

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

Santa Barbara is as smogless as

it is beautiful. You can train as

hard as you like without fear of the

air you breath. It's fresh and clear-

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

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

You will need track shoes, shorts,

and other personal training gear,

You can enroll in either the I.T.A.

PRO TRACK & FIELD DEVEL-

OPMENT 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

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, interine-diate and advanced-may attend

the Development Camp. The Con-

ditioning Program is for all ath-

A \$50.00 deposit must accompany

your application. The full amount

A \$25.00 administrative charge

will be made for cancellations

prior to August 13. After this date,

refunds-less the \$25.00 adminis

trative fee-will be made only for

medical reasons when accompanied

by a physician's letter. Any student

who leaves because of an injury

INSURANCE & MEDICAL CARE

Reasonable hospital and medical expenses will be automatically

covered-up to \$1,000-if they re-

sult from injuries at the camp, A

doctor will be on call at all times.

will receive a prorated refund.

is due August 13.

CANCELLATION

and high school coaches.

such as shots, poles, etc.

EQUIPMENT.

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 abrand 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

You'll have free time to take advantage of other UCSB recrea-tion facilities: tennis courts, Olym-pic-size pool, playing field, baseball diamond, archery range-even a small golf course. And you can walk to the nearby beach for swim-

ming, 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 fur-nished, 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 read-

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 Sat-

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. Cocoach, Olympic Development Training Camp, 1970-71. Some athletes coached: Paul Herman (1964 Olympics), Dennis Savage (9 times All American), Bill Bake ly (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 timethroughout the camp session. You can talk to them about their records, their training methods, their goals. Find out about their careers in the ITA Seconds In Masters

Escamilla Enjoys

dience.
Unfortunately for the hometown hero, the dream of victory ran out 60 yards from the finish of the 1,500-meter

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 alt-conters events to CIF and AAU championships.

Yesterday, in the sixth and that first."

Yesterday, in the sixth and that the first was a slow field, "Escamilla remembered yesterday, "These seconds today mean much more than that first."

Escamilla is a San Diego high school system. And although he catchered 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 with the sound the finish of the 1,500-meter with those days there were no scholarships the safe for the hometown hero, the dream of victory ran out 60 yards from the finish of the 1,500-meter with those days there were no scholarships medals as the Balbos Stadium segment of the three-day medical colors.

kept popping up time and again to claim gold and silver medals as the Balboa Sta-dium segment of the three-day meet closed.

tory ran out 60 yards from the finish of the L500-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 home again in the 5,000-meter run. Escamilla soud condition in the couldn't hold off Hernandez beat Escamilla home again in the 5,000-meter run. Escamilla sand to compete don a regular basis until the Master's mogram began the couldn't hold off Hernandez down the stretch despite the urging of the hometown faithful.

medals as the Balboa Statium endance days med closed. The championships continued in the first his morning with the special model of the marathon. Also scheduled is the 20-ki-lometer walk Both will be held in the Fiesta Island area of the park. The biggest winner was 71-year-old Raiph Higgins. He will be defined from the first than the first and fi



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

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



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

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 2:92.3, fourth in the 800-meter.

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

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

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.

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 enter-tainment - 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

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 Camberra 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

Boxing Day will find us in Auckland. The 10km crosscountry 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 + te. 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 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 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-

Continued on P9

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, pedding a buttle of snake oil—cr. Gookinald—guaranteed to put your sweat right back where it started.

Bill Gookin, bespectacled and gauntlooks one part mad scientist and one part distance runner, it is both. Yeslerday, after stopping every two and a half mides for a refreshment of his own concoction, he strude across the finish line in meet record time at

own concoction, he strode across finish line in meet record time al the U.S. Masters marathon in Mission

Bay Park. Gookin, 40. clocked 2 hr., 32 min., 37 sec. in this 28-mile, 385-yard test of en-durance, fortitude and, perhaps, sanity for the 49-and-over set. It was the con-cluding event of the sixth annual Mas-ters meet. It also finished most of the runnars.

But there was Gookin afterward, pol-ishing off a cup of Gookinaid, of course, and looking fresh as a weed—if not

and looking fresh as a weed—if not datay.

Meanwhile, the remainder of a field of more than 100 starters crossed the inish line. Some—but not many—came maning. Others stoagered by in a sort of dogged daze, as a parched miner in oppressive describeal micht approach antrage.

Gookili was a contiortable winner over Canadian Bill Allen of a team called Meiro Tmonto Finess. Allen logged 2:33; 3aid Gookin. "I wanted to you under 2:30. Then I just wanted to win and keep Allen from catching me." "It was galning on me and he's

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

year."
Said Alien: "I needed a little more heip than you could give me."

Gookin was a wire-to-wire winner.

How does it feel to lead a 26-mile race

the pen?

How does it feet to lead a 26-mile ruce all the way?
"It's not so lonely." he said, "Not with all the people cheering me on. I have fell 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 1958. I tried eight in between."

Gookin is a junior high science teacher in Linda Vista, a California State

consin is a junior high science teach-er in Linda Vista, a California State University, Sair Diego, graduate who logged a 4:20 mile and 9:29 two mile as a collegia 4:20.

"But in those days, he pointed out,"
I only ran 2 miles a week. Now I run
Is 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 sys-

tem.
"Galorade," he said, "made no sick, So I analyzed my own sweat and mode the ingredients of the drink from the things I was losing—mainly water, glucuse and salt, I'm not stiff and sore

regularly tasty, "It has virtually no ste at all," said Gookin "It's like tiled water." Another name for it iwhich stands for Electrolyte Reamornous label than Gookinaid.

After a recent long-distance run, or of Gookin's vanquished foes was hear to remark. "It's bad enough to run this er without having to drink Bill Con kin's sweat."

Many of the competitors yesterds sampled it. There were, however, mot than a few cons of good, old America beer being consumed when it was over

Gookin had set a thirst-inspiring par yesterday which covered the first it miles in 56:01. It took its toll on both Gookin ("I would have finished close to 2:30 if I hadn't pushed it so fast" and Hal Hirdon, who dropped out.

Higdon, the 42-year-old Michitza City, Ind., author, discovered he ha ittle left after finishing second behin Lauric O'Hara of England in the 10,00 meters Friday night.

"I was out to win or break," sa Higdon, "As soon as Gookin ran away from me at 10 miles I felt like I'd hit a brick wall. I'm not in that good a shap for the marathon. I run it because it's

year-old Canadian, should come bac to threaten Gookin.

"At eight or nine miles, he was labo ring," said Higdon. "He was breathing hard and broke contact with us. He just vanished. But at 21 or 22 miles he was just two minutes back."

Pausing to look back at his periodi Gookinaid stops, Gookin observed, "Allen had me scared. He was coming overextended myself and began to slow

"Maybe the marathon I ran about three weeks ago was too close, they take so much out of you."

As much training as Gookin does, h does not do so at what he considers marathon pace.

and I were running together in the park, really hauling. We were going miles and running the second half ev faster than the first eight miles. He asked me what pace he thought we were going and I said, 'about 5:42 We'll have to go faster than this to run a halfway decent marathon.'

But that, of course, was before t

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 Diegon Bill Gookin menaged to hold some of his early lead and dip under Graham Parnell's year-old record. Allen, Gookin and Hal Higdon had pushed the pace through most of the first ten miles but Higdon yielded to the stress of Friday's American record pace in the 10,000-meters and dropped out. Allen, also a bit weary after running to nail down the title. He dropped 23 saconds back at ten and Gookin tried to keep the pace going ving to conserve his energy and make a bid after that mark, was now 1:32 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 and closed to just half a minute behind the winner at the tape and only one second over the former record.

and closed to just half a minute behind the winner at the tape and only one second over the former vecord.

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 10,00-metre effort two days previous. The British 54-year-old carved over ten minutes from Paul Reese's 1972 Division II record in placing fifth over-all. The Division III record also fell with Urban Hiller, our host at the German 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 Kralick, Tustin, made the supreme feminine effort to inaugurate veteran women's marathon competition in admitting to 40 years of age and turned in a fine 3:29:07 performance.

A.A.U, Marethon Team competition saw the Seniors Track Club edge the San Diago Track Club 10 to 11 (2, 3, 65 places to San Diago's 1, 4, & 6). The two larger British contingents had their own duel as the Orion Harriers nicked the Northern Vets 31 to 22 and the Hill Sierra Track Club furshed if 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%.

1973 A. A. U. MASTERS' MARATHON CHAMPIONSHIPS

5			418.111	TOMOTITE			
1		age	5-mile	10-mile	15-mile	20-mile	FINISH
蘭 1 .	Bill Gookin, SDTC Bill Allen, MTF (Can) Steve Goldberg, HilTC Howard Miller, SnoHTC Tom Buckinghum, LeomAC (Eng.) Alex Retelle, TCTC On Jones, STC Davidarker, STC Robert Coffey, TexM Bryon Cattell, SnoHTC Brian Freeman, unet Strie Wake, 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 3	Steve Goldberg, IllTC	40	28:52	59:06	1:29:56	1:59:42	2:38:25
麗 4.	Howard Miller, SnohTC	46	28:48	59:06	1:30:19	2:01:46	2:42:55
₽ 5.	Tom Buckingham, LeamAC (Eng.	54	30:35	62:13	1:34:42	2:05:55	2:46:33** 1-II
<u>∦</u> 6.	Alex Ratelle, TCTC	48	30:08	61:51	1:34:23	2:06:01	2:47:15
1 /	Don Jones, STC	47	29:32	59:44	1:31:37	2:03:55	2:47:32
服 5.	David Parker, STC	42	29:46	60:48	1:33:08	2:05:35	2:47:59
産,7	Robert Correy, Texm	41	30:18	62:12	1:31:41	2:06:19	2:48:42
ME 1 1 .	Bryon Cattell, Shonic	40	29:30	63:02	*1:36:50	2:07:40	2:49:53
斯	Pries Freeman, unat	47	31:00	63:43	1:35:44	2:07:45	2:50:30
離れる	Bob Commen CTC	43	30:08	64:52	1:38:00	2:09:08	2:50:36
麗17	John Sullivan CSt.	4.1	31:00	63:22	1:36:33	2:09:23	2:53:46
第15	Ted Andrews HaveC (For)	41	30:53 31:20	63:25 64:25	1:37:36	2:11:40	2:55:36
Min.	Wayne Zook STATC	35	32:00	65:35	1:37:51 1:40:07	2:11:06	2:56:53
#17.	Ted Hefford OrionH (Eng)	45	32:30	66:23	1:39:41	2:14:05 2:13:24	2:57:39 2-II 2:58:34
# 18.	Charles Whiteside, NVet(Kng)	45	33:26	67:24	1:41:40	2:15:12	2:59:20
19	Bill Freedman, LVTC	44	32:03	65:44	1:40:03	2:14:26	3:00:41
覆20.	Luan Dosti, umat	46	32:32	66:23	1:40:40	2:15:48	3:02:05
篇21.	Richard Blois, VetsAC (Eng)	46	29:30	61:06	1:43:43	2:17:57	3:02:54
圖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 3-11
图 25.	Byron Potts, BHMS	42	34:2L	68:58	1:44:36	2:20:54	3:09:26
2 6.	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	3:11:03 4-II
23.	Raul Arbesu, SUTC	45	35:55	72:09	1:48:39	2:24:10	3:11:43
23 3∪.	Tony Gomez, CCAC	45	33:57	68:46	1:44:05	2:20:30	3:12:31
ΕΕ:	Haba Mill Come	22	33:58	69:27	1:46:12	2:23:38	3:13:07 5-11
₽ 34.	Urban Miller, SUIC	D2	35:02	71:39	1:48:37	2:24:58	3:13:17***1-111
闡红.	Eugene Lunch HSTC	40	37:18 35:37	72:30 72:37	1:51:05 1:50:57	2:28:21 2:27:24	3:15:31
Mai ี ⊤ี	Robert Reinstedt RHMS	42	35:42	72:25	1:50:35	2:27:24	3:15:54 3:17:25
36	Don Logan, CCCD	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
238 .	Bill Cotter, STC	52	35:31	72:10	1:51:03	2:30:12	3:19:20 7-11
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	2:23:43	3:19:59 9-11
41.	Dick Eby. SDTC	51.	37:45	74:41	1:52:04	2:28:22	3:21:14 10-II
42.	Sam Lee, HorwH (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 11-11
44	Bryon Cattell, SnohTC Brian Freeman, unat Erride Wake, SDTC Bob Carman, STC John Sullivan, CSI Ted Andrews, HavAC (Eng) Wayne Zook, SDTC Ted Hefford, OrionH (Eng) Charles Whitaside, NVet(Eng) Bill Freedman, LVTC Luan Bosti, unat Richard Blois, VetsAC (Eng) Delbert Linam, SUTC Lawrence Durrant, Orion(Eng) Robert Bruce, unat Byron Potts, BHMS Don Lucero, NCSTC John Loftons, ManchyMCA Leroy Zimmerman, unat Raul Arbeau, SDTC Tony Gomez, CCAC Brban Miller, SDTC Result Street, SHMS Don Lozero, NCSTC John Lofton, CCCD Tony Diamond, DCH (Eng) Bill Cotter, STC Robert Refustedt, SHMS Don Lozen, CCCD Tony Diamond, DCH (Eng) Bill Cotter, STC Norman Asheroft, NVets(Eng) Ed Almeids, SDTC Sam Lee, HorwH (Eng) Al Clark, STC Lerbert Phillips, NMC Leland Vogelgesang, STC John Montoya, STC Lew Roberts, STC Thomas Bassler, unat Joe Teesdale, VetsAC (Eng) Don Thomas, unat Gary DeWitt, unat Allan Lawton, LCSNOvet(Eng) Wayne Groesbeck, SDTC	40	36:40	77:06	1:58:26	2:36:16	3:24:31
45.	Leland Vogelgesang, STC	40	37:24	74:41	1:53:42	2:34:26	3:24:43
46.	Sidney Toabe, HSTC	49	35:37	72:37 73:25	1:51:07	2:33:00	3:25:10
47.	John Montoya, STC	61	36:30	73:25	1:51:50	2:31:25	3:25:21 3-III
45.	Lew Roberts, STC	45	33:47	68:58	1 45 36	2:24:47	3:25:40
49.	inomas Bassler, unat	41	39:13	79:28	1:53:42	2:37:40	3:26:28
3 120.	Joe Teescale, VetsAC (Eng)	42	36:18	74:15	1:53:57	2:33:24	3:28:58
M 57.	Com Dalifet unes	40	35:37	72:26	1:49:15	2:26:48	3:29:05
8 54.	Allen Leston (CCM-Vet/Eng)	40	39:12	79:28	2:01:00	2:39:20	3:29:07
#5%.	Warma Graneback SIVIC	47 43	35:02	71:35	1:50:35	2:32:00	3:31:55
		43 54	40:03 39:03	81:33 78:11	2:01:13 2:00:00	2:42:27 2:40:25	3:35:08 3:35:19 12-II
56	William Innking BuntAC(Pma)		35:37	73:06	1:51:50	2:32:50	3:36:39 13-11
157	William Jenkins, HuntAC(Eng) Walt Stack, DC	65	37:5 6	78:37	2:01:52	2:43:26	3:38:08 4-III
58		4 <u>9</u>	38:51	78:35	2:01:04	2:43:26	3:39:38
59		5í	36:30	73:37	1:54:26	2:37:55	3:41:14 14-11
60.		53	36:40	75:00	1:55:59	2:38:05	3:41:14 15-11
			۸				

