CALENDAR FOR THE MASTERS' TRACK AND FIELD — 1978

JULY
7 - 9 - 54th National Masters Championships in Track & Field, Atlanta, Georgia. SEE RIK, 8,390 Stonecreek Trail, Atlanta, GA 30341.
11 - 58th Race Walking Championships, Atlanta, Ga.
14 - 6th Annual Cherry Festival FV, Evansville, Indiana. SEE RIK, 8,390 Stonecreek Trail, Atlanta, GA 30341.

AUGUST
14 - 6th National Cherry Festival FV, Evansville, Indiana. SEE RIK, 8,390 Stonecreek Trail, Atlanta, GA 30341.
16 - 6th National Cherry Festival FV, Evansville, Indiana. SEE RIK, 8,390 Stonecreek Trail, Atlanta, GA 30341.

SEPTEMBER
5 - 5th Annual Blueberry Stomp, Oregon, 8th Labor Day, Mrs. B. EDDIE COULCOFF, 4672 Beryl Rd., Pittsburgh, PA 15216.
10 - 16th Annual Masters Track & Field Championships, California State College, Alhambra, California.
11 - 58th Race Walking Championships—Michigan
24 - 11:00 AM—VLRF DAILY NEWSPAPER, 200 N. Michigan Avenue, Chicago, Illinois.

OCTOBER
10 - 100 Mile Race Walking Championships—Missouri Valley, St. Louis, Missouri.
6:30 AM—AMA AUI 50Kt/10K track championships, San Diego, California. DIRECTOR: BILL DICKERSON.

NOVEMBER
4 or 11 - 10th Cross Country Championships, Madison, Wisconsin.
30 - 6:00 AM—National AAI Masters' 5000 meter Country Championships, Balloch Park, San Diego, California. DIRECTOR: ED BARDEN, (714) 465-7009.
DEC 3 - Honolulu Marathon.
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*Note: Family A set their own record of 11.10 seconds in the 100 m Hurdles event.*
PHILLIPS FROM THE RANDEUS

from Coronel del Mar... 
STUART JACKSON was doing some excellent work on the treatment of cancer patients. 

DAVE reports he is doing nicely. We all look forward to having him back with us at the next clinic. 

DAVE BANKS’s wife, JACQUELINE, had recent surgery, and DAVE is making good progress.

EUGENE BROWNE’s son, who was severely burned, has been discharged from the hospital and is doing very well.

FRED WHITELock, who was admitted to hospitalafter a fall, is now recovering well.

W. E. SMITH reports from Ballarat, saying: "I am looking forward to a good season of competition this year. The trip to Swedes was just out of this world..."

Another team has been formed by the Royal Harriers from Austin where they are just getting settled. What a great team they are!..."

Dear Mr. Parker,

I was wondering if you could provide me with some information about the recent events at the Australian National Championships. I am interested in attending one of the upcoming meets and would like to know the dates and locations.

Sincerely,

John Smith

P.S. I am also looking for a place to stay during the event. Any suggestions would be greatly appreciated.

---

SINGAPORE WALKING

FROM CALIFORNIA, A MAN FROM Dodge State Prison and Millie, still in training, make daily trips to the beach. They are scheduled to compete in the upcoming U.S. Masters and Track Championships.

FOR INTERNATIONAL coach, DON PARKER, the recent international trip to the Canadian Masters and Track Championships was very successful.

"We had a great time," he said. "The atmosphere was very electric, and we were able to share our experiences with other teams from around the world."

The team included both men and women, with a mix of experienced and novice runners. The focus was on improving fitness levels and building endurance.

"I think we can come away from this experience better prepared for future competitions," Don stated.

---

FROM Cali Berbew, Australia, JACK PARKER, who has been selected for the 1978 Australian team, has been training hard to prepare for the upcoming competition.

He said: "I am excited to represent Australia on the international stage. It is a great honor and a challenge at the same time."

Jack, who has been a long-distance runner for many years, believes that the key to success in this event is mental toughness.

"I have been working on my mental strength and focus," he said. "I want to give my best performance and make the country proud.

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The annual general meeting (inaugural of the Singapore Masters Association) Mr. SIM CHENG HONG was elected President of the Association. Mr. P. V. SINGH (vice-president and competition chairman) was elected as Secretary of the Association. The Chairman, Mr. W. G. COCHRANE, said that the Association was formed to promote track and field events in Singapore and to provide a forum for masters athletes.

Mr. SINGH mentioned that the Association had plans to organize regular meets, including a senior masters meet, a junior masters meet, and a masters meet for women. He also mentioned that the Association was looking for sponsors to support the events.

