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3rd ANNUAL
U.S. MASTERS
TRACK AND FIELD

JULY
2nd
3rd
4th
5th

BALBOA STADIUM
SAN DIEGO
SPONSORS: SAN DIEGO TRACK CLUB - SAN DIEGO RECREATION DEPT.
MEET THE CITY OF SAN DIEGO RECREATION DEPARTMENT

Processing and mailing of entries, taking care of the vast amount of paperwork involved in a meet of this scope and providing the meet director and official recorder for the Third Annual U.S. Masters Track and Field Championships have been functions of the co-sponsoring City of San Diego Recreation Department.

Shouldering responsibility for these burdens has been Ralph Smith, Municipal Athletics Director since 1946 and a key figure in track and field in San Diego over three years—not to mention every other variety of sport. A former American record holder and one-time world high school mark setter in the pole vault (13-3 ½’), Smith presides over a sports program involving 230,000 annual participants. He is ex-president of the Pacific Southwest Amateur Athletic Union, was founder of the highly-successful San Diego Industrial Recreation Council and has served as meet director for National AAU, NAIA, and both outdoor and indoor invitational track meets here involving outstanding athletes from all over the world.

Smith’s competent assistant Bob Barlow will serve as an official recorder for the meet today and as been a “right hand” to Ralph in running one of the most active and varied municipal athletics program in the nation.

Mary Ann Oberle, Supervisor of Women’s Sports, provided valuable assistance in the vast clerical work that preceded this meet and will be around to assist where needed.

Lastly but not least, Darlene Villani served as meet secretary, redoubling the huge mountain of paperwork to workable size and performed the detailed work so essential to the success of a national track and field championship.

Introduction...

Welcome to the Third Annual U.S. Masters Track and Field Championships. San Diego is known as “The City in Motion.” We would like to apply this spirit to these championships and the athletes who make them possible.

This is the third consecutive year the U.S. Masters Track & Field Championships have been presented by the San Diego Track Club. This meet, sanctioned by the SPAAAU, feature male athletes 40 years of age and older. Age is the only qualification for participation in the event.

The primary purpose of this contest is to motivate adults to achieve fuller life through the best possible state of physical fitness. This competition has stimulated the desire to achieve a state of good health and fitness.

As a result of the first two U.S. Masters programs, a number of “Senior” Track Clubs have been formed in various parts of the country and others have increased in membership. With the encouragement of team participation resulting in Masters Meets throughout the nation, further U. S. Masters in San Diego will be strengthened and vitalized.

The U. S. Masters is not a “joggers” get-together—far from it. The competition is keen and calls for the best possible effort from each athlete. Although the standards of performance at this event are much higher than the levels elsewhere, all men over 40 in good shape...
MANAGEMENT

MEET DIRECTOR—RALPH SMITH
GENERAL CHAIRMAN—DAVID PAINE
VICE CHAIRMAN—MERLE HAMILTON
PROGRAM CHAIRMAN—MIKE MURRAY

ANNouncers
Bill Goodman
Stan Stanford
Charles Newhard

Awards
Augie Escamillo

Photographer
Richard Straub

Timers
Glen Broderick
Elmer Brown
Tom Bryson
Harry Trien
Frank Campea
Keith Hatter
Tom Rice
Pete Calha
Robert Gilmore
Harry Kulk
Dewey Youngblood
Wayne Zook

Inspectors
Charles Bell
Fran Rensella
Dave Ashley
Bob Dow

Shot Put
Francis Groom
Merlin Eber
Sy Silver

Finish Judges
James Cerveny
Chuck Christian
Don Donnelly
Bill Gofger
Harley Manley
Rayburn Pringle
Phillip Sloan
Curt Hardick
Raymond Fitzhugh
Vernal Williamson
Wallace Low
Bob Divan

Marshals
Mike Scanlan

The U.S. Masters Championships have been sanctioned by the Pacific Southwest Association of the A.A.U.

The Special World of the Distant Runner

Why do you run the marathon? How many times have you been asked that question? To give a simple answer would be difficult. The question is really a part of a larger inquiry as to why man seeks adventure despite hardship, suffering and danger. Why is the world a place where anyone undertake such seemingly meaningless endeavors as to climb the world's highest mountain, swim the English Channel, set foot on the moon, or run 26 miles — especially if, as in the case of the marathon, countless others have already done it before?

Consider the reasons why men seek adventure — some are obvious, others obscure. Facts and wide renown certainly have a great number on the possibility. The possibility of earning an adventure into a monetary personal gain is an incentive to others. The magnetism of an unconquered frontier to be crossed or danger to be faced holds a fascination for many. Possibly the greatest lure of all, for adventurers, is the self-satisfaction of having to rely on their own initiative and ingenuity to face the challenge.

 Fame and fortune as a result of distance running comes to few. The code of ethics of the runner forbids material gain which leaves less tangible forms of satisfaction. Like the mountain climber and the arctic explorer, the distance runner finds satisfaction in working with like-minded friends sharing the commonality of the agony and the ecstasy of the distance run.

The strongest reason, may be the sense of self accomplishment — of having done it on its own strength and drive. There is also beauty and closeness to nature in the world of the distant runner. He can find something clean and refreshing in the soft touches of earth under foot as he strides past fresh foliage in the cool quietness of day break — giving time to reflect on one's self.

Another compelling reason that we run may be an inner striving to escape briefly from our every day world. Each stride carries the runner into his own special realm, staving with him the dreams of high adventure.

Recently a famous distance runner was quoted as saying "distance running is the world's simplest, least expensive, way of having a bad time." But running should not be "having a bad time" or drudgery, it should and can be a fascinating game — a new adventure each time a man ventures out on a new run. To be sure there is hard work and what some call the discipline of suffering — a controlled toughness that comes only from self-imposed hardship. There is an inner self-satisfaction to "prove" yourself, to touch that special place where few men have been, to show yourself that you can do something you thought impossible. There is a surprising pleasure that one can obtain from trying to do the difficult. It is the challenge that compels you to move toward that goal. It is part of the highest, most human, nature of man to attempt the difficult, seeking obstacles and hardships upon which to sharpen one sense of "self."

