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

Leon Drehar, Philadelphia; Merle and Ruth Knox, Milwaukee; Richard and Isabel Lacey, Pelmam; John and Gloria Mac Lachlan, Roebuck Falls; Robert Imm, Willingboro; Augustus Prince, Port Jefferson; Harry and Jean Saukzy, Westwood.

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

TO

1976 AU MASTERS TRACK AND FIELD CHAMPIONSHIPS, GREHAMS, 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. At the start of the meet, the 80°F temperature of the Western Regionals, Gremham's 400 yard dash was mighty nice and such 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 22' victory margin over Bob Darling. Hans Schmidt's 3A long jump of 16'11/2" missed the world record by only 6." The first day's running events were capped off with two fine 10,000 meter races. Ray Winton started slowly in the first with a 5:17 mile, then gathered steam and started into a 5:07 to lap the entire field flat with a 32:00.0 flat. Graham Farrelly hung onto Ross Smith's shoulder in the 1800 meter race, followed by 6 laps, then pulled away to a commanding 34:04 to a 34:48 win. The second 10K saw Jim O'Neill closely followed by Jim Porshoe and new 3A Roland Andrews for about 6 laps, before he started to unrelenting pace jockeyed for the lead. O'Neill's 31:30 was a new American 6K record and Andrews' 35:14 for second was a good one.

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

Continued on Page 3
Frankly, without any doubt, if you list just 1100 races and all the people who have raced there, you will see that there may be no one who has run them a hundred times. But then there are many people who have run them a hundred times, and the people who have run them a hundred times are the ones who can tell you a lot about the races and the people who have run them.

The 1100 races were run by people who had run them a hundred times, and they are the people who can tell you a lot about the races and the people who have run them. But then there are many people who have run them a hundred times, and the people who have run them a hundred times are the ones who can tell you a lot about the races and the people who have run them.

In short, the 1100 races were run by people who had run them a hundred times, and they are the people who can tell you a lot about the races and the people who have run them. But then there are many people who have run them a hundred times, and the people who have run them a hundred times are the ones who can tell you a lot about the races and the people who have run them.

Therefore, in short, the 1100 races were run by people who had run them a hundred times, and they are the people who can tell you a lot about the races and the people who have run them. But then there are many people who have run them a hundred times, and the people who have run them a hundred times are the ones who can tell you a lot about the races and the people who have run them. But then there are many people who have run them a hundred times, and the people who have run them a hundred times are the ones who can tell you a lot about the races and the people who have run them.
HELEN'S LTR. Continued From Page 4

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 A through IV A, 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 connections occurred with any emphasis on nationalism and in fact, as part of the closing ceremonies were held, they would be conducted as festivities with no nationalistic input.

The standardization of field event impediments which has occurred a great deal of time and study of several of our leaders, particularly Phil Partridge, was considered. The problems were 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

IA 800g 7.257kg 7.257kg 2kg 99.6cm 91.4cm
12.218bs 16 lbs 16 lbs 4lbs 39 in. 36 in.

IA 800g 5.5kg 7.257kg 1.8kg 91.4cm 84.0cm
12.218bs 12 lbs 16 lbs 4lbs 36 in. 33 in.

IA 800g & IVA 600g 4 kg 6.0kg 1kg 84.0cm 76.2cm
4.4lbs 6.6lbs 2.2lbs 33 in. 30 in.

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

Plans are underway to hold the Awards Banquet and Dance 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 noble, to eradicate it, the basic play between individuals and their club and national background seems to surface. The preliminary discussion of policy based on informal rulings of 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, recognizes and endorses 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

HELEN'S LTR. Continued From Page 4

2) To strive to ensure that no race, religious, political or other kind of discrimination be allowed in athletic 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 individual in international athletic competitions on racial, religious, or political grounds,

Whereas the World Masters Track & Field program is unique in the sense that it is concerned with individuals rather than national membership, whereas it is the intention of the aforesaid Steering Committee to continue 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 championship be determined here and now 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 the aforesaid Steering Committee on August 15, 1975, at the regularly convened meeting, Coventry, England, by

HELEN L. PAYNE

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 over 40. 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 come from inside the group...merely that we are not to be dictated to by these forces. It is we who 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 the 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 everyone 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 thousands.

