

Camps for training of athletes of all ages and ability levels announced by ITA for location in Santa Barbara.

The first Pro Track Development Camp and separate Conditioning Program get underway Monday, August 27 at the University of California at Santa Barbara.

This site was chosen because of its almost limitless advantages as an outdoor training ground. The track and field facilities at UCSB are superb. And so is the city itself.

Nestled between the mountains and the sea, Santa Barbara has long been noted for its unspoiled natural beauty, consistent climate, unhurried pace and distinctive Spanish architecture.

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Santa Barbara . . . a one-of-a-kind place to hold a one-of-a-kind track and field program.

and high school coaches.

EQUIPMENT.

You will need track shoes, shorts, and other personal training gear, such as shots, poles, etc.

COSTS

You can enroll in either the I.T.A. PRO TRACK & FIELD DEVELOPMENT CAMP or the RUNNING & CONDITIONING PROGRAM for just \$150.00. This tuition fee includes all group and individual instruction, meals, lodging, recreation facilities, etc. There are no extra charges.

Both the Development Camp and the Condition Program will run from Monday, August 27 through Saturday, September 1. Boys and Girls 8 to 18—beginners, intermediate and advanced—may attend the Development Camp. The Conditioning Program is for all athletes, 8 to 80.

A \$50.00 deposit must accompany your application. The full amount is due August 13.

CANCELLATION

A \$25.00 administrative charge will be made for cancellations prior to August 13. After this date, refunds—less the \$25.00 administrative fee—will be made only for medical reasons when accompanied by a physician's letter. Any student who leaves because of an injury will receive a prorated refund.

INSURANCE & MEDICAL CARE
Reasonable hospital and medical expenses will be automatically covered—up to \$1,000—if they result from injuries at the camp. A doctor will be on call at all times.

CAMP COUNSELORS

Our professional staff will be assisted by outstanding collegiate

Camp Directors

JIM KLEIN: Westmont College Track & Field Coach, Santa Barbara, Calif. Alternate decathlete in 1960 Olympics. NAIA Track & Cross Country Coach of the Year several times. Elected to NAIA national game committee, 1973. Co-coach, Olympic Development Training Camp, 1970-71. Some athletes coached: Paul Herman (1964 Olympics), Dennis Savage (9 times All American), Bill Baker (All American decathlete), Jean-Louis Ravelomanantsoa (professional sprinter).

SAM ADAMS: UCSB Track & Field Coach, Santa Barbara, Calif. Placed in the javelin finals of the NCAA Track & Field Championships in 1952 and 1953 at U.C. Berkeley. Voted "Outstanding Track & Field Athlete" in senior year. Has coached 11 NCAA individual and relay team champions. Two of his teams placed second in the NCAA college Division Championships (1967 and 1968). Co-coach, Olympic Development Training Camp, 1970-71. Coached at 1972 Olympic trials.

The professionals at the ITA Pro Track & Field Camp will be here full time—throughout the camp session. You can talk to them about their records, their training methods, their goals. Find out about their careers in the ITA

Escamilla Enjoys Seconds In Masters

For the last 15 years Augie Escamilla has been the voice of San Diego track and field, "bringing home" high school and college runners in meets ranging from all-coners events to CIF and AAU championships.

Yesterday, in the sixth annual U.S. Master's Championships, Escamilla had roles reversed on him.

This time it was Escamilla making the stretch drive, cheered on by a friendly audience.

Unfortunately for the hometown hero, the dream of victory ran out 60 yards from the finish of the 1,500-meter run when Santa Monica's Mauro Hernandez sped past Escamilla to claim the gold medal in Division II (50-59 years old).

Later Hernandez beat Escamilla home again in the 5,000-meter run. Escamilla saved second in both races. Although he has been a

track and field official for 25 years, Escamilla hadn't competed on a regular basis until the Master's program began

In 1967. In that first year, he won the "wormie" title of the first U.S. Master's Championships.

"But that was a slow field," Escamilla remembered yesterday. "These seconds today mean much more than that first."

Escamilla is a San Diego native and an instructor in the San Diego high school system. And although he entered San Diego State during the World War II years with the intention of running, he never made it to the track.

"I was able to run cross-country one season," Escamilla said. "But in those days there were no scholarships and I had to work to get through school. There just wasn't enough time to run."

"So you might say this is my chance of running again," all those guys I never faced in college."

Escamilla led during much of the last lap of the 1,500, but he couldn't hold off Hernandez down the stretch despite the urging of the hometown faithful.

Hernandez, who like Escamilla barely qualifies for Division II at 50, won in 3:38.1. Augie was caught in 3:38.4.

"That's my best time ever," Escamilla said, also acknowledging that it was only the second time he had run the 1,500 meters. "But this is four seconds faster than that one," he was quick to add.

In the 5,000, Hernandez was caught in 17:13.1. Escamilla finished in 17:36.

Meanwhile, certain names kept popping up time and again to claim gold and silver medals as the Balboa Stadium segment of the three-day meet closed.

The championships continue in Mission Bay Park at 8:45 this morning with the running of the marathon. Also scheduled is the 20-kilometer walk. Both will be held in the Fiesta Island area of the park.

The biggest winner was 71-year-old Ralph Higgins. He concluded the two days with five gold medals, yesterday taking the discus, 220 and triple jump.

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



August, 1973

ATTENTION, WORLD TRAVELERS.... Actual or Potential!

This is the final call to those of you who are contemplating the South Pacific holiday. September 1st is the deadline for reservations, and any tentatively booked rooms must be released. We put a hold on the maximum facilities, but that casual reservation must now be confirmed with cash. Therefore, if you are planning to make the trip, be sure we hear from you IMMEDIATELY, if you have not already sent in your deposit plus installments to date.

The Regular Tour will depart from Los Angeles by Air New Zealand DC 10 on the evening of Thursday, December 13th, with a fuel stop in Honolulu and reaching Nadi (pronounced Nand-y) early morning of Saturday, December 15th. The three days in Fiji will offer time for rest, unwinding, warming-up, sight-seeing, a one-day meet, and an island feast and entertainment - a lo-key beginning to a very full holiday.

Tuesday, the 18th, we're in the air by 5:30 a.m. on our flight to Sydney, where the swinging life begins. A harbor cruise is planned for the first day and an Opal Night will begin the evening that could be followed with a night at the new opera house (we haven't discovered as yet what programs are available.) The friendly competition at twilight, Wednesday, the Botany Track will be topped off with an evening of socializing at the track club's new facility nearby. A day of freedom then precedes an early departure on Friday to Australia's capital, Canberra, where coaches will meet us at the airport and then proceed for city sights and a sheep ranch tour. We shall visit the Australian War Memorial, Parliament House, embassies, and diplomatic homes, Red Hill Lookout, and on arrival at the sheep ranch see demonstrations of sheep dogs working, sheep shearing, wool classing and boomerang throwing and in addition, a picnic lunch to enjoy.

This particular day of sight-seeing is a departure from our usual policy of setting up the outline structure of a tour and letting you fill in what you want to - because - there would be no economical (in time or money) way to see Canberra on the short schedule without taking advantage of the Friday journey from Sydney to Melbourne.

Upon arrival in Melbourne we will be bussed to the St. Kilda Travelodge. After the first day of competition on Saturday, the local television station will host a party for the adults on the tour. This will be a live-teletcast with much fun and also great promotion for the second day of the meet, which will also be followed by a social event. The stores will be open Monday morning for your last minute Christmas shopping (or hair appointments) before we enjoy the half-day tour to Healesville Sanctuary where we may make a full inspection of the Sir Colin Mackenzie Wild Life Sanctuary and see Australia's fauna at its best. A traditional and popular Christmas Eve program in the park is available to us. Christmas Day will be shared in the homes of our Aussie hosts.

Boxing Day will find us in Auckland. The 10km cross-country race and socializing are set for Thursday. In the next two days there will be a morning tea and farm visit on the way to the Waitomo Caves and lunch, then in Rotorua, a Maori concert, another tea, and visits to the Wohaka, the Agradome, trout springs, and Redwood Grove where the idyllic run will conclude our activities "down under."

Upon return to Auckland the members of the regular tour will board the DC-10 flight to Honolulu... arriving Saturday morning and with no planned events until Sunday afternoon when the one-day meet will take place at the University. Monday morning will find us being bussed to the mountain run which overlooks all of Waikiki. An all-day luau on the coral sands with native entertainment will be the setting for end of the old year as well as the USMITT's 1973 tour to the South Pacific.

The Extension until January 12th is planned to accommodate between 40 and 50 persons who have the time, funds and inclination to explore further into beautiful New Zealand. There are many exciting and worthwhile aspects of this addition, but the most compelling reason to make the trip is the Milford Track. Only 40 people per day are allowed to begin this walk, which has been known to modern man less than 100 years. Today you have comfortable bunkroom accommodations in three lodges with hot showers, modern plumbing, and "home-

LAURIE O'HARA IMPRESSIVE DOUBLE WINNER

The 6th annual AAU Masters Track and Field championships held in San Diego on July 6-8th, perhaps for the last time, were privileged to host a fine British team of veteran athletes headed by one of England's finest, just turned 40, Laurie O'Hara.

