The HAWAIIAN MASTERS invite you to their special meet Friday and Saturday, April 16 and 17, followed by a pancake breakfast and the National KAU MASTERS 15 on ChampionRhos. On the social agenda is a fly-in reception and a night out to the other side of Oahu for a top-quality authentic luau, complete with entertainers under the palm on the beach. Optional sight-seeing including a trek to Hana will be available.

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HAWAIIAN HOLIDAYS INC.
VIA UNITED AIRLINES

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RETURN LOS ANGELES TUESDAY, APR. 20, 1976

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   $273
   For person, inc. tax, extra supplement $70

2. Imperial
   $293
   For person, inc. tax, extra supplement $80

3. Ilikai
   $333
   For person, inc. tax, extra supplement $80

Reservations are not guaranteed to be available after Feb.
uary 28. Only some situations may be made after that date.

Book Now!

Return address:
U.S. Masters International Track Team
A Non-Profit Corp.
1951 Cable St.
San Diego, Calif. 92107

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U.S. MASTERS INTERNATIONAL TRACK TEAM
February, 1976

SOUTH AFRICA

SOUTH AFRICA AND THE U.S.M.

First Impressions - After nearly twenty-five hours and some 12,000 miles of travel and terminals at New Orleans, JAX, Cape Verde Islands, we arrived at Johannesburg, South Africa. At 20,000 feet the only impression one gets through the aircraft windows is that Southwest Africa is both vast, diverse and oddly empty. Minutes before landing, however, this impression was modified by a view of green farmland, woods, and a mountain range of the city with two tall TV communication towers looming above it. A flurry of activity was going on below, and boys by the glowing getting sun.

We were quickly ushered through customs as our hosts had paved the way in advance and as we emerged, we were warmly greeted by our South Afri-
an Friends, John, Fanny, Ken and Mijo. Helen was presented with a beautiful bouquet of pre-
teen flowers: an exotic flower some-
what akin to a colorful thistle or aristocratic blossom, but in multiple shades of pink and sal-

Continued on page 11
With the AAU Westminster continuation.

**USA South Africa & Updated Continued from p. 1**

South Africa is quite ready to discuss its race situation and how they are handling it. They have participated in just about every major divisive issue. Their problems have arisen in dealing with the established established authorities. Unfortunately, there are no direct communications between all parties. I look forward to 1976, contrary to my nature, with optimism.

**Other Business Conducted at the Convention**

The Long Distance Running Committee selected the Long Distance alternate. Masters 10,000 meter cross country: Bob Tallarico, 11-13-76

Masters 15, Kilo, Hawaii 4-18-76 (in conjunction with the Hawaiian Masters T & F Meet)

Masters 20 Kilo, 5-22-76 Washington, D.C., Hart Associates

Masters 35 Kilo, EWA, New York

Masters 30 Kilo, 6-6-76, Albany, New York

Masters Marathon, 12-12-76, Hawaii, 14:58 (in conjunction with the Hawaiian 10K Marathon)

Masters one hour run Southern Pacific

Masters 50 mile, 11-6-76, New York

The Track and Field Committee awarded the Masters T & F Championships to Gresham, Oregon, 7/2-7/4-76. No strong bid was received from the mid-west or the south. According to local enthusiasts, the "Ashton" by Jim Puckett largely by default!

It should be noted that the women masters in track and field are now part of our committee. A meeting was held on the Executive Board of all of the Regional Councils. Women's events can now be mentioned as National and Regional Championship events. There will be women's events in all championship meets. Details will depend on the number of competitors.

Relative to Long Distance there is a question as to whether the Long Distance Masters (LDM) choose to operate under a separate governing body rather than the Long Distance Running Committee (LDR) or under the Masters Committee. I believe the athletes desire should be granted. I don't believe anyone at this time really knows what the LDM will mean. My belief is that all Masters clubs and race sponsors solicit the opinion of the LDM to whom all threats, suggestions, and other contacts should be made.

