



Call: 714 - 225-9555

Sports Travel International, Ltd.
For All Your Travel Needs

4869 Santa Monica Ave. suite "B"

FOURTH HAWAII INTERNATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

MARCH
24, 25, 26
1978

Return Address:

U.S. MASTERS INTERNATIONAL TRACK TEAM
(A NON-PROFIT CORP.)
1951 CABLE STREET
SAN DIEGO, CALIFORNIA 92107
RETURN POSTAGE GUARANTEED

To

Mr. James Fields
P.O. Box 4326
Fullerton, CA 92634

Bulk Rate
U.S. Postage
PAID
Permit #1681
San Diego, Cal

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



U.S. masters international track team

new year 1978

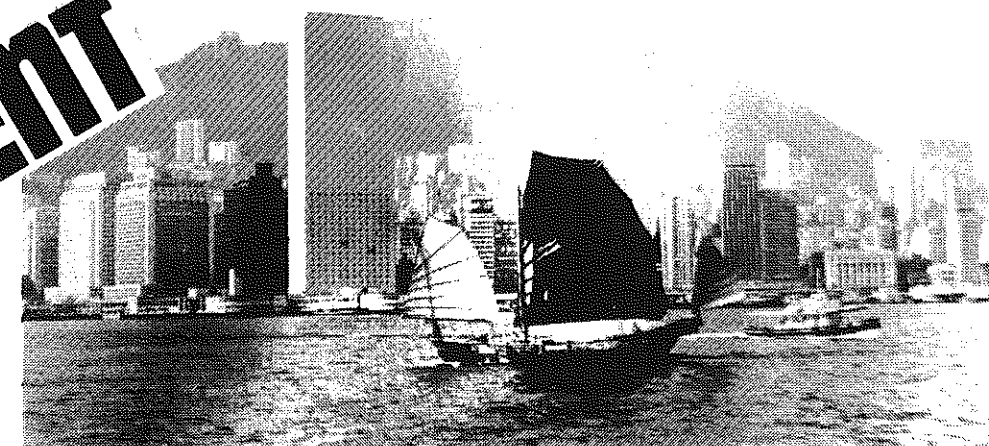


**SWEDEN
77**

GOTHENBURG 1977 -- HONG KONG 1978


With memories of Gothenburg now history of the old year, we look toward cities on the other side of the world for the USMTT 1978 stellar attractions. Hong Kong, the hub of the Orient, is one of the five destinations for the "Discover the Orient" tour of August 1978. The USMTT has instigated Masters Programs in Japan, Taiwan, Singapore, Hong Kong and Manila, and has planned competition for the stimulation of these activities.

**&
ORIENT
78**



CALENDER FOR THE MASTERS' TRACK AND FIELD-1978

MARCH

- 5 20k Road Race National Championships Holliston, Mass.
- 12 25k Road Race National Championships Palos Verdes, Calif.
- mid March Two mile indoor Race Walking National AAU Masters' Championships East Stroudsberg, Pa. and Indoor Track and Field National AAU Masters' Championships. East Stroudsberg, Pa.
- 19 -30k Road Race National Championships Albany, New York -1st Annual Michigan Masters' Indoor Track & Field Championships. Ann Arbor. LARRY STEEB: 2232 Dexter Rd. Ann Arbor, Michigan 48103
- 24-26  Hawaiian International Track & Field Championships. Kaiser High School. STAN THOMPSON: 1549 Ipukula St. Honolulu, Hawaii 96821

APRIL

- 2 Cherry Blossom Classic 8:30am 10 mile and 2 mile. ONLY 2400 ALLOWED. 2737 Devonshire Pl. NW Washington, D.C. 20008
- 8 San Diego Relays. KEN BERNARD.
- 16 75k Race Walking AAU Championships. New Jersey.
- 30 -35k Race Walking Championships. Iowa. -Life and Health Marathon. Fred-erick, Maryland. CHITRA BARNABAS: 6856 Eastern Av. NW Washington, D.C. 20012

MAY

- 5 - 7 Occidental International Masters' Track & Field Championships. North Carolina, ROBERT S. BOAL, meet di-rector.
- 100k Race Walking Championships- Rocky Mountain Association.
- 14 10k Race Walking. Niagara (upstate New York)
- 27 Potomac Valley AAU Masters' Track & Field Championships. Plus 15 and 20k relay.

JUNE

- Weight Pentathlon National AAU Masters' Championships. Rutland, Vermont
- 11-18 Road Runners Marathon Camp- Dowagiac, Michigan. For Information: Write: Marathon Camp c/o Stride On Box 372 Michigan City, Ind. 46360
- 18 15k 13th Annual Michigan City Run - TOM DUDAS, race director. Michigan City Run. Box 372 Michigan City, Indiana 46360
- 24 PSA - AAU Track & Field Champion-ships. San Diego, Calif. For information, contact: KEN BERNARD.

- 2nd week -Outdoors and Pentathlon National AAU Championships. Atlanta, Ga. -5k Race Walking Championships Atlanta, Georgia -20k Race Walking Championships. Atlanta, Georgia

JULY

- 3rd week Decathlon National AAU Masters' Championships. Merced, Calif.
- 16 15k Road Race National Champion-ships Utica, New York.
- 23 15k Race Walking Championships Metropolitan, New York.
- 30 40k Race Walking Championships New Jersey.

AUGUST 15 - SEPT. 4 USMTT TOUR OF THE ORIENT

SEPTEMBER

- 10-16 Italian Masters' Flash 1st Euro-pean Masters' Track & Field Champ-ionships - Italy.
- 11 50k Race Walking Championships Michigan
- 24 11:00am Mayor Daly Marathon 214 W. Erie St. Chicago, Illinois 60610

OCTOBER 100 miles Race Walking Championships Missouri Valley Association

NOVEMBER

- 4 or 11 10k Cross Country Championships Madison, Wisconsin.
- NORMAN K. TAMANAHA
- April 11, 1907--October 23, 1977
- "Today, the road all runners come, Shoulder high we bring you home. And set you at your threshold down Townsman of a stiller town". (A.E. HOUSMAN)
- "With the passing of NORMAN K. TAMANAHA, Hawaii's Marathoner Emeritus, we have lost one who is rightfully called the Father of Long Distance Running in the 50th State. Compet-ing from the mid 1940's all the way through the early 1970's, NORMAN was widely known throughout the mainland and Europe as a 'fierce, gutty competitor', who was to be both feared and respected for his endurance. Al-though small in stature, he was all heart and determination. A look at his racing record bears evidence of hours of training and per-sistence in achieving excellence. Truly, his many contributions to long distance running in Hawaii will not be forgotten. All of us who run here in Hawaii are richer for having one such as NORMAN show us the way."--COL. TOM FERGUSON.

From the pen of HAROLD CHAPSON...."In addition, NORMAN, at the age of 48- 1955 and at 49- 1956 in the Boston Marathon ran in times of 2:38:30 and 2:38:0-- World records at that time for his age. NORMAN never stopped running from the time he was a student in McKinley High School until a few months before he died. Probably more than any other person, NORMAN started people over 40 to running." "He was an inspiration to all of us in Hawaii as well as the mainland, Canada and Europe. He will be missed."

The NORMAN K. TAMANAHA Memorial 15 kilometer run will be held Easter Sunday morning in Honolulu in connection with the Hawaiian Masters' Championships.

REFLECTIONS OF THE SECOND WORLD MASTERS TRACK AND FIELD MEET

"I could fill this page full of facts, and statistics, and records concerning the Se- cond World Masters Track and Field Cham- pionships which were held this past August in Gothenburg, Sweden, but hopefully that will be for some other writer. The five days of competition was much more than a track meet, and more than just a computation of meters, minutes and seconds. It was an event to be cherished, relished, remembered in emotional terms and stored in the memory bank. Oh, in a technical sense it was like any other track and field meet. There were petty complaints, protests, predicted win- ners upset, unexpected heroes and even a bit of politics; but, in reality it was not like any other track and field compe- tition. What the Second World Masters Track and Field Meet was, was an opportunity to watch the term 'old' become obsolete. There were the age groups to prove it, as well as wrinkles and bald heads; but, don't be fooled. There were no old competitors! There were just young spirits encased in bodies that have been around a few years. The meet was a chance to watch great ath- letes who are supposed to be too old to compete (but have never been told so) test their bodies, minds and spirits. It was an opportunity to observe that athletic ex- cellence need not be fleeting, to watch resilience in action. It was an opportunity to be inspired, to watch these athletes strive for excellence and achieve to the best of their ability. It was a chance to see men and women dream the impossible dream, to strive with their last ounce of courage. Yes, it was a track meet that will stand in a class by itself. It was a meet where truly the most important aspect was not winning, but the taking part. It was a meet where 2,900 plus athletes indelibly stamped into my brain, that one is never too old to be young in spirit, in body, or at heart!" PETER WERBEL (son of DR. ERNEST WERBEL, Div. IV).

