RUNNER'S WORLD
Box 386, Mountain View, CA 94040

A Victory over Political Meddling

"I haven't received a single negative comment on what I did," David Pain said several weeks after his celebrated powerplay in Toronto. "And I've gotten many, many positive responses both from white South Africans, which is to be expected, and from black Americans, which is surprising.

"But," Pain added, "before I made my move no one seemed willing to do a damned thing. They would have let those athletes be thrown out of the meet."

Pain led a 500-member United States group to the first World Masters Championships in Toronto in August. Fifteen South Africans and two Rhodesians entered, too, and were accepted. Then the Canadian government threatened meet officials to bar the white Africans because of their nation's racial policies. The leverage was a $32,000 grant, which the Canadian politicians threatened to take away if the Africans ran.

In a world with lots of timid people who wait for others to make the first move, David Pain is unusual. He's a doer, a bold mover. While others say, "that would be a great idea... if someone would only try it," the San Diego attorney fills his lance and charges forward.

Pain thought in the middle '60s there should be a national masters meet, so he started one. He thought at Toronto that the masters program was facing its biggest challenge, so he applied all of his available muscle. Hal Haglen wrote of Pain last year ("Godfather of Aging Jocks") in Dec. '74 RW, "He not only assumes a paternalistic attitude toward masters track, but he also does not hesitate to use force."

Dave told Hal, "People who are nice never accomplish anything. Any time I've tried to be nice...on those rare occasions...somebody has spit on me. I learned as a lawyer that you have to be willing to turn the screw."

Pain has a definite concept of what masters track and field should be—and "nationalism and elitism" aren't part of it. The expulsion of the Africans stirred him up enough to take on the Canadian government.

He said the move was indefensible for reasons:

- "The masters movement has always been dedicated to individual competition." (No national team scores were kept at Toronto.)

- "This was an ideal opportunity to demonstrate that politics has no place in athletics—particularly masters athletics."

- South African gymnasts competed without interference, as a national team, in a meet at Toronto the same week.

- The South African and Rhodesian athletes paid their own way to North America (the trip cost $2000 and more), and were already here when they got the bad news.

Danie Burger, ex-Olympic hurdler from South Africa, said, "There was no hint that this problem would come up. When we were in New York (for the AAU masters meet), I called the world meet director and asked, 'Is everything in order?' He said he had been informed by the government that we could compete. "Proceed as planned," he said. "But please try to limit the publicity."

The South Africans, who are sensitive to their image in the world, had already intended to be subtle. Nowhere on their uniforms did the name of their country appear. Their singlets said simply "World Masters Championships."

"We had been told we had to enter as individuals," Burger said, "and we took this literally." Nearly every other athlete in the meet would wear a national uniform and march into the stadium behind a national banner.

David Pain didn't know the Africans personally before the meet. But when word came down that they were out, he immediately countered by announcing that the US athletes would boycott if the ban wasn't lifted. No formal vote was taken. Pain couldn't require the individuals in his delegation to go along with his wishes. So his move was, to some extent, a bluff. But it worked. With Pain's help, the Africans won a round against political interference in sports.

The South Africans marched in the opening parade, without a banner. Oluse Dawkins, a black Jamaican sprinter living in the US, marched with them as a gesture of support—as did another black from Trinidad.

"For a black person," Pain said, "that was a heavy decision."

This support surprised Burger. "I hurled against Dave Jackson, a black man from the United States. We should have been antagonists, but we were friends."

We asked the South Africans if the ruckus hurt them in competition.

"No," said Stephanu du Plessis, a massive, bald discus thrower. "We're not kids any more. I think it made us more determined somehow."

Du Plessis, who stopped working two months before the meet so he could train, won the discus in his division. Anne McKean, 50, won gold medals in two sprints and two distance races. Burger placed second in the 400-meter hurdles despite an injury.

After the meet, Burger said, "The athletes were wonderful. As far as the athletes are concerned, there are never any problems. Problems always come from a different level."

Problems are already descending on another Canadian meet, the Olympic Games, from a number of different levels. Next year, as always, politicians and officials will make decisions, and athletes will suffer for them. South Africans and Rhodesians will stay home. And the other athletes will say, "It's too bad...but there was nothing we could do."
Masters' Growing Power and Pains

by Hal Higdon

Runner's World Magazine

Middle aged men—and women—will long remember August 1975. It was the month and year in which masters track came of age. In less than 10 years of functioning, the branch of the running sport devoted to athletes over age 40 saw more than 1400 of them from nearly 30 countries gather in Toronto for the first World Masters Track and Field Championships.

Masters track also suffered its first full-fledged political (and financial) crisis, which threatened to tear the meet apart. The masters weathered the storm more successfully than has the Olympic movement. Yet despite the almost unqualified success of this mini-Olympics for grandmatron jocks, unsolved problems loomed on the horizon even as the competitors departed for home looking forward to the next World Championships in Sweden two years hence.

