By

CHINA AIRLINES, LTD.

U.S.M.T. ORIENT '78

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

National A.A.U. Masters Championships

Details Inside

MAVIS MAKES IT!

Across the United States, Los Angeles to New York, in 60 days, 2 hours, and 45 minutes, is a time that wouldn’t impress American Airlines, nor AMTRAN, nor even Greyhound... but for a spectacular feat of human endurance. Our U.S.M.T. MAVIS HUCHISON wins the gold medal. On March 17, 1976, at 1:10 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, 1976. 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 Honorary Secretary, JULIUS KUMPNER, has informed us of the details plus some of the basic questions in organisation. For further information, please turn to page 12.
MAGNIFICENT MAVIS

Mavis Hutchison, S3, South Africa, completes run.

OFFICIAL BLANK -- 23rd ANNUAL PIKES PEAK MARATHON AUGUST 15, 1974
Entries Limited to 1,000 -- GET THEM IN EARLY
Print Name in full here
Present Address:

Phone No. Age State
Area Number A U District Date of Expiration

Enrolled entry fee of $5.00 per person
Signature of Dr. approving participation in said marathon, if necessary
Signature of Parent or Guardian

MAIL TO:
BUCK RACE, Race Director 1700 Castle Road, Colorado Springs, Colo. 80904
Colorado Springs, Colo. 80904

WALT STACK - Marathon Coach 320000 Pacific Highway
San Francisco, Calif. 94110

Ms. Elizabeth Anne Adams, Secretary

"CHAPLAIN" SANCHE

Enrolled ($5.00)

Number of buses tickets desired:
BUS, no.
Neat, enclosed (4.00)

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U.S. OLYMPIC COMMITTEE

FO. B. W. MILLER, Executive Director, Olympic House, 57 Park Av., New York, N.Y. 10016 briefs us as to International Olympic Committee's financial support. The U.S. Olympic Committee's preparations for the 1980 Olympics in Lake Placid and Moscow are well underway. Our first contract in Moscow, for Squaw Valley, has been open for almost a year, and thus far we have been informed that most of the American sponsored athletes have already trained there. A second center in Colorado Spring is scheduled to open in early May, and more Olympic facilities are planned.

But our 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 opportunity program has been established enthusiastically by our sportsmen and the American council. These plans are almost complete for the U.S. Olympic Committee's first-ever national competition which will be held at Colorado Springs July 16-30. Most Olympic sports will be presented 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 expenditures that must not be right now.

Contact DON MILLER if you wish to help.

SOUTHERN CALIFORNIANS ARE HOT!

At the 8th annual Grandfather Cammer Games in Los Angeles May 13 - 18, 1979, nearly 200 senior athletes, age 50 and over, competed in 10 year age groups in track and field events at Los Angeles Valley College. Overheating heat breaks marked the day and 115 in the sun -- trimmed the number of participants. A list of age group winners did not encourage and stretching from the finish line. With the air officially labeled "unhealthful for everyone," observers wondered what internal reaction will be seen similar conditions occur during the 1984 Olympic Games. "I think the first time I ever wanted to quit," said veteran "Men's 50 meter swim" 80+ or "H" was a common complaint.

The 1979 Grandfather Cammer Games, sponsored by L.A. Sports and Social Club, is a three-day event with over 200 entries. The Games are held in Southern California, with the Southern California Regional Councils closer to the scene and should be the vehicles for establishing local programs.

Hoping to see you in Atlanta,

SOUTHERN CALIFORNIA

From JACK PINSON in "The Veteran Athlete" we learn of the World Veterans Athletic Association, Olympic Park, Miami, March 24-28, 1979.

