

U.S.M.



I.T.T.

U.S. masters international track team

APRIL, 1977

TEN YEARS LOOKING BACK (1967-1977)

DAVID PAIN

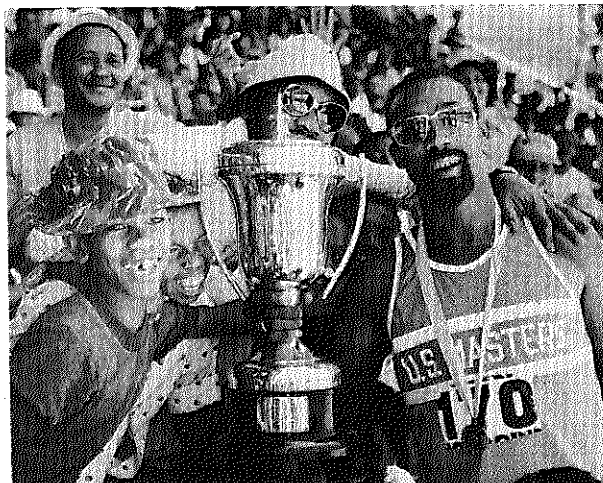
One seldom looks at life, or a period in one's life, in retrospect. We spend most of our time trying to forget the past and attempting to prognosticate the future. But ten years have transpired since Masters Athletics first saw the light of day, and we feel after its first decade, the program is entitled to a review from its humble beginning, to the present. In this way we may gain some insight as to what the future may hold for the Masters. It has always been our thought that sport without competition was somewhat akin to kissing one's sister. Running by itself is gratifying, but it's a lot more exciting if one has goals. The thought of doing well in a given competition stimulates one into training harder. Ergo enter a race. But to enter just any race is pointless. A person must have a chance or it's not worth making a fool of one's self.

As a then 44 year old not very fit lawyer, I thought competing against 20 year olds just didn't seem right. I had been exposed to the Masters age group concept in handball and felt it would work in track. Our first efforts with selected Masters miles in track meets seemed to appeal to lots of people, so we tried the concept in a full track meet -- although we eschewed such overly rigorous events as the triple jump and the steeple -- dividing the competitors into 10 year age groups. The idea caught on. Soon we had National championships and even International meetings.

The timing in '67 was just right as there was also emerging a national awareness of the importance of being fit, which in some way was related to the larger concept that we should revert to the more simple and basic aspects of life. Both of these concepts seem to have continued to flourish as we left the '60s and entered the '70s. Natural resources are now considered more precious and are much more costly. People are beginning to think in terms of walking or riding a bike to work. Others are more aware of the dangers of smoking and nonsmoking sections are being opened in aircraft, public places, and restaurants.

During this same period we saw how people who got out and exercised -- even jogged -- were not looked upon as freaks, as in the past, but as persons to be admired for their dedication. Thus it became easier for older men, and even a few women, to put on skimpy track suits and compete in road races or track meets. The willingness of women -- all be it

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Excerpts From Cape Town South Africa
Masters Newsletter 1/20/77

by BARRY J. HEYMANN

The American visit was the highlight of our season. Indeed, it has probably been the highpoint in the short history of our Association, and, the anticipation of the tour, the arrival of the team, the excitement of the meetings and our friends departure, has left us all with a, not unexpected, feeling of anti-climax and lethargy.

Being in Johannesburg at the time of the U.S. arrival I attached myself to the visitors and went sight-seeing with them and, for a while, became an American tourist. It was a memorable period for me, both from the point of view of human relations and seeing the city of Johannesburg -- I even went down a gold mine, at 1000 m per min. in a wire cage at something approaching the speed of light! My stomach followed with the next shift. Returning to the surface at what seemed a much more civilized rate of ascent, we were shown the workings of the mine from A to Z. From virtually the initial signing on of the mineworkers, their training etc., right through to an actual demonstration of pouring the molten gold. Fanie du Plessis (ex Empire Discus Champion), a huge and immensely strong man, who was on the tour with us, was the only one who managed to lift a gold brick (worth about R75,000.00) with one hand and was most disappointed at not being allowed to take it home!

I mention human relations because to my mind, it was just about the most important aspect of the tour. 34 Americans and 5 Australians -- a mixture of people with origins in Mexico, West Indies, Canada -- Professors, Doctors, Psychiatrists, Librarians, Engineers, people from all walks of life -- Black people, white people, man, women, children -- all in a strange country, the whipping boy of the world, subject of the sensational press -- to look and see and learn. Some with pre-conceived ideas, others with open minds, all intelligent, all asking questions, all making comments. It was more than fascinating, in fact, in many ways,

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FALSE STARTS

From Hawaii comes the word that both USMITT members Harold Chapson (74) and Stan Thompson (66) broke WAR — the 3000 m 12:23.7 and 4'5" respectfully. Chapson also ran a record for his age 5000 21:20.9 with a 20:38.1 for 3 miles thrown in too boot . . . In the national 1 hr. run the top Masters were:

- | | |
|--------------------------------|----------------|
| (1) Roy Hatton (USMITT) Oregon | 11 m., 740 y. |
| (2) Denny Moyer (Sno TC) | 11 m., 187 y. |
| (3) Clark (Mass TC) | 11 m., 103 y. |
| (4) Renaud (CLTC) | 10 m., 1487 y. |
| (5) Graham Parnell (S.D.) | 10 m., 1306 y. |

It wasn't too many years ago that 11 + miles would win the open . . . we hope Payton Jordan (60) shows up in Sweden this summer as age doesn't seem to slow him down very much. In the S.F. Examiner Indoor meet the popular Stanford track coach won the 60 yd. event in 7.1 with USMITT member John Satti doing 7.8. Sen. Alan Cranston a fixture in this event each year went unplaced . . . On January 29, 1977 Al Guditt (USMITT) (CDM) Div. 2-a did an 11.6 100 y. and 26.8 220 yd., while Jack Thatcher (60) (CDM) and (USMITT) who had quite a bout with cancer in '75 put the #8 shot 47'4" and the lighter disscus 141'6". In the same meet Percy Knox CDM did 10.9 in the 100 y. and 10.1 on December 3, 1976 . . . Honored at the Seniors T.C. Annual Awards banquet were USMITT members Bob Watanabe (50) 10.5 100 yds. when he can stay in one piece; Jim Parks 400 m. 53.5, Bill Fitzgerald (51) 800 m. & 1500 m. WAR at 800 m., Avery Bryant (52) one tough competitor from 800-5,000 m. Hal Wallace (49) Decathlon and Pentathlon, Art Vesco (56) great in the weight events; and Jim Vernon (59) who jumps 10' and better with his "kinky" pole plus, of course Jack Greenwood (50) who is also a member of the Seniors T.C. Also award winners were USMITT members Ray Gil (52), Chuck Seekins (60), John Montoya (64) and Jim Bole (69) . . . Nicki Gorman's (41) efforts did not go unrecognized in the L.A. area where she was elected top female athlete of '76 by the S. Pac. AAU for her 2:39:11 New York City Marathon tops in the world for women over 40 . . . Dorothy Stock (43) (SDTC) and (USMITT) on December 11, 1976 ran a good 58:34 8 miles at Desert Hot Springs on a rolling road course . . . Being injured most of the time your editor has taken to the bicycle and finds it most rewarding exercise and fun. This is particularly true if you can get a tandem and include a friend on the back. This way two people of unequal ability can stay together and both get a maximum work-out. A good bike makes a lot of difference and in the long run the extra investment pays off. While on the subject of bikes let me note that USMITT member Ken A. Proctor (61) of Philadelphia is planning a world tour with his wife — all on a bike . . . At the recent Mission Bay Marathon — over 2000 starters in Marathon and 1/2 Marathon Ed Almeida was 1st over 50 (2nd over 40) in 2:40:56 46th place, while Nicki Hobson (45) was second woman in 3:00:38. Charlie Seekins USMITT and Seniors T.C. recently turned 60 and demolished

the division III record 3:09.47. He was lucky, however, that Wayne Zook (59+) USMITT and S.D.T.C. was just 14 days shy of his 60th as Zook broke 3 hrs. with an excellent 2:59:26!!! . . . At the Fiesta Bowl Marathon in Scottsdale Ariz December 11, 1976 USMITT member Joe Livesay (42) won the 40-49 Div. in 2:46:13 . . . From Calgary Canada John B. Doyle (40) ran an excellent 10,000 m. Road Race on November 14, 1976 finishing 7 over and 1st Master in 33.26. He probably went that fast in order to keep warm . . . Harry Cordellos the S.F. blind best Marathoner who has a lust of 2:57 will appear on 7 million Wheaties Boxes. The text praises the importance of running as a means of achieving fitness.

MASTERS MARATHONING

Many of our USMITT and other Master runners have been turning in some remarkable performances in the 42 km. event. We feel these efforts should not go unrecognized.

Starting with the 100 km. (the Marathon is apparently not long enough) we find that this diabolical distance was offered in San Francisco on December 26, 1976 around Lake Merced where Harry Siitonen (50) completed the distance in 16:24:35. Ruth Anderson (47) and USMITT member did 50 miles in 8:30:01. She fell off her pace somewhat but finished the 100 km. in 11:22:46 at an overall pace of 11 min. per mile. At 40 it was 9.6 min./mile, and at 20 8 min./mile. Ruth is our tough cookie!! We note that R-W lists the best Masters effort at this distance as 9:29:10 by Don Hermiller (44) of Penn.

Moving to the Marathon we are advised from above the Arctic Circle that Marci Trent (58) of Anchorage completed the Equinox in 4:24:51. This was on a mountain trail and over a pass.

At the Ottawa 1/2 Marathon 45 yr. old Ed Whitlock (Quebec) turned in an excellent 73:49 (equal to a sub 2:30 Marathon).

