

U.S. Masters International Track Team

David H.R. Pain, Director
Helen L. Pain, Co-director

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February, 1974

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

thursday

7:00 PM Flag parade and welcome
7:30 PM Fireworks display

friday

Event	Divisions
4:00 PM Hammer Throw Finals	1a, 1b, 2a, 3a, 3b
4:30 PM Long Jump Finals	3a, 3b, 4
5:00 PM Javelin Finals	1a, 1b, 3b, 4
5:15 PM 100 Meter Prelims	1a, 1b, 2a, 2b, 3a, 3b, 4
6:00 PM 400 Meter Relay Prelims	1a, 1b, 2a, 2b
6:20 PM 400 Meter Dash Prelims	1a, 1b, 2a, 2b, 3a, 3b, 4
7:00 PM 10,000 Meter Finals	1a, 1b, 2a, 2b, 3a, 3b, 4

saturday

9:30 AM Pentathlon Long Jump	1a, 1b, 2a, 2b, 3a, 3b, 4
10:30 AM Pentathlon Javelin	1a, 1b, 2a, 2b, 3a, 3b, 4
10:30 AM 200 Meter Prelims	1a, 1b, 2a, 2b, 3a, 3b, 4
11:30 AM Pentathlon 200 Meter	1a, 1b, 2a, 2b, 3a, 3b, 4
12:30 PM Pentathlon Discus	1a, 1b, 2a, 2b, 3a, 3b, 4
1:45 PM Pentathlon 1500 Meters	1a, 1b, 2a, 2b, 3a, 3b, 4
4:00 PM Pole Vault Final	3a, 3b, 4
4:00 PM Discus Finals	1a, 1b, 2a, 2b, 3a, 3b, 4
4:20 PM Long Jump Finals	1a, 1b
4:25 PM High Jump Finals	3a, 3b, 4
4:30 PM 3,000 Meter Steeple Chase Final	1a, 1b, 2a, 2b, 3a, 3b, 4
5:05 PM 100 Meter Finals	1a, 1b, 2a, 2b, 3a, 3b, 4
5:15 PM Triple Jump Final	3a, 3b, 4
5:45 PM 800 Meter Finals	1a, 1b, 2a, 2b, 3a, 3b, 4
6:25 PM 400 Meter Hurdle Finals	1a, 1b, 2a, 2b, 3a, 3b, 4
6:55 PM 5,000 Meter Walk Final	1a, 1b, 2a, 2b, 3a, 3b, 4
7:30 PM Barbeque - Lake side	

