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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 these 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 (13'5-3/8"), Smith presides over a sports program involving 220,000 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, reducing 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 adult men 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, future 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 are encouraged to compete, enjoy our delightful weather and the many facilities this community offers.

We hope some new senior records will be born during this championship meet. It is hoped this will be a memorable athletic event for as a spirited group of men use their strength, stamina, agility, and wits in achieving their very best.
MANAGEMENT

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SAN DIEGO TRACK CLUB

Because competition of physical abilities determines the highest standards of manliness, any sport activity is enjoyed by the finest of our citizenry.

The San Diego Track Club offers just that opportunity, and leading professional and business men have entered wholeheartedly into the program.

Quality in competitive programs is the word of the day. The Track Club, one of the West's leading of its kind, offers a dual triangular schedule in both cross country and track and field. The Club also sends teams to some of the best track and field competitions in the world.

The Club competes in the Mt. SAC Relays, the West Coast Relays, California Relays, Santa Barbara Relays, the San Diego Relays, the Kansas Relays, the Compton Coliseum Invitational, the Orange Coast Invitational, the San Diego Meet of Champions, and others. The Club also offers a summer all-comers meet series.

All levels of competition from Junior High to Senior Competition has resulted in the Club's claiming the membership of some of the world's best athletes.

As you page through this program you will recognize many great names, some of which are still very active in attacking the very vulnerable records.

If a tenth of a second sets a new record in the dash or the longer runs, or a quarter-inch sets a standing record tumbling, this challenge is ever present in the minds and hearts of the members of the San Diego Track Club.

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 bigger inquiry as to why men seek adventure despite hardship, suffering and danger. Why in the world would 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. Fame and wide renown certainly lure a great number on. The possibility of turning an adventure into a monotonous personal gain is an incentive to others. The magnification of an unconquered frontier to be crossed or 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 challenges.

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 communality of the agony and the ecstasy of the distance run.

The strongest reason, may be the sense of self accomplishment — of having done it by one's own strength and drive. There is also beauty and closeness to nature in the world of the distance runner. He can find something clean and refreshing in the soft earth underfoot 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 driving to escape briefly from our every day world. Each stride carries the runner into his own special realm, stirring within 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 forward. By passing the highest, most human, nature of man to attempt the difficult, seeking obstacles and hardships upon which to sharpen ones 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. They climb mountains to see the other side of the mountain and the other side of themselves."

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 tops 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 toil in 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 sponsors to hand all runners together, is that 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

30 KILOMETER MARATHON
30 Kilometer walk will start with the marathon and follow the same course past the 30 mile mark to the intersection of Crown Point Drive and Prospect, turning south on Prospect and proceeding on the walk and along the west side of the street to the Dana Landing area, then skirting the Dana Cove along the walk to finish near the 52 mile mark of the marathon. Course is shown by the dashed line.

THIRD ANNUAL U.S. MASTERS TRACK & FIELD CHAMPIONSHIPS

Sponsored by:
City of San Diego Recreation Department
San Diego Track and Field Association

The meet will commence at 3:00 P.M., each day weather permitting. The order of events will be determined by the number of entries. Help the Meet Director by getting your entry in early.

Schedule of Events

THURSDAY — JULY 2nd
1:00 — Registration
3:00 — Prelims—800 yards—I
3:00 — Prelims—800 yards—I
3:00 — Prelims—800 yards—I
3:30 — Prelims—100 yards—I
3:30 — Prelims—100 yards—I
4:00 — Masters Six—100 yds.
4:30 — Finals—880 yards—I
4:30 — Finals—880 yards—I
4:30 — Finals—880 yards—I
4:45 — Finals—6-Mile—I
4:45 — Finals—6-Mile—I
4:45 — Finals—6-Mile—I
7:00 — MASTERS Six—440 yards.
7:30 — Mile Relay (Open)

Field Events
4:00 — Discuss Throw—I
4:00 — Discuss Throw—I
4:00 — Discuss Throw—I
4:30 — Long Jump—I
4:30 — Long Jump—I
4:30 — Long Jump—I
4:30 — Pole Vault (Open)
4:45 — Masters Six—Shot Put (12 lb.)

FRIDAY — JULY 3rd
2:00 — Registration
3:00 — Finals—100 yards—I
3:00 — Finals—100 yards—I
3:30 — Finals—2-Mile—I
3:30 — Finals—3-Mile—I
3:30 — Finals—3-Mile—I
4:15 — Prelims—220 yards—I
4:15 — Prelims—220 yards—I
4:15 — Prelims—220 yards—I
4:50 — Finals—1-Mile—I
4:50 — Finals—1-Mile—I
4:50 — Finals—1-Mile—I
5:30 — Prelims—440 yards—I
5:30 — Prelims—440 yards—I
5:30 — Prelims—440 yards—I
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 Throw
5:30 — Shot Put—I (16 lb.)

