DON JOHNSON (56) running very well at Paddie School New Jersey.

PHIL PARTIDGE (61) looks good putting the shot in the only outdoor event at the Eastern Indoor.

A picture is worth a thousand words... and this one tells the story of why Masters Track. Where else will you see three such fine-looking 50-year-old specimens? L-R, MOORE DERRY, BILL ROWERS, and EDDIE HALE, San Diego Indoor Games Division II, 880. February 17, 1973.

Dear Friends,

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

April, 1973
Although a few of us have enjoyed the experience of competing indoors in Masters Mile events, the opportunity for such competition for most has not occurred until recently when aggressive BOB FINE of New York sponsored the First Eastern Masters Indoor Games, in Highstown, New Jersey.

Because it was a first for our Masters program, we appeared and competed. It was a pleasure to renew friendships created last summer on the European tour. Actively competing at the event, which enjoyed some 75 entries, were U.S. Masters BOB FITE, CLAUDE HILL, PHIL PARTRIDGE, RAY GORDON, DON HUTCHINSON, BUD DEACON (all the way from Hawaii), WALT MCCONNELL, LEN O'LEARY, BOB MCADAM, HAROLD COLE, GEORGE BRADAC, DON JOHNSON, GEORGE MAJOR, JAMES CARNEY, GEORGE SHEEHAN, RICHARD BROENBECK, and new member OTTO ESSIG.

Despite the fact that performances at the whole were mediocre to the early season and lack of conditioning, the competition was keen and hard fought. Making his presence strongly felt was Frank PFLUGER, who ran an un-contested 4:27.6 mile on the un-tapered 10-lap 1-mile tartan track at the Peddie School, 20 million dollar sports complex. Frank is reported to have done a 4:24 a couple of weeks earlier on 1-mile indoor oval. Running like this makes it obvious that RAY HATTON’s U.S. record 4:26.0 is in danger of being erased, particularly if PFLAG-Wolf, PFLAG contests HATTON (41), BILL GOKIN (40), BILL FITZGERALD (48), and HAL HIGDON (42) at the Nationals in July.

Frank recalls the 1964 AAU National when he had the unfortunate experience of being an also-ran in that 6-mile between JERRY LINDGREN and BILL MILLIS in which they both broke the then world’s record and lapped the field. Frank got walled off the track. He can take some comfort in his outstanding performances as a veteran, and if will be interesting to see what MILL’S and LINDGREN will do as veterans should they continue to run.

On Sunday following the Indoor meet we made the trek back to New York, BOB FINE in a S-miler in New York’s Central Park, ably presented by our U.S. Master KURT STEINER, where we ran into KATHE MILLER, who of some of you may recall was on the ’72 tour in London and Cologne. Later Sunday we flew to Toronto where we were the house guest of Canadian Master MAX BACON. On Monday we conferred with DON FARKUHARSON and GORDON WALKER, Sports and Stadium Manager For the Canadian National Exhibition, where we finalized the arrangements for the World Masters Track & Field Championships in Toronto in 1976. The big news here is that the event was scheduled to be held in the world’s top veteran athletes to compete. All local arrangements for housing, transportation, and entertainment will be handled by the Canadian Masters who will act as co-sponsors of the event.

The CMC Masters event should usher in the beginning of a new era in track and field and assure its continued growth.

Monday evening we returned to San Diego exhausted from the 4-day jaunt but very pleased with results achieved in Toronto.

On April 12th we leave for the Hawaiian Masters, then on south to Fiji, Australia, and New Zealand to finalize arrangements for the U.S. Masters tour this Christmas.

A telegraph from Auckland was just phoned through Frank Mill, saying that Keith Williams has arranged a party for us to meet PETER SNELL on April 26.

We hope to have much exciting news and mentalizing pictures for you in the next newsletter...around the first of June.

Masters Enjoy First Vets Indoor Meet

APRIL '73
4/7/73 National AAU 25Km Kansas City
4/7-8/73 Southeastern U.S. Masters
R.S. BOK, Box 5576, State University Station, Raleigh, N.C. 27607
4/7/73 Grandfather Games, Los Angeles Valley College, Van Nuys, Ca.
GEORGE KER, 5600 Fulton Ave., Van Nuys, Ca. 91401
4/14/73 San Diego Relay (Masters events included), Balboa Stadium, San
Diego, Ca. KEN BERNARD, P.O. Box 80512, San Diego, Ca. 92130
4/14/73 Kaui Masters Track Meet, Kahului, Linus, Hawaii. STAN
THARP, 1613 Kamole St., Honolulu, Hi. 96821 (Free housing with local
masters)(bring sheets or sleeping bags)
4/16/73 Boston Marathon, WIL CLONEY, Boston Garden, Boston, Mass. 02114
4/16/4/17/73 National AAU Masters De-
cathlon, Honolulu
4/19/4/20/73 Hawaiian Masters Track &
Field Meet, Honolulu
4/21/73 15km Cross-country run and
Pentathlon, Honolulu
BOB GARDNER, 4504-A Kahala Ave., Hon-
oolu, Hi. 96818
4/21/73 Masters National Pentathlon,
U.C. Irvine, Ca.