At New York City Marathon won by Bill Rodgers in 2:10:10, Frank Shorter 2nd 2:13:12, and Chris Stewart 3rd 2:13:31 we see down in 549th place Dr. George Sheehan (50+) 3:14:15 and Ted Corbett (50+) in a surprisingly slow 3:33:31 in 848th place. Over 2000 starters but only 88 women . . . The Honolulu Marathon results naming all 1443 finishers and their times were published in the December 26, 1976 Sunday Star - Bulletin of that City. In that same race was held the National AAU Masters Marathon Championships. Although the practicality of combining a Masters Championship with another event is apparent; it is also true that the smaller event is totally overwhelmed by the larger. On the other hand this years event saw 111 men and 13 women compete. 1st woman was the ubiquitous Ruth Anderson (47) 3:18:17 also in contention was USMITT III-A member Bernice Hicks who hung in there at 5:11:25. In the men in IV-A new USMITT member Lou Gregory of Florida broke 4 hours with a 3:59:55 and Jim Bole of Long Beach III-B did 4:09:24. As usual III-A saw John E. Wall of the USMITT and Baltimore turn in an excellent 3:18:07 for 238th place. John has really learned how to grab those military flights. 11-B saw William Zappas, Torrance Ca., do a 3:20:29. 11-a entertained Jim O'Neil of Sacramento and the USMITT in 2:40:56 and 25th place. Of interest is the fact that in 9th place in II-A was Frank Stranahan of N.Y.C. Frank did 3:33:40. You may remember him as a top pro golfer of yesteryear.

it was a privilege to be part of, and involved in the happenings, both in Johannesburg and Cape Town, to see ideas formulating, to hear opinions, to be aware of the emotions brought about by experiences and attitudes over the 6 days of close contact with this fabulous group of people. We were requested from 'high levels' to "avoid all incidents before they happen" -- quite naturally, in a society such as ours and a multi-racial tour, such as theirs, incidents could be expected and did occur. Very few were embarrassing, most were gratifying and heart-warming in the extreme -- the absolute hero worship of big John Carlos by spectators of all races, the emotional speech and presentation of a book of poems by Mal Andrews (one of the most talented poetry writers, artists, humourists and general all round individuals it has been my pleasure to meet) to the Mayor of Paarl at the reception after the Boxing Day meeting, the presentation of a bouquet of dried Cape flowers to one of the lovely ladies of the American Party by a coloured waiter of a Sea Point Restaurant who brought his whole family to the Airport at 6 am to say farewell to the tourists. These, and many others, far to numerous to mention, spring readily and happily to mind. The refusal of a cafe owner to serve breakfast to a black Doctor of Psychiatry, is one of the few insults to human dignity we must not allow ourselves to forget.

Our friends, on their own admission, saw much that they had apprehensively anticipated, but much more that pleasantly surprised them. At this point, I would like to quote, from a memorandum written by one of the American tourists, Jon Hutchinson, who spent a few relaxing days in Cape Town with Leo Benning when the main party left for Durban and the Kruger National Park. Jon concludes: "Many misconceptions are held in the world concerning the beautiful country and the handsome, capable people of South Africa. Much of this has been revised by first hand observation on the part of interested and concerned persons who came for this historic visit. It is evident in the area of sports training and competition that the old barriers are coming down. Teams, coaches, changing rooms, seating and also refreshments are more available on a shared-together basis. It is quite possible that this beginning is the leading edge of a wider response to certain other problems of discrimination."

"Whatever, this touring group did not come to pass judgment on the situation, people and problems of South Africa. God knows, there are enough of similar problems in America and Australia. However, it is hoped that we have begun and will continue a dialogue and discussion with our friends, that we can share our attempts to peacefully correct some of the inequities which man and nature have created over the centuries."

"In conclusion, hearty thanks to our many friends and comrades in South Africa. We have been made welcome in your homes, your hotels, your playing fields and in your hearts and minds. Remember when you can, come to America. Please visit and learn more about us. There are at least 25 homes where the latch string is out and a warm welcome awaits you. We have seen the riches of gold mines, diamond mines, wide expanses of fertile farmland, vineyards and modern cities, all placed in an ideal geographical environment. We have also met with an even greater variety of friendly energetic people. We wish you Well."

Thank you, Jon. We all appreciate your sentiments.

Jokes about American tourists in Europe are legend -- "If its Tuesday it must be Belgium," and "16 Capitals in 14 days" type of tours always raise a laugh. Here it was no laughing matter -- Helen Pain and her party really worked hard at seeing S.A. After the track meeting at R.A.U., in fact, 5 minutes after the meeting ended, an unbelievable storm broke, a real highveld extravaganza, with all the trimmings, solid fingers of driving rain, terrifying crackles of lightening and

peals of thunder that seemed to emanate from deep in the bowels of the earth, rolling and rumbling to a shattering Wagnerian crescendo. Fortunately, we had all taken refuge at a party which started when the storm broke and only broke up when the storm ended, so most of the tourists got to bed at about 2 a.m. At 4:30 a.m. they were awoken in order to catch the 7 a.m. plane to Kimberly for a full days sight seeing. When they finally disembarked at D.F. Malan Airport at 8:20 p.m. that evening, they were really feeling the strain.

The next few days were not quite as hectic but nonetheless, the accumulative effect of drives to Stellenbosch, a magnificent cheese and wine luncheon in the exquisite garden of the Delheim Estate, frantic last minute shopping (who, of those present, will ever forget the sight of Van Parish and Mal Andrews bouncing into our luncheon on the lawns at Delheim in their new Safari suits?) Christmas luncheon with the families of our members, sight seeing jaunts to Cape Point, Chapmans Peak, cableway rides up Table Mountain and all the other excursions, visits and hospitality that the touring party enjoyed, must have been very hard on even the strongest constitution. Our members were marvellous and I would like to thank you all on behalf of the Committee, for giving so freely of your time, your homes and your hospitality. Knowing this was available, made our job of organization a relatively simple pleasure instead of the nightmare it could have been.

Nobody worked harder than Leo in an effort to make the U.S. Team visit to the Cape a success. If he wasn't on the phone, he was formulating results, organizing names, ages, events, distributing numbers to athletes in age groups, putting programmes in order, keeping time-keepers on their toes and generally doing everything it would normally take at least 6 people to handle. His feat, in having all the Boxing Day results formulated, typed and complete in time for the Americans to take home with them, was quite remarkable. On top of this, he and Marie still found time to entertain our guests with the rest of us and even get in some training. It is really difficult to find adequate words to give credit to Leo for his efforts. His pre-meeting "homework" was one of the more meaningful contributions to the fantastic success of the Paarl Boxing Day Sports Meeting on the 27th December, but here I must also mention the organizers and officials of this long established event. Well over 100 events, involving runners, walkers, kids, veterans, cyclists, were tightly scheduled and I don't believe that at any stage, was the programme more than 2 or 3 minutes out. I have never had such "outwardly" cool and unflustered cooperation from officials at any meeting. Everyone, from the starter and his assistants right through to the time-keepers, not forgetting Gerhard Roux on the public address system, were marvellous and went out of their way, under the most trying conditions, to make the meeting a pleasure for all. The reception, at the close of the day, given by his Worship, The Mayor of Paarl, for the visitors, was a great affair, if a trifle raucous at times and I'm sure our American and Australian friends will forgive us the little debacle pertaining to the medal distribution. I know for a fact that Preston Greer was thrilled with his medal inscribed "high jump -- girls under 18"! I won't print his comment.

The meeting at Paarl attracted the largest crowd of spectators in its 81 year history -- some 13,000 people crammed into the Paarl Sports Stadium, thrown open to an integrated all race crowd for the first time with resounding success. New heroes were born -- Rose Sedibane (S. Tv1), winner in grand style of the womens 800 m., and Sid Mares (Pretoria), who won both the mens 800 m. and 1500 m., ran their way into the hearts of thousands. Established heroes, like big John Carlos, in his borrowed size 13 spikes, showed us why he was once the worlds fastest 200 m. runner, and 74 year old, Harold Chapson of Hawaii, showed us that old heroes, like old soldiers, need not fade away if they can still

a few -- to join the men's ranks and show up for races is really a major sociological breakthrough in many countries including the US. It was not too many years ago that mature women never competed in anything except perhaps a genteel game of golf or tennis. To be seen running down the street or on a track pouring with sweat, with boobs bouncing, was unthinkable. Besides, women were too fragile to run farther than 800 meters -- even in the Olympics. Now, of course, we know better. Women are just as tough as men and can run as far, if not farther. The emergence of women as active participants in Masters athletics, some even in their 50s and 60s seems to be related to the Womens Liberation Movement, and logically so.

Anyone who has witnessed a recent marathon or road race, such as the Bay-to-Breakers has not only noted the vast multiplication of entrants, but also the singularly large number of people over 40 who are in active competition. Virtually every road race of which I am aware offers multiple classes and awards -- usually in ten, but often in five year, divisions -- to encourage the Master competitors. Frequently the over 40 group outnumbers those younger. Of course we all have witnessed the elation expressed by some of our younger friends upon their reaching the magic age of 40, when they could now enter the Masters lists and do battle with their peers. Many are actually so stimulated they produce PR's in events they engaged in when much younger. They thus have proved the validity of the basic premise of the Masters program, mainly that if you give a person fair competition to shoot at, he will do his utmost best. The most practical way of achieving this is by dividing the contestants by age, and five year divisions have proved to be just about the right age frame.

Handicapping -- very active in other sports, primarily horse racing -- has also emerged as a "new" element in the Masters program, as many events give handicaps for age and/or established ability. The best example of which we are aware, is the famous San Francisco trail race the Dipsea, run in reverse order with the slowest going out first. Many other similar events are staged elsewhere.

Masters Track & Field has moved ahead a pace nowhere near that of road racing. For example, the entry for the San Diego Mission Bay Marathon doubled in 1977 from 1000 entries in 1976 to over 2000 this year whereas the entry for the AAU Masters Track & Field championships has stayed relatively steady at approximately 500 contestants. The World Master championships are another thing, however, as we saw 1500 entries compete in Toronto in 1975; whereas over 3000 entries are expected in Gothenburg Sweden in '77.

Perhaps we can account for the widespread interest in LDR over track and field in that virtually anyone can enter a road race if reasonably fit and not feel too bad about his or her performance. Whereas in track ones inadequacies are more apparent. In the field events it is extremely hard to acquire the skills required after reaching age 40. Anyone who has attempted the discus, javelin, or pole vault, is acutely aware of this.

Accordingly only a relatively few field athletes participate, and most of them are calling on old skills developed in younger years.