Those who meet the challenge and accept this discipline come back to look at the world with new eyes. As one explorer said, "They have a new vision of the world won through hardship."

Each run becomes a new experience — a conquest of the hill, and that final push to the finish. Perhaps it is this conquest, of one's self that brings a man back to frontiers again and again. By testing himself to the limits of his endurance, man learns to know himself. When the runner finds that difficult hill there is more than just the physical view. This strenuous effort seems to give the runner new power within himself. His view gives him a new awareness. From that height he may have a view of himself granted to very few who merely trot to the fields below, a view that he may remember when he returns.

Why then do you run? Certainly there are as many reasons as there are men, but a common purpose which appears to bond all runners together, is that there is something some of us must do. Once tasted the adventure will not be lightly denied in the future.

OUR APPRECIATION . . .

To the San Diego Police Department for their assistance in making the Masters Championships possible.
U.S. MASTERS
MISSION BAY
MARATHON COURSE,
26 miles 385 yards

Course is outlined

Check in at Mission Beach Plunge one hour before the start of the race. Start on Mission Blvd. just west of the Plunge and circle Belmont Park via San Fernando Place, Ocean Front Walk and Westshore Drive. Turn right down Mission Blvd. to the jetty, right onto Ocean Front Walk to Westeros Place and exit across Mission Blvd. crossing to the left facing traffic on West Mission Bay Dr. Continue past Rincon Hotel, across Westshore Drive and exit to the left to swing around Casa del and cross Ingraham Street opposite the Atlantic Restaurant. Turn hard right and, keeping to the right here, pass the entrance to Sea World and go around and Mission Bay on Sea World Drive and East Mission Bay Drive onto Grand Avenue. Swing around the Mission Bay Golf Course on Grand Ave. to Mission Street where you turn left on Point Drive, around Crown Point to turn left on Pacific Beach Drive, left again on Mission Blvd., and

another left on San Rafael Place. A hard right at the end of San Rafael Place takes you down Hayaide Walk to West Mission Bay Dr, where you repeat the above loop to finish just east of the Rincon Hotel. Mileage points are indicated on the map by

20 KILOMETER MARATHON

20 kilometer walk will start with the marathon and follow the same course past the 19 mile mark to the intersection of Crown Point Drive and Ingraham, turning south on Ingraham and proceeding on the walks and grass along the West side of the street to the Duma Landing area, then skirt the Duma Cove and the walk to finish near the 19 mile mark of the marathon. Course is shown by the dashed line.

--- Field Events ---

4:00 — Discuss Throw — I
4:00 — Discuss Throw — II
4:00 — Discuss Throw — III
4:30 — Long Jump — I
4:30 — Long Jump — II
4:30 — Long Jump — III
4:30 — Pole Vault — [Open]
4:45 — Masters Six — Shot Put — [12 lb.]

--- Field Events ---

2:00 — Registration
3:00 — Finals — 100 yards — I
3:00 — Finals — 100 yards — II
3:00 — Finals — 100 yards — III
3:30 — Finals — 3 Mile — I
3:30 — Finals — 3 Mile — II
3:30 — Finals — 3 Mile — III
4:15 — Finals — 220 yards — I
4:15 — Finals — 220 yards — II
4:15 — Finals — 220 yards — III
5:00 — Finals — 1 Mile — I
5:00 — Finals — 1 Mile — II
5:00 — Finals — 1 Mile — III
5:30 — Prelims — 440 yards — I
5:30 — Prelims — 440 yards — II
5:30 — Prelims — 440 yards — III
6:00 — Masters Six — 1 Mile
6:30 — Finals — 2 Mile Relay — [Open]

--- Field Events ---

3:00 — Masters Six — Long Jump
4:30 — Masters Six — javelin (16 lb.)
9:30 — Shot Put — I

--- Field Events ---

2:00 — Registration
3:00 — Finals — Long Jump — I
3:00 — Finals — Long Jump — II
3:00 — Finals — Long Jump — III
4:15 — Finals — 220 yards — I
4:15 — Finals — 220 yards — II
4:15 — Finals — 220 yards — III
5:00 — Finals — 1 Mile — I
5:00 — Finals — 1 Mile — II
5:00 — Finals — 1 Mile — III
5:30 — Finals — 440 yards — I
5:30 — Finals — 440 yards — II
5:30 — Finals — 440 yards — III
6:00 — Masters Six — 1 Mile
6:30 — Finals — 2 Mile Relay — [Open]
GENERAL INFORMATION

REGISTRATION—
Registration will commence Thursday, July 3rd at 1:00 p.m. and at 2:00 p.m. each day thereafter. The registration desk will be located at the Southwest corner of Balboa Stadium. Upon arrival in San Diego, call 236-5717 (days), or 332-0161 (days and evenings), the El Cortez Hotel, if you need help or information.

DIVISIONS—
Competition will be segregated into three classes. Open competition will be permitted in all field events, i.e., walks, steeplechase, marathon, and relays. All other events will be conducted by divisions.
DIVISION I: 40-49 years. DIVISION II: 50-59 years.
DIVISION III: 60 years and over.

REPORTING—
One hour prior to their event, all competitors must report to the Registration Desk at Balboa Stadium to indicate they will be participating. In all Field Events, Trials and Finals will be conducted at the time indicated in the schedule. The referee may invoke a "Time Rule" to those field events in which competitors may delay the orderly running of the event in which they are competing. The Long Jump, High Jump runways (as is the running track) is of standard coated. No rubber-soled shoes or indoor shoes are to be permitted. The Javelin approach and runway is grass covered. The Shot Put and Discus slabs are of brushwood cement. All Field Event equipment and areas comply with I.A.A.F. specifications. Athletic trainers and a physician will be available during the Meet.

