

Date: _____ EQUIPMENT ORDER FORM
 NAME: _____ ADDRESS: _____
 TELEPHONE: _____
 WEIGHT: _____ HEIGHT: _____ BUILD: Slender Medium Stocky X-lge
 SUIT/JACKET SIZE: _____ WAIST: _____
 Dave: I would like to order the following official U. S. Masters International Track Team items: (Check items desired)

Item	Size	Price	No. Ordered	Extension
BLAZER - suit size		\$80.00		
REGULAR "T" SHIRT:	Sm <input type="checkbox"/> Med <input type="checkbox"/> Lge <input type="checkbox"/> x-lge <input type="checkbox"/>	4.00		
FUN "T" SHIRT:	Sm <input type="checkbox"/> Med <input type="checkbox"/> Lge <input type="checkbox"/> x-lge <input type="checkbox"/>	5.00		
TRACK SHORTS:	Sm <input type="checkbox"/> Med <input type="checkbox"/> Lge <input type="checkbox"/> x-lge <input type="checkbox"/>	8.00		
TRACK VEST:	Sm <input type="checkbox"/> Med <input type="checkbox"/> Lge <input type="checkbox"/> x-lge <input type="checkbox"/>	8.00		
NYLON WINDBREAKER:	Sm <input type="checkbox"/> Med <input type="checkbox"/> Lge <input type="checkbox"/> x-lge <input type="checkbox"/>	18.50		
SWEAT SUIT:		50.00		
PATCHES:		4.00		
WOMEN'S SHORTS:	8 <input type="checkbox"/> 10 <input type="checkbox"/> 12 <input type="checkbox"/> 14 <input type="checkbox"/> 16 <input type="checkbox"/>	6.00		
WOMEN'S TOP:		6.00		

I would like to order extra items for members of my family as follows:

Item	Size	Price	No. Ordered	Extension

Enclosed is my check/money order (including \$1.50 postage), \$ _____

(Your Signature) _____ NOTE: ALL PRICES SUBJECT TO CHANGE WITHOUT NOTICE.
 Return this portion to: DAVID H. R. PAIN 1160 Via Espana La Jolla, California 92037 MAKE DUPLICATE FOR YOUR RECORDS.

CALENDAR OF EVENTS

JUNE '74

6/1 Philadelphia Masters Relay Carnival, St. Joseph's College, 54th & City Line Ave., Philadelphia, Pa.

6/8 NCSTC Club Championships, Sacramento State

6/8 N.Y. Metro Masters Track & Field Championships, Randalls Island, N.Y.; Randolph Clarence, 484 Troy, Brooklyn, N.Y. 11203

6/8 Corona Del Mar Relays (Great relays meet) Irvine, Calif.

6/22-23 Senior Olympics, Irvine (South of Los Angeles) Calif., Suite 302, 5225 Wilshire Blvd., Los Angeles, CA 90036, Att: Warren Blaney (5:00 p.m.) 2-mile Masters Atlantic Coast Championship Race. (Free room for contestant and family, plus lots of goodies). Bob Fite, Colonial Hotel, Cape May, N.J. 08204

6/26 1st Canadian Masters Track & Field Championships, Vancouver, B.C., John Pavelich, 5549 University Blvd., Vancouver, B.C.

JULY '74

7/5-7 National AAU Masters Track & Field Championships, Gresham, Oregon; Jim Puckett, Mt. Hood Community College, Gresham, Oregon

7/10 National AAU 35km Walk and Marathon, and Road Race, Kalispell, Montana; Larry O'Neil, 233 5th Ave. E., Kalispell, Montana 59901

Lost?

LEE, JOHN
 Inglewood, California

LISRERANCE, EMORY
 Ann Arbor, Michigan

MATTIE, PETER
 Danville, California

MEDINA, JOBY
 Rowland Heights, Calif.

METZ, DICK
 Honolulu, Hawaii

MILLER, LLOYD B.
 Long Beach, Calif.

MORGAN, HUBERT
 Seaford, Delaware

MORRIS, L. B. ORTH, PAUL
 Paris, Texas

MUMSEY, KEITH
 Albany, New York

MURPHY, JAMES
 Redondo Beach, Calif.

REGAN, GEORGE
 Austin, Texas

RING, DICK
 Toronto, Ont., Canada

ROULETTE, MARSHALL
 Depew, New York

ULSH, ROBERT T.
 Danville, California

AUGUST '74

8/2-3 National AAU Masters Decathlon Championships, Hancock College, Santa Maria, Calif.

8/3 National AAU Masters 15km, Michigan City, Ind.; Hal Higdon, 2815 Lake Shore Drive, Ind. (Hal's making special plans for out-of-town runners).

8/4 USTFF Open, Masters & Women's 10-mile. Cudahy, Wisc., UWMTTC, Univ. of Wisconsin, Milwaukee, Wisconsin 53201.

8/11 Pikes Peak Marathon, Colorado Springs, Colorado; Rudy Fahl, 2400 W. Colorado Ave., Colorado Springs, Colo. 80904.

8/18 Pikes Peak Trail Run, Colorado Springs, Colorado; Don McMahill, So. Col. Striders, Pueblo YMCA, Pueblo, Colo. 81002

DECEMBER '74

12/20-1/1/75 USMITT Jamaican Junket, Track and Field Competition and Road Race competition, Ft. Lauderdale, Fla., 12/21 and 12/22 - Jamaica 12/26-12/31. Tour extension 12/31-1/7-75.

For details write: David H. R. Pain, 1160 Via Espana, La Jolla, Calif. 92037.

JENNY SENIOR, Continued from page 10

Manapouri. I'm not sure but I think you would call them Elk. There were some beautiful animals amongst the herd.

My brother arrived home 4 weeks ago from the States and brought with him a Sears catalogue. It has some fabulous things in it. He was actually working on Petite St Vincent and passed through America on his way home.

Do let me know sometime how everyone gets on with the pikelet and scone recipes. We got started on iced tea during the summer and found it very thirst quenching.

I will be busy in the next few weeks painting and paper hanging. Our bedroom is badly in need of re-decorating. I hope this find you in good health."

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

June, 1974

MAY 19, 1974
 WORLD VETERANS MARATHON AND 10km - PARIS

A strong team of Canadian Masters, headed by A. Taylor, Bill Allen and Ron Wallingford, put their maple leaf into 2nd in the team, scoring behind Finland, but ahead of Sweden and Germany, for the marathon, placing 2nd, 14th, and 28th, respectively. Taylor's 2:32.24 was 4 minutes behind the winner, Alistair Wood of Scotland, who ran 2:28:40. Eric Osby (54) proved his the class in Division II, coming in 3rd overall at 2:33.04. The times were not impressive, due to a very humid 81°, with a course run over dirt, gravel and sand trails. 570 runners competed.

Organization was lacking, with things getting off to a bad start when the toilets flooded in the dressing area. Then, in the 10km, the runners ran 1-1/2 kilos extra, with some runners (the slower ones) going only the official distance. Laurie O'Hara found himself in 30th place as a result, but gamely fought back to 2nd. His 38:19 minute time was some 6 - 7 minutes off his regular 10km effort. The runners, particularly in the marathon suffered greatly, due to an absence of aid stations on the course, with a number of runners collapsing.

U. S. Masters, Johnny Wall, was 1st in the 60-64 Division, with a fine 3:09.35. The 10km had 390 starters. Out Otto Essig was 3rd in the 60-64 Division (23 starters) with a 45:57 behind two Germans, the winner in 42:52. It is a shame the last two World Masters events - Paris and Isle of Man - have been plagued with weather and organizational problems.

JOHN F. KENNEDY 50-MILE HIKE RUN

"Our dirty old man, and U. S. Master, the indomitable sexagenarian, Walt Stack, has done it again!! Despite rain that poured all day, and temperatures in the low 30's, he finished the 12th Annual JFK 50-mile Hike-Run in 9:48.16, setting two records. He became the oldest man to finish and broke the over 60 record (set by a woman). This event which takes place in Hagerstown, Md., drew 1,355 starters this year, but only 225 finished because of unusually bad weather, with ice on the rocks and lots of mud and rain. Walt described it as the toughest race of his life. 100 women started, and only one brave soul finished, coming in 220th. Walt was 33rd. The winner was 23-year old Max White in 6:06.19. Sounds like it was the real ball-buster that it was predicted to be!!"



WALT AND FRIEND

NCSTC News

LOOKING FORWARD TO SEEING MANY OF YOU in Vancouver, B.C., on June 28, for the 1st Canadian Masters Track and Field Championships; and in Gresham, Oregon, July 4, for the US National AAU Masters Track and Field Championships! (See CALENDAR for Meet Directors)

DAVID & HELEN PAIN

SPOTLIGHT HAROLD CHAPSON

in the 1st flush of morning you see him: a short compact, gray-haired man running in the grass along side the canal that borders Ala Moana Park.