By the way, at this writing we have more than 200 deposits for the charter flights scheduled for next August. We need more to insure the flights. Accommodations will be assigned according to the order which the reservations are received. So be assured of the flight you want and the best accommodations available, send 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.

Continued From Page 4

HELLO, L. SMITH, continued from Page 2

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

We are interested in hearing more about this truly exciting adventure in company with an accomplished mountain climber...drop us a note and we shall provide you with more precise details."

Continued on Page 5
"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 trying in the late 1960s."

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

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

Down to just over 150 pounds, he became a source of strength 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. I think the body sometimes gets stiff but it doesn't hurt and that's a great feeling." 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 noncompetitive to run without any goals."

Virgil works out every day, covering four miles. "I do 2 to 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 - Richard (Rick) Morcom claims he is not a fanatic about his sport, only a true lover of it.

"I love it."

Continued on Page 17

MASTERS: 9 Marks

By CODY 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 independence - not from the British, but from advancing years.

And like the patriots, they came out big winners.

Physically, 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 excessive to lift a glass of beer or step out of a car.

But then 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 says he still has time to run in the 110-meter hurdles and 400-meter run and took a third gold in the 200.

There were others. Paul Spangler at 77 was the second oldest participant in the meet, in two sets on the same run - bettering the 1,500-meter time with a 4:31.7 clocking and then continuing on to break the mile mark, running that in 6:55.6.

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

And Burns Nicks, the "senior" who runs in this age group, 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 spectacular spectacle of all was the performance of Joseph Parbo, who refuses to let the fact he is blind stand in the way of his running. He 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 were outfitted with tiny flags, "Grandfather Gray," and "Cardiac Kid."

And Alfred Guidet won the 55-59 200 meters while running in his bicentennial socks.

"I was excited to see the way things went," said director Jim Puckett. "Everyone had a good, old-fashioned time competing."
Today, Deacon spends half his time in school, and the rest on his family farm in Lebanon and Marion. He goes on lengthy runs along the roads which wind through the area, and has a pet dog who has become his high jump and pole vault partner.

Why does he keep competing?
"Half of it is the camaraderie," he said. "But a lot of it is just to see how well you can do in the meet even if I couldn't have competed.

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 STANDED JACK GREENWOOD

BY BOB ROBINSON

of the Oregonian Staff

GREENWOOD - 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.

For five years of outdoor track and field championships here but Greenwood is a class by himself," said one white-haired participant. "Sunday as the National AAU Masters meet was held at Mt. Hood Community College.

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

"The man's unbelievable," the white-haired fellow added. "He's too young for my group.

Greenwood, a former Kansas University standup, turned 50 this year and moved into a new division of Masters competition (50-54) and 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

GREENWOOD Continued from Page 8

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

"The boxer playfully nipped at me while I was practicing on a hurdle. I hurt my hip and left knee. The doctor wanted me to keep running altogether for a while. I lasted four days and then I couldn't stand it any longer. I trained only made to take 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 100-meter hurdles (15.5), the 400 meters (53.58) and the 200 meters (24.04). 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 only do 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 is a hurdler and sprinter at 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 needed to get a check in the mail that day and a fellow promised to met me.

Why so many entries? "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 track, 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.
The marathon—26 miles and 385 yards—is as much of a sacrifice of time and energy as it is of 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 a new record of 2:12:42, 19.8 seconds. Very few people are aware, however, that two years later, a 41-year-old New Zealanders, Peter Snell, 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 2:29:03 marathon run 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, Montgomerly was 62.

To run a 2:28:43 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 manage that first circuit without stopping for a cigarette.

The marathon isn't the only athletic event being invaded by athletes of varied backgrounds and training. To take a few examples of all from the 1970s: At age 40, Stig Peterson of Sweden jumped 6.5 feet, 6 inches. At 41, Piero Colombo of France put the shot 64 feet, 10.25 inches. At 44, Roger Rath of Victoria, Canada, pole-vaulted 15 feet, 1.25 inches. At 50, Bill Fitzgerald of Colorado, California, ran 6,000 meters (approximately half a mile) in 2 minutes, 1.2 seconds. At 51, Richmond "(Bobby)" Moreo of Philadelphia long-jumped 20 feet, 5.25 inches.

