SPOTLIGHT - JACK GREENWOOD

Few knew this quiet, unassuming, 46-year old Savings & Loan executive of Medicine Lodge, Kansas, who entered the Masters ranks two years ago and quickly established himself as the world's best veteran in the 400m intermediate hurdles. He not only won going away, but in so doing, set a World Veterans record at the same time, which he has since broken with an excellent 55.7, accomplished at the Crystal Palace in London. Making his '72 AAU Masters win even more impressive was the fact that this was his first competition for many years. In addition, he had been forced to walk out over two makeshift hurdles he himself fabricated. As a consequence, in one of athletics' most technically difficult disciplines, requiring great timing as well as stamina, Jack ran his AAU Masters record without having previously negotiated the full distance or required number of hurdles. It would appear that hard-earned athletic skills, once mastered, are never really lost; at least, as far as Jack is concerned. In the past two years, he has not lost a 400m hurdle race.

Continued on Page 4

PLANNING THE NORTHWEST PASSAGE

One of the reasons that this newsletter is a bit later than usual is that we have been awaiting final word on the 2-weeks summer tour scheduled to highlight the two national Masters Championships in the great Northwest. Some of the reports still are not in so we can't state a price for the tour, but we can give you the general details with dates for your calendar. The brochure containing the specifics will be out in March...with deadline for reservations by May 17th.

Air transportation has been booked from Toronto on the East Coast and San Francisco on the West to Vancouver on Friday, June 28th, allowing the Canadian Masters Championships in Vancouver, British Columbia on June 29th and 30th; a tour to Victoria and down to Bremen, Oregon for the U.S. Masters Championships July 5th, 6th, 7th; a visit to Expo '74 in Spokane, Washington on the way to Kalispell, Montana and Radium Hot Springs followed by the two days in Calgary before the return flights to Toronto and California. The total tour of 17 days represents 3 weekends with 2 weeks packed full of competition, sightseeing, Western hospitality.

In this issue of the newsletter you will find the details of the two Championships, plus the entry blanks for the U.S. Masters Meet. The Canadian Championships entry blank will be included in the next mailing. We will be happy to take care of all your housing and travel arrangements while you mail the entry blanks DIRECTLY TO THE RESPECTIVE MEET DIRECTORS.

PEEKING OUT FROM DOWN UNDER

Although the Pain tribe assaulted the U.S. Mainland on January 17th and we have been home all of five weeks, we are just ready to report on the marvelous experiences in the South Pacific. Collecting pictures, stories, and results and then compiling them in a manageable form is a challenging chore. In order that we could produce a souvenir-type issue, we are attempting to consolidate all of the tour material into the accompanying newspaper. We hope you enjoy our efforts. Those of you who made the trip will be able to add to your own collection of memorabilia, while those of you who celebrated Christmas at home will be able to see the other side of the world vicariously.

'74 DUES DUE NOW!
SAN DIEGO MASTER STOCK

The proposal by our esteemed Director, D.H.R. Pain, to enter a U.S. Masters team in the A.A.U. Masters Cross Country Championships this year in Los Angeles upset me greatly for several reasons. I’m afraid Dave’s penchant for tilting windmills has caught him up again. When he gets a notion the “organization”, or concerned ruling body, needs a change, he sets about in his most forthright manner to do as he feels it should be, with no regard as to existing rules or laws. Item: The Golf Course Jogging Case. After his arrest and threatened law suits, several San Diego Track Club members appeared at an official Park and Recreation Board meeting to request permission to run on city-owned golf courses. A committee was subsequently formed (I was a member) and worked out an agreement to make it legal to run on said courses. It could probably have been accomplished in a routine orderly manner without the arrest and newspaper publicity, but granted, not nearly so dramatically.

Dave Pain has been discussed (arqued) from Cleveland, Ohio to Mt. Cook, New Zealand and most points between, by he and I and numerous other masters athletes and officials. My contention is that a U.S. Masters team would stand a 99% chance of being an illegal entry according to the current A.A.U. rules. Team members must be from one A.A.U. club or association. The U.S.M.T.T. is not an A.A.U. club and it would be impossible to retain its current membership without a complete change in the rules of eligibility and competition. The provisions to change the rules are in existence thru orderly process at the A.A.U. convention. A rule was changed at the last convention which could portend great future problems, that a team of "all-stars" could be formed from one association and enter as a team. Previously teams had to be composed of members from one club. The precedent has now been established and the race is on. The next change will be a group of associations, sections of the nation, then east of the Mississippi vs. west, ad infinitum. "I can’t beat your team so we’ll change the rules so I can field a stronger team and then I’ll win!” Where will it stop? The club system is the backbone of A.A.U. Athletics and the "all-star" rule change and Dave’s proposal are both blows toward destroying that system. Groups of dedicated individuals, be they track clubs, road runner clubs, jogger groups, or whatever, who sponsor and promote athletics (track and field, cross country, and road races) must be encouraged, not slapped in the face. We have enough troubles from the outside... publicity, facilities, sponsorships, expenses, etc, without creating more problems from within our own ranks.

