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FOURTH HAWAII INTERNATIONAL MASTERS TRACK & FIELD CHAMPIONSHIPS

MARCH
24, 25, 26
1978

Aloha
Your airline in Hawaii.
ONE OF OUR CARRIERS

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 U.S.MIT 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 U.S.MIT has instigated Masters Programs in Japan, Taiwan, Singapore, Hong Kong and Manila, and has planned competition for the stimulation of these activities.
CALENDAR FOR THE MASTERS' TRACK AND FIELD-1978

MARCH
5 25K Road Race National Championships
Miami, Florida
12 25K Road Race National Championships
Falls Verdes, Calif.
19 Mid-Marathon
1st Annual National AAU Masters’ Championships
East Stroudsburg, Pa.

Indoor Track and Field National AAU Masters’ Championships.
East Stroudsburg, Pa.

19 - 20 indoors National Championships
Albany, New York
-1st Annual Michigan Masters’ Indoor Track & Field Championships.
Ann Arbor. LARRY STERRE: 2322 Dexter Rd.
Ann Arbor, Michigan 48103

Hawaiian International Track & Field Championships.
Kaiser High School, Scott Honolulu, Hawaii 96821

APRIL
4 Cherry Blossom Classic 8:30am
10 Mile and 2 mile. ONLY 2400
ALLOWED 1737 Niviere Dr. NW
Washington, D.C. 20008

8 San Diego Relays. KEN BERNARD.
16 75K Race Walking AAU Championships.
New Jersey

23 35K Race Walking Championships.
Iowa

29 Health Marathon, Frederick, Maryland. CHITTA BANARAS:
6612 East Ave. NW
Washington, D.C. 20012

MAY
5 - 7Occidental International Masters’
Track & Field Championships.
North Carolina. ROBERT S. NOAL, next
director.

10K Race Walking Championships.
Rocky Mountain Association.

14 10k Race Walking.
Niagara (upstate NY)

17 Potomac Valley AAU Masters’ Track & Field Championships.
Plus 15 and 20k relay.

JUNE
Weight Pentathlon National AAU
Championships.
 Rutland, Vermont

11-18 Road Runners Marathon Camp-
Douglas, Michigan.
For Information: Write: Marathon Camp c/o Stripe On
Box 372 Michigan City, Ind. 46360

15 15th Annual Michigan City
Roll - TOM EDMUS, race director.
Michigan City, Michigan 46360

24 PSA - AAU Track & Field
Championships.
San Diego, Calif.
For information, contact: KEN BERNARD.

JULY
2nd week
Outdoors and Pentathlon National
AAU Championships.
Atlanta, Ga.
-5K Race Walking Championships
Attock, Pakistan
-20K Race Walking Championships.
Mandeville, Louisiana

3rd week
Decathlon National AAU Masters’
Championships. Mercer, Calif.
-15K Race Walking Championships.
Utica, New York

23 15K Race Walking Championships
Meditation.

30 40K Race Walking Championships
New Jersey.

AUGUST 15 - SEPT. 4: USMTT OR TREK OF THE ORIENT

SEPTEMBER
10-16 Italian Masters’ Flash 1st
European Masters’ Track & Field Championships.
Italy

11 10K Race Walking Championships
Michigan

24 - 30 Major Dairy Marathon
214 N. Eric St. Chicago, Illinois 60610

OCTOBER
100 Miles Race Walking Championships
Missouri Valley Association

NOVEMBER
5 or 11:10 Cross County Championships.
Michigan

NORMAN K. TAMANAH

APIEL 1947-SEPT 23, 1977

"Today, the road all runners come, Shoulder high we bring you the opportunity your threshold down Townsman of a stiller town.

[The passing of NORMAN K. TAMANAH, Hawaii’s Marathoner Emeritus, we have lost one who is rightfully called Father of Long Distance Running in the 50th State. Competing from the mid 1940’s all the way through the early 1970’s, NORMAN was widely known throughout the world. With the love, the desire to not be a ‘fleshy, gutty competitor’, who was to be both Clubman and leader for his endurance. All though small in stature, his abilities and determination. A look at his racing record shows evidence of hours of training and persiste nce in achieving excellence. Truly, his contributions to Long distance running in Hawaii will not be forgotten. All of us who have run here in Hawaii are richer for having one such as NORMAN show us the way.” -COIL.

TOM FERGUSON.

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$10.00 PER YEAR
MAIL TO:
U.S.M.T.T.
P.O. BOX 7823
SAN DIEGO, CA. 92107

FIRST EUROPEAN MASTERS’ CHAMPIONSHIPS ANNOUNCED

Chisinau, European representative to the executive council, the World Veterans Athletic Association, President of the Italian Masters’ (WMT) sends us this detailed information concerning the championships scheduled for September 10-16th at Viale degli Stadio del Pire.