A harbinger of what O'Hara would do at the Masters were

his performances a week earlier in Los Angeles, where he won the open division against quality runners in a cross-country event and then took on all-comers open mile competition in 4:21, 5 seconds faster than the current U. S. Masters record. Also present to defend his 1971 10,000-meter title was a fit Hal Higdon (42) of Indiana, who missed the '72 Masters due to a fall off a horse. Because of the absence of Jerry Smartt, and Ray Hatton (1972 10,000 champion at 31:42.8), who broke his arm earlier in the year, Higdon represented the only real challenge to O'Hara; this became readily apparent as both runners soon separated themselves from the pack. With a 1st mile logged in at 4:37, it was obvious that a new Masters record was in the offing. By the 3-mile mark, O'Hara held his earlier pace and flitted - at 123 lbs. - to a convincing victory of 30:46.2, knocking nearly a minute off Hatton's record, and in so doing, pulling a fading Higdon to an excellent 31:09.2, which exceeded the old U. S. Masters record by some 33 seconds, and in so doing, set a new U. S. age 42 standard.

The next day, O'Hara impressed again as he set a Masters record in the 5,000-meter of 15:09.3 with Wilbur Williams (40) STC, who was so impressive earlier in the year, a distant 15:51.9, well off his potential. Wilbur was admittedly subpar, suffering from a leg ailment, who could do no better than a 2:02.3, fourth in the 800-meter.

It was apparent that O'Hara was at no time pressed in either race, although his 10,000-meter time was, for him, an all-time P.R. O'Hara's best performances as a Vet are still ahead of him.

The diminutive, but well-proportioned Belgrave Harrier started running at the relatively late age of 28, after giving up semi-pro football (soccer), and has run for the same club ever since. It is interesting to note that he is running better as a Veteran than he ever did earlier in life, which should give some comfort to those of us still struggling along at the back of the pack.

Of most significance, however, was the fact that O'Hara's efforts scored higher on the point tables than any other athlete who has competed in the Masters since its inception in 1966. He even outscored the now legendary Masters Javelin effort of Bud Held in 1970 of 229' 3" and Howard Payne's prodigious 1971 hammer throw of 222' 1-3/4".

Other convincing efforts in Division I were turned in by Bill Gookin (41) SDTC, who saved himself for the marathon, and in so doing, set a new Masters record of 2:32:37 breaking Graham Parnell's 1972 record of 2:33:06. As it turned out, Gookin's decision to not go in the 10,000 meter was well-advised as he was not capable of beating O'Hara and would have merely succeeded in pushing the winner to a better time. As it was, Gookin was lucky to win as Higdon and Bill Allen (41), Toronto, Canada pushed the winner to a 56 minute, 10-mile time, (where Higdon was forced to drop out with a bad leg), and sufficiently enervated the SDTC Vet so that Canadian Allen almost caught him with a fine time of 2:33:07, just one second over the old record. Had Allen stayed out of the 10,000, where he ran an excellent third, he may well have beaten the winner, or pushed him to an even faster time.

We are informed that this was Allen's second Marathon in two weeks.

Continued on P.9

Run with Jim Ryun this summer.

Join Jim and other ITA pro track stars at the world's first Track Development camp August 27 - September 1 at UCSB, Santa Barbara, Calif.

Choose from 2 separate programs directed by UCLA's Jim Bush and other top college coaches:

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SAN DIEGO AAU MASTERS RECORD BREAKER



Gookin wins marathon drinking own concoction

By JACK WILLIAMS

He sounded, for all the world, like a one-man traveling medicine show, peddling a bottle of snake oil—or, Gookin—guaranteed to put your sweat right back where it started.

Bill Gookin, bespectacled and gaunt, looks one part mad scientist and one part distance runner. He is both.

Yesterday, after stopping every two and a half miles for a refreshment of his own concoction, he strode across the finish line in meet record time at the U.S. Masters marathon in Mission Bay Park.

Gookin, 40, clocked 2 hr., 32 min., 37 sec. in his 26-mile, 385-yard test of endurance, fortitude and, perhaps, sanity for the 40-and-over set. It was the concluding event of the sixth annual Masters meet. It also finished most of the runners.

But there was Gookin afterward, polishing off a cup of Gookinaid, of course, and looking fresh as a weed—if not daisy.

Meanwhile, the remainder of a field of more than 100 starters crossed the finish line. Some—but not many—came running. Others staggered by in a sort of dogged daze, as a parched miler in oppressive desert heat might approach a mirage.

Gookin was a comfortable winner over Canadian Bill Allen of a team called Metro Toronto Fitness. Allen logged 2:34:37.

"At first," said Gookin, "I wanted to go under 2:30. Then I just wanted to win and keep Allen from catching me."

"He was gaining on me and he's tough. I ran against him in Europe last year."

Said Allen: "I needed a little more help than you could give me."

Gookin was a wire-to-wire winner. How does it feel to lead a 26-mile race all the way?

"It's not so lonely," he said. "Not with all the people cheering me on. I never felt like quitting but, you know, I have felt like it in almost every other marathon I've run at some point. I ran my first one in 1954 and finished my second one in 1968. I tried eight in between."

Gookin is a junior high science teacher in Linda Vista, a California State University, San Diego, graduate who logged a 4:20 mile and 9:29 two mile as a collegean.

"But in those days," he pointed out, "I only ran 72 miles a week. Now I run 18 to 20 on a Sunday and 10 every other day of the week."

It was Gookin's propensity for long distances which led him to devise a drink that would replenish some of the elements he would lose from his system.

"Gatorade," he said, "made me sick. So I analyzed my own sweat and made the ingredients of the drink from the things I was losing—mainly water, glucose and salt. I'm not stiff and sore anymore after a race."

The concoction, admittedly, is not particularly tasty. "It has virtually no taste at all," said Gookin. "It's like bottled water." Another name for it is EUC, which stands for Electrolyte Re-

1973 A. A. U. MASTERS' MARATHON CHAMPIONSHIPS AND 20-KILOMETER WALK CHAMPIONSHIPS San Diego, July 8

A well-paced early race and a strong challenge by Bill Allen over the last six miles almost gained the Canadian the Masters' Marathon title but San Diegoan Bill Gookin managed to hold some of his early lead and dip under Graham Parnell's year-old record. Allen, Gookin and Hal Higdon had American record pace in the 10,000-meters and dropped out. Allen, also a bit weary after running to nail down the title, had dropped 23 seconds back at ten and Gookin tried to keep the pace going to conserve his energy and make a bid after that mark, was now 1:52 back...and then the race really began! As Gookin slowly began to fade to 6:12-mile pace, Allen began to chop down his lead record and closed to just half a minute behind the winner at the tape and only one second over the former.

Meanwhile, Steve Goldberg, Illinois Track Club, and Howard Miller, Snohomish Track Club, were running more conservative races, finishing third and fourth with evenly-paced efforts although amazing Tommy Buckingham was closing on them looking none the worse for his 20,000-meter effort two days pre-vious. The British 54-year-old carved over ten minutes from Paul Reese's 1972 Division II record in ASV meet last summer, clipping 41 seconds off John Montoya's 1972 time.

John Kelly continued his dominance in the 20-kilometer Walk, winning again in 1:51:07 and Don Johnson, Shore AC, knocked almost 16 minutes off the two-year-old Division II record with a third place finish behind Long Island's John Markon.

Luanne Krallick, Tustin, made the supreme feminine effort to inaugurate veteran women's mara-thon competition in admitting to 40 years of age and turned in a fine 3:29:07 performance.

A.A.U. Marathon Team competition saw the Seniors Track Club edge the San Diego Track Club 10 to 11 (2, 3, 4, 5 places to San Diego's 1, 4, & 6). The two larger British contingents had their own duel as the Orion Harriers nicked the Northern Vets 31 to 32 and the High Sierra Track Club finished fifth with 36.

The skies remained mercifully overcast through the race although it did warm up to 70° by 11:00 with the relative humidity at 68%.

Gookin Shatters Marathon Mark

Bill Gookin, an athlete who "aged" just enough this past year to become eligible, led an attack on senior track's record book yesterday by winning the featured 40-49 year-old division of the mara-thon in the U.S. Master's Track and Field Championships.

Gookin, a 40-year-old ju-nior high science teacher rep-resenting host San Diego Track Club, covered the 26-mile, 385-yard course in two hours, 32 minutes and 37 seconds. The time was 29 seconds faster than the meet record set over the same Mis-sion Bay course last year.

Meet records also fell in the 50-59 and 60-69 divisions also.

Tom Buckingham, one of a dozen competitors who traveled from England to compete here ran the distance in 2:48:33 to lead the Division II runners home. The 55-year-old Buckingham, the fifth runner to finish, clipped 19 minutes and 24 seconds off his age group's record.