The story of the birth of the masters movement is known, but nevertheless deserves mention here. As the modern Olympic Games had its founder in Baron Pierre de Coubertin, so the masters movement had its founder in David H. R. Pain—no baron, merely a San Diego attorney in his mid-40s who turned to jogging in 1966 because of a dearth of handball partners.

Jogging was not enough, however. An energetic man, he missed the competitive aspects of handball, which had a "masters" division that allowed players of equal ages to compete nationally against each other. Pain soon urged a local promoter to add a masters mile for men over 40 to the program of one of his track meets. Within a few years, Pain was supervising a full track and field meet in San Diego for older men, which as it grew obtained recognition as an official National AAU Championship.

By 1972, with masters track firmly established in the United States, Pain had gathered around him a number of athletic disciples who looked to him for guidance and leadership. That being an Olympic year, he decided to lead them on a tour to Munich to attend the Games, stopping en route for some competition with British veterans in London and on the way home at a marathon in Cologne, West Germany.

Along with many other Olympic tour promoters, Pain got caught in the Munich ticket-and-accommodations crunch, and found he had twice as many people signed up as he could get in to see the Olympics. In desperation, he offered an optional Scandinavian side-tour during the period of the Games.

To Pain's amazement (and relief), he found most of the tour members were more interested in going to Scandinavia to compete themselves rather than going to Munich and sit as spectators while others competed. Meanwhile, the competition planned for London grew into a full-scale international track meet involving full teams from the US, Canada, Australia and Great Britain, as well as a scattering from other countries.

While in London, Pain and Don Farquharson, leader of the Canadian group, discussed the possibilities of holding a World Masters Championship in Toronto several years later. On the way home from Europe, Pain stopped in Toronto to continue the talks with others, including Ken Twigg, director of the city's indoor track meet.

Originally, the group considered holding the masters meet in 1976 as a prelude to the Olympics scheduled for Montreal. But being aware that events in Munich had overwhelmed any publicity given their meet in London, Pain suggested that the masters gather in 1975.

The Canadian National Exhibition offered the use of the track on its grounds near downtown Toronto, as well as $25,000 to attract the top over-40 runners in the world. The CNE (as it is called) is similar to an American state fair, and the thought was that people visiting the CNE would be able to wander into the stadium and watch the track meet between visits to the fun house and popcorn stand. Masters athletes of the world looked forward eagerly to their first meeting.

But problems began to develop almost immediately. The city of Toronto, self-conscious over Montreal's increased status because of the Olympics, decided to build a baseball stadium to attract a major league team. They chose the CNE as a site, razing the former track.

The masters meet was moved to a track in suburban Etobicoke.

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coke, scene of previous international competitions. This
caused transportation problems, however. When the number
of anticipated entries rose over 1000, many who would be
arriving with wives and children, housing also became a
problem. Instead of being housed together in one location on
the University of Toronto campus, near the track, competitors
had to be scattered throughout the metropolitan area.
The budget grew astronomically, from an originally
$21,500 to an eventual $161,000. The CNE continued to
contribute $25,000 it had promised earlier. The city of
Toronto offered $16,000 to cover transportation costs, since
it had been partly responsible for the separation of athletes
from their competition site. The Canadian government,
through its sports council, offered $22,000.
That $32,000 sum would become central to the controver-
sy that erupted on the eve of the first World Masters
Track and Field Championships.

Before everybody arrived at Toronto, a sizable percentage
of the world meet entrants appeared the week before at
White Plains, N.Y., for the National AAU Masters Cham-
ionships. The meet in White Plains was not without its minor
controversy, either. Originally scheduled the weekend before Toronto, the
American Championships had been rescheduled for an earlier date at the AAU
convention by Eastern runners who wanted time to rest before going to the
meet. A protest then was lodged by runners in other parts of the country who
wanted to use the Nationals as a staging area for the world meet. The or-
iginal date was reinstated, with some hard feelings on the part
of several Eastern promoters.
The eventual result was both positive and negative. Positive
was the fact that a large contingent of West Coast runners, as
well as runners from Europe and the South Pacific, did stop
off in New York en route and compete. Negative was the fact
that the Nationals inevitably suffered in comparison with the
bigger and more prestigious world meet the following week.
The White Plains meet featured the gentle psycging that
goes on between runners, whether they are 16 or 60. On the
first day of the meet, Jim Hambrook, limping while dressed
in his street clothes, was talking about having broken his ankle.
The next day, he ran and placed in the steeplechase. Jerry
Smartt confided that the English distance runners were un-
happy at having to run 5000 meters instead of three miles
since they like to run "under 14 minutes, but now they'll have
to run over."

As it turned out, some of the English runners ran under 15
minutes in the 5000, but Alfie Thomas of Australia looked
impressive doing 14:49. The former world record holder at
two and three miles ran 3:58 in the 1500 the next day and was
probably the most outstanding performer of the meet, al-
though with so many races in so many divisions it is often
difficult to isolate true excellence in masters track.

One week before the opening of the world meet, the Cana-
dian government—operating in reaction to undisclosed ex-
terior or interior pressures—announced that the South Africans
(and Rhodesians) could not participate because Canada "will
not support apartheid." If they did compete, the Canadian
Track and Field Federation would withdraw its support.

