

At this point we would like to provide a variety of options from which to choose. In order to give you the lowest fares possible we are prepared to charter four aircraft from the U.S. to Scandinavia — two, one from each coast, for a minimum package, for the preparation and participation in the meet at Gothenburg; and another similar two, for a three-plus week period. Two options would be available in this division, i.e. charter air US/Gothenburg, return Stockholm/US with a visit to "wonderful, wonderful Copenhagen". The week in Gothenburg, and followed by a customized extension including Oslo, Stockholm, Helsinki, Leningrad, Moscow and return to Stockholm to connect with the returning charters. The second option would begin the same as the first through the period in Gothenburg; then the balance of time would be open for your own scheduling (with our help available should you wish it.)

While we have made tentative arrangements for you to fly SAS charters to Sweden on one of several tours, at this point we have just ballpark figures which are subject to change (hopefully, downward). Breakfast is generally included with the exception of the hostels, where kitchenette facilities are available in each building.

Tours 1 and 2 leave the U.S. August 2 and return August 15.

- 1) A 14 days NY/GOT/NY
70 hostel-type rooms \$483.00
B 124 modern commercial accommodations \$631.00
2) A 14 days LA/GOT/LA
50 hostel-type rooms \$644.00
B 102 modern commercial accommodations \$792.00

Tours 3 and 4 leave the U.S. August 3, with accommodations to the 15th, and returning from Stockholm on August 28.

- 3) A 26 days NY/GOT STO/NY 12 nights
Modern commercial accommodations \$619.00
B First class \$677.00
4) A 26 days LA/GOT STO/LA 12 nights
Commercial \$780.00
B 26 days LA/GOT STO/LA 12 nights
First class \$838.00

Extension or free time, August 15 to 28. The price of whatever you decide to do in this period is in addition to either Tour 3 or 4.

Plus 5) Extension 13 days — Scandinavia & Russia \$1038.00*

6) Extension — your choice Price to be determined
*Maximum — We're still negotiating. First Class, including some meals en route, all meals in Russia, Plus circus, ballet and opera tickets.

Complete Travel Service
DIAL 225-9555



HELEN L. PAIN

Sports Travel International, Ltd.
4869 Santa Monica suite "B"
San Diego, 92107

As you can see by the above plans, we have many choices to satisfy your needs. Other variances to the charter flights cannot be made. However, if you wish customized arrangements, we shall be very happy to help you — but obviously they cannot be at the same low prices.

To charter aircraft requires the signing of contracts and the placing of deposits. From your inquiries we are assuming that the above schedules will meet your requirements. However, we have no way of knowing for sure whether these are the right type of scheduling. The only way we can undertake these obligations is for each of you to respond by way of deposits and reservations. Therefore, we are setting up the following requirements for deposits in the amounts and necessary number of people by a certain date:

- (New York) 1-AB \$100. We must have 65 by August 15.
(L.A.) 2-AB \$150. We must have 65 by August 15.
(New York) 3-AB \$100. We must have 75 by August 15.
(L.A.) 4-AB \$150. We must have 100 by August 15.
(NY & LA) 5 50. (In addition to one of 1st 4). We must have 40 by August 15.

This all may seem quite arbitrary, but if you wish the savings of these charter flights, you must demonstrate your interest. These four charters alone represent contracts of over a quarter of a million dollars. We can only provide this service with your support.

All deposits are completely refundable up to January 1, 1977, without question or penalty. After that date refunds will be subject to the requirements of hotels and airlines. An exact schedule of which will be available by that date.
SPORTS TRAVEL INTERNATIONAL LTD.
4869 "B" Santa Monica Avenue
San Diego, CA. 92107

HELEN:

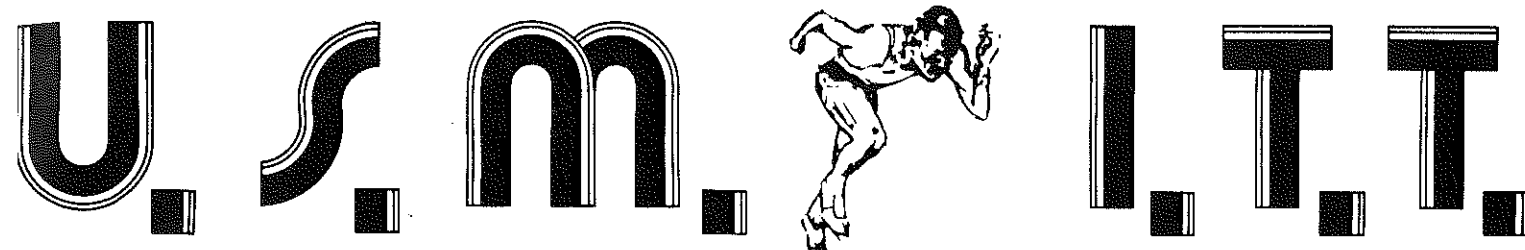
Yes, I want _____ reservations for USMTT's '77 trip to Sweden. I am enclosing \$ _____ for the _____ tour. (Don't forget the extension.) (1A, 1B, 2A, etc.)

Name _____

Address _____
Street City State Zip

Others who will be going with me _____

Comments: _____



u.s. masters international track team

july 1976

**THREE CONTINENTS ARE AVAILABLE TO THE USMTT
WITHIN THE NEXT YEAR**

(SOUTH AFRICAN DIARY)

continued

Thursday 12/18/75

In the last two weeks of May I covered a distance greater than the circumference of the earth for the USMTT two forthcoming expeditions — December '76 SOUTH AFRICA PLUS A TASTE OF RIO, and August '77 SWEDEN AND OTHER FLAVORS — as everyone around the world is waiting to hear "What's happening about USMTT's tours?"

With a schedule that would challenge Kissinger (he doesn't take time out to run) and with the aid of continual rainy weather (so I wouldn't be distracted by extra pleasures) I perambulated the world at an average speed of over 72 miles per hour.

The forthcoming tours will be far more exciting, proceed at a lesser speed and provide even greater opportunity for sight-seeing, fellowship, and competition that I, on a planning trip, could experience. What I did enjoy particularly was the thrill of again visiting with our very special friends whom we have had the pleasure of knowing through USMTT competitions of the past. And I can assure you that our comrades are eagerly awaiting our appointed holidays!

May I tell you a little bit of what we have in store. The safari to South Africa will begin on VARIG, the Brazilian Airline, from New York, Los Angeles, or Miami as the U.S. gateways on December 17th, and we shall converge in Rio de Janeiro for a respite on the beach of Copacabana. The spectacular new Rio Othon Palace Hotel will be our 24-hour headquarters as we experience the Brazilian city of many mixtures . . . the Corcovado (Christ the Redeemer) and voodoo . . . samba rhythms and Cooper marks. I can assure you that you will be most pleased with the fine service and concern for you shown both by your enflight crew and your land hosts.

Rather than give you the total, exact itinerary in detail at this moment, I would prefer to present a brief bill of fare, with the specific recipes later . . . if you are really interested. If you have followed David's "South African Diary", you have been introduced to the people and the places in that fabulous country. You are aware of our disembarking at Jan Smuts airport in Johannesburg. In addition to viewing much of this stylish city, speckled with gold mines, we shall enjoy the genuine hospitality of our friends at the welcome reception and the braaiplace (bar-b-q) following the big competition. A diamond-studded day at Kimberly will conjunct Jo'burg with the friendly, windy city of Capetown, where we will experience Stellenbosch — the university town in the wine-growing valley with the Dutch heritage; Kirstenbosch — the superb botanical exhibition of both familiar and exotic flora; Table Top Mountain; and the legendary Cape Point. Prime moments will come on Christmas Day, as we are guests in the homes of our South African brethren; and Boxing Day, when we participate in our second major meet.

This proved a difficult day as we were scheduled to fly direct to Sukuza in the Kruger National Park, but learned, on arrival at the airport, that the flight had been cancelled and accordingly we would have to fly to Joburg and then transfer to another airport for a charter flight to the Park. Notwithstanding the delay, we enjoyed our flight in an eight passenger twin turbo powered Cessna, and on landing were greeted by "Maggie", our British born courier and host during our stay in the Park, who had waited all day for our delayed arrival at 5:00 p.m. She promptly put us in her V. W. Combi, together with Trevor George, of the Department of Sport, who also accompanied us during our stay in the Park.

No sooner had we left the small landing strip area than we saw numerous impala, very thin due to a prolonged drought broken only two weeks prior, grazing along the roadside. Moments later, a monstrous wart hog appeared with enormous curved tusks, hairy face accompanied by unelegant extrusions. Shortly thereafter, we gazed upon baboon carrying their small young on their bellies as they walked on all fours. Before the light failed we also were privileged to see a giraffe looming above the tree tops munching on the thorn acacia, apparently oblivious to the 1" to 2" spikes extending from the branches. We noticed the animals lowering their heads with the characteristic spreading and bending of the legs as though drinking, only to find out they were investigating a sun dried bone. The abundance of wild life so close to the road made us feel as though the animals had been placed there under the direction of Walt Disney. Since Kruger does not permit anyone to leave his vehicle or to camp in open spaces, we proceeded to the camp enclosure, whose gates close at 7:30 p.m. and don't reopen until 5:30 a.m. There our talkative, vivacious young British guide ushered us to our modern version of the traditional Bantu round hut with conical thatched roof. Instead of a dirt floor and smoke filled interior, we were greeted with two single beds, refrigerator, shower and screened porch. We took our chairs outside to enjoy two bottles of local wine purchased at the commissary at a cost of approximately 80 cents each. We had purchased the cheapest variety offered as they were the only ones equipped with screw caps. Much to our surprise, the Stein (a semi-sweet White) and the Rose both proved very drinkable and compared favorably with a California wine costing \$2.00 a bottle. Following our brief wine cocktail hour, we sojourned to the restaurant where we enjoyed a five course meal accompanied by more wine. On completion of our meal, we retired to the patio where we engaged in animated discussion until 10:00 p.m. In the background, our discussion was augmented by a chorus of crickets, frogs, and occasional bird calls.

FALSE STARTS

Correspondence with **BOB FINE** (National AAU Masters T & F Chairman) indicates that an interpretation of the AAU rules by the Law and Legislation Chairman has placed Masters LDR and Race walking under the jurisdiction of the Masters T & F Committee. This is definitely a step in the right direction as it enables the better coordination of these other disciplines within the overall Masters program. For example, it will result in a more even and equitable distribution of Masters Championships throughout the United States and a better coordination of event dates. Hopefully a Master calendar will result, which can be published following the National Convention. It can result, for example, in a coordination of the T & F Championships with the Racewalking Championships so that, if desired, both can be conducted at the same time and venue . . . Although we have had our differences with **FINE** on specific points, on the whole he has done an excellent job in pulling the Masters program together and is the best argument in favor of continued participation by the Masters in the AAU . . . Results from South Africa's first Masters T & F meet in Cape Town, held April 5th and 6th in near perfect "autumn" weather, indicate that the South Africans will be a factor at Goteborg in '77. **WILLIE OLIVIER** (1-a) posted an excellent sub 2:00 800 meters with a 1:59.1. Second was a good 2:01.0. The 5000 meters saw **OLIVIER** post an excellent 15:18.2, just 24 seconds off the winning time in Toronto. **LEO BENNING**, our USMTT correspondent in Cape Town, posted a good 17:51.2. In the 1500 meter, **OLIVIER** proved he was no flash in the pan by winning it also in the good time of 4:26.0. **ANN MCKENZIE**, (52) and USMTT member of whom we have written before, improved on her Toronto 100 meter time of 14.9 with a fast 14.2. She also tossed the javelin 23 meters 8 centimeters. (78 feet) . . . We Master athletes should recognize our physical limitations. **HAL WALLACE** competed in some 9 major meets between June 14th and August 18th, including White Plains and Toronto. He suffered what was thought to be a torn calf muscle but which turned into an embolism with very serious consequences. Incidentally, the Insurance Carrier for the AAU declined AAU Health & Accident claim - - he injured himself at White Plains - - as he could not prove the embolism was related to the track incident, and he didn't report the matter within the required 30 days. Should you be so unfortunate to sustain any type of injury at an AAU meet, be sure to seek medical advice and treatment and have the doctor document your injury and report it immediately to your carrier . . . Discussion with **BILL FITZGERALD**, (51) Seniors TC, revealed he ran his one, and claimed last, Marathon a month ago in 3 hours 20 minutes (first over 50) which has set him way back in his middle distance training so much so that on April 24th at the Mt. Sac. Relays he posted only a 4:24.8 1500 meter . . . **PAYTON JORDAN** (59), Track Coach at Stanford, posted a meet record 12.0 100 meter. **TOM CLAYTON**, CDM, in the same race rang up a creditable 12.6, while in the 60+ group, little **JOE CARUSO** (STC) scooted to an excellent 13.9. **BOB HUMPHRIES** (40+) CDM, tossed the Javelin 174'2½", (53.63 meters). **DAVE BROWN** (50+) CDM, lofted himself 11'0" (3.36 meters) in the P.V. and **SHIRLEY DAVISSON** (40+) CDM, lept 21'7¾" (6.52 meters). **FORTUNE GORDIEN** (CDM) now in his 50's - - how time flies - - threw the discus 157'6" (45.6 meters), which is probably an age group (53) record. **FORTUNE** holds the discus record for ages 46, 48, 50 and 52 . . . **JACK PENNINGTON**, Australia, reports that his down under runners - - at least in the middle and longer distances - - are probably the class Masters in the world today. Recent cited examples are **GEORGE McGRATH** (56) who on 4/76 did 5 kilometers in 15:57.2 (World age group record) and lapped **PENNINGTON**. **McGRATH** also has a 1975 2:37 Marathon World A.G.R. for age 55. Another

A.G.W.R. is **JACK RYAN's** (54) 1500 meter 4:14, which is 10 seconds faster than 51 year old **BILL FITZGERALD** is currently running. **THEO ORR** (52), who ran so well in Toronto, turned in an excellent 33:19 10 kilometers. The emergence of some of Australia's former open athletes as Masters is now becoming apparent with **DR. TOMMY BLUE** (40) and former Australian 800 meter Champion, breaking the age 40 World Record (held by **GRAHAM WISE** of Australia of 1:56.9) with a remarkable 1:56.5, and in so doing, beating **WISE** in the same event. The current U.S. Record is held by Pole **HENRY KUPCZYK** at 1:57.4. In Div. 111, 61 year old **GEORGE BUCH** did a remarkable World Record 2:19.9. **JOHN GILMOUR** (56), well remembered by U.S. Masters, also broke the A.G.W.R. with a 2:12.9 which should enrage our **DR. GEORGE SHEEHAN** whose record of 2:17 looks pretty shabby in that light **CLIFF BOULD** (60) has sufficiently recovered from a series of strokes to do a 20:39.4 5 kilometer; which is no record except for **CLIFF** who has struggled back from being a virtual permanent invalid. The 20:39.4 **CLIFF** posted is a victory over physical disability. **JACK** writes that **CLIFF** is now planning to compete in Goteborg . . . Speaking of Goteborg and the '77 World Masters, Helen has traveled to South Africa and Sweden to make final arrangements for the Christmas Tour and Sweden. Her report appears elsewhere in this issue . . . **PETE MUNDLE**, custodian of T & F News Age Group Records, has agreed to assemble the A.G.R. in Race Walking for 30 and over. Submit records Walks to Alan Wood, Quality Inn, Rm. 255, Pompton Lakes, N.J. 07444. . . AAU Master Rules require competition in five year age groups for Championship events. This, we assume, includes Regional Championships. This on the whole is a good rule as it gives the athletes in the second half of the decade a shot at an award. For the Div. 111 and 1V athletes, a special problem exists, however, in that not enough participants over 60 years of age are in competition. They seek equal treatment and argue that all of us will be their age sooner or later. However, in most Master meets - - even the larger ones - - there are not enough entries in Div. 111 and 1V to justify the five year age groupings. For example, in the Western Masters last year, less than thirty 60 and 70 year olds were entered on a 25 event program. The mathematics involved illustrates the meet director's dilemma. Assuming that the older athletes will enter an average of 4 events each with an entry fee of \$5.00 for the first event and \$3.00 for the remainder, the director can anticipate

20 x \$5.00 = \$100.00
60 x \$3.00 = \$180.00
Total \$280.00 entry fee.

