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A RUNNING AND WORKOUT SHOE

Designed by Don Bergin of New Zealand and introduced in U.S. after 7 years of testing by New Zealand's best distance runners.

ROAD KING MINIMIZES ROAD SHOCK

With reinforced heel and arch support and a suede leather moisture absorbent inner sole for comfort. Soles are of wear resistant composition with extras available.

ROAD KING HAS BLISTER RESISTANT FEATURES

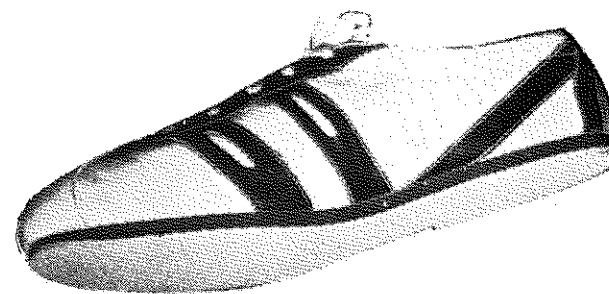
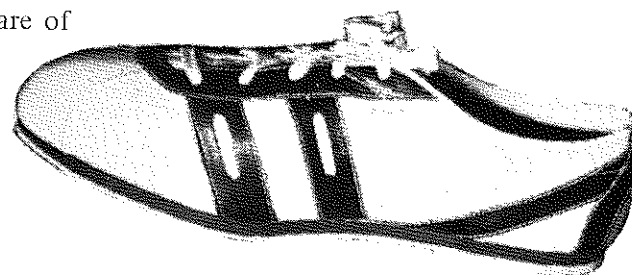
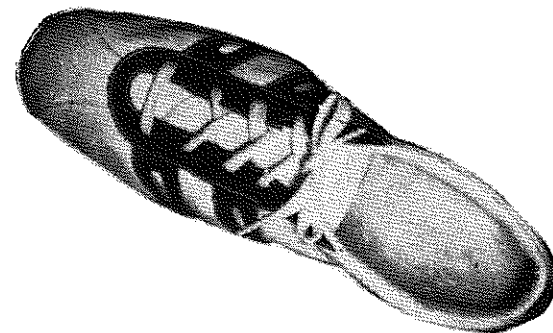
Including a special toe shape, padded ankle and nylon padded tongue. This comfortable, light weight shoe of highest quality glove leather is hand formed and stitched. Workmanship guaranteed to last. It's possible to get up to 2400 miles of wear out of this shoe.

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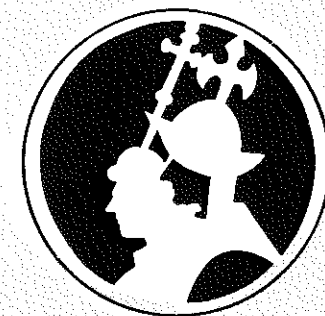
Return this ad and receive a 50 cent discount. \$13.95 a pair or \$12.95 a pair on two or more pairs. Submit a pattern of your largest foot for correct size. Include \$1.00 for mailing. Add 5% Calif. Sales Tax. Sizes 4 - 13½ for men and women.

ROAD KING

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3rd ANNUAL U.S. MASTERS



TRACK AND FIELD

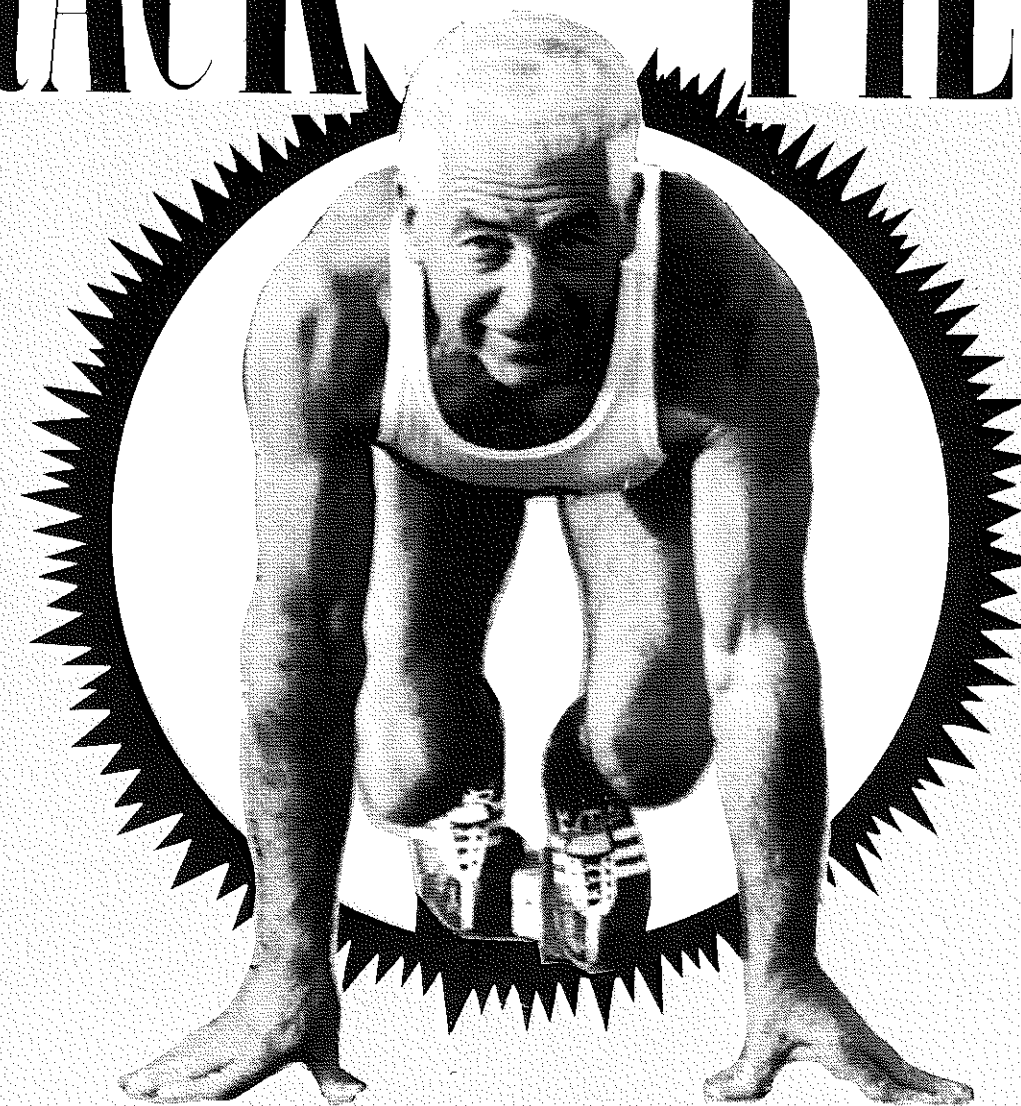
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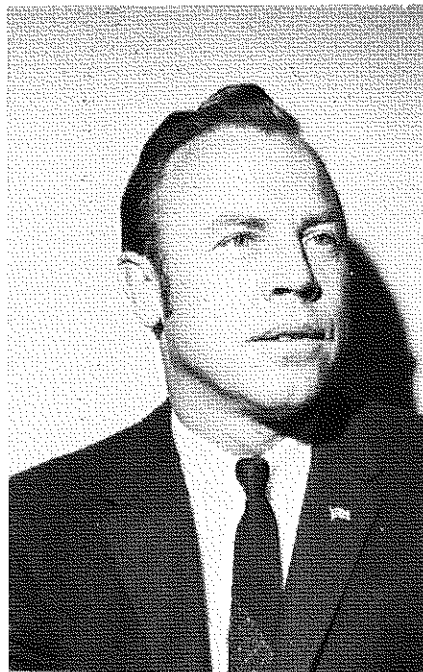


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BALBOA STADIUM SAN DIEGO

SPONSORS: SAN DIEGO TRACK CLUB - SAN DIEGO RECREATION DEPT.

MEET THE CITY OF SAN DIEGO RECREATION DEPARTMENT



BOB BARLOW

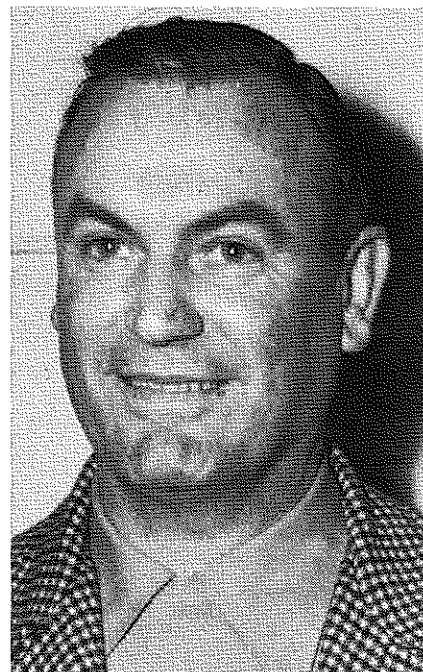
Processing and mailing of entries, taking care of the vast amount of paperwork involved in a meet of this scope and providing the meet director and official recorder for the Third Annual U.S. Masters Track and Field Championships have been functions of the co-sponsoring City of San Diego Recreation Department.

Shouldering responsibility for these burdens has been Ralph Smith, Municipal Athletics Director since 1946 and a key figure in track and field in San Diego over these years—not to mention every other variety of sport. A former American record holder and one-time world high school mark setter in the pole vault (13'-5 3/4"), Smith presides over a sports program involving 226,000 annual participants. He is ex-president of the Pacific Southwest Amateur Athletic Union, was founder of the highly-successful San Diego Industrial Recreation Council and has served as meet director for National AAU, NAIA, and both outdoor and indoor invitational track meets here involving outstanding athletes from all over the world.

Smith's competent assistant Bob Barlow will serve as an official recorder for the meet today and as been a "right hand" to Ralph in running one of the most active and varied municipal athletics program in the nation.

Mary Ann Oberle, Supervisor of Women's Sports, provided valuable assistance in the vast clerical work that preceeded this meet and will be around to assist where needed.

Lastly but not leastly, Darlene Villani served as meet secretary, reducing the huge mountain of paperwork to workable size and performed the detailed work so essential to the success of a national track and field championship.



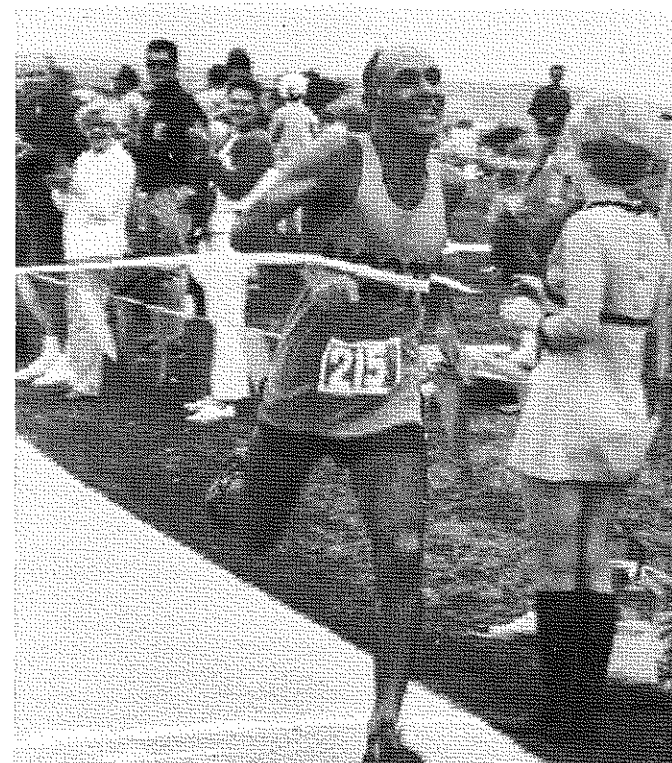
RALPH SMITH



MARY ANN OBERLE



DARLENE VILLANI



When it is a damp, drizzly November in the soul or a cool clear April of the heart, you will go again to the roads to accept the challenge. And you will do it again, and again.

— MELVILLE

Introduction . . .

Welcome to the Third Annual U.S. Masters Track and Field Championships. San Diego is known as "The City in Motion." We would like to apply this spirit to these championships and the athletes who make them possible.

This is the third consecutive year the U.S. Masters Track & Field Championships have been presented by the San Diego Track Club. This meet, sanctioned by the SPAAAU, feature male athletes 40 years of age and older. Age is the only qualification for participation in the event.

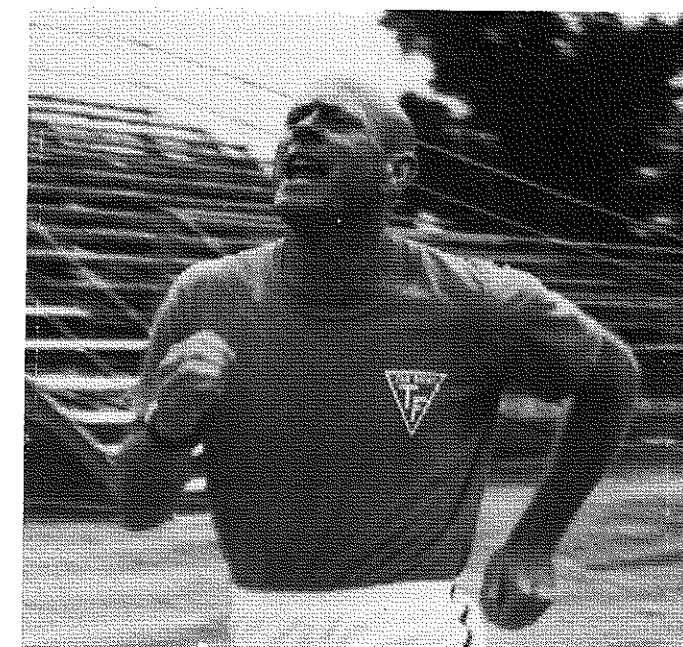
The primary purpose of this contest is to motivate adult men to achieve fuller life through the best possible state of physical fitness. This competition has stimulated the desire to achieve a state of good health and fitness.

As a result of the first two U.S. Masters programs, a number of "Senior" Track Clubs have been formed in various parts of the country and others have increased in membership. With the encouragement of team participation resulting in Masters Meets throughout the nation, future U. S. Masters in San Diego will be strengthened and vitalized.

The U. S. Masters is not a "joggers" get-together—far from it. The competition is keen and calls for the best possible effort from each athlete. Although the standards of performance at this event are much higher than the levels elsewhere, all men over 40 in good shape

are encouraged to compete, enjoy our delightful weather and the many facilities this community offers.

We hope some new senior records will be born during this championship meet. It is hoped this will be a memorable athletic event for as a spirited group of men use their strength, stamina, agility, and wits in achieving their very best.



DAVE PAIN

SAN DIEGO TRACK CLUB

Because competition of physical abilities determines the highest standards of manliness, any sport activity is enjoyed by the finest of our citizenry.

The San Diego Track Club offers just that opportunity, and leading professional and business men have entered whole-heartedly into the program.

Quality in competitive programs is the word of the day. The Track Club, one of the West's leading of its kind, offers a dual-triangular schedule in both cross country and track and field. The Club also sends teams to some of the best track and field competitions in the world.

