 45 47 708 61 731 671 732 93 575 733 660 707 81 91 175 87 192 179 231	Richard Benson Charles Seekins Ray Gordon Bill Wells James Hartshorne Ray Mahannah Robert Scharf W. T. Mackey Arnold Heyman Albert Clark Jack Cottingham Avery Bryant William Chapman Augie Escamilla Eugene Freed Frank Cunningham William Fix Warren Blaney H. T. Burkett Mode Perry Don Thiel Lyle Cowgill	AFFILIATION or STATE Georgia California Washington Sport Club Seniors Track Club Buffalo Athletic Club California California West Valley Track Club California Seniors T. C. Multnomah Athletic Club California East Valley YMCA S. D. Track Club California West Valley Track Club Spokane Track Club Srs. Track Club Srs. Track Club Srs. Track Club S. D. Track & Field Assn. S. D. Track & Field Assn. California	AGE 43 51 50 50 44 52 48 40 41 54 48 44 41 45 43 45 42 64 47 45 43	TIME	PLACE
		9			

NAME Seniors T. C. No. Cal. Srs. T. C. S. D. T. & F. S. D. Track Club Downtown YMCA TIME .

PLACE

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NO.	NAME	AFFILIATION or STATE	AGE	TIME	PLACE
101	Walter Stack	Dolphin Club & No. Cal. Srs. T. C.	60		
529	A. Rosenberg	California	42		
90	Lewis Roberts	Seniors Track Club	40		
115	Lawrence Hilt	Oregon Track Club	68		
500	Howard Barnes	Srs. Track Club	64		
119	Fred Grace	Seniors Track Club	70		
123	Mike Kish	Seniors Track Club	62		
125	Lawrence O'Neil	Montana	60		
512	Colby Thompson	Seniors Track Club	45		
543	Donald Jacobs	Portland Track Club	48		
668	Richard Packard	Boston Athletic Assn.	40		
199	Clyde Alling	Seniors Track Club	51		
645	T. A. Chúman	Oregon Track Club	42		
123	John Kelley	Massachusets	60		
646	Charles Groeschel	S. D. Track & Field Assn.	40		
647	Richard Steiner	Seniors Track Club	48		
648	J. Mackson	Seniors Track Club	46		
649	-	Seniors Track Club	46 49		
671	A. Cooper	West Valley Track Club	40		
672	W. T. Mackey	S. D. Track & Field Assn.	46		
650	W. D. Hargus	So. Calif. Striders	49		
	Robert Long		49 44		
651	A. Chricton	West Side (N.Y.) YMCA Seniors Track Club	56		
200 682	John Montoya	Nevada	49		
	John Cochran		43		
683 568	Alex Ratelle	Twin City Track Club California	43 49		
	Norman Brinkhaus	S. D. Track & Field Assn.	49 46		
652	Merle Hamilton				
653	Hugh Maiocco	California	41 51		
203	Charles Seekins	California No. Calif. Trs. T. C.	40		
722	Albert Arnold		40 43		
725	Ramon Gil	California			
654	Burton Ryman	Seniors Track Club	43		
661	Harold Harris	Univ of Chicago Track Club	40		
655	John Eby	S. D. Track & Field Assn.	45		
656	Richard Cort	California	46		
657	Kenneth Wilson	Twin City Track Club	41		
658	Elmer Bailey William Andberg	Arizona Twin City Track Club	49 57		
204			5 /		

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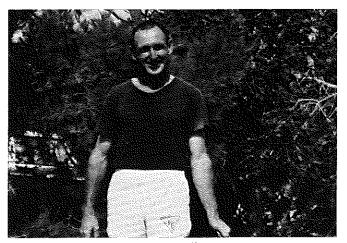
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A DIFFERENT KIND OF A CASE



BILL HARGUS

When an ordinary man has a heart attack, it's serious. To an athlete, it can be disastrous. But what about an ordinary man becoming an athlete after suffering from a heart attack?

Most people would call it impossible but then they don't know Bill Hargus, Southern California civil engineer. Recently Bill ran the San Diego Mission Bay Marathon in three hours, $26\frac{1}{2}$ minutes. He finished second among men over forty in the 26 mile foot race, 27th in a field of 104 starters.

July 19th, Bill will be entering the first annual U.S. Masters Track and Field Championships, which will be held at San Diego's Balboa Stadium.

Until three years ago, in March 1965, there was nothing unusual about Bill Hargus. His profession as a civil engineer earned him a good living. If a working day presented its share of stress and strain, he could relax at home. At 43, he was a little overweight but healthy. Except for being a non-smoker, his habits followed the pattern of most middle aged men.

