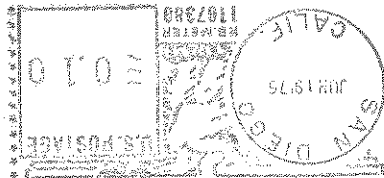


Fred Bierlein  
1749 Oxford Street  
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u.s. masters international track team

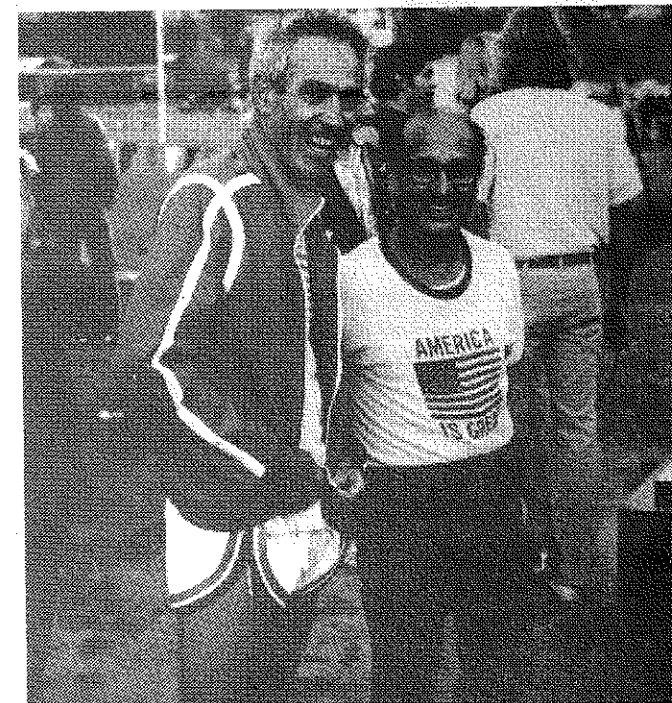
june, 1975

## USMTT RELAY TEAMS TO COMPETE AT WHITE PLAINS & TORONTO

If you desire to compete in the relays at the NATIONALS in White Plains, or WORLD MASTERS in Toronto and are not already on a club team fill out the form below with your remittance and you may run for the USMTT.

White Plains offers the 4 X 110, the 4 X 440 & the 4 X 880 all on Saturday, Aug. 10th in Classes 1, 2 & 3+. Toronto offers the National 4 X 100 m. and 4 X 400 m. relays (each Country may enter but one team in Classes 1, 2 & 3+ athletes must be nominated for these teams. Bob Fine, National AAU Masters Chairman, David Pain, & a third person to be selected by Fine will make these selections). Also available at Toronto for all competitors will be the Special National 4 X 400 m. relay to be composed of two Class I, one Class II and one Class III, runner on each team. We may enter as many teams as we wish for the Special National Relay. Entry fee is \$3.00 per person, per event.

(See Page 11 for Relay entry form.)



TWO SMILING Div. II Veterans, EDDIE HALPIN (57), 2:21 & AUGIE ESCAMILLA (52), 2:27 Recently competed in a Div II 880 held in conjunction with a 26 High School Track Festival, in Riverside, Ca., won by AVERY BRYANT (51) in a good 2:15

## TRAVEL PERMITS AT TORONTO ARISE

To comply with IAAF rules, the Meet Sponsors in Toronto have announced that each athlete must be a registered amateur & must have a travel permit. This absurd requirement is designed primarily to keep athletes in bondage to their own National Associations. Fortunately, as the initial sponsor of the Toronto World Masters Championships - the USMTT conceived, promoted, & raised the initial \$25,000 for the Meet - we have a contractual agreement with the Canadian Masters, & Don Farquharson specifically, that no U.S. Athlete will be required to display a travel permit. We do suggest you have your current AA U card in hand, however, should any question arise. You will note that the entry blank contains no reference to Travel Permits & this too, was by agreement with the Canadian Masters, as the USMTT objects to them on moral grounds. Therefore, do not bother to get one & the USMTT will not be applying for a team travel permit either.

Both the Canadians have competed in our Masters Championships, & of course over 100 U.S. Masters competed last year in the 1st Canadian Masters & no travel permits were required in either instance.

The USMTT will have nothing to do with any event that requires them.

## CHARTER FLIGHT CLOSES

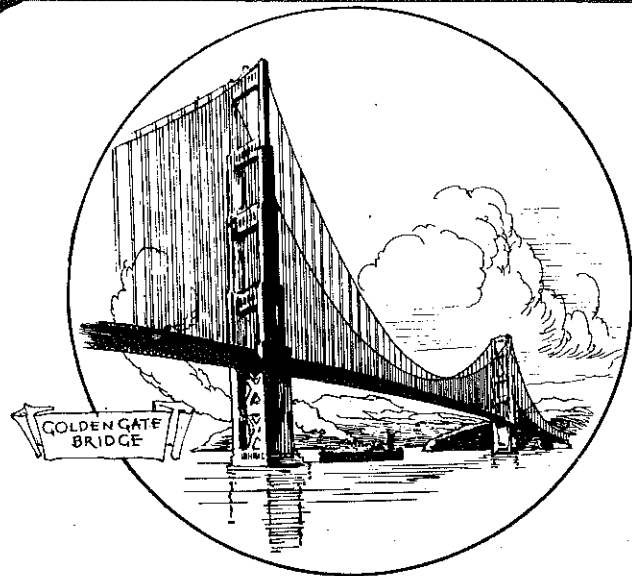
United Airlines has graciously extended our deadline for full payment of our charter fare a few days. If you or a friend have been foot dragging about signing up for the charter, "get with it" and send in your reservations, now, together with your full payment of \$310 which includes airport pickup and return and your housing at White Plains and Toronto (meals not included).

We stand at 190 reservations, to date, and need 30 more to fill the aircraft and hold to our \$310 per person price. So sign up a friend or even your spouse. Housing lists must be submitted no later than June 25th....