The Club competes in the Mt. SAC Relays, the West Coast Relays, California Relays, Santa Barbara Relays, the San Diego Relays, the Kansas Relays, the Compton-Coliseum Invitational, the Orange Coast Invitational, the San Diego Meet of Champions, and others. The Club also offers a summer all-comers meet series.

All levels of competition from Junior High to Senior Competitor has resulted in the Club's claiming the membership of some of the world's best athletes.

As you page through this program you will recognize many great names, some of which are still very active in attacking the very vulnerable records.

If a tenth of a second sets a new record in the dash or the longer runs, or a quarter-inch sets a standing record tumbling, this challenge is ever present in the minds and hearts of the members of the San Diego Track Club.

MANAGEMENT

MEET DIRECTOR—RALPH SMITH

GENERAL CHAIRMAN—DAVID PAIN

VICE CHAIRMAN—MERLE HAMILTON

PROGRAM CHAIRMAN—MIKE MURRAY

ANNOUNCERS

Bill Gookin
Stan Stanford
Charles Southard

AWARDS

Augie Escamilla

PHOTOGRAPHER

Richard Straub

TIMERS

Glen Broderick
Elmer Brown
Tom Bryant
Harry Brice
Frank Cuenca
Keith Hatter
Tom Rice
Pete Calma
Robert Gilmore
Harry Kuhn
Dewey Youngblood
Wayne Zook

INSPECTORS

Charles Bell
Fran Kinsella
Dave Ashley
Bob Dus

SHOT PUT

Francis Graham
Merlin Baer
Sy Silver

FINISH JUDGES

James Cerveny
Chuck Christian
Don Donnelly
Bill Gallagher
Henry Manley
Raybern Prante
Philip Sloan
Curt Hardick
Raymond Fitzhugh
Vernal Wilkinson
Walt Low
Bob Divine

MARSHALS

Mike Scanlan

REFEREE

Tony Succi

DISCUS THROW

Michael Marx
Dick Emberger

HIGH JUMP

L. R. Davis
Bill Soule
Ed Spies

JAVELIN

Dick Emberger

POLE VAULT

Joe Payson

HAMMER THROW

LAP COUNTER

Alex Belliaeff

LONG JUMP

Wayne Zook

MARATHON AND 20 K WALK

Charles Bell
Glen Broderick
Elmer Brown
Chuck Christian
Curt Hardick
Keith Hatter
Henry Manley
Raymond Fitzhugh
Richard Straub
Frank Kinsella
Bob Dus
Dave Davis
Werner Kalber
Stenen Rook
Charles Baker
Charles Pearce

RECORDER

Mrs. Arol Escamilla

RECORDS

Bob Barlow

The U.S. Masters Championships have been sanctioned by the Pacific Southwest Association of the A.A.U.

The Special World of the Distant Runner

Why do you run the marathon? How many times have you been asked that question? To give a simple answer would be difficult. The question is really a part of a larger inquiry as to why man seeks adventure despite hardship, suffering and danger. Why in the world would anyone undertake such seemingly meaningless endeavors as to climb the world's highest mountain, swim the English Channel, set foot on the moon, or run 26 miles — especially if, as in the case of the marathon, countless others have already done it before?

Consider the reasons why men seek adventure — some are obvious — others obscure. Fame and wide renown certainly lure a great number on. The possibility of turning an adventure into a momentary personal gain is an incentive to others. The magnetism of an unconquered frontier to be crossed or danger to be faced holds a fascination for many. Possibly the greatest lure of all, for adventurers, is the self satisfaction of having to rely on their own initiative and ingenuity to face the challenge.

Fame and fortune as a result of distance running comes to few. The code of ethics of the runner forbids material gain which leaves less tangible forms of satisfaction. Like the mountain climber and the arctic explorer, the distance runner finds satisfaction in working with like-minded friends sharing the commonality of the agony and the ecstasy of the distance run.

The strongest reason, may be the sense of self accomplishment—of having done it by one's own strength

and drive. There is also beauty and closeness to nature in the world of the distance runner. He can find something clean and refreshing in the soft crunch of earth under foot as he strides past fresh foliage in the cool quietness of day break—giving time to reflect on one's self.

Another compelling reason that we run may be an inner striving to escape briefly from our every day world. Each stride carries the runner into his own special realm, stirring within him the dreams of high adventure.

Recently a famous distance runner was quoted as saying "distance running is the world's simplest, least expensive, way of having a bad time." But running should not be "having a bad time" or drudgery, it should and can be a fascinating game — a new adventure each time a man ventures out on a new run. To be sure there is hard work and what some call the discipline of suffering — a controlled toughness that comes only from self-imposed hardship. There is an inner self-satisfaction to "prove" yourself, to touch that special place where few men have been, to show yourself that you can do something you thought impossible. There is a surprising pleasure that one can obtain from trying to do the difficult. It is the challenge that compels you to move toward that goal. It is part of the highest, most human, nature of man to attempt the difficult, seeking obstacles and hardships upon which to sharpen ones sense of "self."

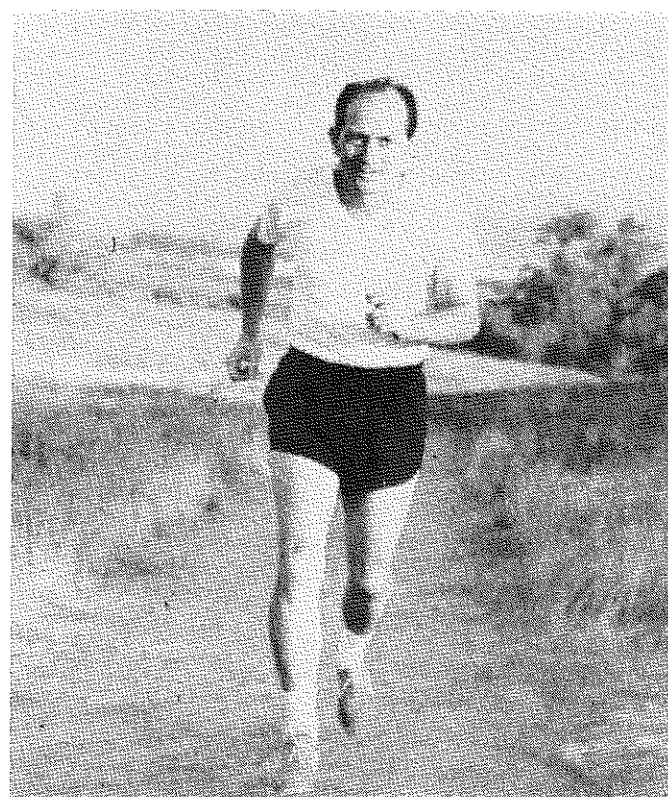
Those who meet the challenge and accept this discipline come back to look at the world with new eyes. As one explorer said, "They have a new vision of the world won through hardship." "Men climb mountains to see the other side of the mountain and the other side of themselves."

Each run becomes a new experience—a conquest, of the hill, and that final push to the finish. Perhaps it is this conquest, of one's self that brings a man back to frontiers again and again. By testing himself to the limits of his endurance, man learns to know himself. When the runner tops that difficult hill there is more than just the physical view. This strenuous effort seems to give the runner new power within himself. His view gives him a new awareness. From that height he may have a view of himself granted to very few who merely toil in the fields below, a view that he may remember when he returns.

Why then do you run? Certainly there are as many reasons as there are men, but a common purpose which appears to bond all runners together, is that is something some of us must do. Once tasted the adventure will not be lightly denied in the future.

OUR APPRECIATION . . .

To the San Diego Police Department for their assistance in making the Masters Championships possible.



NEWTON CALDERA — Age 46
Seniors' Track Club

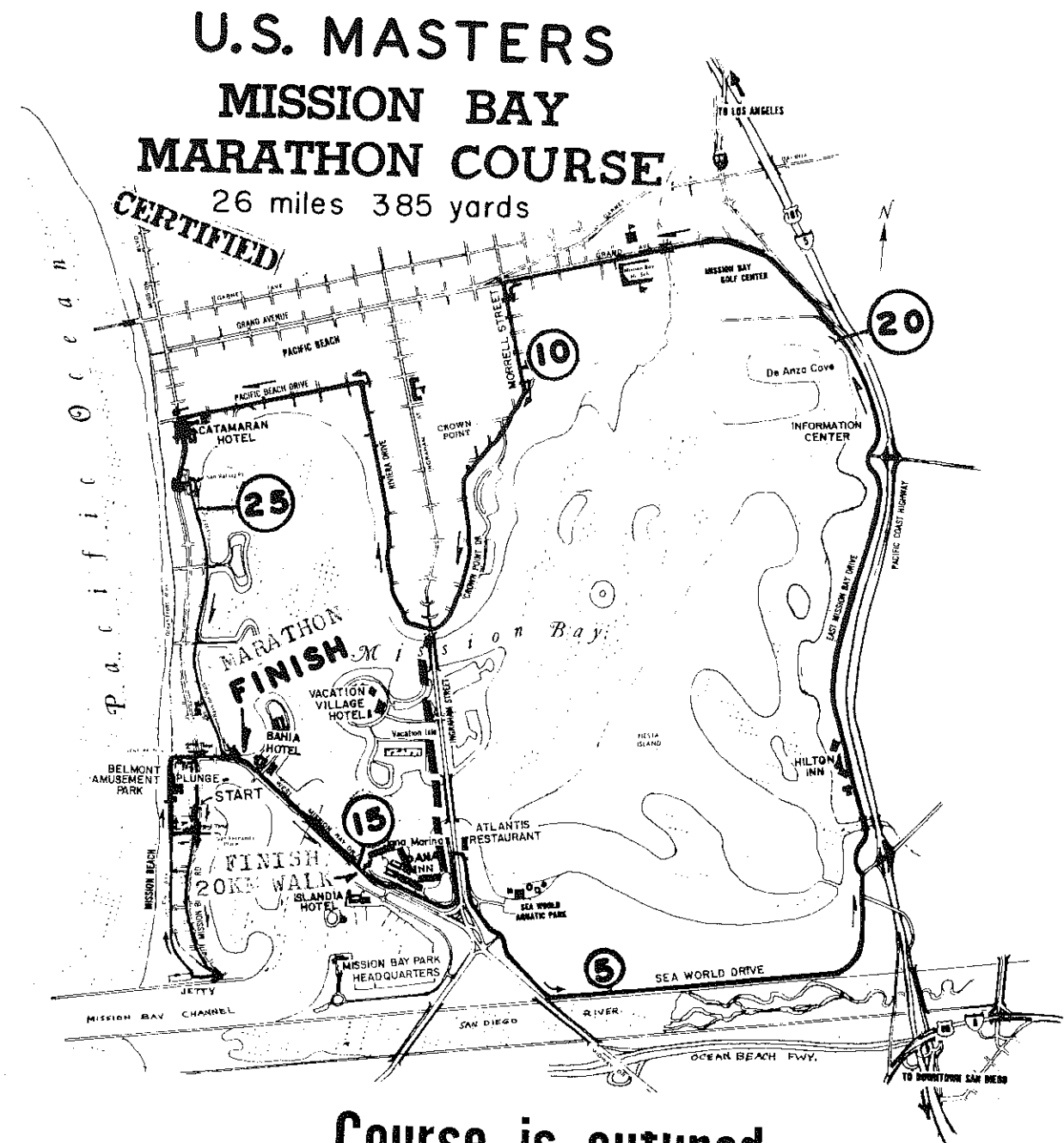
THIRD ANNUAL U.S. MASTERS TRACK & FIELD CHAMPIONSHIPS

Sponsored by:

City of San Diego Recreation Department

San Diego Track and Field Association

The meet will commence at 3:00 P.M. each day weather permitting. The order of events will be determined by the number of entries. Help the Meet Director by getting your entry in early.



Course is outlined

Check in at Mission Beach Plunge one hour before the start of the race. Start on Mission Blvd, just east of the Plunge and circle Belmont Park via San Fernando Place, Ocean Front Walk and Ventura Place. Turn right down Mission Blvd. to the jetty, right onto Ocean Front Walk to Ventura Place and east across Mission Blvd, crossing to the left facing traffic on West Mission Bay Dr. Continue past Bahia Hotel, across Ventura Bridge and cut in to the left to swing around Dana Inn and cross Ingraham Street opposite the Atlantis Restaurant. Turn hard right and, keeping to the right here, pass the entrance to Sea World and go around east Mission Bay on Sea World Drive and East Mission Bay Drive onto Grand Avenue. Swing around the Mission Bay Golf Course on Grand Ave. to Morrell Street where you turn left to Crown Point Drive, around Crown Point to turn left on Pacific Beach Drive, left again on Mission Blvd., and

another left on San Rafael Place. A hard right at the end of San Rafael Place takes you down Bayside Walk to West Mission Bay Dr. where you repeat the above loop to finish just west of the Bahia Hotel. — Mileage points are indicated on the map by 5

20 KILOMETER MARATHON

20 Kilometer walk will start with the marathon and follow the same course past the 10 mile mark to the intersection of Crown Point Drive and Ingraham, turning south on Ingraham and proceeding on the walks and grass along the West side of the street to the Dana Landing area, then skirting the Dana Cove along the walk to finish near the 15 mile mark of the marathon. Course is shown by the dashed line.

Schedule of Events THURSDAY — JULY 2nd

- 1:00—Registration
- 3:00—Prelims—880 yds.—I
- 3:00—Prelims—880 yds.—II
- 3:00—Prelims—880 yds.—III
- 3:30—Prelims—100 yds.—I
- 3:30—Prelims—100 yds.—II
- 3:30—Prelims—100 yds.—III
- 4:00—Masters Six—100 yds.
- 4:30—Finals—880 yds.—I
- 4:30—Finals—880 yds.—II
- 4:30—Finals—880 yds.—III
- 4:45—Finals—6-Mile—I
- 4:45—Finals—6-Mile—II
- 4:45—Finals—6-Mile—III
- 7:00—Masters Six—440 yds.
- 7:30—Mile Relay (Open)

— Field Events —

- 4:00—Discuss Throw—I
- 4:00—Discuss Throw—II
- 4:00—Discuss Throw—III
- 4:30—Long Jump—I
- 4:30—Long Jump—II
- 4:30—Long Jump—III
- 4:30—Pole Vault (Open)
- 4:45—Masters Six—Shot Put (12 lb.)

Schedule of Events FRIDAY — JULY 3rd

- 2:00—Registration
- 3:00—Finals—100 yds.—I
- 3:00—Finals—100 yds.—II
- 3:00—Finals—100 yds.—III
- 3:30—Finals—3-Mile—I
- 3:30—Finals—3-Mile—II
- 3:30—Finals—3-Mile—III
- 4:15—Prelims—220 yds.—I
- 4:15—Prelims—220 yds.—II
- 4:15—Prelims—220 yds.—III
- 5:00—Finals—1-Mile—I
- 5:00—Finals—1-Mile—II
- 5:00—Finals—1-Mile—III
- 5:30—Prelims—440 yds.—I
- 5:30—Prelims—440 yds.—II
- 5:30—Prelims—440 yds.—III
- 6:00—Masters Six—1 Mile
- 6:30—Finals—2 Mile Relay (Open)

— Field Events —

- 3:00—Masters Six—Long Jump
- 4:30—Masters Six—Javelin Throw
- 5:30—Shot Put—I (16 lb.)