Please Sefflor Dave, whom I consider a good friend, lay down your jousting weapons and go the legal change route. If you feel a change must be made, let the majority decide. 

Bill Stock

AAU’S CASELLI DECREASES MASTERS EVENTS IN ITA PRO MEETS ILLEGAL

Following an invitation from ITA to present selected Masters events at their pro attractions, a request for a ruling from Ollen Cassell was made. In reply the AAU Executive Director acknowledged that domestic Masters competition contemplated the participation in Masters events by professionals, as well as ex-professionals, who had applied for reinstatement. He took the position, however, that veteran athletes competing in Masters events in ITA events would be violating IAAF rules regarding professionalism, and accordingly, although legal under AAU domestic rules, he would be forced to decline to certify for international competition any master who did compete in such an event. Based on Mr. Cassell’s current position we, therefore, must warn any master who does elect to compete in an ITA meet that he is taking the risk that the AAU will refuse him a travel permit for international competition in the future. Notwithstanding, we are informed that a considerable number of veteran athletes will nevertheless elect to run in ITA meets. A letter of protest to Cassell’s ruling has been sent to him, as well as Senate Alan Cranston (member U. S. Masters and Senator John V. Tunney (sponsor of proposed Federal legislation to control the activities of the AAU and NCAA) and to Dan Ferris, U. S. delegate to the IAAF.

We have pointed out the lack of logic to the AAU position, in that the domestic rule permits and encourages professionals or reinstated professionals to re-enter the competitive lists as Masters in Masters competition. In so doing, the rule specifically permits amateurs to compete against professionals (a professional being anyone who after his 16th birthday has signed a professional contact, or has gained income directly, or as a result of his athletic fame.) The rule also declares that any amateur who knowingly competes in an event with a professional, he, himself thereby becomes a professional. Since many of our U. S. Masters are coaches, YMCA Directors, sporting goods owners, athletic shoe salesmen, sportswriters, radio and television announcers, ex-professional athletes and the like, the AAU’s present pristine amateur rules are thereby metamorphosed into ugly professionalism by legal definition when we engage in our own Masters meets and national championships. Such being the case, why would our racing against our peers in a Masters event, with no prize money involved, in an ITA sponsored event, change the situation one iota.

We can only conclude that Ollen Cassell’s real motive is twofold: One, that his ruling is a backhanded slap at the ITA in an effort to help assure its rapid demise; and two, to demonstrate our AAU’s dominance over its athletic members in international competition. It should be apparent to our U. S. Masters that these rules of the IAAF adopted by approximately 150 nation members, most of whom do not have an athletic community comparable to the U. S., are archaic relics of an era long past, and that in order to change these rules, our AAU should refuse to enforce them when not in the athletes’ best interests; threaten to withdraw from the IAAF (which it won’t do) and lobby heavily to change these rules.

Continued on Page 4
**JACK FOSTER BREAKS WORLD 15,000M RECORD**

Jack Foster, (41) of Rotorua, New Zealand and member of the New Zealand Commonwealth Games Team, as their marathon representative in a warmup for the bigger event now going on in Christchurch, New Zealand, ran 29:38 for the 15,000m. This breaks Frenchman A. Mimoun's world record of 29:57.4 set at age 43 in Cambrai on August 1, 1964. The quality of Foster's effort is illustrated by the fact that his predecessor's record stood for 10 years.

Foster's record should come as no surprise to those who witnessed his 5th place finish in the marathon at Munich. He's consistently run the longer event between 2:16 and 2:17.

He is considered New Zealand's best open distance runner currently in competition - but runs in Veteran events whenever they pop up.

On the Masters tour, he drove up to Auckland from Rotorua, a 4-hour drive, to compete in our One Tree Hill 9 km cross-country event, winning it handily by several minutes over Britisher (and U. S. Master) Gordon Pirie, as well as Walt McCanon and Bill Stock. Two days later, the tour was in Rotorua where Jack joined us again and led a group on a 10-miler through the woods. At that time, Foster advised us that the Commonwealth Games would be his last marathon and that he'd go at the 10,000m in Toronto '75. At this juncture, he must be given a favorite's role, being a good minute faster than Stodderd and O'Hara of Great Britain, and perhaps 2 minutes faster than the best U. S. distance Veteran.

Foster is an amazing physical specimen in that he is a world class performer at age 41 and shows little sign of deteriorating in the immediate future. For those who have met Jack, they also know him as a gentleman and fine sportman.

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P.S. To prove his 10,000 record was no fluke, Foster, representing New Zealand at the Commonwealth Games, ran the fastest marathon ever run by a Veteran - 2:31:16 - in coming 2nd to Ian Thompson (24) of Great Britain, who ran a record 2:09:12. Foster's effort exceeded our U.S. Masters marathon record by over 20 minutes, which would have put him some 4 miles ahead at the finish of our marathon in 1972, although one cannot compare marathon times due to differences in the route, and of course, the weather. However, it is significant that Foster's time was nearly 2 minutes faster than Frank Shorter's winning effort at Munich and Frank won the Sullivan award in '72. It would also have taken the '73 Fukuoka, Japan marathon won by Shorter in 2:18:52.8

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**U.S. MASTERS PRODUCE 1ST MOTION PICTURE**

The U. S. Masters South Pacific tour has been perpetuated on film. Financed by members of the team, approximately 10,000' of film was exposed by Hollywood outdoor motion picture professional, Mike Hoover, during the trip.