Gookin Shatters Marathor Mark

Bill Gookin, an athlete who year to become eligible, lea ecord book vesterday by rear-old division of the mara-thon in the U.S. Master's rack and Field Champion

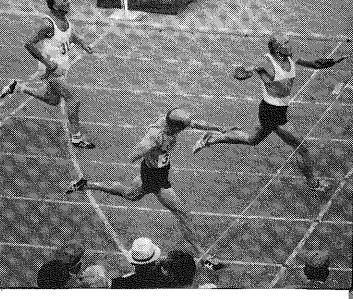
Gookin, a 40-year-old ju nior high science teacher rep-resenting host San Diego Track Club, covered the 26nile, 385-yard course in two hours, 32 minutes and 37 sec-onds. The time was 29 sec-onds faster than the meet cord set over the same Mis record set over the same Mis-sion Bay course last year. Meet records also fell in the 50-59 and 60-69 divisions also. Tom Buckingham, one of a dozen competitors who trav-elled from England to compete here ran the distance in 2-46-33 to lead the Division III. mers home. The 55-year ld Buckingham, the fifth run old Buckingham, the fifth run-per to finish, clipped 10 min-utes and 24 seconds off his age group's record. In Division III, 62-year-old Urban Miller of SDTC turned

Urban Miller of SPITC 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.

se. The 20-kilometer walk was also staged yesterday morning with Beverly Hills' John Kelly winning for a third straight year. Don Johnson took Division II honors while 65-year-old Larry O'Neil was ne Division III champ. Gookin led all the way in

Gookin led all the way in the early morning run over the flat course between Flesta Island and the Mission Bay golf course, although the pack was right on his heels through the first 10 miles. through the first 10 miles.
At the 10-mile mark, Geökin's No. 1 threat, Indiana's
Hal Higdon, dropped out of
the race and Canada's Bill.
Allen dropped back leaving
the San Diegan to go it alone
for the next 16 miles.
"When the others dropped
back, I just couldn't keep the
pace up." sand Gookin, who

30 had we not pushed it so



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.

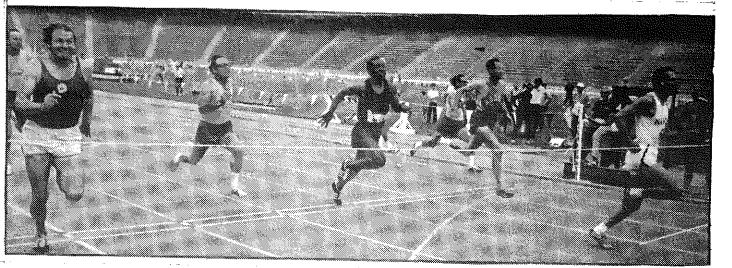


Bill Gookin (40) SDTC sets Masters Marathon record, 2:32.37.

AAU MASTERS



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



3

Continued on PIG

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

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, Egcamilla, Deacon, Nichols, McMahon, Ryan, Rademaker, Dawkins, Fitzgerald, Schlegel, Gillett, and Hatton. You might even inquire of the Sub Masters Oyler, Beardall, Cain, Lane.

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

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 cal-

*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 crawds the shores of a magnificent harbour. And has more golden beaches along the coast than any Pacific Island. House, Sleepless Kings Cross, Australia Square Tower Friday's Paddy's Market, The Demoin's Sunday soon-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 Sydney has the world's most talked about Opera throughout the city. And for broad sweeping streets fined 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, 920 15-25 mph wind

JUNE 10, 1973

RESULTS

COURSE:

Quite flat, one minor hill.

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. 2.	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
3. 4. 5. 6. 7. 8. 9.	John Storm	BHS	42	59:44
	Duane Peterson	Unat	42	60:05
10.	Ed Leete	Unat	45	60:46
11.	Auldon Johnson	TCTC	41	61:08
12.		Unat	41	61:56
13.	John Strommer	Unat		62:14
14.	Bill Freedman	LVTC	44	63:05
15.	John King	Unat	41	67:49
16.		Unat		67:57
17.	Dr. Larry Boise	TCTC	41	69:35
18.	John Leppi	Unat	40	70:14
19.	Harry Stanko	Unat		71:06
20.	Dr. John O'Leary	Unat		72:01
21.	Ray Henderson	Unat		74:59
22.	Tony Bridwell	RTC	51	76:37
23,	Dr. Richard Moore	Unat	46	77:53
24.	Lee Jones	Unat		80:25
25.		Unat		80:32
26.		TCTC		82:20
27,	Lowell Hegg	Unat	47	91:23

Ed Park, Charles Harkness, Roger Hovland, Gerald McConeghey

BHS: TCTC:	Beverly Hills Striders Twin City Track Club	Team Score:	BHS TCTC	19 22
IS:			LOIG	22
	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 Pflagging, Reistertown, 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.

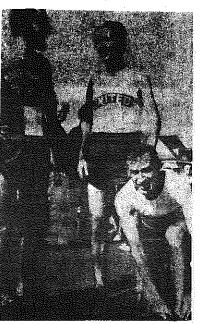
Bob Fine, N.Y., and Frank. Wick, Narberth, Pa. placed 9th and 10th out of 25 entries in that division.

Out of the 20 entries in the Out or the Zu entries in the S0-59 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 Pflagging of Maryland, left, with a time of 10:01 in the 40-49 year-old division of the Master's Two Mile East Coast Championskip 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 54-59 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 SINCE 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 to 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-

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 juris-diction, 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

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 muchneeded 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

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, bas-ketball 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

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 mundame 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 Espane, La Jolla, Ca. 92037

August, 1973

QUESTIONAIRE	IN RE	POSSIBLE	STATE	DEPARTMENT TOUR	

NAME		BIRTHOATE	I
ADDRESS_		BIRTHPLACE	s b s
		Married? YesNo	9
PHONE:	HomeBiz	NAME OF SPOUSE	
OCCUPAT	[ON		
EDUCATION	N Degrees, languages, etc.		p
SPECIAL	SKILLS E.g. pilot, carpenter, sculptor	r, sawing	
SPECIAL	INTERESTS E.g. birdwatching, photography,	poetry	H P
AUTHORSE	HIP Books, articles, monographs		
SPECIAL	HONORS Professional or other societies	3	

If you are interested in participating in a State Department apon-sored tour to a foreign country, how do you feel you could contri-oute culturally, scientifically, educationally, or otherwise to auch a project?

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

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

"Dear friends:

My wife and I attended the Masters Track Meet for our first time. We had a fantastic time perticipating in the events and meeting so many pleasant people. (Runners are the nicest people.)

We want to extend to both of you and your family our heartiest thanks for your warmth and gracious hospitality.

Your party was successful in the extreme. Elizabeth and I congratulate you for your organization and just want you to know how much we appreciate all you have done.

I feel I can speak for the other representstives of the NCSTC as well in our enthusiastic response to your party.

BERNARD & ELIZABETH BERGER"

from our very newest member of USMITT. Rex Gilman, comes these words:

"I have many goals to reach in life in the world of Track and Field and running in general and in August 1975 I may be able to attain those standards for the Toronto Meet and if not another time

I hope that I will have many more wonderful years in the world of running and again I am very proud and pleased to be a member of your organiza-

Rex enclosed a short resume of his accomplishments since August, 1972....when he "failed company physical, had slight touch of amphysema, smoked 2 packs of cigarettes a day, overweight (230 lbs.) had ulcers, bad back, headaches, and always feeling out of sorts." In September he started a diet (ordered by doctor) and working out at the Olympic Health Club in Tacoma. In November he started a jogging and walking program. In his first run for fun of 7.6 miles he could only run one mile in 9½ minutes. In July, 1973, at Gresham, Oregon, he received the Bronze Medal for running the 440 yard dash in 64 seconds. In August, 1973, "can run my best mile in 6 min. 58 sec." He is now down to 172 lbs. with 7 more to op.

He ends his statement with: "What a wonderful way to stay healthy. I have no more health problems such as ulcers, bad back, etc. A new way of life

WE SALUTE REX GILMAN and the HUNDREDS OTHER MEMBERS WHO HAVE CHOSEN THIS WAY OF LIFE.

ed the money for KU's synthetic track in Memorial Stadium.

It all started innocently but

in typical Hershberger fashion— spectacularly while on the verge of being unbelievable. Although

relired from competitive run-ning, the 42-year-old sprinter participated in the "Ten-Mile Challenge Run" in Wichita May

12. It was a charitable gesture

by Hershberger to benefit the YMCA's world services pro-

But harring the physical pair

he endured when suffering from a cramp in his left calf during

the sixth mile the pleasure wa

all Jim's. With no less than

nine watches timing the race and a cast of spectators that in-

III. CRIAT NEW GAME

By George Sheehan, M.D.

(Reprinted from the Redbank Register by Permission of the Editor, and the Author)

If the common man has erred in this century, it is in his failure to realize the importance of play. The aristocracy never made that mistake. Aristocrats know that work is a luxury and play is a necessity of life. When money and position give the freedom to pursue the good life work is seen to be a diversion a distraction from the most basic and the most, to use Maslow's word, actualizing human activity, play.

See Truth

We are slowly awakening to this fruth. Teachers now see the ideal learnchildren at play. Physical education is being revived by bringing play back into its curriculum. Health and fitness, every medical journal is telling us, comes only to those who play hard and

And finally the theologians, always the last to learn, are starting to ask themselves if play might not be the primary activity of man. Theologian Gabriel Moran has called play, "one of the most intriguing and potentialty fruitful interests of contemporary theology." Certainly, as Chesterton said, a case can be made that the true object of life is play. Nor was the idea new to

Plato snoke of man as "God's plaything" and urged everyone whether man or woman to "make the noblest games the real content of their lives." And in Proverbs we read, "His delight was in playing with the children of

We have missed the point of all this because we have not understood play. It is not, as we believed, simply a method of relieving tension and providing relaxation. Nor is it a service activity preparing us for the more serious and important every day world, the real

Most Inmortant

Play, as the true player knows, is the most important, most serious, most

Hershberger Struggling With Knee Woes

three television stations, Hersh-

berger crossed the finish line

in a time of 52:15. The time it-

self was shocking for a 42-year-old man (not to mention someone half that age) but even more so when realizing that

Hershberger is a sprinter, not

But the immense personal sat

isfaction Hershberger received

from the 10-mile race was soon

to be overshadowed. He had

been scheduled for corrective surgery on his right knee and entered the hospital the next day for what was believed to

a distance man.

real thing that he does, Indeed one must play with a passionate involvement, play as if his life depended on it, if play is to mean anything at all. Play requires that sort of immersion of self which Henry Hazlitt found in the inscription over a London Fives-Court (handball court) "Who enters here forgets himself, his country, and his friends." Only then in this total commitment will the player bring to his sport those qualities cited by Hugo Rahner in "Man at Play," "a lightness and freedom of the spirit, an instinctively unerring command of the body, a certain neutness and graceful nimbleness of mind and movement.

One man's play can, of course, be another man's boredom. Any one readng the Lawrence Shainberg article on Frank Shorter in the New York Times. Magazine would realize that, Shorter's idea of play is running twenty miles a day at a six minutes per mile clip, occusionally interspersing these tortures with a series of agonizing interval quarter mile runs. And the whole joyful rotine ends in a marathon where he has to "redline" (maintain as long as possible the fastest page one's body can bear). and go it on mind alone (the task that confronts a runner when he has superseded the normal limits of his body).

Yet there can be no doubt this mixture of pain and pleasure is play. It exists of and by itself and serves no util-itarian purpose. Why does he do it? "There's always the feeling of getting stronger" Shorter told Shainberg, " think that's what keeps me going." That explanation may be inadequate for me, but for me it contains enough theological involications for a doctoral thesis. Strong is Anglo-Saxon for what the Romans called virtus and from this Latin root comes man and virtue. The growing strength that Shorter feels is obviously as spiritual and intellectual

Shorter belongs to that group of people that William James said resent confusion and must believe in purity,

pounds and accumulating only a few hours sleep.