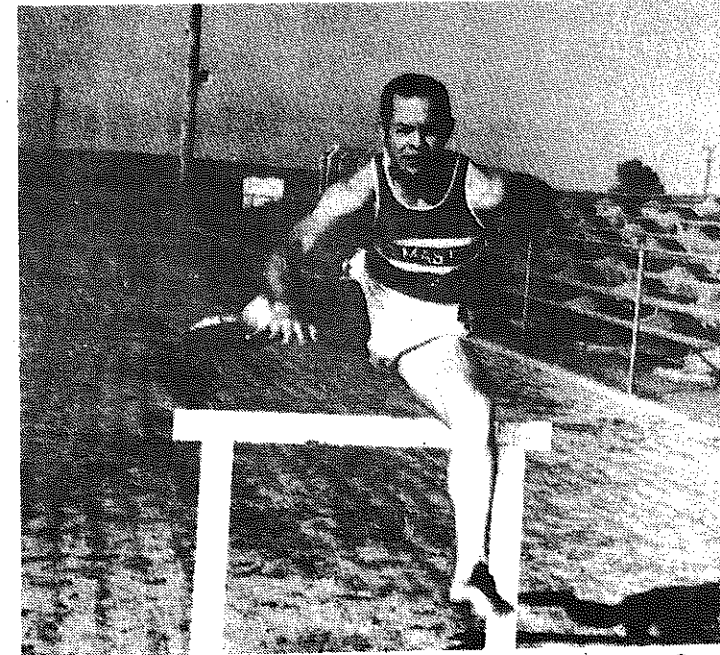
sunday

6:30 AM Marathon - 20 Kilo Walk	1a, 1b, 2a, 2b, 3a, 3b, 4
3:00 PM Pole Vault Finals	1a, 1b, 2a, 2b
3:00 PM 400 Meter Relay Finals	1a, 1b, 2a, 2b
3:20 PM 110 Meter Hurdles Finals	1a, 1b, 2a, 2b, 3a, 3b
3:55 PM 400 Meter Finals	1a, 1b, 2a, 2b, 3a, 3b, 4
4:00 PM Long Jump Finals	2a, 2b
4:00 PM Shot Put Finals	1a, 1b, 2a, 2b, 3a, 3b, 4
4:30 PM Javelin Finals	3a, 2b, 2a
4:35 PM 1500 Meter Finals	1a, 1b, 2a, 2b, 3a, 3b, 4
5:00 PM Triple Jump Final	1a, 1b, 2a, 2b
5:00 PM High Jump Final	1a, 1b
5:10 PM 200 Meter Finals	1a, 1b, 2a, 2b, 3a, 3b, 4
5:50 PM 5,000 Meter Run Final	1a, 1b, 2a, 2b, 3a, 3b, 4
6:50 PM 1600 Meter Relay	1a, 1b, 2a, 2b
7:05 PM Special Awards Ceremony	
7:25 PM Closing Ceremonies	

JULY 5, 6, 7

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 work 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-learned 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.



Blessed with fine speed and endurance, Greenwood is an all-rounder, competing in the sprints, middle distances to 800m, as well as the relays and 110m high hurdles. Having observed Jack compete on numerous occasions, we can state that he

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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 & 30th; a tour to Victoria and down to Gresham, Oregon for the U.S. Masters Championships July 5, 6, & 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 12th 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 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!

BUY BOOKS FROM BRIGHT
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Racing Techniques... 1.50	Young Runner.... 1.00
Runners Diet..... 1.95	Shoes for Runners 1.95
Beginning Runner... 1.00	Sprinting..... 1.25
Internal Training... 1.95	

TAF NEWS ITEMS

H. S. Track '73.....\$1.00	H.S. Running and Training.....\$3.00
73 Age Records..... 1.50	Kipchoge of Kenya 2.50
Indoor Track Records 1.00	Ryan's Story..... 6.50
How They Train, Vol. I, Middle Distance.. 3.00	Clarke's Unfor-
How They Train, Vol. II, Long Distance.. 3.00	giv. Minute..... 6.50
How They Train, Vol. III, Sprint Handling. 3.00	

Other Runners World or TAF news items available on request.

Send above order with check to: Norman Bright
4003 Williams West,
Seattle, Washington 98199



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, 1160 Via Espana
La Jolla, California 92037. (714) 459-6362.

QUESTIONNAIRE IN RE POSSIBLE STATE DEPARTMENT TOUR

NAME _____ Birthdate _____

ADDRESS _____ Birthplace _____

Married? Yes _____ No _____

PHONE: Home _____ Biz _____ Name of spouse _____

OCCUPATION _____

EDUCATION _____
Degrees, languages, etc. _____

SPECIAL SKILLS _____
E.g. pilot, carpenter, sculptor, sewing

SPECIAL INTERESTS _____
E.g. birdwatching, photography, poetry

AUTHORSHIP _____
Books, articles, monographs

SPECIAL HONORS _____
Professional or other societies

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

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

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

SAN DIEGO MASTER STOCK
CHALLENGES DIRECTOR

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 upsets 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's team entry plan has been discussed (argued) 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.I.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 Señor 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 CASSELL DECREES 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 Ollan 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 Senator 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 contract, 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, sports writers or telecasters, ex-professional athletes and the like, all of us pristine-pure amateurs are thereby metamorphosized into ugly professionals 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 Ollan Cassell's real motive is twofold, namely: 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 AAU 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 our athletes' best interests; threaten to withdraw from the IAAF (which it won't do) and lobby heavily to change these rules.

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JACK FOSTER BREAKS WORLD VET 10,000M 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 10,000m. 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 accomplished his run in the Veteran meeting conducted for the British and Australian Veterans attending the Commonwealth Games and was probably uncontested. This gives the mark even more credibility as he could undoubtedly run faster chasing a younger athlete the likes of Dave Bedford or Steve Prefontaine.

