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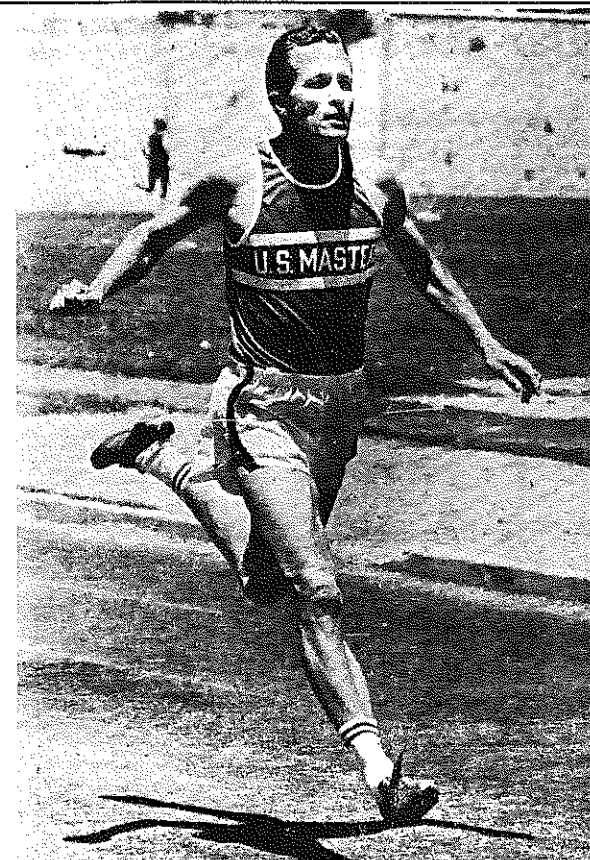
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U.S.M.I.T.T.



u.s. masters international track team

april 1976



Dick Stolpe, Capt. USN Ret. (51) of Los Alamos, New Mexico. Acclaimed New Mexico August 1975 Athlete of the Month for White Plains and Toronto age group sprint accomplishments.

Dick Stolpe as a Div I-B Master made his mark by setting a U.S. Masters 400m record at 51.7 and did equally well in the sprints and relays.

Like Bill Fitzgerald, he stepped graciously up to Div II-A in '75 (born March 3, 1925) and continued with his old tricks, showing his heels to all competitors in the 50-plus age group, with a 54.9 400m and at White Plains he won the 400, 200, and 100m events in his division. At Toronto he did equally well making the same three event sweep while overcoming severe leg problems.

The retired Navy Captain has Masters bests of 10.6 100m (ages 45 and 46) 22.9 200m (age 45), and 51.7 400m (age 47).

Perhaps the fact that Dick lives and works at 6000 feet has something to do with his continued success. Although a sprinter, he accompanied his 19 year-old daughter Margorie on a 20 mile run recently - at altitudes ranging from a "low" of 6300 to a high of 7300 feet. In finishing the distance, Margorie raised \$625 for the fight against multiple sclerosis.

Dick doesn't plan to come down from the mountains until '77 when he will once again descend on Div II-A like a plague at Göteborg, Sweden for the Second World Masters.

(SOUTH AFRICAN DIARY - continued)

In Cape Town we established contact with Leo Benning and Roger Smartt, both excellent Master long distance runners, who took us on a fine one hour run in the Arboratum and Forest Reserve on the slopes of Table Mountain. It will be this group, the RRC, which will put on a cross country road race for us when we return to Cape Town.

Saturday 12/13/75

Up early and picked up by Leo Benning at 6:15 a.m. for a road race known as the "Torture Trail" on the eastern slopes of Table Mountain. About forty starters showed up for the informal event of 14.2 km. and an altitude rise of approximately 300 m. (1000 ft.). The one run was through beautiful stands of pines, eucalyptus and other species of trees on a broad dirt service road ending at a notch in the mountain with an overview of the Atlantic. We managed to negotiate the course in 76 minutes, including a bad tumble on the trail and a good sprint into the finish with a young 12 year old. Dave Jackson - sprinter that he is - and our host from the Committee for Fairness in Sport, Leslie Sehume, were waiting at the finish line with cameras ready. Dave was asked to present the modest awards (something we learned would have been impossible just a few years ago) and running vests were exchanged. We received a new RRC T-shirt in exchange for our soaking wet and muddy USMITT vest. In the course of our discussions, we learned the club had sponsored for several months a multi-racial Wednesday evening 8 km. time trial, which was being well attended by non-whites and was gaining in popularity. Since all athletic teams were formed along ethnic lines, few, if any, have multi-racial membership. However, Leo told us that recently two local cricket clubs had accepted colored members and that his club expected colored applicants in the near future. These applications would be favorably considered but would have to be referred to the controlling body for approval, noting that a similar application of a white athlete would not require an O.K. from above. No blacks or coloreds competed in either of the runs we engaged in while in Cape Town.

After the race, we repaired to the hotel for a fine breakfast - full selection and all you could eat for 1.50 Rand (approximately \$1.75) and then Leo took us to the Aerial Tram which would take us 3,000 feet above Cape Town. On our way, we stopped at a hospital where the club's oldest runner, age 73, was recuperating with his foot elevated reading a back issue of RW. When introduced, he nearly flipped as he was just then reading Hal Higdon's article "Godfather of Aging Jocks." Following this brief visit we then proceeded to the tram and soon were atop Table Mountain on a windless day with 100 mile visibility. As Cape Town is built around three sides of the Mountain, we had a superb overview of the city, harbor, beaches and distant mountains.

We then departed to the tea room on the top for a cold drink to be by a "whites only" sign. As Leslie was with us, this presented a problem. However, we decided to go in anyway and were graciously served without incident.

Sunday 12/14/75

Up early for a short one hour flight to Port Elizabeth, some 600 miles northeast of Cape Town on the Indian Ocean coast. Due to infertile and sandy soil, very little grows in this port of entry. Accordingly, our first impression was negative as the vegetation was sparse with few trees and scraggly grass. We were greeted by Erich Pienaar, Director of Sport and Recreation on the Eastern Cape, a delightful 43 year old bachelor, and Chris Hattin, 73, who has been associated with athletics and rugby for over thirty years in the area. He and Erich escorted us to a colored area and showed us a 350,000 Rand Olympic-sized, eleven lane 50 m. pool, plus diving pool together with a 400m. running track and 500 m. Veldrome encircling the running track (combined athletics and cycling

Continued on page 4

Masters Scene

by PETER MUNDLE

Making Headlines

DUTCH WARMERDAM, one of the greatest names in track history and holder of the world pole vault record at 15-7½ for 15 years, returned to action with gusto at age 60. His 4328 decathlon total bested the old 60-64 division best by 190 points and included a 10-6 vault and a 5-0 high jump (which topped the 4-10¼ record of Canada's Ian Hume and the 4-9¼ US mark of Virgil McIntyre). Dutch also got an age-60 discus mark of 142-2.

It was Warmerdam's first competition since retiring in 1942. "It feels good to be a record holder again," said the personable Fresno State coach. "It gives a great deal of personal satisfaction." Due to his busy coaching and meet directing duties, he doubts he will be able to do it again.

The same 1975 season-ending meet (Glendale, Dec. 6-7) produced other records. Russ Hargreaves (66) upped his own 65-69 decathlon mark to 2265. Stan Herrmann (71) at 1244 and Jim Vernon (58) 10-event record fell to Iceland's Valbjorn Thoriaksson (41), whose 6402 added nearly 300 points to the old 6110 record of New Zealand's Roy Williams.

AGILE 70-YEAR-OLDS picked up 20 of 29 world and US records set in a Santa Barbara meet, Oct. 4. The usually-busy Paul Spangler (76) found time to garner world age bests at 100 yards (22.5), 880 (3:26.4), mile (7:17.2) and two miles (15:19.8). Stan Herrmann upped his own over-70 hammer mark to 104-1, while John Whittemore's 72-2 javelin heave claimed a new mark.

Herrmann lost a mark in the 65-69 shot when Vernon Cheadle (65) reached 44-3½. Joe Caruso (65) added 8" to the 65-69 long jump best with his 14-8 leap. Russ Hargreaves' 22.0 hurdle effort clipped a full half-second from Bob MacConaghy's old mark.

IN THE NATIONAL Masters marathon championship (Central Point, Ore., Oct. 12), Clive Davies (60) of Portland shocked with a superb 2:47:46 to become the first over-60 marathoner to run under 2:50. Monty Montgomery's 2:53:01 of '71 (a mark many thought would last for decades) has been bettered twice recently. It fell first at the World Masters Games last summer to Scotland's Gordon Porteous with 2:51:13 before getting the business from Davies.

The winner of the national title was Ray Menzie (40) of Mill Valley, Calif., at 2:36:40. Norman Bright (65) of Seattle posted a division-winning 3:10:54, while Jim Oleson (57) of Santa Monica, Calif., was the 55-59 winner at 2:53:10 (just off his own age record of 2:52:52).

In the national Masters cross country title race (Van Cortlandt Park, Nov. 15), Larry Damon topped the field over the 10,000-meter route with 34:58, eclipsing the course record by two minutes. Other division winners were Larry O'Neil (50-59) in 38:30 and John Wall (60-69) at 42:05.

MEANWHILE, Australia's John Gilmour continued strongly after his top performances in the World Masters Games. Gilmour, 56, picked up two more world 55-59 division records, a 4:22.0 1500 and 9:22.8 3000. He lowered his own marks of 4:28.3 and 9:30.0.

In the US, Richard Bredenbeck (70) covered 8 miles, 664 yards in one hour to boost the 70-and-over world best, while Chuck McMahon (60) whipped the women's javelin 141-9 to top the 60-64 best (134-2 by Ken Carnine).