I once thought that I could single-handedly administer the US Masters program of Track & Field. The fallacy of that idea soon became apparent, and when the AAU expressed an interest in taking over, I acquiesced. This of course was only the beginning of my troubles -- and disenchantment. One always has preconceived ideas of how a program should be run. Others have different ideas and frequently these clash. To compound the problem, I've always held the idealistic view that the Masters program should be open to everyone. The sole criteria being that a person be his or her stated age and fit. Virtually everyone accepts this concept at the outset. There's virtually unanimity that this is what the rule should be. In fact, in '68 or '69 when approached by the AAU's then track & field administrator Ollan Cassell and later by the prestigious AAU track & field committee, a pledge was made that the Masters program would be open to everyone including ex-professionals. In fact, a rule was adopted to that effect. But with a kicker. It applied only to National and not International competition.

The cold light of realization was beginning to bring into focus the hard facts that the fledgling Masters program -- the chance figment of the imagination of a middle-aged jogging attorney -- was to be sorely buffeted, not only by the AAU, but also the IAAF.

Since the AAU's sole claim to power in athletics in the US is as this nation's IAAF representative, it is placed in the unenviable position of having to enforce IAAF policy even when it does not approve or agree with that policy. The IAAF, in turn, presumes to hold the reins of all power over all international amateur athletics including the Masters program even though the IAAF has refused to consider any legislation dealing with the Masters or to even set up a Masters committee. It takes the lofty position that all amateur athletes -- even those over 40 -- are subject to exactly the same rules including those dealing with the IAAF's archaic definition of who shall, or may, be an amateur.

In Toronto we saw the first overt signs that in international athletics our program would be reduced to the bitter politicking we have now learned to associate with the Olympic games. In Canada politics of the worst kind was injected by the sponsoring Canadian government attempting to decree persona non grata athletes from South Africa even though they came as individuals and had paid their own way. More incredible to me, was the fact that the South Africans were allowed to compete by a slim margin of only one vote (7-6 if my memory does not fail me) and I, a member of the committee and one of the meet organizers, was barred from voting presumably because of my outspoken position and militancy toward the Canadian committee who had totally breached our earlier agreement that all athletes regardless of affiliation, would be allowed to compete.

The difficulty comes from seeking ath-

BETRAYAL AT COVENTRY

The ad hoc committee of seven met in Coventry England last August at which time the Swedes announced that the S. African's would not be permitted to compete because South Africa was not a member of the IAAF.

Despite a 60 to 11 vote in Toronto by the athletes establishing basic policy for the Masters to the effect that the program was to be open to all; the following resolution presented by Helen Pain (as proxy for absent David Pain) was voted down 6-1.

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,

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.

(*It is understood that in fact the Meet has been sanctioned by the IAAF.)

Proposed to aforesaid Steering Committee on August 15, 1976, at the regularly convened meeting, Coventry, England, by (signed) Helen L. Pain

Following the defeat of this resolution the other U.S. Delegate Bob Fine moved:

"That we seek to cooperate with the Swedish AAA and/or the IAAF and seek sanction for the meet."

This resolution was seconded by Farquharson and passed 6 to 1.

In exactly one year the bitter lesson learned in Toronto has been completely forgotten.

THIRD CANADIAN MASTERS CHAMPIONS

THIRD CANADIAN MASTERS CHAMPIONSHIPS

September 11th & 12th at Oshawa Civic Stadium, Oshawa, Ont.

Weather for the Third Canadian Masters Championships proved a mixed bag. Cold and windy the first day, fine and sunny with little wind the second. The Meet was a most successful one with representation from Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba and British Columbia as well as the USA. Feature of the meet, at which one Canadian Open and fifteen Native records for Masters were broken, was a valiant attempt by Arthur Taylor (50) of Kitchener, Ontario, on the World Record for 5000 Meters for over 50's currently held by J. Ryan of Australia at 15:54.0. The Class 2A race was held together with the Submasters event so that for the first two miles Arthur ran with Bob Daniell of Mississauga, Ont. In the last mile, however, in an attempt to gain the record he broke away but needed a 70 second last lap. This he came within 0.8 seconds of achieving finishing in 15:54.08. Had he been successful, this would have been Canada's first Masters World Record on the track (aside from Max Gould's Walking Records).

MEET CANADIAN RECORD EFFORTS

100 m
3a P. Duncan 12.9

200 m
2a N. Baum 25.9
3a P. Duncan 27.2

800 m
2a C. Hall 2:13.4
3a G. Collins 2:42.2

1500 m
2a C. Hall 4:31.6

5000 m
2a A. Taylor 15:54.8
3a R. Rollason 19:20.6

10,000 m
3a R. Rollason 40:23.2

110 m HURDLES
3a I. Hume 20.8

3000 m STEEPLE CHASE
2a A. Taylor 10:41.8

4 X 400 RELAY
Ontario Composite 4:17.2
Non-Ontario Provinces 4:28.9

4 X 100 RELAY
Toronto Composite 53.3

DISCUS
3a E. Poltrok 37m46
4 A. Ticmanis 26m76

POLE VAULT
2a S. Egerton 2m02

JAVELIN
3a I. Hume 41m48
4 A. Ticmanis 16m54

HAMMER THROW
4 A. Ticmanis 20m42

SECOND HAND SMOKE -- A KILLER
(Seniors Track Club Newsletter)

Most fit people don't smoke and believe that if they stay fit, and lean that they are safe from lung cancer and heart disease. As the following articles (Courtesy Seniors T.C. Newsletter) demonstrate your health can be seriously affected if you are exposed to sufficient secondary smoke due to your work environment or occupancy of smoke filled spaces such as restaurants and cocktail parties.

Carbon monoxide (CO) has been implicated as the factor in tobacco smoke which increases the risk in smokers of arteriosclerosis, ischaemic heart-disease, and fetal damage.

When carbon monoxide enters your blood it combines with hemoglobin, the red blood pigment that carries your oxygen around. The combination is called carboxyhemoglobin (CO-Hb). It cannot carry oxygen. Just ten puffs on a single cigarette will raise your CO-Hb level by 1.45%! That one cigarette removed 1 1/2% of your red blood cells from their job of carrying oxygen!

The smoking of a single cigarette increased the platelet's response to clotting. This helps explain the increased incidence of thrombosis in cigarette smokers. Nixon (VA Hosp, Dallas) reported three heart attacks in young men with normal coronary arteries! They were ages 24, 25 and 26. They were smokers. Increased platelet activity is thought to be the mechanism of these coronary thromboses in smokers with normal coronary arteries -- and a single cigarette can cause measurable changes in platelet

response! As Chairman of the committee on "jogging deaths" for AMJA, I have worked with two other deputy medical examiners Orselli and Carroll. We were with the local Coroner's Office for about ten years (one or more of us). During this time a quarter of a million autopsies were reviewed and our combined personal experience is around 10,000 autopsies. There are no mysteries about death -- everything has a cause! Since STC is made up of lean individuals who are fairly active I will share this little "secret" with you. If I see a fatal heart attack in a lean, active individual who thinks he is fit I can tell how much tobacco smoke he had . . . because in this setting it is "dose-related." (Excluded are the grossly obese, diabetics and hypertensives on medication. These individuals are really "patients" and can have a heart attack with a lesser dose of tobacco smoke.)

If you die of coronary heart disease, STC member, look at this table to see the dose of tobacco smoke needed.

Under age 30.3 packs/day
Under age 40.2 packs/day
40 to 50.1 pack/day
50-55	second-hand smoke for 16 hours/day
55-60	second-hand smoke for 8 hours/day

Of course, some can tolerate more smoke, but this is the MINIMUM DOSE to produce fatal heart attack in a lean, fit individual.

I can tell by looking at the heart, if the individual smoked . . . and estimate the total

WEIGHT-MANS PENTATHLON -- GLENDALE COLLEGE

DECEMBER 4, 1976 -- FROM EMSON GRIMM

Fifteen stones were awarded to first, second, and third place winners of the open, community college, and masters divisions in the weigh-mans pentathlon. Stones have been important in the history of weigh-lifting and throwing events as they were the first implements used. The meet management wished all competitors "Rocks of Luck" at the start of the meet. The division winners were:

Ed Acaro (Open)	3740 points
Dave Fuller (Community College)	3841 points
Stew Thompson (40-49)	3438 points
Dan Aldrich (50-59)	3043 points
Jack Thatcher (60-69)	1798 points
Stan Herrmann (70+)	1211 points

Two 35-pound weight throwers were over 60 feet. George Frenn's 19.10 meters was the best of the day, with 45-year-old Harold Connolly close behind with 18.47 M.

STC RESULTS:

	Hammer	Shot	Discus	Javelin	35# Wt.	Total Points
Harold Wallace	21.40 M.	10.51 M.	32.96 M.	41.84 M.	7.74 M.	2178 (5th-40+)
Pete Fetter	17.10 M.	8.24 M.	22.33 M.	45.50 M.	6.37 M.	1570 (2nd-50+)
Erich Jordan	12.05 M.	8.70 M.	27.66 M.	27.00 M.	4.28 M.	1151 (5th-50+)
Emson Grimm	11.80	6.47 M.	16.81 M.	15.50 M.	4.38 M.	727 (6th-50+)
Randy Hubbell	25.46 M.	7.25 M.	22.38 M.	26.45 M.	6.89 M.	1413 (2nd-60+)
Art Vesco	22.91 M.	7.71 M.	21.35 M.	23.20 M.	7.56 M.	1367 (3rd-60+)

16# Hammer and Shot, Heavy Discus, and Javelin

It has become increasingly more apparent however that the greatest long term dividend reaped from the Masters is not in the form of records or fitness but rather in the form of friendships and newfound goodwill. An example occurred during the Toronto Games in 1975 when the Americans were invited by the South African veterans group to visit and share their way of life during the holiday season.

A group of 35 including family members and eight courageous U.S. blacks and a quality contingent of 5 Australians responded to the generous offer.

There have been two outstanding competitions, one at the R.A.U. stadium in Johannesburg (Dec. 22nd) and the Boxing Day Athletics and Cycling Meeting at Paarl. Nearly 100 veterans from United States, South Africa, Rhodesia and Australia gathered in the two events. Various races, colours and creeds met together in friendly competition and relative harmony.

Many misconceptions are held in the world concerning the beautiful country and the handsome capable people of South Africa. Much of this has been revised by first hand observation on the part of the interested and concerned persons who came for this historic visit.

