



DON JOHNSON (56) running very well at Peddie School New Jersey.



PHIL PARTRIDGE (61) looks good putting the shot in the only outdoor event at the Eastern Indoor.

U.S. Masters International Track Team

David H.R. Pain, Director
Helen L. Pain, Co-director



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April, 1973

Dear Friends,



A picture is worth a thousand words. . . and this one tells the story of why Masters Track. Where else will you see three such fine-looking 50-year-old specimens? L-R, MODE PERRY, BILL BOWERS, and EDDIE HALPIN, San Diego Indoor Games Division II, 880. February 17, 1973.

MASTERS ENJOY FIRST VETS INDOOR MEET

Although a few of us have enjoyed the experience of competing indoors in Masters Mile events, the opportunity for such competition for most has not occurred until recently when aggressive BOB FINE of New York sponsored the First Eastern Masters Indoor Games, in Highstown, New Jersey.

Because it was a first for our Masters program, we appeared and competed. It was a pleasure to renew friendships created last summer on the European tour. Actively competing at the event, which enjoyed some 295 entries, were U. S. Masters BOB FITE, CLAUDE HILLS, PHIL PARTRIDGE, RAY GORDON, JON HUTCHINSON, BUD DEACON (all the way from Hawaii), WALT MC CONNELL, LEN OLSEN, BOB MORCOM, HAROLD COLEN, GEORGE BRACELAND, DON JOHNSON, GEORGE MAJOR, JAMES CARNEY, GEORGE SHEEHAN, RICHARD BREDEBECK, and new member OTTO ESSIG.

Despite the fact that performances on the whole were mediocre due to the early season and lack of conditioning, the competition was keen and hard fought. Making his presence clearly felt was newly-turned 40 FRANK PFLAGING, who ran an uncontested 4:27.6 mile on the unbanked 10-laps-to-the-mile tartan track at the Peddie School, 3½ million dollar sports complex. Frank is reported to have done a 4:24 a couple of weeks earlier on an 11-lap indoor oval. Running like this makes it obvious that RAY HATTON's U. S. record 4:26.0 is in danger of being erased, particularly if PFLAGING contests HATTON (41), BILL GOOKIN (40), BILL FITZGERALD (48), and HAL HIGDON (42) at the Nationals in July.

Frank recalls the 1964 AAU Nationals when he had the unfortunate experience of being an also-ran in that 6-mile between JERRY LINDGREN and BILL MILLS in which they both broke the then world's record and lapped the field. Frank got waived off the track. He can take some comfort in his outstanding performances as a veteran, and it will be

interesting to see what MILLS and LINDGREN will do as veterans should they continue to run.

On the Sunday following the Indoor meet we raced with BOB FINE at a 5-miler in New York's Central Park...ably presented by our U. S. Master KURT STEINER, where we ran into KATHY MILLER, who some of you may recall was on the '72 tour in London and Cologne. Later Sunday we flew to Toronto where we were the house guest of Canadian Master MAX BACON. On Monday we conferred with DON FARQUHARSON and GORDON WALKER, Sports and Stadium Manager for the Canadian National Exhibition, where we finalized the arrangements for the World Masters Track & Field Championships in Toronto in 1975. The big news here is that CNE gave us a budget of \$25,000. to work with. With funds such as this we hope to entice the world's top veteran athletes to compete. All local arrangements for housing, transportation, and entertainment will be handled by the Canadian Masters, who will act as co-sponsors of the event.

The CNE Masters event should usher in the beginning of a new era in veteran track and assure its continued growth.

Monday evening we returned to San Diego exhausted from the 4-day jaunt but very pleased with results achieved in Toronto.

On April 12th we leave for the Hawaiian Masters, then on south to Fiji, Australia, and New Zealand to finalize arrangements for the U.S. Masters tour this Christmas.

A telex from Auckland was just phoned through from Los Angeles saying that Keith Williams has arranged a party for us to meet PETER SNELL on April 26.

We hope to have much exciting news and tantalizing pictures for you in the next newsletter...around the first of June.