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Northern California Senior's Track Club sends a clipping from the Sacramento Bee concerning its 1978 indoor championships. The Clipping details the efforts of the club members to improve their skills and perform at their best in the upcoming meets.

Northern California Senior's Track Club

1120 Rosewood Drive

Sacramento, CA 95815

CONGRATULATIONS TO SUPER K STATE AND SOUTHERN CALIFORNIA!

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We welcome our new members and extend a warm welcome to our returning members. The club is looking forward to another successful season.

-- Mark, President

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Our international coach, DON PARKER, has reported the international competition in the Canadian Masters and Track Championships.

"The competition was very tough," he said. "We had some great races, but unfortunately, we fell short of our goals.

"Overall, I am proud of our team's performance. We learned a lot and grew as a group."

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Contact: Page 17
### 180th class IV

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Encouraging Response

The last ESSIT issue included Dr. RON'S Orient report. Now is the time for the worst court representative!

Our Trip to the Orient

When we arrived at the orient, we were greeted by a beautiful flower arrangement. We were then taken to a small restaurant for lunch, where we enjoyed a variety of delicious dishes. After lunch, we were driven to our hotel, where we checked in and settled in to a comfortable room.

On the first day of our trip, we explored the city, visiting some of the most famous landmarks. We saw the famous skyline and the beautiful gardens. It was a wonderful experience to see the city in all its glory.

On the second day, we visited the famous museum. We saw some of the most incredible pieces of art and history. It was a truly inspiring experience.

On the third day, we went on a boat tour of the bay. We saw the beautiful scenery and the unique architecture. It was a peaceful and relaxing day.

On the last day of our trip, we were taken to the airport for our flight back home. We were sad to leave but we were happy to have had such a wonderful trip. We hope to return soon and explore more of this beautiful country.
RAINBOW HOTEL

The destination and discipline required by this type of exercise.

We had lunch on the lookout ride, which is on the main land.

We were joined by MR. TADE WAKEMI, President of the International Travel Representatives, a good friend of HIRU's. We were joined by JIM O'NEIL, an American Express v.p. in Hong Kong. I could easily identify with even though he uses an extra "r" in his name. After lunch we were taken on a tour of Hong Kong Island by the H.K. Tourist Association. We started off with a ride on the Peak Tram to the top of Victoria Peak (el. 1,280 ft.), and our driver met us at the top with our souvenir hats. We had a beautiful young lady named Betty as our guide, and she did an outstanding job. We drove across the island to a little fishing village called Aberdeen and visited the many small-called sampans and the larger ones, called junks. We enjoyed walking around the famous "floating restaurants." Jumbo, that we went to originally, is the high rent district of Hong Kong, where we did some walking on the beach.

In the early evening we met with MR. FANG CHEN, Director of the South China Athletic Association. We were shown around their facilities, an impressive complex involving many different sports.

VIRGINIA PILLOW of the Hong Kong Tourism Association hosted a wonderful dinner that evening at the Repulse Bay Hotel. This is an old English-style hotel complete with outdoor terraces, located in the mountains on the central part of the island. It is an elegant hotel with superb food and service, and the evening was a memorable one.

Next advice to give to a first-time visitor to Hong Kong is to pack lightly, for you will surely want to visit yourself of the beautiful bargains in tailors made clothing. There are an abundance of tailors throughout Hong Kong and Kowloon; most of them very good, many of them offering 24-hour service, and all of them very good. We purchased several pairs of slacks and a couple of beautiful sport coats, tied to make the trip more interesting and unusual. As usual, we arrived, and the hotel was the Steading Siam Hotel. Our rooms overlooked a fabulous view, and we again managed to find that they were equipped with well-stocked refrigerators.

Our first morning was spent in the Kowloon area, probably the best shopping area in Hong Kong. We stopped for several hours at the Shemar, a huge department store in front of the Steading. After lunch we were joined by EDWARD MILLER of Allau's Tours for a city sightseeing tour. Our first stop was the famous and unique Kowloon Walled City. As we passed by the large, interesting and unusual area. Then we went to Fort San-Tung, the last Manilla World War II fort and headquarters of the Japanese during their occupation of Kowloon. We saw the magnificent fort, located within the "walled city," an area of several square miles surrounded many years ago by a large wall. We then took a walk through the streets and heard from the greatest hero of the Philippines, B.B. CORDOVA. It was the liberation of the Philippines from Spain in 1896, he was a painter, a sculptor, an author, and a physician, and he was executed by the Spaniards at the age of 21. We saw the squares where he spent his final days.

