



NEWSLETTER

Editor: Tom Bache, 4920 Kane St.
San Diego, California 92110

276-8791

October, 1970

MEET RESULTS

Oceanside 10 Mile, September 6

Tom Heinonen, his own course record as his major competition, was a big winner as he ran 37 seconds faster than in 1969 despite losing 30 seconds to a wrong turn. Wayne Zook was the winner in the over 50 division.

RESULTS: 1. Tom Heinonen 51:30.2 (old record 52:07.6, Heinonen, 1969), 2. Gerald Duncan (Biola) 53:07, 3. Cris Davis (Biola) 55:37, 4. Leroy Neal 55:46, 5. Joe O'Conner 56:48, 6. Mike Wade 57:23, 7. Bob Brenner 57:23, 10. Rick Barnard 58:13, 11. Jerry King 58:32, 15. Bob Cooper 59:17, 16. Rick Gaupses 59:41, 17. Larry Reyes 60:14, 20. Jim Temples 60:42, 21. Bob Bitterlie 60:48, 22. Brian Freeman 61:06, 27. Jon Freyer 63:53, 30. Herb Weisheit 65:50, 34. Dick Eby 67:06, 37. Wayne Zook 68:16 (1st over 50), 39. Jim Groeschel 69:44, 40. Bill Hargus 70:50, 42. Merle Hamilton 71:39, 43. Charles Anderson 72:10, 46. Bennie Abbe 75:10, 47. Jack Kelley 76:15, 48. Dave Pain 78:12 (51 finishers)

-Bill Gookin-

San Diego State All-Comers Meet, 4 Miles, September 12

Tom Heinonen shook his last pursuer in the final 880 and won in a fast 19:14, only 3 seconds off Billy Mills' 1967 course record. Bill Stock was the senior division winner in the second race, which also included latecomers who were misled by the incorrect starting time printed in the August and September editions of this Newsletter. We apologize and hope that future mistakes will be brought to our attention so corrections can be made.

RESULTS: 1. T. Heinonen 19:14, 2. R. Friend (SDSC) 19:22, 3. D. Hull (Mesa) 19:31, 4. T. Davidson (SDSC) 19:40, 5. T. Wheeler (SDSC) 19:43, 8. L. Neal 20:02, 13. B. Gookin 20:27, 14. D. Matheny 20:32, 17. C. Winsor 20:39, 18. M. Wade 20:40, 19. R. Schultz 20:41, 23. J. Freyer 21:01, 32. W. Wester 21:39, 58. S. Milne 23:57, 59. G. Duckworth 24:01.

2nd Race: 1. B. Anderson 21:03, 2. B. Cooper 21:15, 3. J. Temples 21:15, 4. unknown 21:52, 5. J. King 22:50, 6. B. Stock* 23:45, 7. K. Sanders 24:07, 8. D. Eby* 24:13, 9. H. Weisheit* 24:33, 10. A. Escamilla* 25:54, 11. W. Kalber* 26:01, 12. R. Friberg* 26:03, 13. D. Pain* 26:14, 14. H. Aspeytia 27:32, 15. M. Gookin 27:33, 16. D. Musso 27:49, 17. D. Freitag* 28:27, 18. D. Gookin 28:43, 20. E. Waters 35:28

*Senior Competitor

-Tony Sucec-

Occidental College 4 Miles, 26 September

The SDTC Cross Country team made its second start of the season in Pasadena on a hot, smoggy day and finished second in a mediocre field of six teams. Tom Heinonen, victorious in his last three races, couldn't match George Scott in the late stages and settled for second place.

Teams: San Diego State 27, SDTC 72, Occidental 75, Redlands 90

Individuals: 1. G. Scott(PCC) 21:42.4, 2. Tom Heinonen 21:48, 3. Riggs(Redld) 21:52, 4. R. Friend(SDSC) 21:55, 5. J. Jacobsen(SDSC) 21:59, 13. Bill Gookin 22:24, 18. Leroy Neal 23:08, 33. Mike McCoy 24:21, 36. Tom Howell 24:29, 47. Joe O'Conner 25:34, 48. D. Kasischki 25:59, 63. Ed Halpin(SCS) 28:30, 88. Sam Jones 37:13 (89 finishers)

-Tom Heinonen-

Leucadia Beach Run, 3 Miles, August 30

It was the high school runners' day as the four fastest times were recorded by entrants in the 15-18 age group. Meet Director Jim Temples reports that the great success of this year's event has encouraged him to add two women's divisions next year.