When completed, the picture will be released as a short subject for viewing in motion picture theatres across the nation. It will also be placed in 16mm film libraries on a rental basis. Hoover also plans to use the film as a pilot for a longer T. V. Special, based on adult fitness. This film would emphasize the importance of cardiovascular conditioning, which can only result from running, cross-country skiing, and other endurance sports.

Hoover was assisted by Denis De Vallance of Sydney, a motion picture producer himself, and a member of our U. S. Masters team, who provided Mike with film, camera, sound crew and equipment while filming in Australia.

To make our film more interesting, we decided to concentrate on one member of the tour. Our selection, after much debate, was the 53-year old from Seattle, Norman Bright. We felt he both visually and spiritually represents the essence of how older people can enjoy vibrant, good health and experience life to the fullest. Norman proved to be a good choice, with craggy, but still pockmarked features, scrappy white hair and youthful physique. He was also extremely cooperative, jumping over ravines and the like, on cue, at the director's request.

Segments of the film were shot in Fiji, Sydney, Melbourne, Auckland, Rotorua, Mt. Cook and the Milford Track in New Zealand. The film will abound with beautiful natural settings, and when completed, the project is expect to cost approximately $20,000.00.

As much more film was shot then can appear in a 20 minute short subject, a second product will be a 30 minute, 16mm film featuring the other tour members and their activities. This film will be available, free of charge, on request to members of the U. S. Masters International Track Team and interested track clubs. We hope to preview these films at the Masters Championships in July.
masters i (40-49)
1. UTTCHI CHIAPPETTA
2. VILAD McCONNELL
3. WIN FANDETTI
4. BILL SQUIRES
5. TONY DIAMOND
6. JOE BURNS
7. JOE BESSEL
8. TOM GRIEVE
9. JON TOBIE
10. DAN DUGHERTY
11. DON DIXON
12. DON CHARTER
13. BOB FINE
14. RAY EDGERLY
15. HENRY DEVINE
16. BOB FITE
17. RUSS GLATZ
18. ROBERT LOGAN
19. JOE KENAN
20. ED MOTHER
21. DAVID ECELTEZ
22. JIM MCDONAGH
23. BILL SHARRAH
24. HARRY HENRIQUES
25. RICHARD SCHNEIDER
26. ART KIDJAK
27. FERIZZO POPE
28. KAY CAMPBELL
29. JIM HAYES
30. ED LLOYD
31. RICHARD WELCH
32. WILLIAM HENN
33. JACK WALLACE
34. ALLEN DUCRMAN
35. VAL BEGUEIN
36. FRED LEBO

masters ii (50-59)
1. BOB CARATR
2. GEORGE SHEEAN
3. BILL TRIBOU
4. BILL CROME
5. DANFORTH GEER
6. IRVIN TAYLOR
7. GEORGE SPITZ
8. RICHARD SCHNEIDER
9. JOSI OASOBO
10. FRED BURKE
11. WALT WESERHOLD

Masters iii (60+)
1. WILLIAM BRODDITIN

Team Score
Hartford Track Club 3-5-7-9-10 (11-15) 34 points
New York Pioneer Club 4-6-8-13-20 51 points
New Jersey Seniors 2-11-12-14-18 57 points
Majlis 1-16-17-19-21 74 points

Greenwood—Continued from Page 1

dearly loves competition, and, accordingly, always puts out his best effort. This was manifest in Fiji where Jack ran an excellent 400m on the grass, barely losing to a young Fijian 25 years his junior. Likewise, in Melbourne, after easily outstripping the 30-year-olds in the 110m highs (15:2) he again ran an excellent 400m hurdles, virtually unchallenged by the opposition in 58.2. Not satisfied with these efforts, he had two stirring races against Australia's Snelling in the 100m and 200m, running 2nd to Snelling both times, 12.2 to Snelling's 12.1 in the 100m and 24.5 to Snelling's 24.3 in the 200m. To top things off, he ran a leg in the 4 x 400m relay team.

In Sydney, on a very blustery evening, he won the 100m in 11.5 (wind aided); he then high jumped 5'12" and ran an excellent leg in the 4 x 400m relay team that was 2nd to New South Wales (3:40.8) with a 3:47.9.

Again, in Hawaii, on a day accompanied by torrential rains, he won the 400m in 55.5, tied Ossie Daukins in the 100 yard at 10.9, and won the 110m highs in 16.0.

Jack, during the South Pacific tour, enjoyed one of the pleasures exclusively reserved for Masters athletes, and that was watching as a competitor himself his 17-year-old son run an excellent 400m leg of the relay in which the boy outran the Fijian opposition. Like father, like son!