Then Bill discovered, as ten million Americans will this year, that atherosclerosis doesn't always hit 'the other guy.' For one million, it will be fatal. He couldn't know that his arteries were clogged with a fatty substance. Not until a blood clot formed in a vital vessel feeding the back side of the heart muscle.

On one typical evening at home, he was tired. He'd brushed aside similar feelings many times before . . .

along with back and knee pain. Just old age coming on, he thought. But by morning he was worse.

His wife called a physician who gave the verdict: coronary thrombosis. Bill was off to the hospital.

What does a man think about at such a time? To Bill, it was everything left to be done in his world. He had a wife, children to raise, and a career. At 43, he was neither ready to be counted out nor to settle for a half-existence as an invalid.

He found that medical experts agreed with him. Old theories of a heart patient cutting down all activities had become discarded. The heart, it was felt, deserved a chance to recover like any other damaged muscle.

He contacted Dr. Fred Kasch of San Diego State College, who was helping similar cases with exercise. As a result, Bill began running.

"At first it was a tremendous effort to run just a quarter mile . . . the pain got so bad I had to stop. But I kept trying every day. At the end of about three months I was going two or three miles without stopping. It seemed to be doing a lot of good so I kept it up after going back to work six months after my attack."

Bill had suffered a fairly massive posterior myocardial infarction, according to his doctor, but now there is no evidence of it.

The story of Bill Hargus is one of hope for all heart patients. Considering that few completely healthy men of his age would attempt to run a marathon, let alone finish, he is indeed unusual. It offers proof that recovery from heart disease is possible . . . and not just a partial, limited recovery. To those yet untouched by coronary problems, it is a warning to begin running or some other form of good exercise.

For Bill Hargus, it is a success story. He is able to continue the normal professional and private life he formerly enjoyed. He continues with a regular workout schedule. Running sites include Shelter Island or Cal Western on a typical day. He may run $4\frac{1}{2}$ miles in the morning and $4\frac{1}{2}$ in the afternoon.

Right now, he's practicing for the big U.S. Masters in July. Competition will include men from every part of the country, both amateurs and some professionals (by special waiver of the rules on professionalism, approved by the SPAAAU), former Olympic champions. It promises to be an exciting event and Bill wouldn't miss it for anything.

From heart patient to marathon runner . . . invalid to athlete, that's the story of Bill Hargus. He's an inspiration to everyone.

ABOUT THE ARTHRITIS FOUNDATION

The U.S. Masters Track & Field Championships stress the importance of good health, physical fitness, and good sportsmanship. The event provides excitement and fun for both competitors and spectators.

There is, however, another part of this story. Many of you purchased tickets through the Arthritis Foundation, San Diego Area Chapter. Proceeds from these sales will benefit this organization, dedicated to assisting arthritis victims and helping to stamp out this crippling disease.

Arthritis may strike anyone, resulting in almost undetectable aches and pains to painful, disabling physical ravages. There are over 80,000 arthritis sufferers in San Diego and Imperial Counties; men, women and

children

Although at present there is no cure for arthritis, there is still a serious gap between what is known about this disease and its application in practice. Right now, disability can be arrested, often reversed.

Your San Diego Area Chapter of the Arthritis Foundation is the only volunteer health agency in San Diego and Imperial Counties that is officially chartered by the Arthritis Foundation. The Chapter's fourfold program is totally dedicated to winning a victory over arthritis.

We hope you enjoy the track meet, and we thank those of you who purchased your tickets through the Arthritis Foundation.