## USMTT UNIFORMS AVAILABLE

We now have a full stock of all official USMTT uniforms and can fit all sizes. Look sharp at your local meet or at the Nationals by wearing the Red, White & Blue of the USMTT.

The sponsors of the World Masters have asked that each National Team be attired uniformly. This will enhance the Parade in which we will be asked to appear in Toronto and would also assist in athlete identification on the track. As a member of the USMTT you will be expected to compete under its colors. Don't wait until the last minute otherwise we may be out of some sizes. Order now. Uniform order sheet enclosed.



**SAN FRANCISCO - A LOVE AFFAIR**

For one who lives in idyllic San Diego with its cool, sunny climate, clean city and lovely beaches and bays, it is hard to believe that one can admire another city, and its people, just as much. The other city, of course, is San Francisco.

Recently we hopped a flight to the city by the Golden Gate to participate in Pax Beale's 2nd annual Golden Gate Charity 6 mile run. Pax not only raised over \$2,000 for the Big Brothers and Sisters Charities but also gave to the 440 odd participants a delightful day.

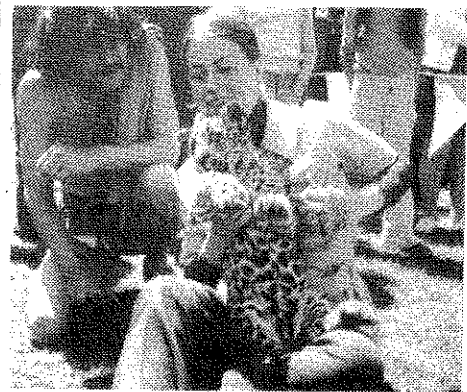


BIKINIS

& BANNERS

The run commenced on the Fort Baker Grounds on the north side of the Gate and proceeded around the grounds and up to Vista Point and over the world's most famous bridge - The Golden Gate - and then back down on the San Francisco Bay side to the Marina Green adjacent to the yacht harbor.

On arrival at the Marina Green, the runners were greeted by several hundred spectators-a banner-and P.A. announcer calling off the finishers. At the finish line a dixieland band was providing lively background music to the festivities. To add color to the event, the S.F. Zoo provided a baby leopard and attractive caretaker. A sunny, cloudless, warm day-unusual for San Francisco-assured plenty of bikinis and related sun worshipers.



THE S.F. ZOO SENDS ITS EMISSARY COMPLETE WITH YOUNG MATRON

TWO NON-COMPETITORS



Peter Snell was guest of honor. He also competed in the Race-one of his first since coming to UC Davis to complete his college education-and found that Veteran's Races was as tough as his prior open experience. Actually Peter was well back in the pack at the finish as he is training very little these days while he attempts to make up academic lost ground.



D.PAIN CHATS WITH THE LEGENDARY PETER SNELL NOW A MERE MORTAL

DON PICKETT & FRIEND CORN BALL IT UP REFLECTING THE GOOD TIME HAD BY ALL



It was all lots of fun with host, Pax Beale adding a dash of his irrepressible personality to the entire shindig.

CLOWN HOSTESS ASSISTS MEET DIRECTOR PAX BEALE



**A FRESHMAN AT 35**

IT'S A DIFFERENT KIND OF RACE FOR COLLEGE MAN PETER SNELL

By Jerry Soifer  
L.A. Times Nov. 7, 1975

DAVIS-Peter Snell is in a big race again. Part way through the first lap, he says it's fully as taxing as life was when he set a world record for the mile run and won three gold medals in the 1960 and 1964 Olympics.

The 35 year old New Zealander has enrolled as a freshman at UC Davis and hopes to get bachelor's and master's degrees in sports sciences in three years. He's going at a frantic pace. Such goals normally take a minimum of five years.

The reason for his haste is economic. Snell, who went to work out of high school in 1957, quit his job as a sports foundation executive and sold everything he owned to finance his studies. He reckons he'll exhaust his resources in about 36 months.

"When I was a naive 21-year-old, my Olympic gold medal (in 1960) meant everything in the world to me," he told an interviewer. "What I'm doing now means the same-except I'm evaporating \$20,000 and dragging a family into it."

Snell, who is taking 16 units including courses in calculus, physics, psychology and computer programming-wants to return home and apply his knowledge in such fields of community health and adult fitness.

Chairman Jack Wilmore of the UC Davis physical education department says the school is heavily into research and teaching in exercise physiology, and: "We're ahead of anybody, and we work with professional athletes, testing them for things like oxygen consumption, body fat, muscle composition."

Wilmore said of Snell: "He's intensely devoted, and has a rigorous goal that would be impossible for any other student. But he already has a graduate school level of understanding from his reading and contacts around the world, so we're trying to get him through his under-graduate program as quickly as possible. He's going to be an outstanding student. He just turns people on because of his enthusiasm."

Snell: "I'm more interested in sports science as it's applied to athletics, but the bread and butter side of it is in its application to the average individual."

"I'm concerned with the fitness of the New Zealand population. That is a justification for what I'm doing. It wouldn't be justified for sports' sake solely. I couldn't do this with the view of going back to produce a few more Olympic champions. Producing sportsmen only helps a few people."

"I want to be in a position to influence the exercise habits of the people and my name will only help when it is allied with the proper professional qualifications."

Snell moved here from Auckland in July, and attended summer school. His wife of 11 years, Sally, and his two daughters, 6 and 8, joined him in mid-September.

Snell is still in good shape, carrying 170 pounds on his 5-11 frame. He raced at 167. The skin is still tight against his high-cheek boned face. No evidence of aging. He kept up with a peak form Ben Jipcho of Kenya on a five mile training run at the British Commonwealth Games last February in Christchurch.

He spoke with a reporter at his two-bedroom apartment at the university's married-students housing complex. His quarters are drab, simply furnished. A few plants grow from cottage cheese containers. Not a trophy or a medal is in sight.

The striking feature of his living room is a colored wall chart he uses to budget his time. It shows periods for classes, studying and for work-outs. His life is Spartan. The chart shows him up at 6, and he runs for 30 minutes (about 5 miles) every other day and for an hour once on weekends. Snell said he finds his academic subjects tough, because he didn't pay much attention to classwork at Te Arohe High where he starred in rugby, tennis, track and soccer.

