

# This can be yours with the Competition Northwest Tour — EXPO '74 Sets Gourmet Scene

**SPOKANE** — Pierre Parker of Paris makes perhaps the most exclusive French onion soup in the world. Your only chance to taste it this year is to visit Expo '74 in Spokane between May 4 and Nov. 3. On Nov. 4 Pierre will be out of business again until he reopens at Expo '75 in Okinawa the following July.

"My whole family was in the restaurant business," says Pierre. "My mother did the cooking, and she taught me. My father was killed in the war, and when we moved to California she opened a restaurant there, and I opened one in Laguna Beach in 1958.

"Then in 1962 I opened a restaurant at Century 21, the Seattle World's Fair. Since then I work only at each world's fair."

A lesser chef might be daunted by the variety of international cuisine that will be offered visitors to the Spokane World's Fair.

Since many of the nations participating in the fair are on the Pacific rim, oriental delicacies will abound.

From the Philippines:

Chicken adobo — chicken breasts sauteed in vinegar, soy sauce, minced garlic and oriental spices. And lumpia — a Philippine egg roll filled with fresh ground pork and beef and exotic vegetables. And camaron rebozado — jumbo shrimp stuffed with pork and beef.

The Japanese, one of the largest exhibitors at Expo

By **JAMES REDFERN**

obviously going to be the watchword here. Fare at Expo '74 will not be limited to cuisine from the nations participating in the fair. Fish and chips, that British treat, will be offered at several spots. The hamburgers and hot dogs will represent the national colors at lunch counters.

From India, there will be roghan josh (spiced lamb), mahanaja (chicken curry), keema (spiced ground beef), jhinga (seasoned prawns), pulau (fried rice with almonds), samosa (meat-filled pastry), shish kabab, tandoori chicken and East India bread.

The Hofbrau Haus will spread a sumptuous German table: herring or sausage "Black Forest" salad or smoked salmon for appetizers, followed by such specialties as eisbein, sauerbraten, or weiner schnitzel.

And can you believe Munich pizza, with sausage, cheese and onions? Real pizza, an American invention, will be served at a number of other stands.

Dark and light Bavarian beer, the real imported stuff, will be available in unlimited quantities to wash the throat and loosen the tongue for the Hofbrau Haus's music hall revelry.

At the Soviet pavilion, visitors will be able to choose from Ukrainian and a wide variety of other Russian dishes.

No matter which nation's fare the visitor decides to try, the tab will not be heavy. Dean Guinoli, Expo '74's concessions manager, a man with 35 years in the food business, assures that visitors will find "good food, but at the working man's prices."

Two cafeterias will feature American-style steaks, chicken, fish, ribs and the like — for about \$3. The most expensive international dinners will be about twice that.

The Republic of China will offer egg rolls, chow mein of various categories, fried rice, sweet and sour ribs, pork and chicken. And cooks Americans will find no

shortage of barbecued beef, pork, ham and beans, or corned beef, pastrami and Reuben sandwiches. At least one stand will serve nothing but "natural" foods and juices.

From Winnipeg there will be homestyle garlic sausages, Ukrainian perogies and halubachi, and homemade soups of various colors, consistencies and flavors.

There will be tacos, tostados, enchiladas and burritos.

There will be Belgian waffles, Danish apple skivers and a Polynesian pou-pou platter. There will be Black Forest cake, apple strudel, strawberry shortcake, peach shortcake, raspberry shortcake, corn dogs, hot dogs, submarines and sloppy joes.

There will be soft ice cream, hard ice cream, frozen bananas, rainbow sherbet, Italian ices and spumoni, peanuts, pretzels, candied apples and all the fun of the fair.

James Redfern is now a member of the news bureau of EXPO '74.



'74, are well represented by Ginza pork and chicken as well as tempura — chunks of fish and vegetables deep-fried in light batter. There will be salmon noodles, teriyaki chicken, and, for the linguist or the adventure-some, yakitori, kushikatsu, okonomiyaki and inarizushi. "Try it, you'll like it," is

## 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

April, 1974

### COLORADO CALENDAR FOR WALKERS

April 14: Natl. Mast. 1-hr Walk, 10:00a.m. Potts Field, Boulder Colo. No entry fee.

July 21: Natl. Mast. 25 Km Walk, Northglenn, Colo.

Aug. 15: Natl. Mast. 15 Km Walk, 9:00 a.m. Littleton, Colo.

Nov. 30: Natl. Mast. 100 KM Walk, Adams County Fairgrounds, Northglenn, Colo.

3 medals in each of 3 divisions in each above race.

### AN EXHAUSTING DAY WITH GEORGE BRACELAND



### ANNE — EXAMPLE FOR WOMEN

Anne McKenzie is one of the most remarkable athletes ever produced by South Africa

**EDITOR'S NOTE:** For the ladies, here are some efforts worth reporting. If any women are interested in forming a female U.S. Masters division with active competition, write Virginia King 1413 Bundy Los Angeles, California 90049 for details.

One day a year ago a medical doctor approached a 47-years-old woman at a track meeting in Western Province. "You know," he said, "I follow your athletics career with great interest and if my middle-aged patients would only follow your example, they'll have fewer health problems."

The doctor will remain nameless. The woman he spoke to was one of the marvels of the track world, Anne McKenzie A marvel, and no less, that is Anne McKenzie. She became a Springbok in 1966 at 41 years of age and ran her best times in 1967, when she established five SA records.

Please turn to page 5

## Foreign Correspondent:

Our correspondence brings us letters from behind the Iron Curtain. This is one received 3/21/74. It took 4 months to get here. Thank God you live in a free country—Watergate, and all.

"As you suppose I am really interested in long distance running for veterans and even I participated in the world-best competition over 25km in Karlove Vary, Czechoslovakia, 1971. There were some other runners from Poland too. Since this year we could not participate in the next competitions, because they took place in western countries. Maybe you are not exactly informed about the financial conditions here. It is rather impossible to come to America or another western country because of financial difficulties. The fare to this country must be paid in western money and we have no possibility to exchange it here. But maybe there are some veterans in Poland in so good an economic situation to follow your kind invitation. I will ask them.

"Of course I have heard about the National Veteran Championships in the United States and I am full of admiration for this matter, because here in Poland we have no competitions for veterans. I read some track and field periodicals, a.o., the "Condition" and so I know all about veterans sports all over the world.

"I hope that the I World Veterans Track and Field Championships will finish with a full success. If I can help you more in this matter please let me know."

## Jack continues from page 9

However, it would seem so simple to declare that in the interests of world health, all sporting competition, where the minimum age is 40 years, is in the same category as orienteering, but this must come from the IAAF, otherwise, Veteran athletics must become divorced from amateur athletics, and that will never happen in Australia, because we are so much involved in the system, and most have been since childhood.

However, the case is being put to them by you and I. You stand squarely for open meets. I support you, providing no amateurs are debarred. Because of life-long loyalty to amateur athletics, once an amateur is ineligible to compete as an amateur, he is also ineligible to be a member of an amateur club. He may not be an office holder, nor may he be an official on the track. It is a double-barreled gun.

You may publish my letter as my personal assessment of this situation which concerns Australia, but not the USA.

**THE LITTLE BLUE SLIPS....** Because we have blocked large quantities of seats on the airlines for your trips to the Northwest and the airlines are requesting confirmation from us 60 days early, we would appreciate you letting us know if you are interested in the trip. Please say AYE or NAY on the little blue slips —

I had a wonderful summer; busy all the time which is the way I like it. I have only two interests in life; one is printing and the other exercise.

I have my own business and employ about 400 people. We have plants in Philadelphia, Ohio, Virginia and have just started a new one in Atlanta, Georgia. I work hard since I like my work and have always worked long hours. I do not tire from working and I do not tire from exercising since I am in excellent physical condition. I often tell people I wish I could give them some of my good health since I really have more than I need.

In printing with many tight deadlines there are many problems as you can believe. However, my nature is such that I am not bothered by pressure or tension. In fact, I often wonder what tension is since I do not believe I ever had it.

Now, back to the only other thing I know — exercise.

As you probably know, I do not believe running is the only thing which keeps you healthy. I probably do more Track and Field since that is where I can find the most competition (I really love to compete no matter what the sport). I have a 58' swimming pool in my back yard and probably would be a better swimmer than I am a runner if I had time to compete. I also have a large pit-type trampoline in my back yard and am fairly good at it. I also scull a good bit on the Schuylkill River. In addition, I am a member of two bicycle clubs. One races Tuesday night and the other races Thursday night and I race

Please turn to page 6

Run - Compete - Travel



### U.S. MASTERS INTERNATIONAL TRACK TEAM

Compete Canadian Masters Championships  
June 29-30  
Vancouver, B.C.

U.S. AAU Masters Championships  
July 7-9  
Gresham, Oregon

See scenic  
Pacific Northwest  
Olympic Park  
Calgary stampede

Christmas Masters Tour  
December 20-31

Compete Florida Masters  
(age group 30 and up)  
Enjoy tropical Jamaica  
with Masters Competitions

Join USMITT receive bi-monthly Masters Newsletter.  
For Information: David and Helen Pain, 1160 Via  
España, La Jolla, California 92037. (714) 459-6362.

England

**SOUTHERN VETS AC X-COUNTRY CHAMPIONSHIP**  
**POTNEY - 5 MILES - Jan. 19, 1974**

61 Starters	Time	16.	D. BALL.....	30.41
1. R. JOHNSON...	27:04	17.	J. LEITH.....	30.45
2. S. CHARLTON..	27.44	18.	J. SUDBURY....	30.50
3. A. ROCKALL*..	27.54	19.	G. RICHARDS...	31.02
4. K. HUMPHREY..	28.26	20.	C. STOCKINGS..	31.12
5. D. O. CONNELL	28.32	21.	E. STROUD.....	31.21
6. F. PAGET.....	28.38	22.	D. MARTIN.....	31.24
7. K. BRAY.....	29.04	23.	M. CARR.....	31.27
8. LIVERMORE...	29.07	24.	R. HEWITT.....	31.30
9. J. COOK.....	29.18	25.	D. CAMERON....	31.32
10. J. TAYLOR....	29.46	26.	D. FRENCH.....	31.33
11. G. BETTS.....	29.48	27.	A. GOODWIN....	32.02
12. J. FLOWERS...	29.50	28.	P. MUNN*.....	32.08
13. C. WALKER....	30.07	29.	B. WADE.....	32.10
14. J. KAY.....	30.24	30.	L. BROWN.....	32.11
15. D. JONES.....	30.38			

\*Competed in AAU Masters, San Diego, 1973.

