

U.S. Masters International Track Team

David H.R. Pain, Director
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December, 1973

FALSE STARTS

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of 23 Senior men completed the course, these percentages being much higher than all other divisions. As we get older, do we become more determined?

Our Man in Canada, Don Farquharson, reports 162 members of the Canadian MITT, an increase of 9. The Alberta Masters are planning a road-race or cross-country for the weekend after the AAU Championships in Gresham. All U. S. Masters note! You apparently have to be tough up there to be a runner. On August 18th in Alberta (for a 10,000m) it was 32 degrees. A new name to watch for in Canadian Masters athletics; Cy Allan, Nova Scotia who ran 19th in the Canadian Marathon Nationals in 2:52:37. It looks like Cy may give his name-sake, Bill Allen, a run. Up 'til now, Bill has had little competition as a Master. Bill did a 2:53 marathon in Toronto on Sept. 16. (He was just edged out by Bill Gookin in San Diego in doing 2:33:07 to Gookin's Record 2:32:37). A new Canadian Master, Ron Wallingford (40) dropped out of the open race at Springbank and switched to the Masters 5.8 miler and swept a quality field, including many from South of the Border. There were 78 starters. Bill Allen dropped out at 2 miles with a recurring foot tendon problem. Next year, we hope to make the Springbank Race. (See results page).

Biggest news was the report of Art Taylor's 2:27:01.6., Ontario Marathon effort on Oct. 6th. This is a new Canadian Masters open and native Record.

Biggest shock is his report from England that super-gnat, Laurie O'Hara, broke the Masters 1500m record with a 3:58.6!!!! Who have we got in the U.S. that can equal that?

RECIPE FOR A HOLIDAY Sex is the most important factor in making a holiday fruitful and successful. So says Dr. Hans Lenhard of the Advisory Institute for Social Science in Munich, Germany. Secondary requisites, he adds, are sunshine, good food, good drink, perhaps the seashore, and adventure.

"A holiday without a little flirtation," Dr. Lenhard says, "is no holiday at all. And that goes for people of all ages."

"People who keep to themselves, rather than those who are open, agreeable, and look for company--such people become miserable, unhappy, unsociable. They might as well stay at home."

Dr. Lenhard says he is working on a scheme for shy, introverted people. He plans to set up tours for people who don't mix easily and to have a social director who does.

1973	SCHEDULE OF EVENTS
Dec. 2	Culver City Marathon, Recreation Dept., Culver City, Ca.
Dec. 13-Jan 10	U.S. Masters Tour - Fiji, New Zealand, Australia and Hawaii
Dec. 16	1st Annual Honolulu Marathon, 6:30 a.m., c/o John Trippany, A.F.R.C., Ft. De Russy, APO 96558
Dec. 30-31	Hawaiian Masters Track Meet (35 and over) University of Hawaii, Honolulu. Mt. Tantalus 10-mile run. Bud Deacon, 3275 Pacific Heights Drive, Honolulu, Hawaii, 96813

1974	SCHEDULE OF EVENTS
Jan. 12	Mission Bay Marathon, San Diego, Calif.; Bill Gookin, 5946 Wenrick Dr., San Diego, Ca. 92120
March 9	Masters Indoor Track Championships, Peddie School, Hightstown, New Jersey, Bob Fine, Masters Sports Assoc., 11 Park Place, New York 10007
June 29-30	Canadian Masters 1st Annual Track and Field Championships. Richmond, Vancouver, B.C., Don Farquharson, 269 Ridgewood Road, West Hill, Ontario, Can.
July 5-7	AAU Masters Track and Field Championships and Marathon. Gresham, Oregon (near Portland) Jim Puckett, Mt. Hood Community College.
Aug. 2-3	Nat. AAU Masters Decathlon Championships, Allen Hancock College, Santa Maria, California
Aug. 3	Nat. AAU Masters 15 km., Michigan City, Indiana, R. Kring, Hal Higdon, 2815 Lake Shore Dr. Michigan City, Ind. 46360

PODIATRY FOR MARATHON RUNNER

To the Editor: I was struck by the remark of the anonymous leading orthopedic surgeon, quoted by Richard N. Podell in his article on podiatry (N Engl J Med 284:586-589, 1971): "podiatrists are not trained to and do not recognize the systemic implications of what they see on the foot." As an eight-year veteran of long-distance running and seven Boston marathons, during which I have experienced almost every conceivable foot, leg, knee, thigh, hip and low-back problem, I would say that the reverse is true. Orthopods do not realize the foot implications of what they see elsewhere in the musculoskeletal system.

I am now convinced by my own experience, and that of runners who communicate with me (through an advice to runners column in Runners World), that the podiatrist, not the orthopod, is the runner's best friend. More and more back, knee and leg ailments treated with temporary relief through steroids, casts and surgery by the orthopods are turning out to be essentially foot problems that respond readily and permanently to the correct shoe inserts - a procedure with which our orthopods are apparently unfamiliar or at best unbelieving.

The care of the athlete, who is in effect the prototype of what our citizens will be, is proving too much for the traditional medical disciplines. Sometimes it appears that we believe that there is no truth beyond our dogma. It just ain't so.

Red Bank, N.J.

GEORGE A. SHEEHAN, M.D.

130+ MASTERS AND FRIENDS TO MAKE SOUTH PACIFIC TOUR

With a few late-comers joining the Australian/New Zealand Masters Christmas Tour, it appears that approximately 130 individuals will make the second USMITT jet trip Down Under.