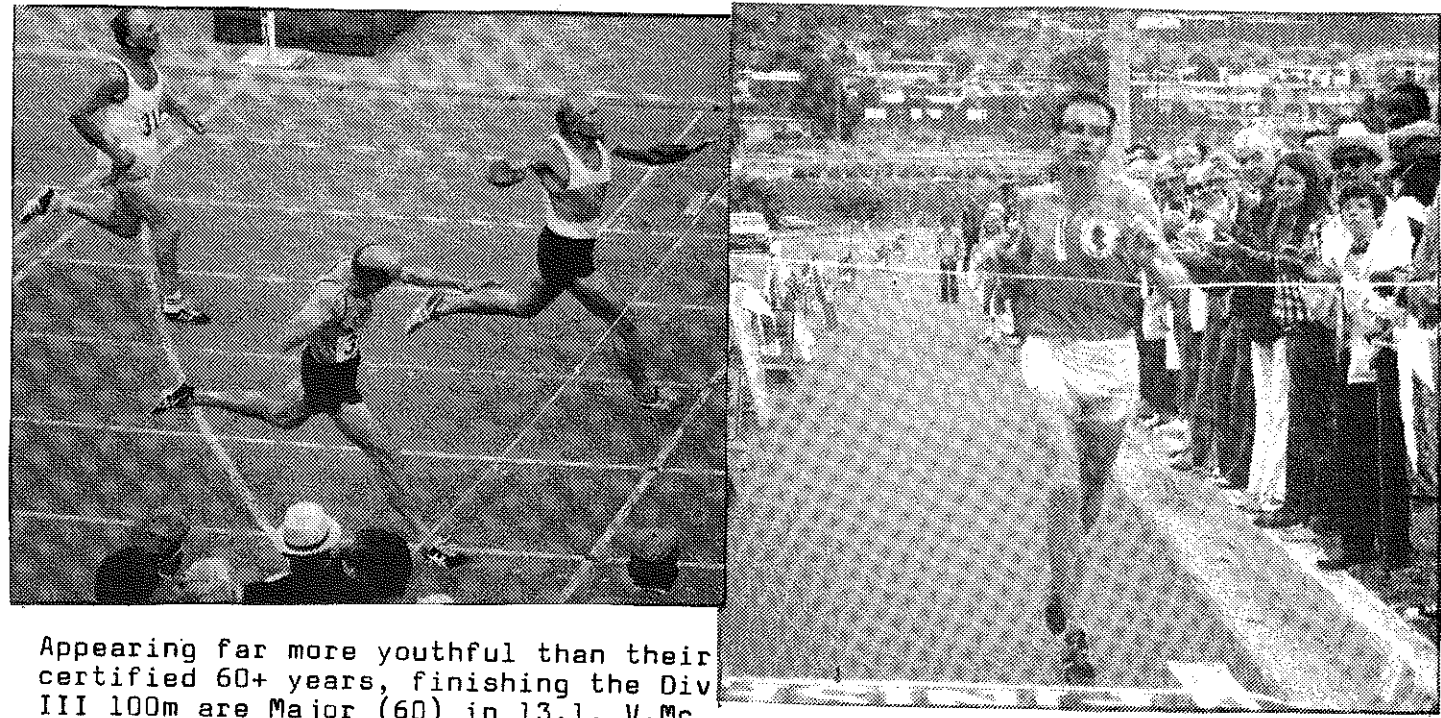
In Division III, 62-year-old Urban Miller of SDTC turned in a 3:13:17 clocking, taking 41 seconds off the record set by John Montoya last year. Montoya, who runs barefoot, ran third this year behind Miller and England's Samuel Lee.

The 20-kilometer walk was also staged yesterday morn-ing with Beverly Hills' John Kelly winning for a third straight year. Don Johnson, back Division II honors while 65-year-old Larry O'Neill was the Division III champ.

Gookin led all the way in the early morning run over the flat course between Fiesta Island and the Mission Bay golf course, although the pack was right on his heels through the first 10 miles.

At the 10-mile mark, Gookin's No. 1 throat, Indiana's Hal Higdon, dropped out of the race and Canada's Bill Allen dropped back leaving the San Diegoan to go it alone for the next 16 miles.

"When the others dropped back, I just couldn't keep the pace up," said Gookin, who "sniced" disappointment with the time. "I think we went too fast. I think I could have run a 2:30 had we not pushed it so early."



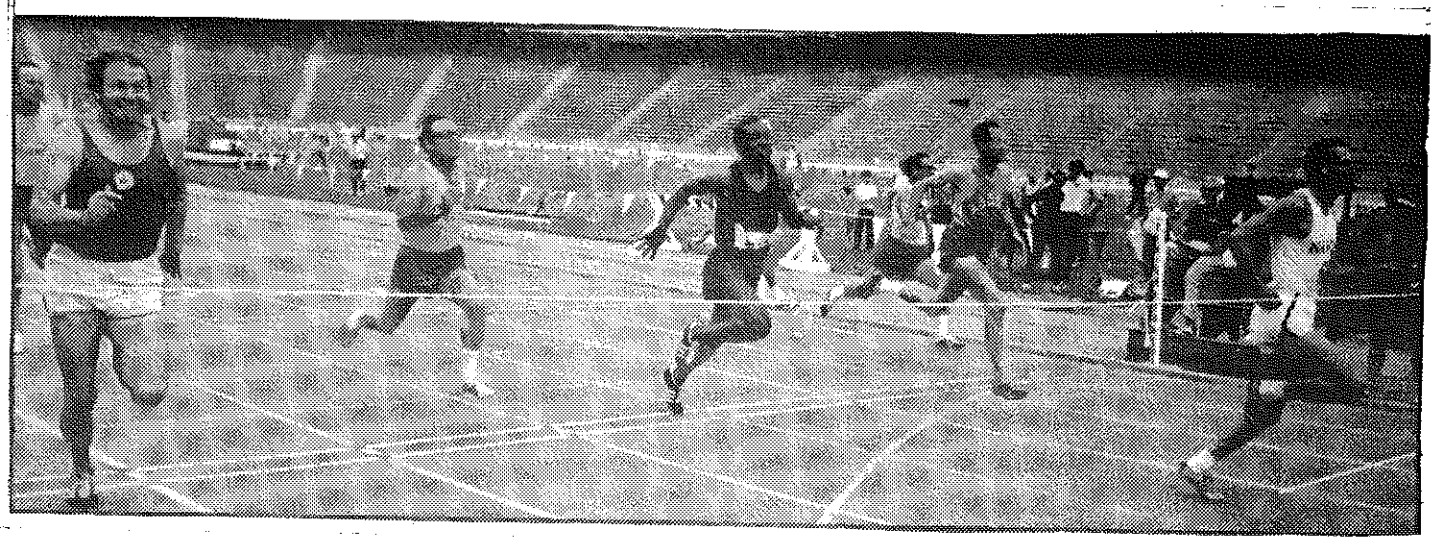
Appearing far more youthful than their certified 60+ years, finishing the Div III 100m are Major (60) in 13.1, V. Mc Intyre (62) 13.1, and J. Williams (60) England, 13.4.

Bill Gookin (40) SDTC sets Masters Marathon record, 2:32:37.

AAU MASTERS



With Rhoden, Smith, and Baker absent, Capt. Dick Stolpe (48) (COM) takes the 100m easily in 11.5 with Gluppe (40) (Metro) second in 11.7, and Jack Greenwood (45) (Unattached) third, 11.7.



SUMMARIES:

