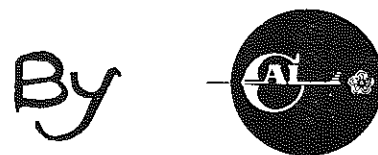
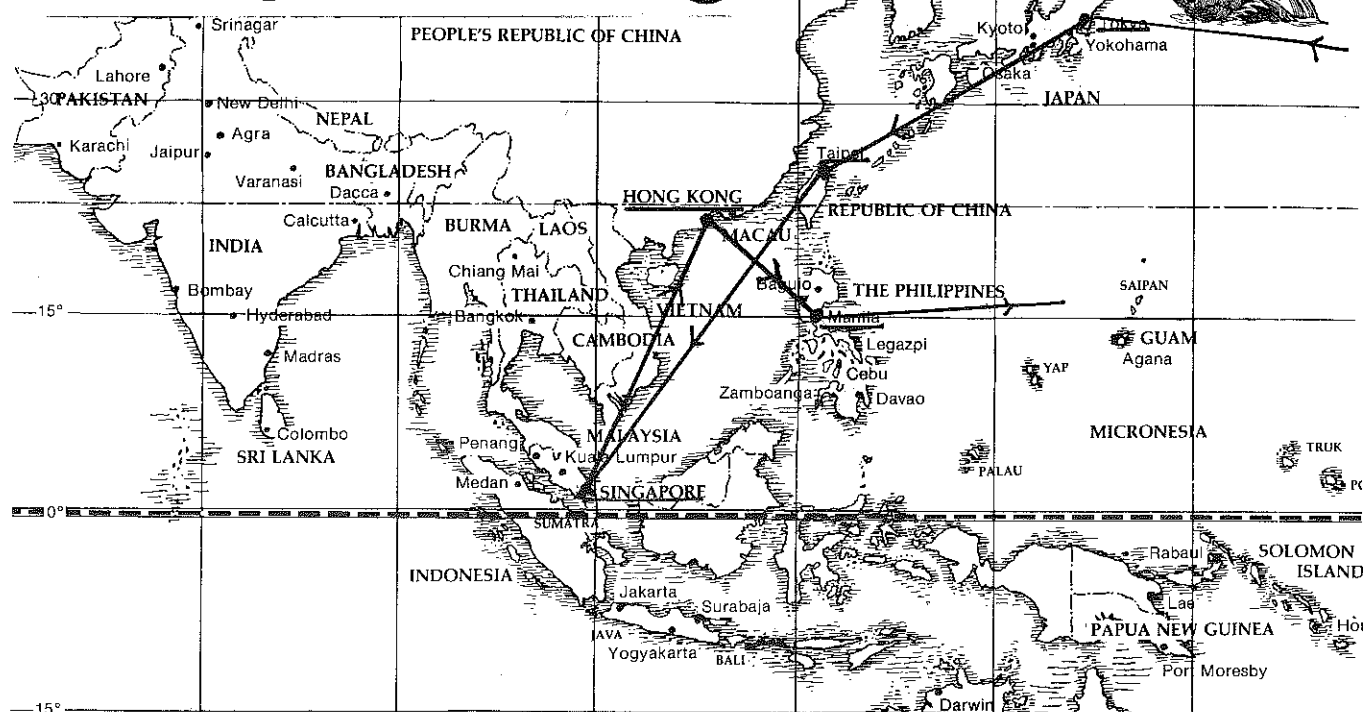




# USMITT. ORIENT 78



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U.S. MASTERS INTERNATIONAL TRACK TEAM  
 (A Non-profit Corp.)  
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 San Diego, CA 92107

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

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

u.s. masters international track team

JUNE 1978



July 7,8,9,1978 - Atlanta, Georgia

DETAILS INSIDE

## MAVIS MAKES IT!

Across the United States, Los Angeles to New York, in 69 days, 2 hours, and 40 minutes, is a time that wouldn't impress American Airlines, nor AMTRAK, not even Greyhound...but for a spectacular feat of human endurance our USMITT MAVIS HUTCHISON wins the gold medal. On March 12, 1978, at 9:00 a.m., the 53-year-old grandmother of 6 started her 3,000 mile run from the Los Angeles City Hall. After running 14 hours a day (and losing only 5 pounds) she finished at the New York City Hall on May 20, 1978. The U.S. Masters International Track Team is extremely proud to have our South African friend carry our banner in this super performance. MAVIS, we salute you! ... page 4

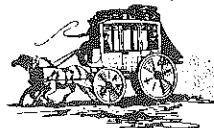
## 1979 HANOVER ON HORIZON

The World Veteran's Athletic Association third championships will be held in Hanover, Germany July 27-August 2, 1979. A letter from the honorable secretary, ROLAND JERNERYD, has informed us of the details plus some of the basic questions in organization. For further information, please turn to page 12.

CALENDAR FOR THE MASTERS' TRACK AND FIELD - 1978

JUNE

- Weight pentathlon National AAU Masters' Championships. Rutland, Vermont
- 10 -1st Annual Northwest Indiana Marathon. Crown Point, Indiana Fairgrounds to Hammond. JACK BAER, Downtown Hammond Council, 429 Fayette St. Hammond, IND 46320
- 11 -4th Annual Pontiac Widetrack Festival 11 Mile Run. DR. EDWARD H. KOZLOFF, 10144 Lincoln, Huntington Woods, Michigan 48070
- 11-17 -HAL HIGDON RUNNING CAMP, Dowagiac, Michigan Special guest- BILL RODGERS, (Boston Marathon Champion, 1975) plus DAN CLOETER, JOHN ROSCOE, RON GUNN and SAM BAIR. For further details: DEAN REINKE, Director 521 Westwood, Bloomington, Indiana 47401
- 17 -7th Annual Stagecoach Run Jacksonville, Oregon (5 miles West of Medford) 10 1/2 miles thru the town where gold was discovered. SOUTHERN OREGON SIZZLERS, P.O. Box 1072, Phocnix, Oregon 97535



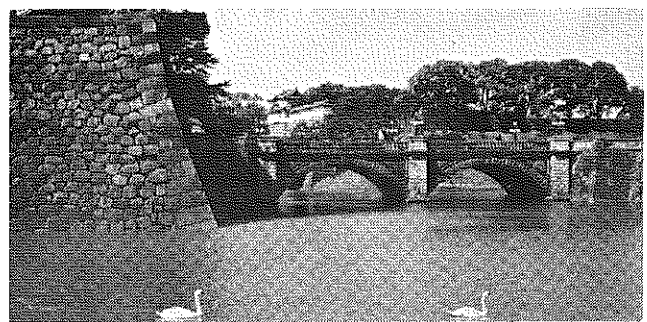
- 17-18 -USTFF National Masters Track & Field Championships, California State College, California at Pennsylvania. JOHN HARWICK, 467 Beverly Rd. Pittsburgh, Penn. 15216
- AAU Masters Western Regional Track & Field Championships, Los Gatos High School Track. BILL SWFET, Director, LGAA P.O. BOX 1328 Los Gatos, Calif. 95030
- 18 -Michigan City 15 kilometer run TOM DUDAS, Director, Box 372 Michigan City, IND 46360
- 24 -PSA - AAU Track & Field Championships. San Diego, Calif. For information contact: KEN BERNARD.
- 25 -US Masters AAU Weight Pentathlon Championships. Burlington, Vermont. Sponsored by the University of Vermont and the Green Mountain AA. ED KUSIAK, Coach of Track & Field, Patrick GYM, University of Vermont, Burlington, Vermont 05401
- 24 & 25 Midwest Masters Track & Field Meet Regional Championships, North Central College, Naperville, Illinois (22 miles west of Chicago). WENDELL MILLER- Midwest Masters, 180 N. La Salle, Suite 2207, Chicago, ILL. 60601

JULY

- 7-9 -AAU National Masters Championships in Track and Field. Atlanta, GA. KEN KIRK, 3800 Stonewall Terrace, Atlanta, GA 30339
- 5k Race Walking Championships, Atlanta, GA.
- 14 -6th Annual National Cherry Festival. F.E. Fivenson Memorial 10,000 meter run (along Lake Michigan Shoreline). NATIOANAL CHERRY FESTIVAL, 309 National Bank Bldg., Traverse City, Michigan 49684
- 16 -15k Road Race National Championships- Utica, New York.
- 23 -15k Race Walking Championships- Metropolitan, New York.
- 29 -National AAU Hour Run Championships, UC Santa Barbara. Goleta, Calif. JOHN BRENNAND 4476 Meadowlark Ln. Santa Barbara, CA 93105 805/ 964-2419

- 29 & 30 -2nd Masters PanAmerican Championships, UCLA (tentative) HAL SMITH (President, Southern California Striders) 19651 Ventura Blvd. Tarzana, California 91346 213/342-1174
- 30 -40k Race Walking Championships--New Jersey.
- AUGUST
- 5 & 6 -Masters' National AAU Decathlon, Merced Community College, P.O. Box 2111 Merced, CA 95430. Meet Directors, A.J. PUGLIZEVICH and TOM McCALL have done a super job in planning down to the last details even including a BBQ Steak Dinner!
- 8/15-9/4 \*\*\*\*\* USMITT TOUR OF THE ORIENT\*\*\*\*\*