Jack had set rates of 11.5 - 100m, 23.3 - 200m, 54.0 - 400m and 2:10 for the 800m.

His best Veteran performances are 55.7 (World Record), 400m intermediate hurdles '72, 15.0 - 110m highs '72, 23.1 - 200m, and 52.1 400m.

As a graduate of the University of Kansas, he had some 20 odd years ago, and NCAA athlete, he had some of the all-time bests of 51.8 - 400m Intermediate hurdles and 14.3 - 110 highs. Of significance is the fact that at 46, he is off his all-time 400m intermediate hurdle time by only 3.9 seconds and his 110m high time by only 7/10th of a second.
Press Hears Details Of Sports Bill

The protection of the rights of amateur athletics, provisions for better training and coaching as well as improved facilities were stressed yesterday by Sen. John Tunney, D-Calif., in a discussion of his Amateur Athletic Act before Congress.

Sen. Tunney, addressing members of the Sportswriters Association, predicted that the legislation contemplated three basic things primarily to eliminate "the status that occurred in the last Olympics and to eliminate the war between the AUA and NCAA."

He said the bill is the result of many months of work by a conference committee which included Senators Pearson, Coke, Gravel, Magnon and Thurmond and that he hoped it would be passed within the next two months.

Sen. Tunney said the second point of the bill "ensures a sports foundation which would eventually throw off between $75,000 to $80,000 a million a year to help athletes compete and defray costs for such things as Olympic trips.

He said the money also would be used to support interscholastic and intercollegiate athletic programs, particularly for those athletes who do not have wealthy parents.

The third point of the bill, he said, has received opposition from the Amateur Athletic Union and National Collegiate Athletic Association, to establish a sports board to charter athletic associations.

"The purpose of chartering associations is to eliminate the confusion that arises between the NCAA and AUA," Sen. Tunney continued. "These charters are only those involved in international competition."

He said the President would appoint members of a sports board to four-year terms.

"The board would be experimented and three years not be reappointed, he said.

"We have had substantial support for the legislation. For example, the Athlete Advisory Board of the Olympic Committee, the athletes themselves, voted 254-9 for a resolution to support the bill."

"I have received over 100 letters of support and the Road Runners of America, United States Track Club Association and American Association of Health and Physical Education support adoption of the foundation."

He said there had been some amendments to the bill pertaining to the disfiring of international competition.

"International competition is defined in the amendment in such a way as to indicate that only officially sanctioned competitions between national organizations as recognized by chartered sports associations are included," he said. "The definition is motivated by the recognition that there is a certain amount of informal competition between groups in the United States and other countries. It is not the intention of the sponsors that such competition be considered within the definition of international competition under this bill."

He said the AUA and NCAA oppose the sports board because "they feel it would control the national association. We don't think it will. We have made it clear that it would be there just to charter these organizations so we can have open competition."

Further, Sen. Tunney said he did not think that "international organizations would dictate policy in the United States or for the development of sports programs in this country."

Sen. Tunney said: "International rules have been demonstrated to be unacceptable, and I reprove the international committee does not want any changes made. They want status quo."

"I can only speak for the United States but many others have heard the Olympic Games in that conference."
**OFFICIAL ENTRY FORM FOR THE 1974 AMATEUR UNION OF THE UNITED STATES MASTERS (over 40 years) NATIONAL TRACK AND FIELD CHAMPIONSHIPS**

Please enter me in the following events, for which I have enclosed payment at the rate of $5.00 for the first event and $2.00 for each additional event. Penatlon entry fee is $10.00. Entry fees are non-refundable, but a separate Relay Entry Form must be completed by an authorized club representative. Entries must be received by the Meet Director by 6pm, Monday, June 24, 1974, at Mt. Hood Community College, 2600 SE Stark Street, Gresham, Oregon 97030. Entries received after that date will be returned. Phone (503) 668-1361, an on-site.

**IMPORTANT NOTICE:** Incomplete entries, including those without payment, medical certificates, A.A.U. registration, athlete's release, signatures, etc., will be assessed an incomplete entry fee of $2.00.

<table>
<thead>
<tr>
<th>Event</th>
<th>Best '73-'74 Mark (or estimate) if you did not compete</th>
<th>Division (1a, 1b, 2a, 2b, 3a, 3b, 4)</th>
<th>Payment</th>
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<td>Marathon</td>
<td>(6 $5.00)</td>
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<tr>
<td>Pentathlon</td>
<td>(6 $10.00)</td>
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Total Entry Fee Payment Enclosed (Payable to Masters Track, Mt. Hood Community College)

**BARRIQUE RESERVATIONS (July 6, 7:30pm)**

- Adults 10 $5.00 each
- Child (12 and under) 10 $4.00 each

Total Barbeque Payment (Please make separate check or M.O.) $  

**ATHLETE'S RELEASE (Must be signed):**

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, and executors, waives, release, and forever discharges any and all claims for damages which I may have, or which may otherwise accrue to me against Mt. Hood Community College and/or Gresham Chamber of Commerce, the Amateur Athletic Union of the United States, and the Oregon A.A.U., or their officers or agents, for any and all damages which may be suffered by me in connection with my entry or association with the A.A.U. MASTERS TRACK AND FIELD CHAMPIONSHIPS. I certify that my level of training is such that I am prepared to compete and recognize the right of the Meet Director to require supplementary training and/or medical evidence before allowing me to compete, and further recognize the right of any duly authorized member of the medical staff to require my withdrawal from competition, and will do so if directed.