Some of the stragglers joining the team are Ray Hatton (41) of Bend, Oregon, who, two years ago, set AAU Masters Championship records in the 1500m, 5000m and 10,000m. Ray dropped out in '73 due to a broken arm, but has recently returned to form and will make the trip to compete and also to visit his brother, who resides in Melbourne. Another fine Division I runner making the trip will be easterner, Dr. Walt McConnell, who recently did a fine 3rd place at Otto Esseg's Berkshire 5-mile in 26:41 (for results see page). Walt will bring his family and will be official team doctor.

We now have a complete line of uniforms and even if you are not able to go on this trip, you may still get your uniform for future use. The new Finnish custom sweat suits are in, and are the finest quality we have seen.

Things are looking up on the T.V. side. The Australian Championships in Melbourne will be fully covered locally, and will be fed into their national sports network. Keith Williams of Auckland says that they have just achieved color T.V. and will cover our cross-country meet there in December. The big news is that our man in Australia, Denis De Vallance, has negotiated a contract with a Sydney film company to provide a crew of six to cover the entire tour for Australian and New Zealand coverage. If finances can be worked out in time, it will happen. We have contacted Ollan Cassell about including the film in the AAU sports series this spring and summer. Anyway, some of you may be seeing your beaming faces on T.V. back in the States sometime next year. Another late, but appreciated, entry for the tour is America's strongest Division III distance runner, Dr. Bill Andberg (62) who, from results reported elsewhere, is running as well as ever. The Aussies will have their hands full with him on the tour.

BILL BANGERT MOVES THE STONE

Bill Bangert, who claims the title of "strongest Mayor in the World," has added evidence to his claim when he moved a replica of the legendary Naha Stone which was used more than 200 years ago to prove the strength of Kamehameha the Great.

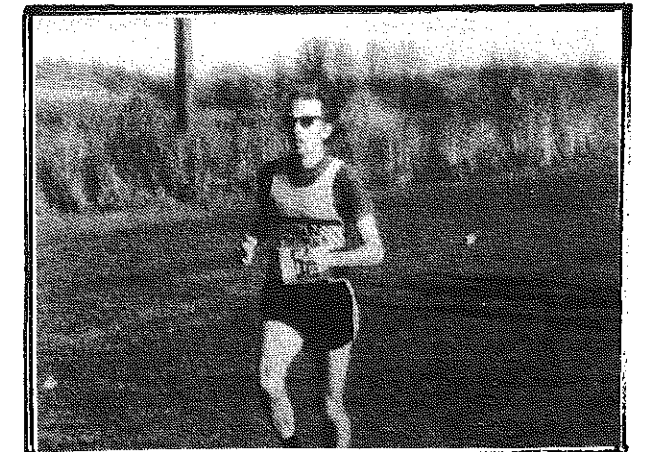
Bangert-mayor of Champ, Mo., a small town near St. Louis-used a specially designed harness to lift the banana-shaped replica of the Naha Stone onto its pivotal point and then he moved it a few inches to the side.

Bangert, who is founder, promoter and mayor of this community of 50 near St. Louis, proudly points out that he was dubbed "world's strongest mayor" by Lord Mayor Robert Smith of Aberdeen, Scotland. Smith named him so after he witnessed Bangert carry the Dinnie stones across the bridge over the River Dee at Potarch, Scotland in 1971.

U. S. MASTERS INTERNATIONAL TRACK TEAM SWEEPS NATIONAL CROSS-COUNTRY

Elyria, Ohio, November 17, 1973. The third National Cross-Country Masters 10km Championships conducted at the Lorain County Community College were dominated by members of the USMITT, with Hal Higdon, (42) Indiana, a 2nd place finisher last year at Detroit, winning handily in the excellent time of 33:37.1. Higdon lead from wire-to-wire, challenged twice by John Doyle, (40) Ontario, Canada, 2nd in 33:46.0; and Art Taylor, (46) Ontario, Canada, 3rd in 34:09.

Had the U. S. Masters entered an official team, it would have placed 2nd (with 31 points) to the winning Metro Toronto "A"'s (22 points). Even more impressive was the fact that U. S. Masters placed 9 in the top 20 (1st, 4, 5, 6, 7, 8, 12, 14 and 20).



Besides Higdon, the top U. S. Masters were Henryk Kupczyk, (40) Nashville, Tenn. 4th 34:4; Bob Bowman, (42) Toronto 5th, 35:07; Bill Allen, (41) returning to form after injury, Toronto, 6th, 35:11; Ken Napier, Reno, Nev., 7th, 35:26; Dr. Walt McConnell, (42) Wharton, N.J., 8th, 35:31; Steve Goldberg, (40) Chicago, Ill., 12th, 35:59; Bill Stock, (44) San Diego, Cal., 14th, 36:15; Roland Anspach, (47), Kettering, Ohio, 20th, 37:11; Virgil Yehnert, (43) Akron, O., 24th, 37:36; and Don Coleman, (45) San Diego, Cal. 33rd, 38:40.

U. S. Masters did even better in Divisions II and III. In the 50's overall winner was coltish Augie Escamilla, 27th overall (50) San Diego, Cal., 1st, 38:02, who found the 40° temperature to his liking; with Alex Hassack, Longmeadow, Mass., 2nd, 39:14, and Louis Bors, Kettering, O., 13th, 43:57.

In Division III, 8 of the 10 finishers are members of the U. S. Masters, including winner, John Wall, (60) Baltimore, Md., who ran extremely well, placing 37th overall in 39:01, and in so doing, edged out the Anoka Ghost, greying Bill Andberg, (62) Minn., 30:43; bringing up 3rd was omnipresent, effervescent Norman Bright, (63) Seattle, Wa., who dashed in 4th at 41:50.