At that point Hershberger called Dr. John Wertzberger,

KU's team physician. Two days later he was in Lawrence Me-morial Hospital for therapy. "Only through their great

"Only through their great therapy program was most of the swelling eliminated and 90 per cent of the pain relieved," Hershberger says, "Because of the strength I regained in the knee from the therapy I was

able to face the manipulation op-eration that followed,"

That operation (to force bend

the knce) was performed in Wichita June 25 but since then

the entire leg has stiffened with the return of pain and swelling. The reason for the returned

consistency and simplicity. Just as others need a life and play that has super-abundance, over-pressure, stimu-lation, and lots of superficial relation-

ships.
("When I go out on the football field," said semi-pro defensive tackle and bartender Vinnie Sheridan, "I'm up against people my size and if I can take them right there, head up, not really hurt them but just wipe them out, then I know I've done something.") And still others require case, elegance, tributes of affection and social recognition (The only thing worth winning, said Belloc, was laughter and the love of friends.)

Strange Person

The marathoner is by most standards a peculiar guy. He has found freedom through the acceptance of rules; has cured his loneliness with solitude; and has discovered the peace inside of pain, He is a blood brother to another peculiar guy, Henry David Thoreau who spoke of his play (walking) in this way;

"If you are ready to leave father and mother, and brother and sister, and wife and children and friends, and never ee them again-if you have paid your debts and made your will and settled all you are ready for a walk."

There is more, you see, to play than any of us dreamed of. Comedy and tragedy; laughter and tears. Kazantzakis saw in play the moment civilization began, when life no longer had to struggle for preservation. And in that play, he saw the development of the qualities of the free man; a serene bearing, passion that is perfectly disciplined. and a beautiful athletic form.

Even for the free man life is a danger. ous and difficult game. Mon, the player, must train long and hard before he can what Rahner called spiritual elegance.

move through life with the simple, certain leisurely grace of the expert, with

inches larger than the left) and

pain is uncertain although a change in the blood sample in the last few days may indicate

infection. Consequently he is

scheduled Thursday to return to

However, it is becoming paid

fully evident to Hershberger that

there is more and more of a

question as to whether he will ever walk normally again The pext few days will be

tense ones for Jim Hershberger.

He likely will find out if he ever

will walk normally again, Jet

alone run. "This is the biggest race or

fight I have ever had in my life," he says. "The whole thing has been a catastrophe for me."

game in town. JOURNAL OF PHYSICAL EDUCATION: MARCH - APRIL 1973

1973 Masters Results

II (30-59), Div III (30-59), Div IV (70 and over), plus Women's, Div IV (70 and over), plus Women's, Div III Discus — John Dick (62, unatt), Masley's Striders), 147-0 (equals meet record), John Pyellen (47, Voncouver (41, Florida TC), 135-6.
Div II Discus — George Ker (50, Corona gel Mar TC), 130-17 (meet record, old mark, 143-0, Aldrich, 1972); David Aldrich (54, CDM), 131-3; Nathnalel Heard (55, CDM), 130-8.
Div IV 220 — Ralph Higains (71, CDM), 131-6, Meet record, old mark 37.7, Dan Fowler, SDYC, 71); Robert Wiseman (70, Cambridge, Eng.), 33.1; Glein Ingram (71, Unatt), 134.8.
Div II 1.590 meters— Bill Andberg (62, Twin Cities, Minn, TC), 4:38.3 (establishes record); Norman Bright (63, Snohomish 150), 5:07.9; Sidney Madden (65, MS), 15:09, 131-18; John Pevellch (11, 43-19); John Pevellch (11, 43-19); John Pevellch (11, 43-19); John Pevellch (11, 43-14); John Pevellch (44, 44, 44, 44, 44); Jackson, 72); Phil Schiegel (44, CDM), 37-314; Don Danelly (44, SDTC), 36-8.
Div I 1,500 Meters— Henryk Kupczyk (40, Nashville, Tenn), 4:02.9 (ali-comers)

(40, Nashville, Tenn), 4:02.9 (ali-comers) age group record); Alan Hughes (Northern Veferans, Eng., 42), 4:03.3; Wilbur-Williams (40, Seniors TC), 4:05.9 (U.S. age group record).

div III Discus — John Dick (62, unatt), 102-0; Ron Drummond (66, unatt), 96-3; Stan Herrmann (69, STC), 92-2; Div IV Discus — Raiph Higgins (71, unatt), 74-0; Gentry Mowrey (72, unatt), 168-4.

88-4, III 200 Meters — Virgil McIntyre 62, STC), 227.5; Jack Williams (Brighton, Eng.), 227.5; Dick Sharp 61, SDTC), 29.3. Div II 200 Meters— Alfred Guider (55, Northern Cail Seniors TC), 24.7; Jack 10the (50, unath), 25.7; James Upharm (52, Manhartan, Kon, TC), 26.3, Women's 200 meters — Div A: Carly McDonald (SDTC), 28.7; Sharon Hargus (SDTC), 30.0, Div B: Danna Gookin (SDTC), 130.0, Div B: Danna Gookin (SDTC), 130.0, Div B: Danna Gookin (SDTC), 130.0, Div B: Danna Gookin

(SDIC), (32.0) Journ Ecknow Character, 33.6.

Div I 200 Meters — Jim Lingel (41, Bay) Area Striders), (23.2; Jack Greenwood (43, Unott), (23.6; Keith Whitaker (42, Endland), 23.7.

Div II Triple Jump — Gordon Farrell (55, CDM), 37-5; Jonathan Sharp (52, CDM), 33-11/2; Harry Husney (YMCA), 27-7/2.

32-7/9.

Women's 200 Meters — div C: Nicki Hobson (SDTC), :32.2; Paula Gearg (Unatt.), :37.5. Div D: Cathy Hargus (SDTC), :34.7; Annette Parziale (unatt.),

(SDIC), :34.7; Annette Parziale (unatt.), :43.8.

Div II Shot Put — George Ker (CDM, SD), 52.44/2; Nathaniel Heard (CDM, 55), 45.11/2; Jck Thatcher (CMTC, 57), 41.49/2.

Div III Shot Put — Ron Rrummond (66, unatt), 42-6; James York (60, Natral), 42.

Il/2; A. J. Pualizevich (65, NCSTC), 41-11.

Div IV Shot Put — Gentry Mowerey (72, Junatt), 30.9/2.

Div III 400 Meters — Fritioe Siostrand (60, STC), 1:01.5; Virgii Mcintrye (62, STC), 1:03.6; Dick Sharp (61, SDTC), 1:05.9.

103.6; Dick Sharp (61, SDTC), 1:03.9.
Div. I 5.000 Meter walk — John Kelly (44, Beverly Hills Striders), 24:03.1; John Markon (44, Long Island AC), 25:40.3; John Machael (42, University of Chicago TC), 28:07. Div. II 5.000-meter walk — DonJohnson (56, Shore, N.J., AC), 27:15.9; Arthur Smith (52, unatt), 27:36.4; Robert Long (54, BHS), 29:56.1.

Divisions — Div I (40-49 years old), Div II (50-59), Div III (50-69), Div IV (70 and over), plus Women's. Div IV (70 and deep Pera (67, SDTC), 33:28.2.

Div il 400 Meters — James Upham (52, Man), :56.5; Bob McDonald (54, Unatt.), 56.8; Philip Munn (50, Mitcham, Eng.), :37.9,

Div 1 Javelin — Bud Heid (46, SDTC), 201-6; Norton Brayton (43, CDM), 168-B; Richard Straub (40, SDTC), 153-9.

Div I 400 Meter — Keith Whitaker (42) NoCalTC), :51.1; Clark Marshal (40), unatt), :52.0; Don Paimer (43, CDM), :54.3. Div III Triple Jump — Bud Deacon (62, HMTC), 30-4/4; Winfleid McFadden (68, SDTC), 29-7; Stan Thomson (62, HMTC), 27-8/4. 7-8½. Div IV Triple Jump -- Raiph Higgins Div JV Triple Jump — Kuiph Higgins, (71, CDM), 24-9/2, Div II Javelin — William Morales (56, CDM), 170-3; Dan Aldrich (54, CDM), 142-4; Jerry Slefert (55, SDTC), 139-6. Div III 10 High-Hurdles — Bud Deacon (52, HMTC), 224

Div 11 110 HighHurdles — Bud Deacon. (62, HMTC) :22.3; Stan Thombeon (62, HMTC) :28.6; Stan Thombeon (64, HMTC) :19.6; Stan Thombeon (64, HMTC) :15.7; Bill Adler (40, MS), :15.6; Stan Thombeon (64, HMTC) :15.7; Bill Adler (40, MS), :15.6; Stan Thombeon (64, HMTC) :15.7; Bill Adler (40, MS), :15.6; Stan Thombeon (64, HMTC) :15.7; Bill Adler (40, MS), :15.6; Stan Thombeon (62, HMTC) :19.6; Stan Thombeon (62, HMTC

Hansen (Unatt), 17:26.2; Mary Felix, 1(SBTC), 20:51:19; Cindy Krugle (unatt), 22:54.0. Div B; Befty Wake (SDTC), 20:21.5; Lolita Bache (SDTC), 20:27.0. Div C; Nicki Hobson (SDTC), 20:27.0. Div C; Micki Hobson (SDTC), 20:27.0. Div D; Judy Simons (YMCA), 23:52; Cathy Hargis (SDTC), 23:43.

Div II 7,460-meter Relay — San Diego TC (Christiann, Bowers, Pain, Perry), 4:09.7; Corona del Mar TC, 4:12.8; Beverly Hills Striders, 4:21.

Div 1 1,600-meter Relay — Corona det Mar TC, 3:33.6; Seniors TC, 3:34.3; British TC, 3:40.6.

TC, 3:40.6.

Div III Javelie — Bud Degcon (62, HMTC), 100-4; Rolland Nichole (62, England), 94-6; John Dick (62, unaft.), 85-0.

Div I 5,000 Meters — Laurie O'Hara (Beigrave, England), 15:09.3; Wilbur Williams (40, STC), 15:51.9; David Dellar (44, CAM), 15:58.0, Meters — Bill Andberg (62, Div III 5,000 Meters — Bill Andberg (62, SNOH), 19:15.7; John Montoya (61, STC), 19:55.0.

0. IV 5,000 Meters — Noel Johnson (73,

| 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9. | 15.9

Pentathion JT — (Div 1): 1. Norton 168.
3. 2. Scheilenberg 148-6. 3. Wallace 141.3. Div 2 — 1. Morates 161-11. 2. Kilbuck 131-4. 3. Hulchinson 99-9. HJ (Div 1). — 1. Austin (CDM) 5-9. 2. Billings (BHS) 5-8. 3. Simpson (Unct.)

>8. Pentothion 1500 — (Div 1): 1. Haraden 4:59.2. 2. Schellenberg 5:01.1. 3. Norton 5:02.9. 100 (Div 1) — 1. Major (APOL.) :13.1. 2. McIntyre (STC) :13.1. Williams (Brigh) :13.4. Pentathion 1500 — (Div 2) — 1. Hutchinson 5:25.1. 2. Marades 5:54.2. 3. Klibuck 6:30.0.

130.0. 100 (DIV 2) — 1. Guidet (NCSTC) :11.8. 2. Jordan (CDM) :11.9. 3. Foutz (CDM)

12.6. HJ (Div 2) — 1. Gillett (CDM) 5-5½, 2. 31st (SDTC) 5-2. 3. Kazarinoff (OTC) 0. 180 (Div 1) — 1. Stoipe (CDM) :11.5. 2. luppe (Metro) :11.7. 3. Greenwood

100 (Div 1) — 1. Stoipe (CDM): 11.5. 2. Gluppe (Metro): 111.7. 3. Greenwood (Upnt.): 11.7. 3. Greenwood (Upnt.): 11.7. 3. Greenwood (Upnt.): 11.7. 3. 3. Greenwood (Upnt.): 11.7. 3. 3. Greenwood (Upnt.): 11.7. 3. 3. 3. Noble (STC): 11.40.0. Div 2 — 1. 103.6. 3. Noble (STC): 11.40.0. Div 2 — 1. 103.6. 3. Noble (STC): 11.40.0. Div 2 — 1. 103.6. 3. Noble (STC): 11.40.0. Div 3 — 1. Bright (Snohomish): 12: 46. 2. Bigelow (Unart): 14:23.8. 3. Carmichaet (OC): 17:55.6. 900 (Div 2) — 1. Munn (Mitch): 2:17.3. 2. Shurtleff (ITC): 2:18.7. 3. Escamilla (SDTC): 2:19.3. Div 3 — 1. Decorn (HMTC): 2:26.8. 2. Magdien (MS): 2:34.5. 3. Bole (STC): 2:34.9. Div 4 — 1. Wisemann (CAM). Iff (Mitch): 17. 2. Shurtleff (ITC): 2:34.9. Div 4 — 1. Wisemann (CAM). Iff (Mitch): 17. 2. Green (CAM): 17. 2. Green (CAM): 17. 2. Green (CAM): 17. 2. Green (CAM): 17. 2. 3. 4. Winton (CT): 17. 3. 4. Winton (CT): 17. 4. Winton (SDTC): 4.6 (ass 64 record). 5. McMahdna (SDTC): 4.6 (ass 64 record). 5. 3. Brose (SP64): 6.2 (ass 64 record): 8.5. 3. Brose (SP64): 6.2 (ass 64 record): 7. Fitzserold (STC): 1:58.1. 3. Lioyd (Unart): 1:59.1. 4. (upczyk: (Poland): 1:59.5. 5. Williams (STC): 1:58.1. 3. Lioyd (Unart): 1:59.1. 4. (upczyk: (Poland): 1:59.5. 5. Williams (STC): 1:59.1. 3. Lioyd (Unart): 1:59.1. 4. (upczyk: (Poland): 1:59.5. 5. Williams (STC): 1:59.1. 3. Lioyd (Unart): 1:59.1. 4. (upczyk: (Poland): 1:59.5. 5. Williams (STC): 1:59.1. 3. Lioyd (Unart): 1:59.1. 4. (upczyk: (Poland): 1:59.5. 5. Williams (STC): 1:59.1. 3. Lioyd (Unart): 1:59.1. 4. (upczyk: (Poland): 1:59.5. 5. Williams (STC): 1:59.1. 3. Lioyd (Unart): 1:59.1. 4. (upczyk: (Poland): 1:59.5. 5. Williams (STC): 1:59.1. 3. Lioyd (Unart): 1:59.1. 4. (upczyk: (Poland): 1:59.5. 5. Williams (STC): 1:59.1. 3. Lioyd (Unart): 1:59.1. 4. (upczyk: (Poland): 1:59.5. 5. Williams (STC): 1:59.1. 3.