NIBUSHI BRIDGE - TOKYO



IMPERIAL PALACE

- SEPTEMBER
- 3 1st annual Southwestern Open Championships, Masters' Track & Field, Albuquerque, New Mexico. University of New Mexico Stadium. (tentative) DOUG DOUGLASS, 3409 Groman Ct. N.E., Albuquerque, New Mexico 87110 505/296-0398
- 5 -5th Annual Blueberry Stomp Plymouth, Ind. 15k for Labor Day. MRS. RAYMOND GANGLOFF Rt. 6, Box 210, Plymouth, IND 46563
- 9 -National AAU 50-mile Championships (tentative) Santa Monica College- TOM STURAK- Box 1602 Santa Monica, California 90406 213/ 828-7641
- 10-16 -Italian Masters' Flash, 1st European Masters' Track & Field Championships--Italy.
- 11 -50k Race Walking Championships--Michigan
- 24 -11:00 AM MAYOR DALY MARATHON, 200 N. Michigan Ave Chicago, Illinois 60611

- OCTOBER
- 100 miles Race Walking Championships-Missouri Valley Association
- 7 -5th Santa Barbara Masters T & F Meet. UC Santa Barbara, Goleta, Calif. GEORGE ADAMS P.O. Box K Goleta, Calif. 93017 805/687-6323
- 29 -6:00 AM PSA-AAU 50km/50-mile track championships. San Diego, Calif. Directors: BILL & DOROTHY STOCK 714/ 465-7099
- NOVEMBER
- 4 or 11 -10k Cross Country Championships- Madison, Wisc.
- 25 -10:00 AM National AAU Masters' 5000 meter Cross Country Championships, Balboa Park, San Diego, California. Director: ED BARVICK, 714/ 435-0210
- DECEMBER
- 10 -Honolulu Marathon

ATTENTION ALL MEET DIRECTORS: IF YOU DESIRE TO HAVE THE RESULTS OF YOUR MEET PUBLISHED IN THE NEWSLETTER, PLEASE SEND RESULTS AND PICTURES, IF AVAILABLE, WITHIN ONE WEEK AFTER THE MEET.

U.S. MASTERS NATIONAL A.A.U. WEIGHT PENTATHLON CHAMPIONSHIPS

(A.A.U. Sanctioned Meet)  
 PLACE: Burlington, Vermont DATE: Sunday, June 25, 1978  
 TIME: 10:00 a.m. - competition starts for all Master Events- check in at 9:40 a.m.  
 12:00 noon- competition starts for all Sub-Masters and Open Events - check in at 11:40 a.m.  
 SPONSORED BY: University of Vermont and the Green Mountain A.A.

LOCATION: University of Vermont (report to Cutterson Fieldhouse Track)  
 EVENTS AND CLASSIFICATIONS: SEE BELOW

Championships Events: Masters National A.A.U. Weight Pentathlon Placing based upon the total points scored (Decathlon Table) for 35# Weight, Hammer, Discus, Shot, Javelin  
 IA(40-44) IB(45-49) IIA(50-54) IIB(55-59)  
 IIIA(60-64) IIIB(65-69) IVA(70-74) IVB(75-79)  
 VA(80-84) VB(85-89)  
 \*\*\*\*\*

Non-Championship Events: Weight Pentathlon- Submasters A(30-34), Submasters B(35-39), Open Individual Events - Discus, Shot, Hammer, Javelin, 35# Weight For These Age Classifications: Open, SM(30-39), I(40-49), II(50-59), III(60-69)  
 \*\*\*\*\*

NOTE: A minimum of 3 entries per individual event and class must be entered or that event will be scratched.

U.S. MASTERS NATIONAL A.A.U. WEIGHT PENTATHLON CHAMPIONSHIPS- ENTRY BLANK

NAME	Last	First	Middle Initial
ADDRESS	Street	City	State Zip
Phone	A.A.U. #	Club	
Date of Birth	Class	Age	

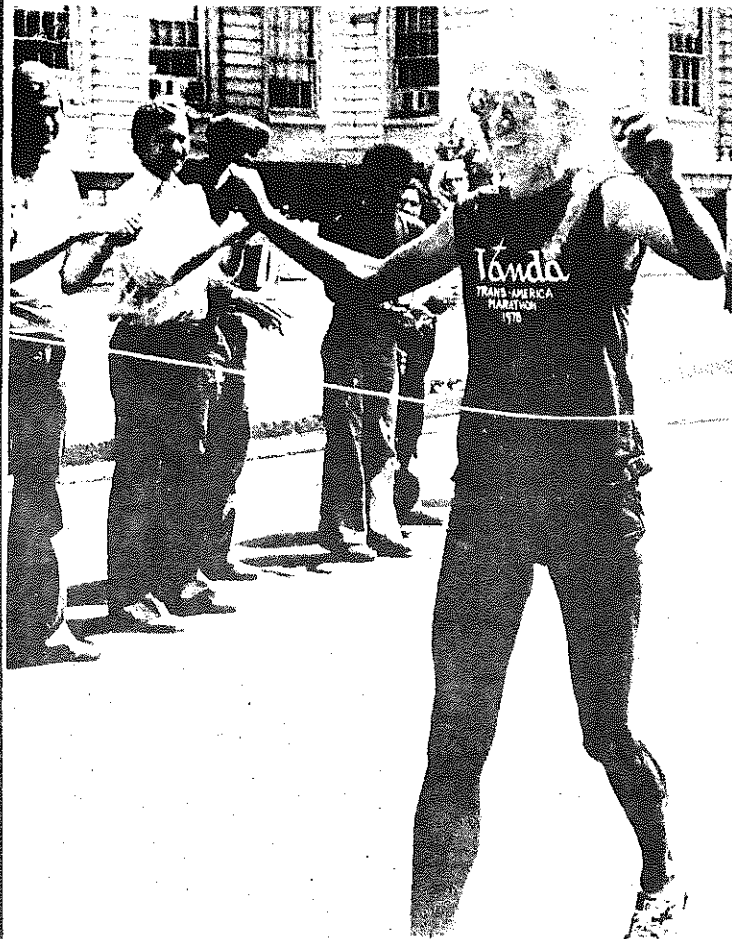
- (All contestants MUST BE registered with the A.A.U.)
- |                          |                             |
|--------------------------|-----------------------------|
| Non Championships Events | National Championship Event |
| NC1- Weight Pentathlon   | C1- Weight Pentathlon       |
| NC2- Discus              |                             |
| NC3- Hammer              |                             |
| NC4- Shot Put            |                             |
| NC5- 35# Weight Throw    |                             |
| NC6 - Javelin            |                             |

Event #	Event Title	Age Classification	Fee
1)	_____	_____	_____
2)	_____	_____	_____
3)	_____	_____	_____
4)	_____	_____	_____
5)	_____	_____	_____
6)	_____	_____	_____
TOTAL			_____

In consideration of the acceptance of this entry, for myself, my heir executors, administrators, and assigns, release and discharge the promoters, Green Mountain A.A., UVM, and their agents, servants and employees, whose facilities are being used for this track meet from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said competition to be held on June 25, 1978. I also agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event, the same being my sole responsibility. \_\_\_\_\_ (Athlete's Signature)

\*\*\*\*\*

# MAGNIFICENT MAVIS



UPI telephoto

Mavis Hutchison, 53, South Africa, completes run.

## Grandmother completes 3,000-mile run

NEW YORK (AP) — Despite traffic that "keeps going 24 hours," Mavis Hutchison, a 53-year-old grandmother of six, completed her transcontinental run Saturday with 20 minutes to spare.

Wearing sunglasses, a blue running suit and a deep tan, the South African mother of six trotted across the Brooklyn Bridge and up to the front steps of City Hall ahead of her planned arrival time.

Having come from New Jersey via Staten Island and Brooklyn, she completed a 2,908-mile run that began 69 days, two hours and 40 minutes before at Los Angeles City Hall.

Mrs. Hutchison smiled and said she was not tired but a little surprised that it was all over.

"It came too suddenly," she said. "I thought I had quite a way to go. I feel great. I feel like I just came off a training run. I have no ill effects at all."

She did admit, however, that she had lost "about five" of the 108 pounds she weighed at the outset.

"It's a marvelous feeling to know you

have achieved the dreams and goals of a lifetime," Mrs. Hutchison said.

"When I first had this idea I didn't think it would happen. But I think it was a mixture of endurance, stamina, will power and discipline that helped me get through this."

Mrs. Hutchison plans to celebrate her successful run with the people who accompanied her and then she will head home to South Africa to see her family.

Followed by two camper vans supplied by a cosmetics firm that sponsored her run, Mrs. Hutchison ran 14 hours a day, starting at 4 a.m. and stopping only for three short meals.