AN AMERICAN IN SOUTH AFRICA

by JON HUTCHINSON

South Africa is a country rich in people, resources and climate but poor in its concern for the unfortunate segments of the population. In a country of over 18 million non-whites and 4 1/2 million whites the rules favor the persons of fairest skin color. Laws and decrees set the pattern for separation of blacks, coloreds, Indian, Malayan and whites in the government, in schools, in housing, and in recreation which includes all athletic events. This is a country which has been under strong one-party rule since 1948 and has instituted some of the strictest racial barriers in history.

Sports have been an important part of the history of South Africa. Similar to the environment found on the U.S. West Coast, South Africa has a favorable climate, an abundance of talent and available money to support a wide variety of activities. Soccer, rugby, tennis, golf, cricket, hockey, cycling, swimming, boxing, bowls, horse racing, track and field etc. are all found there. There is quality as well; as evidenced in the record books. The people, the newspapers, the corporations and other institutions watch, encourage and applaud the sports scene.

Over the past ten years South Africa has felt the effect of sanctions imposed on the government and sports. The country was in effect voted out of the United Nations in November 1974. Earlier they were banned from all international sports competition by the International Amateur Athletic Federation and the International Olympic Committee. This isolation has hurt. It is apparent that the government and people would like to change the situation at home so that international participation is restored.

There is change in the wind. In September 1976 the ministry of sports issued a decree: "The desegregation of certain sports events would be permitted". This helped to set the stage for the visit of a representative team of 26 U.S. and Australian performers over the age of 40 including outstanding black and white record holders in sprints, middle distance and field events. The South African Masters Athletic Association invited the entire group and some family members to come for competition and to share their way of life for two weeks.

The invitation was actually issued in August 1975 during the World Masters Championships held

at Toronto Canada. At that time the South African Masters Team of 15 including a superb woman runner Ann McKenzie were invited to Toronto by the host Canadian Masters. However they were told on arrival by the Canadian Government that they could not compete. The grateful Springbok team then invited the U.S. team to come to their country and to their homes. Incidentally Ann McKenzie won four gold medals and set new world over-50 marks for each event.

Meanwhile rioting and violence in the summer and fall of 1976 caused fear and concern on the part of the Americans, and only a small handful of athletes were determined to go. However thru the diplomatic efforts of Jamaican born Ozzie Dawkins a last minute recruiting drive was successful. A team representing the diversity of the Masters program in terms of geography, color, age and talent was formed. On Dec. 17 the U.S. delegation traveled by way of Los Angeles, New York and Rio de Janeiro to join up with the Australian contingent in Johannesburg South Africa, a journey of 10,000 miles and more.

It was to be an opportunity to know more of this fortunate but troubled country and to understand its problems better. It was a series of first hand views and talks with many people who are black, white, rich, poor and in-between. During the twelve day visit tours were made to museums, gold mines, wine farms, game preserves and universities. Contact was made with sales people, news boys, farmers, migrant laborers, reporters, managers and politicians. In all of this a pattern of apartheid (separateness) where the unfairness and cruelty of the Group Areas Act, the Amenities Act and the Pass Laws which separate people by color in living areas, lavatories, cinemas, stadiums and cemeteries remains part and parcel of the official government policy.

What then is this change in the wind? The minister of sports, Dr. Piet Koomhof, whom many predict will be the next prime minister, set forth in 1972 the concept of multinational sport. This meant mixed teams could represent their intranational ethnic group, the Afrikaners, Asians, Zulus, Xhosas etc. It was even more acceptable to invite another country, usually neighboring Rhodesia, to establish the meeting as international. In 1975 for the first time a mixed South African soccer team played against an Argentinian team at Johannesburg. The visitors were outplayed and out scored to the cheers of black and white spectators.

The stage then was set for the Yank Aussie Track and Field group which arrived on Dec. 20, 1976 in Johannesburg. First, clinic was held at the previously white only Afrikaners Rand University track. John Carlos, Dave Jackson, Mal Andrews and Jon Hutchinson discussed techniques, flexibility and motivation with over sixty youngsters and their coaches, a truly mixed group in terms of sex and color. The next day another clinic was held in the black area to benefit youngsters who had missed out.

That evening, at the same stadium, 90 master athletes and many more in the women and open divisions from South Africa, Rhodesia, Australia and the U.S. competed under the lights for specially designed medals. Among them was a shot putter from the Debeers Diamond Mine at Kimberly, a distance runner from the Plantation area in Rhodesia, a walker who manages the Beech-Nut complex in Joberg, a javelin thrower on leave from his tool shop in Los Angeles and a semi-retired rancher but still active sprinter from Brisbane. The competition was keen. The desegregated crowd in the stands reacted with cheers, T-V and newspaper coverage worked up a full report and the evening was capped with a lusty beer party for all.

Continued on 10

PAARL BOXING DAY MEETING
HELD AT PAARL CAPE SOUTH AFRICA
ON MONDAY 27TH DECEMBER 1976
MASTERS' RESULTS

Visitors U.S.A. and Australian Masters

100 m

1 A

1	R. Austin (Aus)	11.3
2	J. Rabie (Tvl)	11.5
3	V. Parish (US)	11.7
4	N. Newton (US)	12.1
5	L. Oosthuizen (Tyg)	12.5
6	C. Heyns (Tvl)	13.4
7	J. Kock (Bol)	13.4
8	G. Koz (US)	13.6

1 B

1	O. Dawkins (US)	12.7
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2 B

1	B. Hogan (Aus)	12.2
2	J. Hutchinson (US)	14.2
3	J. Chase (C.H.)	15.0

3 A

1	B. Morales (US)	13.7
2	G. Braceland (US)	14.7

4 A

1	H. Chapson (US)	16.1
2	C. Wright (US)	17.4
3	H. Andrews (C.H.)	20.2

200 m

1 A

1	R. Austin (Aus)	22.1
2	J. Rabie (Tvl)	22.9
3	N. Newton (US)	24.0
4	V. Parish (US)	24.2
5	L. Oosthuizen (Tyg)	24.5
6	M. Andrews (US)	25.4
7	J. Theron (Univ. St.)	26.8

1 B

1	O. Dawkins (US)	26.2
2	D. Brown (Pine)	27.3
3	E. Honiball (Pine)	27.8
4	R. Sandell (Pine)	29.9

2 A

1	D. Good (Pine)	29.5
---	----------------	------

2 B

1	B. Hogan (Aus)	25.0
2	J. Hutchinson (US)	28.1

3 A

1	B. Morales (US)	28.9
2	G. Braceland (US)	31.0

4 A

1	H. Chapson (US)	32.3
2	C. Wright (US)	36.2
3	H. Andrews (US)	41.2

400 m

1 A

1	J. Howes (U.C.T.)	56.0
2	B. Heymann (C.H.)	57.5
3	L. Benning (C.H.)	61.2
4	D. Elliott (C.H.)	61.6
5	M. Lewis (Tvl)	65.6

1 B

1	J. Honiball (Pine)	59.5
2	P.O'Brien (C.H.)	59.6
3	D. Brown (Pine)	60.5

Sub.

1	J. Rountree (US)	60.2
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2 B

1	H. Lampert (Tvl)	65.0
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3 A

1	G. Braceland (U.S.)	70.1
2	R. Boal (U.S.)	74.2

4 A

1	H. Chapson (U.S.)	70.6
2	L. Gregory (U.S.)	75.6
3	H. Andrews (C.H.)	93.0

800 m (1A and others)

1	J. Howes 1a (U.C.T.)	2:05.1
2	B. Heymann 1a (C.H.)	2:10.1
3	J. Theron 1a (Univ. St.)	2:14.7
4	D. Elliott 1a (C.H.)	2:15.8
5	J. Flamer Sub.	2:25.0
6	--	2:26.0
7	--	2:37.0
8	H. Chapson 4a (US)	2:39.0
9	R. Boal 3a (US)	2:42.0
10	H. Gregory 4a (US)	3:38.2

1500 m

1 A

1	A. Conradie (OFS)	4:23.7
2	L. Benning (C.H.)	4:44.5
3	D. Elliott (C.H.)	4:54.0
4	J. Theron (Univ. St.)	4:58.0
5	M. Slater (C.H.)	5:02.5
6	N. Breakey (C.H.)	5:06.0
7	C. Kidwell (Pine)	5:11.0
8	A. Fairhurst (Pine)	5:12.0
9	R. Smart (C.H.)	5:16.0
10	B. Richards (USA)	5:20.0

1 B

1	P. O'Brien (C.H.)	4:27.0
2	D. Brown (Pine)	4:52.8
3	M. Orford (Pine)	5:07.0
4	A. Fricke (U.C.T.)	5:17.0
5	P. Rautenbach (S.H.)	6:14.0

2 A

1	D. Good (Pine)	4:59.6
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2 B

1	H. Lampert (Tvl)	4:59.0
2	N. Hansen (U.S.A.)	5:08.0
3	C. Frick (Sav.)	5:50

3 A

1	R. Boal (U.S.A.)	5:53.9
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4 A

1	O. Essig (U.S.A.)	6:32.7
2	H. Gregory (U.S.A.)	7:00.0

3000 m

1 A

1	A. Conradie (OFS)	9:10.2
2	A. Richards (U.S.A.)	10:19.8
3	M. Slater (C.H.)	10:39.0
4	N. Breakey (C.H.)	10:46.0
5	A. Fairhurst (Pine)	11:01.0
6	R. Smart (C.H.)	11:02.0
7	C. Kidwell (Pine)	11:09.0
8	J. van Zyl (Paarl)	11:38.0
9	A. Lewis (C.H.)	12:14.0
10	R. Johnston (Pine)	12:30.0
11	A. Kock (Bol.)	13:34.0



OFFICIAL

U.S. MASTERS

INTERNATIONAL

TRACK TEAM

ORDER FORM

OFFICIAL U.S. MASTERS INTERNATIONAL TRACK TEAM ORDER FORM



Competition Uniform

Vest: Airforce blue with white insignia and trim.

Shorts: White with red trim, vented leg, roomy for free leg action. Elastic waist. All nylon, perforated for maximum ventilation. Hand washable, dries in one hour (do not put in hot dryer).

Price: \$28.00 (sold only as a set)

Sizes: S/M/L/X-L

Sizes: vest — Sm (34-36) Med (38-40) Lg (42-44) X-Lg (46-48); shorts — Sm (28-30) Med (32-34) Lg (36-38) X-Lg (40-42)



Training "T" Shirt

White with blue trim. Heavy duty, washable 100% cotton, preshrunk. Wears well — good for informal wear. USMTT insignia.