CALENDAR

APRIL '73

4/7/73 National AAU 25Km Kansas City
4/7-4/8/73 Southeastern U.S. Masters R.S. BOAL, Box 5576, State University Station, Raleigh, N.C. 27607

4/7-4/8/73 Grandfather Games, Los Angeles Valley College, Van Nuys, Ca. GEORGE KER, 5800 Fulton Ave., Van Nuys, Ca. 91401

4/14/73 San Diego Relays (Masters events included), Balboa Stadium, San Diego, Ca. KEN BERNARD, P.O. Box 80512, San Diego, Ca. 92138

4/14/73 Kauai Masters Track Makahiki, Lihue Stadium, Lihue, Kauai. STAN THOMPSON, 1613 Kamole St., Honolulu, Hi. 96821 (Free housing with local masters)(Bring sheets or sleeping bags)

4/16/73 Boston Marathon. WIL CLONEY, Boston Garden, Boston, Mass. 02144

4/16-4/17/73 National AAU Masters Decathlon, Honolulu

4/19-4/20/73 Hawaiian Masters Track & Field Meet, Honolulu

4/21/73 15Km Cross-country run and Pentathlon, Honolulu
BOB GARDNER, 4504-A Kahala Ave., Honolulu, Hi. 96816

4/21/73 Masters National Pentathlon, U.C.Irvine, Ca.

MAY '73

5/6/73 Berkshire 10-mile, Masters only. 1:00 p.m. OTTO ESSIG, Berkshire Industries, Westfield, Mass. 01085

5/19/73 Canadian 6-mile Championships, Comox, B.C. ALEX STUART, 417 Stewart St Comox, B.C., Canada

5/20/73 6th World Veterans 25 Km, Douglas, Isle of Man, England. C.A. BOURNE, 8 Wellington Close, Old Roan, Liverpool, 10, England.

JUNE '73

6/10/73 AAU MASTERS National 15Km Championship, Rochester, Minn. 2 p.m. DWIGHT PIERSON, 2704 5th Ave. N.W., Rochester, Minn. 55901

6/23-6/24/73 Senior Sports International, Los Angeles, Ca. WARREN BLANEY, 619 S. Dunsmuir, Los Angeles, Ca. 90036

6/30/73 University of California, Irvine, Masters Track & Field Meet, with British Masters. BILL TOOMEY, Track Coach, Athletic Dept., University of California, Irvine, Ca.

JULY '73

7/6-7/8/73 NATIONAL AAU MASTERS TRACK & FIELD CHAMPIONSHIPS & MARATHON, San Diego, Ca. SAN DIEGO TRACK CLUB, P.O. Box 1142, San Diego, Ca. 92112.

AUGUST '73

8/4/73 Junior 15 Km, Michigan City, Ind. HAL HIGDON, 2815 Lake Shore Drive, Michigan City, Ind. 46360

NOVEMBER '73

11/11/73 National AAU Masters Cross-Country 10 Km. WNY T & F Assn. Niagara, Buffalo, N.Y.

DECEMBER '73

12/13/73 - 1/1/74 U.S. MASTERS SOUTH PACIFIC TOUR.

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U.S. Masters International Track Team

TO RACE IN SOUTH PACIFIC



U.S. Masters invites you to join its 1973 Christmas Jet Tour and Competitions in Fiji, Australia, New Zealand, and Hawaii. Tour the sunny Southern Hemisphere during the holidays, December 13, 1973 to January 1, 1974. Compete in all Australian Vets Track and Field Championships; age group and long distance racing in each country. A perfect family vacation with full complement of travel and sightseeing. Enjoy people-to-people communication through athletics at group discount rates. Contact David or Helen Pain, 1160 Via Espana, La Jolla, California 92037 (714) 459-6362.

DR. GEORGE SHEEHAN, the East Coast's best Division II middle distance runner (see Eastern Masters Indoor Results) is almost as peripatetic a writer as he is a track vet. Besides pursuing his fulltime occupation as a cardiologist George has a regular column on running ailments in RUNNERS WORLD, plus a frequent feature in his local newspaper on sports and related matters. Not content with this regimen, he publishes articles in other periodicals. A story about him we reprint here from the December '72 issue of RETIREMENT LIVING. George's picture - running, of course - dominates the cover.

