

U.S.M.

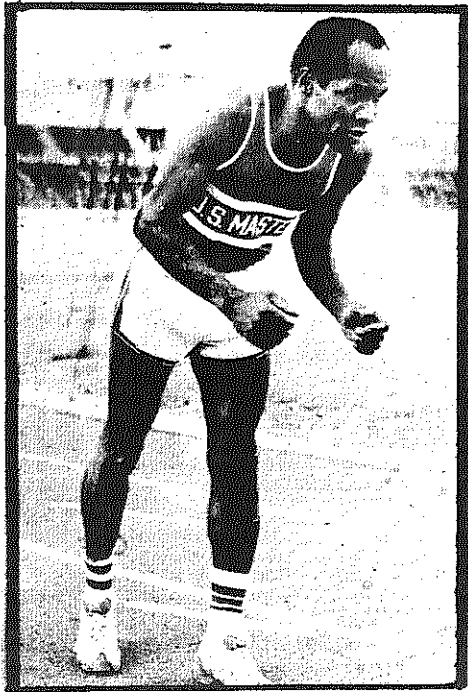


I.T.T.

u.s. masters international track team

october, 1974

Super-stars of yesteryear meet for U.S. Masters track



Dr. Ossie Dawkins displays his USMITT uniform for the Jamaican Press in recent visit to his Homeland to arrange competitions and other functions for the team during its visit at Christmas.

The Jamaica Daily News

USMITT TO INVADE JAMAICA AT CHRISTMAS

U.S. Master, Dr. Ossie Dawkins formerly of Jamaica and now a resident of Los Angeles, visited his homeland this summer to visit family and friends and acted as an advance party for the USMITT. Dr. Dawkins reported the Jamaicans were intrigued by our Masters Invasion and were making special plans for the competitions in their National Stadium for Dec. 26th. Also on tap is a road race in Kingston on New Year's Eve plus a Pentathlon and selected field and track events.

Ossie emphasized that his hospitable Island relations and friends were planning many social functions in the Capital City and throughout the Island for the team with a possible reception at the home of the Prime Minister who is reported to be a sportsman himself.

Although the USMITT will be in Jamaica during Xmas week we have housing at the Univ. of the West Indies and at the Pegasus Hotel in Kingston and at the Rose Manor in Montego Bay. Special plans for Bus Trips, Road Races, River Rafting, Sailing and Snorkeling in warm blue waters are all on tap.

Both in Florida and Jamaica special events for the ladies and youngsters are planned!

THE TIME HAS COME THE WALRUS SAID: TO SPEAK OF YOUR CHRISTMAS PLANS. Hotel and plane reservations must be "firmed up" NOW. Dozens of you have expressed excitement and interest in Calypso Caper. If you intend to go, please confirm...by return mail.

Of extra news: Rather than a full charter - for which we did not have enough of you signed up sufficiently early - we have been able to reserve 50 places on the Caribbean Cruise on the YANKEE TRADER out of St Maarten's at the same price. However, we must have your commitment immediately.

CALENDAR

OCTOBER

- OCT. 6: Master Sports Assoc. X-Country 6m.
Van Courtland Park, N.Y.C.
- OCT. 13th - 19th: AAU National Convention,
Shoreham Hotel, Washington, D.C.
- OCT. 19: Santa Barbara Master T&F Meet.,
Stan Herrmann, Box 3291, Santa Barbara,
CA 93105, (805) 965-7104.
- OCT. 20th: 5th Masters Atlantic Coast 5-miler.,
Cape May, N.J. Bob Fine, Colonial Motor
Lodge, Cape May, N.J. 08204. (609)884-3483.
- OCT. 27th: Atlantic City Marathon.
- OCT. 27th: Eastern Masters 6m. X-Country,
Van Courtland Park, N.Y.
- OCT. 27th: Spirodon Int. Marathon, Neuf Brisach,
France. RRC European Tour, c/o Norb Sander,
21 Centre St., City Island, Bronx, N.Y.
10464.

NOVEMBER

- NOV. 15: Coaches X-Country, 4 miles, Salina, Ks.
Tom Brunick, College St. Francis, 500 Wilcox,
Joliet, Ill. 60435.
- NOV. 17: National Masters AAU X-Country Championships,
L.A. Seniors, T.C., SAM NICHOLSON,
4946 Frederick Street La Crescenta, Ca.
91214. District teams OK.
- NOV. 23: National Masters 3000m Team Race,
Bill Stock, 8405 Onalaska St., San Diego,
CA 92123.
- NOV. 30: Sunflower Marathon, Topeka, Kansas;
Karl Naylor, 120 N.W. 35th, Topeka, Ks.
66617.
- NOV. 30: Maryland Marathon, Hy Levasseur,
510 N. Howard St., Baltimore, MD. 21201.

DECEMBER

- DEC. 7th: Missouri Valley AAU 30km.
Joe Duncan, 4004 Defoe Dr.,
Columbia, MO. 65201
- DEC. 20 - JAN. 1st:
USMITT Florida-Jamaica Tour
Tour Extention- Caribbean Cruise
12/31 - 1/7.
- DEC. 21st: 1st Florida Masters T&F Meet.
Ft. Lauderdale, Fla. Ray Russell,
2506 N.E. 8th St., Ft. Lauderdale,
FLA. 33304.
- DEC. 22nd: 15km Road Race. Ft. Lauderdale,
FLA.
- DEC. 26th: 1st Jamaican Masters Championships,
Kingston, Jamaica.

APRIL 1975

- APRIL 5-6: S.E. Masters, Raleigh, N.C.
Bob Boal, 121 W. Sycamore Ave.,
Wake Forest, N.C. 27587.

MAY 1975

- MAY 5th: Berkshire 10-miler.

- AUG. 11-19: 1st World Master T&F Championships,
X-Country & Marathon, Toronto, CANADA.

- SEPT. 7th: Berkshire 5-miler.

