

CALENDAR

- DECEMBER** AAU
- 7th: Missouri Valley AAU, 30km, Joe Duncan, at: 4004 Defoe Dr., Columbia, Mo. 65201
- 20th thru Jan 1st: USMITT Florida-Jamaica Tour + Tour Extension--Caribbean Cruise (12/31-1/7).
- 21st: 1st Florida Masters T&F Meet, at Ft.Lauderdale Ray Russell, 208 S.E. Sixth St, Ft. L.,33301
- 22nd: 15km Road Race, Ft. Lauderdale, Fla. 33301
- 26th: 1st Jamaican Masters Championships, Kingston, Jamaica.
- 1975**
- MARCH** AAU
- 8th: Masters Indoor, Master Sports Assoc, Peddie School, Hightstown, N.J., 10:00am, Bob Fine, 11 Park Place, N.Y.C. 10007
- APRIL** AAU
- 5-6th: S.E. Masters, Raleigh,N.C., Bob Boal, at: 121 W. Sycamore Ave., Wake Forest, N.C. 27587
- 13th: 50km Masters, S.Pacific Assoc.,Rosebowl, CA., Wes Alderson, 4070 Minerva, L.A.,CA 90066.
- MAY** AAU
- 5th: Berkshire 10-Miler.
- JUNE** AAU
- 8th: Masters 20km, Huntington, Long Island, Metro Assoc., 11:00am
- JUNE** AAU
- 14-15th: Calif. State College, California, PA., USTFF Nat'l Masters Championships. Entry blanks from: John Harwick, 467 Beverly Rd., Mt. Lebanon, PA 15216.
- AUGUST** AAU
- 3rd: 1-Hour Run, Jr., Senior, Masters and Women. Pac.Assoc., Santa Barbara, CA. Submit results to: John Brennand, 4476 Meadowlark Lane, Santa Barbara, CA 93105.
- 11-19th: 1st World Master T&F Championships, X-Country & Marathon, Toronto, CANADA
- 1-3rd: AAU Masters T&F Championships - Metro Assoc., White Plains, N.Y. (30 Miles N. of N.Y.C.). Bob Fine, Master Sports Assoc., 11 Park Place, N.Y.C. 10007.
- SEPT.** AAU
- 7th: Berkshire 5-Miler.

- 13th or 20th: Masters 15km, Chicago, Illinois, Jackson Park, Univ. of Chicago, Track Coach, Ted Haydon.
- OCT.** AAU
- 8th or 15th: Masters 10km X-Country, Metro Assoc., Van Cortland Park,N.Y.C.
- 12th: Masters 30 km, Metro Assoc. Central Park, N.Y. 11:00am. Fred Lebo.

DATES TO BE ANNOUNCED:

- 1975: 50 Miler, Masters & Seniors, Pac.N.W. Assoc. Dean Ingram, 507 Cobb Bldg., Seattle, Wash., 98101.
- Masters Marathon, Pac.N.W. Assoc., Portland, Ore., Savier Island, Jim Puckett, Track Coach, Mt.Hood Community College, Gresham, Ore. 97030.
- Masters Decathlon, Alan Hancock College, Attn: Roy Crane, Track Coach, Santa Maria, Ca. 93454.
- 1976: Masters 10Km X-country, Mid-Atlantic Assoc., Philadelphia, PA.,Belmont Plateau. (Courtesy housing, free trip for '75 X-country champion) - Tom Sander, 515 W. Godfrey Ave., Philadelphia, PA., 19126. (215) HAY-6818.

HELP WANTED!!! We need address updates or corrections on:

- Henry Kupcayk
- Louis Mertens (Mail returned from: 7515 S.W. 59th Ave., S.Miami, Fla 33143)
- Ralph Paulette (Mail returned from: 1945 Lakewood St., W. Palm Beach, Fla. 33405)
- Vlademar "Bill" Granby (Mail returned from: Box 2722, W.Palm Beach, Fla 33402)

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u.s. masters international track team december, 1974

POLITICS & THE AAU

The AAU Convention is a political meeting with Individuals and Associations electioneering for offices, Championship Meets and causes. The '74 Convention was no exception. This was particularly true at the LDR 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 solo. Things have changed and more Masters Athletes are now active in the affairs of our sport. This is desirable as was the acrimonious, sometimes quite heated debate on bids and issues.

We saw, for the 1st time a candidate actively seek out the office of Chairman, as energetic N.Y.C. Atty Bob Fine, Masters Chairman for the Metropolitan Assoc.(N.Y.) demonstrated to a majority of Voting Delegates he should hold the Masters reins for 1975.

Although Ken Bernard, business executive of San Diego, CA who has taken the AAU Masters T&F program through the 1st four years of its infancy, has worked hard at the job, nevertheless 1974 demonstrated that new blood at the helm was needed.

Bob Fine, assisted by Dave Pain as Secretary-Treasurer of the National Committee, has brought some degree of organization and democratic input of Master Athletes to the program. This was an element heretofore sorely lacking with most Masters totally unaware of the actual workings of the AAU Masters Program or of who was administering it.

The current plan is to have a functioning National Committee consisting of the Chairman, a Vice Chairman (yet to be selected) and a Secty-Treas. We have divided the 58 AAU Associations into six regions, each of which will have an appointed Regional Chairman who in turn will nominate to Bob Fine an Association Chairman for each AAU Assoc. in his Region. Regional Championships in T&F will be held in each Region in 1975 shortly prior to the National Championships which in turn will be preceded by District Masters Championships in as many Associations as possible. If you know of a person who would be willing to act as either a Regional or Association (District) Chairman, please so advise Bob Fine, who can be reached at 11 Park Place, N.Y.C., N.Y. 10007.

A concerted effort will be made to get a Masters Chairman in all 58 Associations. Currently only 60% of the Associations have an appointed Chairman and many have not been active. Each Regional Chairman will be asked to attend the 1975 AAU Convention so that each may report the Masters activity in his Region and so that the Masters program can be further extended and refined.

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THE AAU & THE MASTERS

The 87th Convention of the Amateur Athletic Union of the United States - better known as the AAU - has completed its work and we who participated are now back from Washington, D.C. with a better idea of what the much maligned organization is and what it stands for. The AAU is a voluntary Union of approximately 20 sports, each of which is fairly autonomous in exercising jurisdiction over its own sport. However, each sports acts are subject to approval by the Ruling Board of Governors of the Union.

Our area of interest - the Masters Track & Field program falls within the overall jurisdiction of the Men's T&F Committee; accordingly, the Masters T&F Sub-Committees actions were reported up to the T&F Committee for approval which in due course, received the appropriate endorsement.