But he enjoys his new life. "It's very stimulating. I enjoy the professors immensely. I don't mind that there isn't much to do in this town. I don't need distractions. The cross-country team asked me to work out with them but I don't have the time."

Snell's old life was a comfortable one befitting a retired Olympic champion. He was the manager of a sports foundation sponsored by a tobacco company. He supervised the distribution of funds to more than 50 sporting activities in New Zealand and made frequent speeches. He owned a home just outside Auckland. He was doing what many American Olympic stars have done capitalize on their fame.

"I was cashing in on my name but only in a short-term sense. There were no prospects in what I was doing. My goal is to work in an area which gives pleasure and happiness."

Snell won esteem in his native land as the dominant middle-distance runner of the early 1960's. Jim Ryun would come along to break some of his world marks but the Kansan would never match his nearly invincible competitive record.

Track and Field News named Snell whose trademarks were a black competition suit and an explosive finishing kick, the athlete of the decade. It was a 10 year span of unprecedented record breaking in running, jumping and throwing.

The New Zealander's share of world marks came in distances between the mile and 800 meters. His first mile record was 3:54.4 in 1962. He lowered it to 3:54.1 in 1964. He said his one regret is that he didn't make the mile mark lower.

CONT. FROM P. 3

His other records were in the 800 meters, 1:44.3; 880 yards, 1:45.1; 1,000 meters, 2:16.6; and the indoor 1,000 yards, 2:06.0.

Snell saved his best for the Olympics. In 1960 at Rome he made his name by winning the 800 meters, sprinting past favored Belgian Roger Moens in the stretch.

In 1964 in Japan he successfully defended his 800-meter title and took the 1,500 meter gold. He had to run six races, trials and finals in six days to accomplish this double victory, done only one other time, by Britain's Albert Hill in 1920.

Snell was in California in 1965 on a farewell tour. He traded wins with the then teen age star Ryun. Doctors at San Diego State gave him tests to determine the physical qualities that made a champion miler. He later underwent similar experiments in East Germany.

It dawned on him that there was more to success than hard training, good coaching mental toughness and ability in the abstract. He said he learned that talent could be precisely measured by tests that determine the quantity of oxygen the body could consume, the range of the rate of the heart beat, the amount of body fat.

"At first I didn't understand the analyses they did on my body. I would have never gotten involved in sports medicine if I hadn't had my background in track and hadn't visited San Diego State and taken those tests," said Snell. He chose UC Davis on the recommendation of friends in San Diego.

His appetite for scientific work in sports was further whetted when his employers in Auckland sent him to England to take a course in human biology.

In 1974 Snell made his move. "I never thought seriously about tossing my job, selling my home and moving here but when I came here in June to check the lay of the land it all became viable. Three months ago I sent a telegram to New Zealand saying, "Have enrolled at University of California Davis pending family decision." The family reacted well.

"My wife realizes that I won't be fulfilled unless I do this. She knows the background of my desire to be an effective force in the sports medicine field. She knows the frustrations of being well known-you only are permitted to expound on a most superficial level."

I could say things in newspapers or public gatherings but never at medical meeting because I would be held as an individual who does not understand the processes about which I was talking."

So he's here to learn them. "It's a very stimulating environment," he said. "They have a great human performance laboratory. The medical school and physical education departments get along well which is one reason I chose to come here."

"The only problem is the cost. I've tossed my financial security away. If all goes well and I can get the support, I'd like to go on for a doctorate."

What role does he foresee for himself when he returns home?

"I haven't given it a great deal of thought. I could operate in a university situation. I mainly want a well-equipped laboratory to do research, and time to observe and lecture. I want to make this knowledge as widespread as possible."

"According to a 1970 survey, one-third of the deaths in New Zealand were due to heart disease, primarily coronary heart diseases, degenerative types. I feel that exercise can prevent a lot of these deaths."

"One half of the deaths were due to degenerative type diseases of the circulatory system, including strokes. In spite of New Zealand's interest in sports I feel there is a need for someone to spell out the necessity for exercise for people in their 30's and 40's. I know what it is, I found it hard to get out and run in retirement until I started worrying about my health. Some feel golf is an adequate exercise to give protection but it isn't."

Snell is also interested in looking at sports from a social science point of view. "To what extent does sports affect social behavior? Can we justify involving more people in sport to reduce crime and juvenile delinquency? There's a high rate of recidivism in the latter category. I'm working to be in that position to analyze that."

But there are dangers, he said, "Individuals could be so turned on to sports that they will give it too high a priority in their lives at the expense of being better educated and more well rounded."

"The right environment has to be provided for participation. If competition is over-emphasized some people may inevitably suffer inferiority feelings."

He said the effects of sports medicine on athletic competition can already be seen. "It's very advanced in East Germany and to a lesser extent in West Germany. Science will someday be the foundation for the building of champions."

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### false starts...

Harry Cordillos (37) the totally blind San Francisco runner competed in the Boston Marathon 4/21/75 and set an American Blind Marathon record with an excellent 2:57.42. What many people don't realize, when they hear of Harry's fine accomplishments, is the selfless dedication of other runners who assist Harry in his dark world. For years USMTT member, Jack Bettencourt has accompanied Cordillos over the treacherous 6.8 mile Dipsea Course. Jack has expressed to me the great tension he is under knowing the trust and confidence his running companion is placing in him. In these events the two runners must move as one and be in constant physical contact. This is fairly easy at a walk; but think how difficult this must be when running with a sightless person moving at a better than 7 minute pace for 26 miles!

For the Boston Marathon Harry's guide was USN Commander, John Butterfield-himself a 2;25 Marathoner-who for this effort entitles him to the "Good Guy of the Year Award", as he flew from his duty station in Iran to Boston for the sole purpose of helping Harry set a U.S. Blind Marathon Record. To run the Boston is the goal of every Marathoner world-wide and to, of course, set a record or PR. Butterfield knew in advance that his sole reward was in assisting his companion accomplish that goal. Somehow I must think this BAA Marathon will live long in the memory of John Butterfield. Our hats are doffed to you, John, wherever you are....For the collectors of athletic trivia, can you name the one inhabitant of the Alcatraz Federal Prison in San Francisco Bay - famous for its icy waters and dangerous swift currents-who has successfully made the 2-1/2 mile swim from the "Rock" to the shore? See page 11 for the answer.

