

# CALENDAR

## MAY

- 2-3 QUANTICO RELAYS, Quantico, VA. Selected Masters events, Qualifying Standards. James Pritchard, Special Services, Quantico, VA 22134. Tele: 640-2174
- 17-18 GRANDFATHER GAMES (Rescheduled to this date). L.A. Valley College, George Ker, 16750 Index St., Granada Hills, CA 91744. Tele: (213) 363-8588.

## JUNE

- 14-15 USTFF NATIONAL MASTERS CHAMPS, Calif. State College, California, PA. All weather track. John Karwick, 467 Beverly Rd., Pittsburgh, PA 15216
- 21-22 CARMEL CLASSIC, Carmel, Indiana. Masters Mile. Chuck Koepfen, 147 Park Lane, Carmel, Ind. 46032.
- 28 N.Y. METROPOLITAN MASTERS REGIONAL CHAMPS. Randall's Is., N.Y.C. Bob Fine, 11 Park Place, N.Y.C. 10007
- 28-29 SENIOR OLYMPICS, Irvine, CA. Warren Blaney, 5225 Wilshire Blvd., Los Angeles, CA 90036.

## JULY

- 5-6 AAU WESTERN MASTERS REGIONALS, Laney College, Oakland, CA. Tartan Track. Ed Phillips, Box 1267, Los Altos, CA 94022.
- 12-13 AAU PACIFIC N.W. MASTERS REGIONALS, Mt. Hood Community College, Gresham, Oregon. Grasstex Track. Jim Puckett, Track Coach, Mt. Hood CC, Gresham, Oregon 97030.
- 12-13 AAU MID-WEST MASTERS REGIONALS, Northwestern Univ., Evanston, ILL. Wendell Miller, 351 Birkdale Rd., Lake Bluff, ILL 60044. Tele: (312) 234-5936
- 20-8/3 USMTT HIGH ALTITUDE TRAINING CAMP, Brian's Head, Utah. 1 or 2 wk. sessions. D. Pain, 1951 Cable St., S.D. CA 92107

## AUGUST

- 3 PIKE'S PEAK MARATHON. Walt Stack, 321 Collingwood, San Francisco, CA 94114.
- 7-18 U.S. MASTERS TRACK TEAM CHARTER TOUR TO AAU MASTERS NATIONALS, White Plains, N.Y. 8/8-8/10; & World Masters, Toronto, Canada 8/12-8/17. Depart L.A. 8/7. D. Pain, 1951 Cable St., San Diego, CA 92107
- 8-10 AAU MASTERS TRACK & FIELD CHAMPIONSHIPS, White Plains, N.Y. D. Pain, 1951 Cable St., San Diego, CA 92107.
- 12-18 WORLD MASTERS TRACK & FIELD CHAMPIONSHIPS & MARATHON (8/17), Toronto, Canada. D. Pain, 1951 Cable St., San Diego, CA 92107

## GRANDFATHER GAMES RESCHEDULED!

A record 213 entrants showed up but the elements conspired against Meet Director George Ker, dumping over 1" of rain on the L.A. Valley District Track, washing out the event originally planned for 4/5-6. George has rescheduled the Meet for May 17 & 18 and extends his apologies to competitors who came from points as distant as Wisconsin, San Diego, San Francisco and Oregon. With both Sub-Master and Women's events scheduled and one more month to prepare George now expects close to 300 to enter. Write to George Ker, 16750 Index St., Granada Hills, CA 91344, Tele: (213) 363-8588.

## SPECIAL NOTE:

1975 NATIONAL AAU MASTERS MARATHON WILL BE HELD: MEDFORD, OREGON, SUNDAY OCTOBER 12 AT 8:30 A.M. THE 26-MILE COURSE WILL BE A TWO-LAP AFFAIR ALONG COUNTRY ROADS. ENTRY FEE: \$2.00. SPONSORED BY: SOUTHERN OREGON SIZZLERS TRACK CLUB. DIVISIONS: 5-YR CATEGORIES. ADDRESS ALL ENTRIES: SOUTHERN OREGON SIZZLERS, %JERRY SWARTSLEY, P.O. BOX 1072, PHOENIX, OREGON 97535.

AAU DISTANCE CHAMPIONSHIPS -- THOSE WHO WISH TO COMPETE IN ANY OF THE AAU MASTERS LONG-DISTANCE CHAMPIONSHIPS THIS YEAR WILL FIND SITE/DATE/WHO TO CONTACT INFORMATION IN THE FOLLOWING LIST:

- JUN 8 20-KILO ROAD (12.42M), New York, N.Y. Contact: Nina Kuscsik, Flint Court, Huntington Stn, N.Y. 11746.
- AUG 1 ONE-HOUR TRACK, POSTAL, Any 440 Track through Aug. 1. Contact: John Brennand, 4476 Meadowlark, Santa Barbara, CA 93105.
- SEPT 14 25-KILO ROAD (15.53M), San Francisco. Harold DeMoss, c/o Suite 601, 942 Market St., San Francisco, CA 94102.
- 15 The 8th WORLD BEST VETERAN LONG DISTANCE RUNNERS COMPETITION, 25km & 10km.
- Lake Yamanaka Course (at foot of Mt. Fuji) Yamanashi Prefecture, Japan, Ladies: 30 years & older; Gentlemen: 40 yrs. & older. 5 yr. age classes. Contact: Helen Pain, Sports Travel International Ltd., 1951 Cable Str., San Diego, CA 92107
- NOV 8 30-KILO ROAD (18.63M), New York City. Contact: Fred Lebow, Box 881, NYC, N.Y. 10022.

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# U.S.M.I.T.T.

## U.S. masters international track team

may, 1975

### BEER GUZZLERS MAKE A HASH OUT OF ROMP IN ASIAN COUNTRYSIDE

FOREIGNERS IN THE FAR EAST BECOME FRESH-AIR FIENDS WHEN PUB IS AT TRAIL'S END.....DEC 13, 1974

By Norman Pearlstine  
 Staff Reporter of The Wall Street Journal

PUL KWANG DONG, South Korea -- Jim Whitley is a sane and serious man. Well-educated, soft-spoken, urbane, he is known to the South Korean business community as the professional and proper manager of Marine Midland Bank's Seoul branch.

If all that is true, why is Mr. Whitley here on a Saturday afternoon, dressed in orange sweat suit and hat, running through a rice paddy yelling "On! On!" at the top of his lungs? And why are 30 foreign businessmen, diplomats and missionaries following him shouting the same thing?

The answer is obvious to the farmers in this small village 10 miles north of Seoul, who have seen this motley group before. They know it is nothing more than the Seoul chapter of the Hash House Harriers, one of Asia's oldest and most irreverent sports clubs, off on its weekly foray through the toughest terrain around.

From Sydney to Seoul and Hong Kong to Sarawak, there are more than 25 chapters dedicated to "Hashing," a combination of jogging, mountain-climbing and steeple-chase. Although physical conditioning helps--courses range from three to five miles--"Hashers," or members of the Club, insist that exercise is only a small part of its purpose.

#### Weekend Excesses

"We're not health fanatics," says Don Jones, a member of the Sydney chapter. "We're more a bunch of fellows who wish to develop a good thirst that we can drink off at the end of the run."

It all started 37 years ago in Kuala Lumpur when an Australian named A.S. Gispert began jogging on Monday nights to sweat off the excesses of the preceding weekends. The jogging did little good, however, since his run always ended with several rounds of cold beer at a small bar and restaurant known as the Hash House.

A few of Mr. Gisper's friends joined him, and the group began to run different routes through the Malaysian countryside. The Hash House's enterprising Chinese proprietor, anxious to keep Mr. Gisper's business, followed the runners with a beer wagon and was always at the finish line to greet them. As more friends joined the group, the casual jog evolved into a variation on the 19th Century British game of hare and hounds. One "hare" would set the trail and the "hounds" or other runners would follow it.

PLEASE TURN TO PAGE 12

### USMTT HIGH ALTITUDE TRAINING CAMP

FOR THOSE POINTING FOR WHITE PLAINS & TORONTO OR THE PIKE'S PEAK MARATHON, THE USMTT WILL SPONSOR A TRAINING CAMP AT BRIAN'S HEAD, UTAH -- ALTITUDE 5400' TO 11,000' -- WITH TWO SEVEN DAY SESSIONS SCHEDULED FOR 7/20-7/27 AND 7/27-8/3 (YOU CAN ATTEND BOTH SESSIONS, IF YOU WISH).

SPECIAL ARRANGEMENTS HAVE BEEN MADE WITH RICH HEYWOOD AT RUNNERS' MECCA TO ACCOMMODATE THE USMTT DURING THIS PERIOD WITH TRAINING SESSIONS AND COUNSELING FOR THE LDR AS WELL AS THE MIDDLE DISTANCE ATHLETES. BESIDES THE COUNTLESS MILES OF CHALLENGING TRAILS AND ROADS, WE HAVE ACCESS TO AN ALL-WEATHER TRACK IN CEDAR CITY (5400') FOR INTERVAL WORK AND TIME TRIALS.

EVENINGS WILL BE DEVOTED TO LECTURES ON TRAINING, SHOES, INJURIES AND OTHER PERTINENT ASPECTS OF ATHLETICS.

WE WILL BE HOUSED AT BRIAN'S HEAD, A SKI RESORT IN WINTER WITH EXCELLENT SINGLE OR DOUBLE QUARTERS. A SPECIAL MASTERS TRAINING TABLE FEATURING "A RUNNER'S DIET" WILL OFFER BREAKFAST AND DINNER.

THE PRICE IS RIGHT -- \$100/WEEK DOUBLE AND \$110/WEEK SINGLE OCCUPANCY WITH BUS AND AIRPORT PICK-UP PLUS TRANSPORT TO ALL TRAINING SITES.

NO EXTRA CHARGE FOR THE CLEAN SMOG-FREE AIR -- MAGNIFICENT VISTAS -- AND CAMARADERIE AROUND A CRACKLING FIRE WHILE NURSING THE BEVERAGE OF YOUR CHOICE.

FOR SPECIFICS, CONTACT USMTT, 1951 CABLE ST. SAN DIEGO, CA 92107. (714) 225-9555. OR (714) 222-0503.

### CELEBRATE 4th of JULY WEEKEND in OAKLAND AAU WESTERN REGIONALS

Laney College, Oakland, California, with tartan track, is the setting for the 1st Western Regionals, July 5 and 6. Special flights, housing, pick-up, and more are all planned. Special fares will be available through SPORTS TRAVEL INTERNATIONAL. You can't afford to stay home...and miss the fun and games. Send us a note and we'll brief you on the bed and breakfasts, flights, etc.

# The laments of men with poles

By JOHN JEANSONNE  
Newspaper

NEW YORK — Pole vaulter walks up to a cabbie. Says he's going to the airport. "Not in my cab you're not," the driver says. "Not with those things." Cabbie wouldn't touch the guy with a 16-foot pole.

Pole vaulter finally gets to the airport. His excess baggage costs him extra because it's longer than five feet. Can't carry it in the baggage compartment, anyway. He stores it under the seat directly in front of him, and in front of that, and in front of that, and in front of that...

