

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



U.S. masters international track team

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Editorial

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FALSE STARTS

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 pressured meet officials to bar the white Africans because of their nations' 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 tilts 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 Higdon wrote of Pain last year ("Godfather of Aging Jocks," 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 four 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 trips 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. Ozzie 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 hurdled 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 Stephanus 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 McKenzie, 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." •

The equal opportunities for all concept still boils as we receive letters from Paul Spangler (N-a) of San Luis Obispo, California and Ellen Rose of Corona Del Mar.

Dr. Paul once again objects to the 70-year-olds being required to compete against those youngsters in their 60's and the fact that only limited events are offered for the Div. IV. The answer, of course, is that when sufficient athletes in any division enter, they will be given the opportunity of competing against their own age group. It is our feeling that

it is not unfair to put the 70's in with the 60's, so long as there are separate awards. Ellen Rose's complaint is more difficult to rationalize, in that she attempted to enter the Santa Barbara Masters Meet (10/5) but was rejected because there was no competition for women. This is Stan Herrmann's meet, and Stan is the most vociferous advocate of equal treatment for the 70 year olds, but apparently sees nothing wrong in discriminating against the ladies. This attitude,

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Masters' Growing Power and Pains

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 grandfather 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 com-



by Hal Higdon

Runner's World Magazine



petition 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 Etobi-

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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 the \$25,000 it had promised earlier. The city of Toronto offered \$10,000 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 \$32,000.

That \$32,000 sum would become central to the controversy that erupted on the very 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 Championships. 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 Toronto. 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 original 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 psyching that goes on between runners, whether they are 16 or 60. On the first day of the meet, Jim Hershberger, 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 unhappy 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."



Jack Greenwood (left) dominated his division—ages 45-49—in the sprints and hurdles, winning four gold medals in the world meet. He ran 57.8 for the intermediate hurdles. (Roderick Lum photo)

As it turned out, none of the English runners ran under 15 minutes in the 5000, but Alby 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, although 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 Canadian government—operating in reaction to undisclosed exterior 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 partially contradicted 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 exclude 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 political interference rather than supported segregation was lost on many reporters, who also quoted David Pain as describing the Canadian government as "racist." When he saw that quote 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 committee also seemed ready to support the ban. "We'll get David sorted out when he comes up here," one said the day before Pain's group arrived by charter jet from New York.

In the end, however, it was the Canadians who got sorted out—or at least sorted themselves out. After much discussion, the Canadian sponsors met and by a vote of 6-5 decided that all entries would stand as included in the program (meaning the South Africans and Rhodesians could compete). This was in the wake of threats of West Indian students that they would stop the meet from taking place even if they had to resort to violence—and of course in defiance of the Canadian government's threat to withdraw its \$32,000.

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

When informed that would cost extra money, Farquharson suddenly burst into uncontrolled laughter, "I guess we can afford 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 halted 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 surmised from this comment in the course description: "This brings us to an oxbow in the river (Point E) which we cross diagonally, about 30 meters of water. If it rains, anyone under 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. . . See p.4.....

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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 2:28:23. Taylor was edged out of the championship in his class by Arthur Walsham, who ran 2:29:53.

Fowler added gold medals in the 5000 and 10,000 to the one 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. Thane Baker, silver medalist in the 1952 Olympics, continued his domination of masters runners in the 100 meters with a narrow victory over Ron Taylor of England, both being timed in 11.1. 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 somersaulted onto the grass beyond the finish line.

Sprinter-hurdler Jack Greenwood monopolized the I-B (45-49) track races, winning the 100 and 200 on the flat, and the high and intermediate hurdles. His intermediate time of 57.8 was the best of the meet.

Theo Orr of Australia took four gold medals, Richard Stolpe three and Bill Fitzgerald two in the 2-A (50-54) division. Fitzgerald raced 800 meters in 2:01.9.

Sprinter-hurdler Al Guidet 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. Jenson 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 schedules. 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 warmup.



Anne 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. (Roderick 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 Clarence 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 hopelessly boxed in 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!

2. The 100-meter run in class 4 (70 and over). It 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. Speechley of England. The feeling among most of those in the stands was, "I'll be happy if I'm able to walk at age 90, much less run 100 meters."

Unfortunately, the race was held on the far straightaway since meet organizers were running 100-meter heats simultaneously on two portions of the track. The other runners in the heat went unnoticed since all eyes were on MacLean, who beat his rival out of the blocks and held on to win, 22.5-23.3.

3. The race to get pictures of the protesters. 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 \$32,000 to their government.

At the Saturday evening banquet that brought an official end 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 that 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 Goteborg, Sweden, in 1977—on the same track where John Walker set his recent world mile record. The number of competitors liable 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 also while avoiding the growing pains—no pun intended—of its athletic predecessor. ●



The writer, Hal Higdon, won the steeplechase at Toronto with an American masters record of 9:18.6.