1978 DUES ARE NOW PAYABLE

\$6.00 PER YEAR

MAIL TO:

U.S.M.T.T.

P.O. BOX 7823

SAN DIEGO, CA. 92107

FIRST EUROPEAN MASTERS' CHAMPIONSHIPS ANNOUNCED.

CESARE BECCALLI, European representative to the executive council, the World Veterans Athletic Association, President of the Italian Masters (IMITT) sends us our first detailed information concerning the championships scheduled for September 10-16, 1978 Italy, Viareggio Stadio del Pini. "As we have received some requests for parti- cipation coming from non-European countries, we have decided to extend our invitation to groups coming from Canada, USA, Venezuela, Israel, Japan, Australia under the following special rules: It is possible to enter no more than one com- petitor per nation in each age class for the events 100 and 200 meters, no more than two competitors in each age class for the events 800 and 1500 meters. We will have in the pro- gram special finals and prizes for them. "It is possible to enter any competitors number in the road walk (KM20), in the mara- thon and in shot put, discus, javelin, hammer. They shall compete among all other athletes but with separate classes with special prizes for them. All other rules and facilities are always the same." For further information, entry blanks, travel details, contact: USMTT.

BORROWED NEWS--

We want to hear what you all have to say. Roadrunners Club of America, fall 1977 issue, "World Masters Swedish Delight", by Tom Coyne. "Some fleeting impressions which I am not lia- ble to soon forget are: the Northern Ireland team members on the tram headed back to our apartment unit singing Irish songs to har- monica music played by their manager, EDDIE JOHNSTON; the two blind runners from Germany, R. ASSMY in the dashes, and the truly out- standing 5000m, 10,000m and the marathon competitor WERNER RATHERT who electrified the crowds with his hard, forceful running; the smooth grace of PAUL METSING, the South African via San Diego runner who floated away from the field in his heat of the 5,000; the lovely Swedish girl gymnasts at the open- ing night performance; the mass parade of athletes, not divided by nationalistic groupings; the comment by JERRY LYNCH, of Brisbane, Australia, that 'The World Masters will outlive the Olympics'; and the meeting of new and old friends from around the world whose open and friendly spirits simply made one glad to be alive and in Gothenburg. "I have no doubt there were disappointments and petty intrigues at the World Masters. But, any place or any time a 92-year-old sprinter like DUNCAN McLEAN can still be an active competitor and a Northern Irishman and the son of a Southern Irishman can break bread and share a cup of tea together the world's a better place for it." Thank you, TOM and RRC.

WORDS OF WISDOM FROM POTOMAC VALLEY SENIORS NEWSLETTER November 1977

Advice from Phyllis Diller--

"You'll always stay young if you live honest- ly, eat slowly, sleep sufficiently, and lie about your age."

NEWS FROM SOUTHERN EASTERN U.S.A.

Occidental International Masters Track & Field Championships formerly known as the Southeastern Masters Regional are making great preparations for the 8th annual meet. The Board of Directors are now: 1) planning a surprise replacement for the usual T-shirts, 2) planning and holding clinics to recruit and train officials, 3) grading and seating areas at Method Field, 4) reworking the meet schedule to utilize more fully the facilities on Friday and overcome the overload on Saturday's schedule and 5) negotiating a more compact and convenient headquarters, reception and banquet arrangements.

The board of directors, headed by ROBERT S. BOAL, include the following: JEROME PERRY, RICHARD MOCHRIE, TOM KELLY, R.D. TAHLE, JIM WESCOTT, BOB LLEWELLYN, W.H. SIMPSON, RAI-FORD FULGHUM, JOHN DUNCAN, A.C. LINNERUD, SY GITELSON, BILL FLOURNOY and TOM SMITH.

NOTE DATE CHANGE: This year's meet is set for May 5, 6, and 7, 1978, North Carolina State University, Raleigh, N.C.

ATTENTION: MASTER WALKERS

Sports have seldom produced more dedicated sponsors than ALAN WOOD of New Jersey. Long a promoter of 'The Master Walker,' a monthly newsletter which has tied together the fraternity of walking, Issue #37, in the beginning of the fourth year of publication, has announced that the subscription rate is now \$2.00 per year. Single-handedly, ALAN has been carrying the walking torch publicizing major events and listing results. If this aspect of track and field interests you, please fill out the following form and send it to ALAN at Regency House, Rm. 255, Pompton Plains, New Jersey 07444. He could use your encouragement and in turn would be happy to include you in the Master Walking scene.

Enclosed is \$2.00
NAME _____

ADDRESS _____

AGE RECORDS _____

BIRTHDATE _____ EVENT _____

TIME _____ SITE _____

CLUB _____ DATE _____

TRACK _____

I'm already involved in Masters Walking
I would like further information
about getting involved _____

MORE MASTERS PROFILES

Credit is given January 1978 issue, NORCAL SENIORS TRACK CLUB NEWSLETTER. High Performance "IN RETROSPECT, its clear that we all should have pursued the rugged outdoor life in our younger years.

Granted, the suggestion may be a bit late, but that's how two of our top track and field athletes got their starts.

World champion javelin thrower (70-75) EMERY CURTICE first took spear in hand as a sprout in Sonora to relieve the Stanislaus River of some of its prime salmon.

And record-breaking miler (60-65) RAY MAH-ANNAH began running trap lines as a boy of 12 on his dad's Iowa farm.

Both went on to become intercollegiate champs, EMERY at Cal and RAY at Drake.

And, in 1977, the two NorCal stalwarts are prompting PETE MUNDLE to revise the Masters Age Records Book.

The epitome of consistency, EMERY fired the 600-gram javelin 123 feet, 6 inches in a club meet May 22 at College of Marin, 121-6 in the Senior Olympics, 122-10 at Goteborg and 123-6 3/4 at the Pan Am Games in September.

Improving with just about every race, RAY ran his best mile on Oct. 1 at Santa Barbara: 5:17.3. Prior to that, he had two identical 1,500's--4:58.6 in the Senior

Olympics and in Porterville's Golden State meet -- and a sparkling 4:55.4 in the Pan Ams at UCLA.

Matching those marks with entries in the 1977 record book, EMERY puts his name ahead of ALBERT REISER of West Germany who threw the 600-gram jav 118-7 in the 1976 Senior Olympics. In head-to-head combat, REISER was one of EMERY'S victims at Goteborg. In the mile, RAY replaces BILL ANDBERG of Anoka, Minn., as the fastest 60+ four-lapper of all time. ANDBERG ran 5:18.8 at San Diego in 1971. ANDBERG still holds the 1,500 record: 4:53.2. And, you can bet that RAY will be zeroing in on that one in 1978.

MAHANNAH and CURTICE are retired educators, RAY having wound up 22 years at Hayward High School in 1976 and EMERY having called it a career several years earlier, bowing out just next door as principal at Berkeley High School.

RAY lives now in Modesto where he runs twice a day-- 5 1/2 to 7 1/2 miles in the morning and 3 to 4 miles of 'quicker stuff' in the afternoon.

EMERY works out three times a week, March through August, rides a bike about three miles a day and does a lot of gardening, fishing and hunting around Calistoga where he now lives in beautiful Napa Valley.

RAY describes himself as 'essentially a fun runner-- win, lose or draw, I enjoy it.'

Until the advent of masters competition in the mid-60's, he ran in open class. For example, 20 years ago at age 42, he finished second to the Olympian VAN ZANDT in the Petaluma Marathon, with DARRYL BEARD-AHL third. He made his first entry in masters records with a 4:54.2 1,500 at Gresham, Ore., in 1974. EMERY, competing as a master, since 1965, still holds the 600-gram javelin mark for age 65. He chucked it 124-10 in 1972.

These fellows, wine country residents, appear to be improving with age.

WESTWARD HO by ROBERT S. BOAL

And so it was when I met JIM O'NEIL on a warm October 29 in L.A. Still dressed in my warm-ups I just had time to catch the Tulsa to L.A. plane. The agony of the National 20k Championships (only hours after a serious accident in which I lost my faithful '70 Ford) still in mind and I am about to embark on my first trip ever west of L.A. We settle gently at Honolulu to meet the always effervescent HELEN PAIN. Her radiant excitement is infectious. Thursday we reach Tokyo in a high state of anticipation.

HIDEO OKADA is our genial host in this the largest of all cities in the world. His warm personal attention and interest assures us that our return in August 1978 will be a great introduction to the mysteries of the Orient. Our work-outs around the Imperial Palace grounds take us by the U.S. Embassy which is somehow even more forbidding. The Japanese live fitness. They will be well prepared and competing in the 1964 Olympic Stadium* will be an auspicious beginning for our tour. The vastness of this city prohibits any attempt that I should describe its vast delights.