QUALIFYING—
It is the policy of the U.S. Masters to permit all men 40 and over, with a medical certificate, to participate. For that reason, no minimum qualifying standards will be required. If the number of entrants in a given event are too great, eliminations will be conducted.

MARATHON & 20 KILOMETER WALK—
These events will be run on the MISSION BAY COURSE: Sunday, July 5th at 6:30 a.m. (to avoid the heat). Check in at 5:30 a.m. The run will commence adjacent to the Dana Inn (grassy area) just Southwest of the Veterans Bridge. Marathoners, make your reservations early for lodging at the Dana Inn. Marathon and walk entrants will receive a map, plus detailed instructions following entry.

ADDED EVENTS—
As the result of many requests, we have added the 120 yard intermediate hurdles (Division I only) as well as the 16 lb. hammer throw, and the pole vault. These events will be scratch unless there are a minimum of six (6) athletes in competition in each event.

TOWELS—
Bring your own towel because there will be no locker room attendant.

AWARDS—
A handsome commemorative patch will be given each entrant. Special trophies will be awarded to outstanding athletes (one for each Division), oldest athlete, the one who has traveled the greatest distance, and to the team scoring the most points. This year's award winner will be offered for the outstanding Field event athlete. Consideration will be given to the athlete's age, performance, number of Field events won and his overall performance. Medals will be presented as indicated.

RUNNING EVENTS—1st through 6th (all divisions). FIELD EVENTS—1st through 6th, Div. I and 1st through 3rd Divisions II and III. SEXTATHLON—(Masters Six) 1st through 6th (Division I) Divisions II and III, 1st finisher only.

WALKS—1st through 6th (Division I) Divisions II and III, 1st finisher only.

MARATHON—1st through 10th (open competition) 1st through 5th, Division II and Division III plus certificates of completion.

REELALS—1st through 2nd place (open competition). The special and marathon awards will be made at the conclusion of the marathon. All other awards will be made at Balboa Stadium following each event.

AWARDS DINNER—
The Awards Banquet will return to the Atlantis Restaurant just across the street (north) of the Dana Inn on Mission Bay. In addition to the presentation of awards there will be a speaker of national importance. This event will be the highlight of the week's activities. No host cocktails will precede Banquet commencing at 8:00 p.m. Dinner will be served at 9:00 p.m., and will end promptly at 4:30 (for the convenience of those making plane reservations). The price of the dinner is $6.50 for the adults and $3.00 for children under 10 years. Make reservations for Banquet on entry blank page.

WORLD RECORDS—
The following records were not incorporated in the schedule of events in this program, and are therefore listed for your personal as follows:

3000 M: 7:39.6—Kipchoge Keino 2 Mile: 8:19.4—Ron Clarke
5000 M: 13:39.9—Ron Clarke
10,000 M: 27:39.4—Martin Lauer, J. Glass, Carle, McCollough and White Davenport
400 M H: 48.4—Dave Harvey
Hurdles: 2479"—Anatoly Bondarchuk
Decathlon: 8347—Tony Barcella
100 Yard Relay: 10.23—San Jose States
3 Mile Relay: 16:00—University of Oregon
Sprints: 3:15.2—University of Kansas
He went back for more at the world-famous endurance run and turned in the same time as last year. This year's win would have been good for 31st place in 1968. But it wasn't. It only rated 180th.

This proves what all runners know about any race — it just gets tougher and tougher every year.

His best time for a marathon, occurred at a race in Seattle, Oregon, in February this year. He finished 13th in 2 hours and 45 minutes. It didn't turn out to be an unlucky number after all.

He had run a marathon 20 days earlier in Las Vegas at 2 hours and 56 minutes, giving him 22nd place.

Like so many over-40 runners, Rodd has to squeeze his running in between his job as a high-flying engineer. He's a flight navigator for United Airlines. He lives in Alameda and is a member of the California Senior's Track Club.

As for training, he's not too sure what makes Rodd run. "I go out every day at 5:30 a.m. There's just no way out of it," he said.

The turning point came after last year's U.S. Master's Marathon in Mission Bay Park. "Now I just train once a day," Rodd sighs with relief. His new schedule goes like this:

Monday — Twenty to 25 miles of LSD (long, slow, distance), "slow, but long."

Tuesday — Twenty-four 300 yard intervals, "fast for speed."

Wednesday — Five miles at a 5:30 pace and 6-minute miles, "race pace."

Thursday through Saturday he repeats the routine. On Sundays, he runs "whatever race is available."

It seems to work for me, although I realize 1,000 runners will come up with 1,000 different theories," Rodd said.

One thing that Rodd says he has proved to himself that "I've improved considerably since going to once-a-day workouts—well maybe not considerably, but at least I haven't gotten slower."

Bill Stock

Bill Stock is an Engineer on the San Diego Fire Department. His early history as a runner of any type is rather non-existent. He was 28 years old when he began a jogging program for health's sake, and is now an "experienced runner" of 40 years of age. Participation in softball and basketball for years in local municipal leagues was of great assistance in creating a physical background be-fitting a runner. In a junior college physical education class in 1949 he ran 100 yards in 11.4 seconds and 220 in 25.0 seconds. These times represent the sum total of all prior experience. At age 40 and after a year of competition, the following are his best times: 100 yards 11.2; 220, 26.3; 440, 57.8; mile, 4:52.6 outdoors, 4:48.0 indoors (S.D.T.C. Senior record); 3 miles 17:57.1; 4 miles, 23:59.5; Marathon (after 6 months of competition) 2:57:40.

Participation in the Senior Mile of the All-American Games at San Francisco's Cow Palace in January and the San Diego Indoor Track Meet in February of this year have been personal highlights of his short career. Another happy occasion was winning the Senior 10,000 meter Cross Country Championship after running competitively for 3 months.