In America, the covert glorification of age goes along with the covert denigration of age. But, before assigning everyone over 60 to the sidelines, you might try pole-vaulting against Herbert Schmitz of West Germany, who cleared 12 feet, 9.5 inches at age 61. Better yet, challenge Dr. Paul Spangle 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 a mile in 45 minutes. But don't let that rather impressive statistic fool you into complacency. Dr. Spangle keeps beating his own times. At 77, Paul Spangle 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 first of the Masters—the men and women of ages 40 to 100—are drastically altering current medical ideas on aging. They are shattering the stereotype 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 offspring of an irascible San Diego athlete named David H.R. Pain, who shaved his head "because I don't want to be like other people." In 1966, Pain, then in his mid-fifties, turned from handball to jogging, since "getting a court and a partner was such a hassle." Jogging was fun, 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 Brentford 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. As of 1975 saw more than 1,400 masters athletes from nearly 30 nations gather in Tokyo 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, five for men over 70 are giving way to five-year categories for all alike), and even an inexpert international incident, at Tokyo, involving South African and Rhodesian athletes. But the Masters have 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 to his late sixties. "I'm on my track and I'm not on my ass." Thousands of aging athletes are working on their training programs for the Second World Championships Meet, to be held in Gothenburg, Sweden, next summer. Meanwhile, there are meets aplenty in and around the U.S. American citizens at every level of performance, leading up to AAU regional meets and an annual U.S. National Masters Track and Field Championships.

By George Leonard
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.

Greenwood (50) takes the 2-a 100 m in 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.

UP AND OVER — Bob 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.

Jack Greenwood (50) — Like a latter day Abe Lincoln — didn't fool many masters at Gresham with his new disguise.
By then, Dr. Spangler was well into running, but he heard of the Masters program only in 1975, when the Corona Dodge Road 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 big bug hit me," he said, with a blend of ironic self-awareness and pure delight. "I entered the National at White Plains, New York, and walked, and won gold medals. Now, at this meet, I’ve already broken two world records in the 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 now 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 headaches anymore. No colds. I never used to go to bed without a handful of assorted tablets. Now I take none."

The starter’s gun interrupted our talk and we paused long enough to cheer the Masters superstar Jack Greerwoodo 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 stinking orthodox about my smoking that it’s painful. 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 Lawrence Livermore Radiation Laboratory in California. When the pool there was closed for the winter in November, 1972, two female coworkers missed it and came out and ran with them during the lunch hour.

"I’ll never forget that run—eight minutes for one-and-a-quarter miles. I’ve never swam, but I caught all afternoons, 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 conditioning conditions. I ran in a series of fun races. I set attainable targets for myself."

"Then there was the Woodminster in 1973, a mon-and-a-quarter-mile handicap in the Oakland hills. Near the end of the race, the last man 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.

"I’m trying to do it 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 acts like that. Actually, it’s no big deal."

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

Continued on Page 15
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 this has been his own eminence as a heart specialist, he says, for he is a normal man who does not run races. That's my speed work. I run Saturday and Sunday. I either do a race or try a local meet. It's not convenient, unless you're a regular doy, of course. I can run after the race. I'm not that way. I'm not that well-versed in exercise and aging. Asked, "Is there any danger with an athletic career?" he hints at. "Gorge is without it." The main danger is going to the doctor. Physicians are generally not keen about exercise physiology. They become alarmed at the normal physiological changes that accompany the aging process and peak condition. They are, therefore, likely to give bad advice that could cause harm, or at the very least have his sport, or he can continue. He's a serious character. I can smell it long before I get to it.

"Are you addicted?"

"Oh, definitely. You know, I've always been a bit of a heart guy. I can't stop worrying about it. I've been a bit of a heart guy."

"You're addicted, but I did when I was a young man of 35," he told me. "But I compete too much. I can't run."

"It's love-making, you know."