SATURDAY — JULY 4th
2:00 — Registration
3:00 — Finals—Int. Hurdles—I (only)
3:15 — Finals—220 yds.—II
3:15 — Finals—220 yds.—II
3:15 — Finals—220 yds.—II
3:45 — Finals—1 Mile Walk—I, II, III
4:00 — Finals—2 Mile Run—I
4:00 — Finals—2 Mile Run—I
4:00 — Finals—2 Mile Run—I
4:45 — Finals—440 yards—I
4:45 — Finals—440 yards—I
4:45 — Finals—440 yards—I
5:00 — 440 Relay/Open

Field Events
3:00 — Hammer Throw—I, II, III
4:00 — High Jump—I, II, III
4:30 — Javelin Throw—I
4:30 — Javelin Throw—I
4:30 — Javelin Throw—I
GENERAL INFORMATION

REGISTRATION—
Registration will commence Thursday, July 2nd at 1:00 p.m. and at 2:00 p.m. each day thereafter. The registration desk will be located at the South-east end of Balboa Stadium. Upon arrival in San Diego, call 323-5717 (days), or 252-6143 (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, sprints, shuttle, and relay. 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 in competition. In all Field Events, Trials and Finals will be conducted at the time indicated in the schedule. The referee may invoke a "Time Rule" in those field events in which competitors may delay the orderly running of the event in which they are competing. The Long Jump, High Jump (as is the running track) is of asphalt composition (monotex), and only rubber shoes or indoor "L" spikes are permitted. The javelin approach and runway is grass covered. The Shot Put and Discus state are of brushed cement. All Field Event equipment and areas comply with L.A.A.F. specifications. Athletes 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 Southeast of the Ventura 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 126 yard intermediate hurdles (Division I only) as well as the 16 lb. hammer throw, and the pole vault. These events will be scratched unless there are at least six (6) athletes in competition in each event.

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

AWARDS—
A handsome commemorative patch will be given to each participant. Special trophies will be awarded to outstanding athletes (one for each Division), oldest athlete, the one who has traveled the greatest distance, and to team scoring the most points. This year another award will be offered for the outstanding Field Event athlete. Consideration will be given to the athlete's age, performance, number of field events entered, 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 Run) 1st through 6th (Division I) Division II and III, 1st finisher only.
WALKS—1st through 6th (Division I) Division II and III, 1st finisher only.
MARATHON—1st through 10th (open competition) 1st through 6th, Division II and Division III plus certificates of completion.
REELS—1st through 3rd 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 1:00 p.m. Dinner will be served at 2:00 p.m., and will end promptly at 4:30, for the convenience of those making plane connections. The price of the dinner is $9.95 for adults and $6.00 for children under 10 years. Make reservations for Banquet on entry blank page.

BALBOA STADIUM RECORDS
The following records were not incorporated in the schedule of events this program, and are therefore listed for your personal as follows:
100 M Dash 10.3 Bobby Morrow (Alb., Ch. C.) 1966
220 Yard Dash (Turn) 22.6 Jim Hines (Houston Oilers) 1966
200 M Dash (Turn) 27.8 Ben Felix (NFL of New Mexico) 1966
440 Yard Dash 45.8 Theron Lewis (UCLA) 1966
400 M Dash 51.8 Theron Lewis (NFL) 1966
880 Yard Run 1:47.5 Jerry Sobott (Santa Ana YU) 1964
800 M Run 1:47.5 Jerry Sobott (Santa Ana YU) 1964
Mike Walk 3:55.3 Jim Ryan (E. Wash. H.S.) 1965

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 Kihachi Kino
5000 M 12:30.6 Ron Clarke
10,000 M 27:38.4 Ron Clarke
220 Yard 21.9 Heineke
220 Yard 22.2 Tommie Smith
440 Yard 45.8 Tommie Smith
880 Yard Run 1:47.5 Mike Walk
1 Mile 2:00.2 Jerry Sobott
2 Mile 3:33.1 Jim Ryan
4 Mile 6:00.9 Ron Clarke
8 Mile 14:34.5 Ron Clarke
10 Mile 21:31.1 Jack Ron Clarke
20 Mile 4:38.2 Jim Ryan

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Mike Walk 6:18.7 Det DuBois (LA, Striders) 1966
1500 M Run 3:50.8 Paul Murphy (MTC) 1966
3000 M Run 8:01.2 Tom Danielson (C.S. State) 1966
5000 M Run 13:20.6 Ron Clarke
10,000 M Run 27:38.4 Ron Clarke
110 M High Hurdle 13.7 Jack Davis (NFL) 1966
220 Yard Low Hurdles 22.6 Elias Gilbert (Weston-Salmon) 1967
220 Yard Low Hurdles 22.6 Elias Gilbert (Weston-Salmon) 1967
440 Yard Hurdles 45.9 Ron Clevett (Pasadena AA) 1965
880 Yard Relay 2:40.9 Fremont, Los Angeles 1967
1 Mile Walk 1:34.1)* Ron Clarke

*Hammer Throw 2:35.7 Hall Connolly (Culver City AA) 1965
FLORY RODD

Once upon a time there was Flory Rodd, the jigger. Now he's Flory Rodd, the runner, with a score of marathons to his credit—four well under three hours.

It took Rodd, 46, a while to make the switch, but when he did, he began at the top. The first race he ever ran in his life was the Boston Marathon in 1967. His time was 3 hours, 5 minutes and gave him 186th place.

The next year, he moved up to 104th place, but his time was down 7 minutes.

He hit the magical mark at last year's race when he broke 3 hours for the first time with a time of 2 hours and 47 minutes. This won him 77th place.

He went back for more at the world-famous endurance run and turned in the same time as last year. Now this would have been good for 31st place in 1968. But it wasn't. He only rated 139th.

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 Los Angeles at 2 hours and 56 minutes, giving him 22nd place.