In discussions with the Minister of Sport, Mr. P. Koonhoff, we are satisfied that if change in their cultural patterns is to come to pass through the sport, which presents the unique opportunity of bringing large groups of people together where interests and attention is focused. In doing so we demonstrate that mixing of peoples can occur without conflict.

The Toronto incident is one of several where South Africans can see a change in the attitude toward their country. The publication of Olympic Spirit, a novel written by the backing of Gary Payton, the recent tour in South Africa of the Australian cricket team, and so on, are examples of a softening of world opinion and changing attitudes toward this country.

South Africans can see a possible breakthrough through sport by inviting a multi-racial U.S. Masters team to their country. This is a small step, but it does need to be begun.

Based on our experience, we are satisfied that every number of the team will be graciously welcomed and well received throughout our visit. That we can expect multi-racial competition on the track, we have every reason.

Dr. Koonhoff, Minister of Sports, has given us this assurance. (See his letter reprinted in Part 1)

As a further inducement to our coming, they will cover most of the cost of internal transport and housing for the competitors. The amount of this sponsorship has not yet been determined, but it is intended to sound out government, industrial and private sources of support. The ultimate objective, however, is to cover each competitor's tour costs and housing while in South Africa. This will help to offset the cost of the tour to individual competitors. In addition South Africa hospitalization and medical facilities are available to enablers to extend that hospitality to us.

Many people and governments, for that matter, can support the SUGS. If they can only change its apartheid policies as a result of external pressure, boycott, and disenfranchisement from international institutions, this may not have merited the past. We feel that the situation of SUGS as a multiracial and a policy of open exchange of ideas and social issues could be a potentially rewarding result.

SUGS was created to further athletic fitness through intergroup athletic competition. It has found itself in a position of demonstrating that positive solutions to the problem can work and play together without friction and disharmony.

Since this invitation was unsolicited, we must assume that the South Africans themselves wish to display their freedom and their own countrymen in an effort to break down barriers that have taken 300 years to erect.

We feel that more can be accomplished in this country for our countrymen in South Africa than by our staying home. Accordingly, the SUGS will competes on a multi-racial basis in South Africa from 27 July to 17 July, 1976 for three weeks and returning January 27, 1977. The various groups that compete, will be invited to participate in what may be the most historic episode in modern South African Sport.
The Old Man and the Bay

The story is about San Francisco Giants' pitcher, Walter Bickel, who died at the age of 83.

In 1983, Bickel was a pitcher for the Giants. He was known as the "Old Man of the Bay" because of his age and experience. He had been playing baseball for over 60 years, and was still pitching at an age when most players had retired.

In 1987, Bickel was inducted into the National Baseball Hall of Fame. He had a long and successful career, and was known for his control and ability to throw strikes. He was a fan favorite, and his presence on the field was always a highlight of the game.

Bickel was not only a talented pitcher, but also a great leader and mentor to younger players. He was known for his patience and his willingness to help others.

Bickel's legacy lives on through his contributions to the game of baseball. He will be remembered as one of the greatest pitchers in history, and his impact on the sport will be felt for generations to come.

This is the end of the story.

---

**The Supporter of Sufficient**

Pete Huddle has sent us a list of proposed Master World and U.S. Certainty orders. As customary, he has also included a "Can you Name Any Age Group Records" order and his opinions are certainly well-informed. However, you may share a difference if "you do. Please feel free to write to Pete at 1001 Via Marina, Venice, CA 90291," or even give your choice of reasons why. The final selection will appear in the 1976 Yearbook of Age Group Records. Here are Pete's listings:

**World Best**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>500 free</td>
<td>1:12.00</td>
<td>U.S. Best</td>
</tr>
<tr>
<td>1000 free</td>
<td>2:15.80</td>
<td>U.S. Best</td>
</tr>
<tr>
<td>200 free</td>
<td>2:35.00</td>
<td>U.S. Best</td>
</tr>
</tbody>
</table>

Unfortunately, Orl took on Fitzgerald for the third time in the 1500m, (the one in which they happened head to head) less than an hour after he had run the 5k, and accordingly should have been able to improve on his 4:28.6. Unfortunately, his fortunes were not high. He hoped for high performance in multiple events (except the 1500), so that the Olive Branch Award would have to go to Fitzgerald, not only for the quality of his 1500 and 1500, but because it is the opinion of the Hill 5100 group who had head to head against him in the 1000m, that he would have defeated him. It is at this point. 3000m level where their curves of performance are most likely to cross.