Dr. Ralph S. Paffenbarger, prominent San Francisco area Master Runner reports a 25 year study of 6,351 bay area longshoremen, turned up 598 coronary deaths and that those who did sedentary type work as compared to the shovelers, lifters, and hoisters had twice as many coronaries as did their harder working bretheran.....The American Medical Joggers Association claims that LD Runners have a distance limit approximating three times their daily average mileage. This means you must average 8 to 9 miles a day in order to run a Marathon.....Recently ITA shot put star Brian Oldfield Using the discus

CONT. ON P. 6

### WESTERN REGIONALS OAKLAND

The Western AAU Masters regional Championships will be held at Laney College, Oakland, Sat. & Sun., July 5th & 6th. Write USMTT or Ed Phillips, Box 1267, Los Altos, Ca., 94022 for entry blank. Sub-master and Women's events will be included. The USMTT has arranged with Sports Travel International, 1951 Cable St., San Diego, Ca., 92107, Helen Pain, Manager; for special flights to Oakland from San Diego, Orange County, & L.A., with charter bus pickup to special housing at the U of C Berkeley and hotels. Similar arrangements have been made for flights to the Pacific Northwest Regional Championships in Gresham, Oregon, July 12th & 13th. For further details, see advertisement appearing elsewhere in this issue.

### FIFTH ANNUAL GRANDFATHER GAMES

100 Yard Dash (30-39)	Butler-10.0, Dennis-10.3, Dobroth-10.4, Davis-10.5, Segal-10.6
(40-49)	Presber-10.5, Parish-10.6, Waterman-10.8, Marlin-10.8 (won toss), Newton-10.8
(50-59)	Guidet-11.3, Patsalis-11.4, Fetter-11.8, Killion-12.0, Morales-12.4
(60-69)	Castro-12.8, Caruso-12.8, Hanson-13.0, Hatlen-13.2, McIntyre-13.9
(70+)	Lum-14.1, Whittemore-18.5, Mover-19.4
Women	Obera-12.3, Parish-12.3, Schreiber-13.2, Dearyman-13.4, Neffer-13.7
220 Yard Dash (30-39)	Dennis-22.7, Adams-23.3, Amarillas-23.7, Zoolakis-24.1, Dobroth-24.8
440 Yard Dash (30-39)	Adams-51.1, Cain-52.2, McKenney-51.9, Dowson-53.2
(40-49)	Parke-54.4, Tie (Fredericksen-55.6-Thomas-55.6, Sheahen-56.4
(50-59)	Guidet-56.4, Bowers-58.4, Clayton-58.5, Sjostrand-(60+)-60.8, Peet-62.7
880 Yard Dash (30-39)	Rusted-2:02.9, Murphy-2:04.5, Halligan-2:05.1, Emmerling-2:06.2, Richards-2:08.7
(40-49)	Fitzgerald-2:06.3, Kalchschmid-2:08.6, Weldy-2:12.4, Mack-2:13.2, McGuire-2:16.5
(50-59)	Puterbaugh-2:09.1, Gil-2:24.9, Halpin-2:25.0, Pain-2:25.8, Poet-2:30.0, Rems-2:30.1
Mile run (30-39)	Murphy-4:27.6, Melady-4:30, Emmerling-4:34, Pressley-5:04.9, Ortiz-5:11.
(40-49)	Fitzgerald-4:38.4, Weldy-4:40.6, Archibald-4:55.3, Roberts-4:56.6, Fekkes-5:02.7
(50-59)	Bryant-4:58.1, Gil-5:17.2, Halpin-5:26.4, Pain-5:28.9, Rems(60-69)-5:33.1
(60-69)	Rems-5:33.1, Milhalo-7:26
70 High Hurdles (50-59)	Patsalis-10.2, Gist-10.3, Ambrose-11.1, Morles-11.3, Ogle-11.4, Goody-13.1
(60-69)	Hatlen-11.3, McIntyre-12.4, MacConagay-12.5, Weaver-15.9
120 High Hurdles (30-39)	Butler-14.2, Dobroth-15.2, Cain-15.4, Adams-15.5, Henry-15.6
(40-49)	Billings-17.3, Neal-17.3, Adler-17.4, Parish-18.5, Blakesley-21.3
330 Yard Intermediate Hurdles (30-39)	Butler-39.6, Cain-39.9, Plassmeyer-44.7, Sinclair-50.0
(40-49)	Parish-44.0, Sheahen-44.5, Kasralla-44.8, Hardin-51.5
(50-59)	Spencer-51.0, Clayton-52.1