1973 A. A. U. MASTERS' MARATHON CHAMPIONSHIPS

	age	5-mile	10-mile	15-mile	20-mile	FINISH
1. Bill Gookin, SDTC	40	28:10	56:00	1:24:44	1:53:40	2:32:37*
2. Bill Allen, MTF (Can)	41	28:10	56:23	1:25:55	1:55:32	2:33:07
3. Steve Goldberg, IITC	40	28:52	59:06	1:29:56	1:59:42	2:38:25
4. Howard Miller, SnoHTC	46	28:48	59:06	1:30:19	2:01:46	2:42:55
5. Tom Buckingham, LeannAC (Eng)	54	30:35	62:13	1:34:42	2:05:55	2:46:33** 1-11
6. Alex Batelle, TCTC	48	30:08	61:51	1:34:23	2:06:01	2:47:15
7. Don Jones, STC	47	29:32	59:44	1:31:37	2:03:55	2:47:32
8. David Parker, STC	42	29:46	59:48	1:33:08	2:05:35	2:47:59
9. Robert Coffey, TexM	41	30:18	62:12	1:31:41	2:06:19	2:48:42
10. Bryan Cattell, SnoHTC	40	29:30	63:02	*1:36:50	2:07:40	2:49:53
11. Brian Freeman, unat	47	31:00	63:43	1:35:44	2:07:45	2:50:30
12. Ernie Wake, SDTC	43	30:08	64:52	1:38:00	2:09:08	2:50:36
13. Bob Geraman, STC	42	31:00	63:22	1:36:33	2:09:23	2:53:46
14. John Sullivan, CSU	40	30:53	63:25	1:37:36	2:11:40	2:55:36
15. Ted Andrews, HavAC (Eng)	41	31:20	64:25	1:37:51	2:11:06	2:56:53
16. Wayne Zook, SDTC	56	32:00	65:35	1:40:07	2:14:05	2:57:39 2-II
17. Ted Hefford, OrionH (Eng)	45	32:30	66:23	1:39:41	2:13:24	2:58:34
18. Charles Whitasade, NVet(Eng)	45	33:26	67:24	1:43:40	2:15:12	2:59:20
19. Bill Freeman, LVTC	44	32:03	65:44	1:40:03	2:14:26	3:00:43
20. Luan Dosti, unat	46	32:32	66:23	1:40:40	2:15:48	3:02:05
21. Richard Blois, VecAC (Eng)	46	29:30	61:06	1:43:43	2:17:57	3:02:54
22. Delbert Linam, SDTC	41	33:20	68:34	1:44:10	2:20:10	3:07:28
23. Lawrence Durrant, Orion(Eng)	45	33:58	69:51	1:46:25	2:21:31	3:08:36
24. Robert Bruce, unat	51	34:50	70:47	1:47:07	2:22:40	3:08:56 9-II
25. Byron Potts, BMS	44	34:21	68:58	1:44:36	2:20:54	3:09:26
26. Don Lucero, NCSTC	44	32:48	67:42	1:44:55	2:21:45	3:10:19
27. John Loftus, ManchYMCA	44	33:21	67:44	1:43:33	2:20:15	3:10:43
28. Leroy Zimmerman, unat	52	34:40	70:38	1:47:15	2:23:13	3:11:09 4-II
29. Raul Arbesi, SDTC	45	35:55	72:09	1:48:39	2:24:10	3:11:43
30. Tony Gomez, CCAC	45	35:57	68:46	1:46:05	2:20:30	3:12:31
31. Francis McCabe, DenvYMCA	55	33:58	69:27	1:44:12	2:23:38	3:13:07 5-II
32. Urban Miller, SDTC	62	35:02	71:39	1:48:37	2:24:58	3:13:17***1-1111
33. Ray Gill, STC	48	37:18	72:30	1:51:05	2:28:21	3:15:31
34. Eugene Lynch, HSTC	40	35:37	72:37	1:50:57	2:27:24	3:15:54
35. Robert Reintstedt, BMS	47	35:42	72:25	1:50:35	2:27:26	3:17:24
36. Don Logan, CCDC	58	34:54	70:51	1:49:25	2:27:46	3:18:41 6-II
37. Tony Diamond, DCH (Eng)	44	31:50	65:46	1:43:57	2:22:43	3:18:59
38. Bill Cotter, STC	52	35:31	72:10	1:51:03	2:30:12	3:19:20 7-II
39. Norman Ashcroft, NVets(Eng)	56	33:27	66:27	1:42:12	2:22:52	3:19:20 8-II
40. Ed Almeida, SDTC	51	30:32	66:23	1:43:52	2:23:03	3:19:59 9-II
41. Dick Eby, SDTC	51	37:45	74:41	1:52:04	2:28:22	3:21:14 10-II
42. Sam Lee, HorvH (Eng)	60	34:52	71:17	1:50:36	2:29:41	3:22:08 2-III
43. Al Clark, STC	59	36:31	73:26	1:55:57	2:31:12	3:23:04 11-II
44. Herbert Phillips, NMC	40	36:40	77:06	1:58:26	2:36:16	3:24:31
45. Leland Vogelgesang, STC	40	37:24	76:41	1:53:42	2:34:26	3:24:43
46. Sidney Toabe, SDTC	49	35:37	72:37	1:51:07	2:28:06	3:25:10
47. John Montoya, STC	61	36:30	73:25	1:51:50	2:31:25	3:25:21 3-III
48. Lew Roberts, STC	45	33:47	68:58	1:45:36	2:24:47	3:25:40
49. Thomas Bassler, unat	41	39:13	79:28	1:53:42	2:37:40	3:26:28
50. Joe Teasdale, VecAC (Eng)	41	36:18	75:15	1:53:57	2:35:24	3:28:58
51. Don Thomas, unat	40	35:37	72:26	1:49:15	2:26:48	3:29:05
52. Gary DeWitt, unat	52	39:12	79:28	2:01:00	2:39:20	3:29:07
53. Allan Lawton, LCGNovet(Eng)	49	35:02	71:35	1:50:35	2:32:00	3:31:55
54. Wayne Groesbeck, SDTC	43	40:03	81:33	2:01:13	2:42:27	3:35:08
55. Donald Zarin, HSTC	54	39:03	78:11	2:00:00	2:40:25	3:35:19 12-II
56. Bill Lee Jenkins, HuntAC(Eng)	50	36:17	73:06	1:51:10	2:32:50	3:36:39 13-II
57. Walt Stack, DC	65	37:56	78:37	2:01:52	2:43:26	3:38:08 4-III
58. Allen Schaeffer, ARR	49	38:51	78:35	2:01:04	2:43:26	3:39:38
59. Ken Hendrix, SpokTC	51	36:30	73:37	1:54:26	2:37:55	3:41:14 14-II
60. Thomas Jones, STC	53	36:40	75:00	1:55:59	2:38:05	3:41:14 15-II

GRESHAM - A WIFE'S VIEW

Portland, Oregon, City of the roses, has a close neighbor, Gresham, which contains the very new Mt. Hood Community College facility with a fine P. E. Plant and soft all-weather track complete with stadium. Sponsors Jim Puckett, George and Sally Puterbaugh are eager to host the nation - actually the world of Masters Track and Field. But, they will settle for the 1974 Masters Track and Field Championships.

For three years, Gresham has engaged in the learning process of catering to Masters with the Annual Northwest Seniors Track and Field Championships.

Accepting the startled looks of participants who asked about the whereabouts of my "Master," I - a lone female - a competitive nonparticipant attended my first track meet solo ... and I am anxious to tell you about it.

The weather was cloudy, partially broken, in the low 70's, with a gentle breeze -- excellent for the athletes, as the 44 new records evidenced.

Jim Puckett is a very special meet director - not only does he run a cool meet, but he runs hotly contested races - all with a smile. You CANNOT rattle this man.

Then there is that fabulous Combo known as George and Sally Puterbaugh. Entertainment - they are - but they are also Efficient, Energetic, just Excellent in Everything they undertake separately and/or together. Their daughter, Laurie P., is one of their most valuable assets. This young lady will qualify as a General Chairman for a major meet within a very short time. In addition to a consummate understanding of what goes on, she is a barrel of fun. (She has had a tough comedy line to follow.)

Although I was honored to work at the Awards Table and as usual (per San Diego) was frozen when the sun went down behind the clouds and edge of the stadium, there the similarity ended between San Diego's Balboa Stadium and the modern beautiful facility at Mount Hood Community College in Gresham, Oregon.

Snack stands were open for tasties in addition to cold drinks and hot coffee. The announcer, typist, and other officials were ensconced in a glass booth high enough above the action for a complete, comfortable view of the events.

Was the meet well run? Just ask our regular Master Envoys: Puglizevich, Eggcamilla, Deacon, Nichols, McMahon, Ryan, Rademaker, Dawkins, Fitzgerald, Schlegel, Gillett, and Hatton. You might even inquire of the Sub-Masters Oylter, Beardall, Cain, Lane.

The events were a few minutes behind schedule on the first night, but the second evening of the twilight meet was "right on."

The total complement of officials were prompt and capable experiencing difficulty in only the 6-mile run on Friday when many of the contestants mistakenly turned in their place cards at the awards desk. This confusion was not repeated on Saturday in the 3-mile.

One query: Bud Dean, did the airlines charge you extra on your return flight to Honolulu because of the tremendous added weight due to the number of medals you won?

The traditional first-night barbeque was a tasty, filling highlight which is likely to be repeated.

You will not be sorry if the AAU Masters National Committee deems it proper and right to select Gresham, Oregon as the site for the next championships. You, your wife, family and friends will be delighted with the new venue. Speak to your AAU representatives who will be attending the national convention in October, in Wyoming, to cast a forward thinking and right vote. Vote for Gresham for the site of the '74 AAU Masters Track and Field Championships, for July 5-7, and then block off those dates (plus more*) on your calendar.

*Further details in next Newsletter.

australia

Its cities beckon you

Your first stopover may be SYDNEY, Australia's biggest city and the skyscrapered capital of New South Wales. It crowds the shores of a magnificent harbour. And has more golden beaches along the coast than any Pacific Island. Sydney has the world's most talked about Opera House. Sleepless Kings Cross Australia Square Tower Friday's Paddy's Market. The Domain's Sunday soap-box orators.

Canberra is the capital city of Australia--still being built. It lies on a carpet of open country set with rolling hills, against a backdrop of the Australian Alps. The encircling ranges and the crisp air of newness give Canberra a charm of its own.

It is one of the few wholly-planned cities of the modern world. Look for flaming gardens spattered throughout the city. And for broad sweeping streets lined with brilliant flowering trees - over a million of them. Canberra is aglow with color! And don't miss the modern shapes of the Australian Academy of Science and the buildings of the National University.

1973 AAU MASTERS NATIONAL 15 KILOMETER CHAMPIONSHIP

WEATHER: Sunny, 92° 15-25 mph wind **JUNE 10, 1973**

COURSE: Quite flat, one minor hill. **RESULTS**

Hal Higdon led from start to finish, running the first mile in 5:19. Jerry Smartt ran with him until Hal pulled away after 3 miles. The high temperature of 92° prevented any record-breaking times. Higdon's time at 3 miles was 16:33; six miles, 33:08. Goldberg went through 3 in 17:16 and six in 35:18.

1.	Hal Higdon	IS	41	52:48.8
2.	Steve Goldberg	ITC	40	55:30
3.	Robert Coffey	CCD	41	56:27
4.	Dr. Alex Ratelle	TCTC	48	57:04
5.	Tom Sturak	BHS	41	57:37
6.	Jerry Smartt	BHS	41	59:08
7.	Tom McAloon	TCTC	40	59:37
8.	John Storm	BHS	42	59:44
9.	Duane Peterson	Unat	42	60:05
10.	Ed Leete	Unat	45	60:46
11.	Auldon Johnson	TCTC	41	61:08
12.	Lloyd Bostlan	Unat	41	61:56
13.	John Strommer	Unat	43	62:14
14.	Bill Freedman	LVTC	44	63:05
15.	John King	Unat	41	67:49
16.	Dr. Dale Hurd	Unat	41	67:57
17.	Dr. Larry Boise	TCTC	41	69:35
18.	John Leppi	Unat	40	70:14
19.	Harry Stanko	Unat	51	71:06
20.	Dr. John O'Leary	Unat	51	72:01
21.	Ray Henderson	Unat	45	74:59
22.	Tony Bridwell	RTC	51	76:37
23.	Dr. Richard Moore	Unat	46	77:53
24.	Lee Jones	Unat	40	80:25
25.	Bill Rose	Unat	48	80:32
26.	Dr. Bill Andberg	TCTC	62	82:20
27.	Lowell Hegg	Unat	47	91:23

DNF: Ed Park, Charles Harkness, Roger Hovland, Gerald McConeghey

BHS:	Beverly Hills Striders	Team Score:	BHS	19
TCTC:	Twin City Track Club		TCTC	22
IS:	Indiana Striders			
ITC:	Illinois Track Club			
CCCD:	Cross Country Club of Dallas			
LVTC:	Las Vegas Track Club			
RTC:	Rochester Track Club			

New Record Set in Masters Two-Mile Run

IN CLOSE FINISH

A new record was set during the Master's Two Mile East Coast Championship race in Cape May last Wednesday.