Unfortunately, Long Distance Running dominated by the RRC of America, split away from the T&F Committee several years ago and now administers its sport independently. The LDR Committee has Jx over Masters LDR and now controls rules and awards the Masters Championship events for the 10km X-Country, the 15,25, 30, 50km Runs, 50-mile Run, and the 1 Hr. Run plus the Masters Marathon. Our Masters T&F Sub-Committee awards the Masters Indoor and Outdoor Championship and Decathlon. Since the Masters are equally, if not more so, concerned with LDR, 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 Rules and awarding of Championship events. This year saw as many as 25 persons attending the Committee's meetings and the debate was animated.

The following records were offered for approval:

Men's Master Indoor American Records

- Pending 1. Pole Vault - 13'6"-Richard Morcom, Penn U., at Phila,Pa,19 Jan 1974;
- Pending 2. 50-Yd Dash - 5.8(Equal)-Philip C. Presber, Unat,CA,Hightstown,NJ,9 Mar 1974;
- Pending 3. Long Jump - 20' 7 3/4" -Malachi Andrews, BayAreaStrdrs at Daly City,CA,1 Feb 74
- Pending 4. High Jump - 5'9"-Bruce Hascocock, Unat.,at Hightstown, NJ,9 Mar 74;
- Pending 5. 35 lb Wgt Throw-39'10"- Len Olson, NYAC,at Hightstown, NJ,9 Mar 74;

Men's Master Outdoor American Records

- Pending 6. 35 lb Wgt Throw - 63'2"- Harold Connolly, Bev.HillsStrdrs, at L/Beach,CA, 10 Feb 74;
- Adopted 7. Discus Throw(2 Kilo) - 152'6"-Sam Adams, Unat,CA, at Walnut, CA,27 Apr 1974;

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- Pending 8. 100 Yd Dash - 9.8 -Thane Baker, Unat,Dallas, at Manhattan, KAN,13 Jul 74;
 Pending 9. 220 Yd Dash-22.3-Thane Baker, Unat, Dallas, at Manhattan,KAN, 13 Jul 74;
 Adopted 10-880 Yd Relay-Corona Del Mar TC,CA-1:34.9--(Jackson-Cheek-Webb-Knox), at Modesto, CA-25 May 74; Adopted: 10/16/74
 Pending 11.- 3,000 Mtrs-8:52.2-Ray Hatton, Bend, Ore., at Bend,Ore.,4 May 74;
 Adopted 12.- 3,000 Mtrs 8:55.8-Jerry Smartt, B/Hills Strdrs, at Redhill,Surrey,ENG. Aug 1974;
 Adopted 13.- 1 Mile-4:24.3(Equal)-Glynn Wood, Unat, Wash,DC,at Quantico, VA, 4 May 74; Adopted: 10/16/74
 Pending 14.- 5,000 Mtrs-14:29.2-Ray Hatton, Unat, Bend, Ore, at Portland, Ore, 15 Jun 74;

Men's Master Outdoor All-Comers Records

- Pending 15.- 400 Mtrs-51.02-Frederick Smith, Essex,ENG, at Gresham, Ore, 7 Jul 74;

Men's Master Outdoor Championship Records

- Pending 16.- 100 Mtrs-11.02-Thane Baker, Unat, Dallas,Tx, at Gresham, Ore, 6 Jul 74;
 Pending 17.- 400 Mtrs-51.02-Frederick Smith, Essex,ENG, at Gresham, Ore, 7 Jul 74;
 Pending 18.- 5,000 Mtrs-15.09-Ray Hatton, Unat, Bend,Ore, at Gresham, Ore, 7 Jul 74;
 Pending 19.- Pole Vault - 14'1/4"-Roger Ruth, Victoria,BC, Canada, at Gresham, Ore, 7 Jul 74;

NOTE: Those indicated as "Pending" were conditionally approved subject to proper record applications being received by These applications must be in his hands within

90 days, otherwise the record will be dropped. Record applications can be obtained from Mundle or your local AAU Association office.

These records will be added to those approved in 1973 and will be published in the AAU T&F handbook. No Masters records for 50 and 60 yr. olds have as yet been established.

A Masters record can be achieved by an athlete 40 yrs. or older in either Masters or open competition.

Sports Rules Amendments were adopted by the Committee and approved by the T&F Committee. Accordingly we approved in essence the implement weights suggested by Phil Partridge and in so doing weighted up the implements in Div.III 60+; this in recognition of the bigger weight men entering Div.III.

MASTERS IMPLEMENT STANDARDS

	40-49	50-59	60-69	70-79	80+
SHOT	16#	12#	12#	8#	8#
DISCUS	2K	1.6K	1.6K	1K	1K
JAVELIN	800gm	800gm	800gm	600gm	600gm
HAMMER	16#	16#	12#	12#	8#

Adopted: 10/15/74

New Masters Records Chairman, Pete Mundle 4017 Via Marina, Apt. C-301, Venice, Ca. 90291.

For the Hurdles we adopted the hurdle heights used informally at Gresham, which are now official for all Masters competitors.

MASTERS HURDLES STANDARDS

	40-49	50-59	60+
110 Meter High Hurdles	39"	36"	33"
400m Intermediate Hurdles	36"	33"	30"

Adopted: 10/15/74

For the 1st time the Masters will hold a National Indoors Championship event which was awarded to the New Jersey Assoc. The Meet will be held at Peddie School, Hightstown, N.J., Mar 8, '75.

The Pacific Assoc. was again awarded the Masters Decathlon to be held at Alan Hancock College in Santa Maria, CA, date to be announced.

Bidding for the Masters Outdoor Championship was brisk and contentious with pugnacious Jim Puckett, who did such a good job putting on the Nationals this year in Gresham bidding to take a 2nd time. He lost out to the East Coast, however, and properly so to a bid of White Plains,N.Y.; thus bringing the Masters to the East Coast for the 1st time during the eight years existence of the Masters program.

The White Plains Regional C.of C. has promised probably the best organization yet to be seen for the Masters with expert organizers and officials, a 6-lane Tartan Track facility, extremely low-priced hotel, motel and University housing, discounts at all local restaurants and a free banquet sponsored by AMF. George Braceland, Div.III, Philadelphian has graciously agreed to print and donate the program (about a \$2,000 item in the budget) and Otto Essig, whose generosity to Masters events is legend, has offered to assist in the sponsorship of the awards --another major item. Indefatigable Bob Fine of N.Y.C. will chair the overall programming of the Meet.

The date for the Masters Outdoor Nationals was re-set for August 1-3, 1975 (Friday thru Sunday,) two weeks prior to the World Masters, set for Toronto, August 11-17th. Many of you will wish to write to Bob Fine and express your desire for the August 8-10 dates which will allow you to take in both meets within your two-weeks vacation period. Bob's address is 11 Park Place, New York, N.Y. 10007.