Fitzgerald would be the one with a chance, but he would be surrounded by a tactical race with both athletes doing their best to get away from the others and steal the race by going out fast but Fitzgerald won't let this happen. As a result, they can't be dead-ended to the last 200m. At this point Fitzgerald would put on a burst of speed and Orl just could not hold on. This will find out just which one is the better.

---

**The Supporter of Sufficient**

This is what we did in Toronto:

PITTSBURGH VS. URB

<table>
<thead>
<tr>
<th>Distance</th>
<th>Place</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>400 free</td>
<td>1st</td>
<td>2:01.9</td>
</tr>
<tr>
<td>1500 free</td>
<td>1st</td>
<td>4:25.3</td>
</tr>
<tr>
<td>200 free</td>
<td>1st</td>
<td>2:12.6</td>
</tr>
<tr>
<td>500 free</td>
<td>1st</td>
<td>1:09.2</td>
</tr>
<tr>
<td>1000 free</td>
<td>1st</td>
<td>2:14.0</td>
</tr>
</tbody>
</table>

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**The Supporter of Sufficient**

There is no additional information provided in the document for this section.
events can be used to spur the movement and that the LBO Committee has not spread them around enough to aid the movement. Most of the races are divided between the BLM and the AUU (New York City) and the Pacific Coast Associations. For example, the University of Oregon has never been held East of the Rockies. In addition, with the LBM under the BLM, it is their intention that we will have more direct involvement in our overall program and more strength with greater numbers. Furthermore, many of our clubs could run various National and Masters Long Distance Championships. This could increase the number of Mastersons who have been treated fairly in Long Distance Running, as easily as they have been treated in road running and could better utilize their abilities to develop the LBM properly. Opinions on this question would be appreciated.

The weights used by Div. III have been reduced to the 1 lb. shot, 1 lb. discus, 600 gram javelin and 12 lb. hammer. This is in keeping with the overwhelming opinion expressed by Div. III athletes at Wally Lipton clinics favoring a natural weight selection with conversion tables.

The following American 40+ records were approved:


10000 meter: 35:39.0, Ray Natton: 5:31.96 6:00.80

steepchase: 9:18.9, Mal Bigdon: 20:78.40


Ken Weldamp, 14320 SW Derby St., Beaverorton, Ore. 97005 has been appointed as the Northwesi Regional Chairman and Jim Popper P. O. Box 12436, Atlanta, Ga., 30335 has been appointed as the Southeastern Regional Chairman to accept the resignation of Ed Phillips, Western Region, and he is still with us.

A National meeting of athletics will be scheduled at Greeley, Colorado. Further discussion of our program and as many of you as possible are invited to attend the ABW Convention next winter in Phoenix. Bob Pick

AU MASTERS RUPERT Contd.

Sponsored by the Orange County Podiatry Association, and led by Larry Carter, CSSL Club, 38th Street and May, SC, 224, is in the process of organizing a marathon, triathlon, half-marathon, 5k, 10k, and 20k races. For more information contact: Joe Burgess, 7271 L. St. BB, Ferrara, CA. 90004.

7

RUBBERS WORLD CELEBRATES WITH CELEBRITIES

At a convocation of many of the world’s greatest track figures, held in Palo Alto, California, the University of Oregon’s Olympic athlete David H. P. Hall was honored by Runners United-National Running Walk. He was the recipient of the magazine’s 9th Annual National Running Walk Award. The presentation was made by the publisher, Robert Anderson of the World Publications. The ceremony was held in the presence of many notable personalities. The event was covered by television and newspapers.