After his initial jogging for conditioning program was accelerated due to a desire to test himself in competition, the weekly mileage went from 18 up to 50-80 miles per week. Training is done seven days a week and is usually accomplished with two 45 minute workouts a day, or one 10 to 17 mile run. He usually takes a "holiday" the day before a race to rest and conserve energy. Bill is looking forward to several years of continued training and competition in order to develop as fully as possible as a runner. When the days of racing are over for Bill, running for physical conditioning will continue because of the heavy history of heart attacks in his family. There seems to be little doubt that a sound and strong heart and circulatory system is the best preventive medicine for coronary problems.
Characteristics of Participants in the First Annual U.S. Masters Track and Field Championships

by Thomas W. Schriner

The information presented in this article is the conclusion of a physical education research project undertaken as part of a graduate program at the University of Arizona.

The purpose of this study was to investigate characteristics of participants in the first annual U.S. Masters Track and Field Championships held in July of 1966, and to determine how and why these middle-aged athletes have achieved such a high standard of athletic performance and physical fitness.

The subjects of this study were 191 male participants of the first annual track meet. This number included all participants whose addresses were obtainable. Only four men were omitted from this study. The ages of the participants ranged from forty to seventy. All 191 of the participants were sent a questionnaire consisting of thirty-seven questions, and were asked to respond to all relevant questions. The participants' responses were tallied to ascertain the percentage who answered each question, and also to determine the percentage who selected each response of each question.

Participants were asked to answer questions pertaining to general health and personal information, personal habits, physical exercise, sports and activities, and ground and a summary question concerning the attainment of physical fitness. Space was provided with some of the questions for respondents desiring to further clarify their answers.

The questionnaire received a total response of 94.29 percent, and the majority of participants showed a willingness to promote physical fitness and share their experiences with others, as 111 men commented, many extensively, in the summary question concerning physical fitness.

It should be noted that some of the questions asked participants to select more than one response. The percentages pertain to the number of participants who chose a particular response of a question. To avoid confusion when reading through these findings, it is suggested that the reader preface each percentage with "of the participants who responded to this question." From these findings, the following are probably the most significant:

1. 78.26 percent were between the ages of forty and forty-nine at the time of the first annual U.S. Masters Track and Field Championships.
2. 18.24 percent were teachers; 6.75 percent were medical doctors; 6.88 percent were engineers, and the remaining participants worked at a variety of fewer mentioned occupations.
3. 36.87 percent were married.
4. 66.45 percent were affiliated with a track club.
5. 75.94 percent were participating in track and field for improved general health and physical condition; 72.15 percent were participating for the enjoyment of track and field competition.
6. 62.11 percent also competed in the second annual U.S. Masters Track and Field Championships; 25.46 percent wanted to compete, but could not for various reasons.
7. 66.45 percent consider the nutritional aspects of the foods they eat.
8. 87.71 percent adhere to their own self-prescribed diet as opposed to professional medical aid or other sources of dietary correction.
9. 72.04 percent rely primarily on physical exercise to maintain their weight at a desirable level.
10. 87.43 percent believe that regular exercise helps them to sleep better.
11. 99.68 percent did not smoke. Numerous reasons for quitting smoking were noted.
12. 98.75 percent felt that smoking could be detrimental to achieving high levels of physical fitness.
13. 78.12 percent drink alcoholic beverages in varying amounts. The most prevalent comment offered by respondents favored the moderate and nonabusive use of alcoholic beverages.
14. 48.44 percent have a daily exercise schedule, and the remaining participants noted other exercise schedules mentioned elsewhere.
15. The average amount of time spent per week at physical exercise was 8.17 hours.
16. 50.62 percent prefer to exercise after work (more than 31.87 percent prefer the morning before work). The remaining participants chose fewer mentioned exercise schedules.
17. 67.51 percent consider their exercise periods to be enjoyable and looked forward to, while 36.94 percent consider their exercise periods to be difficult, but satisfying.
18. 36.94 percent plan to participate in future Masters Track and Field events.
19. 30.08 percent still actively participate in swimming; 28.13 percent participate in tennis; 21.23 percent participate in golf. The remaining participants still are active at a variety of fewer mentioned sports.
20. 27.67 percent had no previous participation in track and field before they were middle-aged and began preparing for competition.
21. 43.31 percent rated their relative proficiency, as a young adult in a number of sports activities attempted, as being above average; while 35.55 percent rated themselves as being average.
22. 99.37 percent felt that their positive exercise habits have allowed them the ability to live a more full and balanced life because of their high degree of physical fitness.

The final section of the questionnaire was an optional question concerning participants' comments on physical fitness. An attempt has been made to choose representative comments from the 111 men who responded to this question:

For the middle-years person, a heavy investment of time and running usually short-changes effort and responsibility in other directions. Each individual must find his own balance to maintain a normal family and occupational and fitness life.

A man in his forties is often at the peak of his working career and his family responsibilities are often at their busiest. Many such men would like to train more hard than they do, but cannot always find the time. Therefore, you should regard the athletic performance of most men over forty as being significantly short of their potential.

Since I have been in shape, I found new confidence and raised myself from $12,000 per year to over $36,000 per year. Running allows me to relax and think creatively.

Mental relaxation after a day's work is priceless. The competitiveness, "youth's stigma" of running, and levels of proficiency attained from running provide a lively mental attitude for living.

I believe that anyone, if not disabled, can achieve a high level of physical fitness to almost any age, even without previous history of athletic activity if a program is undertaken very slowly and increased very gradually. The program must be adhered to persistently and with determination.

At seventy, nearly seventy-one, I still feel good on my feet, enjoy working at my profession. Feel better than I did at fifty without a regular exercise program.

Running is one of the most important and amazing discoveries that I have ever had upon the U.S. Masters helped to bring me up to a higher level of participation, opening the door to working harder and realizing the greater benefits of health and well-being that result.

Competing in the U.S. Masters represented my finest hour in twenty years of participating, officiating, and coaching track and field. It was like turning the clock back. A strange exhilaration permeated the event. An immediate aura of fellowship and camaraderie grasped all of these men and their families. It's very difficult to describe, but just being there seemed to make these men as special.