David Pain, however, insisted that the South Africans and
Rhodesians were appearing in Toronto, as they had in White
Plains, as individual competitors, not as members of national
teams. But Pain proudly contacted himself later by saying
he was ready to pull his team out of the meet. Neither he nor
the United States government had a "team."

Nevertheless, Pain did meet with a large portion of the
American entrants who were traveling with him on a tour from
California. Although no vote was taken, the consensus seemed
to be that all efforts be made to resist a political move to ex-
clude anyone.

"I met separately with the black members of our group and
discussed what to do," explained Pain afterwards. "It's not
that we're in favor of apartheid. We're against being told what
to do by politicians who have no interest in sports other than
as a means of furthering their own political ends."

However, the subtle position that the Americans opposed
differential treatment rather than supported segregation was
lost on many reporters, who also quoted David Pain as describ-
ing the Canadian government as "racist." When he saw that
more in print, Pain claimed he had not recalled making such a
statement—but added, "It's probably true."

Pain's position did offend one high AAU official, who said,
"He should learn to keep his mouth shut."

An American athlete (white) commented, "We learned in
White Plains that David Pain is out for himself, not for us.
Several members of the host Canadian organizing commis-
sion also seemed ready to support the ban. "We'll get David
out of here if he doesn't stop, said one of the day before Pain's
youngest arrived by charter jet from New York.

In the end, however, it was the Canadians who got sorted
out—no at least seemed to have made it. After much discussion,
the Canadian sponsors met and by a vote of 5-1 decided that
all events would stand as included in the program (meaning
the South Africans and Rhodesians could compete). This was
in the wake of threats by West Indian students that they
would stop the meet from taking place even if they had to re-
sort to violence—and of course in defiance of the Canadian
government's threat to withdraw its $32,000.

The following day, meet president Don Fausbushon
approached at the cross-country meet and told there might be
a tie for one of the team championships in that event. Faus-
burghon said in that case he would simply award a second set
of plaques.

When informed that would cost extra money, Fausbushon
suddenly burst into uncontrollable laughter, "I guess we can af-
ford it," he said. "We've just given away $32,000." He and
all the other members of the sponsoring committee conducted
themselves with grace and dignity throughout the controversy.

As for David Pain, he said whimsically, "People may not
like me, but at least they have no doubt where I stand." At
the closing banquet while giving a speech to what must have
been nearly a thousand people, he said, "I'm not the easiest
one to get along with"—and was hailed by a burst of applause.

The world cross-country course was one designed in the true
meaning of the word "cross-country," as might be sur-
mised from this comment in the course description: "This
brings us to an oxbow in the river (Poinc E) which we cross
diagonally about 30 meters of water. If it rains, anyone un-
der 5'6" needs a swimming certificate."

The stream, through nearly knee-deep water, came as a
shock to many runners who had not examined the course in
advance. Some actually stopped on the bank and stared in
disbelief.

Roy Fowler of England, a former European Games bronze
medalist, won the I-A class (ages 40-44) cross-country race by
a wide margin, as did Art Taylor of Canada in I-B (45-49).
Taylor's win was all the more impressive since at age 49 he
is on the verge of entering another class....
Taylor also came close to winning the marathon held several days later under a bright sun and over a flat and relatively uninteresting triple-repeat course. But Eric Austin of England showed superior endurance over the last few miles and recorded 2:33:53. Taylor was edged out of the championship by his classmate Arthur Walshe, who ran 2:39:53.

Fowler added gold medals in the 5000 and 10,000 to the ones he won in cross-country. New Zealand's Jack Foster and France's Michel Bernard, who might have been expected to give him a battle, did not compete.

Alby Thomas had little trouble winning titles at 1500 and 3000 meters. He ran close to nine-minute-two-mile pace in the latter, with 8:26.8 for 7½ laps.

The sprinters have lost the most ground on their boyhood, perhaps because there was less incentive for them to keep training and racing during their 30s, or even 20s. Theo Baker, silver medalist in the 1928 Olympics, continued his domination of masters runners in the 800 meters with a narrow victory over Ron Taylor of England, both being timed in 1:11. Baker had less success in the longer sprints, however, and with both thighs heavily bandaged ran a stiff-legged 29:4 in the final of the 200 meters, then semi-organized onto the grass beyond the finish line.

Sprinter-hurdler Jack Greenwood monopolized the 1-4 (45-49) track races, winning the 100 and 200 on the flat, and the high and intermediate hurdles. His intermediate time of 7.8 was the best of the meet.

Theo Cane of Australia took four gold medals, Richard Stolpe three and Bill Fitzgerald two in the 2-A (50-54) division. Fitzgerald raced 5000 meters in 2:01:9.

Sprinter-hurdler Al Guido of the US picked up four titles in the 2-B class. R. McMinnis of England was the big winner among the 60-64-year-olds with three victories. T. Jensen of Sweden won three races for the 65-69 age group. South African Anne McKenzie, 50, swept the four women's track runs in her division.