Schedule of Events SATURDAY — JULY 4th

- 2:00—Registration
- 3:00—Finals—Int. Hurdles—I (only)
- 3:15—Finals—220 yds.—I
- 3:15—Finals—220 yds.—II
- 3:15—Finals—220 yds.—III
- 3:45—Finals—1 Mile Walk—I, II, & III
- 4:00—Finals—2 Mile Run—I
- 4:00—Finals—2 Mile Run—II
- 4:00—Finals—2 Mile Run—III
- 4:45—Finals—440 yds.—I
- 4:45—Finals—440 yds.—II
- 4:45—Finals—440 yds.—III
- 5:00—440 Relay—(Open)

— Field Events —

- 3:00—Hammer Throw—I, II, & III
- 4:00—High Jump—I, II & III
- 4:30—Javelin Throw—I
- 4:30—Javelin Throw—II
- 4:30—Javelin Throw—III

GENERAL INFORMATION

REGISTRATION—

Registration will commence Thursday, July 2nd at 1:00 p.m. and at 2:00 p.m. each day thereafter. The registration desk will be located at the South-east end of Balboa Stadium. Upon arrival in San Diego, call 236-5717 (days), or 232-0161 (days and evenings), the El Cortez Hotel, if you need help or information.

DIVISIONS—

Competition will be segregated into three classes. Open competition will be permitted in all field events, i.e. walks, sextathalon, marathon, and relays. All other events will be conducted by divisions.

DIVISION I: 40-49 years. DIVISION II: 50-59 years.

DIVISION III: 60 years and over.

REPORTING—

One hour prior to their event, all competitors must report to the Registration Desk at Balboa Stadium to indicate they will be in competition. In all Field Events, Trials and Finals will be conducted at the time indicated in the schedule. The referee may invoke a "Time Rule" in those field events in which competitors may delay the orderly running of the event in which they are competing. The Long Jump, High Jump runways (as is the running track) is of asphalt composition (grasstex), and only rubber soled shoes or indoor 1/4" spikes are permitted. The Javelin approach and runway is grass covered. The Shot Put and Discus slabs are of brushed cement. All Field Event equipment and areas comply with I.A.A.F. specifications. Athletic trainers and a physician will be available during the Meet.

QUALIFYING—

It is the policy of the U.S. Masters to permit all men 40 and over, with a medical certificate, to participate. For that reason, no minimum qualifying standards will be required. If the number of entrants in a given event are too great, eliminations will be conducted.

MARATHON & 20 KILOMETER WALK—

These events will be run on the MISSION BAY COURSE; Sunday, July 5th at 6:30 a.m. (to avoid the heat), check in at 5:30 a.m. The run will commence adjacent to the Dana Inn (grassy area) just Southeast of the Ventura Bridge. Marathoners, make your reservations early for lodging at the Dana Inn. Marathon and walk entrants will receive a map, plus detailed instructions following entry.

ADDED EVENTS—

As the result of many requests, we have added the 120 yard intermediate hurdles (Division I only) as well as the 16 lb. hammer throw, and the pole vault. These events will be scratched unless there are at least six (6) athletes in competition in each event.

TOWELS—

Bring your own towel because there will be no locker room attendant.

AWARDS—

A handsome commemorative patch will be given each entrant. Special trophies will be awarded to outstanding athletes (one for each Division), oldest athlete, the one who has traveled the greatest distance, and to the team scoring the most points. This year another award will be offered for the outstanding Field event athlete. Consideration will be given to the athlete's age, performance, number of field events won and his overall performance. Medals will be presented as indicated:

RUNNING EVENTS—1st through 6th (all divisions).

FIELD EVENTS—1st through 6th, Div. I and 1st through 3rd Divisions II and III.

SEXTATHALON—(Masters Six) 1st through 6th (Division I) Divisions II and III, 1st finisher only.

WALKS—1st through 6th (Division I) Divisions II and III, 1st finisher.

MARATHON—1st through 19th (open competition) 1st through 5th, Division II and Division III plus certificates of completion.

REELALS—1st through 3rd place (open competition). The special and marathon awards will be made at the conclusion of the marathon. All other awards will be made at Balboa Stadium following each event.

AWARDS DINNER—

The Awards Banquet will return to the Atlantis Restaurant just across the street (north) of the Dana Inn on Mission Bay. In addition to the presentation of awards there will be a speaker of national importance. This event will be the highlight of the week's activities. No host cocktails will precede Banquet commencing at 1:00 p.m. Dinner will be served at 2:00 p.m., and will end promptly at 4:30 (for the convenience of those making plane connections). The price of the dinner is \$6.50 for the adults and \$6.00 for children under 10 years. Make reservations for Banquet on entry blank page.

Compliments of SAN DIEGO CONSOLIDATED CO.

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Stadium Way and Friars Road Mission Valley
San Diego, California 92103

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BALBOA STADIUM RECORDS

The following records were not incorporated in the schedule of events in this program, and are therefore listed for your perusal as follows:

100 M Dash	10.3	Bobby Morrow (Abil. Chr. C) 1956
220 Yard Dash (Turn)	20.3	Jim Hines (Houston Striders) 1968
200 M Dash (Turn)	20.5	Bernie Rivers (U of New Mexico) 1966
440 Yard Dash	45.8	Theron Lewis (Phila. Pioneer AC) 1965
	45.8	Lee Evans (San Jose St.) 1968
400 M Dash	45.8	Theron Lewis (Phila. Pioneer AC) 1965
880 Yard Run	1:47.5	Jerry Siebert (Santa Ana YV) 1964
800 M Run	1:47.5	Jerry Siebert (Santa Ana YV) 1964
Mile Run	3:55.3	Jim Ryun (E. Wichita H.S.) 1965

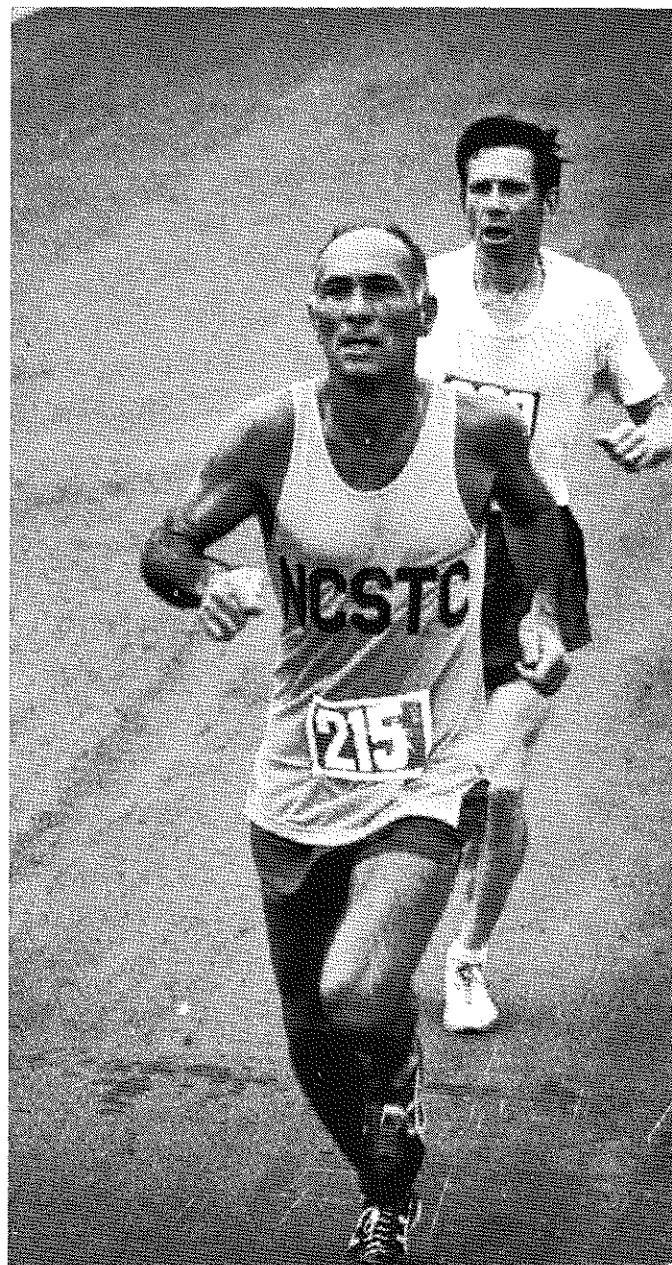
Mile Walk	6:18.7	Don DeNoon (L.A. Striders) 1966
1500 M Run	3:50.8	Paul Murphy (NTC) 1956
3000 M Run	8:00.2	Tim Danielson (S.D. State) 1968
2 Mile Run	8:22.0	George Young (UNA) 1968
5000 M Run	13:40.2	George Young 1966
110 M High Hurdle	13.7	Jack Davis (NTC) 1956
220 Yard Low Hurdle	22.8	Elias Gilbert (Winston-Salem) 1957
200 M Low Hurdle	22.8	Elias Gilbert (Winston-Salem) 1957
400 M Hurdle	40.3	Rex Cawley (Pasadena AA) 1965
880 Yard Relay	1:26.0	Fremont, Los Angeles 1967
Hammer Throw	232'1"	Hal Connolly (Culver City AC) 1965

WORLD RECORDS

The following records were not incorporated in the schedule of events in this program, and are therefore listed for your perusal as follows:

100 M	9.9	Jim Hines, R. R. Smith, Charlie Greene
200 M	19.8	Tommie Smith
220 Yard	20.0	Tommie Smith
400 M	43.8	Lee Evans
440 Yard	44.8	Tommie Smith
	44.7p	Curtis Mills
800 M	1:44.3	Peter Snell, Ralph Doubell
880 Yard	1:44.9	Jim Ryun
1000 M	2:16.2	Jurgen May, Franz-Josef Kemper
1500 M	3:33.1	Jim Ryun
Mile	3:51.1	Jim Ryun
2000 M	4:56.2	Michael Jazy

3000 M	7:39.6	Kipchoge Keino
2 Mile	8:19.6	Ron Clarke
5000 M	13:16.6	Ron Clarke
10,000 M	27:39.4	Ron Clarke
110 M HH	13.2	Martin Lauer, Lee Calhoun, Earl McCullough and Willie Davenport
400 M IH	48.1	Dave Hemery
Hammer	242'0"	Gyula Zsivotsky
	247'7 1/2"p	Anatolty Bondarchuk
Decathlon	8319	Kurt Bendlin
	8417p	Bill Toomey
880 Yard Relay	1:22.1	San Jose State
4 Mile Relay	16:09.0	University of Oregon
Sprint Medley Relay	3:15.2	University of Kansas



FLORY RODD

Once upon a time there was Flory Rodd, the jogger.

Now he's Flory Rodd, the runner, with a score of marathons to his credit—four well under three hours.

It took Rodd, 46, a while to make the switch, but when he did, he began at the top. The first race he ever ran in his life was the Boston Marathon in 1967. His time was 3 hours, 5 minutes and gave him 186th place.

The next year, he moved up to 104th place, but his time was down 7 minutes.

He hit the magical mark at last year's race when he broke 3 hours for the first time with a time of 2 hours and 47 minutes. This won him 77th place.

He went back for more at the world-famous endurance run and turned in the same time as last year. Now this would have been good for 31st place in 1968. But it wasn't. It only rated 139th.

This proves what all runners know about any race—it just gets tougher and tougher every year.

His best time for a marathon, occurred at a race in Seaside, Oregon, in February this year. He finished 13th in 2 hours and 45 minutes. It didn't turn out to be an unlucky number after all.

He had ran a marathon 20 days earlier in Las Vegas at 2 hours and 56 minutes, giving him 22nd place.

Like so many over-40 runners, Rodd has to squeeze in his running when he can. His job literally keeps him on a high-flying run. He's a flight navigator for United Airlines. He lives in Alameda and is a member of the Northern California Senior's Track Club.

As for training, he's not too sure what makes Rodd run.

"Prior to this year, he trained roughly 10 miles slow in the morning and 10 fast in the evening. This went on six days a week. There was little time for much else.

"It became too much of a task, so I quit," he said. "I almost gave up running altogether."

The turning point came after last year's U.S. Master's Marathon in Mission Bay Park.

"Now I just train once a day," Rodd sighs with relief.

His new schedule goes like this:

Monday—Twenty to 26 miles of LSD (long, slow, distance), "slow, but long."

Tuesday—Twenty-four 300 yard intervals, "fast for speed."

Wednesday—Five miles at between a 5:30 and 6-minute mile, "race pace."

Thursday through Saturday he repeats the routine.

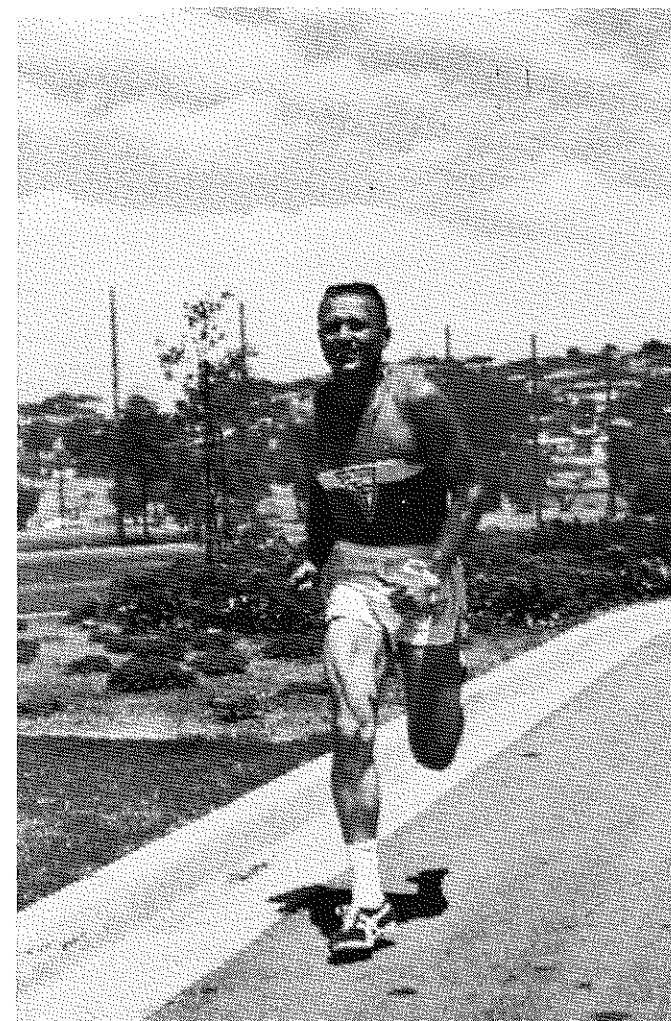
On Sundays, he runs "whatever race is available."

"It seems to work for me, although I realize 1,000 runners will come up with 1,000 different theories," Rodd said.

One thing that Rodd says he has proved to himself that "I've improved considerably since going to once-a-day workouts—well maybe not considerably, but at least I haven't gotten slower."



