

u.s.masters international track team

september 1976

1976 AAU MASTERS TRACK AND FIELD
CHAMPIONSHIPS, GRESHAM, OREGON

The hospitality of Jim Puckett and his crew is one of the many pleasant aspects of this meet. The weather was also very cooperative. After the 80+° temperature of the Western Regionals, Gresham's +60° was mighty nice and much appreciated by the distance runners in particular.

Friday, July 2, 1976

The highlight of the field events was Phil Conley's 207' javelin throw—which gave him a 32' victory margin over Bob Darling. Hans Schneider's 3A long jump of 16'1/2" missed the world record by only 6".

The first day's running events were capped off with two fine 10,000 meter races. Ray Hatton started slowly in the first with a 5:17 mile, then gathered steam and began to click off 5:07's to lap the entire field flat with a 32:00.0 flat. Graham Parnell hung onto Ross Smith's shoulder in the 1B section through about 5 miles, then pulled away to a convincing 34:04 to a 34:48 win. The second 10K saw Jim O'Neil closely followed by Jim Forshee and new 2A Roland Anspach for about 6 laps, before his steady unrelenting pace crunched the two clingers. O'Neil's 33:30 was a new American 2A record and Roland's 35:14 for second was a good one.

An exciting and inspirational example of dedication was the 39:10 fifth place run of 52-year-old Joe Pardo. One wondered who the knotheads were running inside the track at the start yelling "third lane, Joe,...second lane, Joe,...second lane..." Then, into the straight and away they go. Each turn thereafter, two guys and

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HELEN'S REPORT

TO ALL THE MEMBERS OF THE U.S. MASTERS INTERNATIONAL TRACK TEAM - MY FRIENDS:

With a few hassles behind me (such as "a bomb aboard" telephone report which caused our full TWA flight from Los Angeles to London to return to START when we were a little more than a half hour in the air and to land with such force and weight that we blew 8 tires and caused havoc with the brakes thereby resulting in finally a change of planes and an eight-hour delay) I arrived in Coventry in the early evening of Friday, August 13th... to spend the week-end representing your interests at the "Summit Meeting" of the International Steering Committee of the Second World Masters Track & Field Championships, set for Gothenburg, Sweden, August, 1977.

The official meeting was conducted in the council chambers in two sections: Saturday evening, after the Mayor's Reception and following the meeting of the World Veterans Committee for Long Distance Running; and Sunday afternoon, upon the completion of the marathon. Those voting members present included Acting Chairman, Jack Fitzgerald, England; Don Farquharson and Ian Hume, Canada; Wal Sheppard, Australia; Roland Jerneryd, President for the Championships, and Konrad Hernelind, Sweden; and Bob Fine and Helen Pain, substituting for David, U.S.A. Maeve Kyle, Ireland did not reply. As you will remember, these were your representatives elected at the general meeting of the First World Championships, in Toronto, in 1975.

Many relevant items were discussed and decisions were made to establish guidelines for the organizing committee under the capable leadership of Roland Jerneryd.

It was agreed that the championships will take place in Gothenburg, Sweden, August 8 to 15, 1977. Also determined were the facts

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False Starts

Straight from Australia - via Coventry, England - comes word that 10,600 lined up for the 9 mile City to Surf road race in Sydney held 8/15/76. The winning time was 42:04 (4:40 pace). Peter Piper (49) raced better than his age in 48 min. (5:20 Pace) and George McGrath (50+) did it in 51 mins. Jack Pennington took 6 minutes just crossing the start and then lost his wife and car following the event. Finally found both four hours later. . . John Trent - husband of Marcie Trent a superior marathoner - by contrast writes us of their Pulsator Resurrection Pass Marathon in Anchorage, Alaska in which 54 competed in 75° weather. John was last down the course in 8 hours. The race is in marked contrast to the City to Surf over a dirt trail the entire 26 miles and with a 1500' pass to boot. The Pulsators were so proud of member Peter Haley's (44) effort they passed the hat and raised \$1,081.00 to send Peter to Coventry, England to compete in the World Masters Marathon there. . . Orrin Graf of Daytona Beach, Florida appro pro of our ongoing dialogue about awards and competition suggests we run the older runners with the younger but give a fixed handicap in time for each year over 40. He suggests in the hundred that .1 of a second be given for each year and 10 years 1 second. The British, of course, have been doing this for over a century but give yards. This is where the expressions "starting from scratch" and "back markers" evolved. In pro track in Australia all races are handicapped this way, the maximum handicap in the 100 m being 6 meters. Handicap races are fun and make the younger runners work harder out of the blocks as they must over take - if they can - the opposition. One way to accomplish this is to take a scratch mark of say 2:00.00 for the 800 m. and give each runner so many yards based on his best effort at that distance over the 2:00 min. starter. Thus a 2:25 runner would get 25 seconds or 187.25 yards head start. Some one might give it a try and see how it works with masters. . . Oops we goofed. Dick Stolpe advises he - not Jack Greenwood - holds the 45-49 AG. record for 400 m in 51.7 (1972) (Jack's best is 52.0) In touting Greenwood we stated he has never

lost a race in a major masters meet. Again Stolpe corrects us by pointing out that he beat Jack in 1972 in the mile Relay making up 7 yards on Greenwood and clocking an outstanding 50.6. He also points out that now retired Alphonse Julliard put it to Greenwood at 100 and 200 m. in Cologne in 1972. Greenwood has won so many races we forget the occasional event where he fails to win. We trust Dick Stolpe will forgive our misstatements. Both Stolpe and Greenwood plan to compete in Goteborg in 1977 when they will be 52 and 51 respectively. If there are any questions Stolpe advises he will "come down from the mountains" and settle the issue earlier. . . To further exasperate the matter Stolpe claims a 1976 100 m. of 11.6. Greenwood did 11.83 at Gresham. . . Ed Kezar after over a year of eye and ear operations which were financially and physically disasterous is back to running. Ed's best km at age 51 is 36:14. Let's hope he equals or betters that mark in 1977 . . . Fred Grace (78) holds 7 Seniors T.C. Marathon A.G. records for ages 69-76 with a fastest of 3:38 and a slowest of 4:10. However, youngster John Montoya (64) has a best of 3:10 at age 63 and knowing how tough little John is he just may lay to waste all of Fred's records one by one as he reaches 69. . . Hal Winton (40) on commenting on the help he got from friends in his PR 2:57:51 effort quotes Emerson "A man is not a whole unto himself, the rest of him is his friends. . .". . . AAU Defector (But still good guy) Hal Higdon writes):

"I have just signed a contract with Bob Anderson and I am writing a sequel to "In the Run From Dogs and People", but concentrating on masters track and field. Tentative title is "Fitness Man Meets the Aerobic Monster," although Anderson is trying to get me to change the title to something less spacey.

I'm trying to gather information, case histories, anecdotes, etc. I would appreciate it if anyone who wants to contribute to the book would get in touch with me. I need the following information.

1. Name and personal data.
2. How you got started in running and/or got started running again?

3. Why do you do it?
4. What is your funniest, or most

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each turn--"OK, Joe, you're into the corner, hold it there, drifting out a little, Joe. OK, hold it there." Then into the straight and Joe is on his own to the next turn. So what's the big deal, you say? Joe happens to be totally blind--that's what's the big deal! It's an inspiration to see him motating along at about 6:15 pace with his head cocked to be able to hear his directions on the turns. Just running a straight line for 100+ yards on the straight "by feel" is really something! My hat's off with utmost admiration to Joe Pardo!

The women's 10K developed into a battle between 1A Dorothy Stock and 1B Ruth Anderson. With the exception of a couple of laps around 2 miles when Ruth set the pace, Dorothy led the whole race with Ruth from 3 to 10 yards back. With a mile to go it appeared the race was up for grabs, but two laps out Dorothy began to push and slowly built up 20 yards at the bell. A hard final lap gave Dorothy 38:54 6-mile and 40:07 10K times and a convincing 70 yard win over Ruth's 40:20 10K. Both of Dorothy's times were SDTC club records breaking her own 1975 39:59 six mile and Nicki Hobson's 1974 40:58 10K.

Saturday, July 3, 1976

Saturday saw a full schedule of events with several exciting races. Greenwood caught Watanabe in the last 20 meters of the 100; Bill Fitzgerald ran in the 1A 800M in an attempt to bust 2:00, but couldn't hang onto the leader and had a 2:04.4 second place to Pete Richardson's 2:01.8. Ho-hum, Jack Greenwood set a new Div. 2A 400MIR world record of 58.1 Joe Caruso had a 3' margin in the 3B triple jump at 25'7". Bill Bigelow very carefully calculated the pace for a 15:00 3KMSC for the 7 lap and 47 yard race, then really blew it badly--timing 15:01.5! He must have blinked on one lap and got thrown off pace. In the 1A/1B/2A steeple, a "balk" at the first barrier caused a jam-up, followed by a head-first landing over the hurdle, a spiked hand, and jammed shoulder for Bill Stock. After struggling up and taking off again, he went about 10 yards, then decided it was time to fold up on the grass and think about this a moment, which led to his conclusion--a 100 meter steeple was enough for this day.

Sunday, July 4, 1976

The day broke completely overcast and raining at 58°, but by afternoon it was scattered clouds and warm. The 1A 1500 was a good race with a moderate early pace (first lap at :69), then it picked up and at 600M to go, John Weldy of Phoenix took off in an attempted long drive. He looked strong, but steeple champ Denny Meyer was stronger and hauled him in on the last turn and pulled away in the straight, for a 4:09.6 to 4:11 win. The 1A/1B/2A 5000M saw 48 year old Ross Smith force an early hot pace which killed off his slower starting 10K conqueror, Graham Parnell, but also left him zapless for the closing rush of 1A winner, Derek Mahaffey (16:05.6) and 2A champ, Sacramento Slim (Jim O'Neil) at 16:14. Ross, of Reno, recorded a 1B winning of 16:18.

The pole vault, triple jump, and high jump all featured good competition and very respectable marks. Win McFadden and Sing Lum battled the 200M every step of the way, with Win doing just that, by a step, after looking no less than 5 times in the last 40M at his protagonist on his left shoulder. Whenever these two hook up it's always a spirited battle...and close!

FALSE STARTS

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experience, experience as a fitness runner or competitor in master's track and field?

Have them send responses to me, address as above.

Write Hal at 2815 Lakeshore Drive, Michigan City, Ind. 46360" . . .

Speaking of Marathoners USMIT Member "Ole" Oleson (57) turned in a 3:04 at the hot Boston this year. . . We missed the Masters in Gresham this year - the first time since its inception in 1968 - due to injury and disenchantment with those who expect awards for just showing up. We understand that those present voted overwhelmingly in favor of such a policy. Count us out. The USMIT and the Masters Program was conceived on the premise that true competition is the motive for optimum fitness. Handing out awards for merely competing is ridiculous in our judgment and we will have no part of it. . . .

D. PAIN

HELEN'S Ltr. Continued from Page 1
 that both men's and women's events begin at age 40, that all men's events will be grouped in 5-year age categories from classes I AB through IV AB, that all women's events will be included in 10-year age groups (as occurred in the beginning of the US Masters men's program) with no restriction because of age or sex as to the events. The classification of age groups will be determined by the age on August 8, 1977.

It was further agreed that because of unsavory occurrences connected with any emphasis on nationalism if, in fact, opening and closing ceremonies were held, they would be conducted as festivities with no nationalism input.

The standardization of field event impedimenta which has occupied a great deal of time and study of several of our leaders, particularly Phil Partridge, was considered. The problems are great in that certain weights are just not available in certain parts of the world. The recommendations were as follows:

CLASS	JAVELIN	SHOT	HAMMER	DISCUS	HURDLES
					110M 440M
IAB	800g 12.218oz	7.257kg 16 lbs.	7.257kg 16 lbs.	2kg 4lbs	99.6cm 39 in. 91.4cm 36 in.
IIAB	800g	5.5kg	7.257kg	1.5kg	91.4cm 36 in. 84.0cm 33 in.
IIIAB & IVAB	600g	4 kg	6.0kg	1 kg	84.0cm 33 in. 76.2cm 30 in.

Metric weight/height will be the official measurement. English measurements are for information only.

Plans are underway to hold the Awards Banquet aboard a handsome ferry, with all the attending deluxe accoutrements, on the seas to Denmark.

In addition to the above basic questions, which were comparatively easily answered, was the basic vital determination of the organization itself. No matter how hard we try to eradicate it, the basic play between individuals and their club and national background seems to surface. After preliminary discussion of policy based on informal rulings offered by the IAAF, I felt compelled to clear the air with the following proposal:

Whereas the Steering Committee of the Second World Masters Track & Field Championships set for Gothenburg, Sweden, August, 1977, recognizes and endorses with enthusiasm the most important objects of the IAAF, i.e., the first three:

- 1) To establish friendly and loyal cooperation between all members for the benefit of amateur athletics throughout the world, Continued on Page 5

HAROLD CHAPON TO LEAD USMITT ON HIMALAYAS TREK.

Since most USMITT members are interested in various physical activities outside of track and field and their stamina and training permits them, regardless of age, to engage in these other sports, we occasionally report such activities to our readers. One such person is the ubiquitous Harold Chapon (74) of Hawaii who since his retirement from business has in addition to setting numerous World and National age group records in track has taken hiking tours to both the South American Andes and the Himalayas of Nepal.

Harold plans to return to the Nepal sometime between November of 1976 and May of 1977 and has offered to lead a party of USMITT members interested in this type of activity.

The trip would be for approximately 30 days commencing in the U.S. and then hence to Delhi, India where the party would assemble for a flight to Katmandu, Nepal. Here Harold will arrange for porters, Sherpa guides, provisions and equipment. For the next 25 days the party would trek on foot some 250 miles over the age old trading paths of Nepal through the Himalayas, over 12,00 foot passes, swaying handmade, but sturdy, suspension bridges crossing deep mountain chasms and rivers to villages and hamlets high in the mountains. He also plans a one or two day ascent of one of the Anapurna groups, weather permitting, to the 16,000 or 18,000 ft. level for those so inclined.

Harold who has a penchant for the ladies has extended a personal invitation to all fit women who may not be too stuffy about the informalities of communal trail life.

Cost of the tour, including round trip air fair from the U.S., plus all equipment and meals on the trail is estimated at approximately \$2,500 per person.

Naturally, the size of the party has to be limited, however age or sex is no bar so long as each person is fit and capable of hiking 10 - 12 miles per day with a light pack.

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- 2) To strive to ensure that no race, religious, political or other kind of discrimination be allowed in athletics and to take all necessary measures to stop such discrimination,
- 3) To strive to secure that there shall be no hindrance to the participation of any country or individual in international athletic competitions on racial, religious, or political grounds,

Whereas the World Masters Track & Field program is unique in the scheme of athletics in that it is concerned with individual rather than national membership,

Whereas it is the meaning of the aforesaid Steering Committee that any fit person forty years of age and over may participate in international competition regardless of sex, race, religious belief, or political background,

Whereas the IAAF is unable to sanction the forthcoming meet in Gothenburg,

Be it therefore hereby Resolved that

All decisions pertinent to the championships be determined here and hereinafter by the majority of the Steering Committee with regard only to the Masters program per se rather than dictated to by any government or other body.

Proposed to aforesaid Steering Committee on August 15, 1976, at the regularly convened meeting, Coventry, England,

by

Helen L. Pain

HELEN L. PAIN

I followed the introduction of this resolution with these statements: "This in fact means that each of us is free and has the responsibility to represent not just our club or our area or our country in this committee meeting, but all of the fit persons in the world who are 40 years of age and over. Obviously, our scope is broadened with this philosophy. It does not mean that our decisions may not be guided by our true beliefs which happen to coincide with outside groups...merely that we are not to be dominated by or dictated to by these forces.

It is vital that we go on record establishing the precedent of our autonomy. In no way does this resolution preclude us from working with any other group now or any time in the future. We stand for individual human rights not certain rights for certain herds."