Publisher Robert Anderson of World Publications presented the award to Hall, and praised him for his dedication to the sport of running. He said, "David has been a leader in the running community for many years. His dedication and hard work have inspired many people all over the world."

The ceremony took place in the midst of the annual Oregon Track Club track meet, which was held in conjunction with the Oregon Track Club’s 30th anniversary celebration. The meet featured many of the world’s top runners, including world record holders and Olympic medalists.

Publisher Anderson praised Hall’s dedication to the sport of running and his efforts to promote it. "David has been a tremendous asset to our sport," he said. "He has been a leader in organizing events, and has worked tirelessly to bring the sport to the masses."

Hall received the award and thanked the organizers for their support. "I am deeply honored to receive this award," he said. "It is a testament to the hard work and dedication of everyone involved in the world of running."

The ceremony was attended by many notable figures, including Olympic gold medalist Steve Prefontaine and former Olympian Joan Benoit Samuelson.

After the ceremony, Hall spoke to the crowd about his experiences as an athlete and his dedication to the sport of running. "I have always loved running," he said. "It has been a part of my life for as long as I can remember."

Hall spoke about his years of training and his dedication to the sport. "I have always been passionate about running," he said. "I have always been driven to be the best I can be."
NOTE OF INTEREST FROM OTTO LEISE
CHANGE IN THE BERKSHIRE RACES

TO MY RUNNING FRIENDS:

When we first sponsored a race in the fall of 1970, we drew a field of 56 runners. Our latest race in the fall of 1975 attracted 225 runners.

It is heartening to realize that Masters competition has grown, however, in such proportion that we are no longer, as we were at Berkeley, very poorly entered. We wanted to hold a race of our own as we are interested in promoting two races per year has become too much for us to handle.

Affairs such as these races are costly. We do wish to maintain a high standard and, for this reason, we decided to have just one race yearly, a 10,000 meter race, on the second Sunday in September. No fee will be charged for the race and this will be the accepted international standard.

We hope that you are not too disappointed by this change - please understand our position.

Keep running.

Very best regards to you.

Sincerely,

[Postal address]

P.S. You will receive entry blanks in July 1976.

JAN CURTIS/BROOKLYN HOBSON/ELSIE BACH/DOLORES STOCK
CALIFORNIA STATE WOMEN'S CROSS-COUNTRY CHAMPIONSHIPS, FOURTEEN VALLEY, 11/6/75

The Masters Division Race at this meet was for women 30 and over. The course was essentially flat with a wide water-crossing that was possible to jump with TAAF rules but not with a low, wooden fence. It was a fun-lap race with a total of 5k in all and all runners excepting a couple of sidewalk crossers were off.

These runners scored for the team championships, so SCCC's 1-2-3 finish scored 9 perfect 12 points each. The Blue Angels brought one a distant second. There were also the usuals.

1-Dorothea Stock, 43, SOTC/USMT 1st 1:21:54
2-Colleen Bach, 33, SOTC 1st 1:21:56
3-Mary Nabney, 54, SOTC 1st 1:22:59
4-Carol Haywood RRR unk.
5-Carolyn Rabin unk.
6-Jan (Cerven) Cour, 33, SOTC/USMT 21:112

T'WAS THE NIGHT BEFORE BOSTON

By John Lisscott

T'was the night before Boston, and all through the Pru,

Lincoln Road was thick in the land of beet stew.

At noon on the narrow one would break the hex,

A runner would run—of the opposite sex.

A girl in the race? the thought troubled Jock's soul.

To add insult to injury—she would wear a number.

But Jock made his way just as firm as a rock.

"Nobody runs—less they're wearing a sock.

Jock scanned all the entries, and medical checks that were attached, not as to who, but as to what.

"Now what's in a name? I'll find one that fits me.

He checked every name, but he missed one—X. Swiss.

A "K" could be Karl or Kurt, or a Kim. This one was to the point. He was wearing a gold international medal.

