

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.

# THINK JAMAICA!

DAVID & HELEN PAIN  
 1160 Via Espana  
 La Jolla, Calif. 92037

August 16th, 1974

Please include us in the USMITT plans for the '74 Christmas tour to Jamaica. I want \_\_\_\_\_ reservations to meet you all in Florida on December 20th. My nearest airport for departure is \_\_\_\_\_

I understand that there are some university accommodations available (less expensive, only singles - but "could be adjoining" reports Dr. Ossie) and I would \_\_\_\_\_ like to reserve same where possible OR I prefer the extra comforts of 1st class hotel - all the way - when on vacation and won't mind the extra expense. So please book \_\_\_\_\_ hotel accommodations for me for the entire trip.

The trip to the Caribbean just must include a cruise! Please sign me up for the 6-day specially chartered cruise of the Windward and Leeward Islands \_\_\_\_\_. I'll talk \_\_\_\_\_ of my friends into going because I know you need a minimum of 55 to charter this very special brigantine. \_\_\_\_\_ Yes?

Enclosed please find \$ \_\_\_\_\_ (\$100 per person) as a deposit for \_\_\_\_\_ reservations for the regular tour, plus \$ \_\_\_\_\_ as reservations for the week of exploration under sail.

Share your pieces of 8 with us and we'll share the sails, blue sky, flowers, clouds, winds, clear waters, sands for running, love and song with you\*\*

## U.S. Masters International Track Team

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



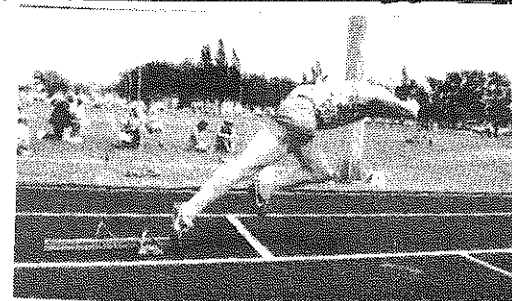
1160 Via Espana  
 La Jolla, California 92037  
 (714) 459-6362

August, 1974

### PACIFIC NORTHWEST ODYSSEY

The first combined effort between the U. S. and Canadian Masters to coordinate their respective national championships has taken place and proved an unqualified success. As a result of cooperative scheduling, the Canadians set their 1st Masters Championships to coincide with the U. S. Masters, that is, one week apart. With the two meets separated only by the distance between Vancouver, British Columbia and Gresham, Oregon, the Masters of both countries were enabled to participate in the two events at a minimum of expense and time. The venues also permitted those who participated to enjoy the dramatic scenery of the Pacific northwest, as well.

The Canadian Masters took place prior to the U.S. Championships and were hosted by the City of Richmond, adjacent to Vancouver. We were housed at the beautiful University of British Columbia and at the new Hyatt House, handy to both the airport and the track. On arrival, we checked in at the Minoru Park Community Center to pick up our information, which was conveniently packaged by Meet Director, John Pavelich, and immediately engaged in renewing acquaintances and enjoying the Cold Duck and cheese provided by our hosts. The next day, we found the Richmond all-weather track facility well appointed and more than adequate for our purposes. The committee was well organized, so that all events were expeditiously conducted, with a minimum of delay. One unexpected plus was Mr. John Hutcheon, the Scottish starter, who performed his duties admirably, with a minimum of false starts. His explanations before each heat were of great assistance to the U. S. Masters, unfamiliar with a 400m track.



Director of U.S. Masters Championships at Gresham, JIM PUCKETT, starting at Canadian Masters Championships at Minoru Park, Richmond.

Competition was conducted in 5-year age groups, except the sub-Masters, which encompassed the 30-39 group. The large entry, and generally well-filled fields in each division, made the 5-year divisions work well and enabled the competitors in the second five years of the decade to

### USMITT TO COMPETE IN FLORIDA AND JAMAICA

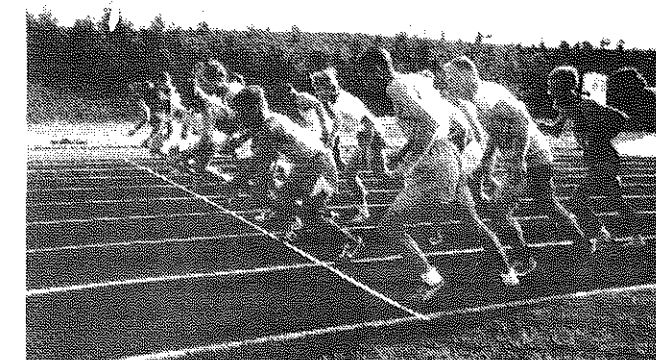
A short tour this Christmas, December 20 to January 1st, with a 6-day tour extension, has been finalized. We expect excellent competition both in Ft. Lauderdale from the Florida Masters and the Jamaicans, as well. Competition starts at age 30, with Juniors and wives included. Tell your Sub-Masters friends who have been complaining so bitterly how they have been excluded from so many Masters trips and competitions.

As air travel and housing are critical in this area at Christmas, we will need your reservation applications and deposit right away. We, too, must tie up space and need to know how many will be going.

### EXCEPTIONAL PERFORMANCES ENHANCE AAU MASTERS

Outstanding athlete awards were given to the top track and field athletes in each 5-year division. The selection committee, in some instances, had little difficulty in making their selection and in others, the contrary was true.

In Division 1-A, the track award went to Ray Hatton, (42), who competed so well in 1972. Ray won both the 5 and 10km events, traditionally the toughest events to win in the Masters. His 15:09.0 5 km broke O'Hara's effort by .03 seconds. Ray had no one to push him, otherwise, his times might have been even better.



Start of 1500m Div IA. RAY HATTON (Bend, Ore.) on rail won in record time of 15:09. AAU Masters, Gresham, Ore.

Dave Jackson, (42), took the prize in the field events, winning the 1-A Long Jump - 21'6" - and the Triple Jump - 45:7, a U. S. 42 age group record.

continued from page 1

In 2-A, any doubt in the selectors' minds vanished after Jack Greenwood's anchor leg in the 4 x 400 Relay, in which he made up 5 yards on Fred Smith (who, earlier, broke the Masters 400m record at 51:02) and edged him by a whisker at the tape - 3:33.1 to 3:33.4 in an unofficial 50:8 400. Jack was overall winner of the 400m International in 57:43 and the 110's in 15:39, 2nd in the High Jump - 5'; 1st in 100 at 11:8; and 1st in 200 in 23:53.

Roger Ruth, (46), earned the field event with a winning 5'1" High Jump and a 14'½" Pole Vault. In Division 2-A, Avery Bryant, (50), walked off with the track prize for his gritty performances in the 800, 1st at 2:15.20; 2nd in 1500 - 4:37.93; 1st 5km - 17:57; 1st 10 km - 36:14; and 1st in Steeple 11:48.42. In each case, he ran against fresher competitors and still came up with that final sprint.

George Ker, (51), manhandled the 2-A field award with his 1st in the Discus, 148'7½"; and 1st in the Shot - 53'5½".



A "flying" AL GUIDET (L.A.) breaks the hearts of the IIB sprinters in 25:24.

AAU Masters, Gresham, Ore.

In the 55-59 division, Al Guidet, (56), announced early that he was staking claim to the track honors by creaming his opposition in the sprints 11:91; 1st 100m, 24:84; 1st 200m, 56:29; 1st 400m, 18:1; 1st 110m Hurdles, 1:06.7; 1st 400m International Hurdles, plus a couple of fine relay legs. We can't recall Al running any better than in Gresham. He now holds all the age group records from age 52-56. In the field, it was Bill Morales, (57), who performed well in the Javelin, Hurdles, and Jumps. In Division 3-A, it was tougher, as the 60-year olds became more competitive. Bill Andberg, (63), ran off with the gold ring, but not without a tussle from John Wall, (60). Andberg took the measure of Bud Deacon twice, winning the 1500 - 4:53.0; and the 800 2:24, both meet and age group records. He was 2nd to Wall in the 5km, who also won the 10km.

In the 3-A Field Shot, we inserted perapatic Bud Deacon, (63) for setting a 63 age group record in the Pole Vault - 10'½", plus 1st in Triple Jump - 30'2"; 1st in High Jump - 4'6"; 3rd in Javelin - 108'8"; 1st in 400m International Hurdles (30") - 1:10.22; 1st in 110m Hurdles (33") - 18:76; 2nd in 1500m - 5:20.15; 2nd in 800m - 2:24.56 (broke his age group record).

Special mention should go to both Russ Niblock (60), and Rito Sjostrand, (60), for their excellent sprint efforts and World Records 400m times of 59:10 and 59:75, respectively. To our knowledge, this is the first time any 60-year old has bested his age in the 400, and no one under 60 has ever accomplished this feat.

For those moving in the 65-69 division, A.J. "Pug" Puglizevich, (66), rounded back into the form he showed 5 years ago as a 60-year old. Pug scored a 1st in the 100 - 14:30 (a U. S. age group record); 1st in 200 - 29:48 (an age group record); 2nd in Long Jump - 12'4½"; and 1st in the Shot, #8 40'9½". Unfortunately, Ken Carnine was injured, otherwise Pug might not have done quite so well, but at 65+, just staying in one piece is an accomplishment.

The 3-B field award went to Win McFadden, (69) who scored in his specialties; 1st, Triple Jump - 28'5½"; 1st in Long Jump 14'0"; 1st High Jump - 4'0"; 2nd in the 200m at 30:49, in which race he came from last to 2nd, and in so doing, set an age group record.

Special mention should go to Walt Frederick, (66), who ran in the 5km, 10km (a 2nd to Otto Essig) the 110m Hurdles and the 400m Hurdles, and the High Jump. He appeared a little slower than in years past. We were reminded, however, that earlier, on the 3rd day of competition when he ran in four events, he had that morning run a 3:38.23 marathon. Unfortunately, we did not have a prize for iron-man performances, otherwise, Walt would have earned it.

With some meaningful competition in the Division 4, (70+) for the first time, with 10 entries (one being Duncan McLean, (89)) so many age group records were broken we can't list them all. Here Sing Lum, (70) pressed Harold Chapson, (72) for the top track award, but lost out due to Harold's fine efforts against 65-year olds in the middle distances, where he bested most of them. Chapson was 2nd to Lum in the 100m in 15:26; 1st in the 400m - 1:09.18 (a 72 age group record); and 1st in the 1500m - 5:49.25 (another record).

Former open-weight man, Stan Herrmann, (70), easily earned the Division 4 field award, as he was 1st in the Shot; 3rd in the High Jump; 1st in Discus; 1st in Hammer, #12; and 3rd in the Javelin, 600gm. Most of his efforts were either meet records and/or age group records.

As for Duncan McLean, (89), we can only hope that at 89 we can still do a 20 second 100m and a 44 second 200.

There were many other fine individual performances throughout the meet which space prevents listing. They will remain with us for a long time, however.

#### NORDIC SKIERS NOTE:

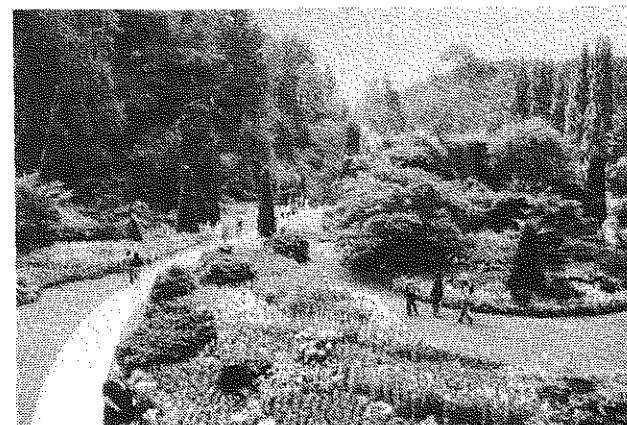
We are planning a U. S. Masters International Track Team Nordic Ski Team, which in February and March of 1975 will do the Finlandia 75km near Helsinki (February 23, 1975) and the world-famous Swedish Vasaloppet - 82km (March, 1975). Walt McConnell, (N.J.) and Larry Boies (Minn.) are both Nordic ski enthusiasts and wish to form a team of Masters for the competitions. If you are interested, write to the editor.