440 Relay (30-39) Corona Del Mar T.C.#1-44. 0 L.A. County Marshalls-46.1  
 (40-49) Corona Del Mar T.C.#1-45. 9 Beverly Hills Striders 46.7  
 (50-59) Corona Del Mar T.C.-47.2 Beverly Hills Striders-61.3, Corona Del Mar T.C. 61.6, Santa Monica TC 67.3  
 Women  
 HAMMER THROW (30-39) Bobell-161'11"  
 (50-59) Aldrich-96'2", McMahan-80'10", Ker-70'3"  
 (60-69) Montgomery-118'7", Hubbel 104'9", Blakesley-91'3", Vesco-90'6"  
 (70+) Hermann-98'10", Whittemore 71'3", Mowrer-55'5", Lum-38'8" HERMANN-AGE GROUP WORLD RECORD  
 HIGH JUMP (60-69) Damski-4'6", McIntyre-4'2", Hatlen-4'2", Weaver-3'10"  
 (70+) Stephens-4'1/2" AGE GROUP WORLD RECORD, McFadden-3'8", Herrmann-3'8", Whittemore 3'8"  
 SHOT PUT (30-39) Loughridge-34'9-1/2", Bobell-43'0", Marenin-39'2-1/7", Eldridge-36'11"  
 (40-49) O'Brien-52'9 3/4", Smith-47'3", Conkle-46'2 1/7", Richards-40'0" Stuckey-32'6 1/2"  
 (60-69) Buell-100'2-1/4", Both-97'3", Montgomery-97', Vesco-88'9"  
 (70+) Herrmann-113'8", Whittemore-95'5-1/2", McFadden-88'11-3/4"  
 LONG JUMP Adams-20'6 3/4", Dobroth-19'7", Henry-19'1", Grimes-18'5-1/2", Hamlett 17'4"  
 (40-49) Davisson-20'9", Presber-20'2", Schlegel-19'1/2"  
 Cobb-19'0", Conley-17'11"  
 (50-59) Patsalis-19'1/4", Morales 16'7-1/2", Spencer-16'6-3/4", Ambrose-15'1/2"  
 Jordan-14'17"  
 (60-69) Demski-14'3-1/2", Hatlen-13'11-1/4", Carruso-13'4", Weaver-10'2"  
 (70+) McFadden-13'2", Lum-10'9-3/4", Stephens-10'4"  
 Mowrer-9'2-1/2", Herrmann 6'9"  
 SHOT PUT (30-39) Loughridge-34'91/2"  
 Bobell-43'0"  
 (50-59) Ker-52'2-3/4", Thatcher-41'6-3/4", Aldrich-38'5-1/2", Jordan-37'0"  
 (60-69) York-43'7-3/4", Montgomery 41'10-1/2", Buell-40'10"  
 (70+) Herrmann-38'7", Whittemore 29'6", Mowrer-29'6"  
 HIGH JUMP (30-39) Dobroth-6'10", Higgins-6'2 Longhridge-5'10", Adams 5'6"  
 (40-49) Billings-5'6", Frankamp-5'4", Conley-5'4", Richards 5'2"  
 (60-69) Damski-4'6", McIntyre-4'2", Hatlen-4'2", Weaver-3'10"

DISCUS

JAVELIN

CONT. FROM P. 5

whirling technique to put the shot, managed to deposit the 16 lb. sphere 75' from the ring... This breaks Al Fuerbach's official W.R. (71'7") by 3'5". As a professional athlete, however, Oldfield's effort will never receive official IAAF approval. The technique - like the Fosbery flops - will undoubtedly revolutionize shot putting and soon the Mastodone of the shot ring will be making like whirling dervishes and putting the iron ball 80'. In tune with Oldfield's technique and using it to good advantage is Div. II George Ker (CDM) who is consistently going over 50' with the 12 lb. and may well approach 60' by this August.....

Ray Hatton of Bend, Oregon informs us that he ran in the Eugene Twilight Meet recently running in the 10,000 meter, won by Prefontaine in 28:08.9, (one of his last races before his untimely death on May 30, 1975). All Master runners will be interested in Ray's performance of 29:59.0 for 6 miles which will be submitted as a U.S. Masters record. This beats Hal Higdon's U.S. Record and approaches Fred Norris' (41) (G.B.) 1962 effort of 29:25.0. Hal's time in '73 at age 42 was 30:10.4. Ray reports his 1st lap was a foolish 67.5 seconds; 2 miles at 9:39; 3 miles at 14:41.5 and the last 3 in 15:17.5. Since Ray is going to be meeting Jack Foster in Toronto at 10,000 we will surely witness what will undoubtedly be the best Masters 10,000 ever run. Another recent fine effort was Mauro Hernandez's (52) 3,000 meter 10:5.2. This is still 35 seconds off Australian John Gilmour's World Record (50 and over) of 9:30.6. Due to a measurement error Mauro actually ran nearly 40 yds. extra so his true time was around 9:58 or 9.....An interesting Club event is the Running Pentathlon. It can consist of any combination of running events. Recently we participated in one sponsored by the S.D.T.C. composed of the 200 meter, 400 meter, 800 meter, mile and 2 mile. The contestants declared their estimated performance

(70+) Stephens-4'1/7" AGE GROUP WORLD RECORD, McFadden-3'8", Herrmann-3'8", Whittemore-3'8"  
 (50-59) Gist-5'4", Gilette-5'2" Ogle-4'10", Brown-4'8"  
 (30-39) Humphreys-164'11", New American Record, Higgins-152', Dobroth-128'6", Laughredge-115"  
 (40-49) O'Brien-156'8", Hawke-134'8", Hawke-134'3", Conkle-124'7", Richards-124'5", Waterman-114'3"  
 (60-69) Buell-100' 2-1/2", Both -97'3", Montgomery-97', Vesco-88'9"  
 (70+) Herrmann-113'8", Whittemore 95' 5-1/2", McFadden-88' 11 3/4", Mowrer-81'9 3/4"  
 (30-39) Lange-164'8", Marenin-142'11", Sinclair-142'11"  
 (40-49) Conley-204'3", Wallace-146'7", Straub-144'4", Keffer-141'9"  
 (70+) Whittemore-71'2", Mowrer-70'11", McFadden-60'6", Herrmann-54'9"