COMPARISON OF EARLY OLYMPICS WITH MASTERS MEETS (U.S. BEST UNDERLINED)

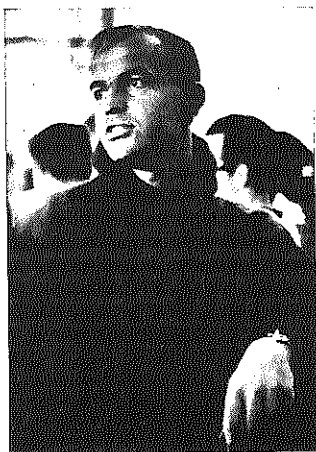
Compiled by Pete Mundle

	OLYMPICS				U.S. MASTERS					
	1896	1900	1904	1908	1968	1969	1970	1971	1972	1973 1974
100 Meter	12.0	11.0	11.0	10.8	-	-	-	-	11.2	11.5
200 "	-	22.2	21.6	22.6	24.0y	23.5y	23.0y	23.7y	<u>22.3</u>	23.2
400 "	54.2	49.4	49.2	50.0	53.1y	52.3y	52.7y	52.8y	52.0	51.1 51.0
800 "	2:11.0	2:01.2	1:56.4	1:52.8	2:04.3y	2:05.5y	2:01.1y	2:00.9y	1:58.6	<u>1:57.6</u>
1500 "	4:33.2	4:06.2	4:05.4	4:03.4	-	-	-	-	4:11.4	<u>4:02.9</u>
5000 "	-	-	-	14:36.6(1912)	-	-	-	15:47.4	18:36.3	<u>15:09.4</u> 15.0
10000 "	-	-	-	31:20.8(1912)	-	-	-	32:37.8	31:42.8	<u>30:46.6</u>
Steeple C.	-	-	-	10:00.4(1920)	-	-	-	10:50.4	<u>10:05.4</u>	<u>10:48.8</u>
42/39"	-	-	-	-	-	-	39"	39"	39"	39"
110 IH	-	15.4	16.0	15.0	-	-	15.1y	16.1y	15.0	15.5
400 IH	-	57.6	-	55.0	-	-	-	-	<u>56.5</u>	57.5
HJ	5'11 1/4	6'23/4	5'11	6'3	-	5'	6'0	5'8 1/4	5'10	5'9
PV	10'10	10'10	11'6	12'2	--	-	<u>13'6</u>	13'0	12'6	11'6
LJ	20'10	23'67/8	24'1	24'6 1/2	18'10	18'7 1/4	<u>20'2 1/2</u>	20'3	21'7 1/2	<u>22'13/4</u>
TJ	44'11 3/4	47'53/4	47'1	48'11 1/4	34'1	-	-	37'5 1/2	45'8 3/4	<u>46'11</u>
SP	36'9 3/4	46'3 1/4	48'7	46'7 1/2	45'9	45'5 1/2	45'4 3/4	46'4 1/4	47'4 1/4	<u>45'11 1/2</u>
DT	95'7 1/2	118'3	128'10 1/2	134'2	(HS)140'	148'3(HS)	145'4	147'0	<u>146'0</u>	147'0
HT	-	163'2	170'4 1/2	179'7	-	-	118'2	<u>222'1</u>	220'11	168'10
JT	-	-	-	179'10 1/2	218'2	215'1	<u>229'3</u>	206'1	172'3	201'6
Marathon	2:58:50	2:59:45	3:28:53	2:55:18	2:48:51	2:47:43	2:45:10	2:39:00	2:33:06	<u>2:32:37</u>

LETTER FROM THE PUBLISHER

Gwilym S. Brown, a reporter and writer for this magazine since 1954, died of a brain tumor on Aug. 12 at the age of 46. We want to share with you a few memories of him, as much to assuage a loss we feel deeply as to salute a fine man.

Gwil was as much an athlete as the people he wrote about, and his understanding of sport and its challenges was reflected in his stories. When he was



BROWN AT THE 1966 BOSTON MARATHON

assigned to golf in 1956 he had never played the game. He bought some clubs and began spending his weekends at public courses. Brown carefully recorded every stroke and never threw away a scorecard, so it is possible to state with authority that on Oct. 12, 1956 at Spring Lake on Staten Island he shot a 59-72-131. Within three years he was in the low 80s. You would often find him in the hallway outside his office practicing his swing, enthusiastic about some new discovery that would give him more distance off the tee.

He was also covering important golf stories such as the 1960 World Amateur Team Championship at Merion, during which a young amateur named Jack Nicklaus shot successive rounds of 66, 67, 68 and 68. The two became good friends, and Brown co-authored

many articles with Nicklaus, who said last week, "Gwil had great talent and enthusiasm. He was a pleasure to work with. I'll miss him a lot." Out of another golf assignment came his collaboration with the late Tony Lema on the book *Golfer's Gold*, as fine a description of life on the pro tour as has been written.

When SI assigned Brown to track and field, he took up running, and before long his office walls were cluttered with notes of achievement: "Ran two miles in 11:28" or "Did 10 in 67:43." For three years, beginning in 1965, he ran in the Boston Marathon. Among his track articles was a cover story on Jim Ryun after the latter's record-breaking 3:51.3 mile at Berkeley, Calif. in July 1966. Brown persuaded the youthful, rather shy Ryun to go over his training routine in detail for the entire month leading up to the record race, and a page of the young runner's personal log was reproduced in the magazine. "Gwil worked harder at a story than most people," Ryun said. "He knew his subject and you could tell he cared about it."

In 1967 Brown was assigned to London for three years to cover the European sporting scene. There he did stories on subjects as varied as the troubles and triumphs of skier Jean-Claude Killy, the elegantly dressed spectators at England's Royal Ascot, even a world bowling championship in Paris. During his stay in London he decided that the half mile, not the marathon, was his best distance, and friends in New York began receiving communiqués announcing "dramatic improvements" and "punishing workouts over a demanding course." By the time he returned to New York he had lowered his time to 2:16 (at age 42) for the half and was running in Masters meets.

Brown's last story appeared in the Aug. 5 issue. It concerned a new method for rating tennis players. Gwil enjoyed playing tennis and was working on his serve.

Sack Meyers

TWO DSE CLUB MEMBERS COMPLETE CLEAR LAKE RUN, CLIMB AND SWIM TRIATHLON

A field of 35 all-round athletes ranging in ages from 12 to 47 competed in the Fourth Annual Clear Lake Triathlon on Saturday, September 14, 1974.

Jack Bettencourt, age 45, and fellow DSE runner Ken Crutchlow, age 33, finished this grueling contest. There were 35 started and 24 finishers. Jack Bettencourt's time in splits consisted of a 50 minute run, 1:45 swim, 1:35 mountain climb and descent, 1:50 minute swim to the finish for a total time of 6 hours and placing 18th.

Cont. p. 9

PIKES PEAK REVISITED

For those who have once run the PPM, receiving the latest annual results is like attending a school reunion as one scans the results for familiar names and improved times. 1974 again saw Geologist Rick Trujillo (26) of Ouray, Colorado demonstrate high altitude capabilities as he broke the round trip record for the 26.8 mile trail run by 3.6 min. with a time of 3:36:40. Chuck Smead, a perennial winner, was 1st to the top in 2:09:59 (Record set last year by Smead at 2:07:38) but he elected to not attempt the descent.

