

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

February, 1973

Dear Friends,

COME RUN WITH US

Whether you are a world class athlete — want to set a P.R. — or just jog — join this experience of a lifetime!

Luxury DC-10

RACE IN SOUTH PACIFIC

U. S. MASTERS IN FIJI, AUSTRALIA, NEW ZEALAND, AND HAWAII IN 1973

Plans are progressing well on our next tour. By now most of you should have received the beautiful brochure printed gratis for us by AIR NEW ZEALAND. If you have not received one or need more for your friends, drop us a note. 20,000 have been printed, 14,500 of which will appear in the February issue of Runner's World (an excellent runner's magazine, and if you do not subscribe, do so now... the address is Box 366, Mountain View California 94040.) There feature article in the January issue was all about our European tour and written by Vera Thompson.

At the invitation of AIR NEW ZEALAND Helen and I drove to Douglas Aircraft in Long Beach and previewed their first DC-10 (pictured in the brochure) which will supply the major portions of our air transportation to and from the South Pacific this December. For our intrepid travelers comes the welcome news of the wide seats, lots of leg room, and two aisles so one can circulate during the flight.

AIR NEW ZEALAND is excited over our party because of its distinctive nature. They can hardly believe we plan to fill their 242 seat aircraft. As an indication, however, prior to mailing out the brochure, we had 60 reservations - with PHIL PARTRIDGE accounting for more than 10% with 7 reservations for his entire family.

Other U. S. Masters who have come up with their deposits include: 2 Hawaiians, SCOTT HAMILTON and STAN THOMPSON, with his family; New Yorkers, GLORIA and BOB FINE; MAUDE and RAY GORDON, Washington D.C., when they are not gallivanting around the country; and Californians, COL. DAVE and ESTHER FOWLER, BOB LONG, DR. and

MRS. THADDEUS C. JONES, JR., DR. and MRS. HAROLD ELRICK, NORMAN and GERALDINE LUMIAN; and new members EDWARD and ESTELLE FRANCISCO, from Arizona.

Our Aussie U. S. Master, DENIS DE VALLANCE, is so excited over the tour that he is flying with his family to join us in Fiji, and then take the trip back through Australia, New Zealand, to Hawaii.

The response to date has been so good we are afraid that some will be left behind for failure to sign up in time. If you intend to go, get your deposit in immediately to assure your place. Remember, we can't "stretch" a DC-10.

NEWS ON SPECIAL FARES

For those with families who would like to make the Christmas scene in the South Pacific all together we can offer a reduced fare for children under 12 of \$400.00 total, provided they occupy the same room as their parents.

We are working out details of an ITX (connecting reduced fare) from the different parts of the United States to Los Angeles and return. Details in the next newsletter.

You Hawaiians who had such an additional fare to Europe will benefit on this trip going in the opposite direction.



CALENDAR

FEBRUARY '73

San Diego Indoor Games, San Diego, California - 2/17/73 - San Diego Track Club - Div. I, 60; Div. II, 60; Div. II, 880; Div. I, 1,000 Invitational. BOB COLEMAN, Box 1124, San Diego, CA. 92112.

MARCH '73

1st Eastern Masters Indoor Championships, Highstown, N.J. - 3/10/73 - Masters Sports Assoc., BOB FINE, 11 Park Place, New York City, N.Y. 10007

APRIL '73

National AAU 25 Km Kansas City, Decathlon, Sexathlon, Pentathlon - 4/7/73.

S. E. U.S. Masters, Raleigh, N. Car. 4/7 - 4/8/73 - R. S. BOAL, Box 5576, State University Station, Raleigh, N.C. 27607.

Grandfather Games - 4/7 - 4/8/73 - L.A. Valley College, Van Nuys, Ca., GEORGE KER, 5800 Fulton Ave., Van Nuys, Ca. 91401.

Kauai Island, Hawaii T & F Meet - 4/14/73 - STAN THOMPSON, 1613 Kamole Street, Honolulu, Hi. 96821.

Hawaiian Masters T & F Championships & Decathlon - 4/19 - 4/20/73, 4/17 - BOB GARDNER, 4504-A Kahala Ave., Honolulu, Hi. 96816.