Assuming three classes ie. 60 - 64, 65 - 69, and 70+ on the program and awards for 1st, 2nd and 3rd on a 25 event program, the awards picture looks something like this:

3 classes x 25 = 75 events x 3 = 225 Trophies, and at a cost of \$3.00 per award, this means the meet director must put out \$675.00 in awards for 20 entrants. At \$5.00 per award, his trophy expense is a ghastly \$1,125.00. This is making no allowance for other meet expenses which frequently in a well-run event may equal the trophy expense. In '75 the meet director personally took a bath for \$750 plus giving a ton of volunteer effort in putting on the event. The superfluity of awards also cheapens the event and the accomplishment in winning an award. For example, we saw one 72 year old at the '76 Grandfather Games garnish eight trophies and in most of these events he was the sole entry in his division. In no event he entered were there more than 3 entrants in his division, thus insuring him a trophy just for showing up. This doesn't make sense. Our suggested solution is to standardize the medal so that surplus medals can be passed on for the next year's event. No medals should be engraved so that they are good for any class and event, and lastly make the earning of a medal hard won. In '76 in the Western

Cont. from Page 1

Trevor proved knowledgeable about South African sport and from him we learned that rugby is the national game which has not yet been desegregated, although some international matches, notably with the British Lions squad and a French team, were held on a multi-racial basis. According to Trevor, the blacks are not good enough to make the national team, although two blacks were selected for the international competitions and played exceptionally well. He also indicated that in the first rugby competition between the blacks and whites that the unruly black crowd, (charged with plenty of booze) felled the head linesman with a bottle, causing the British imported referee to suspend the game. (Shades of the Minnesota-Dallas play-off game). He was cajoled into resuming the contest when impressed with the fact that if he didn't, the rebellious crowd would get completely out of hand. Since the field was not separated from the stands, the white players discreetly decided to lose or otherwise suffer a fate similar to the linesman. This was in marked contrast to the exemplary behavior, in unsegregated circumstances, in the multi-racial track and tennis championships. Since the Zulus and other South African tribes are noted for their ferocity and capability for internacine spontaneous outbreaks of violence (usually on Saturday night), one can see that the authorities approach the racial problem with some considerable degree of caution. The matter of black violence - - usually to other blacks - - as the whites eschew the segregated black townships, was brought patiently home to us when our gracious host and guide for most of the tour, Leslie Sehume of the CFFS - - a black - - was called in Port Elizabeth and advised his son had been attacked, knifed and was in the hospital. It was also an accepted fact that a white person does not venture into black areas at night or unescorted. In some areas a permit must be obtained, based upon a legitimate reason for going there before a white may enter. We also learned that the belligerent Zulus cannot live adjacent to certain other tribes, but must be separated by a more docile black nation.

Since we had an early arising - - 4:45 a.m. scheduled for the next morning - - we retired early and enjoyed a good night's rest. At dawn we arose to be greeted by our bustling, bouncy escort who loaded beer, soft drinks, tea, coffee and hot water aboard and soon we were at the gate awaiting its 5:30 opening. For the next three hours we were privileged to observe at close hand the abundant and varied wild life of South Africa; from the sleek King of Beasts, regal in his mane accompanied by his pride of females, with a power and grace we have never observed in any captive feline, to the boisterous Cape wild dog. Only 250 of these animals inhabit the 100 mile long park and ten (four adults and six cubs) frolicked in the road for five minutes ignoring the gawking tourists, held captive in their vehicles. Besides countless impala, we were greeted with the bluff Wildbeast, looking something akin to a yak, who, some say, was not created by nature but a committee. We also observed the elegant nyala with a double twist to their gracefully curved horns, and complete with several vertical stripes along their flanks, as well as numerous giraffe and numberless zebra. The area also abounds with birds, including several varieties of eagle, Maraboo stork, Secretary bird, and many others. All seemed tranquil and at peace with one another. Even the evil-appearing, and worse smelling, hyena, skulking through the trees, only caused a casual movement by the nimble impala, chief prey for most of the meat eaters on the velt. One unusual sight, our guide assured us, was to see a pair of hyenas together with their cubs ensconced in a hollow adjacent to the road. As we drove along, we enjoyed hot coffee and finally came to a camp where we stopped for an excellent full breakfast awaiting us. This was hardly a safari and we certainly were not roughing it, as we couldn't hike one foot outside the camp.

After breakfast, we hit the road again to observe elephants browsing 300 to 400 yards distant, which we watched through binoculars provided by our hostess. Later, at approximately 50 to 100 feet, several menacing water buffalo appeared through the bush, facing us with their massive curved horns covering their full heads and oxen-like countenance. Contrary to usual custom, they did not immediately retreat into the bush, but stood their ground and gave us a good look-see. The highlight, however, was the excitement we experienced when we barged upon a fully grown cow elephant some 50 feet from the road, who was calmly and delicately twisting her trunk around clumps of fresh green grass and stuffing them into her mouth. To our delight, she moved to about 25 feet from our vehicle and continued to contentedly feed herself, totally unconcerned by our presence.

By 1:00, we had reached Satura, an older camp enclosure, with large adult trees on the grounds and thick vines covering the veranda. We entered the restaurant and were offered a full course meal. We settled for a curried cold fish starter and a plate of sliced melon, orange and pineapple topped off with cheese and crackers. We also enjoyed a good white dry Reisling, provided by Trevor. We departed Satura for Phalaborwa, where we left our attractive young guide, and boarded a venerable DC-3 for our flight back to Joburg. This aircraft proved to be exceedingly comfortable and quiet as it lumbered along at 150 knots.

On landing, we were greeted by Jules Vantor, the wife of one of Joburg's leading sports editors, and a woman of considerable parts in her own right as she organized South Africa's participation in the 1975 International Gymnestrada, in which she personally raised over 300,000 Rand to take a multi-racial team of over 400 participants, officials, and followers to Berlin for a week of competition. Having organized several large groups for overseas travel and competition, we were impressed with her ability and accomplishments in this respect. Jules took us to her spacious home, complete with large, but friendly, doberman and several kids, where we struggled for several hours to ignite a barbecue fire composed of wet pine cones (it had rained about 5" in three days). After several beers and one brandy and soda and much blowing and fanning of the cones, an excellent bed of coals was achieved and our host, Joe Vantor, broiled lamb chops and excellent vorst (sausage), which was accompanied by mutton chops baked in the oven with a curry sauce. Since we had been up for nearly 18 hours, our hostess drove us back to the Holiday Inn where we retired.

Saturday 12/20/75

This proved a quiet but fruitful day as we drove downtown for some Christmas shopping, purchasing gifts for the family and ourselves. For our sons, we acquired colorful Swazi cotton shirts printed with bright geometric patterns and the equally colorful kaftans (similar to a Hawaiian mumu) for our daughters. Helen made a similar purchase which made her look something akin to an Inca high priestess, provided you didn't look too closely. We favored a Bush hat, complete with zebra skin hat band and Bush jacket, shorts and long socks. This outfit later proved a hit at a Vriaplace (barbecue) when the Mayor of Rustenburg went into the house and emerged with a high velocity rifle and posed us with it in hand. Later that day, after a pleasant lunch and swim at the home of a solicitor Monty Hacker, we visited a lion park near Joburg where the lions can be observed close at hand (2' to 3') away from your car. Here we stopped for tea and a small boy observing us in the Bush outfit commented that I was a "hunter" In point of fact he was correct for at that moment, we were "hunting" for the gentlemen's lavatory.

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HAWAIIAN MASTERS

Easter in Hawaii proved a most worthwhile affair for most mainland Masters who took the time to sojourn in the Sandwich Islands April 13th to 20th. Graced with sunny skies and a few late afternoon showers, some eighty competitors in all classes enjoyed two days of track and field competition plus a Sunday 15 kilometer road race around Diamond Head. The meeting was well-hosted and managed by USMTT member Harold Chapson (73) and his able crew of volunteers, plus the addition of the University of Hawaii Tartan track which always makes running a lot easier. On the negative side was the hustle and bustle of a crowded Waikiki Beach where most USMTT members were housed. This was offset by early morning swims and runs on deserted beaches and parks, good restaurants and lots of entertainment. In addition, most participants took the opportunity to tour Oahu and nearby Maui.

Although some fields were a little thin with entrants, the competition for the most part was hotly contested and medals hard won.

An international flavor was introduced by the addition of a Japanese team of seven, plus omnipresent Max Pickl and his Hilly of Toronto.

In the 100 Meter, the surprise performance came from a 72 year old Joe Packard of San Francisco, who has had no prior Master experience. He surprised age group record-holder and gold-medalist Win McFadden (71) USMTT in turning out a new record; 14.3 (W.A.), and in so doing bested McFadden by nearly 10 yards. Unfortunately, Packard pulled up after 50 meters in the 200, so we don't know what he can do at the furlong. Max Pickl (58) looked good at 13.0 as did stylish Tom Clayton (51) in 12.8. Ted Vick (45), a relatively new-comer of the CDM, beat Australian Denis DeVallance (now a Honolulu resident) with a fine 11.7 in his section and looked very strong.

At the 200 meter, McFadden took the event in a good 31.7, closely followed by host Harold Chapson. John Satti (62) NCSTC cranked out a 28.1 with Tom Clayton again picking up a 1st doing a rapid 26.8. Parks picked up his 2nd of four wins in his division with 24.3, ahead of Vick and DeVallance.

In the 400, Chapson took the measure of the other 70 year olds with a fine 69.9, as did Clayton in his class in 61.0. Parks again showed his backside to the field with an early season 55.3. As for the ladies, USMTT member Burnice Hicks (63) did a creditable 97.8

At 800 meters, Chapson again pulled a 1st, as did Ed Halpin (58) with a 2:28.6. Jim Parks assured his place as outstanding athlete of the meet with a sparkling 2:12.4, completing an unusual quadrupel of the 100, 200, 400 and 800 meters in his class.

For the 1500 meters, Chapson again proved why he was rated No. 1 in the 70 age group by Peter Mundle and Track and Field News with a six minute paced effort of 5:29.5. In the 50 age group, Mauro Hernandez (51) SMTTC proved he is in top shape by flitting to an excellent 4:40.3 and dragged a just-turned-50 Jack Noble (STC) to a PR 4:50. In the under 30 group, former Stanford grad Duncan McDonald turned the 3+ lap event in a remarkable uncontested 3:48.2.

The 3000 meter steeple, run at 12:30 p.m. when it was hot and sticky, was won outright by Noble in a good 11:52.6. Only one runner did better and he was in the sub-Master class. In the older groups, Bob MacTarnahan (63) of Portland took a 1st with a good 15:02.

In the 3.1 mile (5 kilometer) event, run at 8:00 a.m. when it was relatively cool, Paul Spangler (75) USMTT ran a fine 23:05. Joe Livesay (41), of Phoenix, found the weather to his liking as he recorded a 17:03.

The 10 kilometer gave young Duncan MacDonald, in a virtually solo performance, the State of Hawaii open record for both the 10 kilometer, 29:13.1, and a 28:17.4 for the shorter six miles. In the Masters group, Livesay cranked out a hot 35:13.4.

In the hurdles, Clayton kept up his winning ways by taking his sections of both the 400 Intermediates (67.4) and the 110 hurdles (36') 20.9. Stan Thompson (65), looking fit and competing in 11 events, did exceedingly well in his class, picking up several good age group times.

In the shot, heavily contested by the older 60 and 70 year olds, we were happy to see Jack Thatcher (59) CDM back in action after a bout with stomach cancer and chemo-therapy. He appeared healthy and happy as he won his division in the 12 pound shot with a heave of 40'5-3/4". In the 60's, Jim York (62) got off an 8 pound effort of 43'3/4".

In the Long Jump, Phil Conley (41) had a meet best of 18'10-3/4" and Satti (62) proved he hasn't lost his spring by registering a 16'4-1/2". Phil also set a meet best with a javelin effort of 213'9". Dan Aldrich (57) CDM got off a 154'4" throw. Conley also was best performer in the T.J. with an excellent 38'1-1/2" jump. In the 70 group, McFadden managed a winning 26'6". In the Hammer, Aldrich also bested the field with his 125'1" toss.

The Pole Vault saw a new Master athlete appear on the scene as Jerry Donley (46) produced a 12' leap on a wet, slippery, puddled Tartan approach. Jim Vernon (59) managed 10' and Thompson (65) a remarkable 8'1". Bud Deacon (64), it might be mentioned, was forced to scratch due to lack of conditioning imposed by an infected foot.

The discus saw Virgil Russell (70) make 90'1", York 113'9", Aldrich 133'10" and Conley 105'1/2".

In the Sunday early starter, (6:30 a.m. to avoid the heat and cars), National 15 kilometer AAU Road Race, approximately 100+ starters took off with the gun. The winner managed the 9.3 miles in 55:14, with Joe Livesay 2nd in the 40 - 44 age group. Scott Hamilton took the 45 - 49 division with a fine 56:40.

The outstanding performance in the Race, in our judgement, was Mauro Hernandez' effort of 56:15 - - good for 9th place overall. This represents a six minute pace per mile on a course including two hills.

Ed Halpin (58) ran a fine 66.07 to win his division and 62 year old Diaz Macharo of Hiroshima, paddled to a 71:09, proving he is best at the long distances.

34 year old Cindy Dalrymple was ladies' winner in 59:58. Burnice Hicks (63) did a fine 99:67.

The race was started on time, efficiently run with guides at all turns and liquid at the 7.5 kilometer turn-around.

On the social side, the Harold Chapsons hosted a nice reception at their Ala Moana condominium, as did the USMTT at the Henry Kaiser mansion. The Sunday night Luau proved lots of fun, accompanied by quantities of cold beer, good comradeship, excellent food and delightful native entertainment. We also noted the remarkable flower arrangements and table decorations.

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Why I Quit the AAU

by Hal Higdon

Memory refuses to yield the details of my first registration as a member of the Amateur Athletic Union. But I suspect I bought a card back in 1947 to compete in the BBYO track meet at Chicago. I was a sophomore in high school. I went unplaced in the mile, running 5:19. Don't ask me my splits.

If I failed to obtain an AAU card then, I may have purchased one for the Central AAU meet two years later or for the National AAU 15-Kilometer run three years after that. I can state with some certainty that I have been a card-carrying member of the AAU continuously since 1952. I may be one of the few persons around to have won National AAU titles at the Junior, Senior and Masters levels.

Life seemed much simpler back in 1947 when, if my memory serves me correctly, I paid 25 cents for my first AAU card. In 1976 it will cost Indiana long distance runners \$4 (this may vary in other associations) to register with the AAU, seemingly an example of inflation run amok except that in the late '40s your money failed to buy much action. A runner was lucky to find two or three open races a year in his district, and that was in an *active* district. (The New England area was one of the few exceptions where an adequate long distance running program did exist.)