Footloose

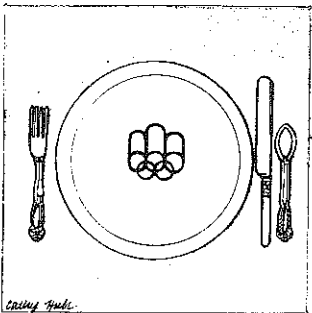
Sports Illustrated
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by J. D. REED

WHEN THE OLYMPIC POOH-BAHS MEET, IF IT'S TUESDAY, IT MUST BE HOLLANDAISE

"What's he saying? I can't hear him. Is he thanking someone?" The elderly woman, one of eight diners at the round table, is sprightly but a bit "deaf." She's dressed from hat to shoes in archery-target gold so dazzlingly bright it's turned the half-filled glasses of white Bordeaux to a cloudy muscatel color. Around us the sounds of digestion are at full volume—interior gurgles, low moans, the creak of belt leather—and rich cigar smoke swirls. It appears to be a normal convention, people staring at plastic name tags while pumping hands, striding down hotel corridors with vinyl briefcases, sales charts and well-mannered hangovers. But this convention is special. The IOC and COJO are meeting with GAIF at a luncheon sponsored by the MCS&R, A-O-K., Mission Control?

You know immediately that you're at the Olympus of executive-level meetings by the sleet-storm of initials. In English, it means that the International Olympic Committee and the Montreal Olympic Organizing Committee are meeting with the General Assembly of International Federations, the organization that represents 26 Olympic sports, at a lunch hosted by the Canadian ministry of sport and recreation. Such earthshaking matters as whether the grass will be ready in the equestrian arena by July when the Montreal Games begin are being agonizingly put off. The president of GAIF is good-humoredly thanking COJO officials for showing them the Olympic sites, even though they could only view the main stadium through five layers of barbed wire. There's a billion dollars on the line and everyone's good-natured about it. The new Mirabel airport opened just the day before and the computerized transit system failed. Everybody got a laugh out of that. A real knee-slapper.



Crissy Fink

All this geniality, against a background of substantial rumors that the Olympic site can't possibly be ready on time, is the result, one is convinced, of the weight of knife and fork. Is it possible to get folks high on food, trick them into O.D.ing on Béarnaise, until they fall from the table laughing all the way to intensive care? The IOC, COJO and the sponsors of luncheons and dinners during the five days of meetings (Oct. 5-9) seem to be trying. And the speeches are an added irritant, doubly so because they're given in English and French. Ha-ha and *hallo!*

But food is uppermost in the minds of these 100-plus amateur sport moguls. Comparisons are endless as the hotel chefs of Montreal turn out tons of roasted meats, rivers of hollandaise and mountains of imitation baked Alaska. "The shirred eggs were better Sunday, don't you think?" "Is this lamb or pork, waiter? I can't tell from the sauce." All week the delegates have staggered from the tables into meetings, eyes glazed with gluttony, to decide about the pitch of the oval track. The Russians eat solidly and long, the English keep finding foreign objects on their plates as they pick carefully through the asparagus. The Arab delegates plunder the dinner with Third World savagery, looking as though they're about to raise the price of oil again.

Here amid the bread crumbs and sauce spills one thought strikes the gluttonous observer. Where are all the athletes? As one sits back after another dinner, given this time by a sneaker mogul, one wonders. The talk has been fatiguing. An international head pooh-bah of Olympic equipment has discoursed at length on the merits and faults of the London Playboy Club. Several women have corrected each other's golf swings, and when one member of the international sporting press leans forward and asks, "What's the difference between a good woman and a good cigar?" the only thing to do is sprit away, knocking over waiters carrying decanters of brandy, and hide.

One longs to plan such a dinner, even have the sneaker king give a boring speech in his tuxedo and brown Gucci loafers, but end it with a twist. A giant Estonian javelin champ, in sweaty field shorts and enraged mood, would lope into the dining room and heave a perfect shot through the roast suckling pig. Have him sit down and arm-wrestle the heads of sporting state in their cream-drenched stupor, have the assembled 35,000 athletes and coaches march past the dessert trays singing and carrying flags. And finally, have the shade of Avery Brundage present the huge dinner check to the IOC with a ghostly "Well done."

But these fantasies are no doubt the result of the rich food. The thing to do is calm down and wonder what's for breakfast. And who'll be paying for it.