Several records were broken in the age divisions. Wilbur Arnold (60), Crestone, Colo. won the Supermen class with the time of 3:34:31 in his ascent to the summit. He eclipsed the year-old mark of Lou Wille, Rock Springs, Wyo. of 3:37:00. USMITT Iron Man Walt Stack (66), San Francisco, was second in 3:46:28, Russell Gugeler (61), Woodland Park, Colo. third in 4:10:20 and the Professional Librarian, Ben Hirsh (72), San Francisco, was fourth in 5:25:15 which was amazing for the oldest competitor.

In the Master II Div. 50-59, Hubert Morgan (52), Johnstown, Pa., just missed the record held by Dr. Frank McCabe of 3:00:50 when he finished in 3:00:52 to take first place. USMITT Member McCabe (56), Denver, came in second in 3:01:41, Larry Fox (52), Campbell, Cal., third in 3:08:38, Floyd Walkup (54), Hurley, N.M., fourth in 2:13:16, Bob Martin (53), Chicago, fifth in 2:19:09, Sid Dictor (53), El Paso, Tex. sixth in 2:25:55 and the rest took up to four hours 45 min. to say "I made it". Last year's second place winner, Roger Wilcox (45), Colo. Spgs., failed to beat the record of Andy Hornbaker's 2:39:46, but came in ahead of U.S. Master Arne Richards in 2:46:30. Arne's time was 2:49:42 and at 41 he still shows improvement. Verne Carlson 41, Sedalia, Colo. was third in 3:00:36, Dr. Otto Appenzeller, Albuquerque was fourth in 3:11:52, seventeen minutes faster than last year and he made the round trip in 5:28:29. Ben Mag-samen (41) Ft. Collins was close on the heels of the Doctor in 3:14:29, followed by Tom Griffith (43), Decatur, Ill., in 3:18:28. The rest of the pack followed closely.

Perhaps the most exciting and interesting part of the 19th Annual Pikes Peak Marathon was the competition in the girls' and women's divisions. The Senior Women, 31 yrs. young and over, performed in a fashion comparable to the Men's Championship division. For the second time, Donna Messenger (31), won the race above the clouds in 3:04:54, setting a new record which was 9 min. and 59 sec. faster than Dr. Joan Ulylyot did last year. Believe it or not, USMITT

Member, Marcie Trent (56), Anchorage, Alaska, came in second in 3:17:36 and made a new record of 5:23:10 for the up and down run. Dr. Joan Ulylyot also made the round trip in 5:36:00 beating her time of last year by two minutes. Mary Felts (41), Colo. Spgs. and former record holder of 3:52:15 in 1964 came in third in the much improved time of 3:23:26. Dr. Joan Ulylyot (34), San Francisco followed Mary in 3:24:25, Skip Swannack (33), Los Altos Hille, Cal. was fifth in 3:46:25 and also completed the gruelling round trip in 6:43:14, Jean Stefanich (36), Arvada, Colo. was sixth in 4:04:12, Valerie Franklin (33), San Francisco was seventh in 4:18:10, Burnis Hicks (61), Washington, D.C., being the oldest sea level lady competitor made the top in 5:25:00.

THE RETURN OF JOE SALESMAN,

SUPER

JOCK

A couple of years ago, if you collected a group of salesmen, one would tell you about his exploits on his high school basketball team, another how he played linebacker at Putskawany Univ. when they won the Blue Mountain Conference Championship.

But things are changing. Get a group of salesmen together today, and you're just as likely to hear how one just ran a 5:18 mile in an over-40 track tournament . . . or another who entered the Blicksville Country Club Tennis Tournament . . . and another who came in third in the metropolitan handball tourney.

It took about a decade for JFK's physical fitness program to have full impact on the rank and file over-40 group. But when it did, (and after they felt the effects of getting back in shape), they discovered that they hadn't lost their love of competition.

Throughout the country, tournaments and leagues have been formed in a wide variety of sports for our country's new set of flabless 40's, 50's and 60's. And it seems to be that many salesmen are the leaders in this track-tennis-swimming-squash-handball-cycling-sculling revival. It's really not that unusual. Psychologists for years have been saying that salesmen are frustrated jocks. It's only natural that they would eventually become unfrustrated.

The great part about this back-to-sports trend among the over-40 salesmen is that even when they lose, they win. The exercise necessary to put them into competitive shape also puts them in a physical condition where they get fewer colds, have fewer physical problems, and have greater resistance to fatigue . . . including mental fatigue. It can also make you look and feel years younger.

Perhaps the best organized of all of the over-40 programs is the Masters Swimming. In some areas of the country, programs are so well developed that it seems the adults have a more active program than their kids do. "Veterans Sculling" is another area where salesmen seem to be very active. There are about 15 major regattas around the country that have "Veterans Races" for the over-40 sculler. In fact, the "Head-of-the-Charles" Regatta in Boston has been getting up to 40 entries in the Veterans singles race, which incidentally covers a healthy 3-mile course. In addition, many local boat clubs hold their own regattas which feature Veterans races.

However, the fastest "over-the-hill" sport appears to be Masters Track. It's only been about five years since the idea has taken off . . . and a bunch of joggers have taken off after it. Because it's so new and because it has mushroomed in spite of its lack of organization, it is impossible to tell how many thousands of people are participating in Masters track competition . . . or how many meets there are. But in certain cities, particularly on the East and West Coasts, you can actually enter a meet a week during the summer, and at least one or two meets a month during the winter. In fact, it can get to become a problem, since there might be more than one local Masters meet on any given summer weekend.

To find out what was really going on, one of Impact's writers went into training himself. After dropping his two-packs-a-day habit, he worked on firming-up his 40 years of flab for 11 weeks. He then entered the Phoenixville Marathon, a mini-marathon, about five miles up and down the hills of eastern Pennsylvania.

The writer found out a great deal more than he expected. First he discovered that basically the age groups are broken down into 30-39, 40-49, 50-59 and 60 plus. In some instances, they are even broken down in five-year categories. Right now, there seems to be a campaign on to get the five-year grouping made standard. A few years ago this might have been difficult, but now there are usually ample participants in every age group.

The most fascinating fact is that the International Olympic Committee is presently considering the concept of broadening the Olympics to include age-class sports. After all, the Olympics were originally designed to build an enjoyment of sports participation . . . and our writer quickly discovered that

no one enjoys sports like a Masters competitor.

And, it is not just a case of enjoying the sport and the competition. There is a unique camaraderie among the participants. They seem to genuinely enjoy each other's accomplishments . . . and helping one another. Impact's secret agent in the race was given a bushel of personal instruction just before the race in pacing and warming up.