MAY '73

6th Wld Vets 25Km, Douglas, Isle of Man, England - 5/20/73 - C.A. BOURNE, 8 Wellington Close, Old Roan, Liverpool 10, England.

JUNE '73

AAU Masters 20 Km, Terre Haute, Ind. 6/23/73 - No details. Contact HAL HIGDON, 2815 Lakeshore Drive, Michigan City, Ind. 46360.

Senior Sports Int., L.A., Calif. - 6/23 - 6/24/73 - WARREN BLANEY, 619

S. Dunsmuir, L.A., Ca. 90036.

National AAU Masters 20 Km - 6/30/73 Aurora, Colo.

JULY '73

U.C. Irvine Masters Invitational, Orange, Ca. (just south of L.A.) 6/30 - 7/1/73 - No details. Contact ALBERT M. IRWIN, Athletic Dept., Univ. of Calif. Irvine.

AAU Masters T & F Championships and Marathon - 7/6 - 7/8/73 - San Diego, Ca., San Diego Track Club, P.O. Box 1142, San Diego, CA. 92112.

AUGUST '73

Junior 15 Km - 8/4/73 - Michigan City Ind., HAL HIGDON, 2815 Lakeshore Dr., Michigan City, Ind. 46360.

NOVEMBER '73

National AAU Masters Cross-country 10 Km. - 11/11/73 - WNY T & F Assn., Niagara, Buffalo, N.Y.

DECEMBER '73

U.S. MASTERS SOUTH PACIFIC TOUR 12/13/73 - 1/1/74.

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DISCOUNT AIRFARE TO HONOLULU

BILL ADLER, of the Southern California Striders, is putting together a group to compete in the HAWAIIAN MASTERS. He needs a minimum of 25 for the reduced fare of approximately \$175.00, round-trip. Contact him at P.O. Box 24791, Los Angeles, Ca. 90024, or phone (213) 473-2987, or (home) 347-4030.

**Romantic
Hawaii**

STOLEN FROM NORTHERN CALIFORNIA SENIORS TRACK CLUB NEWSLETTER
REPORT ON A VISIT TO THE "AEROBICS INSTITUTE IN DALLAS, TEXAS

John C. Hutchinson, M.D.

In 1971 I got to know Gerry Purdy when we both participated in the twenty-four hour relay on a team called the "Angel Field Harriers". You will remember him as the author of "Computerized Running Training Programs" (Tafnews Press, P.O. Box 296, Los Altos, California 94022). We talked about his applications of computer science in health testing, and about my work in heart surgery. Later, he came to the University of California Hospital and saw an operation done for coronary artery disease. When I went to Dallas for the American Heart Association meetings in November I visited Gerry at his new job with Dr. Ken Cooper at the Aerobics Institute and found it very interesting.

The Institute consists of three parts: First, is Dr. Cooper's clinic where he tests the exercise capabilities with men with heart disease and prescribes an aerobic program calculated to lie within the limits of their disease and to gradually expand those limits. He also does elaborate routine physicals on presumably normal people, including a maximum exercise treadmill test to test for coronary heart disease.

The second part of the Institute is their "Activities Center", which is basically a fitness club costing \$350. per year, for which you can come any day from 6:00 a.m. to 9:00 p.m. and use the absolutely beautiful facilities, which include an indoor twenty-two lap tartan track with a built-in pacer light, an outdoor heated pool with six or eight lanes, an outdoor one-half mile jogging loop on the property, weight room, sauna, deep whirlpool and locker rooms. All this is immediately adjacent to the medical facilities and testing equipment, so even people with known heart disease can be watched carefully and assisted if necessary. Competition is downplayed, but mileage incentives are prominently used. These facilities are heavily used, year around.

Finally, there is being developed a research function, which Gerry will be involved in with his computer skills, to try to study the protective effect of exercise on the heart. As you may know, there are strong beliefs that exercise protects you against getting coronary disease; but so far, an absolute proof of this is somewhat weak.

Here is an Institute where both healthy normals and those with coronary heart disease will be getting and maintaining aerobic fitness under the watchful eye of medical supervision. It struck me that they have a marvelous opportunity to shed light on the protective effects of exercise, provided they design their "experiments" correctly. And hopefully, they will show that in addition to the sense of well-being that we all clearly derive from our sport, we running freaks are doing something really useful for our future health.