JACK REYNOLDS 28: 5m, 10m 57.5; 110H (13.06); RED BOWLING 4A: 400M (51.35); JACOBY MILLER 55: 3x 100 (26.4); 800M (8.54); 1300M (4:25.5); RYAN MILLER 35: 400M (51.5); 800M (2:17.5); 1600M (5:45.5); 5000M (20:03.5); 110H (14.35); 220H (29.5); 440H (58.5); 800M (2:13); 1600M (5:52.5); 4000M (9:32); 4x 100 Relay (46.5); 4x 400 Relay (3:36). WINNERS: 500M (51.5); 800M (5:45.5); 1600M (11:09); 4x 400 Relay (3:36). A Vernon. 1200M: KERRY MILLER 40: 400M (53.5); 800M (2:18); 1600M (5:49); 4000M (9:35); 4x 100 Relay (46.5). WINNERS: 4x 100 Relay (46.5); 4x 400 Relay (3:38); 4x 800 Relay (8:10); 4x 1600 Relay (14:09). RENNAH MILLER 25: 400M (52.5); 800M (2:19.5); 4x 100 Relay (47.5); 4x 400 Relay (3:37.5). WINNERS: 4x 100 Relay (47.5); 4x 400 Relay (3:37.5). ROY MILLER 35: 400M (51.0); 800M (2:16.5); 1600M (5:42.5). WINNERS: 4x 100 Relay (46.0); 4x 400 Relay (3:36.0); 4x 800 Relay (8:04.5); 4x 1600 Relay (14:09.5). RYAN MILLER 35: 400M (51.5); 800M (2:17.5); 1600M (5:45.5). WINNERS: 4x 100 Relay (46.5); 4x 400 Relay (3:36.0); 4x 1600 Relay (14:09.5). RENNAH MILLER 25: 400M (52.5); 800M (2:19.5); 4x 100 Relay (47.5); 4x 400 Relay (3:37.5). WINNERS: 4x 100 Relay (47.5); 4x 400 Relay (3:37.5). ROY MILLER 35: 400M (51.0); 800M (2:16.5); 1600M (5:42.5). WINNERS: 4x 100 Relay (46.0); 4x 400 Relay (3:36.0); 4x 800 Relay (8:04.5); 4x 1600 Relay (14:09.5).

"National" NATIONALS 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 publication. Your entries have already started to arrive. Please let us know if you plan to attend.

NATIONAL A.A.U. MASTERS CHAMPIONSHIPS

National A.A.U. Masters Pentathlon Championships

Dates: July 7-9, 1978

Site: Lakewood Stadium (8 lane Resilite track)

Atlanata, Georgia (Maximum 1/4 mile)

Entry Fee: $7.00 Individual$5.00 Each Additional Event

Relay Team: $10.00 Includes T-shirt and souvenir Program to each competitor.

Entry Deadline: June 22, 1978 (Midnight)

Late entries: July 2-9, 1978 (Additional $2.00)

Competitors must have a current A.A.U. card.

Contact DON MILLER if you wish to help.

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FIELD SPORTS
SATURDAY (older 3 groups first)
9:00  Show
10:00  Jump (Resolute Ramsey)
11:00  Long Jump
12:00  High Jump
1:00  Discus
2:00  Pole Vault
3:00  Triple Jump

SUNDAY
10:00  Hammer
11:00  Pentathlon (4A, 4B, IV)
12:00  Pentathlon (3A, 3B, III)
13:00  Pentathlon 2A
14:00  Pentathlon 2B
15:00  Pentathlon 0A
2:00  Pentathlon II

10:00  100 Meter Dash Final 1B
11:00  100 Meter Dash Final (3A)
12:00  100 Meter Dash Final 3B
13:00  100 Meter Dash Final 4A
14:00  100 Meter Dash Final 4B
15:00  100 Meter Dash Final 5A
16:00  100 Meter Dash Final 5B
17:00  100 Meter Dash Final 6A
18:00  100 Meter Dash Final 6B
19:00  100 Meter Dash Final 7A
20:00  100 Meter Dash Final 7B
21:00  100 Meter Dash Final 8A
22:00  100 Meter Dash Final 8B
23:00  100 Meter Dash Final 9A
24:00  100 Meter Dash Final 9B

5:00  5000 Meter Run Final 0A
5:15  5000 Meter Run Final 0B
5:30  5000 Meter Run Final 1A
5:45  5000 Meter Run Final 1B
6:00  5000 Meter Run Final 2A
6:15  5000 Meter Run Final 2B
6:30  5000 Meter Run Final 3A
6:45  5000 Meter Run Final 3B
7:00  5000 Meter Run Final 4A
7:15  5000 Meter Run Final 4B
7:30  5000 Meter Run Final 5A
7:45  5000 Meter Run Final 5B
8:00  5000 Meter Run Final 6A
8:15  5000 Meter Run Final 6B
8:30  5000 Meter Run Final 7A
8:45  5000 Meter Run Final 7B
9:00  5000 Meter Run Final 8A
9:15  5000 Meter Run Final 8B
9:30  5000 Meter Run Final 9A
9:45  5000 Meter Run Final 9B
10:00  3000 Meter Steeplechase (All Divs.) Off Track
10:15  1500 Meter Final 0A
10:30  1500 Meter Final 0B
10:45  1500 Meter Final 1A
11:00  1500 Meter Final 1B
11:15  1500 Meter Final 2A
11:30  1500 Meter Final 2B
11:45  1500 Meter Final 3A
12:00  1500 Meter Final 3B
12:15  1500 Meter Final 4A
12:30  1500 Meter Final 4B
12:45  1500 Meter Relay Final 0A
1:00  1500 Meter Relay 0B
1:15  1500 Meter Relay 1A
1:30  1500 Meter Relay 1B
1:45  1500 Meter Relay 2A
2:00  1500 Meter Relay 2B
2:15  1500 Meter Relay 3A
2:30  1500 Meter Relay 3B
2:45  1500 Meter Relay 4A
3:00  1500 Meter Relay 4B
3:15  1500 Meter Relay 5A
3:30  1500 Meter Relay 5B
3:45  1500 Meter Relay 6A
4:00  1500 Meter Relay 6B
4:15  1500 Meter Relay 7A
4:30  1500 Meter Relay 7B
4:45  1500 Meter Relay 8A
5:00  1500 Meter Relay 8B
5:15  1500 Meter Relay 9A
5:30  1500 Meter Relay 9B

