For the first time the Masters will hold a National Indoor Championship event which was awarded to the Wood Indoor Games II to be held at Paddock School, Hitchamton, N.J., Mar. 8, 75.

The Pacific Coast, was again awarded the Masters Decathlon to be held at Allan Hancock College in Santa Monica, Calif. Date to be announced.

Bidding for the Masters Outdoor Championship was brisk and contention with pugilistic Jim Patankar, who did such a good job getting the Nationals this year in Georgia bidding to take a place. It is left out to the East Coast, however, and properly so to a bid of White Plains, N.Y. by bringing the Masters to the East Coast for the 1st time during the eight years existence of the Masters program.

The white Plains Regional Cof. C has promised probably the best organization ever seen for the Masters with expert organizers and officials, a four lane Tartan Track, a large public扑克 hotel, motel and university housing, discounts at all restaurants and a free banquet sponsored by AM. George Truesdale, Div. Ill, Philadelphia has generously agreed to print and donate the pro- gram (about $3,000 worth) to Ken Willoughby, whose generosity to Masters events is leg- end, has offered to assist in the sponsorship of the awards--another major item. Indebtedful Bob Wells of N.Y. will chair the overall planning of the meet.

The date for the Masters Outdoor Nationals was re-set for August 1-3, 1975 (Friday through Sunday), to accommodate the track meet at the University of Illinois, set for Toronto, August 11-17th. Many of you will be able to write to 600 miles and express your desire for the August 6-10 dates which will allow you to take in both meets within one-week's time. The decision to re-schedule the recognition of the biggest meets ever men drinking Div III.

Masters Employment Standards

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It's Joan and Joan's crows from her rose sleepy to do running gear. As the light appears, one ventures outside to run rather stiffly, at first, but then more smoothly on tree-lined streets, a 9-mile course, ocean shores, or paved desert city street, now and then exercising the pure pleasure of this physical emancipation.

The Declaration of Independence refers to certain "inalienable Rights - Life, Liberty, and the Pursuit of Happiness." Certainly running involves all three, and, in a manner only another runner can appreciate.

We race with others and again we enjoy this freedom in our own doing and we share our freedom with others and note with satisfaction that both we and they are accepted for what we are -- runners -- who care less about our careers, social, religious, or national status. Often, we know little of our running friends' other life and are not concerned. Our respect goes to the fine athlete and the good sport. It matters not that we lost to a Negro, Jew, Girl, or Smart athlete. We respect one another because of our ability and sportsmanship. This is all very self-satisfying, and we feel good about it, as it injects into our lives an element frequently lacking in our business and social affairs.

Some of us wish to share our running experience with others similarly disposed who come from distant places, have different interests, and we enjoy the pleasures of competition with our foreign peers in an atmosphere free of prejudice.

Some of us are attracted to the larger meetings where hundreds -- perhaps several thousand -- can engage in friendly competition. As we enjoy this freedom, we must rely on outside financing and the support of other related groups. As we do this, we find we are subjected to pressures that we do not insist on our soundable goals of achieving physical and mental health through the purposeful fulfillment of the needs of others and the rules of some alien organization which seek to control us.

Simple, basic objectives: That one should be fit and, that people should band together to achieve fitness through running and competitive sports. More of us are now preoccupied with winning, setting records, and record scores. Elements of nationalism creep in. Questions are asked as to who wins and who loses and who shall manage and control the "official team." The group objects to others as being "professional" and seeks to bar them from competition in a political advantage to be achieved and threatened to boycott the games unless their group is given their rights. The regulations of the IAAF are now thrust upon us. The fact that its rules and regulations have been developed based on different criteria is disregarded.

Veteran (Masters) Athletics is on the wings of becoming a truly worldwide sport. This is desirable for it is in our policy to encourage adult fitness in every possible way. Large international meetings stimulate athletic interest and provide an atmosphere that we are forced to notice and publicize the activity.

Masters Athletics got its start in California nine years ago and was based on the fact that any fit person of the requisite age may compete. The program, three years later, was recognized by the American Track and Field Athletic Union with the express agreement that my fit person 40 yr

For further info: Joan Ullset, N.C. 194 Foresta Hills St. P. O. Ga 31235

The 1974 National Masters Cross-Country Championships were held on 10th El Dorado Park, Long Beach, Ca., sponsored by the Senior T.C. The race was won by Harvey, Sugar, Oregon lost a 100 yard lead to Pikes Peak;

For 3 yrs, in the Middle West, the Masters X-C Live in the same region, Oregon a race that most X-C purists would have cringed at the flat course; the first and last 3/4 of miles were in the thoroughfare of hills -- allowed a second mile of "B" hill -- almost as bad as the "C" hill, which is (in S.Cal.), creeks, hurdles or other natural barriers.

The average team won about the same as the vacuumed course prepared by the Host Club.

Such caviar should not tarnish the excellent arrangements made by the organizers who ran a 1975 event with certified course, well marked, (although runner boy from Sugar, Oregon lost a 100 yard lead to Pikes Peak) when he went off course, well officiated and recorded with printed results following the race.

The only closed course over the otherwise satisfying event was the pretest directed at the winning Seniors. T.C. (New York) and the supplying of transportable Inaugural to the winning Masters. T.C. in 1974, when we all grazed with the S.H.C. during our European tour. This time the tandem appeared to be a resident of a British country house, who was very friendly and hospitable.

David H. H. Pace

Why Faster?... Continued from page 7

This residual fat, after the excess fat of the associated with obesity is eliminated, is the body's energy surplus. Excess fat, Dr. Ullset suggests, may be harmful. Fat slowly is of little use in a cross country run.