Date: Athlete's Signature:  

**MEDICAL CERTIFICATE:** (To be signed by a licensed physician; this is a National A.A.U. Track and Field Board requirement.)

I have examined and am satisfied that he is in a physical condition which will permit him to compete in the events he has noted above in the A.A.U. Masters' National Track and Field Championships in July, 1974.

**Physician's Signature:**  

**Address:**  

**Date:**

1974 A.A.U. REGISTRATION INFORMATION:  

- District, 1974 Registration No.:  

**ATHLETIC INFORMATION:**

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<th>Name:</th>
<th>Signature:</th>
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<tr>
<td>Date of Birth:</td>
<td>Affiliation (Club, Univ., etc.):</td>
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<td>Address:</td>
<td>City, State, Zip:</td>
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<td>Telephone No.:</td>
<td>School or College Attended:</td>
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<td>Notable Past (or recent) Performances, Championships, etc.:</td>
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</table>

(Please enclose a recent black and white photo (non-returnable) of you in action and in uniform for possible inclusion in program.)

Your Occupation:  

Your Local Paper:  

**Name and Address**

### RELAY ENTRY FORM

<table>
<thead>
<tr>
<th>Names:</th>
<th>Est. Time:</th>
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Total Estimated Time:  

Alternates: 1.  

**NOTE:** Separate entry forms and $10.00 payment to MASTERS TRACK, MT. HOOD COMMUNITY COLLEGE must be submitted for each team entered. Club official certifies with his signature below that all men named are members of his club, and that each member has sent (or will send) an official individual entry form.

**Club Official:**

**Address:**  

**Telephone:**

**MAIL COMPLETED ENTRY FORMS TO:**  

JIM PUCKETT, MEET DIRECTOR, A.A.U. MASTERS TRACKS  

MT. HOOD COMMUNITY COLLEGE, 2600 SE STARK, GRESHAM, OREGON 97030  

Duplication of entry form permitted.
1974 A.A.U. MASTERS (over 40) NATIONAL TRACK and FIELD CHAMPIONSHIPS JULY 5,6,7
Mt. Hood Community College, Gresham, Oregon

This is your invitation to compete in the 1974 Amateur Athletic Union National Masters (over 40 years) Track and Field Championships on July 5, 6, 7 in Gresham, Oregon. The A.A.U. Masters Pentathlon (July 6) and A.A.U. Masters Marathon, 20 kilometer (July 7) and 5 kilometer walk championships will also be a part of the total program.
The meet site has moved to the Northwest in Gresham, Oregon. Meet facilities will be at Mt. Hood Community College. It is our desire to continue the meet quality and hospitality which has been established at its birthplace in San Diego.
The A.A.U. Masters Championships is open to all men 40 years of age or older (as of the date of their first competitive event) who have 1974 A.A.U. registration cards. There are no qualification standards for the meet. The format of the meet has been changed from a two-day meet to a three-day meet and age divisions put into 5-year age groups instead of 10-year divisions. We hope these changes will permit a relaxed but efficient track meet and establish more equality to the competition. We also hope that the 5-year age grouping will encourage more participation. The ceremonies and social events include a flag parade of all the states represented in the meet, opening ceremonies and July 4th fireworks on Thursday evening, an outdoor barbeque dinner Saturday evening, and special awards and closing ceremonies at the conclusion of the meet on Sunday.

GENERAL INFORMATION

entry fee:
ENTRY FEE: The entry fee is $5.00 for the first event entered and $3.00 for each additional event. The relay is $10.00 per team and the pentathlon fee is $10.00. You must enter as many events as you wish, but no event will be delayed to wait for athletes competing in another event. Only half of the fee will be returned from an event requiring heats you cannot compete in subsequent events.

Relay teams should be aware of A.A.U. regulations concerning team members comparing out of their local A.A.U. associations. You cannot be a member of one association or club and compete for another.

entry deadline:
ENTRY DEADLINE: The entry deadline is 6pm Monday, June 24, 1974. No phone entries will be accepted. Please mail entries to Jim Fekett, Meet Director, U.S. Masters Championships, Mt. Hood Community College, 20000 SE Stark, Gresham, Oregon 97030. Your early entry will be most appreciated.

refunds and no shows:
REFUNDS AND NO SHOWS: Competitors entered in races with preliminaries (check schedule) who choose not to compete must notify the meet director before June 24. No phone entries will be accepted. Please mail entries to Jim Fekett, Meet Director, U.S. Masters Championships, Mt. Hood Community College, 20000 SE Stark, Gresham, Oregon 97030. Your early entry will be most appreciated.

no shows:
No refunds will be made after June 24 for withdrawals from competition.

workouts:
WORKOUTS: The Mt. Hood Community College track will be open for workouts through Tuesday July 2 for anyone wanting to train or familiarize themselves.