Kathy Switzer will Chair the Women's events, probably the 100m, 400m and 1500m, and have select Sub-Masters (30-39) events, probably the 100m, 800m, 5000m and 4x400 Relay. This is to accommodate the many requests we have received from the Sub-Masters to be included. Hopefully this won't make the Meet too cumbersome (it is now 3 days) and the Sub-Masters will become a feature.

The date for the Masters Outdoor Nationals was set for August 1-3, 1975 (Friday thru Sunday), two weeks prior to the World Masters, set for Toronto, August 11-17th.

The USMITT will be forming a Tour for both events and will include optional selected vacationing in the N.E. and Canada during the interval between the two Meets.

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AAU MASTERS RULES

Section II

Masters Track and Field Program

RULE 250

General Rules

1. The Masters Track and Field Sub-Committee of the National AAU Track and Field Committee shall conduct and supervise a program for track and field athletes who are 40 years of age and over.

2. The AAU general rules and its track and field rules of competition shall govern all Masters competition unless otherwise provided in this rule.

3. Masters competition is to be open to all registered athletes of the AAU who have reached the age of 40 on the date of the competitive event, and will furthermore be open to those individuals reinstated to amateur status according to paragraph 453.1 of Article 53 of the AAU Code.

4. There shall be four competitive divisions: Division I, 40-49 years; Division II, 50-59 years; Division III, 60-69 years; and Division IV, 70 years and older, with the age of the individual on the day of competition determining his Division. These general divisions may be further sub-divided at the discretion of the sponsor of a Masters event and an athlete may elect to enter a specific event in a "younger" Division (i.e.--a 52 year old athlete might compete in Division I) provided he enters that particular event in one Division only.

5. (a) A requisite to admission to competition in Masters events shall be a medical certificate (or a true copy thereof) signed by a licensed physician which states that the athlete is capable of competing in Masters Track and Field competition. This is in addition to the standard signed waiver of responsibility which holds harmless the AAU or a District Association of the AAU from any claims of damages by the athlete.

(b) For national championship events, liability insurance protecting the National AAU shall be secured in amounts and coverage satisfactory to the Track and Field Administrator.

(c) The Registration Committee of a District Association, or at the request of the Track and Field Committee of the District Association, or the sponsoring organization, may, if it deems necessary, request the applicant to submit additional medical or training schedule evidence that he is sufficiently prepared for competition.

(d) The sponsor of a Masters competition may request competitors to submit to medical examination at the time of competition and may reject an applicant for medical reasons.

6. (a) National Championship competition in Division I (40-49 years) shall be in the standard championship events (except that 39" hurdles will be used in the 110 meter hurdles, and that the one mile walk be substituted for the 2 mile walk) for outdoor and indoor National Championships of the AAU, as stated in Rule II of the AAU Track and Field rules, except that the metric distance equivalents shall be used.

(b) In addition, a 400 Meter Relay, 1600 Meter Relay, 3200 Meter Relay and a Decathlon Championship (or decathlon-type event, contested over 2 days) will be held concurrently with the Outdoor Masters National Track and Field Championships.

(c) In years when no Olympic Games are held, National Championship events may be contested at the English distance equivalents (100 yards instead of

100 meters, etc.) if approved by a two-thirds vote of the Masters Sub-Committee of the Track and Field Committee in a vote taken at least four months before the championships are to be held.

(d) Competitive events in Division II, III and IV shall be modified or limited to reflect more limited capabilities or interest among the competitors in these divisions. The shot used for the Division II, III, Shot Put shall be 12 pounds and for Division IV, the eight pound shot will be used. The discus used for Divisions II, III, shall be the High School (3 pounds, 9 oz., or 1.616 kilograms) discus, and the discus used for Division IV shall be the 1.0 kilogram discus. The javelin for Division IV shall be the 600 gram (Women's) javelin. The hammer for Division III and Division IV shall be the 12 pound hammer. High hurdle heights shall be 39" for Division I, 36" for Division II, and 33" for Divisions III and IV. 400 Meter intermediate hurdle heights shall be 36" for Division I, 33" for Division II and 30" for Divisions III and IV.

Applicable events in the decathlon shall be modified as noted above for each event.

7. The National Outdoor Masters Championships shall be held within one week of the first weekend in July, preferably including the Independence Day holiday. District and Regional Championships should be held prior to the National Championships. In the event of any limitation of entries in the National Championships, competitive marks achieved in AAU District or Regional Championships under these rules shall be accorded special attention and preference by the National Championships Games Committee.

AGE GROUP RECORDS SET AT

MASTERS TRACK & FIELD MEET, OCTOBER 19, 1974
 La Playa Stadium, Santa Barbara, CA.

	Age	Time
1. 1 Mile	Bill Fitzgerald (49)	4:37.7
2. 3 Mile	Mauro Hernandez (52)	17:36
	(enroute on 10,000M)	
3. 10,000M	Mauro Hernandez (52)	36:43.6
4. 120 Yd/Hurdles(36")	Jack Greenwood (48)	14.9
5. 120 Yd/Hurdles(36")	Bill Morales (58)	20.3
6. 120 Yd/Hurdles(30")	R. MacConaghy (65)	21.5
7. 120 Yd/Hurdles(30")	G. Mowrer (74)	34.0
8. 100 Yd. Dash	Sing Lum (70)	13.7
9. 220 Yd. Dash	Sing Lum (70)	32.5
10. 100 Yd. Dash	G. Mowrer (74)	18.9
11. 880 Yd.Run	N. Bright (64)	2:35.2
12. 880 Yd.Run	S. Madden (66)	2:36.6
13. High Jump	Bob Ogle (56)	Ht. 4'10"
14. High Jump	J. Vernon (57)	4'10"
15. Long Jump	J. Greenwood (48)	Dist.17'8 3/4"
16. Long Jump	B. Morales (58)	16'5 1/4"
17. Long Jump	W. McFadden (69)	14'1 1/4"
18. Long Jump	Sing Lum (70)	11'8 3/4"
19. Triple Jump	D. Jackson (43)	43'1"
20. Triple Jump	B. Morales (58)	29'1 1/2"
21. Triple Jump	W. McFadden (69)	29'6"
22. Shot Put (8 lb)	V. Cheadle (64)	45'9 3/4"
23. Shot Put (8 lb)	S. Herrmann (70)	40'7 1/2"
24. Shot Put (8 lb)	G. Mowrer (74)	33'3 1/2"
25. Discus (1.6kg)	D. Aldrich (56)	130'6"
26. Hammer Throw(12 lb)	C. MacMahon (59)	101'2"
27. Hammer Throw(12 lb)	S. Herrmann (70)	90'5"
28. Hammer Throw(12 lb)	J. Whittemore (74)	70'1"
29. Javelin (800 G)	P. Conley (40)	227'0"
30. Javelin (800 G)	B. Morales (58)	161'4"
31. Javelin (800 G)	C. MacMahon (59)	129'5"
32. Javelin (600 G)	K. Carnine (66)	121'7"
33. Javelin (600 G)	J. Whittemore (74)	84'7"

These records were compiled and verified by Peter Mundle of the Track and Field News Age Records, and will be submitted by him as official records for the 1975 record book.