"I'm not now," he said, and his voice became low and vibrant. "I can't run."

"In this topsy-turvy world, you know, you can lose what you're used to."

People like Paul Spangler and Ruth Anderson come to the joy of strenuous physical activity all their lives. Dr. Alexander Leaf of Harvard Medical School visited three and 15 states, including the Hunzas, who live in a region of Pakistan high in the Western Himalayas. They were being unable to keep up with a 106-year-old during a mountain hike, the 53- year-old, and took up running as a sort of sport to the United States.

We are a country that has indeed embarked upon a (radical and dangerous) experiment with the human body, showing it can be healthy, and it can be fun. We're doing it with foods, nicotine, alcohol, and prescription drugs, and then letting it simmer, causing in automobiles and easy chairs. How it will end, no one knows. Perhaps every American will eventually be the model for his own motorized wheel chair, complete with built-in television, personalized pill unit, portable oxygen, bone marrow, and cardiac monitor. And when the machines will be ready, it promises of an intensive care unit in every home.

Tasteful? Extreme? Maybe not a. recent article in the British Medical Journal argues that we have a problem with the Homo sapiens species, not the evolution of it. Homo sapiens, as you might have guessed, derives from relatively few people who prop erly take care of ourselves by walking, running, or bicycling. The survivors will look back with a certain amount of wonder at the relationship with the other Homo sapiens. The fork, the motorists who "became in the end the masters of the machine, which were set to some free. This pitiable creature was known at first as Homo Continued from Page 23

Continued from Page 14

A grandfather jock known as the Gray Ghost—not a bad idea for a TV series. But how do you handle a 39-year- old, with 39 years of age in Flash? Highlight of last year's World Championship was a 23-year-old match-up between the man who goes by that name, Duncan McNaught of Scotl and, and the 39-year-old match-up of C. Speedy of England, in the 100 meter dash. Speedy, an representative for the World magazine, beat his rival out of the blocks and held on to win, 22.5-23.

Make no mistake, Masters Track and Field does not stop the aging process. All around in the world and each older 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 50s are substantially superior to sedentary men in their twenties—"sedentary" being a category, unfortunately, which includes most Americans of any age.

But Sheehan has been moved, 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 invest in strenuous physical activity all their lives. Dr. Alexander Leaf of Harvard Medical School visited three and 15 states, including the Hunzas, who live in a region of Pakistan high in the Western Himalayas. They were being unable to keep up with a 106-year-old during a mountain hike, the 53- year-old, and took up running as a sort of sport to the United States.

We are a country that has indeed embarked upon a (radical and dangerous) experiment with the human body, showing it can be healthy, and it can be fun. We're doing it with foods, nicotine, alcohol, and prescription drugs, and then letting it simmer, causing in automobiles and easy chairs. How it will end, no one knows. Perhaps every American will eventually be the model for his own motorized wheel chair, complete with built-in television, personalized pill unit, portable oxygen, bone marrow, and cardiac monitor. And when the machines will be ready, it promises of an intensive care unit in every home.

Tasteful? Extreme? Maybe not a. recent article in the British Medical Journal argues that we have a problem with the Homo sapiens species, not the evolution of it. Homo sapiens, as you might have guessed, derives from relatively few people who prop erly take care of ourselves by walking, running, or bicycling. The survivors will look back with a certain amount of wonder at the relationship with the other Homo sapiens. The fork, the motorists who "became in the end the masters of the machine, which were set to some free. This pitiable creature was known at first as Homo Continued from Page 23

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A grandfather jock known as the Gray Ghost—not a bad idea for a TV series. But how do you handle a 39-year- old, with 39 years of age in Flash? Highlight of last year's World Championship was a 23-year-old match-up between the man who goes by that name, Duncan McNaught of Scotl and, and the 39-year-old match-up of C. Speedy of England, in the 100 meter dash. Speedy, an representative for the World magazine, beat his rival out of the blocks and held on to win, 22.5-23.

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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.

"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 time. 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. "That was 10 years ago.

Continued from Page 6
Whatever, the 55-year-old from Philadelphia is something else as an all-around track and field performer at an age when most men are confined 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 the feel of 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 1:09.8 points in the decathlon.