END

False Starts—Cont'd from p.1....

in our judgment, is grossly unfair to the lady competitors who are willing to run with the men. It has been our position that the female Masters should be permitted to compete in all Masters meets with the men, provided that they run in a division in which they are competitive. There is no other competition available for the serious, female, Master athlete, and Bob Fine, National AAU Masters T&F Chairman has taken the position that until the AAU Women's Committee provides meaningful competition for these athletes, that the Men's Masters will. As of now there are really only a handful of Women Masters, and to discourage their participation seems

(continued next column)

TRACK & FIELD NEWS

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Masters Scene

by PETER MUNDLE

US CHAMPIONSHIPS

White Plains, N.Y., Aug. 8-10—Records were the order of the day at the AAU Master's Championships as both Americans and foreign visitors tuned up for the World Championships.

Global marks fell to Fritiof Sjostrand (3a 200), Dick Stolpe (2a 400), Merv Jenkinson (3a 1500), Harold Chappon (4a 1500), Dick Lacey (3a 400H), Herb Anderson (4a 1H), Robert McTarnahan (3a steeple), Ian Hume (3a HJ), Bud Deacon (3a PV), Walt Westbrook (4a PV—the world's only over-70 vaulter), Miyata Taraki (3a TJ), Konstanty Maksimczyk (3a DT), John Fraser (3a HT) and in the pentathlon to Phil Conley (1a), Bob Roemer (2a) and Ken Carnine (3b). American bests went to George Sheehan (2b 1500), Jim O'Neil (2a 5000 and 10,000), George Braceland (3a pentathlon) and Herb Anderson (4a pentathlon).

Notable among the foreign winners were Aussie Albie Thomas (1a 1500, 5000) and Swede Stig Pettersson (1a HJ); the latter just missed a 6-9 world best. Both were enthused about Masters competition. "This is more pleasurable than running in the Olympics," said Thomas, former world 2M and 3M recordman. "I'm having more fun competing now than I ever did before." Said Pettersson, two-time Olympic placar, "Masters competition is a good idea for old men. It helps you keep in shape for life."

1A (40-44)

100m(w), Whilden (unat) 10.7, 200, Thomas (NYP) 22.3, 400, Thomas 51.4, 800, Richardson (unat) 1:58.7, 1500, Thomas (Aus) 3:58.2, 2, Higdon (Ind Strid) 4:06.1, St. MacDonald (NZ) 9:29.8, 3, Shettler (WVUS) 9:45.6, 5000, Thomas (Aus) 14:49.2, 2, Higdon 15:13.4, 10,000, Herland (GB) 32:19.0, 2, Noreen (unat) 32:31.8, 5000W, Thorpe (GB) 23:18.2, 2, Reed (NZ) 23:52.8, 4, Irwin (AAVAL) 24:21.0, 110H, Burger (S Afr) 15.2, 2, Jackson (CDM) 15.9, 400H, Shafiq (GB) 59.4, 4, Parish (S Afr) 50.7.

HJ, Pettersson (Swe) 6:6, 2, Langenfield (unat) 6:0, PV, Lunn (S Afr) 11-0, 3, Fitzhugh (USMITT) 10-6, LJ, Jackson 20-6, TJ, Jackson 34-7, SP, McComas (unat) 53-34, DT, McComas 154-8, HT, Payne (GB) 209-0, 2, Black (unat) 165-8, JT, Conley (WVTC) 221-11, Pent, Conley 2626.

1B (45-49)

100m(w), Greenwood (S Afr) 11.4, 200, Greenwood 23.2, 400, Greenwood 52.0, 800, Smith (unat) 2:08.9, 1500, Jarnhøster (Swe) 4:18.2, 2, Rubin (Cap TC) 4:26.9, St. Stock (SPTC) 10:52.0, 5000, Mundie (SMTCC) 15:55.8, 10,000, Sapientza (BAA) 34:09.2, 5000W, Kelly (BHS) 24:10.6, 110H, Greenwood 15.3, 400H, Greenwood 58.7.

HJ, Austin (CDM) 5-8, PV, Donley (unat) 12-0, LJ, Schlegel (CDM) 19-4, TJ, Davison (CDM) 40-3, SP, Hawke (SPTC) 37-7, DT, DuPlessis (S Afr) 137-11, 2, Hawke 123-11, HT, Mullins (AUS) 172-10, 2, Backus (NYAC) 170-9, JT, Wallace (S Afr) 154-7, Pent, Hawke 2279.

1A (50-54)

100m(w), Stolpe (CDM) 11.5, 200, Stolpe 23.9, 400, Stolpe 54.6, 800, Fitzgerald (S Afr) 2:03.8, 1500, Bryant (S Afr) 4:27.9, St. Gaston (Ket Strid) 11:55.0, 5000, Brown (GB) 16:14.0, 2, O'Neill (SFGC) 16:19.6, 10,000, O'Neill 34:46.6, 5000W, Mimm (unat) 26:37.0, 110H, Bartlett (Aus) 17.2, 2, Roemer (S Afr) 18.8, 400H, Ambrose (CDM) 56.2.