WITHOUT A pole, pole vaulters would be, uh, "normal," says Vic Dias, who vaults for the Beverly Hills Striders. They would be judged on their individual merit by cab drivers, airline baggage people, bus drivers and hotel managers. But that isn't the case. Pole vaulters are given a pole to carry through life.

"Oooooooh," says Mike Cotton, who vaults for the Florida Track Club. "I'll tell you: You have to want to jump real hard to get up with some of the things that happen on the way to a meet. Especially a meet in New York."

"A lot of times," says Casey Carrigan, who vaults for the Pacific Coast Club. "You get legs meat and you're so exhausted from trying to get your poles around that you have nothing left. I've been in a lot of near fights because of my poles."

The strange appendages — most vaulters carry at least two poles and usually three — are a constant challenge outside of their actual competition. Being 2 1/2 times as long as the vaulters themselves, the poles are first of all unwieldy, and second, too unusual to be accepted readily by the rest of mankind.

"I ONCE found a bus driver in New York named Schmitt," says Steve Smith, the world indoor record holder who competes on the professional tour. "Old Schmitt, he let me take my poles on his bus for free. That was before the AAU championships in 1972. Usually it costs. Most cabs charge me \$25 extra for the poles."

"Sometimes," says Cotton, "you try to get a cab from the airport and you may have to ask five, six cabbies before one finally agrees to take you. And the planes... well, last year with the energy shortage it was worse, because the airlines all started using smaller planes, and some of

them just wouldn't take the poles. Of the eight indoor meets I competed in last year, I got my poles to three of them."

The uncertainties of transporting the poles has complicated the matter further. Larry Jessee, who vaults for the University of Texas at El Paso, carries four poles because "it's always good to have an extra pole when dealing with airlines."

Carrigan says he once heard of a pole being sawed in half by airline employees who couldn't figure any other way to store it, though Carrigan couldn't remember whose pole it was. "That never quite happened to me," Carrigan says. "But they have handled my poles pretty rough. About two, three weeks ago, in fact. You know, all poles are carried in a (tubular cardboard) carton. The airlines took my poles out of the cartons and threw the cartons away. Then, it looked like the plane had actually landed on the poles, like they were hanging out of something. They were all scraped up."

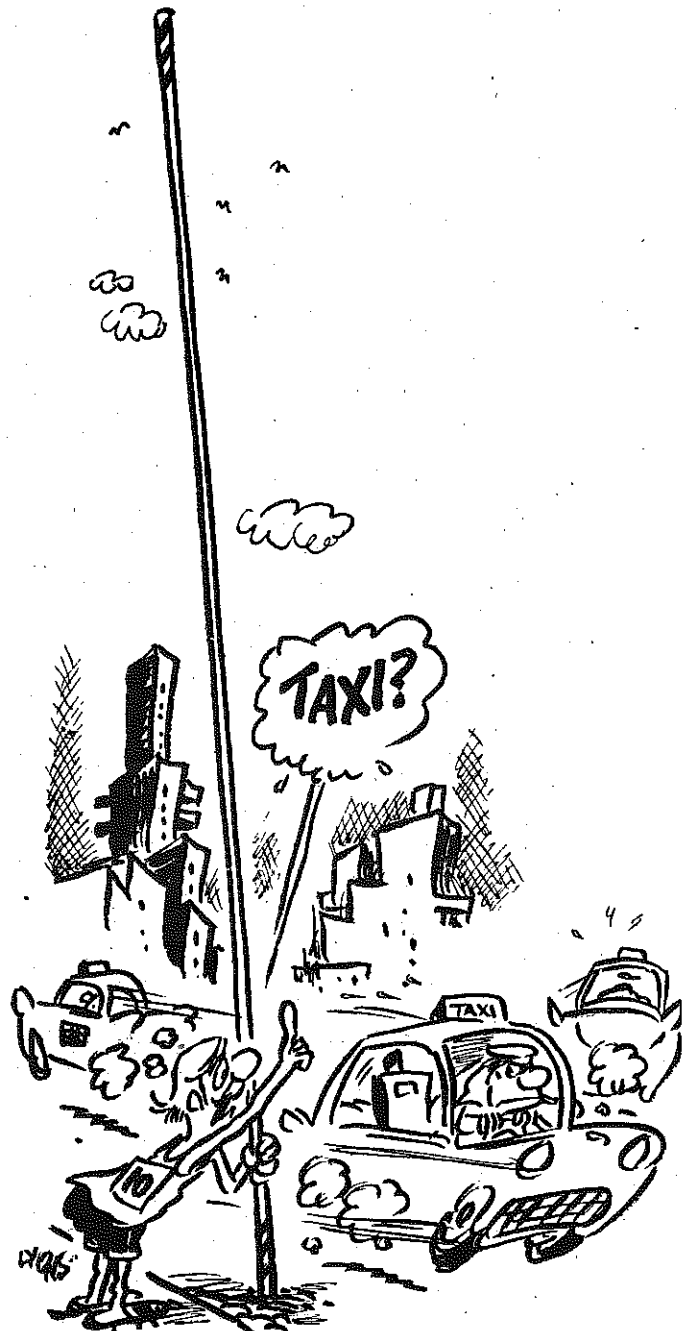
EVEN IF the transportation people are agreeable, there are still problems. "If a cabbie takes you," says Cotton, "you still have to have a way to carry the things. We usually take ropes and towels with us. You can close the hood and the trunk on towels to form a sort of rack for the poles."

AND THEN there are the airport gawkers with their questions. John Pennel, a former U.S. Olympic team member and former world record holder, once said, "I feel like a circus performer who carries his own tent poles. Everyone is always asking what you're carrying. Sometimes I tell them I'm superstitious so I carry my own lightning rod to protect the plane. Other times I tell them it's a fishing pole... that I'm going after the big ones. Sometimes I tell them it's microfilm. That usually puzzles them. I've got a new one. I tell them I'm a tightrope walker and these are my balancing bars."

"I wish," says Cotton, "that someone would invent a pole that comes apart in three sections." But meanwhile, the vaulters must put up with their unique problem, convinced that nobody else would endure it.

"When we're staying at a hotel," Cotton says, "we just leave 'em in the lobby. Lock 'em up? Ha. Who's gonna steal 'em?"

Tuesday, March 25, 1975 HONOLULU ADVERTISER \*\*



Sports Travel International Ltd.  
invites you to  
**THE 8th WORLD BEST VETERAN  
LONG DISTANCE RUNNERS  
COMPETITION  
JAPAN**  
September 10-24, 1975  
TOUR FOR PARTICIPANTS AND OBSERVERS

Monday, September 15, 1975  
10:00 a.m.  
25 km and 10 km  
Lake Yamanaka Course  
AT THE FOOT OF MT. FUJI  
Yamanashi Prefecture, Japan

## FALSE STARTS... ..

MASTERS (VETERAN) ATHLETICS GOT ITS initial start in So. California in 1968-- a mere 8 years ago. It might come as a shock to U.S. Vets that the British Vets have been organized since 1931 ---44 yrs. ago when a group got together and organized the Vets A.C. still active and boasts a membership of more than 300. The oldest members are the ebullient "Tartan Flash" Duncan MacLean (90) and Charlie Speechly (89). The last time Duncan and Charlie raced Duncan prevailed which his opponent took in good grace until Duncan attempted to assist Charlie onto the rostrum bringing forth an indignant response.

The British, long on tradition, have held their annual awards dinner each December for more than 40 years and Club member Harry Wicks has acted as Toastmaster at no less than 37 of these affairs. Some track record!

Oilman Jim Hershberger of Wichita, Kansas who allegedly "hates" to train competed in Veteran mile at the USTFF National Indoor Meet in Oklahoma City. Jim hates to lose even more, and ran an excellent 4:32.6 but was edged out of 1st by Ray Graham (34) by .2 sec. We are looking forward to some fine performances from Jim in White Plains and Toronto when he locks horns with both the East & West Coast top runners.....In an indoor affair 2/15 at Kansas University, Lanky Jack Greenwood uncorked a 6.8 60 yds., a 56.8 440, 5'2" H.J., 19'1" L.J. USMIT member Alex Pappas recorded 7.1 and 61.9 in the same affair. LDR Arnie Richards toured the mile in 5:01.3 but ran an excellent 10:51.4 2 miler and Dave Shrader did 33'0" in the 12# shot..... Have you read Track & Field News lately???? With a more newsy, and less statistical format T&F News since January has included a column devoted to Masters Athletics. Edited by Pete Mundle and entitled "Masters Scene" it is a welcome acknowledgement that the Veterans efforts are worth reporting in a growing segment of athletics. A recent "Masters Scene" column is reprinted elsewhere in this issue.....The Div.IV athletes are up in arms over the restriction in awards imposed upon them at the World Masters. The best retort is to show up in such numbers that the sponsors must allocate more awards..... Speaking of 70 year olds, have you heard about the latest Div.IV participant to come roaring out of the hills of San Luis Obispo to break all of the Age Records from two miles up for 75 year olds. He's Paul Spangler (75), a retired M.D. who until March 15, 1975 regarded himself purely a jogger and had no concept of his unique degree of ability as a person past the 3/4 century mark... At the CIM Relays in San Luis, Dr. Spangler recorded a 15:46.3 (2m) on his way to a 23:45 for 3 miles ( 7:53 av/mile). The next weekend in San Francisco running in the Northern California Seniors 5-mile road race, he recorded a 38:25 which is 7:41/mile. His efforts at the CIM Relays being on a track will be certified to Age Group Records as replacement for the heretofore unchallenged efforts of Virgil Sturgill. Now that the good Doctor is aware of how good he is we can assume that his remarkable performances will continue..... Things are moving along, we will now have at least 6 Regional AAU Masters Championships in T&F prior to the AAU Champs in White Plains. Already scheduled are the Western (Oakland, CA); Pacific N.W. (Gresham, Oregon); Mid-American (Kansas); Mid-Western

(Evanston, ILL.); So. Eastern (North Carolina); and Eastern (N.Y.?); .....And the USTFF&F have now got in the act with their Masters Champ (6/14-15 California, PA). .....We understand the Drake Relays will have a Masters 880 for the 1st time! ..... The picture is not all bright and rosey however, as Jerry H. York, AAU Registration Chairman, refused to sanction additional Masters' events at the Carmel Classic (only Masters mile approved). We don't have all the details, but, Hal Higdon wrote York a scathing rebuttal.....Master Athletes in the Indiana Association are urged to contact York and straighten him out on Masters athletics.....

70-year old Winfield McFadden (S.D.) reports on the S.E. Masters, Raleigh, North Carolina 4/5-4/6. As usual the weather was bad, according to Win; cold with wind gusts up to 40mph. It didn't seem to deter him as he did a 13'10 1/2" Long Jump, setting an Age Group (70) Record. He now holds all the L.J. records from ages 66-70 and each year his performances have improved!!

Other fine performances were turned in by Leon Dreher (53) - 3-mile 17:15.94 and Otto Essig (69) 20:13.3. Durable Boo Marcom (53) tied the age 30 winner at 13' in the Pole Vault and also did 18'10" in the L.J. Hal Higdon (43) with a 10:07.5 Steeple took the measure of Walt McConnell (43) 11:15.9. Alan Waterman (56) turned in a fine 12:39.5. An AGR, Alan also holds the 54 & 55 AGR. (Results printed on Page 4).