He's not loping along, not jogging. He's driving himself as hard as he can. The sweat is pouring off. He's hurling himself like a sprinter. Gee, you think, what's that old codger doing tearing along like that? He'll kill himself. You watch, astounded.

It's Harold Chapson 71 years old (born July 11, 1902), holder of 12 world track records for a man his age, ranging from the 100-yard dash (14 seconds). That fellow can outrun most kids 50 years younger than he.



At an age when his contemporaries, if they are vigorous, play a spirited game of shuffleboard or lawn bowling, Chapson runs. And he runs so well he amazes medical people and sets an example for the elderly. For it is not the records which are of overriding importance. They are the frosting on the cake. That chap with the flying heels and flying gray hair is saying to the old folks: "You, too, can stay fit right into old age. Probably not by running against a stopwatch, as I do, but at least by exercising every day. How you do it is up to you."

Does he love running? Hah! Chapson answers with the candor of the elderly. He hates it. But it keeps him in good shape and that's why it's worth it.

"I go over to the park every day," he says. "I don't like to run. It isn't fun. It's hard and it's boring and I hate every damn step of it. It's a horrible way to spend 15 minutes."

Please turn to page 10

EDITORIAL - WHAT'S WRONG WITH MASTERS
TRACK & FIELD PROGRAM

Those of us who have been involved in the Masters program from its inception have noticed in the past two years a deceleration in the growth of the Masters Track & Field program. This is true despite an ever-increasing interest in fitness, more and larger marathons and road races, and continued enthusiasm in various quarters. How has this deceleration been manifested? By decreased participation in established meets, cancellation of Masters events in major meets, and general lack of interest in track as a sport.

To what should this general malaise be attributed? We feel it is due to a number of factors, but primarily to: (1) a lack of any nationally implemented program by the AAU; (2) a lack of leadership by the AAU National Masters Chairman.

To illustrate the first point, we wrote some months ago to Ollan Cassell, Executive Director of the AAU, and asked what, if anything, the AAU had done, was doing, or planned to do with the Masters program. In reply, we received a question as to what we were doing in this respect. To our knowledge, not one cent is budgeted by the AAU to implement any Masters program or event, nor is any administrative help assigned to specifically assist or promote the Masters Program. In short, there is no outreach by the AAU national office to stimulate the Masters program. The one thing the AAU could give is leadership, stimulation, and direction to the Masters effort. Such has not been forthcoming. The attitude of the AAU is that the Masters program must be self-motivating, directed and financed. This situation is not entirely Cassell's fault, in that he has limited personnel and funds to work with and his efforts, and those of his staff, are committed largely to those projects which are either money-makers, have material or international import, or are thrust upon the AAU by a demanding membership. Cassell takes the position that the bulk of the effort must come from dedicated volunteers within the sport itself, and in this respect we cannot disagree. This, of course, raises the second point, namely, the lack of leadership by our National Masters Committee Chairman, who, above all, is capable of creating a viable program and getting action from both above (Cassell) and below (the AAU District Masters Chairman). We are the recipients of numerous complaints from individuals, all to the effect that they can get no assistance or leadership out of our National Chairman. These complaints deal with such basics as his failure to answer letters and inquiries, and even to see that the results of the '73 Championships are published, even though many sent in \$1.00 nearly a year ago for the results. We believe the only results published were those clipped from the San Diego newspaper and published in this Newsletter.

We are aware that the Chairman, Ken Bernard, a personal friend, has been beset with numerous family and business problems this past year. He has also, for several years last past, been meet director of the Masters Championships and another major track meet sponsored by the SDTC. He has been President of the SDTC and local AAU District while holding the National Chairman's job. Needless to say, his performance as Chairman has suffered. Notwithstanding his lack of time to devote to the position, he has also failed to call on those many men dedicated to the Masters program and anxious to build. For example, to our knowledge, he has never had any kind of meeting with his National Committee-men, nor has he written or communicated with the District Chairman. Three requests by the writer

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ANOTHER VIEWPOINT ON AMATEURISM

Although you haven't asked for any input regarding the question of "open competition". I feel impelled to express my opinion as follows:

1. I agree 100% with Bill Stock's position as outlined in his article "San Diego Master Stock Challenges Director" Let's go the legal route.
2. I feel that your criticism of Ollan Cassell is entirely unjustified. He is simply doing the job he was hired to do by the A.A.U.
3. I feel that your criticism of our Australian Hosts in December 1973 was not justified and unbecoming the gentleman you are when not "tilting windmills".
4. The A.A.U. "Master" rule, Section 453.1 of the A.A.U. Official Code is not a wholesale license for professionalism in Masters Competition. Section (c) provides that "any athlete that has been reinstated according to paragraph 453.1 hereof and who later is disbarred for any breach of the rules of the A.A.U. shall never again be eligible for reinstatement".

Although I do not agree with everything the A.A.U. has done, I find that by and large, A.A.U. officials are a dedicated group of volunteers who have worked unceasingly for the betterment of amateur athletics.

I suggest you poll the members of our team to determine the opinion of the majority on some of these important issues.

Please, David, do not take this as a complete condemnation of your efforts in promoting Masters competition in Track and Field and Distance Running. We are deeply indebted to you as an achiever in these areas. Let's move forward but without the "jousting weapons".

JOHN M. CLARKE

AS A PHILOSOPHER VIEWS THE AAU

David Pain rightly condemned the AAU's announcement that it will not permit Veterans to compete in ITA professional meets. Pain adds that, unfortunately, the AAU has the power "to decree athletic death for any non-conforming athlete".

Now, it may be that I am naive and have no grasp of what some people call "reality" but I have never understood the hold that the various governing bodies of amateur sport are supposed to have over athletes.

Consider the status of the four most important organizations: Amateur Athletic Union (AAU), United States Olympic Committee (USOC), International Amateur Athletic Federation (IAAF), and International Olympic Committee (IOC). Of these, only the USOC has powers delegated to it by a government agency. In 1950, by an Act of Congress (Public Law 805), the USOC gained official status as overlord of American participation in both the Olympics and Pan-American Games. Prior to 1950, it had just delegated that authority to itself.

As for the AAU, its right to govern is so unclear that for seventy years the NCAA has disputed its right, and before the NCAA came into existence, other organizations battled against the AAU. The AAU claims that the IAAF grants the AAU the exclusive right to regulate U. S. participation in international meets and that to do this effectively, it must also control the internal affairs of amateurism. But, it is difficult, if not impossible, to see how a non-American organization can dictate to the American people what organization will regulate affairs on U. S. soil.

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SPORTS ILLUSTRATED

TRACK & FIELD/Richard W. Johnston

Hawaiian eyes on Boston

Take one doctor, one nurse and their six children. Mix well with the joys of running. Result? Something bright and new for an old marathon

enforced by the BAA (age: 19 or over; qualifying time: 3:30:0).

They call themselves The Hunkey Bunch because long ago Dr. Chun's Honolulu schoolmates gave up on Hing Hua and nicknamed him Hunkey. The name stuck. Although Dr. Chun is a distinguished internist and cardiologist, chief of medicine at St. Francis Hospital and an associate professor at the University of Hawaii, his license plates carry the name Hunkey and his telephone book listing is "Chun, Dr. H.H. Hunkey."

The Chuns may not be the country's first family, but they probably are its fastest. If it were not for the Boston age limitations, four of the kids could be official competitors. In the AAU-sanctioned Rim of the Pacific marathon last December in Honolulu, the first marathon any of them had ever run, Jerry, then 14, finished in 3:09:20. Hinky, 13, was next at 3:13:39, followed by Daven, 9, whose 3:19:01 beat the world age-group record by about nine minutes. June, 14, crossed the line in 3:25:31, just 40 seconds over Doreen Assumma's U.S. women's age record. The other Chuns did not make the 3:30:0 qualifying limit, but they did well enough—May Lynne, 15, finished in 3:43:09, and Joy, 13, in 3:46:51. Dr.

Chun, then 41, followed with 3:48:23. Mrs. Chun, 45, did not run in that race.

Before someone asks how one family can have so many 13- and 14-year-olds, it should be noted that both Hunkey and his wife Connie were married before. The boys are all Hunkey's, and are an even mix of Chinese and Japanese. The girls, like their mother, are pure Filipina. Although Connie did not enter the Honolulu marathon, she is ready for Boston.

"How many 45-year-old women ever run at Boston?" she asked last week.

"The book doesn't show any," her husband replied.

"Good," Connie said. "I set age-group record."

Hunkey, a third-generation native of Hawaii, speaks faultless English, but Connie's speech is exotically flavored by her native Philippines. Visayan was her first language (she also speaks Tagalog and Ilocano).