Ray Gill, hits tape in 2 mile

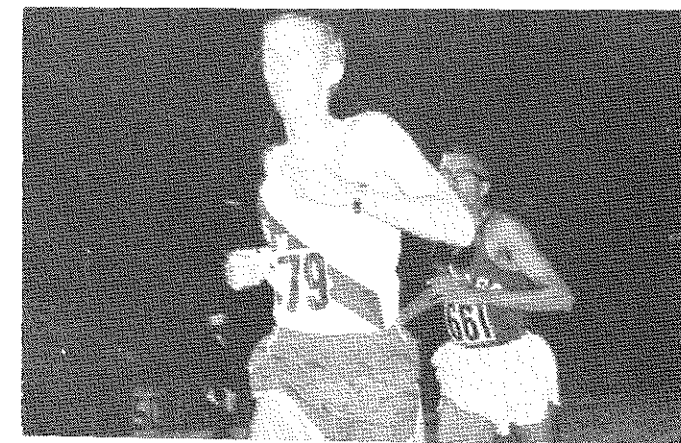


BILL STOCK

Bill Stock is an Engineer on the San Diego Fire Department. His early history as a runner of any type is rather non-existent. He was 39 years old when he began a jogging program for health's sake, and is now an "experienced runner" of 40 years of age. Participation in softball and basketball for years in local municipal leagues was of great assistance in creating a physical background be-fitting a runner. In a junior college physical education class in 1949 he ran 100 yards in :11.4 seconds and 220 in :25.0 seconds. These times represent the sum total of all prior experience. At age 40 and some 8 months of competition, the following are his best times: 100 yards, :11.2; 220, :26.3; 440, :57.8; mile, 4:52.0 outdoors, 4:48.0 indoors (S.D.T.C. Senior record); 3 miles 17:57.1; 4 miles, 23:59.5; Marathon (after 4 months of competition) 2:57:40.

Participation in the Senior Mile runs of the All-American Games at San Francisco's Cow Palace in January and the San Diego Indoor Track Meet in February of this year have been personal highlights of his short career. Another happy occasion was winning the PSA AAU District Veteran's 10,00 meter Cross Country Championship after running competitively for 3 months.

After his initial jogging for conditioning program was accelerated due to a desire to test himself in competition, the weekly mileage went from 18 up to 50-80 miles per week. Training is done seven days a week and is usually accomplished by two 45 minute workouts a day, or one 10 to 17 mile run. He usually takes a "holiday" the day before a race to rest and conserve energy. Bill is looking forward to several years of continued training and competition in order to develop as fully as possible as a runner. When the days of racing are over for Bill, running for physical conditioning will continue because of the heavy history of heart attacks in his family. There seems to be little doubt that a sound and strong heart and circulatory system is the best preventive medicine for coronary problems.



Pete Hundle---mile, 2 mile and 6 mile

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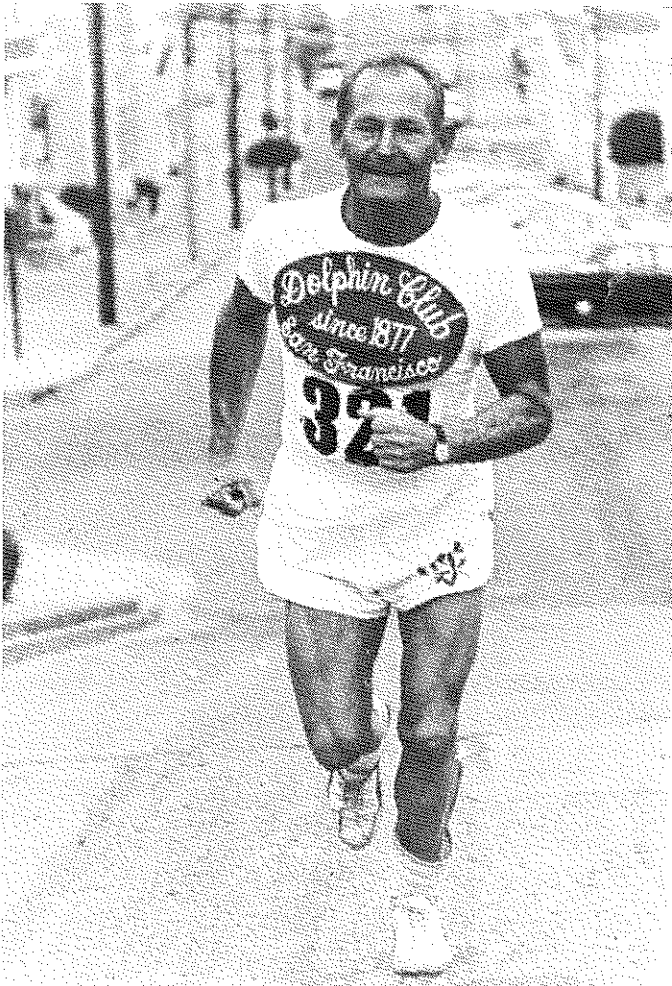
284-8966

Characteristics of Participants In the First Annual U.S. Masters Track and Field Championships

by Thomas W. Schriner

The information presented in this article is the condensation of a physical education research project undertaken as part of a graduate program at the University of Arizona.

The purpose of this study was to investigate characteristics of participants in the first annual U.S. Masters Track and Field Championships held in July of 1968, and to determine how and why these middle-aged athletes have achieved such a high standard of athletic performance and physical fitness.



WALT STACK

The subjects of this study were 191 male participants of this first annual track meet. This number included all participants whose addresses were obtainable. Only four men were omitted from this study. The ages of the participants ranged from forty to seventy. All 191 of the participants were sent a questionnaire consisting of thirty-seven questions, and were asked to respond to all relevant questions. The participants' responses were tallied to ascertain the percentage who answered each question, and also to determine the percentage who selected each response of each question.

Participants were asked to answer questions pertaining to: general health and personal information, personal habits; physical exercise; sports and activity background; and a summary question concerning the attainment of physical fitness. Space was provided with some of the questions for respondents desiring to further clarify their answers.

The questionnaire received a total response of 84.29 percent, and the majority of participants showed a willingness to promote physical fitness and share their experiences with others, as 111 men commented, many extensively, to the summary question concerning physical fitness.

It should be noted that some of the questions allowed participants to select more than one response. The percentages pertain to the number of participants who chose a particular response of a question. To avoid confusion when reading through these findings, it is suggested that the reader preface each percentage with "of the participants who responded to this question." From these findings, the following are probably the most significant:

1. 78.26 percent were between the ages of forty and forty-nine at the time of the first annual U.S. Masters Track and Field Championships.
2. 18.24 percent were teachers; 6.75 percent were medical doctors; 6.08 percent were engineers, and the remaining participants work at a variety of fewer mentioned occupations.
3. 86.87 percent were married.
4. 66.45 percent were affiliated with a track club.
5. 75.94 percent were participating in track and field for improved general health and physical condition; 72.15 percent were participating for the enjoyment of track and field competition.
6. 62.11 percent also competed in the second annual U.S. Masters Track and Field Championships; 25.46 percent wanted to compete, but could not for various reasons.

7. 66.45 percent consider the nutritional aspects of the foods they eat.
8. 87.71 percent adhere to their own self-prescribed diet as opposed to professional medical aid or other sources of diet information.
9. 72.04 percent rely primarily on physical exercise to maintain their weight at a desirable level.
10. 87.42 percent believe that regular exercise helps them to sleep better.
11. 90.68 percent did not smoke. Numerous reasons for quitting smoking were noted.
12. 98.75 percent felt that smoking could be detrimental to achieving high levels of physical fitness.
13. 78.12 percent drink alcoholic beverages in varying amounts. The most prevalent comment offered by respondents favored the moderate and nonabusive use of alcoholic beverages.
14. 48.44 percent have a daily exercise schedule, and the remaining participants noted other exercise schedules mentioned less often.
15. The average amount of time spent per week at physical exercise was 8.17 hours.
16. 55.62 percent prefer to exercise after work (before dinner), and 31.87 percent prefer the morning (before work). The remaining participants chose fewer mentioned exercise schedules.
17. 67.51 percent consider their exercise periods to be enjoyable and looked forward to; while 36.94 percent consider their exercise periods to be difficult, but satisfying.
18. 82.50 percent plan to participate in future Masters Track and Field events.
19. 30.08 percent still actively participate in swimming; 28.13 percent participate in tennis; 21.23 percent participate in golf. The remaining participants still are active at a variety of fewer mentioned sports.
20. 27.67 percent had no previous participation in track and field before they were middle-aged and began preparing for competition.
21. 43.31 percent rated their relative proficiency, as a young adult in a number of sports activities attempted, as being above average; while 38.85 percent rated themselves as being average.
22. 99.37 percent felt that their positive exercise habits have rendered them the ability to live a more full and balanced life because of their high degree of physical fitness.

The final section of the questionnaire was an optional question concerning participants' comments on physical fitness. An attempt has been made to choose representative comments from the 111 men who responded to this question:

For the middle-years person, a heavy investment of time and running usually short-changes effort and responsibilities in other directions. Each individual must find his own balance to maintain a normal family and occupational and fitness life.

A man in his forties is often at the peak of his working career and his family responsibilities are often at their heaviest. Many such men would like to train more and harder than they do, but cannot find the time . . . Therefore, you should regard the athletic performance of most men over forty as being significantly short of their potential.

Since I have been in shape, I found new confidence and raised myself from \$12,000 per year to over \$36,000 per year. Running allows me to relax and think creatively.

Mental relaxation after a day's work is priceless. The competitiveness, "youth stigma" of running, and levels of proficiency attained from running provide a lively mental attitude for living.

I believe that anyone, if not disabled, can achieve a high level of physical fitness to almost any age, even without previous history of athletic activity if a program is undertaken very slowly and increased very gradually. The program must be adhered to persistently and with determination . . .

At seventy, nearly seventy-one, I still feel good—steady on my feet, enjoy working at my profession. Feel better than I did at fifty without a regular exercise program.

Running is one of the most important and amazing discoveries that I have ever chanced upon . . . The U.S. Masters helped to bring me up to a higher level of participation, opening the door to working harder and realizing the greater benefits of health and well-being that result.

Competing in the U.S. Masters represented my finest hour in twenty years of participating, officiating, and coaching track and field. It was like turning the clock back. A strange exhilaration permeated the entire meet. An immediate aura of fellowship and camaraderie grasped all of these men and their families. It's very difficult to describe, but just being there seemed to mark these men as special.

Based upon the findings of this study, it was concluded that middle-age need not be characterized by mental and physical deterioration. Respondents noted major improvements in their physical, mental, and emotional well-being, and they attributed these improvements to their exceptional physical condition.

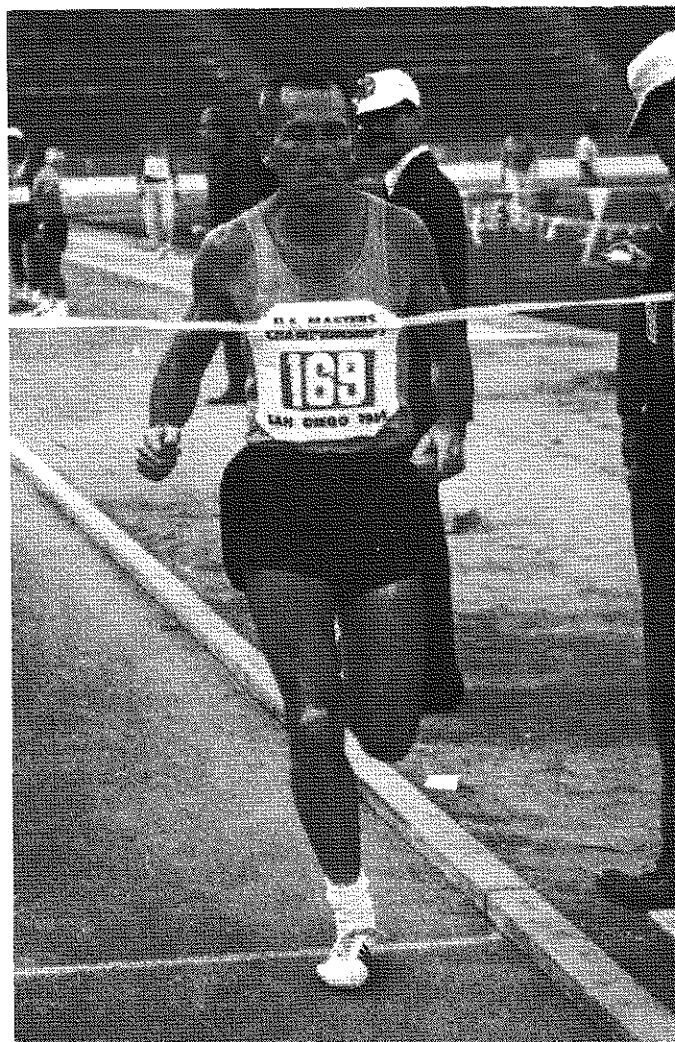
It was also concluded that a vigorous physical activity, such as track and field, can be learned and can be excelled in well after forty years of age.

Two major recommendations suggested for future study are:

A study should be made that thoroughly investigates new and more effective training techniques for men over forty. Injuries and pain from vigorous training are prevalent in this age group.

An attempt should be made to further publicize and make findings of this and similar studies readily available to all middle-aged people in an attempt to kindle an active interest in attaining and maintaining physical fitness.

The author wishes all participants in this year's Masters the best of luck and health.



BILL FITZGERALD

It's Bill Fitzgerald, 45, of the Los Angeles Senior's Track Club who walks away with the hardware.

He's out to win.

At last year's U.S. Masters championships he took the "Athlete of the Meet" as he won the 440 in 52.3, won a strategical 880 in an easy 2:14.6, ran on the winning mile relay team (his leg was 51.1), ran on the winning two-mile relay team and then capped all this on the final night of the meet by beating out Peter Mundle in a 4:37 mile. This performance brought kudos and a picture in Sports Illustrated.

It's not bread alone that carries Bill through such rigors. He admits to no special diet. But his secret might be in training routine. He won't tell what it is, except to say:

It wasn't until Jim Gardner, a friend who's just written a book on computerized running, gave me an interval training schedule that I started improving rapidly.

"I average 7-10 miles a day, six days a week."

Fitzgerald's times haven't fallen much more than his hair, which is full and grey, since his high school and collegiate days at Boston University, class of '52.

Best times in those days were 50.0 for the 440 and 1:53.6 for the 880.

He just continued to get fat and sassy until 1967. And then the seniors bug bit him. It struck one night as he watched a senior's track event, slouched in front of the living room TV.

"I think it was the sight of Jim Gorrell that brought forth the old urge to run," he said.

"I guess it's the actual competition that I enjoy best—that's why I run."

Bill made his over-40 debut at a coming-out race at San Pedro called the Yankee Doodle run. He did a respectable third place.

Scooty Donald from the LA Senior's was watching, asked Bill to join the club, and gave him the encouragement to keep running.

From the East Coast, the Fitzgeralds came to California six years ago. He works for TRW in Redondo Beach as a systems analyst.

His wife, Jean, teaches sixth grade in San Pedro. They have four children—one son in College, two in high school, and a daughter in the seventh grade.

FOSTER FARMS FRYERS

Fresh old-fashioned flavor






ERNIE WAKE

Many of the runners we have introduced to you have had a long background in running. Ernie Wacke, however, is one of those individuals who found the romance of running after 40.

Ernie's athletic career started in a sport, which while not allied to running, did prepare him with courage and stamina which would prove valuable assets in his senior running career. The sport was wrestling, and it must have planted the determination to win in him. Ernie's high school wrestling career was hampered by a spinal ailment which caused him to be sidelined in his junior and senior years. In college our plucky athlete continued to work out with weights and wrestling exercises, to strengthen his back.

After college, which prepared Ernie as a biochemist, he served a hitch in the Marine Corps—in the field of biochemistry? — no — as a weather observer!