Reprint Courtesy of Track & Field News

False Starts

FITNESS IS WHERE YOU FIND IT . . . USMTT member WALT FREDERICK, Division 3, ANAHEIM, CALIFORNIA, writes that he has started a most successful men's and women's physical fitness program at his church. Fifty women showed up for the Wednesday program and eighty for the Saturday. Congratulations to friend Walt on his organizing this worthwhile program . . . We were sorry to learn that USMTT member and outstanding runner from the Middle West, JIMMY HERSHBERGER, and his family, suffered a tragedy when their 21 year-old son died of an overdose of self-inflicted drugs. One can never become complacent and assume that drug addiction cannot strike at home — your home, mine or anyone's . . . Division 1-B may rest easy as JACK GREENWOOD passed into the ranks of the 50 year-olds, February '76. In so doing, he is current world record age group holder 45-49 in the open DECATHLON (4,754 points), 400 meters 52.0, 400 meters hurdles 55.7, and 110 meter hurdles 15.0 . . . We see where at the FOURTH ISLAND MARATHON, PORTLAND, OREGON in November, 68 year-old ALFRED TREMBLY of YAKIMA, WASHINGTON, ran the classic distance in 3 hrs 22 min 20 sec, and only 62 minutes behind the 21 year-old winner of the event . . . A note from HAROLD BERBERIAN, where he states, "My whole life has been involved in athletics with the dream of my youth to compete for my country and to carry our flag. I was never good enough in any sport in my younger days and the same goes for my older years. And if it wasn't for you and your dream and efforts in creating the Masters, the opportunity for mine to come true wouldn't have been. So I want to thank you, one American boy to another . . ."



"BERBERIAN, you may recall, together with STAN HERRMANN carried the USMTT banner at Toronto. . . Release of PETE MUNDLE'S list of 1975 U.S. and World Bests in each age group has solicited some response, with CHUCK McMAHON nominating BILL MORALES (55-59) for his fine performances through the years in the javelin. In the 70 to 74 age group, he nominates WYN McFADDEN, an all around field event man, plus the sprints. In the 60 to 64 age group, he suggests BUD DEACON, however, he neglected the fact that Bud was injured much of 1975 and failed to compete in TORONTO. Incidentally, Bud has been seriously ill and is now, hopefully, on the road to recovery. Chuck himself holds numerous javelin, discus, shot and hammer age group records, and should also be given serious consideration for his performances in the field events in 1975 . . . The smiling giant, 6'8", 236 lb. TOM MONTGOMERY, of UPLAND, CALIFORNIA, has been in athletics most of his adult life, competing at Stanford University where he had a 16 lb. shot best of 62 ft. , 5 in. Thereafter, he competed 25 years for the SAN FRANCISCO OLYMPIC CLUB, where he put the shot, discus, hammer and weights. In 1962 at age 48, he was PACIFIC COAST AAU CHAMPION in the 16 lb. weight, and holds 23 AAU Medals. As a Master in Division III-A (62 years of age), he has put the right pound shot 47'5¼", the 12 lb. hammer 126'6" (American record), and the one kg discus, 127'.

Continued on page 11

1975 MASTERS ATHLETES OF THE YEAR

With the Masters movement entering its age of maturity, following 1975's World Games in Toronto, we decided it was time to select annual Athletes of the Year for each of the five-year divisions.

This voting was done by leading figures in the Masters movement throughout the world. Additional weight was given to those who competed in the World Games and proved their worth in head-to-head competition with the world's best.

In case of ties, the decathlon tables and/or Phil Partridge's tables were used to evaluate performances. It is difficult to rate performances in different events, but Phil has created a table which evaluates performances according to age.

Anyone interested in learning more about these tables should write Phil at 17 Columbia St., Apt. 17-B, New York, N.Y., 10002.

The Masters program, since its inception, has promoted the idea that everyone who participates is a winner. We honor the best athletes, but in so doing we also honor all who have ever participated.

The best of 1975:

IA(40-44) - JACK FOSTER

New Zealand distance star Foster just edged fellow distanceman Roy Fowler of Britain. Early in the year Foster ran world record times of 14:07.0 and 29:11.4, but he didn't compete at the World Games. Foster also turned in a 2:17:24 in his best event, the marathon. At 44, he still has a shot at the Olympics in the 26-miler. Following Fowler in runnerup positions were hammer thrower Howard Payne (GB) and distanceman Albie Thomas (Aus).

United States - Selected as the nation's top performer was Ed McComas of Baltimore, winner of four golds in the shot and discus at the Nationals and World Games. Following him were Dave Jackson, Hal Higdon and Thane Baker.

IB(45-49) - JACK GREENWOOD

This Medicine Lodge, Kans. performer had the widest margin of votes in any of the categories. He also collected more golds than anyone else and each win was a high-caliber performance. This included 11.4w, 23.2w, 52.0, 15.3w and 58.7 at the Nationals and 11.6, 23.8, 15.6 and 57.8 at the World Games.

For the World's best Masters athlete, I have to pick Jack Greenwood, who in my opinion dominated his division more than any other winner. He is a great competitor and has never lost a race in a big meet as a Masters runner. He won his nine golds even though he gave away many years to younger runners in his division, at age 49. Look out IIA in 1976 — he is a super athlete indeed! His top competition for outstanding athlete honors came from jumpers Shirley Davison and Roger Ruth.

IIIB flash (splash?) Norman Bright.



IIA(50-54) - BILL FITZGERALD

Bill was another overwhelming favorite. In both Toronto and White Plains, the Palos Verdes, Calif. star took on the best in the world, three times beating the talented Australian crew. Adding to his laurels, Fitzgerald had earlier shattered the world mile record with his 4:32.2 and added the 800 mark (2:01.1). Closest to him was Aussie Theo Orr, who won four golds at Toronto but couldn't catch him in the 1500.

IIB(55-59) - JOHN GILMOUR

Aussie Gilmour had five golds in the two big meets, including a world record 9:28.0 in the Toronto 3000. He also won the Toronto 5000 and the White Plains 1500, 5000 and 10,000. After the World meet he lowered his 3000 record to 9:22.8. His closest competition was fellow Aussie George McGrath.

United States - Al Guidet (California City, Calif.) had his usual galaxy of good wins with eight golds in the sprint events to easily be the best US athlete. Following him was jumper Gordon Farrell.

IIIA(60-64) - KONSTANTY MAKSIMCZYK

Maksimczyk's superior throwing gave him the edge over the US's Fritiof Sjostrand. The Briton won four golds in the shot and discus at the two big meets, including a world record 140-3 discus spin at Toronto.

United States - Sjostrand had five golds in the sprints, including world's best (but windy) times in the 100m and 200m. Next best in this country was distance standout Bill Andberg.

IIIB(65-69) - NORMAN BRIGHT

The Seattle flash dominated this division with three world record runs in Toronto — the 800 (2:27.2), 1500 meters (4:59.8) and steeple (12:24.8). Other contenders: Merv Jenkinson of Australia, Tedde Jensen of Sweden and Sacramento's Ken Carnine (world discus record).

IVA(70-74) - HAROLD CHAPSON

Chapson, one of the tough bunch from Hawaii, was a heavy favorite, even though he passed the World Games after the Nationals. At White Plains he won the 400, 800 and 1500, the latter in world-record time (5:21.1). During the year, Chapson also broke another six world records, including the 800 (2:35.4), mile (5:52.3), 2M (12:54.2), 3M (20:14.4), 5000 (20:51.6) and 10,000 (44:31.0). Also outstanding: San Diego's Wyn McFadden, Santa Barbara's Stan Herrmann and West Germany's F. Posluschni.

IVB(75-plus) - PAUL SPANGLER

Spangler (San Luis Obispo, Calif.) also competed only in White Plains, but got four wins — the 800 (3:27.7), 1500 (6:33.9), 5000 (23:30.0) and 10,000 (54:47.0). Following him were field eventers Walt Wesbrook and Buell Crane.

Jack Greenwood - best of them all?



meets are common in South Africa). The facility was an amazing example of what the government is attempting to do to upgrade athletic facilities for its coloreds and blacks. The tragedy of all this, however, is that it keeps the races apart — a government policy — and requires the expenditure of vast sums of money in duplicating facilities. The homes in the colored area — although modest — for the most part are acceptable low cost housing by U.S. standards. A few appeared to be living in hovels. We never did get into the black township and were advised that a special permit had to be obtained in order to do so. We also saw cricket grounds (white) and a quite good athletic facility with large stands.

Since Dave and Cynthia had never seen lawn bowling, we asked to be taken to the local club. As it was Sunday morning, we were escorted to the local club where we observed men engaged in play. The game is conducted in a relaxed atmosphere with participants wearing white uniforms who roll a top-sided ball toward a cue ball approximately 100 ft. away; the object being to come the closest to the object ball. Since the hand rolled ball is weighted on one side, it will curve either to the right or left and considerable skill is displayed by the bowlers in curving around balls previously thrown. We asked for a demonstration and both Dave and the writer were given an opportunity to practice with the balls giving us a full opportunity to appreciate the subtleties of the game.

Later we checked into the Holiday Inn near the beach and went for a run up to the nearby university built in the sand dunes and very spread out. It had an excellent 400 M track, with very good stands. Our running companion, Mr. Norvell Smith, advised us that from 2,000 to 4,000 people would turn up for a Masters Athletics meeting should we compete in Port Elizabeth. We questioned this — well aware of the "vast" crowds that attend Master's meets in the U.S. — but he assured us that it would be the case. We returned via a nice rolling golf course built on the dunes getting in about an eight mile run.

Monday 12/15/75

Up again at 5:30 for early departure from P.E. to East London, only 35 minutes flight north on the coast. Our first effort to land was aborted, however, when the pilot couldn't see the strip at 200 ft. and had to pull up. We returned to P.E. where we changed planes and took a second crack at East London. This time we made it in a pelting rain and were greeted with large umbrellas as we exited from the aircraft and sloshed to the modest terminal. Here we were greeted by Chris Engelbrecht, a warrant officer in the local police force and an active official in the local athletics, and Phil Nande, Director of Sport and Recreation in the area. We repaired to our beach front hotel for some refreshment, as we had missed breakfast, and waited for the weather to clear. After much palaver and phone calls, we decided to try for Umtata, the capital of the newly emerging black nation on Transkie, (which is scheduled for full independence October 26, 1976), where most civil service posts are filled by blacks and only a handful of white advisers remain.