As we have received some requests for participation coming from non-European countries, we have decided to extend our invitation to groups coming from Canada, USA, Venezuela, Israel, and Australia under the following special rules:

It is possible to enter no more than one competitor per nation in the marathon 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 program special finals and prizes for them.

It is possible to enter any competitors number in the road walk (3500), in the marathon and in shot put, discus, javelin, hammer. Then, the registration is being closed but with special classes. All special prizes for them. All other rules and facility are always the same.

For further information, entry blanks, travel details, contact: U.S.M.T.T.

Unbroken 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 liable to forget. The first to appear was the United States Northern Irish team members on the train headed back to our apartments. The first to express the worst of all monica music by their manager, EDDIE JOHNSTON; the two blind runners from Germany, K. WORTH all in the true sense of the word of the outstanding 300m., 1000m and the marathon coming at the very end, had the crowd with his hard, forceful running. The fascinating experience was where the South African via San Diego runner who fished was really the ‘one’ that stayed in the Min of the 5,000; the lovely Swedish girl gymnast at the opening and closing gymnastic 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 DONN McCLEAN can still be an active competitor and a Northern Irishman and the son of a Southern Irishman can break bread and enjoy a cup of tea together the world’s be better place for it.”

Thank you, USM and RMT.

Words of Wisdom from Potomac Valley Seniors Newsletter - November.

Advice from Phyllis Diller-

"You’ll always stay young if you live honestly, eat slowly, sleep sufficiently, and lie about your age."
ATTENTION: MASTER WALKERS

Sports have seldom produced more dedicated spectators than the walkers. Long a promoter of 'The Master Walker,' a monthly newsletter tied together the fraternity of walking, issue #27, in the beginning of the fourth year of publication, has announced that the subscription rate is now $2.00 per year. Singly, the newsletter is a truth telling job, telling the truth in a walking thread 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. You could use your encouragement and in turn would be happy to include you in the Master Walking score.

Enclosed is $2.00

NAME

ADDRESS

AGE RECORDS

BIRTHDATE

EVENT

TIME

PLACE

DATE

TRACK

SCHEDULE

No more involved in Masters Walking I would like further information about getting involved

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 committee is busy with: 1) planning a surprise replacement for the usual T-shirt, 2) planning and holding clinics to recruit and train officials, 3) grading and setting areas at Willow Glen, Jacksonville, 4) reworking the meet schedule to utilize more fully the facilities on Friday and Saturday and the overload on Saturday's schedule and 5) negotiating for a more compact and convenient headquarters and banquet arrangements.

The board of directors, headed by ROBERT S. ROAL, include the following: JEROME PERRY, RICHARD ROCHDEL, RICHARD TURNER, RICHARD A. THORPE, JIM WESCOTT, BOB LEBELLYN, W.H. SIMPSON, RALPH FORD BURG, JOHN BURG, JAC L. LINNEBURD, SY GITEILION, BILL FLOYDINNY 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.
All of our members of the U.S. Master's International Track Team are outstanding people. Diamond in many facets. A sparkling example is JOHN DICK of Louisville, Wisconsin. Participating in the first Master's Track Meet in Gothenburg, he competed in the long jump, 100 meter hurdles, the decathlon, the discus, high jump, long jump and triple jump. He won the most cherished prize from the meet was a blue and gold canvas gym bag which he won from second place in overall points in the handicapped division.

On the return plane flight some of us became better acquainted with JOHN DICK and asked him to 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, "Housau, Wis. "The sight of JOHN DICK's backyard here would tell any visitor that this is no ordinary man's home. DICK, 66, has built a shot put circle, a discus circle, a baseball net-a-brick 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 6 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 400 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 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 51% 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 101A, 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 mile and threw the discus and javelin. He attended UW for four years, but never got a degree, ignored 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 (Bob Shimel of Marquette) found out about it though. He saw my name in the paper one day and asked, "That you?" I said, "Yes, it is," and he said, "Boy, you were mad." That wasn't only surprise Shimel got while coaching DICK. "I didn't know for years that he was deaf," said Shimel, 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, you are deaf? And he said, 'Yes, I am.'"

--- Continued on Page 16 ---

DICK has won awards for his paintings, as well as for track. Here there is a very special custom known as 'walking the bird.' Bird watchers derive much pleasure from quite literally taking their feathered friends for morning strolls through parks, cage and all.

"People of 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 big cans suspended from a bamboo pole balanced on her shoulders. The New Territories are included in part of our tour.
A.U. MASTERS TRACK & FIELD COMMITTEE REPORT  Nov. 1977

This report is being sent to the National 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 Braxton, Secretary-Treasurer.