After the tour in the Marine Corps, Ernie settled down to a rather sedentary life. In 1957—still no idea of running—Ernie moved to San Diego to work for the City Utilities Department. Ernie prospered in the Sunny City by the Sea and married Betty in 1959. She was to play an important role in his running career. Raising three children kept the Wakes fairly busy with little time for exercise. Ernie even smoked and drank various spirits sporadically.

Then quite suddenly, in September 1967, our runner to be gave up smoking and drinking and began a regular fitness program with weight lifting and calisthenics—but not running.

The running bug bit Ernie after he read Ken Cooper's "Aerobics" condensation in a magazine. At first the training was pretty light, but soon the interest and self-satisfaction took hold and our runner was on his way.

In December 1969, Ernie showed what hard work

and determination could do for a novice runner. The event was the AAU National Championship Marathon at Culver City, California. Ernie was just another runner in the pack until about mile eighteen when his steady pace paid off giving him a very creditable time of 2:59:13.

With his appetite whetted for the marathon, Ernie took on the challenge of the Mission Bay Marathon in January 1970. He won first in the Senior Division with an excellent time of 2:52:52. Again in March 1970, Ernie came on strong at the El Cajon Half Marathon to take first in the senior division setting a new 40 and over division record of 1:19:56.

But this is only half the story of distance runner Ernie Wake—the other half is Betty Wake, his lovely wife who has set a few records herself in everything from the 3 mile to the marathon—beating a lot of men in the process.

Betty's most notable achievement was in February 1970 at Las Vegas, Nevada, when our heroine set a new Marathon record for women with a time of 3:38:2. Betty wasn't satisfied with this feat, however, she came back in May 1970 at one of the toughest marathons—The Palos Verde. This time it was a remarkable 3:28, a new U.S. Woman's Record.

We have heard about many husband and wife combinations, but this must be one of the most unique. Oh yes—the master's marathoners don't have to worry, Betty won't be running in the Master's Marathon.



Col. Eddy Halpin (USAF Ret)

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DICK PACKARD

If runners, not anglers, had caught the fancy of Izaak Walton, he'd have written about Dick Packard.

Packard, 42, of Brighton, Mass., truly is a "Compleat Runner."

Since turning 40, the NASSA scientist has stretched himself all the way from a two-hour 44-minute marathon down to a four-minute 43.4-second mile.

That took some angling and tough workouts.

About his training, he says:

"In preparation for a marathon, I try to get in a long run of up to 25 miles a week—the month before the race. The rest of the training is the same year-around: six miles in about 25 minutes.

"I do speed work when getting ready for the mile. That's six to ten 440s in 70 to 75-second runs and also some 220s and 800s."

Packard runs races frequently, several in important meets across the nation. He's been in the Pennsylvania Relays, the Martin Luther King games, the Boston Marathon (10 times), and the U.S. Master's championship.

Twice, Packard has taken home the gold medal for the Master's Marathon in Mission Bay Park. His time last year was two hours, 47 minutes, and 43 seconds and in 1968 was two hours, 48 minutes, and 51.6 seconds.

His 4:43 mile was at the Penn Relays in April, 1969, and was only 14 seconds off the best time he ever ran at the University of Maine 20 years ago.

He also took first place in the six mile at last year's Masters with a time of 33:29.5.

Packard has been onto the running game for some time, even before he turned 40.

"I've been running fairly steady for the last decade," he said.

"I just like the way I feel when I'm in good physical condition. It permits me to eat well, to meet good people, and to compete."

Packard believes that over-40 competition is just getting under way and has a big potential as a national sport.

"The thing is really ballooning here in the East," he said. "People realize that it will give them a few more good years and do them a lot of good."



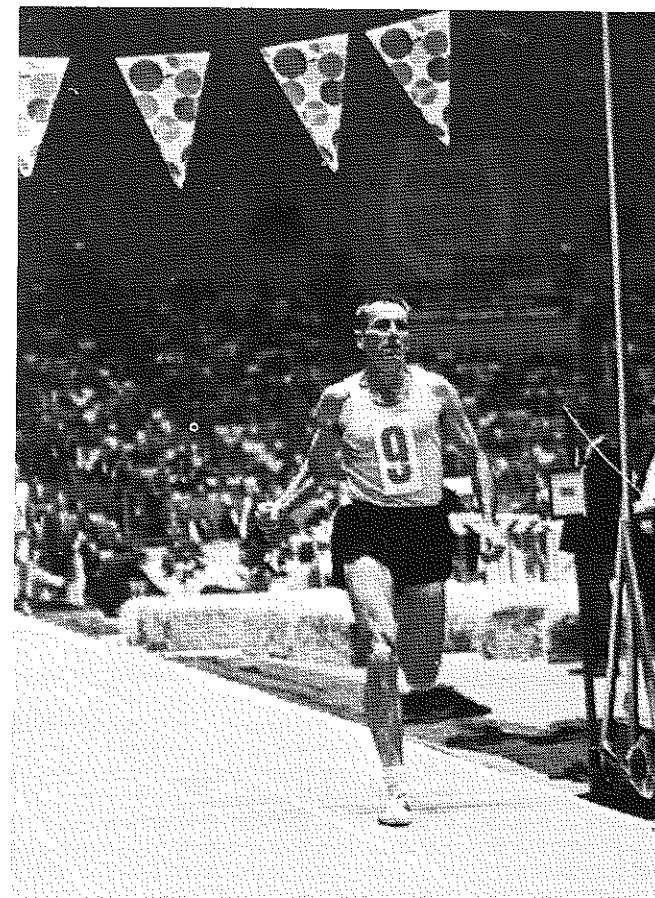
Al Guidet 100 and 220

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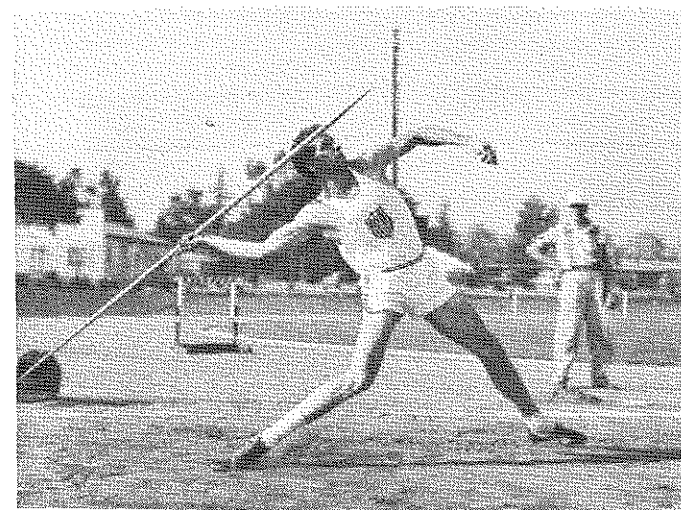
4926 Savannah St.

San Diego



Bill Fitzgerald is the 440, 880, 1 mile winner in 1968. He will be a top contender.

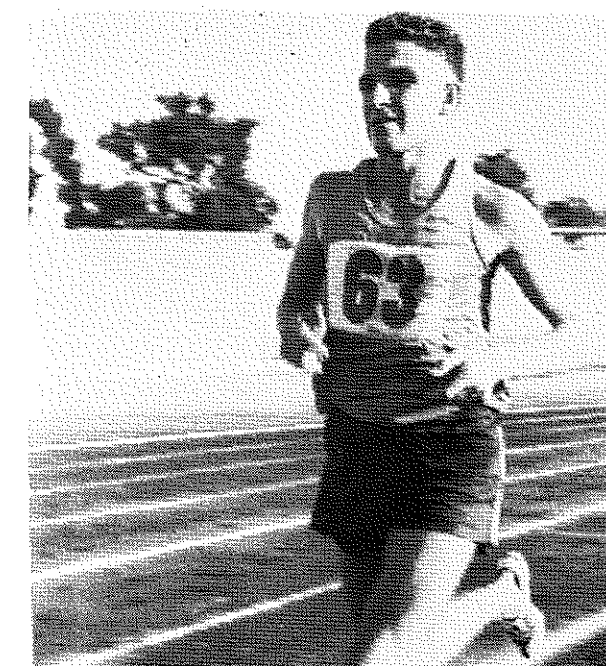
Hope to see you at the
Fourth Annual U.S. Masters
Track & Field Championships



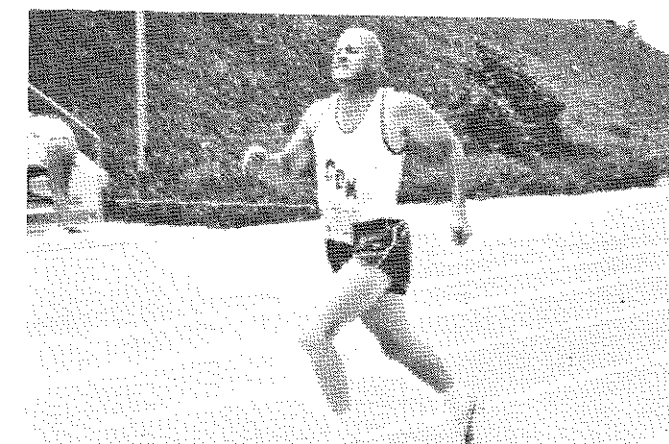
Bud Held of San Diego will be in action during the championship.



Peter D. Wood is an 880 entrant.



Carl Jenner a 6 mile and marathon runner is from Inglewood, West Australia.



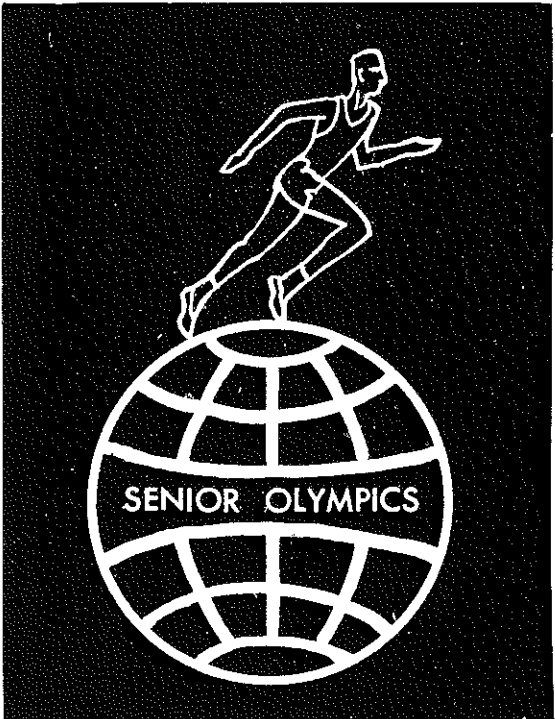
Ross Winton of the Corona Del Mar Track Club.

CONGRATULATIONS TO THE

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LOOK FOR THE JUNE 1971
ANNOUNCEMENT OF THE 2nd
ANNUAL SENIOR OLYMPICS



THURSDAY

880 YD. RUN (Prelims)

THURSDAY, JULY 2, 1970 3:00 P.M.

(U.S. Masters Meet Record—BILL FITZGERALD, 1969—2:14)

Sponsored by

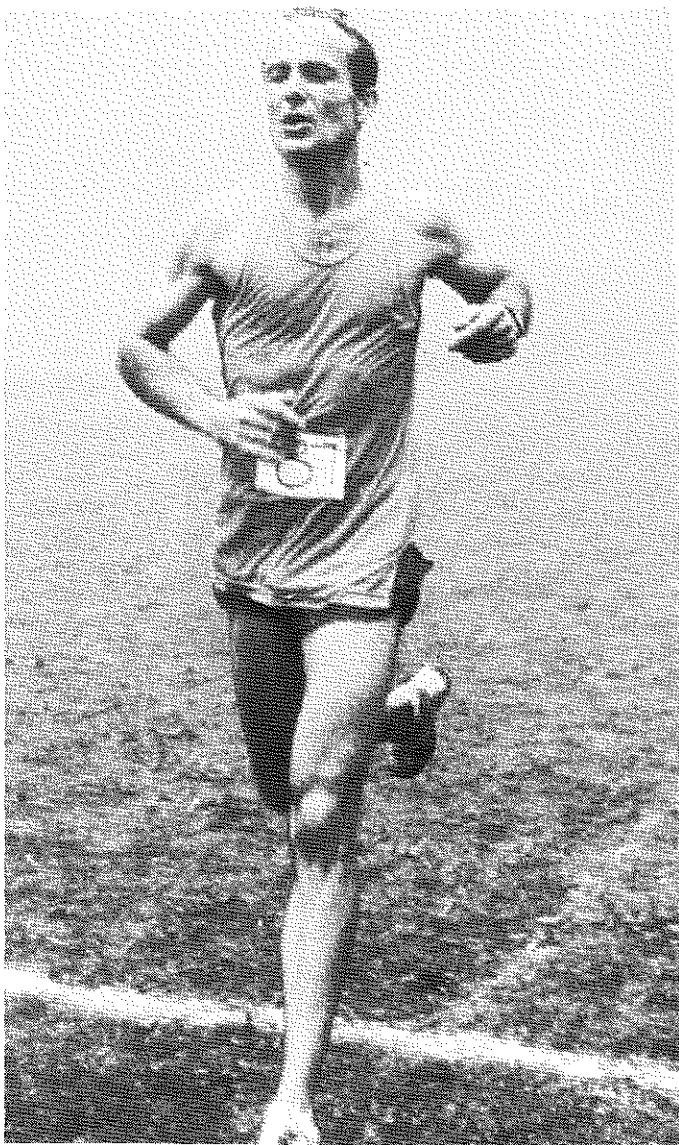
DIVISION I Road King Running Shoes

NAME	AGE	AFFILIATION
Coleman, Don	42	S.D.T.C.
Cameron, William	42	No. Cal. S.T.C.
Vantatenhove, James	40	S.T.C.
Wood, Peter	40	No. Cal. S.T.C.
Mackey, Robert	40	W.V.T.C.
Mackey, James	41	W.V.T.C.
Morcom, Richmond	49	Warner Minks
Martin, Carl	44	W.V.T.C.
Hutchinson, John	42	No. Cal. S.T.C.
Anspach, Roland	44	Kettering Striders
Hill, Harry	42	W.V.T.C.
Kleinsasser, Willis	42	S.T.C.
Noble, John	44	S.D.T.C.
Smith, Emmett	47	No. Cal. S.T.C.
Blank, Lane	41	S.T.C.
Pain, David	47	S.D.T.C.
Holt, John	42	S.T.C.
Gil, Ray	45	S.T.C.
Pickett, Donald	42	Olympic Club
Sellers, William	41	Univ. of Ariz.
Kamrass, Eugene	40	No. Carolina
Bessel, Joseph	40	N.Y.A.C.
Stephenson, Jim	49	Olympic Club
Hughes, Marvin*	43	No. Cal. S.T.C.
Puterbaugh	45	Portland, T.C.
Fix, William	44	Spokane T.C.
Sheppard, W.	48	Australia Richmond Harriers
Thiel, Don	42	Unattached
Hillman, Jimmye	47	Univ. of Arizona
Hartshorne, Jim	46	Finger Lakes Striders

DIVISION II Compliments of a Friend

Sharp, Joseph	58	Unattached
Seekins, Charles	53	S.T.C.
Cooper, Albert	51	S.D.T.C.

Look for the June, 1971
Announcement of the 2nd
Annual Senior Olympics



Dr. John C. Hutchinson, 42, specializes in the 440 and 880.