The drive to Umtata of 150 miles was most interesting as we were surprised by the good two lane surface road and bridge construction projects. It had been raining for nearly 24 hours, and all streams and rivers were in heavy flood bearing large amounts of soil. On further observation, we noted the black farmers had overgrazed much of the land, leaving it badly eroded with large ravines where the soil had washed out even more. It was obvious that absolutely no effort at land conservation, soil erosion control or crop rotation had been employed; the practice being to abandon the circular mud thatched huts when the land gave out and move to a new area. Further, the area is short of male labor as most of the young men sign on as contract labor for eight to twelve month periods and leave the farms. Those men left behind, however, consider it beneath them to engage in heavy farming, leaving that to the women and children. These behavior patterns will undoubtedly change as we learned in conference with the Minister of Education, 61 year old Dr. G. L. Kakama, a black, with whom we had an audience. He stated that some 500,000 black children are currently in school in the Transkie with a ten year plan to wipe out illiteracy entirely.

The obvious efforts of the South Africans to prepare the Transkie blacks into a responsible self-governing nation were impressive and can only auger for an improved life style for these people who now, for the most part, live at a mere subsistence level. South Africa is spending vast sums of money in grants supplementing the meager existing tax base. One interesting fact is that all white South Africans within the new nation have been bought out by the federal government and their holdings taken over by the government corporation, which in turn is training the Transkie

to take over these farms and businesses; at which time it resells them to the blacks on long term low interest rate loans. Although this is part of the separation-of-nationalities doctrine to which many object, it will bring independence to millions of blacks, most of whom wish to be separate from the whites.

Tuesday 12/16/75

We flew to Durban, still further north and nearer to the equator, where our now old friends, Danie Burger and Fannie De Plessis greeted us. Added to this duo was a 27 year old and slightly balding, successful young South African businessman by the name of Fannie (nickname for Stephen) Van Zyl, who some track nuts may remember for his two running tours of the U.S. in '72 and '73 when he took on, and vanquished, the world's top runners from 800 m. to 5,000. He had best performances of 1:44.9 800m., and 13:15 5,000 m. More important, he beat all of our best U.S. athletes at the time. The tragedy of Fannie Van Zyl was that South Africa was barred from the '72 Olympics and he missed his chance to prove himself as a World Class Runner at Munich.

That afternoon we drove north to a small Hindu town surrounded by sugar cane fields covering a rolling landscape. Due to natural rainfall, no irrigation is necessary, as in Hawaii; but the cane, as is the pineapple, is much smaller than in the Islands. Also, anyone who has seen the cane operations in Hawaii would be amazed to observe the hand operations employed due to a government policy to provide work for the blacks and Asians living in great numbers in the area.

Wednesday 12/17/75

This proved a most interesting day as Danie drove us to the Hindu section of Durban. (This is the largest congregation of Indians outside India itself with approximately a million and a half Hindus living within 150 kilometers of Durban.) There we passed through countless shops, bazaars and arcades, chock-a-block with people, 99% of whom were various shades of brown — all hawking their merchandise and ready to bargain.

We were most intrigued by the Indian curry booths where the spices tumeric, fennel, red pepper, marsals and others too exotic to name were piled high in colorful containers of red, yellow, orange and brown, permeating the air with their pungent eastern aromas. Here we spoke to a Hindu merchant who sold us a kilo (2.2 lbs.) of curry for 1.50 rand (about \$1.75), especially formulating at our request, it has a mild curry. This proved a wise request since subsequent use of the spice indicated that it was extremely hot by U.S. standards. We also purchased various bottles of mango chutney as well as a special combination of spices for marinating meat and another package of spices to be sauteed with chopped onion, then folded into white rice just prior to serving. Since some of the curries are labeled "atomic bomb" and "Hell fire", we opted for the "mild". At another stand we purchased a large springboch (national animal of South Africa) hide with the beautiful white underside, brown stripes on the flanks and beige back. Running down to the tail is a beautiful ruff or main of white hair about 2 inches long, which, when flexed, stands erect. These hides can be purchased for as little as 8 to 10 rand. We paid 15 for our specimen due to its larger size and quality. We looked at Zebra hides which run 100 rand and up (100 rand = \$84.00). We negotiated the Hindu merchant down to 90 rand but didn't make the purchase. Later we lunched at an excellent Indian restaurant, after walking down a paper strewn alley and upstairs, where we ate in air

conditioned comfort and enjoyed an excellent luncheon of fruit drink (Hindus don't partake of alcohol) and a combination of lamb, chicken, crayfish and minced meat curries all delicately flavored and not at all hot. Most Indian restaurants will ask you whether you want hot, medium or mild curry for serving. Following our luncheon, we returned to the Holiday Inn to dress for our visit with Mr. P. G. J. Koornhof, Minister of Sport and Recreation, and of Mines (two portfolios) as well as a member of Parliament, who was vacationing some 70 kilometers south of Durban at his beach cottage. The minister and his wife proved gracious and informal, immediately impressing us with their apparent sincerity. Mr. Koornhof, a lecturer in social anthropology at the University in Pretoria and a member of Parliament, is apparently one of the more enlightened members of the cabinet holding the important portfolios of Interior, Mines (South Africa's most important industry) and Sport. This nation is sport crazy and it is extremely significant that the government recognizes the fact by having a Minister of Sport and Recreation which encourages and oversees all aspects of sport and

Continued on page 6

A FEVER RUNNING THROUGH THE STREETS

This Oregon city is so exercised about track that one out of every nine residents pounds the pavement daily

by BOBBIE CONLAN MOORE

Summer comes reluctantly to Eugene. In June and July a pale gray cover of marine air often blankets Spencer Butte on the south side of town and blurs the Coburg Hills to the northeast. Between the butte and the hills the Willamette River slides gray-green and cold beneath the concrete footbridge that links the University of Oregon with the football stadium and bike paths and a deserted green expanse of park. In the air is the unpleasant tang of the Weyerhaeuser pulp and paper plant, whose plumes of smoke are a billowing flag over nearby Springfield. On a morning like this it is easy to believe the Oregon ungreeting card's claim that "People in Oregon don't tan in the summertime—they rust."

In my neighbor's cherry trees a pair of raccoons move deliberately from branch to branch, 20 feet above the ground. They are 1½ times as big as my cat (who has fallen asleep on my lap while licking her right hind leg), breakfasting on fruit and oblivious of the dictum that raccoons are nocturnal. But who can blame them? Long after sunrise the air remains night cool and it seems like seven in the morning well into the afternoon.

My arms grow weary steadying the binoculars, so I give up on the raccoons and take my morning run. It substitutes for the lost art of front-porch sitting as a means of keeping track of what goes on in the neighborhood. I proceed up Skyline Boulevard, a patchwork of potholes, and into the rhododendron gardens of Hendricks Park. A couple of times I had come through here and smelled turpentine; an art class had set up its easels and several works were in progress.

Moving downhill, out of the park on Fairmount, I encounter the woman who walks two old Scotties. She is lean and sticklike, striding slowly up the hill, the skittering dogs straining at the leash. Sometimes she is without the animals, but then she has her nose in a book. She must know the potholes by heart. Opposite Hayward Field (where I found Hayward, the cat), I hit the two-mile mark at better than seven minutes a mile. Every morning at this point I have to curb my conceit by remembering that I've been running downhill. Two men in the gray shorts of the university's phys-ed department fall in behind. As we head uphill on Birch they swing wide to pass, one of them turning to say good morning. Immediately, I am five yards back, then 10. Will I never learn to run uphill? Farther up, the view is of the train tracks, the river and the bike paths going past the dump. Flocks of gulls circle, and the vista is far from inspiring. Which is a pity because I badly, need some kind, of inspiration. To get me up. This hill.

Finally it's downhill and swoop right, up a small rise and back to the rhododendron gardens, over the potholes to

home. I walk around to cool off, checking out the neighbor's apple tree and brushing away the cobwebs that are strung across the road. A million million spiders live in these ferns. The strands of their webs crisscross everywhere, growing back almost as fast as I walk through them. The only way to avoid getting them in the face is to be as low-slung as Hayward, who pops out of a clump of ivy. Her chirping mews are demanding. O.K. We'll go in to breakfast. No matter what they tell you, Oregon has days of sunshine. The temperature will rise into the high 90s and the Willamette River will fill with black inner tubes and thrashing, splashing humans. And then Eugene's runners-joggers (maybe 10,000 of us out of a population of 90,000) take their exercise early in the morning or in the long twilight.

Lili Ledbetter is a morning person. "The heat's almost unbearable for running in the summer," she says. "I get up at 5:45 and run five miles. Then I go back to bed." Lili is 4'8" and holds the world record in the marathon for women under 19, having run 2:56:07 last February at the age of 13.

The Ledbetters live across the street from a grade-school playground. "When we first came here," says Lili, "my father used to run with me because my parents wouldn't let me run alone. But now I usually do. Except long runs. Long runs are impossible to do alone." Fortunately, Paul Slovic, 36, and his sons, Scott, 14, and Steve, 12, who live in the next block, provide Lili with companionship for that. In August their runs are interrupted by stops at blackberry patches, which crop up all over town. And last year Lili managed to crowd half a dozen other pursuits into the long summer. "I was in the university's sports school, but it was a gyp," she says. "The girls only had a month, but the boys had two. We had canoeing and swimming and gymnastics and track, but none of it was hard enough.

In the first race Debbie Quartier leads all the way to an American record in the 5,000 meters while Lili Ledbetter and running pal Janet Heinonen, 23, struggle at the back of the pack. They tie for last. "You know, if I had outkicked you, everybody would have thought I was a real ogre," says Janet.