WAL SHEPPARD reports some outstanding efforts in the Australian Vets Championships ---3/29-3/30:

Reg McRae (50) 400M - Class 2A -----55.0

(New World Best?)

Alby Thomas (40) 1500 M -----3.55.4

(and later the same day):  
5000M -----14.50

Doug Worling (40) 3000 Steeple Chase-----9.31.6  
(He previously ran 9.24.3 in Brisbane on 22/2/75)

(Another World Best?)

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### 3-Mile, DIV I-A (Men 30-34)

1. DENI, James R. (32) 15:55.7
2. CAMPBELL, Charlie (32) 17:04.59
3. RICHARDSON, N.B. (32) 17:05.80
4. BURNS, Andrew D. (33) 18:50.3

### DIV I-B (Men 35-39)

1. CONN JR., G.M. (39) 16:00.27
2. TOWNS, W. S. (35) 16:52.13
3. BAMMERLIN, J.L. (39) 17:17.90
4. KAFER, D.C. (35) 17:36.20
5. BURNISTON, E.E. (35) 18:02.6

### DIV II-A (Men 40-44)

1. HOSS JR., W.F. (40) 16:17.5
2. VERNOSKY, G. (44) 16:31.2
3. WICK, F.M. (42) 17:02.3
4. REIGHN, R.K. (43) 17:17.6
5. BOYD, C.L. (41) 18:04.2
6. KIEFER, G.J. (42) 18:13.7

### DIV II-B (Men 45-49)

1. COLTON, D.L. (45) 16:24.7
2. DIAMOND, T.T. (45) 16:55.52
3. RULIFFSON, F.R. (49) 17:13.14
4. CAMPBELL, Kay (46) 18:13.17
5. WEST, J.M. (48) 18:21.0
6. HUNDLEY, L.R. (48) 19:13.3
7. GREY, D.C. (47) 19:32.8
8. RAYMER, J.D. (48) 19:56.5
9. GREY, J.C. (48) 21:46.6

### DIV III (Men 50-59)

1. DREHER, Leon (53) 17:15.94
2. HOSSACK, Alex (52) 18:13.33
3. O'BRIEN, Bill (50) 18:37.54
4. WOODS, J.P. (57) 19:06.36
5. ROSS, B.J. (52) 19:12.23

### DIV IV (Men 60-69)

1. ESSIG, Otto (69) 20:13.3
2. LALLEY, John (63) 23:36.6

### DIV V (Men 70 & over)

1. MOUREAU, Ralph H. (70) 22:17.6

### STEEPLECHASE

#### DIV I-A (Men 30-34)

1. MARTIN, G.D. (34) 11:22.0
2. BURNS, A.D. (33) 12:54.6

#### DIV I-B (Men 35-39)

1. CONN JR., G. (39) 11:29.4
2. KAFER, D. (35) 12:37.5
3. ARDREY, B.J. (37) 13:29.2

#### DIV II-A (Men 40-44)

1. HIGDON, Hal (43) 10:07.5
2. MCCONNELL, W. (43) 11:15.9

#### DIV II-B (Men 45-49)

1. WEST, J. M. (46) 13:44.8

#### DIV III (Men 50-59)

1. WATERMAN, A. (56) 12:39.5
2. GASTON, E.D. (51) 12:50.6
3. FAIRBANK, H. (56) 13:22.7
4. O'BRIEN, B. (50) 13:30.8

#### DIV IV (Men 60-69)

1. BOAL, R.S. (63) 12:54.4

### RILEY A. DAWKINS MEMORIAL TRUST FUND ESTABLISHED

Riley A. Dawkins (49) of Jamaica died March 18, 1975, as the result of an unexpected massive heart attack. Riley was the older brother of USMIT Member Ossie Dawkins (46). Ossie has established a trust fund in memory of his brother, formerly an educator in Jamaica. The purpose of the trust will be to finance the expenses of bringing high school age athletes to Southern California from Jamaica for international competition. Donations to this fund may be sent to Ossie Dawkins, 1949 N. Catalina, Los Angeles, CA 90027.

From DSE News:

#### 1975 TRAIL'S END MARATHON, Seaside, Oregon

We were lucky enough to have nine days to attend the Trail's End Marathon. We took 4½ days to travel up, doing it all on the coast route. We camped in State Parks each night and ran in a different place each day. We drove through rain, snow and wind until we came to Seaside, the location where Lewis and Clark first sighted the Pacific Ocean. What a sight it must have been for them! Today it is still a fantastic view. The townspeople are warm and friendly, at least to the runners. They all seemed to know why we were there and gave words of encouragement (even before the race started). The town began filling up Friday night with the 512 runners who would start the race on Saturday. The weather until Saturday had been cool, windy and wet. Saturday, however, there were ideal conditions: no wind, overcast and 56 degrees. The race started at 11:30 sharp. There were 512 starters. The course wound through town once then out to the country roads. All along the route, people sat in their yards, waving and cheering. It was fantastic! There were 7 well organized aid stations and the police coverage was good except for one overzealous patrolman who managed to run over the foot of a front runner with his patrol car. They took the runner away in an ambulance. We heard later that he was "Lucky, no broken bones." The course was basically flat, but sported a couple of rolling hills in the first part and an upgrade 17 miles out that felt like the Lafayette Rim Run. I ran by a golf course at about mile 22 and had a golf ball land no more than 4 or 5 feet from me. I never heard "fore" or whatever they are supposed to holler. We had a view of the ocean and ran by some beautiful homes, then headed back to town. The last 3/4 of a mile was run on the boardwalk where the townspeople were cheering everyone on. I don't know where it came from, but after 25 miles, I picked it up again. Talking to other runners later, they confessed to doing the same thing. What a feeling! They did a fantastic job at the finish line. They had a loud speaker announcing your arrival by name. I may have been the last of the Myers family to finish, but everyone makes you feel as if you are the first person across. You were immediately presented with a shirt and your card that records your time.

# IN SEARCH OF THE PERFECT SHOE

by Joe Henderson

The best of inventions sometimes develop from the most personal of intentions.

Take Ed Phillips' new shoe design. He didn't come up with it to help thousands of long-suffering runners. He developed it to keep his own two feet and legs from hurting so much.

Phillips ran the half-mile at the University of California in the 1950s, and was injured often. He was injured more often as he aged, and he eventually cut out most of his running to concentrate on the field events.

Despite an impressive list of physical problems ("one leg shorter than the other, sciatica, extremely flat feet, extreme pronation of the feet, gout, achilles tendinitis, pulled muscles in both calves and arthritic knees"), he won a national Masters pentathlon championship in 1974 and is a highly-rated javelin thrower.

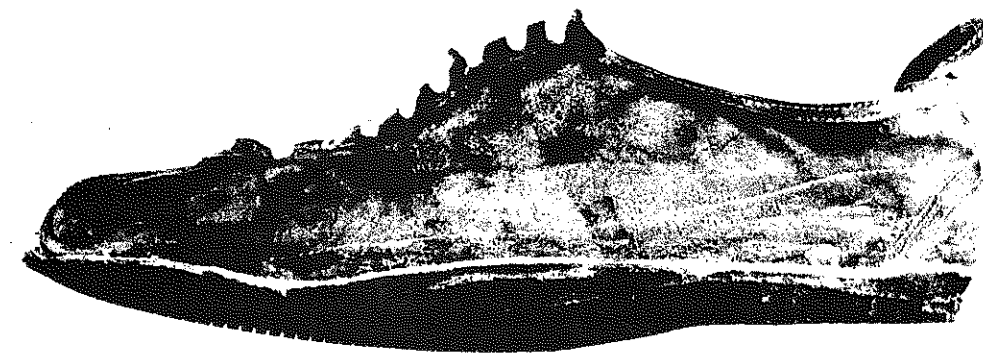
But he still liked running and couldn't do very much with these limitations. So he began experimenting. To know about Ed Phillips' shoes, you have to know about him and his tinkering.

"He has always been this way," Mrs. Phillips said as she looked around her disaster area of a kitchen. "We've been married nearly 20 years, and he always has had some project going."

Ed had plaster in the mixing bowls, molds in the oven and shoes in the refrigerator the first time I visited their house. He is a mechanical engineer by profession and a tinkerer by obsession. He has produced a number of inventions—as in "necessity is the mother of . . ."

When his back went out on him a few years ago, he designed a contoured rubber pad for his bed. His wife said of that one, "When I made the bed, it looked like I was trying to hide a boyfriend in there."

When Phillips recovered and returned to throwing the javelin and discus, he found he didn't have room around home



to practice. The nearest open field was a mile or more away. So he rigged up hydraulic devices which allowed him to throw with proper technique. These worked so well he's thinking of patenting them.

When I came to see Ed, he was onto something new. He'd turned his wife's kitchen into a laboratory to produce a better foot support. This was last spring. He had pulled a calf muscle while running, and was fitted with plastic foot supports.

After a few weeks in the orthotics, Phillips gave up on them. "They felt fine in my street shoes," he said, "But I couldn't run or throw in them." Doing the sidestepping of a javelin thrower and running over the hard plastic edges of the supports was an exercise in pain. And they felt awkward. "It was like running in galoshes," Ed said.

The 42-year-old executive with a San Francisco area engineering firm set out to perfect his own more comfortable orthotics. He casted his feet in plaster of paris and molded a quick set of supports from a rubber-like material.

"These are very rough," he said as he held up the floppy strips of off-white material, ragged at the edges and pocked with bubble marks. "I'm not satisfied with them. But they are a whole lot better than the plastic ones."

After that, the work got more complicated. A less persistent and inventive man than Phillips would have given up before anything came of it. Ed waded through four major failures and a dozen minor ones while hunting down the insert he pictured in his mind. Procedures were the minor hangup, materials were the major one.

He finally arrived at Tartan, the track material. "It's so comfortable," Ed told me over the phone, "it's like . . . like . . . putting your feet back in the womb." He said, "Come on over and make a pair for yourself. It's fairly easy to do."

His idea of easy and mine are far

Inventor Ed Phillips defies the conventions of running shoemaking to produce a negative-heel model.

apart. I spent most of two weekends in the Phillips' kitchen and workshop, molding two sets of Tartan orthotics. Without Ed holding my hand through each step, I couldn't have finished them. The end product didn't seem worth all that effort.

Phillips' first thought, after making his own orthotics, was to package a do-it-yourself kit of materials and instructions, and market it to athletes. But watching my struggle apparently discouraged him. He didn't question the product, only its practicality. Anyway, he had something bigger in mind by then—a whole new concept in shoes, built around the orthotic idea.

In November, I wrote what I thought was an innocuous article about negative-heel shoes ("It's Down-Heel From Here," Nov. '74 RW). Near the end, it read, "Because the legs are at full stretch and are most vulnerable during fast running, distance running shoes need heels."

Ed Phillips took strong issue with that conclusion, largely because he'd just developed the prototype of a running shoe which had no heel. In fact, it had a slight negative heel.