Like so many other runners, Rodd has had a few injuries that he's having to deal with. One of his most common ailments is that of a high-flying runner. He's a flight navigator for United Airlines. He lives in Alameda and is a member of the Northern California Senior's Track Club.

As far as flying, he's not too sure what makes Rodd run.

"Prior to this year, he trained roughly 10 miles a day in the morning and 10 fast in the evening. This went on six days a week. There was little time for much else."

"I became too much of a task all in one," he said.

"I almost gave up running altogether."

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 26 miles of LSD (long, slow, distance) "slow, but long."

Tuesday—Twenty-four to 30 miles, "fast for speed."

Wednesday—Five miles at between 5:30 and 6-minute mile, "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 1,600 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."

"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 29 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 amateur leagues was of great assistance in creating a physical background be-fitting a runner. In a junior college physical education class in 1944 he ran 100 yards in 11.4 seconds and 400 in 33.5 seconds. Those times represent the sum total of all prior experience. At age 40 and after 8 months of competition, the following are his best times: 100 yards, 11.2; 220, 26.3; 440, 57.8; mile, 4:52.9 indoors, 4:40.9 outdoors (600.cc. Senior record); 3 miles, 17:57.1; 4 miles, 23:50.5. Marathon (after 4 months of competition) 2:37:40.

Participation in the Senior Mile runs 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 PSA A.A.U. District Veteran's 30.000 meter Cross Country Championship after running competitively for 3 months.
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 1985, and to determine 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 this 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 activity background; 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 84.29 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, to the summary question concerning physical fitness.

It should be noted that some of the questions allowed 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 prefix 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; 6.08 percent were engineers, and the remaining participants work at a variety of fewer mentioned occupations.
3. 86.87 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. 68.45 percent consider the nutritional aspects of their diet; 63.71 percent adhere to their own self-prescribed diet as opposed to professional medical aid or other nutritionists.
8. 72.04 percent rely primarily on physical exercise to maintain their weight at a desirable level.
9. 87.42 percent believe that regular exercise helps them to sleep better.
10. 90.68 percent did not smoke. Numerous reasons for quitting smoking were noted.
11. 98.75 percent felt that smoking could be detrimental to achieving high levels of physical fitness.
12. 78.12 percent drank alcoholic beverages in varying amounts. The most prevalent comment offered by respondents favored the moderate and nonuse of alcoholic beverages.
13. 48.44 percent have a daily exercise schedule, and the remaining participants noted other exercise patterns.
14. The average amount of time spent per week at physical exercise was 8.17 hours.
15. 55.62 percent prefer to exercise after work (before dinner), and 31.87 percent prefer the morning (before work). The remaining participants chose other mentioned exercise schedules.
16. 67.51 percent consider their exercise periods to be enjoyable and look forward to them; 30.94 percent believe their exercise periods to be difficult, but satisfying.
17. 82.59 percent plan to participate in future Masters Track and Field events.
18. 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 as high to very good; while 38.65 percent rated themselves as being average.
22. 99.37 percent felt that their positive exercise habits have rendered 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 the questionnaire.

For the middle-years person, a heavy investment of time and running usually short-changes efforts and responsibilities 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 heaviest. Many such men would like to train more and harder than they do, but cannot 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 $30,000 per year. Running allows me to relax and think creatively.

Mental relaxation after a day's work is priceless. The competitiveness, "youth stigma" of running, and levels of proficiency derived 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 —steady 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 chuckled 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 entire meet. 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 mark these men as special.

Based upon the findings of this study, it was concluded that middle-aged 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 gray, since his high school and collegiate days at Boston University, class of '52.

Best times in those days were 50.6 for the 440 and 1:53.6 for the 880.

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

"I think it was the sight of Jim Gorrell 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 broke his over-40 debut at a coming-out race at San Pedro called the Yankee Doodle run. He did a respectable third place.

Scout Oddball 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. They works for TRW in Redondo Beach as systems analyst.

His wife, Jean, 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.

**FOSTER FARMS FRYERS**

Fresh old-fashioned flavor

---

**2nd ANNUAL U.S. MASTERS TRACK AND FIELD CHAMPIONSHIPS**

- **ADDITIONAL ENTRIES** -

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<th>Name</th>
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**Southern California Striders**