While the best long-distance running men are new to the sport, they are not new to the body's lack of energy surplus. It is very rare that fat is made inferior to living fat. On the contrary, fat is the first to be used in the body's energy surge.

So, the question is, why hasn't this superiority of women been noticed before?

After all, the women's record for 50 miles is 7 hours, 3 minutes, compared to 8 hours, 25 minutes for men. At 100 miles the woman's record is around 7 hours, 30 minutes, slower than 11 hours, 15 minutes.

"Still recently, so few women did any running that female potential just hasn't been appreciated," she said.

It is only since 1974 that women's running events in the Olympic games exceeded 400 meters. Of course, few women were too fragile for longer distances.

As women enter longer-distance races, a few truly accomplished athletes will emerge to challenge and, in Dr. Ullset's opinion, defeat the men.

She and other women runners are aiming at 1980 to get the marathon approved as an Olympic event for women. Ideally, she'd like to see some races even longer.

Not that she thinks men and women should be in the same event. Ideally, she'd like to see some races even longer.

Masters Athletics program is an excellent idea that will virtually set the stage for the future of Masters athletics worldwide, since the Masters Association has developed into a cohesive entity to 98 New South, South Corinth, Dartford, Kent, Farnborough B3522 England. Please write to: W. J. Naughton, 228 Morley Road, Dartford, J. Ullset, Wimbledon SW19 5EC, or W. J. Naughton, 228 Morley Road, Dartford, J. Ullset, Wimbledon SW19 5EC.
CALENDAR

December
7th: Missouri Valley AAU, 30th, Joe Duncan, at 4004 Defoe Dr., Columbus, N. 65201

January
18th
1st: USMTTF Florida-Jamaica Your 4 Your Extension-Caribbean Cruise (1/31/7)
21st: 1st Florida Masters T/F Meet, at Ft. Lauderdale Ray Russell, 2411 U.S. Sixth St, Ft. Lauderdale, Fla. 33314
22nd: 13th Road Race, Ft. Lauderdale, Fla. 33301
26th: 1st Jamaican Masters Championships, Kingston, Jamaica.

March
11th
8th: Masters Indoor, Master Sports Assoc; Peddle 11 & Boat, N.J., 10 p.m., Rob Fine, 11 Park Place, N.Y.C. 10007

April
1st
5th: S.E. Masters, Raleigh, N.C., Joe Boal, at 212 W. Sycamore Ave., Wake Forest, N.C. 27587

May
1st: Berkshire 10-Miler.

June
8th: Masters 20k, Hamilton, Long Island, Metro Assoc, 11 a.m.
18th: Calist. State College, California, P.A., UCSTF Natl. Masters Championships, Larry Blanks from John Hancock, 467 Beverly Rd., Mt. Lebanon, Pa. 15208

August
1st
3rd: 1-Hour Run, Jr., Senior, Masters and Women. Fac. Assoc., Santa Barbara, Calif. Submit results to: John Sweeney, 4116 Meadowlark Lane, Santa Barbara, Calif. 93103.
11-12th: 1st World Master T/F Championships, X-Country & Marathon, Toronto, CANADA

September
7th: Berkshire 5-Miler.

U.S. Masters International Track Team December, 1974

POLITICS & THE AAU

The AAU Convention is a political meeting with Individuals and Associations electing officers for offices, Championship Meets & causes. The 74 Convention was no exception. It was particularly true at the U.S.M.T.T.F. Committee meetings and within the Masters T/F Meetings as well. Prior Masters T/F meetings have seen little activity with the Chairman conducting his meeting virtually on his own. Things have changed, masters athletes are now active in the affairs of our sport. This is desirable as it was at times, seemly, quite heated debate on issues and problems.

Few, for the last time a candidate actively seek out the office of Chairman, an energetic N.C.C. Arty Job Fine, Masters Chairman for the Metropolitan Assoc. (N.Y.) demonstrated to a majority of Voting Delegates he should hold the Masters reins for 1974.

Unfortunately, long distance running dominated the U.S.M.T.T.F. Committee several years ago and now administers its sport independently. The L.R.C. Committee has drawn its masters T/F and now controls the Masters Championship events for the 10 mile X-Country, the 12.25, 30k, 50k, Race, 30-mile Fun, and the 1 Hr. Fun plus the Masters Marathon. Our Masters T/F Sub-Committee award the Masters Indoor and Outdoor Championship and Decathlon. Since the Masters are equally, if not more, concerned with L.R.C., it is necessary to make both groups' meetings in order to fully cover Masters Athletics.

Our Master T/F Committee concerned itself primarily with records, Sports Nuts and awards of championship events. This year saw as many as 25 persons attend the Committee's meetings and the debate was animating.

The following records were offered for approval:

Men's Master

Pend. 1. Pole Vault - 15'6"- Richard Horcon, Penn U., at Phila, Pa., 19 Jan, 1974
Pend. 2. 50 Yd Dash - 5.828" - Philip C. Prender. 15th, Decatur, N.J.; 20 March
Pend. 3. Long Jump - 20' 7 5/8" - Charles Andrew, Hoy Videotapes at Daily City, Ca., 1 Feb, 1974
Pend. 4. High Jump - 5'9" - Bruce Blanck, 15th, 25 March
Pend. 5. 35 lb Mgt Throw - 39'10" - Ron Gilson, NCAA at Hightstown, N.J.; 24 March
Men's Master Outdoor American Records
Pend. 6. 35 lb Mgt Throw - 63' 2" - Harold Connolly, 15th, 10 March
Pend. 7. Discus Throw (2 11/16) - 156' 7" - Tom Adams, 15th, 20 July, 1974

Please turn to page 2

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