Based upon the findings of this study, it was concluded that middle-age need not be characterized by mental and physical deterioration. Respondents noted major improvements in their physical, mental, and emotional well-being, and they attributed these improvements to their exceptional physical condition.

It was also concluded that a vigorous physical activity, such as track and field, can be learned and can be excelled in well after forty years of age.

Two major recommendations suggested for future study are:

A study should be made that thoroughly investigates new and more effective training techniques for men over forty. Injuries and pain from vigorous training are prevalent in this age group.

An attempt should be made to further publicize and make findings of this and similar studies readily available to all middle-aged people in an attempt to kindle an active interest in attaining and maintaining physical fitness.

The author wishes all participants in this year's Masters the best of luck and health.
Fitzgerald's times haven't fallen much more than his hair, which is full and grey, since his high school and collegiate days at Boston University, class of '52.

Best times in those days were 5:00 for the 440 and 1:53.5 for the 880.

He just continued to get fat and sassy until 1967. And then the seniors bug bit him. It struck one night as he watched a senior's track event, shouted in front of the living room TV.

"I think it was the sight of Jim Carroll that brought forth the old urge to run," he said.

"I guess it's the actual competition that I enjoy best— that's why I run,"

Bill made his open-to-dead at a coming-out race at San Pedro called the Yankee Doodle run. He did a respectable third place.

Scooby Donald from the LA Senior's was watching, asked Bill to join the club, and gave him the encouragement to keep running.

From the East Coast, the Fitzgeralds came to California six years ago. He works for TRW in Redondo Beach as a systems analyst.

His wife, Joan, teaches sixth grade in San Pedro. They have four children—one son in College, two in high school, and a daughter in the seventh grade.

BILL FITZGERALD

It's Bill Fitzgerald, 45, of the Los Angeles Senior's Track Club who walks away with the hardware.

He's out to win.

At last year's U.S. Masters championships he took the "Athlete of the Meet" as he won the 440 in 53.3, won a strategic 880 in an easy 2:14.6, ran on the winning mile relay team (his leg was 51.1), ran on the winning two-mile relay team and then capped all this on the final night of the meet by beating out Peter Mundle in a 4:37 mile. This performance brought laurels and a picture in Sports Illustrated.

It's not bread alone that carries Bill through such rigorous. He admits to no special diet. But his secret might be a training routine. He won't call what it is, except to say:

"It wasn't until Jim Gardner, a friend who's just written a book on computerized running, gave me an interval training schedule that I started improving rapidly."

"I average 7-10 miles a day, six days a week."

FOSTER FARMS FRYE'S
Fresh old-fashioned flavor

ERNE WAKE

Many of the runners we have introduced to you have had a long background in running. Ernie Wake, however, is one of those individuals who found the romance of running after 40.

Ernie's athletic career started in a sport, which while not allied to running, did prepare him with courage and stamina which would prove valuable assets in his senior running career. The sport was wrestling, and it must have planted the determination to win in him. Ernie's high school wrestling career was hampered by a spinal ailment which caused him to be sidelined in his junior and senior years. In college our plucky athlete continued to work out with weights and wrestling exercises, to strengthen his back.

After college, which prepared Ernie as a biochemist, he served a hitch in the Marine Corps—in the field of biochemistry? — no — as a weather observer!

After the tour in the Marine Corps, Ernie settled down to a rather sedentary life. In 1967—still no idea of running—Ernie moved to San Diego to work for the City Utilities Department. Ernie prospered in the Sunny City by the Sea and married Betty in 1969. She was to play an important role in his running career. Raising three children kept the Wakes fairly busy with little time for exercise. Ernie even unrolled and drank various spirits sporadically.

Then quite suddenly, in September 1967, our runner to be gave up smoking and drinking and began a regular fitness program with weight lifting and calisthenics—but not running.

The running bug bit Ernie after he read Ken Cooper's "Aerobics" condensation in a magazine. At first the training was pretty light, but soon the interest and self-satisfaction took hold and our runner was on his way.

In December 1969, Ernie showed what hard work and determination could do for a novice runner. The event was the AAU National Championship Marathon at Culver City, California. Ernie was just another runner in the pack until about mile eighteen when his steady pace paid off giving him a very creditable time of 2:59:13.

With his appetite whetted for the marathon, Ernie took on the challenge of the Mission Bay Marathon in January 1970. He won first in the Senior Division with an excellent time of 2:55:32. Again in March 1970, Ernie came on strong at the 12 Coney Half Marathon to take first in the senior division setting a new 40 and over division record of 1:19:38.

But this is only half the story of distance runner Ernie Wake—the other half is Betty Wake, his lovely wife who has set a few records herself in everything from the 3 mile to the marathon—beating a lot of men in the process.

Betty's most notable achievement was in February 1970 at Las Vegas, Nevada, when our heroine set a new Marathon record for women with a time of 3:38:2. Betty wasn't satisfied with this feat, however, she came back in May 1970 at one of the toughest marathons—The Palm Verde. This time it was a remarkable 3:39, a new U.S. Woman's Record.

We have heard about many husband and wife combinations, but this must be one of the most unique. Oh yes—the master's marathoners don't have to worry, Betty won't be running in the Master's Marathon.

"He Conquers Who Endures"

HONEYWELL

The Other Computer Company

DATA PRODUCTS DIVISION
8611 Balboa Avenue
San Diego, California 92112
An Equal Opportunity Employer
He also took first place in the six mile at last year's Masters with a time of 33:29.3.

Packard has been on the running scene for some time, even before he turned 40.

"I've been running fairly steady for the last decade," he said.

"I just like the way I feel when I'm in good physical condition. It permits me to eat well, to meet good people, and to compete."

Packard believes that over-40 competition is just getting under way and has a big potential as a national sport.

"The thing is really ballooning here in the East," he said. "People realize that it will give them a few more good years and do them a lot of good."