Things change. In the '70s you often find two or three races a day, and that is in a semi-active district.

Nevertheless, I am quitting the AAU. I am doing so despite nearly 30 years of competition under its banner. I am doing so despite many good times and despite many friends within the organization, including executive secretary Ollan Cassell. I am doing so despite a long-distance running program magnified 100 times from the era of my first registration. I have returned my card (16502764) to my association president. I quit.

I returned my card by mail to the president rather than publicly burning it or allowing it to lapse because I wanted him to know why I quit. I am *not* quitting because of the increase in dues without increase in apparent benefits to the long distance runner. I am *not* quitting because of the personality conflict between members of our local club and the state AAU registration chairman. I am *not* quitting because

everybody else within the sport of long distance running seems to want to bail out of the AAU. I am quitting for all these reasons, *and more!*

I am not alone. Many others seem ready to abandon the AAU for various reasons. One of the most obvious reasons was offered to me recently by Jack Beasley, secretary of our club, the Indiana Striders.

He wrote, "One of the primary reasons for my participation in long distance running is the escape it provides from the harsh realities of everyday life where I am continually compelled to live with the frustrations of government and business bureaucracy, taxes, computers, the disregard for the human being and the complete incompetence of so many people. Long distance running is a potential means of escaping this world.

"At first, running seemed to be a simplistic activity until the AAU organization reared its ugly head. Much of the simple joys of running for me are being nullified by the AAU organization. I say, let the runners take care of themselves without the bureaucratic bunglings, inefficiencies, interference and self-interest of the AAU. To date, the AAU has done nothing but take money without giving us anything in return," Beasley said.

Beasley is correct except for his statement that "the AAU organization reared its ugly head." The ugly head of the AAU always has been in view, even when there were no long distance runners around it. Now there are tens of thousands of runners gathered together and the head is still in view, still ugly. Lately many runners have begun to wonder why they decided to gather around it.

The reasons for the disenchantment of Beasley, myself and other members of our club seem somewhat parochial in nature. But they form a typical AAU horror story and deserve to be itemized here:

- Our club sought to add a five-event Masters program to an important track meet last summer. The AAU registration chairman blocked the program, claiming our state had only one registered Master runner. This ignored the fact that our

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club had won three National AAU team championships in the two previous years with registered runners. A Masters mile was held at that meet and 15 runners participated.

Our club sought AAU sanction for a road race the same weekend as the track meet but was refused because of the schedule conflict. The track meet, however, had entrance standards of 14:30 for three miles and 30:00 for six miles, effectively eliminating 98% of the road runners. Later in the year the AAU belatedly scheduled a cross-country championship in conflict with a road race planned for more than a year.

Our club applied for funds (which had been collected through an increase of last year's dues) to send teams to the National AAU Senior and Masters Championships in cross-country. We applied several months in advance. Of the 641 long distance runners registered in the state of Indiana, nearly half were registered directly by our club secretary and most of the others had obtained AAU cards primarily to run in our program. One other long distance running club, containing seven registered female members, exists within the state.

The AAU informed us that before funds could be dispersed, these two clubs would have to vote (one vote per club) along with five track and field clubs (four of them female) because "they have members who are long distance runners too." The cross-country races were run without our having received any funds.

Before the start of the 1975 season the state long distance running committee established (as it had in years past) a point system to determine its "Runner of the Year." Points could be scored in 15 races, including all the Indiana AAU championships. The title went the second year in a row to an athlete who was not the fastest in the state but who had shown himself most consistent in entering and placing high in all races.

The men's track and field chairman, however, declared that the long distance running committee had no jurisdiction since it contained only two clubs, not the five required under AAU rules. Establishing a new point system, he determined that a college athlete who had placed third in the Pan-American Trials in track and field should be "Runner of the Year." In his haste to justify his choice, the official overlooked the fact that under that new point system two other runners had outscored both his and our champion!

In the meantime the AAU appointed a new long distance running chairman without informing the old chairman that he had been fired.

Jack Beasley, writing about his disenchantment with the situation in our state, said, "Let's face it, the AAU hasn't any real interest in long distance running. The majority of the AAU officials do not know what long distance running is, nor do they care. The long distance chairman has had no real voice in the AAU. During this past year I have personally registered about 275 AAU members. Many hours and much postage were spent. Every time I took money for the AAU from someone (especially the younger runners), I felt guilty."

If the argument were merely a parochial one over admittedly trivial affronts between Beasley, myself and our state AAU, the issue would not be worth airing in Runner's World. But the disenchantment on the part of long distance runners from all over the United States continues to grow. This disenchantment, for many years a festering sore, has threatened to burst forth into a gangrenous infection. The results may be amputation of the limb.

Last summer while in Denver, I worked out one afternoon with Joe Arrazola, one of the prime-movers in establishing road racing in the Rocky Mountains.

"I've been involved in AAU politics for 20 years and I'm through dealing with those people," he raged.

Joe was gasping for air and it was not because of the high altitude. He explained how he quit the AAU and began running his program under new auspices. Regular events identified in 1974 as AAU championships were listed in 1975 as United States Track and Field Federation (USTFF) championships. The races didn't change. The people in them didn't change. Only the initials changed.

Meanwhile, I began to hear rumbles of discontent from the north where Garrett Tomczak, co-editor with Keith Ottoson of Minnesota Distance Runner, wrote, "As I see it we pay money to the AAU in order to defend ourselves from AAU repression and coercion. One might call this a 'Protection Racket' (as Webster defines it, 'Money paid to racketeers for a guarantee against threatened violence')."

Tomczak felt that while thousands of dollars were collected from AAU members, only a small minority (those talented enough to compete internationally) ever directly benefited from their membership. Most AAU funds were absorbed administratively.

"What little comes back to long distance running isn't worth spitting at," he complained. "It's money down a rathole."

While in New York last fall I stayed with Bob Fine, chairman of the AAU subcommittee for Masters track and field. His group was attempting to obtain autonomy for runners over 40 without completely severing AAU connections, a move which was successful at the AAU convention last December. Despite Bob's apparent pro-AAU stand he showed me a file detailing the problems of Ed Phillips of Los Altos, Calif., who had encountered AAU opposition when he attempted to sponsor a regional cross-country championship. Phillips said, "I had to sell my soul to get a sanction for that race, and I'll never do it again." He no longer is an AAU member.

"The thing I absolutely will not do is waste unreasonable amounts of time embroiled in senseless jurisdictional disputes within the structure of various committees of AAU athletics,"

Phillips complained in a statement he mailed with entry blanks. "I don't care whether they will let women compete in our meets, or whether it is allowable for us to invite sub-Masters to compete, or whether we can call the winners of these groups champions, or whether our regional areas coincide with LDR's (long distance running's) sectional areas, or whether we get approval of the national committee to have these meets, or whether a particular association bid for this or that championship, or whether we are to be forced to charge a \$2 entry fee (which is supposed to be turned over to a National AAU committee in some cases) and be left with an amount totally inadequate to run a particular event, or whether we choose to divide ourselves by five-year divisions instead of the AAU code book specified 10-year groupings (for LDR), or whatever else they decide to throw at us next."

Phillips summed up his case, "Simply put, they can stick the whole mess in their collective ear."

Meanwhile in Oregon Jerry Swartsley, president of the Southern Oregon Sizzlers Track Club, expressed his disillusionment with AAU policies after sponsoring the National AAU Masters Marathon Championship.

"We went to a lot of trouble and spent a lot of undue energy appeasing the AAU on matters that really didn't affect the way the race was run for the runner," he said.

Ironically, radicals in the revolution against the AAU seem to be found not mainly in the young but rather among those over 30 who the radicals of another public arena once
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STATISTITIAN PHIL PARTRIDGE MAKES HIS PICKS

In making my selections for the top performers in White Plains and Toronto, I adopted the following formula:

(1) I plotted a curve for each event, the IAAF scoring against time (or distance) at each 100 point interval, 1200, 1100, 1000, 900 etc. This gave a general idea of the sweep of curve.

(2) I plotted up all the World Age Records from the Book for each event on a graph -- time or distance against age.

(3) I subtracted the IAAF 1200 point performance from the listed World Record. Take the 800 meter run for instance: 1:43.7 - 1:38.5 = 5.2 sec.

(4) I picked out 3 or 4 (or more) peak points among the plotted Age Records, subtracted 5.2 seconds from each peak time and swung a curve through these high points. This curve became the 1200 point line for Masters.

(5) I plotted the performances of top masters athletes in the National Championships and World Championships against this 1200 point curve giving equal weight to both meets.

6. I measured the distance in seconds (call it "S") between each competitor's performance and the Curve time for his age. (Both performances if he competed in both meets)

(7) Then 1200 - (S X 1200) / 5.2 = point value for event.

(8) Having figured and tabulated the performances of all candidates in all events, I then picked out the best three performances by each man, indicated "(3)" in Track or in Field, indicated "T" or "F". If he competed in five events altogether in both meets but his 110 Hurdles were two of his strongest point scorers I counted both plus one other event.

Having established this procedure I thought it best to stick to it throughout even though not altogether satisfactory in some events. The procedure is tolerable for evaluating top performances I think. When you get down into mediocre and weak performances it gets our of kilter.

Super Age Records in certain events have pushed the 1200 Curve way out making it difficult to score high in these events.

If you can find some dedicated recruit who has the use of a computer and unlimited performance statistics he can undoubtedly improve on this evaluation procedure.

1A	H. Higdon	US (3)	3304 T	1500-N, 5000-N, Stpl-W
TRACK	A. Thomas	Aus (3)	3216 T	1500-N & W, 5000-N
	T. Baker	US (3)	3211 T	100-N & W, 200-N
	R. Thomas	US (3)	3158 T	100-N, 200-N, 400-N
	R. Fowler	Eng (2)	2129 T	5000-W, 10000-W
	C. Shafto	US (2)	2115 T	110H-N, 400H-N
	M. Garbisch	Germ (2)	2056 T	200-W, 400-W
1A	D. Jackson	US (3)	2870 F	L J-W T J-N & W
		(2)	2198 T	110H-N & W
FIELD	E. McComas	US (3)	2801 F	Shot-N & W, Disc-W
1B	J. Greenwood	US (3)	3493 T	400-N, 110H-N, 400H-W
TRACK	B. Jernhester	Swe (3)	2993 T	1500-N, 5000-W, Stpl-W
	O. Dawkins	US (3)	2895	
	B. Stock	US (3)	2836 T	3000-N & W, 5000-N
	A. Hughes	Eng (2)	2066 T	1500-W, 3000-W
	D. Cheek	US (2)	2003 T	200-N, 400-N
1B	S. Davisson	US (3)	2721 F	L J-W T J-N & W
FIELD	P. Schlegel	US (3)	2571 F	L J-N & W T J-N
2A	B. Fitzgerald	US (3)	3300 T	800-N & W, 1500-W
TRACK	T. Orr	Aus (3)	3282 T	1500-W, Stpl-W, 10000-W
	R. Stolpe	US (3)	3183 T	100-N, 400-N & W
	W. Sheppard	Aus (3)	3152 T	800-N, 1500-N, 400H-W
	R. Valentine	US (3)	3002 T	100-N, 200-N, 400-N
	G. Bartlett	US (2)	2009 T	110H-N & W
		(3)	2372 F	L J-N & W T J-W

2A	G. Ker	US (3)	3290 F	Shot-N & W, Disc-N
FIELD	J. O'Neil	US (3)	3067	5000-N & W, 10,000
	B. Bangert	US (3)	3025 F	Shot-N & W, Disc-W
	B. Morcom	US (3)	2961 F	L J-N & W P V-W
	H. Hembrecher	Germ (2)	2220 F	Shot-W, Disc-W
2B	J. Gilmour	Aus (3)	3408 T	3000-W, 5000-N & W
TRACK	A. Guidet	US (3)	3320 T	200-N, 400-N & W
	E. Halpin	US (3)	2953 T	400-N, 800-W, 1500-W
	C. Killion	US (2)	1945 T	100-N, 200-N
	J. Stevens	Aus (2)	1937 T	800-N & W
2B	T. McDermott	US (3)	3158 F	Shot-N & W, Disc-N
FIELD	D. Aldrich	US (3)	3054 F	Shot-W, Disc-N & W
	B. Morales	US (3)	3041 F	L J-W, Jav-N & W
	G. Farrell	US (3)	2975 F	L J-W T J-N & W
3A	F. Sjostrand	US (3)	3511 T	100-W, 200-W, 400-W
TRACK	B. Andberg	US (3)	3334 T	5000-N, 1500-W, 3000-W
	G. Braceland	US (3)	3139 T	200-N, 110H-N, 400H-W
		(3)	2705 F	Shot-N H J-N L J-N
	B. Deacon	US (2)	2142 T	110H-N, 400H-W
3A	K. Maksimczyk	Eng 1 (3)	3336 F	Shot-N, Disc-N & W
FIELD	T. Montgomery	US (3)	3012 F	Shot-N & W, Disc N
	I. Hume	Can (3)	2955 F	H J-N L J-W T J-W
3B	N. Bright	US (3)	3405 T	1500-W, 3000-W, Stpl-W
TRACK	C. Kline	US (3)	3055 T	400-N & W, 800-W
	O. Essig	US (3)	3035 T	1500-N, 5000-N & W
	D. Lacey	US (3)	2722 T	110H-N & W, 400H-N
	T. Jenson	Swe (2)	2342 T	5000-W, 10000-W
	J. Williams	US (2)	2210 T	100-N, 200-N
3B	K. Carnine	US (3)	3271 F	Disc-N & W, Jav-W
		(3)	3172 T	100-N, 200-N, 400-W
	J. Caruso	US (3)	2925 F	L J-W, T J-N & W
		(2)	2137 T	100-N & W
4A	H. Chapson	US (3)	3362 T	400-N, 800-N, 1500-N
TRACK	S. Lum	US (3)	2946	
4A	S. Herrmann	US (3)	3274 F	Shot-N & W, Hamm-W
FIELD	W. McFadden	US (3)	3203 F	L J-N T J-N & W
		(3)	3051 T	100-N & W, 200-N
4B	P. Spangler	US (3)	2824 T	1500-N, 5000-N, 10000-N
TRACK				
4B	W. Westbrook	US (2)	2198 F	L J-N T J-W

THE TOP POINT SCORERS FOR 3 EVENTS, ALL AGE DIVISIONS, LINE UP AS FOLLOWS:

F. Sjostrand	(3) T 3511	J. Gilmour	(3) T 3408
J. Greenwood	(3) T 3493	N. Bright	(3) T 3405

THE TOP POINT SCORERS WHO COMPETED IN ONLY TWO EVENTS ARE:

T. Jenson	(2) T 2341
H. Hembrecher	(2) F 2220
J. Williams	(2) T 2210

THE TOP INDIVIDUAL EVENT SCORES UNDER THIS EVALUATION ARE:

H. Hembrecher	F 1199	Shot	World
T. Jenson	T 1194	5000 m	World
F. Sjostrand	T 1176	100 m	National
	T 1176	200 m	National
J. Greenwood	T 1167	400 m	National
	T 1166	110 H	National
J. Gilmour	T 1164	3000 m	World
N. Bright	T 1159	Stpl	World

TWO MEN SCORED OVER 3000 POINTS IN BOTH TRACK & FIELD EVENTS:

K. Carnine	(3) T 3172	W. McFadden	(3) T 3051
	(3) F 3271		(3) F 3203

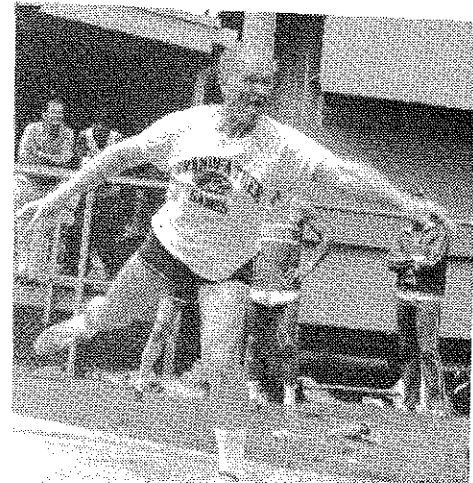
Anyone who made 3000 points for 3 events is excellent. Any-one who averaged 1100 points per event is some kind of superman.