Francie Larriue and Steve Prefontaine set American records in the mile and three-mile respectively, and Rick Wohlbuter, up on his toes like a sprinter and knees pumping like a drum major's, flies to a world-record 880.

At most meets the crowd begins to leave after the last running event, and now it is getting dark and chilly as well. But people are pulling on jackets and pouring onto the infield to form a ring on the grass around the high-jump pit.

With Mayor Les Anderson officiating and Flop inventor Dick Fosbury putting up the crossbar, Dwight Stones psychs himself up for three tries at 7'5". But three times the bar falls. Now it is the women's turn. There is very little light, and the ring of people moves closer to watch as Joni Huntley, 17, of Sheridan, Ore., betters her own American record by leaping 6¾. Then, at last, everyone goes home.

Now Geoff Hollister, who organizes the road runs, signals that we're about to begin. "Like to point out some of the people running today," he says (Hollister tends to do things like this) and proceeds to introduce the mayor, a couple of Olympians and some pro football players. The sky is overcast and the breeze cool. In singlet and shorts, I have to keep moving to stay warm.

"O.K. Now you should all keep in mind," Hollister is saying, "that a train is due to cross High Street at about," he looks at his watch, "at about 8:30."

Cries of "Let's get started!" And so we begin, rushing pell-mell down the road. "Let gravity do the work," is sage downhill running advice, so I freewheel, passing more cautious souls who seem to be trying to put on the brakes.

Janet Heinonen turns as I draw alongside. "I can always tell it's you by your breathing," she says. "How's your hay fever?" Before I can answer, my legs have carried me away. Overgrown pastures and vacant lots flash past. In one sits an airplane without wings. Stocky horses graze in long grass. My Lord, I'm passing people I can't possibly beat. But the first uphill undoes all the distance my freewheeling gained, and I find myself plodding. We pass a girl sitting on the sidewalk, leaning against a telephone pole, who gestures at us with a beer bottle. "I don't believe this," she says. "Do you believe this? I don't believe this."

A pale guy in white sweat pants has been tailing me for a mile, but won't pass. His breathing is arrhythmic and distracting. I get some kind of cramp under my collarbone and gradually fade back. A pudgy man on a 10-speed whizzes by and shouts, "Run! Don't walk!" At times like this I wish I wore a sign that said, "I have just run 15 miles, dammit, so shut up and get out of my way!"

White Pants is still wheezing along. Two hundred yards from the finish my husband waits by the side of the road, his race already won. I am tired and bitchy and think to myself, "Kenny, don't you dare tell me to go after him

and don't run with me," and I keep my eyes glued to the ground as I go by. Kenny just hollers, "Great run, Bobbie!" which turns out to be exactly the right thing. I outkick White Pants and finish 154th. White Pants is 155th and is bent over making horrible noises.

Paul Slovic goes by with his family, carrying a blanket and preparing to picnic and watch the fireworks. "Nice way to spend the Fourth of July," he says.

The first Thursday after the Fourth the All Comers Meets begin. Thursdays are for kids 12 and under, Fridays for everyone else. In 1973 several of us—allegedly older than 13—decided that we would try to break six minutes for the mile. For the first time we began to do workouts on the track, to train our unwilling bodies to move faster than normal jogging pace. Oxygen debt was novel and not particularly pleasant, but stubbornness, mutual support and a newly discovered competitiveness kept us going. Two of the women came close to breaking six in the All Comers, but neither Connie Manley, wife of Olympic steeplechaser Mike Manley, nor I could get under 6:12. Nevertheless, our times had come down each week and we were determined to try again.

Since 1957 the Oregon Track Club's five-week All Comers series has attracted quasi-competitive runners like Connie and me. "We wanted to offer athletes the opportunity to try a lot of different events without the pressure of coaching," says Bob Newland, a high school vice-principal and, along with Bill Bowerman, one of the originators of the program. "And it provides an opportunity for athletes out of school to get some competition."

The first year about 75 kids participated. In the last couple of years 400 to 500 people have competed each week. "At first," says Newland, "we had age-group divisions like seven-10 and 11-13, but that was too wide a spread. All the older kids were winning. Since we wanted to have lots of successes and give lots of encouragement, we narrowed the gap to two years. That meant lots more ribbons, and everybody seems determined to have one." Newland remembers even Dyrrol Burleson, fifth in the Olympic 1,500 meters in Tokyo, coming up after a race to demand his ribbon.

"I guess the more people we have, the more we compound some of the problems," says Tom Ragsdale, now chief organizer of the meets. "But usually I'm so busy out there I don't notice."

Shortly before five o'clock Ragsdale sets up the registration table at the south end of Hayward Field. Wearing a carpenter's apron bulging with stopwatches, pencils, tape measures, clips for the starting pistol, Ragsdale is everywhere: raking sand in the long-jump pit, setting up hurdles, checking people in at the finish of the longer races, lining up kids for the sprints.

Dozens of three-foot-tall people run around in bright yellow shirts with OREGON TRACK CLUB in green letters across the front. Some of the shirts also have names printed across the back. One boy is apparently named GO WALLY!

The Thursday meets are a wonder to me. There was nothing like this in my childhood: swarms of children running organized races, long jumping, putting

Continued on page 8

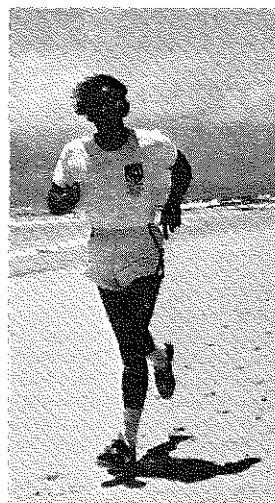
athletics in the country. Mr. Koornhof and his wife welcomed us most graciously and what was intended to be a courtesy call turned out to be a three hour discussion on sport, race relations, the Masters Program, lumbering and related subjects. He expressed considerable interest in the concept of the Masters program; indicated governmental approval and support stating that a timely application for funding by the S.A. Masters would receive favorable consideration. He also favored a separate Masters organization recognizing the difference between regular athletics and the Masters Variety. We presented him with a copy of our USMTT October Newsletter containing the Toronto results, stories and photos. He expressed amazement at our 60 and 70 year olds' performances which convinced him of the viability of our program. We discussed at length South Africa's race problem in which he, as a social scientist, took the view that only through sport would the social structure in South Africa change. He indicated that the Prime Minister shared his views, but that they had to evolve slowly in light of the conservatives in the government who are opposed to any change whatsoever. He assured us that, although Apartheid was still the rule, that things were changing and that a multi-racial team visit was unheard of as little as five years ago. He also referred to the fact that for the past three years, all championships in athletics had been conducted on a multi-racial basis. We discussed the visit to South Africa of Stan Wright, the then AAU T & F Chairman, from Sacramento State who had indicated that for U.S. athletes to compete in South Africa that the competition and seating would have to be desegregated. With the coming of Arthur Ashe to play tennis (the first black to do so in South Africa) — this was agreed to in 1971 with Arthur making the breakthrough. He expressed the often stated theme that change cannot be crammed down this nation's throat by boycotts and disbarments from international competition — an argument we are not sure is entirely correct as this nation is sorely stung by the fact that its teams and athletes have been barred from international competition — and that the best way to alter South Africa's 300 years old social and economic structure was by continued social intercourse with foreigners who, by their presence, can in time bring about the necessary changes. He pointed out that the government was anxious for foreigners to come to South Africa and to see for themselves the situation that prevails and judge the country not for its shortcomings by our standards, but by the substantial progress that had and was being made. By way of illustration, he referred to the recent World Body Building Championships (Mr. Universe) recently hosted and funded by his government and the upcoming World Lawn Bowling Championships (a major sport in many nations). Parenthetically, we discussed with our South African Master friends the possibility of their nation sponsoring the 1979 World Master T & F Championships and were advised that there was considerable interest and a strong possibility that the national government would sponsor the event. This subject was not discussed with the Minister as being premature, but will be broached by the South African Masters at the appropriate time and hopefully by '77 at Goteburg a bid will be made for the games by South Africa.

We formed the distinct impression that the liberal segment of the government was convinced, as was Dr. Koornhof, that South Africa would change their segregationist views only through the medium of sport. This of course, is contrary to how desegregation was accomplished in the U.S. — here it was imposed by judicial decree on education. We left Dr. Koornhof and his family feeling that our projected USMTT athletic tour would make a significant impact on this country and perhaps accelerate the steadily changing social patterns of this unique nation of twenty million people in which the whites are distinctly divided between the British and the Afrikaans, and the approximately eight to fourteen black nations, or tribes, plus colored and Hindus; all of which groups speak different languages, worship different gods, and have markedly different social mores.

Diary to continue

A BLACK AMERICAN VISITS SOUTH AFRICA

by Dave Jackson



Dave works out on beach - Cape Town

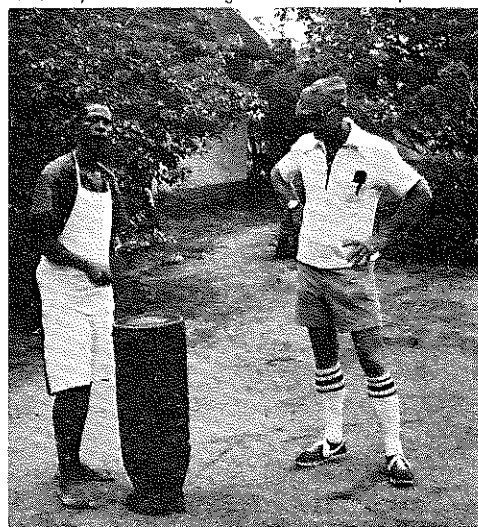
I am taking this rare opportunity to share my experiences of South Africa with all Master athletes and particularly with my Black Brethren.

I shall preface my comments by saying that when Danie Burger and Fanie duPlessis invited me to come to their country on a fact-finding trip, I was well aware of the apartheid policy of the South African Government and on returning, I am even more aware of them. I will never condone such practices nor any others by any other government that denies the individual opportunity for personal growth and freedom.

