

# U.S.M.



# I.T.T.

## *u.s.masters international track team*

*september 1976*

1976 AAU MASTERS TRACK AND FIELD  
CHAMPIONSHIPS, GRESHAM, OREGON

The hospitality of Jim Puckett and his crew is one of the many pleasant aspects of this meet. The weather was also very cooperative. After the 80+° temperature of the Western Regionals, Gresham's +60° was mighty nice and much appreciated by the distance runners in particular.

Friday, July 2, 1976

The highlight of the field events was Phil Conley's 207' javelin throw—which gave him a 32' victory margin over Bob Darling. Hans Schneider's 3A long jump of 16'1½" missed the world record by only 6".

The first day's running events were capped off with two fine 10,000 meter races. Ray Hatton started slowly in the first with a 5:17 mile, then gathered steam and began to click off 5:07's to lap the entire field flat with a 32:00.0 flat. Graham Parnell hung onto Ross Smith's shoulder in the 1B section through about 5 miles, then pulled away to a convincing 34:04 to a 34:48 win. The second 10K saw Jim O'Neil closely followed by Jim Forshee and new 2A Roland Anspach for about 6 laps, before his steady unrelenting pace crunched the two clingers. O'Neil's 33:30 was a new American 2A record and Roland's 35:14 for second was a good one.

An exciting and inspirational example of dedication was the 39:10 fifth place run of 52-year-old Joe Pardo. One wondered who the knotheads were running inside the track at the start yelling "third lane, Joe,...second lane, Joe,...second lane..." Then, into the straight and away they go. Each turn thereafter, two guys and

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### HELEN'S REPORT

TO ALL THE MEMBERS OF THE U.S. MASTERS INTERNATIONAL TRACK TEAM - MY FRIENDS:

With a few hassles behind me (such as "a bomb aboard" telephone report which caused our full TWA flight from Los Angeles to London to return to START when we were a little more than a half hour in the air and to land with such force and weight that we blew 8 tires and caused havoc with the brakes thereby resulting in finally a change of planes and an eight-hour delay) I arrived in Coventry in the early evening of Friday, August 13th... to spend the week-end representing your interests at the "Summit Meeting" of the International Steering Committee of the Second World Masters Track & Field Championships, set for Gothenburg, Sweden, August, 1977.

The official meeting was conducted in the council chambers in two sections: Saturday evening, after the Mayor's Reception and following the meeting of the World Veterans Committee for Long Distance Running; and Sunday afternoon, upon the completion of the marathon. Those voting members present included Acting Chairman, Jack Fitzgerald, England; Don Farquharson and Ian Hume, Canada; Wal Sheppard, Australia; Roland Jerneryd, President for the Championships, and Konrad Hernelind, Sweden; and Bob Fine and Helen Pain, substituting for David, U.S.A. Maeve Kyle, Ireland did not reply. As you will remember, these were your representatives elected at the general meeting of the First World Championships, in Toronto, in 1975.

Many relevant items were discussed and decisions were made to establish guidelines for the organizing committee under the capable leadership of Roland Jerneryd.

It was agreed that the championships will take place in Gothenburg, Sweden, August 8 to 15, 1977. Also determined were the facts