Fine has formed an Executive Committee consisting of the 3 National officers plus the 6 Regional Chairmen. In addition, delegates to the National Convention will consist of the National Officers, Regional Chairmen, Delegates-at-Large and the 58 Association Masters Chairmen.

By-laws are in preparation to formalize the organization.

The National Executive Committee will meet twice a year -- once at the Convention and once during the Outdoor T&F Championships, so that there may be more athlete participation.

Hopefully Bob Fine will have a full agenda and back-up material to mail out to delegates well in advance of the National Convention. It is our hope that the Vice Chairman (to be an elective office) will be prepared to take over as Chairman within 1 or 2 yrs. so that some orderly change of command can take place. As soon as all offices have been filled, Fine will make an announcement in these pages listing the names and addresses of all Officers and Chairmen.

Bob Gilmore has resigned as Chairman of the important Masters Records Committee where he has put in countless volunteer hours sifting out record performances and soliciting record applications. He will be replaced by Pete Mundle.

Besides selecting a new Chairman, the Committee passed several resolutions; the most important of which was the Rule on Amateurism as related to Master Athletes (40 and over) in Master Athletics. As you know, any former professional athlete may compete in AAU Masters Track. This is not so in International competition where IAAF rules apply. Our Committee's resolution - to be passed on by the T&F Comm. and the Board of Governors is a recommendation that the AAU rule exempting professionals in Master competition be adopted as the international rule.

Fortunately, Dan Ferris, North Am. delegate to the IAAF was at the AAU Convention and stated that he favored the rule change we propose. He also felt other member nations favored the more liberal rule. He advised that the IAAF Council was meeting in Kenya in April of 1975 and would specifically consider amending the rules on amateurism. Hopefully the day of having to apply for a travel permit attesting to your amateur virtue will be soon passing. Please write to Dan Ferris whose address is Room 2405, 444 Madison Ave., N.Y.C. 10022 and express your views on this subject.

Also adopted was a resolution seeking AAU sanction of Masters athletes to compete in professional (ITA) meets against Masters on an amateur basis.

Not acted upon was the matter of requiring a doctor's certificate in "all Masters events" as now required by the AAU rules which is enforceable or practical; the adoption of Sports rules for the Masters Decathlon; or official implementation of the Sub-Master program although Sub-Master events will be included in the Nationals. Your thoughts on these matters are solicited.

Another problem, evidenced by the awarding of Championship events for '75, is the inequitable allocation of these events about the U.S. In addition to both the Indoor and Outdoor T&F Championship the East Coast obtained the Master 10km X-Country, the 20km and the 30km. Many of these events go by default to an alert Association present at the Convention. We hope to change this by getting our Regional

Chairman alert to the problem so that they can solicit bids from their various Associations prior to the Convention.

All bids are awarded to the Association and are made in its name even though the event will actually be presented by a single club. The bid must be on the official application form available at your AAU Assoc. Office, and must bear the signatures of your Sponsor, and AAU Assoc. Chairman. Verification of the course certification must also accompany the bid.

National Championships awarded by the Masters T&F Comm. are: (1) Nat'l Outdoor, (2) Nat'l Indoor, and (3) Nat'l Decathlon. Those awarded by the LDR Comm are: (1) Masters Marathon, (2) 10km X-Country, (3) 15km, (4) 20km, (5) 25km, (6) 30km, (7) 50km Run, (8) 50 Mile Run, and (9) 1 hr. Run. Our Committee will assist you in presenting your bid at the Convention provided it is in proper form.

Our objective is to spread all the T&F, and Road Race Championships evenly throughout the U.S. thereby stimulating Masters Athletics everywhere. Bids for all LDR Championships are to be in the LDR Chairman's hands 30 days prior to the Convention, or by Sept. 1st. The LDR Chairman is Bob DeCelle, Box 1606, Alameda, CA 94501. The LDR also requires in its events that the bidding sponsor first present a District Championship event before a bid for a National Championship will be considered. Sample criteria considered as desirable are: Experience of Sponsoring Club, Awards, Hospitality, Free Transport for previous years' winner, Housing, Proposed Date of Event, Geographic Location; Certified Course; Overall Meet Promotion; Community Support and Interest.

We have now attended two National AAU Conventions and have come away with considerable respect for those who govern this HYDRA headed institution. Most devote many volunteer hours to administering their sport and the AAU. The abuse the AAU takes in the Press and Halls of Congress is greatly unjustified. The grumblings of athletes are largely the result of ignorance on their part and an unwillingness to get involved in the AAU Administrative machinery. You as Master Athletes in the AAU have a viable cog working from within. The AAU in general, and your Masters Committee in particular, are no better than the input you give. We suggest you get involved at the Local, Association, Regional, and National levels of our Masters Program. When that happens, Masters Athletics will be predominant.

Please try to help keep our files current - what with the increased membership (HURRAH!) and the increased postal rates (UGH!), we are having a struggle. Thank you in advance for your kind assistance...with correct addresses including postal codes and full names.

FACTS OF LIFE. Even philanthropists run out of time and money. Your \$5.00 annual dues if paid by everyone who participates in the program (i.e. receives the Newsletter, etc.) would cover most of the expenses of promoting physical fitness via USMITT. Our problem is that some of you are being very conscientious about annual payment and some of you are managing a free ride. Rather than threatening you with a cut-off date if you don't respond by returning our '75 envelopes we prefer to invite you to join with us in the furthering of the project. If for any reason you are no longer interested in receiving the information, please send us a note to that effect and we shall delete your name from our mailing list....Otherwise, please do give us your support as soon as possible (unless you have just joined USMITT since last November 1st).

WHY FATTER IS BETTER

by Charles Petit

Can women outrun men? Given a long enough race, thinks a San Francisco doctor who is more than a fair marathon runner herself, they can run them into the ground.

The opinion belongs to Dr. Joan Ulyot, a medical researcher at Pacific Medical Center and, at Age 34, ranked among the top female long-distance runners in the world.

Her study of the physiology of running, and her personal experiences as a competitor, have led her to believe that after about 20 miles of running the higher fat content in women gives them a natural superiority over men.

Last month Dr. Ulyot went to Germany as a member, and team doctor, on the nine-member U.S. contingent in the International Women's Marathon. She finished sixth in the grueling 26-mile event.