Ithaca

RESULTS  
MASTER MILE  
HEPTAGONAL INDOOR CHAMPIONSHIPS  
February 23, 1974

1 R. Bowman.....(43)	..4:38.5	Woodstock, Ont., Can.
2 H. Snyder.....(41)	..4:40.1	Alfred Station, NY
3 W.J. Allen.....(42)	..4:44.0	E. Napanee, Ont., Can
4 D.T. Farley.....(40)	..4:45.5	Ithaca, NY
5 K.J. Wilson.....(43)	..4:45.5	Allison Park, PA
6 P.E. Dougherty..(44)	..4:45.7	Ft. Campbell, KY
7 J.D. Reppy.....(43)	..4:46.8	Ithaca, NY
8 R.S. Fite.....(46)	..4:55.1	Cape May, NJ

PREVIOUS HEPTAGONAL MASTERS MILE CHAMPIONSHIPS

1973 Harold C. Snyder, Alfred Station, NY..	4:36.2
1972 Joseph J. Bessel, Freeport, NY.....	4:39.2
1971 Joseph J. Bessel, Freeport, NY.....	4:41.4
1970 Graham Parnell, Brockton, MA.....*	4:35.6
1969 James M. Hartshorne, Ithaca, NY.....	4:46.0

\*MEET RECORD MASTERS MILE RESULTS

CORNELL INVITATIONAL TRACK MEET January 19, 1974

STANDINGS BY SECTION

SECTION II: 1930		SECTION I: 2110	
1. Tob de Boer .....	1. Hal Snyder	1. Hal Snyder	
2. Jim Connelly .....	2. Dave Colton	2. Dave Colton	
3. Keith Leavitt .....	3. Chuck Collins	3. Chuck Collins	
4. Bob La Belle .....	4. John Reppy	4. John Reppy	
5. John Ross .....	5. Bob Fine	5. Bob Fine	
6. Rodney Carter .....	6. Art Kijek	6. Art Kijek	
7. Ted Grenda			
8. Ralph Jones			
9. Len Bagley			

FINAL STANDINGS BY COMBINED SECTIONS

1. H. C. Snyder (41)	4:41.3	Alfred Station, NY
2. D.L. Colton (43)	4:42.2	State College, PA
3. C.J. Collins (40)	4:45.5	Ithaca, NY
4. J.D. Reppy (42)	4:53.9	Ithaca, NY
5. R.G. Fine (42)	5:05.3	Brooklyn, NY
6. P.C.T. de Boer (43)	5:14.4	Ithaca, NY
7. J.A. Connelly (40)	5:15.9	Hilton, NY
8. R.K. Leavitt, Jr (49)	5:17.2	Freeport, NY
9. A.H. Kijek (43)	5:19.2	Valley Stream, NY
10. R.L. LaBelle (49)	5:26.9	Phelps, NY
11. B.J. Ross (51)	5:29.9	Latham, NY
12. R.J. Carter (50)	5:36.4	Rochester, NY
13. T.T. Grenda (47)	5:36.5	Stone Ridge, NY

San Diego

BTH ANNUAL SAN DIEGO INDOOR GAMES Feb. 17, 1974

SPONSORED BY SAN DIEGO TRACK CLUB - VETERAN EVENTS

AAU MASTERS 1,000 YARD NATIONAL CHAMPION DIV. I

American, Championship & Meet Record:

2:21.5 Wilbur Williams (Seniors Track Club) 1973

1. Ed Gookin (San Diego Track Club).....	2:24.6
2. Tom Sturak (Beverly Hills Striders)....	2:25.2
3. Wilbur Williams (Seniors Track Club)...	2:27.9
4. Dave Fraitag (San Diego Track Club)...	2:37.7
5. Lloyd McGuire (San Diego Track Club)...	2:39.4
6. Ray Archibald (San Diego Track Club)...	2:41.0

MASTERS 1,000-YARD RUN (DIVISION II)

1. Mauro Hernandez - Santa Monica T.C....	2:39.6
2. Eddie Halpin (Seniors Track Club).....	2:42.0
3. Harry Perry (San Diego Track Club).....	2:42.3
4. Bob McDonald - Unattached.....	2:42.3
5. David H. R. Pain - San Diego Track C..	2:43.0
6. Ray Mahannah - Unattached.....	N.T.
7. Harold Elrick (San Diego Track Club)...	N.T.

MASTERS MILE RUN

American: 4:24.4 Frank Pflaging (Balt OC) '73

Meet: 4:26.3 Pete Mundle (Sta. Monica AA) '69

1. Pete Mundle (Santa Monica Track Club)...	4:34.6
2. Bill Gookin (San Diego Track Club).....	4:36.8
3. Gaylor Holschmid (Unattached).....	4:44.3
4. Bill Phillips (San Diego Track Club)...	4:46
5. Graham Parnell (Unattached).....	4:48
6. Lew Roberts (San Diego Track Club).....	4:49
7. Jack Noble (San Diego Track Club).....	5:08

MASTERS MILE RELAY

American & Meet: 3:42.2 Corona Del Mar 72

Last year: 3:44.4 Corona Del Mar

1. Corona Del Mar Track Club (Cheek, Jackson, Palmer, Knox).....	3:54.3
2. Beverly Hills Striders (Billings, Dawkins, Elrick, Halpin)...	4:04.2
3. San Diego Track Club (Perry Rhoden, Pain, Bowers).....	4:04.4

MASTERS 60-YARD DASH (DIVISION II)

Meet: 7.0 Payton Jordan (unattached) 72

Last year: 7.09 Al Guidet (N. Cal. Seniors T.C.)

1. Payton Jordan (Corona Del Mar Track Club)	:06.9
2. Pete Fetter (Seniors Track Club).....	:07.3
3. Bob Crouch (Corona Del Mar Track Club)...	:07.3
4. Ross Winton (Corona Del Mar Track Club)...	:07.7
5. Ed Reiner (San Diego Track Club).....	:07.7

MASTERS 60-YARD DASH (DIVISION I)

American: 6.4 Dean Smith (SC Strd) 72

Meet: 6.5 Dean Smith (So. Calif. Striders)

Last year: 6:81 George Rhoden (SDTC)

1. George Rhoden (San Diego Track Club).....	:06.8
2. Percy Knox (CDM).....	:06.8
3. Shirley Davissxon (Corona Del Mar TC)....	:06.9
4. Ossie Dawkins (STC).....	:07.0
5. George Kelley (San Diego Track Club) (STC):	:07.1
6. Don Love (San Diego Track Club).....	:07.3

14. R. A. Jones (44)	5:36.6	Hamilton, NY
15. L.A. Bagley (46)	5:44.7	Fairport, NY

STANDINGS OF 50 & OVER

1. John Ross.....(51)	2. Rodney Carter.....(50)
-----------------------	---------------------------

MEET RECORD: 4:40.1..... by Hal Snyder..... 1973

# SEC The New Zealand Herald

SECTION 2

Sport,  
Classified Advertising.

Auckland, Friday, February 1, 1974

## SECOND TIME LUCKY

Runners Racing In  
Hagley Park

### Inexperienced English Runner Outspeeds Foster in Marathon

From RALPH KING

Christchurch

Running in only his second marathon, the young English champion, Ian Thompson, was a brilliant winner of the gruelling 26-mile Games classic last evening. He clocked the second fastest time ever for the distance, 2h 9m 12s.

The veteran Jack Foster, of New Zealand, also English born, was a gallant second, bettering his personal best time by a minute to take the silver medal.

The holder of the world's chilly slipstream of the spinning blades as he trained a Clayton, of Australia, managed to cover only 14 miles before pulling out to declare, "That's me finished with marathons."

Thompson's tactical application of pressure at 11 miles was such that Foster was unable to go with him because, he admitted after the race, he knew that he was running to his limit.

Stalked Away

"I should have gone with him for another few miles," said Foster. "But I would only have packed up and finished up running a slower time."

"Thompson just stalked away in only his second marathon. Heaven knows what he will be capable of."

This was a wonderfully exciting marathon, which was run under conditions described by the athletes as perfect.

Thousands of people lined the streets to cheer the runners every foot of the way. A helicopter hovered noisily overhead with a photographer perched on the framework, flashed by the Richard Mabuza, a self-

Impostor

John Robinson, the New Zealand champion, was 10th to finish.

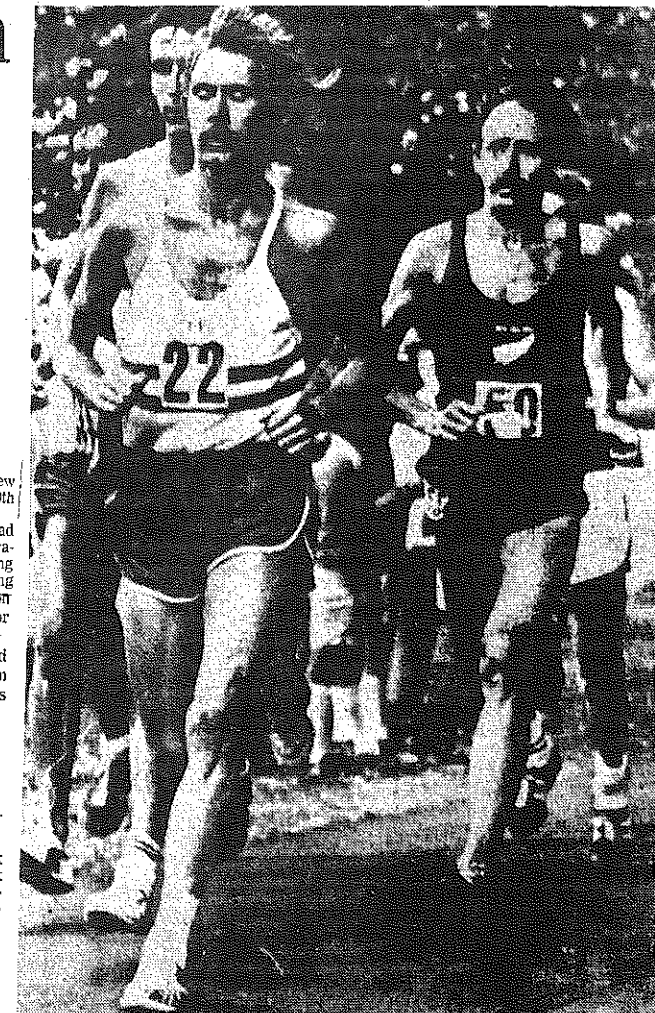
Meanwhile the Games had their own Munich-type marathon impostor when a young man clad in black running singlet and shorts raced on to the track and headed for the finish.

The man was intercepted by officials and was taken away with a blanket over his head for police interviews.

Unlike the Munich impostor, who raced into the stadium about 300 yards ahead of the eventual winner, Christchurch's version was merely aiming for 11th place.

He ran on to the track just after a genuine black vested runner, John Robinson, of New Zealand, entered the stadium in 10th place.

As the maximum entry of three New Zealanders had already finished, and the impostor was wearing a number, athletics officials realised he was a fake.



Thompson, the winner (left), and Foster seen during the running of the marathon.

Judgment

Always just behind the lead in the bunched field until Thompson made his break, Mabuza ran with shrewd tactical judgment to hold third position over the final 15 miles.

But he had the fight of his athletics life on his hands to hold off Terry Manners, of New Zealand, over the final 500 metres in the stadium.

Foster, who had finished scant seconds before Mabuza and Manners made their entrances—separated only by 20 metres—dashed across the grassy oval, hunched up inside a grey blanket, to whip Manners along.

He flipped the corner of the blanket back and forth in his excitement, his own tremendous fatigue forgotten.

But the game little Tanzanian whose previous best marathon time was only 2h 20m, responded to the cheering of the crowd to hold third place by 4s from the rubber-legged Manners.

ANNE MCKENZIE'S world age bests at 31 October '73.