Taipei is another story. The eight lanes of traffic combined with four lanes of trees which flanked our hotel were quite unexpected. Our hosts here were full of fun and at the same time formal and always polite. Again we are surprised to find carefully cleaned streets and people who are on the go from very early in the morning til late at night. The stadium has a splendid track.

Our guess is that competition will be in a low-key here. While fitness activity is everywhere, very little competitive experience for the Masters was evident. Again shops and food are excellent. We find the game of bargaining is in full swing here. Items to tempt your purse are many and varied. Stone and metal, jewelry and art works abound.

How fortunate-- we are met by CHI CHEN, the legendary sprinter-- an outstanding hostess.

SATURDAY, NOVEMBER 5, 1977 CHINA POST



*Athletics meet for
old people planned*

Sponsor of the U.S. Track and Field Association for senior citizens, Mrs. Helen Piau (second from right), accompanied by Bob Boal (second from left) and Jim O'Neal (right), both her assistants, arrived in Taipei for a three-day visit. While here, Mrs. Piau will discuss with local athletic authorities the possibility of holding an old people's athletics meeting in Asia. They were greeted by Chi Chang (left), chief secretary of the Republic of China Track and Field Association, at the airport. (CNA photo)

Singapore begins with the enthusiastic HARI CHANDRA. Some of you may remember his 3rd in 400 in Gothenburg. Under his care we examine the National Stadium and its superb track. Unbelievably a second track alongside of the stadium is reserved for practice and open to general use. It is as fine as the best you can find in the U.S.! HARI and his group of supporters plan to invite other Asian nations to meet with us. My guess is that this will be a high spot competitively for all events. It will also test your bargaining skill as gold and textiles abound in the endless markets within easy walking distance.

Do not miss the island of Sen tosa. Formerly a British fortress it is now entirely devoted to recreation. Easily reached by cable car or ferry you will find the Jogging Center, operated by HARI, I signed up and tested myself on the 5000m trail which included asphalt hills and soft beach sand. If under 25 minutes, you are rated from Snail through 7 other animals to Cheetah, for under 17 minutes. A fine certificate and illustrated Tee-shirt is your reward. Hong Kong! What a fascinating ring there is even to the name! The rush, the crush, the roar, the challenge of this spot of free enterprise gone wild is at once a story of hope for poor and rich to become rich and richer. Believe me, they are all busy trying! It staggers the imagination the way this vertical city creeps up the steep mountainous rock that is Hong Kong. More bargaining, more jewelry, tailored suits in a hurry, food of all and any kind and spectacular sights all jammed together. Chinese fill the parks nearly shoulder to shoulder at daylight. Shadow boxing, Kung-Fu, Tai-Chi, Karate, basketball, soccer all greet us full blast at our morning run. Not much running outside of a hard core U.S.-British group. Perhaps a cross-country run will suffice here.

Manila offers still more bargaining and a last chance to pick up treasures for family left behind. The War Memorial is a must.

Impressive and majestic--see it-- lest we forget! The Typhoon which forced us to fly twice from Hong Kong to land once prevented us a chance to confer with local runners. HELEN remained behind for that. I just made the return in time to visit CHUCK SIMMONS and run the James K. Polk 8 miler in Charlotte."

* Site not yet finalized.

GETTING TO KNOW YOU

All of our members of the U.S. Master's International Track Team are outstanding people-- diamonds with many facets. A sparkling example is JOHN DICK of Dousman, Wisconsin. Participating in his first International Master's Track Meet in Gothenburg, he competed in the javelin 110 meter hurdle, 400 meter hurdles, the decathlon, the discus, high jump, long jump and triple jump. The most cherished prize from the meet was a blue and gold canvas gym bag which he won from placing second in overall points in the handicapped division.

On the return plane flight some of us became better acquainted with JOHN DICK and asked that he send us some material on his life. In December, we received several newspaper clippings and pictures which told his story. The following are excerpts from some of them. The Journal, Thomas Boyd, "Dousman, Wis.-- The sight of JOHN DICK'S backyard here would tell any visitor that this is no ordinary man's home."

"DICK, 64, has built a shot put circle, a discus circle, a barbell set--a brake drum from an automobile on either end of the bar--and a high jump pit."

"DICK'S high jump pit is particularly striking. It is a wooden platform resting on four legs. On top of the platform is an old, rusted bedspring. He puts a mattress on top of it when he practices and says it works fine, like jumping on the bed. His best jumps are about 4 feet 4 inches, he says."

"He can also be seen, occasionally, throwing a slightly broken javelin in the backyard near the garage. His two room home on Hunter Lake is filled with more than 800 trophies, medals and plaques he has won over the years, along with a number of unsold oil paintings that he did himself."

"He bought the place about 20 years ago, but put in electricity and insulation only within the last few years. He moved there permanently after his apartment in Milwaukee burned recently."

"Masters Age Records' which is published by 'Track and Field News' magazine has DICK listed for seven track and field records. Masters track and field competition is for athletes 40 years old and older. DICK has accomplished all this even though he is almost totally deaf."

"When DICK, a former Milwaukeean, was 2 years old, diphtheria caused him to lose 99% of his hearing in one ear and 98% in the other. He got over the disease and went to the old Paul Binner School for the Deaf (now Lincoln High School) where he was taught to speak again and to read lips."

"At an early age, DICK became, in his own words, a track bug."

"I ran my first race when I was seven, at a picnic, DICK said recently at his home."

"That was 1918, I still have the award I won." (A pencil more than a foot long and about four inches in diameter).

"My first track meet was in 1926 at the Paul Binner School. I remember I won two awards. I had a girlfriend at the time and gave her one. I don't know why."

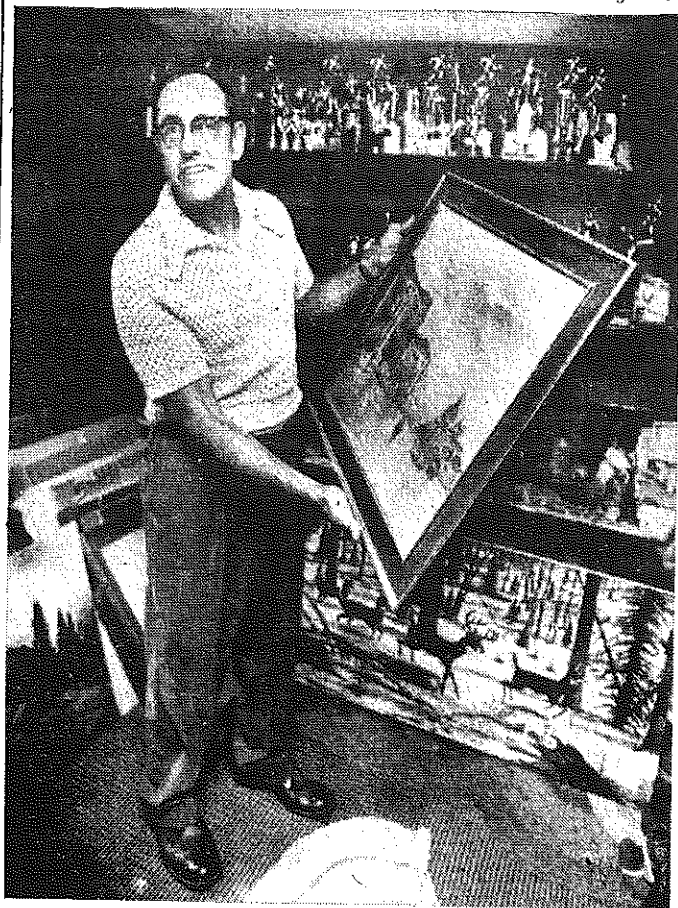
"After graduating from high school, DICK enrolled at the University of Wisconsin in 1936. He took art education courses and earned letters in track and cross-country. "In track, DICK concentrated in events in which hearing the starter's gun was not crucial. He ran the two mile and threw the discus and javelin. He attended UW for four years, but never got a degree, hampered somewhat by his lack of hearing."

"He left Wisconsin in 1940, but enrolled at both Marquette University and the old Milwaukee State Teacher's College (now the University of Wisconsin-Milwaukee) three years later. He took more art courses and also joined the track teams at both schools and earned letters with both during the same track season."

"Yes, I played on both teams," DICK said. "Nobody knew about it. Coach (Bus Shimek of Marquette) found out about it though. He saw my name in the paper one day and asked, 'That you?', and I said, 'Yes, it is.' 'Boy, he was mad.'"

"That wasn't the only surprise Shimek got while coaching DICK. "I didn't know for years that he was deaf," said Shimek, a track coach at Marquette for 48 years. "I'd ask him questions and I had no trouble getting answers from him. Then one day I asked him, 'JOHN, are you deaf?' And he said, 'Yes, I am.'"