#### PACIFIC NORTHWEST ODYSSEY

continued from page 1

win medals. In most instances, had the 10-year divisions been employed, these people would have been shut out. Another innovation was the reduction in height of the hurdles from the standard 36" in the 400m intermediates to 33" in Division 2 and 30" in Division 3. This resulted in more entries in this event in the two older divisions. This procedure was followed in Oregon (although contrary to current AAU Masters rules) and again proved its merit. We definitely recommend to Ken Bernard, National AAU Masters Chairman, that the 5-year age divisions and the reduced heights of the hurdles be made official before the next AAU Masters.

The addition of the U. S. Masters to the Canadian meeting definitely added to the quality of the competition and assured adequate entries. The reverse was true at the Oregon meet, where a large Canadian contingent made their colorful contribution. Adding also to the international character of the Canadian and U. S. meetings was the 4-man contingent from Great Britain, upstaged by the venerable 90-year-old Duncan McLean, commonly referred to as the "Tartan Flash", ready with a quip or song, all composed by him, at the drop of a bonnet. It turned out that Duncan, before the turn of the century and through two world wars, was engaged in British Music Hall, specialized in Highland Dancing and later a stand-in for the legendary Sir Harry Lauder, Scotland's all-time entertainer.



Butchart Gardens, Victoria, B.C.

On departing Vancouver, two busloads of U.S., Canadian and British Masters and family took the ferry to Vancouver Island to visit quaint Victoria, home of one of the world's outstanding horticultural displays, the Butchart Gardens, which defy description and can only be seen to be fully appreciated. For some, coming from the parched southwest U. S., the beauty of these gardens and the unusual trees and flowers displayed was an outstanding treat. Later, a number of us who had met Roger and Winnie Ruth on previous Masters' treks, including San Diego and Europe, were their guests for the evening. Roger Ruth is the holder of the Masters Pole Vault record and an instructor at the University of Victoria. Earlier that day, we had motored North to the Naniamo area, where we dug a large bag of cockle clams and a garbage can full of fresh oysters, which grow by the thousands on Vancouver Island's many beaches. These were opened and served at the party, and also cooked over a charcoal brazier. The clams

were steamed and consumed, with the broth enhanced by melted butter and minced parsley. Those who favored sea food gulped down the delicious morsels. Others had to be urged, but these too were soon pressing our host, Roger, to open more oysters, at which he was expert.



WALT MC CONNELL shows a native how easy it is to glean oysters off a Vancouver Island, B.C. beach at low tide.

Following our brief visit to Victoria, with its quaint Victorian buildings and flowering hanging baskets, we ferried South to Port Angeles from whence we motored to the Olympic National Park Rain Forest, and found, appropriately, that it was raining steadily. About eight or ten of the more intrepid quickly changed in the bus and raced about the trails for an hour, enjoying the beauty of the giant virgin cedars and verdant masses of ferns growing at their bases. Wednesday, we bused from Port Angeles to the Hurricane Ridge in the Olympic Park. Again, the weather was overcast and raining, which was not promising but as we arose on the highway at the 5,000 foot elevation, we broke out above the clouds and were greeted by a vast array of snowbound peaks of the Olympic Range, some cloud draped. Here, we lingered to appreciate this natural wonder and to hear a brief, but informative lecture by the forest ranger. Before our departure, we were pelted with snowballs instigated by Nancy Greenwood, while attempting to take photographs. Soon everyone was involved, with frigid missiles flying in all directions. After order was restored, we then reboarded our buses and continued our journey to Portland, Oregon.

Friday found us greeted by Coach and sub-Master, Jim Puckett, at Mt. Hood Community College in Gresham, with facilities that were the best yet enjoyed by the Masters, complete with an excellent grasstex track and a commodious covered stadium. Added to this were the excellent dressing facilities and hospitality room provided by Nike Shoes.

The 3-day meet was well organized and quickly conducted, with little loss of time. Hurdle crews, composed of local youngsters, did a good job in placing and removing the barriers. It would be hard to find a more suitable venue for our Masters Championships than that enjoyed at Gresham. Added to this was the expertise and enthusiasm of Coach Puckett and his large staff of family and students, who coordinated all aspects of the meet, even to the extent of having walkie-talkie radio communications with the shuttle buses, as well as the infield.

continued from page 3

The addition of a 3rd day for the Track & Field competition was again an innovation which proved worthwhile, enabling athletes to enter more events and shortening the time of each day's session. This change should be favorably considered by the sponsors of the '75 championships.

On Sunday morning, the 20km walk and marathon were conducted on Sauvie Island, about 30 minutes out of the city. The course consisted of two 13-mile loops around the island, which the competitors uniformly approved as being fast, level, cool and scenic, as the island is devoted to agriculture and animal husbandry. Spectating was limited to the start, 13 mile, and finish point, as the narrow island road did not permit a heavy influx of cars.

A negative element was the attitude of the locals on the island, who resent the intrusion of what they believe to be their exclusive province, and who, accordingly, drove on the marathon course in an arrogant and reckless manner.

A highlight of the meeting was the outdoor barbeque conducted on the campus, where we were surfeited with broiled steaks and all the trimmings. Included on the program was a talented 12-man singing group, who gave a varied program of songs and led the audience in community singing.

It has been our feeling that the U. S. Masters should move about the U. S. each year and not vegetate in one spot. The caliber of the meet presented at Mt. Hood clearly confirmed this concept and not only displayed the Pacific northwest to the Masters, but also created renewed enthusiasm among those who participated in the meet.

Press coverage was good and a CBS team filmed the entire 3-day proceedings, viewed on National television three weeks later.

Upon the conclusion of the Masters, our traveling group, now one bus load, departed at an early hour for a short flight to Spokane, Washington, where we spent the day touring Expo '74, a remarkable exhibition for such a small city as this. We were most impressed by the Australian, Canadian, U. S., USSR, Chinese and Japanese exhibits, all of which were lavishly appointed, well designed, and which presented excellent slide shows and/or films featuring various aspects of their country. All leaned heavily on the ecology theme (the theme of the fair) and discussed what they were doing to help man to live better with his environment. The setting, on an island, within the rapid Spokane River, was excellent and will, when the fair closes, be converted to a park.

Offered, as well, were the foods of many nations, all well prepared and attractively presented. Anyone planning to visit this exhibition should allow two days in order to see and enjoy all of its offerings.

Later that day, we flew from Spokane to Kalispel, Montana where we were greeted by Larry and Carolyn O'Neil. We were housed at a ski resort on Big Mountain, some 25 miles northeast of Kalispel. Here, high in the mountains, we could gaze down the wooded slopes to the valley beyond, still green from spring and summer rains and recently departed snow. On Thursday, we motored to

Glacier National Park, and via ancient sight-seeing, open-topped buses, cruised through the park to witness its unspoiled, rugged beauty, dramatically highlighted by the jagged peaks, snow fields and glaciers which populate this 1,000,000 acre reserve.



Glacier National Park, Montana

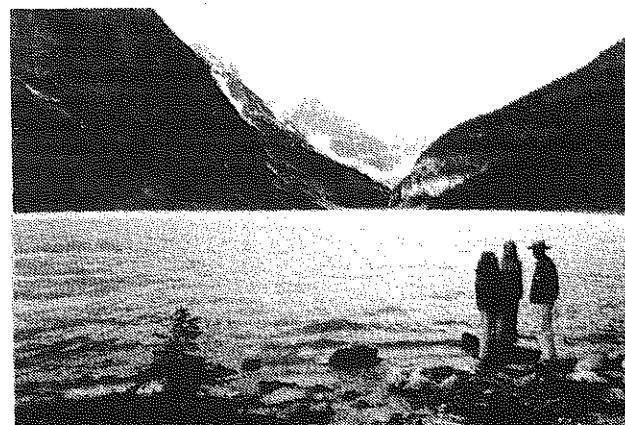
As we crept up the "Road-to-the-Sun" highway over the Logan Pass and the Continental Divide, we observed large snow fields in abundance. This year, they had enjoyed a record snowfall, in which the crews had to clear out 30' of snow to reach down to the parking lot. One drift over the road was 70' high, and was at least 40' as we passed it.

Luckily, Bob Herman and I were able to get a good hour's run on this scenic highway, bordering the Ste. Mary's River, still in flood stage, being fed from the rapidly melting snowfields above. Later that day, we visited the gracious, but still magnificent and well preserved hotel at East Glacier, constructed in 1913-14 by the Great Northern Railroad. As we entered the lobby, we observed its salient feature, select Douglas fir tree logs, some 6'-8' in diameter and towering 80 feet up in the air in support of the structure. Economics today dictate less grandiose structures. The brief visit to this hotel of an era now gone was a pleasant interlude in our day's visit to Glacier.

Wednesday, we left our mountain retreat for the bustling town of Kalispel, where some of us walked and ran in Larry's 35km walk and Kalispel Marathon. Helen outdid herself, as well as her own expectations, by negotiating the first 25km (15 miles) in a little over five hours before calling it a day. The walk was won in excellent time by Canadian Master, Max Gould, followed by U. S. Master, Don Johnson, New Jersey, and Larry Boies, Minnesota. In addition, Alan Wood and Howard Austin, also U. S. Masters, completed the very tough course, which included in its last 7 miles, the steep roadway up Big Mountain. Unfortunately, the exhausted Wood was unable to attend the good dinner hosted by Larry and his committee, due to an early plane departure. Regrettably, the advertised buffalo meat failed to develop and we had to content ourselves with barbequed roast beef.

continued from page 4

Thursday, at 8:00 a.m., we motored from Big Mountain across the Canadian border and concluded the day's trip at Radium Springs, where we ran up a mountain fire road covered with Indian Paint Brush and other alpine flowers, and then swam in the fresh-water pool and hot baths. Later, we relaxed our travel and run-weary feet in the hotel's high pressure, jet jacuzzi before a fine dinner, where we sang "Happy Birthday" to Harold Chapson. Bright and early the next morning, we drove up through Banff National Park to observe one of the world's most beautiful mountain lakes, Lake Louise, with its overwhelming mountain and glacier backdrop, and featuring snowfields several hundred feet thick, clinging to the cliffs towering above. Our thirty minute stop proved far too short and did not permit the 4-mile hike to the glacier at the head of the lake. After this stop, we traveled to Banff. Some of our



Lake Louise, B.C....a lifetime dream come true.

group rode the sky tram to the top of Sulphur Mountain, 7,500', where they had a magnificent overview of the mountains and valley below, but well battered by a frigid, biting wind. Three of us, Max Gould, Dan Stiles and your reporter, found a mountain bridle path and ran four miles up the Bow River Valley and then returned. An unexpected bonus was encountering a hen mountain grouse, who, reluctant to abandon her week-old chick, fluttered into the bush on the side of the trail. Expecting to freeze on a windy trail, we were pleasantly surprised to learn that the entire trail was bordered with pine and aspen, protecting us from the winds encountered by those riding the tram aloft.

Even the best laid plans sometimes go awry, and in this case, it was our chartered bus, which obviously had seen its best years. Its engine labored long and hard, but failed to keep us up with the flow of traffic and finally experienced a "broken wing", when we stopped at a weigh station on the prairie West of Calgary. Here, the door blew open from the force of the wind, fracturing the upper hinge holding the door and resulting in Cy, our driver, having to wire it closed with some bailing wire he had in his tool box. This resulted in our having to use the rear emergency exit, which required a 4' jump to the ground. Much frivolity ensued, until some resourceful soul appropriated a construction trestle, which we used as a step for the remainder of the trip.

On arrival at Calgary, after a quick stop at our excellent university housing, we debarked at the Stampede grounds, again through the rear exit much to the amusement of a Canadian Mountie standing by.



When the front door failed (strong winds out of Calgary), we used the rear exit. Bombs away.