from which seedings were made so the runners of like ability were in each heat. A watch was on each participant. Since the Decathlon and Portage Tables place a premium on performance at the shorter distances a contestant must put out a maximum effort in each event starting with the 200 meters. The heats are run off as fast as possible with about 30 minutes between events. Since maximum effort is required one begins to feel the effects with about the third event-the 800-and with the mile one begins to lose some strength and by the end of the fifth event-the 2 mile-you are totally spent. By giving points for age both above and below a stated par, young and old with ability and conditioning can compete on a fairly equal basis. The point totals should be announced after each event in order to maintain interest level. Those inclined to make bets do so with much negotiating for points or other equalizers. Since some athletes are better than others at a given distance, such an event as this tends to establish who the all-around runners are. The best part is when you have finished and are nursing a badly needed cold beer or other libation and are swapping lies with your fellow contestants. Like the 24-hour relay, you are companions in misery and enjoy every minute of it. Like the lady said "try it-you'll like it"..... Fortune Gordien-4 time World Record Holder in the discus & 3 time Olympian - recently won the Masters discus at Mount Sac with a 160'9" effort. Of interest, however, was the fact that Fortune's two sons Marc and Mitchell, 19 year old identical twins are fine track athletes in their own right. Both competed on their dad's San Bernadino Valley College track team. Marc in the discus 186'9" and Mitchell in the high jump with a best of 6'10". A third son, Kelly as a prep, has done the high jump in 6'-5&3/4".....Speaking of jumpers we understand a 40 year old Swede just cleared 6'10" World Masters record and at the grandfather games May 17th in L.A., 34 year old John Dobroth, a Ventura County, Ca., Asst. D.A. in the midst of a major murder trial cleared 6'10" and has been concentrating on the Decathlon.. ....John hopes to compete at White Plains and Toronto as a Sub-Master.....George Putterbaugh (50) Portland, Oregon came to the same meet and set an age group (50) record in the 880 with a 2:09.1, breaking Ray Gordon's 7 yr. record of 2:09.5. This still doesn't crack Wal Sheppard's W.R. for the 50 year olds of 2:05 flat, set in 1972. Both the U.S. and W.R. will surely fall as Bill Fitzgerald at 49, and turning 50 this June ran a winning 2:06 on dirt track and was never pushed. At 50 Bill will still be capable of a sub-2:00, 800 at the Nationals and Toronto. Frankly the 40 year olds will be happy to see Bill move into the Div.II(A) but what is he going to do to us 2:20+ plodders. Perhaps we should create a special class for the likes of him....George Ker and Laszlo Taboris' event saw 275 entries compete with ages ranging from 30 to 70+. The ladies showed up in sufficient numbers to fill two heats of the 100. Speaking of the sprints the biggest hit was Sing Lum (71) of Bakersfield who had 5 yards on his opposition after the first 10 and won going away in 14.1. Incidentally, Sing holds the World and National 100 yard age group records of 13.9 (69) and 13.7 (70). On May 4th, at Chapman College, Orange

Ca., Sing ran 13.4. Sing also holds the 100 meter age group records for ages 68,69 & 70. All of which are inferior to his 13.4 at age 71. Another fine older sprinter is Ray Edwards (60) of New Jersey who also ran at Chapman College and raced the 100 yards in 12 flat and also ran an excellent 220 in 27.1. These efforts however do not exceed the age group records of Virgil McIntyre set through 1970-'73, when he ran between 11.7 and 12.2 and 27 flat in 1973. Incidentally, Virgil is just coming off a hip injury and hopefully will be running back to form by August.....Despite the militancy of Stan Herrman, leader of "equal rights" for the 70 year olds, the 3 score and 10 group still can't muster sufficient numbers to create significant competition within their division, and entering 10 events per man doesn't solve the problem either.....New, old, familiar faces at the L.A. Meet were a heavier and rather out of shape Bob Richards who still talks a blue streak but was able to muster only a 40'16 lb., shot effort. Unfortunately he faded poorly in his former speciality, the pole vault. The other old timer was Perry O'Brien who flung the discus 156'8" & the 16 lb. shot 52'9".....Paul Hobe (70) of Alliance Ohio writes he competed in Otto Essig's Berkshire 10 Miler, in which approximately 250 Masters competed. The weather was beastly, however, in the 40's with constant rain. Competing was John Kelley (the elder) who he says ran extremely well. The winner in Hobe's Div IV was Pawson in 85 min., a former Olympian. Paul says Otto's German wine was excellent following the race. Sorry we don't have full results to report....The sick list has expanded of late with Dave Pratt (43) of Davis, Ca., who has won the 800 meters several times at the AAU Masters & holds a Masters best of 1:57.6 dropping out with a broken foot. Bill Gookin (43) San Diego, Ca., one of the top 1/2 dozen U.S. Masters Distance Runners broke his foot, when stepped on at the National X-Country last fall in Belmont, Ca., and is running, for him, very poorly.....Ed Keysar (55) is not yet back to running due to ear surgery which has seriously affected his eyesight. Ed hopes to be back to running in '76 .....Orville Driver (60+) retired USM Commander Bainbridge Island thought he was done for when he experienced excruciating stomach pains. It turns out all he had was a kink in his colon which was relieved by merely inserting a tube and releasing the pressure.... Some of our members go to strange and exotic places. For example, Bill Fix (50) Spokane, Wash., who ran so well in the 1st U.S. Masters, reports he recently visited Sikkim, Bhutan, & Kumaon. In two weeks he traveled to Badrinath, source of the Ganges River. Prices varied from 16 Rupees to 1,000 Rupees per day depending on the Country. His guide for part of this mountaineering trip was Tenzing Norkay of Mt. Everest fame..... John Gilmour (56) Perth, Australia informs us he will be at White Plains & Toronto but is amazed that the AAU Masters will have the 800 meter and 1500 meter on the same day. Frankly, so are we. We trust this boo-boo will be corrected before August. John says he is running well, doing 2 1/2 Marathons in 74:45 & 73:54 respectively (about a 5:45 pace for 13 miles). He also says Cliff Bould (59) Perth, Australia, who ran so well in '68 & '69 at the U.S. Masters, is slowly recovering fr-



# calendar

JUNE 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.

AUG. 1 ONE HOUR TRACK, POSTAL, Any 440 Track thru Aug. 1. Contact: John Brennand 4476 Meadowlark, Santa Barbara, Ca. 93105.

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., S.D. Ca. 92107.

8-10 AAU MASTERS TRACK & FIELD CHAMPIONSHIPS White Plains, N.Y. D. Pain, 1951 Cable S.D. Ca., 92107.

12-18 WORLD MASTERS TRACK & FIELD CHAMPIONSHIPS & MARATHON (8/17), Toronto, Canada. D. Pain, 1951 Cable St., S.D. Ca. 92107.