We presently have $400 in the treasury. Many of the 58 A.U. Associations have not been crediting our committee with dues (50c. per member). This is our principal source of income. It is important that each Association Chairman contact his local A.U. office and insist that there be a provision for each athlete, on the 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. 58% voted to have Masters LDR returned to the Open LDR Committee. 58% voted to maintain two separate committees. A proposed code of change to have one "Masters Athletic" committee was tabled until the next A.U. Convention. A Masters Athletic Coordinating Committee was formed consisting of the officers of the two Masters Committees. This committee will coordinate the operations of the two committees and work on joint programs.

World Veterans Athletic Association
The World Veterans Athletic Association a constitution was approved. The following were selected as the American representatives to the World Veterans General Assembly: Irene Obena, women's track; Ruth Anderson, women's LD; Ron Kulick, race walking; Bob Boal, LD; Wendy Miller, C&P; Bob Fine was already 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 poll 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 $13.

All of these items will have lettering "U.S. Masters" with an 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.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 give the present patches. We will also sell a patch "A.U. Masters" which any member of the 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.U. Associations'
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 in the second issue of the National Masters Newsletter (NMM). 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 need more at least 1,000 more to accomplish our goal. This is probably the single most important program of our committee. Please subscribe 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, LJ & H, Men and Women, Race Walking and the Masters Committee being a part of it. Each of the separate committees will have autonomy. Masters L & J 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 - new 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-Ams 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 Cross-Country dual 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 participants, 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 1978 or 1980 please advise me as soon as possible. Herb Anderson, headingman 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

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 input of performances. For those that wish to receive their rankings we are forced to charge $50 per event as an entry fee. 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 your individual ranking or not.

NAME
ADDRESS
ZIP

A.A.U. 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
	hree mile

5,000 meters

six mile

10,000 meters

stelechase

120 yd. - 110 meter hurdle height

high hurdles

440 yd. - 400 meter hurdle height

long jump

triple jump

shot put

discus

hammer

javelin

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 individual can run in more than one relay but not more than once in any one relay event.
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 separate 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 MacLachlan 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.

<table>
<thead>
<tr>
<th>RELAY EVENT</th>
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<tr>
<td>TEAM MEMBERS</td>
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MAILING ADDRESS FOR PRIZES: Name

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

TEAM DIRECTOR

CHIEF 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

MORE RURAL AREAS
The Pineapple Ban Nature Trail is a beautiful pastoral contrast to the hubbub of Kowloon and Hong Kong city.

PASTORAL PLACES


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 oriental trams and ferries, the modern Hongkong and the Hong Kong fire service fireboat.

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

Tram cars add in the hustle and bustle of downtown Hong Kong as they provide the necessary transportation for the island. Causeway Bay, Central, and Western Districts.

The Marathon Man

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

DICK TAYLOR (40)-If he could get help but his eyes are growing dim, he travels the world. The 67-year-old star and man who long kept running more than anything, will be back.

"Now they tell me that, someone else that goes with growing old and that I'll just have to accept it," said Taylor, "I'll be damned if I will!"

"But I won't accept it for long, either. I'm going to keep on running, and if I can get it, I'll keep on racing around the streets of Boston and the top of Pike's Peak. I'll run on the track.

Now, dressed in a green warm-up suit and running shoes, he begins a new trek to the finish line of the Boston Marathon, in the week's race alone.

The difference between now and a year ago is that he is equipped with a glassy, black basket and a large cane.

He struggles for a running pace with his feet on those hilly roads, but compositions are hard to find because most Green Lake piggies don't run 16 miles of track.

A shadow looms and Bright eyes open, "Ripper on the track. Ripper on the track. The man who's holding up the standard star man of running in the United States, and his success in the Boston Marathon, has been that way."

Derek, a sportsman of the optic nerve is saving his vision.

A year ago, he could see the small price on a horse's head. Now he has trouble keeping down the road with his right arm around his right hand, and putting his right hand on his face.

He has barely made the end of the race, and followed in a grueling way. His word is "WILL TRY TO BE." A great victory race at Steward College, where his running was broken down, he has to chalk it up and Face it, he's into a centennial pace.

And then, Thursday, he was hit by a rear while trying to cross a street in Boston. He was admitted to a hospital with broken shoulder.

From his hospital bed, Bright vowed that a shoulder fracture wouldn't keep him off the track. It has been crooked twice before.

"In sports, a special good things on Green Lake have spurt a sign up on laps of living running near 20 years."

The University of marathon men is a state. A champion who is going blind should not run the last lap alone.