To All our U.S. Masters ^{and} your Families:

We wish you

The Merriest Christmas - 1973 ^{and}
The Happiest New Year - 1974 Ever!

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FALSE STARTS

Dipsea Sequel - As a followup to our Dipsea story in the last issue, we received word from Dan Pickett that Dave Pain - resident of La Jolla, Cal. - was 1st finisher from the sponsoring town of Mill Valley. It seems our host Jim Stephenson of Mill Valley entered us in the race using his address. Oh well - at 50, one gets his awards any way he can... but did you notice how Otto Essig moved up to 3rd place in his own race, using the Bob La Belle-Runners World age-graded rating system. No wonder Otto is touting the system. Speaking of Otto, he's still grousing about, running an extra lap in the Div. III AAU Masters 10,000m in San Diego last summer. Spoiled his whole trip. A word to the wise; in races where you are likely to get lapped by faster runners, always have your own lap counter. Having officiated at such races, we can assure you there is no way the officials can keep accurate track of every runner... Bill Phillips (45) SDTC and college prof. set an age group record for 3 miles on 10/6 in an excellent 16:24.6. Don Coleman (45) SDTC and U.S. Masters broke the old record of 16:42.6 held by Lew Roberts, with an equally good 16:40.5. Carlos Fraundorfer writes that they are getting a Masters track program going in Florida. If interested, write to Jimmy Carnes, Track Coach, Univ. Florida, Box 14485, Gainesville, Fla. 32601.

Bob Fine, Masters Sports, NYC and the reason it's all happening in Masters sports in the NY area, writes "Does Ken Bernard really exist??? I've yet to hear from him." He then goes on to state, referring to this writer, "You are obnoxious, officious and erroneous.. but we still love you." Funny thing, Ken says the same thing. It's nice to know you're wanted. Yes, Bob, Ken Bernard is alive, well and lives in San Diego. He also promised to answer your letter(s).

Bill Bangert, a prime mover in Masters athletics, has reported he will, on his tour to Australia, attempt to move Ayers Rock. Some rock--some man! Bud Deacon says he spoke to J. L. Botha, President of the South African AAU at Yellowstone at our AAU Convention, who expressed interest in our U. S. Masters program. Perhaps we can get something going and one day the USMITT may tour South Africa and perhaps run in Kenya. Congrats to Warren Blaney on a very professional job done on the results of the 4th Senior Olympics. To order a copy, send \$1.00 to Senior Sports Int., Suite 302, 5225 Wilshire Blvd., L.A., Calif. 90036. As soon as Warren straightens out some organizational problems, his meet could be the best in the country.

Hal Higdon reports great plans for next summer's National AAU 15 kilo set for August 3rd in Michigan City, Indiana, with a complete weekend of family activities planned, including theatre party and buffet Friday night; running seminar Saturday a.m., with the race Saturday evening, followed the next day, Sunday, with a jogging tour of Indiana Dunes State Park, ending up with a barbecue and beach party at Hal's home which is perched (last we heard) on the edge of Lake Michigan.

From the North Pole, John Trent reports on his '73 Equinox marathon run September 22, Fairbanks, Alaska, 168 starters, 123 finishers, plus 470 hikers. The winning time on a hilly dirt course was 2:58:19. 1st Master was J. Morgester 3:44:20. 1st women was the Meet Director's wife, Marci Trent, in 4:15:22, with 11 women finishers. of 6 divisions, Senior Women finished all 3 and 21

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QUALITY PERFORMANCES ABOUND

S. CAL. VETS 5000 CROSS-COUNTRY
11/24/73 San Diego, Ca.

77 runners turned out for Augie Escamilla's 7th annual 5000m x-country event in Balboa Park on a typical sunny, but cool (about 60°) So. Cal. fall day. It had rained 2 days prior, but only portions of the 3-mile plus course had soft or slippery footing. It was slippery enough, however, to adversely affect the performances to some degree. The outstanding effort was by Graham Parnell, (44) San Diego, who was 1st in the 40-45 group and also 1st overall, beating all sub-Masters entered. Parnell's time of 16:33.7 was just 3.7 seconds off Pete Mundle's record, which he would probably have broken had anyone really pressed him. Also performing well in the 40-44 age group were U. S. Masters Tom Sturak, (42) Bev. Hills Striders 3rd (6th overall) in 17:19 and Bill Stock, (44) SDTC 4th (10th overall in 17:53).

With the meet divided into 5-year age groups, Pete Mundle, for the 3rd time, moved up one class to the 45-49 Division and won it in 17:04 (4th overall), followed by Lou Roberts, (46) SDTC, 17:44; Bill Fitzgerald, (48) 18:10, and Don Coleman, 18:11. Other U. S. Masters performing well in this division were Harry Perry, (49) SDTC 19:29, Jack Noble, (47) SDTC, 19:36; Mike Murray, (45) SDTC, 19:57; and Ken Bernard, (47) SDTC, 22:15. In the 50-54 age group 2 fine new runners appeared - Mario Hernandez, (51) 1st (17th overall), 18:18; and Ed Keysar, (52) Srs. T.C., 19:02 and David Pain, (51) SDTC, 20:17. In the 55-59 group, U. S. Masters again were prominent, with Eddie Halpin (55) 2nd at 19:50; behind Jim Oleson, (55) 18:56, 1st. Other U. S. Masters were Wayne Zook, (56) SDTC, 3rd, 20:08; John Garcia, (55) Srs. T.C., 20:49; Bob Long, (55) Srs. T. C., 20:57; Harold Elrick, (55) SDTC, 21:14. In the 60 and over group, it was Erkki Latenperna, (67) SDTC, 3rd 29:28 and Noel Johnson, (74) SDTC who had just completed a 300-mile relay - LA-Las Vegas, 30:49.