SEPT. 14 25-KILO ROAD (15.53M), San Francisco Harold DeMoss, c/o Suite 601, 942 Market, San Francisco, Ca. 94102

15 The 8th WORLD BEST VETERAN LONG DISTANCE RUNNERS COMPETITION, 25 Km & 10 Km. Lake Yamanaka Course (at foot of Mt. Fuji) Yamanashi Prefecture, Japan, Ladies: 30 yrs & older; Gentlemen: 40 yrs & older. 5 yr. age classes. Contact: Helen Pain, Sports Travel International Ltd., 1951 Cable St. S.D. Ca. 92107.

OCT 10 U.S.M. MARATHON, SIZZLERS, Jim Puckett, Track Coach, Mt. Hood Comm. College, Gresham, Oregon. c/o Jerry Swartsley, P.O. Box 1072, Phoenix, Oregon, 97535.

NOV. 8 30-KILO ROAD (18.63 M), N.Y.C. Contact Fred Lebow, Box 881, NYC, N.Y. 10022.

## BERKSHIRE 10 MILE MASTERS ROAD RACE 5/4/75

CLASS I (40-44)	Age	Time
1. C. Burnell	41	56:41
2. D. Bamford	40	:58
3. W. Tersago	40	57:08
4. D. Chartier	42	58:18
5. J. Sullivan	43	:29
6. R. French	40	:53
7. J. Cutler	43	59:54
8. B. Migell	42	60:00
9. A. Donaghy	43	:03
10. G. Maine	43	:05
CLASS 2 (45-49)		
1. M. Kandschur	45	55:32
2. A. Sapienza	46	56:20
3. T. Bick	45	58:39
4. R. Edgerly	45	60:34
5. C. Ratti	45	:46
6. B. Kowalski	49	61:11
7. D. Swanson	45	:42
8. W. Cooney	46	62:14
9. W. Harris	48	:27
10. J. Wallace	49	:38
CLASS 3 (50-54)		
1. L. Dreher	53	59:29*
2. G. Brown	50	60:06
3. T. Walnut	51	:47
4. F. Kelley	53	62:48
5. A. Hossack	53	63:17
6. C. Hammen	52	64:42
7. G. Faucher	53	:57
8. D. Green	52	66:50
9. G. Silva	50	67:30
10. R. Cummings	53	:41
CLASS 4 (55-59)		
1. W. Tribou	55	63:33
2. J. Latz	55	64:14
3. E. Osborn	58	65:47
4. H. Jaffe	56	66:48
5. A. Twomey	55	69:34
6. S. Levine	55	71:07
7. W. Marceau	56	72:56
8. A. Bressani	57	73:42
9. W. Thompson	59	74:06
10. C. Smith	57	:14
CLASS 5 (60-64)		
1. D. Logan	61	69:09
2. H. Sawizky	60	:36
3. R. Phinney	60	:40
4. L. Young	63	70:35
5. F. Goodnow	62	74:53
6. W. Murray	62	75:28
7. E. Sienkiewicz	62	78:28
8. W. Shrader	60	:32
9. A. Arhondy	60	80:30
10. W. Westerholm	61	83:31
CLASS 6 (65-69)		
1. J. Kelley	68	66:18
2. O. Essig	69	70:02
3. J. Carroll	66	73:13
4. E. Estle	65	79:43
5. M. D'Elia	67	71:38
6. J. Marinucci	67	88:30
7. F. Brown	69	110:20
CLASS 7 (70-74)		
1. L. Pawson	70	72:34*
2. F. Sargent	72	85:43
3. P. Hobe	71	93:01
4. P. Perry	72	102:55
CLASS 8 (75 & over)		
1. C. Willberg	78	96:27*
2. M. Cavanaugh	78	102:52
CLASS X LADIES (40 & over)		
1. T. D'Elia	45	69:12*
2. L. Eiben	49	84:21
3. E. Henn	42	94:23

## ANSWER TO QUIZ

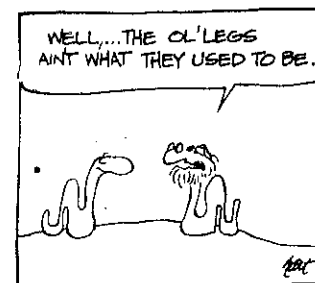
The only inmate of Alcatraz who successfully negotiated the waters of San Francisco Bay from the "Rock" was nonother than Garrolous, Ageless, Irregprssible DSE & USMTT super long distance runner Walt Stack (65) of San Francisco who in 1922 spent 18 months in the famous prison as a deserter from the U.S. Army, (he tells us he just walked off the job after enlisting at age 15).

As Walt tells it he spent most of his time while there making little ones from big ones and defending his masculinity from the sexual deviates who considered this 17 year old a choice morsal. 43 years later, in 1965 as a Dolphin Swim Club Member he made his 1st of several successful swims from the island to the shore. In addition Walt has swum the ever dangerous Golden Gate several times, once being swept far out to sea and another time back onto Alcatraz (deep in the Bay). Apparently Walt has an abiding affection for his old home. We understand that when they open Alcatraz as a tourist attraction that cell #328 in D Block will have enscribed above it, "This cell occupied by the indominable Walter Stack-1922, the only inmate of this institution to successfully swim to the shore". Incidentally the anecdotes about Walt-all true we are sure- are legion. For example he was thrown out of the notorious Harry Bridges' Longshoremens' Union for being too radical and too tough. We consider ourselves privileged to have Walt as a friend in his more benign "Golden" years.....

B.C.



Johnny Hart



## USMTT RELAY ENTRY FORM

DATE: \_\_\_\_\_ MAIL TO: USMTT 1951 Cable San Diego, Ca. 92107

Dear Dave,

I am a current member of the USMTT and desire to compete on one of its relay teams. The club on which I regularly compete will not be fielding a team at the Nationals or Toronto.

My check for \$ \_\_\_\_\_ is enclosed (\$3.00 per event).