MAY '73
5/6/73 Berkshire 10-mile, Masters only.
1:00 p.m. OTTO ESSIG, Berkshire Indus-
tries, Westfield, Mass. 01085
5/19/73 Canadian 6-mile Championships,
Conox, B.C. ALEX STUART, 417 Stewart St
Conox, B.C., Canada
5/20/73 6th World Veterans 25 Km, Doug-
las, Isle of Man, England. C.A. BOURNE,
B Wellington Close, OLD ROAN, Liverpool,
10, England.

JUNE '73
6/10/73 AAU MASTERS National 15Km
Championship, Rochester, Minn. 2 p.m.
DUIGHT PIKSON, 2704 5th Ave. N.W.,
Rochester, Minn. 55901

CALANDER

6/23-6/24/73 Senior Sports Interna-
tional, Los Angeles, Ca. WARREN
BLAY, 619 S. Dunsmuir, Los Angeles, Ca. 90036
6/30/73 University of California, Irvine, Masters Track & Field Meet,
with British Masters. BILL TIDNEY, Time Coach, Athletic Dept. Univer-
sity of California, Irvine, Ca.

JULY ’73
7/6-7/7/73 NATIONAL AAU MASTERS
TRACK & FIELD CHAMPIONSHIPS & MARA-
THON, San Diego, Ca. SAN DIEGO TRACK
CLUB, P.O. Box 1142, San Diego, Ca.
92112.

AUGUST ’73
8/4/73 Junior 15 K, Michigan City, Ind.
HAL HIGDON, 2158 Lake Shore Drive, Michigan City, Ind. 46360

NOVEMBER ’73
11/11/73 National AAU Masters Cross-
Country 10 Km. WNY T & F Assn. Niaga-
rage, Buffalo, N.Y.

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

* * * * *

U.S. Masters
International Track Team
TO RACE IN SOUTH PACIFIC

U.S. Masters invites you to join its 1973 Christmas In Tour and Competition 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 Aus-
stralian Vets Track and Field Championships, age group and long distance racing in each country. A perfect family vaca-
tion with full complement of travel and sightseeing. Enjoy people-person communication through
the medium of the world's best book, the Almanac at group discount rates. Contact David or Helen Park,
1160 Via Espana, La Jolla, California 92037 (714) 459-6382.
An Active Cardiologist’s Philosophy of Health

TO HEAR GEORGE SHEEHAN TALK about himself, you’d think he was a slightly expanded version of the famed 98-pound weakling.

“I’ve got the bones of a chicken,” he says. “I’m like all the older distance runners I know—the faces, tiny bones, no muscles. I’m five-foot-ten and weigh 138. When I graduated from college in 1940, I weighed 136.”

Yet when it comes to achievement, Sheehan is a Minnesota Viking tackle. The fifty-four-year-old native of Brooklyn, N.Y.—now resident in Red Bank, N.J.—is a leading cardiologist, a newspaper columnist, a nine-time participant in the Boston Marathon, and one of the nation’s most articulate proponents of exercise for older people.

“I tell most of the people I examine that they are in good health but those who are in good health but those who are not doing enough,” he says. “I say if they showed up at a training camp, their contracts would be cut.”

Sheehan attended Manhattan College on a track scholarship in the late 1930s and was runner-up in the intercollegiate 4-mile race. He didn’t resume running, however, until he was forty-four—and he didn’t do it for reasons of health. The father of twelve children, and grandfather of two, he had two sons in high school, both runners. Attending their meets, he felt a resurgence of interest in sport—and a challenge.

“The best time I’ve done in college was 4 minutes, 17 seconds for the mile. I wanted to see if I could break 5 minutes. It was a goal I shouldn’t have set myself and I couldn’t do it, so I started running longer distances at a slower pace. But once I’d run the longer distances for a while and worked myself into shape, I came back to the mile and broke 5 minutes.”