Ladies and gentlemen of the U.S. Masters: this resolution died for want of a Second. Not ONE member of the committee would go on record endorsing this concept...with all its ramifications.

May I suggest that any and all of you who have a devoted interest to our international program, who feel that Masters Track & Field is for the betterment of the individual...regardless of sex, age, color, nationality.... may I beg you to attend, participate in and enjoy the Second World Masters Track & Field Championships, in Gothenburg, 1977, and IN ADDITION please attend and participate in any general meeting which will be held at that time. Let us, by our efforts, give continued life and direction to this most marvelous vehicle for the betterment of EVERY PERSON.

Any weekend in Coventry just has to be a memorable experience. The cathedral* dedicated to Reconciliation, to the love of everyman regardless of background or heritage does embody the symbol of our purpose.

*Destroyed by bombs in World War II, yet magnificently rebuilt with the prayers of forgiveness.

By the way...at this writing we have more than 200 deposits for the four charter flights scheduled for next August. We need more to insure the flights. Accommodations will be assigned according to the order the reservations are received. So to be assured of the flight you want and the best accommodations available, send in your deposits now (per person: \$100 New York departure, \$150 Los Angeles). If your friends wish to join you, they are most welcome providing they are members of USMTT.

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HAROLD'S TREK

All heavy gear, tents, and food will be carried by porters.

If you are interested in hearing more about this truly exciting adventure in company with an accomplished mountaineer, drop us a note and we shall provide you with more precise details.

THE SUNDAY OREGONIAN, July 4, 1976
At Masters Competition
65-year-old adds to collection of
world records

By BOB ROBINSON
of The Oregonian staff

GRESHAM - Virgil McIntyre admits to becoming depressed with the way his country operates in some areas. He has his own form of rebellion, though, and showed it Saturday in the national AAU Masters Track and Field Championships at Mt. Hood community College.

A 65-year-old with no moss underfoot, McIntyre broke an age-group world record and won two events on the kind of day which has become routine for him since he used his running and jumping to lick a pair of health problems.

McIntyre, director of the Veterans Administration Center in Prescott, Ariz., cleared 4 feet, 5 1/2 inches in the high jump for his world mark and "celebrated" by winning the 65-69 classification's 100-meter dash in 13.76 seconds.

"I thought I had a chance at the high jump record today," he said. "I went 4.4 last week and figured I could go higher. The record was 4-4 1/2 so I had them remeasure and make sure the bar was at 4-5 1/2 before I jumped."

If McIntyre took the development in stride, it was understandable. He already held five other world group records - four in the 100-yard dash and the other in the 100 meters. From the time he was 59 until he was 62, he set world marks for his age every year at 100 yards with successive times of 11.7, 11.6, 11.9 and 12.2.

Obviously, McIntyre is an example of what organized physical activity can do for one's health.

"This country spends millions for health care," he said. "It depresses me that it doesn't spend some of that to change the lifestyles. If it did that, there wouldn't be such a need for health care."

The balding Arizonan certainly is familiar with health obstacles, the worst being a pulmonary problem which required surgery and a hip ailment which required extensive therapy.

"The pulmonary problem was what got me started at competing in these Masters track events," he said. "I had to have a lung resection in 1962. When you come back from something like that, you need an activity to build up your oxygen intake. I didn't take to it immediately but my son and daughter-in-law, both marathon runners, talked me into jogging in the late 1960s."

Having been a sprinter in high school and college days in Kansas and a track coach for nine years after that, McIntyre quickly became interested in finding competition.

"First, I had to lose 35 pounds though," he grinned. "Then I was ready to give it go a go with the Masters."

Down to just over 150 pounds, he became a scourge in his age class and the records rolled in. They rolled in until the hip acted up and put him out of commission for two years.

"It was the type of thing I could only correct by rest and special exercises," he explained. "Finally, it feels all right again. I just started to compete again this summer. The hip sometimes gets stiff but it doesn't hurt and that's a great feeling."

McIntyre said the hip was a little stiff when he started the 100 meters Saturday. "I felt sluggish for the first 50 meters but I felt as if I was really going for the last 50."

McIntyre said the Masters' competition is special because "it is the reward for hard work, the fun aspect. It is monotonous to run without any goals."

Virgil works out every day, covering four miles. "I do 2 1/2 miles of running for condition and 1 1/2 miles working on technique."

He has no plans to slow down. "I'll keep at this as long as I can and I'll compete in this meet as long as they'll let me."

And, he doesn't figure to need any federal money for health care.

Masters Track
EX-COACH SETTING MARKS AT 55

By BOB ROBINSON
of the Oregonian Staff
GRESHAM - Richmond (Boo)

Morcom claims he isn't a fanatic about his sport, only a true lover of it.

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MASTERS: 9 Marks

By GENE SAILING

Journal Sports Writer

GRESHAM - It was a fitting way to celebrate America's 200th birthday.

Just as their ancestors did back in 1776, the men and women over 40 who gathered Sunday at Mt. Hood Community College for the final day of the 1976 Masters' Track Meet battled for their independence - not from the British, but from advancing years.

And like the patriots, they came out big winners.

Athletes in their 40s, 50s - even one in his 80s - came out on the Mt. Hood track and ran, jumped or threw at a time of life when many of their own age group consider it exercise to lift a glass of beer or step out of a car.

But there they were, competing as hard as their bodies would permit. And nine world age group records were set, evidence that if the spirit is willing, the flesh will come through.

Jack Greenwood is a good example. Running in the 50-54 age bracket, Greenwood broke world marks in the 110-meter hurdles and 400-meter run and took a third gold in the 200.

There were others. Paul Spangler at 77 the second oldest participant in the meet, set two records on the same run - bettering the 1,500-meter time with a 6:32.7 clocking and then continuing on to break the mile mark, running that in 6:56.5.

William Andberg also shattered two world times, winning the 1,500 and 5,000-meter runs in the 65-69 division.

And Burnis Hicks, the "senior" woman at 63 years young, ran in three events, including the grueling 5,000 meters.

Not all came to win. Many, such as Colorado's Herbert Anderson (70-74) and Portland's Jack Saling (45-49) were there out of a love of running.

Probably the most impressive spectacle of all was the performance of Joseph Pardo, who refuses to let the fact that he is blind stand in the way of his running. Pardo is accompanied by people who guide him around the track from the edge of

the infield, and Sunday he managed a sixth-place finish in the 5,000 meters (19:01).

To help celebrate the spirit of the day, the competitors wore outfits bearing such phrases as, "Grandfather Games" and "Cardiac Kid." And Alfred Guidet won the 55-59 200 meters while running in his Bicentennial socks.

"I was extremely pleased with the way things went," said meet director Jim Puckett. "Everyone had a good, old-fashioned time competing."

They came 300 strong, and they left - 300 and strong and alive to run another day.



AAU MASTERS DECATHLON

July 10-11 Gresham, Oregon

Bruce Hescoock (42), Bethany, Conn. tops Master Decathletes

with 5803 points. The winning effort has only been exceeded by Phil Mulkey (40) of Birmingham, Alabama with 5950 and V. Thorlaksson (41) of Iceland 6402 points. In the other five year age groups the winners were Harry Hawke (47) San Diego, Cal. 4743 points; Jon Hutchinson (54) Torrington, Conn. 3836; Richmond "Bo" Morcom (55) Philadelphia, 5,200 points; Claude Hills (60) Flourtown, Pa. 2,632 points; and Bud Deacon (65) Honolulu, Ha. 2,059.

The athletes compete utilizing the lighter discus and javelin and also traverse the lower hurdle heights therefore direct comparison with the international Decathlon scores is impossible.

Twenty-two Masters competed in this demanding two-day event one week following the AAU Masters Nationals at the same venue.

Deacon who has experienced a miserable competition year due to illness and injury virtually hobbled through the event as his score indicated - 2,059 points compared to his age group records for ages 61 - 3,835; 62 - 3,883; 63 - 4,038; and 64 - 3,197 points. In this division 60+ over, the most remarkable decathlon performance occurred in Glendale, CA on 12/6/75 when bamboo pole world record holder, Cornelius Warmerdam (60) achieved 4,328 points.

Deacon's dedication to this event is illustrated by the following story appearing in the Oregonian, 7/12/76. Continued on Page 8

Middle Age Hasn't Slowed Decathlon
Champ Bud Deacon

Mike Maythew
the Oregonian Staff

GRESHAM --Upon reaching the age of 65, exercise for most men means an occasional game of golf, gardening, or maybe a long walk in the park.

For Bud Deacon, it's running 8 to 10 miles twice a week, weight training and competing in track and field.

All that work paid off for Deacon Sunday in the National Amateur Union Masters Decathlon Championships at Mt. Hood Community College. He established a world record for 65-year-olds with his two-day, 2,059 - point performance.

Records are old hat for Deacon. He holds individual world marks for nine of the 10 decathlon events in the 60-69 age group.

To make it tough for Deacon on Sunday, he had to compete with his right leg heavily taped, and near the end his right arm was swollen.

"That's the biggest muscle I've had since college", said Deacon of his bulging bicep.

But with that swollen arm, Deacon hurled the javelin far enough to get the points he needed for the record. "I looked it up, and I had to do about 53 feet," he said. "I couldn't get a good run (because of his leg), and I had to throw with my arm bent."

He stuck a target in the ground at the 53-foot mark and then uncorked a toss of 84-3 1/4. After doing that, he took his javelin down to the other end of the field, and, in a revealing display of dedication, practiced throwing left-handed.

"My left side is magnificent," he said afterwards. As for his right side: "I've got to have a year to heal up."

In college, Deacon was a pole vaulter for Stanford University. In 1934, his senior year, he broke the world's record and won the NCAA track crown for his school.

"That was the most exciting jump in my life," said Deacon. Stanford trailed two other schools by six points, and all events but the pole vault were over.

"That was my last jump for Stanford. I cleared 14-2 3/4 to win." His victory earned him the record and Stanford the title.

Today, Deacon spends half his time in Hawaii, and the rest on his two Oregon farms in Lebanon and Marion. He goes on lengthy runs along the roads which wind through the area, and has a pit in one end of his barn for high jump and pole vault practice.

Why does he keep competing? "Half of it is the camaraderie," he said. "I would have come to this meet even if I couldn't have competed."

He keeps in shape anyway, and, "it's more fun when you're running with goals and incentives.

"It's sorta like if you enjoy a job, you would do it for nothing. You get a great deal of satisfaction from just doing your best.

50 YEARS HAVEN'T SLOWED JACK GREENWOOD

By BOB ROBINSON
of the Oregonian Staff

GRESHAM - If Jack Greenwood can keep his dogs from tripping him up again, there is no telling what the bearded Kansan may accomplish in the world of track and field.

"We have a lot of classifications here but Greenwood is in a class by himself," said one white-haired participant Sunday as the National AAU Masters meet wound up at Mt. Hood Community College.

Within minutes the starter's gun barked and Greenwood won another race and set another age-group world record.

"The man's unbelievable," the white-haired fellow added. "I'm glad he's too young for my group."

Greenwood, a former Kansas University standout, turned 50 this year and moved into a new division of Masters competition (50-54). The division really isn't ready for him.

All he did in the three-day meet was win gold medals in all six individual events which he entered and break three world records for his age in the process, two of the latter in Sunday's closing events.

"I really didn't expect to do this well after what happened to me last winter," Greenwood said. "But, I seem to be fine now and everything worked out well."

Greenwood lives in little Medicine Lodge, Kan. (population 3,000), and he works out near his home, running about 2 1/2 miles virtually every day. He

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has two pet dogs, one a boxer, which runs with him.

"The boxer playfully nipped at me while I was practicing on a hurdle," he said, "and I took a bad fall. I hurt my hip and left knee. The doctors wanted me to stop running altogether for a while. I lasted four days and then I couldn't stand it any longer. I tried to run. I only made it a little way the first day but I kept at it. I was able to go a little farther each day, and, finally, the knee and hip got better.

He certainly showed no signs of wear on Sunday as he won the 110-meter hurdles (15.5), the 400 meters (53.58) and the 200 meters (24.03). The times in the hurdles and 400 meters are world records.

Friday, he won the high jump (5-2) and Saturday his 400-meter hurdles clocking amazingly broke the old world record by more than five seconds.

"The records are exciting, but, really, I do this for fun and for the nice people I meet," said Greenwood, the manager of a savings and loan association in Medicine Lodge. "I run after work almost every day and I do it mostly to unwind, to unload steam from my day in the office."

Greenwood, who was a hurdler and sprinter in his college days, got into the Masters Competition in 1972 by accident.

"I read about the group and its meet which was coming up in San Diego," he said. "I got on the phone and found out the entry deadline was the next day. I promised to put a check in the mail that day and a fellow promised to enter me."

Why so many events? "I come a long ways so I figure I might as well enter all the events I can stand. I won seven gold medals last year but two of them were in relays."

There is a lake behind Greenwood's home and he runs the 2 1/2 miles around it for his workouts. "When I first started to do it, I would stop and talk to fishermen and have a beer or two with them. I don't do that anymore. I just run."

And, the records pile up.

Greenwood wasn't alone in the world record setting Sunday and among those who put their names in the book was Portland's 83-year-old Collister Wheeler who churned through 200 meters in 42.04 seconds, more than a second under the old mark for the 80-84 classification.

"He has an advantage," smiled one meet official. "There are only a half-dozen or so guys that age who ever have run 200 meters for time."



U.S. MASTERS IN MEXICO

In October U.S. Masters will be traveling to Mexico City for competition with Mexican Masters. The track and field competition will be held Saturday, October 23 at the Olympic Stadium.

This will be a wonderful opportunity to combine track and field competition with a visit to exciting Mexico City---a stimulating vacationland which is cosmopolitan yet filled with remembrances of days gone by. Mexico City offers the National Museum of Anthropology, the Pyramids of Teotihuacan, Chapultepec Park, shopping in the Zona Rosa, the Folkloric Ballet, and mariachis!

Sports Travel International is offering a six-day/fivenight tour to Mexico City for the Masters' competition. The tour departs on Thursday, October 21 and returns Tuesday, October 26. Included in the package are round-trip airfare, five nights at a first class hotel, a half day city tour, a half day pyramids tour, arrival and departure transfers, and Mexican hotel taxes.

The per person/double occupancy rates are \$236 from Los Angeles, \$239 from San Diego, and \$211 from Tijuana. Rates from other cities are available on request. A \$26 deposit is due immediately; final payment is due September 30th. Deposits are to be sent to Sports Travel International.

Direct inquiries regarding competition to Bill Adler, Beverly Hills Master Striders, P.O. Box 24791, Los Angeles, CA 90024

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

Yes, I want _____ reservations for the Masters trip to Mexico. I am enclosing \$ _____ (\$26 per person). I will be leaving from _____

Name _____

Address _____
Street City State Zip

Running for Your Life: How the Masters Are Redefining Human Potential

By George Leonard

The marathon—26 miles and 385 yards—is the mightiest of races, bringing to mind the grandeur that was Greece, the youthful human body in agony and ecstasy. Thus, millions of U.S. television viewers got a special thrill when 24-year-old Frank Shorter won the marathon gold medal in the 1972 Olympics with the near-record time of 2 hours, 12 minutes, and 19.8 seconds. Very few people are aware, however, that two years later a 41-year-old New Zealander bettered Shorter's time by a minute and two seconds.

Even less well known are the 2:28:43 marathon run by Erik Ostbye of Sweden

(better than that of the 1948 Olympic champion) and the 2:53:03 marathon of Monty Montgomery of Sherman Oaks, California (better than the 1908 Olympic gold medalist). At the time of these races, Ostbye was 50 years old. Montgomery was 65.

To run a 2:11 marathon, it should be noted, you have to average a five-minute-mile pace for more than 26 miles. Such a pace is about twice as fast as most of us could manage for even a quarter of a mile—that is, once around the track. *If* we could make that first circuit without stopping for a cigarette.