In the 40-49 division, Frank Pflugging, Reisterstown, Md., won the race in 10:01. The old record was 10:14 set in '71 by Joe Bessel of New York City.

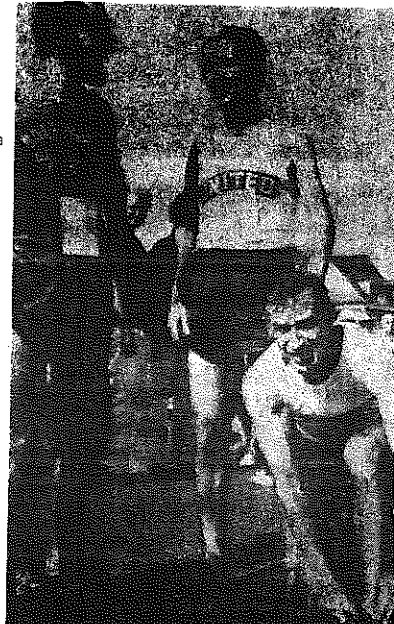
Bob Fite, Cape May, came in 8th with 10:44. Fite later presented the awards to the winners at a dinner meeting of the Kiwanis Club at the Colonial Hotel. Fite in turn was given a scroll and a silver brandy snifter by Joe Burns in appreciation of his efforts in organizing the race.

Bob Fine, N.Y., and Frank Wick, Narberth, Pa. placed 9th and 10th out of 25 entries in that division.

Out of the 20 entries in the 50-59 division, defending champ George Sheehan, Red Bank, won with a time of 11:08. Ray Gordon, Washington, D.C. was 4th with 11:35.

In the 60-69 group, Otto Essig, Westfield, Mass., won with the time of 13:20.

Elton Fisher, Floral Park, was the only 70-year-old entry and he finished in 18:17.



NEW RECORD was set by Frank Pflugging of Maryland, left, with a time of 10:01 in the 40-49 year-old division of the Master's Two Mile East Coast Championship Run held in Cape May June 25. Shown with him are former defending champion Joe Burns of Bogato, N. J. and Dr. George Sheehan of Red Bank, right, winner in the race's 50-59 year-old division.

EDITORIAL - THE AAU MASTERS CHAMPIONSHIPS

Commenced by the San Diego Track Club in 1968 as the U. S. Masters, and greeted with acclaim by a handful of veteran athletes, the meet in its third year received AAU sanction as a national championship. Although such an event should move about the country each year, the Masters has spent its initial six fledgling years in San Diego, due largely to the fact that the SDTC was the only club willing to put out the effort necessary and also to a reluctance on the part of the parent organization to let its progeny out into another less capable hand.

Paternalism, although generally desirable, can prove, if carried too far, to be disadvantageous. Such has proved to be the case with the Masters. Part of the excitement in competing in a big athletic event is going to, and performing in, a new and different local, as well as meeting new faces and sharing new experiences. Putting on the same old show, at the same old stand, with essentially the same cast of actors will eventually become a bore. By moving the meet to other venues, we give new people a chance to apply their ideas, contacts and enthusiasm to the basic format. This can only enhance the event. By moving the Masters, we give veteran athletes in the immediate area an opportunity to participate in a championship event, thereby drawing local attention to the Masters program. If one of our basic goals is to encourage adult fitness through athletics, then moving the meet about the nation makes sense, since the event is one in which local and national media can legitimately take cognizance. It takes a lot of effort and time by a large number of people, to put on the Masters, and, although a club such as the SDTC has gained some degree of expertise in putting on the meet, it was apparent this year the enthusiasm on the part of the SDTC had waned. In this regard we questioned a number of athletes who were absent from the meet and many gave answers indicating a general feeling that San Diego had become, in effect, "old-hat".

The Masters needs a shot of new blood, both competitively and administratively. This can only be accomplished by giving other areas and clubs a chance to bid for the championships. Since the Masters, as an AAU event, is subject to AAU jurisdiction, the event can only be awarded by the AAU at its annual convention held each year in October. Any club desiring to bid for the Masters should submit the necessary application to National Masters Committee Chairman, Ken Bernard, Box 80512, San Diego, California 92138, and should be prepared to make a formal bid at the convention, before the T&F Committee.

The community of Gresham, Oregon (approximately 15 miles southeast of Portland) and Coach Jim Puckett of Mt. Hood Community College, together with spark plugs George and Sally Puterbaugh, are enthusiastically asking for the Masters in '74 and have already done much groundwork in their community in lining up about \$5,000.00 in sponsors and much-needed organizational help.

Gresham is anxious to show the Masters it can do as good, and we hope, an even better job, than its parent has done up to this point.

The SDTC has done a fine job with the Masters during its infancy and formative years; it is now time for new people to step into the picture.

STATE DEPARTMENT EXPRESSES UNOFFICIAL INTEREST IN U. S. MASTERS INTERNATIONAL TRACK TEAM

We have been corresponding with the U. S. State Department about the possibility of the U. S. Masters engaging in a State Department sponsored tour to perhaps the USSR or the People's Republic of China, and have received some expression of interest, primarily from Dr. Walter Boehm of the State Department, who handles the athletic exchanges for the Department, and who is also a contributing editor to "Runners World" and is, himself, a sub 4:40 Masters Miler in the Washington, D.C. area.

Dr. Boehm has properly pointed out that the State Department's interest is a selfish one, in that our government wishes, by means of athletics and cultural exchanges to achieve specific political objectives. And, in this respect, no person or group is sent overseas unless he or they have been specifically requested by our embassy in that country; and secondly, that they want anyone who goes to not only act as a U. S. Ambassador-of-Good-Will, but also, if possible, to make some significant contribution to our international relations with that nation.

Being an industrial country, the U. S. is blessed with many skilled people whose areas of expertise cut across cultural, scientific, educational and economical lines. Many of the countries our government is interested in working with, as emerging nations, have weak socio-economic bases and can profit from the knowledge and expertise in which we abound.

Sport, by itself, is a diversion in which most people worldwide express some degree of interest. Standing by itself, Masters athletics must assume a fairly low place on the interest ladder when compared to football, soccer, basketball and the other major sports. Although, when we consider the small number percentagewise, engaged in veteran athletics we can state that perhaps as curiosities, we have received an inordinate amount of attention by the media. It is in this context that the State Department would like to consider using the U. S. Masters as a raison d'entree, with our real contribution not being our athletic skills, but our other many-faceted abilities we enjoy in our various business and professional activities.

Walter Boehm advises us that the Department circulates to its embassies worldwide, those individuals and groups available for cultural and athletic exchanges, and then waits for the requests to filter back. If you are interested in the intriguing possibilities presented by the State Department program, please fill out the enclosed form for our files.

Since we do not know just exactly what the State Department is looking for, please do not assume that your work or area of expertise is so mundane that it would be fruitless to send in the form.

PROCEDURE: Fill in form, clip, and mail to U.S. MASTERS INTERNATIONAL TRACK TEAM 1160 Via Espana, La Jolla, Ca. 92037

August, 1973

QUESTIONNAIRE IN RE POSSIBLE STATE DEPARTMENT TOUR

NAME _____ BIRTHDATE _____
 ADDRESS _____ BIRTHPLACE _____
 _____ Married? Yes _____ No _____
 PHONE: Home _____ Biz _____ NAME OF SPOUSE _____
 OCCUPATION _____
 EDUCATION _____
 Degrees, languages, etc. _____
 SPECIAL SKILLS _____
 E.g. pilot, carpenter, sculptor, sewing _____
 SPECIAL INTERESTS _____
 E.g. birdwatching, photography, poetry _____
 AUTHORSHIP _____
 Books, articles, monographs _____
 SPECIAL HONORS _____
 Professional or other societies _____

If you are interested in participating in a State Department sponsored tour to a foreign country, how do you feel you could contribute culturally, scientifically, educationally, or otherwise to such a project?

Are you familiar with the culture or background of people of any particular country? If so, describe.

Have you ever taught school, lectured on any subject, or participated in any panel discussion groups? If so describe.

Special

PHILADELPHIA MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS, Saturday, August 18, 1973, Ursinus College, Collegeville, Pa. Field events 10:30 a.m. Running events 12:00 p.m. Sub-masters and Masters.

The Old' Uns show how it's done! Isle of Man

REPORT ON VETERANS' WORLD CHAMPIONSHIP BY PETER McELROY

I WAS told, when I first started running about 20 years ago, that the most important aspect of athletics was enjoyment. After watching some 500 veterans slog over a strenuous 25-kilometer course last week-end in pouring rain and gale force wind, this message came across loud and clear.