Smith, Dallas	51	Unattached
Knuppel, William	51	S.D.T.C.
Stostrand, Fritiof	57	S.T.C.
Gordon, Ray	52	Wash. Sport Club
Waterman, Alan	51	No. Cal. S.T.C.
Mahannah, Ray	54	S.T.C.
Southard, Charles	53	S.T.C.
Elrick, Harold	51	S.D.T.C.
Godfrey, Vincent	56	S.D.T.C.
Halpin, Ed	52	So. Calif. Striders

DIVISION III Compliments of a Friend

Clarke, John	62	Iowa Achilles Club
Puglizevich, A.	62	S.T.C.
Bredenbeck, Richard	64	Lake Erie A.A.
Fowler, David	71	S.D.T.C.
McFadden, Wia	65	S.D.T.C.
Bierlein, Fred	60	Unattached
Mitchelson, Del Mar	60	S.T.C.
Cook, Byron	43	Kettering Striders

100 YD. DASH (Prelims)

THURSDAY, JULY 2, 1970 3:30 P.M.

(U.S. Masters Meet Record—GEORGE RHODEN, 1969—:10.4)

DIVISION I Compliments of a Friend

NAME	AGE	AFFILIATION
Stolpe, Richard	45	U.S. Navy
Gwinup, Grant	40	Unattached
Vroom, Dewey	43	S.T.C.
Pain, David	47	S.D.T.C.
Love, Don	43	S.D.T.C.
Swanson, James	40	Unattached
Barton, Neill	40	S.D.T.C.
Foutz, Robert	49	Corona Del Mar T.C.
Fraitag, David	41	S.D.T.C.
Fields, Louis	47	No. Cal. S.T.C.
Nichols, John	45	S.D.T.C.
Howell, Monte	45	Corona Del Mar T.C.
Davis, Morley	43	Corona Del Mar T.C.
Dowell, Ed	42	No. Cal. S.T.C.

DIVISION II Compliments of a Friend

Smith, Dallas	51	Unattached
James, Tom	50	S.D.T.C.
Walczuk	52	Unattached
Guidet, Alfred	52	No. Cal. S.T.C.
Bulick, Leo	51	S.T.C.
Eitel, William	51	Unattached
McIntyre, Virgil	59	S.T.C.
Winton, Ross	51	Corona Del Mar T.C.
Sharp, Joseph	58	Unattached
Ambrose, Wayne	44	Corona Del Mar T.C.
Holler, Robert	40	No. Cal. Striders
Watanabe, Robert	44	S.T.C.
McDonald	51	S.D.T.C.
Halpin, Ed	52	So. Cal. Striders

DIVISION III Compliments of a Friend

Fowler, David	71	S.D.T.C.
Frederick, Walt	61	S.T.C.
McFadden, Win	65	S.D.T.C.
Puglizevich, A.	62	No. Cal. S.T.C.
Bredenbeck, Richard	64	Lake Erie A.A.
Blaney, Warren	62	S.T.C.
Carnine, Ken	65	Unattached
O'Neil, Larry	62	Unattached
Walker, Paul	61	Unattached
Lum, Sing	66	Unattached
Mitchelson, Del Mar	60	S.T.C.

Look for the June, 1971
Announcement of the 2nd
Annual Senior Olympics

MASTERS SIX

THURSDAY - FRIDAY, JULY 2 & 3

100 YARD DASH — 440 YARD DASH — SHOT PUT
MILE — LONG JUMP — JAVELIN

(U.S. Masters Meet Record—WILLIS KLEINSASSER, 1969—
3616 points)

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DIVISION I, II, III **McNeiece Tax Service**

NAME	AGE	AFFILIATION
Clegg, Chris	55	So. Calif. S.T.R.
Bredenbeck, Richard	64	Lake Erie A.A.
Wallace, Harold	42	S.T.R.
McNeiece, M.	50	S.T.R.
Thomas, Lloyd	52	Lowell T.C.
Richard, Bob	44	Corona Del Mar T.C.
Hill, John	50	No. Calif. S.T.C.
Harring, James	46	Unattached
Herman, Robert	44	S.T.C.
Bettencourt, Jack	41	No. Calif. S.T.C.
Cook, Byron	43	Kettering Striders
Fix, William	44	Spokane T.C.
Dowell, Dowell	42	No. Calif. S.T.C.
Drake, Walter	46	S.D.T.C.
McDonald, Bob	51	S.D.T.C.
Clevenger, Nathan	43	Unattached

6 MILE RUN

THURSDAY, JULY 2, 1970 4:45 P.M.

(U. S. Masters Meet Record—PETE MUNDLE, 1968—31:28.4)

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DIVISION I **O'Neil Investments—Sacramento Calif.**

NAME	AGE	AFFILIATION
Stafford, Stanley	44	S.T.C.
Beale, Pax	40	No. Cal. S.T.C.
Anspach, Roland	44	Kettering Striders
D'Loughlen, Patrick	40	Lowell T.C.
Toabe, Sidney	46	Unattached
O'Neil, James	45	Olympic Club
Murray, Mike	41	S.D.T.C.
Wake, Ernest	40	S.D.T.C.
Campbell, Keith	43	W.V.T.C.
Yehnert, Virgil	41	Akron Rd. Runners
Chuman, Ted	44	Unattached
Junner, Carl	48	AAU of Australia
Bould, Cliff	50	AAU of Australia
McCaffrey, Frank	50	AAU of Australia
Hyman, Ray	42	Unattached
Herman, Robert	44	S.T.C.
Gavras, George	43	Finger Lakes Runners
Desoto, Eugene	47	Unattached
Roberts, Lew	43	S.T.C.
Weisheit, Herbert	40	S.D.T.C.
Mundle, Peter	42	Santa Monica A.C.
Sharp, Jon	49	Denver Y.M.C.A.

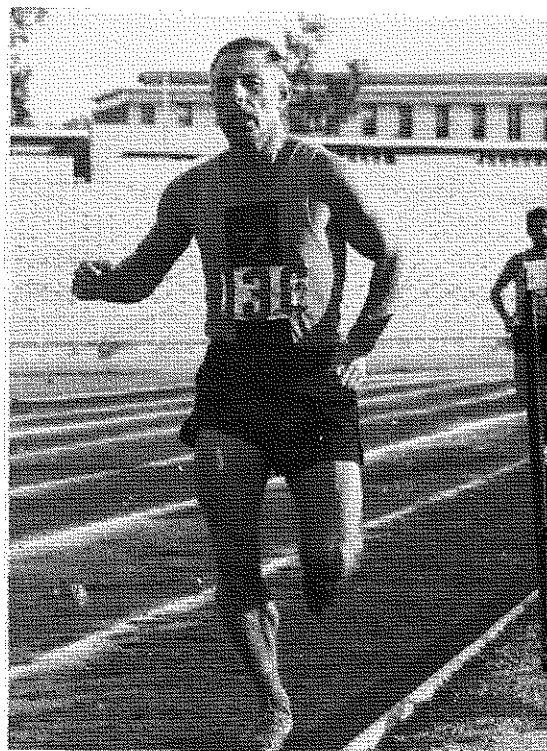
DIVISION II **Compliments of a Friend**

Long, Robert	51	So. Cal. Striders
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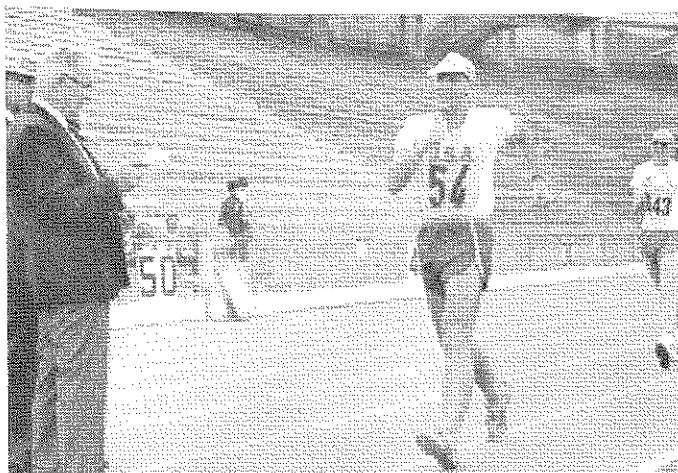
Sargent, Charles	50	Lowell T.C.
Tripodes, Tom	51	Unattached
Montoya, John	58	S.T.C.
Dobbs, Tad	50	Unattached
Sanders, Marvin	55	No. Cal. S.T.C.
Bould, Cliff	50	AAU of Australia
McCaffrey, Frank	50	AAU of Australia
Cochran, John	51	Las Vegas T.C.

DIVISION III
San Francisco Olympic Club—S. F. Calif.

Bole, James	62	S.T.C.
Carmichael, Paul	61	Olympic Club
Johnson, Noel	71	S.D.T.C.



Cliff Bould from Australia has run the 3 mile, 6 mile and marathon.



DISCUS

THURSDAY, JULY 2, 1970 4:00 P.M.

(U.S. Masters Meet Record—FORTUNE GORDEIN, 1969—
148' 3")

NAME	AGE	AFFILIATION
Puglizevich, A.	62	No. Calif. S.T.C.
Delaney, Jim	49	Corona Del Mar T.C.
De Bernardi, Frank	48	Unattached
McFarland, Cole	40	Unattached
Hubbell, Randolph	61	S.T.C.
Maurer, Donn	40	S.D.T.C.
Shrader, David	56	Unattached
Aldrich, Daniel	51	Corona Del Mar T.C.
Ker, George	47	Corona Del Mar T.C.
Carnine, Ken	62	S.T.C.
Castenada	41	Unattached
Richards, Bog	44	Corona Del Mar T.C.
O'Neil, Larry	62	Unattached
Rohn, Hank	49	Unattached
Bryce, Harry	61	S.D.T.C.
Winton, Don	50	Corona Del Mar T.C.

LONG JUMP

THURSDAY, JULY 2, 1970 4:30 P.M.

DIVISION I, II, III. **Compliments of a Friend**

(U.S. Masters Meet Record—DEWEY VROOM, '69—18' 7 1/4")

NAME	AGE	AFFILIATION
Puglizevich, A.	62	No. Calif. S.T.C.
Gwinup, Grant	40	Unattached
Vroom, Dewey	43	S.T.C.
McNeiece, M.	50	S.T.C.
Eitel, William	51	Unattached
Thomas, Lloyd	52	S.D.T.C.
Ruth, Roger	42	Vancouver Olympic Cl.
Rose, Jack	40	Twin Cities T.C.
Grupe, George	48	Corona Del Mar T.C.
Morcum, Richmond	49	Warner, Minks
Blaney, Warren	65	Unattached
Love, Don	43	S.D.T.C.
Carnine, Ken	62	S.T.C.
Richards, Bog	44	Corona Del Mar T.C.
O'Neil, Larry	43	Unattached
Swanson, James	40	Unattached
McIntyre	59	S.T.C.
Walker, Paul	61	Unattached
Grubb, Royal	50	Corona Del Mar T.C.
Foutz, Robert	49	Corona Del Mar T.C.
Davissan, Shirley	51	Corona Del Mar T.C.
Winton, Don	50	Corona Del Mar T.C.
Puterbaugh, George	45	Portland T.C.
Lamb, Eddy	60	Unattached
Ambrose, Wayne	44	Corona Del Mar T.C.
Sharp, Don		Denver Y.M.C.A.

POLE VAULT

THURSDAY, JULY 2, 1970 4:30 P.M.

NAME	AGE	AFFILIATION
Ruth, Roger	42	Vancouver Oylmpic Cl.
Morcom, Richmond	49	Warner Minks
Richards, Bob	44	Corona Del Mar T.C.
Smith, Bob	41	Track Starters Assn.
Grubb, Royal	50	Corona Del Mar T.C.



Henry Rohn, 49, unattached will be top entrant. in the discus.

FRIDAY

3 MILE RUN (Final)

FRIDAY, JULY 3, 1970 3:30 P.M.

(U.S. Masters Meet Record—PETER MUNDLE, 1969—14:51.8)

Sponsored by
DIVISION I **Scope Enterprises**

NAME	AGE	AFFILIATION
Herman, Robert	44	S.T.C.
Junner, Carl	48	AAU of Australia
Wood, Peter	40	No. Cal. S.T.C.
Anspach, Roland	44	Kettering Striders
Toabe, Sidney	46	Unattached
Blank, Lane	41	S.T.C.
Pain, David	47	S.D.T.C.
Robt, Hugo	43	S.T.C.
Caldera, Newton	46	S.T.C.
Pickett, Donald	42	Olympic Club
Margolis, Alfred	42	S.T.C.
Yehnert, Virgil	41	Akron Rd. Runners
Chuman, Ted	44	Unattached
Stephenson, Jim	49	Olympic Club
Roberts, Lew	43	S.T.C.
Gorman, Owen	40	S.T.C.
Hellenga, Glen	40	U.S. Air Force
Meares, Spiro	42	Unattached
Oberth, Paul	42	S.T.C.
Kelley, Jack	40	S.D.T.C.
Hartshorne, Jim	46	Finger Lakes Striders

DIVISION II **Compliments of a Friend**

Dobbs, Tad	50	Unattached
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Sanders, Marvin	55	No. Cal. S.T.C.
Long, Robert	51	So. Cal. Striders
Sargent, Charles	50	Lowell T.C.
Tripodes, Tom	51	Unattached
Bould, Cliff	50	AAU of Australia
McCaffrey, Frank	50	AAU of Australia

DIVISION III **Compliments of a Friend**

Monheit, William	Oakland Y.M.C.A.
Frederick, Walter	61 S.T.C.
Carmichael, Paul	61 Olympic Club
Johnson, Noel	71 S.D.T.C.

220 YD. DASH (Prelims)

FRIDAY, JULY 3, 1970 4:15 P.M.
(U.S. Masters Meet Record—DON BADINELLI, 1969—:23.5)

DIVISION I **Sponsored by Robert S. Watanabe, MD**

Love, Don	43	S.D.T.C.
Stolpe, Richard	45	U.S. Navy
Gwinup, Grant	40	Unattached
Vroom, Dewey	43	S.T.C.
Palmer, Donald	40	Unattached
Swanson, James	40	Unattached
Foutz, Robert	49	Corona Del Mar T.C.
Fraitag, David	41	S.D.T.C.
Nichols, John	45	S.D.T.C.
Ambrose, Wayne	44	Corona Del Mar T.C.
Hillman, Jimmie	47	Univ. of Arizona
Watanabe, Robert	44	S.T.C.
Snider, Philip	48	Unattached

DIVISION II **Compliments of a Friend**

Smith, Dallas	51	Unattached
James, Tom	50	S.D.T.C.
Wallzuk, Leo	52	Unattached
Guidet, Alfred	52	No. Cal. S.T.C.
Bulick, Leo	51	S.T.C.
McNeiece, M.	50	S.T.C.
Eitel, William	51	Unattached
Scharf, Robert	50	Unattached
McIntyre, Virgil	59	S.T.C.
Winton, Ross	51	Corona Del Mar T.C.
Knuppel, William	51	S.D.T.C.
McDonald, Bob	51	S.D.T.C.
Godfrey, Vincent	56	S.D.T.C.
Halpin, Ed	52	So. Cal. Striders

DIVISION III **Sponsored by Foster Poultry Farms—Livingston, Calif.**

Blaney, Warren	65	Unattached
Ulsh, Robert	63	Unattached
Puglizevich, A.	62	No. Cal. S.T.C.
Bredenbeck, Richard	64	Lake Erie A.A.
Fowler, David	71	S.D.T.C.
O'Neil, Larry	62	Unattached



Steve Seymore, shot put entrant.