The marathon isn't the only athletic event being invaded by ancient denizens of track and field. To take a few examples, all of them from the 1970s: At age 40, Stig Pettersson of Sweden high-jumped 6 feet, 6 inches. At 41, Pierre Colnard of France put the shot 64 feet, 10.25 inches. At 44, Roger Ruth of Victoria, Canada, pole-vaulted 15 feet, 1.25 inches. At 50, Bill Fitzgerald of Palos Verdes, California, ran 8,000 meters (approximately half a mile) in 2 min-

utes, 1.1 seconds. At 51, Richmond ("Boo") Moroom of Philadelphia long-jumped 20 feet, 5.25 inches.

In America, the overt glorification of youth goes along with the covert denigration of age. But, before assigning everyone over 60 to the sidelines, you might try pole-vaulting against Herbert Schmidt of West Germany, who cleared 12 feet, 9.5 inches at age 61. Better yet, challenge Dr. Paul Spangler, of San Luis Obispo, California, to a foot race of a mile or more. I should warn you that this athlete holds seventeen age-group world records. For example, he runs six miles in 45 minutes. But don't let that rather impressive statistic lull you into complacency. Dr. Spangler keeps beating his own best times. At 77, Paul Spangler hasn't yet reached his peak.

Dr. Spangler and the others mentioned here are participants in perhaps the fastest-growing and most exciting field in sports—Masters Track and Field. The feats of the Masters—men and women of ages 40 to 100-plus—are drastically altering current medical ideas on aging. They are shattering the stereotyped thinking that goes with such terms as "middle-aged" and "senior citizen." And they are forcing us to realize that standard definitions of human potential have probably been set ridiculously low all along the line.

Masters Track and Field is the brainchild of an irascible San Diego attorney named David H.R. Pain, who shaves his head "because I don't want to be like other people." In 1966, Pain, then in his mid-forties, turned from handball to jogging, since "getting a court and a partner was such a hassle." Jogging was fine, but not competitive enough for Pain's taste. Handball, he recalled,

provided competition within ten-year age groups. Why shouldn't track and field?

In 1966 Pain organized a "Masters Mile" as a special feature in the Breithardt Meet in San Diego. Two years later, he put together a full-scale Masters meet. It was obviously an idea whose time had come. Masters competition quickly spread from San Diego to the rest of the United States and much of the world. August of 1975 saw more than 1,400 40-plus athletes from nearly 30 nations gather in Toronto for the first World Masters Track and Field Championships.

The inevitable growing pains have accompanied this fast expansion—squabbles with the amateur athletic union, debates over medals and age groupings (ten-year groupings for women and for men over 70 are giving way to five-year categories for all alike), and even an incipient international incident, at Toronto, involving South African and Rhodesian athletes. But the Masters has developed the momentum of success. American Masters athletes already have toured Europe, Africa, Asia, and the South Pacific; more trips are planned. ("It's my way of seeing the world," said a runner in his late sixties from Minnesota. "In my track shoes, not on my ass.") Thousands of aging athletes are now working out their training programs for the Second World Championship Meet, to be held in Gothenburg, Sweden, next summer. Meanwhile, there are meets aplenty in and around most American cities for Masters at every level of performance, leading up to AAU regional meets and an annual U.S. National Masters Track and Field Championship.



AAU MASTERS



NATIONAL TRACK & FIELD CHAMPIONSHIPS

mt. hood community college
26000 n. e. stark st.
graham. oregon 97030

100 METER FINALS (MEN)

Division S-M (35-39)

Table with 2 columns: Name and Time. Includes CAIN, Ted (11.45), ADAMS, Hugh (11.72), JOHNSON, Bob (12.20), COHEN, Larry (12.92).

Division 1A

Table with 2 columns: Name and Time. Includes WEAVER, Jim (11.07), PARISH, Vandolf (11.44), KNOX, Percy (11.45), NEWTON, JR., Milton (11.54), WATERMAN, George (11.56), BRUHNER, Hans (11.73).

Division 1B

Table with 2 columns: Name and Time. Includes SCHULER, Edmund (11.80), MARLIN, Dick (11.83), FREDERICKSON, Bill (11.89), WASHINGTON, Huel (12.03), MELENDEZ, Raefel (12.16), DAWKINS, Oswald (12.16).

Division 2A

Table with 2 columns: Name and Time. Includes GREENWOOD, Jack (11.83), WATANABE, Robert (11.92), ROEMER, Robert (12.32), WATT, Don (12.76), HUNTER, JR., Harold (13.19), JOHNSON, Albert (13.55).

Division 2B

Table with 2 columns: Name and Time. Includes GUIDET, Al (12.06), HUNT, Robert (12.85), FAIRBANK, Henry (13.18), MORALES, Bill (13.59), OATES, Carl (13.97), CARLINE, Louis (14.26).

100 METER FINALS (WOMEN)

Division S-M (35-39)

Table with 2 columns: Name and Time. Includes GERARD, Miriam (13.14).

Division 1A

Table with 2 columns: Name and Time. Includes OBERA, Irene (12.59), WILSON, Connie (14.88).

Division 1B

Table with 2 columns: Name and Time. Includes MATHEWS, Gloria (16.62).

Division 2A

Table with 2 columns: Name and Time. Includes FAIRBANK, Martha (17.74).

Division 2B

Table with 2 columns: Name and Time. Includes KOLDA, Josephine (19.18).

Division 3A

Table with 2 columns: Name and Time. Includes HICKS, Burnis (19.01).

100 METER FINALS (MEN)

Division S-M (30-34)

Table with 2 columns: Name and Time. Includes LINCOLN, Leon (10.95), SUMNER, JR., Hilliard (11.47), DUNGAN, Paul (11.81), WELBORN, Ira (12.16), VENNERT, Frank (12.71).

400 METER FINALS (MEN)

Division 4B

Table with 2 columns: Name and Time. Includes SPANGLER, Paul (1:33.30).

800 METER FINALS (WOMEN)

Division S-M (35-39)

Table with 2 columns: Name and Time. Includes GERARD, Miriam (2:40.09).

Division 1A

Table with 2 columns: Name and Time. Includes WESTERHOVE, Lois (2:49.75), SMITH, Catherine (3:11.64).

Division 2A

Table with 2 columns: Name and Time. Includes FAIRBANK, Martha (3:42.00).

Division 3A

Table with 2 columns: Name and Time. Includes HICKS, Burnis (3:44.56).

800 METER FINALS (MEN)

Division S-M (30-34)

Table with 2 columns: Name and Time. Includes SUMNER, JR., Hilliard (2:01.25).

Division S-M (35-39)

Table with 2 columns: Name and Time. Includes RICHARDS, Tom (2:03.00).

Division 1A

Table with 2 columns: Name and Time. Includes RICHARDSON, Pete (2:01.80), FITZGERALD, Bill (2:04.34), GAY, Bernard (2:04.95), KALCHSCHMID, Gaylord (2:05.50), PARKS, Jim (2:06.86), WELDY, John (2:07.95).

Division 1B

Table with 2 columns: Name and Time. Includes STEPHENS, Vic (2:09.10), GOERING, Dale (2:09.80), GUSTAFSON, Edward (2:10.04), JAMESON, Ian (2:10.20), KOERNER, Vance (2:11.40), SALMOND, Cliff (2:20.82).

800 METER FINALS (MEN)

Division 2A

Table with 2 columns: Name and Time. Includes PUTERBAUGH, George (2:10.24), BRYANT, Avery (2:16.00), POET, Robert (2:17.50), ANSPACH, Roland (2:19.40), ZLOTNIK, Gerald (2:19.50), SWEENEY, Al (2:25.50).

Division 2B

Table with 2 columns: Name and Time. Includes FAIRBANK, Henry (2:17.20), SCHMIDT, Dean (2:17.50), MORCON, Richmond (2:17.70), DELLWO, Robert (2:29.10), CARLINE, Louis (2:40.70), PALMER, Merle (2:44.00).

Division 3A

Table with 2 columns: Name and Time. Includes WALL, John (2:35.20), LOWELL, Ed (2:36.20).

Division 3B

Table with 2 columns: Name and Time. Includes ANDBERG, William (2:27.90), MADDEN, Sidney (2:37.50), SHINE, Mel (2:38.50), BIERLEIN, Fred (2:55.50).

Division 4A

Table with 2 columns: Name and Time. Includes CHAPSON, Harold (2:37.51), GREGORY, Louis (3:06.00), INGRAM, Glen (3:13.90).

Division 4B

Table with 2 columns: Name and Time. Includes SPANGLER, Paul (3:20.30).

1,500 METER FINALS (WOMEN)

Division 1B

Table with 2 columns: Name and Time. Includes ANDERSON, Ruth (5:32.84).

Division 2A

Table with 2 columns: Name and Time. Includes FAIRBANK, Martha (7:23.70).

Division 3A

Table with 2 columns: Name and Time. Includes HICKS, Burnis (7:27.20).

5,000 METER FINALS (MEN)

Division 2B

Table with 2 columns: Name and Time. Includes HANSEN, Norman (18:24.00), MALLON, Joseph (18:55.00), LONG, Robert (19:35.00), LEHMAN, Bob (19:46.00), GODDARD, Russ (20:38.00), HILL, Cliff (21:15.00), SHINKOSKY, Hank (18:04.00), SCHUMACHER, Henry (18:21.00).

Division 3A

Table with 2 columns: Name and Time. Includes DAVIES, Clive (18:04.00), WALL, John (18:21.00).

Division 3B

Table with 2 columns: Name and Time. Includes ANDBERG, William (18:33.00), BIGELOW, Wilfred (24:45.00), HUNTER, Vance (26:34.00).

Division 4A

Table with 2 columns: Name and Time. Includes MCFADDEN, Winfield (18:21.00).

Division 4B

Table with 2 columns: Name and Time. Includes WHEELER, Collister (20:14).

Division 4A

Table with 2 columns: Name and Time. Includes GREGORY, Louis (21:39.00).

Division 4B

Table with 2 columns: Name and Time. Includes SPANGLER, Paul (23:06.00).

10,000 METER FINALS (WOMEN)

Division 1A

Table with 2 columns: Name and Time. Includes STOCK, Dorothy (40:07.00), WESTERHOVE, Lois (42:39.00).

Division 1B

Table with 2 columns: Name and Time. Includes ANDERSON, Ruth (40:20.90).

Division 3A

Table with 2 columns: Name and Time. Includes HICKS, Burnis (57:52.00).

Division 3A

Table with 2 columns: Name and Time. Includes HATTON, Ray (32:00.00), MAHAFFEY, Derek (32:38.00), LIVESAY, Joseph (33:51.00), ROCKWELL, JR., Ed (34:37.00), RYAN, JR., Field (35:01.00), BURD, Robert (35:07.00).

10,000 METER FINALS (MEN)

Division 1A

Table with 2 columns: Name and Time. Includes PARNELL, Graham (34:04.00), SMITH, Ross (34:18.00), STEVENSON, David (34:49.00), NEAL, Mike (34:55.00), CLARKE, JR., Sam (35:14.00), SHERRY, JR., Leo (36:18.00).

Division 2A

Table with 2 columns: Name and Time. Includes O'NEIL, Jim (33:30.00), ANSPACH, Roland (35:14.00), FORSHEE, Jim (35:56.00), ZLOTNIK, Gerald (36:43.00), PARDO, Joseph (39:10.00), BALDRY, Stanley (40:47.00).

Division 2B

Table with 2 columns: Name and Time. Includes HANSEN, Norman (38:10.00), MALLON, Joe (38:33.00), LEHMAN, Bob (41:38.00), MARTIN, Jim (44:17.00), STEPHENSON, Jim (DNF).

Division 3A

Table with 2 columns: Name and Time. Includes DAVIES, Clive (36:23.00), WALL, John (38:49.00).

Division 3B

Table with 2 columns: Name and Time. Includes ANDBERG, Bill (38:48.00).

Division 4A

Table with 2 columns: Name and Time. Includes GREGORY, Louis (52:34.00).

Division 4B

Table with 2 columns: Name and Time. Includes SPANGLER, Paul (47:30.00).

3,000 METER STEEPCHASE (MEN)

Division 1A

Table with 2 columns: Name and Time. Includes MAYER, Dennis (10:15.44), CONWAY, James (10:41.10), BASHAM, Doug (11:44.10).

Division 1B

Table with 2 columns: Name and Time. Includes PARNELL, Graham (10:48.20), STEVENSON, David (11:08.00).

100 METER FINALS (MEN)

Division 3A

Table with 2 columns: Name and Time. Includes DILLON, Charles (13:03), WHITE, Fred (13:46), SCHNEIDER, Hans (13:90), KOPPEL, Harry (13:95), NICHOLS, Orville (14:11), SELDON, W. J. (14:28).

Division 3B

Table with 2 columns: Name and Time. Includes FINE, Robert (13:76), GOERING, Dale (13:86), NEAL, Mike (13:92), KOERNER, Vance (14:10), SALMOND, Cliff (15:90), FITCH, Keith (18:19).

Division 4A

Table with 2 columns: Name and Time. Includes ANSPACH, Roland (15:08), BRYANT, Avery (15:22), ZLOTNIK, Gerald (15:42), SWEENEY, Al (23:54).

Division 4B

Table with 2 columns: Name and Time. Includes WATERMAN, Alan (4:57.98), LONG, Robert (5:24.70).

200 METER FINALS (WOMEN)

Division S-M (35-39)

Table with 2 columns: Name and Time. Includes GERARD, Miriam (27.07).

Division 1A

Table with 2 columns: Name and Time. Includes OBERA, Irene (26.04).

Division 2A

Table with 2 columns: Name and Time. Includes FAIRBANK, Martha (40.34).

Division 2B

Table with 2 columns: Name and Time. Includes KOLDA, Josephine (42.60).

Division 3A

Table with 2 columns: Name and Time. Includes HICKS, Burnis (40.97).

200 METER FINALS (MEN)

Division S-M (30-34)

Table with 2 columns: Name and Time. Includes SUMNER, JR., Hilliard (22.70).

Division S-M (35-39)

Table with 2 columns: Name and Time. Includes CAIN, Ted (22.71), ADAMS, Hugh (23.20), JOHNSON, Robert (24.27), VELLA, James (24.38).

Division 1A

Table with 2 columns: Name and Time. Includes WEAVER, Jim (23.16), NEWTON, JR., Milton (23.34), PARISH, Vandolf (23.70), BRUHNER, Hans (23.79), WATERMAN, George (24.00), HITT, Harold (24.49).

Division 1B

Table with 2 columns: Name and Time. Includes FREDERICKSON, Bill (24.36), MARLIN, Dick (24.43), WASHINGTON, Huel (24.48), VICK, Ted (24.67), MAHANY, Ed (24.84), MANOUGIAN, Ed (24.91).

Division 2A

Table with 2 columns: Name and Time. Includes GREENWOOD, Jack (24.03), WATANABE, Robert (24.96), ROEMER, Robert (25.72), ROWE, Jack (26.04), WATT, Don (26.27), JOHNSON, Albert (27.40).

Division 2B

Table with 2 columns: Name and Time. Includes GUIDET, Alfred (25.90), HUNT, Robert (26.40), FAIRBANK, Henry (27.20), OATES, Carl (29.10), PALMER, Merle (30.90), WILSON, Andrew (31.20).

Division 3A

Table with 2 columns: Name and Time. Includes DILLON, Charles (26.80), WHITE, Fred (28.07), SATTI, John (28.09), NIBLOCK, Russ (28.29), NICHOLS, Orville (28.93), KOPPEL, Harry (29.50).

1,500 METER FINALS (MEN)

Division S-M (30-34)

Table with 2 columns: Name and Time. Includes LADUM, Bob (4:03.80), JACOBS, Greg (4:08.10), HIMMELBERGER, Dave (4:10.70).