Foster's record should come as no surprise to those who witnessed his 6th 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 McConnell 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 Stoddard and O'Hara of Great Britain, and perhaps 2 minutes faster than the best U. S. distance Veterans.

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 sportsman.

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 - 2:11:18 - in coming in 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 1973,--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 2:15:52.8

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 crews 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 63-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 puckish features, scraggly white hair and youthful physique. He was also extremely cooperative, jumping over crevasses 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 than 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.

SECOND ANNUAL EASTERN MASTERS CROSS-COUNTRY CHAMPIONSHIP
11-11-73 VAN CORTLANDT PARK, N. Y. 6 MILES

MASTERS I (40-49)				
1. VINCE CHIAPPETTA	MILL	40	(3)	34:22
2. WALT McCONNELL	NJ-USM	42	(4)	34:46
3. VIN FANDETTI	HTC	42	(5)	34:48
4. BILL SQUIRES	BAA	40	(7)	35:23
5. TONY DIAMOND	DCH	44	(8)	35:35
6. JOE BURNS	UNAT	44	(9)	35:50
7. JOE BESSEL	NYAC	42	(11)	36:17
8. TOM O'BRIEN	NYPC	42	(13)	36:43
9. JON TOBEY	NYPC	47	(15)	36:55
10. DAN DOUGHERTY	SIAC	45	(16)	37:01
11. DON DIXON	HAST	45	(17)	37:02
12. DON CHARTER	HTC	40	(18)	37:40
13. BOB FINE	NYPC-USM	42	(19)	37:44
14. RAY EDGERLY	HTC	43	(20)	37:45
15. HENRY DEVINE	PAA	40	(22)	37:51
16. BOB FITE	NJS-USM	46	(24)	37:58
17. RUSS GLATZ	NJS	41	(26)	38:01
18. ROBERT LOGAN	HTC	45	(27)	38:07
19. JOE KERNAN	NYPC	43	(28)	38:09
20. ED MATHER	NJS	43	(29)	38:19
21. DAVID ECELETZ	HTC	41	(30)	38:23
22. JIM McDONAGH	MILL	49	(32)	38:32
23. BILL SHANAHAN	MILL	43	(34)	38:35
24. HARRY HENRIQUES	UNAT	46	(35)	38:37
25. RICHARD SNECKER	UNAT	46	(36)	38:46
26. ART KIJAK	LIAC	42	(37)	38:52
27. FERIZZO POPE	NJS	43	(38)	39:03
28. KAY CAMPBELL	CJTC	45	(40)	39:46
29. JIM HAYES	NMC	40	(41)	39:56
30. ED LLOYD	HTC	41	(42)	40:03
31. RICHARD WELCH	CJTC	41	(43)	40:32
32. WILLIAM HENN	UNAT	42	(45)	41:10
33. JACK WALLACE	NYPC	42	(47)	41:14
34. ALLEN DRUCKMAN	LIAC	42	(49)	42:08
35. VAL BESQUINE	UNAT	40	(51)	42:52
36. FRED LEBOW	CPTC	40	(59)	48:48

MASTERS II (50-59)				
1. BOB GARDNER	HTC	51	(14)	36:54
2. GEORGE SHEEHAN	SHOR-USM	54	(21)	37:47
3. BILL TRIBOU	HTC	52	(23)	37:54
4. BILL COYNE	MILL	51	(39)	39:21
5. DANFORTH GEER	UNAT	54	(46)	41:12
6. IRVING TAYLOR	CJTC	59	(48)	41:36
7. GEORGE SPITZ	CPTC	50	(54)	45:12
8. ABE SCHWARTZ	MILL	53	(56)	46:43
9. JIRI OSLOBE	UNAT	55	(57)	47:52
10. FRED BURKE	CPTC	55	(58)	48:01
11. WALT WESTERHOLD	MILL	59	(60)	49:30

MASTERS III (60+)				
1. WILLIAM BROBSTEIN	CPTC	60	(53)	44:16
ED GRANDWITZ	UNAT	60	(61)	52:07

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	
MILLROSE	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 outrunning the 30-year olds in the 110m high (16:2) he again ran an excellent 400m hurdles, virtually uncontested 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 400 relay team.