The improbable meld that created The Hunkey Bunch began in 1970 when Connie vacationed in Honolulu. She had been recently divorced and was living in San Francisco with her three daughters, none of whom had ever run a block. Hunkey, also divorced, had become interested in preventive heart-attack therapy

continued



IN HONOLULU PARK, MAY LYNNE LEADS DR. CHUN, DAVEN, JUNE, JOY, MOTHER CONNIE, JERRY AND HINKY

different hobby—they are "dealers," but not in the commodities most often associated with that word. What they push at their respective schools is Gookinaid, the body-fluid replenishing agent known officially as E.R.G.

The Hunkey Bunch would send a horse-player to a saloon in despair: the family is a triumph of conditioning over bloodlines and conformation. The 6'1" Hunkey played no sports at all in high school, at the University of Hawaii or at Northwestern, where he got his medical training. He did not even take up tennis until he became a 190-pound intern in Philadelphia. Connie, born on the island of Panay, was a visiting nurse flying from island to island in the Philippines. When she was 28 she won a Fulbright Scholarship in nursing and chose Loma Linda

University in California. She went on to earn a master's degree at the University of Hawaii and now, at 45, is planning to study law. Tiny (5'2" and 104 pounds) and full of exuberance, she is in sharp but agreeable contrast to her articulate but controlled husband, whose weight has dropped to 155. As far as Hunkey knows, he is of pure Cantonese extraction, but one suspects—in view of his height, his aquiline nose and high, American Indian cheekbones—that there are some Manchus or Mongolians on the ancestral tree. Curiously, the kids not only relate well to each other but actually look related. They have been taught to cultivate their minds as well as their bodies, and every one of them is on the school honor roll except Daven, whose school does not have one. He was, however, president of his fourth-grade class.

When the young Hunkeys began to be publicized in the Honolulu papers, they had a little peer group trouble with kids who neither studied nor ran. One disgruntled acquaintance asked June, "How come you goodie-goodies get all that publicity?" June replied with unshakable dignity, "I guess because we're just special." One thing that makes The Hunkey Bunch special is their gung-ho morale and devotion to one another.

"The running was good when we first got married," Connie said. "Kids didn't have energy enough left to fight." They seldom fight now, and when an argument does come up it is settled after dinner at "a jury trial."

"Everybody speak up and say what they think," Connie said. "Then whole family decide who's right."

when he set up the St. Francis coronary-care unit in 1968, and—influenced by the Air Force aerobics program—was in the process of switching from tennis to jogging. He had just enlisted 11-year-old Jerry as a fellow jogger when he met Connie, but their respective broods were not introduced until the wedding.

"I didn't know what I was getting into," Connie said last week in mock outrage as she presided over a "training table" family dinner of Chinese and Filipino gourmet delights. She and the rest of the gang had just run 18 miles. "When he start all this running stuff, I get so mad. But pretty soon kids all gonna run, so I decided join 'em."

Hunkey said, "With some of us running, the rest couldn't fight it." June said, semi-*sotto voce*, "Yeah, we couldn't fight it, all right," but she was smiling when she said it. May Lynne grinned, with good cause. "May Lynne was a little butterball when we got married," Hunkey said. Now May Lynne not only is pretty but weighs in at a lissome 110 pounds.

Jerry, the first Chun to run competitively, began in 1970, and to list all the age-group and exact-age records the family has broken since would fill this page. Suffice that Daven, the 9-year-old superstar, holds 10 world marks for ages eight and nine in distances ranging from two miles to the marathon, and that the Chun collection of Hawaiian, U.S. and world records totals 60. The living room of their sprawling, one-story house is festooned wall to wall with ribbons, and it is hard to find a table or shelf that is not burdened by trophies.

The athletic clutter extends to the large, screened lanai behind the living, dining and kitchen quarters. The lanai not only has a full set of barbells and a punching bag, but it also houses 13-year-old Hinky's hobbies (Hinky's real name is Hingson, a Chinese way of saying "junior"). These include a large rabbit and two chickens. There used to be four, but since two is the legal limit, one was put in the pot and another given away. Still around are one hen and a large, gaudily feathered rooster with powerful spurs. "We don't fight him," Hinky says. "Just keep him for stud." Cockfighting is illegal in Hawaii; cockbreeding is not. The rabbit and chickens are neatly penned, and in the adjoining yard are three dogs—a black Labrador, a German shepherd and a poi dog of unknown ancestry. Joy and Jerry share a somewhat

This family-style democracy extends throughout the relationship. Connie and Hunkey split the cooking. "I do the fancy Chinese dishes," he said. "Connie has some Filipino specialties but she's also the hamburger and pizza cook and she squeezes the juice." The juice is either guava or *Lilikoi* (passion fruit), a staple at the Chun table. Hunkey likes a beer or two and an occasional cocktail, but Connie does not touch alcohol. "One little sip makes my ears turn red," she said. The kids have rotating two-week assignments, always in brother-sister pairs. One time it will be kitchen cleanup, another table-setting, another housework. There is also daily prayer. Connie and her daughters are Seventh Day Adventists, which is a problem because so many track meets are held on Saturday.

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THE "BAY-TO-BREAKERS", AN EXPERIENCE - NOT A RACE

For those who enjoy togetherness, the San Francisco Examiner's 7.8 mile "Bay-to-Breakers" is a must. Well-to-wall runners, it is. A small, bucolic country run, it ain't. As one of the 5,495 entrants, with another 1,000 or so unofficial runners thrown in, we experienced competing in the U.S. largest road race.

If you are in the Bay area in the middle of May, and a runner, this soiree is a must, if for no other reason than proving to yourself that there are more runners, joggers and would-be runners around than in any other sport. Can you think of another athletic event, short of the multi-sport Olympic Games, where over 5,000 amateurs would gather to compete just for a certificate!

This, the 64th running of the event, as in past years, once again exceeded the capacity of its sponsors to adequately administer an affair which annually exceeds the previous year's entry.

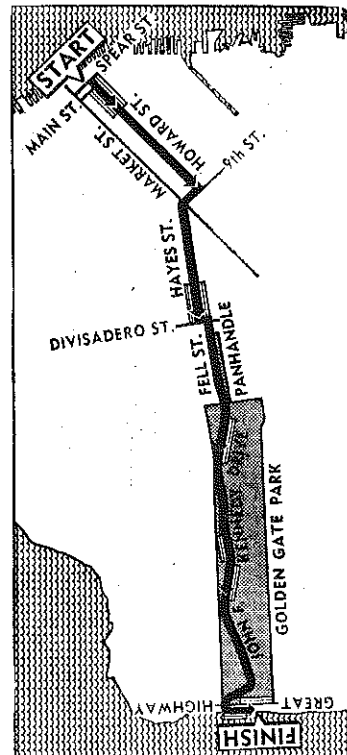
The distribution of the runners' numbers was well-handled, with approximately 20 alphabetically arranged stations doing the job. The start, some 3 blocks away, was something else however. As all 5,000+ contestants stood on one foot and then another waiting for the start, anywhere from one-half to three hours hence. Yes, you read it correctly, for those seeking a front line spot got in place three or more hours prior to the 10:00 a.m. starting gun. In this case, the gun was never fired, for, as the hour approached (about 15 seconds prior by our watch) the front entrants, egged and pushed on by those behind, surged forward with a yell and literally drove the starter in panic before them as they forged ahead like a herd of storm-panicked cattle.

Needless to say, it took us nearly a minute merely to reach the starting line and another 30-45 seconds of walking forward before we could break into a slow jog. For the next mile, we snaked through, around and between slower runners and it was a full mile, or more, beyond the start before we were able to run free and uninhibited.

Even though we were less than 200' from the starting line at the start, when we reached the 2-mile point, we observed the Hayes Street hill, about 500' in elevation with curb-to-curb runners stretched out at least 3/4ths of a mile ahead. Very deflating. Soon, we were approaching the world-famous, and certainly one of the most beautiful inner-city parks, San Francisco's Golden Gate Park, which at this time of the year was resplendent with gigantic rhododendron bushes, some 30' high, aflame with masses of pink, lilac, white and blue flowers.

As we progressed through the park westward to the ocean, we noted that, unlike every road race we had experienced before, the number of runners about us never seemed to diminish - and, much like at Boston, the entire course had spectators lining the curb to either cheer or jeer the struggling participants.

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FALSE STARTS

Dick Horsey, Division III, Perth, Australia reports he participated in the World Race Walking Championships in '73, held in Hamburg, Germany and won the 10,000m in his division. They have formed a Veterans Club in Perth composed of many of our friends who competed in the U. S. Masters in San Diego and competed at the Crystal Palace.

He reports that Cliff Bould, now 58, is still placing well in Division II in their national events, but that John Gilmour and Colin Junner are both out with injuries at the moment.