There were some of the world's greatest veteran athletes really enjoying themselves when most ordinary people in their age group were past any active sporting achievement.

They brought with them a sense of enthusiasm, dedication and sheer love of running which had to be seen to be believed, and I would like to thank race organizer Brian Doughty for staging this event and allowing me the privilege of watching it.

The standard of performance last Sunday's 25-kilometer Veteran Road Runners' Championship, which was held over four laps of the Willaston circuit, was of the highest order and even the atrocious weather conditions could not dampen the enthusiasm of the competitors for the task in hand.

In the over-40 years class Bill Stoddart of Scotland took the title of World Champion after an excellent race. In the early stages the lead was held by stylist Terry Kilmartin of England with Stoddart lying in about fourth or fifth position. After two laps of the Willaston circuit had been completed he put on the pressure and moved ahead once he reached Cronk-my-Mona the title was his. Over the final lap he pulled further ahead and as he crossed the finishing line to the jubilation cheers from the crowd of rain-soaked spectators, his lead over second placeman, Ken Hodkinson (England), had stretched to nearly 200 yards, with Willi Irmen of Germany moving into third spot.

Only local competitor in this class was 43-year-old Joe Cain, who had his best run for years, and really enjoyed himself. He finished full of running in 172nd place in 1 hr. 45 mins. 5 secs., to take 135th place in his age group, out of a field of 280 competitors.

First of the over-50 group to finish was reigning champion Eric Ostby of Sweden, who had a superb run, taking 22nd position in the race. He retained his world title despite a determined challenge by Ken Hall of England, the British agegroup cross-country champion.

Ostby's time for the 25-km course was 1 hr. 30 mins. 34 secs. with Hall about a quarter of a mile behind. Third home, a further three minutes behind, was another English athlete, Jack Fitzgerald.

In the over-60 years class we had great hopes of a local victory from our star veteran performer Bill Kelly, but such was the class of the opposition that Bill had to be content with 11th place out of the 81 starters.

Bill started steadily, going past the T.T. Grandstand in Glenorchy Road at the end of the first lap in 17th place, and I had the feeling that the conditions weren't to his liking. Nevertheless, he improved as the race progressed, and as he crossed the finishing line his own comment was, "It wasn't long enough." Bill's time for the 15 1/2-mile course was 1 hr. 52 mins. 4 secs.

The winner and new world champion in the over-60 class was Josef Kruzicky of West Germany, who had a superb run, leading from start to finish. He was followed home by T. Jensen of Sweden, with third place going to another German competitor, K. Weichert.

In the super-super-veteran class - the over 70 age group - it was a close race all the way, with the championship finally going to K. Grunewalt of West Germany, who just got the better of his Japanese opponent K. Onshima, with M. Lunak (Czech) taking third place.

Most remarkable performance of the day was by 82-year-old Arthur Lambert of West Germany, who finished in 11th position in the over-70's class in 2 hours, 52 minutes 40 seconds.

Victory in the National Team Championship went to the England squad, with a total of just 12 points, with second place going to Belgium with 33 points, while West Germany finished in third place on 45 points.

The Club Championship was very close indeed with Scottish Vets. stealing the show by just one point from Metro Toronto, Canada.

A special mention must also be made of the outstanding performance of the four veteran members of the fair sex who competed unofficially in the race. They all completed the distance without any sign of stress, with the first to finish, a blonde from Sweden, I think, looking remarkably fresh.

One of the features of a wonderful day's athletics was the presence of TV cameras and interviewers from both I.T.V. and B.B.C. who made on-the-spot interviews with class winners and I would like, on behalf of race sec. Bryan Doughty, to thank most sincerely everyone who helped numerous other personalities.

In the running of this World Championship event. We, in the athletic world, take weather conditions for granted because we have a genuine love of our sport, so I would like to give a special world of praise to all the wonderful people from outside our sphere who braved the arctic-type conditions and made this event such a resounding success.

If I had to single out a group for special praise it must be the Boy Scouts. These young lads, under the expert guidance of Fred Ward, stood in front of the Grandstand in Glenorchy Road for about two hours in the pouring rain handing out refreshments to the athletes - and yet despite all this, they seemed to really enjoy themselves.

So to everyone who assisted in any way at all I would like to say - "Thanks a million."

Finally, I would, just once again, like to thank my old friend Bryan for organising this wonderful race. I know in years to come, when I look back over my involvement in athletics, this event will always stand out as one of the most memorable races I have ever had the pleasure of watching.

Leading positions in the championships were as follows: - Over 40 years: 1. Bill Stoddart (Scotland), 1 hr. 23 mins. 38 secs.; 2. Ken Hodkinson (England) 1:24:16; 3. W. Irmen (Germany) 1:25:00. Over 50 years: 1. Eric Ostby (Sweden) 1 hr. 30 mins. 34 secs.; 2. Ken Hall (England) 1:32:12; 3. Jack Fitzgerald (England) 1:35:28. Over 60 years: 1. J. Kruzicky (West Germany); 2. T. Jensen (Sweden); 3. K. Weichert (Germany). Over 70 years: 1. K. Grunewalt (Germany); 2. K. Onshima (Japan); 3. M. Lunak (Czechoslovakia).

K. Hodkinson, England, 2. Platz am 20. Mai 1973, Isle of Man, Zielstreifen in 1:24:16 Sten. (Foto: H. Cavignoli)

CONDITION, Ju. '73

Marathon continued from P. 2

Table with 6 columns of race results including names like Bruce Lockway, Philip Stevens, Cal Garrett, Alfred Tucker, Alan Flanagan, Arnie Dimer, Norman Tamanaha, Jack Kelly, Jim Hole, A. J. Richardson, Stan Proffitt, James Stephenson, Richard Fleming, Marvin Moar, Noel Johnson.

Table with 6 columns of race results including names like Luarne Kralick, John Kelly, John Mackon, Don Johnson, John MacLachlan, Justin Gershuny, Arthur Smith, Irving Spector, Larry O'Neill, Robert Long, Luka Sekulich, Joe Wehrly.



W. Stoddart, Scotland, Scottland, Waitbester and Slagar am 20. Mai 1973, Isle of Man, 25 km-Zieleinlauf in 1:23:38 Sten. (Foto: H. Cavignoli)



MAN WITH MEDALS—Sixty-eight-year-old Sing Lum, holder of several world track records for his age group, shows distance runner Alex Hinz medals he won last summer as a member of the U.S. Masters Track and Field team in Europe.

Grandfather of 13 holds world running records

By BERNADETTE KENNEDY

"I just like it. It's a lot of fun," is the typical explanation runners give for their wild obsession with running. Such is the case with soft-spoken Sing Lum, 68-year-old world track record holder and grandfather of 13.

Mr. Lum entered his first track meet in 1969 at the age of 65, turning in a time of 18.2 in the 100-meter dash.

"I didn't do very good - I only had two weeks of practice," he commented. Mr. Lum never suspected that today he would hold world records in the 100 and 200 meter dashes for 66, 67 and 68-year-olds. He has run the 100 meters in 14.7.

A long-time Bakersfield resident, Mr. Lum attended Stine Elementary School and graduated from Bakersfield High in 1924. He never participated in track as a high school student.

"That's one reason I'm doing it now," he commented, "because I never had a chance. In those days when I had to work and live on a farm, there was no way to Bakersfield to participate in a track meet."

Saying he feels a lot better since he started running, Mr. Lum recommends running to high school students as well as adults because it improves physical condition and lowers the pulse rate.

Dr. Toshio Yumibe, Mr. Lum's physician, opposed his running at first, "but now he's all for it," Mr. Lum adds. "I haven't got a coach to train me, and I just train myself. I just go out and jog a mile or two and sometimes run

pretty fast," he said of his training program. Mr. Lum attributes his lean 5'10" frame and sound health to no particular diet, except an abundance of milk as well as "no smoking, no drinking, no gambling."

"I got to meet Sen. Cranston - he's now a very good friend of mine," was Mr. Lum's response to naming his running career's high point. Another satisfying aspect of track to the senior citizen was last summer's journey to Europe with the U.S. Masters Track and Field team. He participated in meets against veteran runners from around the world. In cities such as London, Stockholm, Copenhagen and Cologne, he emerged victorious with gold, silver and bronze medals for dashes and a relay. Yet he prefers running in Bakersfield because "it's too cold to run in Europe."

The International Senior Olympics, held annually at UCLA during the summer, will be Mr. Lum's next track activity. He plans to set new records as the sole 69-year-old runner in the meet. The Olympics include runners in three age divisions: 40-49, 50-59 and 60-69.

"In all the divisions the younger ones are beating out the older ones. I'm getting better and better, but of course my age is catching up with me," said Mr. Lum. How long will he continue running? "I'm just gonna keep on running 'til I die, I guess," he smiled.

