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

BY JAMES BEDFORD

Chickens, salads — chicken and rice, smoked pork, sautéed zucchini, sautéed vegetables and chicken liver, or spinach quiche and fresh mushrooms — all eaten on the side. And a Filipino egg salad filled with chopped liver and coarsely chopped vegetables. I think the best part of the Northwest is the fresh seafood — fish, shrimp, clams — cooked right on the spot. But the Northwest is a tourist area, not a culinary mecca.

In the United States, there will be no shortage of fresh seafood. But in the Northwest, fresh seafood will be a novelty, not a commonplace. The fresh seafood will be a treat, not a guilty pleasure. The fresh seafood will be a luxury, not a necessity.

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The New Zealand Herald

OND TIME LUCKY

Inexperienced English Runner Outspeeds Foster in Marathon

From RALPH KING

Running in only his second marathon, the young Englishman, 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 5m 12s.

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

The runner-up of the world's most-famous marathon race, Foster, who bettered his own record last year by 5.13s, was expected to win by 20s. But Ian, running in his first marathon, came dangerously close to breaking the century record set up by Foster's winner in 1968.

Foster had been winding down in 1h 36m 20s, after running at an impossible average speed, but Ian continued at 55s/s, to reach the 20m mark in 1h 36m 10s, 10s slower than was predicted.

The race was intended for Olympic and world-good times and Foster was in a position to win again. In the 2h 52m 6s run at Melbourne last October, Foster broke the world record set up by the Greek champion, Spyridon Louis, in 1896.

The race was expected to be the first run in the marathon which Foster had kept for himself. He was moving steadily towards the finish on the 26th mile, with a lead over Ian of 16s, when he was caught-

Foster's final 10m took 15s, for an average of 59s/s, but he was caught by Ian in 1h 59m 52s, 20s behind Foster's 2h 53m 32s victory.

Ian, 23, was the first Englishman to win a marathon, and the first to break the 2h 5m barrier. His performance was a major upset, and Foster said he had run to the limit of his ability.

Foster was only 20 when he won the Games marathon in 1968. His best time last year for the 26 miles was 2h 53m 32s, and he had also broken the world record set up by the Greek champion, Spyridon Louis, in 1896.

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SAURUS ONOHO, continued from page 5

I had a good weekend in Melbourne and for the top ten, they got $110m. The first was 1st place, worth $900m. The second place was worth $700m, and the third place was worth $500m.

IN Benele, continued from page 5

Actually, my toughest race was the $500m dollar mile. I really went out all trying to beat Bob Lang. I was in a race called the 'Kilometer', and I ended up out by a couple of seconds as he had done it previously. It was quite a tough race, but it was worth the effort.

There were many events. It all started in Philadelphia several years ago. We had too many events, and not enough competition. We started in Philadelphia, and then the events went to New York, Chicago, and finally to Los Angeles. We were all trying to break his record, and now it's back to back. Today, it doesn't seem like much, but we are all still trying.

My diet - I hate to give this away since it is not popular, but we want and anything you want. I eat an extraordinary amount of junk 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. I also enjoy indulging in myRobinson vein and I'm ready to start again!
Actually, my toughest race was the 5000 meter walk. I really went all out trying to beat 80 minutes. I think I was running about 80 at mile 2, where I had to slow down, but I went back again by a couple of seconds as he had done me. By the time I was all finished, I think I was still tired, but I'm still trying, etc., etc.

As for my next event, it all started in Philadelphia several years ago. We had too many events and not enough contests for you to go to. So, I decided to see if I could give the events. Larry Simmons was the best one of the best. He was the feel-estater in Philadelphia. His record was 72 minutes, and it was my turn to try to beat his record. I thought he was going to beat my record, but he seemed to be trying to break his own record. In the end, I beat Larry. I'm back on the road to the next. I wish I was back to back. Today, it doesn't seem like much of a workout if I only go in one run. My diet—I have to give this away since it is the only way I can afford to eat and anything you want. I eat an extraordinary amount of soups 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. I eat my salads first, then my soups, and finally I'm flowing through my veins and I're ready to start again.