Sheehan looks on physical activity as an aspect of health—but his definition of health is different and interesting. “Health,” he says, “is really a form of behavior, a trait like honesty, and a way of pursuing one’s goals in life. Health is not merely the absence of disease, just as honesty is not merely the absence of sin.”

“Getting into shape is another way of saying ‘getting into health.’ Because health is not brought by luck. It’s something you attain.”

“Once you dedicate yourself to getting into shape,” he maintains, “you’re whole lifestyle changes. Before I started to run again, the

Country Club circuit was the greatest thing in my life. During the week, I’d fall asleep in front of the television and on the weekends I’d get bombed. Now a six-pack lasts me months. I have a newspaper column, I have a whole new group of friends.”

Sheehan’s column, called “An Innocent bystander,” in which he comments on sports and often praises his philosophy of health—appears in The Red Bank Register. Sheehan also lectures on sports medicine and has advised the Marine Corps on physical fitness.

“To run,” he says, “is my real nature.” But he doesn’t advise all his patients to run. What he does advise is that everybody should consult a physician before undertaking any regimen of physical activity.

“Running happens to fit me perfectly. For other people it’s not their game. But you shouldn’t do physical activity because it’s good for you. You should do it because you enjoy it. Fun is the value and measure of physical activity.”

Sheehan’s patients seem disinclined to exercise, he has a plan. “I ask them what they enjoyed doing as a kid. If they liked hitting games, I might advise them to take up golf or tennis. If they loved the

beach, I might recommend swimming. If they say they’re afraid of swimming, might be for them, or skiing. Because of climate, some of these are not practical in year-round sports. Then I suggest that patients do a lot of walking. “People should be physically active,” Sheehan says, “because such activity is part of living at the peak of your powers. Your body is the mirror of your soul and mental powers. Just try to be creative when you have a pain or an ache. The Greeks knew this well—half their schooling was devoted to physical activity. If you’re going to live fully, you can’t separate the body-soul-mind totality.”

Sheehan says that new converts to exercise should start slowly. He tips his patients off to the “talk test” as a measure of how much exercise is necessary in physical activity.

“Exercise should be taken with a companion as much as possible. And if you don’t, it’s hard to talk to the companion while you’re exercising. You’re not overloading it. If you can’t get your breath to talk, stop. That means you’re not getting enough oxygen.”

How about exercise for coronary patients?

Sheehan compares suffering a coronary with blowing a fuse—it’s like an ulcer, a nervous breakdown, or colitis, the system gets overloaded. People who suffer coronaries often are continually forcing themselves to meet deadlines. They stay away on vacation but when they come back, the fuse is still full.

“If people who have had a coronary don’t change their attitude, change their value system,” says Sheehan, “they’re inviting a new heart attack. Exercise doesn’t have to deal to break that self-destructive pattern. It forces you

to do something different. Exercise gives you time to meditate.”

Sheehan has a “Wednesday plan” for his post-cardiac patients. “If they’re working, I recommend they take Wednesday off. Having Wednesday off is like a physical activity—it gives you a different view of the world and puts your job back into perspective.”

Sheehan says he favors the plans of companies that give employees extra-long vacations as they are approaching retirement so they can prepare for it. Retirement, he believes, can enhance life expectancy. But again, true to form, his definition of life expectancy is unusual.

“Life expectancy doesn’t mean longevity,” he says. “It means living each day at the top of your powers.” And that’s where exercise comes in.
Masters Mile, Heptagonal Indoor Championships, February 24, 1973

- From JIM HARTSHORNE


Simsbury, Conn., Masters 5 1/2 Mile Cross-Country Run, October 15, 1973

- From OTTO ESQUI

Division II: Bob was won by Harry Kupczyk in 2:06.8 and our Bob Fite was 5th in 2:14.7. Mile: Frank Pflaging 2:37.1, Harry Kupczyk 2:37.1. 2 Mile: Harold Snyder 10:33.0 and Walt McCallum (5th) 10:36.0. Shot put: Len Oss 45'8". Long Jump: Harold Coen (5th) 14'9".


The Ancient Marathons

"Jog on, jog on, the footpath way, And heat the stile-a.
A merry heart goes all the day.
Your sad tires in a mile-a."

—W. Shakespeare, "The Winter's Tale" (IV.iij)

by Don Logan

Many make over 40 take up jogging at some time in their lives.

After a brief, early-morning, half-and-puff sessions around the neighborhood, they decide there must be a better way to get in shape, and trot to a belt. Others work up to a mile or more on weekends after a few weeks or months, bored silly.