Price \$6.00

Sizes: S/M/L/X-L

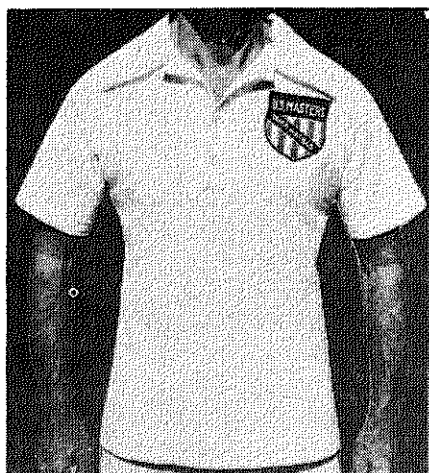


Training Shorts

White with blue trim, heavy duty 100% cotton. Washes and wears well. Elastic waist. USMTT insignia.

Price: \$5.00

Sizes: S/M/L/X-L



Oxford Knit Sport Shirt

White, heavy duty Oxford cotton. USMTT insignia. Shrink resistant, washable. Dressy with either tie or open collar.

Price: \$12.00

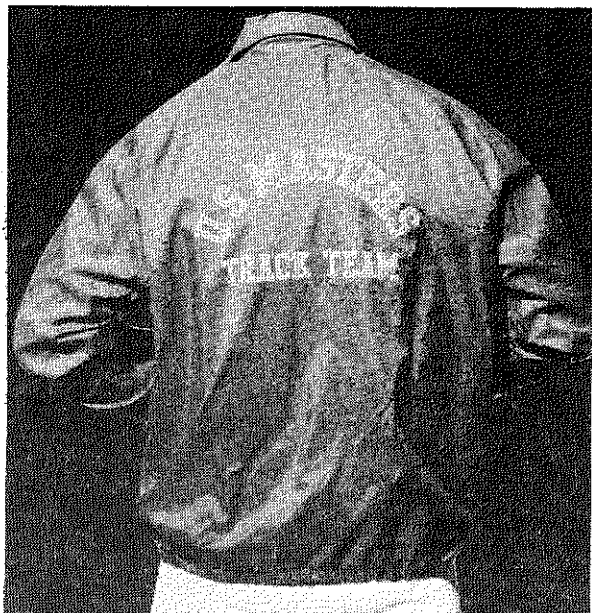
Sizes: S/M/L/X-L



Official USMTT Embroidered Emblem (not displayed)

Red, white & blue heavy duty quality embroidery. Washable. 4" x 4". Looks good on navy or light blue blazer.

Price \$4.00 each



Ripstop Nylon Windbreaker

Scarlet with flannel liner. Washable. Warm in cold weather. Pockets. Rain and Soil Resistant. Snaps up front. Elastic cuffs. Drawstring at waist. USMTT insignia. Your Name Custom Embroidered Over Insignia (*see order form)

Price: \$25.00

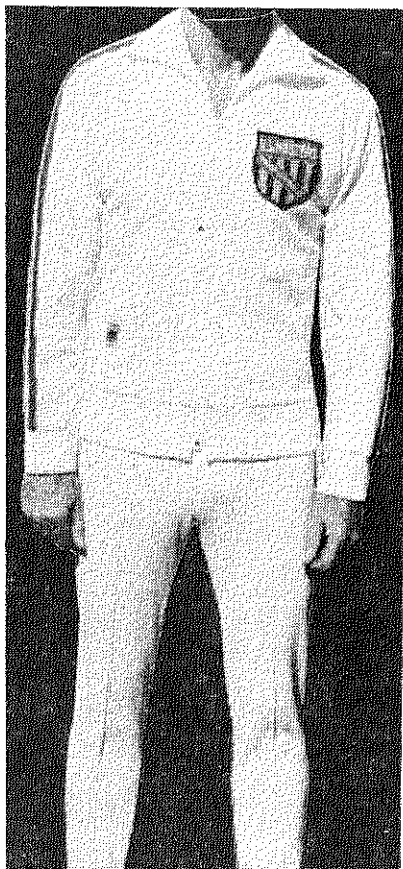
Sizes: S/M/L/X-L X-Sm



Competition Sweat Suit

Very smart, form fitting, all white heavy duty nylon. Red, white & blue elastic trim down sides. Washable. Elastic waist. Zippers on legs and jacket. Pockets in jacket and pants. Convertible open or turtle neck collar. USMTT embroidered insignia included. Custom manufactured for USMTT in Finland. Price: \$45.00

Sizes: Men order by Suit size. Women order by Dress size.



Womens/Girls Competition Uniform

Top: White heavy duty nylon blend with red trim. Very smart looking. Designed for women. USMTT insignia.



Shorts: Blue stretch nylon. Elastic waist. Coin pocket. Vented leg.

Price: \$25.00 (sold only as a set)

Sizes: S (8-10) M (12-14) L (16-18)

We will accept mixed sized orders.

All our uniforms (except the sweat suit which is made in Finland) are manufactured by Champion Products and are the best quality athletic uniform available. Satisfaction

guaranteed or your money back with return of the garment.

All proceeds from uniform sales go to defray expenses of the USMTT a non-profit tax exempt California Corporation.

Be sure to fill out order form correctly. Enclose check or money order for correct amount plus postage and handling. All prices subject to change. Allow 30 days for delivery.

OFFICIAL ORDER FORM
(Please Duplicate for your Records.)

Name _____ Date _____
*(please PRINT your name as it is to appear on windbreaker)

Address _____
(street)

_____ (city) _____ (state) _____ (zip)

Phone () _____ Weight _____ Height _____ Waist _____

Body Build: Slender ☐ Short ☐ Medium ☐ Tall ☐ Stocky ☐
Extra-large ☐ (you may check more than one)

Suit/jacket size _____

ITEM	UNIT PRICE	Size S/M/ L/XL	Quan- tity	Total Price	For Office Use Only	
					Items ship'd	Items back- order'd
Competition Uniform	\$28.00			\$		
"T" Shirt	\$ 6.00			\$		
Training Shorts	\$ 5.00			\$		
Windbreaker . X-Sm . Sm. Med . Lg . X-Lg .	\$25.00			\$		
Oxford Knit Sport Shirt	\$12.00			\$		
Competition Sweat Suit	\$45.00			\$		
Women's Competition Uniform	\$25.00			\$		
Embroidered Emblem	\$ 4.00			\$		

SUB TOTAL \$ _____

Plus Postage and Handling: orders under \$25

add \$1.50

orders over \$25

add \$3.00

TOTAL \$ _____

* Make check/money order payable to USMTT.

Mail to: USMTT
1951 Cable St.
San Diego, Cal. 92107

Date Order Rec'd _____

Amount Received \$ _____

Date Shipped _____

<u>1 B</u>		
<u>1</u>	P. O'Brien (C.H.)	9:30.8
<u>2</u>	A. Fricke (U.C.T.)	10:36.2
<u>3</u>	M. Orford (Pine)	11:05.0
<u>4</u>	W. de Beer (Tvl)	11:23.0
<u>5</u>	R. King (Pine)	11:31.0
<u>6</u>	R. Sandell (Pine)	11:35.0
<u>7</u>	R. Holbery (Pine)	12:08.0

<u>2 B</u>		
<u>1</u>	H. Lampert (Tvl)	10:38.2
<u>2</u>	N. Hansen (U.S.A.)	10:39.0
<u>3</u>	C. Frick (Sav.)	12:34.0

<u>3 B</u>		
<u>1</u>	R. MacTarnaham (U.S.A.)	13:44.0

<u>4 A</u>		
<u>1</u>	L. Gregory (U.S.A.)	15:14.0

110m HURDLES

<u>1 A</u>		
<u>1</u>	M. Andrews (US)	15,9
<u>2</u>	B. Jackson (US)	16,2
<u>3</u>	V. Parish (US)	16,5

<u>1 B</u>		
<u>1</u>	R. Holbery (Pine)	21,3

<u>2 B</u>		
<u>1</u>	B. Morcom (US)	18,6
<u>2</u>	J. Hutchinson (US)	19,5

<u>3 A</u>		
<u>1</u>	J. Braceland (US)	19,5
<u>2</u>	B. Morales (US)	20,4

POLE VAULT

<u>2 B</u>		
<u>1</u>	B. Morcom (US)	3,75m (12' 3 1/2")
<u>2</u>	J. Hutchinson (US)	2,85m

<u>3 A</u>		
	G. Braceland (US) failed at 2,55m	

HIGH JUMP

<u>1 A</u>		
<u>1</u>	N. Newton (US)	1,73m
<u>2</u>	M. Andrews (US)	1,57m
<u>3</u>	L. Benning (C.H.)	1,52m

<u>2 B</u>		
<u>1</u>	R. Morcom (US)	1,52m
<u>2</u>	J. Hutchinson (US)	1,19m

The Swedish relay ended up as follows:
(400, 300, 200, 100)

1.	Australia and W.P. (Howes, Heymann, Austin, Hogan)	2:10.1
2.	U.S. Masters (Dawkins, Andrews, Newton, Parish)	2:12.0
3.	W.P. I.B. (Brown, Fricke, O'Brien, Honiball)	NT
4.	W.P. I.A. (Fairhurst, Theron, Benning, Elliott)	NT

<u>3 A</u>		
<u>1</u>	E. Lowell, B. Morales, (US)	
	G. Braceland (US)	1,29m
<u>4</u>	B. Boal (US)	1,19m

LONG JUMP

<u>1 A</u>		
<u>1</u>	M. Andrews (US)	6,13m
<u>2</u>	N. Newton (US)	5,78m
<u>3</u>	V. Parish (US)	5,25m

<u>1 B</u>		
<u>1</u>	D. Jackson (US)	6,11m
<u>2</u>	J. Honiball (Pine)	4,76m

<u>2 B</u>		
<u>1</u>	B. Morcom (US)	5,22m
<u>2</u>	J. Hutchinson (US)	4,48m

<u>3 A</u>		
<u>1</u>	B. Morales (US)	4,52m

JAVELIN

<u>1 A</u>		
<u>1</u>	G. Koz (US)	33,06m

<u>2 B</u>		
<u>1</u>	J. Hutchinson (US)	30,78m

<u>3 A</u>		
<u>1</u>	B. Morales (US)	50,22m
<u>2</u>	G. Braceland (US)	31,54m
<u>3</u>	R. Boal (US)	23,58m