As a cardiologist, I would like to say that it would certainly be advisable for novice runners over forty years old to be checked out to be sure they don't have coronary disease before getting too vigorous with their training. Unfortunately, most physicians are not equipped to make this assessment, which requires doing a cardiogram while one is exercising maximally. More and more centers are making this kind of assessment available. For instance, there is a big effort at Davis, California (Dr. Robert Zelis), at Alta Bates in Berkeley (Dr. Pate Thomson), at Presbyterian Hospital in San Francisco, (Dr. William Armstrong) and, beginning in March at the University of California, San Francisco (Dr. Kent Gershengorn), just to name a few. The prudent recommendation would be that everyone be so tested and many health insurance policies will pay the \$75-100. involved. Certainly anyone who has cause to be concerned about his heart should go through it.

INTERNATIONAL MASTERS MARATHON

By Elaine Pedersen

Beneath the fluttering of national flags, 550 runners, the cream of the guaranteed-to-be-over 40 years set, assembled on a beautifully gloomy and rainy Cologne morning to do their best in the International Masters Marathon. It was a truly diversified group, engaged in multi-lingual chattering beneath the Pepsi starting banner—the Japanese shedding NIPPON jackets and double-tying Tigers while accepting last minute encouragement from Mama-san, the Americans taping the Kilometers-to-miles conversions to their wrists (But how will we know what the 5 K time is if they call it off in German?) — and then the starting gun and they're off. Somewhere in the pack are our DSE'ers, Jim O'Neil (Sacramento Slim) — recovering from a "bug" and doubting his chances, Pax Beale — in pursuit of a personal best of sub 3:24, and Norman Bright — who had run everything since he set foot on European soil one month before and saw no reason not to include this (or the 9 miler the next morning.) Running with Pax was John Hutchinson, well-known San Francisco cardiologist (no connection) who was anxious to complete his first marathon.

We had envisioned a course through the truly magnificent German countryside but not reckoned with the notorious German efficiency; the course was to be four laps, each beginning and ending with a lap on the stadium track (utility of aid stations, ja? Good for the spectators, ja?) At 5 K, we saw how they solved the time problem; flip cards were set up for the runners to read as they passed through. The field was incredibly fast — Sacramento Slim, running in about 30th place with 6 minute miles, shot me a look reminiscent of Butch Cassidy — "Who are those guys?" Pax and John were easy to spot, Pax's head poking above the rest and John sporting a stars and stripes cap which soon became a soggy detriment. They were having trouble with timing and were visibly disappointed. At ten miles, Vance Koerner joined them to help John through his first "biggy." Norman was faltering, but anyone who may have wondered if he would quit doesn't know Norman.

As the race progressed, the rain increased, raising the spirits of the runners and dampening those of the spectators. At 25K, we deserted and wove through the congested streets to the finish line to see Arthur Walsham of England stream across with a 2:24; incredibly, third place was soon claimed by Erik Ostbye of Sweden, age 51, in a time of 2:25. First from the States was Virgil Yehnert in 2:35 for 15th place; Virgil has the U. S. Masters record with 2:28. Jim O'Neil, surprising himself, had crossed through 15½ miles in 1:33, an exact 6 min/mile pace; he finished in 2:40 with a 6:04/mile average, beating his previous best by 7 minutes. This would at least be in the money in any U. S. Masters meet, but today it rated a 27th place, some tough field! Jim brought the U. S. into 5th place with his fine showing. Pax realized on his last lap that his timing was still off and picked up the pace. I thought he had flipped! He passed 71 people in this lap and made up 5 minutes of the lost time. After this 10 K sprint, he finished in a 400 m duel with a Scotsman in 3:22 — also his personal best. Soon to follow was John Hutchinson, surviving his first marathon beautifully in 3:25 (Boston, anyone?) Norman Bright was finishing painfully way off his best pace.