The cities with the older and larger Masters Track clubs will frequently travel around the country together, appearing in various major meets. The clubs from Philadelphia and New York City chartered an airplane last year and about 150 of them flew to participate in Masters meets in Australia, the Fiji Islands, New Zealand and Hawaii. Sprinting through the breadfruit and running past the palm trees . . . that's what we call competing for the joy of it.

But don't get the idea that this is all heavy long-distance running. Major meets include pole vault, high jump, hurdles, sprints, discus, shot, javelin. In fact, a 42-year-old salesman who is interested in the less common events, such as the triple-jump or the steeplechase, might actually find more meets to run in and more competition than a 21-year-old college track star. The Masters Track clubs even hold several decathlons during the year.

How do you get into this sort of thing? Well, first of all, you start out with a little bit of common sense . . . and don't rush out to have a heart attack. Doctor Kenneth Cooper's book "Aerobics" provides a great deal of background data. But no book should be the starting point . . . a checkup at the doctor's is the place. The next thing you need to know is how to get in contact with existing local groups. The coaches and trainers for the local high school and college teams can often give you the telephone number of someone to call. If not, write to the addresses listed at the end of the article and they'll see what information they can dig up for you.

When you finally hit the right connection, you won't have to look much further . . . because you'll be drawn right into it. At the Phoenixville race our writer noted that about five new members were recruited for the Philadelphia Masters Track Club. Once you begin to mingle with other members of whatever group you associate with, you'll find that they'll help you with every type of training assistance. And this is important—the proper training program can keep you from foolishly hurting yourself and getting discouraged before you start.

You might be wondering how our impact entry in the mini-marathon did. Here are some of the lies he is now telling everyone: "I went up there thinking I'd be running against a bunch of local joggers. However, I heard a group of the guys talking about the Boston Marathon and it suddenly dawned on me that they were talking about how they finished last year. Someone then pointed out who in the group held world records in their age class. So, it's obvious that I wasn't one of the trophy winners. But I did average about seven minutes per mile for about five miles, despite cramps. Which is better than I had expected to do. Who knows . . . maybe next year I'll be standing around casually telling someone how I finished in the Boston Marathon."

What type of person competes in Masters competition? Generally, he is a successful man. Besides salesmen, our writer ran into lawyers, doctors, clergy . . . and quite a few people who could be considered good business contacts for a paper distributor salesman . . . for example, a book publisher, a plant manager, the head of a large printing operation. But, let's face it, business contacts are the last reason anyone would run in the Masters: the prime reason is for the fun of it . . . to be able to set your own "quota" and match it. What would your quota be? To lose 20 pounds? To tighten up your muscles? To be able to run 10 miles? To break a 6-minute mile? To become good enough to pick up a trophy?

Not everyone now competing in Masters competition was a runner, or even an athlete, as a youth. Many didn't even think they would like track until they were over 40 and started jogging. Some smoked two, three packs of cigarettes a day and were once 40 pounds overweight.

If you would like more information, here are some addresses you can write to for assistance. They will be able to provide information on what activities are going on right in your own back yard. And if there is no local organization, they can tell you how to start one. We've also enclosed the addresses of organizations which might be able to help you get more information on sculling and swimming activities.

FALSE STARTS.. . . .

....Rivaling the famed S.F. Bay-to-Breakers Race which we reported some months ago is its sister race the Sydney "City-to-Surf" event in which 5700 started and an estimated 5000 finished, won by John Farrington, Ausie Marathon Champion for the 3rd time in 4 years, 2nd was Terry Manners of N.Z. and 3rd Bay-to-Breakers Winner San Franciscan Gary Tuttle. Our man from N.Z. Keith Williams took a party of 52 Auckland Joggers for the event, and Keith sent Helen a "T" shirt commemoration of the event now that she's a "runner".

.....Gleanings from the DSE Runners Newsletter. Harry Cordellos (totally blind) averaged 5:20/mile in a recent 9 mile road race and has logged 1080 miles and competed in 20 races in the 1st six months of '74.... Alex Monterrosa logged 2163 miles over the same period. And from the N. Cal. Sentrois T.C. Newsletter we learn Catherine Smith, wife of Veteran runner Ross Smith, created quite a scene by insisting on entering the AAU Masters Championships. Unfortunately, Jim Puckett, Meet Director, who, incidentally did an otherwise excellent job conducting the Gresham Meet, was not aware of past policy adopted by the S.D.T.C. in encouraging the ladies by accepting women entries in the Marathon and then having one special ladies' event each day at the Track Meet. For the most part, 40 yr. plus women are not competitive with their male peers and don't belong in the Men's Masters National Championships no matter how much we love the ladies and encourage their participation in Road Races and Club events.

.....We never thought international intrigue would infiltrate the staid ranks of Veteran athletics, nevertheless it has! Dr. Ernst van Aaken of West Germany and editor of "CONDITION" on inquiry advises that Meinrad Nagele, Founder of the World Masters Assoc. of Long Distance Runners has disappeared from Germany.... "but is hiding in America" and that "he is being sought by the Interpol Police". Should any of you observe a slight darkly handsome 40-ish, man with a German accent finish your local marathon in under 2:30, call your local F.B.I. as that's our man!!!!....

....Beer Drinkers Arise and take comfort!!! Dr. Bassler of the Seniors T.C. maintains that... BEER IS A HEALTH FOOD-- Yeast makes beer from germinating whole grain called "malt". Yeast keeps all the thiamine but shares the other B complex vitamins with the beer.

...If we postulate that a marathoner is to drink a bottle of beer with each meal and after his training run (four 12 oz. bottles/day) and take yeast tablets (10 of the 7.5 gr. size), we can compare the amount of B complex he has taken with an average "One-a-day" vitamin pill. The B-1, B-2 and niacin are given for the pill as (2.5, 2.5, 20.0) for the beer as (0.0, 1.4, 20.0) and the yeast as (0.6, 0.35, 2.5). The total for the yeast plus the beer comes to (0.6, 1.7, 22.5) which is almost as much as the vitamin pill.

....Now I don't advise you trying to get all your vitamins from beer, but I do advise adequate fluid coverage of sweat and urine. If anyone has a fluid which can prevent kidney stone plus giving as many vitamins as beer, let me know. Remember, beer is made by yeast...and in that respect it is a natural source of the B vitamins. (But you must also eat the yeast, since all the thiamine stays in the yeast cells at the bottom and must be bought separate.

...Our outstanding over fifty performer, Ed Keysar, recently underwent a delicate operation to remove a tumor of one of his cranial nerves (acoustic neuroma). Fortunately, the tumor was benign, as they always are, but because of extensive involvement, the nerves controlling hearing and the muscles of the left side of the face have to be sacrificed. Ed lost significant weight during this ordeal but with typical zeal and courage returned to training within a month of surgery. He has regained his weight and is rapidly improving toward his former conditioning which allowed him to set several American records last year. Those of you who know people who make all sorts of excuses for their poor conditioning might set Ed forth as an example of victory over serious problems..(from the Seniors T.C. Newsletter) ...LOTS OF LUCK, ED!!