<u>3 B</u>		
<u>1</u>	R. MacTarnahan (US)	19,14m

HAMMER THROW

<u>1 A</u>		
<u>1</u>	A. Coetzee (Def.)	39,22m

SHOT PUT

<u>1 A</u>		
<u>1</u>	A. Coetzee (Def.)	12,65m

DISCUS

<u>1 A</u>		
<u>1</u>	A. Coetzee (Def.)	30,56m
<u>2</u>	M. Andrews (U.S.A.)	29,82m

<u>3 A</u>		
<u>1</u>	G. Braceland (U.S.A.)	32,76m
<u>2</u>	R. Boal (U.S.A.)	22,04m

5000m WALK

<u>1</u>	T. Kluyts	24,40
<u>2</u>	N. Kluyts	26,16
<u>3</u>	J. de Jager	26,50
<u>4</u>	--	27:34,6
<u>5</u>	--	27:49,6
<u>6</u>	--	29:12,0
<u>7</u>	--	29:56
<u>8</u>	--	30:00,0
<u>9</u>	--	32:52,0
<u>10</u>	--	33:11,0
<u>11</u>	--	33:18,0

(Winner on Handicap W. Sandmann 24:01,0)

It was a week later however that the highlight of the whole visit took place in day long competition at a small stadium in Paarl, located near Capetown. Here the annual and traditional boxing day (Dec. 27th) celebration was held in an atmosphere of good will, openness and changing of the old order. Paarl, a beautiful village in the wine growing area, has conducted these competitions for eighty years in track and field. In the 81st meeting it was a truly open competition — as school children, university athletes, veteran runners, and professional sprinters all took part. The largest crowd in the meets history, some 13,000, completely filled the stands, the banks and standing room around the entire arena which contains a concrete velodrome, a six lane banked dirt track plus a generous field events grass section.

The quality of the competition was excellent. Sydney Maree, 19, a Pretoria school boy ran 1:49 for 800 meters following a 4:08 mile. Rose Sideband local school girl showed her ability with a 2:17 800 meter run. John Carlos, remembered for his Black Power Salute in 1968 at Mexico City, now 31 years old, ran 10.8 and 21.8 to show he still has plenty of zip left. Probably the outstanding performance was turned in by Reggie Austin from Sydney Australia. This lanky 40 year old business man set a new age group world record as he ran 200 meters in 22.1. In summary the Capetown Argus reported: "There can be no denying that Maree, Carlos, and Sideband gave apartheid a good clout behind the ear in Paarl's first multi-racial meeting." Everyone did their thing as they took part. Inequalities and differences were judged on the track and field in fair competition. As is customary there was a friendly social gathering following the day of hard work, where the wine flowed freely.

In closing, this is a country which is generally beautiful, clean, neat, and well ordered yet it has serious problems of restrictions, poverty, disease, and slums. In some degree these are the problems of many nations in our world.

If South Africa is to be reformed and restructured it may well be that free interchange with the outside world is a better answer than inconsistent sanctions. This country is treated as a pariah, banned sanctioned, scorned, and isolated in cultural the "skunk of the world." Directly or indirectly we all buy their gold, diamonds, manganese, uranium, manufactured goods and food. In turn we sell to them even more than we buy. We ban them in sports, yet we welcome their trade. This is a strange form of solitary confinement. It raises the question — was any person or nation ever rehabilitated by this form of punishment? Some South Africans have made a beginning for change — they need help — the hope for our joint futures may lie in more interchange not less.

Continued from 6

dose in "pack-years." But that is not exciting because "smoker's small vessel disease" is dose-related to smoking. Any good Medical Examiner can tell your "life style" from your autopsy!

Smokers who do not inhale, subject those around them to a higher dose of smoke than themselves because they hold their tobacco-burner "downwind" so that the smoke curls around the head of someone else. Lab tests can measure the effects of just ten puffs of a cigarette. It poisons 1 1/2% of your red blood cells and speeds up your blood-clotting mechanism. This is a real danger. If you are already a heart patient, I know your cardiologist has already warned you.

If you are a track-and-field athlete over the age of 50, I'll warn you now.

If ten puffs on a cigarette is bad, it doesn't take a genius to worry about spending several hours in a "blue cloud of smoke" — and if an employer exposes all his employees to 8 hours of tobacco smoke a day, he will have very few around to collect retirement benefits!

SMOKERS GIVE CANCER TO NONSMOKERS

As I ran my 70th marathon at the Mission Bay course enjoying the fresh air, I recalled those famous words of our editor:

"Reserve the date now for our annual banquet . . . it is a grand event . . . 200 people or so . . . and NO ONE SMOKING . . . just fresh air and fresh conversations." . . .

Why is fresh air so enjoyable?

Because it is good for you!

For every ten smokers that die from lung cancer there is one polite nonsmoker who got his fatal dose of tobacco smoke from room air.

Since cigars put out 6 times as much smoke into room air, it is not surprising that it only takes 1 1/2 cigar smokers with cancer per nonsmoker. Urban nonsmokers are at risk, not rural. (You have to be exposed to smoke in closed places to get lung cancer . . . and city dwellers do spend over 80% of their time in closed places i.e. homes, public assembly areas, offices, autos, etc.)

One cigarette adds 25.8 mg of particulate matter (TPM) to room air as "side stream smoke." This comes directly off the burning end. An equal amount goes into the lungs as "mainstream smoke." When the smoker exhales, he adds about 15 mg of TPM to room air for a total of 40 mg per cigarette. The federal clean air standards for room air is 0.260 mg/m³, so one cigarette pollutes 150 cubic meters of room air!

Cancer Experiments with mouse skin have indicated that sidestream smoke has a greater tumor-producing activity than mainstream smoke. The smoker therefore "shares" the more dangerous part of the smoke with you!

The "Cigarette Equivalent" (C.E.) for passive smoking is estimated to be between 0.01 and 0.2 C.E. per hour in the "average" urban closed space. Here is a rough scale by which you can judge your own closed space exposure. In general, if the C.E. is less than a half a cigarette per hour, the symptoms appear on the surface of your body; the eyes, nose, tongue, etc. Between 0.5 and 1.0 C.E. causes symptoms deep inside your body: nausea, headache, etc. Above 1.0 C.E., the symptoms are systemic: Wheezing, vomiting, irregular heart rate, chest pain, etc.

Most cancer patients give a history of "30 pack-years" of smoking. This means one pack-a-day for 30 years, or three packs-a-day for ten years. This dose of smoke has enough carcinogens to cause cancer. If you are a nonsmoker who lives and works with smokers, you can get this dose of carcinogens through "passive smoking" . . .

Some of the carcinogens in tobacco smoke are in the "tars." Others are named by their chemical structure: benzopyrene, pyrene, phenols, cadmium, etc. All are in the Total Particulate Matter (TPM) and are particles under two microns in size so they are "fully respirable," meaning they go all the way down into the deepest lung tissues and stay there!

Next time you are trapped in a smoke filled room recall the warnings in this article and get out. Editor

P.S. There will be no smoking on the charters to Gothenburg World Championships.

EVERYONE IS INVITED!

SCANDINAVIA-RUSSIA EXTENSION
August 16-27 \$1038.00

This is your itinerary: August 15, morning departure from Gothenburg with lunch en route to Oslo (B,L)

August 16, (B) Morning drive along the piers and thru the central part of the city to the peninsula of Bygdoy, where you will see the Viking Ships, the polar ship Fram, and the Kon Tiki Museum. Kon Tiki was the raft on which Thor Heyerdahl drifted with 5 companions for 101 days across the Pacific from Peru to Polynesia. Also visit Frogner Park with the fascinating Vigeland sculptures.

August 17, (B,L,D) After 2 nights in Oslo we have an early morning departure from the hotel by private motorcoach. Drive thru the open vistas of rivers, valleys and fjords around Oslo to the deep forests of the Swedish province of Varmland, and along the Fryken Chain of Lakes. Following lunch at a manor house we visit the flower and sculpture part of Rottne-ro Manor, and then proceed to Karlstad on the northern tip of Lake Vanern, the largest fresh water sea in Europe. Dinner and overnight at the Stadhotellet.

August 18, (B,L) Morning departure for the drive thru the Kilsbergen forest to Orebro, with its impressive castle on an island in the middle of the river. Lunch en route. Drive along the shore of Lake Malaren to the town of Mariefred and the 14th century Gripsholm Castle. Afternoon arrival in Stockholm and flight to Helsinki. (No, we are not including the ferry crossing in this tour as we did in '72)

August 19, (B,L) Sightseeing in Finland will include a trip to the country in addition to the important sites within the city of Helsinki

August 20, (B,L,D) Transfer to the airport for the flight to Leningrad where we will be met and transferred to the hotel. Local sightseeing, lunch, dinner, and a visit to the opera or ballet.

August 21, (B,L,D) Sightseeing to the Warship Aurora and Isaac Cathedral. Lunch, Winter Palace. Dinner.

August 22, (B,L,D) Morning sightseeing to local museums then lunch. Transfer to the airport for flight to Moscow, where we will be transferred to the hotel. Dinner.

August 23, (B,L,D) Local sightseeing, lunch, visit to Kremlin and museums, dinner, evening to the circus. Champagne and caviar party.

August 24, (B,L,D) Morning visit to Lenin Mausoleum, lunch, afternoon sightseeing to Moscow Metro and art galleries. Evening Special Dinner including Russian folk music.

August 25, (B,L) Morning visit to Gums Department Store, then lunch, and transfer to airport for return flight to Stockholm via Helsinki. Transferred to hotel.

August 26, (B) Hopefully....a closing social event with our Swedish friends.

August 27, (B) Transfer to airport for return flight to Los Angeles.

THE MASTERS INVASION

The largest contingent ever of the U.S. Masters International Track Team will be taking wings during the first week of August '77 to attend the Second World Masters Track and Field Championships in Gothenburg, Sweden. Three charter aircraft employed by the USMIT will provide a variety of vacation periods "to the city by the river and the sea."