Division S-M (35-39)

Table with 2 columns: Name and Time. Includes BRIDGES, Larry (4:03.60), RICHARDS, Tom (4:06.30).

Division 1A

Table with 2 columns: Name and Time. Includes MAYER, Dennis (4:09.76), WELDY, John (4:11.02), RICHARDSON, Pete (4:12.44), GAY, Bernard (4:13.78), FITZGERALD, Bill (4:18.53), KALCHSCHMID, Gaylord (4:21.69).

Division 1B

Table with 2 columns: Name and Time. Includes FINE, Robert (4:32.57), GOERING, Dale (4:33.00), NEAL, Mike (4:42.64), KOERNER, Vance (4:44.94), SALMOND, Cliff (4:52.87), FITCH, Keith (5:11.25).

Division 2A

Table with 2 columns: Name and Time. Includes ANSPACH, Roland (4:32.86), BRYANT, Avery (4:32.91), ZLOTNIK, Gerald (4:42.15), SWEENEY, Al (4:51.80).

Division 2B

Table with 2 columns: Name and Time. Includes WATERMAN, Alan (4:57.98), LONG, Robert (5:24.70).

Division 3A

Table with 2 columns: Name and Time. Includes DAVIES, Clive (4:57.96), LOWELL, Ed (5:31.61).

Division 3B

Table with 2 columns: Name and Time. Includes ANDBERG, William (4:59.14), MADDEN, Sidney (5:39.81), BIGELOW, Wilfred (6:47.34).

1,500 METER FINALS (MEN)

Division 4A

Table with 2 columns: Name and Time. Includes GREGORY, Louis (6:05.73), INGRAM, Glen (6:56.15), ANDERSON, Herbert (8:36.20).

Division 4B

Table with 2 columns: Name and Time. Includes SPANGLER, Paul (6:28.33).

5,000 METER FINALS (WOMEN)

Division 1A

Table with 2 columns: Name and Time. Includes STOCK, Dorothy (21:31.00).

Division 1B

Table with 2 columns: Name and Time. Includes ANDERSON, Ruth (20:13.00).

Division 3A

Table with 2 columns: Name and Time. Includes HICKS, Burnis (28:14.17).

5,000 METER FINALS (MEN)

Division 1A

Table with 2 columns: Name and Time. Includes MAHAFFEY, Derek (16:05.60), LIVESAY, Joseph (16:39.00), CONWAY, James (16:45.00), BECKWITH, Bill (16:55.00), RYAN, JR., Field (17:22.00), BURD, Robert (17:36.00).

Division 1B

Table with 2 columns: Name and Time. Includes SMITH, Ross (16:18.00), NEAL, Mike (17:19.00), STOCK, Bill (17:26.00), GOERING, Dale (17:41.00), SHERRY, JR., Leo (17:55.00), SALING, Jack (22:53.00).

Division 2A

Table with 2 columns: Name and Time. Includes O'NEIL, Jim (16:14.00), FORSHEE, James (17:03.00), ANSPACH, Roland (17:33.00), ZLOTNIK, Gerald (17:51.00), BALDRY, Stanley (18:57.00), PARDO, Joseph (19:01.00).

200 METER FINALS (MEN)

Division 3B

Table with 2 columns: Name and Time. Includes MCINTYRE, Virgil (28.22), CARNINE, Ken (28.75), CASTRO, Tony (29.19), DUNCAN, Jim (32.03), PUGLIZEVICH, A.J. (33.10).

Division 4A

Table with 2 columns: Name and Time. Includes MCFADDEN, Winfield (31.03), LUM, Sing (31.42), THOMASSEN, Peter (34.13), ANDERSON, Herbert (53.54).

400 METER FINALS (WOMEN)

Division 3B

Table with 2 columns: Name and Time. Includes WHEELER, Collister (42.04).

400 METER FINALS (WOMEN)

Division 1A

Table with 2 columns: Name and Time. Includes OBERA, Irene (59.90).

Division 1B

Table with 2 columns: Name and Time. Includes GERARD, Miriam (1:01.15).

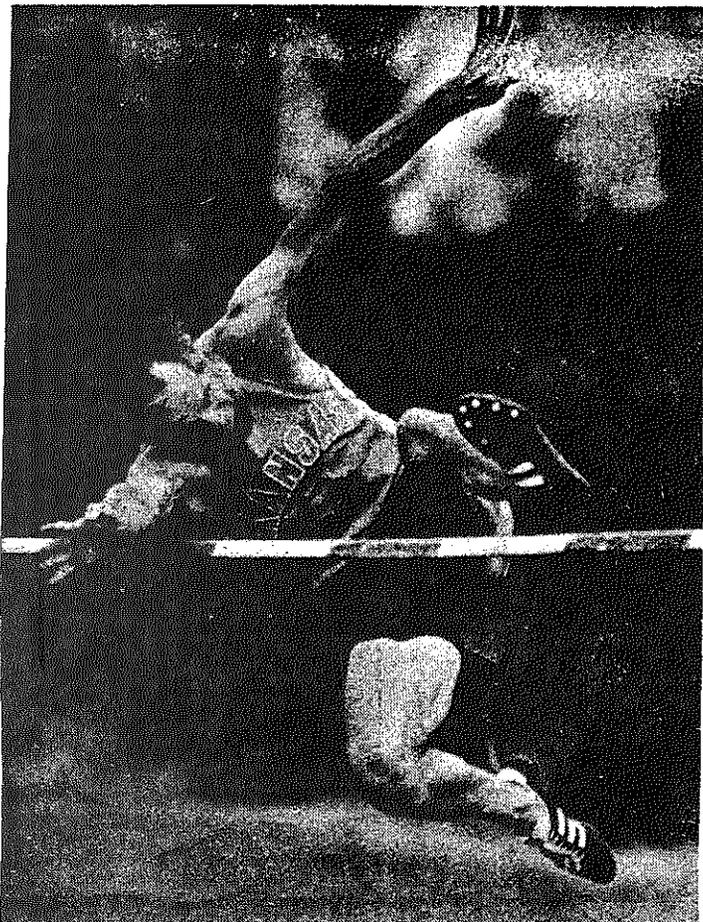
Division 3A

Table with 2 columns: Name and Time. Includes HICKS, Burnis (1:29.30).

400 METER FINALS (MEN)

Division S-M (30-34)

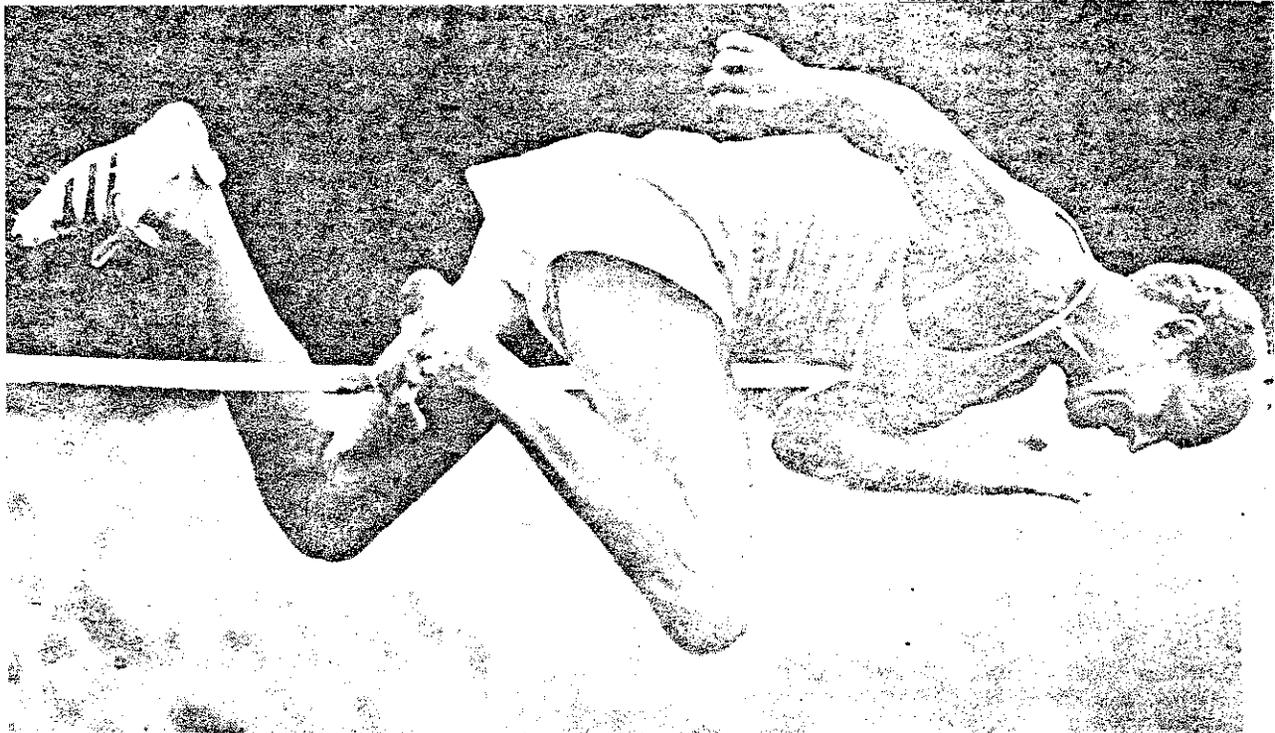
Table with 2 columns: Name and Time. Includes SUMNER, JR., Hilliard (50.22), POWELL, Robert (52.49



THE OREGONIAN, MONDAY, JULY 5, 1976

Staff photo by MIKE LLOYD

MEET'S STANDOUT — Jack Greenwood, shown clearing high-jump bar, was standout at AAU Masters Track and Field Championships at Mt. Hood Community College this weekend. He won six gold medals and set three age-group world marks.

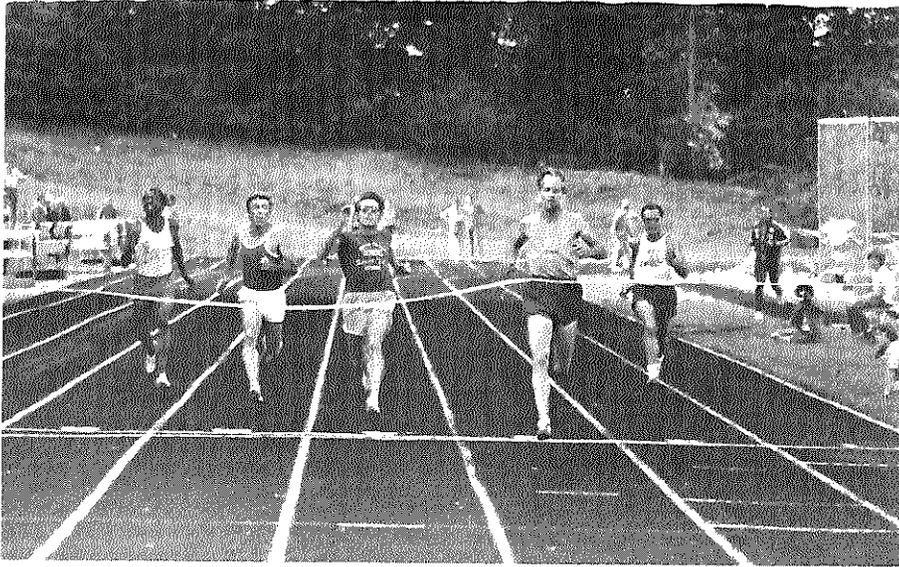


Staff photo by MIKE LLOYD

UP AND OVER — Boo Morcom squirms over bar at 5-4 to win high jump in national AAU Masters Track and

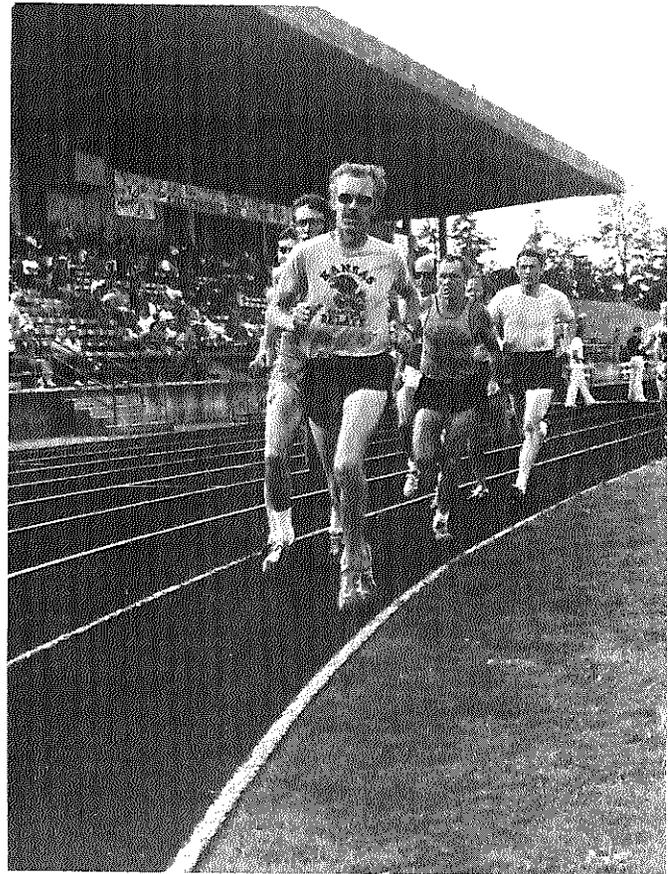
Field Championships Friday at Mt. Hood Community College. Meet continues during weekend.

MEMORIES OF GRESHAM

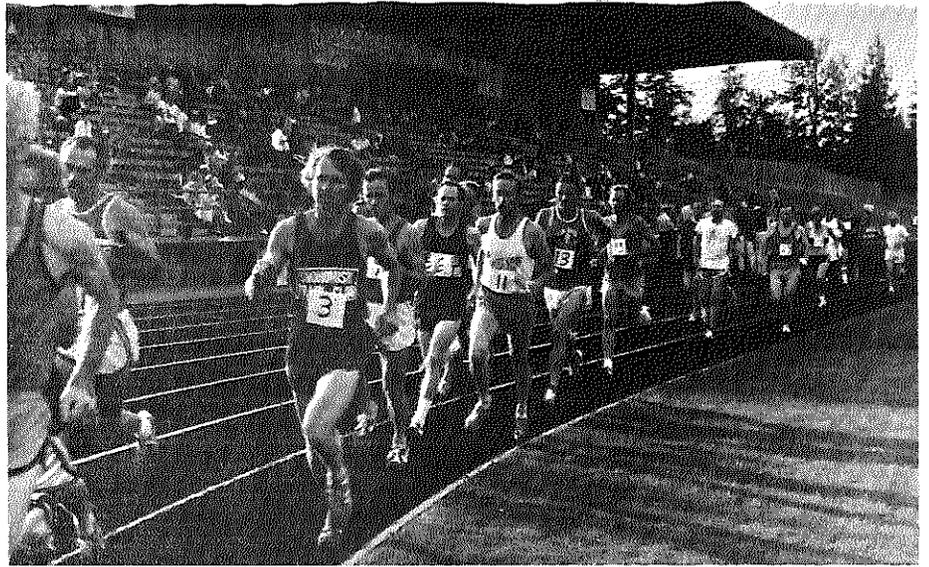


Greenwood (50) takes the 2-a 100 mm
11:83 sec.