1 MILE (Final)

FRIDAY, JULY 3, 1970 5:00 P.M.
(U.S. Masters Meet Record—BILL FITZGERALD, 1969—4:37.0)

DIVISION I **Sponsored by Tom Haynes—Scope Enterprises**

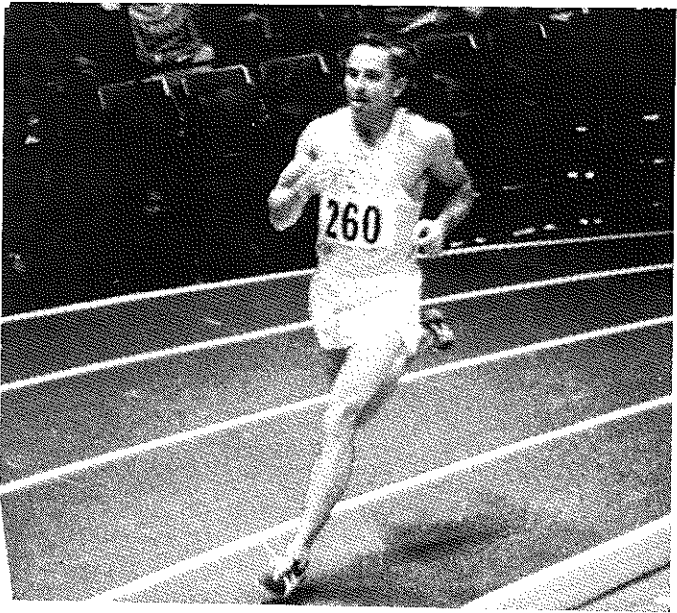
NAME	AGE	AFFILIATION
Van Tatenhove, James	40	S.T.C.
Anspach, Roland	44	Kettering Striders
Hill, Harry	42	W.V.T.C.
Kleinsasser	42	S.T.C.
Smith, Emmett	47	No. Cal. S.T.C.
Sellers, William	41	Univ. of Ariz.
Cameron, William	42	No. Cal. S.T.C.
Coleman, Don	42	S.D.T.C.
Hanson, Wayne	42	Unattached
Nichols, John	45	S.D.T.C.
Mundle, Peter	42	Santa Monica A.C.
Schneider, Arthur	48	S.T.C.
Sheppard, W.	48	Australia Richmand Harriers

DIVISION II **Seniors Track Club**

Thiel, Don	42	Unattached
Bangs, Allan	40	Santa Monica AA
Hartshorne, Jim	46	Finger Lakes Striders
Cooper, Albert	51	S.T.C.
Long, Robert	51	So. Cal. Striders
Gordon, Ray	52	Wash. Sport Club
Waterman, Alan	51	No. Cal. S.T.C.
Cochran, John	51	Las Vegas T.C.
Mahannah, Ray	54	S.T.C.
Halpin, Ed	52	So. Cal. Striders

DIVISION III **Sponsored by Dr. Larcence M. Hill, MD**

Clarke, John	62	Iowa Achilles Clubs
Bole, James	62	S.T.C.
Puglizevich, A.	62	No. Cal. S.T.C.
Frederick, Walter	61	S.T.C.
Fowler, David	71	S.D.T.C.
O'Neil, Larry	62	Unattached
Thornton, Boyle	63	S.D.T.C.
Bessel, Joseph	40	N.Y.A.C.
Johnson, Noel	71	S.D.T.C.



Don Coleman sprints for the finish line. He is a 440 and 880 runner.

440 YD. DASH (Prelims)

FRIDAY, JULY 3, 1970 5:30 P.M.
(U.S. Masters Meet Record—BILL FIEZGERALD, 1969—:52.3)

DIVISION I **Sponsored by North Calif. Seniors T.C.**

NAME	AGE	AFFILIATION
Morcom, Richmond	49	Warner Minks
Hutchinson, John	42	No. Cal. S.T.C.
Castenada, Luis	41	Unattached
Kleinsasser, Willis	42	S.T.C.
Gwinup, Grant	40	Unattached
Palmer, Donald	40	Unattached
Kamrass, Eugene	40	No. Carolina
Cameron, William	42	No. Cal. S.T.C.
Fraitag, David	41	S.D.T.C.
Fields, Louis	47	No. Cal. S,T,C.
Hughes, Marvin	43	No. Cal. S.T.C.
Dawkins, Oswald	42	No. Cal. S.T.C.
Puterbaugh, George	45	Portland T.C.
Hillman, Jimmie	47	Univ. of Arizona
Holler, Robert	40	No. Cal. S.T.C.

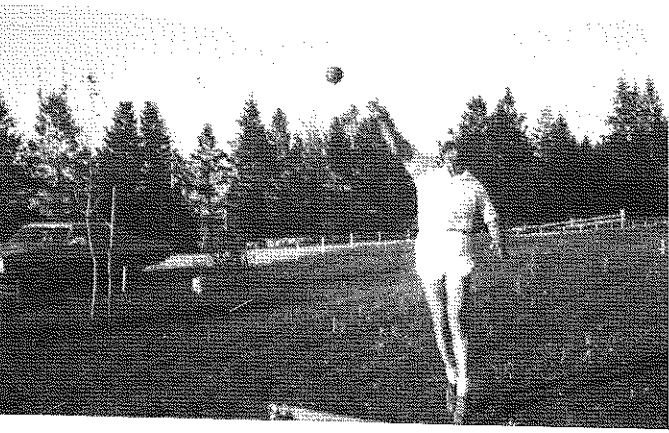
SATURDAY — DIVISION II **Compliments of a Friend**

Smith, Dallas	51	Unattached
Stostrand, Fritiof	57	S.T.C.
Bulick, Leo	51	S.T.C.
Gordon, Ray	52	Wash. Spt. Club
Eitel, William	51	Unattached
Reiner, Edwin	50	S.D.T.C.
Scharf, Robert	50	Unattached
Winton, Ross	51	Corona D.M.T.C.
Knuppel	51	S.D.T.C.
Sharp, Joseph	58	Unattached
McDonald, Bob	51	S.D.T.C.

Godfrey, Vincent	56	S.D.T.C.
Halpin, Ed	52	So. Cal. Striders

SATURDAY — DIVISION III **Compliments of a Friend**

Ulsh, Robert	62	No. Cal. S.T.C.
Puglizevich, A.	64	Lake Erie A.A.
Bredenbeck, Richard	71	S.D.T.C.
Fowler, David	61	S.T.C.
Frederick, Walter	63	Unattached
Mitchelson, Del Mar	60	S.T.C.



Larry O'Neil, 62, from Montana has run the 100, 220, mile and 20 Km. Walk. He also is proficient in the field events.

SHOT PUT

FRIDAY, JULY 3, 1970 5:30 P.M.
Sponsored by Merced Sun-Star

(U.S. Masters Meet Record—BILL BANGERT, 1968—45'9")

NAME	AGE	AFFILIATION
Puglizevich, A.	62	No. Calif. S.T.C.
Delaney, Jim	49	Corona Del Mar T.C.
De Bernardi, Frank	48	Unattached
McFarland, Cole	40	Unattached
Hubbell, Randolph	61	S.T.C.
Shrader, David	56	Unattached
Frederick, Walter	61	S.T.C.
Aldrich, Daniel	51	Corona Del Mar T.C.
McFadden, Winfield	65	S.D.T.C.
Blaney, Warren	65	Unattached
Ker, George	47	Corona Del Mar T.C.
Carnine, Ken	62	S.T.C.
Herrmann, Stan	66	Unattached
Castenada, Luis	41	Unattached
Richards, Bob	44	Corona Del Mar T.C.
Mackey, Bill	65	W.V.T.C.
O'Neil, Larry	62	Unattached
Hill, John	50	No. Calif. S.T.C.
Bryce, Harry	61	S.D.T.C.
Mitchelson, Del Mar	60	S.T.C.
Winton, Don	50	Corona Del Mar T.C.
Thatcher, Jack	54	Corona Del Mar T.C.

SATURDAY

1 MILE WALK (Final)

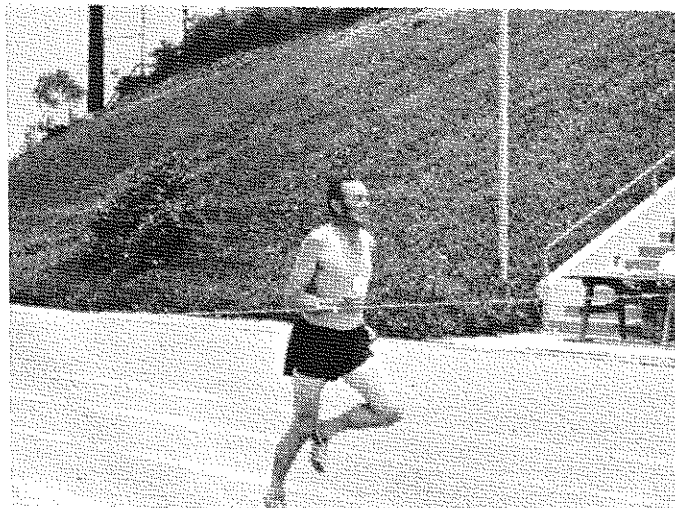
SATURDAY, JULY 4, 1970 3:45 P.M.

DIVISION I Compliments of a Friend

NAME	AGE	AFFILIATION
Kelly, John	40	So. Cal. Striders

DIVISION II Compliments of a Friend

Long, Robert	51	So. Cal. Striders
Wehrly, Joe	54	So. Cal. Striders
McIntyre, Virgil	59	S.T.C.
Johnson, Don	53	Shore A.C. of N.J.



Willis Kleinsasser is shown breaking tape
He runs 440, 880 and mile.

120 YD. INTERMEDIATE HURDLES (Final)

SATURDAY, JULY 4, 1970 4 P.M.

DIVISION I, II, III (OPEN)

NAME	AGE	AFFILIATION
Love, Don	43	S.D.T.C.
Montoya, John	58	S.T.C.
Swanson, James	40	Unattached
Barnard, Art	41	S.D.T.C.
Mears, Spird	42	Unattached
Sharp, Jon	49	Denver Y.M.C.A.

2 MILE RUN (Final)

SATURDAY, JULY 4, 1970 3 P.M.

(U.S. Masters Meet Record—PETER MUNDLE, 1969—9:38.8)

DIVISION I Compliments of a Friend

NAME	AGE	AFFILIATION
Coleman, Don	42	S.D.T.C.
Margolis, Alfred	42	S.T.C.
Vantatenhove, James	40	S.T.C.
Wood, Peter	40	No. Cal. S.T.C.
Martin, Carl	44	W.V.T.C.
Beale, Pax	40	No. Cal. S.T.C.
Anspach, Roland	44	Kettering Striders
Hill, Harry	42	W.V.T.C.
Noble, John	44	S.D.T.C.
Atkinson, Richard	41	Unattached
Smith, Emmett	47	No. Cal. S.T.C.
Toabe, Sidney	46	Unattached
Pain, David	47	S.D.T.C.
Gil, Ray	45	S.T.C.
Gorrell, Jim	48	S.T.C.
Pickett, Donald	42	Olympic Cl.
Sellers, William	41	Univ. of Ariz.
Bessel, Joseph	40	N.Y.A.C.
Roberts, Lew	43	S.T.C.
Mundle, Peter	42	Santa Monica A.C.
Gorman, Owen	40	S.T.C.
Schneider, Arthur	48	S.T.C.
Oberth, Paul	42	S.T.C.
Kellev, Jack	40	S.D.T.C.
Bangs, Allan	40	Santa Monica AA
Hartshorne, Jim	46	Finger Lakes Striders

DIVISION II Compliments of a Friend

Sanders, Marvin	55	No. Cal. S.T.C.
Long, Robert	51	So. Cal. Striders
Sargent, Charles	50	Lowell T.C.
Tripodes, Tom	51	Unattached
Medina, Toby	51	So. Cal. Striders
Thomas, Lloyd	52	Lowell T.C.
Waterman, Alan	51	No. Cal. S.T.C.
Cochran, John	51	Las Vegas T.C.
Mahannah, Ray	54	S.T.C.
Halpin, Ed	52	So. Cal. Striders

DIVISION III Compliments of a Friend

Bole, James	62	S.T.C.
Bredenbeck, Richard	64	Lake Erie A.A.
Fowler, David	71	S.D.T.C.
Frederick, Walter	61	S.T.C.
Carmichael, Paul	61	Olympic C.L.
Johnson, Noel	71	S.D.T.C.

Hope to see you at the
Fourth Annual U.S. Masters
Track & Field Championships

HAMMER THROW

SATURDAY, JULY 4, 1970 3:00 P.M.

NAME	AGE	AFFILIATION
De Bernardi, Frank	48	Unattached
Hubbell, Randolph	61	S.T.C.
Shrader, David	56	Unattached
Aldrich, Danial	51	Corona Del Mar T.C.
Richards, Bog	44	Corona Del Mar T.C.
O'Neil, Larry	62	Unattached
Winton, Don	50	Corona Del Mar T.C.
Thatcher, Jack	54	Corona Del Mar T.C.



Bob Richards of the Corona Del Mar Track Club will enter
Masters Six in Pole Vault, and High Jump.

HIGH JUMP

SATURDAY, JULY 4, 1970 4:00 P.M.

DIVISION I, II, III, Compliments of a Friend

(U.S. Masters Meet Record—FERMAN McPHATTER, 1969
—5')

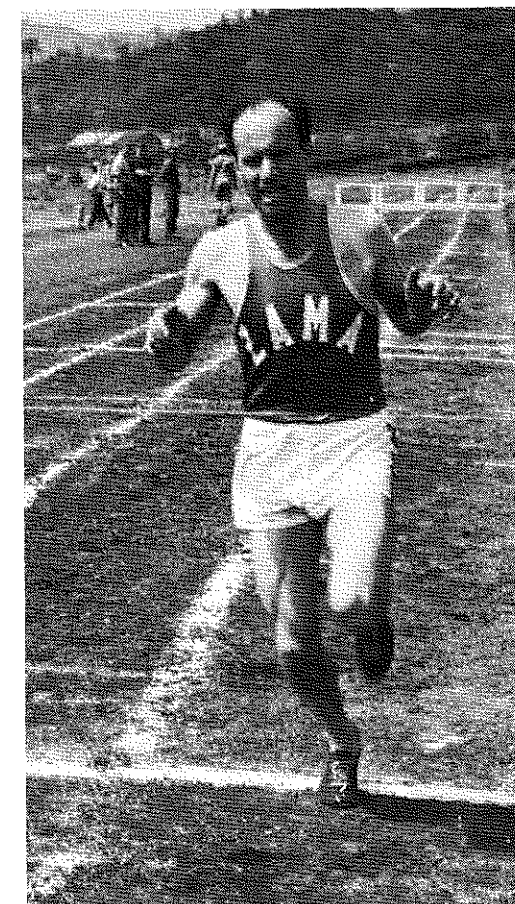
NAME	AGE	AFFILIATION
Puglizevich, A.	62	No. Calif. S.T.C.
Stolpe, Richard	45	U.S. Navy
Gwinup, Grant	40	Unattached
Wallace, Harold	42	S.T.C.
Ruth, Roger	42	Vancouver Olympic Cl.
McFadden, Winfield	65	S.D.T.C.
Robst, Hugo	43	S.T.C.
Morcum, Richmond	49	Warner Minks
Richards, Bog	44	Corona Del Mar T.C.
Razzeto, Jack	40	Track Starters Assn.
Bierlein, Fred	60	Unattached
Winton, Ross	51	Corona Del Mar T.C.
Grubb, Royal	50	Corona Del Mar T.C.
Bettencourt, Jack	41	No. Calif. S.T.C.
Page, Joe	40	Inland Empire A.C.
Winton, Don	50	Corona Del Mar T.C.
Fix, William	44	Spokane T.C.
Lamb, Eddy	60	Unattached
Sharp, Jon	49	Deiver Y.M.C.A.
Wallace, Harold	42	S.T.C.
Delaney, Dan	50	Unattached

JAVELIN

SATURDAY, JULY 4, 1970 4:30 P.M.