Asked for her impressions of the country, she replied: "The traffic in America is absolutely non-stop. It keeps going 24 hours."

One of her more harrowing moments came in the Midwest.

"Running across the MacArthur Bridge in St. Louis was terrifying," she said. It was so high, she kept her "eyes closed nearly all the way across."



DAVE JACKSON (West Coast run coordinator), MAVIS, NICK NEWTON, and Mavis' husband ERNIE are pictured just before the start of the run.



MAVIS and her home (for 69 days) showcase the USMITT.

## MASTERS MEANDERINGS...

HAPPY 80th BIRTHDAY, RUDY FAHL -- May 17th!! He is celebrating this special year by expecting 700 on Barr Trail, the Pike's Peak Marathon, August 13. That's 14.3 miles UP. RUDY can be contacted at 559-B Castle Road, Colorado Springs, Colorado 80904.

### HISTORY of the PIKES PEAK MARATHON...

On June 28, 1936, the First Footrace, 13 miles up Barr Trail in Pike National Forest to the summit of 14,110 foot Pikes Peak was won by LOU WILLE, 24, Colorado Springs, in 3 hours 55 seconds. JIMMY DONAHUE, 33, was second in 3:24:35. AGNES NELLESEN, 21, made it in 6:42:00. 38 men and 2 women started from the Manitou and Pikes Peak Railway Depot.

Not until 1956 was interest revived when DR. ARNE L. SUOMINEN, Del Ray Beach, Florida and RUDY FAHL of Colorado Springs challenged Smokers to race Up and Down the Peak to test ENDURANCE. On August 10, MONTE WOLFORD, 28, Colorado Springs, one-time invalid, was the first 26-mile round trip Winner in 5:39:58, among 14 contestants. He won again August 9, 1957 in 5:15:53. CALVIN HANSEN, 26, an asthmatic from Pueblo, established a record of 4:10:15 on his fourth win, August 19, 1961. BOB MOHLER, 22, won in 4:10:33 on August 18, 1962. JOHN ROSE, 25, Hays, Kansas lowered HANSEN'S time August 25, 1953 to 4:01:22. GEOFFREY GARNETT, 29, Bradford, England was second in 4:09:04. DON LAKIN, 20, won in 4:03:33 August 23, 1964.

STEVE GAPUCHIN, 25, Jemez Pueblo, N.M. established new records of 2:14:56 for the ascent and 3:39:47 for the 26.8 mile round trip August 4, 1968. STEVE was the first Champion to run Up and Down without stopping for six consecutive years. On August 13, 1972, CHUCK SMEAD 21, Santa Paula, Cal. made the ascent in 2:09:30 but on August 12, 1973 it was 2:07:39. August 11, 1974, RICK TRUJILLO made the round trip in 3:36:40. For the 3rd time RICK made both the ascent in 2:01:47 and the round trip in 3:31:05 on August 3, 1975.

KATHERINE FAHL, 58, was the Women's Ascent Champion in 5:17:22, August 14, 1959. MARY FELTS, 31, Colorado Springs, held a 3:52:22 record on August 22, 1964: DONNA MESSENGER 29, Bellvue, Colorado, made a new record--3:28:26 on August 13, 1972. She won again, August 11, 1974 in 3:04:54 and became a three time winner in 3:02:24 on August 3, 1975 while JOAN ULLYOT, M.D., 35, was second in 3:10:46 and made the round trip record in 5:20:21.

## OFFICIAL ENTRY BLANK -- 23rd ANNUAL PIKES PEAK MARATHON AUGUST 13, 1978

Entries Limited to First 500-- GET THEM IN EARLY

Print Name in full here \_\_\_\_\_  
Present Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone No. \_\_\_\_\_ Age \_\_\_\_\_ State \_\_\_\_\_

AAU Number \_\_\_\_\_ AAU District \_\_\_\_\_ Date of Expiration \_\_\_\_\_

Enclosed find entry fee of \$5.00 per person \_\_\_\_\_

Signature of Dr. approving participation in said marathon, if necessary \_\_\_\_\_

Signature \_\_\_\_\_ Address \_\_\_\_\_

Being of legal age, I hereby waive all rights to claims of accidents or injuries received in the Marathon, August 13, 1978.

Signature of Runner \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_ if runner is under 21 yrs. old.

Number of Banquet Tickets desired \_\_\_\_\_. Amt. enclosed (\$4.00) \_\_\_\_\_  
Officials not responsible for late receipt of entries

Report your time if longer than 6 hrs. for ascent and 7 1/2 hrs. for round trip.  
SPIRITUAL TRAILMASTERS: Gia Fu Feng - Jeff Arnold

DEADLINE: NO LATE ENTRIES WILL BE ACCEPTED AFTER 5:00 P.M. ON MONDAY, AUGUST 7, 1978 DUE TO COMPUTERIZATION.

The 23rd ANNUAL PIKES PEAK MARATHON will be held August 13, 1978 and co-sponsored by the Rampart Range Sertoma Club of Manitou Springs and the Pikes Peak "Y" with the cooperation of the Manitou Springs Chamber of Commerce and sanctioned by the Rocky Mountain District A.A.U. Permission granted by Pikes Peak National Forest.

### RULES...

Contestants must stay on Barr Trail. DISQUALIFICATION FOR SHORT CUTS. A.A.U. rules enforced. Runners meet at Manitou City Hall 6:30 A.M. Numbers must be kept on chest and retained as a memento.

### MEETING AT SODA SPRINGS PARK...

Numbers will be issued during the afternoon of August 12. NO Registrations after August 7, 1978. Picnic Lunch Social- SUNDAY August 13, 1:00-3:30p.m. Buffalo Burgers sold by RAMPART RANGE SERTOMA CLUB. AWARDS BANQUET at "Y", 207 N. Nevada, 6:30 p.m., Colorado Springs, Colo. 80902. Reservations required--\$4.00 per person.

### PHYSICAL CONDITIONING...

The objective of the Marathon is to improve the physical condition of the heart, lungs and legs by hiking Barr Trail where the air is invigorating. At first it is simply jogging and running which gradually results in strength, endurance, coordination and improvement toward vibrant health. Exercise generates the electricity that charges the batteries of the body. It is a Joy of Effort and a Thrill to conquer Pikes Peak. Those who conquer Mt. Everest are fortunate to survive. Those who race up Pikes Peak are victors and very much alive. KATHERINE LEE BATES was inspired to write "AMERICA THE BEAUTIFUL" in 1893 from this vantage point above Manitou Springs.

### AWARDS...

Gold, Silver and Bronze Olympic-type Pikes Peak medals in all divisions including over-all competition. Patches for all others who finish their distances. SPECIAL awards to all three-time winners. All awards presented at Soda Springs Park at 3 p.m. the day of the race. Recognition of all top winners at "Y" banquet.

\*\*\*\*\*

### MAIL TO:

RUDY FAHL, Race Director  
559 B Castle Road  
Colorado Springs, Colo. 80904  
Tel. 632 4477; 685 1034

WALT STACK - Marathon Coach  
321 Collingwood St.  
San Francisco, CA 94114

MERV BENNETT, Asst. Director  
207 N. Nevada Ave.  
Colorado Springs, Colo 80902

"CHARLIE" SARNER - Referee

MRS. KATHERINE FAHL - Secretary

KEN & LINDA LAVEY - Computer  
Recorders

4523 Dewey Dr., Tel. 591 1374  
Colorado Springs, Colo. 80916

NUMBERS GIVEN OUT SAT. AUG. 12  
SODA SPRINGS PARK

**A FINE REPORT...**

May 1978, Report of the National AAU Masters Committee and Masters' Clubs throughout the country. In my capacity as the North American Delegate to the World Veterans Athletic Association (WVAA) I received a report on matters to be discussed at the June 16th meeting of the WVAA Executive Committee. The date of the Third World Veterans Championship will be July 27th to August 2, 1979, in Hanover, Germany. The most disturbing proposal is to eliminate both hurdles, the steeplechase and pole vault for 65+; long jump and triple jump for 70+; 200, 400, 1500 & high jump for 75+; hurdles & pentathlon for women 50+, 200 & 800 W 60+ and field and track events, except 3000 m and 5000 m walk for W65+. I just about had an epileptic type fit on reading that proposal. I immediately objected to it in the strongest possible terms. It is imperative that we write to ROLAND JERNERYD, Fritid, Ullevi, S-411 40 Gothenberg, Sweden (WVAA, Secretary) expressing our strong objection to this proposal. The sponsors want to use the year of birth not the birthday in determining age. In my opinion this violates the WVAA Constitution. I am taking the position, that men and women are to be treated equally, with a full compliment of events up to age 79, with three medals per event. An excellent North American Championship meet was conducted at Raleigh, North Carolina. Entries for the AAU National Outdoor Championship can be obtained by writing to: "National AAU Championships", 3800 Stonewall Terrace, Atlanta, GA 30339. Send a self-addressed stamped envelope. Phone 404-876-8422 in the evening if you have any questions. The meet will be run at such hours as to avoid the heat. I am still seeking bids for all 1979 Masters Championships. Please contact me at once as I wish to place such bids on the agenda at our meeting in Atlanta. We will also discuss team championships, registration, AAU restructuring, merger of the Masters' Committees, name change to Veterans and our various other programs. If there is anything that you wish placed on the agenda please let me know quickly. Please push the National Postal Masters Relays in your locale. Contact JOHN MACLACHLAN, Horseshoe Bay, Box 7770, Marble Falls, Texas 78654 for entry blanks. I would also like to see the Regional Councils more active and am requesting that there be meetings of all the Regional Councils at the Regional Championships. The National Committee is too far removed from the local Association level to encourage local programs. The Regional Councils are closer to the scene and should be the vehicles for establishing local programs.