I could fill this whole Newsletter with negative things about South Africa; but this is also true of any country, if I am only looking for the negative. I did, however, go to South Africa looking for both, the negative and positive. I was not disappointed. I found much of both. I am being a realist when I say that progress, or lack of it, depends entirely on the eyes of the beholder.

Cynthia, my wife, and I met with many people of goodwill and this has encouraged us to take our entire family to South Africa this coming December.

We, as both black and white Americans, can best serve as the conduit for communications between the peoples of the Republic of South Africa. At present, not too much of this is going on. But let me make it perfectly clear that we should not go to South Africa with the idea that we have the solution to their racial problems. Since we are not politicians, our only contribution towards bringing about a positive and permanent change in South Africa's way of life is through the medium of sport.



Dinner is announced - Kruger Park.

In this respect, five track meets have been scheduled during the three week tour (now being prepared by Helen & David Pain, with plenty of time allotted for side trips). If you are able to go on the tour, I personally invite you to join me in using some of your free time to conduct Track and Field clinics for the real "Future" of the Republic of South Africa — it's youth.



We arrived at Kruger National Park via chartered Cessna.

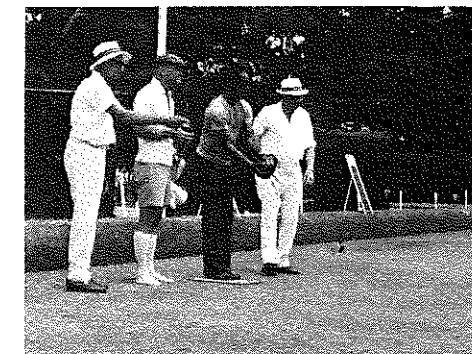
On our trip last December with the Pains, our itinerary included visits to Johannesburg, Kinberly (home of the famous Diamond Mines), Cape Town, Port Elizabeth, East London, Umtata, (where we met Mr. Kinkana, the Black Minister of Education for the province of the Transkei, which will become a Black nation within the Republic of South Africa in October of this year) and Kruger National Park, (a real Wild Animal Reserve). We had a wonderful time and enjoyed traveling with Helen and David Pain. If you have not traveled with David, you have not traveled. This guy has so much energy that he can put a five year old to shame.



Leslie Sehume (left) shows us \$300,000 Olympic size pool built exclusively for non-whites.

Our main South African traveling companion and host was one of my long lost relatives, Leslie Sehume, the Executive Secretary for the Committee for Fairness in Sport, a non-government organization, privately funded. By sponsoring our trip, the CFFS hoped to bring attention to its stated objectives, which are:

To bring to the attention of the outside world evolution and development which is taking place in South Africa;



We receive a lesson in lawn bowling, one of South Africa's major sports.

To assist sports organization or individuals to explore their potential and bring about improvement.

To bring to the attention of ALL South Africans the importance of sport and its role in building improved race relations and a healthy citizenry.

For additional information on the CFFS, you may contact Leslie Sehume at:

P.O. Box 23937 Joubert Park 2044
Republic of South Africa

Leslie stated to me that the foreign non-white can best contribute to the advancement of the South African non-white by just coming to South Africa and conducting himself as he would at home.

While in South Africa, we met with Dr. Koornhof, the Minister of Sports, and Prof. Dr. Botha, the president of the South African AAU. Both gentlemen eased my mind on the question of segregated seating at our track meets. There will be no segregated seating. Our team will be extended all the courtesies to make us feel comfortable and to move about freely.



South Africa's magnificent beaches are spoiled by signs such as this.

Please feel free to contact me direct if you have any questions that can be answered on a one to one basis.

Call (213) 638-7125 (evenings & weekends)

or

Write 19103 S. Andmark Avenue, Carson, Calif. 90746

Lastly, I want to thank Danie Burger, Fanie du Plessis, and all the rest of those wonderful South African people who made us feel quite at home. We first met Danie and Fanie while in White Plains. Here started a relationship that Cynthia and I now consider a beautiful and lasting friendship.

the shot: swarms of parents with stop-watches running on the infield, grinning maniacally or shouting themselves hoarse from the bleachers. Where would I be today if I'd had that?

Clustered around Mike Manley at the long-jump pit are the six-and-unders. Manley's own three boys are among the jumpers, and he is good at encouraging and directing everyone: "Run hard and jump when you get here!" He stamps and points to the take-off spot, several inches beyond the real board, to insure that kids will at least make it into the sand. Styles of locomotion at this age are often unique. One boy, running on his toes and leaning forward precariously, is so excited by Manley's cries that he jumps twice before takeoff, and the final skip is anticlimactic.

Geoff Manley, three, grinning hugely, forgets to jump at all and runs right through the pit, quite satisfied. Jason Manley, four, also grinning and watching the faces in the crowd, jumps and falls down and gets up looking betrayed. His trip back to the lineup detours through the comforting arms of his mother.

Jon Guldager, a quiet, round-faced child wearing hand-me-down green satin shorts and a white racing singlet, takes a very purposeful stance when his name is called and runs as if he knows just what he's doing. He draws "Ahhs" from the crowd and eventually wins the four-and-under competition.

One particularly hot day everyone under five has red Kool-Aid stains around the mouth. Two tiny children sit at the end of the long-jump pit, oblivious of everything, hugging and kissing each other with Kool-Aid lips.

Huge turnout on Friday: the fast heat of the jogger's mile had 65 people in it. Connie tried for six minutes in the slow heat and did 6:08. I tried for my six minutes in the open mile, running dead last, and did 6:05.1. I think if Connie and I had been in that race together, we might have made it. I was amazed at how good I felt. Kenny keeps telling me that I have to run harder, that it's *supposed* to hurt. Frankly, I'd rather it feel not too bad like today.

Lili Ledbetter ran the two-mile, aiming for 12 minutes. We watched her lead a section of men twice her height and three times her age. Connie said, "She's breaking the wind—for their knees." After finishing in 11:56 Lili was surrounded by quiet-spoken boys about her size. No one was raucous, simply appreciative and pleased for her good run.

The 6-year-olds stand at the start and wave to everyone waiting for them at the finish. The 10-year-olds stretch and shake and succumb to their nerves.

"Runners, take your marks."

"I don't feel ready for this. I feel sick," confides a 9-year-old.

"Set." The boy swallows and gets ready.

Bang!

Now the 9-year-old girls are up. They all seem to wear earrings and jangly bracelets and they all jump on "set," receiving a stern lecture from Wade, who decides to change his litany.

"Runners-take-your-marks-and-set."

Bang!

At the finish line, timers and pickers are trying to keep up with the rapid-fire races. The confusion is aggravated by the parents, friends and siblings who descend on the track to congratulate or console.

Mother trying to persuade 4-year-old daughter to run the 440, enlists aid: "Kristin, you've run it. Tell Lisa. It isn't hard, is it?"

Four-year-old Lisa, later, to her pal Jon Guldager: "Are you rootin' for me or for the other guys?"

Jon: "For the other guys."

Lisa: (Silence. Baffled look.)

Jon: (Grin and uptilted chin) "I am."

Lisa: "O.K., then, I'm not rootin' for you, either."

In the first two meets of the summer, people rootin' for Jon have lots to celebrate. He wins the long jump as well as his heats of the 70 and the 220. Then, between the second and third meets, he turns five and moves into another age group. Blue ribbons suddenly get scarce. In the last meet he doesn't win any first places and sits dejected on the grass, responding to sympathy with silence.

While Jon suffers the trauma of growing up, Tegan, the long jumper who runs on his toes, comes into his own in the four-and-under group. The first time he gets a blue ribbon he claps his hands and his tiny face is radiant.

There were about eight or 10 women who wanted to run the mile, so we had our own race after the men's open mile. Five of us were right on pace at the quarter, but then Mary Ann and Ona, who were in the lead, slowed down, and I had to go around them just after the 660. Suddenly it seemed like a real race.

I was 3:01 at the half and 4:33 (with Connie right behind me) at the three-quarters. Mike hollered, "You have to run an 86." So I picked it up and strained to accelerate again when Kenny shouted, "Go at the 220!"

Coming into the homestretch, Connie was still behind me. I remember imagining invisible wires trailing from the back of my head to pull her along. I knew we could do it.

I crossed the line and staggered onto the infield. Kenny came over and told me my time: 5:55.9. I must've smiled—I was glad—but mostly I was wiped out. My eyes felt as if they were going to pop.

Connie and I tottered around to recover. Her husband said, rather sheepishly, that he had timed her in 6:00.2. "I jumped up and down and shook the watch, but that's what it says," Mike said. But I know I heard 58 or 59 as Connie crossed the line behind me. I say we both broke six.

Afterward I was psyched up and frenetic. So I ran the 220 with Carole Hollister, nipping her at the finish. And then I jumped into the two-mile, which I knew was a mistake after three laps. But even the horrible stitch I got on the last lap couldn't bring me down.

Now that I've done it I don't have to be so nervous anymore. Trying to work down to 5:40 won't be nearly so terrifying. But I suppose if I ever get close to five minutes it'll be the same story as this time. There's something about breaking a minute barrier. . . .

Today I ran 5:49.5. Marvelous, marvelous high. Afterward people asked what I'd run, and I kept slipping and saying, "4:49.5." Well, maybe someday?

Later some high school women wanted to run a 440 relay. Somehow we managed to scrape together three teams, though we had to drag a stranger out of

the stands to do it. I don't remember who won or even who was on my team. Two teams didn't have batons. I ran anchor, and I think I came in last. But we had a great time.

The sun began to go down, and by the time the 220s were run it was hard to see across the infield. Children dug holes in the sand of the long-jump pits. A slender boy in a blue turtle-neck and long pants executed a series of slow, graceful cartwheels, casting long shadows on the grass. Someone finished the 220, and his 10-year-old friend asked, "Don't you feel dizzy in the legs?" One pudgy girl asked another, "Are you glad you came?"