In Sydney, on a very blustery evening, he won the 100m in 11:5 (wind aided); the 110 high in 15:2 (wind aided); was 2nd in the high jump at 5'2" and ran an excellent leg in the 4 x 400 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 53.5, tied Ossie Dawkins in the 100 yard at 10.9, and won the 110m high in 16.8.

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 1973 bests 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 high hurdles '72, 23.1 - 200m, and 52.1 400m.

As a graduate of the University of Kansas, some 20-odd years ago, and NCAA athlete, he had all-time bests of 51.8 - 400m intermediate hurdles and 14.3 - 110 high. 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.

CASELL-Continued from Page 2

The only real power our AAU has over its membership as an IAAF member, is the ability to decrease athletic death for any non-conforming athlete who aspires to engage in international competition. For that reason, we cannot see our AAU taking any concrete steps towards correcting the IAAF rules.

Our experience in Australia and Great Britain leads us to believe that many, if not the majority, of IAAF member nations, want to keep the rules basically the same and that they will not drastically amend the rule on professionalism. Whether they will exempt Veterans/Masters from these rules as our AAU has done remains to be seen.

To its lasting credit, the AAU, in adopting its domestic rules for Masters, did not include this hoary anachronism on professionalism.

THE SAN DIEGO UNION (1) Tu

Press Hears Details Of Sports Bill

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

Sen. Tunney, addressing members of the Sports-castersSportswriters Association, said the legislation contemplates three basic things primarily to eliminate "Snafus that occurred in the last Olympics and to eliminate warfare between the AAU and NCAA."

He said the bill is the result of many months of work by a Commerce Committee which included Senators Pearson, Cook, Gravel, Magnuson and Thurmond and that he hoped it would be passed within the next two months.

Sen. Tunney said the second point of the bill "envisions a sports foundation which would eventually throw off between \$7½ to \$8 million a year to help athletes compete and defray costs for such things as Olympic trials."

He said the money also would be used to support intercity and rural area sports programs, particularly for those athletes who do not have wealthy parents.

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

"The purpose of chartering associations is to eliminate the warfare between the NCAA and AAU," Sen. Tunney continued. "Those chartered 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 depoliticized and there would be no reappointments," he said.

"We have had substantial support for the legislation. For example, the Athletic Advisory Board of the Olympic Committee, composed of the athletes themselves, voted 25-4 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 As-

LARRY LEWIS ASTOUNDED DOCTORS

S.F. 'distance runner' dies at age 106

SAN FRANCISCO (AP) — Larry E. Lewis, the 106-year-old ex-waiter who liked to run almost seven miles each morning, died last night of cancer of the liver.

Born in 1867 of Jewish immigrant parents while Andrew Johnson was President, Lewis astounded his doctors for many years with his 4 a.m. runs around Golden Gate Park. He also liked to celebrate his birthdays with 100-yard dashes, the latest of which he finished in 17.3 seconds three years ago.

Until recently he traveled as a goodwill ambassador for Western Girl, Inc., a temporary help employment agency. He had taken that job because he was bored several weeks after retiring at age 105 as a waiter at the St. Francis Hotel. He had been hard at work at that post since he was 80 years old.

Lewis grew up in Phoenix, and went to work in a circus trapeze act for P.T. Barnum in 1882. In 1893, he began the first of his 33 years as an assistant to magician Harry Houdini.

The first of 13 children, Lewis never smoked or drank alcoholic beverages, but did claim to down 3 gallons of water and 12 ounces of orange juice a day. He also skipped fried foods, pastries and white bread, preferring rye and whole wheat.

He said he learned his life-style of health and longevity from the Navajo Indians he grew up with in Arizona. He liked to quote his longtime friend Navajo Chief Henry Ironshell, who died in 1972 at age 131.

"I can still say in the Navajo tongue a very wise thing he told me about people," Lewis recalled last year. "This is it: 'Every man, woman and child born as your brother or sister until they prove unworthy of being called one...'"

Lewis left no survivors. His second wife, whom he married when he was 86, died two years ago. Funeral arrangements are pending.