Hope to see you in Atlanta, ROBERT G. FINE

**AUSTRALIAN HIGHLIGHTS...**

From JACK PENNINGTON in "The Veteran Athlete" we learn of the World Class Performers at the Australian Veterans Championships, Olympic Park, Melbourne, March 25-26, 1978. JACK RYAN 2B: 1500M, 4m20.7s - and cross-country. WAL SHEPPARD 2B: 5km, 18m 57s. (800M). REG BARLOW 4A: 54m 21m 39s. PETER PIPER 2A: 5km, 15m56s - and cross-country. NOEL CLOUGH 1A: 400m, 51.3s. HARRY JONES 3A: 5 km walk, 26m53s. LLOYD SNELLING 1B: 400m, 53.0s. RON AUST 2A: 400m, 55.6s. DOUG WORLING 1A: Steeple 9m44s. ROY FOLEY 3A: Discus 40.26m. GEOFF WARRER 1B: 1500m, 4m09.7s. ROBBIE MORGAN -MORRIS 1A: cross-country. JACK STEVENS 3A: 400m, 62.5s. STAN NICHOLLS 3B: 5 km 18 min.57s.

**U.S. OLYMPIC COMMITTEE...**

F. DON MILLER, executive director, Olympic House, 57 Park Av., New York, N.Y. 10016 briefs us as to latest plans and requests both financial and moral support. "The U.S. Olympic Committee's preparations for the 1980 Olympics in Lake Placid and Moscow are well underway. Our first year-round training center at Squaw Valley has been open for almost a year, and thousands of athletes in both winter and summer sports have already trained there. A second center in Colorado Springs is now fully operational and more regional facilities are planned. We've also established a new and exciting Sports Medicine program, recently highlighted by the first-ever Sports Medicine Conference, which was held at Squaw Valley. In addition, a job opportunities program has been received enthusiastically by our athletes and the American business community. Plans are almost complete for the U.S. Olympic Committee's first National Sports Festival, to be held at Colorado Springs July 26-30. Most Olympic sports will be represented at the Festival, which is designed to provide a new, high-level competitive experience for our most talented amateur athletes in helping them to prepare for the actual Olympic Games. All this training and preparation for 1980 means immediate expenses that must be met right now."

Contact DON MILLER if you wish to help.

**SOUTHERN CALIFORNIANS ARE HOT!**

AL SHEAHEN reports on the 8th annual Grandfather Games in Los Angeles May 13 - 14 1978. Nearly 200 veteran athletes, age 30 and over, competed in 10 year age groups at the 8th Annual Grandfather Games May 13-14 at Los Angeles Valley College. Overpowering heat -- 95-degrees in the shade and 115 in the sun -- trimmed the number of participants. A 1st-stage smog alert sent many of those who did enter coughing and wretching from the finish line. With the air officially labeled "unhealthy for everyone," observers wondered what the international reaction will be when similar conditions occur during the 1984 Olympic Games, tentatively set for Los Angeles. "It's the first time I ever wanted to quit," said veteran miler JIM MURPHY. "I couldn't swallow or get enough air," was a common complaint. The elements didn't stop TOM PATSALIS, 56, of Los Angeles, a triple gold medal winner at the 2nd World Masters Championships in Sweden in 1977, from winning three events in the Age 50-59 (Division 2) group. PATSALIS long-jumped 19'4" (5.89 meters), better than his Gothenburg performance. He won the triple jump in 37'2" (11.33 meters) and the 100-yard-dash in 11.40. A new middle-distance threat emerged in the person of BOB PACKARD 40, from Phoenix, Arizona, who set a new meet record of 4:34.78 in the 40-49 (Div. 1) mile run. Just-turned-40 Big AL HENRY won the 110-hurdles in 15.5 and the long jump in 21'1/2" (6.41), edging World hurdle gold-medalist DAVE JACKSON of Carson in both events. NICK NEWTON 44, of Los Angeles, improving with age, bested 1977 Western Regional Champion HANS BRUHNER of Concord with a sizzling 52.33 in the 440 to BRUHNER'S 53.42. KEN DENNIS, celebrating his 41st birthday, upset NEWTON in the 220 in 23.5. GARY MILLER, 40 North Hollywood, topped HENRY in the 330-yard hurdles in 42.2. Last month, MILLER set a new American over-40 mark of 51.3 in the 400-meter run, breaking JIM LINGEL'S old standard of 51.4. Another new face emerged in the 50-59 division as DEON CARRICO beat a good 440 field in 57.85. Regional and Pan-American champion RAY MAHANNAH 62, journeyed from Fremont, Calif. to take the mile in 5:37.56 in Division 3.

CONT. ON PAGE 10

**"NATIONALS"**

**NATIONAL A.A.U. MASTERS CHAMPIONSHIPS**

Editor's note: Our copy just arrived in the office June 1st. This is the reason for the delay in publishing the following information.

Sponsors: Occidental Life Insurance Co. of North Carolina  
Atlanta Track Club

Sanction: Amateur Athletic Union. No qualifying standards necessary!

Competitors must have a current AAU card.

Event: National AAU Masters Championship  
National AAU Masters Pentathlon Championship

Dates: July 7,8,9,1978

Site: Lakewood Stadium (8 lane Reslite track)  
Atlanta, Georgia (Maximum 1/4" spike)

Age Divisions: MEN: OA(30-34), OB(35-39), 1A(40-44);  
1B(45-49); 2A(50-54); 2B(55-59); 3A  
(60-64); 3B(65-69); 4A(70-74); 4B(75+).  
WOMEN: O(30-39); I(40-49); II(50-59);  
III(60-69); IV(70 & over)

Entry Fees: \$7.00 First Event  
\$5.00 Each Additional Event  
\$16.00 Each Relay Team  
\$7.00 includes T-shirt and Souvenir Program to each competitor.

Entry Deadline: June 22, 1978 (Midnight)

Late Entries: Late or incomplete entries will be assessed a \$2.00 fee. Clerk of course has a right to reject late entries.

Registration: Entrants are encouraged to register at the Sheraton between 6:00 and 9:00 p.m. Friday evening. Late arrivals should report to tent at the stadium.

Awards: Medals to first three places. T-shirts to all competitors.

Team Points Awarded: 1st- 10 3rd- 6 5th- 2  
2nd- 8 4th- 4 6th- 1  
To compete for a team, athlete must be certified AAU registrant within that

Housing: Meet Headquarters: Sheraton Atlanta Hotel  
590 West Peachtree St.  
Atlanta, GA 30308  
404/881-6000  
Dormitory Space: Georgia Tech Campus  
\$6.50 Double, \$8.50 Single  
Includes linens and air cond.  
(first come, first serve)

Meals: Georgia Tech Meal Tickets, \$6.50 per day.  
includes 3 meals, available Sat. & Sun. only.

Transportation: Limited shuttle service available to stadium from Sheraton Hotel only.  
Georgia Tech campus is walking distance from Sheraton.

Banquet: There will be a banquet at the Sheraton on Saturday evening at 8:30 PM.  
Tickets: Adults \$9.00  
Children \$6.00  
It is important to know in advance if you plan to attend the banquet. Please let us know on your entry form.

**Impliments:**

Division	Javelin	Discus	Shot	Hurdles
OA	800 GM	2.0KG	16 lb.	39HH, 36IH
OB	800 GM	2.0KG	16 lb.	39HH, 36IH
1A	800 GM	2.0KG	16 lb.	36HH, 33IH
1B	800 GM	2.0KG	16 lb.	36HH, 33IH
2A	800 GM	1.6KG	12 lb.	33HH, 30IH
2B	800 GM	1.6KG	12 lb.	33HH, 30IH
3A	600 GM	1.0KG	8 lb.	30HH, 30IH
3B	600 GM	1.0KG	8 lb.	30HH, 30IH
4A	600 GM	1.0KG	8 lb.	30HH, 30IH
4B	600 GM	1.0KG	8 lb.	30HH, 30IH

AAU Meeting: AAU Masters planning conference to be held at 9:00 p.m. in registration room.