But there are others who find themselves actually enjoying the regular daily excursion into the outdoors and, usually with the blessing of a fitness-oriented physicial, build up to six or more days a week jogging to five or four miles a day. The rhythm of the running, the chance to collect his thoughts back on the track to mull over events with music with—well, that's satisfaction enough for these fellows.

Lastly, there is a small minority who find themselves in excellent condition after a day or so, or better, with the regular jog, they are no longer satisfied with just running.

They either quit or join the Ancient Marathons.

"The joining" often starts with a kidding remark from the wife of a friend, "Hey, John, you're old enough to wear a varsity letter. How come you don't enter one of those marathons?"

In no time at all and usually without a word to anyone, our Ancient Marathon switches from running-to-keeping-fit to running-for-the-next-Boston-Marathon.

First, he investigates eligibility requirements (a previous marathon run in less than 3 hours 45 minutes). That forces him, earlier than planned, to enter a qualified half-marathon—perhaps Atlantic City, Central Park, Golden Gate, Mission Bay, or that delightful family-style American Marathon run each October in Canton, Ohio.

He subscribes to publications such as Runner’s World and Long Distance Log; buys books about training meth-
ods; tries different makes of running shoes; experiments with running socks; sues more likely blister swabs; tests different lubricant bases; tries petroleum jelly; replaces his running shoes with "Burge" content; adds doses of vitamin C and E and other supplements to his diet.

His daily average mileage moves up to 15 miles, eight to nine miles in an occasional week-end 10 or 15 miles non-stop before it's time to tackle the Marathon's 20 miles and 385 yards.

He finishes in about four hours, give or take a half-hour. His feet are blistered, his heart pomps with pride as he runs his first and last Marathon.

But a day or so later, the pain is (temporarily) gone, and the routine, determined to qualify for and run "the Boston" again.

With minor variations, that's the story of the Ancient Marathons, men of all ages from 40 to well past 70. There are dozens of them in the United States, hundreds in Europe and Australia—doctors, teachers, businessmen, engineers, mechanics, airlines pilots, clergyman.

These "Ancients" are showing up in increasing numbers at training runs of the 160 or so marathons being run each year in the U.S., especially those organized by age-group priors are swarmed. Overseas, their participation factor is even higher. Few fail to cover the 26.2 miles in four hours, less than three hours in some "break" three hours regularly.

Without exception they are interesting people—each with his own story, his set of personal goals.

One of the more distinguished is William G. Andberg, writer of Anoka, Minnesota. Bill started running seven years ago at age 58, and by May 1974 he ran in the World's Champions Veterans Marathon in Skovde, Sweden, in 2 hours, 51 minutes, and 44 seconds. Later that year, he ran a Wisconsin marathon in 2:34:58.

Since turning 60, he has worsted his record of 2:37:08, over-distance, in the mile: 5:18:08, the 5,000-meter (17:42), and the 10,000-meter (37:12). He has also in the last year set an over-world record of 4:43:2 for the 1,500-meter. He is now a world championship 5,000-meter with an 10:06 time in Germany.

Dr. Andberg runs 8 to 12 miles three times a week, and spends two to three average-running courses pass through a big cemetery and he often runs after dark), is likely the first American to write a book on running for his friend and neighbor, Dr. Richard C. Steiner, ran a dead heat in 2:49:45 at Boston last year. Capt. Eron often trains along the grassy Mormon strip of the Bostom Marathon in the last year at the Kennedy Airport during layovers there, and finds himself running courses in other TWA cities.

"Back in ’61," he says, "I was a fat and flabby 50-year-old who was going to pot. I decided to start jogging my belly around the block." From a quarter-mile a day, he gradually picked up to six miles daily by 1968 when he "began running competitively between the lines - and for Europe." He now runs about 25 races a year at distances of from 3,000 meters to the marathon.

So far, Miller’s best marathon time is the 3:05:45 with which he won second place in 1972 World Championship Veteran Marathon last September in Cologne, Germany.

John Romero, 43, advertising director for the Las Vegas Hotel Sahara, is another comparative newcomer to this sport, who is doing well. Harmered by injuries when he started two years ago, John adopted the LSD system to eliminate pain and misery. Since then, he’s achieved a 2:50:20 time over the hot Las Vegas Strip.

Says John, "I’ve been in my current position for 11 years, and the last three—coinciding with my running—have been by far my most productive. Maybe it’s coincidence, but I don’t think so."

