

# U.S. Masters International Track Team

David H.R. Pain, Director  
Helen L. Pain, Co-director



1160 Via España  
La Jolla, California 92037  
(714) 459-6362

March 27, 1972

## NEWSLETTER

### U.S. MASTERS MEETS....COMING AND GOING

The next major meet for the U.S. Masters Track & Field personnel will be held in Raleigh, North Carolina, over the Easter weekend. This is the second Southeastern U.S. competition and promises to be an outstanding event. Our Robert S. Boal is the Director. His address is Box 5576 State College Station, N.C. State University, Raleigh, North Carolina 27607.

Be sure you have San Diego and the U.S. Masters Championships listed on your 4th of July weekend. Ken Bernard, P.O. Box 10512, San Diego, California 92110; and Bill Stock, 8405 Onalaska, San Diego, California 92123 are the two men to contact for details.

### HAWAIIAN MASTERS

We have just returned from a delightful week in the Hawaiian Islands where we visited one of the outer islands, Kauai - the garden island. We swam and enjoyed the beauty of one of the world's wettest spots - 460 inches per year. Fortunately, a 3-week rain terminated upon our arrival and the weather was perfect during our stay.

The Hawaiian Masters, spearheaded by our U.S. Masters team members, Bud Deacon, Norman Tamanaha, Stan Thompson, and Bill "The Knee" Pacheco, put on a very fine meet. Rick Kahle was a very important link that we are hoping to include soon. Among those competing were: Div.III, Pug Puglizovich, Winfield McFadden, Norman Bright, Roland Nichols, plus Boo Morcom; Div.II, Ed Reiner, Bill Hargus, Dave Brown, Ross Winton; and in Div.I, Jim Hershberger, Tom Sturak, Bob Fite, Don Cheeks, George Puterbaugh, and Jim O'Neil. Other winners from the mainland Master's roster were Noel Johnson, Ken Carnine, Russ Niblock, Alphonse Juilland, Dick Stolpe, Dean Smith, Dave Hayworth, Bill Knuppel, Ray Mahannah, and James Bole.

The marks for the most part were pedestrian due in part to "Polynesian Paralysis" and the crushed volcanic cinder track at Roosevelt High in Honolulu (where the meet was transferred at the last minute when it was learned that the new Tartan track at the university would not be ready in time.) This was a blow to our hosts, but since we all competed on the same track, it made little difference in the long run.

The Hawaiian Masters have indicated this meet will be an annual affair, so that those who missed it this time may plan to attend next year. Hawaii is a beautiful vacation spot. The price is right and our Hawaiian Masters are anxious to do a good job and to be gracious hosts. Approximately 100 competed in the '72 affair. Let's see 200 over there next year.

### SAN DIEGO INDOOR GAMES

We had the unusual experience and opportunity to act as general chairman of the San Diego Indoor Games, one of the top U.S. indoor track events. Enclosed is a story carried by a local magazine prior to the event. The meet was a singular success, notwithstanding certain problems associated with the prior promoter of the meet which we hope will not recur. Nearly 11,500 attended. Benefitting from this 1st time sojourn into major sports promotion, the San Diego Track Club expects to do an even better job in '73. Of interest to our U.S. Masters was the fact that we had 7 events for veteran athletes - #16 shot, mile relay, mile, 2 mile, Div.I & Div.II 60 yd. dash, and the 880. Approximately 600 athletes participated in the afternoon and evening sessions. For specific results, we refer you to the current issue of Track & Field News.

## THOSE GOING To Europe

We now have firm commitments plus deposits from 174, with about 100 going from the West coast and about 40 from the East coast. A big boost was received when Don Farquharson sent in 37 reservations for the Canadian team.