DIVISION I, II, III, Compliments of a Friend

NAME	AGE	AFFILIATION
Puglizevich, A.	62	No. Calif. S.T.C.
De Bernardi, Frank	48	Unattached
McFarland, Cole	40	Unattached
Shrader, David	56	Unattached
Frederick, Walter	61	S.T.C.
Aldrich, Danial	51	Corona Del Mar T.C.
Blaney, Warren	65	Unattached
Carnine, Ken	62	S.T.C.
Leggett, Howard	42	Unattached
Richard, Bog	44	Corona Del Mar T.C.
O'Neil, Larry	62	Unattached
Swanson, James	40	Unattached
Winton, Ross	51	Corona Del Mar T.C.
Grubb, Royal	50	Corona Del Mar T.C.
Bryce, Harry	61	S.D.T.C.
Page, Joe	40	Inland Empire A.C.
Winton, Don	50	Corona Del Mar T.C.
Thatcher, Jack	54	Corona Del Mar T.C.
Lamb, Eddy	60	Unattached
Dowell, Ed	42	No. Calif. S.T.C.
Dimond, Clark	51	Unattached



Tad Dobbs, 50, of Pensacola, Fla. will enter both
the 3 and 6-mile runs.

MARATHON

SUNDAY, JULY 5, 1970 6:30 AM.
(Open Competition)

Sponsored by
Rich Henrichson — John Boyer M.D.

NAME	AGE	AFFILIATION
Packard, Richard	42	Boston AA
O'Loughlen, Patrick	40	Lowell T.C.
Noble, John	44	S.D.T.C.
Hargus, William	48	S.D.T.C.
Hilt, Lawrence	70	Oregon T.C.
Zook, Wayne	53	S.D.T.C.
Romero, John	41	Las Vegas T.C.
Tripodes, Tom	51	Unattached
Blank, Lane	41	S.T.C.
O'Neil, James	45	Olympic Club
Ratelle, Elex	45	Twin Cities T.C.
Frederick, Walter	61	S.T.C.
Grand, Kent	45	Twin Cities T.C.
Frock, Oyvind	42	Unattached
Hayworth, David	42	S.D.T.C.
Murray, Mike	41	S.D.T.C.
Ruth, Roger	42	Van Couver Oly. Club
Caldera, Newton	46	S.T.C.
Bole, James	62	S.T.C.
Fox, Larry	47	No. Cal. S.T.C.
Cooper, Albert	51	S.T.C.
Griffith, Edwin	48	Unattached
Lumian, Norman	42	S.T.C.
Jones, Don	44	S.T.C.
Ware, George	42	Univ. of Arizona
Stafford, Stanley	44	S.T.C.
Groeschel, Charles	42	S.D.T.C.
Robberson, Robert	40	S.T.C.
Montoya, John	58	S.T.C.
Anspach, Roland	44	Kettering Striders
Wake, Ernest	40	S.D.T.C.
Campbell, Keith	43	W.V.T.C.
Seekins, Charles	53	S.T.C.
Bruce, R.	48	Unattached
Anderson, Charles	40	S.T.C.
Dietderick, Rex	45	No. Calif. S.T.C.
Yehnert, Virgil	41	Akron Rd. Runners Cl.
Junner, Carl	48	AAU of Australia
McCaffrey, Frank	50	AAU of Australia
Murphy, James	40	Unattached
Black, Gib	55	Unattached
Turenne, Ed	47	S.T.C.
Freeman, Brian	44	S.D.T.C.
Gauras, George	43	Finger Lakes Runners
Padgett, L.	46	Unattached
Roberts, Lew	43	S.T.C.
Foley, Robert	41	Twin Cities T.C.
Lawrence, Ronald	44	S.T.C.
Eby, Richard	48	S.D.T.C.
Gorman, Owen	40	S.T.C.
Corbitt, Ted	50	N.Y. Pioneer Club
Hanson, Gene	55	S.T.C.
Fix, William	44	Spokane T.C.
Oberth, Paul	42	S.T.C.
Boyer, John	48	S.D.T.C.
Sheppard, W.	48	Australia Richmond Harriers
Hanson, Charles	41	Cambridge Spt. Union
Hartshorne, Jim	46	Finger Lakes Striders



A similar field in the marathon will be seen on July 5th.

20 KILOMETER MARATHON

SUNDAY, JULY 5, 1970 6:30 A.M.
(Open Competition)

DIVISION I	Compliments of a Friend	
Kelly, John	40	So. Calif. Striders
DIVISION II	Compliments of a Friend	
Clegg, Chris	53	So. Calif. Striders
Wehrly, Joe	54	So. Calif. Striders
Jacobs, Don	51	Portland T.C.
DIVISION III	Compliments of a Friend	
Laitinen, Martti	53	Unattached
O'Neil, Larry	62	Unattached
Johnson, Don	53	Shore AC, New Jersey

1 MILE RELAY

THURSDAY, JULY 2, 1970 7:30 P.M. (Open)

(U.S. Masters Meet Record—3:58.7
LOS ANGELES SENIOR'S TRACK CLUB)

San Diego Track Club
Track Starters Association
Seniors Track Club

2 MILE RELAY

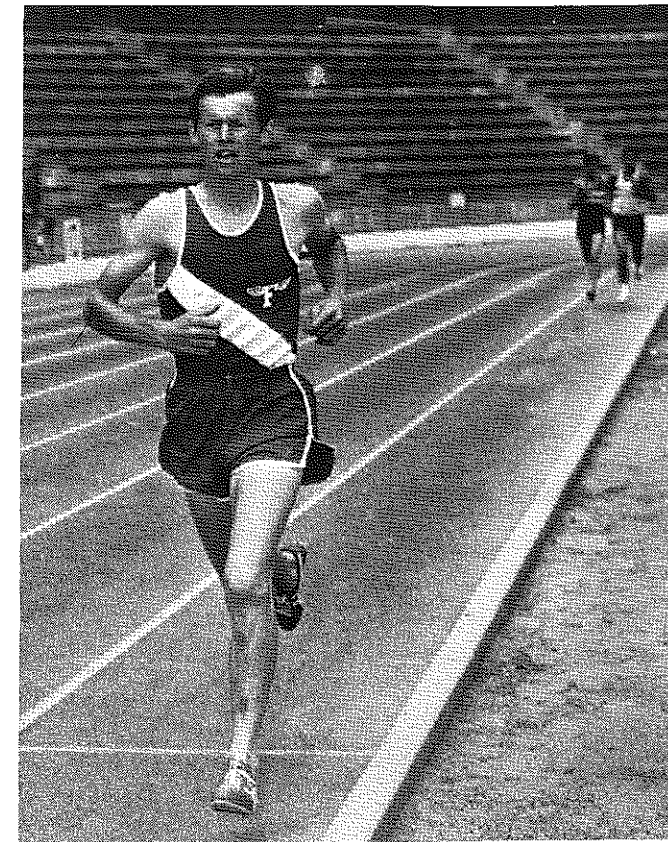
FRIDAY, JULY 3, 1970 6:30 P.M.

San Diego Track Club
West Valley Track Club
Seniors Track Club

440 YARD RELAY

SATURDAY, JULY 4, 1970 4:45 P.M.

(U.S. Masters Meet Record—50.8
NORTHERN CALIFORNIA SENIOR'S TRACK CLUB)



WILBER WESTER — FALLBROOK HIGH SCHOOL

We Salute the
Young Athletes
of America



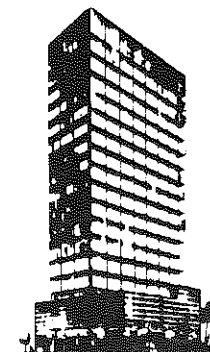
We hope this Masters Championship
will serve as their inspiration to life-
long enjoyment of athletics.

HOME FEDERAL

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With reinforced heel and arch support and a suede leather moisture absorbent inner sole for comfort. Soles are of wear resistant composition with extras available.

ROAD KING HAS BLISTER RESISTANT FEATURES

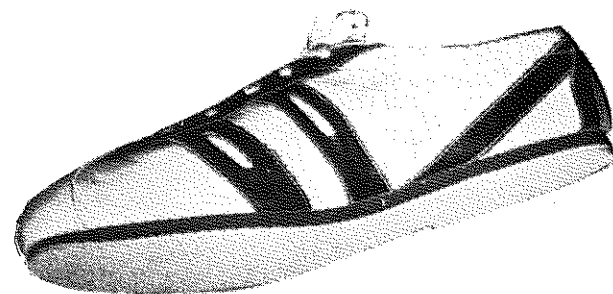
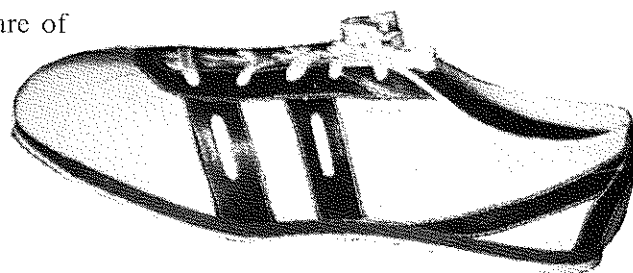
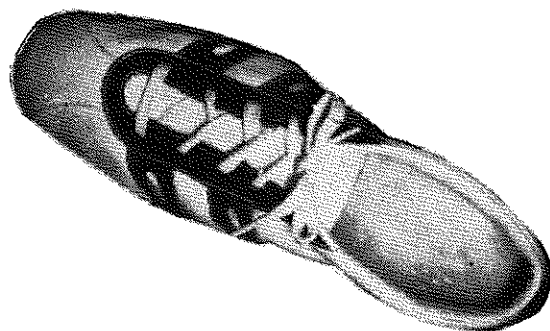
Including a special toe shape, padded ankle and nylon padded tongue. This comfortable, light weight shoe of highest quality glove leather is hand formed and stitched. Workmanship guaranteed to last. It's possible to get up to 2400 miles of wear out of this shoe.

ROAD KING OFFERS INTRODUCTORY PRICES

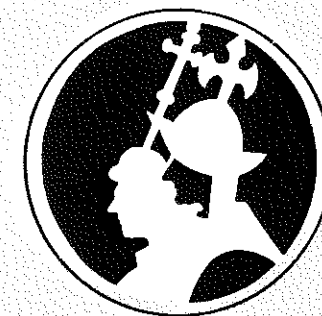
Return this ad and receive a 50 cent discount. \$13.95 a pair or \$12.95 a pair on two or more pairs. Submit a pattern of your largest foot for correct size. Include \$1.00 for mailing. Add 5% Calif. Sales Tax. Sizes 4 - 13½ for men and women.

ROAD KING

Check payable to: Friberg Enterprises
Phone (714) 466-8659
9433 Alto Drive
La Mesa, California 92041



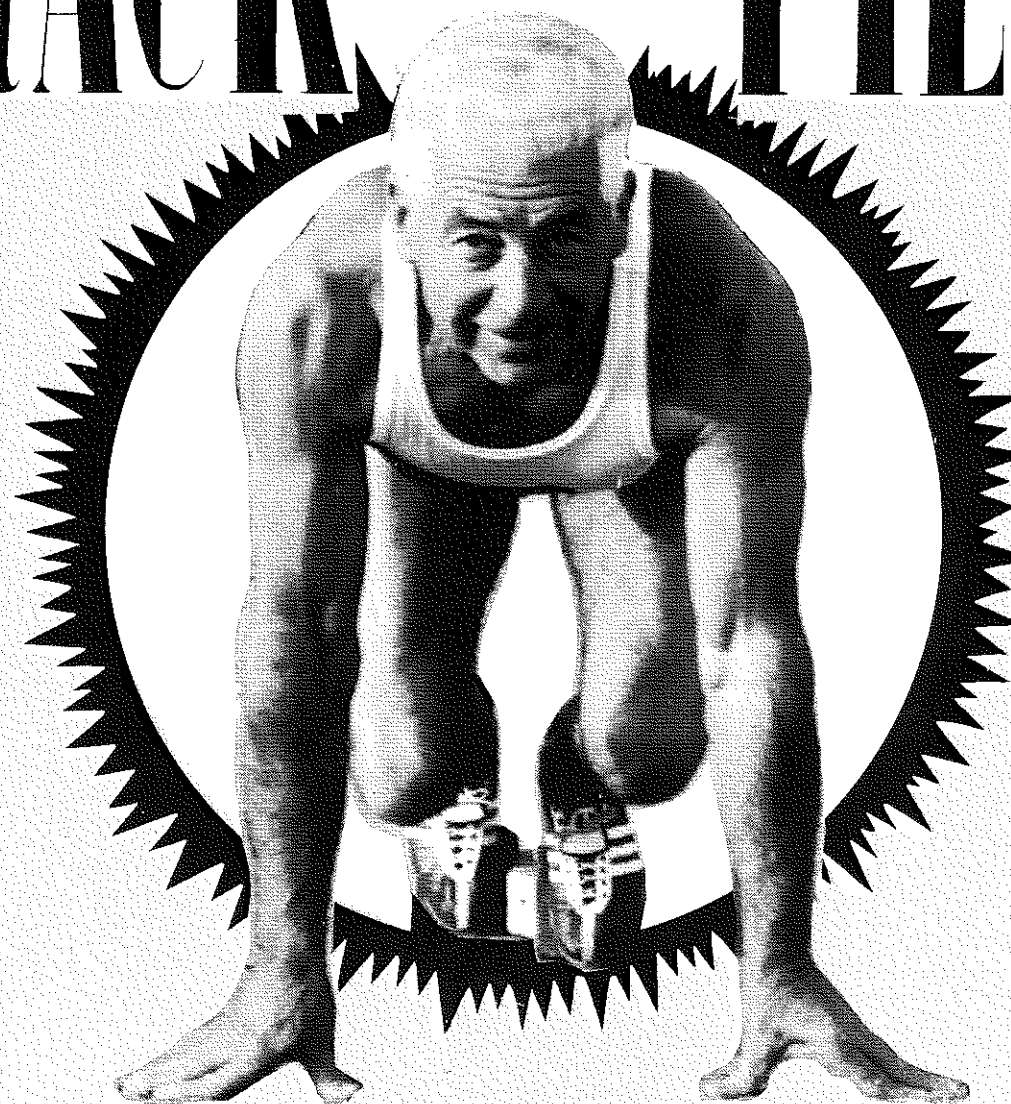
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