In the evening we met with JIM O'NEIL and MR. WAKEMI at the Cabaret restaurant, located on the second floor of our hotel. The following morning I awoke quite early and went for a rather long weather. The weather in Manila is definitely one of the best in the world.

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You don’t always have to act your age

By M. C. Small

About the only time most of us give attention to our "etiquette" programs is when we are ill and the doctor predicts disastrous consequences if we don't change our habits. It's a privilege to whatever or like food, drink, institute, with little hope for what New York, comfort, personal appearance, and longevity. Mature adults are particularly susceptible to this syndrome unless they're binding sports enthusiasts or have some particular interest in trendy affairs.

But there are admirable exceptions and 73-year-old Woodfield McFadden of San Diego is one of them. When McFadden retired in 1967, he and his wife, Beatrice, gave serious consideration to what they could do that would enrich their retirement years. They agreed they wanted to do something interesting and challenging that would contribute to their health and happiness.

While they were pondering how best to chart the course of the rest of their lives, they learned that the Final World Masters Track and Field Championships would be held in Tokyo. The annual event was sponsored by the International Masters Men and women's organization and McFadden and Beatrice embarked on a training program. That was in 1980 and he was training and competing successfully in track and field events throughout the world every since. Competing in many age classification events from 60 and 64 years old, often against men many years younger than himself, McFadden achieved world's records and won numerous international medals.

He won three, four, and three-thermal at the 1986 Grandmasters Track and Field Meet in Van Nuys, California, competing in a wide variety of events. At the 1971 Masters Championships in Gothenburg, Sweden, he placed first in the 11 meter jump and long jump and fourth in javelin and fifth in the 100 meter. In 1986, he held both the high jump and long jump and javelin and fifth in the 100 meter.

In competition, McFadden is known as "The Mad Professor," and his methods and techniques have been studied by other masters. His achievements have been lauded in articles in many prestigious publications throughout the world, including the London Times, The Toronto Star, and The Toronto Star. He has been often criticized as one of the world's greatest track and field athletes. Quite an achievement for a 39-year-old man whose greatest ambition was to spend time as a landscape architect.

How does an individual perform in condition for such competitive events at his age? First, he works out six days a week. Most are limited in fish, chicken and turkey and he eats a lot of fresh vegetables and fruit, plus grains and rice. Foods such as bran, wheat germ and whole wheat bread. He uses no extra salt or sugar.

Of course, he doesn’t smoke, and although he finds himself to be very tired drinking, he admits to an occasional "cuppa."

Six days a week he works out for about 1 1/2 hours at Frost Lomax College. First football around the track, then doing stretching exercises and running, followed by stretching the knees and sometimes the javelin. Finally, he runs several miles. Right now he is concentrating on perfecting his execution of the "high" jump which he hopes will add several inches to his records.

Asked what he feels about his husband’s activities, Beatrice says, "Oh, it's great. Just wish I could work out with him whenever I want. I have a tendency to take on a little weight and both the exercise and diet helps."

The benefits that the Master Finnans have realized in terms of health, personal appearance and longevity are obvious to even the casual observer.

Although McFadden has no intention of retiring from track and field competition, he admits to lacking in a little sense of balance. "Now I'm jumping primarily for fun," he says.

In addition to his other activities, McFadden is writing a book on the sport and he plans to call it "You Don’t Have To Act Your Age."

Page 30 - Senior World – April 1978

Books for background

William Dario, associate editor, explorer; one man, book reviewer and mischievous maven, in his 1966 published "The Vagabond to the World," an instant best-seller of the times. "Doppey's Voyages," and subsequent works, called by John Macrae "the last books of the 19th century," will serve to what one's travel appetite. Indeed, when reading "The Vagabond to the World," there's no better place to begin your reading that with James M. Barfield, the world's most famous travel writer, and "Doppey's Voyages," and "The Vagabond to the World."}

Champion at Age 73

Woodfield McFadden has been entered in one of the world's greatest athletics events.

His achievements have been lauded in articles in many prestigious publications throughout the world, including the London Times, the Toronto Star, and the Toronto Star. He has been often criticized as one of the world's greatest track and field athletes. Quite an achievement for a 39-year-old man whose greatest ambition was to spend time as a landscape architect. How does an individual perform in conditions for such competitive events at his age? First, he works out six days a week. Most are limited in fish, chicken and turkey and he eats a lot of fresh vegetables and fruit, plus grains and rice. Foods such as bran, wheat germ and whole wheat bread. He uses no extra salt or sugar.