Some men are left out of the listing who belong there because I do not have their ages. If you can find these they should be in.

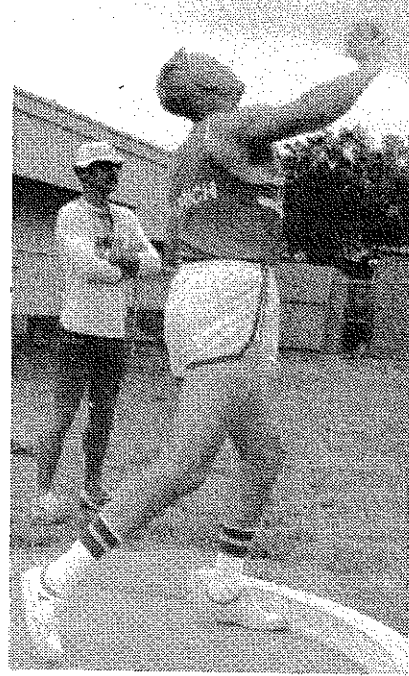
HAWAIIAN MASTERS HONOLULU April, 1976



This is a Hawaiian Master?



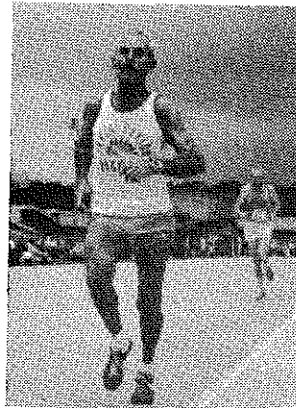
George York (Div. 111) was the class of his division in the shot and this photo shows why.



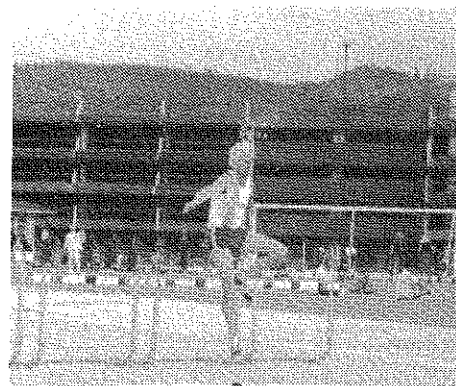
Dr. Dan Aldrich (CDM and USMTT), UC Irvine, retreats from the academic life long enough to push some iron.



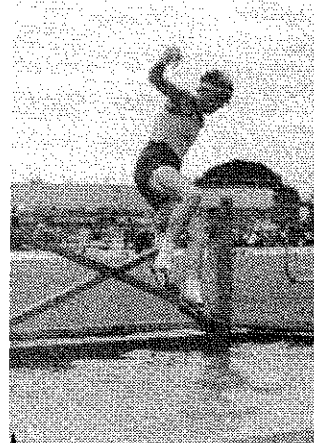
The "Hunky Bunch", Honolulu's biggest running family, competes enmasse.



Mauro Hernandez (Santa Monica) has Noble's number at 1500 meters.



Max Pickl, the sole Canadian, shows good form after a 10,000 meter trek.



Bob McTarnahan (Portland) about to become immersed in his work.

1976 AAU MASTERS WESTERN REGIONAL TRACK & FIELD CHAMPIONSHIPS RESULTS

100 METERS SUB-MASTERS

CARLOS, J.	31	BHS	1st	10.3
WELLS, D.	32	All American T.C.	2nd	10.8
DENNIS, K.	39	CDM	3rd	11.1
SUMNER, H.	31	BHS	4th	11.3
DOBROTH, J.	35	BHS	5th	11.8
LOVELAND, W.	36	USMC	6th	12.0
SUTTON, D.	36	SDTC	7th	13.5
BUTLER, W.	35	BHS	8th	nt

DIV. 1-A

PARISH, V.		NCSTC	1st	11.2
KNOX, P.		CDM	2nd	11.4
NEWTON, N.		BHS	3rd	11.5
SPRINGBETT, B.		WVJ&S	4th	11.8
GLASGOW, R.		NCSTC	5th	11.8
KARY, L.		SDTC	6th	12.1
BRUANER, H.		NCSTC	7th	nt

DIV. 1-B

MARLIN, R.		NCSTC	1st	11.8
FREDERICKSON, B.		NCSTC	2nd	12.0
DAWKINS, O.		STC	3rd	12.0
VICK, T.		CDM	4th	12.0
WASHINGTON, H.		NCSTC	5th	12.1
MANDUGIAN, E.		NCSTC	6th	12.1
DeVALLENCE, D.		Australia	7th	12.5
BRENDA, A.		Unatt.	8th	12.8

DIV. 11-A

AMBROSE, W.	51	CDM	1st	12.5
WIGGINGTON, R.	50	NCSTC	2nd	12.8
GRIMM, E.	50	STC	3rd	15.8
ROEMER, R.	51	NCSTC		nt

DIV. 11-B

GUIDET, A.	58	CDM	1st	12.6
FETTER, P.	55	CDM	2nd	12.8
HEARD, N.	58	CDM	3rd	13.4
GRUBI, M.	59	UNA		nt
MORALES, W.	59	CDM		nt
HOOVER, S.	57	NCSTC	4th	14.1

DIV. 111-B

CARUSO, J.	66	STC	1st	13.6
CARNINE, K.	68	NCSTC	2nd	13.8
HANNA, J.	67	SDTC	3rd	15.7
HATLEN, T.	65	Club West		nt

DIV. 1V-A

BLAKELY, R.	71	UN ATC		nt
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W-1

GERARD, M.	35	NCSTC	1st	13.1
PARISH, A.	39	NCSTC	2nd	13.2
SCHREIBER, U.	37	CDM	3rd	nt

W-2

OBERA, I.	42	NCSTC	1st	12.6
DIETDERICH, S.	49	NCSTC	2nd	17.0

W-3

HARGUS, C.	57	SDTC	1st	16.1
KOLDA, J.	58		2nd	19.6

200 METERS SUB-MASTERS

CARLOS, J.	31	BHS	1st	21.7
WELLS, D.	32	All American TC	2nd	22.5
DENNIS, K.		CDM	3rd	22.8
SUMNER, H.	31	BHS	4th	23.8
GREENWALD		BHS	5th	25.6

DIV. 1-A

NEWTON, M.	42	BHS	1st	23.3
PARISH, V.	44	NCSTC	2nd	23.6
BRUHNER, H.	43	NCSTC	3rd	23.9
SPRINGBETT, B.	43	WVJ&S	4th	24.6
GLASGOW, D.	41	SDTC	5th	24.9
PEDEVILLA, J.	44	CDM	6th	27.8

DIV. 1-B

FREDERICKSON, B.	45	NCSTC	1st	24.6
VICK, T.	47	CDM	2nd	24.6
DAWKINS, O.	48	STC	3rd	24.8
TENREIRO, J.	46	Mex. City Masters	4th	24.9
WASHINGTON, H.	47	NCSTC	5th	25.1
SIEBEN, B.	49	SDTC	6th	25.4
MONOUGIAN, E.	47	NCSTC	7th	nt
JOHNSON, G.	49	UNATT	8th	nt

DIV. 11-A

GUIDET, A.	58	CDM	1st	26.0
AMBROSE, W.	51	CDM	2nd	26.0
WIGGINGTON, R.	50	NCSTC	3rd	27.5
GRIMM, E.	50	STC		nt
POET, R.	51	STC		nt
ROEMER, R.	51	NCSTC		nt

DIV. 11-B

HUNT, R.			1st	26.6
CHRISTIANSON C.	56	BHS	2nd	27.2

DIV. 111

CARNINE, K.	68	NCSTC	1st	29.1
BIERLEIN, F.	66	NCSTC	2nd	33.7
HANNA, J.	67	SDTC	3rd	34.6

DIV. 1V

McFADDEN, W.	71	SDTC	1st	31.7
CHAPSON, H.	73	Hawaii Masters TC	2nd	32.1
BLAKELEY, R.	71		3rd	38.5

W-1

GERARD, M.	35	NCSTC	1st	27.4
PARISH, A.	39	NCSTC	2nd	28.0

W-2

DIETDERICH, S.	49	NCSTC	1st	36.8
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W-3

HARGUS, C.	57	SDTC	1st	35.5
KOLDA, J.	58		2nd	43.8

400 METERS SUB-MASTERS				
SUMNER, H.	31	BHS	1st	49.8
CAIN, T.	39	BHS	2nd	50.1
MILLER, G.	38	CDM	3rd	50.9
OLSON, A.	33	SDTC	4th	54.1
CRONIN, J.	31	TC of SB	5th	55.2

DIV. 1-A				
NEWTON, M.	42	BHS	1st	53.8
BRUHNER, H.	43	NCST	2nd	54.2
GLASGOW, R.	41	SDTC	3rd	54.5
GRAVES, R.	41		4th	57.3
PEDEVILLA, J.	44	CDMTC	5th	61.6
KARY, L.	40	SDTC	6th	nt

DIV. 1-B				
CHEEK, D.	46	CDM	1st	54.3
SIEBEN, R.	49	SDTC	2nd	56.6
WASHINGTON, H.	47	NCSTC	3rd	58.8

DIV. 11-A				
CLAYTON, T.	51	CDM	1st	63.1
POET, R.	51	STC	2nd	nt

DIV. 11-B				
HUNT, R.	56	BHS	1st	59.4
PERRY, M.	56	SDTC	2nd	65.0

DIV. 111-B				
SHINE, M.	67	NCST	1st	1:08

DIV. 1V-A				
CHAPSON, H.	73	Hawaii Masters	1st	1:09.2

WOMEN				
OBERA, I.	42	NCSTC	1st	1:02.6
GERARD, M.	35	NCSTC	2nd	1:03.5
PARISH, A.	39	NCSTC	3rd	1:05.4
DIETDERICH, S.	49	NCSTC	4th	1:10.5

800 METERS SUB-MASTERS				
HACKETT, J.	35	SFVTC	1st	1:57.9
BRIDGES, L.	36	San Luis Dist. Club	2nd	1:58.6
RICHARDS, T.	35	CDM	3rd	1:59.2
RUSTAD, N.	37	STC	4th	2:00.6
FITZGERALD, B.	51	STC	5th	2:04.6
WILDRICK, W.	31	SDTC	6th	2:10.7
McKENNEY, C.	37	BHS		nt
PENA, S.	36			nt
WAGNER, R.	39	SDTC		nt

DIV. 1-A				
RICHARDSON, P.	41	Sundance TC	1st	2:03.2
KALCHSCHMID, G.	43	SFVTC	2nd	2:07.1
WELDY, J.	42	Phoenix TC	3rd	2:07.5
WINSLOW, J.	42	BHS	4th	2:09.5
MACGILLIVRAY, B.	40	PTC	5th	2:11.1
BEEMAN, C.	44	CDM	6th	2:11.6
McGUIRE, L.	44	Sundance TC	7th	2:13.0
SHEAHAN, A.	43	SFVTC	8th	2:16.8
ARCHIBALD, R.	43	SDTC	9th	2:22.6

DIV. 1-B				
HOLMES, R.	47	SDTC	1st	2:11.8
PALMER, D.	46	CDM	2nd	2:13.8
HARADEN, M.	45	SDTC	3rd	2:17.0
FRAITAG, D.	47	SDTC	4th	2:21.0
WASTE, J.	47	BHS	5th	2:31.8

DIV. 11-A				
BRYANT, A.	52	STC	1st	2:12.9
NOBLE, J.	50	STC	2nd	2:17.8
POET, R.	51	STC	3rd	2:18.4
PAIN, D.	53	SDTC	4th	2:34.0

DIV. 11-B				
HALPIN, E.	58	CDM	1st	2:26.8
LONG, R.	57	SFVTC	2nd	2:38.3

DIV. 11-				
MAHANNAH, R.	60	NCSTC	1st	2:38.6
LOWELL, E.	60	STC	2nd	2:42.2

DIV. 111-B				
MADDEN, S.	68	SFVTC	1st	2:42.6
BIERLEIN, F.	67	NCSTC	2nd	2:54.1
HANNA, J.	67	SDTC	3rd	3:04.0
SHINE, M.	67	NCST		nt

DIV. 1V				
CHAPSON, H.	73	Hawaii Masters	1st	2:41

WOMEN				
OLSON, L.	30	SDTC	1st	2:33.9
STOCK, D.	43	SDTC	2nd	2:39.4
BREIGER, K.	43		3rd	3:14.0

1500 METERS SUB-MASTERS				
BRIDGES, L.	36	San Luis Dist. Club	1st	4:08
RICHARDS, T.	35	CDM	2nd	4:08.3
HIMMELBERGER, D.	30		3rd	4:10.1
FITZGERALD, D.	37	BHS	4th	4:12.9
BOZANICH, F.	32	USMC	5th	4:20.1
RUPP, J.	30	STC	6th	4:20.2
FITZGERALD, B.	30	STC	7th	4:22.2
KERR, R.	30	SDTC		nt
PENA, S.	36			nt
RUSTAD, N.	37	STC		nt
SAVITZ, R.	37	SDTC		nt
WILLIAMS, G.	32	SDTC		nt

DIV. 1-A				
RICHARDSON, P.	41	Sundance TC	1st	4:15.5
WELDY, J.	42	Phoenix	2nd	4:17.9
WILLIAMS, W.	43	STC	3rd	4:21.6
KALCHSCHMID, G.	43		4th	4:26.7
ARCHIBALD, R.	43	SDTC	5th	4:41.6
BEEMAN, C.	44	CDM		nt
SUCEC, T.	40	SDTC		nt
WINSLOW, J.	42	BHS		nt

DIV. 1-B				
HOLMES, B.	47	SDTC	1st	4:40.2
LINDE, G.	47	SMTTC	2nd	4:44.0
NEAL, M.	45	LVTC	3rd	4:46.9
HARADEN, M.	45	SDTC	4th	4:51.0
FRAITAG, D.	47	SDTC		nt

DIV. 11-A				
BRYANT, A.	52	STC	1st	4:43.3
NOBLE, J.	50	STC		dnf

DIV. 11-B				
HALPIN, E.	58	CDM	1st	5:08.2

DIV. 111				
MADDEN, S.	68	SFVTC	1st	5:33.5

DIV. 1V				
CHAPSON, H.	73	Hawaii Masters TC	1st	5:33.1
SPANGLER, P.	77	San Luis Distance C		nt

WOMEN				
BREIGER, K.	43		1st	6:38.6
OLSON, L.	30	SDTC	1st	5:25
HANNA, G.	36	SDTC		nt

110M HURDLES SUB-MASTERS				
SALLINGER, L.	33	CDM	1st	14.8
HENRY, A.		CDM	2nd	15.1

DIV. 1-A				
JACKSON, D.	44	CDM	1st	15.6
FITZHUGH, R.	41	USMC	2nd	18.3
PARISH, V.	42	NCSTC	3rd	18.4
ADLER, B.	43	BHS		nt
SPENCER	44	NCSTC		nt