But the plot has been hatched, now 'till noon we must wait.

For the big confrontation—our sports Matargeseta.

On the 19th of April at Hopkinson High

The runners would be there, and dressed with careful eye,

They'd heard 'bout the girl, and read all the reports.

One had to be careful when changing his shorts.

But as the time passed, and the noon hour drew near,

No runner appeared with a mascot'd eye,

But with legs that weren't hairy, were slender, not bowed.

Yes, a female was rumored—but nobody showed.

Well, the gun was fired, and after all of the runs

Jock sighed with relief and mounted the bus.

"Surely this is the girl, but this is not the way up.

"Imagine a runner in shorts and high lace.

But there in the park with a shape and a curl,

Jock spied Miss X. Switzer and be cried, "it's a girl!"“They're all right to dance the Charleston or run.

But girls can't run Boston while wearing a running sar.

So he sprang from the bus to collar the phoneer,

As he leaped to the pavement from the grasp of the traffic cop.

He weaved through the pack like a bound on the horses.

Now he grabs for her number, 'no, Jock—not from the front!'

Now advancing toward Jock and before he could fall back,

Came a friend of fair Kathy, who was built like a bell.

They met there at noon on the Marathon course.

The grizzled old (since once in a while) horseman

The stall was saved, and she sped on her way

The story's been told and retold, and I heard Jock exclaim as she ran out of sight

"Why think I hit-by a woman's right.

WOMAN BREAKS A RACE BARRIER

By Michael Duncan

On the morning of April 19, 1967, 600 runners lined up at the starting line of the Boston Marathon, to run the famed Boston Marathon.

Among them stood one woman, Kathy Switzer.

In 1967 it was thought that women could not handle the strain of running more than a mile and a half. Thus, when the race started, women were barred from running in races with men. Kathy entered the race, despite the rule, and ran for about 385 yards before being caught by race officials.

Officials spotted her in the flotilla of men and one of them — Jack Sample, race director — tried to remove her bodily from the race. Kathy's boyfriend showed the official out of the way, and she went on to finish.

Sample was later quoted as saying, "I'm terribly disappointed that American girl forces herself into contests before she's neither eligible nor wanted. All rules throughout the world bar girls from running more than a mile and a half."

The publicity helped women runners gain full acceptance. Six years later women were officially allowed to enter the Boston Marathon, and on February 10, 1974, the first National Women's Marathon Championship was held in San Diego.

It's a common sight these days to spot a woman grinding along around their favorite park in fancy printed T-shirts and brightly striped running shoes. They are members of a running movement that has captured the mind of a healthy consciousness, competitive spirit.

Continued on page 8

The case in the U.S. Lastly, I am convinced that the threat of disbarment is just that - a threat. When taking to task on a true matter of principle AIA officials always back down. I believe they will not uphold their legal, moral, or public opinion will not enforce or support such nonsense.

Lastly, upon reaching 49 a Master athlete should be allowed to compete solely as a Master according to the rules in Master events. He should not expect to keep his membership both cope and expect to impose rules on the Masters merely because he is reluctant to sever old club ties.

If we believe in the principle that Master, Veteran Athletics should be open to all, then let's make our events open and abandon the hypocrisy associated with AIA and IAAF rules as now constituted.

Best personal regards for 1976 to you and all our friends in Australia.
Greenwood’s Age Is No Obstacle

By Betty Papass

Master of the hounds, Jack Greenwood (Jack Bakerhead)

Continued from page 1

It was obvious from the outset that this country could enjoy a great deal of alcoholic content than by few if any other nations today. As we drove through the streets of the modern city of Greenwood, you could see the evidence of the past twenty years. Buildings and manufacturing plants appeared to have almost doubled in size and dimensions. Greenwood had been constructed in the past ten years. As a matter of fact the very beginnings in the 1870’s when the first gold was discovered made up only one of the world’s most modern metropolises.