Laurie O'Hara of England and Dave Jackson of the Corona Del Mar Track Club were named the outstanding performers in Division I (ages 40-49) of the U.S. Masters track and field championships which concluded yesterday. O'Hara was named top track athlete for his double wins in the 10,000 meters (30:46.8) and 5,000 meters (15:09.3). The 41-year-old electrician's 10,000 meter performance, a world 40-and-over record, was the top mark of the meet, according to International Amateur Athletic Federation tables. The IAAF evaluation tables

Bookin tters thon ark

an athlete who though this past year was eligible, led senior track's yesterday by featured 40-49 n of the mara- U.S. Master's Old Champion-

69-year-old ju- teacher San Diego overed the 26- es and 37 sec- last year. also fell in the divisions also. am, one of a- lam, one of a- us barefont- year behind- and's Samuel

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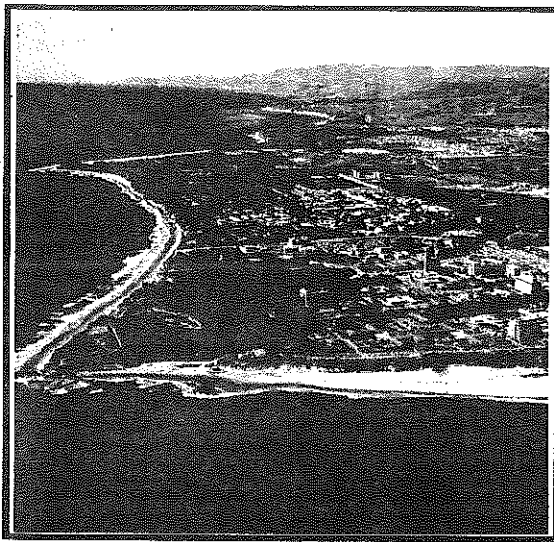
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Table of race results for 30-39 100 Yard Dash, 40-49 100 Yard Dash, 50-59 Long Jump, 60-over Long Jump, 30-39 High Jump, 40-49 High Jump, 50-59 Triple Jump, 60-over Shot Put, 30-39 880 Yard Dash, 40-49 880 Yard Dash, 50-59 880 Yard Dash, 60-over 880 Yard Dash, 50-59 Discus, 60-over Discus, 50-59 Shot Put, 60-over Shot Put, 50-59 Pole Vault, 60-over Pole Vault, 40-49 Mile, 50-59 Mile, 60-over Mile, 40-49 440 Yd Dash, 50-59 440 Yd Dash, 60-over 440 Yd Dash, 40-49 220 Yd Dash, 50-59 220 Yd Dash, 60-over 220 Yd Dash, 40-49 3 Mile Run, 50-59 3 Mile Run, 60-over 3 Mile Run.

NORTHWEST SENIOR TRACK & FIELD CLASSIC Saturday and Sunday July 21 and 22, 1973

Table of race results for Northwest Senior Track & Field Classic, including events like 30-39 Pole Vault, 40-49 Pole Vault, 330 Int. Hurdles, 330 Int. Hurdles 30-39, 330 Int. Hurdles 50-59, 330 Int. Hurdles 60-over, 30-39 6 Mile Run, 40-49 6 Mile Run, 50-59 6 Mile Run, 60-over 6 Mile Run, 50-59 100 Yard Dash, 60-over 100 Yard Dash, 40-49 Long Jump, 50-59 Long Jump, 60-over Long Jump, 40-49 Javelin, 50-59 Javelin, 60-over Javelin, 40-49 Discus, 50-59 Discus, 60-over Discus, 40-49 440 Yd Dash, 50-59 440 Yd Dash, 60-over 440 Yd Dash, 40-49 220 Yd Dash, 50-59 220 Yd Dash, 60-over 220 Yd Dash, 40-49 3 Mile Run, 50-59 3 Mile Run, 60-over 3 Mile Run.

Table of race results for Northwest Senior Track & Field Classic, including events like 50-59 High Jump, 60-over High Jump, 30-39 Shot Put, 40-49 Shot Put, 30-39 440 Relay, 40-49 440 Relay, 30-39 120 Yard High Hurdles, 40-49 120 Yard High Hurdles, 50-59 120 Yard High Hurdles, 60-over 120 Yard High Hurdles, 30-39 2 Mile Walk, 50-59 2 Mile Walk, 60-over 2 Mile Walk, 40-49 440 Yd Dash, 50-59 440 Yd Dash, 60-over 440 Yd Dash, 40-49 220 Yd Dash, 50-59 220 Yd Dash, 60-over 220 Yd Dash, 40-49 3 Mile Run, 50-59 3 Mile Run, 60-over 3 Mile Run.



Camps for training of athletes of all ages and ability levels announced by ITA for location in Santa Barbara.

The first Pro Track Development Camp and separate Conditioning Program get underway Monday, August 27 at the University of California at Santa Barbara.

This site was chosen because of its almost limitless advantages as an outdoor training ground. The track and field facilities at UCSB are superb. And so is the city itself.

Nestled between the mountains and the sea, Santa Barbara has long been noted for its unspoiled natural beauty, consistent climate, unhurried pace and distinctive Spanish architecture.

The track & field facilities here are beautiful and modern . . . and extensive. There's an 8-lane clay and cinder track, and a brand new 3,000 meter steeplechase course. The long jump, high jump, triple jump and pole vault all have synthetic runways, too - for comfortable, safe workouts. UCSB also boasts a 1,700-seat stadium and modern locker rooms, as well as complete weight training and health training facilities.

You'll have free time to take advantage of other UCSB recreation facilities: tennis courts, Olympic-size pool, playing field, baseball diamond, archery range—even a small golf course. And you can walk to the nearby beach for swimming, surfing and fishing.

You'll be staying at the San Miguel Residence Hall, in spacious, modern double rooms (males and females on separate floors). All rooms are fully carpeted and furnished, with balconies that provide views of the mountains and lagoons. There's even a central lounge for relaxing after a hard day's workout.

UCSB is located right on the Pacific Ocean, 10 freeway miles from downtown Santa Barbara (via U.S. Highway 101). Airline, bus and rail service are also readily available.

You'll be dining with the professional coaches and camp counselors at the Ortega Dining Common. You'll have three balanced, appetizing meals a day, including a giant outdoor barbecue on Saturday.

CAMP COUNSELORS
Our professional staff will be assisted by outstanding collegiate

Santa Barbara is as smogless as it is beautiful. You can train as hard as you like without fear of the air you breathe. It's fresh and clear—always.

In short, Santa Barbara is a year-round outdoor sports arena—an athlete's dream. No wonder so many top track stars live and train here.

Santa Barbara . . . a one-of-a-kind place to hold a one-of-a-kind track and field program.

and high school coaches.

EQUIPMENT

You will need track shoes, shorts, and other personal training gear, such as shots, poles, etc.

COSTS

You can enroll in either the I.T.A. PRO TRACK & FIELD DEVELOPMENT CAMP or the RUNNING & CONDITIONING PROGRAM for just \$150.00. This tuition fee includes all group and individual instruction, meals, lodging, recreation facilities, etc. There are no extra charges.

Both the Development Camp and the Conditioning Program will run from Monday, August 27 through Saturday, September 1. Boys and Girls 8 to 18—beginners, intermediate and advanced—may attend the Development Camp. The Conditioning Program is for all athletes, 8 to 80.

A \$50.00 deposit must accompany your application. The full amount is due August 13.

CANCELLATION

A \$25.00 administrative charge will be made for cancellations prior to August 13. After this date, refunds—less the \$25.00 administrative fee—will be made only for medical reasons when accompanied by a physician's letter. Any student who leaves because of an injury will receive a prorated refund.

INSURANCE & MEDICAL CARE

Reasonable hospital and medical expenses will be automatically covered—up to \$1,000—if they result from injuries at the camp. A doctor will be on call at all times.

Camp Directors

JIM KLEIN: Westmont College Track & Field Coach, Santa Barbara, Calif. Alternate decathlete in 1960 Olympics. NAIA Track & Cross Country Coach of the Year several times. Elected to NAIA national game committee, 1973. Co-coach, Olympic Development Training Camp, 1970-71. Some athletes coached: Paul Herman (1964 Olympics), Dennis Savage (9 times All American), Bill Bakely (All American decathlete), Jean-Louis Ravelomanantsoa (professional sprinter).

SAM ADAMS: UCSB Track & Field Coach, Santa Barbara, Calif. Placed in the javelin finals of the NCAA Track & Field Championships in 1952 and 1953 at U.C. Berkeley. Voted "Outstanding Track & Field Athlete" in senior year. Has coached 11 NCAA individual and relay team champions. Two of his teams placed second in the NCAA college Division Championships (1967 and 1968). Co-coach, Olympic Development Training Camp, 1970-71. Coached at 1972 Olympic trials.

The professionals at the ITA Pro Track & Field Camp will be here full time—throughout the camp session. You can talk to them about their records, their training methods, their goals. Find out about their careers in the ITA

Escamilla Enjoys Seconds In Masters

For the last 15 years Augie Escamilla has been the voice of San Diego track and field. "Bringing home" high school and college runners in meets ranging from all-conference events in CIF and AAU championships.

Yesterday, in the sixth annual U.S. Master's Championships, Escamilla had roles reversed on him.

This time it was Escamilla making the stretch drive, cheered on by a friendly audience.

Unfortunately for the hometown hero, the dream of victory ran out 60 yards from the finish of the 1,500-meter run when Santa Monica's Mauro Hernandez sped past Escamilla to claim the gold medal in Division II (50-59 years old).

Later Hernandez beat Escamilla home again in the 5,000-meter run. Escamilla saved second in both races.

Although he has been a track and field official for 25 years, Escamilla hadn't competed on a regular basis until the Master's program began

in 1967. In that first year, he won the two-mile title of the first U.S. Master's Championships.

"But that was a slow field," Escamilla remembered yesterday. "These seconds today mean much more than that first."