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AAU MASTERS



## NATIONAL TRACK &amp; FIELD CHAMPIONSHIPS

mt. hood community college  
26000 n. e. stark st.  
gre/ham. oregon 97030

## Division 4A

GREGORY, Louis

21:39.00

## Division 4B

SPANGLER, Paul

23:06.00

## 10,000 METER FINALS (WOMEN)

## Division 1A

STOCK, Dorothy

40:07.00

WESTERHOF, Lois

42:39.00

## Division 1B

ANDERSON, Ruth

40:20.00

## Division 3A

HICKS, Burnis

57:52.00

## 10,000 METER FINALS (MEN)

## Division 1A

HATTON, Ray

32:00.00

MAHAFFEY, Derek

32:38.00

LIVESAY, Joseph

33:51.00

ROCKWELL, JR., Ed

34:37.00

RYAN, JR., Field

35:01.00

BURD, Robert

35:07.00

## 10,000 METER FINALS (MEN)

## Division 1B

PARNELL, Graham

34:04.00

SMITH, Ross

34:18.00

STEVENSON, David

34:49.00

NEAL, Mike

34:55.00

CLARKE, JR., Sam

35:14.00

SHERRY, JR., Leo

36:18.00

## Division 2A

O'NEIL, Jim

33:30.00

ANSAPACH, Roland

35:14.00

FORSHEE, Jim

35:56.00

ZLOTNIK, Gerald

36:43.00

PARDO, Joseph

39:10.00

BALDRY, Stanley

40:47.00

## Division 2B

HANSEN, Norman

38:10.00

MALLON, Joe

38:33.00

LEHMAN, Bob

41:39.00

MARTIN, Jim

44:17.00

STEPHENSON, Jim

DNF

## Division 3A

DAVIES, Clive

36:23.00

WALL, John

38:49.00

## Division 3B

ANDERSON, Bill

38:48.00

## Division 4A

DILLON, Charles

26.80

WHITE, Fred

28.07

SATTI, John

28.09

NIBLOCK, Russ

28.29

NICHOLS, Orville

28.93

KOPPEL, Harry

29.50

## 3,000 METER STEEPLECHASE (MEN)

## Division 1A

MAYER, Dennis

10:15.44

CONWAY, James

10:41.10

BASHAM, Doug

11:44.10

## Division 1B

PARNELL, Graham

10:48.20

STEVENSON, David

11:08.00

## 100 METER FINALS (MEN)

## Division 3A

DILLON, Charles

13.03

WHITE, Fred

13.46

SCHNEIDER, Hans

13.90

KOPPEL, Harry

13.95

NICHOLS, Orville

14.11

SELDON, W. J.