Continued on Page 15



— Journal Photos by Tom Stanfield
Dick has won awards for his paintings, as well as for track

DIFFERENT WAYS OF DOING THINGS IN HONG KONG

It takes a hard stomach to withstand this sort of Kung Fu kick. These are members of the Luk Chi Fu Martial Arts School in Hong Kong.



Shadow boxing is a very popular form of physical exercise among the Chinese residents. It can be observed in the Hong Kong parks early in the morning.

If you stay at the Plaza, you'll just have to cross the street to Victoria Park to participate in Tai Chi or for your morning run.

In the rural New Territories of Hong Kong this elderly woman, carrying a baby on her back, waters the field with two tin cans suspended from a bamboo pole balanced on her shoulders. The New Territories are included in part of our tour.

Here there is a very special custom known as 'walking the bird.' Bird walkers derive much pleasure from quite literally taking their feathered friends for morning strolls through parks, cage and all.



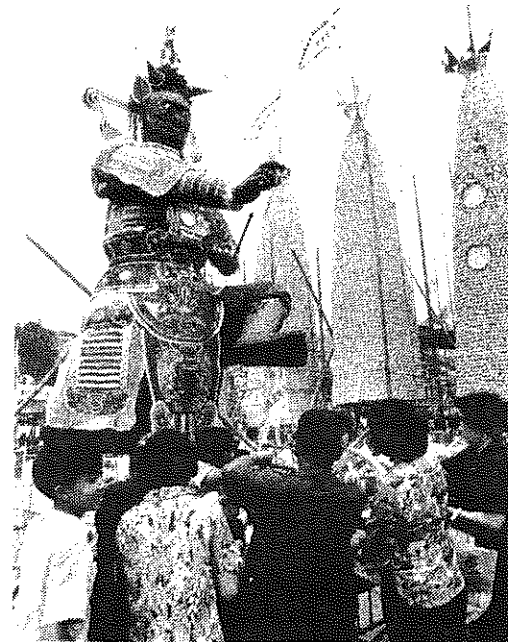
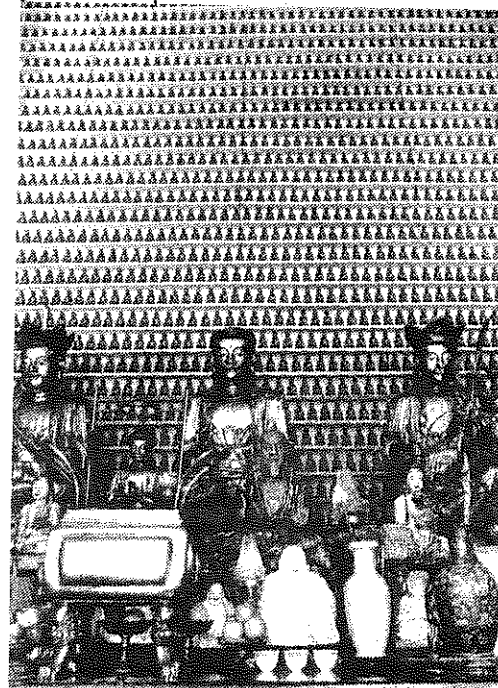
PEOPLE OF HONG KONG



C
U
L
T
U
R
A
L

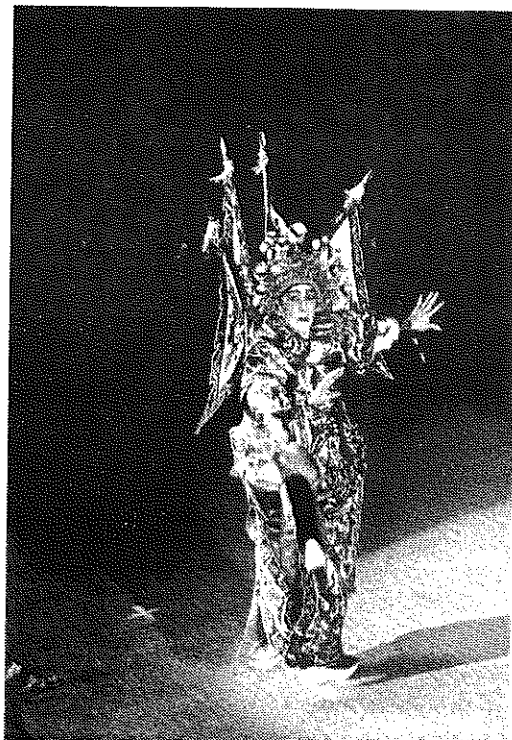
TEMPLES, FESTIVALS AND DANCERS

The interior of the Man Fat Temple at the Monastery of 10,000 Buddahs at Shatin.



Another site waiting for our viewing will be Cheung Chau Island. Here the papier mache demon figure is of Dai Shu Wong pictured against a spectacular backdrop of huge Bun Hills. Local residents are making incense offerings to the gods on the occasion of the annual Bun Festival, which is said to be held to placate the spirits of those who suffered at the hands of notorious pirates centuries ago.

AFAIRS



You'll have a chance to observe the movement and facial expression of dancers such as this on one of our evening programs.



And then we have a Chinese classical fan dance.

NATIONAL A.A.U. MASTERS TRACK AND FIELD RANKINGS FOR 1977

The National A.A.U. Masters Track and Field Committee will now give National Rankings by five year groups for men and women from age 40 to 89. In order for this program to be successful we must have a large imout of performances. For those that wish to receive their rankings we are forced to charge 50¢ ner event as comnutor time must be paid for. The rankings will be published throughout the year in the National Masters Newsletter probably for the top five in each event. Please complete this form whether you wish to receive you individual ranking or not.

NAME _____ ADDRESS _____ ZIP _____

AAU # _____ CLUB _____ BIRTHDAY _____

Please indicate your best time for any or all of these events in 1977, when performed, age at time of performance, where performed, meters or yards.

distance - time	date	age	meet performed in	yards or meters
100 yd. 100 meter	_____	_____	_____	_____
220 yd - 200 meters	_____	_____	_____	_____
440 yd - 400 meters	_____	_____	_____	_____
880 yd. - 800 meters	_____	_____	_____	_____
1500 meters	_____	_____	_____	_____
one mile	_____	_____	_____	_____
two mile	_____	_____	_____	_____
three mile	_____	_____	_____	_____
5,000 meters	_____	_____	_____	_____
six mile	_____	_____	_____	_____
10,000 meters	_____	_____	_____	_____
steepelchase	_____	_____	_____	_____
120 yd - 110 meter high hurdles	_____	_____	_____	hurdle height
440 yd. - 400 meter hurdles	_____	_____	_____	hurdle height
long jump	_____	_____	_____	_____
triple jump	_____	_____	_____	_____
shot put	_____	_____	_____	impliment weight
discus	_____	_____	_____	impliment weight
hammer	_____	_____	_____	impliment weight
javelin	_____	_____	_____	impliment weight
high jump	_____	_____	_____	_____

pole vault _____

Please circle the events for which you want your ranking sent to you (50¢ per event).

Make check payable to TOM HOFFMAN. send to Tom Hoffman, 6150 148th Pl. Flushing, NY 11307
The rankings will be sent out in mid-Spring, 1978.

NATIONAL A.A.U. POSTAL RELAY CHAMPIONSHIPS. FOR MASTERS

The following relays will be held in two age divisions: Division 1 (40-49) & Division 2 (50+) 440, 880, 1 mile, 2 mile, 4 mile, sprint medley (440-220-220-880), distance medley (3/4 mile, 440, 880, one mile). All distances will be in yards.
There will also be one age group medley at 4 x 440 with a leadoff of a 40-49 year old; 2nd leg 50-59 year old; 3rd leg 40-49 year old; anchor leg 60+.

These relays can be run as part of any track meet or on a time trial basis. We will operate on the honor system. The following rules will prevail:

1. All times must be run from May 1st to July 31st.
2. An indivual can run in more than one relay but not more than once in any one relay event. (Example: A competitor can run the 440 in the mile relay, sprint medley, distance medley and the age-medley but could not run in more than one mile relay, sprint medley ect.)
3. An athlete in Division 2 can compete in a relay in Div. 1 (go down in age). An athlete in Div. 1 can not compete in Div. 2.
4. For the 440 and 880 yard relays, if 400 meters and 800 meters are run instead an adjustment in the times will be made.
5. A seperate entry form must be used for each given relay.

ENTRY FEES: \$10.00 per team for each relay. A team can enter more than one relay provided each team in a given relay is composed of different athletes.

PRIZES: Official A.A.U. National Championship medals will be given to the first three teams in each given relay.

PROCEDURE TO ENTER: John MacLachan will coordinate these postal championships. All entries must be received by Aug. 15th. The prizes will be mailed to the team director by Oct. 1st. All team members must be registered in the A.A.U.