And Sean, age seven, proclaimed, "I got fourth-place ribbon yesterday in the 220!"

"Terrific! How fast did you run?" an adult asked.

"As fast as I could," the youngster answered. END

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Sports Illustrated

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Monday, March 15, 1976

Track The Boston Globe

US Masters Meet
at Tufts

One Mile (40-44 years) 1. Peter Doherty, Hartford; 2. Carl Genovese, N.Y. Pioneer; 3. Bill Allen, Toronto. T—4:37. (45-50) 1. Dave Colton, N.Y. Valley; 2. Manfred Krapschur, Hartford; 3. Joe Kernan, N.Y. Pioneer. T—4:41.5. (50-54) 1. George Brown, Hartford; 2. Archie Messenger, N.Y. Pioneer; 3. Don Farquharson, Toronto. T—5:09. (55-59) 1. Danforth Geer, Capitol T.C. (60-64) 1. Riza Isman, Turkey; 2. Austin Newman, unattached; 3. John Wall, Hartford. T—5:19. (world record, 70 and over) 1. Dick Bredenbeck, San Diego. (Submasters) 1. Bob Maxwell, Fairfield; 2. John Durkin, un; 3. John Babington, North Medford. T—4:28.7. (Women submaster) 1. Natalie Ranson, un. T—6:32.0.

Shot Put (40-44) 1. Len Olson, New York AC; 2. Phil Mulkey, Atlanta; 3. Ray Carstensen, un. D—44-5/2. (45-49) 1. Tom Hill, Phila; 2. Jerry Kantor, un; 3. Irv. Black, Central Conn. D—43-9/2. (70 and over) 1. Erich Schmidt, N.Y. Pioneer. (55-59) 1. Nat Heard, Marion; 2. Herman Hand, Phila.; 3. Harold Berberian, BAA. D—42-7/2. (60-64) 1. Paul Seregy, N.Y. Pioneer; 2. Geo. Brueling, Phila; 3. Phil Partridge, N.Y. Pioneer. D—39-3/2.

50 yard dash (40-44) 1. Nick Gioquin-fo, un; 2. Tom Brooks, Pioneer; 3. Harold Green, Richmond. T—6.1; (50-54) 1. Rudy Vafino, Phila.; 2. Larry Holman, un; 3. Maurice Lenize, Pioneer. T—6.0; (55-59) 1. Nat Heard, Marion; 2. Bob Sorlien, URI; 3. Harold Berberian, BAA. T—6.7; (60-64) 1. George Braceland, Phila; 2. Ray Edwards, N.Y. Masters; 3. Harry Moody, un. T—6.7; (65-69) 1. Manfred D'Elia, New Jersey; 2. Warren Pike, Seacoast; 3. Stan Thompson, Phila. T—7.1. (70 and over) 1. Konrad Boas, un; 2. Curtis Wright, Phila. T—7.5; (Women submaster) Ruth Frawley, Buffalo.

45 hurdles (40-44) 1. Cliff Bertrand, Pioneer; 2. Phil Mulkey, Atlanta; 3. Leon Trout, Shore AC. T—7.0; (45-49) 1. Jay Wallace, Richmond; 2. Tom Hill, Phila.; 3. Harold Colan, Pioneer. T—7.0; (60-64) 1. George Braceland, Phila; 2. Claud Hills, Phila; 3. R. W. Deacon, Hawaii. T—7.2; (65-69) 1. Stan Thompson, Phila; 2. Warren Pike, Seacoast. T—8.0.

Pole Vault (40-44) 1. Miguel Rivera, un; 2. Phil Mulkey, Atlanta; 3. Leon Trout, Shore AC. H—13-0; (45-49) 1. Jay Wallace, Richmond, H—7-0; (55-59) 1. Bob Marcom, Phila; 2. John Hutchison, Hartford; 3. Stan Hlzman, un. H—13-6; (60-64) 1. R.W. Deacon, Hawaii; 2. George Braceland, Phila; 3. Claude Hills, Phila. H—8-0.

35 lb. Hammer (40-44) 1. Al Thompson, Pioneer; 2. Len Olsen, New York AC; 3. Phil Mulkey, Atlanta. D—53-9; (45-49) 1. Bob Backus, New York AC; 2. Irv. Black, Central Conn.; 3. Tom Hill, Phila. D—58-9; (55-58) 1. Nat Heard, Marion; 2. Herman Hand, Phila; D—35-0; (60-64) 1. Phil Partridge, Pioneer; 2. Mario Tredneze, un; 3. George Braceland, Phila. D—25-3.

2 mile walk (40-44) 1. Bob Morse, North Medford; 2. Jack Boltand, Stratford; 3. James Winthrop, Shore AC; T—17:05; (50-54) 1. Bob Mann, Shore AC; 2. John Gray, No. Medford; 3. Howard Barnes, Stratford; T—15:53.4; (60-64) 1. George Braceland, Phila; 2. Claude Hills, Phila. T—21:23.

600-yard run (40-44) 1. George Gluppe, Toronto; 2. Bill Krebs, Pioneer; 3. John Stone, BAA. T—1:19.7; (50-54) 1. Hugh Short, Pioneer; 2. Archie Messenger, Pioneer; 3. Ernie Mills, Northern. T—1:25.9; (45-49) 1. Tom Connolly, Pioneer; 2. Bob Bowman, Toronto; 3. Ray Willis, Berkshire. T—1:20.4; (55-59) 1. Ray Gordon, Potomac; 2. Ed Halpin, Corona del Ray; 3. Ed Rainer, San Diego. T—1:31.0; (60-64) 1. George Braceland, Phila; 2. Bud Deacon, Hawaii. T—1:39.3; (65-69) 1. C. E. Kline, Richmond; 2. Manfred D'Elia, New Jersey. T—1:39.0.

Two Mile run (50-54) 1. Carl Hammen, URI; 2. George Brown, Hartford; 3. John Gray, No. Medford. T—11:16; (55-59) 1. Steve Richardson, Pioneer. T—12:03; (60-64) 1. John Wall, Howard County. T—12:14; (65-69) 1. Stan Thompson, Phila. T—14:27; (70 and over) 1. Richard Bredenbeck, San Diego. T—13:10.

CALENDAR 1976

APRIL

2
National AAU Pentathlon Championship (also special weight pentathlon) Bob Boal (919) 556-4323 Box 5576 State Univ. Station Raleigh, N.C. 27607

3-4
S.E. Master T & F Meet N. Carolina State Univ., Raleigh, North Carolina

10-11
N. Zealand Vets T & F Championships 40 and over and women's events plus Sub-Masters. Porrit Stadium, Hamilton, N.Z. Contact Sports Travel 4869 B Santa Monica Blvd., San Diego, Calif 92107 (714) 225-9555 for details

13-20
USMTT tour to Hawaii. Hawaiian Masters T&F Championship and 15 km. road race. Housing and R/T Jet airfare LAX/Hawaii \$249.50 and up. Contact Sports Travel — 4869 B Santa Monica Blvd., San Diego, Calif. 92107 (714) 225-9555

24
Fletcher Marathon. Rotorua, New Zealand (Magnificent scenic course around lake in N. Zealand's picturesque thermal area.) Contact Sports Travel International 4869 B Santa Monica Blvd., San Diego, Calif. 92107 (714) 225-9555 for details. Deadline for entry 4/14/76

MAY

1
First Annual Golden State Masters T & F Championship. Porterville, Calif. Sub-Masters, Women 30-plus. Porterville College, 900 S. Main, Porterville, Calif. 93257. Deadline for entries 4/24/76

15-16
Sixth Annual Grandfather Games L.A. Valley College — George Ker 16750 Index Street, Granada Hills, Calif. 91344. Sub-masters, Masters and Women

22
AAU Distance 20-kilo road race. East Potomac Park, Haines Place, Washington, D.C. Contact Don Dalzell, 4977 Deppler Road, Camp Springs, Maryland 20031

JUNE

6
AAU Distance. 30-kilo road race. Gloversville, N.Y. Contact Warren Dennie, 40 N. Main Street, Gloversville, N.Y. 12078

19-20 (Sat. & Sun.)
Western Regional AAU Masters San Diego State University San Diego, Calif. Masters, Sub-Masters, Women. Write Sports Travel Int'l for details: 4869 B Santa Monica Blvd., San Diego, Calif. 92107

20
Carmel Classic — Senior Mile (only) 30 and over Chuck Koeppen, 147 Park Lane, Carmel, Indiana 46032 (317) 844-1823 (evenings)

CALENDAR - continued

JULY

(Through the 30th)

AAU Distance, 1 hour (postal). Contact John Brennand, 4476 Meadowlark Lane, Santa Barbara, Calif 93105

2-4
AAU Masters T & F Championships Mt. Hood Community College, Gresham, Oregon 97030, Jim Puckett, Track (503) 666-1561
Sub-Masters, Masters in 5 yrs. age divisions to age 70, plus 70 and over. Women 40 and over in 100, 200, 500, 1500, 10,000 m and L.J. only.

10-11
AAU Masters Decathlon Championships. Mt. Hood Community College Gresham, Oregon 97030, Jim Puckett

AUGUST

1
Twenty-first Annual Pike's Peak Marathon Rudy Fahl, 559 Pleasant Valley Shopping Center, Colorado Springs, Colorado 80904 or Walt Stack 321 Collingwood Street, San Francisco, Calif. 94114 — deadline for entries 7/31/76

(date to be announced)

Pike's Peak Y Training Camp, Catamount Ranch 7/19-7/24 and 7/26-7/31 at 9000' 16 miles trails. Run starts at 6,300' and tops out 14,000'. Open record to top Rick Trujillo 1975 13.5 miles 2:01:47 26.8 miles (up and down) 3:31:05.