This is one of the better run events on our So. Cal. calendar, with many runners coming back year after year, and if you are going to be in San Diego on the Thanksgiving Day weekend, plan to compete next year. For entry information, write to Augie Escamilla, 4974 Dafter St., San Diego, Ca. 92102.

MINIMUM STANDARDS SUGGESTED FOR TORONTO '75

At our request, Bob Gilmore, Nat. AAU Masters Chairman, has come up with the following standards as minimum qualifying standards for track events for the International meeting in Toronto 1975. We publish these to solicit comments and reactions. Let's hear from you. In a later issue, we will publish similar minimums for field events.

	DIV. I	DIV. II	DIV. III	DIV. IV
100 yds	12.0	13.2	14.4	15.6
100 mtrs	13.2	14.5	15.8	18.8
200/220	26.5	27.8	33.8	39.0
400/440	59.0	62.0	74.0	90.0
800/880	2:24.0	2:32.0	2:50.0	3:15.0
1500m	4:34.0	5:32.0	6:10.0	7:15.0
1 mile	5:00.0	5:45.0	6:30.0	8:30.0
2 miles	10:30.0	12:00.0	14:00.0	18:00.0
3 miles	17:00.0	19:00.0	22:00.0	27:00.0
5000m	18:00.0	20:00.0	23:00.0	28:00.0
6 miles	34:00.0	38:00.0	42:00.0	55:00.0
10,000m	36:00.0	40:00.0	44:00.0	57:00.0
3000St.	13:00.0	15:00.0	18:00.0	20:00.0
Marathon	3:20	3:40.	4:00.	4:20.
110/120 hh	19.0	20.0	25.0	30.0
400/440 IH	65.0	69.0	76.0	98.0

U.S.M.I.T.T. SWEEPS NATIONALS

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Fine performances were also turned in by Norman Tamanaha, who came all the way in from Hawaii, in 5th at 44:57; Otto Essig, (67) Westfield, Mass., bad leg and all, came in 6th, 46:05; Richard Bredenbeck, Ind., O., 7th, 47:11; Ray Barrand, (63) Toronto, Ont., 9th, 51:57 and Paul Hobe, (69) Alliance, O., 10th, 59:21.

The meet was very well run; started on time; the course was well marked, with guides at strategic points. Each athlete received a prerace packet which answered all pertinent questions and left the participants with little to do but run. The course was well laid out on the college campus, and 90% grass and 10% dirt, with some well located mud from the previous day's snowfall and rain. All wore spikes, with generally soft, but manageable footing. The weather was perfect for such an event - windless, clear, and in the 40's. About the only complaint we heard was that the "hill" consisted of one artificial mound of earth about 30'-40' in elevation, provided little challenge to those expecting greater terrain differences.

For the 3rd year in a row, the Metro Toronto club took 1st place, but were deprived the team trophy due to an inane AAU rule limiting the eligible teams to U. S. natives. From those we polled, the consensus was that artificial bars such as this should be eliminated from Masters competition. The meet is the better for the Canadian participation and to deny them their legitimate reward ap-

pears less than sporting. Before the next Masters cross-country comes around, some rules changes, hopefully, are in order. For example, the 2nd place team was the Pacific AAU, with members presumably made up from the district. It is possible that certain areas cannot otherwise field a competitive team. However, consideration should be given to select teams representing the top Veteran athletes in a given area which could decimate any club entries from the same district. For example, we are considering fielding a U. S. Masters team for the nationals in 1974 at Los Angeles, composed of those Masters desiring to run for us, rather than a club which can't field 5 or more runners. Thought should also be given to requiring each team to have a representative number of each age group on its team; (i.e.) three 40-year olds, one 50-year old, and one 60-year old, or that any team's combined age could not be less than 230 years (3 x 4 + 5 + 60). An alternative would be to have team entries in Division II and III. Here again, each team could consist of 3 50's, plus 2 60's. If our Masters program is to live up to what we believe its basic premises to be, namely, to encourage adult fitness by conducting age group competitions, we should encourage the older groups to participate. Since cross-country is primarily team sport let's have teams scoring in Divisions II and III. To field a "B" or "C" team made up of 50 and 60-year olds is pointless, since they have no possible chance of scoring low enough. To win the team

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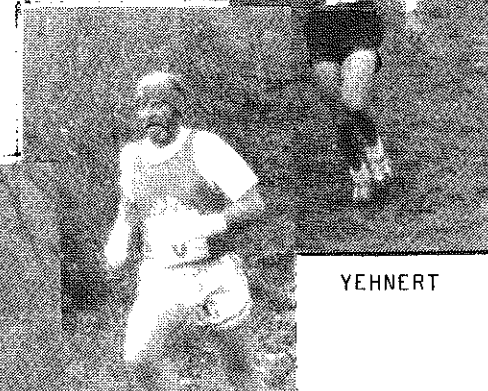
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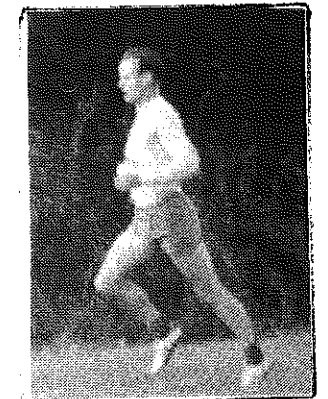
ANDBERG



YEHNERT



ROBERTS



ALLEN



STOCK

**U. S. MASTERS INVITED TO
COMPETE IN ITA SPONSORED MEETS**

Jim Terrell, Meet Director of ITA, has invited Masters athletes to compete in selected Senior events during ITA's 2nd professional track season.