"I got the hurdles 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 live up" to 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 early 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, a member of the 400-meter relay team, but I bounced out there. I had cleared 14-6 in the trials but I only made 12-9 at London. It was rainy and cold and I pulled a muscle, 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 colleagues," he grinned.

"I won every time I loved it."
Western Regional Masters Meet Qualified Success.

The USMTC in conjunction with the SMTM sponsored the '76 USM Masters 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 all regional, the usual Masters divisions, ladies and submaster competition.

Some very fine performances were turned in several meet and age group records (see detailed results). Most noticeably however, were the performances of the notorious and now near mythical John Carlson (31), positive Royal (30), and Theirs (26). John captured the 100 meter race in a time of 10.2 (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 Aramanius Herrer (Venezuela) set in Margarita, August 29, 1970. The 200 meter mark was also set by John, and Edward Jeffers (South Africa) set in Worcester on February 6, 1975. Both of these sprint efforts are believed to be the fastest in the Diego State meet records in addition.

The meet was well attended with a professional attitude by the SMTM Anacata Photomartist that caught several near dead heats which would have been extremely difficult to judge absent of some based on the schedule and quality medals were awarded for third through third place. Audience and participant interest was keenly observed with numerous announcements, introduction of contestants, results and records. The announcing chores were ably performed by Andre Ege, Chris Cooper, 1/2 Phillips, 1/2 Sheila and an injured Pete Muntle, custodian of Age Group Records. The San Diego State Fair facilities were excellent with all necessary equipment available, including scales for weighing implements, a wind gauge, tapes and other measuring equipment available, paralysnol. Our thanks to Tony Sacco, San Diego State Meet Director and Bill Stock, Clerk of the Course, for making this meet a success.

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 events that must come to light which cast a pall on the proceedings from the outset. The first difficulties arose when the Meet Committee announced that entry blanks must be held in order to assure a minimum of 150 entries were necessary for a mixed event, 50 entrants for 1st through 3rd place, 20 entrants for 4th through 6th place. We also announced that only 1,000 meter events would be contested in two divisions (30-44 and 45-59) due to an expected long line in the Walk and that Division III would be contested, ages 60 through 66. The foregoing brought on a flurry of objections, some abuse, and such unnecessary flack. It was quickly brought to our attention that the RULES 250 requires that in a regional meet all divisions shall be held in 5-year age groups. Accordingly, we promptly announced that all entry blanks be held in order to assure a minimum number of entries and the logic of the committee is unassailable in that awards are presumably bestowed for winning or for participating or just showing up.

We conceived the Masters program some years ago based on the concept that competitive people would be stimulated to optimal fitness through competition. A desire for a hard work and need to keep the field of competition is certainly a stimulus to achieve that degree of fitness required. If an athlete knows he can enter some other event, walk and walk off with a medal for merely entering, what effect does this have on the investment of the event as a whole? Why does an Olympian cherish an Olympic Gold, Silver or Bronze? He does so because of the struggle involved in achieving the award. What is the value to the Masters program have any lesser policy? We have received numerous newspaper stories dealing with the accomplishments of the Masters with much able to be said about the "Joe Smith," retired local olimbologist returns from National Championships with Five Gold Medals." In some instances
Continued on Page 19

The articles are misleading and in others an outright misstatement that in many cases the so-called "bragged-about medals were "won" by default. In the National Championships this is really not too much of a problem except for the handful of 70+ age entrants whose ranks are thin at best. In virtually all other age groups the number of entrants in any given event or age group presents problems. Should not the meet director have freedom to set reasonable criteria to award and limit 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 the number of entrants exceed the number of entrants expected.

There is a difference between "winning" and "participating." Are our awards for winning actually for participating? Should the awards be so labelled and could be handed out when the athlete checks in at the entry desk. In this same meet everyone over age 65 (if they wish) should suffice. One particularly telling suggestion was to label such events "participation" and make age groups wider given when competition is absent is tantamount to that.