Jack Pennington keeps us advised on the "Pro-Am" situation Down Under and the fact that the fuddy-duddies still control the scene, even in non-sanctioned races such as Sydney's City-to-Surf race, where many raced, but didn't enter officially because of fear of reprisals.

He also says their National Championships held April 21, 1974 in Sydney were plagued by rain and cold, with Alby Thomas (35-39) doing a 3:58 1500m. The new World Division II flash, Theo Orr took the 1500 in 4:28. He passed the 800m in 2:16, (which would have won Division II in the U. S. Masters). He then won the Division II 10km in 36:02. The next day, he came up with a hairline fracture in his ankle and is out of commission.

In the Division II 5km, Jack won in 17:30, with Cliff Bould 3rd at 18:06 (very foul weather). Dave Power (45) won both the 5 and 10km (as he did when we visited in December) taking the 10km in 32:05. Few, if any U. S. Vets can do that.

We have received a flurry of Boston Marathon items. Bill Andberg, Division III, reports he competed against the over 1900 starters, doing a fine 3:17, beating his old nemesis, John A. Kelly (64), "The Elder" by 7 minutes. This was Kelly's 43rd BAA Marathon. Kelly has won the event twice. Kelly was our quest runner for the 1st U. S. Masters some seven years ago.

41 women competed for the first time officially with Jock Semple, "Kermugion," Meet Director, and an institution in Boston, welcoming with open arms the lady participants. We recall that it was only a few years back Jack was trying to run them off the course. My how times have changed! Incidentally, Micki Gorman of Los Angeles won the Women's Division with an excellent 2:47.11. She holds the ladies' marathon record at 2:46.

Hawaiian Masters were well represented by the 8-member Chun family, who competed en masse, and a Honolulu piano player, 43-year old Val Nolasco, who, although only 150 lbs. and neither smoked or drank, suffered a near fatal heart attack 2 1/2 years ago. Like our Bill Hargus, he survived and took up running. He made the Boston trek and in so doing, completed his 2nd marathon.

A number of Canadian rehabilitated heart cases made the BAA Marathon and all completed the 26-mile ordeal without any ill effects.

Sprinters note: Dr. Thomas Bassler, California pathologist, expresses the opinion that in order to get the benefits of secondary circulation, one must run 6 miles several times a week. This view is based on over 1,000 autopsies done on men over 55. Apparently, the clogging of arteries by fats is not reduced or eliminated by running. However, exercise will promote growth of more tiny blood vessels to offset the effects of coronary artery disease.

We are reasonably assured that there will be competition for 70 & Over in the Senior Olympics, the U. S. Masters, the Canadian Masters and in '75 Toronto there will be events for the "Over-the-Hill Plus 30" group. This will make them happy, as they are getting tired of taking their lumps from those youngsters in the 60+ group. By the way, what will

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Races Will Test Legendary Feats

Area Physicians, U.S. Runners To Probe Tarahumara Tribe Physical Performance

Two San Diego physicians and a crack team of U.S. distance runners will leave Sunday for the wilds of Chihuahua, Mexico, to investigate the legendary physical feats of the Tarahumara Indians.

The Tarahumarans (foot runners) are a primitive race of cave dwellers, more closely related to the Apaches than Aztecs and other great Mexican tribes, who fled into the Sierra Madre mountains of northwestern Mexico ahead of the Spanish conquest.

Their homeland, about 300 miles south of El Paso, Tex., is crossed by eight great barrancas, each deeper and longer than the Grand Canyon.

The civilized world has over the years received two conflicting portraits of the Tarahumarans.

One widely promoted impression is that the tribe is made up of cardiovascular supermen and women who put Olympic marathoners to shame by such feats as chasing down deer, running continuously for up to 72 hours and competing in 100-mile foot races as a mere lark.

Another story is that many of the tribe, particularly those who stick to the highlands above 7,000 feet elevation, attain extraordinary longevity.

The other general impression of the tribe is that they are a pitifully unhealthy and disease-ridden lot, some with a penchant for loping along at the pace of an overweight Sunday jogger. Missionaries in the region say few of the Indians live past age 45 and that 80 percent of the children die before age 5.

Getting the true story will be one aim of the scientific party being led by Dr. Alexander Leaf of Harvard University, a celebrated longevity researcher who claims to have found three isolated populations in the world with large percentages of uncommonly old people.

2 AREA DOCTORS The two San Diego doctors on the expedition will be Robert Vinton, of the student health service at San Diego State University, and Harold Elrick, a South Bay area endocrinologist and nuclear medicine specialist.

Runners going along to participate in the study will include Dr. William H. Phillips, professor of physical education at San Diego State, Wayne Zook of San Diego and Samuel Clarke of Seattle. Elrick also qualifies as an exceptional runner, competing regularly in masters' track races at distances of 800 to 10,000 meters.

"One goal is to obtain the first precise measurements of their maximal oxygen capacity," Elrick said in an interview. "This is a measure of the amount of oxygen that can be taken into the lungs, put across the membrane into the blood, put into the muscles and burned. "Some people can take in a lot of air but they can't do anything with it. Maximum oxygen capacity determines your capacity to do work. People with large oxygen capacities can perform amazing feats." Elrick said another goal will be to check out longevity claims about the Indians. "There are rumors of longevity," he said. "There are people who have claimed that there are long-lived people there. We want to find out if that is really so."

Day in the Life Of Number 571



By GEORGE SHEEHAN

Innocent Bystander

James Joyce took the ten years of Homer's Odyssey and compressed them into a Dublin day. He looked into the mind and heart and body of the hero Ulysses and created Leopold Bloom, who is everyman. And saw in the Lotus-eaters, Cyclops, the gift of the Winds, Circe, Hades, the Sirens and even the nymph Calypso, those inner and outer events that happen to every one every day of his life. And then he put all of it into the waking-to-sleeping of his Irish Jew. It takes 18 hours.

The Boston Marathon does it in three.

Like much in sports, the marathon is a microcosm of life. The marathoner can experience the drama of everyday existence so evident to the artist and poet. For him all emotions are heightened. Cause and effect are accelerated. Agony and ecstasy become familiar feelings. The journey from Hopkinton to Boston like the journey from Troy to Ithaca reveals what happens to man when he faces up to himself and the world around him. And why he succeeds or fails.

Ulysses succeeds not because he is a superior athlete, which he is. He can build a boat and sail it. He can wrestle, run, and throw a discus. He can flay, skin, cut up and cook an ox. But all these skills do not explain his eventual success. His secret is that he endures. He accepts

what the day brings. He may hunker down but he never gives in. He takes life as it comes, and says, Yes. And that is why he survives. This trait is so commonly displayed at Boston, it must be universal. Every human must have this capacity and could find it if he would just put himself into a position to uncover it. There is no place better than a marathon. The truth is that every man in a marathon is a survivor or nothing, including the winner.

Winning is, in fact, little or nothing. "Brief is the season of man's delight!" sang Pindar in his ode to an Olympic winner. And many a winner has learned the truth that his laurel is, indeed, as Housman wrote, a garland briefer than a girl's.

There is, then, no happy ever-aftering for a marathoner, no matter what his age. Tomorrow is another race, another test, another challenge. And when it is done there is another race, and another.

What then of Ulysses? Was he content to live as an aging and idle king? Others besides marathoners have thought not. Dante saw him calling on his old comrades, urging them to further adventures. "Consider your origin," he tells them, "you were not formed to live like brutes, but to follow virtue and knowledge."

Such pursuit would be in action. The Greeks developed

the whole man. They saw no happiness in creature comforts; no wisdom in meditation.

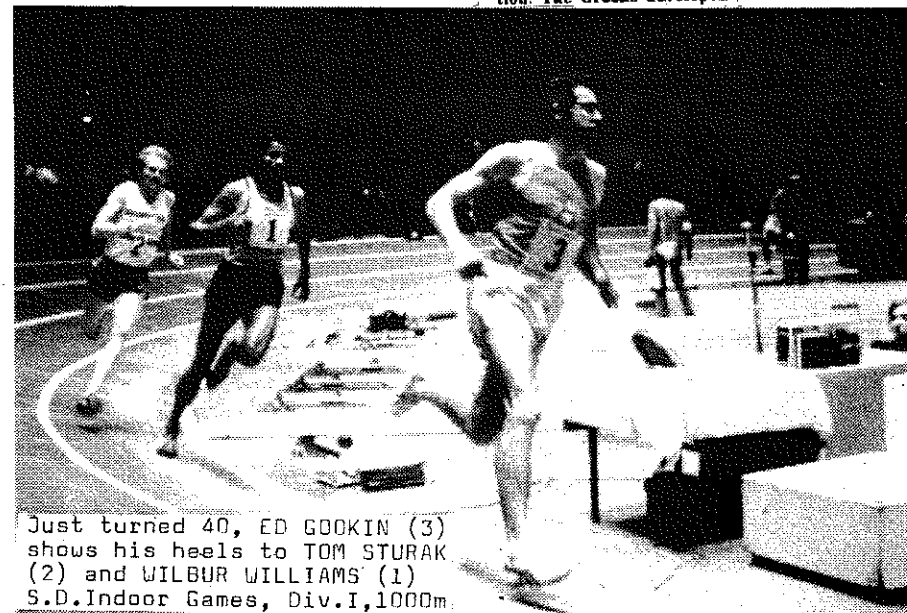
We aging marathoners already know that. We have learned it at Boston. And so when Tennyson takes up Dante's idea and has Ulysses speak, we hear ourselves. "And though we are not now the strength which in old days moved earth and heaven, that which we are, we are - Made weak by time and fate, but strong in will to strive, to seek, to find, and not to yield."