Ed showed it to me, and raved about the results he was getting. The soles, attached to adidas Tokyo uppers, looked like distant relatives to Earth Shoes and got his basic ideas from them.

But he said, "These aren't copies of Earth Shoes. Earth Shoes are biased toward the rear and are made for walking.

These are forward biased and are made for running. You can't run in Earth Shoes, and you can't walk very well in these."

"Besides," he added, handing me one of his running shoes, "these weigh only about one-fourth as much." He said his size 11 weighs about nine ounces, which is less than the weight of most standard running flats.

"What's the theory behind these shoes?" I asked. "What makes them better than the shoes I have on?"

Phillips said, "Many of the problems we runners have would seem to result from landing stress. Whether we're talking about your heel bumps or my arthritic knees, avoiding heel-landing shock is a most desirable goal. With normal heel contours, the only alternative is toe running. But the problem here is the tremendous loading imposed upon key points of the lower leg.

"For instance, I weigh 175 pounds. If I run with ground contact 60% of the time, then my average contact force is actually 292 pounds. This reaction force is not constant, but peaks upon landing to perhaps 400 pounds."

"Now," he suggested, "you must think of the foot as a simple 4-1 lever with its fulcrum at the ankle. This means that to support that 400-pound load on the ball of the foot, the achilles tendon is subjected to 1600 pounds of tension."

"Needless to say," he noted, "we don't see many marathoning toe runners." Instead, they slam down on their heels.

Phillips' challenge was to design a shoe which kept runners off their heels, while not throwing intolerable stresses onto their achilles tendons.

He came up with a sole which is thickest just behind the ball of the foot. Impact centers on this point, leading to a modified toe-running style. But because the "lever arm" is much shorter than in true toe running, the load on the achilles tendon is cut in half.

The basic idea seemed sound. But Phillips had to work through 11 different combinations of design and materials before he had a shoe which satisfied him.

The early models, he said, "chewed my feet into raw hamburger, completely skipping the blister stage." The soles were too rigid. "I kept at it, progressing generally in a direction away from rigidity, and toward mobility and comfort. About nine models into the investigation, I had a shoe with no rigidity at all."

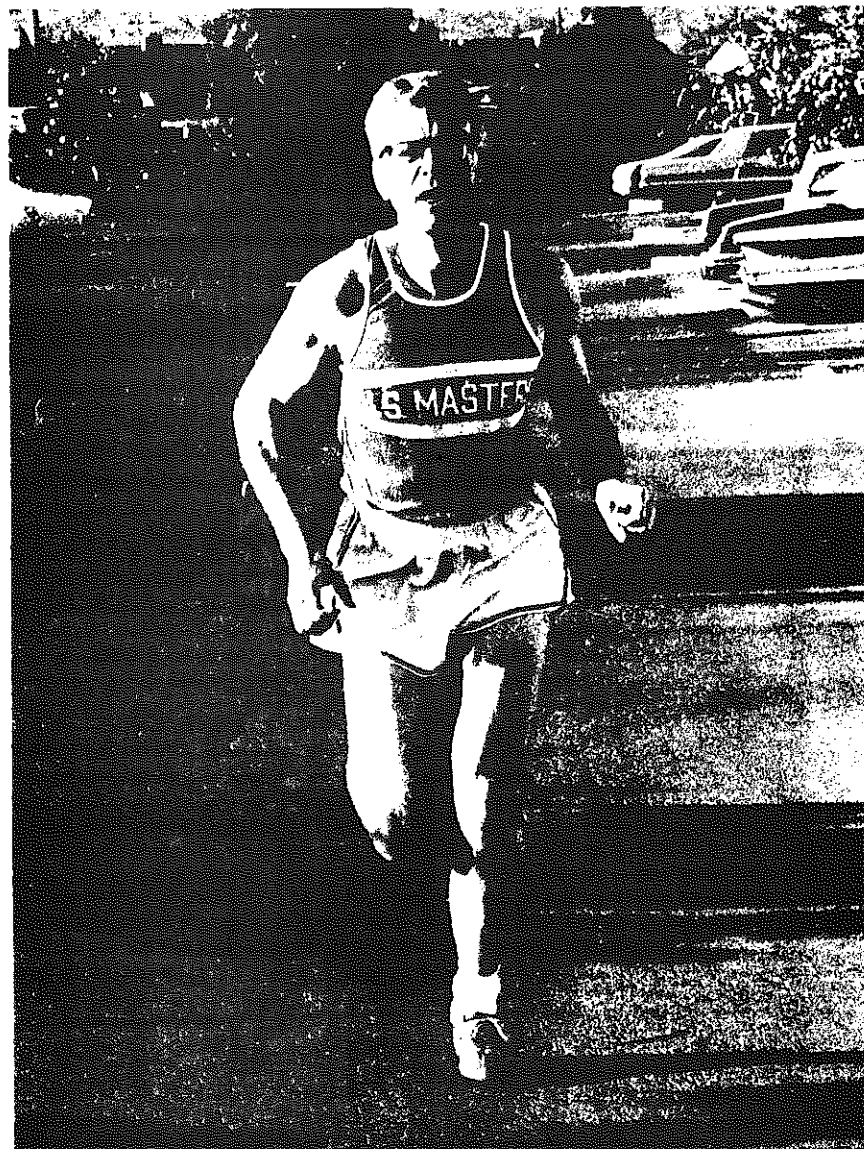
Two more modifications to the bottom contour produced a shoe that smoothly transfers the running load to

the lower and then upper leg with significantly reduced muscle strain. Finally, Phillips was pleased enough with his shoes to apply for a patent. He plans to manufacture the soles and market them through established shoemakers and shoe rebuilders. (His company is American Fitness, Inc., P.O. Box 1267, Los Altos, Calif. 94022.) But this is some time away yet.

Ed hadn't originally intended this to be a commercial venture. He has been too involved with developing the shoes to worry about mass-producing them. So far, he's the only one to have thoroughly tested his invention. The shoes he wears are an exact fit for his feet, and they

**PAGE 24: Note the negative heel and the "forward bias" of the Phillips shoe.**

**BELOW: In standard shoes, Ed Phillips says his knees knock. He has good alignment with his own model. (OMPhoto)**



have built-in corrections for his abnormalities.

In his case, they're doing all he hoped they would, and more. Ed told me recently, "I've gone from being a virtual non-runner (because of injuries) to 30-40 miles per week on city streets and sidewalks. I even do interval training that way because I run at night and the local high school track isn't lighted. Running seems so effortless that I can't wait to get to it. And when I'm through, my legs feel like starting all over."

He said, too, that the shoes have made his stride longer and more fluid without conscious effort to stretch or smooth it out. But he stopped short of saying that his shoes made him run faster.

"The shoes themselves don't make me go any faster," Phillips said. "They let me run, which I couldn't do before. I never could run five miles straight. Now I do that much and more almost every day. That makes me run faster." ●

## City's fun-filled flood of fitness

THIS was Queen Street only seconds after the start of the "Round the Bays" on Saturday afternoon.

More than 5000 people lined up outside the Town Hall to run in the Auckland Star-sponsored event.

Mr. Don Walker, president of the Auckland Joggers' Club, which organized the event, said that although 4110 people entered officially, hundreds more joined in the fun run.

And 3300 of the official entrants completed the 11.27-kilometre distance in under 100 minutes--nine of them were over 70-years-old.

Mr. Eric Woods, one of the organizers of the Joggers' Club, today thanked the Star for sponsoring the event.

"Without the Star, the 'Round the Bays' just couldn't have happened.

"It was a fantastic day, but with 5000-odd starters, it would have been impossible for the club to organize mechanically."

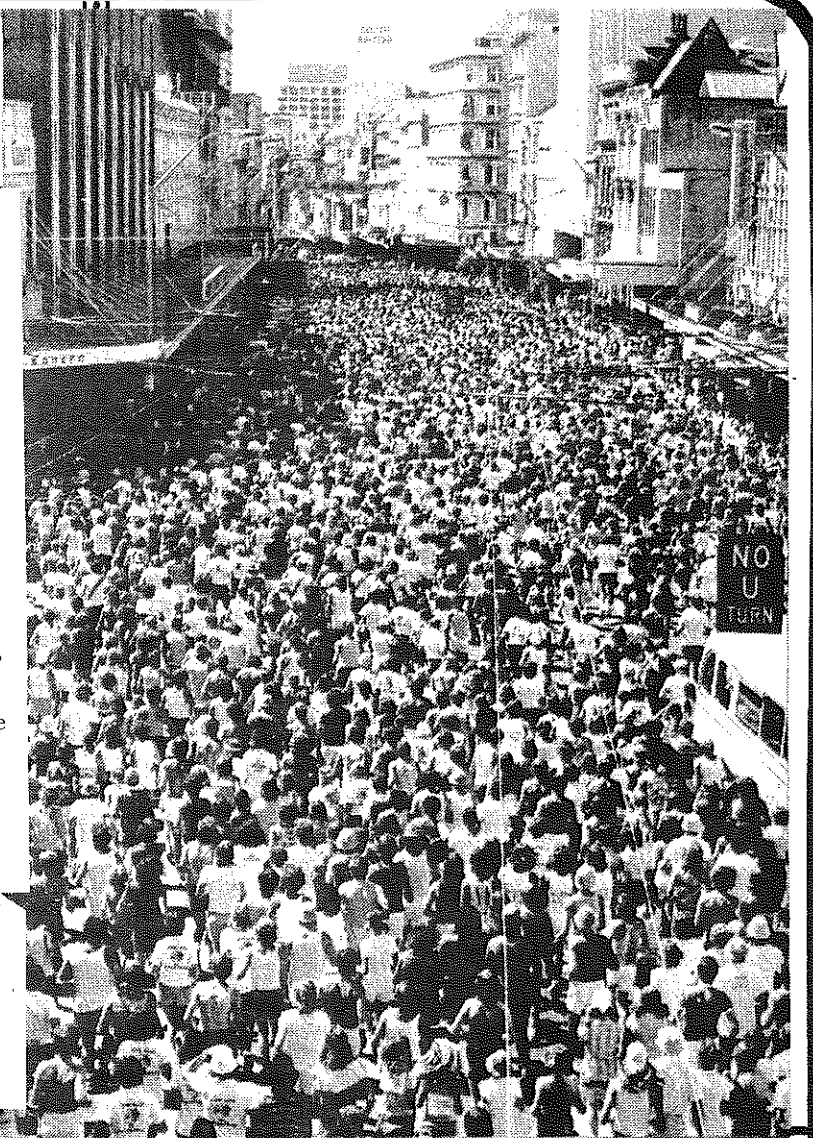
Mr. Woods compared the first run in 1973, when there were only 1200 runners, with this year's start at the Town Hall.

"I was up in the Fire Brigade's snorkel unit and it was just like a happy river flowing down Queen Street--a great sea of faces that we couldn't hold back.

"It must be the first time in New Zealand that so many people have run in such an event. It was tremendous that they all came along and had a go."

Mr. Woods feels the Joggers' Club may have to control the flow of runners when even more enter next year.

He adds that one way to do it would be to get the mayor to widen Queen Street.