Dick Packard

If runners, not actors, had caught the fancy of Frank Walton, he'd have written about Dick Packard.

Packard, 42, of Brighton, Mass., truly is a "Complete Runner."

Since turning 40, the NASSA scientist has stretched himself all the way from a two-hour, 44-minute marathon down to a four-minute 43.6-second mile.

That took some angling and tough workouts.

About his training, he says:

"In preparation for a marathon, I try to get in a long run of up to 35 miles a week—the month before the race. The rest of the training is the same year-round: six miles in about 25 minutes.

"I do speed work when getting ready for the mile. That's six to ten 440s in 70 to 73-second runs and also some 220s and 800s."

Packard runs races frequently, several in important meets across the nation. He's been in the Pennsylvania Relays, the Martin Luther King games, the Boston Marathon (10 times), and the U.S. Master's championship.

Twice, Packard has taken home the gold medal for the Master's Marathon in Mission Bay Park. His time last year was two hours, 47 minutes, and 43 seconds and in 1968 was two hours, 48 minutes, and 51.6 seconds.

His 4:43 mile was at the Penn Relays in April, 1969, and was only 14 seconds off the best time he ever ran at the University of Maine 20 years ago.

WELCOME ATHLETES

GLENN MITCHELL
MANUALS, INC.

276-3414

4926 Savannah St. * San Diego

Peter D. Wood is an 880 entrant.

Bill Fitzgerald is the 440, 880, 1 mile winner in 1968. He will be a top contender.

Hope to see you at the Fourth Annual U.S. Masters Track & Field Championships

Carl Jenner a 6 mile and marathon runner is from Inglewood, West Australia.

Burt Holm of San Diego will be in action during the championship.

Ross Winton of the Coronel Del Mar Track Club.
THURSDAY, JULY 2, 1970 3:00 P.M.
(U.S. Masters Meet Record—BILL FITZGERALD, 1969—2:14)
Sponsored by
Road King Running Shoes

THURSDAY
880 YD. RUN (Prelims)
THURSDAY, JULY 2, 1970

DIVISION I

<table>
<thead>
<tr>
<th>NAME</th>
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<td>Wood, Peter</td>
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DIVISION II

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<td>Cooper, Albert</td>
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Look for the June, 1971 Announcement of the 2nd Annual Senior Olympics

DIVISION III

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<tr>
<th>NAME</th>
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<td>Juniper, A.</td>
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<td>Bredenbeck, Richard</td>
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<td>Lake Erie A.A.</td>
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<td>Fowler, David</td>
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<td>McAdden, Wia</td>
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<td>Mitchell, Del Mar</td>
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<td>S.T.C.</td>
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<tr>
<td>Cook, Byron</td>
<td>43</td>
<td>Kettenring Shriders</td>
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Dr. John C. Hutchinson, 42, specializes in the 440 and 880.
MASTERS SIX
THURSDAY - FRIDAY, JULY 2 & 3
100 YARD DASH — 440 YARD DASH — SHOT PUT
MILE — LONG JUMP — JAVELIN
(U.S. Masters Meet Record—WILLIE KNOLLSMAAS, 1969—
3616 points)

DIVISION I, II, III
Sponsored by McNeice Tax Service
NAME AGE AFFILIATION
Clegg, Chris 55 So. Calif. S.T.R.
Bradenback, Richard 64 Lake Erie A.A.
Wallace, Harold 42 S.T.R.
McNeilie, M. 50 S.T.R.
Thompson, Lloyd 52 Lowell T.C.
Richard, Bob 44 Corono Del Mar T.C.
Hill, John 50 No. Calif. S.T.C.
Harrington, James 46 Unattached
Harman, Robert 44 S.T.C.
Bettenourt, Jack 41 No. Calif. S.T.C.
Cook, Byron 43 Kettering Striders
Fox, William 42 Sparta T.C.
Bowell, Bowell 42 No. Calif. S.T.C.
Dinne, Walter 46 S.T.D.C.
McDonald, Bob 51 S.T.D.C.
Clevenger, Nathan 43 Unattached

DIVISION III
San Francisco Olympic Club—S. F. Calif.
Bole, James 62 S.T.C.
Campbell, Paul 61 Olympic Club
Johnson, Noel 71 S.T.D.C.

POLE VAULT
THURSDAY, JULY 2, 1970
4:30 P.M.
NAME AGE AFFILIATION
Ruth, Roger 45 Vanau Olympic Cl.
Mccom, Richard 49 Corono Del Mar T.C.
Richards, Bob 49 Costa Mesa T.C.
Smith, Bob 50 Long Island T.C.
Gubb, Royal 50 Corono Del Mar T.C.

DISCUS
THURSDAY, JULY 2, 1970
4:00 P.M.
(U.S. Masters Meet Record—FORTUNE GORDEIN, 1969—
148' 3"
NAME AGE AFFILIATION
Puglisiwizh, A. 62 No. Calif. S.T.C.
Deloney, Jim 49 Coronol Del Mar T.C.
De Bernardi, Frank 48 Unattached
Lindall, Cole 50 S.T.C.
Hubbell, Randolph 61 S.T.C.
Munier, Don 40 S.T.D.C.
Shapard, David 56 Unattached
Anrich, Daniel 51 Coronol Del Mar T.C.
Kee, George 47 Coronol Del Mar T.C.
Carney, Ken 62 S.T.C.
Costerod, Bob 41 Unattached
Richards, Bag 44 Coronol Del Mar T.C.
O'Neil, Larry 49 Unattached
Robb, Frank 49 S.T.D.C.
Bryce, Harry 61 S.T.D.C.
Winton, Don 50 Coronol Del Mar T.C.