TRACK MEET ENTRANTS

NO.	NAME	AFFILIATION OR STATE	AGE	l NO.	NAME	AFFILIATION OR STATE	AGE
	ADAMS, Gustav J.	Arizona	46	735	KAY, Robert	Seniors Track Club	42
680	ADKISON, Charles	Convair Recr. Assn.	40	133	KELLEY, John	Massachusetts	60 62
345 199	ALEXANDER, Irving ALLING, Clyde R.	Downtown YMCA Seniors Track Club	51	123 715	KISH, Michael KLEINSASSER, Willis	Seniors Track Club Seniors Track Club	40
136	ALTHAUSEN, Theodore L.	Olympic Club	43	161 724	KNOWLES, Sid KNUPPEL, William	San Ysidro Boh. & Tennis Club	64 49
140 204	AMBROSE, Wayne ANDBERG, William G.	California Twin City Track Club	57	233	KRANZ, Earl	San Diego Track & Field Assn. San Diego Track & Field Assn.	44
734	ANSPACH, Roland	Kettering Striders	42 40	311	KRATZ, Dean	Nebraska	44
722	ARNOLD, Albert	No. Calif. T.C.	40	150 736	LAFFERTY, John LEE, Richard	S, D. Track & Field Assn. Central YMCA	50 48
701 658	BADINELLI, Don BAILEY, Elmer A.	United Bank of Arizona Arizona	49	135	LEGGETT, Howard	Los Tngeles Srs. T.C.	40 47
100	BANGERT, Bill	Champ Athletics Club Srs. Track Club	43 42	710 650		S.D. Track & Field Assn. So. Calif. Striders	49
600 628	BARNES, Howard BAUM, Richard N.	So. Calif, Striders	43	723	LOPER, George	Florida	40
730 749	BENSON, Richard L. BERGENBACK, Richard	Georgia Maryland	43 41	104	LUMIAM, Norman LYONS, James	California California	42
728	BERNARD, Ken	California	42	130	MacDONALD, Bruce	New York Athletic Club	40
175 676	BLANEY, Warren W. BOITANO, John	Srs. Track Club So. End Rowing	64 46	667 671	MACKEY, Noel MACKEY, William	New Mexico West Valley Track Club	48 40
98	BRADSTREET, James	California	46	648	MACKSON, Jack	Seniors Track Club	46
586 692	BRINKHAUS, Norman BROWN, David	California So, Calif. Striders	49 45	52 653	MAHANNAH, Ray MAIOCCO, Hugh	California California	52 41
733	BRYANT, Avery	California	44 49	687 740	MARR, Freeman	Southwestern Los Angeles Police "Pacers"	43 49
582 87	BULICK, Leo BURKETT, H. T.	Seniors T.C. Washington Sports Club	47	739	MEDINA, Toby J. MINTER, Fred	S.D. Track & Field Assn.	49
699	BURNARD, Thomas	San Diego Track & Field Assn. California	42 40	200 126	MONTOYA, John MORALES, Bill	Seniors Track Club California	56 51
117 168	BUUM, Bob CARMICHAEL, Paul	Olympic Club	60	679	MUNDLE, Peter MURPHY, William	Santa Monica Athletic Assn.	40
709	CASTANEDA, Luís	Nevada	40	690 251	MURPHY, William McCLURE, John	California Maryland	44 42
93 660	CATE, Jack CHAPMAN, William	Arizona East Valley YMCA	42 41	196	McDONALD, Robert	California	50
131	CHATTERTON, Don	California	51	156 543	McFADDEN, Winfield McPHATTER, Ferman	California California	63 43
705 645	CHERRY, John CHUMAN, Ted	S.D. Track Club Oregon Track Club	41 42	665	NELSON, Fred	Srs. Track Club	46
93	CLARK, Albert	Seniors T.C.	54	664		California	40
682 686	COCHRAN, John COLEMAN, Donald B,	Nevada California	49 40	675 125	O'NEIL, James O'NEIL, Lawrence	California Montana	43 60
649	COOPER, Albert	Seniors Track Club	49 46	668	PACKARD, Richard	Boston Athletic Assn.	40
656 702	CORT, Richard R. CORWIN, Allan F.	California California	43	716 70	PAIN, David PARKES, Willard	S.D. Track & Field Assn. California	45 48
575	COTTINGHAM, Jack	Multnomah Athletic Club	48 43	712	PARKES, Willard PASCOE, D. J.	U.S. Naval Hospital, Oakland	44
231 180	COWGILL, Lyle CRANSTON, Alan	California California	54	192 187	PERRY, Mode PICKETT, Donald	S.D. Track & Field Assn. Olympic Club, San Francisco	47 40
651 693	CRICHTON, Andrew CROW, Dennis	West Side (N.Y.) YMCA California	44 40	72	POET, Robert	California	44 43
91	CUNNINGHAM, Frank	West Valley Track Club	45	714 683	PUTERBAUGH, George RATELLE, Alex	Oregon Twin City Track Club	43
718	DAVIES, Vernon	Mid Pacific Road Runners	48	662	REEVES, John	East York T.C. Toronto, Canada	41
695 746	DAWSEY, W. J. DeBERNARDI, Frank	Convair Recreation Association California	49 46	26 15	REGAN, George RHODEN, George	Road Runners Club of Austin Cal. College of Podiatric Medicine A.C.	52 41