MASTER RUNNER REMEMBERED
U.S. Masters who attended the National Championships in San Diego in 1969 witnessed the unbelievable sprinting ability of the 102-year old and enjoyed his ebullience and magic.

We are happy to have met Larry Lewis, an "Old Boy" with a full life.

AS BEST DISTANCE RUNNERS

Finns Regain Track Role

By WILL WATSON

One of the biggest track stories at the Munich Olympics was the re-emergence of Finnish power in the distance events. Lasse Viren won both the 5,000 and 10,000 meter runs, an accomplishment which earned him World Track Athlete of the Year honors, Pekka Vasala won the 1,500 meters and Tapio Kantanen finished third in the 3,000-meter steeplechase.

It was almost like old times. In six Olympics between 1912 and 1936, Finnish athletes won 20 gold medals, 12 silver and 10 bronze, mostly in the distance events.

"That onslaught was led by the legendary Paavo Nurmi, 'The Flying Finn,' but there were many others — like Ville Ritola, Volmari Iso-Hollo, Hannes Kolehmainen and Lauri Lehtinen — who played a prominent role in the golden era of Finnish track."

Then came the 1940s, '50s and '60s when few Finns were heard from. But they made a noise at Munich, and there are two reasons for that, according to Markku Kosonen, a coach for the Pakilan Veto Track Club, one of the top clubs in Finland.

"From 1967 to 1969, Arthur Lydiard came to our country and completely changed our attitude about training," says Kosonen, who has been in San Diego since the middle of January with four of the club's track athletes and an assistant coach. "Lydiard made us realize how hard we have to train and that we can't pay any attention to obstacles like poor facilities and bad weather."

"He taught his techniques to a group of young coaches. He laid the foundation, and now they are continuing to develop his system."

Lydiard produced many standout runners from New Zealand in the 1960s, most notably Peter Snell, who won the Olympics at 800 meters in 1960 and 1964 and the 1,500 in 1964. His program for a runner is a detailed one, projecting how much mileage a runner should be doing six or seven years in the future and also the sort of times he should be running by then.

The second reason for the Finnish success, according to Kosonen, is a stipend distribution, similar to college athletic scholarships, which the Finnish Track Federation began in 1969. Viren, Kantanen and Vasala, for instance, received 10,000 marks (about \$2,500) for their efforts in 1972.

It was evident at Munich what Lydiard's help and the new scholarship system have wrought, but such as Risto Ala-Korpi, Mikko Ala-Leppilampi, Pekka Paivarinta, Seppo Tuominen and Seppo Nikkari are other stars in waiting in the small country.

Others who may be heard from are the four who have been in San Diego since Jan. 15 — 800-meter men Jouni Kareinen, 18, Ari Viitala, 16, and 17-year-olds Kai Ritvala and Erkki Viik, both of whom are talented over a multitude of distances.

The group, which includes assistant coach Mauri Leppanen, is due to leave Feb. 5. Their visit to San Diego is an offshoot of the San Diego Youth Team's tour to Scandinavia last summer. The Pakilan Veto club hosted the 50-man San Diego contingent at one of its stops on the tour.

"We wanted to bring more athletes to San Diego," says Kosonen, "but air fares have gone up terrifically since last summer. It is winter in our country now, so this is sort of a reward for the boys who have done well. We're not in serious training now; we're doing mostly distance runs."

Track is the national sport in Finland, says Leppanen, where the biennial meet with rival Sweden draws 100,000 for the two-day competition. The club system, he says, is the only means through which an athlete can develop.

"We have no system like your high schools and colleges," he says. "That's a real advantage you have because it is such an excellent program. We have close to 1,000 clubs in Finland, and ours was the second best."

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 \$3.00 for each additional event. Pentathlon entry fee is \$10.00. Relay team entry fee is \$10.00, but a separate Relay Entry Form (below) 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, 26000 SE Stark Street, Gresham, Oregon 97030. Entries received after that date will be returned. Phone (503) 666-1561, am only.

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.