RESULTS: Open 1. D. Russell(OCTC) 15:47, 2. M. Nolasco(unat) 15:57, 3. R. Cooper 16:38, 5. B. Anderson 17:09, 6. J. King 17:26, 9. J. Metts 19:13, 12. E. Waters 29:37. Veteran 1. L. Roberts 17:03, 2. W. Stock 18:02, 3. M. Murray 18:30, 4. H. Weisheit 19:33, 6. J. Noble 20:03, 7. J. Kelly 20:52, 8. J. Nichols 24:54, 9. G. Sanders 27:25, 10. A. Noble 28:05. Age 15-18 1. D. Harper 15:27.8, 2. M. Raaberg 15:30, 3. J. Weston 15:45, 13. J. Noble 18:15. Age 14 and under 1. B. Williams 16:51, 2. K. Pfeffer 18:09, 3. J. Minchin 18:37, 6. H. Aspeytia 19:27, 7. C. Wake 19:44, 8. L. Miller 23:29, 9. B. Wake 23:31, 10. C. Noble.

-Jim Temples-

Veteran Track and Field

Dave Pain is the idea man who saw the need for Veteran Track and Field and the organizer who made it a reality that's destined to be a permanent part of the American sports scene. Looking for more worlds to conquer, Dave traveled to Europe in August to organize international veteran's competition for 1972. He found that in England veteran long distance running competition is well established at the local level but no national meeting of any type has yet been held. But after discussions with Mr. Pain, the British decided to stage an All-England Veteran Track and Field Championship in 1972 with the American team invited to participate. On the continent, while world veteran championships have been held at long distances, veteran competition in the sprints and field events has been quite rare. Knowing that the World Veteran Association of Long Distance Runners has scheduled their marathon championships for Cologne shortly after the Olympic Games, Dave traveled to Cologne and convinced the German officials to expand their event to a full scale Track and Field meet for all veteran athletes.

Having insured the existence of an international competition, Dave has now taken the responsibility for organizing a U.S. team and all necessary arrangements for their travel to Europe. Since the trip is set up to be basically an Olympic tour with veteran competition before and after the Munich Games, any member of SDTC is welcome to join. For the convenience of members who would like to take advantage of this opportunity, a special application has been included with this Newsletter.

SOME THOUGHTS ABOUT U.S. VETERAN TRACK, PRESENT AND FUTURE by David Pain

The great national obsession for fitness during the past five years has had a marked impact on track and field. Not only have the ranks been expanded, but new blood has been infused into the sport. This increased interest has further resulted in many new events being scheduled and with old established events adding veteran classes. The most dramatic example has been the U.S. MASTERS TRACK AND FIELD CHAMPIONSHIPS, sponsored by the San Diego Track Club, which is now entering its fourth consecutive year. Last year at the Masters Meet there were 700 veteran event entries, with at least 1000 entries expected in 1971. Competition is in three classes: 40 to 49, 50 to 59, and 60 and over.

One of the most revealing and significant developments stemming from the Masters Meet has been the interest in the sprints, middle distances, relays and field events. In the first year, field event performances were mediocre. However, after three years of competition, we observed in 1970 a 13'6" pole vault; 20'2½" long jump; and a 6' high jump. The outstanding mark was a 229'3" javelin throw by former world record holder Bud Held. With veteran meets, such as the Masters Meet, being scheduled, former field event performers are warming up once discarded

skills and producing efforts close to their former bests. As a general rule the athlete in the field events is one who had developed these skills during his collegiate career. This is in marked contrast to many of the runners who had never engaged in competitive sports prior to reaching their forties. Another interesting aspect has been the steady improvement in the running performances. A typical example is the 880 in which third place was under 2:02 in 1970.

We should also note the significant lack of serious injuries resulting from this type of competition. The view has been held by numerous medical people that men over forty should not engage in violent athletic competition. As a general rule this is probably valid considering the sorry physical condition of the majority of middle-aged men. However, for a select group of highly-motivated and superbly conditioned adult men, this is not true. Life for many has taken on new meaning upon reaching forty in being able to compete in such events as the Masters Meet. For those of us involved, "life" truly "begins at forty".

As a result of the sustained interest by this group of dedicated people, it is now safe to assume that veteran track and field is carving a permanent niche in the American track scene. Because of this opportunity to compete, personal interest has been stimulated; and the track movement has gained much needed leadership.