HJ, Bartlett 5-4, 2, Simmons (unat) 5-4, PV, Marcom (Phil Mas) 11-0, LJ, Marcom 17-11, TJ, Lukens (S Afr) 34-10, SP, Ker (CDM) 50-10, DT, Ker 149-0, HT, Patterson (unat) 106-5, JT, Pavullins (Aus) 150-0, 3, Ruckert (unat) 137-3, Pent, Roemer 1992.

1B (55-59)

100m(w), Guider (CDM) 12.2, 200, Guider 24.6, 400, Guider 57.4, 800, Stevens (Aus) 2:17.1, 2, Fairbank (USMITT) 2:17.9, 1500, Gilmour (Aus) 4:41.0, 2, Sheehan (Shore AC) 4:45.7, St. Long (BHS) 12:13.0.

Bible of the Sport

Counter-productive. Besides, we like the ladies and enjoy their friendly company and competition. We think the vast majority of male Master athletes agree with this position. We, therefore, urge the Santa Barbara Masters and all other meet directors to encourage female participation in our meets. Until then we will entertain no more gripes from the 70 year olds. . . . We hope by the time you receive this, our December issue, that you will have also received the uniforms ordered months ago. These should have been delivered at White Plains or Toronto, but Champion Products never sent them, and

Cont'd on p.6.....

5000, Gilmour 16:25.8, 2, Olesen (SMTCC) 17:57.0, 10,000, Gilmour 35:06.4, 2, Lafferty (SDTC) 37:36.2, 5000W, Johnson (Shore AC) 27:09.0, 110H, Reiner (SDTC) 20.3, 400H, Guider 58.6.

HJ, Gibst (CDM) 5-4, PV, Vernon (unat) 9-6, LJ, Farrell (CDM) 15-9, TJ, Farrell 35-9, SP, Heard (CDM) 43-8, DT, Aldrich (CDM) 139-7, HT, McDermott (Mad YC) 133-5, JT, Morales (CDM) 144-6, Pent, Morales 1627.

11A (60-64)

100m(w), Sjostrand (BHS) 12.6, 200, Sjostrand 25.9, 400, Sjostrand 59.7, 800, Anders (TCIC) 2:27.2, 1500, Anders 5:04.0, St. McTarnahan (USMITT) 11:56, 5000, Anders 18:44.6, 10,000, Wall (How Str) 40:38, 5000W, Medeiros (unat) 27:11, 110H, Braceland (Phil Mas) 19.3, 400H, Braceland 75.8.

HJ, Hume (Can) 4-10, 2, Neuhof (unat) 4-8, PV, Deacon (Haw Mas) 11-6, LJ, Sattl (NCSTC) 15-8, TJ, Taraki (Japan) 34-4, 2, Damski (S Fern TC) 31-6, SP, Maksimczyk (GB) 39-5, 2, Montgomerie (CDM) 38-2, DT, Maksimczyk 135-6, 2, Schradr (unat) 109-0, HT, Fraser (GB) 143-6, 3, Fowler (unat) 123-2, JT, McMahon (SDTC) 122-9, Pent, Braceland 1441.

11B (65-69)

100m(w), Williams (Aus) 13.0, 2, Carnine (NCSTC) 13.5, 200, Williams 27.9, 2, Carnine 28.3, 400, Kline (Rich TC) 65.1, 800, Kline 2:32.8, 1500, Jenkins (Aus) 5:03.3, 2, Essig (unat) 5:26.3, St. Carmichael (SPTC) 16:27, 5000, Hesketh (Aus) 20:05.4, 2, Essig 20:23.0, 10,000, Hesketh 42:02, 110H, Lacey (NYP) 22.5, 400H, Lacey 82.9.

HJ, Lacey 4-2, PV, Brosz (Can) 8-6, LJ, Caruso (S Afr) 10-6, TJ, Caruso 27-9, SP, Pugilzevich (NCSTC) 28-5, DT, Carnine 105-4, HT, Hubbell (S Afr) 102-7, JT, Dunham (unat) 107-3, 2, Carnine 107-2, Pent, Carnine 1268.

11A (70-74)

100m(w), McFadden (SDTC) 14.4, 200, McFadden 31.0, 400, Chappon (Haw Mas) 69.9, 800, Chappon 2:42.4, 1500, Chappon 5:21.1, 5000, Hode (Canton RR) 25:44, 400H, Anderson (unat) 1:52.3.

HJ, McFadden 9-9, LJ, McFadden 13-3, TJ, McFadden 26-1, SP, Herrmann (CW) 38-4, DT, Herrmann 102-0, HT, Herrmann 97-0, JT, Anderson (unat) 72.9, Pent, Anderson 426.