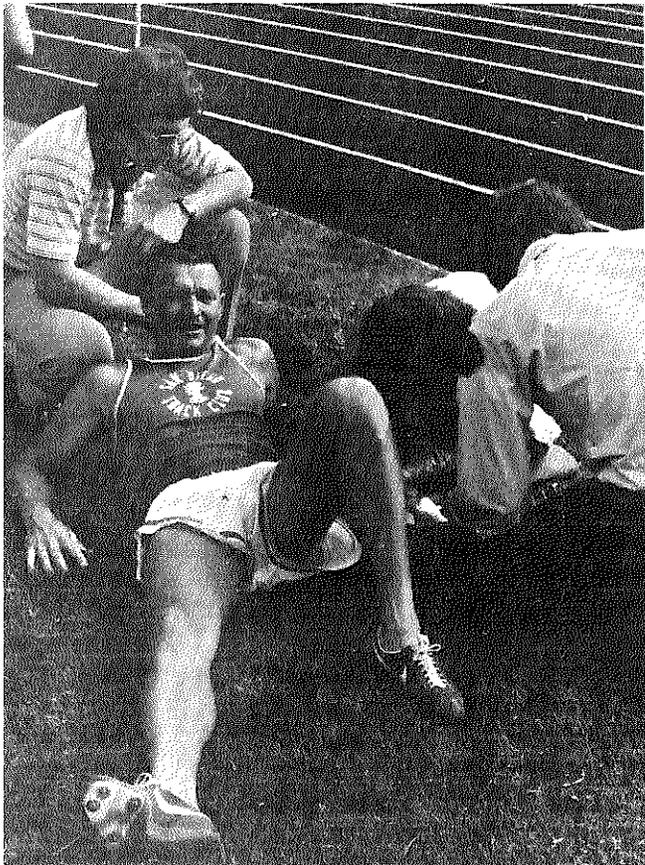
Bill Fitzgerald (in middle) (50) moves
down to Div. 1-a but finds it tough
going in 800 placing "only" 2nd in
2:04.4.



Jack Greenwood (50) - like a latter
day Abe Lincoln - didn't fool many
masters at Gresham with his new dis-
guise.



First Lap of 10,00 m
Gresham - 7/76



Bill Stock is victim of a tumble and
spiked hand at 1st Hurdle of 3 km
Steeple. Better luck next year, Bill!



Woods, green grass, and rushing stream
greet Resurrection pass Marathoners
in Alaska.

Continued from Page 12

Happily, there is no elimination on this circuit. If you feel like it, you can register directly for the National with no prior racing experience. You would have to be an Amateur Athletic Union member for this event and others sanctioned by the AAU, but this is no problem. You can get your membership card for a nominal fee (\$3 a year in California) by contacting the AAU, which is listed in the telephone directory of most large cities. At major Masters meets, you might have to run in qualifying heats before making it to the finals. If, however, the total number of entries in your age group (60 to 64, for example) is small, you might find yourself in the finals at your very first meet.

Except for gray, white, and bald heads among the competitors, this year's National Masters Championship, held at Gresham, Oregon, had the look of any other track and field event. On the track, runners were lining up at the starting blocks, waiting for the crack of the starter's gun. The grassy area inside the track presented a pageantry of color and motion—pole-vaulters, discus-hurlers, long-jumpers, athletes of every category stretching and warming up. The stands were less than crowded;

children of the competitors or the competitors themselves waiting for their events to come around.

One of these was the legendary Paul Spangler, resplendent in his white warm-up suit covered with championship patches. You might guess this trim, erect athlete with sparkling eyes to be 65. But 77! Indeed incredible.

"You must have been an athlete in your youth," I said, with a certain amount of awe.

"No, never. Oh, I did a little climbing and skin diving and some swimming, but I never engaged in a consistent program of physical fitness."

"What made you start?"

"Fear. Fear of coronary heart disease. In my mid-sixties, I saw my friends and colleagues dying all around me. So, instead of lunch, I started jogging. That was in 1967."

Dr. Spangler spoke with the easy charm of one accustomed to command. I learned he had been chief of surgery at the U.S. Naval Hospital in Pearl Harbor at the time of the Japanese attack. He built two naval hospitals during the war and became a naval regular afterwards, retiring in 1959 with the rank of captain, after which he put in two years of distinguished service with Project Hope. He then took the post of chief surgeon for the California state prison at San Luis Obispo.

"I had that job for ten years. In 1969, when I was 70, they retired me. They said I was too old."

By then, Dr. Spangler was well into running, but he heard of the Masters program only in 1975, when the Corona del Mar Track Club held a Masters meet in San Luis Obispo. He entered the mile, the two-mile, and the three-mile runs. After the mile, he went home to rest. When he returned to the track, he discovered he had set a world's record for the mile run for men of 76.

"That's when the bug bit me," he said, with a blend of ironic self-awareness and pure delight. "So I entered the National at White Plains, New York, and won five gold medals. Now, at this meet, I've already broken two world records for age 77, and I hope to break two more. Physically, I'm getting better every year."

Dr. Spangler's training schedule is impressive. He runs ten miles a day, six days a week. His run begins at 5:30 A.M. and includes three miles getting to and from the track, four miles on the track, and two miles in the hills. After that, he swims ten to twenty laps in his pool. In addition, he stretches daily and does 45 minutes of light weightlifting three times a week.

"Running has given me an entirely new outlook on life. I used to weigh 190. I once even went up to 210. Now I weigh 150, which feels good for my five-nine height. I have a zest for living I didn't have before. I don't have backaches anymore. No colds. I never used to go to bed without a handful of antacid tablets. Now I take none."

The starter's gun interrupted our talk and we paused long enough to cheer Masters superstar Jack Greenwood to a new age 50 to 54 world's record, 15.5 seconds, for the 110 meter hurdles.

"It's just a general sense of feeling well," Dr. Spangler continued, "even to the regularity of the bowels. I sleep better. I eat less fatty foods, more vegetables, smaller amounts of everything. I don't smoke at all and rarely drink. In fact, I'm getting so damned intolerant of obesity and smoking that it's pitiful. You see, I'm dedicating myself to fighting arteriosclerosis and coronary heart disease. I give about 40 lectures a year on the subject, and I use my running career as a demonstration. I started rather late, but I'm convinced that if you start early with regular exercise and keep it up, there's no need for you ever to have a coronary."

"How about the doctors who say this kind of running is dangerous for older people?" I asked.

"That's a bunch of horse manure—if you do it sensibly. Doctors are ordinarily too busy curing people to worry about the prevention of disease. An exercise program would be especially good for doctors. They'd live longer and work more efficiently. If industrial workers would take fifteen minutes off twice a day for exercise, they'd increase their production.

The 400 meter finals were beginning. Dr. Spangler had to go warm up.

"My resting pulse is now 42, sometimes even lower," he told me before leaving. "It used to be 72 to 74. My blood pressure is 120 over 72. I feel young. I know I'm an old bastard, but I don't feel old. I feel young."

Ruth Anderson, an exuberant blonde of 5 feet, 8 inches and 123 pounds, is another Masters champion with no running in her past. At 47, Anderson holds the world record in the marathon for women of her age.

"I never tried running until four years ago," she explained. "I did equestrian through high school, then some tennis in college and afterwards. I also swim—you know, a mean side stroke—in the pool at the lab."

Anderson works as a radio-chemist at the Laurence Livermore Radiation Laboratory in California. When the pool there was closed for the winter in November, 1972, two female coworkers insisted she come out and run with them during the lunch hour.

"I'll never forget that run—eight minutes for one-and-a-quarter miles. I've never smoked, but I coughed all afternoon, like I'd never breathed before. Actually, I thought I was dying. I said to myself, 'They'll never get me out there again.' But two days later I was out running, and in two weeks they got me up to two miles. Two months later, I entered a novice two-mile race and made it in fifteen-and-a-half minutes. I was fascinated. Here was a chance to study my body and myself under challenging conditions. I ran in a series of fun races. I set attainable targets for myself.

"Then there was the Woodminster in 1973, a nine-and-a-quarter-mile handicap in the Oakland hills. Near the end of the race, the fast men caught up and started passing me. There was a big traffic jam. In the confusion, my foot caught on a stump and I became airborne. The result was a dislocated shoulder, but I just grabbed it with my free hand and ran on. I was third among women. After that, I became well known in racing circles."

Anderson joined the Northern California Seniors Track Club, competed regularly, and built her distance up to the marathon. She ran 3 hours and 26 minutes at the Fiesta Bowl Marathon at Phoenix in December, 1973, setting a U.S. record for women 40 and over.

"It's hard to do all this if your husband isn't supportive. Mine is. He's a vet and he also runs."

"Can he outrun you?"

"No."

"How does he feel about that?"

She laughed. "Everybody asks him. Actually, it's no big deal."

Ruth Anderson runs 50 to 60 miles a week "comfortably."

THE 1976 MASTERS TRACK & FIELD CHAMPIONSHIPS

400 METER FINALS (MEN)

Division 1A	
BRUNNER, Hans	53.40
PARKS, Jim	53.55
HITT, Harold	53.73
PARISH, Vandolf	53.89
NASRALLA, Tony	53.90
STANFIELD, Raiphe	54.52

Division 1B

DAWKINS, Oswald	55.70
WASHINGTON, Huel	55.91
GUSTAFSON, Ed	56.29
SCHRODER, Lee	57.02
WEBER, George	57.97
JORDAN, Bob	58.30

Division 2A

GREENWOOD, Jack	53.58
ROEMER, Robert	56.46
PUTERBAUGH, George	56.49
POET, Robert	59.81
JOHNSON, Albert	1:00.77
JAN, Dewey	1:01.49

Division 2B

HUNT, Robert	58.37
MORCOM, Richmond	59.08
SCHMIDT, Dean	59.45
FAIRBANK, Henry	1:00.16
PALMER, Merle	1:09.93

Division 3A

NIBLOCK, Russ	1:03.40
SATTI, John	1:03.75
KOPPEL, Harry	1:08.80
GODFREY, Vince	1:09.90

Division 3B

CARNINE, Ken	1:05.60
SHINE, Mel	1:08.60
CHAPSON, Harold	1:10.20
DUNCAN, Jim	1:12.40
SHINKOSKY, Hank	1:12.70

Division 4A

INGRAM, Glen	1:25.36
ANDERSON, Herbert	1:29.25

400 METER HURDLE FINALS (MEN)

Division 1A	
PARISH, Vandolf	1:02.13
STANFIELD, Raiphe	1:02.29
ANDREWS, Mal	1:02.36
SHEAHEN, Al	1:02.40
McNULTY, Joel	1:03.38
NASRALLA, Tony	1:08.10

Division 2A

GREENWOOD, Jack	58.04
ROEMER, Robert	1:05.42
ROME, Jack	1:07.58
HUTCHINSON, Jon	1:10.04
TYLER, John	1:27.70

Division 2B

HUNT, Robert	1:03.70
GUIDET, Alfred	1:07.04

Division 3A

GODFREY, Vince	1:19.83
LOWELL, Ed	1:24.06
DICK, John	1:28.50

Division 3B

BIGELOW, Wilfred	1:26.72
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Division 4A

ANDERSON, Herbert	2:00.00
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400 METER RELAY FINALS

Division 1A	
NOR-CAL SR. TRACK CLUB	44.84
CORONA DEL MAR TRACK CLUB	44.90
SENIORS TRACK CLUB	45.90

Division 1B

NOR-CAL SR. TRACK CLUB	47.94
CORONA DEL MAR TRACK CLUB	48.34

Division 2A

SENIORS TRACK CLUB	50.58
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3,000 METER STEEPLECHASE (MEN)

Division 2A	
ANSPACH, Roland	11:15.60
SWEENEY, Al	11:37.10
BRYANT, Avery	11:37.70
NOBLE, Jack	11:57.30

Division 2B

WATERMAN, Alan	11:52.26
LONG, Robert	13:01.70
MALLON, Joseph	13:27.80

Division 3A

MacTARNAHAN, R.	14:40.00
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Division 3B

BIGELOW, Wilfred	15:01.50
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5,000 METER WALK FINALS (WOMEN)

Division 4A	
SMITH, Catherine	33:55.30

5,000 METER WALK FINALS (MEN)

Division S-M (30-34)	
HIMMELBERGER, David	26:08.00

Division 1A

HALUZA, Rudy	23:21.30
BOIES, JR., Larry	26:56.00
KAALD, Paul	27:04.00

Division 1B

FINE, Robert	25:47.00
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Division 2B

LONG, Robert	30:06.80
JACOBS, Don	33:27.00

Division 3B

O'NEIL, Larry	30:09.90
UNRUH, Chesley	32:11.60

1,600 METER RELAY FINALS

Division 1A	
SENIORS TRACK CLUB	3:38.46
NOR-CAL SR. TRACK CLUB	3:40.07

Division 2A

SENIORS TRACK CLUB	4:10.38
SOUTHERN CALIFORNIA	4:24.14

Division 2A

FAIRBANK, Martha	9' 11"
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Division 1A

JACKSON, Dave	20' 10 1/2"
TAYLOR, Sam	20' 2 1/4"
NEWTON, JR., Milton	20' 0"
ANDREWS, Mal	19' 10"
CONLEY, Philip	19' 3"
NASRALLA, Tony	19' 2"

Division 1B

DAVISSON, Shirley	21' 2 1/2"
SCHLEGEL, Phil	19' 2 1/2"
MAHANY, Ed	18' 6"
DONNELLY, Don	17' 4"
SCHULER, Edmund	17' 3"
WASHINGTON, Huel	16' 7 3/4"

Division 2A

SPENCER, Ray	17' 1 1/2"
BROWN, Dave	16' 10 1/2"
HUNTER, JR., Harold	16' 1/2"
WATANABE, Robert	15' 11"
HUTCHINSON, Jon	15' 8 1/2"
FEDERMAN, Stan	13' 10 1/2"

Division 2B

MORCOM, Richmond	18' 11 3/4"
VERNON, Jim	16' 4 3/4"
MORALES, Bill	16' 1/2"
CARLINE, Louis	15' 11"
FAIRBANK, Henry	15' 10"
HUSENY, Harry	15' 6 1/2"

5,000 METER WALK FINALS (MEN)

Division 4A	
LAHDENPERA, Erkki	34:42.00
VanGELDER, Homer	38:39.70

JAVELIN FINALS (MEN)

Division 2B

MORALES, Bill	150' 3 1/2"
ALDRICH, JR., Daniel	140' 1"
KILBUCK, John	134' 1"
HAZEN, Jack	125' 1 1/2"
STONE, Robert	118' 10"
PATTERSON, Sandy	57' 8"

Division 3A

NICHOLS, Orville	132' 6 1/2"
DeGROOT, Hugo	132' 2"
SCHNEIDER, Hans	125' 11 1/2"
McMAHON, Charles	122' 10"
DICK, John	115' 10 1/2"

Division 3B

CARNINE, Ken	119' 11 3/4"
MacCONAGHY, Robert	115' 6 1/2"
NICHOLS, Rolland	101' 1/2"
HUBBELL, Randolph	95' 10 3/4"
DUNHAM, William	95' 4"
BIERLEIN, Fred	58' 1 3/4"

Division 4A

REISER, Albert	104' 5 1/2"
ANDERSON, Herbert	77' 9"
McFADDEN, Winfield	71' 6 3/4"
HOLLAND, James	70' 8 3/4"
HERRMANN, Stan	70' 8 3/4"

Division 4B

CRANE, Buell	71' 8 3/16"
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Division 1A

WILSON, Connie	28' 4 1/2"
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Division 1A

SMITH, Hal	44' 3 1/2"
BOBELL, Gordon	41' 9 1/2"
WATERMAN, George	41' 3"

Division 3A

DICK, John	4' 4"
SCHNEIDER, Hans	4' 4"
DeGROOT, Hugo	4' 3"
BIERLEIN, Fred	3' 10"

Division 3B

McINTYRE, Virgil	4' 5 1/2"
DEACON, Bud	4' 2"
HATLEN, Ted	4' 2"
BIGELOW, Wilfred	4' 0"
DUNHAM, William	4' 0"

Division 4A

REISER, Albert	4' 0"
McFADDEN, Winfield	3' 10"
ANDERSON, Herbert	3' 10"
VanGELDER, Homer	3' 8"