Terrell stated in his letter that "We'd very much like to entertain the prospect of a few seniors events in our meets in each city. Due to the balance between field and track events, we unfortunately can only look at running events for the present at least. No doubt a distance event would be popular (mile preferably) and maybe a dash or a relay. I think that I would favor a mile and a mile relay and think that you could count on at least these two events. And, of course, a relay would get more people into the act and the same persons who ran the mile could return back into that event later.

"I'd appreciate your counsel on what type of awards seniors generally might prefer. We could donate a modest sum to that particular area's masters program, or come up with some sort of moment for each winner and/or participant, etc. We are not now in a position to furnish much in the way of expenses and know that the opportunity just to compete will be welcome.

"As seniors, no amateur-professional rules apply but should anyone feel tainted by such participation we would of course understand."

The tentative '74 schedule of ITA is:
Feb. 15 Nassau, N.Y. Apr. 20 Portland, Ore.
Feb. 16 Baltimore, Md. Apr. 26 Louisville, Ky.
Mar. 1 Los Angeles, Ca Apr. 27 Kansas City, Mo.
Mar. 2 Pocatello, Ida. May 3 Cleveland, Ohio
Mar. 8 San Francisco, Ca. May 4 Detroit, Mich.
Mar. 22 Oklahoma City, Okla. May 17 Salt Lake, Utah
Mar. 23 Mobile, Ala. May 18 Ft. Worth, Tex.
Apr. 5 Atlanta, Ga May 24 Philadelphia, Pa
Apr. 6 Richmond, Va June 5 New York, N.Y.
Apr. 19 San Diego, Calif.

We agree that as Veterans competing as amateurs against one another in an ITA meet, that under current AAU rules, as Masters, we need not fear losing our amateur status.

If you are interested in competing in an ITA meet as a Master, just write to Jim c/o ITA, Suite 100, 12121 Wilshire Blvd., Los Angeles, Calif. 90025

**U.S.M.I.T.T. SWEEPS NATIONALS
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trophy, as evidenced by the past 3 years, the winning team cannot exceed an average age of 42 or 43.

We should do everything necessary to keep the older runners coming back in our sport and not running them off the track; for, let's face it, we all end up there sooner or later. We know the Division III runners train just as hard and are just as dedicated as those 20 years their junior. We would also suggest starting the Division II and III runners in a separate race from Division I so that a clear winner is established. Augie Escamilla, Div. II, (50) in 27th Place and John Wall, (60), Div. III, ran excellent races, but at the finish were lost in the ruck while winning their division.

Rules adopted as the result of experience in open competition are not necessarily pertinent to Masters - witness the antediluvian rules of the IAAF on professionalism. It is up to the Veteran athletes to see that the rules governing their sport logically apply.

Editor's Note. Opinions vary on the above material. Therefore, we welcome your thoughtful, written comments on the subject.

**BILL BANGERT MOVES THE STONE
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Although the two Dinnie stones have a combined weight of 775 pounds, they are pebbles compared with the 7000-pound Naha Stone. The oversized rock, located in front of state library at Hilo, is an alter-shaped 13-by-4 foot square.

Bangert has not proved that Donald Dinnie at the age of 18 in 1855 picked up and carried the two stones on a scaffolding across the bridge at Potarch. What he proved was that it can be done.

"Granted there's more mass to the Naha than the Dinnie Stones," Bangert said in an interview. "But to prove the legend, I don't have to pick up and carry the Naha Stone like I did with the Dinnie Stones. I just have to move it."

Bangert, 52, had been interested in moving the Naha Stone for more than a year "to prove that King Kamehameha actually could have moved that 7,000-pound rock as the legend said he did."

The white-haired Bangert ran into resistance trying to get permission to attempt to move the Naha Stone. Several native Hawaiian groups felt that it would be an insult to Kamehameha if he actually were to move the stone. The legend said whoever moved the stone would become king of Hawaii.

So he had his own construction firm cast a cement replica of the stone and had it shipped here for the feat. The replica weighed slightly over 7,000 pounds.

Bangert moved the stone on the opening day of the first annual Scottish-Hawaiian Games. Besides, the weight of the stone, the 6-foot 5, 260-pound Bangert had a bagpiper and a drummer stand on the replica when he moved it.

"I proved that the legend is correct and that Kamehameha could have moved the stone," he said afterward. "The genius of that guy is that he recognized the characteristics of that stone with its pivotal points in relation to himself."

"I studied that stone just the way I'm sure he did. I figure I lifted only 2,000 pounds to get it on its pivotal point and turn it."



EILEEN WATERS 50-MILE CHAMPION

Eileen Waters, member U. S. Masters, outstanding runner for the San Diego Track Club, set an American Women's record recently for the 50-mile run when she covered the distance in 7 hours and 5 minutes. The old record was 7:35:57 set by DSE'er Natalie Cullimore at Rocklin in 1970. Eileen ran 200 laps around the track at Santa Monica City College in a race put on by Tom Sturak of the LA striders. She was 4th among 26 entrants which included both men and women. In a letter to Walt Stack, she gave some more details. "We started out at 3 p.m. in the afternoon and ran into the night. I started out at 9 min/mile and after 25 miles I was able to go faster with the help of Gookin-aid and my encouraging friends. I had music to run by which helped me a lot. I carried a radio after 25 miles... I am very glad I finished. I even got to break a finish tape for the first time!... I want to run long distance always. Running gives many rewards but I think the friends it brings is the best reward of all..."