11B (75 & Over)

100m(w), Okada (Japan) 15.1, 400, Spangler (S Luis DC) 68.7, 800, Spangler 3:27.7, 1500, Spangler 6:33.9, 5000, Spangler 23:30, 10,000, Spangler 54:47.

HJ, Westbrook (unat) 3-6, LJ, Westbrook 11-8, JT, Westbrook 23-34.

AAU Meeting Highlights

White Plains, Aug. 9—Bob Fine and Dave Pain were elected to continue for another term as chairman and secretary-treasurer of the AAU masters committee. Jack Greenwood will be the new vice-chairman.

It was proposed that a separate standing committee for masters athletics replace the present AAU masters sub-committee.

It was agreed that masters athletes should be able to compete in ITA closed events without recrimination.

A club registration policy will be formed by a committee headed by Tom Sturak. It was approved that there will be no national team scoring.

National postal relay championships will be conducted during the year.

Also approved was a motion that no masters athlete can be prevented from competing in a masters meet.

All these matters will be brought up at the AAU National Convention in New Orleans in November. Awarding of national meets will also be done at New Orleans. □

Winners at the First World Meet

Event	Ages 40-44	Ages 45-49	Ages 50-54	Ages 55-59	Ages 60-64	Ages 65-69
100m	Baker (US) 11.1	Greenwood (US) 11.6	Stolpe (US) 11.7	Guidet (US) 12.1	Brange (Swe) 12.9	Caruso (US) 13.6
200m	Garbusch(WG) 22.7	Greenwood (US) 23.8	Stolpe (US) 24.7	Guidet (US) 25.3	Sjostrand(US) 27.2	Carmina (US) 29.6
400m	Garbusch(WG) 50.7	Cheek (US) 52.9	Stolpe (US) 55.1	Guidet (US) 57.4	Sjostrand(US) 60.2	Kline (US) 65.8
800m	Means (US) 2:00.2	Vagsmyr (Nor) 2:02.6	Fitzgerald(US)2:01.9	Stevens (Aus)2:21.3	Isman (Turk)2:23.9	Bright (US)2:27.2
1500m	Thomas(Aus)3:59.5	Hughes(Eng)4:15.3	Fitzgerald(US)4:23.4	Elvland (Swe) 4:48.9	Andberg (US)5:01.3	Bright (US) 4:59.8
3000m	Thomas(Aus) 8:26.8	Hughes (Eng)9:11.8	Orr (Aus) 9:22.0	Gilmour (Aus) 9:28.0	Andberg (US)10:47.0	Jenkinson(Aus)10:52
5000m	Fowler(Eng)14:52.0	Jernhester(Swe)16:25	Orr (Aus)16:41.0	Gilmour(Aus)17:02.0	McMinnis(Eng)18:26.4	Jensen(Swe)19:04.2
10,000m	Fowler (Eng)31:19.6	Franklin(Eng)34:01.6	Orr (Aus)34:09.2	McGrath(Aus)34:05.4	McMinnis(Eng)38:17.0	Jenssen(Swe)39:16.0
110m H	Marlen(Bel) 14.7	Greenwood (US)15.6	Findeli (Fr) 15.9	Gist (US) 18.9	Braceland(US)20.2	Lacey (US) 23.0
400m H	Shafto (Eng)60.0	Greenwood (US)57.8	Sheppard (Aus)65.3	Guidet(US)67.9	Braceland (US) 72.9	Lacey (US) 84.5
Steeple	Higdon (US)9:18.6	Jernhester (Swe)10:28	Orr (Aus)10:36.6	Elvland (Swe)11:43.6	Boal (US)12:33.6	Bright (US)12:24.8
X-country	Fowler(Eng) 32:51	Taylor (Can) 35:49	V. Wartyne (Bel)36:53	Horman(US)39:10	McMinnis(Eng)41:03	Jensen (Swe)47:08
Marathon	Austin(Eng)2:28:23	Walsham(Eng)2:29:53	Carlsson(Swe)2:45:55	McGrath(Aus)2:40:44	Porteous(Scott)2:51:17	Laiho(Fin)3:49:08
5000m	Thorpe(Eng)	Oakley (Can)	Soderlund (Swe)	Gould (Can)25:44.4	Horsley(Aus)26:47.2	Smith(Eng)29:57.0
25km	Thorpe(Eng)2:02:45	Oakley(Can)2:06:26	Soderlund(Swe)2:15:37	Gould(Can)2:19:33	Horsley(Aus)2:29:33	Smith(Eng)2:37:20

Other divisions had partial programs. The winners:

- Ages 70-up--100m, W. McFadden (US) 14.6. 1500m, H. Chapson (US) 5:35.5. 5000m, R. Barlow (Aus) 21:06.4. Cross-country, B. Hir (US) 47:11. Marathon, G. Vang (Nor) 4:02:55. 5000m walk, A. G. Roberts (Eng) 28:09.
- Women 40-49--100m, C. Payne (Eng) 12.3. 400m, C. Mills (NZ) 58.9. 1500m, M. Klopfer (US) 5:05.7. 5000m, D. Stock (US) 19:26.4. Marathon, R. Anderson (US) 3:17.34. 5000m walk, M. Ohlsson (Swe) 30:30.
- Women 50-up--100m, A. McKenzie (SA) 14.9. 400m, A. McKenzie (SA) 63.3. 1500m, A. McKenzie (SA) 5:07.3. 5000m, A. McKenzie (SA) 19:33.4. 5000m walk, B. Tibbling (Swe) 33:01. Marathon, J. Kazdan (Can) 4:48:28.

False Startsfrom p.5.....

now, get this, when we returned to San Diego and complained to Champion, they promptly refilled the order and sent it to White Plains, two months after the meet.

Jim O'Neil, Masters' Chairman Knights of Columbus Indoor Track Meet writes that 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 10-12 entrants would be the maximum. If interested, drop Jim a line 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 bumping battle between aggressive Henry Kuypczyk and Higdon when both were disqualified. 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 uniform order, please drop us a note. Please forgive the delay. . . Jim Terrill of the ITA writes that they are planning a full calendar of Master events at all ITA professional meets. He seeks a Masters coordinator in each city in which they appear. If interested, write to Terrill c/o ITA, 12121 Wilshire Blvd., L.A., Cal. 90025. At ITA 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. Since

(continued next column)

we as Masters don't care whether we have a travel permit or not, Ollan's threat appears rather hollow. We suggest that willing Masters compete in all ITA Meets in order to establish our independence from foolish AAU and IAAF rulings such as this. Besides, the struggling ITA can use all the help it can get. As U.S. "enforcer" of IAAF rules, Ollan is forced into the illogical position of ruling illegal conduct (participation in ITA Meets) which does not violate AAU Masters rules. . . . Special arrangements have been made for the 1/10/76 Mission Bay Marathon. This should be a must event for all Marathoners (1/2 marathon also included). Write Sports Travel, 4869 Santa Monica Avenue, Suite "B", San Diego, California, 92107, for an entry blank Those of you who have graced our La Jolla home as guests have done so for the last time, as we have sold it and purchased a commodious condominium at South Mission Beach, which overlooks Mission Bay, the Channel and Beach. When you next visit San Diego, we trust you can visit us at our new hustings. . . . Please henceforth address all mail to the office at 1951 Cable St., San Diego, Ca., 92107. . . . As you receive this Newsletter, Dave Jackson (CDM) and your editor will be the guests for two weeks of the South Africans, where we will survey the situation for a possible USMTT tour to South Africa in October of 1976. Our S.A. friends have assured us that should we come to their country they will expect a fully integrated USMTT team (which is the only kind we will ever have) and that we can expect Bi-Racial competition in their country. S.A. is anxious to reenter the international sports community, and hopefully, to compete in the Olympics. It is of interest that the Masters program may be the breakthrough for South Africa in this respect. For those of you who may have wondered why we took the position we did in Toronto vis-a-vis the South Africans, it was based solely on our belief that politics have no place in athletics. It was in no way an implied approval or endorsement of South Africa's racial policies.

Continued on p. 8.....

New record set

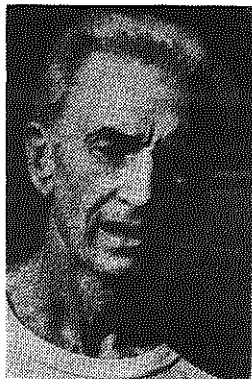
Marathon winner likes the challenge

By DON HUNT
Mail Tribune Sports Writer

An exhausted Ray Menzie leaned up 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.



Clive Davis
Sets world record

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 staring 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 rest 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 15th 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 20-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 nobody in front of him.

"I ran a 9:44.2 two-mile when I was at Mississippi State," he recalls. "That wasn't a bad time 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 15 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 25-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 60-year old Clive Davies, 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 2:53.04 a year ago.