DIV. 1-B				
DONNELLY, D.	47	CDM	1st	19.5

DIV. 11-A				
PATSALIS, T.	54	CDM	1st	18.0
WIGGINGTON, R.	50	NCSTC	2nd	19.2
AMBROSE, W.	51	CDM	3rd	20.4

DIV. 11-B				
GIST, B.	56	CDM	1st	18.4
HUNT, R.	56	BHS	2nd	19.0

DIV. 111				
GODFREY, V.	62	SDTC	1st	19.3
HATLEN, T.	65	Club West	2nd	19.8
MACCONAGHY, R.	66	CDM	3rd	22.6
REINER, E.	66	SDTC		nt

400M Int. H				
DIV. 1-A				
PARISH, V.	42	NCSTC	1st	62.7
SHEAHEN, A.	43	SFVTC	2nd	64.8
FITZHUGH, R.	41	USMC	3rd	72.0

DIV. 11-A				
AMBROSE, W.	51	CDM	1st	67.7
CLAYTON, T.	51	CDM	2nd	71.6
ROEMER, R.	51	NCSTC		nt

DIV. 11-B				
HUNT, R.	56	BHS	*1st	64.8
MORCOM, R.	55	Eastern Masters	*2nd	65.3
GUIDET, A.	58	CDM		nt

*World Record in Age Group

DIV. 111-A				
GODFREY, V.	62	SDTC	1st	78.1
LOWELL, E.	60	STC	2nd	84.7
DICK, J.	64	NCSTC	3rd	88.9

5000 METERS

SUB-MASTERS

BOZANICH, F.	32	USMC	1st	16:26.7
GOFORTH, H.	31	SDTC	2nd	16:50.4
CHEEVER, J.	35	BHS	3rd	17:02.5
MACKEL, B.	33	SDTC	4th	17:36.2

DIV. 1-A

WILLIAMS, W.	43	STC	1st	16:51
STAYTON, J.	44	STC	2nd	17:10.6
KINNEL, W.	43	LVTC	3rd	18:34

DIV. 1-B

PARNELL, G.	46		1st	16:40.7
NEAL, M.	45	LVTC	2nd	17:15.0
STOCK, B.	46	SDTC	3rd	18:02.0
HODGES, T.	49		4th	19:33.2
HAYWORTH, D.	47	SDTC	5th	22:31.2

DIV. 11-A

O'NEAL, J.	51	Olympic Club	1st	16:52.5
HERNANDEZ, M.	53	SMTC	2nd	17:17.3
PAIN	53	SDTC	3rd	20:27.3
BRYANT, A.	52	STC	dnf	

DIV. 11-B

HALPIN, E.	58	CDM	1st	18:36.9
LONG, R.	57	UNSH	2nd	18:52.8

DIV. 111

MONTOYA, J.	64	STC	1st	21:21.8
MADDEN, S.	68	SFVTC	2nd	22:23.4
HANNA, J.	67	SDTC	3rd	24:21.0

WOMEN

BACHE, L.	34	SDTC	1st	20:51.2
STOCK, D.	43	SDTC	1st	19:43.6

3000M WALK

DIV. 30-44

SUTTON, D.	36	SDTC	1st	16:13.1
HIMMELBERGER, D.	30		2nd	16:21.5
ARCHIBALD, R.	43		3rd	17:24.3
MOORE, R.	42	SDTC	4th	17:56.6
PARHAM, G.		SDTC	5th	18:31.9

DIV. 45 & UP

LONG, R.	57		1st	17:30.1
UNRUH, C.	69	SDTC	2nd	19:31
LAHDENPERA	70		3rd	20:07

10000 METERS

SUB-MASTERS

RUPP, J.	30	STC	1st	34:22.8
JOHANSEN, K.	31	SDTC	2nd	35:03.5
OLSON, A.	33	SDTC	3rd	39:15.4

DIV. 1-A

LIVESAY, J.	42	SDTC	1st	35:16.5
WIERRMAA, B.	43	SDTC	2nd	35:52.6
FERRONE, F.	43	SDTC	3rd	39:28.2
KINNEL, W.	43	LVTC	4th	nt

DIV. 1-B

NEAL, M.	45	LVTC	1st	36:36.9
HAYWORTH, D.	47	SDTC	2nd	49:06.2

DIV. 11-A

O'NEIL, J.	51	Olympic Club	1st	34:09.9
PERRY, H.	52	SDTC	2nd	38:44.8
ESCAMILLA, A.	53	SDTC	3rd	41:02.8
GLEASON, M.	50		nt	

DIV. 11-B

SMITH, C.	57	SDTC	1st	51:50.3
LEHMAN, B.	57	High Sierra TC	nt	

DIV. 111

MONTOYA, J.	64	STC	1st	43:58.9
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DIV. 1V

JOHNSON, N.	76	SDTC	dnf	
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WOMEN

HOBSON, N.	45	SDTC	1st	41:02.8
HANNA, G.	36	SDTC	2nd	50:02.3

3000M STEEPLECHASE

SUB-MASTERS

BOZANICH, F.	32	USMC	1st	9:24.8
ROUNTREE, J.	37	CDM	2nd	12:57.6
BEEAMAN, J.	39	CDM	nt	

DIV. 1-A & 1-B

PARNELL, G.	46		1st	10:43.0
STOCK, B.	45	SDTC	2nd	11:14.9
SUCEC, T.	41	SDTC	3rd	11:34.8
BEEAMAN, C.	44	CDM	4th	11:41.2
HODGES, T.	49	LVTC	5th	12:47.0

DIV. 11-B

NOBLE, J.	50	STC	1st	12:10.0
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4 X 110 RELAY
SUB-MASTERS
 BEVERLY HILLS STRIDERS
 BUTLER, CAIN, SUMNER
 GREENWELL

1st :43.7

CDM
 DENNIS, SALINGER,
 MILLER, HENRY

2nd :44.1

DIV. 1
 NCSTC No. 2
 SPRINGBETT, WIGGINTON,
 LETENER, WASHINGTON

Disq. :48.9

NCSTC No. 1
 MARLIN, FREDERICKSON,
 BRUHNER, PARISH

1st :45.1

CDM
 KNOX, VICK,
 SCHLEGAL, JACKSON

2nd :45.5

DIV. 11
 CDM
 AMBROSE, CLAYTON
 FETTER, GUID

1st :50.8

CDM
 MORALES, BROWN,
 HALPIN, HEARD

2nd :52.8

SDTC
 CHRISTIAN, PAIN,
 GODFREY, PERRY

3rd :56.2

4 X 440 YDS. RELAY
SUB-MASTERS
 BHS
 NEWTON, GREENWELL,
 CARLOS, SUMNER

1st 3:37.0

SDTC
 SALZMAN, KASISCHKE,
 OLSON, STEUSEL

2nd 3:41.6

DIV. 1
 NCSTC
 PARISH, SPRINGBETT,
 FREDERICKSON, BRUHNER

1st 4:28.2

DISCUS
SUB-MASTERS
 WELLS, D. 32 All-American TC
 POHL, J. 35 CDM
 SHELTON, D. 34 WVTC

1st 153' 11"
 2nd 150' 10"
 3rd 124' 8"

DIV. 1-A
 HUMPHREYS, R. 40 CDM
 THOMPSON, S. 43 BHS
 CONLEY, P. 41 West Valley TC

1st 158' 0"
 2nd 141' 7"
 3rd 114' 7"

DIV. 1-B
 HAWKE, H. 46 SDTC
 MAURER, D. 46 STTC
 WALLACE, H. 48 STC
 BRENDA, A. 47 SDTC
 WOYCIK, G. 46 SFVTC

1st 138' 5"
 2nd 124' 5"
 3rd 106' 4"
 4th 92' 9"
 5th 91' 4"

DIV. 11-A
 FORTUNE, G. 53 CDM
 KER, G. 53 CDM
 WIGGINTON, R. 50 NCSTC

1st 150' 9"
 2nd 131' 2"
 3rd 106' 2"

DIV. 11-B
 HURD, N. 58 CDM
 MORCOM, R. 55
 GILLET, O. 56 CDM
 HENDERSON, M. 55 NCSTC
 MINAH, J. 57 Club West

1st 119' 7"
 2nd 110' 0"
 3rd 107' 5"
 4th 94' 8"
 5th 87' 9"

DIV. 111
 THATCHER, J. 60 CDM
 CARNINE, K. 68 UA
 McMAHON, C. 60 SDTC
 ARCHER, E. 63 NCSTC
 DICK, J. 64 NCSTC

1st 140' 2"
 2nd 131' 3"
 3rd 130' 3"
 4th 126' 0"
 5th 119' 6"

DIV. 1V
 HERMANN, S. 72 Club West SB
 McFADDEN, W. 71 SDTC
 MOWRER, G. 75 SDTC

1st 96' 11¼"
 2nd 80' 9¾"
 3rd 66' 6½"

HAMMER THROW
SUB-MASTERS
 SHELTON, D. 34 WUTC
 POHL, J. 35 CDM
 TUCKER, L. 35 CDM

1st 174' 1"
 2nd 128' 9"
 nm

DIV. 1-A
 DOUGLAS, D. 44 BHS
 THOMSON, S. 43 BHS

1st 110' 7"
 2nd 106' 10"

DIV. 1-B
 WOJEIK, J. 46 SFVTC

1st 71' 7"

DIV. 11
 HURD, N. 58
 MORCOM, R. 55

1st 113' 9"
 2nd 86' 11"

DIV. 3
 McMAHAN, C. 60 SDTC
 HUBBELL, R. 67 STC

1st 106' 5"
 2nd 100' 8"

DIV. 4
 HEIMAN, S.

1st 82' 11"

SHOT PUT
SUB-MASTERS
 WELLS, D. 32 A.A.T.C.
 POHL, J. 35 CDM
 TUCKER, L. 35 CDM

1st 15M 69CM
 2nd 12M 14CM
 3rd 11M 36CM

DIV. 1-A
 SMITH, H. 40 BHS
 THOMSON, S. 43 BHS
 SIMON, F. 40 CDM

1st 13M 71CM
 2nd 13M 10CM
 3rd 12M 90CM

DIV. 1-B
 HAWKE, H. 46 SDTC
 LAUST, J. 47
 WALLACE, H. 48 STC
 BRENDA, A. 47
 WOJEIK, G. 46 SFVTC

1st 11M 84CM
 2nd 11M 56CM
 3rd 10M 30CM
 4th 9M 69CM
 5th 8M 60CM

DIV. 11-A
 KER, G. 53 CDM
 WIGGINTON, R. 50 NCSTC
 GRIMM, E. 50 STC

1st 14M 33CM
 2nd 11M 92CM
 3rd 7M 89CM

DIV. 11-B
 HERD, N. 58 CDM
 SIEFERT, J. 58 SDTC
 HENDERSON, M. 55 NCSTC
 MINAH, J. 56 Club West
 MERCOR, R. 55
 FETTER, P. 55 CDM

1st 13M 03CM
 2nd 11M 41CM
 3rd 11M 27CM
 4th 11M 23CM
 5th 10M 62CM
 6th 10M 14CM

DIV. 111
 THATCHER, J. 60 CDM
 MacCONAGHY, B. 68 CDM

1st 12M 17CM
 2nd 11M 62CM

DIV. 1V
 MOWRER, G. 75 SDTC

1st 9M 36CM

WOMEN
 SCHREIBER, U. 37 CDM

1st 8M 04CM

HIGH JUMP
SUB-MASTERS
 DOBROTH, J. 35 BHS
 GESTON, B. 36 SDTC

1st 6' 5½"
 nh

DIV. 1-A
 NEWTON, M. 41
 CONLEY, P. 41 West Valley TC
 FITZHUGH, H. 41 Hawaii Masters

1st 5' 4"
 2nd 5' 4"
 3rd 5' 2"

DIV. 1-B
 AUSTIN, E. 46 CDM
 SIMPSON, H. 46
 HAWER, H. 46 SDTC
 DAVISSON, S. 46 CDM
 DONNELLEY, D. 47 CDM
 BROWN, D. 46 CDM
 BRENDA, A. 47

1st 5' 6"
 2nd 5' 4"
 3rd 4' 10"
 4th 4' 10"
 5th 4' 10"
 6th 4' 8"
 nh

DIV. 11
 MORCOM, A. 55
 GIST, B. 56 CDM
 GILLET, O. 56 CDM
 HENDERSON, M. 55 NCSTC

1st 5' 4"
 2nd 5' 2"
 3rd 4' 10"
 nh

DIV. 111
 DICK, J. 64 NCSTC
 HATTEN, T. 65 Club West
 BEIRLEIN, F. 66 NCSTC

1st 4' 5"
 2nd 4' 4"
 3rd 3' 11"

DIV. 1V
 McFADDEN, W. 71 SDTC
 STEPHENS, P. 72 SDTC

1st 3' 11"
 2nd 3' 11"

POLE VAULT
SUB-MASTERS
 FLEMMING, R. 38 UA
 GRIMES, D. 31 SFVTC
 FIELDER, J. 30 SDTC
 RAY, T. 30 UA

1st 12' 6"
 2nd 12' 6"
 3rd 12' 0"
 4th 11' 6"

DIV. 1-A
 COTA, C. 40 SDTC
 FITZHUGH, R. 41 Hawaii Masters

1st 11' 6"
 2nd 10' 6"

DIV. 1-B
 HAWKE, H. 46 SDTC
 WALLACE, H. 48 STC
 BRENDA, A. 47
 JHONSON, G. 49

1st 10' 6"
 2nd 10' 6"
 3rd 10' 0"
 4th 8' 6"

DIV. 11-A
 BROWN, D. 53 CDM
 GROSH, D. 51 CDM
 DeVAUGHN, T. 51 CDM

1st 10' 6"
 2nd 10' 6"
 3rd 9' 0"

DIV. 11-B
 VERNON, J. 59 STC
 GILLET, O. 56 CDM
 MORCOM, R. 55 UA

1st 10' 0"
 2nd 9' 0"
 nh

DIV. 1V
 McCONAGHY, R. CDM

1st 8' 6"