Her time was two hours, 58 minutes, not far shy of the women's world record of two hours, 46 minutes.

The men's record stands at two hours, eight minutes.

Dr. Ulyot doesn't think women will ever outrun men at a distance as "short" as 26 miles, "but a curious thing happens to most men at about the 20-mile mark," she said in a recent interview.

"A lot of men tell me they feel as though they've hit a wall. Suddenly, their strength and power goes."

This doesn't happen to women, she said. In 50 and 100 mile races, men often finish in sheer agony. "but the women feel great." In the 1973 100-mile race in Sacramento, she said one woman and seven men started. The woman won, and only one man so much as finished the race.

Dr. Ulyot was bitten by the running "bug" four years ago when she took up jogging to battle what she feared was incipient middle-age spread.

She was a pathologist at the Pacific Medical Center's Institute for Medical Research, but since she started to run, she has turned almost all her professional attention to study of the physiology of exercise.

Research done by herself and others has shown that under ordinary circumstances, human muscle gets its energy from the starch glycogen, stored in the muscle cells. This starch is oxidized to release the energy used as muscles contract.

"But we have found that no matter how much a person trains or maintains a careful diet, only about two hours worth, or enough time to cover about 20 miles, can be stored in muscle tissue.

As long as the glycogen holds out, men hold a clear advantage due to their greater strength and proportion of their weight devoted to muscle.

"After the glycogen is used up, the muscles have to rely on energy stored in fat," she said.

And not only do women have more fat, they seem able to metabolize it more efficiently.

A man in peak form gets his body down to between five and ten per cent fat. A woman can seldom get it below 18 per cent.

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FALSE STARTS.. . . .

FALSE STARTS.....Walt Stack (67) of San Francisco was an invited-expenses-paid-entrant in the Int'l Rice Festival Marathon, held in Crowley, La. Walt ran a 3:36:59 and was 34th of 42 finishers. Apparently the course is dead flat and point-to-point. Neil Cusack (22) won in near record time of 2:14:27. Apparently this was a well financed and organized race with lots of local support. This is typical of a trend we see in road racing and marathoning (as well as T&F) where smaller towns (who ever heard of Crowley, La?) are hosting these events and doing a better job than the major cities. Ollin Cassell, Exec. Dir. of the AAU mentioned this at the AAU Convention. The job being done by the locals in the Charlestown, N.C. 15-Miler is illustrative--where the runners estimated as much as \$50,000 in prizes and services were donated to the event. Putting on a major Road Race is a way for a small town to get on the Sports Map and frequently the whole arranges behind the effort something we never see in a Race put on in a large city.....

....Gleanings from the SDTC Newsletter show us that Ed Almeida (52) ran an excellent 2:46:59 in the Eugene, Oregon Marathon. In the 6-mile Aztec Invitational X-Country on 10/9, Bill Gookin was 54th, but ran 32:13 on a hilly course. The One Hour Run seems to be catching on. The National event is coordinated by John Brennan of Santa Barbara and had 926 postal entr es, 30 open, 10 Juniors & 7 Master teams. Top U.S. Vet was Bill Gookin in the 11 miles 44 yds, Bill Stock 10-827, Lew Roberts 9-1431, Dick Fleming 9-1236, and Wayne Zook (50+) 9-442..... The top Vet teams were Bev. Hills Striders 55, SDTC 57, Seniors T.C. 60, U. Of Wisc. 99, Hi Sierra TC 103. This is a great event and lends itself well to nationwide participation. Since there is a Master Division plan on entering next year and putting up a team if you can. This year saw entries from W. Germany and Iran. Only 3 runners topped 12 miles.....

...Donna Gookin (Bill's wife) and a fine runner in her own right broke her leg badly while Orienteering and is out of commission for several months...Apparently running and being fit is guarantee of longevity. Cliff Bould (58), Perth, Australia, who ran so well at the U.S. Masters twice and is one of his country's top Div. II runners is reported to have suffered a stroke and is back to running. A note to Cliff would be appreciated whose address is #5 Halse Cres, Melville Hgts, Perth, Western Australia, 6156...On the distaff side we see where Jacki Hansen was the 1st woman in the 1 Hr. Run with 9-1266 and that rugged Eileen Waters (29) just after her 50 miles did the Santa Barbara Marathon in a PR 31:03.....

.....It appears that the date of the AAU Masters (White Plains, N.Y.) now set for August 1-3 will be moved closer to the Toronto World Masters Meet to accommodate West Coast and Foreign Athletes who only have a 14-day holiday. If you fall into this category write to AAU Masters T&F Chairman, Bob Fine, 11 Park Place, N.Y.C. 10007 and so advise him. We suggest Fri-Sunday, August 8-10th, since virtually all Masters will have qualifying times at White Plains and need not compete in Toronto until Thursday, Aug. 14th. There will be a social event, a 10km X-Country on Tues. the 12th however.....There will be no Marathon at the AAU Masters in White Plains; that event falling to Portland, Oregon.....Peter Snell (36) is currently working on his Masters degree at UC, Davis and is competing with the N. Cal. Seniors. He will compete in the Sub-Masters events at both White Plains and Toronto. Peter you may recall held the World 800m record of 1:44.3 set in Christchurch, N.Z. 2/3/62, and he was ranked 6th in 1968 in the World Rankings for the 1500m with his 3:37.6 set in 1964. He also won the 800m in both the '60 Rome and '64 Tokyo Olympics in 1:46.3(OR) and 1:45.1(OR) respectively; and in '64 he also took the 1500m in 3:38.1. In achieving this double he had to survive 4 heats plus the two finals over six days of competition. Considered one of the toughest of doubles, it had not been duplicated since 1920 when Albert Hill (G.B.) did it in 1:53 2/5 and 4:01 4/5 and no one has done it since Snell. Snell is one World Class Athlete who is looking forward to Veteran competition and has not been

jaded by the athletic fame earned in earlier years.

RUNNERS--ARE WE REALLY BROTHERS AND SISTERS?

It's dawn and one creaks from his warm repose to don running gear. As the light appears, one ventures outside to run rather stiffly, at first, but then more smoothly on tree-lined park trail, rolling golf course, ocean shores, or paved deserted city street, now unfettered and enjoying the pure pleasure of this physical emancipation.

The Declaration of Independence refers to certain "inalienable rights" and that among these are "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 and in so doing are the recipients of a bonus. We share our freedom with others and note with satisfaction that both we and they are accepted for what we are--runners--who could care less about our comrades' social, religious, or racial 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, Youth, Girl, or Senior Athlete. We respect one another because of our ability and sportsmanship. This is all very self-assuring, 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, even foreign countries. A meeting is arranged and we enjoy the pleasures of competition with our foreign peers in an atmosphere of brotherhood.