- **220**
  - Renzo Athletic Club
  - LJ, PV, 440

- **Unattached**
  - 2-Mile, Masters Six

- **Unattached**
  - 220, 440, 880, 120-H, H

- **Unattached**
  - High Jump

**Corona Del Mar**

- **1-Mile Walk**
  - Discus, javelin, hammer, throw, shotput, pole vault

**Arizona Track Club**

- **100 yd. Dash**
  - Tennessee
  - 120 yd. Hurdles

- **Unattached**
  - 1-Mile, 880, 3-Mile

- **Unattached**
  - 6-Mile, Masters Six, Marathon

- **Discus, Hammer**

**Corona Del Mar**

- **120 yd. Hurdles**

**Unattached**

- **1-Mile**

**Unattached**

- **880, 1-Mile High Jump**

**San Diego Track Club**

- **Shields Track Club**
  - 220, 440, 880

- **Shields Track Club**
  - 220, 440, 880

- **Shields Track Club**
  - 880, 2-Mile

- **Unattached**
  - 220 yd. Dash

**Corona Del Mar Track Club**

- **100, L.J., Discus, Javelin, Shotput**

**San Diego Track Club**

- **220, 440, 880, 1-Mile, 2-Mile, 3-Mile, 6-Mile, 1-Mile Walk, 20-Km, Walk**

**San Diego Track Club**

- **880, 1-M., 2-M., Mar.**

- **Unattached**
  - L.J., H.J., Javelin

**No. Cali. Striders Track Club**

- **San Diego Track Club**
  - 3-Mile, Marathon

**Corona Del Mar T.C.**

- **Long Jump**

- **Unattached**
  - 3-Mile, 6-Mile

- **Unattached**
  - 220 yd. Dash

- **Unattached**
  - 2-Mile, 6-Mile

**San Diego Track Club**

- **1-Mile Walk**

- **No. Cali. Striders T.C.**
  - 440, 880, 1-Mile

**San Diego Track Club**

- **Javelin, Long Jump**

- **San Diego Track Club**
  - Javelin, Masters Six

**San Diego Track Club**

- **Shields Track Club**
  - 100, 220, Masters Six

**No. Cali. Striders Track Club**

- **Calif. College of Podiatrists**
  - 100 yd. Dash

**Corona Del Mar T.C.**

- **Discus, Hammer, Shotput**

**Corona Del Mar**

- **880, 1-Mile**

- **Unattached**
  - 3-Mile

- **Unattached**
  - 220 yd. Dash

**Corona Del Mar T.C.**

- **High Jump**

**Shields Track Club**

- **1-Mile, Marathon**

**Shields Track Club**

- **220, 440, 880**

**San Diego Track Club**

- **Masters Six, 2-Mile**
Fitzgerald's times haven't fallen much more than his hair, which is fall and gray, since his high school and collegiate days at Boston University, class of '32.

Best times in those days were 50.0 for the 440 and 1:53.6 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, shrouded in front of the living room TV.

"I think it was the sight of Jim Corrill 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 broke his over-40 debut at a coming-out race at San Pedro called the Yankee Doodle run. He did a respectable third-place finish.

Scenery Jared from the LA Seniors' 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, Jean, 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.

BILLL 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 52.3, won a strategic 880 in an easy 2:14.6, run on the winning mile relay team (his leg was 51.1), run on the winning two-mile relay team, and then capped it all this on the final night of the meet by beating out Peter Mundle in a 4.37 mile. This performance brought kudos and a picture in Sports Illustrated.

It's not bread and wine that carries Bill through such rigor. He admits to no special diet. But his secret might be in training routine. He won't tell what it is, except to say:

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

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 2:39:43.

With his appetite whetted for the marathon, Ernie took on the challenge of the Mission Bay Marathon in January 1980. He won first in the Senior Division with an excellent time of 2:29:02. Again in March 1980, Ernie came on strong at the El Cajon Half Marathon to take first in the senior division setting a new 40 and over division record of 1:19:56.

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 mile to the marathon—beating a lot of men in the process.

Betty's most notable achievement was in February 1976 at Las Vegas, Nevada, when her winning set a marathon record for women with a time of 3:38:32. Betty wasn't satisfied with this feat, however, she came back in May 1976 at one of the toughest marathons—the Palm Verde. This time it was a remarkable 3:36, a new U.S. Women'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.

ERNIE WAKE

Many of the runners we have interviewed 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 disabled 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 1957—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 smoked 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" condemnation 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

"He Conquers Who Endures"  

The Other Computer Company  
D A T A  P R O D U C T S  D I V I S I O N  
8611 Balboa Avenue  
San Diego, California 92119

An Equal Opportunity Employer
Dick Packard

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

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

Since turning 40, the NAASSA scientist has stretched himself all the way from a two-hour 44-minute marathon down to a four-minute 43.4-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 25 miles a week—the month before the race. The rest of the training is the same year-around: 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 78-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 07.6 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.

He also took first place in the six mile at last year's Masters with a time of 33:29.5.

Packard has been onto the running game 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 blooming 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."

WELCOME ATHLETES

GLEN MITCHELL
MANUALS, INC.

276-3414

4926 Savannah St. * San Diego

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

Peter D. Wood is on 880 entrant.

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

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

But Held of San Diego will be in action during the championship.

Ross Winton of the Coronado Del Mar Track Club.
CONGRATULATIONS TO THE
first senior olympics
1970
los angeles memorial coliseum
june 18-21
LOOK FOR THE JUNE 1971 ANNOUNCEMENT OF THE 2nd ANNUAL SENIOR OLYMPICS

THURSDAY

880 YD. RUN (Prelims)
THURSDAY, JULY 2, 1970 3:00 P.M.
(U.S. Masters Meet Record—BILL FITZGERALD, 1969—2:14)
Sponsored by