6 MILE RUN
THURSDAY, JULY 2, 1970
4:45 P.M.
(U. S. Masters Meet Record—PETE MUNDLIE, 1968—31:28.4)

LONG JUMP
THURSDAY, JULY 2, 1970
3:40 P.M.
(U. S. Masters Meet Record—DEWEY VROOM, '69—18'7 ½"
NAME AGE AFFILIATION
Ruth, Roger 45 S. T.C.
Mccom, Richard 49 No. Calif. S.T.C.
Smith, Bob 50 S. T.D.C.
Gubb, Royal 50 S. T.D.C.

FRIDAY
3 MILE RUN (Final)
FRIDAY, JULY 3, 1970
3:30 P.M.
(U. S. Masters Meet Record—PETER MUNDLIE, 1969—14:51.8)

POLE VAULT
THURSDAY, JULY 2, 1970
4:30 P.M.
NAME AGE AFFILIATION
Ruth, Roger 45 Vanau Olympic Cl.
Mccom, Richard 49 Corono Del Mar T.C.
Richards, Bob 49 Track Starters Assn.
Smith, Bob 50 Corono Del Mar T.C.
Gubb, Royal 50 Corono Del Mar T.C.

3 MILE RUN (Final)
FRIDAY, JULY 3, 1970
3:30 P.M.
(U. S. Masters Meet Record—PETER MUNDLIE, 1969—14:51.8)
NAME AGE AFFILIATION
Ruth, Roger 45 S. T.C.
Mccom, Richard 49 Aau of Australia
Richards, Bob 49 S. T.D.C.
Smith, Bob 50 S. T.D.C.
Gubb, Royal 50 S. T.D.C.

6 MILE RUN
THURSDAY, JULY 2, 1970
4:45 P.M.
(U. S. Masters Meet Record—PETE MUNDLIE, 1968—31:28.4)
NAME AGE AFFILIATION
Ruth, Roger 45 S. T.C.
Mccom, Richard 49 No. Calif. S.T.C.
Richards, Bob 49 S. T.D.C.
Smith, Bob 50 S. T.D.C.
Gubb, Royal 50 S. T.D.C.

50 Unattached
220 YD. DASH (Prelims)
FRIDAY, JULY 3, 1970 4:15 P.M.
(U.S. Masters Meet Record—DON BADDEN, 1969—23.5)

DIVISION I
Sponsored by Robert S. Watome, MD

<table>
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<tr>
<th>Name</th>
<th>Age</th>
<th>AFFILIATION</th>
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<td>Horison, Wayne</td>
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<td>Nichols, John</td>
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<td>Mullin, Peter</td>
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<td>Schreiner, Arthur</td>
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<td>Sheppards, W.</td>
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<td>Bangs, Allen</td>
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<td>Houtzuhare, Jim</td>
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DIVISION II

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<td>Helpin, Ed</td>
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DIVISION III
Sponsored by Foster Poultry Farms—Livingston, Calif.

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DIVISION III
Compliments of a Friend—Livingston, Calif.

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SABBATURD—DIVISION III
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SATURDAY

1 MILE WALK (Final)
SATURDAY, JULY 4, 1970 3:45 P.M.

DIVISION I
Name: Age: Affiliation
Keller, John 40: So. Cal. Striders

DIVISION II
Name: Age: Affiliation
Lang, Robert 51: So. Cal. Striders
Welsly, Joe 54: So. Cal. Striders
McNulty, Virgil 59: S.T.C.
Johnson, Don 53: Shoe A.C. of N.J.

120 YD. INTERMEDIATE HURDLES (Final)
SATURDAY, JULY 4, 1970 4 P.M.

DIVISION I, II, III (OPEN)

Name: Age: Affiliation
Love, Dan 43: S.D.T.C.
Montoya, John 58: S.T.C.
Swanson, James 40: Unattached
Barnard, Art 41: S.D.T.C.
Mears, Spind 42: Unattached
Sharp, Jon 46: Denver Y.M.C.A.

2 MILE RUN (Final)
SATURDAY, JULY 4, 1970 3 P.M.
(U.S. Masters Meet Record—PETER MUNDLIE, 1969—9:38.8)

DIVISION I

Name: Age: Affiliation
Clements, Dan 42: S.D.T.C.
Morgins, Alfred 40: S.T.C.
VanTatenholte, James 40: S.T.C.
Wood, Peter 40: No. Col. S.T.C.
Martin, Carl 44: W.V.T.C.
Beate, Pux 40: No. Col. S.T.C.
Amstel, Roland 44: Kermitting Striders
Hill, Harry 42: W.V.T.C.
Noble, John 44: S.D.T.C.
Atkinson, Richard 41: Unattached
Smith, Emmett 47: No. Col. S.T.C.
Taake, Sidney 48: Unattached
Pain, David 47: S.D.T.C.
Gr. Roy 45: S.T.C.
Morris, Jim 40: S.T.C.
Pickett, Donald 42: Olympic CL
Sellers, William 41: Univ. of Ariz.
Bessel, Joseph 40: N.Y.A.C.
Roberts, Lew 43: S.T.C.
Mundie, Peter 42: Santa Monica A.C.
Gorman, Owen 40: S.T.C.
Schneider, Arthur 48: S.T.C.
Ochters, Paul 40: S.D.T.C.
Kelley, Jack 40: Santa Monica AA
Borns, Allan 46: Finger Lakes Striders
Harkstine, Jim 46: S.D.T.C.

DIVISION II

Name: Age: Affiliation
Sanders, Marvin 55: No. Col. S.T.C.
Lang, Robert 51: So. Cal. Striders
Sargent, Charles 50: Lowell T.C.
Trippe, Tom 51: Unattached
Medina, Toby 51: So. Cal. Striders
Thomas, Lloyd 52: Lowell T.C.
Watson, Alan 51: No. Col. S.T.C.
Cochran, John 51: Las Vegas T.C.
Morianna, Roy 54: S.T.C.
Holsinger, Ed 52: So. Cal. Striders

DIVISION III

Name: Age: Affiliation
Bole, James 62: S.T.C.
Bredenbeck, Richard 64: Lake Erie A.A.
Fowler, David 71: S.D.T.C.
Friedel, Walter 61: S.T.C.
Cammochio, Paul 61: Olympic CL
Johnson, Noel 71: S.D.T.C.