RELAY EVENTTEAM NAME:

TEAM MEMBERS:

NAME:ADDRESSAAU #

1st. leg AGE

NAME:ADDRESSAAU#

2nd leg AGE

NAME:ADDRESSAAU#

3rd leg AGE

NAME:ADDRESSAAU#

4th leg AGE

TIME:TIME OF EACH LEG-OPTIONAL1.2.3.4.

MAILING ADDRESS FOR PRIZES:Name

We hereby certify that the above time is a true one.

TEAM DIRECTORCHIEF TIMER - NAME & ADDRESS.

Make out your entry fee check for \$10.00 to "JOHN MacLACHLAN"
Mail entry form and check to: JOHN MacLACHLAN, HORSESHOE BAY, BOX 7770, MARBLE FALLS, TEXAS 78654

A.A.U. MASTERS TRACK & FIELD COMMITTEE REPORT Nov. 1977

This report is being sent to the National A.A.U. Masters Track & Field Committee, to over seventy clubs that have Masters within their ranks and to leading activists in the program. It is requested that the information contained in this report be published in club newsletters.

The following were elected as officers to the committee:
Robert Fine, Chairman
Wendy Miller, Vice Chairman
George Braceland, Secretary-Treasurer.

We presently have \$400 in our treasury. Many of the 58 A.A.U. Associations have not been crediting our committee with dues (50¢. per member). This is our principal source of income. It is important that each Association Chairman contact his local A.A.U. office and insist that there be a provision for each athlete, on the A.A.U. membership application form, to indicate that he or she is both a Master and wishes to have his dues credited to "Track & Field".

Merger with Masters Long Distance Running
58% of those that responded to our survey voted to have a merger of the two committees. 8% voted to have Masters LDR returned to the Open LDR Committee. 36% voted to maintain two seperate committees. A proposed code change to have one "Masters Athletic" committee was tabled until the next A.A.U. Convention. A Masters Athletic Coordinating Committee was formed consisting of the officers of the two Masters Committees. This committee will coordinate the operation of the two committees and work on joint programs.

World Veterans Athletic Association
The World Veterans Athletic Association s constitution was aproved. The following were selected as the American representatives to the World Veterans General Assembly: Irene Obera, women's track; Ruth Anderson, women s LDR; Ron Kulick, race walking; Bob Boal, LDR; Wendy Miller, T&F. Bob Fine was laready elected as the North American representative to the Executive Council.

Change of name from "Masters" to Veterans"
It was decided to table this question until the next Convention and, in the meantime, conduct a national pole of the athletes to decide what they would like. The responses to the survey of the National Committee were split, with some rather emotional responses.

National Uniforms
National Uniforms were approved by both Masters committees. There will be a slight surcharge added onto the uniforms, with the profits shared equally by the two committees. Arrangements have been made with a supplier to compose a brochure which will then be distributed. Estimated prices are: sweat suit \$26; running jacket \$21; running pants and shirt \$12. All of these items will have lettering "U.S.A. Masters" with an A.A.U. Masters emblem. The running shorts and shirts will be nylon. The women's running outfit will be of different material and cut. All members of the A.A.U. can purchase these uniforms.

National Patches
Both committees voted to change the patches awarded for championships. Basically, they are of the same design but only larger. These would be for National Championships. Each Region would still given the present patches. We will also sell a patch "A.A.U. Masters" which any member of the A.A.U. can purchase.

Ted Cain
Ted Cain won five events in the National Outdoor Championship in the 40-44 year old group. Ted is 35 years of age. The committee voted to have him suspended indefinitely if his prizes are not returned and a two year suspension, starting when he reaches 40, if he does return them. The final decision rests with his local A.A.U. Associations'

NEWS FROM BOB FINE, CHAIRMAN OF THE NATIONAL MASTERS' TRACK AND FIELD COMMITTEE OF THE AAU

Registration Committee. Both Masters Committees voted to now have a mandatory two year suspension for any athlete improperly competing in an older age group. To enforce this ruling we must have the cooperation of all meet directors and clubs, even if the meets are not A.A.U. sanctioned. If we fail to discipline ourselves on this crucial question then the whole movement will suffer irreparable harm. Please communicate with the meet directors in your area to solicit their cooperation.

NATIONAL RELAYS

As noted in previous letters we have organized National Postal Relays. Enclosed are they entry forms and rules. It is suggested that various meet directors in each area be contacted to have some of these relays in their meets, particularly those relays not usually held, such as the medleys, 4 mile relay and age-medley mile relay.

NATIONAL RANKINGS

As previously reported, Tom Hoffman, 6150 148th Place, Flushing, N.Y. 11307, will be in charge of National Rankings. In order to make this program a success Tom must have a large input of information. Please urge everyone to cooperate. Please send meet results for 1977 to Tom and have each individual send his or hers best 1977 performance to Tom.

NATIONAL NEWSLETTER

Enclosed is the second issue of the National Masters Newsletter (NMN). We ultimately would like to have it as a monthly publication. Aside from the guaranteed 700 subscription from the Masters Sports Assoc. we have 200 individual subscribers. We would need at least 1,000 more to accomplish our goal. This is probably the single most important program of our committee. Please publicize the newsletter and urge subscribing to it.

A.A.U. STRUCTURAL CHANGES

The A.A.U. is undergoing major structural changes. Present plans call for an umbrella "Athletics Committee" with Open T&F, LDR, Men and Women, Race Walking and the Masters Committees being a part of it. Each of the separate committees will have autonomy. Masters LDR and T&F will each incorporate. Since it would be mechanically impossible to collect dues on a National basis the dues collection would be handled by the local associations with each committee receiving credit from those athletes that mark off their committee preference. Questions of discipline and sanctions - now handled by the local Associations - by my interpretation would be handled by the committees. It may be possible to receive some funding for our program under this structure. Obviously many problems still have to be resolved, which is why our incorporating will give us the structure to organize the program for Masters as we see fit.

FUTURE PROGRAMS

The North American Masters Council is being formed. There is a possibility of holding a North American Masters T&F Championship this year. Hopefully an official Pan American Masters Championship will also be held.

A duel meet with Canada is being planned, with one meet to be held in the West and one in the East each year. There will be a CrossCountry duel meet with Canada held this year.

A Masters Directory is being planned to list all of the individuals on the National Committee, all clubs with Masters, leading individual activists, and all major meets.

The next meeting of the committee will take place at the Outdoor Championships in Atlanta. Any party interested in bidding for any of the National Championships for 1979 or 1980 please advise me as soon as possible.

Herb Anderson, leading medal winner in Sweden, was selected as the Masters T&F Athlete of the Year.

ROBERT G. FINE, NATIONAL CHAIRMAN
77 Prospect Place, Brooklyn, N.Y. 11217

MORE RURAL AREAS

The Pineapple Dam Nature Trail is a beautiful pastoral contrast to the hubbub of Kowloon and Hong Kong city.



PASTORAL PLACES

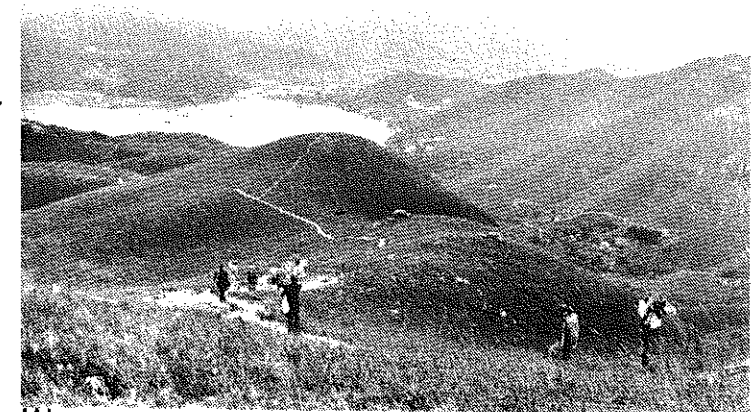


An aerial view of agricultural land near Yuen Long in the New Territories.



An optional tour will be the opportunity to spend an evening at the Trappist Monastery on Lantau. Above picture shows the pathway down from the monastery to Silvermine Bay with the mile long beach.

There are no cars allowed on the island of Cheung Chau, the small secluded spot only an hour away by ferry from downtown Hong Kong. Here the people are mainly engaged in fishing.