The Calgary Stampede proved both exciting and very entertaining. We arrived in time for the world-famous Chuckwagon Races, where 4-horse teams pulled traditional chuckwagons around the 5/8ths mile track. Never having observed these races before, we learned that on the start, the team must circle two barrels after having been loaded with stove and tent poles and must finish with four outriders within 125' of the wagon, or otherwise suffer penalties. Since some \$80,000 in prize money for the 10-day meeting was at stake, the races were hotly contested in all nine heats. In one, a horse fell and its rider was injured, requiring his being carted off to the hospital. The races were followed by a stage show of considerable magnitude, ending with a fine fireworks display. That evening was completed with a birthday toast to Dan Aldrich and a delicious cake, ordered by his thoughtful wife, Jean.

The next day, a number of us returned to the fairgrounds to observe the daily rodeo and many other events featured at the Stampede. Others rested at the university, enjoyed the sun, and worked out on a large, grassy area, with the javelin and discus, under the guidance of Ed Phillips. That evening, we all joined together for a last meal together at a local restaurant, where goodbyes and promises to meet next year in Toronto were exchanged.

As usual, our Masters tour was peppered with heated and well contested competition and nurtured with the comradeship enjoyed by our multinational group, all bound by the common and mutual affection for athletics, as well as each other.

Try it - you'll like it!

#### Postscripts:

Here's hoping Ruth Andberg and Mrs. Ed Phillips are recovering rapidly from their unfortunate accidents, which occurred while their husbands were representing the U. S. Masters.

Also, prayers of comfort and courage to Mrs. Don Farquharson on the loss of her brother.

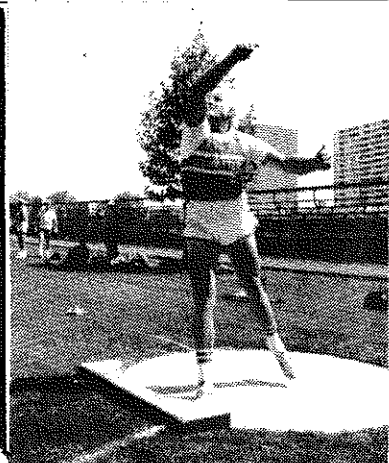


POLE VAULT

DIV. 1	DIV. 2
1 RUTH, R.....4.28	1 GILLET, O.....3.20
2 DONLEY, J.....3.51	2 BROWN, D.....3.20
3 WOERLE, M.....2.35	3 HUTCHINSON, J.....No height
4 WILSON, D..... --	
5 WALLACE, H..... --	

DIV. 3
1 DEACON, B.....2.80
2 THOMPSON, S.....2.64
3 BRACELAND, G.....2.49
4 HILLS, C.....2.35
5 BROSZ, A.....1.90

DIV. 1	METERS	SHOT PUT	DIV. 2	METERS
1 WASSAM, T.....13.50		1 KER, G.....15.85		
2 PAVELICH, J.....12.80		2 BANGERT, B.....15.54		
3 WALLACE, H..... 9.92		3 ALDRICH, D.....11.29		
4 MACLEOD, R..... 9.11		4 WARWAS, H..... 9.24		
5 WOERLE, M..... 8.77		5 PATTERSON, S..... 8.71		
6 GRIMM, E..... 6.81		6 LEISTER, J..... 7.31		



BILL BANGERT puts the 16 lb. shot.  
Canadian Masters, Minoru Park

JACK FOSTER TAKES MARATHON OF THE TIMES

New Zealand's Jack Foster (41) proved that age and distance from home was no liability in thrashing Boston Marathon champion, Neil Cusack (Ireland) and Ian Fleming (NYAC) in the inaugural running of the Marathon of the Times, sponsored by the Los Angeles Times, on June 22, 1974.

Foster's winning 2:18:24.8 was one minute faster than Cusack's 2:19:23.2, nearly four minutes up on 3rd place finisher, Fleming.

The performance was comparable to a 2:15, or better, according to Foster, who was distressed by the 75° heat and four-hill course.

The first 10 miles was run by these three in better than a five minute pace, and nearly that fast for the 20, where Fleming dropped back. Cusack lasted to 24½, when the heat and pace got to him, and Foster coasted in the winner.

Run-For-Charity. Some 60 entrants paid \$100 (U.S.) for the privilege of losing to Foster and flogging themselves for 26 miles. In besting Cusack, Foster demonstrated that he is one of the world's top marathoners active today and that his 2:11 in Christchurch was no fluke.

Foster acknowledged he planned to compete in the World Masters meet next August in Toronto, and that he would abandon the marathon for the 10,000m and steeple.

TRIPLE JUMP

DIV. 1	DIV. 2
1 RUTH, R.....38' 6 1/2"	1 HUSENY, H.....33' 11 1/2"
2 SCHLEGEL, P.....28' 8 1/2"	2 HUTCHINSON, J....33' 6"
3 WALLACE, H.....14' 0"	3 MORALES, W.....31' 5 1/4"
	4 GILLET, O.....30' 10"
	5 PICKL, M.....30' 6 1/2"

DIV. 3	DIV. 3 (cont'd)
1 DEACON, B.....10' 5 1/4"	5 DICK, J.....28' 4"
2 HILLS, D.....29' 5"	6 BRACELAND, G.....27' 0"
3 THOMPSON, S.....28' 8"	7 CARUSO, J.....26' 11 1/4"
4 NICHOLLS, D.....28' 5"	8 VESCO, A.....23' 7"
	9 BROSZ, A.....20' 9"

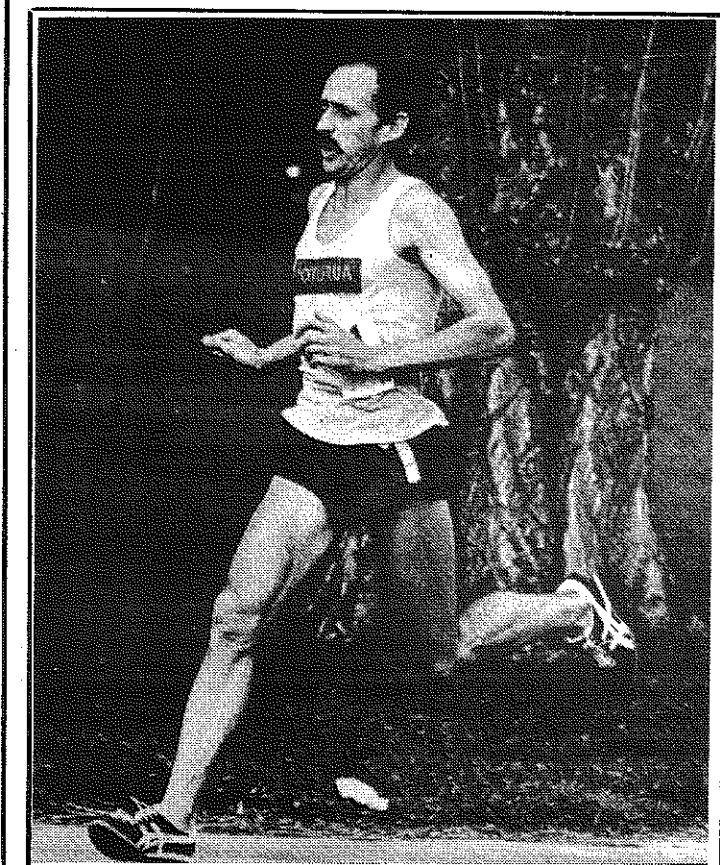
DIV. 1	HAMMER	DIV. 2
1 PAVELICH, J.....37.08		1 PATTERSON, S.....40.06
2 WOERLE, M.....19.52		2 ALDRICH, D.....34.96
		3 BANGERT, B.....30.38
		4 PICKL, M.....16.64

DIV. 3	DIV. 3 (cont'd)
1 HUBBELL, R.....32.34	3 BRACELAND, G.....22.90
2 VESCO, A.....25.48	4 BROSZ, A.....20.58
3 DICK, J.....24.06	5 NICHOLS, R.....19.82

JAVELIN

DIV. 1	DIV. 2
1 WERNER, H.....56.34	1 MORALES, W.....48.48
2 FLAHERTY, B.....50.48	2 HUNTER, H.....45.74
3 PAVELICH, J.....44.66	3 ALDRICH, D.....42.02
4 PHILLIPS, E.....43.54	4 KILBUCK, J.....41.44
5 WALLACE, H.....43.42	5 HUTCHINSON, J.....32.24
6 WOERLE, M.....32.98	6 PICKL, M.....21.12
	7 PATTERSON, S.....18.96

DIV. 3	DIV. 4
1 NICHOLLS, O.....38.44	
2 DICK, J.....36.74	1 PENNOCK, F.....22.28
3 DEACON, B.....33.78	2 HERRMANN, S.....21.00
4 CARNINE, K.....33.54	
5 BRACELAND, G.....33.32	
6 HILLS, C.....32.06	



FALSE STARTS

Our man from Western Australia, John Gilmour, (55), Perth, reports he competed in the Australian Masters National Cross-Country 10km. The 33 starters suffered over a mountainous figure-8 course, repeated twice, in which all were reduced to walking the last hill. Absent a bad fall, John feels he could have been 2nd over all. As it was, he scored 3rd. Tom Kelly, (42), was 1st in 38:35; Ron O'Neil, 2nd in 39:59; and John 3rd in an excellent 40:14. Collin Junner was 2nd in the 50-54 group, and 6th overall at 43:05. Gilmour also reports that Cliff Bould, (58) ran a fine 3:02 marathon, probably one of his best. We recall Cliff's fine efforts in Division II six years ago, when he set records in both 3 and 6 miles, and in so doing, lapped the field, including a very fit John Lafferty... Sgt. Major Wm. Vann of the USMC and in his 40's, now stationed in Yuma, Arizona (one of the hottest spots in the U.S.) reports that in 4 years, 1 month and 14 days, he ran 8,000 miles and sent a Certificate of Athletic Achievement to prove it... Bob Fite, who operates a hostelry at Cape May, N.J., reports on his 5th Annual Masters 2-mile Beach-front Race stating:

"George Sheehan lowered his own age group world record in winning at age 55 at 10:56 and Bob Horman, who finished second in 11:00 flat, set the 56-year old mark. Browning Ross, two-time Olympian, who is returning to competitive running at age 50, finished a strong 3rd at 11:04. Manfred Kandschur lowered the meet record to 9:54.5 in the 40 and up age group.

"There were 70 entries in this race on a beautiful day. Runners and their families attended an awards dinner following the race at the Colonial Hotel with Dr. George Sheehan giving an interesting and informative talk after his record-setting day."

Bob graciously gives free housing to all entrants and their families. This is one of the finer events on the East coast and rivals Otto Essig's 10-miler in popularity.

Alex and Betty Pappas, recently moved from the Los Angeles area to St. Marys, Kansas, have really stepped in and rolled up their sleeves organizing a summer track festival in a town of 1,400 and had 180 participants of all ages. This was a case of working from the ground up, as Alex borrowed tractors to scrape out a track and then get it in shape for a meet. They also competed in a Masters Meet at K.S.U. Betty, approaching 40, ran the 100 in 12:8 and tied for 1st. Alex had a rougher time, running into Jack Greenwood (Medicine Lodge, Kansas) and Thane Baker (Dallas, Texas). Jack did a most commendable 10:5 to Alex's 10:8, but they were far down the track as Thane blasted 9:8. This breaks the Masters 40 age group record of 9:9 set in 1973 by Robert Thomas (N.Y.P.C.). Since Thane is now 42, he broke George Rhoden's '69 record of 10:4.... For field enthusiasts, we have noted a definite weakness in Masters' High Jump efforts, seldom exceeding 5'. They say the legs are the first to go. Two sub-Masters (30-35), F. Costello on the East Coast and J. Dubrath, on the West, have recently done 6'9½" and 6'10½", respectively, in Masters meets. Hopefully, they will continue in the sport and set Masters records on reaching 40. Incidentally, Jack Ruzetto set our U. S. Masters record in 1970 with a 6'0" leap, equalled in '72 by Phil Mulkey. Jack reinjured a bad knee on the

day he set the record and has never returned to compete. For those interested in Age Group Records, a new issue is out compiled by Pete Mundle (a labor of love). Copies can be purchased by writing to Pete or the U.S. Masters International Track Team. Price \$2.00, plus postage. For those flash-in-the-pan Masters who appear for a year or two, compete and then drop out, we are compelled to refer to the record of Bill Fitzgerald (49), who has competed in all seven Masters. His performances are a picture of improvement and dedication.