14.28

## Division 3B

FINE, Robert

13.76

GOERING, Dale

13.86

NEAL, Mike

13.92

KOERNER, Vance

14.10

SALMOND, Cliff

15.90

FITCH, Keith

18.19

## Division 4A

ANSAPACH, Roland

15.08

BRYANT, Avery

15.22

ZLOTNIK, Gerald

15.42

SWEENEY, Al

23.54

Division 2B

WATERMAN, Alan

20.14

LONG, Robert

## 200 METER FINALS (WOMEN)

## Division 5-M (35-39)

GERARD, Miriam

27.07

## Division 1A

OBERA, Irene

26.04

## Division 2A

FAIRBANK, Martha

40.34

## Division 2B

KOLDA, Josephine

42.60

## Division 3A

HICKS, Burnis

40.97

## 200 METER FINALS (MEN)

## Division 5-M (30-34)

SUMNER, JR., Hilliard

22.70

## Division 5-M (35-39)

CAIN, Ted

22.71

ADAMS, Hugh

23.20

JOHNSON, Robert

24.27

VELLA, James

24.38

## Division 1A

WEAVER, Jim

23.16

NEWMAN, JR., Milton

23.34

PARISH, Vandoif

23.70

BRUNNER, Hans

23.79

WATERMAN, George

24.00

HITT, Harold

24.49

## Division 1B

FREDERICKSON, Bill

24.36

MARLIN, Dick

24.43

WASHINGTON, Huel

24.48

VICK, Ted

24.67

MAHANY, Ed

24.84

MANOUGIAN, Ed

24.91

## Division 2A

GREENWOOD, Jack

24.03

WATANABE, Robert

24.96

ROEMER, Robert

25.72

ROME, Jack

26.04

WATT, Don

26.27

JOHNSON, Albert

27.40

## Division 2B

GUIDET, Alfred

25.90

HUNT, Robert

26.40

FAIRBANK, Henry

27.20

OATES, Carl

29.10

PALMER, Merle

30.90

WELSON, Andrew

31.20

## Division 3A

DILLON, Charles

26.80

WHITE, Fred

28.07

SATTI, John

28.09

NIBLOCK, Russ

28.29

NICHOLS, Orville

28.93

KOPPEL, Harry

29.50

## 1,500 METER FINALS (MEN)

## Division 5-M (30-34)

LADUM, Bob

4:03.80

JACOBS, Greg

4:08.10

HIMMELBERGER, Dave

4:10.70

## Division 5-M (35-39)

BRIDGES, Larry

4:03.60

RICHARDS, Tom

4:06.30

## Division 1A

MAYER, Dennis

4:09.76

WELDY, John

4:11.02

RICHARDSON, Pete

4:12.44

GAY, Bernard

4:13.78

FITZGERALD, Bill

4:18.53

KALCHSCHMID, Gaylord

4:21.69

## Division 1B

FINE, Robert

4:32.57

GOERING, Dale

4:33.00

NEAL, Mike

4:42.64

KOERNER, Vance

4:44.94

SALMOND, Cliff

4:52.87

FITCH, Keith

5:11.25

## Division 2A

ANSAPACH, Roland

4:32.86

BRYANT, Avery

4:32.91

ZLOTNIK, Gerald

4:42.15

SWEENEY, Al

4:51.80

Division 2B

WATERMAN, Alan

4:57.98

LONG, Robert

5:24.70

## Division 3A

DAVIES, Clive

4:57.96

LOWELL, Ed

5:31.61

## Division 3B

ANDERSON, William

4:59.14

MADDEN, Sidney

5:39.81

BIGELOW, Wilfred

6:47.34

## 1,500 METER FINALS (MEN)

## Division 4A

GREGORY, Louis

6:05.73

INGRAM, Glen

6:56.15

ANDERSON, Herbert

8:36.20

## Division 4B

SPANGLER, Paul

6:28.33

## 5,000 METER FINALS (WOMEN)

## Division 1A

STOCK, Dorothy

21:31.00

## Division 1B

ANDERSON, Ruth

20:13.00

## Division 3A

HICKS, Burnis

28:14.17

## 5,000 METER FINALS (MEN)

## Division 1A

MAHAFFEY, Derek

16:05.60

LIVESAY, Joseph

16:39.00

CONWAY, James

16:45.00

BECKWITH, Bill

16:55.00

RYAN, JR., Field

17:22.00



## 400 METER FINALS (MEN)

## Division 1A

BRUNNER, Hans  
PARIS, Jim  
HITT, Harold  
PARISH, Vando  
NARRALLA, Tony  
STANFIELD, Ralph

## 3,000 METER STEEPLECHASE (MEN)

## Division 2A

53.40 ANSPACH, Roland  
53.55 SWEENEY, Al  
53.73 BRYANT, Avery  
53.89 MOBLE, Jack  
53.90  
54.52

## Division 2B

55.70 WATERMAN, Alan  
55.91 LONG, Robert  
56.29 MALLON, Joseph  
57.02  
57.97  
58.30

## Division 3A

58.30 MacTARNAHAN, R.  
58.30

## Division 3B

58.30 BIGELOW, Wilfred  
58.30

## 5,000 METER WALK FINALS (WOMEN)

## Division 4A

58.37 SMITH, Catherine  
59.08  
59.45  
1:00.16  
1:01.49

## 5,000 METER WALK FINALS (MEN)

## Division S-M (30-34)

1:00.16 HMMELBERGER, David  
1:09.93

## Division 1A

1:03.40 HALUZA, Rudy  
1:03.75 BOIES, JR., Larry  
1:08.80 KAALD, Paul  
1:09.90

## Division 1B

1:05.60 FINE, Robert  
1:08.60  
1:10.20  
1:12.40  
1:12.70

## Division 2B

1:05.60 LONG, Robert  
1:08.60 JACOBS, Don  
1:10.20  
1:12.40  
1:12.70

## Division 3B

1:25.36 O'NEIL, Larry  
1:29.25 UNRUH, Chesley

## 400 METER HURDLE FINALS (MEN)

## Division 1A

1:02.13 PARISH, Vando  
1:02.29 STANFIELD, Ralph  
1:02.36 ANDREWS, Mel  
1:02.40 SHEAHEN, Al  
1:03.38 McNULTY, Joel  
1:08.10 NARRALLA, Tony

## Division 1A

3:38.46 SENIORS TRACK CLUB  
3:40.07 NOR-CAL SR. TRACK CLUB  
4:10.38 SENIORS TRACK CLUB  
4:24.14 SOUTHERN CALIFORNIA

## LONG JUMP FINALS (WOMEN)

## Division 2A

58.04 FAIRBANK, Martha  
1:05.42  
1:07.58  
1:10.04  
1:27.70

## LONG JUMP FINALS (MEN)

## Division 1A

1:03.70 JACKSON, Dave  
1:07.04 TAYLOR, Sam  
20' 10 1/2"  
20' 2 1/2"  
20' 0"  
19' 10"  
19' 3"  
19' 2"