..... Jack Foster (42) N.Z. writes he's plagued by "nagging tendonitis". Apparently Jack is normal like the rest of us mortals and is afflicted with the same miseries. Jack casually mentions his best 5 and 10km times last year were 14.09 and 29.38, respectively. For those interested, these are world bests at age 40 & 41 breaking Michel Bernard's (40) (Fr.) '72 14:10.0 and Alain Mimoun's (41) (Fr.) '62 14:37.8. We, of course, have previously raved about Foster's 29:38 which made him the 1st Veteran (over 40) to break 30 min. in the past 10 yrs.....

.....John Gilmour (55) Western Australia, Holder of the 10,000m age group records for ages 53 & 54 has bested Great Britain's Tom Buckingham's age 55 record of 36.07 as well as Paul Reese's American record of 36.22 when he reports a recent 10km time of 33:40 which was good for 4th place in the open meet at Perth. John also ran the Western Australian Marathon, August 9th, finishing 4th over all in the excellent time of 2:44:12 nearly breaking Tom Buckingham's 55 age group record of 2:42:43, and bettering Reese's U.S. record 2:45:30. John reports U.S. Masters Cliff Bould, and Col Junner are running well. Apparently, Gilmour did not train or point for the Marathon but entered at the last moment. This shows what planning ahead will do for you.

...We received a copy of the Missouri Valley Masters Newsletter (We wish more were sent) and learned that USMITT member Arne Richards has had a busy summer with 30th overall placing in the Pike's Peak Marathon, a 2nd in 40 & over -- the National 15km in Colorado and tops in his division in two 10 milers doing 63.02. Dave Shrader (60) fraught with physical problems keeps touch with reality through his efforts in the Discus and Shot setting age group records on moving into Div III; Alex Pappas, Div I formerly of S. Cal and now of Kansas in Salina reports a 2nd in the 100, a 25.6 in the 220 and a 63.4 in the 440. As usual Jack Greenwood (48) dominated not only Div. I but also the sub-Masters with a 14.7 120 yd H.H., 10.8 100 yd., 56.9, 440, and a 24.4, 220 added to that was a 17' 9 1/2" L.J. and a 5' H.J. in between he helped the announcer. Betty Pappas, showing the way to women in the Middle West, did 13.1, 32.5, 76.4 and 12'6". Keep it up, Betty, soon some more gals will come out and give you some competition!!

FALSE STARTS.. . . .

....Rivaling the famed S.F. Bay-to-Breakers Race which we reported some months ago is its sister race the Sydney "City-to-Surf" event in which 5700 started and an estimated 5000 finished, won by John Farrington, Ausie Marathon Champion for the 3rd time in 4 years, 2nd was Terry Manners of N.Z. and 3rd Bay-to-Breakers Winner San Franciscan Gary Tuttle. Our man from N.Z. Keith Williams took a party of 52 Auckland Joggers for the event, and Keith sent Helen a "T" shirt commemoration of the event now that she's a "runner".

.....Gleanings from the DSE Runners Newsletter. Harry Cordellos (totally blind) averaged 5:20/mile in a recent 9 mile road race and has logged 1080 miles and competed in 20 races in the 1st six months of '74....

Alex Monterrosa logged 2163 miles over the same period. And from the N. Cal. Sentrois T.C. Newsletter we learn Catherine Smith, wife of Veteran runner Ross Smith, created quite a scene by insisting on entering the AAU Masters Championships. Unfortunately, Jim Puckett, Meet Director, who, incidentally did an otherwise excellent job conducting the Gresham Meet, was not aware of past policy adopted by the S.D.T.C. in encouraging the ladies by accepting women entries in the Marathon and then having one special ladies' event each day at the Track Meet. For the most part, 40 yr. plus women are not competitive with their male peers and don't belong in the Men's Masters National Championships no matter how much we love the ladies and encourage their participation in Road Races and Club events.

....We never thought international intrigue would infiltrate the staid ranks of Veteran athletics, nevertheless it has! Dr. Ernst van Aaken of West Germany and editor of "CONDITION" on inquiry advises that Meinrad Nagele, Founder of the World Masters Assoc. of Long Distance Runners has disappeared from Germany...."but is hiding in America" and that "he is being sought by the Interpol Police". Should any of you observe a slight darkly handsome 40-ish, man with a German accent finish your local marathon in under 2:30, call your local F.B.I. as that's our man!!!!....

....Beer Drinkers Arise and take comfort!!! Dr. Bassler of the Seniors T.C. maintains that... BEER IS A HEALTH FOOD-- Yeast makes beer from germinating whole grain called "malt". Yeast keeps all the thiamine but shares the other B complex vitamins with the beer.

...If we postulate that a marathoner is to drink a bottle of beer with each meal and after his training run (four 12 oz. bottles/day) and take yeast tablets (10 of the 7.5 gr. size), we can compare the amount of B complex he has taken with an average "One-a-day" vitamin pill. The B-1, B-2 and niacin are given for the pill as (2.5, 2.5, 20.0) for the beer as (0.0, 1.4, 20.0) and the yeast as (0.6, 0.35, 2.5). The total for the yeast plus the beer comes to (0.6, 1.7, 22.5) which is almost as much as the vitamin pill.

....Now I don't advise you trying to get all your vitamins from beer, but I do advise adequate fluid coverage of sweat and urine. If anyone has a fluid which can prevent kidney stone plus giving as many vitamins as beer, let me know. Remember, beer is made by yeast...and in that respect it is a natural source of the B vitamins. (But you must also eat the yeast, since all the thiamine stays in the yeast cells at the bottom and must be bought separate.

..Our outstanding over fifty performer, Ed Keysar, recently underwent a delicate operation to remove a tumor of one of his cranial nerves (acoustic neuroma). Fortunately, the tumor was benign, as they always are, but because of extensive involvement, the nerves controlling hearing and the muscles of the left side of the face have to be sacrificed. Ed lost significant weight during this ordeal but with typical zeal and courage returned to training within a month of surgery. He has regained his weight and is rapidly improving toward his former conditioning which allowed him to set several American records last year. Those of you who know people who make all sorts of excuses for their poor conditioning might set Ed forth as an example of victory over serious problems..(from the Seniors T.C. Newsletter) ...LOTS OF LUCK, ED!!