	1968	1969	1970	1971
440/499m	54.4	52.3	54.0	--
880/800	2:04.4	2:14.1	2:01.4	2:00.9
Mile/1500m	--	4:37.0	4:48.0	4:33.6

	1972	1973	1974
440/400m	4:14.3m	4:12.1(m)	4:13(m)

The "Anoka Ghost" writes he left the U.S. M.I.T. tour to return home a week early, due to an uneasy feeling that all was not well. On his return, he learned that Ruth had tripped over a wooden decoy holding a door ajar and had suffered a twisted knee and chipped bone in the ankle. Best wishes for a speedy recovery, Ruth... Frank Stranahan (51), N.Y.C., an entry in the Eastern Regional Masters and a member of the New York Road Runners Club, is none other than the person of considerable golfing fame some years ago.

Ruth Anderson, (45), San Francisco, was the only woman entrant in the Masters Marathon and ran 3:22.45, a time most 45+ males would be happy to settle for. Incidentally, the AAU Masters rules, we believe, are silent as to female participation. One female entrant, Katherine Smith, entered several track events and was badly over-matched... The "Tartan Flash", Duncan McClean, (89), London, sang and talked his way into the hearts of all. His running was not at all too bad either, clocking in the 100m 20.0 and 44.8 in the 200. Hottest competition in Division IV (70+), was a "reborn" Sing Lum, (70), Bakersfield who outlegged Harold Chapson, (71), Hawaii, in the sprints. Those who saw their head-to-head duel down the straight in Vancouver could only have the greatest admiration for their grit and determination.

Leo Benning, of South Africa, reports on the 565 mile Comrades Marathon, run between Durban and Pietermaritzburg on May 31st. 1,349 starters and an incredible 1,160 finishers. The running time was 6 hours, 2 minutes. Benning, a Veteran, was 145th in 7:32.

Peripatetic is the word for our Hawaiian Master Division III Bud Deacon, who has returned to his home in Honolulu after competing at the Eastern Indoor Masters, the S.E. Masters at Wake Forest, N.C., the U.S.I&FF National Masters, etc. of Wisconsin, where he scored 4039 decathlon points (probably a 60+ record). He reports a 2:22.8 at Raleigh.

Phil Partridge tells us his EURICAN implements can be purchased in the U. S. from Sports Group Inc., Box 524, Morrisville, Vt. 05661.

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We now have a full stock of running gear and can fill all sizes. Get your orders in while we have a full stock and before the prices go up again. Order form in this issue.





**STILL FAST**—Former Kansas State Olympian Thane Baker showed fans at the Missouri Valley AAU Masters Championships Saturday that he is still pretty fast as he blitzed to a 9.8 clocking in the 100 yard dash. (Mercury Photo by Fred Wrightman)

# Baker's homecoming is triumphant

By MIKE GILLESPIE  
Mercury Sports Writer  
At 48 years young, Thane Baker—Kansas State's only Olympic medalist ever and the Wildcats' main man in the early 1950s—made his first competitive return to K-State and Manhattan Saturday.

It was a triumphant return. With an awe-inspiring form that could differ only slightly from his collegiate days, Baker raced to winning clockings of 9.8 and 22.3 in the 100 and 220 yard dashes—both possible world records—in the 40-49-year-old classes during the Missouri Valley AAU Masters Championships at KSU's Christian Track.

He took it all in stride. "I believe they're both records—at least they'll probably be submitted," he said. "I wanted to come back and run once more at K-State, and I really wanted to do well. I'm quite happy."

He already owns several other age group world records. Baker, whose visit included a two-hour reunion with his former coach, the legendary Ward Haylett, smoked past the 100 field and managed to make up the stagger in the first 60 yards of the 220.

Also making his presence known was Topekan Dave Shrader, another owner of several world age group standards. After turning 60 Friday and moving into the 60-and-over class

for the first time, the 280 pound heavy who attended K-State in the '40s got off a toss of 37-7/8 on his first throw in the shot put to shatter the former world mark of 34-4. He later finished second in the discus.

"I've been waiting for this day ever since Masters meets started—I was going for the shot record all the way today," said the man who's well on the way to conquering several health problems that have sidelined him often in the past. "Winning is actually the main concern, but the new record is great."

Several other athletes with local ties had fine performances on this hot, breezy afternoon.

Leading the way was Arne Richards in the 40-49 class. The K-State librarian won the 3,000 meter steeplechase in 11:48.4, captured the mile in 5:23.6, finished second in the two-mile, and placed third in the mile prediction race—an event in which contestants predict their time prior to the race and the closest predictors place.

Besides Richards, the only other local double winner was Bill Favrow, who won both the discus and shot with respective throws of 49-7/8 and 144-11/8 in the 30-39 age group.

Winners in the 50-59 division included Jim Upham with a 25.7 220; Tom Thorne with a 4-0 high jump; and KSU vice-president Chet Peters with a 5:52.8 mile.

Also placing were Wayne Warren with a second in the 40-49 mile prediction race and a third in the two mile and Naomi Defini with a third in the women's mile.

Wichita oilman and multi-millionaire Jim Hershberger, a regular Masters competitor who donated a \$125,000 artificial track to the University of Kansas and chipped in on Christian Track, won the 40-49 two-mile in 10:34.



Another great Kansan!

JAVELIN	
DIV. 1-A	DIV. 1-B
1 MILLER, W.....200' 3"	1 WERNER, H.....188' 4"
2 CRANE, H.....194' 7 1/2"	2 STRAUB, R.....150' 9"
3 FLAHERTY, Bob.146' 3"	3 WALLACE, H....146' 9"
4 PHILLIPS, E....141' 5"	
DIV. 2-A	DIV. 2-B
1 HUNTER, H.....145' 10"	1 MORALES, B....164' 3"
2 KILBUCK, J....134' 11"	2 ALDRICH, D....140' 8"
3 HAZEN, J.....133' 7"	3 GROSS, J.....100' 9"
DIV. 3-A 600 gm.	DIV. 3-B 600 gm.
1 DICK, J.....120' 6"	1 CURTICE, E....120' 9"
2 NICHOLS, O....119' 4"	2 CARNINE, K....114' 4 1/2"
3 DEACON, B.....108' 8"	3 MACCONAGHY, R..108' 1"
DIV. 4 600 gm.	
1 ANDERSON, H....82' 7" *	
2 CRANE, B.....77' 1"	
3 HERRMANN, S....71' 1 1/2"	

\*New Meet Record, Old Record Gentry Mower....1972.. 64' 4" New 70 age group record.

PENTHOLON - No Results Returned.

DISCUS	
DIV. 1-A	DIV. 1-B
1 MAURER, D....138'-4"	1 HAWKE, H.....128'-9 1/2"
2 BRADY, P.....136'-3 1/2"	2 STAUB, R.....117'-4 1/2"
3 FRAUNDORF, C....135'-5 1/2"	3 WALLACE, H.....105'- 3/4"
DIV. 2-A	DIV. 2-B
1 KER, G.....148'-7 1/2"	1 ALDRICH, D....133'-4 3/4"
2 PATTERSON, S..113'-3 1/4"	2 THATCHER, J....115'-9 1/2"
3 KILBUCK, J....103'-8 1/2"	3 GILLETT, O....109'-3 1/2"
DIV. 3-A	DIV. 3-B
1 YORK, J.....122'-9 1/2"*	1 CARNINE, K....136'-7"
2 DICK, J.....119'-6 1/2"	2 HUBBELL, R....102'-10 1/4"
3 LAMB, E.....107'-10"	3 BROSZ, A..... 84'-8"

\*New Meet Record, Old Record John Dick - 109' 2" -- 1972

HAMMER THROW	
DIV. 1-A - 16#	DIV. 2-B - 12#
1 STEELE, C....118' 5"	1 ROCHAMBEAU, G...130' 2 3/4"
2 DOUGLAS, D....107' 7"	2 ALDRICH, D.....123' 4"
3 WOERLE, M.... 65' 5 3/4"	
DIV. 2-A - 12#	DIV. 3-B - 12#
1 PATERSON, S...132' 8 1/4"	1 HUBBELL, R.....94' 11 1/4"
	2 BROSZ, A.....70' 10 3/4"
DIV. 3-A - 12#	DIV. 4-A
1 VESCO, A.E....90' 3 3/4"	1 HERRMANN, S.....85' 7 1/2"*
2 DICK, J.....72' 7 3/4"	
3 YORK, J.....70' 5 1/2"	
4 NICHOLS, R....65' 9 3/4"	

\*Age Group Record

LONG JUMP	
DIV. 1-A	DIV. 1-B
1 JACKSON, D....21' 6"	1 WASHINGTON, H....18' 8 1/2"
2 PRESBER, P....20' 7 3/4"	2 VROOM, D.....18' 1 1/2"
3 DAVIDSON S....20' 6"	3 AMBROSE, W.....15' 6"
DIV. 2-A	DIV. 2-B
1 SPENCER, R....16' 6 1/2"	1 FARRELL, G.....16' 10"
2 HUTCHINSON, J..16' 5"	2 MORALES, B.....16' 8 1/4"
3 HUSNEY, H.....15' 11"	3 MCNEICE, H.....15' 8"
DIV. 3-A	DIV. 3-B
1 SATTI, J.....16' 4 1/4"*	1 MCFADDEN, W....14' 0"
2 WHITE, F.....15' 5"	2 PUGLIZVICHI, A..12' 4 1/4"
3 DEACON, B.....15' 2"	3 BROSZ, A.....11' 6 1/4"

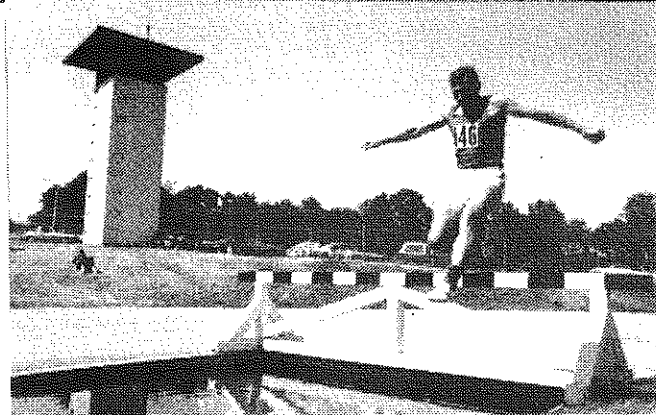
\*Ties Meet Record

HIGH JUMP	
DIV. 1-A	DIV. 1-B
1 AUSTIN, E.....5' 8 1/4"	1 RUTH, R.....5' 1"
2 DOUGLAS, D.....4' 6"	2 GREENWOOD, J....5' 0"
	3 KLASSEN, F.....5' 0"
DIV. 2-A	DIV. 2-B
1 GIST, B.....5' 3 3/4"	1 GILLETT, O.....4' 11"
2 WITNEY, R.....4' 11"(Fewer Misses)	2 MORALES, W.....4' 9"
3 BROWN, D.....4' 11"	3 PICKL M.....4' 5"
4 SHERIDAN, B....4' 7"	4 YOUNG, J.....3' 11"
5 EKELOT, C.....4' 5"	
DIV. 3-A	DIV. 3-B
1 DEACON, B.....4' 6"	1 MCFADDEN, W....4' 0"*
2 DICK, J.....4' 4"	2 BROSZ, A.....3' 10"
3 BERLEIN, F.....4' 4"	3 FREDERICK, W....3' 10"

\*69 Age Group Record, Former Record-Konrad Boas - 1973 3' 10"

TRIPLE JUMP	
DIV. 1-A	DIV. 1-B
1 JACKSON, D....45' 7"*	1 RUTH, R.....37' 11 3/4"
2 PRESBER, P....40' 3/4"	2 WASHINGTON, H..35' 6 3/4"
3 DAVIDSON, S....38' 6 1/2"	3 VROOM, D.....34' 6 3/4"

DASH	
DIV. 2-A	DIV. 2-B
1 HUTCHINSON, J..34' 2"	1 FARRELL, G....38' 3"
2 HUSNEY, H.....33' 6"	2 PICKL, M.....31' 1 1/2"
3 SPENCER, R....31' 4 1/2"	3 GROSS, J.....30' 5 1/2"



HENRY KUPCZYK (41) setting a meet record, 10:42.8 in 3000m Steeplechase.