100 metres:	800 metres:	1500 metres:
42-years 12.4	38..... 2:11.7*	39..... 4:48.0
47..... 13.4	39..... 2:08.0	40..... 4:51.7
200 metres:	40..... 2:10.2*	41..... 4:36.0
42..... 25.6	41..... 2:06.5	45..... 4:53.8
44..... 27.7	42..... 2:08.5	46..... 4:50.2
45..... 27.7	44..... 2:18.5	47..... 4:52.0
47..... 27.3	45..... 2:19.2	48..... 4:56.4
48..... 27.8	46..... 2:19.4	Javelin throw:
400 metres:	48..... 2:20.3	47..... 27.71
42..... 56.3	*For yards	
44..... 60.5		
45..... 61.2		
46..... 60.6		
47..... 60.5		

COMMONWEALTH GAMES - CHRISTCHURCH, N.Z.

QUEEN ELIZABETH II PARK  
January 31, 1974

MARATHON FINAL

1. Ian Thompson (England) 2 hrs 9 min 12.0 sec
2. Jack Foster (N.Z.) 2 hrs 11 min 18.6 sec
3. Richard Mabuza (Tanzania) 2hrs, 12min, 54.4sec
4. Terry Manners (N.Z.) 2 hrs 12 min 58.6 sec

NOTICE - Name on Running Vest

A number of team members have asked for their names to be imprinted on back of USMITT running vests. Send your shirt to: Champion Products, 2160 N.W. Vine Street, Grants Pass, Ore. 97526 with instructions....last name only. Charge is \$1.00 plus shipping... Allow TIME.

Fiji

TRIANGLE ATHLETIC MEET
FIJI vs. U.S. MASTERS) Lautoka, Suva
NATABUA HIGH SCHOOL GROUND - 17.12.73
(Results arrived March 10th & missed Feb. issue)

Table of athletic results for Fiji vs. U.S. Masters. Includes categories: 100 METRES (Men Senior Div. I, Div. II, Women), 200 METRES-WOMEN, 400 METRES-WOMEN, DISCUS (Men, Women), SHOT PUTT (Men, Women), HAMMER (Men), JAVELIN (Men, Women), TRIPLE JUMP (Men), DIVISION III.

Table of athletic results for San Luis Obispo Masters Track Meet. Includes categories: 800 METRES (Men Div. I, II-III), 1500 METRES (Men Open, Div. II-III), 1500 METRE WALK (Men), 5,000 METRES (Men Open, Div. I), LONG JUMP (Men Div. I, II, III), RELAYS (4 x 100m Men, Women), WOMEN (100m, 200m, 400m, 800m, 1500m, 4x100m Relay).

San Luis Obispo

MASTERS TRACK MEET (CENTRAL COAST-CORONA DEL MAR)
MASTERS'RELAY) AT CAL POLY SAN LUIS OBISPO 3/16/74
" How can we possibly thank Don & Calista Cheek for their wonderful hospitality? This was truly a beautiful weekend. The organization of our 1st Annual Corona Del Mar Relays at San Luis Obispo was superb. The after-meet festivities exceeded all expectations."
JOGGER'S MILE: Winner based on time closest to predicted time.
1. J. WEBB, Cal. Pol. Fc. 2.9 off predict. time -6:17.1
2. E. HUNT, Corona Del Mar TC, (6.0 off)..... 7:54
3. J. HAINS, Corona Del Mar TC (6.0 off)..... 7:54
4. D. PALMER, Corona Del Mar TC, (10.6 off). 7:51.4
5. J. BECOTTE, Seniors TC, (11.4 off)..... 8:11.6
MEN'S MILE:
1. L. BRIDGES, Cal Poly Faculty..... 4:53.2
2. D. STERN, Monterey Penin. Coll..... 4:53.4
3. R. GIL, Seniors Track Club..... 5:07.4
4. J. WEBB, Cal Poly Faculty Track Club..... 5:20.1

Please turn to page 5

Table of athletic results for San Luis Obispo. Includes categories: WOMEN'S 100, COLLEGE SPRINT MEDLEY RELAY, POLE VAULT (40-49), POLE VAULT (50-59), LONG JUMP (30-39), LONG JUMP (40-49), LONG JUMP (50-59), SPRINT MEDLEY RELAY (30-39), SPRINT MEDLEY RELAY (40-49), 440-RELAY (College), 440-RELAY (30-39), 440-RELAY (50-59), 449-RELAY (50-59), DISCUS (40-49), DISCUS (50-59), JAVELIN (40-49), SHOT PUTT-16 lb. (40-49).

That was seven years ago and any woman of her age would have called it quits there and then. But not Anne. With encouragement from her husband, Ken, and from "men and women, young and old-even people who had nothing to do with athletics" Anne just kept on running (and throwing the javelin!) and after 1967 set up EIGHTEEN world age bests. What is more, Anne, whose world 800 best for 41-year-olds is better than that of 33-year-olds, still wants to improve on her times. The saying that a sportsman is like good wine and improves with age is used too lightly. If it really fits an athlete, it fits Anne McKenzie. World age bests for men and women have become more important than ever over the last few years, because people are extending their track careers for longer periods. These "records" have to be set up in official competitions and witnessed by registered officials. Among the men there is even a world best by a 78-years-old - for the marathon. Among the women there are many world bests held by women in their

fifties, especially from the United States, Britain France, Russia and East and West Germany. Athletic meetings for veteran men (over 40 years) are so far advanced that national and even international championships are being held. It is hoped that, in the interest of national fitness, the trend will eventually extend to South Africa.

It was against this background of developing interest in world age-group performances that an unexpected setback forced Anne McKenzie to look for a new challenge.

Shortly before her 43rd birthday she underwent a serious cartilage operation. Afterwards she found that training at full speed or for long sessions was impossible.

Anne still held the national records for 880, 1 mile, 800 metres and 1500 metres, but her knee condition meant that she would never again be able to improve on those times (2:07.4-4:57.2-2:06.5-4:36).

Track was an integral part of her life, but now she had to consider retiring.

"It was during this period of indecision that I first learned that I was already the holder of various age records and that, by continuing to compete, I would possibly be able to establish more records."

So, she continued. Today, Anne McKenzie holds 29 world age bests, ranging from the 100 metres to the javelin. Among them are four times for the 80 metre hurdles, an event which has been superseded by the 100 metre hurdles.

Many of Anne's records are better than the times for younger age-groups. When she was 43 and 44 Anne did not compete over 1500 metres and East German women put up times of 5:44.6 and 5:48.6. When she was 46 Anne ran 4:50.2 and two years later she recorded 4:56.4.

Anne plans to keep on running for some time to come. "I know there are people who think that I should have stopped, but believe me, for each one who thinks that I should stop, I meet ten who encourage me."

Anne has but one regret: "I have never run on a tartan track. All my races during the last four years were in a strong wind."

Yes, Anne McKenzie is really like a good wine-and there is no reason to believe that the wine will not mature more and more and get better and better.

Anne's records may be found on page 3.

DUES ..... Some of you have already sent in your \$5.00 dues for '74. Thank you. Please give the enclosed dues envelope to a friend who would like to join. The rest of you....please send these to us as soon as possible.

with them both. The average bicycle racer is about 18 or 20 years old and I find that they are all better than I. However, I expect that some day I will be better (I have always felt that happiness is not in being successful but it is in trying to be successful).

I generally compete in some sort of running competition every weekend. I consider myself to be basically a walker and do walk in open competition. My best distance is 50 miles and for four years in a row, I came in second in The Annual 50 Miler. Twice Shaul Ladany came over from Israel and killed me. The other two years, I was only 1 1/2 laps behind (the race consists of 200 laps on a 1/4 mile track). I am one of only five men in the United States who has done 50 miles in under nine hours. I do prefer age group running now and occasionally also go in a Road Runners Race.

My workouts are generally dedicated and I pour it on (what other way is there?). The rain and the snow don't bother me. I have a 9-mile loop course in Fairmount Park. Many times I purposely dress lightly in freezing weather to force myself to start faster and finish faster. If you don't start fast you freeze; ditto for the finish (it is often a pleasure on my course to get to that "point of no return", the halfway mark, at least you know you only have 4 1/2 miles to go).

Which reminds me of the 50 kilometer (31 mile) National Championship Walk held in Nutley, New Jersey in driving, freezing rain. The winner was to go to High Altitude Training for one week in preparation for the Olympics. At the halfway mark, I was the only one left. It was so cold even the Judges quit and I finished the race all by myself. They never did offer me the High Altitude Training - I never did embarrass them by asking.

Some of my workouts go like this:  
Bicycle to Fairmount Park, 10 miles, then run 9-mile course, then row 6 miles, then bicycle home for 10 miles.

Race 27 miles with the bicycle club, then add 20 more miles at the end to build up endurance.

Another, the Y.M.C.A., has a very rough calisthenics class for one hour. I finish that and then take the second class which starts right afterwards.

It is like the way I became a Sprinter. Two years ago, they asked me to participate in a 100 Yard Dash against Senator Cranston at the Penn Relays. I had never sprinted before and did not know how to train so I simply took my 9-mile course and sprinted for two telegraph poles and then walked two more telegraph poles; 9 miles of sprints. Bruta! Senator Cranston and I were both timed in the same time but I was in first place.

This was one of my toughest and best ever races. After the race, I found out that Sprinters simply don't train this way - so, I can assure you that my methods have changed since that time.

In October, since I had just turned sixty, I went up to Toronto for the Canadian Nationals and took eight first places and five second places. There wasn't too much competition but my times were good anyway. Another of my best ever races. Ask Norm Bright how I even sneaked up behind him in the 1/2 mile, also the quarter. He skunked me in the mile though.

After the Canadian Nationals, I made the mistake of trying to go to Australia in best ever condition. I entered a Marathon which I haven't run in four years and I finished under 4 hours which was my goal but I had to force myself to run the last 2 miles. I simply refused to let my legs

stop turning over but in doing so developed a leg injury. In a 10 Miler one week later, it bothered me again but I refused to quit since I have a personal record of always having finished every race I have been in. It is nice to have these "fobias" but sometimes I wish I did not have them (like in the London to Brighton, where I really wanted to quit but couldn't).

At any rate, I went to Australia with a bad leg rather than in the good condition I could have been in had I taken it easy. I realized again I had broken Tom Osler's rule "better to go into a race untrained than overtained". I had a good night in Sydney in which I went in all races 1/2 mile and under and all field events. I really don't have a record of what I did since when you go in as many events as I do it simply isn't possible to keep records. I also like a good warm-down afterwards and by that time most Officials have left.

## SAN LUIS OBISPO, continued from page 5

SHOT PUT-16 lb. (50-59):

1. JACK THATCHER, Corona Del Mar TC. 41-3 1/2
2. CHARLES McMAHON, San Diego TC..... 35-5 1/2
3. JOHN BECOTTE, Seniors TC..... 34-5 1/2  
(World record, old mark of 41-3 by TOM MONTGOMERY, Ontario, Can., Los Angeles, 6/17/72).

SHOT PUT-8 lb. (60 and over):

1. JIM YORK, No. Calif. Seniors TC..... 42-6 1/2
2. STAN HERRMANN, Seniors TC..... 40-7 3/4
3. ARTHUR VESCO, Seniors TC..... 39-11 1/2  
(World record for 60-year olds, old mark of 39-6 by MIKE ANDORS, La Jolla, Cal., San Diego 3/25/72).