Los Angeles Times

Sun., Jan. 20, 1974

The Blind Man Jogs Alone

Kenneth 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 calico piggies around Green Lake cannot keep up with a star running an 8-minute mile.

DID YOU KNOW THAT-

Linda Siffrell, gold and silver medalist at Gothenburg (48-44) lives in Vienna, where her husband, Dudley, is the American consul.

By way of the Potomac Valley Senior's newsletter and CAROLYN HANR, we learn that LINDA was the 15-kilometer Hanschke 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 500-meter record holder (her time: 10 minutes) and we. 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 Got- hberg. 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 there on, beating her finally by less than 10 yards. My time was 58 minutes, 20 seconds.

The next day, feeling pretty stiff I won a 2.2 kilometer (1.7 miles) in 36:14 and two days later a half marathon in 1 hour 31:28, lipping the last half mile with a cramp in my knee."

Now great it is to receive these news items about our friends and especially when there are tidbits of advice included.
THE FIRST CANADA VERSUS USA CROSS COUNTRY MATCH

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

"Everyone who took part in this exciting event was entitled to feel that it was finished in complete satisfaction. That is because the date of the USA Master's Cup Championships was moved to November 19th, right in the middle of the Canadian cross-country season, and, as a result, a very large and enthusiastic crowd turned out to see the Sequoia Cup meet. Not only the runners, but also fans from both teams, American and Canadian, turned out in droves to support their respective teams.

In 1977 only 14 masters competed at the Pauli meet as it was snowing heavily and the course was covered in snow, making the conditions for running quite difficult. However, the following year, 1978, saw an increase in the number of participants to 18, with both men and women taking part. The course was also moved to Glenmore Park, Toronto, and the atmosphere was electric.

The event was a great success and the organizers are already planning for next year's edition. They hope to attract even more participants and create an even more impressive atmosphere. We look forward to seeing you there!"
It was an exciting time and lasted from August 8 through 13. The competition was tough and world records were broken by American athletes. The Americans, being with the Scandinavians as well as the Europeans appeared en masse due to the short distance to Goteborg. I ran in the 3A classification (60-64) and placed 2nd in the 800m sprint in 2:10.3. I then placed third in the 1500 m. On the plus side, I found a new friend and had been cycling six days a week for two months in France, drinking wine daily and enjoying French cuisine. My time was 5:55.8, only three seconds more than in Toronto two weeks before when I won eighth place.

This time I found it in the unbelievable time of 4:59.8--almost one minute better than I did it placed 1st in 1977. I ran, for the first time in the 500m race. Here I fared even worse, 32nd place!

Our friends from Goteborg, loyal to the end came to both events and were in agreement to receive our congratulations in spite of my disappointing performance. Let's face it--I was there and I finished. I'm the world--not too bad! Now my strategy in 1979 is:............!

CHECK MCMANUS says ALOHA:

For the Hawaii Masters Track Club Cross Country Meet on Sunday, November 14, 1976, we broke the State of Hawaii records in the discus and javelin for the age group. His record breaking toss for the 45 lb. discus was 192'6"--this exceeded RICH BREADON's 1972 record of 109'4" by 83'2". The 182 lb. javelin throw was 108'4" exceeding DEAN's old mark by 3'3". The meet was held at Kaiser High School, the excellent site of the Pacific Masters Track and Field Meet to be held on Easter weekend.

HELGIE JOHANSSON, our dear friend in Goteborg sends greetings to all. He has been seriously ill for a few weeks with influenza. Most of all, he sends greetings to HELGE c/o Helge, Stockholm, S-411 40 Goteborg, Sweden.

On August 15, 1978, our International Track team will leave San Francisco International Airport on China Airlines headed for Tokyo and 21 days of adventuring, computing, 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 tariffs), 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 be sent to them by the end 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 a Yatra, there will be no cancellation penalties until July 31. Total refunds are available at that point. Deposit for payment schedule is as follows: $150.00 deposit now, $350.00 due May 1st, $500.00 due June 1st, balance of tour due July 1.

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To: Sports Travel International
469 8th Santa Monica Ave.
San Diego, Calif. 92107
(714) 325-5555

I would like to make reservations for: competitors
non-competitors to join the USMTT Orient Tour 1978

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:
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

U.S.M.I.T.T.
U.S. Masters International Track Team
New Year 1978

With memories of Gothenburg now history of the old year, we look

toward cities on the other side of the world for the USMT 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 USMT has initiated Masters Programs in Japan,
Taiwan, Singapore, Hong Kong and Manila, and has planned competi-
tion for the stimulation of these activities.

GOTHENBURG 1977 -- HONG KONG 1978

To

Return Address:
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