.... Jack Foster (42) N.Z. writes he's plagued by "nagging tendonitis". Apparently Jack is normal like the rest of us mortals and is afflicted with the same miseries. Jack casually mentions his best 5 and 10km times last year were 14.09 and 29.38, respectively. For those interested, these are world bests at age 40 & 41 breaking Michel Bernard's (40) (Fr.) '72 14:10.0 and Alain Mimoun's (41)(Fr.) '62 14:37.8. We, of course, have previously raved about Foster's 29:38 which made him the 1st Veteran (over 40) to break 30 min. in the past 10 yrs.....

.....John Gilmour (55) Western Australia, Holder of the 10,000m age group records for ages 53 & 54 has bested Great Britain's Tom Buckingham's age 55 record of 36.07 as well as Paul Reese's American record of 36.22 when he reports a recent 10km time of 33:40 which was good for 4th place in the open meet at Perth. John also ran the Western Australian Marathon, August 9th, finishing 4th over all in the excellent time of 2:44:12 nearly breaking Tom Buckingham's 55 age group record of 2:42:43, and bettering Reese's U.S. record 2:45:30. John reports U.S. Masters Cliff Bould, and Col Junner are running well. Apparently, Gilmour did not train or point for the Marathon but entered at the last moment. This shows what planning ahead will do for you.

...We received a copy of the Missouri Valley Masters Newsletter (We wish more were sent) and learned that USMITT member Arne Richards has had a busy summer with 30th overall placing in the Pike's Peak Marathon, a 2nd in 40 & over --the National 15km in Colorado and tops in his division in two 10 milers doing 63.02. Dave Shrader (60) fraught with physical problems keeps touch with reality through his efforts in the Discus and Shot setting age group records on moving into Div III; Alex Pappas, Div I formerly of S. Cal and now of Kansas in Salina reports a 2nd in the 100, a 25.6 in the 220 and a 63.4 in the 440. As usual Jack Greenwood (48) dominated not only Div. I but also the sub-Masters with a 14.7 120 yd H.H., 10.8 100 yd., 56.9, 440, and a 24.4, 220 added to that was a 17' 9 1/2" L.J. and a 5' H.J. in between he helped the announcer. Betty Pappas, showing the way to women in the Middle West, did 13.1, 32.5, 76.4 and 12'6". Keep it up, Betty, soon some more gals will come out and give you some competition!!

The Existential Sprinter

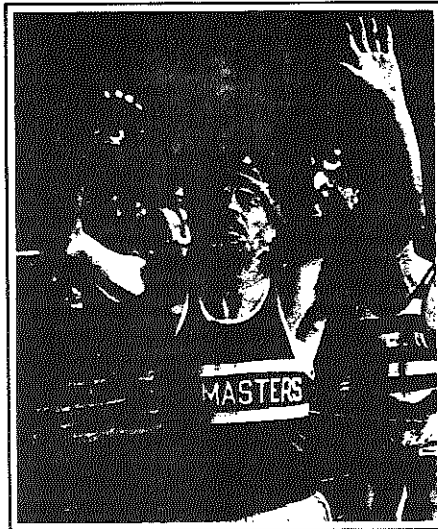
By Lowell Cohn

■ The shadows have begun to lengthen in Stanford University Stadium, and a breeze has sprung up. You can see the track team going through its paces. Thirty or so runners, broken up into packs of three or four, are running distance and repeat 220s and practicing starts. In the middle of the sprinters there is a man who looks as though he might be somebody's grandfather. He's bearded and bald, except for some token gray on the sides. From a distance, you'd think he should have resigned himself, long ago, to pursuits no more strenuous than planting tulips in his garden. But the closer you get the more it becomes clear that the muscles are firm, the skin smooth. For this is Alphonse Juilland, world record holder at 100 and 220 yards for men fifty and over.

If the thought of anyone being the fastest fifty year old in the world causes an ironic smile to form on your lips, consider the workouts Juilland (pronounced *Zhweeyond*) has taken in the last three days. Sunday he ran three quarter-miles with ten minutes' rest. Monday he did twenty 100 yard dashes, walking the turns. And Tuesday he ran four 220s averaging twenty-six seconds with five minutes to catch his breath. Each session was preceded by at least an hour of jogging, calisthenics and striding.

Today is a speed workout, so he will do four 100s from a running start, beginning with a leisurely 10.8 and getting progressively quicker until he finishes as fast as 9.7 or 9.6. Then he will practice seven or eight starts and go to the weight room where he'll bench press 215 pounds and leg press 520. Tomorrow, an off day, he'll jog two miles to stay loose.

This five foot nine inch, 147-pound transplanted Frenchman is the unlikeliest of middle-aged superstars. To state the case simply, he is an intellectual, the kind you'd associate with sedate afternoons in library basements surrounded by learned journals



and burgeoning stacks of index cards. He is a linguist of international repute with more than fifteen books to his credit. He's head of the Department of French and Italian at Stanford, he speaks six languages, reads half a dozen others, runs a popular forum in conservative thought, and teaches courses in the philosophy of Sartre and William Buckley for fun.

Why would a man who has reached the pinnacle of his profession and who's already half a century old subject himself to the grueling pressure of daily workouts and weekly competition?

"What makes me run?" says Juilland. "A deep-seated frustration, something like an unconsummated love affair. It's the old story of the teenager who falls desperately in love and nothing comes of it. But he never forgets his youthful love and decades later runs into her. Although she's past her prime, to him she's still desirable. He promptly loses his head again.

"Give or take a little, that's track for me. I started when I was sixteen. World War II put a stop to it shortly after. If I had had a chance to develop, to compete, to break a few records, to make the 1942 European championships or the aborted 1944 Olympics, that would have been that. But it wasn't to be and I was left with this longing. Here I am, a man in his fifties who conceals a teenager's dream in his heart.

"Granted, it's a sort of infantilism. To grow up psychologically, you have to live certain things. If you don't, your development is arrested at one stage or another. So I'm stuck with this infantile complex. But it doesn't bother me. Maturity isn't so much a complete psychological development as it is an awareness of where you are."

Juilland probably never could have become re-involved in running if it had not been for certain chance occurrences. When the war ended he went to the Sorbonne where he earned the phenomenally hard state doctorate (it requires two dissertations)

at the age of twenty-nine. He is still the youngest ever to be awarded the degree. In 1953 he came to the U.S. as a visiting scholar with his Roumanian born wife, Ica, and after teaching at the University of Pennsylvania and Columbia, he was brought to Stanford as a full professor in 1961.

All this time he had forgotten about track except to run an occasional eight-and-a-half minute mile — hardly impressive. Things reached a low point in 1966 when, because of a series of professional pressures, he began to think of himself as a physical wreck. "There are thirty steps leading up to my office. I used to go up fifteen and stop a minute to get my wind. I thought if I didn't I would die of a heart attack."