During the same critical stages, the BIG (and much less grim) story of the race took a subtle and increasingly exciting turn. For 25 mi, Eileen Waters of San Diego, the lone woman entrant, had been content with a 9min/mi pace as she cheerfully pursued Natalie Cullimore's best-ever (road) mark of 7:26:40. (Last year, on the same road course, Ms. Waters recorded 8:10.) Smiling, giggling, exchanging witticisms with onlookers, and singing along with songs from the transistor radio clutched in her right hand, she gradually began to push the pace. After a "pit stop" knocked her 31st mile up to 9:41, she scooted the next four laps in 7:46 and really started to roll. After another forced stop in the 39th mile (9:16), she shifted gears once more and, still smiling, smoked the final 10m in 75:54 to set a women's "world best" (there are no women's world records for races over 20 km) of 7:05:31. Enroute, she also established a dozen other American records and world bests at standard distances from 20km on. Over the closing 15 mi. she ran nearly seven minutes faster than

any other finisher; and her final mile of 6:46 also topped the field. "A marvelous experience," she sighed afterwards, showing absolutely no outward signs of distress. "I've found my race." (Miss Waters has run the mile a few seconds under 6 min. and the marathon in 3:16.) Tom Sturak, race director (Beverly Hills Striders).

The Statistician's view of her race
Here are Eileen Waters' split times on her way to her baker's dozen world and American best performances:

10 mi	88:34
25 mi	3:44:42
35 mi	5:08:49
40 mi	5:49:51
50 mi	7:05:31

SEPT. 23 SPRINGBANK, ONTARIO-MASTERS 5.8 MILE

Full Results

1	Wellingtonford	Sudbury	30:07.6
2	Doyle	Windsor	30:19.6
3	Taylor	KWFC	30:30.8
4	Bowman	MTFC	31:14.0
8	Anspach	Ketter US	33:15.0
11	Reeves	U of T	33:49.0
16	Cameron	MTFC	35:17.0
40	Davies	MTFC	38.53
41	Sinclair	MTFC	39.06
44	Farquharson	MTFC	39.30
45	Nolan	MTFC	39.38
46	Rutherford	MTFC	39.50
23	Crangle	MTFC	36.57
24	O'Neill	U S A	37.16

October 6th Oktoberfest Marathon Kitchener Ontario
Feature news of this year's road running among Canadian Masters must be Art Taylor's tremendous display in winning this race from one of Canada's good young marathoners, Doug Scotland, eclipsing his own Canadian Masters record in a 2-hr. 27.01/6 (4 watches). Ideal weather, a sizeable field, including 21 (or more) Masters, a large crowd and a well-organized race over a carefully measured, relatively hilly course saw Art finish strongly and looking fresh in what, based on last year's World Veteran rankings would place 6th behind Wolde (Ethiopia) 2.15.98, Foster (NZ) 2.16.56, Walsham (G.B.) 2.24.59, Muller (Germany) 2.25.07 and Ostbye (Sweden) 2.25.19. Congratulations, Arthur.

**RESULTS 1973 NATIONAL MASTERS 20 KILO
(12 miles - 752 yards.)**

PLACE	NAME	AGE	TIME
Tie 1st	Stephen B. Goldberg	40	1-12:08.5
Tie 1st	Hal Higdon	42	1-12:08.5
2nd	Arne H. Richards	40	1-20:10
3rd	Bernard M. Middleton	50	1-23:18
4th	Dr. Wm. Andberg	62	1-24:05
5th	Robert C. Lemont	43	1-25:10
6th	Donald W. Liljequist	47	1-25:56
7th	Dr. Tom Griffith	42	1-30:38
8th	James W. Isabell	41	1-31:52
9th	Bob Martin	52	1-33:32
10th	Horace D. Jackson	50	1-34:09
11th	Dr. Arlington Hudeon	51	1-34:56
12th	William A. Bear	43	1-36:58
13th	Wendell T. Adams	47	1-38:14
14th	Richard T. King	52	1-39:20
15th	Arthur F. McLane	42	1-47:47
16th	William F. Collins	42	1-51:27
17th	William N. Barber	49	1-51:46
18th	Leonard C. Afremow	40	2-14:32
19th	Richard S. Harland	52	2-20:48

Hal Higdon (42) and Steve Goldberg (40) tie in National Masters 20km in 1:12:08.5, an average of better than 6 min/mile. U.S. Masters Arne Richards (40) was 3rd in 1:20:05 on what we are advised was a very hot day. Ageless Bill Andberg, (62) was 4th in 1:24:05.

On her way Eileen established the following marks - all of them American track records and world best performances:
20 km 1:50:24.6 20 mi-2:58:43 Marathon-3:55:15
15 mi 2:13:13 35 km-3:15:39 30 mi - 4:26:44
25 km 2:19:53 40km -3:43:20 50 km 4:37:25
30 km 2:46:17 25 mi-3:44:42 40 mi 5:49:51

U.S. Masters International Track Team

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La Jolla, California 92037
(714) 459-6362

December, 1973

FALSE STARTS
Continued from page 2

of 23 Senior men completed the course, these percentages being much higher than all other divisions. As we get older, do we become more determined?