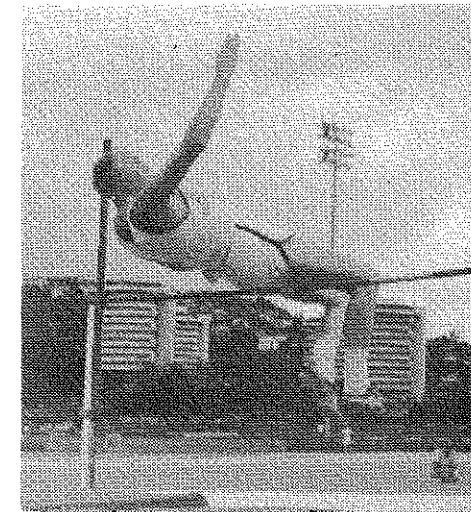
Picture Story

JAVELIN			
SUB-MASTERS			
SELBY, D.	31		1st 61M 97CM
TUCKER, L.	35	CDM	2nd 46M 99CM
DIV. 1-A			
CONLEY, P.	41	WUTC	1st 62M 57CM
LETCHER, S.	44	NCSTC	2nd 56M 29CM
FITZHUGH, R.	41	USMC	31M 47CM
DIV. 1-B			
HAWKE, H.	46	SDTC	1st 47M 81CM
WALLACE, H.	48	STC	2nd 45M 51CM
WOJEIK, G.	46	SFVTC	3rd 39M 01CM
DIV. 11			
FETTER, P.	55	CDM	1st 156' 9 3/4"
MORALES, B.	59	CDM	2nd 156' 7 1/2"
SIEFERT, J.	58	SDTC	3rd 132' 8 3/4"
MORCOM, R.	55		4th 127' 1/2"
STONE, B.	56	NCSTC	5th 126' 0"
WIGGINGTON, R.	50	NCSTC	6th 102' 9"
DIV. 111-A			
McMAHON, C.	60	SDTC	1st 126' 11 1/4"
DICK, J.	64	NCSTC	2nd 113' 4 1/2"
ARCHER, E.	63	NCSTC	3rd 86' 7"
DIV. 111-B			
CARNINE, K.	68	NCSTC	1st 126' 10 1/2"
MacCONGHY, B.	68	CDM	2nd 122' 11 1/2"
DIV. 1V			
MOWRER, G.	75	SDTC	1st 77' 3"
LONG JUMP			
SUB-MASTERS			
SALLINGER, L.	33	CDM	1st 21' 4 1/2"
JOHNSON, H.	35	CDM	2nd 21' 1 1/4"
HENRY, A.	38	CDM	3rd 19' 7 1/2"
LOVELAND, B.	36	USMC	4th 17' 10 1/4"
WAGNER, D.	39	SDTC	5th 15' 11 1/2"
DIV. 1-A			
JACKSON, D.	44	CDM	1st 21' 1 1/2"
CONLEY, P.	41	WVTC	2nd 19' 3 3/4"
MOORE, B.	42	SDTC	3rd 14' 4"
DIV. 1-B			
DAVISSEN, S.	46	CDM	1st 20' 11"
SCHLEGEL, P.	46	CDM	2nd 18' 2"
WASHINGTON, H.	47	NCSTC	3rd 17' 5"
BRENDA, A.	47		4th 17' 1"
DONNELLY, D.	47	CDM	5th 16' 6"
DIV. 11			
MORCOM, R.	55		1st 19' 5 1/2"
BROWN, D.	53	CDM	2nd 16' 5 1/2"
FETTER, P.	55	CDM	3rd 16' 2"
WIGGINGTON, R.	50	NCSTC	4th 15' 9"
MORALES, B.	59	CDM	5th 15' 5 1/2"

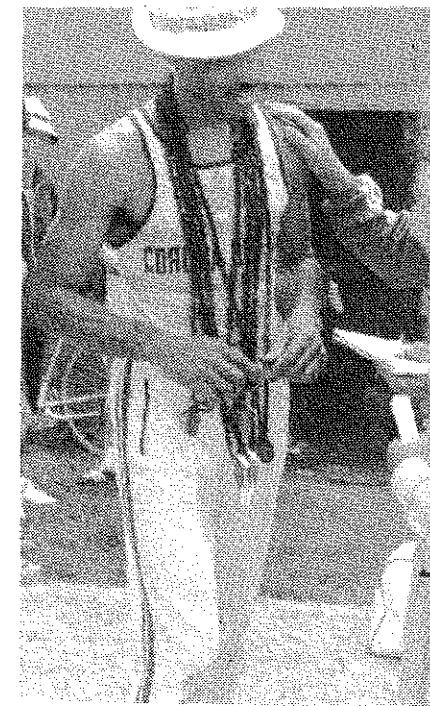
DIV. 111			
CARUSO, J.	66	STC	1st 15' 0"
HATLEN, T.	65	Club West	2nd 11' 10"
DIV. 1V			
McFADDEN, W.	71	SDTC	1st 12' 5 1/4"
WOMEN			
SCHREIBER, U.	37	CDM	1st 11' 8"
TRIPLE JUMP			
SUB-MASTERS			
HENRY, A.	38	CDM	1st 42' 5 1/2"
DIV. 1-A			
JACKSON, D.	44	CDM	1st 40' 8"
CONLEY, P.	41	WVTC	2nd 38' 5"
DIV. 1-B			
DAVISSON, S.	46	CDM	1st 40' 3 3/4"
DONNELLY, D.	47	CDM	2nd 35' 1 1/2"
WOJEIK, G.	46	SFVTC	3rd 32' 1"
DIV. 11-A			
PATSALIS, T.	54	CDM	1st 38' 7"
WIGGINGTON, R.	50	NCSTC	2nd 33' 1/2"
BROWN, D.	53	CDM	3rd 31' 11 3/4"
DeVAUGHN, T.	53	CDM	4th 29' 8 1/2"
DIV. 11-B			
VERNON, J.	59	STC	1st 32' 2"
DIV. 111			
CARUSO, J.	66	STC	1st 27' 5"
DIV. 1V			
McFADDEN, W.	71	SDTC	1st 27' 9 1/4"



Jack Noble (Seniors T.C.) like a praying Mantis contemplates watery descent.



Dave Brown (CDM) attempts 5 feet.



Tom Clayton (CDM) laden with medals for his stellar efforts.



Three World Class 70 year olds (left to right) Harold Chapson (72), Meet Director and Host. Joe Packard (S.F.) 72, New Div. 1V 100 meters Champ and Win McFadden (71)



Three gentlemen from Japan contemplate track strategy.

3 CONTINENTS

Continued from p. 1

A touch of Durban, resplendent with its beaches and Indian bazaars; a wave at the many wild animals in their home at Kruger National Park; and a nod at the nation's second capital, Pretoria, will complete our cycle of "One World in One Country".

During the last hour of my last day in Johannesburg on this past visit I had the opportunity of conferring with the most dynamic man I have ever met. Stephen Mulholland, Associate Editor of the Sunday Times, largest newspaper in South Africa, has expressed great interest in our project and the desire to provide aid to the program via sponsoring organizations. Confirmation of this assistance has not as yet arrived, so we are not at liberty to discuss the extent of these possibilities.

Cables have been sent to determine the status of feeling of the host group concerning our trek. If you are truly interested in further exploration of the tour, please do let me know immediately. We shall have much more clout in the request for financial help and support, if we can substantiate our petition with names and numbers.

In dealing specifically with the subject matter of each tour the material included in the flyers printed for distribution at Gresham now follows:

LATEST ON SOUTH AFRICA

I know that many of the U.S. Masters have been anxiously awaiting USMTT's decision on the Christmas '76 Safari. There is even more need today for our visit to South Africa than just a few months ago. To make polarized decisions based on the media's reports is very easy but dangerous. To carry our message of brotherhood and equality of man plus fitness through competition are impressive challenges. Danger, challenge, responsibility are all factors in the determination of our forthcoming tour.

The present situation is this: 1) Initial plans for a 3-week visit were made last December when the Jacksons and the Pains made the initial inspection of the country. 2) I returned to Johannesburg in the end of May to finalize arrangements. Then I realized why confirmations had been dragging. There was trouble in the air. The riots were being threatened in Soweto. Our Afri-kann hosts were apprehensive, yet pleased to realize that we truly were anxious to come. 3) Because of the high cost of the tour and the scarcity of accommodations during their peak season, the length of the tour was reduced to two weeks, December 17 to January 1, which will make it possible for our people in the educational field to join us. This was another plus.

In re-organized assistance: Several sponsors have been contacted and have expressed interest in aiding the athletes. However, dormitory housing will not be available; so we are relying on the cooperation of the Holiday Inn chain. Major South African newspapers and TV coverage will promote the tour throughout the destination country.

As you can imagine, the primary concern of the South Africans about our tour is the type of individuals who will be visiting . . . i.e. will we accept our role as guests? Our influence on that changing society must be through exemplary demeanor, with genteel and gentle persuasion.

There are two schools of thought among the South Africans: 1) Tighter controls must be applied in order that violence cannot and will not recur. 2) Mediation and compromise is the other course. It will be our official stand to support the second of these alternatives. By the love and comradeship we have for one another we can and must display the ability of working, competing, and living together in harmony and peace.

This then is the reason that I am making an all-out effort to continue with plans to take you to South Africa with me this December. Even though the itinerary is not complete, with the following projected outline and costs I am asking each of you who

is interested in taking up the challenge, to fill out an application and send it to me with \$100.00 per reservation by August 15, so that I may know your true desires. If there are as many as 40 of you who have signed up by that date, we shall proceed with all abilities to produce for you the finest opportunity of your lifetime . . . not just a travel, nor competing experience, but one of massive sociological impact. (Yes, if the tour goes, we will accept further reservations until September 15.)

The areas to be visited include Rio, Johannesburg, Pretoria, Kimberly, Capetown, Durban, and Kruger National Park.

Departures from New York: Air \$1135. Land \$390. Total \$1525.
Los Angeles: Air \$1305. Land \$390. Total \$1695.

The amount of reduction for athletes will depend upon whatever sponsorships can be obtained. (The land price for everyone is already reduced by \$100. per person by the sponsorship of SPORTS TRAVEL INTERNATIONAL. We feel this strongly about the value of the trip.)

Examine your consciences, your calendars, and your wallets and determine now if you want to take a stand for man-kind.

HELEN L. PAIN

SPORTS TRAVEL INTERNATIONAL LTD.
4869 "B" Santa Monica Avenue
San Diego, CA. 92107

HELEN:

Yes, count me in on the SOUTH AFRICAN TREK. I am enclosing \$ _____ (\$100.00 per person) for _____ reservations.

Name _____

Address _____
Street City State Zip

Others who will be going with me _____

SWEDEN '77

The USMTT is going to the 2nd World Masters Track & Field Championships, in Gothenburg in the summer of '77. Here's your chance to:

- 1) Travel with your friends in four Scandinavian countries plus an insight into Russia . . . or
- 2) Concentrate on the fjordland of Norway, or
- 3) Explore the lands of the Midnight Sun, or
- 4) Cruise down the Rhine, or
- 5) Visit relatives, or combine any or all . . .

in addition to
Training, living, loving, competing in beautiful Gothenburg, the city of gnarly rocks, bays, lakes, parks, trails, and very friendly people.

In May I visited Gothenburg and was the guest of the dynamic meet director Roland Jerneryd and his charming wife Stina. For four days we were in and out of every hotel accommodation available in the city . . . pounding beds and checking bathroom facilities, examining elevators and restaurants, interviewing managers and reviewing sports and leisure-time facilities. Thus qualified by this and two other visits to our host city, I can now provide you with the basic information.

Approximately 4000 people connected with the World Masters are expected to visit Gothenburg during the Meet from August 8 to 15, 1977. As you must realize — with that kind of demand on the facilities of a small city EARLY RESERVATIONS ARE A MUST. We have blocked space but can hold it only a limited amount of time.

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professed you should not trust. The real radicals of the anti-AAU movement are the group I once dubbed "grandfather jocks." They have suffered from bureaucracy in their business life and do not want to suffer it in their leisure life.

Perhaps it is because many of the older runners such as Jack Beasley and Ed Phillips came upon the sport of long distance running relatively late in life and have been able to see the flaws of the AAU more clearly than those of us who grew up within the all-encompassing arms of that organization.

Several state-based long distance running groups have turned their backs on the Amateur Athletic Union, sponsoring races without the blessing of that Indianapolis-based organization. In addition to Denver, successful separatist movements have occurred in Baltimore and Pittsburgh.

The Baltimore Road Runners Club, guided by Les Kinion, abandoned the AAU at the beginning of 1975.

"The South Atlantic AAU always has been a big power," states one runner close to the situation, "making plenty of noise, riding the runners tightly about AAU rules. Les Kinion's group finally couldn't take any more of it and called the AAU's bluff. And the AAU hasn't done a thing about it."

Pittsburgh also seceded from the Union.

According to the same source, "Stu Levy, president of the Greater Pittsburgh Road Runners Club, personally told Ollan Cassell that the GPRRC and its members would never join the AAU and that the AAU never would get a dime out of them. All runners in that club are doing fine and taking part in all kinds of races."

And while the Minnesota Distance Running Association has not severed its AAU ties yet, the club's newsletter recently included this salvo from Garrett Tomczak and Keith Ottoson reminiscent of the first shots against Fort Sumter:

"The AAU neither puts on nor sanctions any road races in this state which are not actively planned, promoted and advertised by MDRA personnel. The MDRA would lose nothing by severing relations with the AAU since it is the MDRA which provides both fun-runs and competitive experiences — activities which would not cease to exist without the (AAU's) stamp of approval."

"Don't get us wrong," Tomczak and Ottoson continued. "We have nothing against an AAU running program just so long as the AAU takes the initiative in providing its brand of competition for those who need or want that sort of thing. But that's not everyone and we don't think it's right when individual athletes must unwillingly pay to support an organization that has arbitrarily defined itself as the only game in town."

Not only are entire clubs leaving the AAU or threatening to do so, but also many individual runners are doing the same. Not all of them have openly advertised their withdrawal. Most simply have allowed their AAU membership to lapse with no plans to register in 1976.

One former National AAU Marathon champion informed me, "All these years I have been taking the path of least resistance and dutifully paying the AAU my money. So have the clubs I have belonged to. In the early days I didn't realize I was being taken and thought the AAU was the law of the land. In recent years, I have realized it but haven't had the motivation and guts to take a stand. Now I am ashamed of myself for not having the nerve to stand up to the AAU. But better late than never. I burned my AAU card (literally) several months ago and am not running in any more AAU-sanctioned races. I will go to Boston only because of the Road Runners Club of American convention and probably will run in the marathon since I am there. However, I am not rejoining

the AAU just to run in that race, and will run unofficially rather than get an AAU number."

The official position of the Road Runners Club of America has been one of cooperation and affiliation with the AAU. The RRCA is an allied member of the National AAU with some clubs strongly pro-AAU and others strongly anti-AAU. RRCA officers have decided not to make secession from the AAU an issue and cause internal dissension. But they may be incapable of holding the lid on much longer.

Much of the agitation for reform has come from RRC clubs and individual RRC members. While the amount of dues charged by individual RRC clubs varies broadly, the parent RRCA realizes only 25 cents for each member. This is both that organization's strength and its weakness. It does not have the intransigent inertia of the entrenched bureaucracy and it lacks funds and effective power, at least on a national level. In terms of state's rights the RRCs are very strong.

One national RRCA officer commented to me, "In spite of its impressive claims the AAU does not provide any services, at least services anywhere commensurate with the fees it demands and gets. In short, the AAU functions primarily as a fund-collecting agency. It claims it is doing all sorts of great things for us, but it is not.

"We runners are doing nearly everything ourselves, especially all the work associated with putting on the races. And that's where the action really is for 99% of the running population. We show week in and week out that we don't need the AAU for anything. And the AAU shows week in and week out that it is not interested in helping us with the basic job of administering the running program. It is only interested in collecting our money and trying to make sure we follow its beloved rules. Beyond that, it doesn't care.

"If the AAU were truly concerned with promoting a grass-roots-level program it would be doing the things the RRCA is doing," he sums up.

Internal pressures are building and the AAU may have hastened its demise by increasing its costs of membership at a time when people are tired of rising prices. This comes at a time when many runners have begun to question what they get for their money.

And also it comes at a time when individual associations within the AAU seem to have ample funds in reserve. According to one reliable source, the Minnesota AAU has \$29,000 in the bank, the Potomac Valley AAU has \$36,000 and the Rocky Mountain AAU has \$54,000.

"You can imagine how much the Southern Pacific and New England Associations have," suggests that source.

For anyone used to relating to a federal budget or even a corporation budget, such sums seem small. But AAU associations always have been nickel-and-dime outfits, at least on the local level. Nationally, nickels and dimes add up.