Questions? JOHN BEVILAQUA 404/876-6422 (pm)  
KEN KIRK 404/436-6918 (pm)

Note: If you would like to have your individual picture or team photo in the Souvenir Program, please return photo and pertinent data along with completed entry form no later than 6/15/78

**SCHEDULE OF EVENTS**

Time	Events	Divisions
<b>FRIDAY, JULY 7</b>		
6:00 pm	Opening Ceremonies	
6:15	5000 Meter Walk	All Ages
6:45	400 Meter Prelims	OA, OB
6:55	400 Meter Prelims	1A, 1B
7:05	400 Meter Prelims	2A, 2B
7:15	400 Meter Finals	IV
7:20	400 Meter Finals	III
7:25	400 Meter Finals	II
7:30	400 Meter Finals	I
7:35	400 Meter Finals	O
7:40	10,000 Meter Finals	IV, III, II, I, O
8:40	10,000 Meter Finals	2A, 2B, 3A, 3B, 4A, 4B
9:40	10,000 Meter Finals	OA, OB, 1A, 1B
<b>SATURDAY, JULY 8</b>		
9:00am	200 Meter Dash Prelims	OA, OB
9:10	200 Meter Dash Prelims	1A, 1B
9:20	200 Meter Dash Prelims	2A, 2B
9:30	200 Meter Dash Prelims	3A, 3B
9:40	200 Meter Dash Prelims	4A, 4B
9:50	200 Meter Dash Prelims	IV, III, II, I, O
10:00	800 Meter Dash Finals	OA
10:05	800 Meter Dash Finals	OB
10:10	800 Meter Dash Finals	1A
10:15	800 Meter Dash Finals	1B
10:20	800 Meter Dash Finals	2A
10:25	800 Meter Dash Finals	2B
10:30	800 Meter Dash Finals	3A
10:35	800 Meter Dash Finals	3B
10:40	800 Meter Dash Finals	4A
10:45	800 Meter Dash Finals	4B
10:50	800 Meter Dash Finals	IV, III, II, I, O
11:00	100 Meter Dash Prelims	OA, OB
11:10	100 Meter Dash Prelims	1A, 1B
11:20	100 Meter Dash Prelims	2A, 2B
11:30	100 Meter Dash Prelims	3A, 3B
11:40	100 Meter Dash Prelims	4A, 4B
11:50	100 Meter Dash Prelims	IV, III, II, I, O
12:00pm	20K Walk (all divisions) (Off Track Site)	
12:00pm	400 Meter Intermediate Hurdles Finals	OA
12:05	400 Meter Intermediate Hurdles Finals	OB
12:10	400 Meter Intermediate Hurdles Finals	1A
12:15	400 Meter Intermediate Hurdles Finals	1B
12:20	400 Meter Intermediate Hurdles Finals	2A
12:25	400 Meter Intermediate Hurdles Finals	2B
12:30	400 Meter Intermediate Hurdles Finals	3A
12:35	400 Meter Intermediate Hurdles Finals	3B
12:40	400 Meter Intermediate Hurdles Finals	4A

Break  
 3:30pm 4x100 Meter Relay Finals OA, OB  
 3:40 4x100 Meter Relay Finals 1A, 1B  
 3:50 4x100 Meter Relay Finals 2A, 2B  
 4:00 110 Meter Hurdles Finals OA  
 4:05 110 Meter Hurdles Finals OB  
 4:10 110 Meter Hurdles Finals 1A  
 4:15 110 Meter Hurdles Finals 1B  
 4:20 110 Meter Hurdles Finals 2A  
 4:25 110 Meter Hurdles Finals 2B  
 4:30 110 Meter Hurdles Finals 3A  
 4:35 110 Meter Hurdles Finals 3B  
 4:40 110 Meter Hurdles Finals 4  
 4:45 100 Meter Dash Finals IV, III, II, I, O  
 4:55 100 Meter Dash Finals OA  
 5:00 100 Meter Dash Finals OB  
 5:05 100 Meter Dash Finals 1A

5:10 100 Meter Dash Finals 1B  
 5:15 100 Meter Dash Finals 2A  
 5:20 100 Meter Dash Finals 2B  
 5:25 100 Meter Dash Finals 3A  
 5:30 100 Meter Dash Finals 3B  
 5:35 100 Meter Dash Finals 4A  
 5:40 100 Meter Dash Finals 5B  
 5:45 400 Meter Dash Finals OA  
 5:50 400 Meter Dash Finals OB  
 5:55 400 Meter Dash Finals 1A  
 6:00 400 Meter Dash Finals 1B  
 6:05 400 Meter Dash Finals 2A  
 6:10 400 Meter Dash Finals 2B  
 6:15 400 Meter Dash Finals 3A  
 6:20 400 Meter Dash Finals 3B  
 6:25 400 Meter Dash Finals 4A & 4B  
 6:30 5000 Meter Run Final OA, OB, 1A, 1B, 2A, 2B  
 6:55 5000 Meter Run Final 3A, 3B, 4A, 4B, IV, III, II, I, O

8:30 Banquet- Sheraton Atlanta Hotel

SUNDAY JULY 9  
 9:00 am 200 Meter Dash Final IV, III, II, I, O  
 9:10 200 Meter Dash Final OA  
 9:15 200 Meter Dash Final OB  
 9:20 200 Meter Dash Final 1A  
 9:25 200 Meter Dash Final 1B  
 9:30 200 Meter Dash Final 2A  
 9:35 200 Meter Dash Final 2B  
 9:40 200 Meter Dash Final 3A  
 9:45 200 Meter Dash Final 3B  
 9:50 200 Meter Dash Final 4  
 10:00 3000 Meter Steeplechase (All Div.) Off Track  
 10:00 1500 Meter Final IV, III, II, I, O  
 10:10 1500 Meter Final OA  
 10:15 1500 Meter Final OB  
 10:20 1500 Meter Final 1A  
 10:25 1500 Meter Final 1B  
 10:30 Championship Pentathlon Begins  
 10:30 1500 Meter Final 2A  
 10:35 1500 Meter Final 2B  
 10:40 1500 Meter Final 3A  
 10:50 1500 Meter Final 3B  
 11:00 1500 Meter Final 4A & 4B  
 11:15 4x400 Meter Relay Final OA, OB  
 11:25 4x400 Meter Relay Final 1A, 1B  
 11:35 4x400 Meter Relay Final 2A, 2B  
 12:00 Closing Ceremonies

FIELD EVENTS  
 SATURDAY (Older groups first)  
 9:00 Shot  
 Javelin (Reslite Runway)  
 10:00 Long Jump  
 High Jump  
 4:00 Discus  
 Pole Vault  
 Triple Jump

SUNDAY  
 10:00 Hammer  
 10:30 Pentathlon 4A, 4B, IV  
 11:00 Pentathlon 3A, 3B, III  
 11:30 Pentathlon 2A  
 12:00 Pentathlon 2A  
 12:30pm Pentathlon 1B, I  
 1:00pm Pentathlon 1A  
 1:30 Pentathlon OB, O  
 2:00 Pentathlon OA



CALL  
 SPORTS TRAVEL  
 1-714-225-9555  
 FOR  
 AIRLINE TICKETS AT  
 AIRLINE PRICES

OFFICIAL ENTRY FORM  
 1978 NATIONAL AAU MASTERS CHAMPIONSHIPS

AAU Number \_\_\_\_\_ Team Affiliation \_\_\_\_\_ Phone No. \_\_\_\_\_  
 (incomplete without current AAU No.) (If, none, write unattached)

NAME \_\_\_\_\_ Age \_\_\_\_\_ Birthday \_\_\_\_\_  
 First Middle Last (as of day of meet)

ADDRESS \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\$7.00 First Event, \$5.00 each additional event

Event	Best Performance in 1978	Fee
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

Banquet Reservations (Saturday 8:30pm) - Adult \$9.00 \_\_\_\_\_  
 Child \$6.00 \_\_\_\_\_

Meal Ticket (GA Tech) -\$6.50 per day (for Sat. & Sun.) \_\_\_\_\_

Dorm Rooms (GA Tech) \$6.50 Double x No. Nights \_\_\_\_\_  
 \$8.50 Single x No. Nights \_\_\_\_\_

T-Shirt Size: S M L XL Total Fee \_\_\_\_\_

Payable to National AAU Masters Championships  
 forms may be reproduced for additional entries. Competitor must sign waiver below

RELAY ENTRY FORM

(\$16.00 Per Team)

Event \_\_\_\_\_ Division \_\_\_\_\_ Club \_\_\_\_\_  
 (determined by age of youngest relay team member)

Names: 1. \_\_\_\_\_ 3. \_\_\_\_\_  
 2. \_\_\_\_\_ 4. \_\_\_\_\_ TOTAL ESTIMATED TIME \_\_\_\_\_

Alternates: 1. \_\_\_\_\_ 2. \_\_\_\_\_

NOTE: Separate entry forms and \$16.00 payment to National AAU Masters Championships must be submitted for each team entered. Club official certifies with his signature below that all men named are members of that club and each member has sent an official individual entry form

Club Official \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Falsification will result in disqualification.