POTPOURRI FROM HONG KONG

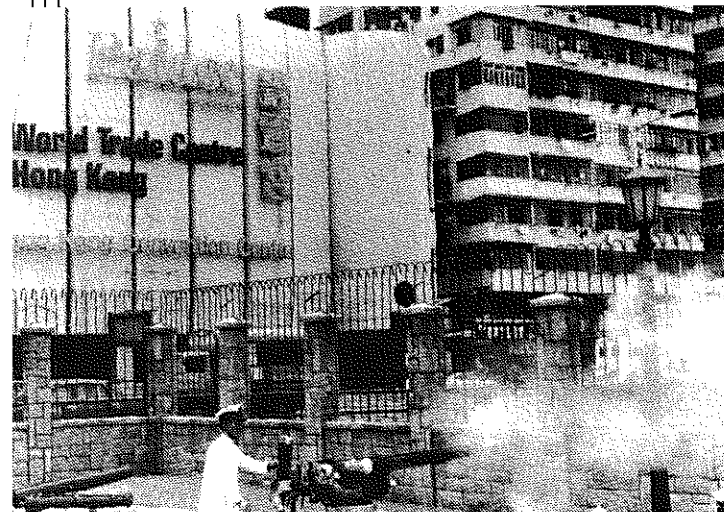
Much of Hong Kong activities are centered around the harbor. Note the contrasts of the oceanliner, two ferries, sanpan and the Hong Kong fire services fireboat.



Tram cars add to the bustle and hustle of downtown Hong Kong as they provide the necessary transportation between North Point, Causeway Bay, Central and Western Districts.



You will enjoy your stroll down the stone staircase of Pottinger Street from Hollywood Road to Queens Road Central. Note the fascinating street stalls.



The noonday gun near our hotel, the Plaza, is fired daily at precisely noon. This is the immortalized by the late Noel Coward in his song "Mad Dogs and Englishmen."



Blind Man Jogs Alone

Norman Bright, white cane in hand, runs around Green Lake in Seattle, Wash. Bright, 67, who is losing his sight, is looking for a running mate but most casual joggers around Green Lake cannot keep up with a man running an 8-minute mile.

The Marathon Man

It Isn't Age, It's Blindness, That's Chasing Down 67-Year-Old Long-Distance Runner

SEATTLE (AP)—His body is strong but his eyes are growing dim. Soon Norman Bright, the 67-year-old marathon man who loves hard running more than anything, will be blind.

"Now they tell me that something like this goes with growing old and that I'll just have to accept it," said Bright. "I'll be damned if I will."

Bright has beaten European runners on their courses and led countrymen through the streets of Boston and to the top of Pike's Peak. He has set more than 50 world records.

Now, dressed in a striped warmup suit and running shoes, he boards a bus in the Ballard area of Seattle and rides to Green Lake for a 10-mile run.

The difference between now and a year ago is that he is equipped with a plastic crash helmet and a white cane.

He searches for a running mate to buffer him from harm, but companions are hard to find because most Green Lake joggers don't run the 8-minute mile.

A shadow looms and Bright cries out. "Runner on the track! Runner on the track!" A dog falls underfoot and the helmeted runner stumbles and falls, tumbling down an embankment into the heavy brush.

There he waits alone, probing with the cane, calling for help. Doctors say atrophy of the optic nerves is sealing his vision. Bright says it was a cruel shock.

A year ago, he could read the small print on a bus schedule. Now he finds himself begging strangers on the street to open his mail and set his watch.

He can barely make out the medallions, trophies and yellowed newspaper clips which fill his small apartment.

Two weeks ago, Bright ran in a 30-kilometer race at Seward Park and did not do well. Midway through the course, he hit a chuckhole and fell. Farther on, he ran into a cement post.

And last Thursday, he was hit by a car while trying to cross a street in Ballard. He was admitted to a hospital with a broken shoulder.

From his hospital bed, Bright vowed that a shoulder fracture would not keep him off the track. It has been broken twice before.

As he mends, a sporting goods shop on Green Lake has posted a sign-up sheet in hopes of finding running mates for Bright.

In the fraternity of marathon men, it is felt that a champion who is going blind should not run the last lap alone.

Los Angeles Times

Sun., Jan. 29, 1978

DID YOU KNOW THAT--

LINDA SIPPRELLE, gold and silver medalist at Gothenburg (40-44) lives in Vienna where her husband, DUDLEY, is the American consul.

By way of the Potomac Valley Senior's newsletter and CAROLYN HAHN we learn that LINDA ran the 15 kilometer Hobenstrabe Lauf, won last year by JACKIE HANSEN. "It was a rough race (Oct. 22) as it turned out to be a battle between the 18 year old Austrian 3000 meter record holder (her time- 10 minutes) and me. In Europe there are two age categories for women- under 18 and over 18. We started out at what I think was a sub-six minute pace, then she pulled ahead then I passed her and she passed me and so it went for about half the race. At which point we came to a steep hill where I recalled advice given me by a Canadian trainer in Goteborg. He said, 'pass your opponent when the going gets rough.' So with my head turned away so she couldn't see the pain and anguish I passed her and was able to keep a close lead from then on, beating her finally by less than 50 yards. My time was 58 minutes, 20 seconds. The next day, feeling pretty stiff I won a 9.2 kilometer (5.7 miles) in 36:14 and two days later a half marathon in 1 hour 31:28, limping the last half the race with a cramp in my knee."

How great it is to receive these news items about our friends and especially when there are tidbits of advice included.

Continued from Page 6

"DICK finally stopped competing on the collegiate level in 1945 after winning letters on three college teams. He then turned his attention to meets sponsored by the Amateur Athletic Association, concentrating on the pentathlon and decathlon and running the marathon.

"He tried out for several Olympic teams (he doesn't remember exactly how many), coming close in the decathlon, he said, but never quite made it.

"Over the years, DICK has supported himself through a number of full and part time jobs. He once had his own art shop at 33rd Street and North Avenue in Milwaukee, where he sold his oil paintings. His paintings have won several awards in various contests over the years. He eventually had to give up the art shop, though.

"It was after he turned 50 that DICK really started to make his mark in track and field. Since his 50th birthday he has broken 35 world records in age groups competition. Shortly before he turned 50, a story in the Chicago Tribune referred to him as the world's best all-around athlete.

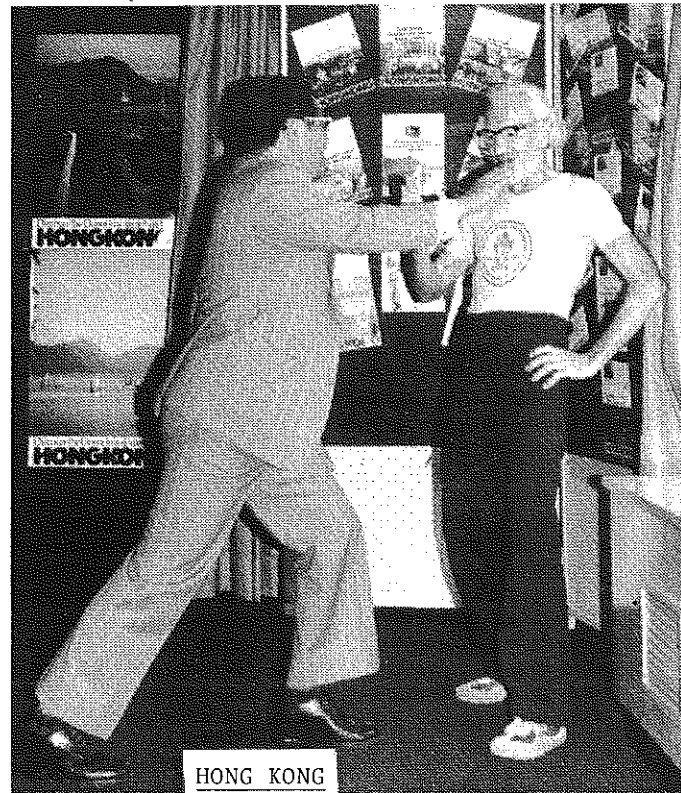
"DICK said he had no special diet and trained about two hours a day. 'Except before a meet. Then I go into two a day training for about a total time of three hours a day,' he said."

The Journal by Jill Lieber, "'If I could have anything I wished for-- there are two things,' DICK said. 'I'd want to be an Olympic athlete or hear. And I would really much rather be able to hear. The only time I have been able to hear was on the airplane to Sweden. Up at 35,000 feet, going 500 miles an hour, I could actually hear the engine.'

MEANDERINGS FROM THE MAPLE LEAF - OR - CANADIAN CAPERS

The CMITT is progressing in a most professional way (outstanding bulletins, fantastic organization throughout the country) supported by super dedicated leaders headed by the very capable BRIAN OXLEY of Scarborough, Ontario with DON FARQUHARSON, immediate past president, and now president of the international organization, plus an outstanding group of members. Neither snow nor ice nor black of night has dented the progress of this vital, virile group.