POLE VAULT	
DIV. 1-A	DIV. 1-B
1 DONLEY, J.....11' 6"	1 RUTH, R.....14' 4"*
2 HATFIELD, T.... 9' 6"	2 GROSH, D.....11' 0"
3 DOUGLAS, D.....9' 6"	3 WALLACE, H... 5' 1/2"
DIV. 2-A	DIV. 2-B
1 BROWN, D.....11' 0"	1 VERNON, J....10' 0"
2 EKELOF, C..... 8' 0"	2 GILLETT, O...10' 0"
DIV. 3-A	DIV. 4
1 DEACON, B.....10' 1/2"***	1 MACCONAGHY, R..9' 1 3/4"***
2 HILLS, C.....7' 0"	2 BROSZ, A.....6' 0"

\*\*Meet Record; Old Record 13'6" - K. Hiob-1970  
\*\*\*New Meet Record

SHOT PUT	
DIV. 1-A - 16#	DIV. 1-B -16#
1 WASSAM, T.....45' 2"	1 LAUF, J.....39' 4 1/4"
2 FRAUNDORFER, C.44' 3"	2 WALLACE, H....34' 3 1/2"
3 SCHRODER, L....39' 3/4"	
DIV. 2-A - 12#	DIV. 2-B -12#
1 KER, G.....53' 5 1/2"*	1 THATCHER, J...41' 7 3/4"
	2 ALDRICH, D....40' 1/2"
	3 WARWAS, H....34' 4 3/4"
DIV. 3-A - 8#	DIV. 3-B - 8#
1 YORK, J.....44' 1"	1 PUGLIZVICHI, A.J. 40' 9 1/2"
2 VESCO, A.....38' 9"	2 CARNINE, K.....40' 8 1/4"
3 NICHOLS, R....37' 3 1/2"	3 BROSZ, A..... 32' 5"
DIV. 4 - 8#	
1 HERRMANN, S....39' 2 1/2"***	
2 CRANE, B.....31' 4 1/2"	
3 MOWRER, G.....30' 7 1/2"	

\*51 Age Group Record; Old Record - Carl Merritt - 1971 - 49'6 1/2  
\*\* New Meet Record, 70 Age Group Record; Old Record - 1972 - B. Fuentes - 23' 8 1/2"

OUTSTANDING ATHLETES AWARD			
DIV. 1-A TRACK	HAHON JACKSON, D.	DIV. 1-B GREENWOOD, RUTH, R.	
DIV. 2 A TRACK	BRYANT, A.	DIV. 2-B GUTIERREZ, A	
DIV. 3-A TRACK	ANDBERG, B.	DIV. 3-B PUGLIZVICHI	
DIV. 4 TRACK	CHAPSON, H.	MCFADDEN, I	
FIELD	HERRMANN, S.		

EASTERN MASTERS  
A.A.U. CHAMPIONSHIPS  
WHITE PLAINS, N.Y.  
July 20, 1974

HIGH JUMP	
SUB-M:	DIV. I
1 COSTELLO, F.....6'9 1/2*	1 RITTENBERG, R.....5'5 1/2*
2 LITTLEJOHN, A...6'2	2 PISTONE, J.....5'5 1/2
3 DASH, R.....5'8	3 BOWERING, R.A.....5'4
4 JACKSON, R.....5'6	4 LEVERONE, C.....5'
5 PETRIE, V.....5'4	5 CLARENCE, R.....5'
DIV. II	DIV. III
1 HUTCHINSON, J....4'8	1 BRACELAND, G.....4'4*
2 GANSLER, R.....4'6	2 LACEY, R.....4'2
3 NEUHOF, M.....4'6	3 HILLS, C.....4'
4 KEEFE, J.....4'4	
SUB-M	DIV. I
1 COUNIHAN, G.....14'3*	1 HARRINGTON, J.....12'6
2 CYPRUS, N.....12'6	2 DOUGLASS, D.....9'6
3 DASH, R.....12'	3 WALLACE, J.....8'6
4 WRIGHT, W.....11'	

EASTERN MASTERS continued

DIV. II (No Entries)		DIV. III	
		1 BRACELAND, G.....6'6	
		2 HILLS, C.....6'	
TRIPLE JUMP			
SUB-M		DIV. I	
1 JACKSON, R.....42'10*		1 RITTENBERG, R.....37'5*	
2 MARRACCINI, P.....37'7		2 LEVERONE, C.....36'4 1/4	
3 WRIGHT, W.....35'11 1/4			
4 POLHEMUS, J.....29'10 1/4			
DIV. II		DIV. III	
1 LUKENS, E.....35'11 3/4*		1 HILLS, C.....28'4 1/2*	
2 HUTCHINSON, J.....33'10		2 BRACELAND, G.....25'5	
3 COLEN, H.....31'8 1/2			
LONG JUMP			
SUB-M		DIV. I	
1 COUNIHAN, G.....20' 1/2		1 PISTONE, P.....20'1 3/4*	
2 PATON, G.....19'5 1/2		2 RITTENBERG, R.....19'2	
3 JACKSON, R.....19'4 1/2		3 DADAGIAN, A.....17'6	
4 DEMARCO, R.....18'5		4 LEVERONE, C.....17'3 1/2	
5 BUTTERFIELD, T.....18'		5 WALLACE, J.....16'3	
DIV. II		DIV. III	
1 HUTCHINSON, J.....16'9		1 HILLS, C.....13'2	
2 GANSLER, R.....16'5		2 BRACELAND, G.....12'7 1/2	
3 LUKENS, E.....16'4 1/2			
HAMMER			
SUB-M		DIV. I	
1 WOLFE, I.....163'*		1 BLACK, I.....156'*	
2 JACKSON, J.....120'5		2 THOMPSON, A.....153'5	
3 MAGNA, A.....118'11		3 MEYER, P.....131'1	
4 DECKER, R.....118'3		4 BROSSMAN, H.....125'	
		5 PHILLIP, A.....124'4	
DIV. II		DIV. III	
1 MCDERMOTT, T.....135'1*		1 PARTRIDGE, P.....70'11	
2 KEEFE, J.....55'1		2 SHRADER, D.....56'2	
		3 BRACELAND, G.....55'8	
		4 WRIGHT, A.....54'4	
		5 HILLS, C.....44'1	
JAVELIN			
SUB-M		DIV. I	
1 BALDERSTON, R....193'3*		1 YOUNGS, R.....174'9	
2 JACKSON, R.....159'		2 OLSON, L.....139'6	
3 BUTTERFIELD, T...129'1		3 MCALLISTER, J....117'6	
4 SNYDER, G.....119'6		4 COLEN, H.....84'1	
		5 WEST, H.....71'5	
DIV. II		DIV. III	
1 KILBUCK, J.....133'1		1 PARTRIDGE, P....117'11	
2 LUKENS, E.....116'6		2 BRACELAND, G....93'4	
3 HUTCHINSON, J....106'3		3 HILLS, C.....90'2	
4 KEEFE, J.....100'9		4 WRIGHT, A.....46'10	
SHOT PUT			
SUB-M		DIV. I	
1 JOINER, W.....45'7 1/4		1 OLSON, L.....41'6 1/2	
2 HOLLAR, W.....38'10 3/4		2 MEYER, P.....33'7	
3 BUTTERFIELD, T...35'8 3/4		3 DOUGLASS, D.....30'10	
4 SNYDER, G.....35'4 1/2		4 BLACK, I.....30'9 1/2	
5 MAGNA, A.....32'1		5 WEST, H.....24' 1/4	
DIV. II		DIV. III	
1 MCDERMOTT, T....36'7		1 SHRADER, D.....31'4*	
2 KEEFE, J.....26'9		2 PARTRIDGE, P....26'11 1/2	
3 NEUHOF, M.....24'7		3 BRACELAND, G....24'5 1/2	
		4 WRIGHT, A.....18'11 1/4	

please turn to page 18

U. S. TEAM OF PHYSICIANS, SCIENTISTS AND ATHLETES RETURNS FROM MEDICAL STUDY OF PRIMITIVE, CAVE-DWELLING INDIAN 100-MILE RUNNERS IN HIGH SIERRAS OF MEXICO

A 23-man expedition of physicians, scientists, technicians and photographers from all parts of the United States--many of whom are also distance runners--has just returned from an 8-day study of the Tarahumara Indians of Mexico. Reputed to be the most superbly-conditioned human beings on earth, these primitive, cave-dwelling Indians live at the 9,300 foot level of the Sierra Madre Mountains and regularly stage 100-mile and even longer cross-country races, exhibiting endurance and stamina virtually unknown elsewhere.

The medical-research team, headed by Harold Elrick, M.D., Director of the Foundation for Optimal Health and Longevity, which sponsored the expedition, also included Dr. Alexander Leaf Jackson, Professor of Clinical Medicine and Chief of Medical Services, Harvard Medical School and Massachusetts General Hospital; Dr. William Phillips, Professor of Physical Education, San Diego State University; Dr. Robert Vinton, Physician, San Diego State; and Dr. James Crakes, Professor of Physical Education and Coach of the track team, United States International University.

Sam Clark and Wayne Zook, competition distance runners, assisted the medical team. Other expedition members included Seattle's Bill Smit, who directed the film crew; Ned Davis, San Francisco TV and film producer-photographer and Fred Orth, Chairman of the Board of Unigard Insurance, Seattle.

According to Dr. Elrick, the purpose of the expedition was to check reports of unusual longevity and almost superhuman physical endurance, to make observations of and medical tests on these remarkable people and to apply the resulting data to the formulation of a new approach to the achievement of "optimal health" among Americans.

Tarahumara Indians, ranging from champion runners to non-runners, women and children of a tiny remote village, high in the mountains, were observed, interviewed and tested. The tests included bicycle ergometry ("riding" a stationary bicycle adjusted for constant work load), to measure maximum oxygen consumption, and a variety of blood chemistries, along with anthropomorphic measurements and vital functions tests.

The Indians also staged a demonstration distance run of 60 miles, beginning in late afternoon and ending at 3:00 a.m. the next morning. Two teams of three runners each raced over the rugged, rocky valleys and canyons, much of the time in total darkness. In the Tarahumara tradition, the runners, wearing thin, hand-made sandals, not only ran the gruelling race, but kicked a small, hard wooden ball in front of them the entire distance.

Data from the expedition is still being evaluated, but Dr. Elrick's team has tentatively concluded that the almost unbelievable endurance of these runners results from a life-style of constant walking and running from early childhood

please turn to page 19

"MOVIN" VANN MOVES ON PAST 5,000 MILE MARK

Sergeant Major William "Moving" Vann, 44, whose idea of relaxation is a 6 to 8 mile daily run, recently completed 5,000 miles of "relaxation" on May 16.

Vann, a native of Wilmington, N.C., and a 27-year veteran of the Marine Corps, was presented his 5th 1,000 mile certificate and is now hard at work on his 6th.

"I began running on Okinawa in 1958 just to kill time. I continued running over the years, but really didn't get serious until I was in Vietnam in 1970," he said.

Even though he upped his daily mileage from 6 to 8, he never kept track until he reported to Camp Pendleton in 1970. Vann says he joined the "Run for Your Life" program there and wrapped up his 1st 1,000 miles in a few months.

Major General George Bowman, who was then Commanding General of Camp Pendleton, presented his 1st 1,000 mile certificate, his 2nd followed shortly while he was a student in the First Sergeant's School and where he organized a running club among his fellow students. His 3rd came a few months later with his return to Camp Pendleton. The latter pair was awarded by Major General Herman Poggemeyer.