## Division 1B

21' 2 1/2" DAVISSON, Shirley  
19' 2 1/2" SCHLEGEL, Phil  
18' 6" MAHANY, Ed  
17' 4" DONNELLY, Donald  
17' 3" SCHULER, Edmund  
16' 7 3/4" WASHINGTON, Huel

## Division 2A

17' 1 1/2" SPENCER, Ray  
16' 10 1/2" BROWN, Dave  
16' 5" HUNTER, JR., Harold  
15' 11" WATAMAE, Robert  
15' 8" HUTCHINSON, Jon  
13' 10 1/2" FEDERMAN, Stan

## Division 2B

47.94 MORCOM, Richmond  
48.34 VERNON, Jim  
16' 1 1/2" MORALES, Bill  
15' 11" CARLINE, Louis  
15' 10" FAIRBANK, Henry  
15' 6 1/2" HUSENY, Harry

## 5,000 METER WALK FINALS (MEN)

## Division 4A

34:42.00 LAHDEPERA, Erkki  
38:39.70 VanGelder, Homer

## JAVELIN FINALS (MEN)

## Division 2B

150' 3 1/2" MORALES, Bill  
140' 1" ALDRICH, JR., Daniel  
134' 1" KILBUCK, John  
125' 1 1/2" HAZEN, Jack  
118' 10" STONE, Robert  
57' 8" PATTERSON, Sandy

## Division 3A

132' 6 1/2" NICHOLS, Orville  
132' 2" DeGROOT, Hugo  
125' 11 1/2" SCHNEIDER, Hans  
122' 10" McMAHON, Charles  
115' 10 1/2" DICK, John

## Division 3B

119' 11 3/4" CARNINE, Ken  
115' 6 1/2" MacCONAGHY, Robert  
101' 5 1/2" NICHOLS, Rolland  
95' 10 3/4" HUBBELL, Randolph  
58' 1 3/4" DUNHAM, William  
58' 1 3/4" BIERLEIN, Fred

## Division 4A

104' 5 1/2" REISER, Albert  
77' 9" ANDERSON, Herbert  
71' 6 3/4" McFADDEN, Winfield  
70' 8 3/4" HERRMANN, Stan

## Division 4B

71' 8 3/4" CRANE, Buell

## SHOT PUT FINALS (WOMEN)

## Division 1A

28' 4 1/2" WILSON, Connie

## SHOT PUT FINALS (MEN)

## Division 1A

44' 5 1/2" SMITH, Hal  
41' 9 1/2" BOBELL, Gordon  
41' 3" WATERMAN, George

## HIGH JUMP FINALS (MEN)

## Division 3A

4' 4 1/2" DICK, John  
4' 4 1/2" SCHNEIDER, Hans  
4' 3" DeGROOT, Hugo  
3' 10" BIERLEIN, Fred

## Division 3B

4' 5 1/2" McINTYRE, Virgil  
4' 2" DEACON, Bud  
4' 2" HATLEN, Ted  
4' 0" BIGELOW, Wilfred  
4' 0" DUNHAM, William

## Division 4A

4' 0" REISER, Albert  
3' 10" McFADDEN, Winfield  
3' 10" ANDERSON, Herbert  
3' 8" VanGelder, Homer

## Division 4B

3' 8" CRANE, Buell

## TRIPLE JUMP FINALS (MEN)

## Division 1A

40' 10" JACKSON, Dave  
38' 7" CONLEY, Philip  
36' 9" NARRALLA, Tony  
35' 10" HOAGE, Jack  
34' 6 1/2" FITZHUGH, Ray

## Division 1B

40' 10 1/2" DAVISSON, Shirley  
35' 11" SCHLEGEL, Phil  
34' 8" DONNELLY, Don  
33' 6" WALDEN, Phil  
33' 2 1/2" GRANT, Bruce

## Division 2A

34' 3" SPENCER, Ray  
32' 5" HUTCHINSON, Jon  
30' 7" DeVAUGHN, Tom  
24' 6" TYLER, John

## TRIPLE JUMP FINALS (MEN)

## Division 2B

34' 8" MORCOM, Richmond  
33' 8" HUSENY, Harry  
31' 7 1/2" MORON, Jim  
30' 10" CARLINE, Louis  
26' 8" MINAH, Jim