The CAB 6-month rule has been revoked. Accordingly, we can continue to receive memberships for the U.S. Masters. Naturally we would prefer Veteran athletes and their families to sign up. However, friends of U.S. Masters may join as non-competitors just for the charter flight; or, if they wish, they may accompany us through our tour of Europe. The cost of the round trip from the West coast to London and return from Koln is estimated at \$275, and \$350 including the flight from London to Helsinki. Since the cost of the tour is based on a full aircraft, it behooves each one of you to sign up as many U.S. Masters team members as possible. If each one of you produced one new member, the success of the tour will be assured. Each person, or family, going must join the U.S. MASTERS INTERNATIONAL TRACK TEAM, even though they may be just going for the ride. Please work on this, as we must close membership soon. Special thanks to Bill Bangert from Missouri who has advised us there will be eleven in his party. With a group like this, Bill is assured of his own personal claue for all meets.

### POLICY ON DEADLINES AND REFUNDS

June 1st is the deadline for making reservations for the tour. April 30th is the last date for refunds without penalty. From April 30th until June 15th you may cancel with a \$100 penalty. After June 15th, no cancellations may be made without an equal substitute. (This may also be done from April 30th to June 15th if you don't want to be penalized the \$100) We must pay in advance for many of the services which you will enjoy and we will not be receiving refunds. So we must take a firm stand as our pocket isn't deep enough to finance the difference. On April 30th, a waiting list will be set up if there is a demand for one and from this, we will be happy to work with those who find they must cancel out. However, the responsibility rests with you to find someone to take your place if there is no one on the waiting list.

### KÖLN WORLD VETS 5,000 & 10,000 METERS

Minimum qualifying times for these events are:

	Division I	Division II	Division III	Division IV
5,000 M	17:30 Min.	19:00 Min.	20:30 Min.	23:30 Min.
10,000 M	34:30 Min.	37:30 Min.	42:00 Min.	46:00 Min.

Their present plans are to take the top 20 finishers in each division for the finals. The preliminaries are scheduled for Friday, September 15th, and the finals on Saturday the 16th. We have suggested they use our 5 & 10,000 meter events earlier in the week as qualifying events, and we will present the 5,000 & 10,000 meter events at the U.S. Masters Track & Field Championships at San Diego in July so that you can submit a certified qualifying time.

### ORIENTEERING

As this Scandinavian cross-country sport is on our schedule for Oslo, Norway, we have been engaging in the event here in San Diego where the U.S. Marine Corps. has an active program. We have found the sport a unique challenge as it combines conditioning, the pleasures of cross-country, and map reading in a most challenging manner. If you want to get the most out of our Norway tour segment, we suggest you get a little orienteering under your belt. It is a lot more difficult than it appears, and a little prior exposure to it will be very helpful. You may become sufficiently enthused so that your club will add this unique sport to its calendar of events as has the San Diego Track Club. Try to familiarize yourself with an orienteering compass and a topographical map.

## TRAVEL TIPS

Based on our European travels, we suggest you go light. On major piece of luggage plus a carry-on handbag. Your U.S. Masters blazer can be packed. Your U.S. Masters windbreaker is lined and sharp looking plus water repellent, thus eliminating the need for a raincoat. It might be a good idea to give it an extra spray with ScotchGuard, however. We have found that the red windbreaker looks real sharp when worn with a pair of white or blue levis or slacks and our U.S. Masters shoes. This could be your travel attire.

Bring a towel, as one will be needed at most of our meets and towels are not provided.

Also bring an extra pair of running shorts for your work-outs as the uniform should be saved for competition. The U.S. Masters T-shirt is designed for both training and/or travel. The Oxford shirt is strictly for travel or going out. The blazer looks best with a white wash & wear shirt plus blue tie. To look really sharp - white (washable) or light grey slacks look best with the blazer.

Shoes are a problem as they are both heavy and bulky. You can get by with your running shoes plus your official U.S. Masters shoes, which, if not beat-up by use prior to the tour, are attractive and extremely comfortable while sight-seeing etc.