Vann reported to Yuma in May, 1972 and because of the excessive summer heat here, took nearly 8 months to complete his 4th 1,000. He was awarded that certificate in December.

In less than 3 years, Vann has been awarded well over a dozen trophies in distance running. In December, he took part in a Yuma track meet where he won 1st place in his age group in the 100-yard dash, turning in a very respectable 12.4 seconds. He picked up a few more honors at the MCAS Yuma, military track and field meet held 3 weeks ago.

He also has organized a running club among Marines in VMAT-102 with a membership of some 50 marines.

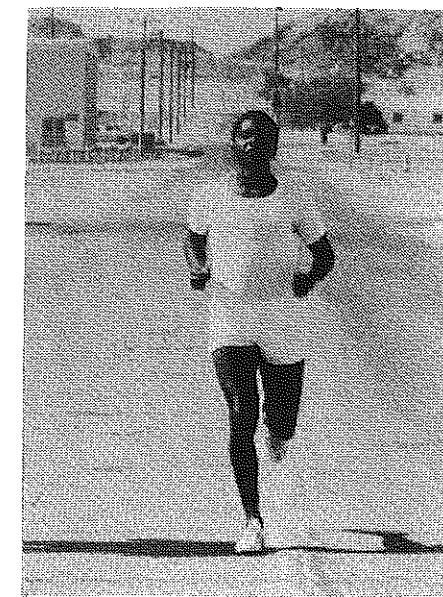
MORE ABOUT CANADA AND US

On completion of the '74 Canadian and U.S. Masters, and conclusion of our tour to Calgary, we returned to Toronto to confer with Don Farquharson and his committee to resolve a problem encountered at the CNE.

As originally conceived, the World Masters' venue would be in the CNE Sports Stadium, equipped with an all-weather track. Since then, the City of Toronto, which controls the CNE has decided to convert the stadium for major league baseball. This project would eliminate the track in the spring of '75.

As a result, after meeting with the CNE Officials, it was agreed that:

- (1) The CNE would live up to its financial obligations to the Masters;
- (2) That the track meeting would be shifted to the Etobicoke Track & Field facility, some 15 miles out of town; and
- (3) That the CNE would assume any extra expenses incurred as a result of this change.
- (4) That the marathon would take place on the CNE grounds; and
- (5) That the Masters would participate in the



"There has been a tremendous response from younger Marines and the club is growing," he said.

Last autumn on his 26th anniversary in the Marine Corps, he ran 26 miles to mark the occasion. This year it will be a 27 mile run and so on until the day he retires on 30 years, then he will celebrate the occasion by running 30 miles. By the way, Vann, who can comfortably run 1,000 miles in 6 months or less, hopes to go beyond the 10,880 mile mark. The Boston Marathon is also in his sights for the future.

"Running is the best therapy a person could ask for," he said. "Since I've started, my weight dropped from 200 pounds to 163, and I haven't been sick a day since."

The slim, fleet-footed Sergeant Major says he will continue running after retirement and into his old age. And he plans to be around for a long, long time.

opening ceremonies at the CNE and also, to a limited extent, in the Scottish Highland Pageantry evening show, with exhibition relays, or sprints, featuring no less than the "Tartan Flash", Duncan McLean.

We also arranged for housing at the University of Toronto and Don will arrange for us to use the Toronto university varsity track, where preliminary heats will be held, and some of the longer races, such as the 5 and 10km.

Since there will be a 10km cross-country race, we visited a park, where Don has conceived a fiendish course, in the best British cross-country tradition, which will involve hills, trails, grass, hurdles, and several crossings of a stream which cannot be jumped. After the race, we will enjoy a Canadian corn-on-the-cob feed.

We then planed from Toronto to New York where we met with Richard Lacey, Meet Director of the Eastern Regional Masters, held July 20th on the new tartan facility at White Plains High School, 35 miles North of New York City in Westchester County. We met with city and county officials, with a view to White Plains bidding on the U.S. AAU Masters Championships for 1975. White Plains is a one-day bus trip, and one-hour flight from Toronto.



CONFESSIONS FROM A JAMAICAN PIRATE:

Not all of the Caribbean pirates are headquartered in Port Royale...Several months ago I found this "neat" Jamaican travelog...but I honestly don't know to whom to give the credit.

FEBRUARY IN THE SUN: JAMAICA

Islands, more than mainland countries, want personal associations if they are to be especially remembered. At least by me. I am hard put, without giving the matter some concentration, to distinguish between Maui and Kauai in the Hawaiian group; it is because not enough has happened to me on visits to each.

Jamaica is different. My association with it goes back a couple of decades. The first was in connection with a then-revolutionary kind of tour: Pan American would take you on a flying excursion from New York to the Caribbean's five top touristic islands, and home again. Looking back on that introduction to the quintet, it occurs to me that of the lot, Jamaica remains the most recognizable. Cuba turned Castro-Communist and quite literally left our Western orbit. The Dominican Republic suffered through the end of the Trujillo dictatorship, only slowly evolving into a respected member of the Caribbean community. Haiti endured the cruel Papa Doc era, with the junior Duvalier now a less repressive successor. Puerto Rico progressed economically, politically, and most assuredly touristically. But in so doing it paid a price, the installation of a Yankee-style Gold Coast fringing its capital.

Jamaica has not, heaven knows, stood still. In 1962, it became a fully sovereign state, voluntarily associated with the British Commonwealth, retaining Elizabeth II as its Queen, and ceremonial head of state, but with its own Prime Minister running a government that bows to none in the hemisphere when it comes to give-and-take, two-party democracy. By 1972, tourism had developed to the point where planners expect it to yield an annual \$120 million. The island's bauxite mines have become a major money-earner. Countless small industries have sprung up with official prodding. The literacy rate is 85 percent - one of the highest in the hemisphere. The British-founded island rail network continues to haul adventuresome passengers but there are, as well, not one but two national airlines - one domestic (Jamaica Air Service), one international (Air Jamaica).

On my first visit, I put up at a rambling old British colonial-style pile called the Myrtle Bank, in a garden of its own that backed onto a jetty in Kingston Harbor. There were wide verandas and revolving ceiling fans. The proportion of British clientele was higher then. Princess Margaret, still a tyke, had not discovered Barbados, but Noel Coward had settled into a Jamaica house and was not averse to popping into the Myrtle Bank bar for a drink.

If you left Kingston, the place to head for was Ocho Rios, a mid-island North Shore hamlet that was just beginning to be known, thanks to the just-opened Tower Isle Hotel. Port Antonio was touristic terra incognita, and even Montego Bay--the No. 2 city at the far end of the North Shore--was a fairly exotic destination. All the while, though, hotel-building continued at a fast pace. Big places went up as well as small, and foreign managements were by no means excluded from the scene.

But as independence neared, a kind of national consciousness developed that has been pervasive enough to keep Jamaica Jamaican.

Independence brought problems as well as progress. Downtown Kingstown became so down at the heels that the lovely old Myrtle Bank went out of business. If you went to the capitol at all, you went to the government-owned Sheraton Kingston, in the New Kingston section, away from the hurly burly. Even then, you were considered eccentric, there being no need to stop in the capital, what with direct flights to Montego Bay's international airport. Prime Ministers came and went, along with economic difficulties at the lower echelons of the income scale. This tropical island-nation of some two million mostly black people was encountering the difficulties--hardly avoidable--that were a consequence of plopping a largely affluent white tourist mass into a largely poor community of people whose skins were a different color.

But Jamaica and the Jamaicans were not going to give up. They developed a hotel training school which has turned into one of the most effective in this part of the world. They began to educate the people on the economic importance of tourism as an industry. And perhaps most important, they began to exploit the distinctive qualities of their own culture, working things Jamaican into the tourist In conjunction with extensive development and redevelopment--new harbors, refurbished urban areas, new hotels where they're needed--they've been succeeding. Kingston's downtown is gradually being reconverted into the agreeable sector it once was.

The Sheraton-Kingston, grown sassy for lack of any serious competition, now has some; the smaller--albeit perky and welcoming--Skyline next door, and more to the point, the also neighboring and even newer, Jamaica Pegasus, a 15-story, 350-room tower with every amenity--poolside luxury restaurant, rooftop disco, pair of pools--and Trust Houses Forte/British Airways management. As if that were not enough to brighten the scene, Inter-Continental has opened up its newest Forum hotel--a stunner of a middle-category inn, directly on its own beach at nearby Port Henderson, and embracing a 200-room main building--with pool-view restaurant-lounge, as well as a handsome cluster of cottages. And the 390-room Inter-Continental Kingston is going up on the downtown waterfront, as part of that area's renaissance.

With all of this zingy new hotel space, the attractions of the capital and its environs become even more appealing. I have for long been without much support in considering Kingston one of the more interesting of the Caribbean capitals.

How could it not be, functioning as the nerve center--governmental, political, economic, cultural--of one of the region's largest countries.

Within town, my prime requisite would be the Institute of Jamaica, the best all-around of the West Indian museums. I would not miss Devon House either. The interior is one handsome furnished-in-period room after another. Guides take you through during the daytime, but after-dark visitors will want to know about the delightful bar and restaurant in the garden. The old Victoria Crafts Market has been relocated, near the principal cruise-ship pier; straw stuff of course, but other wares more indicative of contemporary Jamaica--clothes and accessories, jewelry, hand-blocked textiles, records not only of calypso but of the newer, Jamaican-born beat, known as reggae. There

are, as well, the next-to-each other Tom Recame Library and Little Theatre. I recommend watching the Daily Gleaner or the Star--the country's lively daily newspapers for what's taking place at the latter. And although not many Kingstonians seem to realize it, the public may inspect the very grand main-floor rooms of Kings House, the garden-encircled one-time royal governor's palace that now serves as the official digs of the Queen's representative, the Governor General.

Still, you may well consider that the best is yet to come. There remain, in Kingston's environs, a trio of absolute requisites; the dreamily verdant Hope Botanical Gardens; the one-time headquarters of pirate Henry Morgan; Port Royal, which was engulfed by a late 17-th century earthquake and is being gradually restored to its former grandeur; and the Spanish Town, the capital of the island from the days of the conquistadors through the late 19th century, and still the West Indies' biggest architectural surprise package, with an 18th century cathedral and a nearby square flanked by Georgian structures of surpassing elegance, in one of which is tucked a honey of a folk museum.

Ocho Rios, the mid-North Shore resort, has come a long way since its leading hotels were limited to the earlier-mentioned Tower Isle, and the mountain top Shaw Park. The latter moved down to the beach, the former remains first-rate, and there are a number of others. The Jamaica Inn, set on its own beautiful stretch of sand, is a small, resplendent establishment that still serves High Tea and some of the best food on the island. You might find yourself dining, to the sound of waves crashing on the shore, side by side with a few chairmen of the board who have just arrived by private plane. Then there are the traditional style Plantation Inn and the handsome splendidly equipped Jamaica Hilton, with a recently added wing that went up at the same time the entire hotel was refurbished, with style and panache. The Hilton is typical of Ocho Rios hotels in that it organizes its guests into parties for feasts at nearby Dunn's River Falls; you wear your bathing suit or similarly casual togs, and for \$12 you've got yourself a beach barbecue, al fresco dancing, and a wow of a bill of Jamaican entertainment. Coming up next September, the 357-room, beachfront Hotel Inter-Continental Ocho Rios.

At once the island's second city and the core of its major resort area, today's Montego Bay is Hotelville By the Sea. Nowhere in the Caribbean, Puerto Rico excepted, is there a wider range of accommodations. The rich cognoscenti return each season, automatically in many cases, to Round Hill, a self-contained mini-mountain of a colony where guests are sheltered either in one of a couple dozen luxury cottages or a trio of hotel pavilions; evenings are dressy and no kids are allowed. Nearby is the smaller, if quite-as-posh Tryall, where the lures are spectacular views from the two-score cottages and excellent golf. Elsewhere, the Montego atmosphere is less rarified if no less appealing. The most anticipated new hotel in many a season is the Rose Hall Inter-Continental--a luxurious 500-room beauty going up on the historic Rose Hall estate, just outside of town, on its own 30-acre beachfront site.