CALL SPORTS TRAVEL
1-714-215-9555
FOR AIRLINE TICKETS AT
AIRLINE PRICES
WHAT IS YOUR PERSPECTIVE?

By crystal "Masterpiece"

"ism--originated by malcolm mcbride, kansas city, missouri"

When I was a little boy, I used to go out and run for fun. One of my favorite activities was to run the Masters mile. It was a mile run, and I would go out for a fast mile. I would run for a while, and then I would slow down and run back to the starting line. It was a lot of fun, and I enjoyed the challenge of trying to run faster each time. I have always loved running, and I have continued to do it ever since.

In the winter, I would run on the snow. I would put on my skis and run across the snow-covered fields. It was a lot of fun, and I enjoyed the challenge of trying to run faster each time. I have always loved running, and I have continued to do it ever since.

Today, I still love running. I go out for a fast mile every day. I enjoy the challenge of trying to run faster each time. I have always loved running, and I have continued to do it ever since.

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In the spring, I would run on the trails. I would put on my hiking boots and run across the forested areas. It was a lot of fun, and I enjoyed the challenge of trying to run faster each time. I have always loved running, and I have continued to do it ever since.

In the summer, I would run on the beach. I would put on my swim trunks and run across the sand. It was a lot of fun, and I enjoyed the challenge of trying to run faster each time. I have always loved running, and I have continued to do it ever since.

In the fall, I would run on the pumpkin patch. I would put on my boots and run across the field of pumpkins. It was a lot of fun, and I enjoyed the challenge of trying to run faster each time. I have always loved running, and I have continued to do it ever since.

I hope you enjoy running as much as I do. It is a great way to stay fit and healthy. I will see you out there, running.
REPORT FROM Hanover: WORLD VETERAN'S ATHLETICS ASSOCIATION

This is a letter from ROBERT JENNINGS, secretary of the Hanover V.A.A. detail, addressing a range of issues concerning the identification of events, location and other specifics problems. Please read the report thoroughly and then note your reaction to the points in question. "Dear Friends, Greetings from the constituent meeting of the organizing committee for the 1st World Veteran 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 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 DKV.A.A. and organizer 54) are of one mind. In some details I have promised them an answer at the latest at our meeting in Berlin on June 13th.

1) DATES

The Championships are to be held from July 27th, Aug 1st 1979. This period has been chosen considering other International and national athletic events.

2) ARENA AND OTHER SPORT FACILITIES

The Sport Park (46,000 seats capacity) is located at walking distance from the centre of the city. The Arena was built in 1951-54 and was rebuilt and widened in 1972 for the Olympic championships in football. It has synthetic tracks (Tartan). Spectators capacity 60,000. The big sport field close to the arena has a 400 m clover track (6 lanes) and a tribune for 2000 spectators, 6 discus, 5 shot put, 3 Hammer circle, 5 javelin area, 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 stand for rowing, sailing and canoeing in the artificial March 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 15 m in addition have been added.

For women the following events are added: 200, 800, 5000 (instead of 1600), 25 km road race, 100 m hurdles, 100 m hurdle-jump, 200 m.

4) AGE CLASSES

Women from 35 to 65 and older (Gothenburg 70 and older), 50 km walk, 1500 m time trial in one event (5000 m walk) in Gothenburg. Women from 35 to 50 and older (Gothenburg 40 and older). In Gothenburg there were 6 competitors in 80+. They were single competitors in 10 events and two competitors in 2 events. In Gothenburg 42, 52 and 62 can be compared with the sub-master class in Toronto.