### CHARTER FLIGHT TO TORONTO FILLING UP!

The Nationals at White Plains, N.Y. and the World Masters in Toronto will be well represented by West Coast athletes and their families as 180 have signed up for the all expense 11-day Jet tour (except meals) from L.A. to N.Y. & Toronto. The UAL flight departs Aug. 7 and returns Aug. 18th. Total cost is \$310, including transportation, airport pick-up and return and University housing both in New York and Toronto.

Both events this year include selected Women's and Sub-Masters events.

The sponsors and the USMIT are coming up with special housing, social arrangements, and transport to the track. These events, based on plans to date, will be the most extensive and best organized Masters championships presented in the history of our sport!

Toronto reports entries from 25 nations and expects 1500-2000 athletes. A large number of these expect to compete in White Plains as well. The AAU Masters should have at least 1000 entries and once again we should see record shattering

performances in every 5-year age division. Only one Marathon will be offered and that will be in Toronto.

We have entry blanks for Toronto, White Plains and the Western Regionals and will mail on request (or to those who have already requested same.) Please send stamped addressed return envelope.

The Relays in White Plains will be on Sunday so they will not interfere with the 110, 200 and 400m events. If you wish to enter the Division I, II or III 4x100 or 4x400 Relays and compete for the USMIT, drop us a note and you will be put on a team. Please give a recent time for the 100 or 400m or yards.

The Charter is an affinity affair which closes 60 days prior to departure; therefore we must have your reservation and full payment not later than June 1st.

If for some reason you cannot make the Charter flight but plan to go back East to compete anyway, please contact Sports Travel International Ltd., Helen Pain, Manager, 1951 Cable St., San Diego, CA 92107 and she will be happy to handle your individual arrangements. One-ways are available, if we can match you with another going in the opposite direction.



**HEART ATTACK VICTIM SAYS: IT WAS BEST THING THAT HAPPENED TO ME!**

By George W. Knox

My heart attack was the best thing that ever happened to me!

That may sound odd to those who've known the searing pain of a heart attack and the terrifying sensation of flirting with death, but my attack shocked me into changing my life-style and I'm healthier now than I've ever been.

Before my attack I was half dead and didn't know it. I wasn't sick-- I was just an average guy in poor health who'd never paid any attention to his physical condition.

I was 30 pounds overweight --crowding 200 pounds and ate just about anything. Like most men I knew, I thought old age was creeping up on me. I considered it normal to have backaches, chest pains, shortness of breath, headaches, insomnia, indigestion and anxiety attacks.

One day during October 1966, when I was 55, I was having lunch at a restaurant when everything went blurry and I passed out. When I came to, I was in an ambulance en route to the hospital.

I knew I'd had a heart attack and I panicked because I remembered my father who'd suffered a heart attack when he was about my age.

He lived only a year after his attack.

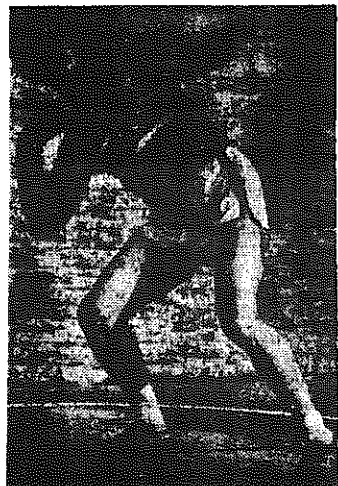
Then, just before I passed out again, I vowed that if I lived I'd never take my life or my health for granted again.

When I got out of the hospital, the first thing I did was cut down on my eating. I gave up sweet, fattening foods and began eating fruits, fish, fowl, skim milk and other low cholesterol foods.

Then I began an exercise program. First jogging, then running to build up my body. Each day I ran farther and farther and today I can run 6 miles in the time it took me to run 4 miles a year ago.

Being a psychologist, I knew that keeping my mind free of anxiety was the third necessary part of my plan to live to a ripe old age. So I began to practice self-hypnosis whenever I'd feel tense or anxious. My three-pronged attack on physical apathy completely changed my life.

I'm 30 pounds lighter now and I run at least 15 miles a day. In 1973, I set 5 world records for men of my age-- in discus-throwing, shotput, the 50-yard dash, the 600-meter race and the 1,200-meter race.



**ROBUST** George Knox recently won 22 ribbons in a track season and set a record for the shotput.

I won 22 ribbons in one recent track season and a national sports magazine recently gave me an achievement award for running 25 miles in 3 hours, 47 minutes. And I celebrated my 63rd birthday by running 63 laps around a quarter-mile track.

Every once in a while, someone calls me a health nut. When they do, I run around the cemetery a few times and I'm sure I'd rather be a live health nut than a dead some thing else.

I don't care what anybody calls me --I'm happy because I've turned a death sentence into a life promise.

From National Enquirer  
March 4, 1975

Dr. George W. Knox is a practicing psychologist and hypnotherapist in Columbus, Ohio.

**Understand Your Administration**

by Robert G. Fine  
National Masters Chairman

Our Masters program will run more smoothly if more people understand the organizational alignment and the directions in which we might travel. The Masters program is divided among four separate standing Sports Committees: Men's Track & Field, Women's Track & Field, Long Distance Running and Race-Walking. Each of these committees has a separate Masters sub-committee.

What is happening with the various committees? In Long Distance Running and Race-Walking the trend is to have concurrent Masters events and prizes with the Open Championship and events. (See long distance championship schedule elsewhere this page.)

Doris Brown of Seattle Pacific has just been appointed as the Women's Masters Chairman. Initially, the program will be developed by having Women's Masters events in the Men's Masters meets. The reason here is that an extensive program is already being created--one in which all the facilities are available for women.

It narrows down to the Men's Track & Field program as that undergoing the most detailed organization. The country has been divided into six regions. Temporary regional chairmen have been appointed and regional outdoor meets are being arranged. By the end of the summer permanent chairmen will be elected. There are 58 Associations in the AAU and it is hoped that all will eventually have their own Masters Championships. To date, less than a dozen do.

Proposed National Bylaws have been composed and will be voted upon during the National Championships (White Plains, N.Y., Aug. 8-10--please note that this is a different date than that carried in the last T&FN).

After the Regional Councils are firmly established and the Bylaws adopted there are many other decisions that have to be made. These include establishing the Masters as a separate Sports Committee; participation as part of ITA meets; National Merit Awards (similar to those given by the Road Runners); decathlon standards; establishment of a Masters Trust Fund; obtaining sponsors for the program; coordination of events; national postal meets; establishment of a new Masters Championships (e.g. for relays); assisting other athletes in the development of their programs (such as Age Group and Women); offering free coaching assistance; and, involvement in the operation of the AAU with a view towards improving both its operation and stature. As you can see, there is much to be done.

What makes the Masters program unusual is that it is being run by competing athletes. Masters are therefore only beholden to themselves for the success or failure of our program. There are now Masters Clubs and groups throughout the entire country. Anyone interested in our program as an administrator and/or competitor please contact me: Robert G. Fine, Chairman, Men's Masters Track & Field Committee, 11 Park Place, New York, N.Y. 10007. 212/227-8582.

TRACK & FIELD NEWS

MARCH, 1975

**IN THE NEWS...**

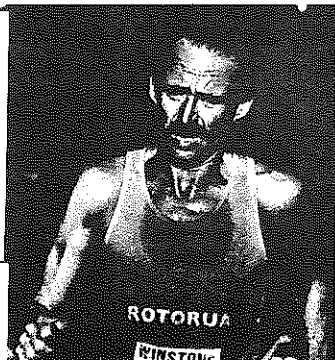
by Peter Mundle

A major correction in the Masters schedule--the AAU Masters Championships in White Plains, N.Y., will be Aug. 8-10, not Aug. 1-3 as previously announced.

A flock of new world and American age marks have recently been reported:

Incomparable Jack Foster of New Zealand, 42, set two World Masters bests, a 29:14.4 10,000 in early January and a 14:07.0 5000 in early February. The latter mark bettered the 14:10.0 set by the Frenchman Michel Bernard.

Mal Spence, one of Jamaica's Olympic twins and one-lap stars of the early 60's, ran a world age 39 400 best of 49.9 in December. He has now turned 40.



ROTORUA

WINSTON

JACK FOSTER

Still setting records.

PLEASE TURN TO PAGE 11

**BAILLIE is back in running**

The lines are deeper on the forehead these days. And he's not running quite as quickly as he did 10 and even 20 years ago.

But Bill Baillie, 41 in June, is back competing again with as much enthusiasm as he's ever shown.

At Mt. Smart Stadium on Saturday night, Baillie lined up for the final of the Auckland championship 1500 metres event. He was giving away 20 years to some of his opponents, yet he showed he's still to be reckoned with.

Baillie didn't win -- he finished sixth in 3m 58.7s -- but his time was believed to be a world record for a 40-and-over athlete.

It has since been found that the world veteran's record is an amazing 3m 52s, held by another former Olympian, Michel Bernard of France.

For Baillie, however, it was still a highly encouraging performance. Six months ago he was almost crippled. A growth on his right heel was causing him such pain -- he could barely jog. Even walking in street shoes was agony.

"I had been living with the pain for 10 years and it was gradually getting worse," said Baillie today.

"Several athletes I know had their achilles tendons operated on and I was looking around for the right surgeon to have mine done. But I wasn't about to rush into it. Then I met Marise Stephen down at the Commonwealth Games in Christchurch last year.

"Marise said she had had a similar injury to mine and had undergone an operation in 1963.

"The next year she finished third in the Tokyo Olympic 800 metres final. So I thought that's good enough for me."

Baillie flew to Christchurch for the operation last September and to date it has proved 100% successful.

"The doctor who operated found a nerve was misplaced and growing into the lump on my heel. This apparently was causing the acute pain.

"He shaved off the growth and it seems to have done the trick. I can get up on my toes and do speed work again for the first time in almost 10 years."

Now he has his sights firmly set on the inaugural world veterans' (40 and over) championships in Toronto this August.

"I'll first compete in the New Zealand veterans' championships in Christchurch at Easter," he says.

"There I hope to improve on my Auckland championship times and run sufficiently well to earn an invitation to the world veterans' meet.

"By August I'm confident I can get down to the world veterans' 800 and 1500 metres records of 1m 57.2s and 3m 52s.

"I want to get my mile time down to 4m 10s within six months."

**IN THE NEWS Continued from Page 10**

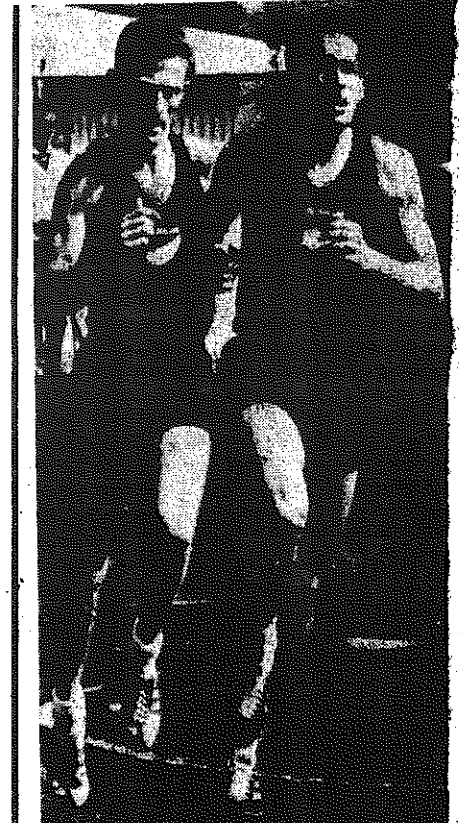
Jim McDonald, 40, shattered the steeple best with his 9:19.2 (old, 9:34.4 by Manuel Alonso of Spain).