On a recent Montego visit, I headquartered right in town at the smallish, inexpensive Coral Cliff. Breakfast every morning was at a railside table in the front lounge that doubles at mealtime as the restaurant. I enjoyed watching Montego Bay

walk and ride to work as I tackled Miss Vy Darby's Jamaican fruit bowl and followed that up with eggs, bacon and Blue Mountain coffee. I swam every day at nearby Doctor's Cave Beach, ate all around--there was a dinner under the stars at high-up Richmond Hill and there were hamburgers at the Pelican, around the corner from Coral Cliff, whose Jamaican dishes were genuine treats; codfish and ackee, roast breadfruit, crushed green bananas, fried plantain, pumpkin soup.

I looked at other hotels too, especially liking Chatham Beach and Carlyle Beach, a block or two from town; the in-town Montego Beach and Doctor's Cave Beach hotels; the elevated, sleek-lined Upper Deck, and the suburban Royal Caribbean and Half Moon.

It is fun to shop in Montego. Ruth Clamage's specialty is Jamaican-designed women's clothing and accessories. The Man's Shop sold me a natty civilian version of the Jamaica Constabulary's brass-button shirt. Things Jamaican, coppies pewterware and pottery found in the ruins of old Port Royal, even makes its own tangy lime cologne.

After Montego, I repaired to Port Antonio for a rest at quiet Goblin Hill, enjoying respite for occasional meals and drinks at the neighboring Dragon Bay and Trident Villas hotels. I was not quite up to repeating the Port Antonio specialty--a raft ride on the Rio Grande. I preferred to remember that adventure as part of an earlier trip one of those formative initial visits that cemented the special bond between Jamaica and me.

5th ANNUAL MASTERS ATLANTIC COAST CHAMPIONSHIP

2 MILES Cape May, New Jersey

AGE 40-44 June 26, 1974

- |                       |                    |        |
|-----------------------|--------------------|--------|
| 1. Kandschur, Manfred | Bloomfield, Conn.  | 9:54.5 |
| 2. Fandetti, Vin      | Wetherfield, Conn. | 10:07  |
| 3. Pflaging, Frank    | Reistertown, Md.   | 10:09  |
| 4. Colton, Dave       | State College, PA  | 10:12  |
| 5. Wick, Al           | Philadelphia, PA   | 10:16  |
| 9. Bessel, Joseph     | Freeport, N.Y.     | 10:36  |
| 15. Fine, Robert      | New York, N.Y.     | 11:02  |

AGE 45-49

- |                  |                  |         |
|------------------|------------------|---------|
| 1. Burns, Joe    | Bogota, N.J.     | 10:20.5 |
| 2. Diamond, Tony | Washington, D.C. | 10:40   |
| 3. Prater, Bill  | Elwyn, PA        | 10:43   |
| 4. Fite, Robert  | Cape May, N.J.   | 10:50.5 |

AGE 50-59

- |                    |                    |       |
|--------------------|--------------------|-------|
| 1. Sheehan, George | Rumson, N.J.       | 10:56 |
| 2. Horman, Bob     | Washington, D.C.   | 11:00 |
| 3. Ross, Browning  | Woodbury, N.J.     | 11:04 |
| 14. Logan, Don     | Oceanside, N.Y.    | 12:28 |
| 21. Cunnion, Ed    | Browns Mills, N.J. | 13:22 |

AGE 60 and up

- |                       |                  |       |
|-----------------------|------------------|-------|
| 1. Major, George (60) | Camp Springs, MD | 12:20 |
|-----------------------|------------------|-------|

Alan Cranston, (60), California's Senior U.S. Senator, displayed his love of the sport by flying in to Vancouver and clocking 14:2 for the 100m and qualifying for the final, only to pull up in the final with an injury. We are amazed by Alan's dedication to track, in light of his backbreaking schedule in Washington, D.C. and weekly flights to California to campaign. A new face on the national Masters scene was Dennis Moyer, Division 1-A (SNTC) who thrashed Skip Dougherty, (43) U.S.A., in the Canadian 1500m with an excellent 4:11.6. Skip did 4:15.8.

100 YARDS	
SUB-M(A)	SUB-M(B)
1 RANDOLPH, T.....9.8*	1 MOON, J.....10.4
2 PATON, G.....10	2 PALMER, W.....10.5
3 O'HORA, T.....10.2	3 BUDD, A.....11
4 DEMARCO, R.....10.5	4 COOLEY, F.....11
5 MIERRE.....10.8	5 STALEY, E.....11.5
DIV. I (A)	DIV. I (B)
1 THOMAS, R.....10.1*	1 BROOKS, T.....11.2
2 BROWN, M.....10.4	2 GREEN, H.....11.2
3 RITTENBERG, R.....11.1	3 PARKER, M.....11.6
4 PRESSLEY, G.....11.3	4 MATTHEWS, W.....11.6
5 MCALLISTER, J.....11.6	5 LENTZER, M.....11.8
DIV. II	DIV. III
1 VALENTINE, R.....11.1*	1 EDWARDS, R.....12.9*
2 JACK, K.....11.3	2 WITKOWSKI, C.....13.5
3 HUTCHINSON, J.....11.9	3 BREDENBECK, R.....13.8
4 SANDBACH, W.....12.8	4 MCCLUSKEY, J.....14.8
5 BERBERIAN, H.....15.3	
*Indicates new meet record	
220 YARDS	
SUB-M (A)	SUB-M (B)
1 PATON, G.....22.1*	1 MOON, J.....22.7
2 RANDOLPH, T.....22.4	2 BUDD, A.....23.2
3 O'HORA, T.....23.8	3 PALMER, W.....23.5
	4 GATON, A.....24.4
	5 STALEY, E.....27.6
DIV. I (A)	DIV. I (B)
1 THOMAS, R.....22.7	1 PARKER, M.....24.2
2 BROWN, M.....24	2 THOMPSON, S.....24.5
3 PRESSLEY, G.....26.8	3 GREEN, H.....24.6
4 FARNSWORTH, A.....27	4 WALLACE, J.....26.2
DIV. II	DIV. III
1 VALENTINE, R.....24.9*	1 BRACELAND, G.....27.9*
2 JACK, K.....25.3	2 EDWARDS, R.....28.6
3 CLAYTON, T.....26.5	3 WITKOWSKI, C.....29.6
4 HUTCHINSON, J.....27.2	4 BREDENBECK, R.....30.8
440 YARDS	
SUB-M (A)	SUB-M (B)
1 O'HORA, T.....51.9	1 PALMER, W.....53.4
2 WOLKIND, R.....52.5	2 GATON, A.....54.5
3 CHAPMAN, C.....52.7	3 O'NEAL, M.....56.3
4 CONN, R.....55.1	
5 JACKSON, C.....55.7	
DIV. I (A)	DIV. I (B)
1 CLARENCE, R.....56.3	1 PARKER, M.....55.3
2 PISTONE, J.....56.9	2 THOMPSON, S.....56.1
3 MORAN, J.....57.3	3 SPITZER, D.....57.1
4 SQUIRES, W.....58	4 WALLACE, J.....60.2
5 DADAGIAN, A.....59.6	5 MACVEIGH, R.....63.6
DIV. II	DIV. III
1 VALENTINE, R.....56.4	1 BRACELAND, G.....64.7*
2 JACK, K.....58.5	2 WITKOWSKI, C.....66.2
3 CLAYTON, T.....60	3 MONASTERO, S.....70.5
4 BARRON, E.....62.8	4 BREDENBECK, R.....71.6
5 HUTCHINSON, J.....63.1	
880 YARDS	
SUB-M (A)	SUB-M (B)
1 PARMALLEE, C.....2:5.6	1 WATERMAN, W.....2:8.8
2 GRIEPENBERG, R.....2:9	2 KREBS, W.....2:11.6
3 JACKSON, C.....2:10.2	3 RINN, G.....2:13.9
4 ANDERSON, R.....2:13.4	4 DOHERTY, P.....2:15.3
DIV. I (A)	DIV. I (B)
1 SQUIRES, W.....2:9.5	1 RUBIN, H.....2:11.2
2 COONEY, W.....2:10.5	2 SPITZER, D.....2:18.1
3 FANDETTI, V.....2:18.5	3 HERSHBERGER, T.....2:18.5
4 CLARENCE, R.....2:27	4 DONAGHEY, M.....2:52
5 O'KEEFE, R.....2:36	

DIV. II	DIV. III
1 BARRON, E.....2:26.7	1 BRACELAND, G.....2:49.7
2 NEWELL, P.....2:28.5	2 MONASTERO, S.....2:54
3 GEER, D.....2:32.5	

ONE MILE	
SUB-M (A)	SUB-M (B)
1 PARMALLEE, C.....4:38.4*	1 DOHERTY, P.....4:48
	2 KREBS, W.....4:49.1
	3 RINN, G.....4:54.1
	4 MANNIS, R.....5:7.1
	5 SILBER, A.....5:20
DIV. I (A)	DIV. I (B)
1 KUPSZYK, H.....4:32*	1 RUBIN, H.....4:43.7
2 SNYDER, H.....4:35.1	2 HERSHBERGER, T.....5:01.5
3 ALLEN, J.....4:43	3 SAPIENZA, A.....5:7.5
4 COONEY, W.....4:46.5	
5 GLATZ, R.....4:50	

DIV. II	DIV. III
1 SHEEHAN, G.....5:2.2	1 ESSIG, O.....6:01
2 MESSENGER, A.....5:5.6	2 MCCLUSKEY, J.....6:5.5
3 BARRON, E.....5:10	3 MONASTERO, S.....6:32.5
4 NEWELL, P.....5:19.5	4 CASH, T.....6:35.6
5 ROSS, J.....5:24.5	5 SCHWARTZ, R.....7:47.6

STEEPLECHASE	
SUB-M	DIV. I
1 MARRACCINI, P.....11:26.8*	1 KUPSZYK, H.....10:42.8*
2 CONN, R.....12:01	2 O'CONNELL, W.....11:04
3 STEFANOWICZ, J.....12:22	3 PACKARD, R.....11:57
	4 DUHAIME, A.....12:14
DIV. II	DIV. III (NONE)
1 HORMAN, R.....12:01.5*	
2 ROSS, J.....12:43	
3 QUACKENBOS, M.....12:50	

THREE MILES	
SUB-M	DIV. I
1 CLYDE, G.....14:46.2*	1 SNYDER, H.....15:35
2 BEST, F.....15:16.4	2 SAPIENZA, A.....16
	3 FANDETTI, V.....16:16
	4 ALLEN, J.....16:29.5
	5 MONTGOMERY, J.....17
DIV. II	DIV. III (NONE)
1 DREHER, L.....17:7*	
2 GEER, D.....18:43	
3 WOODS, J.....19:10	
4 OSOLSOBE, J.....19:13	
5 SCHWARTZ, A.....21:04	

SIX MILES	
SUB-M	DIV. I
1 GROWLEY, D.....35:27.5*	1 BEER, C.....35:27.5*
2 CALLE, G.....37:48	2 VAN de ZANDE, C.....36:56
3 ALVORD, P.....39:15	3 URIE, R.....37:5.3
	4 SHEA, J.....37:5.6
	5 TALBOTT, T.....37:35.1
DIV. II	DIV. III
1 HORMAN, R.....37:03*	1 BROBSTON, W.....43:08
2 HOSSACK, A.....38:26	
3 RICHARDSON, S.....38:34	
4 GARDNER, R.....39:27	
5 WOODS, J.....42:38	

\*Indicates new meet record

## MacLean: 'Pride drives me on' Tartan Flash keeps sprinting at 89

**By JOHN POLIS**  
of The Oregonian staff

GRESHAM — He's lost a little of his straightaway thrust over the years and even admits to a sore muscle from time to time, but the "Tartan Flash" really hasn't changed all that much.

Eighty-nine-year-old Duncan MacLean, easily the "senior master" in the AAU Masters National Track and Field Championships for men 40 and over at Mt. Hood Community College, still talks with a wee bit o' brogue and wisp of a grin when he tells the story how he got his nickname.

And, most importantly, Duncan MacLean still likes to run.