WAIVER FOR ALL EVENTS:

In consideration of the right to participate in the 1978 National AAU Masters Championships, I do hereby, for myself, my heirs and executors, waive, release and forever discharge any and all claims for damages which I may have, or which may hereafter accrue to me against the A.A.U. or their officers or agents, Occidental Life of N.C., the Atlanta Track Club, Inc. and the City of Atlanta and any and all sponsors of the aforementioned championships. I further certify that I am in good physical condition and have trained for several months or have recently undergone a thorough physical exam by a certified medical doctor. DATE \_\_\_\_\_ Signed \_\_\_\_\_  
 Mail to: National AAU Masters Championships/ 41-B Inwood Circle, N.E./ Atlanta, GA 30309  
 (form may reproduced for additional entries)

## WHAT IS YOUR PERSPECTIVE?

Borrowed from "Master-Pieces"

VIEWERS--SUBMITTED BY WALDO MCBURNEY--QUINTER, KANSAS

Views of a Sports Participant:

Two years ago I went to a track meet of small colleges in the coliseum at Hays, Kansas, to suit up for a masters mile run. I knew I would be lapped three times by the young runners and I would be running two minutes after the race was over. That would be too embarrassing and besides that, the spectators would know the winners and would have no interest in the slowest runner to appear all evening. They would no doubt head for the door rather than wait around for my finish. Under these circumstances, I decided to leave my running gear in the car and find a seat in the balcony to enjoy the race with my wife VERNICE. I met the other masters milers, all new acquaintances.

This year I decided to swallow my pride and run even at my slow pace. I would ask the others how I could best keep out of their way as they passed me repeatedly. The building atmosphere was dry and warmer than my near zero practice trails had been through my winter runs. Running was hard. After the others finished the crowd made so much noise I couldn't hear FRED IRWIN, my pace advisor, call out the time. The younger runners joined me in my second solo lap out of respect, hope, sympathy, support or encouragement. Whatever the motive, I appreciated the fellowship. I wound up the run with a sprint which was accompanied by cheers from all over the place. I didn't know until afterwards, but the spectators had come to their feet. It was if someone had revealed how to retain the fountain of youth under the generally accepted handicap of old age. The reaction of the crowd was a surprise to me; however, I would prefer that this praise would be directed to the One who created us all in such a fearful and wonderful way. About the time we got up the next morning, a Hays paper, which we do not subscribe, was brought to the door. It had pictures and a story of the meet. Since then, dozens of people in the home town have spoken approvingly--Friends have brought and mailed papers to us so we could share them with other friends and relatives. I trust that this experience will be instrumental in helping people become aware of the marvelous potential of the human body and help motivate each one to care for it with all diligence and thankfulness.

R:W MCBURNEY--Age 75

VIEW OF A SPECTATOR -- by VERNICE MCBURNEY

We looked forward to a fun evening and it proved to be just that. FRED IRWIN, a counselor at the Quinter High School with some training in P.E., his wife SUZANNE, DIANN, 6, and KATIE, 2, drove us to Hays. We snacked, but WALDO couldn't eat after 4 pm until after the run when we all went out for pizza. The track meet with several small colleges participating was exciting. DIANN liked the pole vault, but KATIE was most fascinated by the picture of their mascot, a tiger painted on the floor.

The evening went quickly but of course we had our eye on one certain event. This was the Masters Mile. As the four lined up to run, we saw the one we were most interested in was on the inside lane. The other runners had given him the favorite spot. When the gun went off, our favorite went into what looked like an easy stride and kept that pace. EDIE COPELAND had joined us and she kept saying "it is too hot in here for WALDO to run". He didn't show it and we didn't know until afterward it had been much harder than running outdoors.

When the announcer gave the names for the Masters mile and gave WALDO'S age, the first cheer went up, and it didn't really subside until the race was over. We heard only one remark--about halfway through the race,

a person across the aisle said: "Well, he is still going". On the last lap, you could see the people rising and clapping as he went around until most of the people were on their feet. We had no idea there would be such a reception. I wish you all could have been there to see and hear the cheers. I, probably more than anyone else, appreciated the response he received, since I knew the diligence and discipline required in his physical fitness program. I, too want to give the praise and thanks to God that he has given WALDO the physical ability to glorify Him in his running.

\*\*\*\*\*  
75-year-old MCBURNEY brought the crowd at Gross Memorial Coliseum to its feet as he crossed the finish line in fourth with a time of 7:16.8. His pulse was 152.

MISCELLANEOUS... CONT FROM PAGE 5

JERRY SWARTSLEY, S.O.S./Oregon, sends the news that on June 11th, a runner from the east will be attempting to cover the route between Medford, Oregon to Medford, Massachusetts in 80 days. JERRY, you might refer this person to MAVIS and get her secret for traversing the country --the route does make a difference.

TOMMY HODGES, Las Vegas Track Club, pushing the rumor that the show biz capitol of the world will have a marathon on the calendar for this December. Keep your eye on the newsletter for further developments.

LEO BENNING, Capetown, reports that Stellenbosch University has just enrolled coloured students for the first time (in certain courses). And at the interprovincial marathon race in East London, the western province senior team had a coloured member for the first time.

Waiting for further report including the results of the Two Oceans (56 km) Marathon with over 800 entries. Four years ago there were less than 100 who ran the race. "Long distance are really popular in S.A. these days. All races (black, white, brown) take part in them."

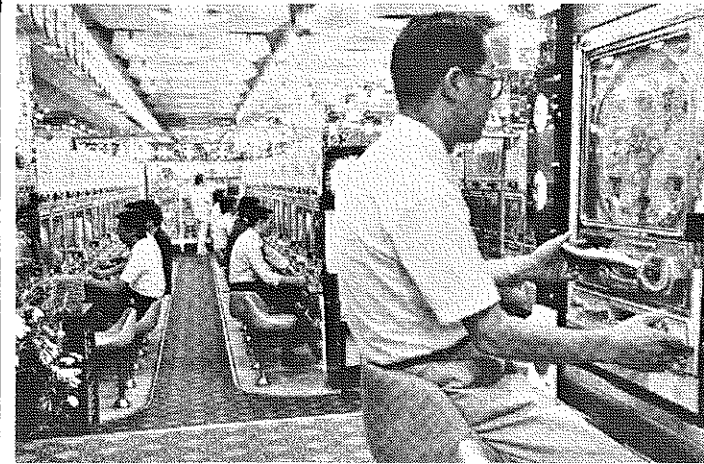
DR. CHARLES BUELL, U.S. Association for Blind Athletes informs us about the new organization requesting guidance from many people in many fields of physical activities including track and field. The input you might have into programming blind athletes into our Masters Track and Field Program would be greatly appreciated by DR. BUELL. His address is 33905 Calle Acordarse, San Juan Capistrano, Calif. 92675.

We are saddened to report PHILIP MOOERS has past away after a short illness. He was for many years a race walker and his wife JEAN reminded us that in the 50's PHILIP was A.A.U. Northern California Walking Chairman. At a race last spring he won the Masters Division 35 km. walk.

CONT: FROM PAGE 6

MONY MONTGOMERY of Sherman Oaks, a sub-3-hour-marathoner at age 71, outdueled the smog to easily win his mile in 5:57.1.

While conditions were hardly conducive to top distance-running marks, the weight men were never so loose. STUART THOMSON won the 40-49 Hammer in 167'11" (51.2). Meet director and Gothenburg silver-medalist GEORGE KER, won the shot in 51'8" (15.75) and the Discus. Vaulteur BOB MCCONAGHY 70, who last week set a new world pole vault Division 4 record of 9'2" (2.79), won the event in 8'6" (2.59). Current 2B and 3A world triple-jump record holder GORDON FARRELL 60, of Van Nuys, won his specialty in 31'6 1/2" (9.62), well short of his 3A mark set last December of 36'11" (11.25). Gothenburg Pentathlon gold-medalist BILL MORALES of Los Angeles upset FARRELL in the long jump, 15'9" to 15'5".



These are not the computer men from a satellite station...but rather pachinko pinball

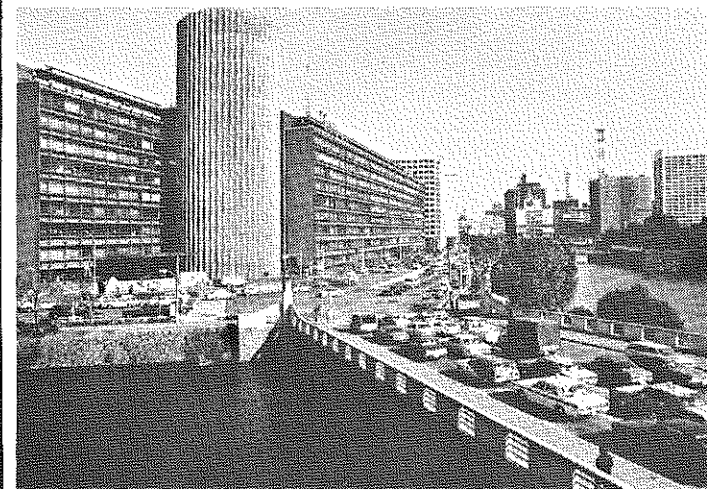


Traditional tea ceremony

## Japan



Lovely flowers of Japan - Ikebana



Yes, the traffic is on the left side...