Then one day a student of Juilland's, the 1964 Canadian decathlon champion, William Gairdner, convinced him it would be a good idea to run miles on a consistent basis as a way of taking his mind off things. Juilland had met Gairdner in 1964 when he and another "tall rather shy fellow" were training at Stanford for the Olympics. The second athlete turned out to be Bill Toomey, 1968 Olympic decathlon gold medal winner, with whom Juilland has remained close (he is godfather of Toomey's daughter Samantha).

Juilland began to close in on his goal of a six-minute mile — not blazing but respectable. "I felt like Zeno's arrow. The closer I came to the goal, the harder it became." He achieved it over a year later in a race which still makes him laugh.

"I suffered like an animal through that one. After I collapsed across the finish line, William looked at the watch and said triumphantly, 'Prof, I can give you 5:59.8.' I said, 'For God's sake, don't show me the watch, I don't want to see it. If you're lying, that's your problem. I'll take 5:59.8.' So I'm supposed to have broken six minutes in the mile, but I never saw the watch. And that was the last mile I ever ran against the clock."

All the while he was gaining the confidence that he could tax his body without damaging it. The breakthrough came in Fresno in 1968, where he had gone to see both Gairdner and Toomey compete. One of his students noticed that, for the first time, there was a senior 100 included in a regular meet.

"My students practically threw me bodily out of the stands. One gave me shoes, another shorts." Juilland had not competed in a sprint event in twenty-eight years and, despite the fact that he had a wretched start and then pulled his hamstring in the last ten yards, he finished second.

He was so encouraged by his performance that he decided to go on training for the senior nationals in San Diego, which were being held for the first time that year. With only seven weeks of training he finished third in the 100 and fifth in the 220 and this even though in that first national event all runners competed together regardless of age and he was running against men

continued

in their early forties.

Juillard's only gold medal came in the quarter mile relay. He was running the anchor leg and had arranged that Gairdner would stand alongside the track and tell him when to go. When the third man, who was leading by five yards, reached the strategic spot, Gairdner yelled, "Go!"

"Our third leg, an attorney from Tennessee, was quite inexperienced. When he saw me take off, he got scared that I would run away from him and screamed, 'Stop!' Which I did. I stopped dead in my tracks, and he ran smack into me. I managed to recover my balance and get hold of the baton, but by then our five-yard lead had evaporated. With twenty yards to go, the young hounds behind me had pulled even. I don't know where I got the strength to react, but I did. I pulled away and we won by a foot. That was the first gold medal I won at the nationals."

Since that first year, masters track has changed. Now events are divided into age groups of ten years — forties, fifties, sixties and so on. Some meets even begin at age thirty and progress in increments of five years. Juillard also developed after that first season, steadily bringing his times down as though with each year he was defying the laws of nature and growing younger. His first spectacular season was in 1972. In an amazing ten day period he set world records for men over fifty in the 100 (10.7), 220 (24.6), and 440 (56.3). Later in the season he bettered his own marks, running 10.6 in the 100 and a breathtaking 23.6 in the 200 meters.

The most famous race Juillard ran that year was a record-breaking quarter mile at the Stanford Stadium. There were 25,000 people there to see a Stanford dual meet. But Stanford coach Payton Jordan, a noted senior runner himself, had inserted a masters event in response to popular demand. Juillard came by 330 yards in a blazing 39.4 seconds, which was better than his previous best at that distance. He had expended so much energy at that point, however, that he ran the final 100 in 17 seconds. As he crossed the finish line, he was heard to moan, "I died."

Although Juillard was disappointed with the effort — "I had the feeling I let my people down" — the

race gradually began to assume mythic proportions. Even now, two years later, people still congratulate him on his "great race." The irony is that Juillard doesn't like the quarter mile distance and hasn't run it competitively since. In fact, Juillard was more or less dabbling in the event and had gotten into it quite by accident.

"In 1972 I went to a big seniors meet in Hawaii. It was a two-day affair, but because the local sprinters wanted to go sailing, they changed the program and re-scheduled the 100 and 220 for the first day. I won them both, but there was nothing left for me to do the second day. So I entered the quarter, hoping to squeeze into sixth place. I came in first. When it was all over, I found out that the guy in the next lane was the world record holder for men over fifty. I passed him on the first turn and it's lucky I didn't know who he was, otherwise I never would have dared."

Juillard's achievements in the spring and summer of 1972 were marred by an inconsistency which exists between Europe and the United States in recognizing world marks. According to European standards, age is determined by year of birth. Since Juillard was born in 1922 he was considered to be in his fiftieth year in 1972. But in the United States, year and day of birth are the criteria for establishing age. Juillard, who was born October 5, was still only forty-nine by American standards. As a result, while in Europe he was world record holder for fifty and over, in the United States he was recognized as champion only for men exactly forty-nine years old.

This discrepancy only made Juillard more determined. He waited until the next year and did it all over again, running an incredible 10.5 100 yards and 11.4 100 meters. With these times, Juillard would have beaten O.J. Simpson in the recent Superstars competition.

What makes his marks even more impressive is that the next closest in each of these events is Juillard himself. Only Juillard has run a 10.6 100 yards or 11.5 100 meters. He also repeated his 23.6 at 200 meters and 23.7 for yards. In the history of masters track just one other man over fifty has run under 24 seconds at 200 meters and no one else has ever done it at 220 yards.

With a running history so successful, it is hard to keep a straight face when Juillard insists that he is not competitive. Yet, with the intellectual's penchant for fine distinctions, he means that he is not competitive in the usual sense.

.....Jim Hershberger (42) our oilman from Wichita, Kansas writes he is back to running after suffering severe financial reverses occasioned by attempting to float a public oil exploration company and claims a 10.1 100-yd effort and a 52:12.5 10-mile effort to raise funds for the YMCA.....

.....Jon Hutchinson (Div.II) of Tarrington, Conn. and a Track Coach writes he is planning to make the Jamaica trip and bring Gerry Whittaker a 17 yr. old lad and native of Jamaica. Since young people are included in the Christmas Tour this sounds like an excellent idea.....

BERKSHIRE 5-MILER-SEPT 15

Otto Essig with his 5 miler once again proved he knows how to host an event! With 199 starters and 199 finishers at ages ranging from 40-70 plus in 7 classes ..fine performances and a happy time were enjoyed by most of the participants including USMITT members Bob Fine (43)(Div. I) 20th 30:12, Bob Fite (47)(Div.II) 7th 29:40, Richard Packard (46)(Div.II) 9th 29:51, Dr. George Sheehan (55)(Div.IV) 1st 30:34, and Otto Essig (68)(Div.6) 2nd 34:22 (Behind the Venerable Boston Marathoner John Kelly (67) 1st 31:47). Kelly and Sheehan set class records. The winning time Div.I was 26:49 performed by Ronald Goff (40) off the record of 26:18 set in '71. Otto asks you note next year's events in your calendar: May 4, '75 10-miler and Sept. 7 for the 5-miler!