If any criticism can be leveled at the organizers, it is because of some last-minute juggling of the published schedule.

A day-before-the-race decision to combine four separate cross-country races into two resulted in the I-A race being advanced a half-hour ahead of schedule. Not everyone got the word in time, and some runners had to go to the line with insufficient warning.

Anna McKenzie probably wouldn't have been in the meet if not for David Pain's action on behalf of the South Africans. McKenzie, 50, swept the four track runs in her division. (Rudick Lum photo)

They fared better than (shades of the Munich 100 meters) some of the 400-meter runners who didn't realize their heats had been moved to early Wednesday morning. Rudy Clarences of New York arrived in town a day earlier than previously planned and found out almost casually that if he hadn't he would have missed his race. "I was lucky," he commented. "One of my friends wasn't, and finally had to argue them into letting him into the 200 as a substitute event."

The stands at the track in Etobicoke were filled nearly to capacity every day, for two reasons: (1) they were relatively small stands, and (2) when 1400 competitors, who are mostly family men, appear at any competition they create a lot of spectators simply by bringing wives and children, and sitting in the stands themselves when not competing.

Three races thrilled the spectators most:
1. The 800-meter run in class I-A. The race was exciting partly because too many runners (an even dozen) were allowed to qualify for the final. With half a lap to go, everyone was in contention, and it produced a pack that looked like a swarm of mosquitoes coming up the home stretch. Out of the swarm came American Larry Means.

Means explained later: "I was bombed big with 200 meters to go, but then some daylight opened up and I thought I might be lucky enough to get through and win a medal." As it was, the medal he earned was gold. His winning time was 2:00.2, with Canada's Bob Bowman seventh in 2:01.6.

The 100-meter run in class 4 (70 and over) was the race that everyone came to see because it featured a matchup between 90-year-old Duncan MacLean, otherwise known as "the Tartan Flash," and 89-year-old C. Speedwell of England. The feeling among most of those in the stands was, "I'll be happy if I'm able to walk at all, much less run 100 meters."

Unfortunately, the race was held on the far straightaway since most organizing were running 100-meter heats simultaneously on two portions of the track. The other runners in the heat went unscotted since all eyes were on MacLean, who beat his rival out of the blocks and held on to win, 23:5-23:5.

3. The race to get pictures of the spectators. The West Indians did not resort to violence, but a small group did appear outside the stadium carrying signs, such as, "This track meet is a Pain." When word spread of their presence, many of the spectators rushed from their seats in the stadium to look at, and photograph, the protesters and discovered that some of the protesters were photographing each other.

By the second day, no more protesters appeared, and the South African issue faded, except that the Canadians may need to refund $52,000 to their government.

It was the Saturday evening banquet that brought an official and to the week's activities. David Pain spoke and suggested that competitors later may be requested to contribute to wipe out any financial loss that may result from the meet. "I've always felt that the masters program must not be subject to any kind of political influence," he said, "and if we want them to happen we should be willing to pay our own way."

Meanwhile, masters runners already have begun to look forward to the next World Championships scheduled for Gothenburg, Sweden, in 1977-on the same track where John Walker set his recent world mile record. The number of competitors likely to show up for the next masters meet may make even the 1400 at Toronto seem few indeed. The result will be an increase in the number of problems as well, and a threat to the informal atmosphere that has been a major attraction of masters competition. Medals no longer are easily won.

The most critical question will be, how do you encourage and reward excellence on an international level, yet retain a place in the program for those of lesser ability who have been so important to the growth of masters track? The Olympic Games began in Athens with only a handful of semi-talented participants conducting what amounted to friendly races. The Olympics eventually grew. It will be interesting to watch whether the masters version can continue to grow while avoiding the growing pains-no pun intended—of its amateur predecessor.

The writer, Del Rigdon, won the steeplechase at Toronto with an American masters record of 9:18.6.
WHEN THE OLYMPIC POOH-SAHM SETS, IF IT'S TUESDAY, IT MUST BE HOLLANDIAISE

"What's he saying? I can't hear him. Is he thanking someone?" The elderly woman, one of eight diners at the round table, was slightly but not quite deaf. She was dressed in a headscarf and a combination of homemade and plain clothes. Her hair was tied up with a ribbon of blue and white. The table was set with a white tablecloth and a blue and white tablecloth. The woman was saying something to the man sitting across from her. She seemed to be asking him a question, but he did not answer.