Soon, we arrange even larger meetings where hundreds--perhaps several thousand--can engage in friendly competition. As these meetings get larger, our problems amplify and we must rely on outside financing and the support of other related groups. As we do this, we find we are subjected to pressures not previously anticipated. Soon our laudable goals of achieving physical and mental health through friendly competition become entangled in the wishes of others and the rules of some alien organization which somehow has now slipped into the act.

Simple, basic objectives: That one should be fit, and, that people should band together to achieve fitness through friendly competition, somehow become complex. More of us are now preoccupied with winning, setting records, and team scores. Elements of nationalism creep in. Questions are asked as to who should be allowed to participate and who shall manage and control the "official team."

One group objects to others as being "professional" and seeks to bar them from competition. Some see a political advantage to be achieved and threaten to boycott the games unless their group of athletes is given exclusive rights. The regulations of the IAAF are now thrust upon us. The fact that its rules regarding eligibility were developed based on different criteria is disregarded.

Veteran (Masters) Athletics is on the verge of becoming a major world-wide sport. This is desirable for it is our policy to encourage adult fitness in every possible way. Large international meetings stimulate the athlete to stay in shape and do his or her best, and the media are forced to take notice and publicize the activity.

Masters Athletics got its start in California nine years ago and was based on the simple premise that any fit person of the requisite age may compete. The program, three years later, was absorbed by the United States Amateur Athletic Union with the express agreement that any fit person 40 yrs

of age or older could compete regardless of his prior athletic antecedents. The program has been a success and although many "professionals" or ex-"professionals" have competed in the U.S. Masters program, not one unsavory incident has emerged.

In the AAU National Masters Track & Field Championships foreign athletes are permitted to enter and generally, due to their superior ability, walk off with a high percentage share of awards; yet not once have we heard a domestic athlete complain that a foreigner pushed him off the victory stand. This is to the credit of the Veteran Athlete.

To those who volunteer to administer to our Masters program, let us suggest they keep in proper perspective our program and goals.

Let us not permit our program to degenerate into the sordid mess of nationalistic political bickering that we observe every four years when the Olympic Games surface.

We are standing at the threshold of developing an extremely worthwhile program. Let us make it available to all, who desire to join us!

- David H. R. Pain--

Why Fatter Is. . . Continued from page 7

This residual fat, after the excess fat of the sort associated with obesity is eliminated, is the body's endurance energy supply. Excess fat, Dr. Ulyot said, is metabolized so slowly it is of little use in a cross country run.

So, while the best long-distance running men are usually almost excruciatingly skinny to look at, it is their very lack of fat that makes them inferior to women as runners.

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, 5 minutes, compared to 5 hours, 26 minutes for men. At 100 miles the women's record is around 18 hours, while men have finished under 14 hours.

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

It is only since 1954 that women's running events in the Olympic games exceeded 400 meters. Officials felt women were too fragile for longer distances.

As more women enter long-distance races, a few truly talented and dedicated ones will emerge to challenge and, in Dr. Ulyot'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. "The records should be kept separately," she said. "Men and women are so different, comparisons are meaningless."

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For further info: Dr. Joan Ulyot, M.D.
44 Forest Knolls
S. F. CA 94133

1974 NATIONAL MASTERS CROSS COUNTRY CHAMPIONSHIPS

10km El Dorado Park, Long Beach, CA.

NAME	TIME	NAME	TIME
1. HATTON, Ray	32:21	52. GLASSER, Sam	39:30
2. HIGDON, Hal	32:52	53. OLESON, James	39:33
3. SMARTT, Jerry	33:14	54. FITZGERALD, Bill	39:37
4. GOOKIN, Bill	33:26	55. FERRONE, Frank	39:40
5. BARTEK, Dick	33:40	56. MATRAVERS, Brian	39:47
6. PARNELL, Graham	33:45	57. GARCIA, John	39:51
7. SHETTLER, James	33:48	58. LINAM, Del	40:05
8. MUNDLE, Peter	33:54	59. GROFF, Mal	40:09
9. PHILLIPS, William	34:26	60. ALBRIGHT, Keith	40:11
10. SMITH, Ross	34:32	61. CLARK, Al	40:12
11. THORNTON, Len	34:36	62. MARSTON, Dick	40:16
12. O'NEIL, Jim	35:07	63. COLLINS, Seymour	40:19
13. ROBERTS, Lou	35:21	64. GORRELL, Jim	40:28
14. RUDBERG, John	35:24	65. ARCHIBALD, Ray	40:28
15. WILLIAMS, Wilbur	35:26	66. BRIGHT, Norm	40:36
16. LIVESAY, Joseph	35:27	67. LONG, Bob	40:46
17. STAYTON, John	35:28	68. BIEDERMAN, Dave	40:48
18. MALAIN, Robert	35:30	69. SIMMS, Louis	40:51
19. MENZIE, Raymond	35:34	70. ESCAMILLA, Augie	40:51
20. STOCK, Bill	35:52	71. CORCORAN, John	41:05
21. NAPIER, Ken	35:54	72. 109	41:11
22. DOWNS, Robert	36:11	73. FRANK, Bob	41:13
23. TARIN, Gil	36:12	74. MCGUIRE, Lloyd	41:17
24. FRIES, Bob	36:24	75. MONTOYA, John	41:21
25. FLEMING, Richard	36:33	76. PAIN, David	41:33
26. HEALY, Michael	36:44	77. TAKI, Keiji	41:40
27. PARKER, David	36:47	78. HANNAH, Robert	41:43
28. TURNER, Glenn	36:55	79. HEREDIA, Ruben	41:46
29. CEJA, Rudy	36:58	80. DE SOTO,	42:07
30. TOABE, Sid	36:59	81. MC CARTY,	42:09
31. BRYANT, Avery	37:01	82. BERGER,	42:14
32. STURAK, Tom	37:16	83. PEARCE, Barry	42:20
33. NEAL, Mike	37:21	84. WIERMAA, Bob	42:27
34. SNAVELY, Bill	37:24	85. MILLER, Demetrio	42:35
35. NICHOLSON, Sam	37:25	86. ALLING, Clyde	42:36
36. STOUT, Bob	37:34	87. KARABEL, Julius	42:40
37. DAVALL, George	37:40	88. FRAITAG, David	42:51
38. CAMACHO, Aurelio	37:41	89. LOWELL, Ed	42:54
39. NICHOLSON, James	37:42	90. BANGS, Allan	42:58
40. PRESTON, Ed	37:45	91. DAHLSTEN, Chick	43:58
41. GIL, Ray	37:52	92. KING, Howard	44:10
42. ARBESU, Paul	38:04	93. DAWKINS, Ozzie	44:22
43. KALCHSCHMID, Gaylord	38:15	94. BEALE, Pax	44:28
44. SEAMOUNT, Dan	38:26	95. DEXTER, Lew	45:16
45. PERRY, Harry	38:39	96. PICKRELL, William	45:25
46. WALL, John	38:41	97. BERNARD, Ken	45:57
47. COLEMAN, Don	38:42	98. LEHMAN, Bob	46:33
48. LYNCH, Eugene	38:43	99. WALLACH, Len	48:26
49. BRACHER, Denis	39:05	100. HAYWORTH, Dave	49:10
50. MONTGOMERY, Monty	39:12	101. BOLE, Jim	49:11
51. DURAND, Richard	39:22	102. MOAR, Marvin	51:20