(MMTC) 4-5. Jeacon (Unat.) 1:18.5. 2. Wiseman (CAM) 1:24.6. 3. Head 2. Wiseman (CAN) 1:24.6. 3. Nega (Unat), Int. HT (Div 1) — 1. Rochambeau (SDTC) 116-1. 2. Heard (DM) 115-8. 3. Patterson (Unat.) 115-3. 400 Reiey (Div 1) — 1. Carona Del Mar A., nt. 2. Bay Area Striders, nt. 3. NCSTC,

| 19.55.0 | Div IV 5.000 Meters — Nael Johnson (73, 5DTC), 25:41.4 | Div II 5.000 Meters — Maura Hernandez (50, SMTC), 17:13.1; Augie Escamilla (50, SMTC), 17:13.1; Augie Escamilla (50, SMTC), 17:38.0; Willard Schank (51, NCSTC), NCSTC), 17:38.0; Willard Schank (51, NCSTC), 18:38.0; Willard Schank (51, NCS

Gookin

Continued from P.2

Gookin, Higdon and Allena covered the first 10 miles in 56 minutes.

Distance star Laurie O'Hara of England, the record setter tin the 10,000 and 5,000-meter runs, was named the outstanding track competitor in Division I with David Jack son taking the field honor off record performances in the long and triple jumps.

Buckingham and shot nutter-discus thrower George Ker were honored in Division II. Bill Andberg and Bud Deacon in Division III and five-event gold medalist Ralph Higgins in Division IV.

Dr. Seymour, 52, Javelin Star, Dies Of Heart Attack

Dr. Steve Seymour, 52. former American record holder in the javelin died here June 18 from an apparent heart attack, it was learned Saturday.

Dr. Seymour set a U.S. record of 248-10 in the javelin in 1947 representing the Los Angeles Athletic Club. He was the silver medalist in the 1948 Olympic Games.

Dr. Seymour, an ostenpathic physician, practiced at the Ross-Loos' Medical Center in Los An-

He leaves two daughters, Stephanie, 23, and Mrs. Diana Hudson, 27, and a son, Ronald 24

At 41, best is yet to come for Pratt

Two weeks ago, the 880 seemed as if it were all uphill and, as David Pratt scratched his disappearing locks, he couldn't help but wonder if he might be a trifle over the hill.

> He had run a pedestrian 2:05, laboring all the way. and that 1:58.4 he ran in high school seemed as far away as .! beating us."

New York, where he was second in his prep state meet. Pratt, 41, figures he has

been running, off and on, "ever since some bigger kid first chased me."

As one of his teammates on the Northern California Seniors Track Club said yester-

(40-49) 800 meters in a meet, and held it over the final 220 record 1:57.6 yesterday at the U.S. Masters Championships at Balboa Stadium. In so doing, he defeated defending champion and record holder (1:58.4) Bill Fitzgerald, who

was second in 1:58.1. It was that 2:05 he ran two to maybe 15 miles a week. weeks ago that seemed as far away as New York.

"Maybe I didn't train hard." day, "The big kids are still enough when I was in high chasing him and he's still school," said Pratt. "I know one thing, though: I get a lot more tired now. I feel lousy."

Pratt moved into the lead after Poland's Henry Kupczyk had set the pace through a :59 first quarter. "I can't be in too good a shape," said Pratt. "I only

run three or four times a week, mostly 220s. It amounts

"I have run as much as seven miles but I'm pretty feeble at that distance.'

sumed running four years noon.

roared right on by me in the stretch. I was just trying not to get caught at the end today. I heard somebody coming.

The somebody was Fitzgerald, who made his move too late. Kupczyk began to fade on the second lap and settled for a 1:59.5 in fourth. He claims a 1:57.6 best,

Third was Englishman Pratt is a professor of bac- | Lloyd Norman in 1:59.1 in one teriology at UC-Davis. He're of the best events of the after-

HAPPIER NEWS from Jim, July 27, 1973.

While Jim Hershberger has become known for his competitive spirit he has not done so

without the tolerance of pain.
One of the greatest runners in
the 40-and-over set, physical

pain has become a constant

Eleven operations, 38 broken bones, 183 stitches, two concus-

sions, one separated shoulder

all been a part of the famed

sprinter's career which included starring for the Kansas track squad in 1950-51-52.

However, the last eight weeks

oil executive who in 1969 donat-

challenge for him.

"....I'm still on crutches and have been able to take a few steps without them under controlled situations. Now that I'm able to come to the office, business is picking up and the future does look much brighter."

gram.

GDOD LUCK, JIM, TAKE CARE!

A MESSAGE FROM RUSSIA

From time to time we receive letters from distant places. This one from Moscow is printed without comment.

It had caused some discom-fort and an April examination

for and an April examination revealed the entire outside cartilage to be torn in two with several bone chips below the knee cap. As if it needed it, this made the 52.15 clocking even

From that point on it has been

During the operation the sur-geon removed the cartilage and 21 bone chips. The second day

following surgery the doctors had him lifting weights. The third day he was sent home to

That unexpectedly caused

hemorrhaging. Swelling follow-ed and in the 13-day period fol-

more incredible.

walk on crutches.

"I received your very interesting 'printed matter' of January 6, 1973, on February 2, 1973. I am very grateful. One can only envy those veteran sportsmen, who are competing in their own age groups in various parts of the world. This opportunity is ruled out for us, because it is very expensive. We live on a very modest salary, that is, only enough for one's daily bread and a few bare necessities. We can participate in these competitions only if the government will be responsible for the expenses. As for myself, I am interested in running, swimming, and ski racing...."

YURI KIRYAKOV

Partridge, Philip (62)103.5

1 Partridge, Philip(62)102 9

2 Hills, Claude (60) 85.1

RANDALLYS ICLINO

RANDALL	TS ICENTO
NUTROFFILITAN MASTERS ALDIN.	CHANGTONOMIZS - JCHO 16, 1973 -
AR= mest record	Re world age group record
ST2-14 TFEES 30-39	Reserved and group record MET. MASTERS 40-19
170 rd. 1ash Greny Gooden 9.9	<u>6 MILE RUY</u> Jospan Burna UNITED 34:31.2
27" of days (Mat Mantage)	Jospen Burna UNITED 34:31.2 N. Cirulnick UNITED 38:09.5
Auchael Satov 22.3	Pod MoNichol MILLPOSE 39:14
#gppyg gygg 53.0	George Haller UNAT. 39:56
George Presuley 24.9 270 vd. dash (non Met. Masters)	Jack Wallzoe UNAT. 4::44 LONG JUMP
David Segal 22.2	Harold Colen NYPC 15'5
Garren Gooden 22.2	James Ryan NYPC 15'5 1/2
Walter Palmer 23.1	Len Olsen NYAC 14'10 1/2
990 yi. run William Ganders 2:05.8	SHOT FUT Len Olsen NYAC 41'4 1/2
William Hoss 2:06	Thomas Brooks NYFC 28'7 1/4
Carald Hiller 2:06.9	DISCUS THACW
IONG JUIP Carl Richardson 21'5 3/	Len Olsen NYAC 117/4
Ernce Jaslaw 17'4 3/	4 Amin Phillips UNAT. 95'10
SHOT PUT	Awin Phillips UNAT. 127'10
Andrew Magna 36'6 1/	4 Len Olsen NYAC 117'6
DESTUS Andrew Magne 9717	JAVELIN THROW Len Olsen NYAC 144'3
Andrew Magne 9717 HAMMER THROW	Len Olsen MYAC 144'3 Maurice Lentser ERUCE 85'5
Andrew Magna 108'4	
-	MET. MASTERS 50-59
MET. MASTERS 40-49 100 yd. Dash	100 vd. DASH Abe Schwartz UNAT. 14.6
Robert Thomas NYPC 9.9	Abe Schwartz UNAT. 14.6 220 yd. DASH
*4-16-35 WORLD RECORD*****	Kenneth Jack NYPC 27.4
Milford Parker HYPC 10.1	Abe Schwartz UNAT. 27.7
*3-5-25 WORLD RECORD***** Harold Colon NYPC 12.4	440 yd. DASH Kenneth Jack NYPC
220 yd. BASH	SSO yd. REN
Robert Thomas MYPC 22.7 MR	Gerald Reuter UNAT. 2:32
Milford Parker NYPC 24.1 WR	Abe Schwartz UNAT, 24:27
beaus listed would record but M. Parker has a 23.8 pending	Abe Schwartz UNAT. 24:27 6_MILE RUN
Donald Spitzer NYPC 24.4	Henry Price UNAT. 42:21.1
Stafford Thompson NTPC 25.1	George Spitz UNAT. 47:44
M. Lentzer 23468 27.4	Abe Schwartz UNAT. 48:08 HIGH JUMP
640 yd. ROM Donald Spitter NYPC 56.7	R. Szymanski UNAT. 4'
Rudy Clarence NYPC 57.1	LONG JULE AND
S. Thompson NYPC 57.3	R. Szymanski UNAT. 12'5 1/2
S30 yd. RFN Donald Spitzer MYPC 2:23.2	W. Sorlingas UNAT. 12'4 SHCT FUT
Maurice Lentzer BRUCE 2:23.2	W. Sorlingas UNAT. 29'6 1/4
Mile RUM	R. Szymanski UNAT. 25'4 1/4
Robert Fine NYPC 5:17.8 MR	DISCUS THROW
Arthur Kijak LIAC 5:36 Joseph Kernan HYPC 5:45	W. Sorlingas UNAT. 102'10 MR R. Szymanski UNAT. 96'10
3 MILE RUN	WCSPF REMAN
Rabert Fine NYPC 17:23.5 MR	R. Szymanski UNAT. 105*2
Arthur Kijak LIAC 17:50	W. Sorlingns UNAT. 79'7
Nat. Cirulnick UHITED 18:50	R. Szymanski UNAT. 90'7
	W. Sorlingas UNAT. 8616
MET. MASTERS 60+	
ONE MILE REN * William Steiner MILLR. 7:07	
THREE MILE RUN	TEAM SCORE
Wm. STELLER MILLROSE 22:26	NEW YORK PIONEER CLUB
LONG JULP	(NYPC) 63
Phil Partridge NYPC 1113/4 SHOT PUT	(NYAC) 21
Phil Partridge NYPC 31'1/2	UNITED-ROMAA
3-29-11 WORLD RECORD*	(Witten) 9
DISCUS TEROW	LONG ISLAND ATHLETIC CLUB (LIAC) 7
Phil Partridge NYPC11316 **5-29-11 WORLD RECORD***	PRUJE TRACK CLUB
HAMMER THROW	(BRUCE) 4
Phil Partridge MYPC 74'3	•
3-29-11 WORLD RECORD*	
٠ - ١	SU RIGHT!
فرقته فالمهروب	y you cango
م المالية الما	V 700!
W. C. C.	al Dr
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ATTENTION, WORLD TRAVELERS, continued from P. 1

cooked" meals. A visitor who in 1909 made his 9th trip over it during a period of 16 years wrote: "Compared with early days the present accommodation is simply luxurious. There were no bridges, very little track and that only blazed, no food, no blankets, no hutkeepers and only the roughest kind of shelter. We had to carry tent, food, clothes, and bedding. When we got to a hut, often wet through and always tired, we had to chop wood, make a fire, cook and generally do for ourselves.

To quote the descriptive pamphlet: "The Finest Walk in the World,' as visitors call it, aptly describes the 32 miles of track between the head of Lake Te Anau and Milford Sound. This walk gives you breath-taking views of mountain ranges, rugged canyons, primeval forests, sparkling waterfalls, bush-rimmed lakes and, at the end, majestic, aweinspiring Milford Sound."

We were able to secure only 40 reservations for this walk and not only must send the names of reservations but the total amount of money by November 1st. This is a very special opportunity. If you are interested, let us know imme-

We will discuss the Extension details further in our next Newsletter. Just rest assured that it will be most

Now, let's talk about money. The cost of the tour has had to be raised for two reasons: 1) increased air fare, 2) the devaluation of the U. S. dollar. When we first announced the tour last fall, the exchange was \$1.12 to \$1. Today the Australian dollar costs \$1.4225. So here are the new rates:

Children under 12, who sleep in	
room with two parents	450.
Children under 12, who sleep in	
room with one parent the same	450.,
plus single supplement	
Children between 12 and 15, (i.e., UNDER 16)	925.
if they sleep in the room with both parents. (If	
only 1 parent, then the \$925. plus the single	
supplement.)	
Extension tour, extra	440.
Single Supplement	55.
The initial \$995. per person is due and payable by Sept	
+333. Per Person is due and payable by Sept	emper

Regular tour \$1,100

1st. Total payment, including single supplement or extension, must be complete by October 30.