Remember, this is an informal group going on an informal tour. Travel light. Wash out things each night. Bring a plastic bag, or two, for wet wash, or worse-unwashed, sweaty running gear.

## HELEN'S HINTS

All of these tips are just great for the fellows, but us girls need some special thoughts. For example: bring the minimum sizes in cosmetics. Don't forget a bar of soap, shampoo (unless you want to enjoy the luxury of European coiffures--no more expensive than here in the States) and your own wash cloth in a plastic bag. A small plastic bottle of liquid detergent (Woolite) is great for the daily washings. And a roll of toilet paper (with the roll removed so you can squash it flat) is a welcome asset in certain locations. Don't forget the Kleenex.

Film is cheaper here than over there...so you might prefer to bring what you expect to use.

Each of you will need a passport...Do not delay any longer. Check at your nearest county courthouse.

Think in terms of layered clothing. Outfits you can add yo if the day gets cold or peel off if the sun is too warm. Stick to one color scheme so that you don't need to worry about extra shoes and purses. Whatever you decide upon for shoes...wear them for at least a month before you leave on the trip. Sandals are a comfortable way to go.

Yes, of course, pants are great for travel...and if clean and neat are quite acceptable wherever our tour will take us. There will be about a half dozen opportunities (or excuses) to be "gussied up" so a jersey-type long skirt would have its use.

Do take time now to gather your own information, facts and figures about the countries we shall be visiting. In the meantime, we will attempt to send you tid-bits of information.

## TRADING WITH THE NATIVES

Those of you who have, in years past, competed in Europe know that it is customary to exchange items of apparel, patches, &/or pins with your new found athlete friends. Suggested items for trading are:

- 1) U.S. Masters patches \$3.00
- 2) " " T-shirts \$3.00
- 3) " " Pins - No price as yet, but should not exceed 75¢ - \$1.00

You can order extra T-shirts and patches now. If you like the idea of the pins, let me know, and how many you will need, and from this I can get a batch made up. On our last trip to England we gave the U.S. Masters T-shirts as gifts and the recipients were exceedingly pleased. If you plan to carry along some gifts as suggested, place your order now.

We have received delivery, and are mailing out to you this month your shoes, windbreaker, and the U.S. Masters T-shirts. The jackets will be personalized with your name as will be your running uniform. The blazers, running uniforms, and warm-ups are on order, and when received, will be forwarded. You may use these items upon receipt as you may desire; just don't wear them out before the trip.

An improvement on the blazers has been made possible with a polyester double-knit fabric which will be better for travel, but the price will have to be raised from \$40 to \$45 - Those of you who have already paid for yours will be billed later... *for the extra -*

Please, let's firm up all of our plans as soon as possible. In the next newsletter we will be enclosing a questionnaire concerning definite arrangements. So let's get with it! Some of you are "right on."

HAPPY EASTER!

*David & Helen*



Banana  
Marathon

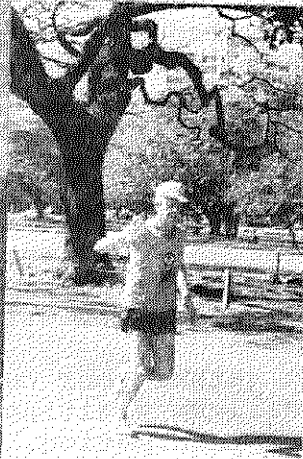


The  
Commander  
←

NEVER TOO OLD — Noel Johnson, who first competed in Masters Track in July of 1971, claims he'll reach his peak in two years — when he's 75! Johnson, who owns national records in the mile, three, and six miles, was the winner in the 70 and over division in the marathon yesterday in 2:41:55.—Photo by Bob Young.



VINNING JUMP — Winfield McFadden, 66-year-old competitor from San Diego, leaps 11-feet-11 inches to take first place in the long jump competition in the 65-69-year-old division. — Photo by Bob Young.



Hawaiian  
Masters  
1972

Jim  
&  
Tom