"I'm really surprised I ran that fast," said Davies as he nursed a sore toe after the event. "I wanted to run somewhere around 2:48. This 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 hiking and 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	2:40.39
5.	Stewart Fall	41	2:44.49
6.	Dennis Coveney	42	2:46.07
7.	David Parker	45	2:46.28
8.	Clive Davies	60	2:47.46
9.	Conrad Eroen	46	2:48.43
10.	Lenny Escarda	44	2:49.34
11.	Walt Betachart	48	2:50.35
12.	Dave Soukup	41	2:51.30
13.	James Nickolson	45	2:51.37
14.	Jack Harper	45	2:52.21
15.	Harry Daniell	47	2:53.02
16.	James Oleson	57	2:53.10
17.	James Jacobs	42	2:53.59
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 Stoyles	46	3:10.31
23.	Norman Bright	65	3:10.54
24.	Stan Baldry	51	3:11.53
25.	Paul Reese	58	3:11.56
26.	John Montoya	63	3:12.37
27.	Harrison Smith	48	3:13.26
28.	Bob Bard	46	3:13.37
29.	Joseph Mallon	54	3:15.00
30.	Ruth Anderson	46	3:15.47
31.	Vic Crosetti	50	3:18.51
32.	John Naylor	51	3:20.31
33.	Thomas Fong	47	3:24.04
34.	Leonard Faulkner	41	3:41.36
35.	William Moore	41	3:50.33
36.	Bob Zemsch	46	3:52.31
37.	Walter Johnson	46	3:52.31
38.	Richard Abba	49	3:55.20
39.	Ken Simensen	53	4:09.47
40.	Bob Frerich	41	4:16.19
41.	Jesse Waste	46	4:19.43
42.	Tom Whiting	41	4:30.44

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 Swartsley

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RUNNING ALONE — The path of a marathon runner isn't always an easy one and is often a lonely one. Three entrants in Sunday's National AAU Masters Marathon had Hanley road all to themselves as they ran in the stillness of a foggy morning surrounding countryside.

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 40-year old Mill Valley, Calif. resident recorded his second best time ever in winning the National AAU Masters Marathon here Sunday, outdistancing 41 competitors.

Menzie toyed with Reno's Ross Smith for the first 15 miles of the 26 mile, 385-yard gut test before pulling away over the last 11 miles to cross the finish line in 2:36.40.

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

A pair of Oregonians — Beaverton'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 gruelling 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, excels 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 Porteous' old standard of 2:53.04.

"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 (60-64) were winning their age divisions, Portland's Joe Mallan (50-54), Los Angeles' Jim Oleson (55-59) and Seattle's Norm Bright (65 and over) were victorious in theirs.

Mallon finished in 3:15, Oleson 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 3:15.47.

Mrs. Anderson, one of two women who stepped to the starting line, ended up in 30th 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.

Next column, please

"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 Your 1976 Dues p. 6

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 USMTT 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

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False Starts ... Continued from p.8....

by the USMTT to assist the meet sponsors for entry blank distribution for White Plains and Toronto (an expense to USMTT of approximately \$5000.00) will have been reimbursed. The sole source of income for the USMTT is dues and the small profit realized from uniform sales; accordingly we would appreciate your dues remittance for 1976 as soon as possible. Since we are reluctant to cut anyone off our mailing list for a multitude of reasons, we would appreciate a return of the membership envelope with a note, should you desire to be taken off our membership rolls It is our belief that the function of the USMTT is not only to encourage Masters Athletics, but also to promote championship National and International competition for Master athletes; accordingly it will be our policy to financially support those programs related to our basic purpose Runners World (R.W.) has announced a program--National Running Week (Dec 28--Jan 3rd in the Bay Area)--which we feel has great potential and a worthwhile effort at drawing attention to the sport of running and its benefits. National Running Week will sponsor 7 days of special running events, symposiums, lectures and workshops; all headed by acknowledged experts in their respective fields. For the specific details we refer you to the Nov. and Dec. issues of R.W. We feel a word about R.W. is in order, as its growth these past 10 years parallels the mercurial rise in interest in fitness and running. During this period R.W.'s printing has jumped from 0 to 40,000, (almost double that of Track and Field News, which is more than twice as old as is the upstart R.W.) Publisher Bob Anderson (largely due to the editorial standards established by Editor Joe Henderson) is to be commended for the continued excellence of this magazine, particularly its then intuitive recognition of the significance of the infant Masters Program. So that we are not accused of picking on Track and Field News, we wish to point out its recognition, although somewhat belated, of Masters contribution to athletics by its installation of Pete Mundle's monthly "Masters Scene" column. Recent Articles from both of these excellent magazines are included in this issue with our hearty recommendation that you subscribe to one or both. Phil Partridge sends us voluminous results of his throwing pentathlon, 9/7/75 Randalls Island, New York, with 24 entrants in the Discus, shot, Javelin, Hammer, and Wt. throw (unfortunately he failed to send the weights of implements used, therefore the results are rather meaningless to the uninformed reader. We noted with interest that Bob Bachus (49) did 119', 37', 105', 168', and 57' respectively. Phil (64) himself did not do too badly, outscoring all in his age group doing 100', 26', 115', 77'6", and 25'9". Also of interest to weight enthusiasts and decathletes alike are the results of his Masters Decathlon held 9/20&21/75 in New York where 17 Masters aged 30-64 years competed in the classic 10 event, 2 day grind. Phil notes correctly that the IAAF scoring tables are of little value in a Masters Meet, as many of the contenders failed to score any points in a number of events primarily the P.V. and 1500 m. As the SDTC has learned from its running