DIVISION I

NAME | AGE | AFFILIATION
---|---|---
Coleman, R. | 42 | S.D.T.C.
Cameron, William | 42 | No Cal. S.T.C.
Von INTERRU | 42 | S.T.C.
Wood, Peter | 40 | No Cal. S.T.C.
Mackey, Robert | 40 | W.V.T.C.
Mackey, James | 41 | W.V.T.C.
Moore, Richmond | 49 | Warner Minks
Martin, Carl | 44 | W.V.T.C.
Hutchinson, John | 42 | No Cal. S.T.C.
Amsbary, Roland | 42 | Kettering Striders
Hill, Harvey | 42 | W.V.T.C.
Kleinsasser, Willis | 42 | S.T.C.
Noble, John | 44 | S.D.T.C.
Smith, Rex | 47 | No Cal. S.T.C.
Blank, Lane | 41 | S.T.C.
Poon, David | 47 | S.T.C.
Holt, John | 42 | S.T.C.
Pickett, Donald | 42 | Olympic Club
Sellers, William | 41 | Univ. of Arizona
Kmetty, Eugene | 49 | New York, N.Y.
Bexell, Joseph | 40 | No Cal. S.T.C.
Stephenson, Jim | 49 | Olympic Club
Hughes, Marvin | 43 | No Cal. S.T.C.
Petersbaugh, F. | 45 | Portland, T.C.
Fris, William | 44 | Spokane, T.C.
Sheppard, W. | 48 | Australia, Richmond
Thiel, Don | 42 | Harriers
Hillman, Jimmy | 42 | Univ. of Arizona
Hartshorne, Jim | 46 | Finger Lakes Striders

DIVISION II

Compliments of a Friend

Sharp, Joseph | 58 | Unattached
Squires, Charles | 52 | S.T.C.
Cooper, Albert | 51 | S.D.T.C.

Look for the June, 1971 Announcement of the 2nd Annual Senior Olympics

DIVISION III

Compliments of a Friend

Clarke, John | 62 | Iowa Achilles Club
Pulvirenti, A. | 62 | S.T.C.
Breidenbeck, Richard | 64 | Lake Erie A.A.
Fowler, David | 71 | S.D.T.C.
McFadden, W. | 65 | S.D.T.C.
Bierman, Fred | 60 | Unattached
Mitchelson, Del Mar | 60 | S.T.C.
Cook, Byron | 43 | Kettering Striders

Look for the June, 1971 Announcement of the 2nd Annual Senior Olympics
MASTERS SIX
THURSDAY - FRIDAY, JULY 2 & 3
100 YARD DASH — 440 YARD DASH — SHOT PUT
MILE — LONG JUMP — JAVELIN
(U.S. Masters Meet Record—WILLIS KLEINSASSER, 1969—
1916 points)

DIVISION I, II, III
NAME AGE AFFILIATION
Clegg, Chris 60 So. Calif. S.T.C.
Bredenbeck, Richard 64 Lake Erie A.A.
Wallace, Harold 42 S.T.C.
McNeice, M. 50 S.T.C.
Thomas, Lloyd 52 Lowell T.C.
Richard, Bab 44 Corona Del Mar T.C.
Hill, John 50 No. Cal. S.T.C.
Henman, Robert 44 S.T.C.
Bertaccourt, Jack 41 No. Cal. S.T.C.
Cool, Byron 42 Kettering Striders
Fitz, William 44 Spokane T.C.
Dawell, Donnell 42 No. Cal. S.T.C.
Dahle, Walter 46 S.D.T.C.
McDonald, Bob 51 Unattached
Clevenger, Nathan 40 Unattached

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

Sargent, Charles 50 Lowell T.C.
Tripakis, Tom 51 Unattached
Montoya, John 58 S.T.C.
Dabbs, Tom 50 Unattached
Sanders, Marvin 55 No. Cal. S.T.C.
Boulé, Cliff 50 AAU of Australia
McCaffrey, Frank 50 AAU of Australia
Cohn, John 51 Las Vegas T.C.

DISCUS
THURSDAY, JULY 2, 1970 4:00 P.M.
(U.S. Masters Meet Record—FORTUNE GORDON, 1969—
148 ft)
NAME AGE AFFILIATION
Puglivesvi, A. 62 No. Cali. S.T.C.
Delaney, Jim 49 Corona Del Mar T.C.
De Bernardi, Frank 48 Unattached
McFarland, Bob 40 Unattached
Hubbell, Randolph 61 S.T.C.
Maurer, Dean 49 S.D.T.C.
Sharkey, David 56 Unattached
Alrich, Daniel 51 Corona Del Mar T.C.
Ker, George 47 S.D.T.C.
Carrine, Ken 62 S.T.C.
Costerino, Bob 41 Unattached
Richards, Bob 44 Corona Del Mar T.C.
O'Neill, Larry 62 Unattached
Rahn, Hank 49 Unattached
Bryce, Harry 61 S.D.T.C.
Winton, Don 50 Corona Del Mar T.C.

LONG JUMP
THURSDAY, JULY 2, 1970 4:30 P.M.
(U.S. Masters Meet Record—DEWEY VROOM, 1969—
187' 1"
NAME AGE AFFILIATION
Puglivesvi, A. 62 No. Cali. S.T.C.
Grinnin, Grant 40 Unattached
Violum, Dewey 63 S.T.C.
McNeice, M. 50 S.T.C.
Evel, William 51 Unattached
Thomas, Lloyd 52 S.D.T.C.
Ruth, Roger 42 Vancouver Olympic Cl.
Rose, Jack 48 Twin Cities T.C.
Gryce, George 48 Corona Del Mar T.C.
Morcom, Richmond 49 Wonner, Minks
Blaney, Warren 65 Unattached
Love, Don 43 S.D.T.C.
Carrine, Ken 62 S.T.C.
Richards, Bob 44 Corona Del Mar T.C.
O'Neill, Larry 43 Corona Del Mar T.C.
Swanman, Jimmy 40 Unattached
McKerine, Bob 59 Unattached
Wallace, Paul 63 A.A.U. of Australia
Grubb, Royal 50 Corona Del Mar T.C.
Fouts, Roger 49 Corona Del Mar T.C.
Dawson, Shirley 51 Corona Del Mar T.C.
Winton, Don 50 Corona Del Mar T.C.
Puterbaugh, George 41 Portland T.C.
Lamb, Edly 60 Corona Del Mar T.C.
Ambrose, Wayne 44 B.M.A.C.
Sharp, Don 44 Corona Del Mar T.C.