A dedicated and dedicated Ancient is James R. Bolte, partner in the Long Beach, California, engineering firm Bolte and Wilson. He started jogging in a "Y" gym in 1969 and soon was able to match the marathon of 26 miles times consistently. Now Jim is 65 and plans "to continue to run about six marathons a year for at least 10 years." His training is seven to eight miles daily, alternating between a love of leisure and a daily work.

The AMRoster also includes Talmage Morris, 51, personnel manager for Getty-Durkopp in Los Angeles, manager for the Schiltz Brewing Co., who chalked up a personal best time of 3:12 at Boston last year, spurred, incidentally, by the cheers of his Bloodhound refrigeration service girl who had adopted him as their favorite entrant. He started to run in order to get a little exercise for a back ailment, trains on hilly terrain five to six miles per week, mostly at 10 minutes per mile, and entered his 10th Marathon. Sunday is his "day of rest per the order of the good Lord."
NEW ZEALAND REPORTS

from the desk of KEITH WILLIAMS

"On Saturday, 17th of March, we are having a big group run from the Town Hall to St Helier's Bay (74 miles). This is to mark fitness month at present being held and about 12 runners are coming over from Sydney. There will be nearly 2,000 starters...We look forward to meeting the Pains."

"This is a rather old press clipping but it sums up quite well the jogging scene in Auckland."


OH, TO BE THE WIFE OF A JOGGER---

Says Auckland housewife,
Rosemary Barnes...

I'm married to a jogger. I've only been married to a jogger for three months.

Before that I was married to a beer-drinking, cigarette-smoking, slightly-flabby specimen whose favourite exercise was the odd round of golf (very odd) and frequent strength-osophying games of darts. The jogger and the flabby specimen are the same man. But only fingerprint and teeth x-rays could positively prove it.

Joggers can either jog after work or before work. Mine chooses to jog in the morning, when the air is crisp and still, the water round the bay is calm, and the only other humans about are paper boys, milk delivery men and courting couples left over from the night before.

I'm quoting, as I'm only taking his word for it, while he jogs I'm being pursued by Steve McQueen. (Don't he ever catch me?)

Jogging means not only a new way of life, but a new outlook on life. Wives of joggers must learn to live with conversation that takes an athletic and anatomical bent. No more mundane topics of yesteryear when business, children, mutual friends and television were our only common interests.

Now, it's talk of miles per day, ounces gained or lost, the continual firming of the livers, the new shapeliness of a calf, the ripple of a never-before-seen thigh muscle. You one must make soothing noises whenever the condition of ankles, legs and hips are discussed.

To a jogger, these are the most important parts of his body. For to jog, one has to be able to stand up. And this is something quite difficult with bilasters, ruptured achilles tendons, sprained ankles, wonky knee cartilages and unkindly grins.

NOT SURE

I must say, one soon gets used to one's beloved watching TV while his feet soak in some soothing mixture. But I'm not sure I'll ever really take to sitting on the couch as the body grows to the, the rays of an ultra-violet lamp.

Still this is a small price to pay for a husband who's started breathing again, whose blood is starting to get to places it's never been to for years - ankles, fingers, brains. And although we don't see each other as often as we used to (his early rising means early bedtimes), when we do see each other we really see each other.

You see, jogging is good for a lot of things. Who needs Steve McQueen when you've got a jogger for a husband?

Ancient Marathons

Jogging or running is the most readily available, simple, natural, uncommanded, economical form of exercise. It can be tailored to any level of physical ability. It can be molded to any type of personality structure. age, weather, terrain and daily life patterns or style.

The sport is steeped in historical lore and fascinatingly intertwined with science. From an intellectual standpoint, it involves physiological and anatomical complexities of a challenging nature.

In sum: The life of the Ancient Marathons is not for all men by any means. But those of you who aspire to top-notch condition in middle and even old age might well follow the example of these athletes, if your doctor agrees.

With the added spice of occasional friendly competition, the appeal is there, and a fitness program can be fun rather than the grim duty it otherwise is for so many of us.
PHIL PARTRIDGE (61) looks good putting the shot in the only outdoor event at the Eastern Indoor.

DON JOHNSON (56) running very well at Peddie School New Jersey.

Dear Friends,

A picture is worth a thousand words . . . and this one tells the story of why Masters Track. Where else will you see three such fine-looking 50-year-old specimens? L-R, MOE DERRY, BILL BOEERS, and EDDIE HALPIN, San Diego Indoor Games Division II, 880. February 17, 1973.