Event	Best '73-'74 Mark (or estimate, if you did not compete)	Division (1a, 1b, 2a, 2b, 3a, 3b, 4)	Payment
Marathon: (@ \$5.00)	_____	_____	\$ _____
Pentathlon: (@ \$10.00)	_____	_____	_____
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____

Total Entry Fee Payment Enclosed
(Payable to Masters Track, Mt. Hood Community College)

BARBEQUE RESERVATIONS (July 6, 7:30pm)	_____	Adults @ \$5.00 each Child (12 and under) @ \$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, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter 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:

Name: _____ Please type or print legibly _____ Signature _____

Date of Birth: _____ Affiliation (Club, Unatt., etc.) _____
Month Day Year

Address: Street _____ City _____ State _____ Zip _____
Telephone No. _____ School or College Attended: _____ Years _____

Notable Past (or recent) Performances, Championships, etc.: _____

(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

Relay: _____ Division: _____ Club Name and Address: _____

Names: 1. _____ Est. Time: _____ 2. _____ Est. Time: _____
3. _____ Est. Time: _____ 4. _____ Est. Time: _____

Total Estimated Time: _____ Alternates: 1. _____ 2. _____

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 CHAMPIONSHIPS
MT. HOOD COMMUNITY COLLEGE, 26000 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 Championship 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 this 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 may enter as many events as you wish, but no event will be delayed to wait for athletes competing in another event. If you scratch from an event requiring heats you cannot compete in subsequent events. Relay teams should be aware of A.A.U. regulations concerning team members competing 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 Puckett, Meet Director, U.S. Masters Championships, Mt. Hood Community College, 26000 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) and who choose not to compete must notify the meet director before June 24. Notifications may be made by mail or phone (503-666-1561). 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 stadium will be closed on Wednesday and Thursday for final preparations for the meet. High School tracks are near 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 permitted.

The track, long jump, pole vault runways, and high jump approach are all rubber asphalt and require spikes 1/4 inch or shorter. The shot put and discus rings are brushed 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 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 top course. Starting time will be 6:30am, July 7. Course maps will be available at the registration desk. Bus transportation 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 authorized club representative will be allowed to compete. Separate entry forms must be submitted for each team entered listing the names of the four competitors and two alternates. 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 20 kilometer walk may register at the gym Friday and Saturday or the race site 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 1B--45-49 years; Division 2A--50-54 years; Division 2B--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 motels 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. Walks: 5000 meter walk--1st through 3rd in all divisions. 20 K.--1st through 6th. 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 implement 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

Foster breaks Masters World Record in 10 km and Marathon (see article page). Meinrad Nagle of Germany, founder of the Assoc. of Veteran Long Distance Runners, has resigned his position held since 1964. Dr. Ernest Van Aaken, D4065 Waldniel; Richard Wagner, Platz 5, W.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 Richards, 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 fewer misses."

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

Pax Beale, U.S. Masters, and a glutton for punishment, is touting his Death Valley/Mt. Whitney run, having survived it once, running in relay with fellow masochist, Ken Crutchlow. 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. 14,446'. Pax and Ken 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 Death Valley and Panamint Valley does not give you the feeling of extensive perspiring, but it can be devastatingly deceiving. Example; I lost about 9½ pounds the first 4 hours, and at that rate by noontime I would have been a raisin. 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 uncomfortable and unbearable 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 2:31:51 Marathon effort in a marathon held in Naperville, Ill. This is several minutes faster than his 3rd place finish in the Masters.

CALENDAR OF EVENTS

March 3rd: Nat. AAU Sr. (and Masters) 30 km Championships, Culver City, Calif. 7:00 a.m., Phil Clarke, 15232 Burton, Van Nuys California 91402

March 9th: Eastern Masters Indoor, Peddie School, N.J. No post entries. Bob Fine, Masters Sports, Assoc., 11 Park Pl., N.Y., N.Y. 10007 Ba 7-8582

April 6 - 7: S.E. Masters Track & Field Championships, Raleigh, N.Car., North Carolina State University, Raiford Fulghum, Park & Recreation Dept., Box 590, Raleigh, N.C. 27602

May 19th: 7th World Vets. marathon and 10km. Paris, France, D.H.R.Pain, 1160 Via Espana, La Jolla, Cal. 92037 for entry information.