One significant aspect of veteran competition is the concept that any physically fit man forty and over should be permitted to compete regardless of his skills or ability. This philosophy stems from the fact that the primary purpose of this program is to stimulate adult males to achieve physical fitness. The establishment of records is of secondary importance. Another area of impact on the amateur track scene is the fact that these events are conducted without regard to rules on professionalism. The veterans believe that any man over forty should be permitted to compete regardless of his professional status. As a result, many fine athletes such as high school and collegiate coaches, YMCA instructors, and former professional athletes may once again sip from the stimulating cup of competition.

The emergence of veteran track, as well as the world-wide interest in the Olympic Games, has resulted in the formation of the U.S. MASTERS INTERNATIONAL TRACK TEAM. This group, under the leadership of David H. R. Pain, a San Diego attorney and the originator of the U.S. MASTERS, already numbers 300 strong. They plan to attend the Olympic Games in Munich in 1972 and also to engage in several veteran track and long distance events both immediately before and after the Olympics. At this writing the team will compete in the All-British Veteran's Track and Field Championships to be held on the Crystal Palace (tartan) Track in London, August 24 and 25, 1972, as well as the World Veteran Association of Long Distance Runners Track and Field Championships and Marathon to be held in Cologne, Germany September 15 through 17, 1972. The Olympics commence August 26 and will be completed September 10. Because of the veteran's emphasis on fitness, joggers, non-athletes, wives and other camp followers are invited to accompany the U.S. veteran team.

Although Europe is considered to be the fountainhead of veteran running, the promise of U.S. competition in 1972 has had its impact on the European veteran running scene. Heretofore, their veteran events have traditionally been restricted to cross country, long distances and marathons. Because of the U.S. veterans' interest in the entire spectrum of Track & Field events, the 1972 European meets are expected to include for the first time the sprints, relays and field events.

With the advent of inexpensive jet travel, we can now expect frequent international veteran competition in Track & Field. Ultimately Olympic type competition at the veteran level is a certainty. Plans are presently under way to conduct the first Veteran World Olympics in Montreal following the 1976 Olympic Games. The future of Veteran Track is most promising in light of current interest and its rapid ascent during the past few years.

Potpourri

Bill Stock is the local correspondent of the Runner's World publication Racing Report. Bill provides them with race results and information on coming events and needs the cooperation of all local meet directors..... This summer well-known marathoner Bob Scharf raced a city bus from the suburbs to downtown Washington, D.C., during the morning rush hour. Is there anyone in urban America who would bet on the bus? The July 25 Chicago Tribune reported that Scharf and the bus started off at 8:09 a.m. The bus opened up a long lead at an early point, but as traffic piled up and the bus made frequent stops for passengers, Scharf pulled ahead to win by nine minutes..... It seems appropriate to inform you of the plight of one of Track & Field's most important publications. Track Newsletter, a supplement to Track and Field News, has informed its subscribers that it may have to cease publication when the current issue expires next July unless it is able to expand its circulation beyond the present level of roughly 700. The Newsletter, which is published 24 times annually, contains a summary of significant results from throughout the U.S. and the world. It is the box score of Track and Field. Its demise would be a great loss to all fans of the sport since the great majority of the results to be found in Track Newsletter are simply not otherwise available. Those of you inclined to the statistics of our should try this publication, available for \$6.00 per year from Track and Field News, Box 296, Los Altos, California 94022.

Coming Events

Remember the special athletic nutrition dinner scheduled for October 24. Reservation forms are included with this newsletter....This Fall SDSC coaches Tony Sucec and Dick Wells are teaching a San Diego State Extension course entitled "Coaching Track and Field". The course will cover techniques used in coaching and teaching track and field events in high school, college and club and will meet at 7-9:30 p.m., Tuesdays. Students of any level are invited; further details are available from the extension school.