The facility will be closed on Wednesday and Thursday for final preparations for the meet. All track meets are for those wanting to work out or loosen up Wednesday and Thursday. All warm-ups during the competition will be taken in the upper field area southwest of the gymnasium and track. You will be allowed a short warm-up on the competition area directly before your event. Field event competitors will be allowed to put in check marks before competition begins but no throwing or running through the pit areas will be allowed.

The track, long jump, pole vault runways, and high jump area are all rubber asphalt and require spikes 1/4 inch or shorter. The shot put and discus rings are dressed concrete and the javelin runway is grass.

pentathlon:
PENTATHLON: The events are (in order) long jump, javelin, 200 meter dash, discus (2.0 kg.) and 1500 meter run. The order of events will allow a minimum of 30 minutes between each event. Scoring and judging will be on the basis of A.A.U., I.A.A.F. scoring tables and A.A.U., I.A.A.F. rules. Missing any one event automatically disqualifies a competitor.

marathon & 20 k.m. walk:
MARATHON and 20 K.M. WALK: These two events will be conducted on the Sauvie Island course west of Portland. This is a certified flat black course. Start time will be 6:30am, July 6. Course maps will be available at the registration desk. Bus transportation is to and from the site will be provided to athletes.

relays:
RELAYS: Only accredited team entries submitted on the official relay team entry form by an accredited club representative will be allowed to compete. Separate entry forms must be submitted for each team entering listing the names of the four competitors and one alternate. No pick up teams will be permitted. Please note relay team regulations listed under entry fees.

seeding:
SEEDING: Seeding of all preliminary events will be conducted according to A.A.U. regulations. Make sure you have the correct performance listed on your entry form. Awards in races run as a final with more than one flight will be awarded on best times and not places within each flight.

registration:
REGISTRATION: Registration will begin at 9am on Friday, July 5th in the Mt. Hood Community College gymnasium. Registration schedule: Friday, July 5-9am-3pm, Saturday, July 6-9am-3pm, Sunday, July 7-10am-12noon. Marathon and 50 kilometer walk may register at the gym Friday and Saturday or the race site on Sunday at 6am. Early registration will be appreciated.

clerk procedures:
CLERK PROCEDURES: There will be two clerk areas at the stadium, one out of the infield and one on the infield. All athletes must register with the first clerk out of the infield on the first call for events before going to the second clerk area. Please check this procedure as it will greatly help in making last minute adjustments in heats in case of injury, etc.

competitive divisions:
COMPETITIVE DIVISIONS: Division 1A-40-44 years; Division 2A-45-49 years; Division 2B-50-54 years; Division 2C-55-59 years; Division 3A-60-64 years; Division 3B-65-69 years; Division 4-70 and over. Your age as of the date of your event determines your division. Competitors may compete in a younger division if they indicate so on the official entry blank.

transportation:
TRANSPORTATION: Transportation to and from the hotels will be provided by the meet committee for those needing such service. Please indicate your needs with your entry form.

awards:
AWARDS: A handsome commemorative patch will be awarded to each competitor and an A.A.U. "Champion" patch will be awarded to each first place winner. Special awards will be awarded to the outstanding track athlete in each age group division and to the outstanding field event athlete in each division. Running Events: Awards to 1st through 3rd in all division and all races run. Field Events: Awards to 1st through 3rd in all divisions. Marathon: Awards to 1st through 3rd in all divisions. Pentathlon: Awards to 1st through 3rd in each division. Relay: Awards to 1st three teams in each division.

notes:
1. Please bring your own implement or equipment. They must be checked into the implant inspector before being allowed on the field. Starting blocks will be provided.
2. Showers and towels are provided. Please bring your own lock.
FALSE STARTS

Faster breaks Masters World Record in 10 km and Marathon (see article page). Meinrad Magle of Germany, founder of the Assoc. of Veteran Long Distance Runners, has resigned his position held since 1964. Dr. Ernest Van Aaken, 04065 Ulmheim; Richard Wagner, Platz 5, U. Germany have assumed Meinrad's duties. U. S. Masters Division II, Boo Morcom, is reported in the L.A. Times as to his confrontations with Bob Richars, Sr. of 20 years ago, stating:

"I had the feeling he was like Dempsey" said Morcom, "He had that animal instinct. He couldn't stand to have you in the limelight. In Boston one night I had just cleared a height. I was still in the pit: the bar still quivering. I heard him coming, the thump-thump-thump of a desperate man, his pole aimed at my heart..."

"Morcom remembers, too, Richards' mechanically perfect style and 'that clenched-teeth, Kirk Douglas smile of his when photographers came up to him after a winning vault. And the night Morcom, in his final meet, edged Richards on fever misses."

"He demanded the officials show him the rule book," said Morcom. "He stood there pounding it like it was the Old Testament."