The gymnasium with its row upon row of cots soon became the standard post-race milieu of the agony and the ecstasy; gradually most of the group moved next door for the dinner and an evening of speeches and awards. The place soon began to resemble the famous Hofbrauhaus as the survivors toasted the event they had just experienced. But of all the emotions in that emotional wetting, I remember most those of Bill Gookin of San Diego, who had to run

Please turn to page 7

MASTER'S RUNNING

Courtesy RAY GORDON (Div. II)
History of District of Columbia RRC

Races for men over 40 (Masters) were first scheduled by the DCRRC in 1967. Masters' races had been conducted in Baltimore by Dr. Gabe Mirkin and Walter Korpman for several years prior to that date, and several of the senior members of the DCRRC usually shoed up there to participate in those races. The Baltimore group sponsored the National Senior Men's RRC Cross-Country Championship in Catonsville, Md. in 1966, '67, and '68. DCRRC members performed well in these races in which runners from North Carolina to Canada and as far west as Ohio competed. Ted Burkett, 47, won the National Championship in 1967.

The first Masters' Mile ever run in the East was conducted as a "match race" on July 24, 1967 at Springbrook H.S. in connection with a DCRRC program. Ed O'Connel, 40 years old and then president of the club, challenged Ray Gordon, 49, to a one-mile race and beat him in 4:58. Harvey Geller, 47, and Dave Knighton, under 40, also participated in the race. Results were:

1. Ed O'Connel 4:58
2. Ray Gordon 5:01
3. Harvey Geller 5:23
4. Dave Knighton 5:31

In 1967 and '68, the DCRRC scheduled Masters' races only sporadically and mostly at the one mile distance. For the most part the D.C. senior runner still had to go to Baltimore to run against his age peers. Baltimore, at that time, was scheduling Masters' races mostly at two miles with competitors segregated in decadal age categories, i.e. 40-49, 50-59, etc. The first DCRRC race with competition in age categories was a one mile run at Archbishop Carroll H.S. on December 22, 1968.

Starting in 1970, the club began scheduling Masters' races at 1, 2, and 3 mile distances on a fairly regular basis - at least one event every two

or three months. Masters' sections, run concurrently with the Open section, have also been scheduled in some of the longer races in recent years. For example, in the Washington's Birthday Marathon of 1970, Jim McDonagh, Millrose AA, won the Masters' section in the splendid time of 2:33:05, finishing in third place overall. In 1971, Ben Malkasian, Millrose AA, won the Masters' section in 2:58:38. Reid Elder was the first local Masters' finisher in 3:07:24. At the club's annual banquet in April, 1971, Elder was presented a special award for being the most improved runner in the DCRRC during the past year.

At the time of this writing races for Masters are scheduled by the club on an average of once a month. Fields of 25 are not uncommon in these races.

Runners over 40 years old have made up a significant portion of the club's membership for the past five or six years. As a group, these men have contributed more than their share in the work of the club. Mostly, they participate in the Run-For-Your-Life races when no Masters' events are scheduled. A sprinkling of Masters, however, will usually be found in the open races as well. And what they lack in speed, they make up for in toughness. Men like Ted Burkett, Paul Thurston, Reid Elder, George Phillips, Rolland McDermott, and George Major are considered formidable opponents by runners many years their juniors.

Several of the club's Masters have traveled far and wide to participate in track meets and special running events. Walter Boehm, who ran with the club in 1970 and 1971, specialized in the mile and 2-mile, and he was certainly one of the outstanding Masters in the entire country. Walt won numerous Masters' Miles in the low 4:30's at the Boston Garden, Penn

Please turn to page 7

.....Just a little extra item for those of you contemplating taking the Extension Trip to the South Island in December of this year.....

Delights Await in Waitangi

BY ROBIN KINKEAD

WAITANGI, BAY OF ISLANDS, New Zealand—More and more travelers on South Pacific trips are discovering the delights of New Zealand.

They find a land of gorgeous scenery with very little traffic on the roads, plus offbeat spots to visit like this Northland in the upper tip of the North Island.

Going north in New Zealand is going toward sub-tropical places. It gets colder going south in this smog-free land, where the seasons are reversed, water swirls the wrong way in the basin and the Southern Cross blazes in the sky.

There's so much milk and cream production in this land of 3 million people that margarine costs more than butter, which retails for 40 cents a pound in the friendly corner grocery.

Ma-and-Pa Stores

They still have the "ma-and-pa" groceries, for the big supermarkets have yet to spread their chains across the countryside.