- *Oct 3SDTC, Brigham Young, San Diego State and Pacific Coast Club, Balboa Park, 11 a.m.
 - *Oct 3SDTC "B", SDTC Seniors, UCSD and USIU, Balboa Park, 10:15 a.m.
 - *Oct 10.....SDTC "B", Cal Lutheran and Laverne at UCSD, 11 a.m.
 - Oct 11.....Big Bear City 10 mile, Big Bear Park, 11 a.m.
 - *Oct 17.....Inglewood 10km, Centinella Park, 10 a.m.
 - *Oct 17.....SDTC "B" and Senior Cross Country team workout and family picnic, Balboa Park, 11 a.m.
 - Oct 18.....Seniors TC 4-man 10 mile medley relay, Alondra Park Gym, Redondo Beach, 9 a.m.
 - Oct 24.....Athletic Nutrition Dinner
 - *Oct 24.....SDTC "B", SDTC Seniors, Azusa Pacific at UCSD, 11 a.m.
 - Oct 25.....Long Beach 16.2 mile, Cal St Long Beach, 8 a.m.
 - *Oct 31.....SPAAU 5km XC Championships, Cal St Long Beach, 11 a.m.
 - *Nov 7Aztec Invitational Cross Country, Balboa Park
 - Nov 8Phelen Blind Handicap 15 mile, 10 a.m.
 - *Nov 14.....SPAAU 10km XC Championships, Cal State Fullerton, 11 a.m.
 - *Nov 21.....Junior National AAU and PSAAU 10km XC Championships, Balboa Park
 - Nov 22.....Pico Rivera 9-mile, El Rancho H.S., 9:30 a.m.
 - *Nov 28.....Senior National AAU XC Championships, Washington Park, Chicago
 - *Nov 28.....So. Calif. Veterans 5km XC Championships, Balboa Park
 - Nov 29.....Rose Bowl 10-mile Handicap, 9 a.m.
 - Dec 6.....Culver City Marathon, 8 a.m.
- *Cross Country team events

SENIOR DIVISION

4TH ANNUAL SO. CALIF. VETERANS (40+) CROSS COUNTRY CHAMPIONSHIPS: Nov. 28 (Sat.)

The date change for this event was made to accomodate you men who wish to participate in the National Jr. A.A.U. Cross Country Championships being conducted by our association, Sat. November 21, the original date of the So. Calif. Vets event which I have the pleasure of putting on. It may seem confusing that men over 40 are eligible for the Jr. championships but the A.A.U.'s definition of "Jr." clarifies this point.

Remember that our event on the 28 will have three divisions, 35-39, 40-49 and 50 and over. Additionally, we hope to have special awards for the top men 60 & over. More details in the November issue of this Newsletter.

UP-DATING OF SENIOR DIVISION CLUB TRACK & FIELD RECORDS RECORDS:

been

It is has/well over a year since our club records have been brought up to date so Ken Bernard and I will assume the task. We do need your assistanc~~e~~, however, so we are asking that each and everyone of you submit your best marks for any track & field event included in your participation during this past track season. Please include the month and year as well as the event and the mark for each event. Mail the data in care of Ken Bernard, P.O. Box 10512, San Diego, 92110, by Oct. 15, please. Marathon times should also be included.

HAPPY SILVER WEDDING ANNIVERSARY TO THE HAMILTONS!

I am sure I can speak for the whole association in wishing Merle and Elizabeth the very best for that is surely what they deserve as they are truly lovely people!

RECENT CORRESPONDENCE:

him

Bill Monheit who participated and won awards in/ Div. III of our Masters Meet recently wrote and sent a copy of an article about/in his company's publication. Bill was particularly interested in letting us know that the Masters Meet was being acknowledged. Incidentally, Bill was the author of an article entitled, "The Happiness of the Business Men's Club Jogger" which appeared in the Journal of Physical Education, the July-August 1969 issue. So congratulations are in order to our fellow senior runner from Oakland!

RUNNING AGAIN: John Lafferty and Ernie Wake after some painful injuries. Lafferty is especially rarin' to go and looks in great shape, although the calcium deposits in his heels still bother him. For those of you who are new members, John at 50+ ran a 2:57 marathon in the 1969 Masters and Ernie is our current champ for the same event in the 40+ age bracket.

Mrs.

HUMAN INTEREST STORY: Bud and Mrs. Held, Tom and Mrs. Bache and Wayne and/Groesbeck had the pleasant surprise of running into each other on Mt. Whitney. Most of them and their offspring made it to the summit, but the most interesting part of the story involved Mrs. Held noting Tom's hat with the emblem patch from the Masters Meet; they had never met up to that point and Tom was next in line as she stepped out of an outdoor "John"!

A. Escamilla -- Oct. 1970

SEE OLYMPICS IN '72 - COMPETE!