5) NOTATION OF AGE CLASSES

However when the special age group was called MS, MSQ etc. MS, MSQ etc. instead of M 16, M 18 etc. M 15, M 25 are the special age groups proposed from the U.K. in Gothenburg on August 12th 1977. In the answers from you we found that 6 of you accept and 2 refuse. WADL agrees that the vector should be added (65+ etc)

6) EXCLUDING EVENTS IN ORDER AGE CLASSES

Hanover units to exclude 110 m hurdles, triple jump, pole vault for age M 65; long jump and triple jump for M 70, 250,400,1000 and high jump for M 75; hurdle 110 m and 300 m hurdles for M 80. 250 m and 400 m for 5000 m and field and track events (except 5000 m and walk 5000 m) for M 85.

From the answers on the questionnaire from Gothenburg we know that most of you want to exclude hurdles, triple jump, pole vault for older age classes. In Gothenburg there were in M 55/60 two entries in 100 m, in M 45/50 one entry.

7) YEAR OF BIRTH FOR IDENTIFICATION OF AGE CLASS

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

8) EQUIPMENT

Proposals from Hanover:

CHALLENGE

M 35 110 m hurdles 100 m hurdles 200 m hurdles 800 m hurdles 110 m hurdles 200 m hurdles 2000 m hurdles 8000 m hurdles
M 40 110 m hurdles 100 m hurdles 200 m hurdles 1500 m hurdles 800 m hurdles 110 m hurdles 200 m hurdles 2000 m hurdles 8000 m hurdles
M 45 110 m hurdles 100 m hurdles 200 m hurdles 1500 m hurdles 800 m hurdles 110 m hurdles 200 m hurdles 2000 m hurdles 8000 m hurdles
M 50 110 m hurdles 100 m hurdles 200 m hurdles 1500 m hurdles 800 m hurdles 110 m hurdles 200 m hurdles 2000 m hurdles 8000 m hurdles
M 55 110 m hurdles 100 m hurdles 200 m hurdles 1500 m hurdles 800 m hurdles 110 m hurdles 200 m hurdles 2000 m hurdles 8000 m hurdles
M 60 110 m hurdles 100 m hurdles 200 m hurdles 1500 m hurdles 800 m hurdles 110 m hurdles 200 m hurdles 2000 m hurdles 8000 m hurdles
M 65 110 m hurdles 100 m hurdles 200 m hurdles 1500 m hurdles 800 m hurdles 110 m hurdles 200 m hurdles 2000 m hurdles 8000 m hurdles
M 70 110 m hurdles 100 m hurdles 200 m hurdles 1500 m hurdles 800 m hurdles 110 m hurdles 200 m hurdles 2000 m hurdles 8000 m hurdles
M 75 110 m hurdles 100 m hurdles 200 m hurdles 1500 m hurdles 800 m hurdles 110 m hurdles 200 m hurdles 2000 m hurdles 8000 m hurdles
M 80 110 m hurdles 100 m hurdles 200 m hurdles 1500 m hurdles 800 m hurdles 110 m hurdles 200 m hurdles 2000 m hurdles 8000 m hurdles
M 85 110 m hurdles 100 m hurdles 200 m hurdles 1500 m hurdles 800 m hurdles 110 m hurdles 200 m hurdles 2000 m hurdles 8000 m hurdles

9) POINT SCORING FOR PHYSICALS

Hanover (German Athletic Federation) has the following proposal:

In Gothenburg the points are scored as a sum of a distance between the 600 points (men) and 500 points (women). That means that zero-results in L.A.A.F. tables gives 600 respectively 500 points.

10) ADDRESS

WADL has received the programme from Hanover. I enclose a copy.

11) COMPETITORS' ENTERIES MUS BE APPROVED BY THE NATIONAL REPRESENTATIVE OF L.A.A.F.

12) PAYMENTS TO COMPETITORS

CHALLENGE

First event 10 DM
Second event 8 DM
Relays 10 DM
13) FOR A CHAMPIONSHIP THERE MUST BE AT LEAST TWO COMPETITIONS

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 5, 6, 7, 8, 9, 12) must be solved in the meeting in Gothenburg on June 28th.

The secretary for next year's championships WILHELM SELLERS intends to try to get information from our executive meeting.

WE MUST HAVE YOUR IMMEDIATE ACTION IN ORDER TO HAVE TIME FOR JUNE 12 MEETING.
As a Fad: Jogging Is Still In Its Warmup Suit

It is in a series
BY DAN BERGIER
the Denver Post

You now find jogging-dedicated running shoes, an exercise bike, and even a jogging machine that you can ride in the living room, and you begin to think that jogging craze has reached a pinnacle.

But it's true. The running craze has become a major part of the San Diego scene. Our moderate year-round temperatures and our proximity to beaches, mountains, anduvia trails, has made running a popular pastime for San Diegans.

And the trend is still growing. The number of people who jog regularly has increased dramatically over the past few years, and the popularity of jogger clothing has also soared.

As a result, the running craze is here to stay, and there's no turning back.