Division 4B

CRANE, Buell	3' 8"
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Division 1A

JACKSON, Dave	40' 10"
CONLEY, Philip	38' 7"
NASRALLA, Tony	36' 9"
HOAGE, Jack	35' 10"
FITZHUGH, Ray	34' 6 1/2"

Division 1B

DAVISSON, Shirley	40' 10 1/2"
SCHLEGEL, Phil	35' 11"
DONNELLY, Don	34' 8"
WALDEN, Phil	33' 6"
GRANT, Bruce	33' 2 1/2"

Division 2A

SPENCER, Ray	34' 3"
HUTCHINSON, Jon	32' 5"
DeVAUGHN, Tom	30' 7"
TYLER, John	24' 6"

Division 2A

MORCOM, Richmond	34' 8"
HUSENY, Harry	33' 8"
VERNON, Jim	31' 7 1/2"
CARLINE, Louis	30' 10"
MINAH, Jim	26' 8"

Division 3A

WHITE, Fred	31' 4"
SCHNEIDER, Hans	30' 6 1/2"
NICHOLS, Orville	29' 4"
DICK, John	26' 3"

Division 3B

CARUSO, Joe	26' 7"
CARSON, Jack	23' 7"
HATLEN, Ted	21' 11"

Division 4A

McFADDEN, Winfield	27' 5"
REISER, Albert	22' 11"
ANDERSON, Herbert	17' 10"

JAVELIN FINALS (MEN)

Division 1A

CONLEY, Philip	207' 0"
DARLING, Robert	175' 4"
FLAHERTY, Robert	164' 11"
ROSE, Don	162' 8"
FITZHUGH, Ray	140' 2"
MILLER, Frank	126' 8"

Division 1B

WALLACE, Hal	150' 5"
WALDEN, Phil	100' 0"

Division 2A

HUNTER, JR., Harold	139' 9"
WILKINS, Richard	120' 9 1/2"
HOLLAND, James	105' 5"
HASSMAN, Ralph	99' 0"
TYLER, John	82' 7"

Division 3A

SCHNEIDER, Hans	16' 1 3/4"
WHITE, Fred	15' 10 1/2"
SATTI, John	15' 4 1/2"
NICHOLS, Orville	13' 11 1/2"
DICK, John	12' 9 3/4"

Division 3B

CARUSO, Joe	14' 5 1/2"
HATLEN, Ted	12' 7 3/4"
CARSON, Jack	11' 8"
PUGLIZEVICH, A.J.	11' 4 3/4"
SCHUMACHER, Henry	10' 11"

Division 4A

REISER, Albert	13' 9"
McFADDEN, Winfield	13' 7 1/2"
ANDERSON, Herbert	12' 4 3/4"

Division 4B

CRANE, Buell	8' 1/2"
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Division 1A

LANGENFELD, Tom	5' 9 3/4"
NEWTON, JR., Milton	5' 8"
ROSE, Don	5' 4 3/8"
FITZHUGH, Ray	5' 4 3/8"
TAYLOR, Sam	5' 2 1/2"
CONLEY, Philip	5' 2 1/2"

Division 1B

DAVISSON, Shirley	5' 2 1/2"
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Division 2A

GREENWOOD, Jack	5' 2"
BROWN, Dave	4' 10"
ROME, Jack	4' 8 1/2"
HUNTER, JR., Harold	4' 8 1/2"
FIX, William	4' 4"
HUTCHINSON, Jon	4' 2"

Division 2B

MORCOM, Richmond	5' 4"
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Division 2A

PAVELICH, John	133' 2 1/2"
HASSMAN, Ralph	90' 1"
CASTANEDA, Mike	85' 9"
DeVAUGHN, Tom	80' 7 1/2"
TYLER, John	57' 10"

Division 3A

FOWLER, Nolan	120' 4"
McMAHON, Charles	94' 3"
DICK, John	76' 1 1/2"

Division 3B

Continued from Page 13

"I run mostly at noon at the lab, six to eight miles out in the boonies. I eat little or no lunch, just bring along a yoghurt for mid-afternoon. And I do race a lot. That's my speed work. I run Saturday and Sunday. I either do a race or try a longer-than-usual distance. Johnny, my husband, will run with me whenever possible."

"How has running changed your life?"

"Well, so much of our life revolves around it now. We can hardly plan a trip without thinking of going somewhere to a race. I don't know. A few things have changed. I used to drink gin and tonic, but now it just doesn't feel right. I didn't used to like beer, but now I do, especially after a race. My pulse has gone down from 70 to 42, and my circulation and everything else are so much better. I certainly don't get sleepy in the afternoon when I run at noon. One strange thing. My sense of smell has become much sharper. If there's a eucalyptus grove up ahead, I can smell it long before I get to it."

"Are you addicted?"

"Oh, definitely. You know, I've always been a natural fantasizer. Running gives me a chance for that. I get out there on the trails and have a lovely fantasy."

Our talk was interrupted when Ruth Anderson was paged on the loudspeaker to come to the winners' stand and be photographed with her gold medal for the 10,000 meter (6-mile) race.

People like Paul Spangler and Ruth Anderson come to the joys of strenuous physical activity late in life, all fresh and starry-eyed and virginal. There are also former athletes who return to running after a layoff of years or even decades. One of these is Dr. George Sheehan, who holds several 50-plus world records for the mile and the 1,500 meter. Sheehan, a cardiologist, practices medicine in Red Bank, New Jersey. He also just happens to be, for my money, the best writer on running anywhere.

"At the age of reason," he writes in *Dr. Sheehan on Running*, "I was placed on a train, the shades drawn, my life's course and destination already determined. At the age of 45, I pulled the emergency cord and ran out into the world. It was a decision that meant no less than a new life, a new course, a new destination. I was born again in my 45th year."

Sheehan's sense of his "new life" is poetic, tragic, utterly uncompromising.

"If you come to a mile with less than your own perfection, the mile will search it out. The mile is a lonely and painful and beautiful place. And it must be run, as the poetess wrote of love, 'to the depth and breadth and height my soul can reach.'"

Sheehan is of the give-everything, hold-nothing-back school of racing. He feels that the race you can walk away from is not worth running. And from his own eminence as a heart specialist, he scoffs at the usual medical timidity on the subject of exercise and aging. Asked, "Is there any danger with an athletic heart?" George Sheehan answered, "The main danger is going to the doctor. Physicians are generally unfamiliar with exercise physiology. They become alarmed at the normal physiological changes that accompany heavy training and peak condition. They are, therefore, likely to give bad advice that could cause an athlete to quit his sport, lose his livelihood, and be ineligible for life insurance."

"If the aim of the medical profession is to stop the average American from exercising," he adds, bringing to mind the dire warnings, the drug prescriptions, the insistence on complete physicals and exercise stress tests, "it couldn't have done a better job."

George Sheehan does not press his own do-or-die approach on the average mature nonathlete. A gradual buildup to long, slow distance running is the usual prescription of this cardiologist, who believes that mileage, not speed, protects the heart. But Sheehan is a passionate man, and he is growing old passionately.

"I listen to my body more than I did when I was a young man of 50," he told me. "But I compete too much. I can't resist it. Competition is the love-making of running."

"I'm 57 now," he said, and his voice became low and vibrant. "I can't wait till I'm 60."

In this topsy-turvy world, where youth returns like magic every five years, where 39-year-old women long to be 40, where men of 69 lust after their 70th birthday, it's no wonder that doctors are disoriented and gerontologists are flabbergasted. Those seeking a better term for "senior citizen" might check with 65-year-old William Andberg of Anoka, Minnesota, a world record holder in distances from 800 meters to the marathon. "One reason I started running was, I became a grandfather, and I thought about the grandfather image on TV—the old guy with the gimpy leg. That didn't seem to be me."

Andberg has a face like the prow of a ship, with heavy-lidded blue eyes bright enough to cut through pea-soup fog. He runs with the springy step and slight forward lean of an exuberant teenager, and he got his nickname, the "Gray Ghost," from his custom of running in a cemetery near his home. "There's also a mental institution nearby, and one time a couple of older women reported to the police that a crazy guy in his tennis shoes and underwear was running the graves. After this, I made up a ghost call. I do it for the kids."

A grandfather jock known as the Gray Ghost—not a bad idea for a TV series. But how do you handle a 90-year-old sprinter known as the "Tartan Flash?" Highlight of last year's World Championship at Toronto was a matchup between the man who goes by that name, Duncan MacLean of Scotland, and his 89-year-old rival, C. Speechley of England, in the 100 meter dash. MacLean, as reported in *Runner's World* magazine, "beat his rival out of the blocks and held on to win, 22.5-23.3."

Make no mistake, Masters Track and Field does not stop the aging process. All other things being equal, athletes 40 and older will show progressively poorer performances as the years pass. But other things are generally not equal. Recent studies have shown that dedicated runners in their fifties are physically superior to sedentary men in their twenties—"sedentary" being a category, unfortunately, which includes most Americans of every age.

Human beings are born to move, and to move vigorously. There are on this planet, mostly in isolated, mountainous areas, a few groups of people who routinely live to be over 100. These people invariably engage in strenuous physical activity all their lives. Dr. Alexander Leaf of Harvard Medical School visited three such cultures, including the Hunzas, who live in a region of Pakistan high in the Himalayas. Shamed by being unable to keep up with a 106-year-old during a mountain hike, the 52-year-old Leaf took up running upon his return to the United States.

We of this country have indeed embarked upon a radical and dangerous experiment with the human body, shooting it full of sugar, fatty foods, nicotine, alcohol, and prescription drugs, then letting it simmer, unused, in automobiles and easy chairs. How it will end, no one knows. Perhaps every American will eventually have to be fitted with his own motorized wheel chair, complete with built-in television, personalized pill unit, portable oxygen, blood plasma, and cardiac monitor. And political campaigns will be run on premises of an intensive care unit in every home.

Fanciful? Extreme? Maybe not. A recent article in the *British Medical Journal* argues that we have come to an evolutionary fork. The race of humans that survives the present age will be *Homo se propellens*, descended from those relatively few people who propelled themselves by walking, running, or bicycling. The survivors will look back with a certain amount of wonder at those who took the other evolutionary fork, the motorists who "became in the end the prisoners of the machines which were to set them free. This pitiable creature was known at first as *Homo*

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MASTERS MEASURE DISTANCE - NOT YEARS

By FLOYD SCHNEIDERMAN

Journal Sports Writer

They've come from Germany, Canada, Philadelphia...and from just across town.

They wear the same sleek warmups and shoes as did the athletes in Eugene last week. For some, the torsos have thickened, but the competitive fires burn as fiercely as within any athlete who will run in Montreal.

Five Olympiads ago, Phil Conley was on the U.S. team, a world-class javelin thrower out of Cal Tech who had surpassed 260 feet.

Friday at Mt. Hood Community College, a still-trim Conley threw the javelin 207 feet and was an easy winner in Class 1 of the National Masters Track and Field Championships.

But Conley took two more throws after his official ones were exhausted, and one of them flew past 225 feet.

No matter that he won the event by a shopping margin; Conley, two weeks shy of his 42nd birthday, was throwing against himself.

"Sometimes," he said, "you wish it were physical, because you know that is going to deteriorate. But I don't want to do poorly because I lack the desire. That I want to sustain.

"I've lost perhaps 15 per cent physically since I was at the top of my form. But I love this; next I'll do some jumping events for the fun part of this meet. I simply don't understand why more of the ex-Olympians don't stay with it."

Hans Schneider is 62 years old and a long jumper from the same track club in Cologne, West Germany, that produced Olympic sprint star Armin Hary.

But Schneider came to Portland solely to compete in this track meet for athletes 40 years and over. He won in his age group with a leap of 16 feet, 1 inch.

"I go to Toronto last year, I come here now, because this is my life, my fun," he said. "I am here for Germany as well as for myself."

Collister Wheeler is well-known in Portland as a swimmer and instructor in that sport, and he remembers such adventures as swimming in the Willamette River on Christmas Day in the years prior to World War I.

"But I have never before been in a track meet," said the 83-year-old Multnomah Athletic Club member. "I have been talked into this."

Wheeler is the oldest entry among 320 persons competing in the meet, and he was the only entrant listed in his division of the 100-meter dash, which he termed his "specialty." That's because, he pointed out, he has raced that distance many times - in water.

"I talked him into it," says Dr. Paul Spangler, a one-time Portland physician who has returned from his home in San Luis Obispo, Calif., for the meet. Dr. Spangler, in fact, would induce all of America to get into a sweat suit.

"I didn't begin running until I was 67," said Spangler. "that was 10 years ago. I have reduced my pulse rate from 73 to 40, and I am constantly posting faster times than I did 10 years ago.

"There are three things to do if you expect to live a long life. First, don't smoke; then keep your weight down and get some kind of sustained exercise on a regular basis."

Spangler would seem to know whereof he speaks. He owns age-group world records in both yards and meters for every race from 400 to 10,000 meters.

Of note Friday was an American 10,000-meter record for the 50-54 year-old age group by Jim O'Neil. The Californian ran a 33:30 to break his own record by 40 seconds. In that race, blind runner Joe Pardo finished 10th overall in a time of 39:11.

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Whatever, the 55-year-old from Philadelphia is something else as an all-round track and field performer at an age when most men are confining their activities to watching television and an occasional round of golf.

By Sunday night at Mt. Hood Community College, followers of the national AAU Masters Track and Field Championships will know all about Boo Morcom. They hardly can miss him because he is entered in seven events and should do well in all of them.

"Work?" he frowned. "No, I don't look at it as work. I'm a fanatic, not about the sport but about being moderate and taking care of my body. I love the competition, the fun of it. There is what I would call a gentle stress to it which makes it invigorating."

Morcom, for 18 years the track coach at the University of Pennsylvania (1949-67) and now supervisor of Penn intramurals, got off to his usual solid start Friday as the three-day Masters meet began. He beat challengers of all ages in the high jump by clearing five feet, four inches, then calmly asked that the bar be put at 5-6 3/4, a world record height for the 55-59 age group.

Three times, Morcom tried to straddle over the bar and three times he failed. However, he barely missed on his second effort.

"I just need to get better leg action, then I'll have it," he said.

Trying for world records is old hat to the slender and balding Morcom, who wears a toupee "when I feel like it." In fact, he holds four marks for men 50 and up - 14 feet in the pole vault, 20-5 1/4 in the long jump, 63.2 in the 400-meter hurdles and 4,998 points in the decathlon.

He got the hurdling record

almost by accident a week ago in the National Senior Olympics at Irvine, Calif.

"I wasn't intending to run the race," he smiled. "I had only run it once before. But they called my name over the public address system and I decided to go ahead and give it a try."

Boo, who got his nickname as a toddler and has been "trying to shake it ever since," is entered in the pole vault, discus, long jump, triple jump, 110-meter hurdles and 800 meters in addition to the high jump.

"That's not as heavy a schedule as I had at Irvine," he said. "I was in nine events down there."

However, there is a method to this seeming madness. Ready for this? Morcom is using this meet as a tuneup for the Masters Decathlon, July 9-10, also at Mt. Hood CC.

"I feel in good shape for that," he said. "I think I can beat my world record."

Track and field always has been big in Morcom's life - at least since his teen-age years when he developed into one of the country's top pole vaulters. Five times he won a national AAU vaulting titles, posting a best of 14-9 with one of the old bamboo poles. He also was nationally ranked in the high jump (6-7 1/4) and the long jump (23-10).

He made it to the 1948 Olympic Games at London, "but I bombed out there. I had cleared 14-8 in the trials but I only made 12-9 at London. It was rainy and cold and I passed a height, then couldn't make the next one."

Despite all the honors he has won, Morcom probably takes the greatest delight in telling another story - about the seven times he coached Penn pole vaulters to national collegiate titles. Not once in the seven years were those vaulters able to beat their coach. "We'd go out for a jumpoff on the Monday after the national collegiates," he grinned. "I won every time; I loved it."