It is also time to be thinking about passports, visas, and vaccinations. Just as soon as the summer rush for pass-ports is over, do get yours (if you need a new one.) Then you may write for your visa. More details on this later.

Now it's time for you to choose.... Will you holiday with us this December?

BRITISH VETERANS A. C. 10 MILE ROAD RACE DECEMBER 5, 1972

We are grateful to Arthur Welling, Honorable Secretary of the Veterans A. C. for providing us with British results so that we may compare our times with theirs. The results of their December, 1972, 10 Miler are significant because of their quality with the first 12 runners breaking sixty (60) min plus 75% of the field breaking seventy (70) minute. We note, for example, Sam Lee doing 68:04 and Sam is sixty.

RESULTS

Į,	O'Hara	51:02	н.	Down	65:19
R.	Franklin	53:20		Burnett	65:27
G.	McEntire	53:50		Wade	65:38
s.	Charlton	57:04		Hazie	66:33
D.	Hardy	58:14	G	Pearson	66:44
	Fitzgerald	58:25		Manning	67:40
	Davies	58:28		Lee	68:04
	Moroney	58:48		Matravers	
G.	Blois	59:10		V. Baker	68:07 69:04
Ε.	Flowers	59:42		Else	
	Samuels	59:47	_	Walker	70:27
	Flowers	59:49		Symos	71:33
	Henn	61:20		Brown	71:46
	McOuillin	61:33			72:24
	Collett	61:38		Payo	73:18
	Betts	62:30		Jackson	73:41
	Sudbury	62:31		Woolford	75:22
	Bott			McDowell	77:55
	Fox	62:35		Hayne	86:15
-		64:25		White	87:45
	Hewitt	64:32		Parsons	70:10
Α.	Coffey	65:17	Ε.	Peacock	93:19

U. S. MASTER BUILDS OUR TRACK

While attending the PAU Senior Track and Field Championships held in Eakersfield, California in June, we visited U. S. Masters Sing Lum and Jerry McCall.

Jerry has a large back yard with a banked dirt track on which he trains daily. As we worked out with Jerry, we thought what a nice gift a personal track would be for the man who has everything.



BRITISH VETERANS A. C. CLUB CHAMPIONSHIPS - 1973 1st JULY - BATTERSEA PARK

100m. (40 - 55 yrs)	400
100m. (40 - 55 yrs) Time - 11:5 seconds	400m. (Over 55 yrs) Time - 69:9 seconds
<u>Final</u>	<u>Final</u>
 H. Blackman J. Dixon G. Daborn 	1. L. Rolls 2. L. Clements 3. L. Davis
100m. (Over 55 yrs) Time - 12:8 seconds	$\frac{800 \text{ m.}}{\text{Time} - 2 \text{ min. 0.7 secs.}}$
Final	Final
1. W. Fairey 2. L. Batt 3. A. Beckett	1. J. Humphrey 2. J. Rayward 3. G. Smith lst over 55 yrs- L. Rolls
200m. (40 - 55 yrs Time - 23.6 seconds	1500m. Time - 4 mins. 14 secs.
Final 1. J. Dixon 2. A. Blackman 3. G. Daborn	1. C. Skipper 2. D. Hardy 3. R. Hunt 1st over 55 yrs-G. Betts
200m. (Over 55 yrs) Time - 26:9 seconds	5000m. Time - 16 min. 18 secs.
Final	Final
 W. Fairey J. Searle A. Sutherland 	 A. Phillips C. Shippen S. Charlton
$\frac{400m. (40 - 55 yrs)}{\text{Time} - 52:3 seconds}$	3,200m. Walk Time - 15 min. 55.8 secs
<u>Final</u>	Final
 J. Dixon G. Daborn J. Daniels 	 K. Easlea R. McMullen L. K. Evans

LAURIE O'HARA, continued from P. 1

3. L. K. Evans

1st over 55 yrs-F. Nickolls

In the middle distances, Keith Whitaker (42), England, proke Stolpe's and Fitzgerald's record of 52.0, with an impressive 51.1, closely followed by Clark Marshall (40) Unatt, who equalled the old mark.

Next to O'Hara's efforts, the next best track performance in Division I was David Pratt's (41) NTSTC excellent victory in the 800-meter of 1:57.6, setting a new Masters record. Even more amazing was the performance of Bill Fitzgerald (48) STC, who made a late charge at the winner, coming in 2d, but in so doing, registering a P.R. 1:58.13 in '72 of 1:58.4. Bill has competed in every Masters since its inception, and was the recipient of the 1967 2nd Masters outstanding athlete award and has improved his performances each year, notwithstanding advancing age and improved competition. He re-presents the true sportsman, willing to compete even though he know younger athletes are bound to improve on his re-

Another fine athlete to grace the AAU Masters was Henry Kupczyk (40), Nasville, Tennessee, formerly of Poland, who registered a 3rd in the 800 at 1:59.1

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 afteless was enjoyment. After watching some 500 veterans sloggling over a strenuous 25-kilometre 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 createst veteran athletes really enjoying themselves when most ordinary people in their age group were way 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 beneved, and I would like to thank race organiser Brian Doughty for staging this event and allowing me the privilege of watching it.

The standard of performance last Sunday's The standard of performance last Sunday's 52-kilometry Veteran Road Runners' Champion-ship, which was held over four laps of the Willaston circuit, was of the highest order and even the atroclous weather conditions could not damper the enthusiasm of the competitors for the task in band.

the task in hand.

In the over-40 years class Bill Stoddart of Scotland fook the title of World Champion after an excellent race, in the early stages the lead was held by stylat Terry Klimartin of England with Stoddart lying in about fourth or fith postlina. After two laps of the Willaston circuit had been completed he put on the pressure and moved ahead on the long climb up Waterson Lane and once he reached Cronk-ny-Mona the title was his. Over the than lap he pulled runther ahead and as he crossed the finishing line to the jubilant cheers from the crowd of rain-scaked spectators, his lead over second placeman, Ken Hodkinson (England), had stretched to nearly 200 yards, (England), had stretched to nearly 200 yards, with Willi Irmén of Germany moving into third

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 Half of England, the British states over a country champion. accoroup 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 Fitz-

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 opposi-tion that Bill had to be content with 11th place out of the 81 starters.

out of the 41 starters. Bill started steadily, going past the T.T. Grand-stand in Gloncrutchery 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 one comments, it wasn't hong enough." Bill's time for the 15½-mile course was 1 hr. 52 mins. 4 secs.

The winner and new world champion in the over-60 class was Jasef Kruzycki of Wast Germany, who had a superb run, leading from start to linish. He was followed home by T. Jansen of Sweden, withflirtd place going to another German competitor, K. Welchert.

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

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

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

As special mention must also be made of the outstanding performance of the four veteran members of the fair sex who competed unofficially the race. They all completed the distance without anny 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 LT.V. and B.B.C. who made on-the-spot interviews with class winners and I would like, on behalf of race see, 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 conditi-ons for granted because we have a genuine love of our sport, so I would fike to give a special

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SPENILADELPHIA MASTERS OUTDOOR TRACK & FIELD CHAMPIONSHIPS, Saturday, August 18, 1973,

Ursinus College, Collegeville, Pa. Field

W. Stoddart, Schottland, Weltbester und Sieger am 20. Mai 1973, Isle of Man, 25 km-Zieleinlauf in 1:23:38 Stdn.

(Foto: H. Caviglioli)

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.

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

Over 46 years: 1. Bill Stoddart (Scotland), 1 hr. 23 mlns. 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. Kruzycki (West Germany) 2. T. Jensen (Sweden); 3. K. Weichert (Germany)

Over 70 years: 1. K. Grunewalt (Germany); 2. K. Ohshima ((Japan); 3. M. Lunak (Czechchoslovakia).

K. Hodkinson, England, 2. Platz am 20. Mai 1973, Isle of Man, Zjelelnlauf in 1:24:16 Stdn.

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 Fed Ward, stood in front of the Grandstand in Glencrutchery Road for about two hours in the pouring rain handing out refreshments to the athletes – and yet despite all this, they seemend to really enjoy themselves.

Finally, I would, just once again, like to thank my old friend Bryan for organising this wonder-ful rate. 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.

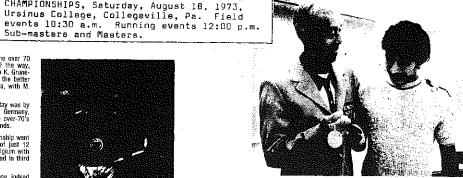
Leading positions in the championships were as follows: —

CONDITION, JU, 173

continued for

	1 aratho	n_	CONC	110 60	TECH	n P.	7
1 6 1	Bruce Lockway, STC	43	40:03	81:33	2:02:30	2:44:	:12 [©] 3:41:5
62.	Philip Sevene, unat	40	36:03	73:57	1:54:00	2:38:	
63.	Cal Garrett, SUTC	47	40:03	81:33	2:02:44	2:47	
64.	Alfred Tucker, Orionii (Eng)	53	39:13	79:28	1:52:04	2:42:	
65.	Alan Flanigan, unst	61	38:31	79:39	2:02:09	2:46:	10 3:50:4
66.	Arnie Dixner, SDTC	49	39:57	79:39	2:01:38	2:47:	
67.	Norman Tamanaha, HandaTC	66	36:40	76:23	1:59:51	2:48:	52 3:54:5
68.	Jack Relly, SDTĆ	43	37:08	77:40	2:00:02	2:43:	12 3:58:2
169.	Jim Bole, STC	65	42:46	86:08	2:11:41	2:57:	40 4:00:0
70.	A. J. Richardson, unat	44	45:10	91:03	2:17:38	3:04:	
71.	Stan Proffitt, WYMCA (Eng)	62	40:00	84:12	2:12:00	3:01:	
72.	James Stephenson, SFOC	52	41:42	87:30	2:17:47	3:08:	
73.	Richard Fleming, SDTC	40	40:17	83:34	2:09:23	2:56:	
74.	Marvin Moar, SDTC	52	43:48	88:40	2:18:37	3:09:	
75.	Noel Johnson, SDTC	74	45:50	98:43	2:32:27	3:35:	:55 4:59:0
١.	VETERAN WOMEN'S MARATHON						
1.	Luanne Kralick, unst	40	39:12	79:28	2:01:00	2:39:	20 3:29:0
	A. A. U. MASTERS' 20-KILOME	TER	WALK		FINISH		*New Di
1.	John Kelly, BHMS	44	43:49	88:02	1:51:07		Old Rec
1.2.	John Markon, LongIsAC	44	45:50	90:00	1:55:224		Graham !
3.	Don Johnson, ShoreAC	56	46:43	96:43	1:34:50*	1-II	**New Di
4.	John MacLachlan, UCTC	42	47:25	96:40	2:02:03		Old Rec
5.	Justin Gershuny, unat	46	46:43	96:52	2:04:28	_	Paul Re
6.	Arthur Smith, unat	52	51:15	102:57	2:08:57	2-II	***New Div
7.	Irvin Spector, BMS	43	50:52	102:57	2:09:25		
8.	Larry O'Neil, Montana	65	51:35	105:15	2:11:34	1-111	Old Reco
9.	A. A. U. FRANCES ZUNTLOWNE John Kelly, BHMS John Markon, Longisac Don Johnson, Shoreac John MacLachlan, UCTC Justin Gershuny, unat Arthur Smith, unat Irvin Spector, BHMS Latry O'Neil, Montana Robert Long, BHMS Luka Sekulich, NCSTC Low Marky RHMS	54	52:24	107:13	2:14:22	3-II	John Mor
10.	Luka Sekulich, NCSTC	50	52:25	107:14	2:14:48	4-II	#New Divis
11.	Joe Wehrly, BHMS	57	53:50	112:10	2:26:34	5 - 11	Old Recor
ı							1971.