"But food is unperishable on the shelves of its store. Food spoilages are endless as the hole chefs of Monongah coal towns run out of dressed meat..."(end)
now, get this, when we returned to San Diego and complained to Champion, they promptly refunded the order and sent it to White Plains, two months after the meet. .......... Jim O’Neill, Masters’ Chairman Knights of Columbus Indoor Meet which will be held at the place where they will have a Masters Indoor Mile at the Meet on 2/14/76. Little if any travel money is available, but they can offer guest housing. He wishes to keep the field to within a 20 second spread and there will be but one heat therefore 12-15 entrants would be the maximum. If interested, please contact c/o Roy Cobb, 1700 Union Commerce Building, Cleveland, Ohio, 44115. We suspect it will take 4:45 or better to make it. Perhaps we can look for a rematch of that memorable near dead heat between Hal Higdon and Jim Herschberger or another bumbling battle between aggressive Henry Rypczzyk and Higdon when both were wounded by cancer. We now have several Masters running in the 4:20’s and 30’s and would be interested to see what comes out of this race .... Champion Products finally sent our uniforms ordered last July. They were apparently sent to White Plains, then sent back to the Champion plant in Rochester New York, which forwarded them to their Grant’s Pass plant, where they were finally shipped to San Diego. We figure these are about the most travelled uniforms since the retirement of Meadowlark Lemon of the Harlem Globe Trotters. We will start shipping all back ordered items early in December and if you have an outstanding order please drop us a note. Please forgive the delay. .... Jim Terrill of the TTA writes that they are planning a full calendar of Master events at all TTA professional meets. He seeks a Masters coordinator in each city in which they appear. If interested, write to Terrill c/o TTA, 12121 Wilshire Blvd., Los Angeles, Calif. 90025. At the time meets the Masters events are restricted to Masters only. Participating in an ITA Meet does not invalidate your AAU Masters Competitor standing. However, Ollan Cassell of the AAU has threatened to refuse a travel permit for International Competition to any Master who competes in an ITA Meet. See (continued next column)
New record set
Marathon winner likes the challenge

By DON HUNT
Daily Tribune Sports Writer

An exhausted Ray Menzie leaned on against Crater High School's track stadium late Sunday morning, droplets of perspiration still floating to the ground off a dripping wet body.

Menzie's breathing had slowed to normal but the weariness in his eyes told you it would be awhile before he'd be ready to do it again.

The Mill Valley, Calif. resident had just whipped 41 competitors in the National AAU Masters Marathon on a cool, crisp morning around the Medford area and he wasn't exactly ready to turn around for a re-run.

After 26 miles, 385 yards of convincing your body to push a little harder and keep going, who would be?

Still, the 40-year-old Menzie stepped to the starting line fully realizing that for two and a half hours he'd be straining straight ahead with legs churning, arms pumping and lungs burning.

You see, Menzie likes that kind of challenge. And besides, it helps him turn off the 'Dent of the world.'

"It's hard to worry about other things when you're out there," says Menzie, "like wondering where your last $100 went."

Running really helps me to keep a healthier mental balance."

Menzie also enjoys running because, he insists, you get what you pay for.

"How you finish in a marathon is in direct proportion to how much you've trained," he says. "There's no faking in this sport."

"This was my 10th marathon and today I ran my best time (2:36:40) ever. I run about 100 miles a week preparing for one of these. And I try to get in one 36-mile run a week for six weeks."

"I wouldn't attempt to run a marathon without that kind of training."

Menzie has been running since he was 17 but he hasn't always crossed the finish line with anybody in front of him.

"I ran a 6:44.2 two-mile when I was at Mississippi State," he recalls.

"That was a bad tune 20 years ago but now it wouldn't make most traveling squads."

"I've just gotten more competitive as I enter older age groups."

Menzie was among the youngest entries in Sunday's event as this marathon specified a minimum age of 40 and included six age groups, although all the competitors ran simultaneously.

Menzie, who finished 168th in April's Boston Marathon in a field of 2,000, assumed an early lead in Sunday's spectacle with 47-year-old Ross Smith hovering on his heels. At the 15-mile mark Menzie gradually pulled away and was nearly a half mile ahead of Smith by the finish line.

"I usually start off kind of slow and then come alive after 16 miles," explained Menzie. "We were no more than a yard apart at that juncture and I felt like stepping up the pace a bit."

Worrying about footsteps

"I didn't really get completely exhausted. I was more afraid of losing my lead. You always worry about those footsteps, you know."

At the 32-mile mark, with a little more than a mile remaining, Menzie started to feel a little light-headed.

"That white line was really getting luminous," he smiled. "I guess you could call it hallucinating. But I knew I was close to the finish and you just have to tell your mind to keep going."

Smith, a veteran of 30 marathons, was anything but unhappy about finishing second.

"He (Menzie) just slowly started to pull away and there was nothing I could do about it," said Smith. "I kind of ran out of gas but I'm happy. He's just a young kid. I won my division."

Perhaps the most superlative running display came from 68-year-old Clive Davis, who broke the world record for his age in a time of 2:47.36. The old standard was held by Great Britain's Gordon Porteous, who covered the distance in 2:53.94 a year ago.

"I'm really surprised I ran that fast," said Davis as he nursed a sore toe after the event. "I wanted to run somewhere around 2:40. That was two minutes faster than I dreamed I could run."

"The conditions were ideal — the course was a good one and the weather was perfect."

What makes Davis' record an especially eye-opening success is that he started running only three years ago.