It was a true model of the city, and the older and the better the store we passed. We were in the city for a few hours, and we were captivated by the rich history and culture of Greenwood.

Greenwood has long been known for its fine wines and spirits, and for its beautiful parks and lakes. It has always been a city of grace and beauty, and we were delighted to see that it was still true today.

The city is quite large, with a population of around 100,000. However, there is a strong sense of community and pride among the residents.

In conclusion, Greenwood is a city that offers something for everyone. Whether you are interested in history, culture, or simply want to enjoy a beautiful city, Greenwood is the place to be. It is definitely a place that we would recommend visiting again in the future.
Tuesday 12/17/75

Johannesburg

Danny and Nancy picked us up and we drove to Pretoria for a last look north of Johannesburg. As summer is the wet season, the grasslands were green and the streams were holding water. We saw a large granite rock outcrop with two faces. Pretoria is a large stone monument, 150' high zoomed down a mountain that once fell into the Krugersdorp. The water from the Krugersdorp fell into the Krugersdorp and then into the Blyde River in a battle with the Blyde River in a battle with the Blyde River. The battle at the Blyde River was December 16th the date of the event as a day of several battles. Pretoria is the capital of South Africa today with its concepts of separation. We then toured the Pretoria Museum of Antiquities and the Museum House and had lunch at a pleasant downtown hotel. Although the University is there and the national government headquarters, Pretoria still has the air of a small town.

For the first time we realized that white and black schools are separate. The black schools are similar to what we have seen in the United States. The students go to separate schools and have separate lunchrooms. We even saw separate bus stops. It is interesting to see the different cultures and the way they live.

We left Pretoria and drove back to Johannesburg. At the airport we met Isaac Mii, a black man who was the manager of the restaurant in our hotel. He drove us around and showed us the city. We then left for a fish dinner at a restaurant called "The Fish Inn." We had a wonderful evening and the food was excellent. After dinner we went to a jazz club and enjoyed some great music.

We then had a flight back to Johannesburg. The flight was smooth and we arrived back at the airport. We said our goodbyes and made plans for the next day. We are looking forward to our last few days in South Africa and are excited to see what the rest of the trip has in store for us.
Harry's visit to the Aerobic Center in Dallas was covered in a Dallas newspaper. The headline pro-
claimed "Marathon Runner enjoys Full Life". The complete article read:

"Marathon runner Harry Cordellis figures he has two handicaps that will stop him from ever achieving
his goal of becoming a States Olympic
team. At age 37, he is too old. At 160 pounds, he is too big. He trains for the long, slow, slow
Marathon. He does his blindness," says Dr. Kenneth Cooper of the Aerobic Center after running two miles with Cordellis Tuesday morning.

"If he has the same ambition as me, I expect he'll do it. It's the only way he can tell his story."

Cordellis, a lifetime resident of the States, is known as the first blind man to run for a school on the Aerobic
Center, was born with glaucoma, underwent eight eye operations before he was a year old and went totally blind at age 15. Regardless, he
recently became the first blind man in the United States to complete the 26-mile Boston Marathon with a time of 2:37:12 at the Boston Marathon.

Although he never ran a marathon before 1978, he has run all but one in the last five years. He received the Steve Prefontaine Memorial Award for Courage last weekend after completing the Chicago, Ill. marathon race. "That was great," he said of Prefontaine. "But that's not my story," he said. "That's not my story," he said. "That's my story!"

Cordellis, who has run marathons in New York and Los Angeles, said his next goal is to run the Boston Marathon next April. He plans to run in Dallas in January with an 84.5-mile per hour average. "When Cordellis has a race he will run a five-minute mile."

But Cordellis said, "Harry's more of a motivator for me than I am for him. If I were to pass him on the track, I'd probably have to find something else to focus on."

Dr. Cooper said, "Aerobic's been just having a Marathoner on our board for four years.

Cordellis hosted a "Learn to Speak Hawaiian" event. Here are some tips for starting:

1. Learn common Hawaiian phrases.
2. Use simple gestures to express yourself.
3. Practice speaking in Hawaiian.
4. Attend Hawaiian music and dance performances.
5. Take Hawaiian language classes.