	Marathon	<u>n</u>	Conti	NV O ed	trov	w P.	2
61.	Bruce Lockway, STC	43	40:03	81:33	2:02:30	2:44:1	2 3:41:55
62.	Philip Sevene, unat	40	36:03	73:57	1:54:00	2:38:5	
63.	Cal Garrett, SUTC	47	40:03	81:33	2:02:44	2:47:0	
64.	Alfred Tucker, OrionH (Eng)	53	39:13	79:28	1:52:04	2:42:2	
65.	Alan Flanigan, unst	61	38:31	79:39	2:02:09	2:46:1	
66.	Armie Dixmer, SDTC	49	39:57	79:39	2:01:38	2:47:4	
	Norman Tamanaha, HandaTC	66	36:40	76:23	1:59:51	2:48:5	
68.	Jack Relly, SDTC	43	37:08	77:40	2:00:02	2:43:1	
	Jim Bole, STC	65	42:46	86:08	2:11:41	2:57:4	
70.	A. J. Richardson, unat	44	45:10	91:03	2:17:38	3:04:4	
/1.	Stan Proffitt, WYMCA (Eng)	62	40:00	84:12	2:12:00 2:17:47	3:01:4 3:08:1	
<u> /</u>	James Stephenson, SFOC	52	41:42	87:30			
	Richard Fleming, SDTC	40	40:17	83:34	2:09:23	2:56:5	
/4.	Marvin Moar, SDTC	52	43:48	88:40	2:18:37 2:32:27	3:09:0 3:35:5	
/).	Noel Johnson, SDTC	74	45:50	98:43	2:34:21	3:33:3	3 4:39:00 1-14
	VETERAN WOMEN'S MARATHON						
ı.	Luanne Kralick, unat	40	39:12	79:28	2:01:00	2:39:2	0 3:29:07
	A. A. U. MASTERS' 20-KILOMET	TER	WALK		FINISH		*New Division I Record;
1.	John Kelly, BHMS	44	43:49	88:02	1:51:07		Old Record 2:33:06 by
	John Markon, LongIsAC	44	45:50	90:00	1:55:224		Grahem Parnell, 1972.
3.	Don Johnson, ShoreAC	56	46:43	96:43		1-II	**New Division II Record;
	John MacLachlan, UCTC	42	47:25	96:40	2:02:03		Old Record 2:56:57 by
	Justin Gershuny, unat	46	46:43	96:52	2:04:28	_	Paul Reese, STC, 1972.
	Arthur Smith, unat	52	51:15	102:57	2:08:57	2-II	
7.	Irvin Spector, BMS	43	50:52	102:57	2:09:25		***New Division III Record,
8.	Larry O Neil, Montana	65	51:35	105:15	2:11:34		Old Record 3:13:58 by
9.	Robert Long, BMS	54	52:24	107:13	2:14:22	3-II	John Montoya, STC, 1972.
10.	Luka Sekulich, NCSTC	50	52:25	107:14	2:14:48	4-II 4	New Division II Walk Record,
11.	Joe Wehrly, BHMS	57	53:50	112:10	2:26:34	5 - II	Old Record 1:50:23 by Gould,



MAN WITH MEDALS—Sixty-eight-year-old Sing Lum, holder of several world track records for his age group, shows distance runner Alex Hinzo medals be 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 Mr. Lum entered his first

track meet in 1969 at the age of 65, turning in a time of 16.2 in the 100-meter dash. "I didn't do very good — I
only had two weeks of practice," he commented.
Mr. Lum never suspected

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.

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 was no way to Bakersfield 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 heaven the started to be supported to the started to the saying the sayi

anga 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 af first, "but now he's all for it," Mr. Lum adds. "I haven't got a coach to train me, and I just train my-self. 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 510" frame and sound health to no particular diet, except an abundance of milk as well as "no smoking, no drinking,

"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 the control of ticipated in meets against vet ticipated in meets against vet-eran runners from around the world. In cities such as Lon-don, Stockholm, Copenhagen and Cologne, he emerged vic-torious with gold, silver and bronze medals for dashes and a relay. Yet he prefers run-ning 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 63-year-old runner in the meet. The Olympics include runners in three. pics 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 het-ter 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.

O'Hara, Jackson cited

as Masters standouts Laurie O'Hara of England and Dave Jackson of the Corona Del Mar Track Club his victories in the long jump were named the outstanding (2 ft., 1/2 m.) and triple performers in Division I jump (48-11). [4ges 40-49) of the U.S. Mas- Meet director Ken Bernard ters track and field championships which concluded Chub is likely to bid to host yesterday.

profisings which concluded.

O'Hara was named ton track athlete for his double wins in the 10,000 meters (109.3). 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 Inter-national Amateur Athletic Federation tables. The IAAF evaluation tables

NORTHWEST SENIOR TRACK & FIELD CLASSIC

Saturday and Sunday

		002, 21 010 22, 1910				
		Gresham. Gregon				
30-39 100 Yard Dash - Final		30-39 Pele Vault 1 Gerard Dumas VOC	12'9"	50-59 High Jump		
1. Jim Puckett Unatt.	10.04	2 Jeff Rhoem Unat.	11'0"	1. Orval Gillett		F15 T 4
2. Lynn Eves PTC 3. Ted Cain	10.04 10.15	3 Lawrence Jones Unat.	10'	2. Dave Brown	CDMTC	5'6-1/4"** 4'10-1/4"
40-49 100 Yard Dash - Final	10415	3 Gary Isham	10'	3. Howard McNeice	LASTC	4'2-1/4"
_		40-49 Pole VaultNo s	hows	4. Charles McMahon	SCTC	318"
1. Phil Schlegel 2. Oswald Dawkins	10.71	330 Int. Hurdles 40-49		60-over High Jump		
13. Ted Rademaker SFOC	10.78 10.92	1 Ted Rademaker SFOC 2 Joel McNulty Lake Os	42.6 sw. 44.75	1. Bud Deacon	HMTC	4' 6"
50-59 Long Jump . Final		330 Int. Hurdles 30-39	30, 44.75	2. John Dick	Unatt	4'6"
1. Orvall Gillett	161 011	l Ted Cain	38.56	 Virgil McIntyre 	STC	4' 4-1/4"
2. Howard McNeice LASTC	16' 9" 15' 9"	2 Jay Lane Kla Fal	39.19	30-39 Shot Put		
3. Dave Brown CDMTC	151 🔞	3 Jim Mcabee Ptld.	40.29			
4. Joe Mallon PTC 5. Charles McMahon SDTC	12' 97	330 Int. Hurdles 50-59 1 Howard McNeiece LAST	TC 57.91	1. Gary Baskett 2. Louis Fasano	Unatt. Unatt.	45'11-1/2"** 45' 5-1/2"
	TT 0	330 Int. Hurdles 60-over		3. Ron Baker	onacc.	42 1"
60-over Long Jump - Final		l Bud Deacon	51.81	4. Dick Nicholl		42' o"
 Virgil McIntyre STC 	15, 3,	2 John Dick	57.91	40-49 Shot Put		
2. B. W. Deacon HMTC 3. John Dick Unatt.	15' 3"	30-39 6 Mile Run	20.75 50	1. Lee Schroder	Maama	441 0 7 47 11
J. John Dick Unatt. 4. J.J. Púglizevihh NCSTC	14' 1" 12' 10	l Norm Cyler PTC 2 Earl Ellis	30:35.50 31:43.28	2. Lee Cave	NCSTC	44" 2-1/2" 41' 7-1/2"
	v	3 forbes	34:45.74	3. Phil Walden		34' 1/2"
30-39 High Jump - Final		40-49 6 Mile Run	71.14 05	4. Doug Hansen	Unatt.	28' 2"
1. Veff Roehm Unatt.	5' 7"		31:14.86 33:03.65	30-39 440 Relay		
 Ted Cain Cary Isham 	51 3**	3 Ray Gil Lompóc	35:01	1. Portland Track C	1	44.04
	4' 10-1/4"	50-59 6 Mile Run		2. Puckett's Cove Co	omets	44.24 45.12
40-49 High Jump - Final		l Norman Hansen Unat. 2 Ken Hendrix SSCT	36:23 38:02			
1. Dave Jackson CDMTC	5' 1-1/2"	3 Joe Mallon PTC	39:50	40-49 440 Relay		
 Lee Schroder Phil Walden 	4' 10-1/4" 4' 10-1/4"	60-over 6 Mile Run		1. Northern Californ		45.85
4. Bill Fix	4' 6-1/4"	1 Norman Tamanaha Hawa	iii 41:27	2. Corona Del Mar To	3	49.23
50-59 Eriplo Tumo Binel	,	2 Robert MacTarnahan Ur	na. 41:4U	30-39 120 Yard High F	Iurdles	
50-59 Triple Jump - Final		50-59 100 Yard Dash 1 Calvin Boyd Unat.	11 77	1 7 7		
1 Howard McNiece LASTC	29 '8"	1 Calvin Boyd Unat. 2 Dave Brown CDMTC	11.37 12.06	 Jay Lane Ted Cain 	Unatt.	15.14** 15.20
2. Mike Castaneda 3. Charles McMahon SDTC	28' 1" 24' 5"	3 Russ Niblock	12.06	Jim McAbbe	PTC	15.33
	24 3	4 Orval Gillett	12.21	40-49 120 Yard high H	urdler	
60-over Shot Put - Final		60-over 100 Yard Dash 1 Virgil McIntyre STC	12.15		utares	
 William Babnick Unatt. 	43' 9-1/2"	2 A.J. Puglizavich NCS		 Dave Jackson Ted Rademaker 	CDMTC	15.09**
2. James York NCSTC	43 2"	3 Hank Shirkosky	14.00	z. ied kademaker	SFOC	16.32
 A.J. Puglizevich NCSTC John Dick Unatë. 	39' 5-1/2" 35' 2"	4 George Wise	14.51	50-59 120 Yard High H	urdles	
5. R.L. Nichols	35' 1/2"	40-49 Long Jump 1 Dave Jackson CDMTC	21'5"	1. Orval Gillette		14 ,91,x*
30-39 880 Yard Dash - Final		2 Phil Schlagel CDMTC	19'10"	 Howard McNeice 	LASTC	23.21
30 33 COO Tald Dasi - Final		3 Joel McNulty P.YMCA	17'10"	60-over 120 Yard High	TT 2 2	
1. Don McMillen PTC 2. Jay Hill PTC	1:55:44	40-49 Javelin 1 Hiram Crane	180'9"	55 CVC1 120 TAIL MIGH	nurures	
2. Jay Hill PTC 3. Bill Smith Unatt	1:58:08 1:59:45	2 Hal Warner	177'5"	1. Bud Deacon	HMTC	19.70**
40-49 880 Yard Dash - Fina		50-59 Javelin		30-39 2 Mile Walk		
l Bill Fitzgerald LASTC	2:01.09		135'0"			
2 George Puterbaugh Unat. 3 Doug Hansen Unat.	2:06.80 2:31.01	2 Orval Gilett	95'8"	 Ken Fowler 	Unatt	17:54:75**
50-59 880 Yard Dash - Fina		60-Over Javelin 1 John Dick Unat.	12913"	50-59 2 Mile Walk		
1 Dean Schmidt Unat.	2:18.59	2 Bud Deacon HMTC	119'3"	1 Don Taggha	Dm.a	10 14
2 AugieEscamilla SDTC	2:18.81	3 Robt. MacConaghy Unat. 4 R.L.Nichols		1. Don Jacobs 2. Joe Mallon	PTC PTC	19:14:60 20:36:21
3 Bill Gorman DRRC 4 Ray Mahannah	2:23.21 2:25.17	40-49 Discus	107'9"	3. Mike Castaneda	MMM	21:12:79
60-over 880 Yard Dash - Fi		1 Lee Schroder MCSTC	134'11"	60-over 2 Mile Walk		
1 'Bud Deacon HMTC	2:26.52	2 Lee Cave	109'33"	-		
2 Sidney Madden MS 3 Mel Shine NCSTC	2:36.5 2:39.66 <u>40-49</u>	3 Phil Walden . Mile	93'6½"	1. Bill Babnick	Unatt	20:40:69
50-59 Discus	1 Bi	Il Fitzgerald 4:35.7	7 .			
l Mike Castenada.		ank Newman Unat. 5:02.5 y Gil STC 5:03.9				
2 Charles McMahon	110'7"		40-49 440 Yd	Dash: 1) O. Dawkins 5	4.22: 216	Puterhauph
2 Orval Gillett	110'7" 50-59 1 Au:	<u> </u>	55.30; 3)	Rex Gilman 1:04 OS.		
<u>60-pver Discus</u> 1 John Dick Unatt.	2 De	an Schmidt Unat. 5:16 2	8 50-cver 440 V	Dash: 1) C. Boyd 58 7 d Dash: 1) V.McIntyre	1; 2)R Ni	block 1:00.6.
2 Larry o'Neil MAAU	10612"	y Mahannah Unat. 5:27.0	_ T:00°35' 7) H	. 5hinkosky l:l3.47.		
3 A.J. Puglizevich NCSTC	105'8½" <u>60-0v</u>	er Mile d Deacon HMTC	4U-41 220 Yd i	Dash: 1) O. Dawkins 2:	3.96; 2)	T. Rademaker
4 R.L. Nichols		d Deacon HMTC 5:43 5: d Madden MS 5:52.8:	3 - 50-59 220 Yd 1	Bill Fredrickson 24.43 Dash: 1) C. Boyd 25.8	H: 2) P	Niblack20 da.
<u>50–59 Shot Put</u> l Mike Cast en eda		Pole Vault	3) H. PICNE:	1ece 31.28.		
2 Charles McMahon SDTC	35:3 4 " l Dri	val Gilett lo'6"	60-over 220 Yo	d <u>Dash:</u> 1) V. McIntyre M. Shine 31.39	28.00;	2) B. Deacon
3 Orval Gillett	34 gii 2 Dav	ve Brown COMTC 9'8"	<u>40~6</u> 9 Triple :	Jump: 1) D. Jackson 40	3'4": P.	Schleoml 36'3"
4 Howard McNieice LASTC		arles McMahon SDTC 6*	_; L Lave	36 ' 3"		
60-over Triple Jump 1 Bud Deacon HMTC	32 4" 1 Buc	er Pole Vault 1 Deacon HMTC 10'63"	4U-49 3 Mile F	<u>Run:</u> 1) R. Hatton 14:5 Ray Gil 16:44.	59.30; 2)	Field Ryan ^o
2 John Dick Unst.	28'11"	(New American record	1) <u>50-59 3 Mile F</u>	<u>Run</u> : l) A. Escamilla 1	7;21; 2)	N. Hansen
	2 Rot	ot MacConaghy Unat 8'	17:48; 3 K Her	odrix 19:14.		
	2 301	n⊓ Dick Unat. 4'6"	00-008F 0 M116	<u>թ Run:</u> l) Norm Tamanah	ia (NT): 2	 J:Dick 22:34.