Hope to see you at the Fourth Annual U.S. Masters Track & Field Championships

HAMMER THROW
SATURDAY, JULY 4, 1970 3:00 P.M.

Name: Age: Affiliation
De Bernardi, Frank 48: Unattached
Hubbard, Ronald 61: S.T.C.
Shuder, David 56: Unattached
Aldrich, Daniel 51: Corona Del Mar T.C.
Richards, Bob 44: Corona Del Mar T.C.
O’Neil, Larry 50: Corona Del Mar T.C.
Winston, Dan 50: Corona Del Mar T.C.
Thramian, Jack 54: Corona Del Mar T.C.

JAVELIN
SATURDAY, JULY 4, 1970 4:30 P.M.

DIVISION I, II, III

Name: Age: Affiliation
Paulskevich, A. 62: No. Calif. S.T.C.
De Bernardi, Frank 48: Unattached
McFarland, Joe 40: Unattached
Shuder, David 56: Unattached
Frederick, Walter 61: S.T.C.
Aldrich, Daniel 51: Corona Del Mar T.C.
Blaney, Warren 65: Unattached
Carries, Ken 42: Unattached
Leggat, Howard 44: Corona Del Mar T.C.
Richard, Bob 51: Corona Del Mar T.C.
O’Neil, Larry 52: Unattached
Swanson, James 51: Corona Del Mar T.C.
Warren, Ross 50: Corona Del Mar T.C.
Thramian, Jack 54: Corona Del Mar T.C.
Lamb, Ed 60: Unattached
Dowell, Ed 42: No. Calif. S.T.C.

Bob Richardson of the Corona Del Mar Track Club will enter Masters 6x in Pole Vault, and High Jump.

HIGH JUMP
SATURDAY, JULY 4, 1970 4:00 P.M.

DIVISION I, II, III

Name: Age: Affiliation
Pugliese, Harry 65: No. Calif. S.T.C.
Slopa, Richard 45: U.S. Navy
Gawinski, Grant 40: Unattached
Wallace, Harold 42: S.T.C.
Bauer, Roger 45: Vancouver Olympic CL
McFadden, Winfield 65: S.D.T.C.
Robles, Hugo 43: Warman Mirks
Marcum, Richmond 49: Corona Del Mar T.C.
Richards, Joe 42: Track Starters Assn.
Royster, Jack 40: Unattached
Bratton, Fred 60: Corona Del Mar T.C.
Winston, Ross 51: Corona Del Mar T.C.
Grubb, Royal 41: No. Calif. S.T.C.
Bespainsa, Jack 40: Island Empire A.C.
Page, Joe 45: Corona Del Mar T.C.
Winston, Dan 50: Corona Del Mar T.C.
Fox, William 44: Spokane T.C.
Lamb, Ed 60: Unattached
Sharp, Jon 49: Denver Y.M.C.A.
Wallace, Harold 42: S.T.C.
Dellure, Dan 50: Unattached

Try Dallio, 50, of pedestal, fix will enter both the 3 and 6 mile runs.
**MARATHON**

**SUNDAY, JULY 5, 1970** 6:30 AM  
(Open Competition)
**Sponsored by Rich Heinrichson — John Bayer M.D.**

<table>
<thead>
<tr>
<th>NAME</th>
<th>AGE</th>
<th>AFFILIATION</th>
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<tbody>
<tr>
<td>Packard, Richard</td>
<td>42</td>
<td>Boston AA</td>
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<td>O’Laughlin, Patrick</td>
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<td>Lowell T.C.</td>
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<td>Noble, John</td>
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<td>Hargus, William</td>
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<td>Hill, Lawrence</td>
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<td>Oregon T.C.</td>
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<td>Zook, Wayne</td>
<td>53</td>
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<td>Romero, John</td>
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<td>Las Vegas T.C.</td>
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<td>Trippolito, Tom</td>
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<td>Blank, Lorne</td>
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<td>O’Neil, James</td>
<td>45</td>
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<tr>
<td>Ruthe, Elia</td>
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<td>Twin Cities T.C.</td>
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<td>Frederick, Walter</td>
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<td>Frick, Osvald</td>
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<td>Hayworth, David</td>
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<td>Murray, Mike</td>
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<td>Van Courer Oly. Club</td>
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<td>Brodsky, Newton</td>
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<td>W.V.T.C.</td>
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</tr>
</tbody>
</table>

A similar field in the marathon will be seen on July 5th.

**20 KILOMETER MARATHON**

**SUNDAY, JULY 5, 1970** 6:30 AM  
(Open Competition)

**DIVISION I**  Compliments of a Friend  
Kelly, John  40  So. Calif. Striders

**DIVISION II**  Compliments of a Friend  
Clegg, Chris  53  So. Calif. Striders  
Watson, Joe   54  So. Calif. Striders  
Jacobs, Don   51  Portland T.C.

**DIVISION III**  Compliments of a Friend  
Laferrere, Martin  53  Unattached  
O’Neil, Larry   62  Unattached  
Johnson, Don    53  Shore AC, New Jersey

**1 MILE RELAY**

**THURSDAY, JULY 2, 1970** 7:30 P.M.  
(Open)
**U.S. Masters Meet Record—3:58.7**
**[LOS ANGELES SENIOR’S TRACK CLUB]**  
**San Diego Track Club**  
**Track Starters Association**  
**Seniors Track Club**

**2 MILE RELAY**

**FRIDAY, JULY 3, 1970** 6:30 P.M.  
**San Diego Track Club**  
**West Valley Track Club**  
**Seniors Track Club**

**440 YARD RELAY**

**SATURDAY, JULY 4, 1970** 4:45 P.M.  
**U.S. Masters Meet Record—50.8**  
**NORTHERN CALIFORNIA SENIOR’S TRACK CLUB**
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HAS BLISTER RESISTANT FEATURES
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