SHOT PUT (60 and over): (16 lb.):

1. JIM YORK, 60, No. Calif. Seniors, Modesto... 29-2 1/2  
(World's record, old mark of 25-7 by PHIL PARTRIDGE, New York TC, New York, 6-19-71.)

880 RELAY (30-39):

1. GEORGE WATERMAN, JOHN HAINS, ALVIN HENRY, KEN DENNIS..... 1:36.2

880 RELAY (40-49):

1. Corona Del Mar TC:  
D. JACKSON, D. CHEEK, D. PALMER, P. KNOX..... 1:36.2
2. Beverly Hills Striders TC:  
B. HARRIS, B. ADLER, DL WAGNER, A. GUIDET..... 1:43.6
3. Corona Del Mar TC:  
T. ENSSLIN, B. NORTON, T. CLAYTON, C. TETRAULT.. 1:46.6

DISTANCE MED RELAY (40-49):

1. Beverly Hills Striders:  
D. MACK, S. COHEN, R. GIL, T. STURAK..... 12:02.8

DISTANCE MEDLEY RELAY (30-39):

1. Cal Poly Faculty TC:  
S. SIMMONS, R. PENNA, L. BRIDGES, J. WEBB..... 12-38.9

TRIPLE JUMP (40-49):

1. DAVE JACKSON, Corona Del Mar TC..... 41-7
2. TED ENSSLIN, Corona Del Mar TC..... 28-8

TRIPLE JUMP (30-39):

1. A. HENRY, Corona Del Mar TC..... 40-10
2. ED HUNT, Corona Del Mar TC..... 35-3
3. JOHN HAINS, Corona Del Mar TC..... 28-10

TRIPLE JUMP (50-59):

1. GORDON GARRELL, Corona Del Mar TC..... 36-4
2. ORVAL GILLETTE, Corona Del Mar TC..... 30-7
3. CHARLES McMAHON, San Diego TC..... 24-7

HAMMER THROW (40-49): 16 lb.:

1. DR. DAVE DOUGLASS, Beverly Hills Striders 55-5  
(with broken leg).

HAMMER THROW (50-59)--12 lb.:

1. CHARLES McMahon, San Diego TC..... 104-11  
(New age record for 58-year olds, none listed in age records book):
2. JACK THATCHER, Corona Del Mar TC..... 86-2

I had a good weekend in Melbourne and for the two day meet, my placing was (I think):

110m hurdle..... 1st	High Jump..... 1st
3000m walk..... 4th	Pole Vault..... 1st
Hammer throw..... 4th	Shot Put..... 3rd
Discus..... 4th	Javelin..... 2nd
Long Jump..... 1st	400m Hurdles..... 1st
3000m steeplechase 2nd	

I found the Melbourne meet a very difficult one. On Saturday as I crossed the finish line for the 110 meter hurdles, the gun sounded on the other side of the track indicating the 3000 meter walk had started. I ran over and started off 150 yards behind. I thought I was a good walker but found out the Australians were much better than I since I came in only fourth. The walk took a lot out of me since I really tried to win. Shortly after this as I finished the 100 meter dash, they announced the start of the 3000 meter steeplechase. Another back to back race. I found the steeplechase very tough since I had never run it before (after going through that water hole eight times, I also found out that you don't wear heavy wool sweat socks either). I finished up Saturday all right but Sunday was really rough. Near the end of the day as I finished my heat in the 200 meters the Pole Vault started and I injured my leg again; the same one that I had trouble with in the Marathon. I won the Pole Vault but the next race was the final of the 200 meters and I pulled up lame at the halfway mark. This finished me for the day.

I now had only one week to get ready for the Hawaiian meet. This was a meet I had really been looking forward to since Russ Niblock, who has beaten me in every race we have been in, was leading our group. The future didn't look too bright. The next day, I went out but found out the most I could run was 50 feet. Sprinting was positively out, so what I did was run 50 feet at a time, taking plenty of time in between but never stopping. I put in hundreds upon hundreds of these 50 foot runs, alternating between running backwards, sideways and skipping. I also did a lot of calisthenics but always came back to the endurance type running. I worked out for almost three hours and figured that even if one leg wasn't in shape at least the other leg and the rest of my body would be. I worked out every day for two or three hours doing nothing but endurance work. However, for three or four days I couldn't even jog 100 yards. I had no desire to sprint and refused to even try it.

On the day of the University of Hawaii meet, it rained hard for hours before the meet and throughout most of the meet. This gave me a feeling of confidence since I am so well used to adverse weather conditions. The first race was 400 meters, it was raining, the track was soaked and for some reason or other, everybody was trying to beat me. Dick Lacey ran his best ever 400 meters and I just about inched him out and won in 66 seconds which is close to my best time. To sum up, my leg did not bother me and never has since. I had one of my "best ever" days. Admittedly, Bud Deacon was resting up getting ready for a Decathlon and did not compete. So for those of you who want to know what will happen when Bud and I meet you will just have to wait until the New York Peddie School Meet or the Raleigh Meet. Stan Thompson was also running in the 50 & Over group which I wish he would not do since we need more competition in the 60 & Over.

My score for the morning's work was placing in all the events I was in:

Pole Vault..... 1st	800m run..... 2nd
High Jump..... 1st	5000m walk..... 1st
Discus..... 3rd	4x100m relay..... 2nd
Javelin..... 2nd	Shot Put..... 4th
110m high hurdles.. 1st	Long Jump..... 2nd
400m dash..... 1st	Triple Jump..... 1st
100m dash..... 1st	

Actually, my toughest race was the 5000 meter walk. I really went all out trying to beat Bob Long who was in the 50 & Over group. He nosed me out again by a couple of seconds as he had done consistently on the trip, but happiness is in the trying, etc., etc.

Why do I go in so many events? It all started in Philadelphia several years ago. We had too many events and not enough competitors so to make it look good for the others I went in all the events. Larry Simmons was usually our starter and he has the reputation of being the fastest starter in Philadelphia. His record is thirty races in one hour. In every meet I was in, he seemed to be trying to break his own record. In those days, many times I ran three and four races back to back. Today, it doesn't seem like much of a workout if I only go in one or two races.

My diet -- I hate to give this away since it is the secret of my success. Eat as much as you

want and anything you want. I do eat an extraordinary amount of sweets like cake, candy and ice cream. I always have dessert after lunch and dinner and consider the meal incomplete without it. In fact, I prefer to cut down on the main part of the meal in order to make room for the dessert. After a good meal, I can really feel the blood flowing through my veins and I am ready to start again!

## CALENDAR OF EVENTS

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

April 6 - 7: 4th Annual Grandfather Games, George Ker, 16750 Index, Granada Hills, Calif. 91344 (213) 363-8588 L.A. Valley College

April 13: San Diego Relays, San Diego, California, Selected Masters Events, Ken Bernard, Box 8512, San Diego, California 92138

May 19: 64th "Bay to Breakers" Cross City Race, 10:00 a.m., Sunday, San Francisco, Ca. Grant Geis, 942 Market St., Suite 601 San Francisco, Ca. 94102. Entries close May 3.

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

June 8: Corona Del Mar, 2nd Annual Masters Relays. U.C. Irvine, Shirley Davisson 14770 Rodeo Drive, Victorville, Calif. 92392

June 22-23: Los Angeles Sports International, U.C., Irvine, Calif., Suite 302, 5225 Wilshire Blvd., Los Angeles, Calif. 90036.

June 23: 2:00 p.m. Carmel Classic, Masters Mile. John Pesavento, 11916 Hooster Rd., Carmel, Indiana 46032 (317) 846-4369.

June 26: 2 mile Masters. 5:00 p.m., Bob Fite, The Colonial Hotel, Beach Front, Cape May, New Jersey 08204 (609) 884-3483.

June 29-30: 1st Canadian Masters Track and Field Championships, Vancouver, B.C. Canada, D. H. R. Pain for information.

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

August 11: Pike's Peak Marathon, Rudy Fahl, 2400 W. Colorado Ave., Colorado Springs, Colorado 80904.

Dec. 30-31: U.S. Masters Int. Track Team Christmas tour, Masters Track and Field Meets, Florida and Jamaica. Tour extension December 31-January 12. Write D.H.R. Pain for information

with them both. The average bicycle racer is about 18 or 20 years old and I find that they are all better than I. However, I expect that some day I will be better (I have always felt that happiness is not in being successful but it is in trying to be successful).

I generally compete in some sort of running competition every weekend. I consider myself to be basically a walker and do walk in open competition. My best distance is 50 miles and for four years in a row, I came in second in The Annual 50 Miler. Twice Shaul Ladany came over from Israel and killed me. The other two years, I was only 1 1/2 laps behind (the race consists of 200 laps on a 1/4 mile track). I am one of only five men in the United States who has done 50 miles in under nine hours. I do prefer age group running now and occasionally also go in a Road Runners Race.

My workouts are generally dedicated and I pour it on (what other way is there?). The rain and the snow don't bother me. I have a 9-mile loop course in Fairmount Park. Many times I purposely dress lightly in freezing weather to force myself to start faster and finish faster. If you don't start fast you freeze; ditto for the finish (it is often a pleasure on my course to get to that "point of no return", the halfway mark, at least you know you only have 4 1/2 miles to go).

Which reminds me of the 50 kilometer (31 mile) National Championship Walk held in Nutley, New Jersey in driving, freezing rain. The winner was to go to High Altitude Training for one week in preparation for the Olympics. At the halfway mark, I was the only one left. It was so cold even the Judges quit and I finished the race all by myself. They never did offer me the High Altitude Training - I never did embarrass them by asking.

Some of my workouts go like this:  
Bicycle to Fairmount Park, 10 miles, then run 9-mile course, then row 6 miles, then bicycle home for 10 miles.

Run 27 miles with the bicycle club, then add 20 more miles at the end to build up endurance. Another, the Y.M.C.A., has a very rough calisthenics class for one hour. I finish that and then take the second class which starts right afterwards.

It is like the way I became a Sprinter. Two years ago, they asked me to participate in a 100 Yard Dash against Senator Cranston at the Penn Relays. I had never sprinted before and did not know how to train so I simply took my 9-mile course and sprinted for two telegraph poles and then walked two more telegraph poles; 9 miles of sprints. Bruta! Senator Cranston and I were both timed in the same time but I was in first place. This was one of my toughest and best ever races. After the race, I found out that Sprinters simply don't train this way - so, I can assure you that my methods have changed since that time.

In October, since I had just turned sixty, I went up to Toronto for the Canadian Nationals and took eight first places and five second places. There wasn't too much competition but my times were good anyway. Another of my best ever races. Ask Norm Bright how I even sneaked up behind him in the 1/2 mile, also the quarter. He skunked me in the mile though.

After the Canadian Nationals, I made the mistake of trying to go to Australia in best ever condition. I entered a Marathon which I haven't run in four years and I finished under 4 hours which was my goal but I had to force myself to run the last 2 miles. I simply refused to let my legs

stop turning over but in doing so developed a leg injury. In a 10 Miler one week later, it bothered me again but I refused to quit since I have a personal record of always having finished every race I have been in. It is nice to have these "fobias" but sometimes I wish I did not have them (like in the London to Brighton, where I really wanted to quit but couldn't).