In addition to the international excitement created by the competition and the social mingling with friends from at least twenty other nations there are the opportunities to tour Scandinavia and Russia or to fly to Genoa and cruise the Mediterranean for the balance of the charter period. Oslo, Stockholm, Helsinki, Leningrad and Moscow are included in the land tour. Details on the Mediterranean caper will be found in a copy of the cruise brochure included with this newsletter.

We know that many of you are planning to join us for this fabulous experience . . . and have not as yet sent in your deposit. PLEASE do this today! As long as there is one empty seat . . . you are giving us grey hair! Let's take the worry out of our trip . . . insure your own reservation. BOOK NOW!

U.S. MASTERS TRACK TEAM
1951 Cable
San Diego, CA 92107

Enclosed is my deposit of _____ (\$250.00 per person) for _____ people for the USMIT tour to Sweden. I/we wish to leave from Los Angeles August 3-27* _____ or August 4-17 _____; or New York August 4-11 _____.

Names _____

Address _____

Phone _____

* Please include us in the Russia Trip _____

Cruise _____

LETTERS TO THE EDITOR

Dear Editor:

In looking forward to the 1977 track season and having just returned from the college of the Desert Meet a few thoughts come to mind. In previous years I always looked forward to and enjoyed participating in the Western regionals sponsored by USMTT & SDTC. It is sad indeed that a meet has been cancelled because of "awards."

I just reread your article in the Sept. '76 issue of USMTT Newsletter. The meet at the desert is always enjoyable & fairly well-attended with no awards. I honestly feel, and believe, that members of the Corona Del Mar Track Club will agree that awards are overly rated and not vitally necessary to the success of a meet. Personally I receive the most gratification in a published results of the meet, either by the meet sponsors or by the Corona Del Mar Track Club. It is sad to see the dismissal of a meet caused by the complaints of a few.

Is it the nature of people not to speak up except to complain? In my business I have continuously made it a point to remind myself that the ratio of satisfied customers to dissatisfied customers cannot be measured by customer response by phone or letter. In fact I always remind myself that I have 1000 satisfied customers every time I receive a letter of complaint. I know they are there even though they are silent.

It would be interesting to see what would happen if you held the meet again with no awards.

Sincerely,
Pete Fetter

Comment: Dear Pete:

You absolutely lost the point. Under present Masters AAU rules, awards must be given in all regionals and the Nationals and regardless of the number of competitors. I would agree with you that Masters shouldn't need awards as an inducement. The competition, in and of itself, should be sufficient. The truth is if you are planning a major meeting you had better have good awards and lots of them. Editor

LETTER TO THE EDITOR

You so buoyed up my confidence last year when you supported me in my confrontation with Club West of Santa Barbara that I am turning to you again for assistance. Don't put me down as a chronic agitator, however -- I really am all for peace and harmony!

Here's my problem: last Saturday night at the annual Corona Del Mar party, I refused to accept my "Most Improved" trophy in the wake of an award to a fellow from Club West (don't ask me why CDM always gives awards to people from other clubs -- just friendly I guess) but I resent it when a club is anti-women, and makes no bones about saying that their meet will exclude women again. I probably would have left it at that -- just a gesture -- but it hurt me when Dave Brown told me that I'd embarrassed the club. Crystal Miller said I was injecting politics into the affair (and I didn't even mention Taiwan!!) Significantly not one of our many black members supported me. So all this has led me to thinking that may be there's an equal rights situation here, and I wonder if you could find if they have their meet on the track of a public institution, wouldn't they be violating the law in excluding women? Dave Brown said that since they are a private club, they can make their own rules, but I don't think that argument holds water any more. What are the AAU's rules? I wrote to them last year and got no answer at all, so my opinion of them is just about like Hal Higdon's.

I would appreciate your finding out about this if possible as I don't know any lawyers here who can help me. I know you are very busy but perhaps one phone call would do it. Somebody has to fight for the underdog (underbitch?!)
Best regards, Ellen Rose (CDM)

Comment: Dear Rose:

There are no AAU rules on the subject. A club can certainly state who may compete. For example, we regularly bar runners who are under a prescribed age. Club West is making a mistake and only public pressure will make them change their policy. You expressed surprise that the black athletes (who should know more about discrimination than anyone else) didn't get up and support your position. My experience in life has been that few people will fight discrimination at every and all levels. It is only when they are discriminated against that they do anything about it. Most blacks are so busy fighting their own battles they have little energy to help someone else. For example, I have seen few blacks take any position on the Equal Rights Amendment. Editor

Continued from 3

run 400 m. in the fantastic time of 70.6 secs. Our own Harry Andrews (74) showed us that he too is no mean slouch, reeling off 100 m. in 20.2 secs; 200 m. in 41.2 secs and 400 m. in 93.0. Well done, Harry. Unfortunately, I have been unable to establish all results that were personal bests, but I do know that Dennis Elliott, who ran in 3 races, produced B.P.'s in each -- 400 m. in 61.6; 800 m. in 2:15.8 and 1500 m. in 4:54.0 (his

first official time under 5 mins.) Dennis has trained hard all season, had a set back with a strained hamstring and fully deserves his success. My 2:10.1 for the 800 m. was also my best for this event. Many amazing performances were recorded:

Bo Morcom (55-59), Pole vault -- 12'3 1/2"; Australia Reg Austin (40-44), 100 m. in 11.3 secs and 200 m. in 22.1 secs. and Nick Newtons 5'8 1/4" High jump, were but a few. Nick could have gone higher but had to interrupt his jumping to run the 200 m. (24.0 secs).

The meeting in Johannesburg also produced some magnificent results and we learned a great deal regarding organization from our Transvaal counterparts. A lot of this experience was put to good effect in Paarl and was instrumental in a large way in the success of that meeting. The registration of athletes, distribution of numbers bearing the correct age group colours, the payment of entry fees and the unavoidable acceptance of post entries, resulted in a rather overdue start to an otherwise most enjoyable meeting. Storm clouds threatened the whole evening but the organization was such, that the rain held off until 5 minutes after the last event. Danie Burger gave me some advice that proved very true at Paarl. Danie said that its difficult to be involved in the organization of a meeting and also participate. At Paarl, I was assisting with the allocation of athletes in their various heats, when my heat for the 400 m. was called. The race was run and I stood heaving and panting on the track as one is wont to do after running 400 m. An official brandishing a pencil and paper rushed up to me and, thinking that he wanted to check my name and number for results, gasped "B. Heymann." "I know that", he replied, "I just want you to tell me who is running the next heat and in which lanes.

letic sanctions from track organizations or from the IAAF, and the apparent necessity of seeking government financial aid.

Privately the Canadian committee assured me they had no intention of requiring travel permits or of barring anyone. The truth is they did not press the permit issue but would have barred the South Africans had we not put up a fight in their behalf.

Again the idealist, I cannot condone seeking an organization sanction knowing all along that one doesn't intend to follow its rules.

Such hypocrisy is repugnant to me.

Now we are faced with the Swedes -- who will put on an excellent affair I am sure -- decreeing once again that the South Africans are ineligible to compete. Why? Because the IAAF has said so. Once again politics rears its ugly head! Few Masters, as well as this writer, would actively support South Africa's stated policy of apartheid. But what has that got to do with a track meet for aging athletes who come from all over the globe to compete with their peers at their own expense. The irony of the Swede's ukase is that a South African can move to the US, or even Sweden and be eligible to compete.

What distresses me is that outside people are telling us how to run our event and are attempting to impose their rules which in most cases have no realistic relation to the Masters. Of interest is the fact that the Swedes are planning to trot out some of their aging ex-professionals for the Gothenburg meeting which is great as far as I am concerned, yet the Swedes would presume to bar the South Africans.

Equally distressing to me was the total default by the Ad Hoc Committee in Coventry last August to instruct the Swedes in no uncertain terms that no one would be barred from the meet. The likes of Bob Fine (US) Don Farquharson (Canada) Jack Fitzgerald (Great Britain) and Wally Sheppard (Australia) totally defaulted in the exercise of their charge by the voting athletes at Toronto who very clearly indicated that outside interference with the World Masters would not be tolerated. Even a simple resolution on the proposition that Masters competition was open to all, was rejected 6-1 by this committee with U.S. Rep. Bob Fine voting against the resolution, even though a virtually identical resolution was adopted in Toronto 60 to 11.

What the final outcome will be is anyone's guess. I would hope that the US athletes, at least, would accept the USMTT position that in the Masters everyone is welcome, regardless of nationality, race, color, or sex.

Today the South Africans are the whipping boys in Sport. Whose to say that in years to come it won't be the US, Canadian, or Australian athletes who are bounced. On second thought, throwing out the Aussies might not be too bad an idea. They are too damn good anyway which has about as much logic as throwing out the South Africans.

As our program has grown, other unsavory elements have into view. For example, we learned to our surprise, and distress, that Masters athletes -- at least the track and field variety -- expect an award for just showing up. We had always held the view that

an award should be hard won on the field of honest competition. But current AAU Masters rules require awards in the Nationals and Regional meets regardless of the existence of any competition. This rule was voted in by the Masters themselves. We can't lay that beauty at the feet of anyone else.

Along the same vein the 60 and 70 year olds -- God bless them -- have actively lobbied for the inclusion of all events and awards in their division even though only a handful ever show up to compete. Some are then disposed to brag publicly of their accomplishments which, frankly, turns me off completely. I admire the 60 and 70 year old competitors. They should be encouraged. But let us not make a travesty out of the awards. Just because one has reached 60 or 70 doesn't mean he, or she for that matter, is entitled to waltz off with a fist full of medals.

Another unwelcome element has also infiltrated the Masters ranks -- Death. At first we bathed in the fallacious idea our dedication to fitness had led us, to the Fountain of Eternal Youth. Unfortunately, the first 10 years has demonstrated that being fit, although healthful, is no insurance policy to longevity. Enough have dropped prematurely from our ranks from undiagnosed heart disease to demonstrate that running daily is not a be all to end all. All our dedication to fitness can assure is personal satisfaction in our accomplishments, and perhaps, that we have lived more actively a little longer than might otherwise have been the case.