SUMMARY OF AAU MASTERS TRACK AND FIELD
COMMITTEE AT GRESHAM, OREGON 7/3/76

Bill Stock

Motion/second/passed women to be same as men; i.e.: 5 year divisions beginning at age 40 in long distance, track and field, and race walking.

Adopted minimum of 3 awards in every event, all age divisions, men and women in National Championships.

Adopted minimum of 3 awards in every event, all age divisions, men and women in Regional Championships.

Adopted reduce Division 1 high hurdles to 36" as an inducement to more competitors. Div. 2, 33"; Div. 3 and 4, 30"

Approve AAU Masters Rule 250 as amended (Women's divisions and hurdle heights)

Discussion of Annual National Masters Ranking by calendar year.

No sub-masters competition at World Championships due to insufficient time and space for the competition. Full schedule of events at "Worlds" in all divisions, men and women. Athletes to compete in local club uniforms and relays to be club, not national. All athletes to compete as individuals.

Discussion on new American Masters Athletic Association. AMAA secondary substitute organization, not in conflict with Masters would have a stronger voice (with the AAU) when we have our own organization. Other advantages: financial, tax-free non-profit organization; standard die for medals (reduced cost of medals); bulk mailing privileges; clubs would not lose autonomy; we'd be led by athletes and governed by rules we'd pass. It was recommended AMAA be limited to track and field, LDR and race walking so as to avoid becoming an AAU octopus.

AWARDS - A Commentary by Bill Stock

I found an extremely disturbing fact come to light in the AAU Masters meeting which contained discussion on awards. Our printed purposes appear very lofty and ideal. They make us appear to be extremely fine people, promoting physical fitness and competition. However, when we got down to the nitty-gritty, a different, very ugly head surfaces. Statements were made that, with the expenditure of time and money to prepare and arrive at the competition,

an award or medal must be available or "I won't go." All that training culminating in a good competitive effort and achieving a good mark is, in my mind the important and most gratifying compensation--not a bauble or trinket of a medal. Stop right now and think back...what's on the face of your last medal? the engraved legend? describe the relief figure in detail; was it a pin-on ribbon or a hang on the neck? Conversely, how did the event go? Was it a struggle, a battle with another individual or a group for several yards, laps, throws, or jumps? Who led at different stages and what was your final mark and place? If you can only recount your medal tally after a meet, you are sick. If you so vitally need recognition in that form, there certainly must be a self-confidence or deep psychological problem. Is it not enough for our egos to know that we are in a special category and very small top percentage of the world's population on the basis of fitness? At my advanced age of 46, I find it gratifying to know there is but one fellow (age 33) of the San Diego Fire Department's over 700 members, including many youngsters in their 20's, who can run faster than I from one mile through the marathon. And we have a mandatory fitness program! I place a value on awards, but it obviously rates low in importance in comparison to more real but less tangible rewards. Friends, I suggest some deep soul-searching is in order.

JIM SHETTLER Dies While Running

Jim Shettler (42) of Oakland, California a member of the N. Cal. Seniors and the USMT died suddenly on July 2nd in the early morning while out on a run. We understand that Jim had a heart defect - heredity condition. Jim ran in both White Plains and Toronto doing very well in the 3 km. steeple in which he placed well up and set personal bests. Jim was a quiet person and very personable. His sudden death leaves both his family and friends with a deep sense of loss.

Western Regional Masters Meet
Qualified Success.

The USMIT in conjunction with the SDTC sponsored the '76 AAU Masters Western Regional Track and Field meet held in San Diego on June 19th and 20th. The two day affair drew some 230 individuals comprising some 500 event entries which included, in addition to the usual Masters divisions, ladies and submaster competition.

Some very fine performances were turned in including several meet and age group records [see detailed results]. Most noteworthy, however, was the performance of the notorious and now ex-professional, John Carlos, (31) (Southern Cal. Striders) of Mexico City Olympic and clenched-fist fame who swept both sub-master sprints in record times of 10.3 (100 meters) and 21.7 (200 meters). Since age group records now are maintained for ages 35 and up, we note that the age 35, 100 meter record is 10.3 held by Arkuimedes Herrera (Venezuela) set in Maracaibo, August 29, 1970. The 200 meter record held by 39-year old Edward Jefferis (South Africa) set in Worcester on February 6, 1975. Both of Carlos' sprint efforts are believed to be San Diego State stadium records, in addition.

The meet was well officiated with a professional starter aided by the SDTC Acutrac Phototimer that caught several near dead heats which would have been extremely difficult to judge absent the photos. The meet was run on schedule and quality medals were awarded for 1st through 3rd place. Audience and participant interest was kept at a high level by continuous announcing and introduction of contestants, results and records. The announcing chores were ably handled by Augie Escamilla, Ed Phillips, Al Sheahan and an injured Pete Mundle, custodian of Age Group Records. The San Diego State facility proved to be in excellent shape with all necessary equipment available, including scales for weighing implements, a wind gauge, tapes and other necessary, but so often unavailable, paraphernalia. Our thanks to Tony Sucec, San Diego State Meet Director, and Bill Stock, Clerk of the Course, for much able assistance.

Objectively, we can say it was one of the better Masters Meets we have participated in these past few

years. Many athletes came to us during and after the meet to thank us for our efforts.

On the negative side, however, were some extremely ugly incidents which cast apall on the proceedings from the outset. The first difficulties arose when the Meet Committee announced in the entry blank that to be eligible for awards a minimum of three entrants were necessary for a 1st place, five entrants for 1st and 2nd and seven entrants for 1st through 3rd place. We also announced that the 3000 meter walk would be contested in two Divisions (30-44) and (45 and up) due to an expected small entry in the Walk and that Division III would be contested, ages 60 through 69. The foregoing brought on a flood of objections, some abuse, and much unnecessary flack. It was quickly brought to our attention that AAU Rule 250 requires that in a regional meet all divisions shall be in 5-year age groups. Accordingly, we promptly announced a modification of the entry blank on this point. Over our objection, co-sponsor SDTC voted to give medals for 1st, 2nd and 3rd regardless of previously published criteria. We know of no AAU rule being violated by requiring a minimum number of entries and the logic of the committee is unassailable in that awards are presumably bestowed for winning; not for participating or just showing up.

We conceived the Masters program some eight years ago based on the concept that competitive people would be stimulated to optimal fitness through competition. A desire for a hard won Medal on the field of competition is certainly a stimulant to achieve that degree of fitness required. If an athlete knows he can enter some obscure event, thinly contested, and walk off with a medal for merely entering, what effect does this have on the integrity of the awards as a whole. Why does an Olympian cherish an Olympic Gold, Silver or Bronze? He does so because of the struggle involved in achieving that award. Should the Masters program have any lesser policy?

We have received numerous newspaper stories dealing with the accomplishments of Master Track Athletes -- "Joe Smith, retired local ornithologist returns from National Championships with Five Gold Medals." In some instances

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the articles are misleading and in others an outright fraud since the stories never state that in many cases the much bragged-about medals were "won" by default. In the National Championships this is really not too great a problem, except for the handful of 70+ age entrants whose ranks are thin at best. In virtually all other meets the number of entrants in any given event or age group presents problems. Should not the meet director have freedom to set reasonable criteria as to awards and divisions based on the number of entrants expected?

We have supported the older athletes demands for equality, particularly the point that men and women should be allowed to enter any event they wish to, and, to move down in Division should they so desire.

There is a difference between "winning" and "partcipating". Are our awards for winning actually for participation? If so, they should be so labelled and could be handed out when the athlete checks in at the entry desk. In this meet everyone received a participants patch which should suffice. One particularly telling suggestion was to label such awards "last place" since an award given when competition is absent is tantamount to that.

Another consideration is the pocket book of the meet sponsor. The Western Regionals -- because it was a quality meeting -- had a budget of \$3,000 and approximately \$2,900 was actually spent plus many hours of volunteer labor. Entry fees totalled \$2,300 for an approximate \$600.00 loss. The awards, 425 of them, cost nearly \$1,600. A more descriminate giving of awards could cut down on this excessive expense.

Meet sponsors cannot be expected to cover losses such as this indefinitely. As a matter of fact, last year's meet sponsor, Ed Phillips lost \$750 out of pocket and due to this, and other difficulties with the AAU, has dropped out of the program. It should be obvious that one handles volunteer meet sponsors with care for, if not motivated why should they accept all this abuse, hard work, harrassment, and bear the financial loss as well.

In the case of this years meeting,

one Division IV athlete importuned his fellow 60 and 70 year olds to boycott the meet because he didn't like the way it was being handled. This, incidentally had a significant affect on the number of entries of older athletes resulting in additional loss to the sponsor. But -- more importantly -- it reduced the competition in that age group so that in the long-run the real losers were the 60 and 70 year olds themselves.

For the foregoing reasons the USMTT has sponsored its last U.S. Track Meet. In our judgment the negatives outweigh the positives and someone less idealistic and perhaps more pragmatic will step up to take on such an onerous task.

As our Swan Song we would recommend to the AAU Masters Track and Field Committee that in all Masters meetings, except the National Championships, that the meet sponsor shall have the right to determine the age classes and number and type of awards to be given, based on the number of entries and the entry fee charged.

Secondly, a meet director should have the right to reject any entry which he deems unacceptable with the right of appeal and hearing on the matter. The Masters program is for those who are both physically and mentally fit and is not a rehabilitation unit.

Physiological Characteristics of Champion American Track Athletes 40 to 75 Years of Age¹

Michael L. Pollock, PhD,² Henry S. Miller, Jr., MD,³ and
Jack Wilmore PhD⁴

Recent interest in Master's track competition led to an investigation of 25 champion American runners from 40 to 75 years of age. In the past year, all the subjects had performed and placed in either a regional or national meet. The results showed all groups to have excellent cardiovascular and body composition characteristics which were particularly apparent when the groups were compared to sedentary and moderately trained subjects of similar ages. Although maximal performance and oxygen intake decreased with age, a dramatic reduction did not occur until after age 60. Body composition measures, maximal pulmonary ventilation, resting heart rate and blood pressure, and serum lipids were similar for subjects up to age 65, but showed a significant decrement thereafter. The causes of the decrement in performance and physiological function with age were determined to result from a combination of factors, e.g., aging, quantity and quality of conditioning, and number of years in training.

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CHAMPION TRACK ATHLETES 40 TO 75
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MUCH evidence is available concerning various physiological parameters of normal men of all ages both at rest and maximal exercise (Astrand, I., 1967; Astrand, P., 1956; Robinson, 1938). Moderate and highly trained endurance athletes have been shown to have superior cardiorespiratory function and body composition characteristics when compared to their sedentary counterparts (Cureton, 1969; Grimby & Saltin, 1966; Kilbom, Hartley, Saltin, Bjure, Grimby, & Astrand, 1969; McDonough, Kusumi, & Bruce, 1970; Naughton & Nagle, 1965; Oscai, Williams, & Hertig, 1968; Pollock, Miller, Janeway, Linnerud, Robertson, & Valentino, 1971; Pollock, Cureton, & Grenninger, 1969; Ribisl, 1969; Saltin, Hartley, Kilbom, & Astrand, 1969; Wilmore, Royce, Girandola, Katch, & Katch, 1970).

¹ Presented at the Scientific Congress held in conjunction with the XX Olympiade, Munich, Germany, Aug., 1972. The authors appreciate the cooperation of Dr. David Costill, Director, Human Performance Laboratory, Ball State Univ., Muncie, IN, for help in collecting data on 2 subjects.

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Some evidence is available on middle-aged and older athletes (Cureton, 1964; Dill, 1965; Grimby & Saltin, 1966; Pollock, et al., 1970), but this has been mainly limited to individual sportsmen or small groups in Europe and Scandinavia. A recent boom in Masters Track and Field competition (refers to competition after 40 years of age) in the United States has led many athletes to continue rigorous training and others to commence again. This has led to many outstanding performances and for the first time US Masters International competition in England, Scandinavia, and Europe (Aug.-Sept., 1972).

It was a result of this new impetus that brought the authors together in a joint effort to evaluate as many of these athletes as possible.

SUBJECTS

Subjects from this investigation were mostly professional people encompassing a wide variety of occupations. Four of the older men were retired. Subjects had shown recent outstanding running or walking performances in regional or national Masters Track and Field meets. The 25 men who volunteered to participate in this project ranged from 40 to 75 years of age and were grouped as follows: I, 40-49; II, 50-59; III, 60-69; and IV, 70-75.

METHOD

As a result of the varied geographical locations of the subjects, it was decided to complete the evaluations in two locations. The Davis Laboratory tested the men from the West Coast and the Wake Forest Laboratory the men from the Mid-west and East.

In most cases, subjects reported to the laboratory in the morning in the post-absorptive state. After a 15 min. quiet sit, heart rate (RHR) and blood pressure (BP) were taken by the auscultation technique (as a result of nonstandardized conditions, a few subjects checked their own RHR at home). This was followed by a standard 12-lead electrocardiogram (ECG) recording administered in the supine position.

Body composition evaluation included height, total body weight, and skinfold fat measurements at the chest, axilla, triceps, abdomen, supra-iliac, and front thigh. The sum of the latter 6 measures is referred to as the total skinfold fat index (TFI). Recommendations established by Keys (1956) and Brozek and Henschel (1961) were followed in obtaining skinfold fat data. Body density was determined by the hydrostatic technique described by Wilmore and Behnke (1968) in 12 of the subjects and calculated from skinfold fat by the formula of Pascale, Grossman, Sloane, and Frankel (1956) in the remaining 13 subjects.

Spirometry evaluation included measurements of vital capacity (VC) and forced expiratory volume for one second (FEV_{1.0}) according to the procedures of Kory, Callahan, and Boren (1961). Approximately 15 ml. of blood was drawn from the antecubital vein and samples were analyzed for serum cholesterol (Block, Jarrett, & Levine, 1966) and triglyceride (Lofland, 1964).

Subjects were administered a treadmill run or walk test (depending on the subject's events) for determination of maximal oxygen uptake (VO₂ max.) and related variables. A continuous multi-stage test was used whereby the speed was held constant and the grade varied. Subjects began the test at 0% grade for 3 min. with subsequent 2½% grade increases occurring every 2 min. until exhaustion. Speed was dependent upon the subjects' estimated ability with the test being designed to exhaust them between 8 and 12 min. A slightly different protocol was used by Costill (1969). Expired air samples were collected each minute in 150L meteorological balloons or in aliquot bags and analyzed for O₂ and CO₂ content by either a Lloyd Haldane or Beckman LB-1 (CO₂) and E2 (O₂) gas analyzers. The Beckman gas analyzers were calibrated with standard gases that were previously analyzed by the Haldane method. Pulmonary ventilation (V_E) was determined by means of a Parkinson-Cowan gas meter, model CD-4. The smallest inside diameter of the system was 3.18 cm. The metabolic techniques and procedures outlined by Consolazio, Johnson, and Pecora were followed (1963). Heart rates were monitored continuously via standard ECG equipment during exercise and 4 to 6 min. of recovery.