Here I will send you an invitation letter to the 1st World Veterans Athletic Japan-U.S.A. Friendship Meet. The World Veterans Athletic Japan-U.S.A. Friendship Meet will be held at Kawasaki City Stadium (cinder track) in Kanagawa-ken.  
Date: 20 August 1978 (Sunday) at 9:30 AM.

Events: The following things will be excluded: Pole Vault, 110M Hurdles, 400M Hurdles, 3000M Steeplechase marathon, 20km. So, events will be: 100M(M,W), 400M(M,W), 1500M(M,W), 3000M(W), 10,000M(M), relay(M,W), high jump, broad jump, hop step jump, shot put, discus. Another event will be discussed on the day.

Age Calculation: by calendar year.

Entry fee: Y3000- per person, banquet- Y2000- per person.

I will look forward to seeing you.

Sincerely yours,  
HIDEO OKADA, PRESIDENT  
NIPPON TURTLES ASSOCIATION



Festive street scene



The universal beauty and charm of a wedding

REPORT FROM HANOVER:  
WORLD VETERAN'S ATHLETICS ASSOCIATION

This is a letter from ROLAND JERNERYD, secretary of the executive committee. He outlines the date, the location and then discusses specific problems. Please read the report thoroughly and then note your reaction to the points in question. "Dear Friend, Greetings from the constituting meeting of the organizing committee for the 3rd World Veterans Athletic Championships 1979 in Hanover!"

I have met all the representatives from the German Athletic Federation, the City of Hanover, the State of Niedersachsen and the Athletic Association of Hanover. On Friday 21st we had two long and constructive meetings. And I have seen all the facilities in the big Sport Park.

Below I am giving you a report from the meetings. In principle matters we (W.V.A.A. and organizer 79) are of one mind. In some details I have promised them an answer at the latest at our meeting in Berlin on June 16th.

1) DATE

The Championships are to be held from July 27th - August 2nd 1979. This period has been chosen considering other international and national athletic events.

2) ARENA AND OTHER SPORT FACILITIES

The Sport Park (480000 square metres) is located at walking distance from the centre of the city. The Arena was built in 1951-54 and was rebuilt and modernized in 1972 before the world championships in football. It has synthetic tracks (Tartan). Spectators capacity 60,000. The big sport field close to the arena has a 400 m cinder track (6 lanes) and a tribune for 2000 spectators, 6 discus-, 5 shot put-, 1 Hammer-circle, 5 javelin areas, 8 long-and triple-jump, 6 high jump and 6 pole vault facilities. In the park there are sport halls, indoor swimming pools and training centre for different sports and 11 tennis courts. In connection with the Park there is a boat harbour for rowing, sailing and canoeing in the artificial Masch Sea close to the park.

3) EVENTS

Proposals for events, men and women, are enclosed. For men all the events from Gothenburg are offered and 25 km roadrun is added.

For women the following events are added: 200, 800, 5000 (instead of 10,000), 25 km roadrun, 100 m hurdle, 10 km road walk and pentathlon (100 m hurdle, shot put, high jump-long jump, 200m).

4) AGE CLASSES

Women from 35 to 65 and older (Gothenburg 70 and older). In 70 and older there was one woman starting in one event (5000 m walk) in Gothenburg.

Men from 35 to 75 and older (Gothenburg 40 to 80 and older). In Gothenburg there were 6 competitors in 80+. They were single competitors in 10 events and two competitors in 2 events. The new class 35-39 can be compared with the sub-master class in Toronto.

5) NOTATION OF AGE CLASSES

Hanover wants the age classes to be called M35, M40 etc., W35, W40 etc. instead of M 1A, M 1B etc., W 1A, W 1B etc., according to a proposal from the meeting in Gothenburg on August 12th 1977. In the answers from you we found that 6 of you accept and 2 refuse. HAZEL RIDER means that the symbol "+" should be added (W35+ etc.).

6) EXCLUDING EVENTS IN OLDER AGE CLASSES

Hanover wants to exclude 110 and 400 m hurdles, steeplechase and pole vault for M 65+; long jump and triple jump for M 70+, 200,400,1500 and high jump for M 75+; hurdle 100 m and pentathlon for W50+; 200 and 800 m for W60+ and field and track events (except 3000 m and walk 5000 m) for W65+.

From the answers on the questionnaire from Gothenburg we have found that most of you want to exclude hurdles, steeplechase and pole vault for older age classes. In Gothenburg there were in W65+ two entries and in W70+ one entry.

7) YEAR OR BIRTHDAY FOR DETERMINATION OF AGE CLASS

In Hanover they want that the year and not the birthday should determine the age class. I agree and I know that most countries in Europe prefer this way. However, most of the English-speaking countries speak for birthday.

8) EQUIPMENT

Proposal from Hanover:

	HURDLES		SHOT	DISCUS	HAMMER	JAVELIN	
	110m	400m					
M 35	106,7 (9,14m)	91.4 (35m)	7.26	2.00	7.26	800 g	
M40, M45	100 (8.90m)	91.4 (35m)	7.26	2.00	7.26	800 g	
M50, M55	91.4 (8.60m)	84 (35m)	7.26	1.75	7.26	800 g	
M60, M65	84 (8,50m)	76.2 (35m)	6.25	1.75	6.25	600 g	
M70, M75	--	--	5.00	1,5	5.00	600 g	
	100m						
W35	84 (8,50m)		4.00	1.00	--	600 g	
W40, W45	76.2 (8.00m)		4.00	1.00	--	600 g	
W50, W55	--		4.00	1.00	--	600 g	
W60	--		3.00	1.00	--	600 g	

(0.00) = distance between hedges

9) POINT SCORE FOR PENTATHLON

Hannover (German Athletic Federation) has the following proposal: In Germany juniors use the international (I.A.A.F.) point scoring tables with an addition of 600 points (men) and 300 points (women). That means that zero-results in I.A.A.F. tables gives 600 respectively 300 points.

IAN HUME, our expert, has revised his table from Gothenburg. I enclose a copy.

10) COMPETITORS' ENTRIES MUST BE APPROVED BY THE NATIONAL MEMBER OF I.A.A.F.

11) ENTRY FEES

First event	20 DM
Each other event	10 DM
Relays	40 DM per team

12) FOR A CHAMPIONSHIP THERE MUST BE AT LEAST TWO COMPETITORS

I have got a lot of demands from our friends in older age classes not to restrict the regulations from Gothenburg.

The above questions (especially 3, 4, 6, 7, 8, 9, 12) must be solved at the latest in Berlin on June 16th. The secretary for next year's championships WILHELM KOSTER intends to come to Berlin to get information from our executive meeting. WE MUST HAVE YOUR COMMENT IMMEDIATELY IN ORDER TO HAVE INPUT FOR JUNE 16 MEETING. \*\*\*\*\*

HANOVER JULY 27 - AUGUST 2 1979

I am interested in attending the World Veteran's Track & Field Championships in Hanover. In regard to the following questions raised by the Hanover Committee, I recommend:

EVENTS:

AGE CLASSES:

NOTATION OF AGE CLASSES:

EXCLUDING EVENTS IN ORDER OF AGE CLASSES:

DETERMINATION OF AGE CLASS:

EQUIPMENT:

ENTRIES APPROVAL:

REQUIREMENT OF AT LEAST 2 COMPETITORS:

In the matter of the trip to Hanover, I would prefer Group \_\_\_ Individual \_\_\_ Roundtrip U.S./ Germany: 2 weeks \_\_\_ 3 weeks \_\_\_ 4 weeks \_\_\_. Plus organized Pre-tour \_\_\_ Post-tour \_\_\_, 2: Throughout Germany \_\_\_ Central Europe (i.e. France, Switzerland, Austria) \_\_\_ Mediterranean \_\_\_ Yugoslavia/Greece \_\_\_ Britain \_\_\_.

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\*\*\*\*\*



LATEST NEWS ON VETERIS...

The following letter was sent by CLIVE SHIPPEN as an explanation of the development of the magazine from 1973 to 1977. "Many of you will be aware that the A.V.A. was formed back in 1972 principally as a means of launching a magazine exclusively for veteran athletes. The veteran boom was underway, and it was as a result of the International Veterans meetings of that year in Cologne and at Crystal Palace that the U.S., Canadian, Australian and U.K. organisers agreed that a magazine was necessary to keep everyone in touch with developments. It would record for posterity the rapid advance of the movement and publicise and encourage the participation of the over-40's in veteran activities.

Relying on the goodwill and financial help of those engaged in this enterprise, and also of our readers, we have now completed five years of publication. As amateurs we cannot continue to shoulder the financial and time-consuming burdens of publications and produce a magazine deserving of more frequent appearance. We have therefore come to an arrangement with Wisk-crown Ltd., the publishers of RACE magazine (Road and Country Enthusiast) for them to take over the publishing right of VETERIS.