Our Man in Canada, Don Farquharson, reports 162 members of the Canadian MITT, an increase of 9. The Alberta Masters are planning a road-race or cross-country for the weekend after the AAU Championships in Gresham. All U. S. Masters note! You apparently have to be tough up there to be a runner. On August 18th in Alberta (for a 10,000m) it was 32 degrees. A new name to watch for in Canadian Masters athletics, Cy Allan, Nova Scotia who ran 19th in the Canadian Marathon Nationals in 2:52:37. It looks like Cy may give his name-sake, Bill Allen, a run. Up 'til now, Bill has had little competition as a Master. Bill did a 2:53 marathon in Toronto on Sept. 16. (He was just edged out by Bill Gookin in San Diego in doing 2:33:07 to Gookins' Record 2:32:37). A new Canadian Master, Ron Wallingford (40) dropped out of the open race at Springbank and switched to the Masters 5.8 miler and swept a quality field, including many from South of the Border. There were 78 starters. Bill Allen dropped out at 2 miles with a recurring foot tendon problem. Next year, we hope to make the Springbank Race. (See results page).

Biggest news was the report of Art Taylor's 2:27:01.6., Ontario Marathon effort on Oct. 6th. This is a new Canadian Masters open and native Record.

Biggest shock is his report from England that super-gnat, Laurie O'Hara, broke the Masters 1500m record with a 3:58.6!!!! Who have we got in the U.S. that can equal that?

RECIPE FOR A HOLIDAY Sex is the most important factor in making a holiday fruitful and successful. So says Dr. Hans Lenhard of the Advisory Institute for Social Science in Munich, Germany. Secondary requisites, he adds, are sunshine, good food, good drink, perhaps the seashore, and adventure.

"A holiday without a little flirtation," Dr. Lenhard says, "is no holiday at all. And that goes for people of all ages."

"People who keep to themselves, rather than those who are open, agreeable, and look for company--such people become miserable, unhappy, unsociable. They might as well stay at home."

Dr. Lenhard says he is working on a scheme for shy, introverted people. He plans to set up tours for people who don't mix easily and to have a social director who does.

1973

Dec. 2

Dec. 13-Jan 10

Dec. 16

Dec. 30-31

1974

Jan. 12

March 9

June 29-30

July 5-7

Aug. 2-3

Aug. 3

SCHEDULE OF EVENTS

Culver City Marathon, Recreation Dept., Culver City, Ca.
U.S. Masters Tour - Fiji, New Zealand, Australia and Hawaii
1st Annual Honolulu Marathon, 6:30 a.m., c/o John Trippany, A.F.R.C., Ft. De Russy, APO 96558
Hawaiian Masters Track Meet (35 and over) University of Hawaii, Honolulu.
Mt. Tantalus 10-mile run. Bud Deacon, 3275 Pacific Heights Drive, Honolulu, Hawaii, 96813

Mission Bay Marathon, San Diego, Calif.; Bill Gookin, 5946 Wenrick Dr., San Diego, Ca. 92120
Masters Indoor Track Championships, Peddie School, Hightstown, New Jersey, Bob Fine, Masters Sports Assoc., 11 Park Place, New York 10007
Canadian Masters 1st Annual Track and Field Championships. Richmond, Vancouver, B.C., Don Farquharson, 269 Ridgewood Road, West Hill, Ontario, Can.
AAU Masters Track and Field Championships and Marathon. Gresham, Oregon (near Portland) Jim Puckett, Mt. Hood Community College.
Nat. AAU Masters Decathlon Championships, Allen Hancock College, Santa Maria, California
Nat. AAU Masters 15 km., Michigan City, Indiana, R.Kring Hal Higdon, 2815 Lake Shore Dr. Michigan City, Ind. 46360

I am now convinced by my own experience, and that of runners who communicate with me (through an advice to runners column in Runners World), that the podiatrist, not the orthopedist, is the runner's best friend. More and more back, knee and leg ailments treated with temporary relief through steroids, casts and surgery by the orthopedists are turning out to be essentially foot problems that respond readily and permanently to the correct shoe inserts - a procedure with which our orthopedists are apparently unfamiliar or at best unbelieving.

The care of the athlete, who is in effect the prototype of what our citizens will be, is proving too much for the traditional medical disciplines. Sometimes it appears that we believe that there is no truth beyond our dogma. It just ain't so.

Red Bank, N.J. GEORGE A. SHEEHAN, M.D.

PODIATRY FOR MARATHON RUNNER

To the Editor: I was struck by the remark of the anonymous leading orthopedic surgeon, quoted by Richard N. Podell in his article on podiatry (N Engl J Med 284:586-589, 1971): "podiatrists are not trained to and do not recognize the systemic implications of what they see on the foot." As an eight-year veteran of long-distance running and seven Boston marathons, during which I have experienced almost every conceivable foot, leg, knee, thigh, hip and low-back problem, I would say that the reverse is true. Orthopedists do not realize the foot implications of what they see elsewhere in the musculoskeletal system.

130+ MASTERS AND FRIENDS TO MAKE SOUTH PACIFIC TOUR

With a few late-comers joining the Australian/New Zealand Masters Christmas Tour, it appears that approximately 130 individuals will make the second USMITT jet trip Down Under.

Some of the stragglers joining the team are Ray Hatton (41) of Bend, Oregon, who, two years ago, set AAU Masters Championship records in the 1500m, 5000m and 10,000m. Ray dropped out in '73 due to a broken arm, but has recently returned to form and will make the trip to compete and also to visit his brother, who resides in Melbourne. Another fine Division I runner making the trip will be easterner, Dr. Walt McConnell, who recently did a fine 3rd place at Otto Esseg's Berkshire 5-mile in 26:41 (for results see page). Walt will bring his family and will be official team doctor.