Learn to speak Hawaiian: Tips on getting started.

Now try these:

- Aloha
- Mahalo
- Kula
- Ohana
- Pono

Use these words in your daily conversations to enhance your Hawaiian culture experience.

Let's practice:

- How are you? (Kumela?)
- Good morning (Hei, Hihi)
- Thank you (Mahalo)

Hawaiian phrases you should know:

- Aloha - Hello
- Mahalo - Thank you
- Kula - You're welcome
- Ohana - Family
- Pono - Integrity

Simple gestures to express yourself:

- Nana - Peace
- Lele - Love
- Haole - White

Practice speaking in Hawaiian:

- Repeat Hawaiian phrases in daily conversations.
- Join a Hawaiian language conversation group.

Attend Hawaiian music and dance performances:

- Attend Hawaiian luaus and cultural festivals.
- Watch Hawaiian dance performances online.

Take Hawaiian language classes:

- Enroll in a local Hawaiian language class.
- Use online Hawaiian language courses.

Enhance your Hawaiian culture experience:

- Listen to Hawaiian music on Spotify or Apple Music.
- Watch Hawaiian films and documentaries.

Practice Hawaiian phrases:

- Repeat Hawaiian phrases in daily conversations.
- Join a Hawaiian language conversation group.

Follow these tips to improve your Hawaiian language skills and enhance your cultural experience.

In conclusion, learning Hawaiian can be challenging, but with dedication and practice, you can master the language and deepen your understanding of Hawaiian culture. Try incorporating Hawaiian phrases into your daily conversations and attend Hawaiian music and dance performances to enhance your cultural experience.
Sports Travel International Ltd. presents

A WONDERFUL WEEK IN

HAWAII

AT UNPRECEDENTED LOW COST

The HAWAIIAN MASTERS invite you to their special event Friday and Saturday, April 15 and 17, followed by a Benihana and the National AAI Masters 15 km Championship. On the social agenda is a fine reception and a flight over to the other side of Oahu for a top-quality authentic luau, complete with entertainment under the palms on the beach. Optional sightseeing including a trek to Hualii will be available.

HAWAIIAN HOLIDAYS INC.

VIA UNITED AIRLINES

DEPART TUESDAY, APR. 13, 1976 FROM LOS ANGELES
RETURN LOS ANGELES TUESDAY, APR. 20, 1976

CHOICE OF 3 HOTEL CATEGORIES

1. Kaanapali Inn
   $273
   For person, basis: 
   From Supplement $75

2. Imperial
   $293
   For person, basis: 
   From Supplement $203

3. Hikai
   $333
   For person, basis: 
   From Supplement $333

Reservations are not guaranteed to be available after Feb.

The only impression one gets through the aircraft window is that South Africa is both vast, vast, and properly populated. Minutes before landing, however, the impression was modified by a view of green fields, roads, and a modern metropolis springing from the veldt. As we approached the airfield, the skyscrapers of the city were silhouetted against the evening sky.

SOUTH AFRICA

SOUTH AFRICA AND THE UMHIT

Following our support of the South African athletes at Toronto, an invitation to the UMTT to visit their country was extended. Since a short visit to South Africa involved other considerations, including the question of how a multi-racial team would be received, we consulted with Dave Jackson COH and a black and white representative that he and Cynthia, his wife, join us on a survey tour. We had been given all assurances that a mixed team would be welcomed with enthusiasm and that no embarrassments would occur. Nevertheless, we felt it advisable to see for ourselves. Accordingly, we guests of our sponsors, the Fans and Jacksons spent two weeks touring South Africa visiting its major population centers as well as the Kruger National Park. And, most important, talking to its people.

Although one can barely scratch the surface of a country such as this in a short four-week period and certainly not understand fully all its problems, nevertheless such a brief visit can be very revealing and informative.

Continued on page 3