685	DONALD, Robert	Seniors Track Club	43	90	ROBERTS, Lewis	Seniors Track Club	40 40
726	DOWELL, Ed	Yolo Spikettes	40 45	677 529	ROBST, Hugo ROSENBERG, Alan	Seniors Track Club California	42
655 707	EBY, John ESCAMILLA, Augie	S.D. Track & Field Assn. S.D. Track & Field Club	45 45	654	RYMAN, Burt	Seniors Track Club	43
194	ESSLINGER, Donald C.	California	40	738 125	SANTIAGO, Daniel SARGENT, Robert	California California	42 46
697	FIELDS, Louis FITZGERALD, William	No. Calif. Seniors T.C. So. Pacific Assn.	45 43	731	SCHARF, Robert	California	48 49
121	FIX William	Spokane Track Club	42	700 203	SCHUHART, Ralph SEEKINS, Charles	Long Beach Chapparrals T.C. California	51
195 146	FOSTER, Earl FOURNIER, Jim	Bethune Pacesetters T & F Club Downtown YMCA	45 54	663 744	SEKULICH, Luka SEVERSON, Ash	No. Calif. Srs. T.C. California	45 42
142	FREDERICK, Walt	Srs. Track Club	60	748	SEYMOUR, Stephan	Los Angeles Athletic Club	47
81	FREED, Eugene	California	43	717 721	SHANK, Willard	California Denver YMCA	46 47
109 674	GARCIA, John GAVRAS, George	Seniors Track Club Finger Lakes Road Runners	50 41	659	SHARP, John SHEPPARD, Harold	S.D. Track & Field Assn.	46
713	GERSHUNY, Justin	California	41 4 5	745 742	SHIELDS, Bruce SHLONSKY, L. P.	S.D. Track & Field Assn. California	47 44
669 725	GETAS, John GIL, Ramon	Dolphin Club California	43	670	SHORT, Charles	Seniors Track Club	42
719 228	GOETZEL, Kenneth GORDIEN, Fortune	California World's Record Holder Discus	40	197 700	SHRADER, Dave SHUHART, Raiph	Kansas	54
LLO	donoich, rottuie	1956—2nd Place Olympic Games		97 172	SMITH, Dallas SMITH, Darrell	Arizona	48
45	GORDON, Ray	1948—3rd Place Olympic Games Washington Sport Club	50	44	SMITH Fibert	S.D. Track & Field Assn.	51 42
737	GORRELL, Jim	Seniors Track Club	46	729 35	SOULE, Bill SOUTHARD, Charles	California Seniors Track Club	51
119 743	GRACE, Fred GRANDY, Valdemar	Seniors Track Club Florida	70 48	101	STACK, Walter	Dolphin Club & No. Cal. Srs. T.C.	60 42 48
727 684	GRANT, James GRIFFITH, J. Edwin	Marin Athletic Club Whittier YMCA	40 46	703 647	STAFFORD, Stanley STEINER, Richard	Seniors Track Club Seniors Track Club	42 48
646	GROESCHEL, Charles	S.D. Track & Field Assn.	40	750	STEPHENS, WIII	California	48
89	HAENDIGES, Arthur	California	45	139 688	STEPHENSON, James STOLPE, Richard	The Olympic Club Nebraska	47 43
182 115	HALES, John T. HALPIN, Edward V.	Seniors Track Club United States Air Force	51 51	741	THERIAULT, Raoul	Denver Track Club	41
652	HAMILTON Merle	S.D. Track & Field Assn.	46	179 612	THIEL, Don THOMPSON, Colby	S.D. Track Club Seniors Track Club	45 45
720 672	HARBIN, Mack HARGUS, W. D. HARRIS, Harold E.	California S.D. Track & Field Assn.	44 46	681	THOMPSON, John	Seniors Track Club	45 43
661	HARRIS, Harold E.	Univ. of Chicago Track Club	40	704 195	TRIPODES, Tom WALKER, Paul T.	Californía Pres., Pac. Southwest Amateur Ath. Assn.	49 59
73 708	HARTIN, Wally HARTSHORNE, James	S.D. Track & Field Assn. Buffalo Athletic Club	40 44	678	WALKER, William	S.D. Track Club	42
95	HELD, Franklin	California	40	259 198	WALLIS, Hal WEHRLY, Joe	California So. Calif, Striders	40 52
706 732	HENRIKSON, Leo HEYMAN, Arnold	S.D. Track & Field Assn. California	47 41	47	WELLS, Bill WILLIAMS, Ray	Seniors Track Club	50
115	HILT, Lawrence	Oregon Track Culb	68 40	147 657	WILLIAMS, Ray WILSON, Kenneth	Santa Barbara Athletic Club Twin City Track Club	60 41
698	HOLT, John	California		689	WINFIELD, Mark	California	40 49
643 747	JACOBS, Donald JACOBS, Theodore	Portland Track Club California	48 44	77 696	WINTON, Ross WITTER, Lawrence	California Dolphin Club	40
691 694	JAMES, Tom JULLIAND, Alphonse	Wildcat Club Stanford University	48 4 5	243 127	WOOD, John WRIGHT, John	California Seniors Track Club	41 44
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