(date to be announced)

Hal Higdon High Altitude Training Camp Runners Mecca, Box 2186, Mesa, Arizona 85204 (601) 834-0496

NOVEMBER

5-19
USMTT British Tour

7-8
British Vets T & F Championships. Midlands

11
AAU Distance 50 miles road race. Central Park, N.Y. Contact Vincent J. Chiappetta, 2 Washington Sq., Village, N.Y. 10012

14
World Veteran 10,000 m. Road Championships. Rugby, Warwickshire, England. (Men over 40, women over 35)

National Masters AAU Cross Country Championship, Belmont, Calif. (note change of date) Len Wallace, 1060 Continentals Way No. 107, Belmont, Calif. 94002

15
World Veterans Marathon (Men 40+, Women 35+) Coventry, England. For details, contact Sports Travel International at: 4869 B Santa Monica Blvd., San Diego, Calif. 92107

Continued on page 11

In keeping with our policy of printing differing views, the USMTT publishes the following letter by team member Al Sheehan. In attempting to give the "other side of the picture," Al doesn't challenge our basic contention that the best way to help bring about change in South Africa is not by boycott but by active demonstration.

The Editor

March 11, 1976

Dave:

I'm very pleased that you were able to arrange for USMTT to tour South Africa this winter, and I hope to be able to join you on the trip.

But in reading your South African Diary in the February newsletter, it sounded so pleasant and idyllic that I almost forgot that South Africa, notwithstanding its beautiful scenery and architecture, is, on the bottom line, a racist country.

While we naturally want to enjoy the beauty of the country, and understand the social progress that apparently is being made, I feel that all of us should be aware, when we arrive in Johannesburg, of the true situation that exists. Only forearmed with relevant facts will we be able to comprehend what we see and hear; to sort out the truth from the gloss and puffery which the South African public relations experts will certainly attempt to foist upon us.

"Last Grave at Dimbaza," a film examining South Africa's policy of apartheid, was recently shown on the Public Broadcasting Service. It was filmed illegally in South Africa and then smuggled out of the country. It aroused much controversy and won awards at film festivals around the world, including the Grenoble International Short Film Festival and the Mennheim Festival. "Le Monde" described the film as "the most remarkable documentary" shown at the 1974 Cannes Film Festival.

"Last Grave at Dimbaza" depicts "what it's like for the black people of South Africa to be on the receiving end of the white government's apartheid policies." The film documents that South Africa is one of the richest and most industrialized nations in the world. Its total population is just under 25 million, but the lives of its 17.7 million blacks, 2,306,000 "colored" (mixed blood) and 709,000 Asians are totally controlled by the white minority of just over four million.

Eighty-seven percent of the country is reserved for the whites and called South Africa. The remaining thirteen percent, made up of about 100 pieces of land, have been re-named the Bantustans, the so-called homelands for blacks. All the principal towns, mineral resources and industry are in the white area, as is most of the productive farmland.

Currently, some 8 million blacks live in the white area. Those who work for the whites live in segregated ghettos outside the cities where they work. Over 50 percent of their families — wives and children — live in the Bantustans and only see their husbands one month out of the year. The government's official justification for splitting up black families is that "black workers must not be burdened with superfluous appendages like women and children."

A government report estimated that the Bantustans could provide a subsistence living for only 2½ million people. Yet already, 7 million people are forced to live there in what one South African black leader has described as "cesspools of poverty, ignorance and disease."

The wealth of South Africa is built on the supply of cheap black labor. Numerous foreign companies, including many American firms, operate in the country. Black gold miners earn \$9.60 a week while their white counterparts make 16 times as much. No black can hold a position higher than a white in a factory.

In 1970-71, the cost of producing one British-Leland automobile was \$400 per worker in South Africa. In Britain and Europe it was \$2000 per worker. Cheap labor produces Rolls Royce engines, British Bucanner planes and, in defiance of a United Nations resolution, French Mirage jets. The single-sex labor camps and a 22% unemployment rate among blacks are causing growing labor unrest.

Under South Africa's "master and servant" laws, a black in many industries can go to jail for being absent from work, for trying to change his job before his contract expires, or for refusing to obey a command. Black trade unions are not recognized and almost all strikes are illegal. There is not one black apprentice in the country.

(Letter - continued)

The South African minister of Bantu affairs has determined that "Africans miles from their homelands have no rights whatsoever in South Africa. They are only in South Africa to sell their labor." All blacks over the age of 16 must carry passbooks stating the area they are permitted to live in and the kind of work they are permitted to do. Six million blacks have been arrested at one time or another under the "Pass Laws" over the last ten years — more than half the total black adult population.

In 1970, \$330 was spent on each white child's education; \$20 was spent on each black's education. Forty-five percent of blacks don't go to school. Those who do must pay. Education is free for whites. In school, blacks are taught that "equality is not for them."

The black infant mortality rate is 15 times the white rate. One black child in three is dead at the age of one.

In a given hour, six black families in South Africa will be thrown out of their homes, sixty blacks will be arrested under the "Pass Laws," and sixty black children will die of the effects of malnutrition. During the same hour, the gold mining companies will make a profit of \$84,000.

As a government policy, every white shoots guns. It is a compulsory subject in school for both boys and girls. A quarter of a million troops can be assembled at short notice. The government spends \$380 million a year on the military. It spends \$16 million on black education.

I look forward to visiting South Africa. But I hope we go with some sense of the enormity of the injustice and economic slavery being perpetrated by one of the most repressive power structures in human history.

Best regards,
Al

MORCOM SPARKLES IN MASTERS TRACK

by John Ahern
Globe Staff

Here they were dashing around and you had to wonder if the Geritol Set was up to this stuff. There's no way that athletes over 40 — even one of them up to age 70 — should be exposing themselves to heart failure or even acute shortness of breath. Worry not. A flock of 227 senior athletes took part in the Masters Nationals at Tufts yesterday and there were performances that belie belief.

Boo Morcom was there. That's Richmond "Bob" Morcom of Braintree, U. of New Hampshire, the 1948 Olympic team and the world. He's 54 now and looks about 32. And he was entered in three events. So he won the pole vault at 13 ft. 6 in. only a foot lower than his best 35 years ago. He won the long jump at 18 ft. 5 in. and that was his undoing. He hurt his foot and scratched the high jump. He couldn't understand it.

Nor could Richard Bredenbeck from Cleveland, San Diego and other ports. He won the mile in his division and his time was 6:07.

"I can run faster than that," he muttered. "Can do much better. I'm embarrassed." Bredenbeck also is 70 years old and the oldest entry in yesterday's show.

Nat Heard of Marion was disappointed in his time despite winning the 50-yard dash. He was Newton High '35, Harvard and then picked up this Masters bit on the Coast. "It was 6.7, no good," he said. Still, he won as he did in the shot and hammer in the 55-59 group. The high jump? "I can't high jump anyway."

Riza Isman of Turkey hadn't a complaint in the world. Today he's 62 and thought his days of athletic glory had gone the way of Little Sheba, a Turkish belly dancer of World War I vintage. So all he did was win his mile in 5:19, which happens to be a world's record for Masters of the age.

George Braceland, an engineer from Philadelphia, would get the MVP Award if there were one for the 60-64 bracket. All he did was win the dash, the hurdles, the two mile walk and the 600-yard run and finish third in the 35 lb. hammer throw. The aging process breaks you down?

But Charlie Ingalls, 66, of Nashua, was out of sorts. He had planned to compete in the dash, 300 high jump, hurdles and pole vault. But last week he broke his right wrist playing in only his 138th basketball game of the season.

METRIC CONVERTERS AVAILABLE

Champion Products, from whom we get our uniforms, has made available to USMTT slide rules capable of quickly converting yards to meters in both time and distance. There are three separate computers available.

These converters enable you to instantly convert feet to meters, or vice versa, and to compute the equivalent time for the metric equivalent distance. For example, a 5:00 mile equals a 4:40 1500m, and a 55. sec. 440 equals a 54.9 400m.

Converters available:

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- (3) Field events (Jumping & Throwing)

Price — \$5.00 per slide rule. Order by number (1), (2) or (3). Fits easily in your athletic bag.

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CALENDAR - continued

DECEMBER

17

USMTT tour to South Africa
JANUARY - 1977

9

Masters, Sub-Masters and Women Write Sports Travel, 4869 B Santa Monica Blvd., San Diego, Calif. 92107 for details. Send deposit of \$100.00 for reservation.

12

Fourth Annual Honolulu Marathon, also AAU National Masters Marathon. Contact Sports Travel at 4869 B Santa Monica Blvd., San Diego, Calif. 92107 for details.

Date to be announced:

AAU Distance 25-kilo Road Race. YMCA 63rd St. NYC, Central Park West. Contact Fred Lebow, Box 881, FDR Station, N.Y. 10022

ATTENTION... ATTENTION... ATTENTION...

If you have not — I repeat, have not — sent in your renewal for your membership (\$6.00) CUT-OFF DATE IS WITH THIS ISSUE OF THE NEWSLETTER! We are still processing some of those that have been sent in, either new or renewed so if you have renewed (or are new) and have not yet received your membership card — it will be in the mail soon. DO NOT PANIC! But those of you who have not renewed, please PANIC and rush to your mail boxes with your \$6.00 renewal check or this is the last issue you will receive. Thank you for your continued support!!!

D.H.R.P.