This arrangement should mean that our readers will in future receive a larger (A4) publication, with the added attraction of MONTHLY issues. We have every hope that our existing contributors will continue to send in their material as before, and that this change is a major step towards the regular and frequent magazine the Veteran movement deserves. Our thanks are extended to all those who have helped to keep VETERIS going and we hope that you will give the new publication your enthusiastic support." Earlier this year, JACK FITZGERALD, secretary of the Association of Veteran Athletes sent us news that "from April 1, we will become a monthly. The new publisher, himself an athlete just coming up to the Veterans ranks, is anxious to continue the International flavour of the magazine, so will continue to mail monthly copies." A new distributor is DAVID SEGAL, 429 Gold Av., Hermosa Beach, CA 90254. Contact DAVID for further information.

# As A Fad, Jogging Is Still In Its Warmup Suit

Last in a series

By DAN BERGER

Staff Writer, The San Diego Union

You see folks dodging cars, running up steep sand dunes and braving the early morning fog and evening rains and you begin to think that the jogging craze has reached a pinnacle.

And it's true that running has become a major part of the San Diego scene. Our moderate year-round temperatures and our predilection for healthy bodies has made most of us feel that San Diego is the place where distance running is king.

But we haven't even begun to see the results of our jogging mania, and won't for at least ten years or more, according to Bob Larsen, the track and cross country coach at Grossmont College—the man who's done as much as anybody to raise the running consciousness of San Diegans.

"Our whole community has been appreciative of running for recreation for a long time, and we (at Grossmont College) have simply tried to continue that tradition," said Larsen. "The high school coaches around here have been enthusiastic about jogging and fitness, and that has helped our program."

Grossmont has produced six state cross country championship teams in a row, and five unbeaten teams. Grossmont athletes have broken ten nation junior college running records with such names as Kirk Pfeffer, Tom Lux, Armando Valencia and Ed Mendoza leading the Pack.

Until now, however, "jogging hasn't really been a major factor in our success," said Larsen. "But I think the jogging craze will eventually help us. One year we had only 10 runners on the squad and this year we have about 30, so I'd say the greater numbers may be due to jogging."

"The big factor is what the fathers and mothers are doing today. When you see the parents jogging, you can guess what they're going to do with their sons and daughters—get them running at an earlier age, and then I

really think we'll see some spectacular numbers of fast times."

Fast times, of course, are the only true indication of the quality of running in any running program. And even though most joggers of today couldn't care less about how fast they're running there is a natural curiosity to find out "how am I doing?"

Larsen says that the great success of Kenyan distance runners in the last decade tells us a lot about what we may expect from our own people.

"Studies in England recently produced some evidence that the greatest cardio-vascular gains may be made when the runner is 11 or 12 years old," he said. "When the runner is just entering puberty, the body seems to be more receptive to that sort of development. Now, I'm not talking about a great deal of exertion in training. Just the loping, easy run."

"When Kip Keino and Filbert Bayi (of Tanzania) began to set world record in track, we wondered why. Well, they used to run—and at very high altitudes—when they were young. They weren't racing; they were just running easily."

Keino used to say he'd run to school to get there faster; Bayi used to chase cows for exercise when he was 11.

"But when you realize that it wasn't until about 1952, I think, that the American Medical Association said no amount of exercise will hurt a healthy heart—well, we just haven't approached high-quality distance running the way we can."

And jogging, he said, is one way to get the general public's mental-set prepared to accept the concept of hard work to produce world records.

"Some people have a natural ability to become great distance runners," he said, "but in the past many of them would never find out because they went into other sports." If they had begun jogging, he implied, the physical results might have become apparent.

Arthur Lydiard, the great New Zealand coach who produced world record holder and Olympic champion Peter Snell, was in San Diego two weeks ago and he said

Snell had an average heart rate of 70 to 72 beats per minute before going into a serious long-distance program. After one year, his normal heart rate had dropped to 37 to 38," said the coach.

In the late 1950s," said Larsen, "if a doctor was doing a pre-athletic physical and he noted a person with a low heart rate, such as about 40 per minute, he would have the athlete stop running and come in for further tests. And for a long time—even up to very recently—we've heard stories about runners having enlarged hearts."

Recently it was noted that jogging gear has become such a hot item that even the "boutique" manufacturers like Pierre Cardin have entered the field. Now baby clothes are jog-oriented.

Browsing through an infants' wear department, one comes upon a jogging suit marked "6 months"—when the baby isn't walking yet, let alone running. The idea, of course, is to dress the baby like mommy and daddy when they're out jogging.

"If we get everybody running like the Africans, I think we'll find all kinds of people who were distance runner but just don't know they are. Thom Hunt started early, and you have to encourage people to get them to start young. Jogging may be one way of getting them started without any pressure."

But above and beyond the competitive aspects of running, jogging produces an atmosphere of fun that "rubs off on everybody," says Larsen. "It's a fun thing to do."

David Baxter, president of the 1,700-member San Diego Track Club, says the atmosphere is so enjoyable that "I'd guess I'll be running until I'm 60 or 65." And he means competitively.

Masters competitions that became popular in the late 1960s at many track meets have now grown so large there are masters track meets devoted to runners 40 and over. Payton Jordan, the Stanford University track coach, and Sen. Alan Cranston (D-Calif.) are familiar names on the sprint circuit.

And the comeback of 41-year-old four-time Olympic discus champion Al Oerter this year has prompted many new joggers to the streets and parks.

Don't get the feeling, though, that running is a cure-all. It may help some people overcome mental depression, overweight and reduce the possibility of heart attacks. But doctors also recommend that running and diet be attacked at the same time.

Dr. Fred Kasch at San Diego State and Larsen at Grossmont have fitness classes in which the two topics are discussed in the same breath. And it is known that the Kenyans mentioned earlier have a natural diet lower in fats than most Americans.

In fact, a form of jogging called Hashing is quite popular in the Orient, where the "athletes" rarely ever lose weight because the aim of the run is to make it to the beer hall ahead of the rest of the runners.

There are about 60 chapters of the loosely organized Hash House Harriers throughout the Orient and the runners follow a small group of trail blazers whose job it is to make the course to the beer hall as treacherous as possible. (One trail blazer once died when he fell over a waterfall.) The beer at the end of the run more than makes up for the weight lost en route.

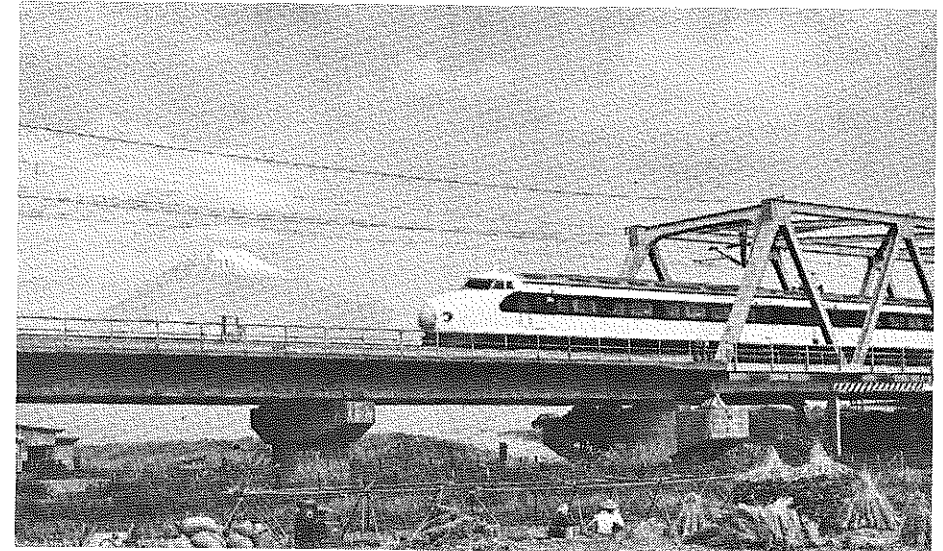
But joggers have legal hazards, too.

Recently in Los Altos Hills, Calif., the city council heard two proposed ordinances which would have outlawed or severely limited jogging by two or more persons. Fun-Runs, sponsored by Bob Anderson, publisher of "Runner's World" magazine, had prompted the action.

The measures eventually were tabled, and a committee was established to discuss the matter further, but a precedent had been set: joggers are no longer just innocuous folks out for a run. They have officially become a public nuisance to some people. But that isn't going to stop the runners. As more and more people realize the benefits from running (from staving off a heart attack to the natural "high" some runners claim they get), the numbers of joggers will increase.

One question lingers: Why has it taken so long for the jogging phenomenon to take hold? After all, there is a rather old quotation (Ecclesiastes 9:11) that says: "The race is not to the swift..."

Graphic portrayal of the mix which is Japan. The super express train streaking by Mt Fuji.



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