.....USMITT Member CAPT. Dick Stolpe, USN (49) 51.7 400m '72 and 52.4 in '73, admits he's retiring from the Navy and taking a position in the Los Alamos Scientific Laboratory (he's an Expert and Gov't classified in Atomic Energy)..and will be living and training at 7200' so watch out for him in '75 in Toronto and the Masters when he steps into Div 2-A. Did you know that the Modern Olympics were first held in Athens in 1896 and was run on a track of 333.33 meters with such tight turns they dispensed with the 200m. Track events were run in clockwise direction and that our U.S. Masters best performances 1968-1973 in all common events 100m, 400m, 800m, 1500m and the field events bettered the performances in the 1st Olympics. For more read Pete Mundle's summary appearing page 2

Cont. from p. 3

Ken Crutchlow's times in splits were 55 minute run, 2:30 swim, 1:40 Mt. climb and descent, 3:23 minute swim to the finish for a total time of 8:15 and 24th place.

This one of its kind event is named a triathlon as running, swimming and climbing are all included in a test of stamina and endurance. The Clear Lake Triathlon, sponsored by the Lake County Chamber of Commerce, features a seven mile run along the north shores of Clear Lake on Hwy 20 from Lucerne to Glenhaven, then a 3½ mile swim to the Konocti Harbor Inn, a 2000 ft. run and climb up Mt. Konocti and descent and another 3½ mile swim back to Glenhaven where it finally ends!

by Jack Bettencourt

"I never go into a race with the feeling that I'm going to beat those guys. Competing with myself is more important to me than competing with other people. I look at my body as though I were an outsider. To me it is a tool — what can I get out of it? Beating everyone in my age bracket is less of an achievement than squeezing another tenth in the 100. I would rather lose in a fast time than win in a slow one.

"Improving my times is also a way of fighting old age, a way of saying no to physical deterioration. Psychologically, people decide they are finished long before they have to. I nearly gave up on myself five or six years ago. I was telling myself, 'This is out of the question. I can't do this with my aging body.' But then I changed my mind. And now I firmly believe we can do much more than we think. I'm sure that sometime in the next decade a man in his fifties will break ten flat in the 100 yards. If I hadn't stopped running for such a long time, I might have done it myself."

Juillard's unusual attitude toward competition is reflected in the fact that he is a poor starter, even though he has exceptionally quick reflexes. In a typical race he gets out of the blocks in a kind of delayed reaction, runs last for about thirty yards, pulls even by seventy and then, in the tradition of Silky Sullivan, blasts ahead at the end.

This pattern has caused him a great deal of concern, but by now he is more or less resigned to it. "I don't have an aggressive personality. You've got to get into the blocks telling yourself that you're going to beat those bastards. I can't. Deep down in my subconscious there is something which tells me it is unfair to get the jump on the other guys. To pass them in the home stretch,

that's okay. But to get the jump on them, that's ungentlemanly."

With Juillard's concern for calibrating the progress of his body, it is not at all surprising that he should have devoted himself to track. Where else can achievement be measured and verified to the hundredth of a second? But there is something else. In the world of sports, runners are the individualists. They do not dedicate themselves to teamwork. Victory rarely has to be shared. And of all the running events, sprinting is the most dramatic. The whole world comes together in one explosion, lasting ten seconds or less.

Juillard is a typical sprinter. He can even get philosophical about the existential basis for his commitment. "God used to be man's source of meaning. But now with the impending 'death of God,' we've lost that source. This is what the existentialists have in mind when they tell us that the world is absurd. Since God is no longer around to give meaning to our lives, all we can do is root meaning in ourselves, by projecting goals which seem to make some sense. To relate this to track, if the world is absurd, then any project is as good as any other: breaking eleven flat in the 100 is worth the conquest of an empire."

"In 1972 I ran the Culver City Marathon. It's asphalt all the way and the air was very polluted. I was at three hours 56 minutes with a mile to go and I finished in 4:12, which means I took sixteen minutes for my last mile. But I was running all the time. I never stopped. I never walked. At the end my stride must have been about three inches long. I was like a zombie.

"With two interminable miles to go a friend of mine came by in his car to encourage me. He opened his mouth, took a look at me, and closed it. In his face I saw my agony. Then he uttered some half-hearted encouragement like, 'Keep going, you look okay,' and drove away.

"I had reached a point of absolute collapse and was telling myself that there was nothing I could do about it, that there was no way I could stay on my feet for another minute. But then, for some reason, Sartre's story, *"The Wall,"* crossed my mind. And it saved me.

"Sartre's idea is that man is absolutely free. People say, 'What do you mean, he's free? Is the victim of torture free not to break?' Sartre wrote the story to reply to this sort of question. What he means by absolute freedom is not that man can do anything which crosses his mind, but that he always has a choice. What choice has the man under torture to avoid breaking down? He can choose the moment of his breakdown. There is no point during the most brutal torture when the victim can't tell himself, 'I can take it for another five seconds.' And then, perhaps, for another five. There is no objective breaking point. The man under torture freely chooses when to break down. It is he who decides when he's going to give up.

"When this story came to my mind, I was about to lie down in the middle of the street and start crying. But then I told myself, 'Look, you can drag yourself another 200 yards. You'll cry at the next traffic light.' And when I reached the next light, I told myself the same thing. I kept postponing my collapse from block to block, from house to house, from tree to tree. Collapse I

did, but it was across the finish line. My friend caught me and congratulated me — perhaps for still being alive. He took my shoes off, and then my stockings, and all my toes were bleeding. I looked at them and said, 'What a nice dramatic touch.' I dragged myself to a telephone booth and called my wife long distance. All I could mumble was, 'Never again. Never again.' That was the first and last marathon of an old sprinter."

What is left for the existentialist runner? These days he is maintaining shape but not training for serious competition. At times he talks about quitting as though he's squeezed every last tenth out of his fifty-one year old body and now must go in search of another test.

"If I were motivated by beating the competition I could go on indefinitely, but I'm not. I may take up something else like tennis or maybe I'll write a book. Diversity makes life fun."

But when he is asked about his own records being broken he assumes a different tack. "All my records are going to be broken by guys coming after me. But who knows, while they're breaking my world records for the fifties, I may establish some for the sixties." □

"Beating everyone in my age bracket is less of an achievement than squeezing another tenth in the 100."

