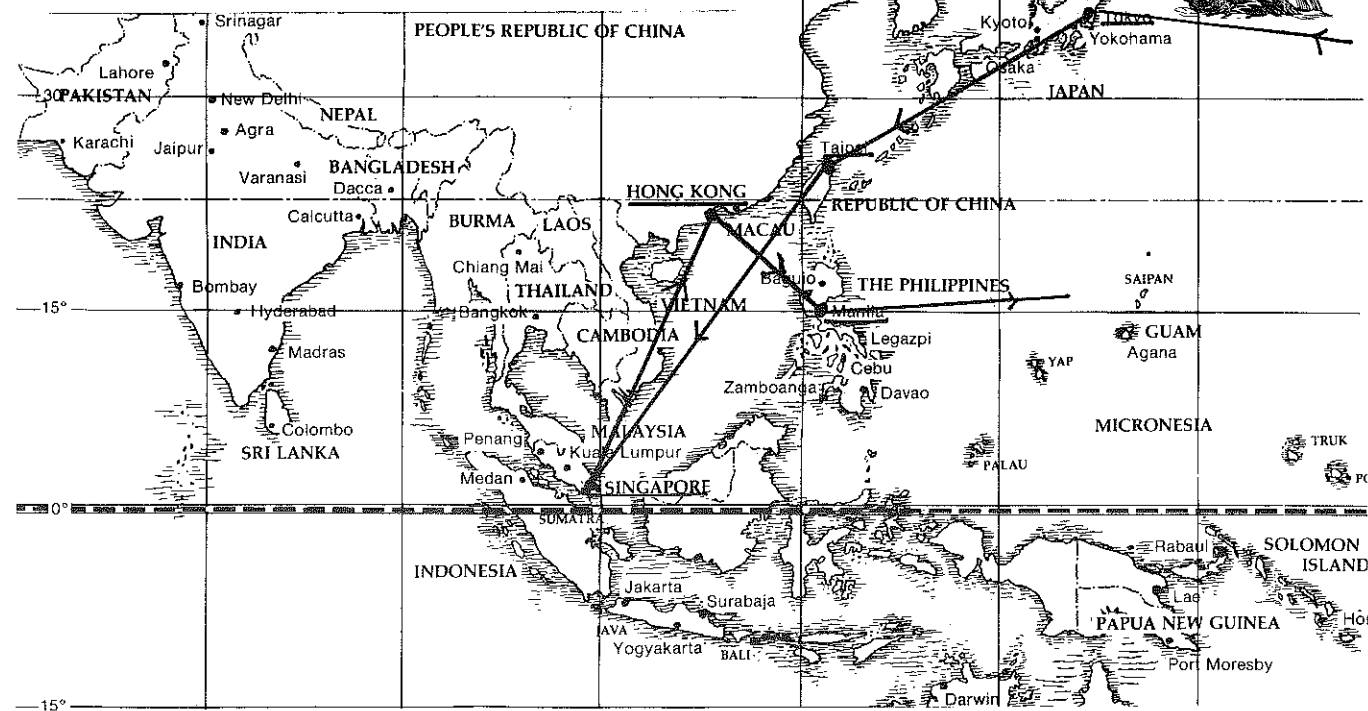
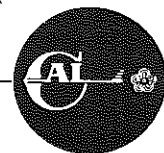


# USM.I.T.T. ORIENT 78



By



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CHINA AIRLINES, LTD.

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U.S. MASTERS INTERNATIONAL TRACK TEAM  
(A Non-profit Corp.)  
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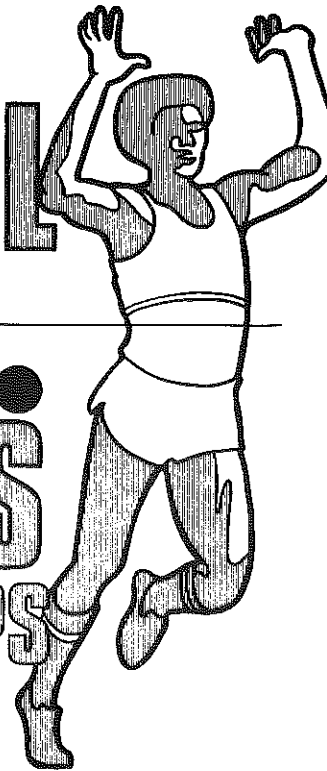
# U.S.M.I.T.T.