"I've been running all my life," said MacLean who'll be 90 in December. "I used to run in boys' races as a youth, but I also used to dance, too."

"We'd be dancing on the platform at a festival and right after a dance, I'd have to get ready for a race. I'd whip off my kilt and with my MacLean tartan shorts underneath, I'd be all ready for runnin'. That's how they called me the 'Tartan Flash.'"

Born in Gourrock, Scotland in 1894, MacLean lived much of his first five years at sea, as his father was a merchant seaman. "I'd been around Cape Horn three times before I was five years old," he recalled.

Young MacLean lived only a few years in Scotland before his father became an agent for Lloyd's Shipping

Co. and moved to South Africa. It was there that he made a name for himself as a sprinter.

MacLean, in his early 20's, was clocked in 9.9 seconds for the 100-yard dash, the fastest in the Southern Hemisphere at the time. The same year he ran a 21.3 in the 220-yard dash.

"Why, they're doing the same times today," he remarked, with satisfaction. MacLean later went on the vaudeville circuit and traveled the world with Harry Loder, a British performer who, in MacLean's words, "taught me all the tricks of the trade."

A comedian, MacLean performed in Australia, New Zealand, South Africa and "America, too."

"Why run at 89 years of age?"

"I answer that in one way," says MacLean emphatically. "I'm proud of the fact that I'm doing something that millions of others can't do. And pride drives me on."

**Weary from travel**

Pride spurred MacLean to a sixth-place finish in the 100-yard dash in last year's AAU Masters in San Diego. His time was 16.8 seconds, a time he assures he's already beaten this year at 16.3.

The ageless MacLean says he's been a little tired lately because of all his travel. "But as long as I can keep moving, keeping my body lithe and supple, I'm okay."

You have to keep moving about, otherwise, when you're old as I am, you relax too much."

MacLean, who married when he was 42, says his wife doesn't mind his physical exertion at all. "Perhaps she worries a bit when I come home with a pulled muscle. But, you know, there's no fool like an old fool," he chuckled.

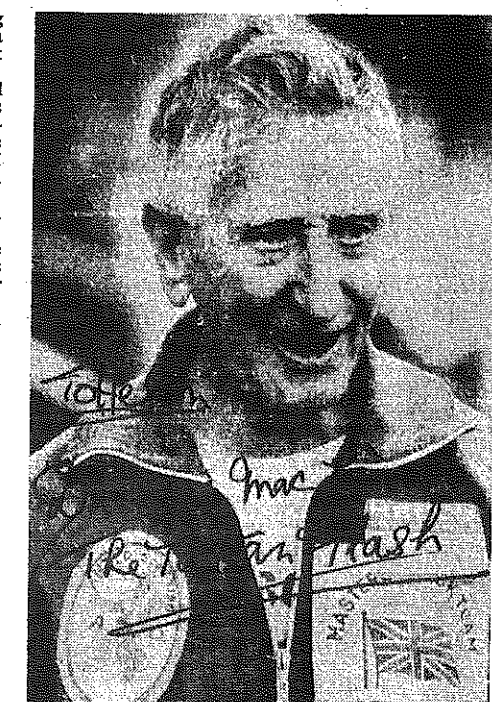
The "Flash" had three checkups with the doctor this year "and I'll have another one before the year is out."

"It's not that I feel unwell or anything like that — just for safety's sake. They check the blood pressure — that's the main thing."

MacLean, a man who has traveled extensively yet retains an informal, almost homespun air about him, says he's a contented man.

"I've had a wonderful life, but I'm not finished yet... not finished yet," he almost whispered.

MacLean will show the MacLean tartan plaid in the Group 4 100 and 220-yard dashes Saturday at Mt. Hood C.C. He'll be representing the Veteran's Athletic Club and Anglo Scottish Athletic Clubs of London.



LONG-TIME RUNNER — Duncan MacLean, 89, of the Veterans Athletic Club of London and the Anglo Scottish Athletic Club of London, will compete in 100 and 220-yard dashes Saturday in the AAU Masters National track meet at Mt. Hood C.C.

### TARAHUMARA INDIANS continued from page 14

and periodic competitive racing, in a culture that is in fact centered around running ability as the highest achievement. All of the Indians tested, from champion runners to ordinary people, showed extremely low cholesterol levels in blood samples obtained. Preliminary results indicate that the Tarahumara life-style is ideal for achieving extraordinary levels of physical endurance, despite a marginal, monotonous diet and poor hygiene conditions.

Although several Tarahumara men were found who claimed to be over 90, independent confirmation of their ages could not be made and thus the search for a significant number of very old people was unproductive. Malnutrition is widespread among these people, and is primarily responsible for the appalling fact that 80% of the children die before their fifth birthday. Those who do survive are hardy indeed — some developing into the superbly conditioned 100-mile runners who are revered by their people and who become legends for miles around.

This wealth of valuable data, when fully evaluated, is expected to shed new light on man's endless search for the highest state of human physical well-being — "optimal health." Using

this information, the Foundation will formulate new standards and methods of optimal health and hopefully offer soft, sedentary Americans an exciting new way to health, happiness and longevity.

An educational film is being prepared on the expedition, in order to make available to the public, the findings which could prove valuable to Americans seeking optimal health and to distance runners seeking ways to improve their performance. In addition, new physical education programs for American elementary schools will be developed as a result of this expedition.

MORE EASTERN...	DIV. II
	1 JOHNSON, DON.....16:52
	2 COVIELLO, A.....18:05
TWO MILE WALK	DIV. III
SUB-M	1 HILLS, C.....22:34
1 KULIK, R.....14:4.2*	
2 STEFANOWICZ, J.....16:4.5	TWO MILE RELAY
DIV. I	BOSTON A.A. ....9:36.5
1 MIMM, R.....16:21.1	N.Y. PIONEER CLUB.....9:41.8
2 FINE, R.....16:48	
3 BOITANO, J.....16:50	ONE MILE RELAY
4 NICOLL, W.....16:51	N.Y. PIONEER CLUB.....3:56.3
5 BARR, R.....17:34	BOSTON A.A.....3:57.5

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  
 Return this portion to: DAVID H. R. PAIN WITHOUT NOTICE.  
 1160 Via Espana  
 La Jolla, California 92037 MAKE DUPLICATE FOR YOUR RECORDS.

# THINK JAMAICA!

DAVID & HELEN PAIN  
 1160 Via Espana  
 La Jolla, Calif. 92037

August 16th, 1974

Please include us in the USMITT plans for the '74 Christmas tour to Jamaica. I want \_\_\_\_\_ reservations to meet you all in Florida on December 20th. My nearest airport for departure is \_\_\_\_\_

I understand that there are some university accommodations available (less expensive, only singles - but "could be adjoining" reports Dr. Ossie) and I would \_\_\_\_\_ like to reserve same where possible OR I prefer the extra comforts of 1st class hotel - all the way - when on vacation and won't mind the extra expense. So please book \_\_\_\_\_ hotel accommodations for me for the entire trip.

The trip to the Caribbean just must include a cruise! Please sign me up for the 6-day specially chartered cruise of the Windward and Leeward Islands \_\_\_\_\_. I'll talk \_\_\_\_\_ of my friends into going because I know you need a minimum of 55 to charter this very special brigantine. Yes?

Enclosed please find \$ \_\_\_\_\_ (\$100 per person) as a deposit for \_\_\_\_\_ reservations for the regular tour, plus \$ \_\_\_\_\_ as reservations for the week of exploration under sail.

Share your pieces of 8 with us and we'll share the sails, blue sky, flowers, clouds, winds, clear waters, sands for running, love and song with you\*\*

## U.S. Masters International Track Team

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



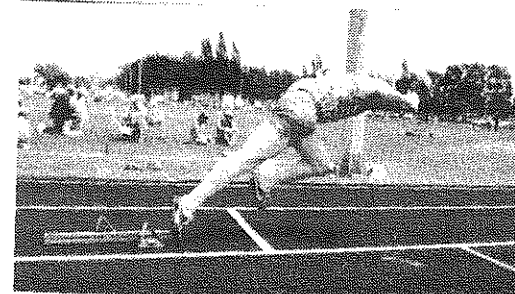
1160 Via Espana  
 La Jolla, California 92037  
 (714) 459-6362

August, 1974

### PACIFIC NORTHWEST ODYSSEY

The first combined effort between the U. S. and Canadian Masters to coordinate their respective national championships has taken place and proved an unqualified success. As a result of cooperative scheduling, the Canadians set their 1st Masters Championships to coincide with the U. S. Masters, that is, one week apart. With the two meets separated only by the distance between Vancouver, British Columbia and Gresham, Oregon, the Masters of both countries were enabled to participate in the two events at a minimum of expense and time. The venues also permitted those who participated to enjoy the dramatic scenery of the Pacific northwest, as well.

The Canadian Masters took place prior to the U.S. Championships and were hosted by the City of Richmond, adjacent to Vancouver. We were housed at the beautiful University of British Columbia and at the new Hyatt House, handy to both the airport and the track. On arrival, we checked in at the Minoru Park Community Center to pick up our information, which was conveniently packaged by Meet Director, John Pavelich, and immediately engaged in renewing acquaintances and enjoying the Cold Duck and cheese provided by our hosts. The next day, we found the Richmond all-weather track facility well appointed and more than adequate for our purposes. The committee was well organized, so that all events were expeditiously conducted, with a minimum of delay. One unexpected plus was Mr. John Hutcheon, the Scottish starter, who performed his duties admirably, with a minimum of false starts. His explanations before each heat were of great assistance to the U. S. Masters, unfamiliar with a 400m track.



Director of U.S. Masters Championships at Gresham, JIM PUCKETT, starting at Canadian Masters Championships at Minoru Park, Richmond.

Competition was conducted in 5-year age groups, except the sub-Masters, which encompassed the 30-39 group. The large entry, and generally well-filled fields in each division, made the 5-year divisions work well and enabled the competitors in the second five years of the decade to

### USMITT TO COMPETE IN FLORIDA AND JAMAICA

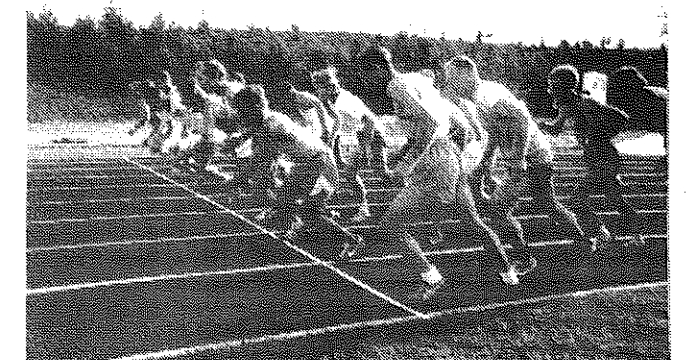
A short tour this Christmas, December 20 to January 1st, with a 6-day tour extension, has been finalized. We expect excellent competition both in Ft. Lauderdale from the Florida Masters and the Jamaicans, as well. Competition starts at age 30, with Juniors and wives included. Tell your Sub-Masters friends who have been complaining so bitterly how they have been excluded from so many Masters trips and competitions.

As air travel and housing are critical in this area at Christmas, we will need your reservation applications and deposit right away. We, too, must tie up space and need to know how many will be going.

### EXCEPTIONAL PERFORMANCES ENHANCE AAU MASTERS

Outstanding athlete awards were given to the top track and field athletes in each 5-year division. The selection committee, in some instances, had little difficulty in making their selection and in others, the contrary was true.

In Division 1-A, the track award went to Ray Hatton, (42), who competed so well in 1972. Ray won both the 5 and 10km events, traditionally the toughest events to win in the Masters. His 15:09.0 5 km broke O'Hara's effort by .03 seconds. Ray had no one to push him, otherwise, his times might have been even better.



Start of 1500m Div IA. RAY HATTON (Bend, Ore.) on rail won in record time of 15:09. AAU Masters, Gresham, Ore.

Dave Jackson, (42), took the prize in the field events, winning the 1-A Long Jump - 21'6" - and the Triple Jump - 45:7, a U. S. 42 age group record.