The best times for visiting are in April and May, their autumn, and September - October - November, their spring.

In our summer months the New Zealanders have their skiing season in the mighty alps of South Island.

Here in the Northland, where the visitors are 98% New Zealanders with a sprinkling of Australians, is an area of mild climate where palm trees grow and orange and lemon groves flourish.

There's a big and heavily indented bay absolutely jammed with green islands. This area is the

cradle of New Zealand's history, where the ancestors of the Maori Polynesian tribesmen landed—in 1350 legend says—sailing down from Tahiti in eight big seagoing canoes.

Today, there are probably more Maoris than when Capt. Cook landed here in 1769 and named it the Bay of Islands, a population of 200,000.

In 1840 the British, finding them hard to beat in open fighting, signed a treaty in which the Maori chiefs turned over the sovereignty of their land to Queen Victoria in return for the full rights of British subjects, full title to their own lands, forests, fisheries, and possessions.

The house where the treaty was signed stands a short walk from the Waitangi Hotel, one of the new and comfortable resorts run by the government's Tourist Hotel Corporation.

Maori girls serve guests New Zealand rock oysters, Paua soup and roast saddle of lamb.

There are launch trips among the islands of the bay, morning and afternoon, and an all-day "Cream Trip." This is a run that used to be operated to pick up the cream from the dairy herds and to take supplies to the cattle ranchers.

It is operated daily just for the scenery by Fullers,

specialists in sea safaris and deep-sea fishing jaunts.

Zane Grey wrote about the area and the sport in "Tales of the Angler's Eldorado."



BAY OF ISLANDS—Christ Church in Russel, New Zealand, like old New England.

Main Tour

AUSTRALIA

Australia is the world's smallest continent and its largest island. A couple of thousand miles separate the tropical city of Darwin in the north from the temperate city of Melbourne in the south. It's another 2,000 miles from Sydney on the Pacific to Perth on the Indian Ocean. Australia is a June-in-January land where summer starts at Christmas. Its big cities are Sydney, Brisbane, Canberra and Melbourne. Sydney, though, is Australia's action city: skyscrapers, excellent restaurants, sophisticated nightlife.

*You won't be stunned by New Zealand's fiords.
Not after you've seen
New Zealand's alps, glaciers, geysers,
volcanoes, fern forests and
beautiful beaches.*

MASTERS' RACE REPORTS

SID TOABE reports: "On November 18th, we put on the United States Track and Field Western Regional Masters' 6 mile cross-country race. There were three clubs in the race: Striders, L.A. Seniors, and Fresno. 26 40-and-over ran, and there were 2 divisions: 40-49, 50 and over. OWEN GORMAN won in 33:04, and JIM OLESON won in 37:40. We will put on the race next year, hopeful that more North and South clubs enter and that it will not conflict with the National AAU again. Our race is set for the third Saturday in November. The fellows from Los Angeles were very impressed with the course."

NAPA MARATHON RESULTS

Three of our Masters had excellent times in the Napa Marathon. PAUL REESE (NCSTC) 2:45:30, RALPH PAFFENBARGER (NCS) 2:47:41, and JIM BOWLES (WVTC) 2:55:28.

EASTERN MASTERS' CROSS-COUNTRY CHAMPIONSHIPS - 6 Mile, Van Cort. Park

1.	34:04	Kandschur	Hartford II	1
2.	34:43	Burns	II	2
3.	34:59	Smith	I	1
4.	35:22	McConnell	CJTC II	3
5.	35:58	Bessell	II	4
6.	36:12	O'Brian	Pioneer II	5
7.	36:17	Vandetti	Hartford II	6
8.	37:46	Hack	I	2
9.	37:53	Tobey	Pioneer II	7
10.	37:54	Boyajian	I	3
11.	38:02	Gardner	Hartford III	1
12.	38:10	Mather	CJTC II	8
13.	38:14	Campbell	CJTC II	9
14.	38:19	Fite	II	10
27.	39:46	Fine	Pioneer II	22
28.	39:47	Sheehan	III	3

THE SPIRIT OF LONDON, 5.5 Mile, Sacramento, California

To celebrate the arrival of the newest queen of the seas to the inland port of Sacramento JIM O'NEIL organized and won the Senior Division of the "Spirit of London" 5.5 mile race 1/13/73.