u.s. masters international track team

JUNE 1978

# NATIONAL A.A.U. MASTERS CHAMPIONSHIPS



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

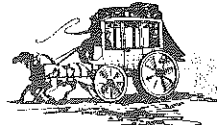
## 1979 HANOVER ON HORIZON

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 -USTPF 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 SWEET, 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

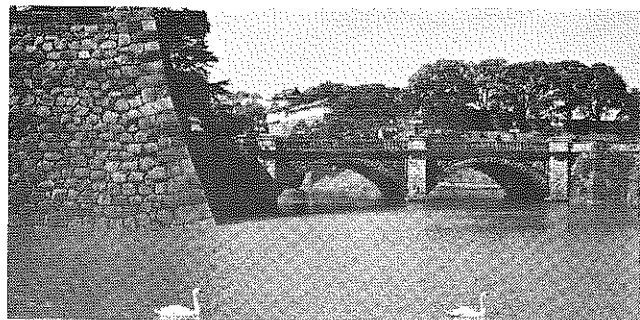
JULY

- 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\*\*\*\*\*

NIPUBASHI 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 Gutterson 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

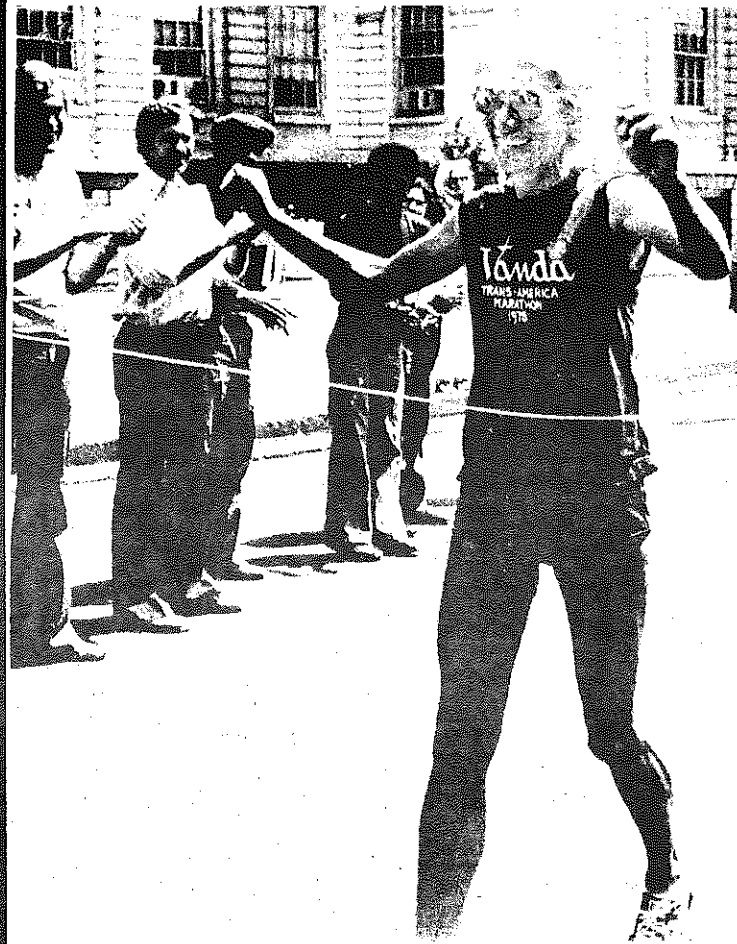
NAME	Last			First			Middle Initial		
	Street			City			State Zip		
ADDRESS	Street			City			State Zip		
Phone	A.A.U. #			Club					
Date of Birth	Class			Age					
(All contestants MUST BE registered with the A.A.U.)									
Non Championships Events							National Championship Event		
NC1- Weight Pentathlon							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, MONIE 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