sham. Oregon			
ele Vault rd Dumas VOC	12'9"	50-59 High Jump	
Rhoem Unat. ence Jones Unat. Isham	11'0" 10' 10'	1. Orval Gillett 2. Dave Brown 3. Howard McNeice 4. Charles McMahon	5'6-1/4"** CDMTC 4'10-1/4" LASTC 4'2-1/4"
<u>cle Vault</u> No sh⊲ . Hurdles 40–49	ប់ឃន	4. Charles McMahon 60-over High Jump	SCTC 3'8"
Rademaker SFOC McNulty Lake Os	42.6 u. 44.75	1. Bud Deacon	HMTC 4'6"
Hurdles 30-39		 John Dick Virgil McIntyre 	Unatt 4' 6" STC 4' 4-1/4"
ane Kla Fal Mcabee Ptld.	38.56 39.19 40.29	30-39 Shot Put	
Hurdles 50-59			Unatt. 45'11-1/2"
. Hurdles 60-aver		3. Ron Baker 4. Dick Nicholl	Unatt. 45' 5-1/2" 42' 1" 42' 0"
Deacon Dick	51.81 57.91	40-49 Shot Put	*2 0
	30:35.50		NCSTC 44 2-1/2"
es 3	31:43.28 34:45.74	 Lee Cave Phil Walden Doug Hansen 	41' 7-1/2" 34' 1/2" Unatt. 28' 2"
	1:14.86 3:03.65	30-39 440 Relay	onacc. 28. 2"
il Lompóc 3	35:01	1. Portland Track Clu	b 44.24
Mile Run an Hansen Unat. Hendrix SSCT	36:23	2. Puckett's Cove Com	ets 45.12
Mallon PTC	38:02 39:50	40-49 440 Relay 1. Northern California	ma 15 0=
<u>6 Mile Run</u> an Tamanaha Hawai at MacTarnahan Una		 Northern Californi Corona Del Mar TC 	a TC 45.85 49.23
100 Yard Dash	4. 41:40	30-39 120 Yard High Hu	rdles
in Boyd Unat. Brown CDMTC	11.37 12.06	 Ted Cain 	Jnatt. 15.14** 15.20
Niblock L Gillett	12.06 12.21		PTC 15.33
100 Yard Dash il McIntyre STC	10 15	40-49 120 Yard high Hu	dles
Puglizevich NCS? Shirkosky	12.15 fC12.81 14.00		DDMTC 15.09** SFOC 16.32
ge Wise ng Jump	14.51	50-59 120 Yard High Hur	
Jackson CDMTC Schlegel CDMTC	21'5" 19'10"	1. Orval Gillette 2. Howard McNeice I	1 % (⁴) ^{x k} ASTC 23.21
McNulty P.YMCA <u>velin</u>	17'10"	60-over 120 Yard High H	urdles
Crane	180'9" 177'5"	1. Bud Deacon H	MTC 19.70**
velin es McMehon SDTC	135:0"	30-39 2 Mile Walk	
Gilett	95'8"	1. Ken Fowler U	natt 17:54:75**
	12913"	50-59 2 Mile Walk	
MacConaghy Unat.	119'3" 108'10" 107'9"	2. Joe Mallon P	TC 19:14:60 TC 20:36:21
scus chroder MCSTC]	134'11"	60-over 2 Mile Walk	MM 21:12:79
ave j	109 '3 } " 93 '6 2 "		natt 20:40:69
rald 4:35.77 n Unat. 5:02.53			
STC 5:03 93	40-49 440 Yd	Dash: 1) O. Dawkins 54.	22; 2)G Puterbaugh
illa SDTC 5:09,74 t Unat. 5:16 28 h Unat. 5:27.06	50-59 440 Yd 60-ever 440	Rex Gilman 1:04 05. Dash: 1) C. Boyd 58 71; 7d Dash: 1) V.McIntyre 1:	2)R Niblock 1:00.6 04.76; 2) M. Shine
	40-49 220 Yd	1. Shinkosky 1:13.47. Dash: 1) 0. Dawkins 23.	96; 2) T. Rademaker
MS 5:52.03	50-59 220 Yd	Bill Fredrickson 24.43. Dash: 1) C. Boyd 25.88; iece 31.28.	2) R. Niblock29.80
1t t lo'6"	60-over 220 '	d Dash: 1) V. McIntyre M. Shine 31.39	28.00; 2) B. Deacon
CDMTC 9'8" shon SDTC 6*	40-69 Triple 2) L. Cave	Jump: 1) D. Jackson 431	4"; P. Schlegel 36":
ault HMTC 10¹6⅓"	40-49 3 Mile 16:32: 3)	Run: 1) R. Hatton 14:59 Ray Gil 16:44.	
American record)) 50-59 3 Mile 17:48; 3 K He	Run: 1) A. Escamilla 17	:21; 2) N. Hansen
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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 stogging over a stremuous 25-kilorio was course last weak-end in pouring rain and gate force wind, this message came across loud and clear.

In the super-super-veteran class – the over 70 age group – It was a close race all the way, with the champlonship finally going to K. Grune-wall of West Germany, who just got the better of his Jananese opponent K. Obshima, with M. Land Czech) taking third place.

Most remarkable performance of the day was but the most remarkable performance of the day was but the super-super-veteran class – the over 70 age group – It was a close race all the way, with the champlonship finally going to K. Grune-wall of the super-super-veteran class – the over 70 age group – It was a close race all the way, with the champlonship finally going to K. Grune-wall of West Germany, who just got the better of his Jananese opponent K. Obshima, with the champlonship finally going to K. Grune-wall of West Germany, who just got the better of his Jananese opponent K. Obshima, with the champlonship finally going to K. Grune-wall of West Germany.

There were some of the world's greatest veteran athletes really enjoying themselves when most ordinary people in their age group were way 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 beneved, and I would like to thank race organiser Brian Doughty for staging this event and allowing me the privilege of watching it.

The standard of performance last Sunday's 25-kilometre Veteran Road Runners' Champlonship, which was held over four laps of the Williaston circuit, was of the highest order and even the atroclous weather conditions could not damper the enthusiasm of the competitors for the task in hand.

In the over-40 years class Bill Stoddart of Scot-In the over-40 years class Bill Stoddart of Scotland fook the title of World Champion after an
excellent race. In the early stages the lead was
held by stylist Terry Klimartin 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 on the long climb up Watterson Lane and
once he reached Fornk-ny-Mona the title was bis.
Over the final lap he pulled further ahead and as
he crossed the finishing line to the [billant
cheens from the srowd of rain-soaked spectators,
his lead over second placeman, Ken Hodkinson
[England), had stretched to nearly 200 yards,
with Will 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 enloved himself. He finihed full of running in 173rd 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 Halt 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 Bilf Kelly, but such was the class of the opposi-tion that Bill had to be content with 11th place out of the B1 starters.

out of the B1 starters.
Bill started steadily, going past the T.T. Grandstand in Glencrutchery 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 one comment
was, JR wasn't long enough." Bill's time for the
151/2-mile course was 1 hr. 52 mins. 4 secs.

The winner and new world champion in the over-60 class was Josef Kruzycki of West Germany, who had a super Ini, leading from start to finish. He was followed home by T. Jensen of Swelen, withhird place going to another German competitor, K. Welchert.

Most remarkable performance of the day was by who finished in 11 th 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 Champtoship 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 out-A special mention has also e made of more or standing performance of the four veteran members of the fair sex who competed unofficially in the race. They all completed the distance without anny sign of stress, with the first to finish, a blonde from Sweden, I think, looking remarkably

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SPENHILADELPHIA MASTERS GUTDOOR TRACK & FIELD CHAMPIONSHIPS, Saturday, August 18, 1973,

Ursinus College, Collegeville, Pa. Field

Sub-masters and Masters.

W. Stoddart, Schottland, Weltbester und Sieger am 20. Mai 1973, Isle of Man, 25 km-Zieleinlauf in 1:23:38 Stdn.

(Foto: H. Caviglioli)

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 Glencrutchery Road for about two hours In the pouring rain handing out refreshments to the athlates – and yet despite all this, they seemend to really enjoy them-

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 49 years: 1. Bill Staddart (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.

Gver 66 years: 1. J. Kruzycki (West Germany); 2. T. Jensen (Sweden); 3. K. Weichert (Germany).

K. Hodkinson, England, 2. Platz am 20. Mai 1973, Isle of Man, Zieleinlauf in 1:24:16 Stdn. (Foto: H. Caviglloll) (Japan); 3. M. Lunak (Czechchos-lovakia).

CONDITION, Ju. 173

Marathon continued from P. 2

		40:03	81:33	2:02:30	2:44:12	3:41:55	
Bruce Lockway, STC	43		73:57	1:54:00	2 38 58	3:45:00	
Philip Sevene, unat	40	36:03 40:03	81:33	2:02:44	2:47:00		
Cal Garrett, SDTC	47		79:28	1:52:04	2:42:27		TT
Alfred Tucker, OrionH (Eng)	53	39:13	79:39	2:02:09	2:46:10		îii
Alan Flanigan, unst	61	38:31		2:01:38	2:47:42		111
Arnie Dixner, SDTC	49	39:57	79:39		2:48:52		111
Norman Tamanaha, HawMIC	66	36:40	76:23	1:59:51			.111
Jack Kelly, SDTC	43	37:08	77:40	2:00:02	2:43:12		111
Jim Bole, STC	65	42:46	86:08	2:11:41	2:57:40		111
A. J. Richardson, unst	44	45:10	91:03	2:17:38	3:04:40		***
Stan Proffitt, WYMCA (Eng)	62	40:00	84:12	2:12:00	3:01:48		
James Stephenson, SFOC	52	41:42	67:30	2:17:47	3:08:13		.11
Richard Fleming, SDTC	40	40:17	83:34	2:09:23	2:56:55		
Marvin Moar, SDTC	52	43:48	88:40	2:18:37	3:09:08		
Noel Johnson, SDTC	74	45:50	98:43	2:32:27	3:35:55	4:59:00 1-	· TA
veteran women's marathon							
Luanne Kralick, unat	40	39:12	79:28	2:01:00	2:39:20	3:29:07	
··································							
A. A. U. MASTERS' 20-KILOMETER WALK				PINISH		*New Division	
John Kelly, BHMS	44	43:49	88:02	1:51:07		Old Record 2	
John Markon, LongIsAC	44	45:50	90:00	1:55:22# 1:34:50		Graham Parne	11, 19/2.
Don Johnson, ShoreAC	56	46:43	96:43	1:34:50"	1-11	**New Division	n II Record:
John MacLachlan, UCTC	42	47:25	96:40	2:02:03		Old Record 2	
Justin Gershumy, unat	46	46:43	96:52	2:04:28		Paul Reese,	
Arthur Smith, unat	52	51:15	102:57	2:08:57	2-11 J		
Irvin Spector, BHMS	43	50:52	102:57	2:09:25		New Division	
Larry O'Neil, Montana	65	51:35	105:15	2:11:34	1-111	Old Record 3	
Robert Long, BHMS	54	52:24	107:13	2:14:22	3-II	John Montoya	
Luka Sekulich, NCSTC	50		107:14	2:14:48	4-II #	New Division I	I Walk Record
Joe Wahrly, BHMS	57	53:50	112:10	2:26:34	5-II (01d Record 1:5	0:23 by Gould
,,						1971.	
							11



MAN WITH MEDALS—Sixty-eight-year-old Sing Lum, holder of several world track records for his age group, shows distance runner Alex Hinzo 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

pretty fast," he said of his

preny rast, ne said of nis training program.

Mr. Lum attributes his lean 5'19" frame and sound health to no particular diet, except an abundance of milk as well as "no smoking, no drinking, no gambling".

pics 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 bet-ter 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 'tii I die, I guess," he smiled.

no gambling."

"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.

of 13.

Mr. Lum entered his first

Mr. Lum entered his first track meet in 1989 at the age of 65, turning in a time of 16.2 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 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 resi.

A long-time Bakersfield resident, Mr. Lum attended Stine dent, 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 i mproves physical condition and lowers

physical condition and lowers 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 my-self. I just go out and jog a mile or two and sometimes run

record, was the top mark of the meet, according to Inter-national Amateur Athletic

Federation tables The IAAF evaluation tables

O'Hara, Jackson cited

as Masters standouts

Laurie O'Hara of England and Dave Jackson of the Corona Del Mar Track Club were named the outstanding (2f. ft. 1½ in. 1) and triple performers in Division I (ages 40-49) of the U.S. Masters track and field châmpionships which concluded yesterday.

pionstips which concluded.