At any rate, I went to Australia with a bad leg rather than in the good condition I could have been in had I taken it easy. I realized again I had broken Tom Osler's rule "better to go into a race untrained than overtained". I had a good night in Sydney in which I went in all races 1/2 mile and under and all field events. I really don't have a record of what I did since when you go in as many events as I do it simply isn't possible to keep records. I also like a good warm-down afterwards and by that time most Officials have left.

SAN LUIS OBISPO, continued from page 5

SHOT PUT-16 lb. (50-59):

1. JACK THATCHER, Corona Del Mar TC. 41-3 1/2
2. CHARLES McMAHON, San Diego TC..... 35-5 1/2
3. JOHN BECOTTE, Seniors TC..... 34-5 1/2  
(World record, old mark of 41-3 by TOM MONTGOMERY, Ontario, Can., Los Angeles, 6/17/72).

SHOT PUT-8 lb. (60 and over):

1. JIM YORK, No. Calif. Seniors TC..... 42-6 1/2
2. STAN HERRMANN, Seniors TC..... 40-7 3/4
3. ARTHUR VESCO, Seniors TC..... 39-11 1/2  
(World record for 60-year olds, old mark of 39-6 by MIKE ANDORS, La Jolla, Cal. San Diego 3/25/72).

SHOT PUT (60 and over):(16 lb.):

1. JIM YORK, 60, No. Calif. Senrs./Modesto... 29-2 1/2  
(World's record, old mark of 25-7 by PHIL PARTRIDGE, New York TC, New York, 6-19-71.)

880 RELAY (30-39):

1. GEORGE WATERMAN, JOHN HAINS, ALVIN HENRY, KEN DENNIS..... 1:36.2

880 RELAY (40-49):

1. Corona Del Mar TC:  
D. JACKSON, D. CHEEK, D. PALMER, P. KNOX..... 1:36.2
2. Beverly Hills Striders TC:  
B. HARRIS, B. ADLER, DL WAGNER, A. GUIDET..... 1:43.6
3. Corona Del Mar TC:  
T. ENSSLIN, B. NORTON, T. CLAYTON, C. TETRAULT.. 1:46.6

DISTANCE MED RELAY (40-49):

1. Beverly Hills Striders:  
D. MACK, S. COHEN, R. GIL, T. STURAK..... 12:02.8

DISTANCE MEDLEY RELAY (30-39):

1. Cal Poly Faculty TC:  
S. SIMMONS, R. PENNA, L. BRIDGES, J. WEBB..... 12-38.9

TRIPLE JUMP (40-49):

1. DAVE JACKSON, Corona Del Mar TC..... 41-7
2. TED ENSSLIN, Corona Del Mar TC..... 28-8

TRIPLE JUMP (30-39):

1. A. HENRY, Corona Del Mar TC..... 40-10
2. ED HUNT, Corona Del Mar TC..... 35-3
3. JOHN HAINS, Corona Del Mar TC..... 28-10

TRIPLE JUMP (50-59):

1. GORDON GARRELL, Corona Del Mar TC..... 36-4
2. ORVAL GILLETTE, Corona Del Mar TC..... 30-7
3. CHARLES McMAHON, San Diego TC..... 24-7

HAMMER THROW (40-49): 16 lb.:

1. DR. DAVE DOUGLASS, Beverly Hills Striders (with broken leg) 55-5

HAMMER THROW (50-59)--12 lb.:

1. CHARLES McMahon, San Diego TC..... 104-11  
(New age record for 58-year olds, none listed in age records book):
2. JACK THATCHER, Corona Del Mar TC..... 86-2

I had a good weekend in Melbourne and for the two day meet, my placing was (I think):

- |                        |                       |
|------------------------|-----------------------|
| 110m hurdle..... 1st   | High jump..... 1st    |
| 3000m walk..... 4th    | Pole Vault..... 1st   |
| Hammer throw..... 4th  | Shot Put..... 3rd     |
| Discus..... 4th        | Javelin..... 2nd      |
| Long Jump..... 1st     | 400m Hurdles..... 1st |
| 3000m steeplechase 2nd |                       |

I found the Melbourne meet a very difficult one. On Saturday as I crossed the finish line for the 110 meter hurdles, the gun sounded on the other side of the track indicating the 3000 meter walk had started. I ran over and started off 150 yards behind. I thought I was a good walker but found out the Australians were much better than I since I came in only fourth. The walk took a lot out of me since I really tried to win. Shortly after this as I finished the 100 meter dash, they announced the start of the 3000 meter steeplechase. Another back to back race. I found the steeplechase very tough since I had never run it before (after going through that water hole eight times, I also found out that you don't wear heavy wool sweat socks either). I finished up Saturday all right but Sunday was really rough. Near the end of the day as I finished my heat in the 200 meters the Pole Vault started and I injured my leg again; the same one that I had trouble with in the Marathon. I won the Pole Vault but the next race was the final of the 200 meters and I pulled up lame at the halfway mark. This finished me for the day.

I now had only one week to get ready for the Hawaiian meet. This was a meet I had really been looking forward to since Russ Niblock, who has beaten me in every race we have been in, was leading our group. The future didn't look too bright. The next day, I went out but found out the most I could run was 50 feet. Sprinting was positively out, so what I did was run 50 feet at a time, taking plenty of time in between but never stopping. I put in hundreds upon hundreds of these 50 foot runs, alternating between running backwards, sideways and skipping. I also did a lot of calisthenics but always came back to the endurance type running. I worked out for almost three hours and figured that even if one leg wasn't in shape at least the other leg and the rest of my body would be. I worked out every day for two or three hours doing nothing but endurance work. However, for three or four days I couldn't even jog 100 yards. I had no desire to sprint and refused to even try it.

On the day of the University of Hawaii meet, it rained hard for hours before the meet and throughout most of the meet. This gave me a feeling of confidence since I am so well used to adverse weather conditions. The first race was 400 meters, it was raining, the track was soaked and for some reason or other, everybody was trying to beat me. Dick Lacey ran his best ever 400 meters and I just about inched him out and won in 66 seconds which is close to my best time. To sum up, my leg did not bother me and never has since. I had one of my "best ever" days. Admittedly, Bud Deacon was resting up getting ready for a Decathlon and did not compete. So for those of you who want to know what will happen when Bud and I meet you will just have to wait until the New York Peddie School Meet or the Raleigh Meet. Stan Thompson was also running in the 50 & Over group which I wish he would not do since we need more competition in the 60 & Over.

My score for the morning's work was placing in all the events I was in:

- |                         |                       |
|-------------------------|-----------------------|
| Pole Vault..... 1st     | 800m run..... 2nd     |
| High Jump..... 1st      | 5000m walk..... 1st   |
| Discus..... 3rd         | 4x100m relay..... 2nd |
| Javelin..... 2nd        | Shot Put..... 4th     |
| 110m high hurdles.. 1st | Long Jump..... 2nd    |
| 400m dash..... 1st      | Triple Jump..... 1st  |
| 100m dash..... 1st      |                       |

Actually, my toughest race was the 5000 meter walk. I really went all out trying to beat Bob Long who was in the 50 & Over group. He nosed me out again by a couple of seconds as he had done consistently on the trip, but happiness is in the trying, etc., etc.

Why do I go in so many events? It all started in Philadelphia several years ago. We had too many events and not enough competitors so to make it look good for the others I went in all the events. Larry Simmons was usually our starter and he has the reputation of being the fastest starter in Philadelphia. His record is thirty races in one hour. In every meet I was in, he seemed to be trying to break his own record. In those days, many times I ran three and four races back to back. Today, it doesn't seem like much of a workout if I only go in one or two races.

My diet -- I hate to give this away since it is the secret of my success. Eat as much as you

want and anything you want. I do eat an extraordinary amount of sweets like cake, candy and ice cream. I always have dessert after lunch and dinner and consider the meal incomplete without it. In fact, I prefer to cut down on the main part of the meal in order to make room for the dessert. After a good meal, I can really feel the blood flowing through my veins and I am ready to start again!

CALENDAR OF EVENTS

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

April 6 - 7: 4th Annual Grandfather Games, George Ker, 16750 Index, Granada Hills, Calif. 91344 (213) 363-8588 L.A. Valley College

April 13: San Diego Relays, San Diego, California, Selected Masters Events, Ken Bernard, Box 8512, San Diego, California 92138

May 19: 64th "Bay to Breakers" Cross City Race, 10:00 a.m., Sunday, San Francisco, Ca. Grank Geis, 942 Market St., Suite 601 San Francisco, Ca. 94102. Entries close May 3.

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

June 8: Corona Del Mar, 2nd Annual Masters Relays, U.C. Irvine, Shirley Davisson 14770 Rodeo Drive, Victorville, Calif. 92392

June 22-23: Los Angeles Sports International, U.C., Irvine, Calif., Suite 302, 5225 Wilshire Blvd., Los Angeles, Calif. 90036.

June 23: 2:00 p.m. Carmel Classic, Masters Mile. John Pesavento, 11916 Hoster Rd., Carmel, Indiana 46032 (317) 846-4369.

June 26: 2 mile Masters. 5:00 p.m., Bob Fite, The Colonial Hotel, Beach Front, Cape May, New Jersey 08204 (609) 884-3483.

June 29-30: 1st Canadian Masters Track and Field Championships, Vancouver, B.C. Canada, D. H. R. Pain for information.

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

August 11: Pike's Peak Marathon, Rudy Fahl, 2400 W. Colorado Ave., Colorado Springs, Colorado 80904.

Dec. 30-31: U.S. Masters Int. Track Team Christmas tour, Masters Track and Field Meets, Florida and Jamaica. Tour extension December 31-January 12. Write D.H.R.Pain for information

**SPOTLIGHT - BILL ANDBERG**

Have you ever run a mile on showshoes in 6 minutes, or run a 26.3 mile race in slightly over 3 hours, or held 8 world records at one time? Few of us can measure up to a fraction of those achievements...but one member of our community has all those accomplishments to his credit--Dr. William "Bill" Andberg.

You perhaps have heard other aliases for Dr. Bill such as, "Gray Ghost", "Bullet Bill", "Flying Finn", or just "Running Nut". With Bill there is no half way activity and for those who go all out affectionate or eccentric nicknames usually follow. Anoka's "Gray Ghost" has put our community on the track map of the world.

Bill, as dean of U.S.A. marathoners, along with others such as 106 year old Larry Lewis of San Francisco, and the 70-year old gentlemen who climbed Devil's Tower in 1972 has removed the myth that life begins at 40 and ends at 60. The Twin City Track Club, largely composed of medical people, is demonstrating more that running can be a boon to good physical health in the up-to-90 year old group.

Not all of Dr. Andberg's time is spent running. He still keeps many of the domestic animals of the area in good health and continually makes himself available for worthy community activities, such as:

1. Speaks to school classes, 4-H, and Scouting groups.
2. Paces the summer biology field trippers for fitness.
3. Organized the Anoka Halloween run and donates his trophies.
4. Chairman of the State Veterinarians Legislative Committee.
5. Helps biology classes with large animal dissections.
6. Continually motivates people of all ages to be active physically.
7. Operates as a scouting merit badge counselor for several subjects.

Not all the credit can go to Bill for his Accomplishments. Behind most successful achievers is an understanding and supportive spouse and family. Ruth, as Bill's kingpin supporter and companion is in my estimation the epitome of wifely understanding. Chris, Julie, Paul, and Wendy as the Andberg offspring are also equally enthusiastic about Bill's successes. Overall, few families have the diverse interests and "gut issue" feelings that the Andbergs possess. Between Ruth and Bill they belong to almost 30 organizations with each of those organizations funneling information into their home. From this source both of them freely pass on this information to others who might utilize it. The Andberg household might be better tabbed the Andberg Informational Center.