White Plains:	Toronto
4 X 110 Relay _____	4 X 400 Special _____
4 X 440 " _____	National Relay _____
4 X 880 " _____	

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ DIV. \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

## DUES NOTICES' IN MAY ISSUE

A number of you received a curt notice to pay your dues or we would cease sending you the Newsletter. As a result we received a variety of responses, including approximately 100 renewals! Unfortunately, we used a wrong list and many of you were dunned, improperly and unnecessarily! We wish to collectively apologize to ALL of you in this latter category, & trust that you will forgive this lapse on our part.

For those in the former category the May issue was their last!

## VETERIS AVAILABLE

The latest issue of VETERIS (The British Veterans Track Magazine), has arrived and it is loaded with good articles. A subscription is \$7.50/year for 4 issues.

All new subscriptions and renewals received by us, have been turned over to JERRY SMARTT, 501 Katella St., Apt 5-C, Orange, CA 92667, (714) 997-2990, as he is handling subscriptions and remailing from now on.

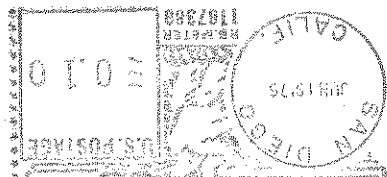
SEND YOUR SUBSCRIPTIONS TO JERRY NOW!!!

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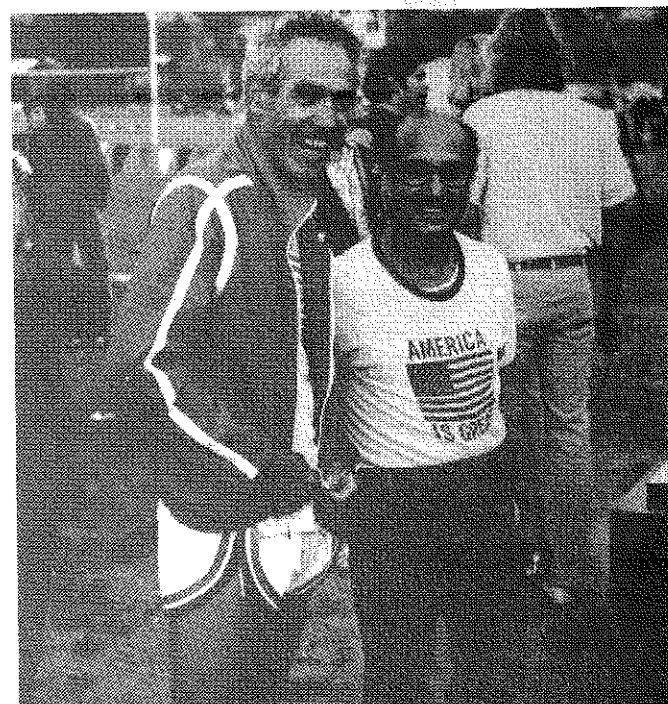
u.s. masters international track team june, 1975

## USMTT RELAY TEAMS TO COMPETE AT WHITE PLAINS & TORONTO

If you desire to compete in the relays at the NATIONALS in White Plains, or WORLD MASTERS in Toronto and are not already on a club team fill out the form below with your remittance and you may run for the USMTT.

White Plains offers the 4 X 110, the 4 X 440 & the 4 X 880 all on Saturday, Aug. 10th in Classes 1, 2 & 3+. Toronto offers the National 4 X 100 m. and 4 X 400 m. relays (each Country may enter but one team in Classes 1, 2 & 3+ athletes must be nominated for these teams. Bob Fine, National AAU Masters Chairman, David Pain, & a third person to be selected by Fine will make these selections). Also available at Toronto for all competitors will be the Special National 4 X 400 m. relay to be composed of two Class I, one Class II and one Class III, runner on each team. We may enter as many teams as we wish for the Special National Relay. Entry fee is \$3.00 per person, per event.

(See Page 11 for Relay entry form.)



TWO SMILING Div. II Veterans, EDDIE HALPIN (57), 2:21 & AUGIE ESCAMILLA (52), 2:27 Recently competed in a Div II 880 held in conjunction with a 26 High School Track Festival, in Riverside, Ca., won by AVERY BRYANT (51) in a good 2:15

## TRAVEL PERMITS AT TORONTO ARISE

To comply with IAAF rules, the Meet Sponsors in Toronto have announced that each athlete must be a registered amateur & must have a travel permit. This absurd requirement is designed primarily to keep athletes in bondage to their own National Associations. Fortunately, as the initial sponsor of the Toronto World Masters Championships - the USMTT conceived, promoted, & raised the initial \$25,000 for the Meet - we have a contractual agreement with the Canadian Masters, & Don Farquharson specifically, that no U.S. Athlete will be required to display a travel permit. We do suggest you have your current AAU card in hand, however, should any question arise. You will note that the entry blank contains no reference to Travel Permits & this too, was by agreement with the Canadian Masters, as the USMTT objects to them on moral grounds. Therefore, do not bother to get one & the USMTT will not be applying for a team travel permit either.

Both the Canadians have competed in our Masters Championships, & of course over 100 U.S. Masters competed last year in the 1st Canadian Masters & no travel permits were required in either instance.

The USMTT will have nothing to do with any event that requires them.

## CHARTER FLIGHT CLOSES

United Airlines has graciously extended our deadline for full payment of our charter fare a few days. If you or a friend have been foot dragging about signing up for the charter, "get with it" and send in your reservations, now, together with your full payment of \$310 which includes airport pickup and return and your housing at White Plains and Toronto (meals not included).

We stand at 190 reservations, to date, and need 30 more to fill the aircraft and hold to our \$310 per person price. So sign up a friend or even your spouse. Housing lists must be submitted no later than June 25th....

## USMTT UNIFORMS AVAILABLE

We now have a full stock of all official USMTT uniforms and can fit all sizes. Look sharp at your local meet or at the Nationals by wearing the Red, White & Blue of the USMTT.

The sponsors of the World Masters have asked that each National Team be attired uniformly. This will enhance the Parade in which we will be asked to appear in Toronto and would also assist in athlete identification on the track. As a member of the USMTT you will be expected to compete under its colors. Don't wait until the last minute otherwise we may be out of some sizes. Order now. Uniform order sheet enclosed.