Former Commonwealth decathlon champ Roy Williams, 40, tallied 6110 in early January to best Phil Mulkey's 5950.

Jack Ryan, 52-year-old Australian, is a talented running novice--in late December he ran age bests in the 1500 (4:14.6) and 5000 (15:15). A top cricket player in his younger days, Ryan only recently took up best of 2:42:24, eclipsing his own mark of running and is admittedly still learning. 2:46:14 and his US over-50 category Watch out when he does.

Leon Dreher, 52-year-old Philadelphian, garnered four US bests in as many races recently--a 10:04.4 3000 en route to a 17:05.2 5000, then a 16:22.0 in he three mile, and finally a two mile of 0:41.2 indoors in Philadelphia in January. In that same indoor meet, Boo Morcom vaulted 13-0, an age 53 best.

Charles Gibson of Chattanooga, Tenn., recently ran an age-51 marathon after earlier throwing the discus 152.3. His shot mark bested George Ker's Masters best of 49-1½ and just missed Sam Adams' 152-6 discus mark. Both efforts came with the international implements and the shot mark is most notable since 50-foot efforts were world class until late in the 1950's.



**FLASHBACK:** Bill Baillie leads his old friend and greatly respected opponent Murray Hatberg in a training run at the Olympic Village just before the 1964 Tokyo Olympic Games.

(In 1964 Baillie became New Zealand's fourth sub-4m miler, with a time of 3m 59.2s.)

Easily one of New Zealand's most popular athletes over the past 20 years, Baillie competed extensively against Peter Snell, John Davies, Murray Halberg and Neville Scott, and in more recent times he's seen plenty of our current crop of world-rated runners.

How does he rate the champions of the past with those of today?

"I rate them right up there," he says.

"John Walker and Red Divon especially are tremendous athletes. John has fantastic ability and you've got to admire Rod the way he keeps fighting back from injuries and illness.

"And they're running faster times than we ever managed."

"Mind you, they're a little fortunate that Murray and Peter in particular have gone before them. They proved the overseas stars aren't superhuman and can

be beaten. I'm sure this has given our athletes of today the confidence they must have if they are to succeed."

Monty Montgomery, one of the finest masters athletes in the world, has been giving a lot of younger athletes a run for their money. In October he clocked a 2:56:53 marathon, and then a 2:54:49 in January, both world bests for age 68. He now has seven clockings under 2:57:00 since turning 60.

Some field event marks of note were turned in by Ed McComas of Baltimore last summer. McComas, 40, put the shot 52-9½, after earlier throwing the discus 152-3. His shot mark bested George Ker's Masters best

Thank You To  
Pete Mundle  
And Track And  
Field News.

# CALENDAR

- MAY**
- 2-3 QUANTICO RELAYS, Quantico, VA. Selected Masters events, Qualifying Standards. James Pritchard, Special Services, Quantico, VA 22134. Tele: 640-2174
- 17-18 GRANDFATHER GAMES (Rescheduled to this date). L.A. Valley College, George Ker, 16750 Index St., Granada Hills, CA 91744. Tele: (213) 363-8588.
- 
- JUNE**
- 14-15 USTFF NATIONAL MASTERS CHAMPS, Calif. State College, California, PA. All weather track.. John Karwick, 467 Beverly Rd., Pittsburgh, PA 15216
- 21-22 CARMEL CLASSIC, Carmel, Indiana. Masters Mile. Chuck Koeppen, 147 Park Lane, Carmel, Ind. 46032.
- 28 N.Y. METROPOLITAN MASTERS REGIONAL CHAMPS. Randall's Is., N.Y.C. Bob Fine, 11 Park Place, N.Y.C. 10007
- 28-29 SENIOR OLYMPICS, Irvine, CA. Warren Blaney, 5225 Wilshire Blvd., Los Angeles, CA 90036.
- 
- JULY**
- 5-6 AAU WESTERN MASTERS REGIONALS, Laney College, Oakland, CA. Tartan Track. Ed Phillips, Box 1267, Los Altos, CA 94022.
- 12-13 AAU PACIFIC N.W. MASTERS REGIONALS, Mt. Hood Community College, Gresham, Oregon. Grasstex Track. Jim Puckett, Track Coach, Mt.Hood CC, Gresham, Oregon 97030.
- 12-13 AAU MID-WEST MASTERS REGIONALS, Northwestern Univ., Evanston, ILL. Wendell Miller, 351 Birkdale Rd., Lake Bluff, ILL 60044. Tele: (312) 234-5936
- 20-8/3 USMTT HIGH ALTITUDE TRAINING CAMP, Brian's Head, Utah. 1 or 2 wk. sessions. D. Pain, 1951 Cable St., S.D. CA 92107.
- 
- AUGUST**
- 3 PIKE'S PEAK MARATHON. Walt Stack, 321 Collingwood, San Francisco, CA 94114.
- 7-18 U.S. MASTERS TRACK TEAM CHARTER TOUR TO AAU MASTERS NATIONALS, White Plains, N.Y. 8/8-8/10; & World Masters, Toronto, Canada 8/12-8/17. Depart L.A. 8/7. D. Pain, 1951 Cable St., San Diego, CA 92107
- 8-10 AAU MASTERS TRACK & FIELD CHAMPIONSHIPS, White Plains, N.Y. D. Pain, 1951 Cable St., San Diego, CA 92107.
- 12-18 WORLD MASTERS TRACK & FIELD CHAMPIONSHIPS & MARATHON (8/17), Toronto, Canada. D. Pain, 1951 Cable St., San Diego, CA 92107

## GRANDFATHER GAMES RESCHEDULED!

A record 213 entrants showed up but the elements conspired against Meet Director George Ker, dumping over 1" of rain on the L.A. Valley District Track, washing out the event originally planned for 4/5-6. George has rescheduled the Meet for May 17 & 18 and extends his apologies to competitors who came from points as distant as Wisconsin, San Diego, San Francisco and Oregon. With both Sub-Master and Women's events scheduled and one more month to prepare George now expects close to 300 to enter. Write to George Ker, 16750 Index St., Granada Hills, CA 91344, Tele: (213) 363-8588.

### SPECIAL NOTE:

1975 NATIONAL AAU MASTERS MARATHON WILL BE HELD: MEDFORD, OREGON, SUNDAY OCTOBER 12 AT 8:30 A.M. THE 26-MILE COURSE WILL BE A TWO-LAP AFFAIR ALONG COUNTRY ROADS. ENTRY FEE: \$2.00. SPONSORED BY: SOUTHERN OREGON SIZZLERS TRACK CLUB. DIVISIONS: 5-YR CATEGORIES. ADDRESS ALL ENTRIES: SOUTHERN OREGON SIZZLERS, %JERRY SWARTSLEY, P.O. BOX 1072, PHOENIX, OREGON 97555.

AAU DISTANCE CHAMPIONSHIPS -- THOSE WHO WISH TO COMPETE IN ANY OF THE AAU MASTERS LONG-DISTANCE CHAMPIONSHIPS THIS YEAR WILL FIND SITE/DATE/WHO TO CONTACT INFORMATION IN THE FOLLOWING LIST:

- JUN**
- 8 20-KILO ROAD (12.42M), New York, N.Y. Contact: Nina Kuscsik, Flint Court, Huntington Stn, N.Y. 11746.
- AUG**
- 1 ONE-HOUR TRACK, POSTAL, Any 440 Track through Aug. 1. Contact: John Brennand, 4476 Meadowlark, Santa Barbara, CA 93105.
- SEPT**
- 14 25-KILO ROAD (15.53M), San Francisco. Harold DeMoss, c/o Suite 601, 942 Market St., San Francisco, CA 94102.
- 15 The 8th WORLD BEST VETERAN LONG DISTANCE RUNNERS COMPETITION, 25Km & 10Km.
- Lake Yamanaka Course (at foot of Mt. Fuji) Yamanashi Prefecture, Japan, Ladies: 30 years & older; Gentlemen: 40 yrs. & older. 5 yr. age classes. Contact: Helen Pain, Sports Travel International Ltd., 1951 Cable Str., San Diego, CA 92107
- NOV**
- 8 30-KILO ROAD (18.63M), New York City. Contact: Fred Lebow, Box 881, NYC, N.Y. 10022.

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# U.S.M.I.T.T.

u.s. masters international track team

may, 1975

## BEER GUZZLERS MAKE A HASH OUT OF ROMP IN ASIAN COUNTRYSIDE

FOREIGNERS IN THE FAR EAST BECOME FRESH-AIR FIENDS WHEN PUB IS AT TRAIL'S END.....DEC 13, 1974

By Norman Pearlstine

Staff Reporter of The Wall Street Journal

PUL KWANG DONG, South Korea -- Jim Whitley is a sane and serious man. Well-educated, soft-spoken, urbane, he is known to the South Korean business community as the professional and proper manager of Marine Midland Bank's Seoul branch.

If all that is true, why is Mr. Whitley here on a Saturday afternoon, dressed in orange sweat suit and hat, running through a rice paddy yelling "On! On!" at the top of his lungs? And why are 30 foreign businessmen, diplomats and missionaries following him shouting the same thing?

The answer is obvious to the farmers in this small village 10 miles north of Seoul, who have seen this motley group before. They know it is nothing more than the Seoul chapter of the Hash House Harriers, one of Asia's oldest and most irreverent sports clubs, off on its weekly foray through the toughest terrain around.

From Sydney to Seoul and Hong Kong to Sarawak, there are more than 25 chapters dedicated to "Hashing," a combination of jogging, mountain-climbing and steeple-chase. Although physical conditioning helps--courses range from three to five miles--"Hashers," or members of the Club, insist that exercise is only a small part of its purpose.

### Weekend Excesses

"We're not health fanatics," says Don Jones, a member of the Sydney chapter. "We're more a bunch of fellows who wish to develop a good thirst that we can drink off at the end of the run."

It all started 37 years ago in Kuala Lumpur when an Australian named A.S. Gispert began jogging on Monday nights to sweat off the excesses of the preceding weekends. The jogging did little good, however, since his run always ended with several rounds of cold beer at a small bar and restaurant known as the Hash House.

A few of Mr. Gisper's friends joined him, and the group began to run different routes through the Malaysian countryside. The Hash House's enterprising Chinese proprietor, anxious to keep Mr. Gispert's business, followed the runners with a beer wagon and was always at the finish line to greet them. As more friends joined the group, the casual jog evolved into a variation on the 19th Century British game of hare and hounds. One "hare" would set the trail and the "hounds" or other runners would follow it.