RESULTS AND DISCUSSION

Physical characteristics and body composition measures.—The physical characteristics and body composition values are shown in Table 1. These data reflect lighter body weights and less fat than found in the average population (Brožek, 1952), in moderately trained (Benestad, 1965; Oscai et al., 1968; Pollock et al., 1969, 1971; Ribisl, 1969), and trained (Grimby & Saltin, 1966; Pollock, Miller, Linnerud, Royster, Smith, & Sonner, 1970; Ribisl, 1969) groups of similar age. This is not surprising considering that these men are all competitive runners or walkers and train approximately 20 to 42 miles/week. Except for Group IV, the individual data show a relationship between miles trained/week and

Table 1. Physical Characteristics and Body Composition of American Champion Track Athletes 40 to 75 Years of Age.^a

Age (Years)	n	Height (cm.)	Weight (kg.)	Fat (%)	Skinfold Fat (mm.)	Miles Trained/Week
40-49	11	180.7 176-191	71.6 62-86	11.2 5-17	59.4 31-88	40.4 8-90
50-59	5	174.7 168-180	67.2 59-75	10.9 2-16	47.8 35-74	42.0 18-70
60-69	6	175.7 168-179	67.1 60-73	11.3 8-15	52.8 27-91	29.7 10-55
70-75	3	175.6 169-179	66.8 63-73	13.6 7-19	70.0 56-89	20.0 10-30

^a Values represent mean and range.

total fat. Two sprinters who trained 8 to 10 miles/week had the highest relative fat in their respective groups. Norms developed at Wake Forest University on normal college-age men and men 40 to 55 years of age, showed TFI of 106 mm and 150 mm, and a relative fat of 12% and 21%, respectively (data available upon request). Data from men 38 to 57 years of age who had been in training 5.3 years, averaging 11 miles/week (runners) showed 101 mm. and 18% for the same measures (Pollock et al., 1970). National champion marathon runners were estimated to have approximately 7.5% body fat (Costill, Bowers, & Kammer, 1970; Costill & Winrow, 1970).

Maximum metabolic and related variables.—The VO₂ max. values listed in Table 2 are considerably higher than those reported for sedentary populations of the world (Andersen & Hermansen, 1965; Astrand, I., 1958, 1967; Cummings, 1967; Shephard, 1966) and higher than those reported by Grimby and Saltin (1966) for middle-aged and old athletes, and Pollock et al. (1970) on runners who had trained for 5 to 10 years. Comparison of training regimens would probably account for much of this difference. VO₂ max. of champion endurance athletes are generally over 70 ml/kg·min. (Costill & Fox, 1969; Saltin &

Table 2. Maximum Metabolic and Related Variables of American Champion Track Athletes 40 to 75 years of Age.^a

Age (Years)	n	VO ₂ L/min	VO ₂ ml/kg. min	V _E L/min	HR Beats/min	O ₂ pulse ml/beat
40-49	11	4.10 3.3-5.2	57.5 46-64	150.9 112-162	177.8 168-197	23.4 18-31
50-59	5	3.63 3.3-4.2	54.4 49-57	139.9 111-159	175.0 165-189	20.8 19-24
60-69	6	3.43 2.7-4.0	51.4 40-61	140.0 113-190	163.0 152-174	21.3 15-22
70-75	3	2.68 2.6-3.0	40.0 38-41	97.8 84-106	166.3 156-174	16.2 14-19

^a Values represent mean and range.

Astrand, 1967). Walkers and sprinters were found to have the lowest VO₂ max. in each age category, which is in agreement with Saltin and Astrand's (1967) data on athletes. Again, this is thought to be a reflection of their training regimens, i.e., less total work output and/or intensity.

ECG evaluations at rest and during maximal exercise were considered remarkably good for this age range. ST segment depressions of more than 1 mm. were found in 2 subjects, which is a lower incidence than found in previous reports of middle-aged and older athletes (Grimby & Saltin, 1966; and Pollock et al., 1970).

Resting hemodynamic, serum lipid and pulmonary measures.—Table 3 shows data for RHR, BP, serum cholesterol and triglyceride,

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Table 3. Resting Hemodynamic, Serum Lipid, and Pulmonary Measures of American Champion Track Athletes 40 to 75 Years of Age.^a

Age (Years)	n	HR Beats/min	SBP mmHg	DBP mmHg	Chol. ^b ml/100cc	Tri. ^c ml/100cc	VC L/min BTPS	FEV _{1.0} L/min BTPS
40-49	11	48.1	116.5	76.0	215.5	70.1	5.6	4.2
		34-62	100-132	64-85	176-280	45-114	4.4-6.6	3.6-5.0
50-59	5	51.7	128.6	81.2	223.0	81.7	4.9	3.8
		47-56	115-148	78-86	191-270	58-125	4.0-6.3	3.0-4.4
60-69	6	46.8	122.2	77.6	209.8	71.3	5.2	3.7
		42-50	104-140	70-80	159-245	45-100	4.8-5.7	3.3-4.1
70-75	3	57.8	140.7	83.3	230.7	86.7	4.4	3.2
		52-60	112-170	70-100	137-340	30-155	3.7-5.4	2.9-3.6

^a Values represent mean and range.

^b Chol. = serum cholesterol.

^c Tri. = serum triglyceride.

and VC and FEV_{1.0}. KHR was lower than reported for moderately trained groups (Cureton, 1969; Kilbom et al., 1969; Osoai et al., 1968; Pollock et al., 1969, 1971; Ribisl, 1969; Saltin et al., 1969) and, except for Group IV, comparable to highly trained athletes. VC was considered larger when compared with normal standards (Berglund, 1963; Birath, Kjellmer, & Sandquist, 1963; Kory, Callahan, & Boren, 1961; Robinson, 1938) but comparable to that reported by more active groups (Astrand, P., 1956; Cureton, 1969; Pollock et al., 1970). Blood pressure and lipid data are within the normal limits and do not appear to differ from that of the normal population.

Age.—The data show all groups to have excellent cardiovascular function and body composition characteristics. It is particularly interesting to note the high VO₂ max. results for Groups III and IV even though IV was much lower than the other groups. Many physiological measures have shown to be effected by the aging process (Astrand, I., 1967; Astrand, P., 1956; Berglund, 1963; Brožek, 1952; Robinson, 1938), and by physical training (Consolazio et al., 1963; Cureton, 1964, 1969; Kilbom et al., 1969; McDonough et al., 1970; Naughton & Nagle, 1965; Osoai et al., 1968; Pollock et al., 1969, 1971; Ribisl, 1969; Saltin et al., 1969). Although inference is limited by the small sample used in this investigation, it is interesting to note the similarity of the data through age 60, with significant decrements not occurring until age 70. The data of Grimby and Saltin (1966) generally agree, but their decrement in physiological functions occurred earlier. The decrement was probably a result of a combination of factors, e.g., aging, conditioning, and years of training. This was evident in the fewer miles trained/week and the number of years in continuous training for the older groups. Most of these men had not trained all their lives but commenced training again after long years of moderately active to sedentary living. The question as to whether or not a lifetime of continuous endurance training would show a less marked reduction in these parameters is still unknown. Possibly with the increased interest in Masters competition, more athletes will continue their training long enough to provide the answer to this question.

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GOOD TIME — Fred White, Duncanville, Tex., enjoys the competition in the AAU Masters Track and Field Championships at Mt. Hood CC during the weekend. White, in the 60-64 age group, competed in the long jump and 100-meter dash.

Staff photo by MIKE LLOYD

vehicule constrictus, but as it rapidly became apparent that he was constricted not only in his freedom of movement but also in his world view and his arteries, he came to be called simply *Homo constrictus*. The writing was on the wall."

Masters Track and Field isn't for everyone. Risk is involved—tendonitis, pulled muscles, torn ligaments, crack-ups going over the hurdles. And there is always the threat of rampant competitiveness, the ancient curse which destroyed the original Olympics and which now threatens all of our spectator-oriented sports. The Masters athletes I interviewed, almost to a man and woman, stressed that their competition is friendly, not mean. At 44, Dave Jackson of Carson, California, is a champion Masters sprinter, hurdler, long-jumper, and triple-jumper. He also excelled in open competition in his youth. "The beautiful part of Masters," he told me, "is that we do try to win. But we're friends. When my friend runs a good race and beats me, I'm glad. When I beat him, he's glad. We help each other by pointing out little flaws in style. My advice to a competitor might get me beat. If so, great. This is quite different from open competition, where we're always trying to psyche each other out."

All this is well and good. But as Masters events become increasingly popular, they are attracting more and more hotshot athletes, even former Olympians, fresh from their competitive careers. Most Masters meets now feature "unofficial" Sub-Masters competition for athletes 30 to 34 and 35 to 39, in which times and heights and distances approach world class marks. For example, John Carlos, known for giving the black power salute in the 1968 Mexico City Olympics, showed up at this year's Western Regional Masters Championship in San Diego. The 31-year-old Carlos ran 10.3 seconds in the 100 meters and 21.7 in the 200 meters—not bad for any age.

It could be that world class athletes in droves will simply move from open competition to Sub-Masters and then to Masters, bringing with them the winning-is-the-only-thing madness that now darkens most of our sports scene. In which case middle-aged men, instead of making their Little League sons miserable about the horrors of losing, will go about making themselves even more miserable—even into their seventies and eighties.

The leaders of the Masters movement, however, are determined to avoid the deification of "Number One." They want to go on providing plenty of competition, plenty of medals, plenty of age and sex categories, so that the maximum number of people can share the glory, and the fun, of athletics.

In any case, Masters Track and Field is only the somewhat craggy tip of the iceberg. During the past ten to fifteen years, millions of middle-aged people have opted out of *Homo constrictus* and have discovered that the strenuous life doesn't have to end at 40. It is important here to point out that you don't have to compete in Masters events to share the joys of the aging jock (see box). In fact, if you can somehow bring yourself to jog, bicycle, swim, or in some other way increase your heart rate for a steady 30 minutes at least three times a week, you will, within a very few months, begin to receive a series of delightful gifts:

□ You'll eat less. It may seem strange, but regular endurance exercise reduces the appetite.

□ You'll have more energy. Again, a paradox. By exerting energy in a moderate, rhythmic way, you somehow gain energy for the rest of living.

□ Your pulse rate will slow. By raising your heartbeat to around 130 a minute for at least 30 minutes, at least three times a week, you increase the efficiency of the entire blood and breathing system. At rest, comparatively speaking, your heart will be loafing.

□ You may start losing your taste for sweet and fatty foods. Fish and vegetables may gain appeal. Red meat may taste less good.

□ You'll possibly stop smoking. Once you start breathing freely and fully, you won't want to smoke.

□ Your capacity for alcohol will likely diminish. Your taste will go from hard liquor to wine and beer, especially the latter.

□ You'll feel better generally, more alert, more sensuous, more a part of nature.

All these results can't be promised to all people, but they recur so often in interviews of Masters athletes that their general validity can't be doubted. They also come from personal experience. The main effect of Masters Track and Field on my own life has been a sort of liberation. I have a vivid recollection of racing about 50 yards against my father when I was fourteen and he was 40. My horror at his reaction—he turned green—translated into a pervasive feeling that 40 was indeed an advanced age, given perhaps to wisdom and power, but not to the joys of the body.

When I learned that men and women my age and older were dashing all out, not just 50, but 400 yards, running marathons, high-jumping, and pole vaulting, that image was shattered forever. I was given permission to explore my own physical activity. I discovered I can do everything I could do at age 22—and a lot of things I wouldn't have dreamed of doing. Granted, I was by no means athletic at 22. Still, I'd be less than candid if I withheld my solid sense of

pleasure at this state of affairs. Practicing the lovely and sometimes acrobatic martial art of aikido, running, playing every possible game, entering an occasional Masters meet as a sprinter, I find the fifties thus far the most satisfying and by far the most physical decade of my life. Nor do the years to come seem dreary and drab. In fact, I sometimes fall into planning an assault on the Masters two years from now, and seem to hear an echo in the passionate style of my friend George Sheehan: "I can't wait until I'm 55."

But all the talk about times and medals and standings, and even the practical benefits of conditioning, finally fades against the sweet infusion of every limb that follows a long run. It may be, as I've written elsewhere, that "what we run for we shall never reach, and that is the heart and the glory of it. In the end, running is its own reward. It can never be justified. We run for the sake of running, nothing more."

SHOT PUT FINALS (MEN)

Division 1B

LAUT, Jim	39'	3 3/4"
WALLACE, Hal	33'	8"

Division 2A

PAVELICH, John	46'	9"
HOLLAND, James	41'	11 3/4"
TYLER, John	31'	3/4"

Division 2B

YINAH, Jim	38'	1/2"
CASTANEDA, Mike	37'	6"
ALDRICH, JR., Daniel	37'	4 1/2"
HAZEN, Jack	33'	3"
PATTERSON, Sandy	25'	7 1/2"

Division 3A

THATCHER, Jack	48'	9"
DEGROOT, Hugo	48'	1 3/4"
SCHNEIDER, Hans	47'	3 1/2"
McMAHON, Charles	39'	1/2"
FOWLER, Nolan	38'	9 1/2"
DICK, John	35'	2 3/4"

Division 3B

MacCONAGHY, Robert	40'	9 1/2"
PUGLIZEVICH, A.J.	38'	8"
CARSON, Jack	37'	6"
NICHOLS, Rolland	32'	1"

Division 4A

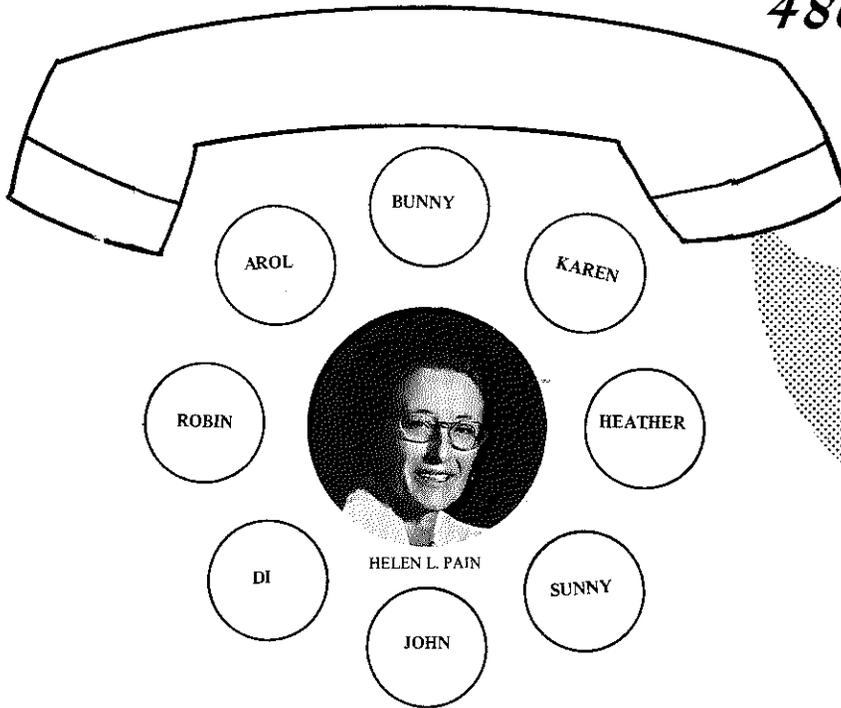
HERRMANN, Stan	37'	11 1/2"
REISER, Albert	33'	5 1/2"
VanGELDER, Homer	29'	9 1/2"
ANDERSON, Herbert	23'	4"

DISCUS FINALS (MEN)

Division 1A

HUMPHREYS, Bob	160'	4"
SMITH, Hal	120'	1 1/2"
WATERMAN, George	112'	0"
CONLEY, Philip	104'	5 1/2"
FLAHERTY, Robert	103'	6"
HANSEN, Doug	91'	4 1/2"

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AMONG THOSE OFF TO SWEDEN IN '77:

The Ed Austin family from Redondo Beach, John and Cally Brennan in Santa Barbara, John and Margaret Satti in San Francisco, Dr. Paul Spangler from San Luis Obispo, the Dick Stolpe family, John and Luella Weldy, Scottsdale; Harold Chapson, Honolulu; Al and Mollie Guidet, California City; John and Polly Clarke, Loveland; Manfred and Toshiko D'Elia, Ridgewood;

Leon Dreher, Philadelphia; Merle and Ruth Knox, Milwaukee; Richard and Isabel Lacey, Pelham; John and Gloria Mac Lachlan, Marble Falls; Robert Mimm, Willingboro; Augustus Prince, Port Jefferson; Harry and Jean Sawizky, Westwood.

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