However, the director from British Columbia, KEN RICHARDSON, did meet quite a set back with a serious driving accident wherein he sustained several broken ribs, concussion, and internal bleeding; then pneumonia proved to be an additional problem. Hopefully, KEN, has recovered 100% and is now back on the track. KEN is planning to operate two tours in connection with veteran's events in 1978. One including the World Veteran's 10,000 meter road championships and the World Veteran's Marathon Championships through West Germany in May. The second tour will be to the site of the European Championships described in this issue. (Contact USMTT for further information.)



HONG KONG

BOB BOAL gets his first lesson in Tai Chi from the supervisor of the Hong Kong Tai Chi Institute, Mr. Cheng Tin Hung.

One of the reasons we have chosen Hong Kong for a destination on our August tour is because of its unique mixture of sports-- both western and eastern that are practiced there. We shall learn a few lessons from the Chinese who are renowned for their longevity through controlled physical activities such as Tai Chi.

The itinerary will include a rickshaw relay, a run up Victoria Peak and lessons in Tai Chi Chuen (Chinese shadow boxing) with the Hong Kong Tai Chi Institute.

PAARL: BOXING DAY MEET

On December 26, 1976, the 81st boxing day meet was held at Paarl, South Africa, with members of the U.S. Master's International Track Team in attendance. This was their first integrated meet--both in participation and seating, and boasted a crowd of 13,500 spectators. Not solely a Masters' meet, this program included open events and bicycling.

In 1977 only 14 Masters competed at the Paarl meet. According to LEO BENNING, "We sure missed you all!" The results are as follows:

100m	1A	1. L. BENNING (C.H.)*	12.8
		2. A. KOCK (P.E.)*	13.3
1B		1. V. LUNN (R.)*	12.7
		2. G. MOLLER (B.)*	13.1
		3. K. KOCK (P.E.)*	13.9
2A		1. D. BROWN (P.)*	13.7
		2. P. RAULENBACH (C.H.)*	14.3
200m	1A	1. L. BENNING	25.6
		2. C. HEYNNS (Tvl.)*	27.2
		3. B. HEYMANN (C.H.)*	27.2
1B		1. V. LUNN	26.3
		2. G. MOLLER	27.3
		3. W. SANDMANN	35.4
800m	1A	1. B. HEYMANN	2:15.6
		2. L. BENNING	2:15.7
		3. C. KIDWELL (P.)*	2:28.8
1B		1. G. MOLLER	2:29.6
1500m	1A	1. L. BENNING	4:46.2
		2. D. ELLIOTT (C.H.)*	4:46.2
		3. C. KIDWELL	5:08.7
2A		1. D. BROWN	4:53.4
3000m	1A	1. J. THERON (U.S.)*	10:47.0
		2. M. SLATER (C.H.)*	10:52.0
		3. C. KIDWELL (P.)*	10:54.6

HIGH JUMP 1A 1. L. BENNING 1,55

*C.H.= Celtic Harriers, P.E.= Paarl East
R.= Rhodesia, B.= Bellville, P.= Pinelands
Tvl.= Transvaal, U.S.= University of Stellenbosch

Continued from Page 4

P.S.: WORLD CHAMPION miler RAY MAHANNAH offers the following bit of information as a footnote, but surely it tells a lot about the man's strength and should serve as inspiration to all of us: RAY lost his left lung to cancer in 1955. 'I've never smoked,' says RAY. 'The lost lung affects ventilation principally -- I get hotter than normal.'

He was plenty hot on Oct. 1 when he ran that 5:17.3 mile, leaving a host of younger athletes in his wake."

THE FIRST CANADA VERSUS USA CROSS COUNTRY MATCH

Sunnybrook Park, Toronto, Ont., November 19, 1977

"Everyone who took part in this exciting event enjoyed it very much - after it was finished that is!! Because the date of the US Master CC Championships had been fixed earlier, we risked the possibility of a snow storm or frozen conditions in selecting November 19th. Happily we escaped this kind of a calamity and, instead, we got something like traditional British conditions - a thoroughly sodden course, plenty of mud and shivering dampness.

"All this was easily surmounted by the enthusiasm of competitors, marshals, spectators and the considerable assistance brigade. CMITT President BRIAN OXLEY and his band were out early setting up tents, chutes, start points, etc., whilst another group lead by JOHN YOUNG and MILES HICKLIN marked the course. To their credit, no one went off course.

"Some thirty USA and 90 Canadian competitors lined up and, on the opening scurry across the waterlogged open field, everyone was soaked by the flying spray. At first, a group of about a dozen broke away whilst the rest constantly interchanged. As the race moved into the more confined and difficult sections, those with the biggest traction problems began to suffer on the hills, both up and down, and consequently had to work harder on the flat.

"Gradually KEN MUELLER and JOHN BUTTERFIELD of USA and GEORGE MILNE of Canada (all 1A) drew away. MUELLER had won the US Masters CC Championships one week earlier and today completed an admirable double as he eventually escaped the entire field. He looked very fleet despite the conditions (he says it was easy, he was once a life guard). Surely both he and JOHN BUTTERFIELD will be heard from internationally if they can get to the next World Meet.

GEORGE MILNE, in placing 3rd, was the first Canadian and, as always, was at his finest as the Cross Country Ski season approaches.

"From Canada's viewpoint, the discovery of BEN JOHNS of Dartmouth, Nova Scotia, was as delightful as it was surprising. Well done BEN!!! BILL ARNOLD and JIM IRONS (stronger with every race) were also well up.

"Class 1B was won by GEORGE VERNOSKY of USA. GEORGE had also won this class at the US Masters Championships and had placed 5th and 6th respectively at Goteborg in the 5000 Metres and the 1500 Metres. His closest 1B rivals were the much improved HEINZ BRACK and Silver and Bronze medallist at Goteborg, ED WHITLOCK (1500M & 800M) both of Canada.

"In Class 2A the Canadians were on their own. In fact we have three runners here to compete with any country in the world. ARTHUR TAYLOR, who has recently moved to Alberta, came back for the race but had to pull out the strongest effort to beat CLIFF HALL who finished only nine seconds behind. DOUG BEATTY made up the trio with ROLAND ANSPACH USA in fourth spot in this class. Unfortunately some US entrants did not materialize and they had to take last place penalties in this group behind a strong Canadian backup group.

"That genial Scotsman from Cornwall, Ontario, JIMMY STOKES won the 2B Class from ALAN TAYLOR and AARON KAZDAN whilst in 3A another Canadian sweep was led by strong running ARCHIE MARSHALL, WHITEY SHERIDAN and REG ROLLASON (5th 5000M,

4th 10,000M, 5th Marathon at Goteborg). BILL ANDBERG, whose Goteborg achievements are too numerous to mention, posted an excellent time winning Class 3B with Canada's DAVE KAUFMAN placing second. PAUL FAIRBANK of USA showed great fitness in winning Class 4A. Paul won a number of medals in Goteborg whilst 1932 Olympian LOU GREGORY forsook sunny Florida to win the 4B crown. That a man of 76 could negotiate this course (World Masters Course 1975) under such conditions, leaves us full of admiration.

"The US ladies dominated division 1W and indeed, so fast was SUZIE BUCHANAN that it was a great pity that MIKKI GORMAN was not on hand to contest her. SUZIE, DOROTHY STOCK and PAT BESSEL caused many of the men to blush with envy. JUDITH KAZDAN added to her World Championship laurels of Goteborg by winning Class 2W here.

"Canada won this first cross country match 97-221 and, whilst we are delighted about this, we must realize that almost every outstanding Canadian Master in the East was present (excepting the injured TONY GIBLIN and GORD DICKSON and BRYAN MARTINDILL who do not often run cross country). We certainly had the numerical advantage.

"Next year the race will be held in Seattle, Washington, where, whilst we hope to send some of our Eastern strength, we will have to rely mainly on our Westerners for this away fixture. For those who cannot travel west, TONY DIAMOND and DICK KENDALL, who did so much of the US organization, will arrange a non-title race, probably in Buffalo, New York. Something to look forward to in 1978." DON FARQUHARSON.

OVERALL TEAM SCORING

"Overall team scoring is based on the aggregate placing positions of each scoring member of each class division within their own division."

"Team Scoring by Classes is on this basis:

Class 1A	-7 to score
Class 1B	-6 to score
Class 2 (A and B combined)	-3 to score
Class 3 (A and B combined)	-2 to score
Class 4	-1 to score
Class W (0, 1 and 2 combined)	-2 to score

The Overall Team Scoring title is then the aggregate total of each scoring position (by place in their own division) included in the above list."

DECATHLON & PENTATHLON NEWS

On Saturday and Sunday, December 3 & 4, at Glendale College the U.S.T. & F. Federation held their winter decathlon. USMTT was well represented with HARRY HAWKE (San Diego T.C.), HAL SMITH (SoCal Strider), BOB HUNT (Striders), DAVE DOUGLASS (SoCal Master Striders), JIM VERNON (S.T.C.), JIM MINAH (Club West), and A. REDMOND DOMS (Southern Cal Striders).

