U.S. MASTERS INTERNATIONAL TRACK TEAM

Mission Bay Marathon

If you want to run a Marathon
Why not run the Boston
Try the Mission Bay Marathon!

Saturdays, January 10, 1976

For entry blank:

For lowest prices------On:
TRANSPORTATION
SIGHTSEEING
CAR RENTAL

Contact:
SPORTS TRAVEL INTERNATIONAL LTD.
480 St. Mary's Ave., Suite 80
San Diego, CA 92101
(619) 232-9553

Easter in Hawaii

Plans are underway for low cost charter and hotel packages... 6 days, 2 nights--HONOLULU via United Airlines--$275 or $295--

Tuesdays, April 13 thru April 20, 1976

All with packages:
Round trip Los Angeles/Honolulu jet fare, Complimentary in-flight meals, Personal fresh flowers, Let's Go! Let's Go! Round trip airport/transportation, Pre-registration at hotel, NO WAITING, No taxes, No hidden charges, No native entertainment, No nights, air-conditioned accommodations...

After January 1, 1976, SPORTS TRAVEL INTERNATIONAL WILL begin to advertise special Easter to General Public. Only 150 Charter Places are available so send in your $50 deposit NOW! if you wish to be included. See application below.

The Hawaiian Masters are still developing plans for their Easter packages to be held during Easter week. Details will be available soon.

Easter in Hawaii--Reservation Form

Tues., April 13 - 20, 1976

Please accept my $50.00 per person deposit for Easter in Hawaii. In return I desire to make reservations.

Signature:

Name: (Please Print)
Address: (Please Print)
Phone: Area Code, Please.

Easter in Hawaii--Reservation Form

British U.S.M.T.T. Tour: August 1976

Please accept my $50.00 per person deposit for the U.S.M.T.T. British Tour--I desire to make reservations.

Signature:

Name: (Please Print)
Address: (Please Print)
Phone: Area Code, Please.

Reservation Form

World Masters Championships-GEHEN, Summer 1977

Please accept my $50.00 per person deposit for World Masters Championships Tour, Summer 1977.

I desire to make reservations.

Signature:

Name: (Please Print)
Address: (Please Print)
Phone: Area Code, Please.

Easter in Hawaii--Reservation Form

Sports Travel International
4099 Santa Monica Blvd. #3
San Diego, CA 92107

For further information:
(714) 225-9555

Third Class

American Track Association

U.S. Masters Track Team
(A Non-Profit Corporation)
CABLE STREET
SAN DIEGO, CA

U.S. masters international track team

December 1975

Published by:
DAVID H. R. PAUL
751 Cable Street, La Jolla, CA 92037

The equal opportunity policy for all content still holds as we reserve the right to publish letters from Paul Spongel (now) of San Luis Obispo, California and Ellen Rose of Coronas Del Mar. Mr. Paul once again objects to the 70-year-olds being required to compete against younger athletes in their 40's and 50's. 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 this 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 return to. In her letter to the Santa Monica Masters Meet (10/5) she was relating to the Santa Monica Masters Meet and not the Masters Track Meet. She is also telling us that because there was competition for women, this is Stan Harriman's meet, and Stan is the most vociferous advocate of equal treatment for the 70-year-olds, but apparently she never saw anything wrong in discriminating against the ladies. This attitude, as

Cont'd on p.5.
by Hal Hagdon  
Runner's World Magazine

As it turned out, none of the Eastern runners ran under 13 minutes in the 10K, nor did Thomas of Toronto bankrupt looking impressive. The leading man would record a 1:09:59 and three seconds later he was the 1:11:03 runner and next day was probably the bravest of all, running well with scissors of the day, but with a very fast pace and very slow pacing, he is often difficult to train for, and also for some morning races.
Winners at the First World Meet

[Content unavailable]

New record set

Marathon winner likes the challenge

[Content unavailable]

Pose starts... Now.
By DON HUNT

The event was sparked by a store owner. Dave Anderson, a local retail businessman, was watching the National AAU Masters Games and realized the excitement of the games could be shared with others.

The idea was to create an event where masters athletes could compete on a national level without having to travel to a distant location.

Anderson approached former AAU Masters Games director, Jim Holton, with the idea of starting a new event.

"I thought it was a great idea," Holton said. "It would allow masters athletes to compete on a national level without having to travel to a distant location." Anderson was enthusiastic about the prospect of creating a new event that would bring masters athletes together.

The first event was held in 1989 in Flushing, New York. The event featured a variety of track and field events, including sprints, hurdles, and relays.

The success of the first event led to the establishment of the National AAU Masters Games in 1990. The games have since become a staple of the masters athletics community, attracting athletes from all over the United States.

In recent years, the event has expanded to include a variety of events, including road races, triathlons, and even a masters swimming competition.

The event continues to grow in popularity, with thousands of masters athletes from around the world competing each year.

This year's event, held in Flushing, New York, featured over 1,000 participants from 25 states and 5 countries. The event featured a variety of track and field events, including sprints, hurdles, and relays.