As I reflect on these 10 years I recall the frustrations, disappointments, the broken promises; in short the usual shortcomings of my fellow man. As Master athletes perhaps I expected more from some than I should. I ask myself, "Would I do it again?" At this point I would have to say no. But then I look at the only pictures of myself displayed in my office -- one finishing the 24 hour relay and the other a photo finish dead heat with my good USMTT friends Eddie Halpin and Augie Escamilla doing a 2:18.7 for 880 yards at age 50, and I wonder how many hundreds of similar displays exist elsewhere and mean as much to their owners as mine do to me.

Few of us have the opportunity to profoundly touch the lives of others in any significant way. Through a chance discovery and implementation of the age group concept for Master athletes, I can take comfort in the fact that I may significantly have affected the lives of others, and hopefully, for the better.

1977 Age Group Records

Available soon. Send \$2.50 to USMTT.

(Cut along this line)

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San Diego, CA 92107

Please send _____ copy(ies) of 1977 Age
Group Records \$ _____ enclosed.

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VAN PARISH

By CHARLIE HALL

When Van Parish received a chance to be one of eight American blacks to take part in the first multi-racial track meet ever held in South Africa, he didn't exactly leap at the opportunity.

In fact, he says, he searched his soul for more than a month.

Van, who works at the Herbert Hoover Memorial Boys' Club in Belle Haven and is one of the nation's top sprinters in the 40-45 age division, says, "I thought, You know what South Africa stands for, why should I help them?"

In the end, he decided to go, and after being in South Africa from Dec. 17 to Dec. 31, he says he found the country, which enforces a policy of strict racial segregation, to be pretty much as he expected.

"It was like the South 30 years ago, with white fountains and colored fountains, white bathrooms and colored bathrooms," recalls Van, who was born in Dallas, Texas.

Van says he and his group were personally treated very well, as long as they stayed together. They were housed along with whites and were fed in unsegregated international restaurants, such as the Holiday Inn.

But when any of the American blacks were off by themselves it was a different story, he recalls.

"One of our people tried to go into a white restaurant and they refused to serve him. The manager said the government would take their license away."

Parish was also appalled by the ignorance he encountered among some white South Africans. "We were in one shop," he remembers, "and the woman there said she didn't know what an American black looked like. It bothered me that she didn't even know that."

Parish also found that while his group was treated courteously, African blacks didn't fare as well. He and others toured a gold mine manned by black workers and found the conditions grim.

All workers employed at the mines earned \$4.50 a day, and were given their assignments based on intelligence tests. "The stupider you were, the further down you went," says Parish.

In addition, the miners had to sign contracts or seven-month stints, during which time they couldn't see their families.

"The whites I talked to said they (black workers) were happy," notes Parish, "but if you don't have any family life, you're not going to be happy."

Parish also recalls he found black athletic facilities grossly inferior to white facilities.

South Africa was racked by riots during Parish's two weeks there, but he says he had little idea of what was happening at the time.

"You knew more of what was happening back here than I did while I was over there," notes Parish, adding that the whites he talked to afterward treated it as American whites did the Watts riots.

"They said, 'the blacks are just burning down their own homes,' " recalls Parish. "But you know, those people lived in tents and shacks, and if you don't have nothing, you don't have nothing to lose."

Judging from his talks with South Africans of both races, Van says he sees little likelihood of any rapid change.

"I don't know if they were bought off, but most of the blacks we talked to seemed pretty happy. Most of the whites said they were for change, but they were rich whites and didn't have anything to lose. The poor whites had a lot to lose, and I imagine they're opposed," he says.

"It's like the South," he adds. "It's going to take a lot of time."

For all his soul searching, Parish says he's glad he participated in the track meet, where he placed third in all three of his events.

Parish was especially pleased with some bi-racial training clinics he helped teach. The black and white athletes were initially uneasy at working together, but soon got over their jitters, he recalls.

Parish was also pleased by the friendly contact he had with South African blacks. "I thought they might think we thought we were better than they were, but they were happy we were there," he says.

"Some people put me down for going, but we talked about it afterwards, and we felt that by going we helped blacks in South Africa."

1977 AGE GROUP RECORDS

1977 issue available after 2/2/77. Order Now!! \$2.50/copy.

(cut along this line)

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NOTICE 1977 Dues Now Payable

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Dear Dave,

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CALENDAR OF MASTERS AAU EVENTS

April 2 Herbert Hoover Relays, Menlo Park, Ca. Atherton Hi. All T&F events plus 440, 880, mile, 2 mi., 4 mi., and Sprint Medley Relays. Ladies Mile, Van Parish 148 Medge Rd., Menlo Park, Ca. 94025.

1-3 Occidental Int. Masters T&F Championships. All T&F events. P.O. Box 10234, Raleigh N.C. 27605 Marathon, Pentathlon. Bob Boal.

2 National Age Handicap Championships (Race Frank Shorter) Elston High School, Warlington Park, 700 Lafayette Michigan City, Indiana, Hal Higdon, 2815 Lake Shore Dr., Michigan City, Indiana 46360.

16 San Luis Obispo T&F Meet. Don Cheek, CDM, P.O. Box 1476 Atascadero, Ca. 93422.

May 1 West Valley Masters T&F Meet, West Valley Community College, Saratoga, Ca. Submasters 35-39, Masters 40+, Women 40-49, 50+ (limited events). DNE Bruce Springbett. Box 1328, Los Gatos, Ca. 95030.

1 Chapman College Masters Meet., Orange, Ca. Bill Sebrin.

5-7 Grandfather (Person) Games, L.A. Valley College Van Nuys, Ca. George Ker, Track Coach L.A. Valley College.

21 3rd Annual Striders Relays -- Cal Poly, Pomona. Bill Adler, 5521 Dubois Ave., Woodland Hills, Ca. 91364.

28 Canadian Masters Marathon, Vancouver B.C.

28 1st Don Palmer Memorial T. Meet. U.C. Irvine. Dave Jackson, 19103 S. Andmark, Carson, Ca. 90746.

June 1 Weight Pentathlon N.Y.C. Phil Partridge, 77 Colombia St., Apt. #17-B N.Y.C., 10002.

July 1 National AAU 1 Hr. Run -- Nationwide -- John Brennand, 4476 Meadowlark Lane, Santa Barbara, Ca. 93105. National Chairman.

2 All-day All-Comers Age Group Track Meet. Kansas State Univ., Manhattan, Kansas. Arne Richards, 1223 N. 12th St., Manhattan, Kansas 66502.

2-4 Nat. AAU Masters T&F Championships, Northwestern Univ., Wendel Miller, 180 N. LaSalle, Chicago, Ill. 60606. (312) 234-5936.

9-10 Canadian Masters T&F Nat. Championships Montreal, Canada. Don Farquharson, 269 Ridgewood, West Hill, Ontario, Canada M1C 2X3.

23 Second Golden State Masters, Porterville College, Porterville, Ca. Ted Ensslin, 143 Carmelita, Porterville, Ca. 93251.

31-8/6 Hal Higdon Sports Camp. Lake George, N.Y. Specially designed for Master Athletes to cially designed for Master Athletes to "peak" for Sweden. For Details write Hal Higdon, 2815 Lake Shore Dr., Michigan City, Indiana 46360.

30 World Veterans, 25K & 10K Road Race. Brugge, Belgium (Write USMIT for information).

Aug. 8-13 World Masters T&F Championships, Gothenburg Sweden, Men over 40, Women over 35, all T&F disciplines, 20K & 5K. Walks, Marathon, 10K X-Country. Contact USMIT for Information, 1951 Cable St., San Diego, Ca. 92107. Charter Flights N.Y./Gothenburg 8/4-8/17. L.A./Gothenburg 8/4-8/17 & 8/4-8/27. Special tours to Russia and/or Mediterrean Cruise.

Sept. 3-4 Masters Pan-Am Games, Los Angeles, Ca. (Site Unknown). Bill Adler, 5521 Dubois Ave., Woodland Hills, Ca. 91364. Sub Masters & Masters. Invitations to 10 Pan-American Nations.

10 Masters 50 Mile Track Run., Santa Monica, Ca. Steve Broten, 13512 E. Ramona Dr., Whittier, Ca. 90602.

25 Masters 3K team X-Country Wash. D.C. Tony Diamond, 4200 Cathedral Av., N.W. Washington D.C.

Oct. 1 4th Santa Barbara Masters. UC Santa Barbara Club West.

9 AAU Masters 15K Road Run, Columbus, Ohio. Tony Diamond, 4200 Cathedral Ave., N.W. Washington D.C.

23 AAU National Masters Marathon, N.C.Y. RRC Box 881, N.Y. 10022.

30 Second Annual Age Group X-Country Kansas State Univ. T.C. Warner Park, Manhattan, Kansas 2:00 P.M.

Nov. 12 AAU National Masters 10K X-Country. Washington D.C. Tony Diamond, 4200 Cathedral Ave., N.W. Washington D.C.

19 Masters 20K Road Run. Tulsa Okla. Larry Adrodell, 4519 S. Kingston, Tulsa, 74135.

Dec. 3 National AAU 50K N.Y.C. Vince Chiappetta, 2 Washington Square Village, N.Y.C. 10012.

WOMENS EVENTS ADDED TO WORLD MASTERS

Word has come from Gothenburg that the 10 Km has been added to the womens schedule of events. In addition if enough women express interest the 3 Km will be dropped and the 5 Km added.

RRCA ACHIEVEMENT STANDARDS FOR WOMEN

Category	World 900	Champion 800	A 700	B 600	C 500
I 10 km	34:13	36:44	39:39	43:03	47:06
15 km	52:15	56:07	60:35	65:50	72:04
10 mi	56:16	60:25	65:14	70:54	77:37
Hour	10/1110	9/1643	9/ 413	8/ 938	7/1459
II 20 km	1:10:45	1:15:59	1:22:05	1:29:13	1:37:44
1/2 mara	1:14:51	1:20:25	1:26:52	1:34:26	1:43:05
25 km	1:29:40	1:36:21	1:44:06	1:53:13	2:04:05
III 30 km	1:49:02	1:57:11	2:06:40	2:17:48	2:31:05
20 mi	1:57:38	2:06:27	2:16:41	2:28:44	2:43:06
marath	2:37:57	2:49:53	3:03:45	3:20:04	3:39:35
IV 50 km	3:10:28	3:24:55	3:41:44	4:01:33	4:25:16

Categories	
I	Under 20km
II	20km and up to but not including 30km
III	30km and up to but not including 45km plus two hour run.
IV	Above 45 km

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