The following week, Dec. 11th, at the same place, Glendale College, the second annual weight pentathlon was held. The following USMTT members participated: HAL SMITH, JOHN PANSLEY, DAN ALDRIDGE, JACK THATCHER, JIM YORK, RANDY HUBBELL, ART VESCO, TOM DeVAUGHN and EMSON GRIMM.

MASTERS MEANDERINGS

WALT FREDERICK to DAVE PAIN: Anaheim, Calif. "After reading your article in the U.S.M.T.T. April '77, I felt I needed to write you and let you know how grateful I am personally for what you have done in the Master Program and how dynamically it has touched my life as a person. I had been running some before but the Masters really set me going and brought health and pleasure into my life above what I ordinarily would have had. Thanks very much, DAVE, from the bottom of my heart...November 3rd, I will be 70 and enter another 5 year bracket. I am gearing up for a few more triumphs and joy of competition with my fellow athletes in that age group. Now that we are retired, it gives us another reason to go on living as full a life as strength and vitality permit and has added years of quality living because we have been inspired to fitness...This letter.. is from my heart with a big thanks to a big compassionate fellow-being, that saw, followed and developed a big dream which blessed thousands of us."

JACQUE & KEN PROCTOR have been wheeling about Europe for most of 1977 and programmed their time to drop in on the Championships in Gothenburg. The following is an excerpt of KEN'S voluminous report beginning with an encounter of Zakopone, Poland, when the PROCTORS loaned 2 pairs of cross-country skis to a friendly couple.

"We had good and lively conversation and a few Polish Vodkas when they brought the skis back and I, with my usual modesty, mentioned my desire to win a gold medal running in Gothenburg in August. Our couple said, 'Oh, how nice - We'll come and watch you!' The accent very proper and British, 'We're from Gothenburg!'

Of course, the surprise was KAREN and STEN RENTORP waiting for us at the station.

Gothenburg was the site of the second World Masters Track and Field Championships. The first was in Toronto two years previously.

In Canada, more than 1500 athletes, both men and women, gathered to compete. Masters' Competition (now officially Veterans in deference to the Europeans who have been using that term for national events) is for individuals over 40 and covers all track and field events. At the outset when DAVID PAIN, an enterprising and energetic San Diego lawyer conceived the idea of 'geriatric' track meets, the age breakdowns were in increments of ten years. Now, with men like DR. KENNETH COOPER (he wrote the best-seller Aerobics extolling the merits of jogging) the ranks of serious older runners had swelled with astonishing swiftness. Many ex-fat, out of shape, middleaged men consider COOPER some kind of savior and I am one of them.

Thirty-five hundred competitors gathered in our host city of Gothenburg. The youngest, of course, was 40 but the oldest was DUNCAN MacLEAN from England who raced in Toronto and was back this year to compete with youngsters of 80 and up. He is 92!

It was an exciting time and lasted from August 8 through 13. The competition was tough and world records, many held by Americans, were broken with regularity as the Scandinavians as well as Europeans appeared en masse due to the short distance to Gothenburg. I ran in the 3A classification (60-64) and, frankly, in spite of four months in France, drinking wine daily and enjoying French Cuisine, expected to at least place third in the 1500 meter. On the plus side, I had run one hour daily and had been cycling six days a week for two months. My time was 5:45.8, only three seconds more than in Toronto two years before when I won eighth place. This time a Turk ran it in the unbelievable time of 4:59.0-- almost one minute better than I did. I placed 11th. I ran, for the first time in the 5000 meter race. Here I faired even worse. 32nd place!

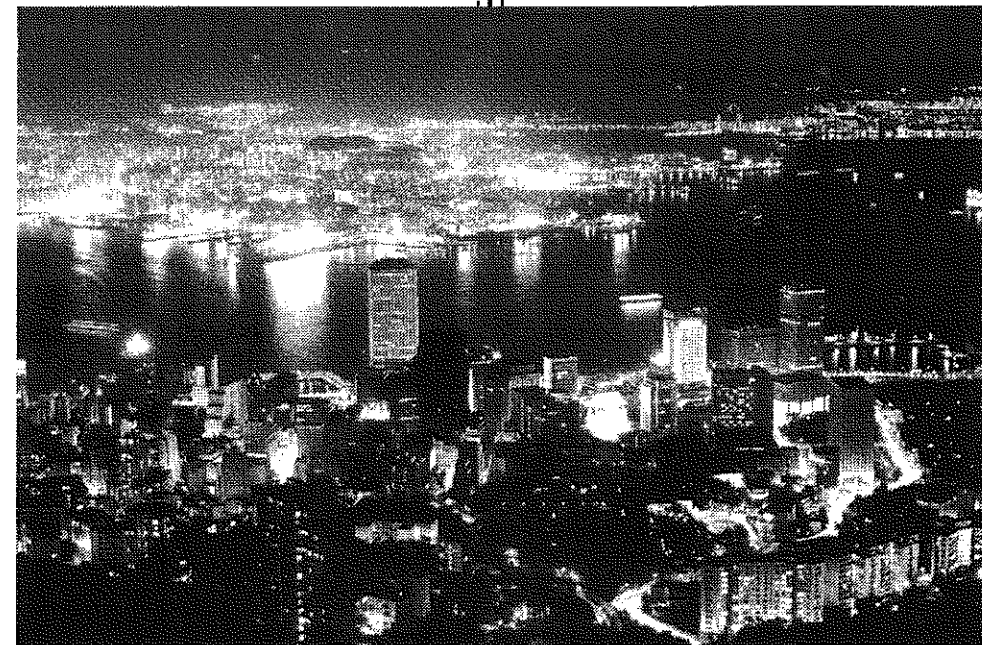
Our friends from Gothenburg, loyal to the end came to both events and it was heartwarming to receive their congratulations in spite of my unspectacular performance. Let's face it - I was there and I finished. 11th in the world - not too bad! Now my strategy in 1979 is.....!"

CHUCK McMAHON says ALOHA:

CHUCK McMAHON competed in the Hawaii Masters Track Club meet on Sunday, December 18th. He broke the State of Hawaii records in the discus and javelin for the 60-69 age group. His record breaking toss for the 1kg. discus was 115'3". This exceeded BUD DEACON'S 1972 record of 109'4" by 5'11". CHUCK'S 800g javelin throw was 108'0" exceeding DEACON'S old mark by 3'6". The meet was held at Kaiser High School, the excellent site of the Fourth Hawaii International Masters Track and Field Meet to be held on Easter weekend.

HELGE JOHANNSSSEN our dear friend in Gothenburg sends greeting to all. He has been seriously ill for 6 weeks with influenza. --How about some CHEER cards to HELGE c/o Ullevi, Skanegatan, S-411 40 Goteborg, Sweden.

LEO BENNING, Capetown, wishes all a prosperous New Year with the hope 'that the Masters will go from strength to strength and that we shall meet again one day.' He enclosed the sad news that his father whom we had met and admired on our South African tour, had been ill for some months and died on December 1, in his 80th year. LEO and MARIE, our thoughts of sympathy and prayers are with you.



From Victoria Peak you survey the wonders of Hong Kong at night.

DISCOVER THE ORIENT WITH U S M T T IN 1978

On August 15, 1978, our International Track Team will leave San Francisco International Airport on China Airlines headed for Tokyo and 21 days of adventure, competition, sightseeing, and travel throughout the Orient - returning to Los Angeles on September 4th. Hotel and airline reservations have been made for competitors and friends to visit Japan, Taiwan, Singapore, Hong Kong, and The Philippines. Including airfare (based on January, 1978 tariff), sightseeing, and first-class hotel reservations (double occupancy), the price of the tour will be \$1,750.00 per person for members of the USMTT and their families. For those who would like to stop in Hawaii on the return, a special extension will be arranged.

Our local hosts have asked that a list of the competitors and their preferred events will be sent to them by the 1st of April so that they may begin to determine the schedule and program of competition. Therefore, we are asking you to fill out the following form NOW if you have any thought of making the trip with us. Because this is not a charter operation, but rather a scheduled airline, there will be no cancellation penalties until July 15. Total refunds are available until that point. Suggested payment schedule is as follows: Per person--\$50.00 deposit now, \$500.00 due May 1st, \$500.00 due June 1st, balance of tour due July 1.

To: Sports Travel International
4869 'B' Santa Monica Ave.
San Diego, Calif. 92107
(714) 225-9555

I would like to make _____ reservations for _____ competitors
_____ non-competitors to join the USMTT Orient tour '78.

Enclosed please find \$ _____ as deposit for the following names _____

Please list competitors and their requested events and non-competitors names separately: _____

BIRTHDATE: _____

MY ADDRESS IS: _____

HOME PHONE _____ BUSINESS PHONE _____