Not to yield, says it all. The enduring, the surviving does not stop with age. We may even grow more skillful at it as the years pass. So we do not envy youth. We ask no quarter of life. We accept no favors. We are men following virtue and knowledge.

"Though much has been taken," wrote Tennyson, "much abides." Enough and more than enough. We will live and endure. We know, better than any others, "how dull it is to pause, to make an end, to rust unburnished, not to shine in use."

I do not intend to pause, or rest, or rust, I will be in Boston next week wearing number 571. Descendant of Ulysses, brother to Bloom, I will survive. I will have a day filled with joys and pleasures and passions. But there will be other times when I will be tested, and eventually there will be a price to pay. A price higher than anything I've ever experienced before.

And I hope, after all I've said, I will be able to pay it.



Just turned 40, ED GOOKIN (3) shows his heels to TOM STURAK (2) and WILBUR WILLIAMS (1) S.D. Indoor Games, Div. I, 1,000m.

"I carry a stopwatch. I know exactly how far the distance is. If I run two miles in less than 14 minutes, I'm happy. But if I do it in over 15 minutes, I'm unhappy.

"I do it to exhaustion. I'm tired when I get back. I go out there, rain or shine. I'm just as wet when I come back as if it were raining, but I pay no attention to it."

He smiles. "But I like the way it makes me feel," he says, and that explains it all.

His wife, Mabel, listening in, interposes: "He won't tell you, but he has arthritis in his right knee. He runs even if it hurts him"

Chapson is 5'5 1/2" tall and weighs 120 lbs. His weight hasn't varied 5 pounds in 50 years (except for that one time when Mabel was gone and he over-indulged in steaks and lobsters).

Chapson had polio at age 5 and it left his arm withered. He decided he would not let it handicap him. "I had a great decision to make," he said. "I didn't want to be different from anyone else. So I played basketball in high school. I wrestled in college. I didn't win my letter but I competed."

Chapson was on the track team at Colorado State University and in 1926 he ran the mile in 4 minutes, 53.7 seconds, the world's record "by a considerable margin" for a person his age.

Chapson has always lived modestly and eaten sensibly. He liked to keep in shape, but he didn't make a big thing out of it. He went hiking. He would walk maybe two days a week the 3 1/2 miles from Kakako, where his office used to be, to Manoa, where he used to live.

He was once a high school teacher. Then he and his brother, Kenneth, were in business together selling farm machinery. Chapson is an agricultural engineer. He retired in 1966 and in 1968 he moved to 1350 Ala Moana, across the street from Ala Moana Park.

He looked at the inviting stretch of grass in the park and said to himself: "Well, I think I'll just go over to the park and start running."

So, he did.

Chapson will compete at both the Canadian and U. S. Masters Championships in '74, and barring injury, should set world age group records each time he steps on the track. A sub 6:00 mile is undoubtedly in the offing.

Not content to limit his activities to the track, Harold advises he will be hiking and camping in Nepal near Anapurna. Besides his outdoor endeavors, he is active professionally as president of the Engineering Association of Hawaii.

Harold is a welcome addition to our rapidly expanding 70-year old division.

GRAHAM MASON, Mt Cook Airlines, Private Bag Christchurch, New Zealand

FLAVORFUL NOTE FROM JENNY SENIOR, she and her husband Brian were our hosts at the run and sheep shearing demonstration at Invercargill, N.Z. Her hobby was spinning yarn from the fleece, remember?

Address: Wallacetown, R.D. 4, Invercargill, N.Z.

"Easter is upon us once again and the weather is not treating us too kindly. We spent a day at Te Anau with Brian's folks. Brian and John and an American friend trapped to the top of the Gertrude Saddle (west of Homer Tunnel) 4,800'. It was quite an achievement for John, and he was feeling mighty pleased with himself. Janine, Douglas and myself went to see the Wapiti farm on the way to

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for the names and addresses of the committee members has been ignored, even though we offered to write to all of them to discuss a meeting we have suggested take place. Suggestions of Rule Changes have been forwarded, but not acted on. In short, the Chairman has essentially failed to function; accordingly, the program has floundered under his leadership.

Why isn't our Chairman working on a national Calendar of Masters events and seeing that they are rotated around the country? Why has he not provided stimulus and direction to District Masters Chairmen encouraging them to conduct District Masters developmental meets, as well as championships, with the most worthy urged on to the championships? Why has he not obtained a national sponsor (not an easy job) for the Masters program? Why did he write up the Masters AAU rules and submit them to the National Convention without first circulating them among the interested Veteran Tra Clubs.

The answer, besides his lack of time to devote to a job which by itself could and should be full-time, is the fact that he is not the type of person willing to work with others and delegate jobs or authority. He is one disposed to attempt to handle all details himself, which for this job, if done correctly, is impossible!

We have asked Ken, and he has agreed to hold a Masters Committee meeting at the Masters In Gresham, Oregon and to invite each National and District Chairman to attend. We do not know the agenda, but will suggest a number of what we believe are some of the more important ones.

If you wish to participate in this conference at Gresham, please write to Ken Bernard, P.O. Box 8512 San Diego, California and advise him of your interest and desire to attend; or, if you cannot appear in person, then write to him expressing your views on the subject of Masters athletics.

We know and admire Ken as a very hard-working individual, whose primary weakness is a willingness to take on more than he is capable of doing well. We would ask that if he is not prepared to do the job right, then he should resign and hand it over to someone who will.

LETTER FROM GRAHAM MASON, our delightful host and bus-driver throughout South Island, New Zealand...

"I'm so glad that you enjoyed your stay in New Zealand. The world is only just realizing that we are here "away down under" and I'm sure that the U.S. Masters will sell New Zealand to a lot of people over the next few years.

It was my pleasure to be with you all, and I would like a photo of the group if you have a spare one. Ed Keysar timed his exit from the United Services Hotel and really made the picture of myself and the Mount Cook Lily. I often think about him and his love of ice-cream.

Well autumn is with us; all the trees are losing the leaves and we have had two small falls of snow already, so it looks as though winter is on its way. No plans yet for a winter vacation. The U.S.A. is always in my mind and I will sure let you know if I make it to the States this year. I'm taking my mother to Sydney in May. A cousin is getting married and mother won't travel on her own, so I will accompany her and will have to return to work after only a few days over there.

I had a card from Mrs. Viola Stock recently and she promises me a tour of San Diego Zoo if I make it, so will sure try. Thanks again for letter and photo. Kindest regards, Graham Mason."

The AAU, lacking as it does any government stamp of approval, has no enforcement powers at all and its power depends entirely on the unthinking acquiescence of athletes to whom it has probably never occurred that there is not a single AAU rule, reasonable or otherwise, that they need obey. In other words, these athletes are simply in the habit of obedience.

All that is necessary to defy the AAU is the agreement of a sufficient number of athletes in any given sport to do so. Take the case of handball. The AAU claims to control handball, but handball players, instead of making a big deal out of resisting the AAU, simply pay no attention to its orders. The AAU, reluctant to admit it counts for nothing, conducts championships in a silly effort to assert itself. At these championships, the players flagrantly violate AAU rules (for example, how long may one rest between points), and if the AAU official "in charge" tries to reprimand them, the players tell him to get lost and threaten that they will get someone from the crowd to referee if he doesn't shut up. Whether it is the AAU championships or casual pickup game, top-ranking handball players don't bother to play unless they have a gambling stake on the outcome. Gambling is open and is negotiated right on the court, sometimes seconds before the action begins. The AAU hierarchy is aware of this, but is in the embarrassing position of not being able to do a thing about it. They could declare these persons banned from further competition, but the players would simply ignore them. That would point up the powerlessness of the AAU and rather than admit its non-control, the AAU avoids a confrontation and will put up with anything.