To Beall, U.S. Masters, and a glutton for punishment, is touring his Devil Valley/ Mt. Whitney run, having survived it once, running in relay with fellow masochist, Ken Brutclou. The only distinction of completing this 17.5 mile course, besides surviving, is that it starts at the lowest point in the U. S. Bad Water in Death Valley (289 below sea level) to the top of Mt. Whitney, highest point in continental U. S. 14,496'. Pax and Kent completed their effort in 57 hours. To create a desire to attempt this torture test, Pax writes, in part:

"Get a stationwagon and an old mattress. Don't count on purchasing any gas in Death Valley, except after 8:00 a.m. in Furnace Creek and when we were there Stovepipe Wells closed down early in the afternoon (estimated population of about 10) - Your logical rendezvous point would be Las Vegas. Lastly, we want to hear from you and of your success and we want to emphasize the following: Take along a bathroom scale and record your weight every couple of hours and also record your body temperature. The low humidity in both Devil Valley and Panamint Valley does not give you the feeling of extensive perspiring, but it can be devastatingly deceiving. Example: I lost about 9 pounds the first 4 hours, and at that rate by noontime I would have been a reain. If you run you are going to lose weight like crazy, so use good judgment. A tired runner can push forward on 'guts alone,' but a dehydrated runner can be the toughest guy in the world and he doesn't stand a chance against the sun. Once your body weight drops much below 5%, and/or your temperature starts to go up, you've got trouble. Our second day was a death march, not because of the conditions on that day, but because we simply hadn't recovered from Death Valley on the prior day.

"In part, discomfort is in the eyes of the beholder. Just assume you're going to be the most unattractive and unmarable you've ever been in your life, and then if it's not that bad it will facilitate a positive attitude. This is one run where there are no losers, just winners.

Steve Goldberg, Division I, University of Ill., law professor, reports a personal best 2:13:51 Marathon effort in a marathondid in Naperville, Ill. This is several minutes faster than his 3rd place finish in the Masters.

SEVENTH WORLD VETERAN MARATHON IN EARIS

The Association of Veteran Long Distance Runners has scheduled its 1974 premier event for May 19. Also included is a 10Km event. Special arrangements for housing have been made. Entries close March 31. If you are interested, contact David Paul, as we are forming a group to go and will arrange transportation and housing. We also have entry blanks. This event appears well organized and you will run a quality time with the caliber of athletes who will participate.

1974 PROPOSED ITA SCHEDULE

| Fri. 2/15 | Nassau, N.Y. | Nassau Coliseum |
| Sat. 2/16 | Ealing, Ltd. | Ealing Center |
| Sat. 2/24 | Salt Lake City, Utah | Salt Palace (ABC-TV) |
| Sat. 2/23 | Pocatello, Idaho | Minidome |
| Fri. 3/22 | Okla. City, Okla. | Myriad |
| Fri. 3/29 | San Francisco, Calif. | Cow Palace |
| Sat. 4/6 | Tokyo, Japan | Olympic Stadium |
| Sun. 4/7 | Tokyo, Japan | Olympic Stadium |
| Sat. 4/13 | Los Angeles, Calif. | Sports Arena |
| Fri. 4/19 | San Diego, Calif. | Sports Arena |
| Sat. 4/20 | Portland, Ore. | Memorial Coliseum |
| Sat. 4/27 | Kansas City, Mo. | Municipal Auditorium |
| Fri. 5/5 | Cleveland, Ohio | Convention Center |
| Sat. 5/6 | Detroit, Mich. | Cobo Arena |
| Fri. 5/12 | Atlanta, Ga. | Omni |
| Fri. 5/17 | Louisville, Ky. | Freedom Hall |
| Fri. 5/24 | Chicago, Ill. | Amphiacenter |
| Sat. 5/25 | Richmond, Va. | Coliseum |
| Wed. 5/29 | New York, N.Y. | Madison Square Garden (ABC-TV) |

Masters events included. If interested write: Jim Terrill, Internation Track Association, 12121 Wilshire Boulevard, Suite 100, Los Angeles, California 90025 (213) 826-6563
U.S. MASTERS TOUR TO FIJI, AUSTRALIA AND NEW ZEALAND

A message from the Canadians on the Tour

For the Canadians in the U.S. Masters Tour of the South Pacific, it was a visit to what are to them fellow citizens of the Great British Commonwealth of Nations family. There was an especially warm welcome for them when the red maple leaf was seen on their track suits. The Canadians were pleased, of course, that this same warm welcome was extended to the U.S. citizens. A highlight throughout the entire tour of the U.S. Masters group was the friendship and welcome extended all of us in the many places we visited in Fiji, Australia and New Zealand. One would imagine the weather had been arranged for us; it was just about perfect for the regular and extended tour, and the temperature, except for the Fiji track meet when it was a little on the hot side, was just about right. There were nine Canadians in the group, four of whom were runners; George Cluppe, Art Rappich, John Young and Roy Barrand. All competed in their age groups and distances whenever possible. George, 40+, a sprinter, Art, 40+, middle distance, John, 50+, middle distance and Roy, 60+, the longer sprint and middle distance; and all in the several cross country races and runs so popular with runners in those countries. While we Canadians did not place in the awards positions, we had the pleasure and satisfaction of competing with the best in our age groups, and congratulate those who placed so well. We ran a good number of races, and except for the 10K - One Tree Hill race in Auckland, we were not given our times and finishing places, and hope to see them in David's next newsletter.