Another consideration is the pocket statistician. There is usually a Western Regional -- which was a quality meet; had a budget of $3,000 and approximately 2,900 actually spent plus many hours of volunteer labor. Entry fees totalled $2,500 for an approximate $600 profit. The awards, 425 of them, cost nearly $250. A more dependable method of giving awards could cut down on this excessive expense.

An athlete should not 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 (it was a $500 sponsor) and other difficulties with the AW, has dropped out of the program. It should be obvious that one handles volunteer work carefully.

A word of caution! An athlete should not be motivated why they should accept all this abuse, hard work, harassment, and bear the financial loss as well.

Reprinted from Swimming World, May 1974, Vol. 29, No. 6, 645-649

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Table 5. The effects of hormone activity of the maternal on the growth of the cell.

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<thead>
<tr>
<th>Hormone</th>
<th>Activity 1</th>
<th>Activity 2</th>
<th>Activity 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Testosterone</td>
<td>0.5</td>
<td>1.0</td>
<td>1.5</td>
</tr>
<tr>
<td>Estrogen</td>
<td>0.2</td>
<td>0.5</td>
<td>1.0</td>
</tr>
<tr>
<td>Progesterone</td>
<td>0.1</td>
<td>0.3</td>
<td>0.6</td>
</tr>
</tbody>
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- **Testosterone** promotes muscle growth and development.
- **Estrogen** enhances the growth of connective tissue and bone.
- **Progesterone** stimulates the development of hair and fat.

In any case, Masters Track and Field is only the somewhat craggyp tip of the iceberg. During the past ten to fifteen years, a number of new events have emerged. We no longer have a limit to the number of participants, and we have a large number of Masters athletes, not just males but also females. Masters Track and Field has become a popular event among participants of all ages. The sport offers a unique challenge and provides opportunities for personal growth and development. It is an excellent way to stay active, improve physical fitness, and enjoy social interactions with others. Whether you are a beginner or an experienced runner, Masters Track and Field is a rewarding and enriching experience that can be enjoyed by all. Please join us in celebrating the spirit of competition and camaraderie that defines Masters Track and Field.
The Ed Austin family from Redondo Beach, John and Cally Brennand in Santa Barbara, John and Margaret Satti in San Francisco, Dr. Paul Spangler from San Luis Obispo, the Dick Stolpe family, John and Luella Uelley, Scottsdale; Harold Chapson, Honolulu; Al and Molleva Guidet, California City; John and Polly Clarke, Loveland; Manfred and Toshiko O’Elia, Ridgewood; Leon Dreher, Philadelphia; Merle and Ruth Knox, Milwaukee; Richard and Isabel Lacey, Palhem; John and Gloria MacLachlan, Marble Falls; Robert Minn, Willingboro; Augustus Prince, Post Jefferson; Harry and Jean Sauzlet, Westwood.

Leon Dreher, Philadelphia; Merle and Ruth Knox, Milwaukee; Richard and Isabel Lacey, Palhem; John and Gloria MacLachlan, Marble Falls; Robert Minn, Willingboro; Augustus Prince, Post Jefferson; Harry and Jean Sauzlet, Westwood.

The hospitality of Jim Buckett 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. Bane 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 tons 10,000 meter races. Ray Bilton started slowly in the first with a 5:17 mile, then gathered steam and began to click off 5:07’s to break the entire field flat with a 32:00:0 flat. Graham Parkin was on Ross Smith’s shoulder in the 10000m section through about 5 miles, then pulled away to a convincing 34:04 to a 34:48 win. The second 10K saw Jim O’Neill closely followed by Jim Pochetee and new 3A Roland Ansperch for about 6 laps, before his steady unrelenting pace crashed the two clingers. O’Neill’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 wonder who the knuckleheads were running inside the track at the start—yelling “third lane... Joe, second lane... Joe, third lane...” Then, into the straight and away they go. Each turn thereafter, two guys and

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; Wally Sheppard, Australia; Roland Jermery, President for the Championships, and Konrad Hermelin, Sweden; and Bob Fine and Helen Pain, substituting for David, U.S.A.

Maureen 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 1976.

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

It was agreed that the championships will take place in Gothenburg, Sweden, August 8 to 15, 1977. Also determined were the facts Continued on page 3.