## Division 3A

31' 4" WHITE, Fred  
30' 6 1/2" SCHNEIDER, Hans  
29' 4" NICHOLS, Orville  
26' 3" DICK, John

## Division 3B

26' 7" CARUSO, Joe  
23' 7" CARSON, Jack  
21' 11" HATLEN, Ted

## Division 4A

27' 5" McFADDEN, Winfield  
22' 11" REISER, Albert  
17' 10" ANDERSON, Herbert

## JAVELIN FINALS (MEN)

## Division 1A

207' 0" CONLEY, Philip  
175' 4" DARLING, Robert  
164' 11" FLAHERTY, Robert  
162' 8" ROSE, Don  
140' 2" FITZHUGH, Ray  
126' 8" MILLER, Frank

## Division 1B

150' 5" WALLACE, Hal  
100' 0" WALDEN, Phil

## Division 2A

139' 9" HUNTER, JR., Harold  
120' 9 1/2" WILKINS, Richard  
105' 5" HOLLAND, James  
99' 0" HASSMAN, Ralph  
82' 7" TYLER, John

## LONG JUMP FINALS (MEN)

## Division 3A

16' 1 3/4" SCHNEIDER, Hans  
15' 10 1/2" WHITE, Fred  
15' 4 1/2" SATTI, John  
13' 11 1/2" NICHOLS, Orville  
12' 9 3/4" DICK, John

## Division 3B

14' 5 1/2" CARUSO, Joe  
12' 7 3/4" HATLEN, Ted  
11' 8" CARSON, Jack  
11' 4 3/4" PUGLIZEVICH, A.J.  
10' 11" SCHUMACHER, Henry

## Division 4A

13' 9" REISER, Albert  
13' 7 1/2" McFADDEN, Winfield  
12' 4 3/4" ANDERSON, Herbert

## Division 4B

8' 5 1/2" CRANE, Buell

## HIGH JUMP FINALS (MEN)

## Division 1A

5' 9 3/4" LANGENFELD, Tom  
5' 8" NEWTON, JR., Milton  
5' 4 3/8" ROSE, Don  
5' 4 3/8" FITZHUGH, Ray  
5' 2 1/2" TAYLOR, Sam  
5' 2 1/2" CONLEY, Philip

## Division 1B

5' 2 1/2" DAVISSON, Shirley

## Division 2A

5' 2" GREENWOOD, Jack  
4' 10" BROWN, Dave  
4' 8 1/2" ROME, Jack  
4' 8 1/2" HUNTER, JR., Harold  
4' 4" FIX, William  
4' 2" HUTCHINSON, Jon

## Division 2B

5' 4" MORCOM, Richmond

## HAMMER THROW FINALS (MEN)

## Division 2A

133' 2 1/2" PAVELICH, John  
90' 1" HASSMAN, Ralph  
85' 9" CASTANEDA, Mike  
80' 7 1/2" DeVAUGHN, Tom  
57' 10" TYLER, John

## Division 3A

120' 4" FOWLER, Nolan  
94' 3" McMAHON, Charles  
76' 1 1/2" DICK, John

## Division 3B

96' 3" HUBBELL, Randolph  
86' 10" ULSH, Robert  
63' 8 1/2" NICHOLS, Rolland

## Division 4B

91' 8" REISER, Albert  
81' 2" HERRMANN, Stan  
30' 4" ANDERSON, Herbert

## DISCUS FINALS (MEN)

## Division 1B

120' 2 1/2" SCHRODER, Lee  
104' 1" WALLACE, Hal

## Division 2A

145' 10" PAVELICH, John  
126' 9 1/2" CASTANEDA, Mike  
9' 8" HOLLAND, James  
9' 4" HASSMAN, Ralph

## Division 2B

133' 1 1/2" ALDRICH, JR., D  
116' 8" MORCOM, R  
102' 4 1/2" KILBUCK, John  
99' 10" HUSENY, Harry  
98' 0" HAZEN, Jack  
98' 0" PATTERSON, S

## Division 3A

146' 7 1/2" THATCHER, Jack  
135' 1" DeGROOT, Hugo  
130' 10" ARCHER, Earl  
123' 8 1/2" McMAHON, Charles  
116' 7 1/2" DICK, John  
109' 4" FOWLER, Nolan