The ploy that the AAU derives its authority in virtue of its franchise from the IAAF is curious in the extreme, since no one knows from whence the IAAF derives its authority. The argument is reminiscent of a fable; according to which the earth is held up by a giant named Atlas, and, in turn, Atlas is held up because he stands on the back of a tortoise. So far as I can see, the IAAF has no enforcement powers, but depends entirely on the voluntary compliance of various national organizations that agree to let it be sovereign. The AAU's claim that it must conform to IAAF regulations is really self-serving since, by taking that tack, it passes the buck to an organization which is beyond the jurisdiction of our federal agencies. The AAU is sitting pretty, because no federal agency, nor Congress itself, can ask it to adopt rules contrary to IAAF rules. But, this argument overlooks the fact that the IAAF is more dependent on the AAU than vice versa. The IAAF simply lacks the wherewithal to conduct its business without the cooperation of the different national bodies. In short, it really hasn't got the enforcement powers the AAU says it has.

As for the IOC, this is just a group of private individuals who take it upon themselves to conduct an Olympics every fourth year. The IOC has no connection with the federally chartered USOC. Americans who serve on the IOC do not serve either as representatives of the United States or as representatives of the USOC. They represent nobody but themselves. If you want, you may think of them as IOC's representatives in America. The IOC is presumably the most powerful organization of the world in sports, because every sports organization wants to take part in "its" Olympic Games. The IOC looks

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On reaching the beach, we were greeted by not only a great crowd, but also almost gale-force winds coming off the ocean; previously unobserved by us due to the mass of large trees within the park.

Soon, we surged to a halt as the final 100 yards was narrowed down by thousands of spectators waiting for friends and family to appear. I received a tongue depressor marked "1461" with some disappointment, as I had hoped to be in the 1st 1,000, but was confounded to learn that the fellow next to me in the checkin held stick number "648". Apparently, the sticks were being handed out with no regard to order, and, of course, no one got a time, as no effort was made to time anyone except the winner. Those aware of this shortcoming keep their own time and are not disappointed. Since there is no scoring or prizes except for the 1st place finisher, who gets a free trip to Sydney for the "City-to-Surf" race in August, the awards are in the participation and being part of a mass happening. Now, we can understand, if not appreciate, why 100,000-200,000 people turn out for an outdoor rock concert.

After check-in, much to our amazement, our help-mate, Helen, emerged from nowhere with our sweatsuit, a most welcome addition to our attire, as the cold was biting. We discovered the San Francisco Olympic Club stationwagon laden with cold beer, (hot buttered rum would have been more appropriate) of which we partook and renewed acquaintances with U. S. Masters Paul Carmichael and George Conlan.

Later, we picnicked in Speedy Meadows in the park with our U. S. Masters Bay area friends, Bill Bigelow, Fred Bierlein, Walt Stack, Pax Beale, and many others.

After making several inquiries, we were still unable to find out who the winner was, but were amazed to learn that the little Dipsea Demon, 10-year old, 65 lb. Mary Etta Boitano had apparently used her diminutive physique to good advantage in squeezing past runners, and had come in 1st in the Woman's Division. Since there were at least 1,000 women in the race, and held up by a giant named Atlas, and, in turn, Atlas is held up because he stands on the back of a tortoise, this was quite an accomplishment.

During the picnic, we saw a very small little girl in spectacles playing frisbee and were asked if she was Mary Etta. We assured the questioner that she was not. Much to our chagrin, another more informed corrector rected us. It is almost unbelievable that such a slip self-serving since, by taking that tack, it passes the buck to an organization which is beyond the jurisdiction of our federal agencies. The AAU is sitting pretty, because no federal agency, nor Congress itself, can ask it to adopt rules contrary to IAAF rules. But, this argument overlooks the fact that the IAAF is more dependent on the AAU than vice versa. The IAAF simply lacks the wherewithal to conduct its business without the cooperation of the different national bodies. In short, it really hasn't got the enforcement powers the AAU says it has.

By the way, if you happen to know who won the race, let us know.

we do with the Tartan Flash, Duncan McClean (89), London, when he comes over for the Masters, now that Larry Lewis has left this vale of tears. Soon, it will be Divisions, I, II, III, IV, V, VI and VII What about our venerable, soft-spoken Norman Tamanaha of Hawaii having the '74 Maui Marathon named in his honor! Couldn't happen to a nicer guy.

The fat is in the fire. Well-meaning, but aging Rudy Fahl, father and General Chairman of the Pike's Peak Marathon, has suffered the fate of too much success. Last year's race, with several hundred runners, was by most observers too much for the Division III founder to cope with. Therefore, as a result, not everyone got a time; results were "screwed up" and Rudy, as Master of Ceremonies, left something to be desired. This has resulted in the local AAU deciding to put on a competing Pike's

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upon the Games as its private plaything. Every now and then it issues a controversial ruling and when various groups make a show of defiance, it threatens to cancel the Games altogether. And so, it always gets its way. If you think hard about it, you must see how strange this is. The IOC is strictly a sanctioning organization. It decides where the Games will be held, what sports will be included, and who may take part. It contributes absolutely nothing to the real management of the Games. That task falls entirely to the host city and the different sports organizations (in the case of track and field, the IAAF).

Okay, now it is time for me to enter the realm of the bizarre and show you how naive I am. I want us to imagine a series of events that may seem far out and try to figure out what the consequences of these events would be.

1. Joe Namath shows up at a track meet and announces he will compete in the javelin throw. AAU officials politely inform him that he is not eligible. He, less politely, informs them that he does not give a damn for their opinion. Outraged officials say they will call the police and have him removed from the premises. Joe tells them not to bother because he has already called the police in anticipation of AAU idiocy. The police are standing by, ready to protect Joe from anybody's infringing on his right to throw a spear into the grass. Why not? Do you think this is absurd? Is it just the case that I am ignorant of the law? Is there a law in each state of the union that makes it a criminal offense to try to take part in a track meet when AAU officials have told you not to?

2. Guatemala track officials invite Sid Gendin to compete in a road race. The AAU thinks Gendin won't make a very good showing and want to send somebody who can at least pick up a next-to-last. The Guatemalans insist on Gendin because they don't want to take the chance of having a Guatemalan finish last. They ask Gendin if he is willing to go even though he can't get an AAU travel permit. To no one's surprise, he accepts the invitation. Normally, the AAU threatens non-conforming athletes by banning them from international competition, but, in the present case, the athlete is refusing to conform precisely by competing in an international event. So what is the AAU going to do now? Plainly, if they say that I'll be banned from local competition, I am going to ignore that ruling, too. So what is their next move?

3. The AAU threatens any athlete who competes in a meet in which Gendin competes. It says the athlete will lose his amateur status. Taking a cue from handball players, the runners ignore the threat. What now?

4. Handball, of course, is strictly an American game. (Team handball is an unrelated sport). So handball players don't risk the loss of the rights of international competition. The IAAF now declares Gendin's accomplices and Gendin ineligible from international competition. Just what competition is that? Guatemala has already made it clear that it will invite whomever it wants to competition on its soil. Is there some reason other nations can't do the same?

5. Detroit suddenly announces it will host the '76 Olympics. As we know, the IOC has already "awarded" Games to Montreal. The IOC states that any Games held in Detroit is not official, but the Detroit Olympic Committee announces that any Games held in Montreal is unofficial. What does the word "official" mean anyhow? What makes something official? What does it mean, for example, to say that a certain track performance isn't an official record? So far

as I can see, that means only that some organization that puts out a book of records won't include that performance in its book. Suppose I put out a book and list that performance. Apart from the fact that one book doesn't include the performance, what exactly is the force of saying it isn't official? If a relay team composed of athletes from different nations sets a record, the IAAF declares that it isn't official. Does that undo the worth of the performance? Does the IAAF's declaration mean that we should try not to remember that mark? Of course, one point behind the term "official" is to indicate that the mark was made under circumstances comparable to other circumstances, so that we can evaluate the worth of the performance. A man who runs 8.5 seconds for 100 yards with a 100 mile wind at his back hasn't performed as well as a man who runs 9.0 into a wind. But, there is no special significance to say that the record is "approved" by one organization, rather than another.

So, let us suppose that, for one reason or another, every nation ignores the IOC Games in Montreal and sends its team to the DOC Games in Detroit. Apart from ranting and raving, is there anything the IOC can do? The IOC can't declare martial law and send in its troops. But, you say, all this is very fanciful and won't happen. Indeed it won't. But, my point is that the only reason it won't is because of our unthinking habitual obedience. This obedience perpetuates itself without any foundation whatsoever.