**Calendar of Events**

**April 6 - 7:** S.F. Masters Track & Field Championships, Raleigh, N.C., North Carolina State University, capital and Raleigh, N.C. April 20th-21st: Masters Track & Field Meet, Genera Hills, N.C. May 27th: Masters Meet, San Diego, California, 92138

**May 19:** 66th "Day to Breakers" Cross Country Meet, North Carolina State University, Raleigh, N.C., Cranes Acres, 926 Market St., Suits 501

**May 21:** 7th Annual Wea., marathon and 7Miles, Porte Fe, Rome, O.K.?”

**May 23:** 67th Road Doge, Wills Street, Cali., 92135

**June 3:** 2F miles, Mile, John Power, 11010 Harbor Drive, Hunters, N.Y., Steppe, 92008

**June 5:** 2Miles, Mile, Wills Street, Cali., 92135

**June 9:** 5th Annual Wea., marathon and 7Miles, Porte Fe, Rome, O.K.?”

**June 12:** 2F miles, Mile, John Power, 11010 Harbor Drive, Hunters, N.Y., Steppe, 92008

**June 13:** 67th Road Doge, Wills Street, Cali., 92135

**June 21:** 2Miles, Mile, Wills Street, Cali., 92135

**June 25:** 1st Annual Wea., marathon and 7Miles, Porte Fe, Rome, O.K.?”

**June 27:** 5th Annual Wea., marathon and 7Miles, Porte Fe, Rome, O.K.?”

**June 30:** 2F miles, Mile, Wills Street, Cali., 92135

**July 5:** 5th Annual Wea., marathon and 7Miles, Porte Fe, Rome, O.K.?”

**July 7:** 2F miles, Mile, Wills Street, Cali., 92135

**July 8:** 1st Annual Wea., marathon and 7Miles, Porte Fe, Rome, O.K.?”

**July 12:** 5th Annual Wea., marathon and 7Miles, Porte Fe, Rome, O.K.?”

**July 15:** 2F miles, Mile, Wills Street, Cali., 92135
SPOTLIGHT — BILL ANDERSON
Have you ever run a mile on Showground in 6
minutes, or run a mile in slightly over 3 hours, or held 8 world records at one
time? Few of us can measure up to this achievement, a fact of which our
community has all these accomplishments to his credit—Dr. William "Bill"
Anderson. You have heard his name before or have seen him running.

There were three major events tonight, the
water ski and the running mile. The
Anderson has been a part of this event for
over 20 years. His participation in this event goes back to his
school days, where he won the 800 yard and 1600 yard run.

The Anderson, along with others such as the 100 yard old Larry Lewis of
San Francisco, are some of the best runners in the world. Larry Lewis,
who owns the 800 yard world record in 1:47.2, is still at the top of his
class. His current record is still unbroken and his name is synonymous
with the sport of running.

On the water ski side, the event was
attended by several well-known skiers, including the Anderson. The
Anderson
can ski for miles without stopping, a fact that is
not surprising considering his participation in the running mile.

The Anderson
has been a long-time resident of the Showground, and his participation
in this event is a testament to his dedication to both sports.

The Anderson's accomplishments
in both sports have been recognized, and his name is synonymous with
both events.

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

Nor-Cal Srg.

OLAND INDIAN TERRITORIAL TRACK & FIELD

KALVIN

Reported by Bill Phillips

There were two notable events in the
track and field meet, the water ski and the running mile. The
Anderson was the main attraction, drawing a crowd of over 500 fans to the
event. The Anderson's participation in both events was a testament to his
determination and hard work.

During the water ski event, the
Anderson showed his skill and technique, impressing the audience with his
speed and agility. He was able to perform various stunts and maneuvers
that were a delight to watch. The Anderson's dedication to the sport is
evident in his performance, and he continues to amaze the audience with his
talent.

The running mile event was
equally impressive, with the Anderson running a mile in under 4 minutes.
His speed and endurance were on display, and he was able to maintain his
pace throughout the entire event. The Anderson's participation in both
events is a testament to his dedication to the sport.

The Anderson's accomplishments
in both sports have been recognized, and his name is synonymous with
both events. Thank you so much, Anderson, for your great contributions to
all of us.

Track and Field News

The Starting Line — Both Sides Now

By Jack Henderson

For many, the name "Track and Field" brings
memories of a bygone era, a time when the sport was
enjoyed by the masses. The Anderson's participation in both
events is a testament to the sport's enduring appeal.

The Anderson's name is synonymous with
both events, and his dedication to the sport is evident in his
performance. His participation in both events is a testament to his
dedication to the sport.

Thank you so much, Anderson, for your
great contributions to all of us.
SPOTTED BILL ANDERS

I have two eyes and I can see that there is no one to love me."

Dr. Bill Anders, MD

You were very lucky to have Dr. Bill Anders as your mentor. He was a great doctor and a great person. He was always there for you, even when you were feeling down.
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—U.S., and all.

"As you suppose I am really interested in long distance running. For me and my wife participated in the world-championship over 25km in Karlve, Czechoslovakia. Last year we beat 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 reasons. If you come to this country you must be paid in western money and we have no possibility to pay these costs. 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 Veterans Championships in the U.S. and I am full of admiration for this meeting, because here in Poland we have no competitions for veterans sports all over the world."

"I hope that the 1 World Veteran Track and Field Championships will finish with a successful note. I can help you more in this matter please let me know."