VETERIS - the October issue - is in the mail to those of you who subscribe. The lateness in posting is due to their late arrival here in the States. If you are interested in receiving this excellent publication (from England) concerning Masters Athletics world-wide, send us a check for \$7.50 or write directly to 98 New Road, South Darenth, Dartford, Kent Farningham 863522 England. Please note the editorial...specific points: publication and circulation, the IAAF, and age groupings.

AAU MASTERS CROSS-COUNTRY --SO.CAL STYLE---FLAT!

After 3 yrs. in the Middle West, the Masters X-C 10km was shifted to Long Beach, CA, sponsored by the Seniors T.C. The carefully measured course of two 5km loops around El Dorado Park was a good venue for a race but most X-C purists would have cringed at the flat course; the first and last 1/3rd mile of which was on pavement. The venue was virtually devoid of hills -- unless you call 6'-8' elevation change a hill and there were no natural obstacles such as mud (we have to create it in S.Cal.), creeks, hurdles or other natural barriers. The average European Harrier would chortle over the vacuumed course prepared by the Host Club.

Such cavilling should not tarnish the excellent arrangements made by the organizers who ran a fine event with certified course, well marked, (although Winner Ray Hatton, Bend, Oregon lost a 100 yd. lead when he went off course) well officiated and recorded with printed results following the race.

The only cloud cast over the otherwise satisfying event was the protest directed at the winning Seniors T.C. employing the services of transplanted Englishman Graham Parnell, who in 1972 made himself persona non grata with the SDTC during our European tour. This time the tempest arose because Parnell, a resident of San Diego was until very recently a member of the all girl La Jolla T.C. and had shifted to the Seniors T.C. without waiting the requisite time period. e. 4 months.

It seems all 4 Masters X-C Champs have entertained controversy with the 1st three barring the winning Metro Toronto Club as ineligible to receive the team trophy, and last years event also raising hackles when an Association All-Star team edged the SDTC (a Club team) out of 1st place. It would be pleasant if next year's event scheduled for Van Courtland Park in N.Y.C. is run off without acrimony. This dispute did not tarnish the many fine individual performances of Hatton 32:21, Hal Higdon 32:52, last year's winner in Elyria, Ohio ('73 time 33:37 tougher course) Jerry Smartt 33:14, Bill Gookin 33:26 and Dic Bartek 33:40. In Div.II Ed Preston 37:35 edged out 50 yr. old Ray Gill 37:52; John Wall 38:41 was Div.III Champion with Monty Montgomery 2nd 39:12 and Al Clark 3rd in 40:12.

Hatton, winner of both the 5 and 10km - 15:09 and 31:32 - at Gresham, Oregon last summer proved he was just as good a harrier as he is a track runner as he led wire to wire with no one giving him any kind of a challenge. Higdon and Smartt battled it out for several miles with Smartt caving in by 5km. Hatton proved he is the top Veteran at 10km in the USA today.

Div.II had much more quality than in '73 with many of the 50 yr. olds bettering 40:00 minutes. Last years Div.II winner, Augie Escamilla, far off his form of last year when he negotiated a wetter and hillier venue in Ohio in 38:02 and could only muster a 40:51 on the flat park course.

November 1975 in N.Y.C. should see a truly quality race on a course generally accepted as a legitimate cross country. The large number of Eastern Veterans should further add to the event.

We trust that henceforth meet directors who want to opt for a flat fast course for the National X-Country in order to assure a fast time resist the temptation. In X-Country the time is not important and the tougher the course the better. Let us hope flat courses such as we saw in '74 will be a thing of the past.

CALENDAR

- DECEMBER** AAU
- 7th: Missouri Valley AAU, 30km, Joe Duncan, at: 4004 Defoe Dr., Columbia, Mo. 65201
- 20th thru Jan 1st: USMITT Florida-Jamaica Tour + Tour Extension--Caribbean Cruise (12/31-1/7).
- 21st: 1st Florida Masters T&F Meet, at Ft.Lauderdale Ray Russell, 208 S.E. Sixth St, Ft. L.,33301
- 22nd: 15km Road Race, Ft. Lauderdale, Fla. 33301
- 26th: 1st Jamaican Masters Championships, Kingston, Jamaica.
- 1975**
- MARCH** AAU
- 8th: Masters Indoor, Master Sports Assoc, Peddie School, Hightstown, N.J., 10:00am, Bob Fine, 11 Park Place, N.Y.C. 10007
- APRIL** AAU
- 5-6th: S.E. Masters, Raleigh,N.C., Bob Boal, at: 121 W. Sycamore Ave., Wake Forest, N.C. 27587
- 13th: 50km Masters, S.Pacific Assoc.,Rosebowl, CA., Wes Alderson, 4070 Minerva, L.A.,CA 90066.
- MAY** AAU
- 5th: Berkshire 10-Miler.
- JUNE** AAU
- 8th: Masters 20km, Huntington, Long Island, Metro Assoc., 11:00am
- JUNE** AAU
- 14-15th: Calif. State College, California, PA., USIFF Nat'l Masters Championships. Entry blanks from: John Harwick, 467 Beverly Rd., Mt. Lebanon, PA 15216.
- AUGUST** AAU
- 3rd: 1-Hour Run, Jr., Senior, Masters and Women. Pac.Assoc., Santa Barbara, CA. Submit results to: John Brennand, 4476 Meadowlark Lane, Santa Barbara, CA 93105.
- 11-19th: 1st World Master T&F Championships, X-Country & Marathon, Toronto, CANADA
- 1-3rd: AAU Masters T&F Championships - Metro Assoc., White Plains, N.Y. (30 Miles N. of N.Y.C.). Bob Fine, Master Sports Assoc., 11 Park Place, N.Y.C. 10007.
- SEPT.** AAU
- 7th: Berkshire 5-Miler.

- 13th or 20th: Masters 15km, Chicago, Illinois, Jackson Park, Univ. of Chicago, Track Coach, Ted Haydon.
- OCT.** AAU
- 8th or 15th: Masters 10km X-Country, Metro Assoc., Van Cortland Park,N.Y.C.
- 12th: Masters 30 km, Metro Assoc. Central Park, N.Y. 11:00am. Fred Lebo.