The Open Division was won by NICK VOGT in 27:09. JIM topped the Masters with 29:22, closely followed by BOB MALAIN in 29:23. BILL SNAVELY was the third Master at 31:31; and international traveler VANCE KOERNER came in in 34:09.

MASTERS' MILE CORNELL INVITATIONAL 1/20/73

JIM HARTSHORNE is progressing gracefully into Div. II (He will be 50 in October '73 in time for Australia) and will undoubtedly make his mark as indicated by his fine 5:02.6 mile at Cornell....just 22 seconds off the winner, some 8 years his junior. (see below)

BILL ANDBERG's (61) 5:21.0 indicates that the Anoka Grey Ghost is still as good as ever.

1.	Harold C. Snyder (40)	4:40.1
	Meet Record	
2.	Hal Higdon (41)	4:44.7
6.	Walt Mc Connell (41)	4:56.7
9.	James Hartshorne (49)	5:02.6
12.	Robert Fine (41)	5:08.3
16.	William Andberg (61)	5:21.0

HAWAIIAN PARK

Just 15 miles from Waikiki, beyond Diamond Head, is Sea Life Park, nestled against the shore of Makapuu Beach at the foot of a 1,000-foot lava cliff.

Located in the natural beauty of the park are varied displays depicting Hawaii's rich heritage from the sea.

There also are exhibits showing how scientists live and work under the sea.

A large oceanarium allows visitors an underwater view of a living Hawaiian reef where sharks, rays, eels and tropical fish live and where a diver talks through an underwater microphone describing the different aquatic creatures and conversing with viewers via telephone.

Hawaii's lusty whaling days are relived aboard the ship Essex, during the Sea Pageant shows at Whaler's Cove.

Visitors can also explore the historic Kaupo Fishing Village, authentically reconstructed on its original site, or wander by the Leeward Isles where soaring sea birds, giant sea turtle and seals have made a home.

Lunch is served daily, with Polynesian and American specialties offered. And on the Spouter Cocktail Deck overlooking the park and the Pacific, cocktails and soft drinks are available.

A gift shop, the Sea Chest, features gifts, books and mementos.

The park is open seven days a week and shows are scheduled from 10 a.m. to 5 p.m. Admission is \$3.50 for adults and \$1.75 for children, 7 to 12 years old.

Up on Capitol Hill, which some Washington political observers describe as an old age home for elected officials, roam a number of exceptions to this rather disparaging description. One is the senior Senator from California, Alan Cranston. Cranston, a two-time letter winner at Stanford in the 1930s and a member of the nation's fastest mile relay team in 1935, has been making his presence known in masters track circles.

Senator Cranston returned to running in 1963 after a 27-year layoff. The 58-year-old lawmaker just jogged to stay in shape until 1969, when the advent of Masters competition beckoned him. Before long he held the world record for 55-year-olds in the 100-yard dash—12.6 seconds at that time. Although far off his collegiate best of 9.9, this was still a creditable performance.

Cranston usually runs in the early morning hours, since his heavy work load precludes that sort of thing during the day or in the evening. By 6:30 a.m. he is running around the track at Georgetown University in Washington or running along the banks of the Potomac. He usually starts with a mile warmup and then does speed work—100s and 220s and recently 440s to improve on his endurance. The workouts last no more than an hour.

The Senator works out about six days a week alternating between the running and weight training. When traveling and his schedule doesn't permit regular training sessions, he has devised a unique method for retaining his fitness. He does as many push-ups as he can in a minute's time. Cranston repeats this procedure for 10 minutes—having attained the mighty figure of 265 in one of these push-up orgies. The Senator feels his mini-workout gives invigorating and necessary stimulation to the heart, lungs and muscles, although it doesn't do much for the legs.

Senator Cranston toured Europe with the US Master's team during August (see "Masters of the World," Jan. '73). Although he didn't place individually in any of the meets, he ran on the mile relay team which placed second in London and first in the Olympic stadium in Helsinki.

Asked about the highlight of his running career Cranston returns to his college days at Stanford when he beat 1932 Olympian Ben Eastman twice in the quarter-mile. However, the Senator adds that Eastman was a little beyond his peak and he was not at the top of his form.