Tonight the spotlight is on Bill and Ruth. We hope everyone will enjoy this brief interaction session with the Andbergs. Both of these wonderful people are action oriented and probably they would both be happier to see everyone become more active physically and mentally in the areas of interest that each likes to pursue.

Anyone who starts training after a 34-year lay-off and goes on to hold 8 world records must have a special type of self discipline. Wake Forrest Physical Fitness Laboratory asked Bill to spend time with them two years ago to find out how he and a few other great ones really tick. We know that Bill ticks well, that he is one of us, that he has something unique, that he has motivated many in our community to activate the physical processes of the body, and that the Andberg name will become a permanent fixture in the running history of this area and probably the entire world.

Thank you so much, Andbergs, for your great contributions to all of us.

**Nor-Cal. Srs:**

**OAKLAND INDOOR INVITATIONAL TRACK & FIELD CHAMPIONSHIPS OF THE PA-AAU**  
Reported by Ed Phillips

There were two Masters events, the 50 meter dash and the 1500 meter run. The 50 was basically two races in one with Jim Lingel coming on in the last 20 meters to win in 6.3 over Dick Marlin's 6.4. The rest of the field finished in a blanket at 6.6. There seemed little doubt that Bill Presber won the third place award but the official placement of Bob Jordan, Mal Andrews and Van Parish in that order was somewhat disputed. Mal had quite a day before the night meet began. He challenged 8 younger competitors in the open Pentathlon- and was not last. A fellow named Jenner who was 10th in Munich in the Decathlon won, with Mal finishing 8th with 2291 points. The 1500 saw Dennis Teegarden improve his finishing position by two places from the Examiner Games by coming in 2nd in 4:22.8 to Jim Shettler's 4:22.6. Peter Mundle was 3rd in 4:23.4 while Ken Napier was 4th in 4:30.3. The remaining order was Walt Betschart-5th, Mike Healy-6th, Vance Koerner-7th, and Don Pickett-8th.

**THE EXAMINER GAMES**

Reported by Ed Phillips

The 1974 Examiner Games were quite exciting with many outstanding marks and competitive races. The open class events have been well covered in the press, but if you were not there yourself (as many of our members were), you missed the results of "our" events. The Seniors Long Jump started at 6 PM with Mal Andrews winning with a very good 20' 7 3/4". Next came the seniors mile with Tom Sturak winning in 4:35.6. The 40-54 60 yard dash followed with the three top men being tied. Finally, the 55-up 60 yard dash was won by Payton Jordan. In both sprints the second place finishers had poor starts due apparently to having one jump each and therefore playing it quite safe the second time. Complete results are as follows;

**Seniors' Long Jump**

1. Mal Andrews (Bay Area Striders) 20' 7 3/4"
2. Bill Presber (Unattached) 19' 1 3/4"
3. Van Paris (Herbert Hoover Boys Club) 18' 1 1/2"
4. Ed Mahany (NCSTC) 17' 8 3/4"

**Seniors Mile**

1. Tom Sturak (unattached) 4:35.6
2. Jim Shettler (West Valley J&S) 4:39.8
3. Peter Mundle (Santa Monica) 4:40.6
4. Dennis Teegarden (NCSTC) 4:40.8
5. Ken Napier (West Valley) 4:42.3
6. Len Thornton (High Sierra) 4:45
7. Walt Betschart (NCSTC) 4:46
8. Vance Koerner (NCSTC) 4:56.5
9. Mike Healy (West Valley and NCSTC) NT
10. Don Pickett (NCSTC) NT

**Seniors' 60 yard dash (40-54)**

1. Jim Lingel (Bay Area Striders) 6.8
2. Dick Marlin (NCSTC) 6.8
3. Van Paris (Herbert Hoover Boys Club)
4. Mal Andrews (Bay Area Striders) 6.9
5. Bob Jordan (NCSTC)

**Seniors' 60 yard dash (55 & up)**

1. Payton Jordan (Stanford) 7.1
2. Al Guidet (Beverly Hills Striders) 7.2
3. Jack Barnes (Striders) 7.8
4. John Satti (NCSTC) 8.1
5. Harvey Fanucci (NCSTC)
6. Alan Cranston (Senators TC)

**Track and Field News:**

**The Starting Line—Both Sides Now**

by Jon Hendershott

From a world-class, Olympic medal-winning sprinter 20 years ago to a starter today at some of the nation's biggest track carnivals, Thane Baker has known both sides of the starting line.

And Baker feels his career as a starter has definitely benefited from his many explosions off the starting stripe as one of the world's fastest men during the mid-50's.

"Having been a sprinter makes me aware how important a fair start really is for all competitors," says the 42-year-old oil company transportation supervisor from Dallas. "Having been in the blocks, I know what will affect a runner and what won't. It has been a great advantage for me as a starter to have been a competitor in those situations I now start."

During his competitive days, Baker was one of the world's best. He won the '52 Olympic 200 silver medal, '53 NCAA 220 as a Kansas State senior and the '56 AAU 200 in an American-record matching 20.6. He equaled the world 100-meter record of 10.2 in a '56 Olympic Trials heat and later collected a complete set of medals at Melbourne for a 100 second, 200 third and 400 relay victory. And, after a 16-year hiatus, Baker returned in '72, quickly establishing himself as one of the fleetest dashmen in seniors ranks.

As a starter, in assignments ranging from the Texas Relays and college championships to college and prep dual meets, Baker says, "I go all out to ensure each and every runner has a fair start but one that allows him to start 'his way.' He shouldn't have to put up with any idiosyncrasies of mine which might disturb his concentration.

"For example, I give the commands of an imaginary race into a tape recorder and then replay the tape and 'start' myself out of the blocks. I try to hear myself as the athletes hear me. I also try to watch warm-up starts, especially by sprinters and hurdlers, so I will have an idea what to expect."

Having made many entrances and exits from the starting blocks, Baker the starter knows each runner has his own little movements, rituals, gyrations and quirks which often help bring him to competitive readiness.

"I had a few gyrations of my own that seemed to prepare me mentally and, at least at the time, I thought physically," he recalls. "In starting I will ignore anything anyone does as long as it doesn't interfere with someone else."

But that doesn't mean a starter can cater to just a few athletes.

"A starter must always be aware of one primary thing," Baker believes. "That is he must see that everyone in a race gets a fair start in every respect. He can't give some an advantage; the right of all to a fair



**THANE BAKER**  
sprinter then, starter now

start must be honored.

"On the other hand, the runner should realize the starter has up to eight other athletes he is trying to accommodate. The runner shouldn't have to put up with distractions from the starter, but he also must realize the starter can't prevent the 'movements and noises' of other runners. The starter has to permit every runner to start in his way, as long as it's legal and doesn't interfere with others."

There are some starting incidents in which the starter's best efforts go for naught. "In one race I started," Baker says, "a runner fell after about 20 yards and I recalled the field. On the second start, the same runner fell again. Finally they got away on the third start—but the runner who fell quit after a lap. I guess it would be hard to last a lap after falling twice."

Just as he feels he has a responsibility to the athletes to start races as fairly as possible, Baker also feels he has a responsibility to his fellow starters.

"I owe it to them to make my starts as close to the rulebook's description as I can," he believes. "If I start too fast, runners may expect a fast gun in their next meet; and vice versa if I hold too long. I know it's impossible to have all starters the same, but we should strive for starts as close as possible to that described in the rulebook. That way, runners will know

what to expect and can depend on good starters.

"I don't mean exactly the same time interval between 'set' and the gun, but within the allowable range [approximately two seconds in the NCAA rulebook, until all runners are motionless in the AAU guide]. As a sprinter then, and as a starter now, I feel sorry for runners who go from a 'fast' starter, to a 'good' starter to a 'slow' starter over several races. It messes up concentration, timing and an athlete's mind can't be on his race when he is wondering

what the starter will do this week."

There are many good, conscientious starters, Baker feels, who do their very best to see all runners start fairly. "There are others who just go through the motions," he says, "which is unfair to the athletes, other officials and the spectators."

In fact, Baker the starter retains one small ritual from Baker the sprinter: "Before a race, I used to say a prayer to myself—'Lord, let everyone do their best, including me.' I still say that prayer before any meet I am starting."

LETTER from JACK PENNINGTON, Canberra, In re Pro/Am Question

Thanks for your reasoned reply, in your letter of Feb. 24th. I will publish it without any cuts in My Mag, No. 14; unless you say otherwise. When you get No. 13, you will see that I really agree with what you say, but not the way you say it. I admire Ron Clarke and want him and Elliot in our competition. I believe athletes of that calibre deserve an income from advertising (not from betting). I did say that Veteran athletes should be in the same category as Phys. Ed. and Orienteering. I did say rule 53 should be amended thru the Victorian and AAA as a matter of urgency, i.e., if they won't or can't, it will not get thru in Australia, because they have the rival professional association on their doorstep.

I spoke to Dr. Kavanagh, in Melbourne (at Conference of Sports Medicine). I gave him a copy of my letter to you and the results of the Melbourne meet. He said he will back you in committee (I have heard that other members of the Toronto group will not wish to exclude Australia or New Zealand because they are amateurs) so the entry conditions are not yet established as OPEN?

Regarding your own promotion of Veteran athletics, you will have noted that on two separate dates, I featured your efforts in my magazine. I have also said that I will be in Toronto come what may about the entry conditions, even if my future "comp" will only be in orienteering (I'm already involved).

A circular from the Sydney Veteran Club says they will organize a big party for Toronto; no mention yet of the Pro-am problem. But, today I have a letter from Arthur Hodson, Secretary AAU, saying "The Marquess of Exeter has replied to Pain, thus, the present IAAF rules apply to amateur athletes of all ages, all over the world" - dated February 25, 1974.

As I have said, we have got to change the rules or there will be a large contingent from amateur clubs missing from the World Games.

In Melbourne, the Minister for recreation in Victoria has sponsored a 15km Fun Run. He wants massive participation from the public. He has refused to debar "Pre-sportsmen and women" (a mate of Ron Clarke). The Victorian AAA have said any athlete who figures in the result sheet will be declared a "Pro". They may start, but may not finish—don't explode—I hope some commie athlete organizes every amateur athlete (4,000) to ignore the AAA. Any subsequent mass expulsion from amateur athletics would be farcical and if attempted, would bring a government enquiry into the whole setup of national fitness promotion and finance.

Canberra, the capitol, will promote the Pacific Games, 1977, and a tartan track facility is under way here. The government has undertaken to provide such a track in every state capitol. There's the pressure point?

Please turn to page 10

**SPOTLIGHT - BILL ANDBERG**

Have you ever run a mile on showshoes in 6 minutes, or run a 26.3 mile race in slightly over 3 hours, or held 8 world records at one time? Few of us can measure up to a fraction of those achievements...but one member of our community has all those accomplishments to his credit--Dr. William "Bill" Andberg.

You perhaps have heard other aliases for Dr. Bill such as, "Gray Ghost", "Bullet Bill", "Flying Finn", or just "Running Nut". With Bill there is no half way activity and for those who go all out affectionate or eccentric nicknames usually follow. Anoka's "Gray Ghost" has put our community on the track map of the world.