POLE VAULT
THURSDAY, JULY 2, 1970 4:30 P.M.
NAME AGE AFFILIATION
Ruth, Roger 42 Vancouver Olympic Cl.
Monteen, Richardson 49 Wonner Minks
Richards, Bob 44 Corona Del Mar T.C.
Smith, Bob 41 Track Starters Assn.
Grubb, Royal 50 Corona Del Mar T.C.

6 MILE RUN
THURSDAY, JULY 2, 1970 4:45 P.M.
(IU S. Masters Meet Record—PETE MUNDE, 1958—31:28:4)

DIVISION I
NAME AGE AFFILIATION
Stafford, Stanley 44 S.T.C.
Beals, Fox 40 Kettering Striders
Anspach, Roland 44 No. Cali. S.T.C.
D'Laughlin, Patrick 60 Lowell T.C.
Toabe, Sidney 46 Unattached
O'Neill, James 45 Olympic Club
Murray, Mike 41 S.D.T.C.
Walker, Ernest 40 W.V.T.C.
Campbell, Keith 43 Kettering Striders
Yehsart, Virgil 41 Akron Rd. Runners
Chuman, Ted 48 Unattached
Junker, Carl 48 Unattached
Bould, Cliff 50 A.A.U. of Australia
McCoefrey, Frank 50 A.A.U. of Australia
Hyman, Roy 42 Unattached
Herman, Robert 44 Finger Lakes Runners
Gorius, George 43 S.T.C.
Desoto, Eugene 47 Unattached
Roberts, Lew 43 S.D.T.C.
Wester, Harold 40 S.D.T.C.
Mundle, Peter 42 Santa Monica A.C.
Sharp, Jon 49 Denver Y.M.C.A.

DIVISION II
NAME AGE AFFILIATION
Long, Robert 51 So. Cali. Striders

DISCUS
THURSDAY, JULY 2, 1970 4:00 P.M.
(U.S. Masters Meet Record—FORTUNE GORDON, 1969—
148 ft)
NAME AGE AFFILIATION
Puglivesvi, A. 62 No. Cali. S.T.C.
Delaney, Jim 49 Corona Del Mar T.C.
De Bernardi, Frank 48 Unattached
McFarland, Bob 40 Unattached
Hubbell, Randolph 61 S.T.C.
Maurer, Dean 49 S.D.T.C.
Sharkey, David 56 Unattached
Alrich, Daniel 51 Corona Del Mar T.C.
Ker, George 47 S.T.C.
Carrine, Ken 62 S.T.C.
Costerino, Bob 41 Unattached
Richards, Bob 44 Corona Del Mar T.C.
O'Neill, Larry 62 Unattached
Rahn, Hank 49 Unattached
Bryce, Harry 61 S.D.T.C.
Winton, Don 50 Corona Del Mar T.C.

LONG JUMP
THURSDAY, JULY 2, 1970 4:30 P.M.
(U.S. Masters Meet Record—DEWEY VROOM, 1969—
187' 1"
NAME AGE AFFILIATION
Puglivesvi, A. 62 No. Cali. S.T.C.
Grinnin, Grant 40 Unattached
Violum, Dewey 63 S.T.C.
McNeice, M. 50 S.T.C.
Evel, William 51 Unattached
Thomas, Lloyd 52 S.D.T.C.
Ruth, Roger 42 Vancouver Olympic Cl.
Rose, Jack 48 Twin Cities T.C.
Gryce, George 48 Corona Del Mar T.C.
Morcom, Richmond 49 Wonner, Minks
Blaney, Warren 65 Unattached
Love, Don 43 S.D.T.C.
Carrine, Ken 62 S.T.C.
Richards, Bob 44 Corona Del Mar T.C.
O'Neill, Larry 43 Corona Del Mar T.C.
Swanman, Jimmy 40 Unattached
McKerine, Bob 59 Unattached
Wallace, Paul 63 A.A.U. of Australia
Grubb, Royal 50 Corona Del Mar T.C.
Fouts, Roger 49 Corona Del Mar T.C.
Dawson, Shirley 51 Corona Del Mar T.C.
Winton, Don 50 Corona Del Mar T.C.
Puterbaugh, George 41 Portland T.C.
Lamb, Edly 60 Corona Del Mar T.C.
Ambrose, Wayne 44 B.M.A.C.
Sharp, Don 44 Corona Del Mar T.C.

POLE VAULT
THURSDAY, JULY 2, 1970 4:30 P.M.
NAME AGE AFFILIATION
Ruth, Roger 42 Vancouver Olympic Cl.
Monteen, Richardson 49 Wonner Minks
Richards, Bob 44 Corona Del Mar T.C.
Smith, Bob 41 Track Starters Assn.
Grubb, Royal 50 Corona Del Mar T.C.