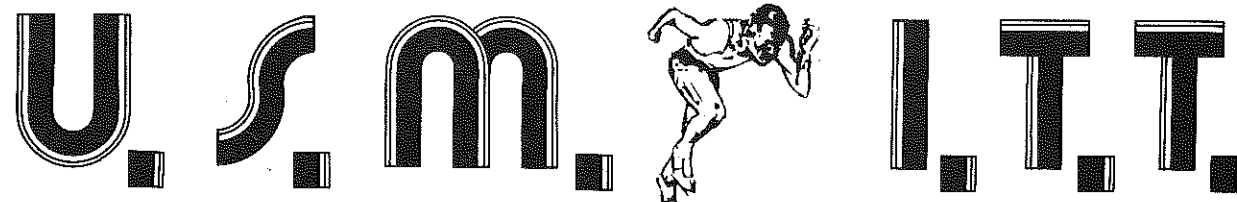
DATES TO BE ANNOUNCED:

- 1975: 50 Miler, Masters & Seniors, Pac.N.W. Assoc. Dean Ingram, 507 Cobb Bldg., Seattle, Wash., 98101.
- Masters Marathon, Pac.N.W. Assoc., Portland, Ore., Savier Island, Jim Puckett, Track Coach, Mt.Hood Community College, Gresham, Ore. 97030.
- Masters Decathlon, Alan Hancock College, Attn: Roy Crane, Track Coach, Santa Maria, Ca. 93454.
- 1976: Masters 10Km X-country, Mid-Atlantic Assoc., Philadelphia, PA.,Belmont Plateau. (Courtesy housing, free trip for '75 X-country champion) - Tom Sander, 515 W. Godfrey Ave., Philadelphia, PA., 19126. (215) HAY-6818.

HELP WANTED!!! We need address updates or corrections on:

- Henry Kupcayk
- Louis Mertens (Mail returned from: 7515 S.W. 59th Ave., S.Miami, Fla 33143)
- Ralph Paulette (Mail returned from: 1945 Lakewood St., W. Palm Beach, Fla. 33405)
- Vlademar "Bill" Granby (Mail returned from: Box 2722, W.Palm Beach, Fla 33402)

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u.s. masters international track team december, 1974

POLITICS & THE AAU

The AAU Convention is a political meeting with Individuals and Associations electioneering for offices, Championship Meets. and causes. The '74 Convention was no exception. This was particularly true at the LDR 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 solo. Things have changed and more Masters Athletes are now active in the affairs of our sport. This is desirable as was the acrimonious, sometimes quite heated debate on bids and issues.

We saw, for the 1st time a candidate actively seek out the office of Chairman, as energetic N.Y.C. Atty Bob Fine, Masters Chairman for the Metropolitan Assoc.(N.Y.) demonstrated to a majority of Voting Delegates he should hold the Masters reins for 1975.

Although Ken Bernard, business executive of San Diego, CA who has taken the AAU Masters T&F program through the 1st four years of its infancy, has worked hard at the job, nevertheless 1974 demonstrated that new blood at the helm was needed.

Bob Fine, assisted by Dave Pain as Secretary-Treasurer of the National Committee, has brought some degree of organization and democratic input of Master Athletes to the program. This was an element heretofore sorely lacking with most Masters totally unaware of the actual workings of the AAU Masters Program or of who was administering it.

The current plan is to have a functioning National Committee consisting of the Chairman, a Vice Chairman (yet to be selected) and a Secty-Treas. We have divided the 58 AAU Associations into six regions, each of which will have an appointed Regional Chairman who in turn will nominate to Bob Fine an Association Chairman for each AAU Assoc. in his Region. Regional Championships in T&F will be held in each Region in 1975 shortly prior to the National Championships which in turn will be preceded by District Masters Championships in as many Associations as possible. If you know of a person who would be willing to act as either a Regional or Association (District) Chairman, please so advise Bob Fine, who can be reached at 11 Park Place, N.Y.C., N.Y. 10007.

A concerted effort will be made to get a Masters Chairman in all 58 Associations. Currently only 60% of the Associations have an appointed Chairman and many have not been active. Each Regional Chairman will be asked to attend the 1975 AAU Convention so that each may report the Masters activity in his Region and so that the Masters program can be further extended and refined.

Please turn to page 4

THE AAU & THE MASTERS

The 87th Convention of the Amateur Athletic Union of the United States - better known as the AAU - has completed its work and we who participated are now back from Washington, D.C. with a better idea of what the much maligned organization is and what it stands for. The AAU is a voluntary Union of approximately 20 sports, each of which is fairly autonomous in exercising jurisdiction over its own sport. However, each sports acts are subject to approval by the Ruling Board of Governors of the Union.

Our area of interest - the Masters Track & Field program falls within the overall jurisdiction of the Men's T&F Committee; accordingly, the Masters T&F Sub-Committees actions were reported up to the T&F Committee for approval which in due course, received the appropriate endorsement.

Unfortunately, Long Distance Running dominated by the RRC of America, split away from the T&F Committee several years ago and now administers its sport independently. The LDR Committee has Jx over Masters LDR and now controls rules and awards the Masters Championship events for the 10km X-Country, the 15,25, 30, 50km Runs, 50-mile Run, and the 1 Hr. Run plus the Masters Marathon. Our Masters T&F Sub-Committee awards the Masters Indoor and Outdoor Championship and Decathlon. Since the Masters are equally, if not more so, concerned with LDR, 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 Rules and awarding of Championship events. This year saw as many as 25 persons attending the Committee's meetings and the debate was animated.

The following records were offered for approval:

Men's Master Indoor American Records

- Pending 1. Pole Vault - 13'6"-Richard Morcom, Penn U., at Phila,Pa,19 Jan 1974;
- Pending 2. 50-Yd Dash - 5.8(Equal)-Philip C. Presber, Unat,CA,Hightstown,NJ,9 Mar 1974;
- Pending 3. Long Jump - 20' 7 3/4" -Malachi Andrews, BayAreaStrdrs at Daly City,CA,1 Feb 74
- Pending 4. High Jump - 5'9"-Bruce Hascok, Unat., at Hightstown, NJ,9 Mar 74;
- Pending 5. 35 lb Wgt Throw-39'10"- Len Olson, NYAC, at Hightstown, NJ,9 Mar 74;

Men's Master Outdoor American Records

- Pending 6. 35 lb Wgt Throw - 63'2"- Harold Connolly, Bev.HillsStrdrs, at L/Beach,CA, 10 Feb 74;
- Adopted 7. Discus Throw(2 Kilo) - 152'6"-Sam Adams, Unat,CA, at Walnut, CA,27 Apr 1974;

Please turn to page 2