Bill, as dean of U.S.A. marathons, along with others such as 106 year old Larry Lewis of San Francisco, and the 70-year old gentlemen who climbed Devil's Tower in 1972 has removed the myth that life begins at 40 and ends at 60. The Twin City Track Club, largely composed of medical people, is demonstrating more that running can be a boon to good physical health in the up-to-90 year old group.

Not all of Dr. Andberg's time is spent running. He still keeps many of the domestic animals of the area in good health and continually makes himself available for worthy community activities, such as:

1. Speaks to school classes, 4-H, and Scouting groups.
2. Paces the summer biology field trippers for fitness.
3. Organized the Anoka Halloween run and donates his trophies.
4. Chairman of the State Veterinarians Legislative Committee.
5. Helps biology classes with large animal dissections.
6. Continually motivates people of all ages to be active physically.
7. Operates as a scouting merit badge counselor for several subjects.

Not all the credit can go to Bill for his accomplishments. Behind most successful achievers is an understanding and supportive spouse and family. Ruth, as Bill's kingpin supporter and companion is in my estimation the epitome of wifely understanding. Chris, Julie, Paul, and Wendy as the Andberg offspring are also equally enthusiastic about Bill's successes. Overall, few families have the diverse interests and "gut issue" feelings that the Andbergs possess. Between Ruth and Bill they belong to almost 30 organizations with each of those organizations funneling information into their home. From this source both of them freely pass on this information to others who might utilize it. The Andberg household might be better tabbed the Andberg Informational Center.

Tonight the spotlight is on Bill and Ruth. We hope everyone will enjoy this brief interaction session with the Andbergs. Both of these wonderful people are action oriented and probably they would both be happier to see everyone become more active physically and mentally in the areas of interest that each likes to pursue.

Anyone who starts training after a 34-year lay-off and goes on to hold 8 world records must have a special type of self discipline. Wake Forrest Physical Fitness Laboratory asked Bill to spend time with them two years ago to find out how he and a few other great ones really tick. We know that Bill ticks well, that he is one of us, that he has something unique, that he has motivated many in our community to activate the physical processes of the body, and that the Andberg name will become a permanent fixture in the running history of this area and probably the entire world.

Thank you so much, Andbergs, for your great contributions to all of us.

**Nor-Cal. Srs:**

**OAKLAND INDOOR INVITATIONAL TRACK & FIELD CHAMPIONSHIPS OF THE PA-AAU**  
Reported by Ed Phillips

There were two Masters events, the 50 meter dash and the 1500 meter run. The 50 was basically two races in one with Jim Lingel coming on in the last 20 meters to win in 6.3 over Dick Marlin's 6.4. The rest of the field finished in a blanket at 6.6 There seemed little doubt that Bill Presber won the third place award but the official placement of Bob Jordan, Mal Andrews and Van Parish in that order was somewhat disputed. Mal had quite a day before the night meet began. He challenged 8 younger competitors in the open Pentathlon- and was not last. A fellow named Jenner who was 10th in Munich in the Decathlon won, with Mal finishing 8th with 2291 points. The 1500 saw Dennis Teeguarden improve his finishing position by two places from the Examiner Games by coming in 2nd in 4:22.8 to Jim Shettler's 4:22.6. Peter Mundle was 3rd in 4:23.4 while Ken Napier was 4th in 4:30.3. The remaining order was Walt Betschart-5th, Mike Healy- 6th, Vance Koerner-7th, and Don Pickett- 8th.

**THE EXAMINER GAMES**

Reported by Ed Phillips

The 1974 Examiner Games were quite exciting with many outstanding marks and competitive races. The open class events have been well covered in the press, but if you were not there yourself (as many of our members were), you missed the results of "our" events. The Seniors Long Jump started at 6 PM with Mal Andrews winning with a very good 20' 7 3/4". Next came the seniors mile with Tom Sturak winning in 4:35.6. The 40-54 60 yard dash followed with the three top men being tied. Finally, the 55-up 60 yard dash was won by Payton Jordan. In both sprints the second place finishers had poor starts due apparently to having one jump each and therefore playing it quite safe the second time. Complete results are as follows;

**Seniors' Long Jump**

1. Mal Andrews (Bay Area Striders) 20' 7 3/4"
2. Bill Presber (Unattached) 19' 1 3/4"
3. Van Paris (Herbert Hoover Boys Club) 18' 1 1/2"
4. Ed Mahany (NCSTC) 17' 8 3/4"

**Seniors Mile**

1. Tom Sturak (unattached) 4:35.6
2. Jim Shettler (West Valley J&S) 4:39.8
3. Peter Mundle (Santa Monica) 4:40.6
4. Dennis Teeguarden (NCSTC) 4:40.8
5. Ken Napier (West Valley) 4:42.3
6. Len Thornton (High Sierra) 4:45
7. Walt Betschart (NCSTC) 4:46
8. Vance Koerner (NCSTC) 4:56.5
9. Mike Healy (West Valley and NCSTC) NT
10. Don Pickett (NCSTC) NT

**Seniors' 60 yard dash (40-54)**

1. Jim Lingel (Bay Area Striders) 6.8
2. Dick Marlin (NCSTC) 6.8
3. Van Paris (Herbert Hoover Boys Club)
4. Mal Andrews (Bay Area Striders) 6.9
5. Bob Jordan (NCSTC)

**Seniors' 60 yard dash (55 & up)**

1. Payton Jordan (Stanford) 7.1
2. Al Guidet (Beverly Hills Striders) 7.2
3. Jack Barnes (Striders) 7.8
4. John Satti (NCSTC) 8.1
5. Harvey Fanucci (NCSTC)
6. Alan Cranston (Senators TC)

**Track and Field News:**

**The Starting Line—Both Sides Now**

by Jon Hendershott

From a world-class, Olympic medal-winning sprinter 20 years ago to a starter today at some of the nation's biggest track carnivals, Thane Baker has known both sides of the starting line.

And Baker feels his career as a starter has definitely benefited from his many explosions off the starting stripe as one of the world's fastest men during the mid-50's.

"Having been a sprinter makes me aware how important a fair start really is for all competitors," says the 42-year-old oil company transportation supervisor from Dallas. "Having been in the blocks, I know what will affect a runner and what won't. It has been a great advantage for me as a starter to have been a competitor in those situations I now start."

During his competitive days, Baker was one of the world's best. He won the '52 Olympic 200 silver medal, '53 NCAA 220 as a Kansas State senior and the '56 AAU 200 in an American-record matching 20.6. He equaled the world 100-meter record of 10.2 in a '56 Olympic Trials heat and later collected a complete set of medals at Melbourne for a 100 second, 200 third and 400 relay victory. And, after a 16-year hiatus, Baker returned in '72, quickly establishing himself as one of the fleetest dashmen in seniors ranks.

As a starter, in assignments ranging from the Texas Relays and college championships to college and prep dual meets, Baker says, "I go all out to ensure each and every runner has a fair start but one that allows him to start 'his way.' He shouldn't have to put up with any idiosyncrasies of mine which might disturb his concentration.

"For example, I give the commands of an imaginary race into a tape recorder and then replay the tape and 'start' myself out of the blocks. I try to hear myself as the athletes hear me. I also try to watch warm-up starts, especially by sprinters and hurdlers, so I will have an idea what to expect."

Having made many entrances and exits from the starting blocks, Baker the starter knows each runner has his own little movements, rituals, gyrations and quirks which often help bring him to competitive readiness.

"I had a few gyrations of my own that seemed to prepare me mentally and, at least at the time, I thought physically," he recalls. "In starting I will ignore anything anyone does as long as it doesn't interfere with someone else."

But that doesn't mean a starter can cater to just a few athletes.

"A starter must always be aware of one primary thing," Baker believes. "That is he must see that everyone in a race gets a fair start in every respect. He can't give some an advantage; the right of all to a fair



**THANE BAKER**  
sprinter then, starter now

start must be honored.

"On the other hand, the runner should realize the starter has up to eight other athletes he is trying to accommodate. The runner shouldn't have to put up with distractions from the starter, but he also must realize the starter can't prevent the 'movements and noises' of other runners. The starter has to permit every runner to start in his way, as long as it's legal and doesn't interfere with others."

There are some starting incidents in which the starter's best efforts go for naught. "In one race I started," Baker says, "a runner fell after about 20 yards and I recalled the field. On the second start, the same runner fell again. Finally they got away on the third start—but the runner who fell quit after a lap. I guess it would be hard to last a lap after falling twice."

Just as he feels he has a responsibility to the athletes to start races as fairly as possible, Baker also feels he has a responsibility to his fellow starters.

"I owe it to them to make my starts as close to the rulebook's description as I can," he believes. "If I start too fast, runners may expect a fast gun in their next meet; and vice versa if I hold too long. I know it's impossible to have all starters the same, but we should strive for starts as close as possible to that described in the rulebook. That way, runners will know

what to expect and can depend on good starters.

"I don't mean exactly the same time interval between 'set' and the gun, but within the allowable range [approximately two seconds in the NCAA rulebook, until all runners are motionless in the AAU guide]. As a sprinter then, and as a starter now, I feel sorry for runners who go from a 'fast' starter, to a 'good' starter to a 'slow' starter over several races. It messes up concentration, timing and an athlete's mind can't be on his race when he is wondering

what the starter will do this week."

There are many good, conscientious starters, Baker feels, who do their very best to see all runners start fairly. "There are others who just go through the motions," he says, "which is unfair to the athletes, other officials and the spectators."

In fact, Baker the starter retains one small ritual from Baker the sprinter: "Before a race, I used to say a prayer to myself—'Lord, let everyone do their best, including me.' I still say that prayer before any meet I am starting." □

LETTER from JACK PENNINGTON, Canberra,  
In re Pro/Am Question

Thanks for your reasoned reply, in your letter of Feb. 24th. I will publish it without any cuts in My Mag, No. 14; unless you say otherwise. When you get No. 13, you will see that I really agree with what you say, but not the way you say it. I admire Ron Clarke and want him and Elliot in our competition. I believe athletes of that calibre deserve an income from advertising (not from betting). I did say that Veteran athletes should be in the same category as Phys. Ed. and Orienteering. I did say rule 53 should be amended thru the Victorian and AAA as a matter of urgency, i.e., if they won't or can't, it will not get thru in Australia, because they have the rival professional association on their doorstep.

I spoke to Dr. Kavanagh, in Melbourne (at Conference of Sports Medicine). I gave him a copy of my letter to you and the results of the Melbourne meet. He said he will back you in committee (I have heard that other members of the Toronto group will not wish to exclude Australia or New Zealand because they are amateurs) so the entry conditions are not yet established as OPEN?

Regarding your own promotion of Veteran athletics, you will have noted that on two separate dates, I featured your efforts in my magazine. I have also said that I will be in Toronto come what may about the entry conditions, even if my future "comp" will only be in orienteering (I'm already involved).

A circular from the Sydney Veteran Club says they will organize a big party for Toronto; no mention yet of the Pro-am problem. But, today I have a letter from Arthur Hodson, Secretary AAU, saying "The Marquess of Exeter has replied to Pain, thus, the present IAAF rules apply to amateur athletes of all ages, all over the world" - dated February 25, 1974.