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

DIVISION I
NAME AGE AFFILIATION
Herman, Robert 44 S.T.C.
Junker, Carl 48 A.A.U. of Australia
Wood, Peter 40 No. Cali. S.T.C.
Anspach, Roland 44 Kettering Striders
Tobin, Sidney 46 Unattached
Blake, Lane 41 S.T.C.
Pain, David 47 S.D.T.C.
Rabi, Hugo 46 S.T.C.
Calders, Newton 47 A.A.U. of Australia
Pickard, Gerald 42 B.M.A.C.
Margolis, Alfred 42 S.T.C.
Yehez, Virgil 41 Akron Rd. Runners
Chinn, Ted 44 Unattached
Stephenson, Jim 49 Olympic Club
Roberts, Lew 43 S.T.C.
Gorman, Owen 40 S.T.C.
Hellenga, Glen 40 U.S. Air Force
Mccar, Spira 42 Unattached
Obarth, Paul 42 S.T.C.
Kelley, Jack 40 S.D.T.C.
Harthorne, Jim 46 Finger Lakes Runners

DIVISION II
NAME AGE AFFILIATION
Dobbs, Ted 50 Unattached
**220 YD. DASH (Prelims)**

**FRI., JULY 3, 1970 4:15 P.M.**

(U.S. Masters Meet Record—DON BADINELLI, 1969—23.5)

Sponsored by

Robert S. Watanabe, MD

**DIVISION I**

<table>
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<tr>
<th>Name</th>
<th>Age</th>
<th>S.D.T.C.</th>
<th>Affiliation</th>
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<td>Kleinminder</td>
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<td>S.T.C.</td>
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<td>Shippard, W.</td>
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**DIVISION II**

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<td>Gordon, Ray</td>
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<td>Wash. Sport Clubs</td>
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<td>Pogulievich, A.</td>
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<td>Bissell, Joseph</td>
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<td>Johnson, Noel</td>
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<td>S.D.T.C.</td>
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**SATURDAY — DIVISION III**

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**SHOT PUT**

**FRI., JULY 3, 1970 5:30 P.M.**

(U.S. Masters Meet Record—BILL BANGERT, 1968—45 ft)

Sponsored by

Merced Sun-Star

**NAME**

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<td>Shaw, David</td>
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<td>Costadomo, Luis</td>
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<td>Richards, Bob</td>
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<td>Harter, Jack</td>
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<td>Corona Del Mar T.C.</td>
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SATURDAY

1 MILE WALK (Final)
SATURDAY, JULY 4, 1970 3:45 P.M.
DIVISION I
Compliments of a Friend
NAME AGE AFFILIATION
Kelly, John 40 So. Calif. Striders

DIVISION II
Compliments of a Friend
NAME AGE AFFILIATION
Long, Robert 51 So. Cal. Striders
Wheele, Joe 54 So. Cal. Striders
McIntrye, Virgil 59 S.T.C.
Johnson, Don 53 Shore A.C. of N.J.

2 MILE RUN (Final)
SATURDAY, JULY 4, 1970 3 P.M.
(U.S. Masters Meet Record—FRANK MUNDELE, 1969—9:38.8)
DIVISION I
Compliments of a Friend
NAME AGE AFFILIATION
Cohen, Don 42 S.D.T.C.
Margolis, Alfred 42 S.T.C.
Venateshavala, James 40 S.T.C.
Wood, Peter 40 No. Cal. S.T.C.
Marvin, Carl 44 W.V.T.C.
Beele, Pan 40 No. Cal. S.T.C.
Arquilla, Roland 44 Kattlining Striders
Hill, Harry 42 W.V.T.C.
Noble, John 44 S.T.C.
Ahtzine, Richard 41 Unattached
Smith, Ernie 47 No. Cal. S.T.C.
Toddy, Sidney 47 Unattached
Paine, David 47 S.D.T.C.
Gill, Roy 45 S.T.C.
Gorrell, Jim 48 S.T.C.
Picquet, Donald 42 Olympic Club
Selvof, William 41 Univ. of Ariz.
Breski, Joseph 40 N.Y.C.
Roberts, Lew 43 S.T.C.
Munville, Peter 42 Santa Monica A.C.
Garrick, Owen 40 S.T.C.
Schneider, Arthur 48 S.T.C.
Girotto, Paul 42 S.D.T.C.
Kelley, Jack 40 Santa Monica AA
Bong, Allan 40 Santa Monica AA
Hartshorne, Jim 46 Finger Lakes Striders

DIVISION II
Compliments of a Friend
Sanders, Marvin 55 No. Cal. S.T.C.
Long, Robert 51 So. Cal. Striders
Margolis, Alfred 50 Lowell T.C.
Tripkolas, Tom 51 Unattached
Meina, Toby 51 So. Cal. Striders
Thomas, Lloyd 52 Lowell T.C.
Watkinson, Allan 57 No. Cal. S.T.C.
Cohan, John 51 Los Vegas T.C.
Mahannah, Ray 54 S.T.C.
Hulon, Ed 52 So. Cal. Striders

DIVISION III
Compliments of a Friend
Bele, James 62 S.T.C.
Breickenbuck, Richard 64 Lake Erie A.A.
Fowler, David 71 S.T.C.
Frederick, Walter 61 S.T.C.
Corinich, Paul 61 Olympic C.L.
Johnson, Noel 71 S.D.T.C.