June 29 & 30: 1st Canadian Masters Track and Field Championships, Vancouver, B.C., Can., with D. H.R. Pain for entry information.

July 5 - 7th: U.S. AAU Masters Track and Field Championships & Masters Marathon, Gresham, Ore., Mt. Hood Community College. Write D. H. R. Pain for entry information.

Dec. 20-31: U.S. Masters Int. Track Team Christmas tour, Masters Track and Field Meets, Florida & Jamaica. Tour extension December 31 - January 12. Write D.H.R.Pain for information.

SEVENTH WORLDS VETERAN MARATHON IN PARIS

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 Pain, 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	Baltimore, Md.	Civic Center
Fri. 2/22	Salt Lake Cty., Ut.	Salt Palace (ABC-TV)
Sat. 2/23	Pocatello, Id.	Minidome
Fri. 3/22	Okla. Cty., Ok.	Myriad
Fri. 3/29	San Francisco, Ca.	Cow Palace
Sat. 4/6	Tokyo, Japan	Olympic Stadium
Sun. 4/7	Tokyo, Japan	Olympic Stadium
Sat. 4/13	Los Angeles, Ca.	Sports Arena
Fri. 4/19	San Diego, Ca	Sports Arena
Sat. 4/20	Portland, Ore.	Memorial Coliseum
Sat. 4/27	Kansas City, Mo.	Municipal Auditorium
Fri. 5/3	Cleveland, Oh.	Convention Center
Sat. 5/4	Detroit, Mich.	Cobo Arena
Fri. 5/10	Atlanta, Ga.	Omni
Fri. 5/17	Louisville, Ky.	Freedom Hall
Fri. 5/24	Chicago, Ill.	Amphitheater
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
 International 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 Gluppe, 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 kind 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

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

February, 1974

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

thursday

7:00 PM Flag parade and welcome
7:30 PM Fireworks display

friday

Event	Divisions
4:00 PM Hammer Throw Finals	1a, 1b, 2a, 3a, 3b
4:30 PM Long Jump Finals	3a, 3b, 4
5:00 PM Javelin Finals	1a, 1b, 3b, 4
5:15 PM 100 Meter Prelims	1a, 1b, 2a, 2b, 3a, 3b, 4
6:00 PM 400 Meter Relay Prelims	1a, 1b, 2a, 2b
6:20 PM 400 Meter Dash Prelims	1a, 1b, 2a, 2b, 3a, 3b, 4
7:00 PM 10,000 Meter Finals	1a, 1b, 2a, 2b, 3a, 3b, 4

saturday

9:30 AM Pentathlon Long Jump	1a, 1b, 2a, 2b, 3a, 3b, 4
10:30 AM Pentathlon Javelin	1a, 1b, 2a, 2b, 3a, 3b, 4
10:30 AM 200 Meter Prelims	1a, 1b, 2a, 2b, 3a, 3b, 4
11:30 AM Pentathlon 200 Meter	1a, 1b, 2a, 2b, 3a, 3b, 4
12:30 PM Pentathlon Discus	1a, 1b, 2a, 2b, 3a, 3b, 4
1:45 PM Pentathlon 1500 Meters	1a, 1b, 2a, 2b, 3a, 3b, 4
4:00 PM Pole Vault Final	3a, 3b, 4
4:00 PM Discus Finals	1a, 1b, 2a, 2b, 3a, 3b, 4
4:20 PM Long Jump Finals	1a, 1b
4:25 PM High Jump Finals	3a, 3b, 4
4:30 PM 3,000 Meter Steeple Chase Final	1a, 1b, 2a, 2b, 3a, 3b, 4
5:05 PM 100 Meter Finals	1a, 1b, 2a, 2b, 3a, 3b, 4
5:15 PM Triple Jump Final	3a, 3b, 4
5:45 PM 800 Meter Finals	1a, 1b, 2a, 2b, 3a, 3b, 4
6:25 PM 400 Meter Hurdle Finals	1a, 1b, 2a, 2b, 3a, 3b, 4
6:55 PM 5,000 Meter Walk Final	1a, 1b, 2a, 2b, 3a, 3b, 4
7:30 PM Barbeque - Lake side	