As I have said, we have got to change the rules or there will be a large contingent from amateur clubs missing from the World Games.

In Melbourne, the Minister for recreation in Victoria has sponsored a 15km Fun Run. He wants massive participation from the public. He has refused to debar "Pre-sportsmen and women" (a mate of Ron Clarke). The Victorian AAA have said any athlete who figures in the result sheet will be declared a "Pro". They may start, but may not finish—don't explode—I hope some commie athlete organizes every amateur athlete (4,000) to ignore the AAA. Any subsequent mass expulsion from amateur athletics would be farcical and if attempted, would bring a government enquiry into the whole setup of national fitness promotion and finance.

Canberra, the capitol, will promote the Pacific Games, 1977, and a tartan track facility is under way here. The government has undertaken to provide such a track in every state capitol. There's the pressure point?

Please turn to page 10

# This can be yours with the Competition Northwest Tour —

## EXPO '74 Sets Gourmet Scene

**SPOKANE** — Pierre Parker of Paris makes perhaps the most exclusive French onion soup in the world. Your only chance to taste it this year is to visit Expo '74 in Spokane between May 4 and Nov. 3. On Nov. 4 Pierre will be out of business again until he reopens at Expo '75 in Okinawa the following July.

"My whole family was in the restaurant business," says Pierre. "My mother did the cooking, and she taught me. My father was killed in the war, and when we moved to California she opened a restaurant there, and I opened one in Laguna Beach in 1956.

"Then in 1962 I opened a restaurant at Century 21, the Seattle World's Fair. Since then I work only at each world's fair."

A lesser chef might be daunted by the variety of international cuisine that will be offered visitors to the Spokane World's Fair.

Since many of the nations participating in the fair are on the Pacific Rim, oriental delicacies will abound.

From the Philippines:

Chicken adobo — chicken breasts sauteed in vinegar, soy sauce, minced garlic and oriental spices. And lumpia — a Philippine egg roll filled with fresh ground pork and beef and exotic vegetables. And camaron rebusado — jumbo shrimp stuffed with pork and beef.

The Japanese, one of the largest exhibitors at Expo

By **JAMES REDFERN**

obviously going to be the watchword here.

Fare at Expo '74 will not be limited to cuisine from the nations participating in the fair. Fish and chips, that British treat, will be offered at several spots. The hamburgers and hot dogs will represent the national colors at lunch counters.

From India, there will be roghan josh (spiced lamb), maharaja (chicken curry), keema (spiced ground beef), jhinga (seasoned prawns), pulaul (fried rice with almonds), samosa (meat-filled pastry), shish kabab, tandoori chicken and East India bread.

The Hofbrau Haus will spread a sumptuous German table: herring or sausage "Black Forest" salad or smoked salmon for appetizers, followed by such specialties as eisbein, sauerbraten, or weiner schnitzel. And can you believe Munich pizza, with sausage, cheese and onions? Real pizza, an American invention, will be served at a number of other stands.

'74, are well represented by Ginza pork and chicken as well as tempura — chunks of fish and vegetables deep-fried in light batter. There will be saimin noodles, teriyaki chicken, and, for the linguist or the adventure-some, yakitori, kushikatsu, okonomiyaki and inarizushi.

"Try it, you'll like it," is

Dark and light Bavarian beer, the real imported stuff, will be available in unlimited quantities to wash the throat and loosen the tongue for the Hofbrau Haus's music hall revelry.

At the Soviet pavilion, visitors will be able to choose from Ukrainian and a wide variety of other Russian dishes.

No matter which nation's fare the visitor decides to try, the tab will not be heavy. Dean Guintoli, Expo '74's concessions manager, a man with 35 years in the food business, assures that visitors will find "good food, but at the working man's prices."

Two cafeterias will feature American-style steaks, chicken, fish, ribs and the like — for about \$3. The most expensive international dinners will be about twice that.

The Republic of China will offer egg rolls, chow mein of various categories, fried rice, sweet and sour ribs, pork and chicken. And cookies that tell your fortune.

shortage of barbecued beef, pork, ham and beans, or corned beef, pastrami and Reuben sandwiches. At least one stand will serve nothing but "natural" foods and juices.

From Winnipeg there will be homestyle garlic sausages, Ukrainian perogies and halubachi, and homemade soups of various colors, consistencies and flavors.

There will be tacos, tostados, enchiladas and burritos.

There will be Belgian waffles, Danish apple skivers and a Polynesian pou-pou platter. There will be Black Forest cake, apple strudel, strawberry shortcake, peach shortcake, raspberry shortcake, corn dogs, hot dogs, submarines and sloppy joes.

There will be soft ice cream, hard ice cream, frozen bananas, rainbow sherbet, Italian ices and spumoni, peanuts, pretzels, candied apples and all the fun of the fair.

James Redfern is now a member of the news bureau of EXPO '74.



## U.S. Masters International Track Team

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



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

April, 1974

### COLORADO CALENDAR FOR WALKERS

April 14: Natl. Mast. 1-hr Walk, 10:00a.m. Potts Field, Boulder Colo. No entry fee.

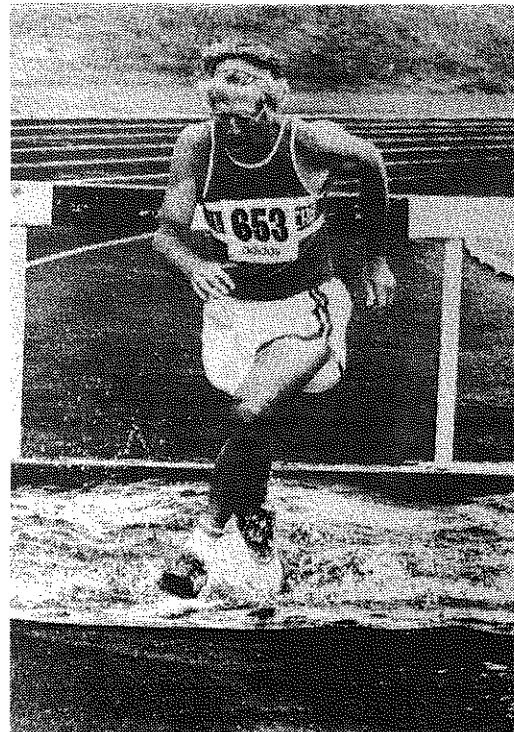
July 21: Natl. Mast. 25 Km Walk, Northglenn, Colo.

Aug. 15: Natl. Mast. 15 Km Walk, 9:00 a.m. Littleton, Colo.

Nov. 30: Natl. Mast. 100 KM Walk, Adams County Fairgrounds, Northglenn, Colo.

3 medals in each of 3 divisions in each above race.

### AN EXHAUSTING DAY WITH GEORGE BRACELAND



### ANNE — EXAMPLE FOR WOMEN

Anne McKenzie is one of the most remarkable athletes ever produced by South Africa

**EDITOR'S NOTE:** For the ladies, here are some efforts worth reporting. If any women are interested in forming a female U.S. Masters division with active competition, write Virginia King 1413 Bundy Los Angeles, California 90049 for details.

One day a year ago a medical doctor approached a 47-years-old woman at a track meeting in Western Province. "You know," he said, "I follow your athletics career with great interest and if my middle-aged patients would only follow your example, they'll have fewer health problems."

The doctor will remain nameless. The woman he spoke to was one of the marvels of the track world, Anne McKenzie A marvel, and no less, that is Anne McKenzie. She became a Springbok in 1966 at 41 years of age and ran her best times in 1967, when she established five SA records.

Please turn to page 5

## Foreign Correspondent:

Our correspondence brings us letters from behind the Iron Curtain. This is one received 3/21/74. It took 4 months to get here. Thank God you live in a free country--Watergate, and all.

"As you suppose I am really interested in long distance running for veterans and even I participated in the world-best competition over 25km in Karlove Vary, Czechoslovakia, 1971. There were some other runners from Poland too. Since this year we could not participate in the next competitions, because they took place in western countries. Maybe you are not exactly informed about the financial conditions here. It is rather impossible to come to America or another western country because of financial difficulties. The fare to this country must be paid in western money and we have no possibility to exchange it here. But maybe there are some veterans in Poland in so good an economic situation to follow your kind invitation. I will ask them.

"Of course I have heard about the National Veteran Championships in the United States and I am full of admiration for this matter, because here in Poland we have no competitions for veterans. I read some track and field periodicals, a.o., the "Condition" and so I know all about veterans sports all over the world.

"I hope that the I World Veterans Track and Field Championships will finish with a full success. If I can help you more in this matter please let me know."

## Jack continues from page 9

However, it would seem so simple to declare that in the interests of world health, all sporting competition, where the minimum age is 40 years, is in the same category as orienteering, but this must come from the IAAF, otherwise, Veteran athletics must become divorced from amateur athletics, and that will never happen in Australia, because we are so much involved in the system, and most have been since childhood.

However, the case is being put to them by you and I. You stand squarely for open meets. I support you, providing no amateurs are debarred. Because of life-long loyalty to amateur athletics, once an amateur is ineligible to compete as an amateur, he is also ineligible to be a member of an amateur club. He may not be an office holder, nor may he be an official on the track. It is a double-barreled gun.

You may publish my letter as my personal assessment of this situation which concerns Australia, but not the USA.

**THE LITTLE BLUE SLIPS....** Because we have blocked large quantities of seats on the airlines for your trips to the Northwest and the airlines are requesting confirmation from us 60 days early, we would appreciate you letting us know if you are interested in the trip. Please say AYE or NAY on the little blue slips —

I had a wonderful summer; busy all the time which is the way I like it. I have only two interests in life; one is printing and the other exercise.

I have my own business and employ about 400 people. We have plants in Philadelphia, Ohio, Virginia and have just started a new one in Atlanta, Georgia. I work hard since I like my work and have always worked long hours. I do not tire from working and I do not tire from exercising since I am in excellent physical condition. I often tell people I wish I could give them some of my good health since I really have more than I need.

In printing with many tight deadlines there are many problems as you can believe. However, my nature is such that I am not bothered by pressure or tension. In fact, I often wonder what tension is since I do not believe I ever had it.

Now, back to the only other thing I know — exercise.

As you probably know, I do not believe running is the only thing which keeps you healthy. I probably do more Track and Field since that is where I can find the most competition (I really love to compete no matter what the sport). I have a 58' swimming pool in my back yard and probably would be a better swimmer than I am a runner if I had time to compete. I also have a large pit-type trampoline in my back yard and am fairly good at it. I also scull a good bit on the Schuylkill River. In addition, I am a member of two bicycle clubs. One races Tuesday night and the other races Thursday night and I race

Please turn to page 6

Run - Compete - Travel



### U.S. MASTERS INTERNATIONAL TRACK TEAM

Compete Canadian Masters Championships  
June 29-30  
Vancouver, B.C.

U.S. AAU Masters Championships  
July 7-9  
Gresham, Oregon

See scenic  
Pacific Northwest  
Olympic Park  
Calgary stampede

Christmas Masters Tour  
December 20-31

Compete Florida Masters  
(age group 30 and up)  
Enjoy tropical Jamaica  
with Masters Competitions

Join USMITT receive bi-monthly Masters Newsletter.  
For information: David and Helen Pain, 1160 Via Espana, La Jolla, California 92037. (714) 459-6362.