PLEASE TURN TO PAGE 12

## USMTT HIGH ALTITUDE TRAINING CAMP

FOR THOSE POINTING FOR WHITE PLAINS & TORONTO OR THE PIKE'S PEAK MARATHON, THE USMTT WILL SPONSOR A TRAINING CAMP AT BRIAN'S HEAD, UTAH --ALTITUDE 5400' TO 11,000' WITH TWO SEVEN DAY SESSIONS SCHEDULED FOR 7/20-7/27 AND 7/27-8/3 (YOU CAN ATTEND BOTH SESSIONS, IF YOU WISH).

SPECIAL ARRANGEMENTS HAVE BEEN MADE WITH RICH HEYWOOD AT RUNNERS' MECCA TO ACCOMMODATE THE USMTT DURING THIS PERIOD WITH TRAINING SESSIONS AND COUNSELING FOR THE LDR AS WELL AS THE MIDDLE DISTANCE ATHLETES. BESIDES THE COUNTLESS MILES OF CHALLENGING TRAILS AND ROADS, WE HAVE ACCESS TO AN ALL-WEATHER TRACK IN CEDAR CITY (5400') FOR INTERVAL WORK AND TIME TRIALS.

EVENINGS WILL BE DEVOTED TO LECTURES ON TRAINING, SHOES, INJURIES AND OTHER PERTINENT ASPECTS OF ATHLETICS.

WE WILL BE HOUSED AT BRIAN'S HEAD, A SKI RESORT IN WINTER WITH EXCELLENT SINGLE OR DOUBLE QUARTERS. A SPECIAL MASTERS TRAINING TABLE FEATURING "A RUNNER'S DIET" WILL OFFER BREAKFAST AND DINNER.

THE PRICE IS RIGHT --\$100/WEEK DOUBLE AND \$110/WEEK SINGLE OCCUPANCY WITH BUS AND AIRPORT PICK-UP PLUS TRANSPORT TO ALL TRAINING SITES.

NO EXTRA CHARGE FOR THE CLEAN SMOG-FREE AIR -- MAGNIFICENT VISTAS -- AND CAMARADERIE AROUND A CRACKLING FIRE WHILE NURSING THE BEVERAGE OF YOUR CHOICE.

FOR SPECIFICS, CONTACT USMTT, 1951 CABLE ST. SAN DIEGO, CA 92107. (714) 225-9555, OR (714) 222-0503.

## CELEBRATE 4th of JULY WEEKEND in OAKLAND AAU WESTERN REGIONALS

Laney College, Oakland, California, with tartan track, is the setting for the 1st Western Regionals, July 5 and 6. Special flights, housing, pick-up, and more are all planned. Special fares will be available through SPORTS TRAVEL INTERNATIONAL. You can't afford to stay home...and miss the fun and games. Send us a note and we'll brief you on the bed and breakfasts, flights, etc.

Reparation Claim

H. Lee, one of the first Hash House Harriers, recalls that "Gispert wasn't an athlete, and stress was laid as much on the subsequent refreshment as on the pure and austere running. Life was then conservative rather than competitive."

Mr. Gispert was killed at the battle for Singapore during World War II, but the club was revived after the war by another Australian, Torch Bennett, who is best remembered for successfully claiming war reparations to replace 24 missing beer mugs and the club's old bugle, which had been used to muster the runners.

The club remained a Kuala Lumpur institution until 1962, when one of its members moved to Singapore and started a branch there. Other branches soon followed, and today there are 10 clubs in Malaysia, five in Australia, two in Hong Kong and one each in several other Asian centers.

Many chapters print weekly newsletters, and some issue elaborate yearbooks chronicling the runs. The Kuala Lumpur chapter has had more than 1,500 runs, and other clubs, including those in Singapore and Kuching, Malaysia, have had more than 500. Although most chapters are restricted to men, a few have recently started women's auxiliaries so that Hash House Harriers can join in the runs.

False Trails

Most chapters use shredded newspaper, or, in urban areas where litter is a problem, chalk or flour to mark the trail. When there is snow on the ground, the Seoul Harriers use multicolored Korean wedding confetti. Throughout the run, short false trails peel off from the main trail at annoying intervals. The call of the "Harrier" is "On! On!", and everyone shouts it to signify he is still on course. Most importantly, the trail must end at a barrel of beer or friendly pub.

Every chapter tells stories about its weekly battles for survival. In Malaysia, "Hashers" are always getting lost and often have to spend the night in a field or small village far from home. A Hong Kong member says his chapter has had to contend with "dogs, rats, snakes and the outraged complaints of irate householders." And members of one Australian chapter still feel liver pain when they recall one trail that wound through eight pubs.

In South Korea, Kit Villiers, a charter member of the Seoul chapter, fell into a manure pit a few months ago and almost drowned. It took six washings at a local farmer's well to get him clean. Another time, the whole chapter followed the trail through a firing range belong to the South Korean army.

When a "hare" sets the trail, he "warns the farmers and their children that a group of foreigners will be passing through and tells them not to worry about the shouting," says Wolfgang Gust, Lufthansa's Seoul manager and another charter member of the South Korean club. The explanation usually works, but it sometimes encourages the children to play a game of their own--picking up the paper, thus wiping out the trail for several hundred yards.

"Hashers" are fanatic about the weekly runs. "People in Seoul know they should never schedule a party that conflicts with the 'Hash' because none of us would show up," Mr. Whitely says. Other members tell of postponing business meetings and trips abroad so they won't miss a run.

Members cite many reasons for their devotion. "I recharge my batteries every time I come out here," says Paul Hobbs, who runs a joint venture for Corning Glass Works in Seoul. Others talk about camaraderie, the chance to enjoy the Korean countryside or the escape from business pressures. "This is the one time of the week I really relax," Mr. Gust says.

But perhaps the best explanation for the enthusiasm is found in the club's motto: "If you have half a mind to join the Hash, that's all you need."

ALCOHOL GOOD OR BAD!!

It's a fact that running makes the metabolism of alcohol more efficient and therefore the drug is less dangerous in the physically conditioned person than the nonconditioned person.

Alcohol is a source of calories -- calories only; there is no protein for tissue building, nor is it a significant vitamin source. Carbohydrates and proteins yield calories at the rate of 4 per gram. Fat yields 9 calories per gram, alcohol, 7 calories per gram. Alcohol is handled by the body more like fat than carbohydrate. The liver metabolizes or detoxifies it, (the term you use depends on your emotional involvement) but it can safely metabolize a limited amount each day.

The amount of alcohol the liver can safely metabolize is, of course subject to individual variation. However, studies that are less than perfect but are of a 20 year magnitude out of France (these studies have been repeated) indicate that if consumption is truly less than 80 grams per day over a 20 year period, the liver damage is not significant. Note the limitations -- 20 years and 80 grams, (12 oz. of 5% beer = 18 grams of alcohol -- 1 oz. 90 proof liquor = 13.5 grams of alcohol).

Eighty grams is a generous amount of alcohol when considered on a daily basis. Of course, a bottle of beer has an additional 50 grams (more or less) of carbohydrate, so as a fuel source beer is quite good but as a body builder and health protector it does not do very well.

Our advice is, if you drink, run (to burn the calories) and if you do not drink, run anyway.  
----Donald R. Germann, M.D. ---

P.S. Purchases of my book "Too Young to Die" have increased modestly. However, there are still books available, autographed, at \$10.25. Write my home address, 9842 Sagamore, Leawood, Kansas 66206.

NORTHERN CALIFORNIA SENIORS T.C.

FIVE MILES - LAKE MERCED RACE  
MASTERS -- 1975

Name	Age	Time
1 Jim Shettler	41	26:19
2 Ken Napier	42	26:36
3 Ross Smith	47	26:49
4 Ray Menzie	40	27:07
5 Dennis Teequanden	43	27:24
6 Robert Malain	47	27:36
7 Jim O'Neil	49	27:37
8 Pat Cunneen Sr.	41	28:09
9 Ulrich Kaempf	44	28:26
10 Walt Betschart	47	28:30
14 Ed Preston	58	29:16
36 D.L. Nachbar	43	31:29
37 Alan Waterman	56	31:40
41 David Pain	52	31:54
43 Herb Naylor	47	32:02
47 Pax Beale	45	32:18
50 Leo Burns	44	32:45
59 Ruth Anderson	45	33:40
60 Ed Phillips	43	33:44
61 Ray Mahannah	59	33:50
70 Emmett Smith	52	34:38
78 Catherine Smith	41	35:50
81 Larry Fox	52	36:16
82 Ruth Dettering	48	36:20
83 Len Wallach	47	36:27
92 Bill Monheit	65	37:47
97 Paul Spangler	76	38:25
102 Walt Stack	67	39:08
112 Robyn Paulson	41	41:53

WOMEN'S DIVISION

1. Ruth Anderson	45	33:40
2. Carroll O'Connor	44	35:02
3. Catherine Smith	41	35:50

DIV I 40-44

1. Jim Shettler	41	26:19
2. Ken Napier	42	26:36
3. Ray Menzie	40	27:07

DIV. II 45-49

1. Ross Smith	47	26:49
2. Bob Malain	47	27:36
3. Jim O'Neil	49	27:37

DIV III 50-54

1. Bob Biancolana	29:42
2. John Getas	30:29
3. Seymour Collins	30:40

DIV IV 55-59

1. Ed Preston	29:16
2. Joe Carey	30:42
3. Alan Waterman	31:40

DIV V Over 60

1. Bill Monheit	37:47
2. Walt Stack	39:08
3. Steve Cole	39:38

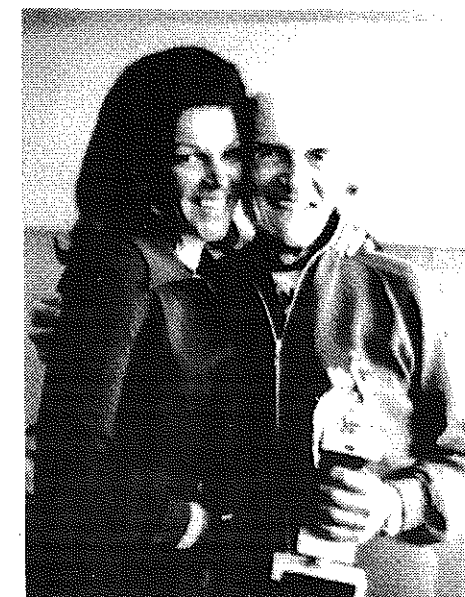
DIV VI Over 70

1. Paul Spangler	38:25
2. Wally Hanson	41:20
3. Ben Hirsch	44:09

NORTHERN CALIFORNIA SENIORS T.C.

HUSBAND & WIFE TEAMS

1. Ross & Catherine Smith	62:39
2. Seymour & Virginia Collins	67:10
3. John & Ruth Anderson	68:02
4. Ed & Marge Heinlein	70:13
5. Pat & Betty Cunneen	71:09
6. Phil & Robyn Paulson	72:08
7. Bob & Carroll O'Connor	73:50
8. Keith & Anne Walker	78:40
9. Bruce & Alice Dingwall	83:16



DR. PAUL SPANGLER (75) receives his just rewards on recording his DIV IV Victory at the Northern California Seniors 5-mile Road Race.