Ultimately, I think, the real evil is the greed of athletes. We chase after chimerical goals. We attach an importance to athletic fame and glory beyond their real worth. Hence, we are frightened to do anything that will risk our not attaining these goals. Thanks to the insignificance of handball, the players are immune from the threats and badgering of self-styled regulatory agencies. The handball player plays because he wants to play. The trackman tends to be preachy: He "communes" with nature, he gets a chance to travel and meet "interesting" people (usually, other athletes grubbing for medals), he ballyhoos running as a "spiritual existence" (see, for example, Mike Spino's 'Running

'ning as a Spiritual Experience' in Jack Scott's The Athletic Revolution). The long distance runner typically claims to love running. He seems to think that liking running isn't enough to justify it. An educated guess is that less than 2% of all runners do like the sport. Suppose we had a totalitarian government which banned all Americans from international competition. It also banned intercollegiate track and field and interscholastic track and field, as well. It permitted intramural meets and informal neighborhood meets subject only to the condition that results could not be communicated through newspapers or other media. Just how many people would still be left in our sport? Precious few, I think. I doubt that these conditions would seriously affect handball, or even basketball, a game that lots of kids who have no hope of playing for a school team still seem to relish.

To put it dogmatically then, but I think accurately, if runners just ran because they liked it, then there would be no organizations that could so much as try to control their running. The power these organizations crave and the thrill the people in these organizations get from wielding power is all predicated on the athletes' pursuit of illusory goals and the quaint idea that these organizations are evils, but necessary evils, for the achievement of those goals. By Sidney Gendin

Peak Marathon on the weekend prior to Rudy's race. Rudy charges he can't get help. Others contend Rudy won't accept help when it's offered. We personally regret this schism and trust these difficulties can be ironed out by race time. One Pike's Peak Marathon is enough, and Rudy deserves a better fate than this.

What about the original Dirty Old Man, Walt Stack, doing o.k. at the 50-mile JFK run, setting a 60 plus record and outlasting 1,000 dropouts due to extremely inclement weather (See related story).

The Corona Del Mar group are touting Payton Jordan's Division II 10.7 100 set at the Mt. Sac Relays on April 27th, with their speedy relay teams winning both 4-man events in 3:49.7 over the Seniors Track Club, and 45.7 for the lapper. They will be hard to beat in Gresham.

Our constant yapping out on the Pro-Am situation may be bearing fruit. The Rules Committee of the IAAF is meeting in May to recommend legislation to the larger body that meets in Rome in August. The IAAF (for the first time) is now aware that as Veteran athletes, we feel everyone who wishes should be able to compete, regardless of his antecedents. Hopefully, the rule will be changed before '75. We have advised the CMITT that the USMITT will not compromise the U.S. AAU rule which permits any man over 40 to compete in Masters competitions. Besides, the Veteran athletes are capable of organizing themselves. They don't need an essentially unrelated organization telling them what they can or cannot do. In this vein, why not confer in Toronto with each country having a representative there, to discuss subjects such as this and set policy for Veterans worldwide. Why should the AAU and/or IAAF tell us how to run our sport?

Miki Gorman (38), member of the LAAC, was the sensation of the '74 Boston Marathon in besting some 40 official women entrants, with a remarkable 2:47.11. This was not her best marathon effort, however, in that she set a women's record time of 2:46.36 at Culver City in 1973. Miki averaged 5:40 per mile for her 1st 10 in Boston, which probably accounted for her failure to better her '73 record effort.

Miki makes a fine addition to the budding female running community.

John Pavelich writes that the Canadian Masters will award Olympic commemorative coins of \$10.00 and \$5.00 denominations as medals for the Vancouver meet. They have also scheduled a 70+ division as well as the Sub-Masters. Hal Higdon sends details of the AAU Masters 15 kilo in Michigan City. There will be two separate races - 40-49, 50 and over, with an early a.m. start on Saturday, August 3rd for Division II, followed by the Division I race. Hal's also organizing a picnic to follow, with lots of activities.

Max Bacon, of the Canadian MITT has obtained a sponsor for \$6,000 in trophies for Toronto '75. This helps push our budget over the \$36,000 mark.

From Philadelphia, we get reports that George Braceland is still up to his old tricks of entering every event, and winning most, in his Division III. "Boo" Morcom (50-54) is still vaulting 13'6" indoors and does 9.3 for the 60-yard Highs, 2nd to a 30-year old winner. A soon-to-turn-40 from this area is Walt Palmer, who, as a Sub-Master, does 10.1-100, 22.9-220 and 52.8-440. Also, Richard Bredenbeck (65+) did the 60 in 9.1, mile 6.07.7 and 2-mile in 13.20.0; and, Claude Hills (60+) competed in 8 events.

We note a number of USMITT members who compete at the Nationals, but cannot compete in a relay because their local club doesn't have enough runners in a given class to make up a team. Others are competing unattached, and, therefore, can't run the relay. If you will not be running for your own club and wish to compete in the 4 x 100, or 4 x 400 relay, drop us a line and we will see if we can make up a team of USMITT members, both at Vancouver and Gresham. If your club will be entering a team, then you should, by all means, run for it.

Ed Keysar, Division II, and excellent 5 and 10 km runner, has undergone serious ear surgery and is not back to running. Ed's address is: San Fernando Valley TC, 15300 Ventura Blvd., Sherman Oaks, CA 91403, and he would appreciate a note from his friends.

LOST - - WHERE ARE YOU?

ADKINSON, JR., CHARLES San Diego, California	EVANS, FRANK El Cajon, California
AMBROSE, WAYNE Santa Ana, California	FANNING, PAUL K. New York
ARNOLD, ALBERT Berkeley, California	FELIX, BILL Hacienda Heights, Calif
BADINELLI, DON Tempe, Arizona	FOURNIER, JIM San Diego
BAJEMA, DONALD San Diego, California	FREEMAN, BRIAN San Diego, California
BARDEN, J.R. Richmond, Virginia	GARDNER, HUGH Redwood City, Calif.
BARTON, NEILL La Mesa, California	GETAS, JOHN Pacific, California
BIGGAR, BILL San Diego, California	GOLDGREN, JR., JAMES Richmond, Virginia
BILLINGS, FLO Tustin, California	GORDIEN, FORTUNE Altadena, California
CATE, JACK Scottsdale, Arizona	GRANDY, V. W. Hollywood, Florida
CASTELLO, DR. ANTONIO New York, New York	HANSEN, ROBERT No. Hollywood, Calif.
CHEERY, JOHN San Diego	HIDALGO, MANUEL San Francisco
CLEVINGER, NATHAN Glendora, California	HURD, FRED Ahoskie, North Carolina
COOK, JACK, Sparks, Nevada	HUESTON, R. S. Dallas, Texas
CORBETT, TED, New York, New York	ISAACSON, BURT La Jolla, California
COCHRAN, JOHN Las Vegas, Nevada	JACOBS, THEODORE San Diego, California
CORZINE, LESTER Sunland, California	JOHNSON, BILL San Diego, California
CORTNER, LT. CO., JR. APO San Francisco, CA	JOHNSON, MARVIN Fresno, California
CORZINE, LESTER Sunland, California	JONES, DON Redondo Beach, Calif.
CYR, FRED Santa Ana, California	JORDON, ROBERT San Francisco, Calif.
DELANEY, JIM Corona Del Mar, Calif.	KALOS, MR. JEANNIS Thessaloniki, Synkismon
DICTOR, SIDNEY El Paso, Texas	KARRASS, MAJOR EUGENE Fayetteville, No.Car.
DONNELLY, DONALD F. San Diego, California	LEARY, LEE Vienna, Virginia
ESSLINGER, DONALD Torrance, California	

Date: _____ EQUIPMENT ORDER FORM
 NAME: _____ ADDRESS: _____
 TELEPHONE: _____
 WEIGHT: _____ HEIGHT _____ BUILD: Slender Medium Stocky X-lge
 SUIT/JACKET SIZE: _____ WAIST: _____
 Dave: I would like to order the following official U. S. Masters International Track Team items: (Check items desired)

Item	Size	Price	No. Ordered	Extension
BLAZER - suit size		\$80.00		
REGULAR "T" SHIRT:	Sm <input type="checkbox"/> Med <input type="checkbox"/> Lge <input type="checkbox"/> x-lge <input type="checkbox"/>	4.00		
FUN "T" SHIRT:	Sm <input type="checkbox"/> Med <input type="checkbox"/> Lge <input type="checkbox"/> x-lge <input type="checkbox"/>	5.00		
TRACK SHORTS:	Sm <input type="checkbox"/> Med <input type="checkbox"/> Lge <input type="checkbox"/> x-lge <input type="checkbox"/>	8.00		
TRACK VEST:	Sm <input type="checkbox"/> Med <input type="checkbox"/> Lge <input type="checkbox"/> x-lge <input type="checkbox"/>	8.00		
NYLON WINDBREAKER:	Sm <input type="checkbox"/> Med <input type="checkbox"/> Lge <input type="checkbox"/> x-lge <input type="checkbox"/>	18.50		
SWEAT SUIT:		50.00		
PATCHES:		4.00		
WOMEN'S SHORTS:	8 <input type="checkbox"/> 10 <input type="checkbox"/> 12 <input type="checkbox"/> 14 <input type="checkbox"/> 16 <input type="checkbox"/>	6.00		
WOMEN'S TOP:		6.00		
I would like to order extra items for members of my family as follows:				
Item	Size	Price	No. Ordered	Extension

Enclosed is my check/money order (including \$1.50 postage), \$ _____

(Your Signature) _____ NOTE: ALL PRICES SUBJECT TO CHANGE WITHOUT NOTICE.
 Return this portion to: DAVID H. R. PAIN 1160 Via Espana La Jolla, California 92037 MAKE DUPLICATE FOR YOUR RECORDS.