One of the highlights of the extended tour was the Milford Track walk. What a test of physical fitness that was, and what a very great effort it must have been for some of the ladies in the group who do not participate in a regular fitness programme. Congratulations, ladies.

Roy kept a diary on the tour and recorded many interesting things and experiences, and much could be written here; but this will do for now, since David and Helen Pain give good coverage to our tours.

Our thanks to the very find people of Fiji, Australia and New Zealand for making our tour so pleasant and enjoyable. We look forward to seeing a large number of the South Pacific runners in Toronto in 1975 for the World Championships. Now, as we prepare this short message, the Commonwealth Games opening ceremonies are taking place in Christchurch, New Zealand, and as we view them on television, we have a feeling of being there. It was there that Russ Niblock set new world records for the 200 and 400 meters for the 60+ division. This was another highlight.

The tour would not have taken place had it not been for the promotion of it by David and Helen Pain. All will agree that much planning had gone into it, and arrangements for our pleasure, interest and comfort had been well done. The Canadians appreciate this and add their thanks to David and Helen for all they had done in the planning, and the personal attention to all details on the tour.

John Young and Roy Barrand

David and I thank you for the kind words, John and Roy. Our report of the trip will be found in the accompanying newspaper...with results of the meets and races plus pictures. We wish to thank all of you who sent the many cards and letters of appreciation.

Helen Pain
BUY BOOKS FROM BRIGHT
HOW MANY OF EACH DO YOU WISH?
Add: 25¢ for each $5.00 (postage, etc.)

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Other Runners World or TAF news items available on
request.

Send above order with check to: Norman Bright
4003 Williams West,
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U.S. MASTERS
INTERNATIONAL
TRACK TEAM

Compete Canadian and U.S. Masters Championships
Vancouver, B.C. and Gresham, Oregon
June 29 - July 9
Christmas Tour
December 20 - 31
Florida and Jamaica
Contact David and Helen Pain, 1150 Via Espana
La Jolla, California 92037. (714) 459-6362.

NAME

ADDRESS

Birthdate

Married? Yes No

PHONE: Home Biz Name of spouse

OCCUPATION

EDUCATION

Degrees, languages, etc.

SPECIAL SKILLS

E.g. pilot, carpenter, sculptor, sewing

SPECIAL INTERESTS

E.g. birdwatching, photography, poetry

AUTHORSHIP

Books, articles, monographs

SPECIAL HONORS

Professional or other societies

1974 A.A.U. MASTERS
NATIONAL TRACK and FIELD
CHAMPIONSHIPS
Gresham, Oregon
SCHEDULE OF EVENTS

thursday
1:00 PM Reg park & welcome
7:30 PM Fireworks display

friday
4:40 PM Hammer Throw FINALS
4:50 PM Long Jump FINALS
5:00 PM javelin FINALS
5:20 PM 100 Meter Prelims
6:00 PM 400 Meter Relay Prelims
6:30 PM 400 Meter Dash Prelims
7:00 PM 10,000 Meter Prelims

saturday
3:30 AM Pentathlon Long Jump
10:30 AM Pentathlon Javelin
10:50 AM 200 Meter Prelims
11:30 AM Pentathlon 200 Meter
12:30 AM Pentathlon Discus
1:45 PM Pentathlon 1500 Meters
4:00 PM Pole Vault Final
4:20 PM Discus Final
4:30 PM Long Jump Final
4:50 PM High Jump Prelims
5:20 PM 1,000 Meter Steeple Chase Final
5:50 PM 100 Meter Prelims
6:45 PM Triple Jump Final
7:45 PM 800 Meter Prelims
6:25 PM 400 Meter Hurdle Prelims
6:55 PM 5,000 Meter Walk Final
7:30 PM Barbeque - Lake Side

sunday
6:30 AM Marathon - 20 Kilo Walk
3:00 PM Polocn. Mens Final
3:30 PM 400 Meter Relay Prelims
4:20 PM 110 Meter Prelims
1:15 PM 400 Meter Finals
4:00 PM Long Jump Finals
4:40 PM Shot Put Prelims
4:10 PM javelin Finals
4:15 PM 1500 Meter Finals
5:00 PM Triple Jump Final
5:50 PM High Jump Prelims
6:50 PM 200 Meter Prelims
5:00 PM 1,000 Meter Run Final
6:50 PM 1600 Meter Relay
7:15 PM Special Awards Ceremony
7:30 PM Closing Ceremonies

QUESTIONNAIRE IN RE POSSIBLE STATE DEPARTMENT TOUR

If you are interested in participating in a State
Dept. sponsored tour to a foreign country, how do
you feel you could contribute culturally, scienti-

cially, educationally, or otherwise to such a

project?

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

scribe.

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

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