SENATOR WHO RUNS FASTEST

by Jeff Darman

Senator Cranston feels that "there is not enough attention being paid to physical fitness in the United States today," but thinks some increased effort to improve the situation is now taking place. He feels programs like masters running are a good incentive for others to attain or retain fitness.

After spending years in the Capitol and hearing about the oil lobby's Senator or the cattle lobby's Congressman—it's nice to know that in the Senate Alan Cranston is looking out for the runner's interests. One of his proposed bills would set aside 1% of the highway trust fund money for construction of bike trails. Obviously additional bike paths can be put to good use by runners searching for new places to train.



Alan Cranston, the Senate's sprinter, races here in the 1972 Penn Relays 100. Cranston loses narrowly to George Braceland (r) in 12.4.

EUROPEAN News

STOCKHOLMS KORPORATIONSIDROTTSFORBUND
Isstadion, Sandstuvagen
121 62 Johanneshov

From PER SUNDELIUS
1/9/73

(Excerpts from letter to D. Pain)

...."but I have unfortunately been very ill all the autumn and I did not leave the hospital before a couple of days before Christmas. The doctors do not like my stomach and my stomach obviously does not like me. However, I began to work again January 2 and I am right now planning for our skiing and skating arrangements. I feel somewhat strange working with this, since the winter so far has been the warmest for a lot of years. Only in the northern parts of Sweden, there are snow and ice!"

..."I can tell you, that many of us in the organizationcommittee have received a lot of nice letters from members of the team, which visited Stockholm last summer, and we will with pleasure remember the lovely days we had together here!"

..."I have also been in contact with many of the Swedish athletes, who participated in 'STOCKHOLM OPEN' August 31. All of them want their kindest regards brought to you and your team. For many of them it was the first time they had a chance to compete in our Olympic Stadium and for more of them, it was their first competition with foreign athletes. Naturally they consider the August 31, 1972 as the climax of the season."

"That the 'STOCKHOLM OPEN' turned out successfully is proofed by the fact, that we instantly 'were forced' to promise a continuation with a similar arrangement on the Stadium every year, with a cross country course illuminated by burning padellas. We are thinking of giving the competition a new name. What do you think of 'The Fiery Ordeal'?"

* * * * *

And from PETER SCHNOHR in Denmark:

...."I must say it is a fantastic program and group you are the director of. It will grow larger and larger.

...."This year's Eremitage - run had 8887 applicants of which 5888 took part, the oldest was 87."

...."May 12 we start our second 100 Km race. When are you coming over for that?"

Peter is the Chief Resident with the Danish Heart Foundation
Norrevold 29, Dk 1358 Copenhagen K
Denmark.

He enclosed a very attractive pamphlet entitled "Cross your Heart... and Hope to Live"....in English!

* * * * *

We have also received happy greetings from yours and our dear friend in the Goteborgs Idrottsoch Friluftsnamnd, Ullevi - Skanegatan, 411 40 Goteborg, Sweden.....You guessed, HELGE JOHANNESSEN. He also has been ill but is now well-recovered.

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U.S. Masters International Track Team

TO RACE IN SOUTH PACIFIC



U.S. Masters invites you to join its 1973 Christmas Jet Tour and Competitions in Fiji, Australia, New Zealand, and Hawaii. Tour the sunny Southern Hemisphere during the holidays, December 13, 1973 to January 1, 1974. Compete in all Australian Vets Track and Field Championships; age group and long distance racing in each country. A perfect family vacation with full complement of travel and

sightseeing. Enjoy people-to-people communication through athletics at group discount rates. Contact David or Helen Pain, 1160 Via Espana, La Jolla, California 92037 (714) 459-6362.

FROM ARNE RICHARDS:

A special benediction for you,
my friends:

"As you slide down the banister of
life, may the splinters never point
your way."

-Joann Whitecrow

*Yours truly,
David & Helen*

U.S. Masters International Track Team



Veteran and Age Group Competition in Australia, New Zealand, Fiji, and Hawaii.

*"Summer Time" Down Under
December 13, 1973 -
January 1, 1974*

Fly Air New Zealand