## Division 3B

141' 7" CARNINE, Ken  
103' 3" MacCONAGHY, Robert  
96' 5" HUBBELL, Randolph  
96' 5" NICHOLS, Rolland  
82' 9" CARSON, Jack

## Division 4A

104' 11" HERRMANN, Stan  
91' 5" REISER, Albert  
82' 5" McFADDEN, Winfield  
79' 7" ANDERSON, Herbert

## Division 4B

77' 8" CRANE, Buell

## Division 5A

65' 9 1/2" WHEELER, Collister

## POLE VAULT FINALS (MEN)

## Division S-M (30-34)

14' 8" MELBORN, Ira

## Division 1A

11' 6" OUMAS, Gerard  
11' 0" DARLING, Robert  
10' 9" FITZHUGH, Ray  
10' 6" MORRIS, Allen  
NH DOUGLASS, Dave

## Division 1B

12' 0" DONLEY, Jerry  
11' 0" WALLACE, Hal

## Division 2A

11' 0" BROWN, Dave  
10' 9" GROSH, Don  
9' 0" HUTCHINSON, Jon  
9' 0" DeVAUGHN, Tom

## Division 2B

12' 6" MORCOM, Richmond  
10' 0" VERNON, Jim

## Division 3A

7' 4 1/2" DeGROOT, Hugo

## Division 3B

8' 5 1/2" DEACON, Bud  
8' 5 1/2" MacCONAGHY, Robert

## HAMMER THROW FINALS (MEN)

## Division 1A

156' 3 1/2" BOBELL, Gordon  
105' 6 1/2" DOUGLASS, Dave

## Division 1B

172' 2" BACKUS, Bob



vehicle constrictus, but as it rapidly became apparent that he was constricted not only in his freedom of movement but also in his world view and his arteries, he came to be called simply *Homo constrictus*. The writing was on the wall."

Masters Track and Field isn't for everyone. Risk is involved—tendonitis, pulled muscles, torn ligaments, crack-ups going over the hurdles. And there is always the threat of rampant competitiveness, the ancient curse which destroyed the original Olympics and which now threatens all of our spectator-oriented sports. The Masters athletes I interviewed, almost to a man and woman, stressed that their competition is friendly, not mean. At 44, Dave Jackson of Carson, California, is a champion Masters sprinter, hurdler, long-jumper, and triple-jumper. He also excelled in open competition in his youth. "The beautiful part of Masters," he told me, "is that we do try to win. But we're friends. When my friend runs a good race and beats me, I'm glad. When I beat him, he's glad. We help each other by pointing out little flaws in style. My advice to a competitor might get me beat. If so, great. This is quite different from open competition, where we're always trying to psyche each other out."

All this is well and good. But as Masters events become increasingly popular, they are attracting more and more hotshot athletes, even former Olympians, fresh from their competitive careers. Most Masters meets now feature "unofficial" Sub-Masters competition for athletes 30 to 34 and 35 to 39, in which times and heights and distances approach world class marks. For example, John Carlos, known for giving the black power salute in the 1968 Mexico City Olympics, showed up at this year's Western Regional Masters Championship in San Diego. The 31-year-old Carlos ran 10.3 seconds in the 100 meters and 21.7 in the 200 meters—not bad for any age.

It could be that world class athletes in droves will simply move from open competition to Sub-Masters and then to Masters, bringing with them the winning-is-the-only-thing madness that now darkens most of our sports scene. In which case middle-aged men, instead of making their Little League sons miserable about the horrors of losing, will go about making themselves even more miserable—even into their seventies and eighties.

The leaders of the Masters movement, however, are determined to avoid the deification of "Number One." They want to go on providing plenty of competition, plenty of medals, plenty of age and sex categories, so that the maximum number of people can share the glory, and the fun, of athletics.

In any case, Masters Track and Field is only the somewhat craggy tip of the iceberg. During the past ten to fifteen years, millions of middle-aged people have opted out of *Homo constrictus* and have discovered that the strenuous life doesn't have to end at 40. It is important here to point out that you don't have to compete in Masters events to share the joys of the aging jock (see box). In fact, if you can somehow bring yourself to jog, bicycle, swim, or in some other way increase your heart rate for a steady 30 minutes at least three times a week, you will, within a very few months, begin to receive a series of delightful gifts:

□ You'll eat less. It may seem strange, but regular endurance exercise reduces the appetite.