FALSE STARTS - continued

page 2

Tom competed in TORONTO, garnering a fifth in the discus, third in the shot, and second in the hammer. His main claim to fame, however, is that he wears a size 15D shoe, and he had to order a special extra-extra large Masters windbreaker in order to fit him... One should consider the

possibility of pulmonary emboli in the lungs following a running injury where internal bleeding is sustained. HAL WALLACE recently spent 4 days in the hospital being monitored with blood-thinners due to emboli in his lungs following a calf injury suffered at WHITE PLAINS... On the distaff side, we see where USMTT member ALEX (ALEXANDRA) BOIES, was recently elected President of the Minnesota Distance Runners Association. Alex, you may recall, spent her honeymoon with USMTT member Dr. LARRY BOIES, and both participated in the 1972 USMTT tour to Europe. Since then, Alex has become a dedicated distance runner and has competed in both the BOSTON and PIKE'S PEAK MARATHONS... Speaking of female administrators, NICKIE HOBSON is current President of the San Diego Track Club, probably the largest such club in the U.S... One would think that a 55 year-old doctor who sees an average of 25 to 30 patients a day, would be satisfied with a Wednesday afternoon round of golf. Not 55 year-old Dr. RICHARD PARKINSON, of INDIO, CALIFORNIA, who recently won a gold medal in the USTFF Winter Decathlon meet in GLENDALE in his division. Although his vault effort of 7½ ft. was rather mediocre, he ran a most creditable 13.7 100, 25.7 200, and 5:44 1500. Besides his involvement in track, he has served two tours of duty in Viet Nam with the AMA's volunteer medical program... From ALAN WOOD'S, The Master Walker, we glean an excellent thought with respect to running and/or walking injuries sustained on collision with automobiles, pointing out that most auto insurance policies cover you in such a situation even though you are not driving. A very cheap coverage for us frequent pedestrians is called "3D" — or Death, Dismemberment, and Disability. Another applicable coverage maybe your Uninsured Motorist (UM) endorsement — compulsory in some states, optional in others — which will cover you in hit-and-run situations or when struck by an identified, uninsured motorist... COREEN SCHLEGAL writes that 1300 gathered for the 10th anniversary Hall of Fame dinner in Bakersfield, California, where eight persons were inducted to the Kern County Hall of Fame. Included was none other than our 71 year-old USMTT member SING LUM, who still performs remarkably well in the sprints up to 400 meters. We also learned that the Lum's family and friends recently celebrated their 40th wedding anniversary by giving them a "nest egg" towards the expenses of their contemplated SOUTH AFRICAN trip with the USMTT this year... The February issue of Runner's World features marathoning, listing all of the major U.S. marathons, outstanding performances and other relevant information. Featured in the article are JACKI HANSEN and her World Record 2 hr 38 min 19 sec marathon achieved in '75. She's listed as number one in the world for the marathon; followed by MIKI GORMAN, fifth, KATHI SWITZER, ninth. Listed 57th are USMTT members EILEEN WATERS (29), and 60th RUTH ANDERSON (46) with her 3 hr 10 min 10 sec. Ruth's goal is to break three hours and hopes to achieve it at the World Veterans Marathon in Coventry later this year... Incidentally, JACK FOSTER (NZ) now 43 years of age, is ranked 14th in the all-time men's list of marathoners with his incredible 2 hr 11 min 18 sec scored in '74. To our knowledge, there is not another age 40 plus runner in the world who can come within 15 minutes of that effort...

USMTT — 24-hour Relay

San Diego, Cal. The S.D.T.C. sponsored the 1st BILL HARGUS 24-hour Memorial Relay on Saturday, February 28, 1976. Bill, as you may recall, was a USMTT member who died in 1975 at age 55. Bill had totally revised his life style — by taking up running — following a near fatal heart attack nearly eight years ago.

A team of 10 USMTT members, all 50 years of age and older, with the oldest being 64 year old JOHN MANTOYA, (featured in the January USMTT newsletter) managed 21 miles apiece and a total mileage of 211, just a fraction of a mile behind the existing Men's 50 and over record held by the Rochester Track Club.

Top team runner was JOHN LAFFERTY, (55) who averaged a sub six minute pace. The team averaged better than 6:48/mile for the 24-hour test, and placed 9th out of 14 teams.

If you like challenges, attempt the 24-hour relay run. A special bonus is the camaraderie developed between the runners as they suffer through this demanding physical test.

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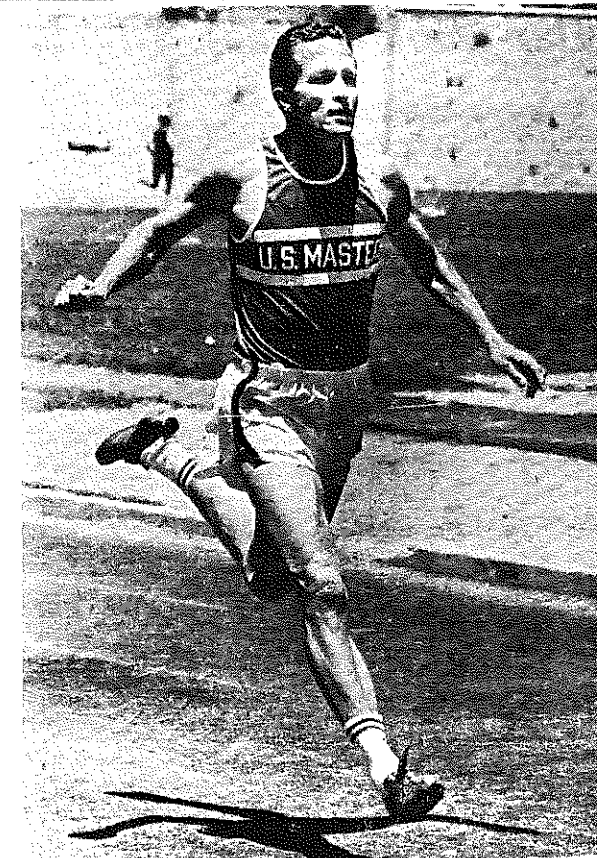
(714) 225-9555

TO:

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

u.s. masters international track team

april 1976



Dick Stolpe, Capt. USN Ret. (51) of Los Alamos, New Mexico. Acclaimed New Mexico August 1975 Athlete of the Month for White Plains and Toronto age group sprint accomplishments.

Dick Stolpe as a Div I-B Master made his mark by setting a U.S. Masters 400m record at 51.7 and did equally well in the sprints and relays.

Like Bill Fitzgerald, he stepped graciously up to Div II-A in '75 (born March 3, 1925) and continued with his old tricks, showing his heels to all competitors in the 50-plus age group, with a 54.9 400m and at White Plains he won the 400, 200, and 100m events in his division. At Toronto he did equally well making the same three event sweep while overcoming severe leg problems.

The retired Navy Captain has Masters bests of 10.6 100m (ages 45 and 46) 22.9 200m (age 45), and 51.7 400m (age 47).

Perhaps the fact that Dick lives and works at 6000 feet has something to do with his continued success. Although a sprinter, he accompanied his 19 year-old daughter Margorie on a 20 mile run recently — at altitudes ranging from a "low" of 6300 to a high of 7300 feet. In finishing the distance, Margorie raised \$625 for the fight against multiple sclerosis.

Dick doesn't plan to come down from the mountains until '77 when he will once again descend on Div II-A like a plague at Göteborg, Sweden for the Second World Masters.

(SOUTH AFRICAN DIARY - continued)

In Cape Town we established contact with Leo Benning and Roger Smartt, both excellent Master long distance runners, who took us on a fine one hour run in the Arboratum and Forest Reserve on the slopes of Table Mountain. It will be this group, the RRC, which will put on a cross country road race for us when we return to Cape Town.

Saturday 12/13/75

Up early and picked up by Leo Benning at 6:15 a.m. for a road race known as the "Torture Trail" on the eastern slopes of Table Mountain. About forty starters showed up for the informal event of 14.2 km. and an altitude rise of approximately 300 m. (1000 ft.). The one run was through beautiful stands of pines, eucalyptus and other species of trees on a broad dirt service road ending at a notch in the mountain with an overview of the Atlantic. We managed to negotiate the course in 76 minutes, including a bad tumble on the trail and a good sprint into the finish with a young 12 year old. Dave Jackson — sprinter that he is — and our host from the Committee for Fairness in Sport, Leslie Sehume, were waiting at the finish line with cameras ready. Dave was asked to present the modest awards (something we learned would have been impossible just a few years ago) and running vests were exchanged. We received a new RRC T-shirt in exchange for our soaking wet and muddy USMITT vest. In the course of our discussions, we learned the club had sponsored for several months a multi-racial Wednesday evening 8 km. time trial, which was being well attended by non-whites and was gaining in popularity. Since all athletic teams were formed along ethnic lines, few, if any, have multi-racial membership. However, Leo told us that recently two local cricket clubs had accepted colored members and that his club expected colored applicants in the near future. These applications would be favorably considered but would have to be referred to the controlling body for approval, noting that a similar application of a white athlete would not require an O.K. from above. No blacks or coloreds competed in either of the runs we engaged in while in Cape Town.

After the race, we repaired to the hotel for a fine breakfast — full selection and all you could eat for 1.50 Rand (approximately \$1.75) and then Leo took us to the Aerial Tram which would take us 3,000 feet above Cape Town. On our way, we stopped at a hospital where the club's oldest runner, age 73, was recuperating with his foot elevated reading a back issue of RW. When introduced, he nearly flipped as he was just then reading Hal Higdon's article "Godfather of Aging Jocks." Following this brief visit we then proceeded to the tram and soon were atop Table Mountain on a windless day with 100 mile visibility. As Cape Town is built around three sides of the Mountain, we had a superb overview of the city, harbor, beaches and distant mountains.

We then departed to the tea room on the top for a cold drink to be by a "whites only" sign. As Leslie was with us, this presented a problem. However, we decided to go in anyway and were graciously served without incident.

Sunday 12/14/75

Up early for a short one hour flight to Port Elizabeth, some 600 miles northeast of Cape Town on the Indian Ocean coast. Due to infertile and sandy soil, very little grows in this part of entry. Accordingly, our first impression was negative as the vegetation was sparse with few trees and scraggly grass. We were greeted by Erich Pienaar, Director of Sport and Recreation on the Eastern Cape, a delightful 43 year old bachelor, and Chris Hattingh, 73, who has been associated with athletics and rugby for over thirty years in the area. He and Erich escorted us to a colored area and showed us a 350,000 Rand Olympic-sized, eleven lane 50 m. pool, plus diving pool together with a 400m. running track and 500 m. Veldrome encircling the running track (combined athletics and cycling

Continued on page 4