IMPRESSIONS OF THE LAKE MERCED FIVE MILER...

In March we travelled to San Francisco to participate in the Northern California Seniors Lake Merced 5-mile Race, limited exclusively to Master (40+) athletes. A fine turnout of 130 starters impressed us but even more important was the large number of women who participated. Ruth Anderson (45) 33:40 was 1st woman and right in the middle of the pack at 59th place, and nine husband and wife teams vied for this award. Where both the Husband and Wife actively train and compete in events such as this we can see the value of competitive running for adults. Other fine performances observed were Jim O'Neil's (49) 7th place 27:37, and Ed Preston's (58) 14th 29:16. Alan Waterman (56) at 31:49 looked very strong and is returning to his pre 1972 form. Bill Monheit (65) looks 10 years younger and runs the same way coming in 92nd at 37:47. Jack and lovely Bev Bettencourt hosted the meeting and did a fine job followed by lots of good fellowship with hot dogs, beer and wine.



# CALENDAR

- MAY**  
 2-3 QUANTICO RELAYS, Quantico, VA. Selected Masters events, Qualifying Standards. James Pritchard, Special Services, Quantico, VA 22134 Tele: 640-2174
- 17-18 GRANDFATHER GAMES (Rescheduled to this date). L.A. Valley College, George Ker, 16750 Index St., Granada Hills, CA 91744 Tele: (213) 363-8588.
- **JUNE**  
 14-15 USTFF NATIONAL MASTERS CHAMPS, Calif. State College, California, PA. All weather track. John Karwick, 467 Beverly Rd., Pittsburgh, PA 15216
- 21-22 CARMEL CLASSIC, Carmel, Indiana. Masters Mile. Chuck Koeppen, 147 Park Lane, Carmel, Ind. 46032.
- 28 N.Y. METROPOLITAN MASTERS REGIONAL CHAMPS. Randall's Is., N.Y.C. Bob Fine, 11 Park Place, N.Y.C. 10007
- 28-29 SENIOR OLYMPICS, Irvine, CA. Warren Blaney, 5225 Wilshire Blvd., Los Angeles, CA 90036.
- **JULY**  
 5-6 AAU WESTERN MASTERS REGIONALS, Laney College, Oakland, CA. Tartan Track. Ed Phillips, Box 1267, Los Altos, CA 94022.
- 12-13 AAU PACIFIC N.W. MASTERS REGIONALS, Mt. Hood Community College, Gresham, Oregon. Grasstex Track. Jim Puckett, Track Coach, Mt. Hood CC, Gresham, Oregon 97030.
- 12-13 AAU MID-WEST MASTERS REGIONALS, Northwestern Univ., Evanston, ILL. Wendell Miller, 351 Birkdale Rd., Lake Bluff, ILL 60044 Tele: (312) 234-5936
- 20-8/3 USMTT HIGH ALTITUDE TRAINING CAMP, Brian's Head, Utah. 1 or 2 wk. sessions. D. Pain, 1951 Cable St., S.D. CA 92107
- **AUGUST**  
 3 PIKE'S PEAK MARATHON. Walt Stack, 321 Collingwood, San Francisco, CA 94114.
- 7-18 U.S. MASTERS TRACK TEAM CHARTER TOUR TO AAU MASTERS NATIONALS, White Plains, N.Y. 8/8-8/10; & World Masters, Toronto, Canada 8/12-8/17. Depart L.A. 8/7. D. Pain, 1951 Cable St., San Diego, CA 92107
- 8-10 AAU MASTERS TRACK & FIELD CHAMPIONSHIPS, White Plains, N.Y. D. Pain, 1951 Cable St., San Diego, CA 92107.
- 12-18 WORLD MASTERS TRACK & FIELD CHAMPIONSHIPS & MARATHON (8/17), Toronto, Canada. D. Pain, 1951 Cable St., San Diego, CA 92107

## GRANDFATHER GAMES RESCHEDULED!

A record 213 entrants showed up but the elements conspired against Meet Director George Ker, dumping over 1" of rain on the L.A. Valley District Track, washing out the event originally planned for 4/5-6. George has rescheduled the Meet for May 17 & 18 and extends his apologies to competitors who came from points as distant as Wisconsin, San Diego, San Francisco and Oregon. With both Sub-Master and Women's events scheduled and one more month to prepare George now expects close to 300 to enter. Write to George Ker, 16750 Index St., Granada Hills, CA 91344, Tele: (213) 363-8588.

### SPECIAL NOTE:

1975 NATIONAL AAU MASTERS MARATHON WILL BE HELD: MEDFORD, OREGON, SUNDAY OCTOBER 12 AT 8:30 A.M. THE 26-MILE COURSE WILL BE A TWO-LAP AFFAIR ALONG COUNTRY ROADS. ENTRY FEE: \$2.00. SPONSORED BY: SOUTHERN OREGON SIZZLERS TRACK CLUB, DIVISIONS: 5-YR CATEGORIES. ADDRESS ALL ENTRIES: SOUTHERN OREGON SIZZLERS, JERRY SWARTSLEY, P.O. BOX 1072, PHOENIX, OREGON 97555.

AAU DISTANCE CHAMPIONSHIPS -- THOSE WHO WISH TO COMPETE IN ANY OF THE AAU MASTERS LONG-DISTANCE CHAMPIONSHIPS THIS YEAR WILL FIND SITE/DATE/WHO TO CONTACT INFORMATION IN THE FOLLOWING LIST:

- JUN**  
 8 20-KILO ROAD (12.42M), New York, N.Y. Contact: Nina Kuscsik, Flint Court, Huntington Stn, N.Y. 11746.
- AUG**  
 1 ONE-HOUR TRACK, POSTAL, Any 440 Track through Aug. 1. Contact: John Brennan, 4476 Meadowlark, Santa Barbara, CA 93105.
- SEPT**  
 14 25-KILO ROAD (15.53M), San Francisco. Harold DeMoss, c/o Suite 601, 942 Market St., San Francisco, CA 94102.
- 15 The 8th WORLD BEST VETERAN LONG DISTANCE RUNNERS COMPETITION, 25Km & 10Km.
- Lake Yamanaka Course (at foot of Mt. Fuji) Yamanashi Prefecture, Japan, Ladies: 30 years & older; Gentlemen: 40 yrs. & older. 5 yr. age classes. Contact: Helen Pain, Sports Travel International Ltd., 1951 Cable Str., San Diego, CA 92107
- NOV**  
 8 30-KILO ROAD (18.63M), New York City. Contact: Fred Lebow, Box 881, NYC, N.Y. 10022.

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# U.S.M.I.T.T.

u.s. masters international track team

may, 1975

## BEER GUZZLERS MAKE A HASH OUT OF ROMP IN ASIAN COUNTRYSIDE

FOREIGNERS IN THE FAR EAST BECOME FRESH-AIR FIENDS WHEN PUB IS AT TRAIL'S END.....DEC 13, 1974

By Norman Pearlstine  
 Staff Reporter of The Wall Street Journal

PUL KWANG DONG, South Korea -- Jim Whitley is a sane and serious man. Well-educated, soft-spoken, urbane, he is known to the South Korean business community as the professional and proper manager of Marine Midland Bank's Seoul branch.

If all that is true, why is Mr. Whitley here on a Saturday afternoon, dressed in orange sweat suit and hat, running through a rice paddy yelling "On! On!" at the top of his lungs? And why are 30 foreign businessmen, diplomats and missionaries following him shouting the same thing?

The answer is obvious to the farmers in this small village 10 miles north of Seoul, who have seen this motley group before. They know it is nothing more than the Seoul chapter of the Hash House Harriers, one of Asia's oldest and most irreverent sports clubs, off on its weekly foray through the toughest terrain around.

From Sydney to Seoul and Hong Kong to Sarawak, there are more than 25 chapters dedicated to "Hashing," a combination of jogging, mountain-climbing and steeple-chase. Although physical conditioning helps--courses range from three to five miles--"Hashers," or members of the Club, insist that exercise is only a small part of its purpose.

### Weekend Excesses

"We're not health fanatics," says Don Jones, a member of the Sydney chapter. "We're more a bunch of fellows who wish to develop a good thirst that we can drink off at the end of the run."

It all started 37 years ago in Kuala Lumpur when an Australian named A.S. Gispert began jogging on Monday nights to sweat off the excesses of the preceding weekends. The jogging did little good, however, since his run always ended with several rounds of cold beer at a small bar and restaurant known as the Hash House.

A few of Mr. Gisper's friends joined him, and the group began to run different routes through the Malaysian countryside. The Hash House's enterprising Chinese proprietor, anxious to keep Mr. Gispert's business, followed the runners with a beer wagon and was always at the finish line to greet them. As more friends joined the group, the casual jog evolved into a variation on the 19th Century British game of hare and hounds. One "hare" would set the trail and the "hounds" or other runners would follow it.

PLEASE TURN TO PAGE 12

## USMTT HIGH ALTITUDE TRAINING CAMP

FOR THOSE POINTING FOR WHITE PLAINS & TORONTO OR THE PIKE'S PEAK MARATHON, THE USMTT WILL SPONSOR A TRAINING CAMP AT BRIAN'S HEAD, UTAH -- ALTITUDE 5400' TO 11,000' WITH TWO SEVEN DAY SESSIONS SCHEDULED FOR 7/20-7/27 AND 7/27-8/3 (YOU CAN ATTEND BOTH SESSIONS, IF YOU WISH).

SPECIAL ARRANGEMENTS HAVE BEEN MADE WITH RICH HEYWOOD AT RUNNERS' MECCA TO ACCOMMODATE THE USMTT DURING THIS PERIOD WITH TRAINING SESSIONS AND COUNSELING FOR THE LDR AS WELL AS THE MIDDLE DISTANCE ATHLETES. BESIDES THE COUNTLESS MILES OF CHALLENGING TRAILS AND ROADS, WE HAVE ACCESS TO AN ALL-WEATHER TRACK IN CEDAR CITY (5400') FOR INTERVAL WORK AND TIME TRIALS.

EVENINGS WILL BE DEVOTED TO LECTURES ON TRAINING, SHOES, INJURIES AND OTHER PERTINENT ASPECTS OF ATHLETICS.

WE WILL BE HOUSED AT BRIAN'S HEAD, A SKI RESORT IN WINTER WITH EXCELLENT SINGLE OR DOUBLE QUARTERS. A SPECIAL MASTERS TRAINING TABLE FEATURING "A RUNNER'S DIET" WILL OFFER BREAKFAST AND DINNER.

THE PRICE IS RIGHT -- \$100/WEEK DOUBLE AND \$110/WEEK SINGLE OCCUPANCY WITH BUS AND AIRPORT PICK-UP PLUS TRANSPORT TO ALL TRAINING SITES.

NO EXTRA CHARGE FOR THE CLEAN SMOG-FREE AIR -- MAGNIFICENT VISTAS -- AND CAMARADERIE AROUND A CRACKLING FIRE WHILE NURSING THE BEVERAGE OF YOUR CHOICE.

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