□ You'll have more energy. Again, a paradox. By exerting energy in a moderate, rhythmic way, you somehow gain energy for the rest of living.

□ Your pulse rate will slow. By raising your heartbeat to around 130 a minute for at least 30 minutes, at least three times a week, you increase the efficiency of the entire blood and breathing system. At rest, comparatively speaking, your heart will be loafing.

□ You may start losing your taste for sweet and fatty foods. Fish and vegetables may gain appeal. Red meat may taste less good.

□ You'll possibly stop smoking. Once you start breathing freely and fully, you won't want to smoke.

□ Your capacity for alcohol will likely diminish. Your taste will go from hard liquor to wine and beer, especially the latter.

□ You'll feel better generally, more alert, more sensuous, more a part of nature.

All these results can't be promised to all people, but they recur so often in interviews of Masters athletes that their general validity can't be doubted. They also come from personal experience. The main effect of Masters Track and Field on my own life has been a sort of liberation. I have a vivid recollection of racing about 50 yards against my father when I was fourteen and he was 40. My horror at his reaction—he turned green—translated into a pervasive feeling that 40 was indeed an advanced age, given perhaps to wisdom and power, but not to the joys of the body.

When I learned that men and women my age and older were dashing all out, not just 50, but 400 yards, running marathons, high-jumping, and pole vaulting, that image was shattered forever. I was given permission to explore my own physical activity, I discovered I can do everything I could do at age 22—and a lot of things I wouldn't have dreamed of doing. Granted, I was by no means athletic at 22. Still, I'd be less than candid if I withheld my solid sense of

pleasure at this state of affairs. Practicing the lovely and sometimes acrobatic martial art of aikido, running, playing every possible game, entering an occasional Masters meet as a sprinter, I find the fifties thus far the most satisfying and by far the most physical decade of my life. Nor do the years to come seem dreary and drab. In fact, I sometimes fall into planning an assault on the Masters two years from now, and seem to hear an echo in the passionate style of my friend George Sheehan: "I can't wait until I'm 55."

But all the talk about times and medals and standings, and even the practical benefits of conditioning, finally fades against the sweet infusion of every limb that follows a long run. It may be, as I've written elsewhere, that "what we run for we shall never reach, and that is the heart and the glory of it. In the end, running is its own reward. It can never be justified. We run for the sake of running, nothing more."

#### SHOT PUT FINALS (MEN)

##### Division 1B

LAUT, Jim	39'	3 3/4"
WALLACE, Hal	33'	8 1/2"

##### Division 2A

PAVELICH, John	46'	9 1/2"
HOLLAND, James	41'	11 3/4"
TYLER, John	31'	3 3/4"

##### Division 2B

MINAH, Jim	38'	1"
CASTANEDA, Mike	37'	6"
ALORICH, JR., Daniel	37'	4 1/2"
HAIEN, Jack	33'	3"
PATTERSON, Sandy	25'	7 1/2"

##### Division 3A

THATCHER, Jack	48'	9"
DEGROOT, Hugo	48'	1 3/4"
SCHNEIDER, Hans	47'	3 1/2"
McMAHON, Charles	39'	1 1/2"
FOWLER, Nolan	38'	9 1/2"
DICK, John	35'	2 3/4"

##### Division 3B

MacDONAGH, Robert	40'	9 1/2"
PUGLIZEVICH, A.J.	38'	8"
CARSON, Jack	37'	6"
NICHOLS, Rolland	32'	1"

##### Division 4A

HERRMANN, Stan	37'	11 1/2"
REISER, Albert	33'	5 1/2"
VanGELDER, Homer	29'	9 1/2"
ANDERSON, Herbert	23'	4"

#### DISCUS FINALS (MEN)

##### Division 1A

HUMPHREYS, Bob	160'	4"
SMITH, Hal	120'	1 1/2"
WATERMAN, George	112'	0"
CONLEY, Philip	104'	5 1/2"
FLAHERTY, Robert	103'	6"
HANSEN, Doug	91'	4 1/2"