Other was named to track athlete for his double wins in the 10,000 meters (30:48.6) 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 ton mark of

okin tters ithon

"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. ark 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 paran athlete who ough this past e eligible, led

Track and Field team. He par-ticipated in meets against vet-eran runners from around the world. In cities such as Lon-don, Stockholm, Copenhagen and Cologne, he emerged vic-torious with gold, silver and bronze medals for dashes and a relay. Yet he prefers run-ning in Bakersfield he cause e "It's too cold to run in Europe." senior track's yesterday by featured 40-49 n of the mara-U.S. Master's eld Champion-0-year-old ju-e teacher rep-San Diego vered the 26-The International Senior course in two Olympics, held annuelly at UCLA during the summer, will be Mr. Lum's next track aces and 37 sec-was 29 sectivity. He plans to set new rec-ords as the sole 69-year-old runner in the meet. The Olym-

an the meet the same Mis-last year, also fell in the visions also, am, one of a irs who trayid to compete distance in he Division II The 55-year-the fifth run-pped 10 min-onds off his

i. 62-year-old SDTC turned cking, taking
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NORTHWEST SENIOR TRACK & FIELD CLASSIC Saturday and Sunday July 21 and 22, 1973

		Gresham. Oregon	
30-39 100 Yard Dash - Final		30-39 Pole Vault 1 Gerard Dumas VOC 12'9"	50-59 High Jump
1. Jim Puckett Unatt. 2. Lynn Eves PTC 3. Ted Cain 40-49 100 Yard Dash - Final	10.04 10.04 10.15	2 Jeff Rhoem Unat. 11'0" 3 Laurence Jones Unat. 10' 3 Gary Isham 10'	 Orval Gillett Dave Brown Howard McNeice
l. Phil Schlegel	10.71	40-49 Pole VaultNo shows	4. Charles McMahon
73. Ted Rademaker SFOC	10.78	330 Int. Hurdles 40-49 1 Ted Rademaker SFOC 42.6 2 Joel McNulty Lake Osw. 44.75	60-over High Jump 1. Bud Deacon
50-59 Long Jump · Final		330 Int. Hurdles 30-39 1 Ted Cain 38.56	 John Dick Virgil McIntyre
1. Orvall Gillett 2. Howard McNeice LASTC 3. Dave Brown CDMTC	16' 9" 15' 9" 15! '6 "	2 Jay Lane Kla Fal 39.19 3 Jim Mcabee Ptld. 40.29	30-39 Shot Put
M. Joe Mallon PTC 5. Charles McMahon SDTC	11 8"	330 Int. Hurdles 50-59 1 Howard McNeiece LASTC 57.91	 Gary Baskett Louis Fasano
60-over Long Jump - Final		330 Int. Hurdles 60-over	 Ron Baker Dick Nicholl
 Virgil McIntyre STC B. W. Deacon HMTC 	15' 9" 15' 3"	2 John Dick 57.91 30-39 6 Mile Run	40-49 Shot Put
3. John Dick Unatt. 4. J.J. Pmglizevihh NCSTC 30-39 High Jump - Final	14' 1" 12' 10	1 Norm Oyler PTC 30:35.50 2 Earl Ellis 31:43.28 3 Forbes 34:45.74	 Lee Schroder Lee Cave Phil Walden
1. Veff Roehm Unatt.	5' 7"	40-49 6 Mile Run 1 Ray Hatton Bend 31:14.86	4. Doug Hansen
2. Ted Cain 3. Cary Isham	5' 3" 4' 10-1/4"	2 Field Ryan Brem 33:03.65 3 Ray Gil Lompoc 35:01	30-39 440 Relay 1. Portland Track Clu
40-49 High Jump - Final		50–59 6 Mile Run 1 Norman Hansen Unet. 36:23 2 Ken Hendrix SSCT 38:02	2. Puckett's Cove Cor
 Dave Jackson CDMTC Lee Schroder Phil Walden 	5' 1-1/2" 4' 10-1/4"	3 Joe Mallon PTC 39:50 60-over 6 Mile Run	40-49 440 Relay 1. Northern Californi
4. Bill Fix	4 10-1/4" 4 6-1/4"	1 Norman Tamanaha Hawaii 41:27 2 Robert MacTarnahan Una. 41:40	2. Corona Del Mar TC
50-59 Triple Jump - Final		50-59 100 Yard Dash 1 Calvin Boyd Unat. 11,37	30-39 120 Yard High Hu
 Qoward McNiece LASTC Mike Casteneda Chærles McMahon SDTC 	29 8 28 1 24 5	1 Calvin Boyd Unat. 11.37 2 Dave Brown CDMTC 12.06 3 Russ Niblock 12.06 4 Orval Gillett 12.21	 Jay Lane Ted Cain Jim McAbbe
60-over Shot Put - Final		60-over 100 Yard Dash	40-49 120 Yard high Hu
 William Babnick Unatt. James York NCSTC 	43' 9-1/2" 43' 2"	1 Virgil McIntyre STC 12.15 2 A.J. Puglizevich NCSTC12.81 3 Hank Shirkosky 14.00	 Dave Jackson Ted Rademaker
3. A.J. Puglizevich NCSTC 4. John Dick Unstt. 5. R.L. Nichols	39' 5-1/2" 35' 2"	4 George Wise 14.51 40-49 Long Jump	50-59 120 Yard High Hu
30-39 880 Yard Dash - Final	35' 1/2"	1 Dave Jackson CDMTC 21'5" 2 Phil Schlegel CDMTC 19'10" 3 Joel McNulty P.YMCA 17'10"	 Orval Gillette Howard McNeice
1. Don McMillen PTC 2. Jay Hill PTC	1:55:44	40-49 Javelin	60-over 120 Yard High
.3. Bill Smith Unatt	1:58:08 1:59:45	2 Hal Warner 177'5"	1. Bud Deacon
40-49 880 Yard Dash - Final 1 Bill Fitzgerald LASTC 2 George Puterbaugh Unat.	2:01.09	50-59 Javelin 1 Cherles McMahon SDTC 135'0" 2 Orval Gilett 95'8"	30-39 2 Mile Walk
3 Doug Hansen Unat.	2:31.01	60-Over Javelin	1. Ken Fowler to 50-59 2 Mile Walk
50-59 880 Yard Dash - Final 1 Dean Schmidt Unat. 2 AugieEscamilla SDTC	2:18.59 2:18.81	1 John Dick Unat. 129'3" 2 Bud Deacon HMTC 119'3" 3 Robt. MacConaghy Unat.108'10"	1. Don Jacobs
3 Bill Gorman ORRC 4 Ray Mahannah	2:23.21 2:25.17	4 R.L.Nichols 107'9" 40-49 Discus	2. Joe Mallon 1 3. Mike Castaneda M
60-over 880 Yard Dash - Fin 1 FBud Deacon HMTC	<u>al</u> 2:26.52	1 Lee Schroder NCSTC 134'11" 2 Lee Cave 109'34"	60-over 2 Mile Walk
2 Sidney Madden MS 3 Mel Shine NCSTC	2:36.5 2:39.66 40-	3 Phil Walden 93'62"	1. Bill Babnick U
50-59 Diacus 1 Mike Castenada.	2	Bill Fitzgerald 4:35.77 Frank Newman Unat. 5:02.53 Ray Gil STC 5:03.93	
2 Charles McMahon 2 Orval Gillett	110'7" 110'7" <u>50</u> -	59 Mile 40~49 440 Yd	Dash: 1) O. Dawkins 54. Rex Gilman 1:04 O5.
60-over Discus 1 John Dick Unatt.	127'1" 3	Dean Schmidt Unat. 5:16 28 60-0ver 440	<u>Dash:</u> 1) C. Boyd 58 71; Yd Dash: 1) V McIntyro 1:
2 Lerry o'Neil MAAU 3 A.J. Puglizevich NCSTC 4 R.L. Nichols	185'6ñ ¹	Bud Deacon HMTC 5:43 52 24.16; 3)	T. Shinkosky 1:13.47. Dash: 1) O. Dawkins 23. Bill Fredrickson 24.43.
50-59 Shot Put l Mike Casteneda	2	3) H. MoNe	<u>Dash</u> : 1) C. Boyd 25.88; Biace 31.28.
2 Charles McMahon SDTC 3 Orval Gillett 4 Howard McNüeica LASTC	35'3½" 1 34'9" 2	Drvel Gilett 10'6" 50-5ver 220 1 Drvel Gilett 9'6" 28.97; 3) Harles Momohen Spire 46-40 Triple	(d Dash: 1) V. McIntyre M. Shine 31.39 Jump: 1) D. Jackson 43'
60-over Triple Jump	60-	ver Pole Vault 40-49 3 Mile	e 36'3" Run: 1) R. Hatton 14:59
1 Bud Deacon HMTC 2 John Dick Unat.	28'11"	DO DESCOU UNIO TO PAR 10:32: 3)	Run: 1) A. Escamilla 17
			P Run: 1) Norm Teacher

Shot Put arv Baskett Unatt. 45'11-1/2"** ouis Fasano 45' 5-1/2" 42' 1" Unatt. on Baker ick Nichall 42' o" Shot Put ee Schroder NCSTC 44' 2-1/2" 41' 7-1/2" ee Cave hil Walden oug Hansen Unatt. 281 2" 440 Relay ortland Track Club 44.24 uckett's Cove Comets 45.12 440 Relay orthern California TC 45.85 orona Del Mar TC 49.23 120 Yard High Hurdles y Lane 15.14** Unatt. d Cain 15.20 PTC m McAbbe 15.33 120 Yard high Hurdles ve Jackson CDMTC 15.09** d Rademaker 16.32 120 Yard High Hurdles val Gillette ward McNeice LASTC r 120 Yard High Hurdles d Deacon HMTC 19.70** 2 Mile Walk n Fowler Unatt 17:54:75** 2 Mile Walk 1 Jacobs 19:14:60 Mallon PTC 20:36:21 ke Castaneda MMM 21:12:79 2 Mile Walk ll Babnick Unatt 20:40:69 l) O. Dawkins 54.22; 2)G Puterbaugh nan 1:04 05.) C. Boyd 58 71; 2)R Niblock 1:00.6. 1) V.McIntyre 1:04.76; 2) M. Shine sky 1:13.47.) 0. Dawkins 23.96; 2) T. Rademaker drickson 24.43.) C. Boyd 25.88; 2) R. Niblock29.80; 1) V. McIntyre 28.00; 2) B. Deacon l) D. Jackson 43'4"; P. Schlegel 36'3" R. Hatton 14:59.30; 2) Field Ryan ° 16:44. A. Escamilla 17:21; 2) M. Hansen 17:48; 3 K Handrix 19:14. 60-over 3 Mile Run: 1) Norm Tamanaha (NT): 2) J.Dick 22:34.

5'6-1/4"**

4'10-1/4"

4'2-1/4"

318"

4 1 6"

4 4-1/4

CDMTC

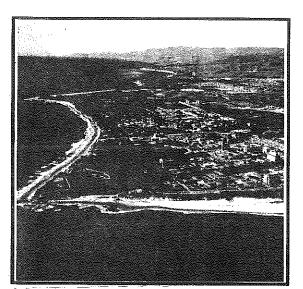
LASTC

SCTC

HMTC

STC

Unatt



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

Santa Barbara is as smogless as it is beautiful. You can train as

hard as you like without fear of the

air you breath. It's fresh and clear-

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

Santa Barbara . . . a one-of-a-kind place to hold a one-of-a-kind

You will need track shoes, shorts,

and other personal training gear,

You can enroll in either the I.T.A

PRO TRACK & FIELD DEVEL

OPMENT CAMP or the RUNNING

& CONDITIONING PROGRAM

for just \$150.00. This tuition fee

includes all group and individual instruction, meals, lodging, recrea-

tion facilities, etc. There are no

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, interme-

diate and advanced-may attend

the Development Camp. The Con-

ditioning Program is for all ath-

A \$50.00 deposit must accompany

your application. The full amount

A \$25.00 administrative charge

will be made for cancellations

prior to August 13. After this date.

refunds-less the \$25.00 adminis-

trative fee-will be made only for

medical reasons when accompanied

by a physician's letter. Any student

who leaves because of an injury

INSURANCE & MEDICAL CARE

Reasonable hospital and medical

expenses will be automatically

covered-up to \$1,000-if they re

sult from injuries at the camp. A

doctor will be on call at all times

will receive a prorated refund.

track and field program.

and high school coaches.

such as shots, poles, etc.

COSTS

extra charges,

is due August 13.

CANCELLATION

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 recrea-tion 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 swim-

ming, 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 fur-nished, 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 readilv 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 Sat-

CAMP COUNSELORS

Our professional staff will be assisted by outstanding collegiate

Camp Directors

JIM KLEIN: Westmont College Track & Field Coach, Santa Barbara, Calif. Alter nate decathlete in 1960 Olympics. NAIA Track & Cross Country Coach of the Year several times. Elected to NAIA national game committee, 1973. Cocoach, Olympic Development Training Camp, 1970-71. Some athletes coached: Paul Herman (1964 Olympics), Dennis Savage (9 times All American), Bill Bake ly (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 re lay 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 timethroughout the camp session. You can talk to them about their records, their training methods, their goals. Find out about their careers Escamilla Enjoys Seconds In Masters

Escamilla has been the voice first U.S. Master's Championmilla barely qualifies for Di off San Diego track and field, ships.

"bringing hone" high school "But that was a slow Augie was caught in 3:38.4 and college runners in meets field," Escamilla remem "Bat's my best time."

ships, Escamilla had roles reversed on him.

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

Unfortunately for the hometory ran out 60 years made to the finish of the 1,500-meter run when Santa Monica's Mauro Hernandez sped pat Escamilla to claim the gold medal in Division II (505 years old).

Later Hernandez beat Escamilla home again in the 5,000-meter run. Escamilla solt engage in the 5,000-meter run. Escamilla solt engage in the 5,000-meter run. Escamilla solt of the marathon. Also scheduled is the 20-kilometer walk. Both will be led in the Fiesta Island area for the park and those guys 1 never faced in college.

camilla home again in the 5,000-meter run. Escamilla is 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

milla barely qualifies for Di vision II at 50, won in 3:38.5

"But that was a slow Augue was caught in 3:38.4 mind college runners in meets ranging from all-counters events to CIF and AAU championships.

Yesterday, in the sixth annual U.S. Master's Championships.

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

"But that was a slow Augue was caught in 3:38.4 mind in 3:38.4 mi



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

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 privi-leged to host a fine British team of veteran athletes headed by one of England's finest, jušt turned 40, Laurie O Hara.

A harbinger of

what O'Hara would do



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

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 lst 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 vicearlier pace and fifteed - at 123 108. - to a convincing vic-tory 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

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 19,000 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

rhis is the linal call to those or 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.

This is the final call to those of you who are contem-

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

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 twi-light, Wednesday, arthe 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

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 hawethe 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-Continued on P.9

Continued on p.9