Hammer Throw
SATURDAY, JULY 4, 1970 3:00 P.M.
NAME AGE AFFILIATION
De Bernardi, Frank 48 Unattached
Hulsway, Randolph 61 S.T.C.
Shroder, David 56 Unattached
Aldrich, Don 51 Corona Del Mar T.C.
Richards, Bob 44 Corona Del Mar T.C.
O'Neil, Larry 62 Corona Del Mar T.C.
Wanton, Don 50 Corona Del Mar T.C.
Thatcher, Jack 54 Corona Del Mar T.C.

High Jump
SATURDAY, JULY 4, 1970 4:00 P.M.
DIVISION I, II, III
Compliments of a Friend
(U.S. Masters Meet Record—FERNARD McHARTER, 1969—51)
NAME AGE AFFILIATION
Puglissius, A. 62 No. Calif. S.T.C.
De Bernardi, Frank 48 Unattached
McFarland, Cole 40 Unattached
Shroder, David 56 Unattached
Frederick, Walter 61 S.T.C.
Aldrich, Don 51 Corona Del Mar T.C.
Blaney, Warren 65 Unattached
Carrol, Ken 62 S.T.C.
Lagrette, Howard 42 Unattached
Richard, Bob 44 Corona Del Mar T.C.
O'Neil, Larry 62 Unattached
Swanson, James 40 Unattached
Wanton, Don 50 Corona Del Mar T.C.
Lamb, Eddy 60 Unattached
Downey, Ed 42 No. Calif. S.T.C.

Javelin
SATURDAY, JULY 4, 1970 4:30 P.M.
DIVISION I, II, III
Compliments of a Friend
NAME AGE AFFILIATION
Puglissius, A. 62 No. Calif. S.T.C.
De Bernardi, Frank 48 Unattached
McFarland, Cole 40 Unattached
Shroder, David 56 Unattached
Frederick, Walter 61 S.T.C.
Aldrich, Don 51 Corona Del Mar T.C.
Blaney, Warren 65 Unattached
Carrol, Ken 62 S.T.C.
Lagrette, Howard 42 Unattached
Richard, Bob 44 Corona Del Mar T.C.
O'Neil, Larry 62 Unattached
Swanson, James 40 Unattached
Wanton, Don 50 Corona Del Mar T.C.
Lamb, Eddy 60 Unattached
Downey, Ed 42 No. Calif. S.T.C.

Hope to see you at the Fourth Annual U.S. Masters Track & Field Championships
MARATHON
SUNDAY, JULY 5, 1970  6:30 AM.
(Open Competition)
Sponsor of the American Masters Track Club
By Rich Hemrichson — John Boyer M.D.

<table>
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<td>Cibert, Paul</td>
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<td>48</td>
<td>Australia Richard</td>
</tr>
<tr>
<td>Hanson, Charles</td>
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<td>Cambridge Sp. Union</td>
</tr>
<tr>
<td>Harthorne, Jim</td>
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<td>Finger Lakes Sliders</td>
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A similar field in the marathon will be seen on July 5th.

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

20 KILOMETER MARATHON

<table>
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<tr>
<th>DIVISION</th>
<th>Compliment of a Friend</th>
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<tr>
<td>I</td>
<td>Kelly, John</td>
</tr>
<tr>
<td>II</td>
<td>Clegg, Chris</td>
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<tr>
<td>III</td>
<td>Leitner, Marty</td>
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</table>

400 YARD RELAY
SUNDAY, JULY 3, 1970  6:30 P.M.
(Open Competition)

We Salute the Young Athletes of America

We hope this Masters Championship will serve as their inspiration to lifelong enjoyment of athletics.

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Return this ad and receive a 50 cent discount. $13.95 a pair or $12.95 a pair on two or more pairs. Submit a pattern of your largest foot for correct size. Include $1.00 for mailing. Add 5% Calif. Sales Tax. Sizes 4 - 13½ for men and women.

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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.
<table>
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<tr>
<th>Name</th>
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<td>45</td>
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<td>COOK, JACK</td>
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<td>Reno Athletic Club</td>
<td>LJ, PV, 440</td>
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<td>TRACY, RUSSELL</td>
<td>43</td>
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<td>2-Mile, Masters Six</td>
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<td>High Jump</td>
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<td>1-Mile Walk, Discus, Javelin, Hammer Throw, Shotput, Paul Vault</td>
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<td>BADWELL, DON</td>
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<td>100 yd. Dash</td>
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<td>MARR, FREEMAN</td>
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<td>Discus, Hammer</td>
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<td>Hammer</td>
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<td>Marathon</td>
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<td>Discus</td>
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<td>GERSHUNE, JUSTIN</td>
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<td>W.S.T.C.</td>
<td>1-Mile Walk, 20-Kil. Walk</td>
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<td>EVANS, FRANK</td>
<td>43</td>
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<td>880, Masters Six</td>
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<td>GILLETT, O.</td>
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<td>Corona Del Mar Track Club</td>
<td>LJ, H.J., P.V.</td>
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<td>3-Mile, 6-Mile</td>
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<tr>
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<td>Corona Del Mar Trac kClub</td>
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<td>47</td>
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<td>3-Mile, Marathon</td>
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<td>Calif. College of Podiatrics</td>
<td>100 yd. Dash</td>
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<td>Discus, Hammer, Shotput</td>
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