Escamilla is a San Diego native and an instructor in the San Diego high school system. And although he entered San Diego State during the World War II years with the intention of running, he never made it to the track.

"I was able to run cross-country one season," Escamilla said. "But in those days there were no scholarships and I had to work to get through school. There just wasn't enough time to run."

"So you might say this is my chance of running against all those guys I never faced in college."

Escamilla led during much of the last lap of the 1,500, but he couldn't hold off Hernandez down the stretch despite the urging of the hometown faithful.

Hernandez, who like Escamilla barely qualifies for Division II at 50, won in 3:38.4. Augie was caught in 3:38.4.

"That's my best time ever," Escamilla said, also acknowledging that it was only the second time he had run the 1,500 meters. "But this is four seconds faster than that one," he was quick to add.

In the 5,000, Hernandez was caught in 17:13.1. Escamilla finished in 17:36.

Meanwhile, certain names kept popping up time and again to claim gold and silver medals as the Balboa Stadium segment of the three-day meet closed.

The championships continue in Mission Bay Park at 6:45 this morning with the running of the marathon. Also scheduled is the 20-kilometer walk. Both will be held in the Fiesta Island area of the park.

The biggest winner was 71-year-old Ralph Higgins. He concluded the two days with five gold medals, yesterday taking the discus, 220' and triple jump.

Run with Jim Ryun this summer.

Join Jim and other ITA pro track stars at the world's first Track Development camp August 27 - September 1 at UCSB, Santa Barbara, Calif.

Choose from 2 separate programs directed by UCLA's Jim Bush and other top college coaches:

ITA Pro Track & Field Development Camp
Group and individual instruction in all track & field events . . . for boys and girls at all skill levels, 8 to 18.

Special Running & Conditioning Program
A proven, balanced schedule of exercises conducted by Jim Bush, most successful track coach in America today . . . for athletes in all sports, 8 to 80.

Plus: A Special 1-Day Pro Track & Field Seminar
With Rafer Johnson, Rink Babka, Olga Connolly and other track greats . . . for all coaches and athletes.

Return the coupon for full details.

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Insignis Sports . P. O. Box 1208
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Sponsored by Insignis Sports in conjunction with the International Track Association

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

August, 1973

ATTENTION, WORLD TRAVELERS . . . Actual or Potential!

This is the final call to those of you who are contemplating the South Pacific holiday. September 1st is the deadline for reservations, and any tentatively booked rooms must be released. We put a hold on the maximum facilities, but that casual reservation must now be confirmed with cash. Therefore, if you are planning to make the trip, be sure we hear from you IMMEDIATELY, if you have not already sent in your deposit plus installments to date.

The Regular Tour will depart from Los Angeles by Air New Zealand DC 10 on the evening of Thursday, December 13th, with a fuel stop in Honolulu and reaching Nadi (pronounced Nan-dy) early morning of Saturday, December 15th. The three days in Fiji will offer time for rest, unwinding, warming-up, sight-seeing, a one-day meet, and an island feast and entertainment - a lo-key beginning to a very full holiday.

Tuesday, the 18th, we're in the air by 5:30 a.m. on our flight to Sydney, where the swinging life begins. A harbor cruise is planned for the first day and an Opal Night will begin the evening that could be followed with a night at the new opera house (we haven't discovered as yet what programs are available.) The friendly competition at twilight, Wednesday, the Botany Track will be topped off with an evening of socializing at the track club's new facility nearby. A day of freedom then precedes an early departure on Friday to Australia's capital, Canberra, where coaches will meet us at the airport and then proceed for city sights and a sheep ranch tour. We shall visit the Australian War Memorial, Parliament House, embassies, and diplomatic homes, Red Hill Lookout, and on arrival at the sheep ranch see demonstrations of sheep dogs working, sheep shearing, wool classing and boomerang throwing and in addition, a picnic lunch to enjoy.

This particular day of sight-seeing is a departure from our usual policy of setting up the outline structure of a tour and letting you fill in what you want to - because there would be no economical (in time or money) way to see Canberra on the short schedule without taking advantage of the Friday journey from Sydney to Melbourne.

Upon arrival in Melbourne we will be bussed to the St. Kilda Travelodge. After the first day of competition on Saturday, the local television station will host a party for the adults on the tour. This will be a live-telecast with much fun and also great promotion for the second day of the meet, which will also be followed by a social event. The stores will be open Monday morning for your last minute Christmas shopping (or hair appointments) before we enjoy the half-day tour to Healesville Sanctuary where we may make a full inspection of the Sir Colin Mackenzie Wild Life Sanctuary and see Australia's fauna at its best. A traditional and popular Christmas Eve program in the park is available to us. Christmas Day will be shared in the homes of our Aussie hosts.

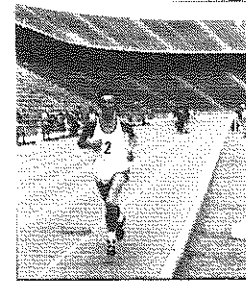
Boxing Day will find us in Auckland. The 10km cross-country race and socializing are set for Thursday. In the next two days there will be a morning tea and farm visit on the way to the Waitomo Caves and lunch, then in Rotorua, a Maori concert, another tea, and visits to the Wohaka, the Agradome, trout springs, and Redwood Grove where the idyllic run will conclude our activities "down under."

Upon return to Auckland the members of the regular tour will board the DC-10 flight to Honolulu . . . arriving Saturday morning and with no planned events until Sunday afternoon when the one-day meet will take place at the University. Monday morning will find us being bussed to the mountain run which overlooks all of Waikiki. An all-day luau on the coral sands with native entertainment will be the setting for end of the old year as well as the USMTT's 1973 tour to the South Pacific.

The Extension until January 12th is planned to accommodate between 40 and 50 persons who had the time, funds and inclination to explore further into beautiful New Zealand. There are many exciting and worthwhile aspects of this addition, but the most compelling reason to make the trip is this walk, which has been known to modern man less than 100 years. Today you have comfortable bunkroom accommodations in three lodges with hot showers, modern plumbing, and "home-

LAURIE O'HARA IMPRESSIVE DOUBLE WINNER

The 6th annual AAU Masters Track and Field championships held in San Diego on July 6-8th, perhaps for the last time, were privileged to host a fine British team of veteran athletes headed by one of England's finest, just turned 40, Laurie O'Hara.



LAURIE O'HARA (40) England, strides to uncontested 5000m victory in record 15:09.3.

A harbinger of what O'Hara would do at the Masters were his performances a week earlier in Los Angeles, where he won the open division against quality runners in a cross-country event and then took on all-comers open mile competition in 4:21, 5 seconds faster than the current U. S. Masters record. Also present to defend his 1971 10,000-meter title was a fit Hal Higdon (42) of Indiana, who missed the '72 Masters due to a fall off a horse. Because of the absence of Jerry Smartt, and Ray Hatton (1972 10,000 champion at 31:42.8), who broke his arm earlier in the year, Higdon represented the only real challenge to O'Hara; this became readily apparent as both runners soon separated themselves from the pack. With a 1st mile logged in at 4:37, it was obvious that a new Masters record was in the offing. By the 3-mile mark, O'Hara held his earlier pace and flitted - at 123 lbs. - to a convincing victory of 30:46.2, knocking nearly a minute off Hatton's record, and in so doing, pulling a fading Higdon to an excellent 31:09.2, which exceeded the old U. S. Masters record by some 33 seconds, and in so doing, set a new U. S. age 42 standard.

The next day, O'Hara impressed again as he set a Masters record in the 5,900-meter of 15:09.3 with Wilbur Williams (40) STC, who was so impressive earlier in the year, a distant 15:51.9, well off his potential. Wilbur was admittedly subpar, suffering from a leg ailment, who could do no better than a 2:02.3, fourth in the 800-meter.

It was apparent that O'Hara was at no time pressed in either race, although his 10,000-meter time was, for him, an all-time P.R. O'Hara's best performances as a Vet are still ahead of him.

The diminutive, but well-proportioned Belgrave Harrier started running at the relatively late age of 28, after giving up semi-pro football (soccer), and has run for the same club ever since. It is interesting to note that he is running better as a Veteran than he ever did earlier in life, which should give some comfort to those of us still struggling along at the back of the pack.

Of most significance, however, was the fact that O'Hara's efforts scored higher on the point tables than any other athlete who has competed in the Masters since its inception in 1966. He even outscored the now legendary Masters Javelin effort of Bud Held in 1970 of 229' 3" and Howard Payne's prodigious 1971 hammer throw of 222' 1-3/4".

Other convincing efforts in Division I were turned in by Bill Gookin (41) SDTC, who saved himself for the marathon, and in so doing, set a new Masters record of 2:32:37 breaking Graham Parnell's 1972 record of 2:33:06. As it turned out, Gookin's decision to not go in the 10,000 meter was well-advised as he was not capable of beating O'Hara and would have merely succeeded in pushing the winner to a better time. As it was, Gookin was lucky to win as Higdon and Bill Allen (41), Toronto, Canada pushed the winner to a 56 minute, 10-mile time, (where Higdon was forced to drop out with a bad leg), and sufficiently enervated the SDTC Vet so that Canadian Allen almost caught him with a fine time of 2:33:07, just one second over the old record. Had Allen stayed out of the 10,000, where he ran an excellent third, he may well have beaten the winner, or pushed him to an even faster time.

We are informed that this was Allen's second Marathon in two weeks.

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