(continued next column)

pentathlon, merely adding points for age is not the answer. Perhaps Phil will turn his considerable statistical abilities loose on 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 every competitor, regardless of age or ability in any given event will score at least some points. Remember in the Decathlon one must compete (at least come to scratch and make an effort) in all ten events to officially score any points. This is a good rule as the Decathlon is a true test of the all around athlete. 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 Kilo Discus and 30" Hurdle. Nevertheless, this was a remarkable 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" (S.Put) 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 for 3523 points. Hal Higdon is one person 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. MacDonald of New Zealand, 9:36.0), also as a supporter of Masters athletics, and as a professional writer. Hal 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 Loeb crime. Published by Putman's Sons, we recommend it to our running friends (besides Hal offered us an autographed copy for this plug). Hal is planning an "all discipline" training camp at Valparaiso University next summer, to precede 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 nothing 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 USMTT departure from Toronto and was hospitalized for 2 weeks before she was able to return with Jim to New Zealand. This was an extremely heavy burden for Jim to bear, and undoubtedly it had an adverse affect on his performance in both White Plains and Toronto. On the other hand, knowing the competitor Hal is, I am sure he would have equited 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

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compete . . . Jack Thatcher (59) USMTT 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 47'1".

WOMEN'S NEWS

WOMEN'S WR FOR JACKIE HANSON

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



Photo ©

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 first women's world championship marathon in West Germany in 2:56.

Miki Gorman (40+) 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. Speaking of women runners, 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.

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MEMORIUM--Bill Hargus

10/23/21--9/30/75

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, long 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, and, 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 spectators, when a team of middle aged women took on a quartet of youthful female sprinters from Mickey's Missels: 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 outclassed. 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. We considered Bill Hargus a close friend, and personally have lost much in his passing.

A CRITIQUE BY OTTO ESSIG
(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 lost 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 Draveil, France, near Paris, and also in the 10 km race. A total of 390 runners competed, too many in one race over a relatively short course. I was sure this would not happen again, experience being the best teacher, as the saying goes. I was wrong.

The competing athletes spend considerable time and their own money to go to these races. They want to give their best and do not wish to participate in a cattle stampede. There were many unqualified and very poorly trained runners in the Tokyo race. They kept the ambulances busy which certainly is a poor way of impressing the non-athletes of the benefits of road racing.

In my opinion, there are two ways of handling such an affair. First, a runner must prove that he is capable of achieving a reasonably fast time, thereby eliminating a large number of joggers who have no business to run in a World Championship. This procedure would reduce the number of runners by a good 50%. But even 700 men are just too many to start together. You could subdivide into at least two races, perhaps the 40 group first, this being the largest one, then all the others together in the second race. My other choice is similar. If we feel that for the sake of the sport we wish to let anyone compete, regardless of ability, then we must have 6 or 7 separate races. If this would be too time consuming, a good organizer could begin with the 40-44 group first, 10 minutes later start the 45-49 group and so on. As the starting numbers indicate the age groups, the timing at the finish line should not prove overly difficult.

I have discussed the 10 km only. The 25 km had fewer entries and, because it is a longer race, the difficulties were not quite so pronounced. But, to repeat myself, the start of the race, around the track and through the funnel into a narrow street, was a harrowing experience.

After the two races, I chatted with a group of runners. They too were disappointed about the way the whole affair was handled, regardless of the great speeches at the banquet in the evening. You yourself, Mr. Lambert, competed in the 10 km. You experienced the confusion and I am sure you agree that this matter needs serious consideration.

The organizers meant well, of course, but they were inexperienced and just could not cope with so many people. Before the race we all underwent an excellent and thorough medical examination. Each competitor received a fine and comprehensive program and several thoughtful souvenirs. At the banquet, every runner who completed the race was given a very beautiful medal which was greatly admired and appreciated. 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 will be 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 Essig
President
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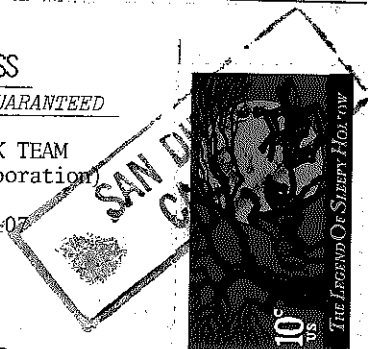
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