CALENDAR OF EVENTS

JUNE '74

- 6/1 Philadelphia Masters Relay Carnival, St. Joseph's College, 54th & City Line Ave., Philadelphia, Pa.
- 6/8 NCSTC Club Championships, Sacramento State N.Y. Metro Masters Track & Field Championships, Randalls Island, N.Y.; Randolph Clarence, 484 Troy, Brooklyn, N.Y. 11203
- 6/8 Corona Del Mar Relays (Great relays meet) Irvine, Calif.
- 6/22-23 Senior Olympics, Irvine (South of Los Angeles) Calif., Suite 302, 5225 Wilshire Blvd., Los Angeles, CA 90036, Att: Warren Blaney (5:00 p.m.) 2-mile Masters Atlantic Coast Championship Race. (Free room for contestant and family, plus lots of goodies). Bob Fite, Colonial Hotel, Cape May, N.J. 08204
- 6/26 1st Canadian Masters Track & Field Championships, Vancouver, B.C., John Pavelich, 5549 University Blvd., Vancouver, B.C.
- JULY '74
- 7/5-7 National AAU Masters Track & Field Championships, Gresham, Oregon; Jim Puckett, Mt. Hood Community College, Gresham, Oregon
- 7/10 National AAU 35km Walk and Marathon, and Road Race, Kalispell, Montana; Larry O'Neil, 233 5th Ave. E., Kalispell, Montana 59901

AUGUST '74

- 8/2-3 National AAU Masters Decathlon Championships, Hancock College, Santa Maria, Calif.
- 8/3 National AAU Masters 15km, Michigan City, Ind.; Hal Higdon, 2815 Lake Shore Drive, Ind. (Hal's making special plans for out-of-town runners).
- 8/4 USTFF Open, Masters & Women's 10-mile. Cudahy, Wisc., UWMT, Univ. of Wisconsin, Milwaukee, Wisconsin 53201.
- 8/11 Pikes Peak Marathon, Colorado Springs, Colorado; Rudy Fahl, 2400 W. Colorado Ave., Colorado Springs, Colo. 80904.
- 8/18 Pikes Peak Trail Run, Colorado Springs, Colorado; Don McMahill, So. Col. Striders, Pueblo YMCA, Pueblo, Colo. 81002

DECEMBER '74

- 12/20- USMITT Jamaican Junket, Track and Field Competition and Road Race competition, Ft. Lauderdale, Fla., 12/21 and 12/22 - Jamaica 12/26-12/31. Tour extension 12/31-1/7-75.
- 1/1/75 For details write: David H. R. Pain, 1160 Via Espana, La Jolla, Calif. 92037.

JENNY SENIOR, Continued from page 10

Manapouri. I'm not sure but I think you would call them Elk. There were some beautiful animals amongst the herd.

My brother arrived home 4 weeks ago from the States and brought with him a Sears catalogue. It has some fabulous things in it. He was actually working on Petite St Vincent and passed through America on his way home.

Do let me know sometime how everyone gets on with the pikelet and scone recipes. We got started on iced tea during the summer and found it very thirst quenching.

I will be busy in the next few weeks painting and paper hanging. Our bedroom is badly in need of re-decorating. I hope this find you in good health."

- Lost?
- LEE, JOHN
Inglewood, California
 - LISRANCE, EMORY
Ann Arbor, Michigan
 - MATTIE, PETER
Danville, California
 - MEDINA, TOBY
Rowland Heights, Calif.
 - METZ, DICK
Honolulu, Hawaii
 - MILLER, LLOYD B.
Long Beach, Calif.
 - MORGAN, HUBERT
Seaford, Delaware
 - MORRIS, L. B.
Paris, Texas
 - ORTH, PAUL
Whittier, Ca
 - MUMSEY, KEITH
Albany, New York
 - MURPHY, JAMES
Redondo Beach, Calif.
 - REGAN, GEORGE
Austin, Texas
 - RING, DICK
Toronto, Ont., Canada
 - ROWLETTE, MARSHALL
Depaw, New York
 - ULSH, ROBERT T.
Danville, California

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

June, 1974

MAY 19, 1974

WORLD VETERANS MARATHON AND 10km - PARIS

A strong team of Canadian Masters, headed by A. Taylor, Bill Allen and Ron Wallingford, put their maple leaf into 2nd in the team, scoring behind Finland, but ahead of Sweden and Germany, for the marathon, placing 2nd, 14th, and 28th, respectively. Taylor's 2:32.24 was 4 minutes behind the winner, Alistair Wood of Scotland, who ran 2:28:40. Eric Osby (54) proved his the class in Division II, coming in 3rd overall at 2:33.04. The times were not impressive, due to a very humid 81°, with a course run over dirt, gravel and sand trails. 570 runners competed.

Organization was lacking, with things getting off to a bad start when the toilets flooded in the dressing area. Then, in the 10km, the runners ran 1-1/2 kilps extra, with some runners (the slower ones) going only the official distance. Laurie O'Hara found himself in 30th place as a result, but gamely fought back to 2nd. His 38:19 minute time was some 6 - 7 minutes off his regular 10km effort. The runners, particularly in the marathon suffered greatly, due to an absence of aid stations on the course, with a number of runners collapsing.

U. S. Masters, Johnny Wall, was 1st in the 60-64 Division, with a fine 3:09.35. The 10km had 390 starters. Out Otto Essig was 3rd in the 60-64 Division (23 starters) with a 45:57 behind two Germans, the winner in 42:52. It is a shame the last two World Masters events - Paris and Isle of Man - have been plagued with weather and organizational problems.

JOHN F. KENNEDY 50-MILE HIKE RUN

"Our dirty old man, and U. S. Master, the indomitable sexagenarian, Walt Stack, has done it again!! Despite rain that poured all day, and temperatures in the low 30's, he finished the 12th Annual JFK 50-mile Hike-Run in 9:48.16, setting two records. He became the oldest man to finish and broke the over 60 record (set by a woman). This event which takes place in Hagerstown, Md., drew 1,355 starters this year, but only 225 finished because of



unusually bad weather, with ice on the rocks and lots of mud and rain. Walt described it as the toughest race of his life. 100 women started, and only one brave soul finished, coming in 220th. Walt was 33rd. The winner was 23-year old Max White in 6:06.19. Sounds like it was the real ball-buster that it was predicted to be!!"

NCSTC News

LOOKING FORWARD TO SEEING MANY OF YOU in Vancouver, B.C., on June 28, for the 1st Canadian Masters Track and Field Championships; and in Gresham, Oregon, July 4, for the US National AAU Masters Track and Field Championships! (See CALENDAR for Meet Directors).

DAVID & HELEN PAIN

SPOTLIGHT HAROLD CHAPSON

in the 1st flush of morning you see him: a short compact, gray-haired man running in the grass along side the canal that borders Ala Moana Park.

He's not loping along, not jogging. He's driving himself as hard as he can. The sweat is pouring off. He's hurling himself like a sprinter. Gee, you think, what's that old codger doing tearing along like that? He'll kill himself. You watch, astounded.

It's Harold Chapson 71 years old (born July 11, 1902), holder of 12 world track records for a man his age, ranging from the 100-yard dash (14 seconds). That fellow can outrun most kids 50 years younger than he.

At an age when his contemporaries, if they are vigorous, play a spirited game of shuffleboard or lawn bowling, Chapson runs. And he runs so well he amazes medical people and sets an example for the elderly. For it is not the records which are of overriding importance. They are the frosting on the cake. That chap with the flying heels and flying gray hair is saying to the old folks: "You, too, can stay fit right into old age. Probably not by running against a stopwatch, as I do, but at least by exercising every day. How you do it is up to you."

Does he love running? Hah! Chapson answers with the candor of the elderly. He hates it. But it keeps him in good shape and that's why it's worth it.

"I go over to the park every day," he says. "I don't like to run. It isn't fun. It's hard and it's boring and I hate every damn step of it. It's a horrible way to spend 15 minutes."



Please turn to page 10