"I've always done a lot of running so I've always been fond of track," he said. "But I'd never been a competitor until three years ago when a friend dared me to enter a six-mile race."

"I came in third and have been running ever since."

Davies finished eighth in the over-all competition.

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MARATHON RESULTS

1975 NATIONAL AAU MASTERS MARATHON

1. Ray Menzie Age: 40 2:36:40
2. Ross Smith 47 2:39:15
3. William Beckwith 42 2:40:22
4. Vance Parkhurst 41 2:40:30
5. Stewart Fall 41 2:44:49
6. Dennis Coveney 42 2:48:07
7. David Parker 45 2:46:28
8. Clive Davis 47 2:47:46
10. Lenney Escarda 44 2:49:34
11. Walt Betacht 48 2:50:35
12. Dave Soucup 41 2:51:30
15. Harry Daibell 47 2:53:02
16. James Oleson 57 2:53:10
17. James Jacobs 42 2:55:59
18. William Davis 44 2:55:52
19. Don Macintosh 43 2:56:07
20. Gaylord Thorne 43 3:02:08
21. Donald Price 40 3:06:53
22. Robert Royes 46 3:10:31
23. Norman Freeman 65 3:10:54
26. John Montoya 63 3:12:37
27. Harrison Smith 48 3:13:26
29. Joseph Mallon 54 3:15:00
30. Ruth Anderson 40 3:15:45
31. Vic Crosetti 50 3:18:51
32. John Naylor 51 3:20:31
33. Thomas Fong 47 3:24:04
34. Leonard Paulker 41 3:41:36
35. William Moore 41 3:50:35
36. Bob Zemboch 45 3:52:31
37. Walter Johnson 46 3:52:51
38. Richard Abba 49 3:53:20
40. Bob Frerich 41 4:16:19
41. Jesse Waste 46 4:19:45
42. Tom Whitting 41 4:50:44

Team Title: Seniors Track Club of Los Angeles
Sponsored by: Southern Oregon Sizzlers Track Club
P.O. Box 1072
Phoenix, Oregon 97535
1-503-535-1205

Race Director: Jerry Swarttley
Jubilant but tired Menzie wins marathon

By DON HUNT
Mail Tribune Sports Writer

CENTRAL POINT — As the years inevitably wear on, Ray Menzie seems to thrive on another one added to his life. The 60-year-old Mill Valley, Calif. resident recalled his second best time ever in winning the National AAU Masters Marathon here Sunday, outdistancing 41 competitors.

Menzie toyed with Reno’s Ron Smith for the first 15 miles of the 26-mile, 285-yard gut test before pulling away over the last 11 miles to cross the finish line in 2:36.10.

Smith zipped through the course, which started and ended at the Crater High School track, in 2:39.15.

A pair of Oregonians — Beaver’s Bill Beckwith and Roseburg’s Vance Parkhurst — finished third and fourth, respectively.

“I usually try to pick things up after 15 miles,” said a jubilant Menzie after the greasing affair. “Smith and I were running stride for stride and then I just started to pull away slowly.”

“I’m tired, but it was worth it. I love to run — without it I’d feel sluggish.” It was a great day to run and the course was really marked off well,” Menzie, who started running 23 years ago while a senior in high school, exudes more now than he did then.

“I just keep plugging away and now that I’ve reached the bracket of 40 and over I can stay with the best.”

The event was sparked by 60-year-old Clive Davies’ world record. Davies, who finished eighth overall, whipped through the course in 2:47.46 to snap Great Britain’s Gordon Porter’s old standard of 2:53.94.

“I felt very, very good today,” grinned Davies, “except for those last eight miles. Then I nearly died.”

“I sure didn’t expect to run this fast. All I was looking for was something around 2:49.”

While Menzie (40-44), Smith (45-49) and Davies (50-64) were winning their age divisions, Portland’s Joe Mallon (50-54), Los Angeles’ Jim Olson (55-59) and Seattle’s Norm Bright (60 and over) were victorious in theirs.

Mallon finished in 2:53:10 and Bright in 3:10:54.

There were a number of personal bests in the lengthy run that was sponsored by the Southern Oregon Sizzlers Track Club, including Ruth Anderson’s 3:15:10.

Mrs. Anderson, one of two women who stepped to the starting line, ended up in 90th place in topping 10 of the men.

“Marathon running is still on the frontier for women over 40,” she said, “but we’re getting there. I used to hold the world record for my age group — now I’m not even close. That shows we’re making progress.”

Mickey Gorman shattered the record for women over 40 two weeks ago in New York when she blistered the distance in 2:53.

“I’m still learning how to run this thing,” added Mrs. Anderson. “I’ve only been at it two years.”

If there was one aspect of the affair that had the competitors talking afterwards, it had to be the superb handling of the event by the Sizzlers.

“The course was really marked off well,” praised Menzie. “I didn’t have any problems knowing where to go. That’s not always the case.”

“It was a nice course to run,” added Davies. “There were a couple of hills that took it out of you, but they weren’t really that steep.”