We now have a complete line of uniforms and even if you are not able to go on this trip, you may still get your uniform for future use. The new Finnish custom sweat suits are in, and are the finest quality we have seen.

Things are looking up on the T.V. side. The Australian Championships in Melbourne will be fully covered locally, and will be fed into their national sports network. Keith Williams of Auckland says that they have just achieved color T.V. and will cover our cross-country meet there in December. The big news is that our man in Australia, Denis De Vallance, has negotiated a contract with a Sydney film company to provide a crew of six to cover the entire tour for Australian and New Zealand coverage. If finances can be worked out in time, it will happen. We have contacted Ollan Cassell about including the film in the AAU sports series this spring and summer. Anyway, some of you may be seeing your beaming faces on T.V. back in the States sometime next year. Another late, but appreciated, entry for the tour is America's strongest Division III distance runner, Dr. Bill Andberg (62) who, from results reported elsewhere, is running as well as ever. The Aussies will have their hands full with him on the tour.

BILL BANGERT MOVES THE STONE

Bill Bangert, who claims the title of "strongest Mayor in the World," has added evidence to his claim when he moved a replica of the legendary Naha Stone which was used more than 200 years ago to prove the strength of Kamehameha the Great.

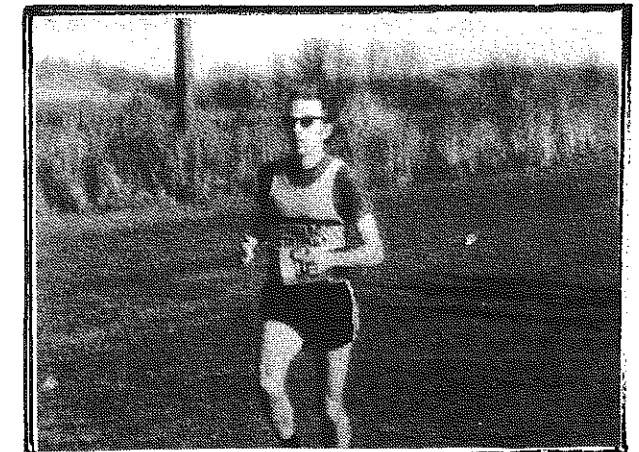
Bangert-mayor of Champ, Mo., a small town near St. Louis-used a specially designed harness to lift the banana-shaped replica of the Naha Stone onto its pivotal point and then he moved it a few inches to the side.

Bangert, who is founder, promoter and mayor of this community of 50 near St. Louis, proudly points out that he was dubbed "world's strongest mayor" by Lord Mayor Robert Smith of Aberdeen, Scotland. Smith named him so after he witnessed Bangert carry the Dinnie stones across the bridge over the River Dee at Potarch, Scotland in 1971.

U. S. MASTERS INTERNATIONAL TRACK TEAM SWEEPS NATIONAL CROSS-COUNTRY

Elyria, Ohio, November 17, 1973. The third National Cross-Country Masters 10km Championships conducted at the Lorain County Community College were dominated by members of the USMITT, with Hal Higdon, (42) Indiana, a 2nd place finisher last year at Detroit, winning handily in the excellent time of 33:37.1. Higdon lead from wire-to-wire, challenged twice by John Doyle, (40) Ontario, Canada, 2nd in 33:46.0; and Art Taylor, (46) Ontario, Canada, 3rd in 34:09.

Had the U. S. Masters entered an official team, it would have placed 2nd (with 31 points) to the winning Metro Toronto "A"'s (22 points). Even more impressive was the fact that U. S. Masters placed 9 in the top 20 (1st, 4, 5, 6, 7, 8, 12, 14 and 20).



Besides Higdon, the top U. S. Masters were Henryk Kupczyk, (40) Nashville, Tenn. 4th 34:4; Bob Bowman, (42) Toronto 5th, 35:07; Bill Allen, (41) returning to form after injury, Toronto, 6th, 35:11; Ken Napier, Reno, Nev., 7th, 35:26; Dr. Walt McConnell, (42) Wharton, N.J., 8th, 35:31; Steve Goldberg, (40) Chicago, Ill., 12th, 35:59; Bill Stock, (44) San Diego, Cal., 14th, 36:15; Roland Anspach, (47), Kettering, Ohio, 20th, 37:11; Virgil Yehnert, (43) Akron, O., 24th, 37:36; and Don Coleman, (45) San Diego, Cal. 33rd, 38:40.

U. S. Masters did even better in Divisions II and III. In the 50's overall winner was coltish Augie Escamilla, 27th overall (50) San Diego, Cal., 1st, 38:02, who found the 40° temperature to his liking; with Alex Hassack, Longmeadow, Mass., 2nd, 39:14, and Louis Bors, Kettering, O., 13th, 43:57.

In Division III, 8 of the 10 finishers are members of the U. S. Masters, including winner, John Wall, (60) Baltimore, Md., who ran extremely well, placing 37th overall in 39:01, and in so doing, edged out the Anoka Ghost, greying Bill Andberg, (62) Minn., 30:43; bringing up 3rd was omnipresent, effervescent Norman Bright, (63) Seattle, Wa., who dashed in 4th at 41:50.

To All our U.S. Masters and your Families:

We wish you

The Merriest Christmas - 1973 and
The Happiest New Year - 1974 Ever!

6 David & Helen Pain