Examining the individual AAU association budgets is the only way by which long distance runners can determine how their money is being spent — or misspent. The Minnesota Distance Running Association examined the budget of its state association and published it in their newsletter last summer. During the previous fiscal year the Minnesota AAU increased its cash reserves by roughly \$2,000, an increase of 10%. This was before the dues increase planned for 1976.

The largest item on the Minnesota AAU's budget was convention and meeting expenses (\$5,502.23). The carrot dangled before the noses of AAU officials is expense-paid trips to the national convention. Sites for National AAU conventions usually are chosen because of the quality of pleasures available (New Orleans and Las Vegas, for example).

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Those who rise to the top in the AAU hierarchy frequently show reluctance to appropriate travel funds for members from the ranks of long distance runners. Partly this is the fault of the runners themselves who after attending a few local meetings realize their time can best be spent elsewhere — like running. They fail to “politick” thus come up with few political plums.

The second largest expense item on the Minnesota AAU budget was the net salary paid the registration chairman (\$4,361.16). This is an important office since the AAU earns most of its money from registration. In any organization it is the secretary-treasurer, not the president, who wields the most power, and the AAU is no exception.

(In recent years our club, under the delusion that we were doing the “right thing,” began a highly effective AAU recruiting drive which helped the number of registered runners increase from only 37 in 1972 to 641 in 1975. Partly as a result the AAU added a second salaried person to cope with the increase in registration. This leads us to believe that we may save the AAU money by ceasing our recruiting efforts.)

The third largest item on the Minnesota AAU budget was stipends for clubs, a total of \$3,171.69. Of this total, according to Tomczak and Ottoson, \$156 went to long distance running and \$100 to track and field. If this represents a fair distribution of funds, runners must be few in number in the AAU. If so, why do they bother with us? If it is not a fair distribution, why do we bother with them?

An AAU official, Jeff Brain, responded to the attack printed in the *Minnesota Distance Runner* by stating, “As far as being a ‘bureaucratic bully,’ the AAU is surely a bureaucracy. Yet it is a bureaucracy financed by athletes to implement an athletic program. We of the National AAU long distance running committee are continually trying to be more responsive to the athlete and are proud of our efforts so far.

“What sort of an organization would you have to be responsive to your running needs at every level? The NCAA? One financed by General Motors? Or better yet, the federal government?” Brain asked.

Tomczak and Ottoson’s response to that question was to state that the Road Runners Club of America is the organization most responsive to the runners’ needs. Ironically, Jeff Brain is RRC president in Minnesota.

In many associations the RRC and the long-distance running committee of the AAU are synonymous. And in fairness to the AAU, there are many dedicated officials who have done much to further the cause of road running in America. My argument is not with them but with the bureaucracy of which they are part and which they help to perpetuate with their good efforts.

Vince Chiappetta of the Metropolitan AAU in New York spoke to me at the Masters Cross-Country Championships and insisted that the AAU is capable of reform, that it exists as a democratic institution, and that legislation can be proposed to change it. I disagree with Vince and feel that the AAU is about as likely to reform as will Mayor Richard Daley’s Democratic organization in Chicago. And for the same reasons. Those who have the power don’t easily give it up.

The question is should runners be content with scraps from the banquet table of a large umbrella organization such as the AAU — which also encompasses synchronized swimming, gymnastics, wrestling, basketball, boxing and many other sports — or should our effort be directed into an organization with long distance running as its only activity?

The handball players escaped the jurisdiction of the AAU. I don’t see skiers or tennis players rushing to affiliate. Long distance runners should follow their example.

The Road Runners Club of America (and its members, especially its members) forms the backbone of long distance running in many parts of the United States and not the Amateur Athletic Union. Despite the apparent RRCA policy of publicly speaking no evil about AAU policies, individual officers have been extremely critical of the AAU record in our sport.

One man told me, “The AAU has never taken a leadership role in advancing distance running. I do give it credit for putting on national and in some cases regional championships. But what about the average runner and regularly scheduled local events? Zilch.

“Also, age-group events for kids, races for women, the Masters program for men over 40 — all of these branches of distance running in their formative years were vigorously opposed by the AAU. Only after enough mavericks did the work of bucking AAU opposition and of getting such events soundly established did the AAU reluctantly approve such events.

“This fact of history, I submit, is not generally known to most runners. Ironically, the AAU now trumpets loudly and proudly about its relatively few races in these fields, as if it were doing all sorts of great things to promote these aspects of running. I say, ‘relatively few races’ because the AAU channels its efforts into a few high-visibility national or regional championships in these areas too, leaving the bulk of the work (the grass-roots-level regular program) to the runners,” the man said.

This same person is not calling for an armed revolution but suggests that any runners disenchanted with the AAU simply neglect to register with that organization during the coming year. He recommends that clubs do the same. He suggests that state, regional and perhaps national championships be held under the auspices of some other organization such as the USTFF or RRCA.

The AAU rules by fear. It is the only American track and field organization recognized by the International Federation and theoretically “owns” the franchise for US amateur athletics. Runners with Olympic ambitions fear those ambitions may be shattered should they oppose the AAU. This fear may be unfounded.

“Absolutely nothing will happen to runners who quit the AAU,” advises one important official not connected with that organization. “A good civil rights lawyer would have a field day if the AAU tried any retaliatory actions. I know of no runner or club in the country who has suffered in any way or received any retaliation by quitting the AAU.”

I intend to test that advice myself.

Having decided to quit the AAU I removed my card from the cork wall about my desk where I kept it conveniently pinned so I could write its number in the appropriate space when called to do so on entry blanks. I will continue to enter races in 1976 and in the appropriate blank asking for an AAU number I will write N/A, for “non-applicable.”

Even though I could have quietly allowed my membership to expire on Dec. 31, 1975, I thought my objection to AAU policies could be made more forcibly by returning my card to the president of our state AAU.

Before mailing that card, however, I turned it over and read the “Athlete Code of Honor,” which I had signed 11 months before — actually 30 years before that if you want to look back to the date of my first registration as an amateur athlete.

Runner's Forum

The free exchange of opinions, ideas and information.

WHY I'M NOT QUITTING

Robert Fine is chairman of the National AAU Masters track and field committee. Here, he replies to Hal Higdon's article, “Why I Quit the AAU,” published in the April issue.

After 14 years of a thoroughly enjoyable sinful existence, I came back to the virtuous life of an athlete as a “Master.” The AAU did not provide a program for Masters in my area. So, a local group was formed and a program developed. The AAU accepted this program. The more involved I became in the program on an association, regional and national level, the more I learned about the AAU.

Despite some of the “horrors” of the AAU, I submit that what is needed is greater participation in its program, not less. If we didn’t have the AAU, we’d have a similar organization to coordinate athletics. Questions of site selections for meets, standards, records, coordination of events, team selections, finances, newsletters and international competition would have to be determined by a national group. The question then is whether the AAU can grow and meet the present needs in amateur athletics or whether another group should do so.

The AAU basically is a volunteer organization. It is easy to criticize it for its mistakes. But the AAU does more things right than it does wrong. Very seldom does one hear the AAU applauded for a track meet that goes on without a problem or for the countless man hours that are necessary for our program to work. Volunteers freely donate their time and abilities and some are exceptional workers. Others are officious fools. I know of no way to insure that only top-quality people will be permitted to volunteer for AAU work.

Volunteers are in short supply. The paid personnel, none of whom receive substantial salaries, are generally non-creative administrators akin to middle level civil servants. Part of the justification for their existence is the paper work with which they get involved. The result is that on the association level there is no creativity, no daring, no drive.

The more intelligent of the 58 AAU associations leave the activists alone. Associations that inhibit the development of various programs are the ones to be attacked. The majority of Hal Higdon’s complaints are directed against his local association. It has been my experience that the local associations need additional help and would welcome same. Those who are willing to spend the time and effort can move up in the ranks and make an impact on the program.

The same thing applies on the national level. Substantial changes were made in the Masters program at the last AAU convention. In fact, the only opposition received was from Vince Chiappetta, the new long distance running co-chairman. Substantial changes, to be voted on next year, are being planned in the whole structure of athletics. A new athletic board has been established which augers major changes in all of the running, field and walking disciplines. It is a shame that Hal was not at the convention to be a part of such a program.

A major criticism I have of the AAU is that many people are effectively precluded from participating. Many associations have a nominating committee system to select delegates to the convention, which makes it impossible for someone not involved in the local association’s leadership level to become a delegate. Such a system generally causes the same people to be delegates each year.

Finally, an AAU convention is anything but fun. It is hard work requiring studying proposed rule and code changes, politicking for your point of view and being prepared to attend sub-committee meetings, standing committee meetings, law and legislation committee meetings and the final board of governors meetings.

I propose more autonomy for each sport, with the main meeting of each sport taking place at that sport’s national championships and the athletes being given a voice in the proceedings. We have done this in the Masters movement with considerable success.

In the international area, the AAU does not have a free hand and cannot be

blamed for adherence to international rules. Our foreign friends do not necessarily agree with us. If we wish to ignore our presently authorized national body, which has to work with them, then we run the risk of not being able to compete internationally. Like it or not, it would mean that if an IAAF sanction is required for the next World Masters Championships, along with travel permits, then Hal, without an AAU card would not be permitted to compete.

The various standing committees in the AAU receive back 50 cents of the AAU dues. How this money is spent depends on the particular committee. The bulk of the dues goes to the local associations. How that money is handled, and I don’t doubt Hal’s figures, would vary greatly. In my association, the entry fees for the various local championships do not cover the expense of the meets, particularly indoor meets.

It may well be that the money is spent poorly but no one is making a profit out of the program. Greater participation in the administration would assure more equitable distribution of the funds. It also should be noted that closed, non-AAU-sanctioned events can be held in which the AAU exercises no control and receives no income.

Leaving the AAU may assuage one’s frustrations but it will cause confusion and division within amateur athletics. Since I have found that changes can be effected, I submit that working within the AAU will benefit not only long distance running but all sports under the AAU’s jurisdiction. The leadership of the AAU is quite cognizant of the attacks and criticisms made against it and would welcome the participation of those seeking to improve amateur athletics. Criticizing from the sidelines, no matter how justified the criticism may be, is not the answer.

Robert Fine

That evening Danie Burger hosted us to a performance of "Epitomi" which, in the native Zulu, means "Where is the girl?" The production was a smash hit, having run in South Africa since March of 1974 and had two touring companies in Europe and elsewhere. The production was written, composed, directed and choreographed by three white women. The entire cast is black and deals both with the village life and travails of the native in the city. The most striking aspect of this production done in song and dance is the amazing vitality of the company of dancers who are on stage for virtually the entire two hour performance, engaging in a whirling dervish of dance, song and rhythm. The dancing, the main feature, was of the highest professional level. Only the improvement of set design and sound system would place the production at the level of a top Broadway or London show.

Sunday 12/21/75

On this day, our hosts Fannie DuPlessis, Fanie Van Zyl and Danie Burger took us on a 250 mile triangular Sunday drive and picnic to neighboring Rustenburg and over to Pretoria. The heavy rains of the past week had covered the hillside and fields with lush green foliage, running streams and brimming ponds bordered by stately willow trees. The Australian eucalyptus flourish in this environment and reach majestic size, over 100', and are used extensively as windbreaks and also as a source of wood for the mines. Accustomed as we are to the semi-arid desert of southern California, this view of miles upon miles of green rolling hills, well-manicured fields, farms and homes was most pleasant to the eye and well worth the trip. We also noted a marked contrast between the gracious and commodious homes of the whites, many with extensive grounds, and the dirt shacks with galvanized tin roofs anchored in place by the big stones occupied by the blacks. On arrival at the mayor's home, we stripped for an exhilarating run for nearly an hour followed by several 200 m. wind sprints on a school grass track.

On leaving Rustenbrug, we drove 100 km. to Pretoria, where we were to be the guests of Annes Botha, Professor of Athletics at the University, and President of the South African AAU. He proved a most gracious chap and his lovely wife a most gracious hostess. We learned that he was a former South African shotput champion and would turn 40 in '76 and looked with anticipation to competing again as a Master. Since he makes his living as a lecturer and coach in athletics, he probably is a professional under IAAF rule 53 and was most responsive to our arguments about opening the Masters to all without exception. He left us with the distinct impression that he would throw his personal weight and influence behind the budding Masters program. He even surprised us by seeing us off at the airport the next day.

We departed South Africa with a confident feeling that our visit was well received; that we had by our presence given the program a good push forward. We were assured by Dr. Burger that from the outset, the South African Masters would be open to all without exception, probably the only athletic organization in this country to commence on such a basis.

And now to London, 7,500 miles northward for a three hour stop over for a brief meeting with Jack Fitzgerald and hopefully someone from the IAAF.

Tuesday 12/23/75

Over Greenland 39,000 ft.

We departed London Heathrow at 1:30 a.m. and 4½ hours later we are over Greenland. An examination of the flight plan - - we requested to see it - - showed an estimated elapsed time of eleven hours, nineteen minutes and a distance of 5,800 miles, at

an average speed of approximately 500 miles per hour. The flight altitudes assigned are 31,000 and 39,000 ft., fuel burn is estimated at 40,000 lbs. which at 40 cents per gallon amounts to \$16,000.00 of fuel and with 300 passengers this works out to \$53.00 per passenger. Our takeoff weight for the 747 was 710,000 lbs. or 355 tons. The computer had prepared a flight plan which is not a perfect Great Circle route due to winds aloft and required reporting check points. The aircraft has three computers working continuously; the Auto-pilot keeps the ship on course to within one second of one degree (approx. one mile). We pass over Greenland at 2:00 p.m. in the afternoon, the sun is setting as December 23 is the next to shortest day in the year in the northern hemisphere. Yesterday at Joburg it was the longest. As we gazed into the sky in the north, we observed Mars shining in the middle of the sky. Moving our attention 40,000 ft. below we see a gigantic mass of snow and ice extending as far as the eye can see.

We have travelled some 13,500 miles with three intermediate stops in some 32 hours of which five hours were spent on the ground. We marvel at the engineering expertise which has enabled us to travel halfway around the world in a little over one day and see the sun recede to the east as we travel westward faster than the earth rotates about its axis. For the past day and a half, our 747 aircraft has been a virtual spacecraft flying over more than seventy-five percent of the earth's atmosphere. As our earth's fossile fuel supply diminishes, we wonder how much longer such travel will be economically feasible.

At 4:30 p.m., we land at LAX, go through customs and finally make our connection for San Diego, arriving at 7:30 p.m., some thirty-six hours after our departure from Joburg.

Cont. from Page 4

Brayton Norton, newly moved to Honolulu, showed up at the meet as an overweight spectator but redeemed himself doing an energetic, if not esoteric, hula - - accompanied by large cheers from the assemblage.

Monday saw 30 of the USMTT group spend the day in beautiful Maui, where most said, "Now this is Hawaii". A feature of the day was a bus tour of the island and a cruise, complete with buffet and drinks.

The group also visited the local High School grasstex track - - soon to be Chevron 440 coated - - and were advised that the County of Maui was interested to make a formal bid for the 1978 AAU Masters Championships. Tom Clayton, Los Angeles Masters AAU representative, stated he would make a formal report on the facility and appeared to favor its selection for '78.

Let's hope it happens.

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The code read, "I promise upon my word of honor that in any sport in which I may be a participant I will not take an unfair advantage of an opponent, that I may be courteous in word and demeanor to opponents, officials and spectators, that I will observe the rules of the game in spirit as well as in letter, and that I will constantly strive to uphold the ethics of amateur sports."