False Starts ... Cont’d from p. 4

Your 1976 Dues are now payable (envelope enclosed for your convenience). Because of rising printing and mailing costs ($1.00 per copy) we have been reluctantly required to raise the dues from $5.00 to $6.00 per year. We trust you will understand the cost squeeze involved. By way of explanation, the $6.00 per year levy is for annual dues and not a subscription (we are not in the publishing business); accordingly, your remittance is for the calendar year January 1st to December 31st. We cannot get involved in the required bookkeeping of monthly renewals as would be the case of a magazine subscription. We also write and edit the newsletter as the spirit moves us and as time permits; therefore we have no certain dates of publication, and no promise (although we try) of an issue every two months. The newsletter is a labor of love (?) and we trust you will accept the conditions imposed in good grace... For your information, the U.S.M.T.T is a California non-profit corporation which has qualified as a tax-exempt organization both under the California Franchise Tax Law as well as with IRS. Accordingly, Dues paid are a tax deductible item. Being a tax-exempt organization, no one may, or can, for that matter, make a profit from its operations. Early next year we will publish a statement of operations and financial condition for 1975. Hopefully the monies advanced... Continued on p. 9.
pentathlon, merely adding points for age is not the answer. Perhaps Phil will turn his considerable skill to the problem and come up with the solution. By reducing the implement weights and hurdle heights, and making people compete in any 5 or 10 year age groups, the same scoring table per event should work. The trick is to start the scoring at a lower level of competition so that virtually everyone gets a score. Age or ability will never be a handicap; age or ability will never be a handicap. Even using the standard tables, we note iron man George Braceland (62) competed in all ten events, scored in all (including the P.V., 8'2" 368 points, and the 1500 m 5:35 234 points, for a total of 3447. Presumably he used the 8' shot, 1 Mile Discus and 30" Hurdle. Nevertheless, he still managed a respectable performance. High scorer was Harold Lilly (31) 5144 points. Another outstanding performer was Ian Hume (61) of Quebec, who did 13.9 (100 m) 15"11" (LJ) 37"1" (SP) 4'10" (H.J.) 1:11.6 (400m) 20.7 (110 H.H.) 106"1" (Discus) 9'6" (P.V.) 120'10" (Jav) and failed to score in the 1500 m for 552 points. Hal Higdon is our outstanding master, for whom we have great respect as an athlete, he won the Toronto 3000m steeple in 9:18.6, beating the 2 best veterans in the world, D. Worling of Australia, 9:22.4 and world record holder, J.D. McDonald of New Zealand, 9:36.0, also as a supporter of Masters athletics, and as a competitor himself, has just completed a new work entitled "The Crime of the Century" a "now it can be told" revelation of the 1920's legendary case of the Leopold and Leob crime. Published by Putman's Sons, we recommend it to our running friends (besides Hal offered us an autographed copy for our file) running an "all discipline" training camp at Valparaiso University next summer, to preceed the Nationals with special emphasis on the field events. For more details drop Hal a note at 2815 Lake Shore Drive, Michigan City, Indiana, 46360. To take anything away from Hal's Toronto steeple victory, we feel in all fairness that mention should be made of the fact that Jim MacDonald (2nd in the Steeple in Toronto) brought his wife, who, according to doctors' opinion, was capable of making the trip. Unfortunately, Mrs. MacDonald had a mental collapse relapse during the trip and totally broke down on the USMFT departure from Toronto and was hospitalized for 2 weeks. Hal was unable to return with Jim to New Zealand. This was an extremely heavy burden for Jim to bear, and undoubtedly it had an adverse effect on his performance in both White Plains and Toronto. On the other hand, knowing the competitor Hal is, I am sure he would have equaled himself admirably nevertheless, had the New Zealander not been burdened as he was. Of equal significance to us is that Hal, as an elite World Class Veteran athlete, supports the basic concept that in Master competition, every entrant regardless of age or ability should be given an opportunity to

Continued on p. 10...
Palea Starts...continued from p. 2......

Complete...Jack Thatcher (59) DSMII and CDM was struck by cancer earlier this year and was forced to drop out of the White Plains and Toronto Tour. We note with relief that Jack is now back to athletics and in so doing, recently set an Age Group 59 8# shot record of 47'7".

WOMEN'S NEWS

WOMEN'S WR FOR JACKIE HANSEN

Jackie Hansen re-established her claim to the title of the world's top woman distance runner by setting a new world record of 2:38:19 in the women's marathon in Eugene, Oregon on October 12. Averaging a phenomenal 6:05 per mile for the 26-mile, 385-yard course, Jackie broke the old record of 2:40:15 set by Christa Vahlensiek of West Germany earlier this year. Her time was 5 minutes faster than her old American mark of 2:43, set in last December's Culver City Marathon. "It was just what I wanted," she said. "There was no wind, no sun...it was a flat course over bicycle paths and through the Oregon woods. Everything was perfect." Jackie, a Cal-State Northridge graduate now working in a Los Angeles insurance office, was the first woman finisher in the 1973 Boston Marathon, running 3:05 in 80-degree heat. In September, 1974, she placed fifth in the women's world championship marathon in West Germany in 2:56.