Join the U. S. MASTERS INTERNATIONAL TRACK TEAM TOUR and see the '72 Olympics in Munich, and if you wish, compete in several veteran long distance and track events scheduled both before and after the Olympics. You do not have to be a competitor to join the club.... Wives, girl friends, kids, and others may join the tour. See reverse for tour info.

OLYMPIC TICKETS:

500 seats have been reserved in the Olympic Stadium. Unlike other tours, you MAY select the events and price tickets you wish. We will get them for you.

HOUSING:

The estimated cost does include housing and breakfasts. In London and Cologne (Koln) hotel accommodations are being arranged while in Munich private home housing (under the auspices of the Olympic Committee) is being sought.

* Tour prices, shown on reverse hereof, are West Coast prices...approximately \$100.00 less when departing from the East Coast. These are estimated costs based on present rates plus a 10% probable increase for '72. Childrens' transportation fares will be discounted. The tour price does not include Olympic Tickets, lunches or dinners. It does include air fare from specific departure points in U. S. to Munich and return, housing with breakfasts, veteran meet entry fees, and other goodies. Should final tour costs prove less than estimate, savings will be passed on to team members.

Pay \$5.00 to join the U. S. MASTERS INTERNATIONAL TRACK TEAM, and \$100.00 by January 31, 1971, (per person)...balance later.

If you want to see the '72 Olympics and also compete in Europe, join the team NOW. All veteran (40 and over) competitors will be eligible to compete regardless of ability, age or professional experience.

Fill in the following form and send it with your \$5.00 check to:

DAVID H. R. PAIN, 1160 Via Espana, La Jolla, California 92037.

(tear here)

(over)

Enclosed is my check for \$5.00 to join the U. S. MASTERS INTERNATIONAL TRACK TEAM. Please forward all literature regarding the proposed U. S. Masters trip to Europe in '72.

There will (tentatively) be _____ people in my party.

NAME (Please print)

ADDRESS (home)

(phone)

I am interested in Tour:

ADDRESS (business)

(phone)

A _____, B _____, C _____, D _____.

(check one)

TOUR "A"

Sun. August 20, 1972, Leave U.S.
 Arrive London
 Tues. Aug. 22, 1972. Intl. Vet
 cross-country race,
 Epping Forest
 Thurs/Fri Aug. 24, 25, All-British
 Vet T & F Champion-
 ships Crystal Palace
 Sat. Aug. 26 Leave London,
 arrive Munich
 Sat. Aug. 26 Opening Ceremonies,
 Olympic Games
 Sun. Sept.10 Closing Ceremonies
 Mon. Sept.11 Leave Munich
 arrive Koln
 Fri/Sat 9/15, 16 World Vet T & F
 Championships
 Sun. Sept.17 World Vet Marathon,
 Koln
 Mon. Sept.18 Leave Koln,
 Arrive U. S.

\$780.00* + Olympic Tickets

TOUR "B"

Sun. August 20, 1972, Leave U.S.
 Arrive London
 Tues. Aug. 22, 1972, Intl. Vet
 cross-country race,
 Epping Forest
 Thurs/Fri Aug. 24, 25, All-British
 Vet T & F Champion-
 ships Crystal Palace
 Sat. Aug. 26 Leave London,
 arrive Munich
 Sat. Aug. 26 Opening Ceremonies,
 Olympic Games
 Sun. Sept.10 Closing Ceremonies
 Mon. Sept. 11 Leave Munich
 arrive U.S.

\$650.00* + Olympic Tickets

TOUR "C"

Fri. Aug. 25 Leave U.S.,
 Arrive Munich
 Sat. Aug. 26 Opening Ceremonies,
 Olympic Games, in
 Munich
 Sun. Sept.10 Closing Ceremonies
 Olympic Games
 Mon. Sept.11 Leave Munich,
 Arrive Koln
 Fri/Sat 9/15,16 World Vet T & F
 Championships
 Sun. Sept.17 World Vet Marathon,
 Koln
 Mon. Sept.18 Leave Koln,
 Arrive U.S.

\$700.00* + Olympic Tickets

TOUR "D"

Fri. Aug. 25 Leave U.S.,
 Arrive Munich
 Sat. Aug. 26 Opening Ceremonies
 Olympic Games, in
 Munich
 Sun. Sept.10 Closing Ceremonies
 Olympic Games
 Mon. Sept.11 Leave Munich,
 Arrive U.S.

\$570.00* + Olympic Tickets

* Prices quoted above are estimates and may be adjusted. See other side.