It seemed to me that if the Amateur Athletic Union had been as faithful to its code as I had been, I would not have had to resign.

WE PRINT WITHOUT COMMENT HAL HIGDON'S ARTICLE APPEARING IN RW APRIL '76 "WHY I QUIT THE AAU" AND BOB FINE'S REPLY PRINTED IN THE MAY ISSUE OF RW.

Masters, we will offer first to third in each event and class but will require a minimum of three entries for a first place only and seven entrants before first to third place will be awarded. We trust that with this explanation the older athletes will show some restraint in their dissatisfaction. Master athletes have earned a reputation for good sportsmanship. Let us trust that the older athletes will appreciate the meet director's dilemma. . . This year's 80th Boston Marathon did not produce any outstanding times compared to previous years. This was due to exceptionally hot weather plus high humidity. Nevertheless, the 4th place finish of JACK FOSTER (43) N.Z. 2:22:30 must be considered one of the great Master athletic accomplishments when compared to the winning time of 2:20:19 with 2183 entrants. Unofficial temperatures were reported as high as 116 degrees in the sun, and some athletes dropped out in the first couple of miles. JACK FOSTER at 40 has run 2:12 and generally runs 2:16 to 2:18 under favorable circumstances, thus a drop-off of only six minutes (about 18 seconds per mile). Most Boston entrants this year settled on just finishing. To run a 2:22 under such circumstances is truly remarkable. USMTT member RUTH ANDERSON (45) did a fine 3:18.22. RUTH is really tough. . . A review of the Mid-West Masters 40 - 49 Records lists 37 events of which JACK GREENWOOD holds five; of the remainder USMTT member JIM HERSHBERGER (44) holds 22!! Including the 100 yard 10.2 and the Marathon 2:41 and 1/2 Marathon 1:08.

ATTENTION -ATTENTION

These are the official AAU Masters Hurdle and Weight Standards as set out in Rule 250 of the AAU Rule Book:

COMPUTE YOUR COLLAPSE POINT

If you haven't tried it, you might like to experiment with Ken Young's Collapse Point Theory. It works as follows:

You will stop or slow down dramatically at a point about three times your average daily distance for the past 6 to 8 weeks.

Say you've averaged 35 miles a week during that time. That's five miles a day (based on seven days). Your projected collapse point is 15 miles. Your maximum race distance should be a little less than the 15 miles.

Weekly Total	Per Day Avg.	Collapse Point	Max. Race
10	1½	5	3
15	2¼	7	5
20	3	9	6
25	3½	11	8
30	4¼	13	10
35	5	15	13
40	5¾	17	15
45	6½	20	19
50	7	21	19
55	7¾	23	20
60	8½	26	20

You might try your totals and see how they compare!!!

From: Step Up to Racing

Men:	Div. 1	Div. 11	Div. 111	Div. 1V
Hurdles	39"	36"	33"	33"
Shot Put	16 lbs.	12 lbs.	8 lbs.	8 lbs.
Javelin	800 grams	800 grams	600 grams	600 grams
Discus	2 kilograms	1.6 kilograms	1 kilogram	1 kilogram
Hammer	16 lbs.	16 lbs.	8 lbs.	8 lbs.



NJA Proudly Announces A

"Spirit of '76 Jog"

Join the Jogger's Personal Freedom Trail of up to 1776 Miles for Patriotism and Health in Observance of the American Revolution Bicentennial!

NJA'S THREE BICENTENNIAL JOGGING CHALLENGES:

- The 76-Mile Jog* - A modest challenge for beginners or those with physical limitations. Advanced runners may, of course, accomplish the 76 miles in a special week or two. Completion and certification will earn an attractive, embossed silk ribbon to display in your home or office.
- The 200-Mile Jog* - A more ambitious, but achievable challenge. Completion and certification will earn a distinctive, embroidered emblem for your jogging shirt or jacket.
- The 1776-Mile Jog* - The greatest challenge of all and an achievement to earn the admiration and respect of everyone! Completion and certification will earn a

beautiful and exclusive embroidered emblem, enrollment in NJA's Spirit Of '76 Hall of Fame and national publicity!

THE PERSONAL LOGBOOK & CERTIFICATION PROCEDURE:

Upon receipt of your Application (below) and enrollment fee, the National Jogging Association will promptly send you a letter of acknowledgement and your personal Spirit Of '76 Jog Logbook. You may embark on your Bicentennial Jog immediately upon receipt of the Log. Enter the miles jogged daily and the total miles jogged to date in your log. As you complete each the cumulative milestone challenge for '76 and/or 200 miles, notify NJA national headquarters by card or letter for presentation of your earned award. Joggers completing the 1776-mile challenge

must submit their Logbook for certification and presentation of award. The Logbook will be returned with the award.

Throughout 1976, the NJA newsletter, *The Jogger*, will carry reported stories of interest on particular courses or distances run in honor of the Bicentennial.

ENROLLMENT & CHALLENGE COMPLETION PERIOD:

Enrollment for The Spirit Of '76 Jogs is NOW OPEN. Just fill in and return the attached Application Form with your \$5.00 fee. Your Logbook will be sent to you on enrollment.

All three Spirit Of '76 Jog challenges must be completed no later than July 4, 1977, to be eligible for the earned awards.

APPLICATION / The National Jogging Association's SPIRIT OF '76 JOG

I accept the challenges of NJA's special American Revolution Bicentennial Celebration Jogging Program . . . Enroll me today!

I hope to complete the: _____ 76-mile, _____ 200-mile, _____ 1776-mile Challenge

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

DATE _____ Enrollment Fee \$5.00, enclose with Application

At this point we would like to provide a variety of options from which to choose. In order to give you the lowest fares possible we are prepared to charter four aircraft from the U.S. to Scandinavia — two, one from each coast, for a minimum package, for the preparation and participation in the meet at Gothenburg; and another similar two, for a three-plus week period. Two options would be available in this division, i.e. charter air US/Gothenburg, return Stockholm/US with a visit to "wonderful, wonderful Copenhagen". The week in Gothenburg, and followed by a customized extension including Oslo, Stockholm, Helsinki, Leningrad, Moscow and return to Stockholm to connect with the returning charters. The second option would begin the same as the first through the period in Gothenburg; then the balance of time would be open for your own scheduling (with our help available should you wish it.)

While we have made tentative arrangements for you to fly SAS charters to Sweden on one of several tours, at this point we have just ballpark figures which are subject to change (hopefully, downward). Breakfast is generally included with the exception of the hostels, where kitchenette facilities are available in each building.

Tours 1 and 2 leave the U.S. August 2 and return August 15.

- 1) A 14 days NY/GOT/NY
70 hostel-type rooms \$483.00
B 124 modern commercial accommodations \$631.00
2) A 14 days LA/GOT/LA
50 hostel-type rooms \$644.00
B 102 modern commercial accommodations \$792.00

Tours 3 and 4 leave the U.S. August 3, with accommodations to the 15th, and returning from Stockholm on August 28.

- 3) A 26 days NY/GOT STO/NY 12 nights
Modern commercial accommodations \$619.00
B First class \$677.00
4) A 26 days LA/GOT STO/LA 12 nights
Commercial \$780.00
B 26 days LA/GOT STO/LA 12 nights
First class \$838.00

Extension or free time, August 15 to 28. The price of whatever you decide to do in this period is in addition to either Tour 3 or 4.

Plus 5) Extension 13 days — Scandinavia & Russia \$1038.00*

6) Extension — your choice Price to be determined

*Maximum — We're still negotiating. First Class, including some meals en route, all meals in Russia, Plus circus, ballet and opera tickets.

Complete Travel Service
DIAL 225-9555



HELEN L. PAIN

Sports Travel International, Ltd.
4869 Santa Monica suite "B"
San Diego, 92107

As you can see by the above plans, we have many choices to satisfy your needs. Other variances to the charter flights cannot be made. However, if you wish customized arrangements, we shall be very happy to help you — but obviously they cannot be at the same low prices.

To charter aircraft requires the signing of contracts and the placing of deposits. From your inquiries we are assuming that the above schedules will meet your requirements. However, we have no way of knowing for sure whether these are the right type of scheduling. The only way we can undertake these obligations is for each of you to respond by way of deposits and reservations. Therefore, we are setting up the following requirements for deposits in the amounts and necessary number of people by a certain date:

- (New York) 1-AB \$100. We must have 65 by August 15.
(L.A.) 2-AB \$150. We must have 65 by August 15.
(New York) 3-AB \$100. We must have 75 by August 15.
(L.A.) 4-AB \$150. We must have 100 by August 15.
(NY & LA) 5 50. (In addition to one of 1st 4). We must have 40 by August 15.

This all may seem quite arbitrary, but if you wish the savings of these charter flights, you must demonstrate your interest. These four charters alone represent contracts of over a quarter of a million dollars. We can only provide this service with your support.

All deposits are completely refundable up to January 1, 1977, without question or penalty. After that date refunds will be subject to the requirements of hotels and airlines. An exact schedule of which will be available by that date.
SPORTS TRAVEL INTERNATIONAL LTD.
4869 "B" Santa Monica Avenue
San Diego, CA. 92107

HELEN:

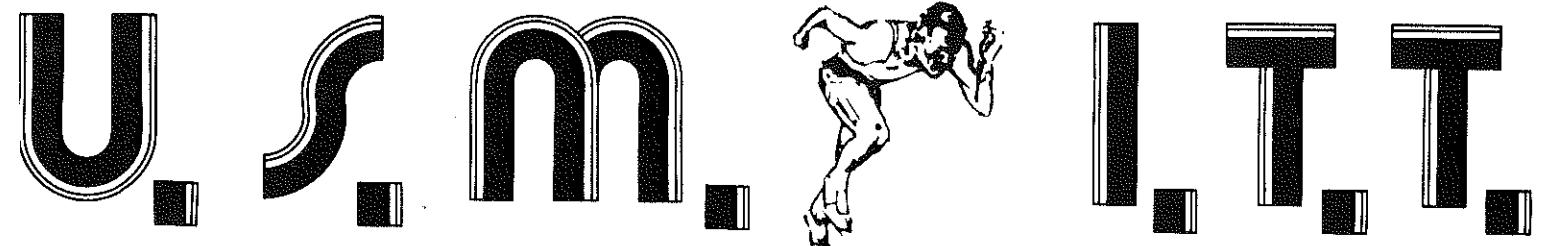
Yes, I want _____ reservations for USMTT's '77 trip to Sweden. I am enclosing \$ _____ for the _____ tour. (Don't forget the extension.) (1A, 1B, 2A, etc.)

Name _____

Address _____
Street City State Zip

Others who will be going with me _____

Comments: _____



u.s. masters international track team

july 1976

**THREE CONTINENTS ARE AVAILABLE TO THE USMTT
WITHIN THE NEXT YEAR**

(SOUTH AFRICAN DIARY)

continued

Thursday 12/18/75

In the last two weeks of May I covered a distance greater than the circumference of the earth for the USMTT two forthcoming expeditions — December '76 SOUTH AFRICA PLUS A TASTE OF RIO, and August '77 SWEDEN AND OTHER FLAVORS — as everyone around the world is waiting to hear "What's happening about USMTT's tours?"

With a schedule that would challenge Kissinger (he doesn't take time out to run) and with the aid of continual rainy weather (so I wouldn't be distracted by extra pleasures) I perambulated the world at an average speed of over 72 miles per hour.

The forthcoming tours will be far more exciting, proceed at a lesser speed and provide even greater opportunity for sight-seeing, fellowship, and competition that I, on a planning trip, could experience. What I did enjoy particularly was the thrill of again visiting with our very special friends whom we have had the pleasure of knowing through USMTT competitions of the past. And I can assure you that our comrades are eagerly awaiting our appointed holidays!

May I tell you a little bit of what we have in store. The safari to South Africa will begin on VARIG, the Brazilian Airline, from New York, Los Angeles, or Miami as the U.S. gateways on December 17th, and we shall converge in Rio de Janeiro for a respite on the beach of Copacabana. The spectacular new Rio Othon Palace Hotel will be our 24-hour headquarters as we experience the Brazilian city of many mixtures . . . the Corcovado (Christ the Redeemer) and voodoo . . . samba rhythms and Cooper marks. I can assure you that you will be most pleased with the fine service and concern for you shown both by your enflight crew and your land hosts.

Rather than give you the total, exact itinerary in detail at this moment, I would prefer to present a brief bill of fare, with the specific recipes later . . . if you are really interested. If you have followed David's "South African Diary", you have been introduced to the people and the places in that fabulous country. You are aware of our disembarking at Jan Smuts airport in Johannesburg. In addition to viewing much of this stylish city, speckled with gold mines, we shall enjoy the genuine hospitality of our friends at the welcome reception and the braaiplace (bar-b-q) following the big competition. A diamond-studded day at Kimberly will conjunct Jo'burg with the friendly, windy city of Capetown, where we will experience Stellenbosch — the university town in the wine-growing valley with the Dutch heritage; Kirstenbosch — the superb botanical exhibition of both familiar and exotic flora; Table Top Mountain; and the legendary Cape Point. Prime moments will come on Christmas Day, as we are guests in the homes of our South African brethren; and Boxing Day, when we participate in our second major meet.

This proved a difficult day as we were scheduled to fly direct to Sukuza in the Kruger National Park, but learned, on arrival at the airport, that the flight had been cancelled and accordingly we would have to fly to Joburg and then transfer to another airport for a charter flight to the Park. Notwithstanding the delay, we enjoyed our flight in an eight passenger twin turbo powered Cessna, and on landing were greeted by "Maggie", our British born courier and host during our stay in the Park, who had waited all day for our delayed arrival at 5:00 p.m. She promptly put us in her V. W. Combi, together with Trevor George, of the Department of Sport, who also accompanied us during our stay in the Park.

No sooner had we left the small landing strip area than we saw numerous impala, very thin due to a prolonged drought broken only two weeks prior, grazing along the roadside. Moments later, a monstrous wart hog appeared with enormous curved tusks, hairy face accompanied by unlegant extrusances. Shortly thereafter, we gazed upon baboon carrying their small young on their bellies as they walked on all fours. Before the light failed we also were privileged to see a giraffe looming above the tree tops munching on the thorn acacia, apparently oblivious to the 1" to 2" spikes extending from the branches. We noticed the animals lowering their heads with the characteristic spreading and bending of the legs as though drinking, only to find out they were investigating a sun dried bone. The abundance of wild life so close to the road made us feel as though the animals had been placed there under the direction of Walt Disney. Since Kruger does not permit anyone to leave his vehicle or to camp in open spaces, we proceeded to the camp enclosure, whose gates close at 7:30 p.m. and don't reopen until 5:30 a.m. There our talkative, vivacious young British guide ushered us to our modern version of the traditional Bantu round hut with conical thatched roof. Instead of a dirt floor and smoke filled interior, we were greeted with two single beds, refrigerator, shower and screened porch. We took our chairs outside to enjoy two bottles of local wine purchased at the commissary at a cost of approximately 80 cents each. We had purchased the cheapest variety offered as they were the only ones equipped with screw caps. Much to our surprise, the Stein (a semi-sweet White) and the Rose both proved very drinkable and compared favorably with a California wine costing \$2.00 a bottle. Following our brief wine cocktail hour, we sojourned to the restaurant where we enjoyed a five course meal accompanied by more wine. On completion of our meal, we retired to the patio where we engaged in animated discussion until 10:00 p.m. In the background, our discussion was augmented by a chorus of crickets, frogs, and occasional bird calls.