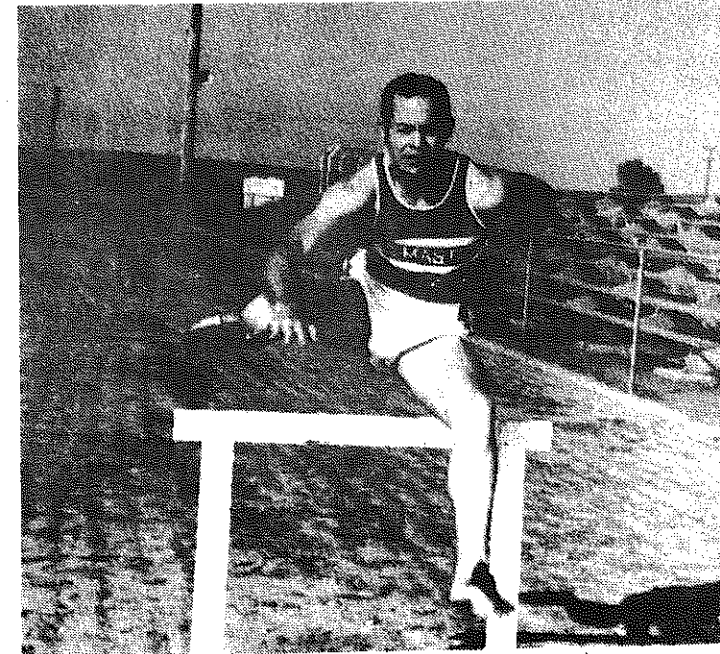
sunday

6:30 AM Marathon - 20 Kilo Walk	1a, 1b, 2a, 2b, 3a, 3b, 4
3:00 PM Pole Vault Finals	1a, 1b, 2a, 2b
3:00 PM 400 Meter Relay Finals	1a, 1b, 2a, 2b
3:20 PM 110 Meter Hurdles Finals	1a, 1b, 2a, 2b, 3a, 3b
3:55 PM 400 Meter Finals	1a, 1b, 2a, 2b, 3a, 3b, 4
4:00 PM Long Jump Finals	2a, 2b
4:00 PM Shot Put Finals	1a, 1b, 2a, 2b, 3a, 3b, 4
4:30 PM Javelin Finals	3a, 2b, 2a
4:35 PM 1500 Meter Finals	1a, 1b, 2a, 2b, 3a, 3b, 4
5:00 PM Triple Jump Final	1a, 1b, 2a, 2b
5:00 PM High Jump Final	1a, 1b
5:10 PM 200 Meter Finals	1a, 1b, 2a, 2b, 3a, 3b, 4
5:50 PM 5,000 Meter Run Final	1a, 1b, 2a, 2b, 3a, 3b, 4
6:50 PM 1600 Meter Relay	1a, 1b, 2a, 2b
7:05 PM Special Awards Ceremony	
7:25 PM Closing Ceremonies	

JULY 5, 6, 7

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 work 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-learned 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.



Blessed with fine speed and endurance, Greenwood is an all-rounder, competing in the sprints, middle distances to 800m, as well as the relays and 110m high hurdles. Having observed Jack compete on numerous occasions, we can state that he

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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 & 30th; a tour to Victoria and down to Gresham, Oregon for the U.S. Masters Championships July 5, 6, & 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 12th 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 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!

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Compete Canadian and U.S. Masters Championships
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June 29 - July 9

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Contact David and Helen Pain, 1160 Via Espana
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QUESTIONNAIRE IN RE POSSIBLE STATE DEPARTMENT TOUR

NAME _____ Birthdate _____
ADDRESS _____ Birthplace _____
Married? Yes _____ No _____

PHONE: Home _____ Biz _____ Name of spouse _____

OCCUPATION _____

EDUCATION _____
Degrees, languages, etc. _____

SPECIAL SKILLS _____
E.g. pilot, carpenter, sculptor, sewing

SPECIAL INTERESTS _____
E.g. birdwatching, photography, poetry

AUTHORSHIP _____
Books, articles, monographs

SPECIAL HONORS _____
Professional or other societies

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

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

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