Miki Gorman (49) recently produced a 2:52 Marathon and U.S. Master Ruth Dettering of San Francisco a 3:54:55 first Senior Women at the Santa Barbara Marathon and USMTT member. Ruth Anderson (46) ran an excellent 3:15.47 Marathon at the National Masters in Oregon. Norm Bright (65) turned in an excellent 3:10.54.

And did you read about Nadia Garcia's 1 hour run, National record of 10 miles, 667 yards (57:58 for 10 miles)? We were there, struggling along at a 6:40 pace and observed that Nadia did not even break into a sweat!!! Nadia is 22 years old and has adopted the SDTC as "her family" and running as her major outlet. Nadia's only regret is that they don't have a Women's 10,000 meter in the Olympics. Speakeumers, Donna Gookin (35) was the first woman and 4th overall--27 starters, 12 Finishers in the "Striders 50 miler" in Santa Monica in a time of 7:18:36.

U.S. Masters Track Team

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MEMORIAL--Bill Hargus

30/23/21--6/30/75

Bill Hargus of San Diego, California was a USMTT member who made the South Pacific Tour with his entire family in 1973. Bill, some of you may recall, suffered a major myocardial infarction approximately 8 years ago. Then, totally unfit, he took up a rehabilitation program of walking, jogging, and finally up to distance running. At age 50, he achieved an ambition of breaking the 3 hour barrier for the Marathon. He kept up his running even though he had a back problem which seriously limited his drive for ultra fitness. On September 30th he died in his sleep from an apparent heart attack. Some would say that his death confirms the argument that being fit is no assurance of longevity, and that one should make no effort to prolong his life by being fit.

Our personal observation of Bill Hargus would not support such a contention. As these past 8 years of his life were perhaps his most fruitful and rewarding, as well as for those about him. Had Bill not taken up running as he did following his earlier illness, we are convinced that he would have passed on much sooner. More importantly, his life would not have been as full and rewarding as it was. Bill's dedication to running affected the lives of his immediate family, turning his non-athletic wife into a determined competitor. We shall long recall a women's relay at a Charger football game before 50,000, when a team of middle aged women took on a quartet of youthful female sprinters from Mickey's Missles: by the time Catherine Hargus received the baton she was 100 yards behind the sleek, long striding athlete far ahead of her and was hopelessly classified. Nevertheless, Catherine stuck her chin out with determination and finished her 400 meter leg, going full tilt. The crowd recognized her courage and sportsmanship by according Catherine a standing ovation. We also recall Bill's influence on his young son, David, who took up running with his father and set several club and age group records as a result. Thus, Bill gave to his family something they will enjoy and cherish, hopefully, for the rest of their lives. Bill was an active member of the SDTC who cheerfully competed at all distances 100 meters and up; helped put on events, and acted as a member of the Board of Directors of the Club, and also as Masters Committee chairman. Yes, Bill's life—as well as those around him—was much richer because of his running. What happened to Bill Hargus, we feel, proves that running does not necessarily prolong life (although it may well do so for some) but it does assure a person a happier, healthier, and fuller lifetime while he or she engages in the activity. Bill Hargus was a close friend, and personally have lost much in his passing.
A CRITIQUE BY OTTO ESSEIG
(addressed to Arthur Lambert of West Germany)

As one of the victims, so to speak, participating in the 8th World Best Veteran's Championships in Japan, at Lake Yamanaka near Tokyo on September 15, 1975, I feel that I must speak up to urge you to make some drastic changes concerning the number of runners starting in a contest such as the 10 km. At this race, 1573 competitors of all age groups started together. From the start, the course went around a football field, then the runners were funneled into a very narrow street, resulting in a bad jam, causing delay and even injuries. I myself was caught in the middle and when I reached the narrow street, the pressure was such that I was squeezed against the row of spectators. They in turn pushed me back into the group of runners where I had to fight just to stay on my feet. The pressure eased after about 1 1/2 km but by then I had taken at least 2 minutes. Unfortunately many of the slower runners somehow managed to be in the front rows at the start, and passing them proved to be very time consuming. Personally, I am pleased to have placed fourth in my age group under the circumstances. However, my ambition was to run the 10 km under 41:30, which I know I am capable of. This badly organized race made this impossible, and I felt disappointed, making an expensive trip to Japan only to get caught in a deplorable situation. Last year I had competed in the 7th World Championships at Dravell, France, near Paris, and also in the 10 km race. A total of 390 runners completed the race by all of us. The race course along the shores of Lake Yamanaka was ideal for the distance runner, the scenery was most beautiful, and the hospitality and friendliness of the Japanese people was long remembered by all of us.

These are my thoughts. I do not claim to have the final answer to this problem, but being aware of it should be helpful to the sponsor of the 9th World Championship in the coming year. It would be helpful if an international committee were to issue certain guidelines which the sponsor of the race must accept and adhere to.

Sincerely,

Otto Esseig
President
Berkshire Industries, Inc.

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