The days events ended with the masters 400 meter hurdles race, which was won by Bob Anderson of New York. Anderson, who is a former AAU Masters Games director, set a new masters record in the event.

The National AAU Masters Games continues to be a testament to the dedication and commitment of masters athletes around the world.

The event was a great success, and organizers are already planning for next year's event.

"We're already looking forward to next year," Holton said. "We're doing everything we can to make next year's event even better."
A CRITIQUE BY OTO ESZIG
(addressed to Arthur Lambert of West Germany)

As one of the victims, so to speak, participating in the 8th World Master's Championship Marathon held in 1973, near Tokyo on September 15, 1975, I feel that I have a certain Privilege to make some drastic changes concerning the number of runners in the race. Take for example the 10 km. At this race, 1573 competitors of all age groups started together. From start to finish the runners were tunneled into a very narrow path but not resulting in a jam, causing delay and even injuries. I myself was caught in this number one time when on the narrow street, the pressure was such that I was squeezed away from 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 1/2 km but by then I had lost at least 2 minutes.

In conclusion, it became a matter of survival. We somehow managed to be in the front rows at the end. I judge that during the whole race, the runners were 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 my experience in Japan only to get caught in a deplorable situation. Last year's comparable to the 7th World Championships at Brussels, France, near Paris, and also in the 10 km race. A total of 350 runners ran in Paris only a relatively short course. I am sure this was not bad, but I am sure experience being the best teacher, as the saying goes. I was wrong.

The competing athletes spend considerable time and energy to go to those races. They want to give their best and do not wish to participate in a cattle stampede, which is one of the worst experiences. The very poorly trained runners in the Tokyo race. They kept the ambience busy which certainly is not necessary due to a large number of the benefits of road racing.

I have discussed the 10 km only. The 25 km had fewer runners because it is a longer race, the difficulties were not quite as dramatic. By myself, the start of the race, around the track and through the funnel into a narrow street, was the worst experience.

After the two races, I chatted with a group of old hands. They too were disappointed about the way the whole affair was handled, regardless of the great spirit which was expressed at the banquet in the evening. You yourself, Jack Haran, first 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 overconfident and just not cope with so many people. Before the race we all practiced the signal routine 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 medal which is greatly admired and appreciated. The race course in Tokyo, was perhaps the 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 I will be a most 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 regulations concerning the running of the race must accept and adhere to.

Sincerely,
Otto Eszig
President
Berkshire Industries, Inc.

* 1976 DUES NOW PAYABLE *
* $6.00 PER YEAR *

FAIL TO:
* S.M.T. (A NON-PROFIT CORP.)
* 1951 CABLE STREET
* SAN DIEGO, CA 92107

** FOR ALL YOUR TRAVEL NEEDS **
Sports Travel International Ltd.
Specialty Sports Tours

HELEN L. PAIN, DIRECTOR
4889 SANTA MONICA Ave, 
Beverly Hills, CA 90210
(714) 225-8955
Res: (714) 848-9076
EASTER IN HAWAII!

Plans are underway for Low Cost Charter Flights. I will be flying the next 8 days, 7 nights --- $3900--- via United Airlines or $290-- via.... See Appliance below.

The Hawaiian Masters are still developing plans for their Championships to be held during Easter week. Details will be available soon.

EASTER IN HAWAII - RESERVATION FORM

TUESDAY, APRIL 15 thru April 20, 1976

Please accept my $50.00 per person, deposit for EASTER IN HAWAII TOUR.

I desire to make Reservations:

NAME: ____________________________
ADDRESS: _______________________
PHONE: (________) 225-7915

HAWAII AGENCY AREA CODE, PLEASE.

THIRD CLASS

U.S. MASTER TRACK TEAM

U.S. MASTERS TRACK TEAM (A Non-Profit Corporation)
PO BOX 260
SAN DIEGO, CA 92107

Reservations Form

British U.P. T.T. TOURS - AUGUST, 1976

Please accept my $50.00 per person, deposit for U.S.M.A.T.T., British T.P. Championship & Masters Marathon Tours.

I desire to make Reservations:

NAME: ____________________________
ADDRESS: _______________________
PHONE: (________) 225-9555

HAWAII AGENCY AREA CODE, PLEASE.

U.S. MASTERS INTERNATIONAL TRACK TEAM

December 1975

Published by: DAVID H. R. PAIN
1561 Cable Street
San Diego, CA 92107

PAGE 8

The equal opportunity for all concept still boils as we receive letters from Paul Spangler (N-S) of San Diego, California, and Ellen Rose of Coronado Del Mar. Dr. Paul once again objects to the 70 year-olds being required to compete against those youngsters in their 60's. In the fact that only limited events are offered for the 75+ 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 75's in with the 60's, so long as there are no separate awards.

Ellen Rose's complaint is more difficult to rationalize, in that she attempted to enter the Santa Barbara Masters Meet (11/5) but was rejected because there was no competition for women. This is Stan Hermann's meet, and Stan is the most vociferous advocate of equal treatment for the 70 year olds, but apparently sees nothing wrong in discrimination against the ladies. This attitude....

Cont'd on p.3...