For an insight into his character we overheard a Sheehan comment just before a five mile Sunday run recently in Central Park. George announced, "I just came for a jog -- But don't try to pass me!"

An Active Cardiologist's Philosophy of Health

BY CHARLES MONAGHAN
EDITOR, RETIREMENT LIVING

TO HEAR GEORGE SHEEHAN TALK about himself, you'd think he was a slightly expanded version of the famed 98-pound weakling.

"I've got the bones of a chicken," he says. "I'm like all the older distance runners I know . . . thin faces, tiny bones, no muscles. I'm five-foot-ten and weigh 138. When I graduated from college in 1940, I weighed 136."

Yet when it comes to achievement, Sheehan is a Minnesota Viking tackle. The fifty-four-year-old native of Brooklyn, N.Y.—now resident in Red Bank, N.J.—is a leading cardiologist, a newspaper columnist, a nine-time participant in the Boston Marathon, and one of the nation's most articulate proponents of exercise for older people.

"I tell most of the people I examine that they are in good health but lousy shape," says Sheehan. "I say if they showed up at a training camp, their contracts would be cut."

Sheehan attended Manhattan College on a track scholarship in the late 1930s and was runner-up in the Intercollegiate indoor mile. He didn't resume running, however, until he was forty-four—and he didn't do it for reasons of health. The father of 12 children, and grand-

father of two, he had two sons in high school, both runners. Attending their meets, he felt a resurgence of interest in the sport—and a challenge.

"The best time I'd done in college was 4 minutes, 17 seconds for the mile. I wanted to see if I could break 5 minutes. It was a goal I shouldn't have set myself and I couldn't do it, so I started running longer distances at a slower pace. But once I'd run the longer distances for a while and worked myself into shape, I came back to the mile and broke 5 minutes."

Sheehan looks on physical activity as an aspect of health—but his definition of health is offbeat and interesting. "Health," he says, "is really a form of behavior, a trait like honesty, and a way of pursuing one's goals in life. Health is not merely the absence of disease, just as sanctity is not merely the absence of sin."

"Getting into shape is another way of saying 'getting into health.' Because health is not brought by luck. It's something you attain.

"Once you dedicate yourself to getting into shape," he maintains, "your whole lifestyle changes. Before I started to run again, the

Country Club circuit was the greatest thing in my life. During the week, I'd fall asleep in front of the television and on the weekends I'd get bombed. Now a six-pack lasts me months . . . I have a newspaper column . . . I have a whole new group of friends."

Sheehan's column, called "An Innocent Bystander," in which he comments on sports and often preaches his philosophy of health—appears in *The Red Bank Register*. Sheehan also lectures on sports medicine and has advised the Marine Corps on physical fitness.

"To run," he says, "is my real nature." But he doesn't advise all his patients to run. What he does advise is that everybody should consult a physician before undertaking any regime of physical activity.

"Running happens to fit me perfectly. For other people it's not their game. But you shouldn't do physical activity because it's good for you. You should do it because you enjoy it. Fun is the value and measure of physical activity."

If Sheehan's patients seem disinclined to exercise, he has a ploy.

"I ask them what they enjoyed doing as a kid. If they liked hitting games, I might advise them to take up golf or tennis. If they loved the

beach, I might recommend swimming. If they were loners, running might be for them, or skiing. Because of climate, some of these are not practical as year-round sports. Then I suggest that patients do a lot of walking.

"People should be physically active," Sheehan says, "because such activity is part of living at the peak of your powers. Your body is the mirror of your soul and mental powers. Just try to be creative when you have a pain or an ache. The Greeks knew this well—half their schooling was devoted to physical activity. If you're going to live fully, you can't separate the body-soul-mind totality."

Sheehan says that new converts to exercise should start slowly. He tips his patients off to the "talk test" as a measure of how much exertion is necessary in physical activity.

"Exercise should be taken with a companion as much as possible. And if you're able to talk to the companion while you're exercising, you're not overdoing it. If you can't get your breath to talk, stop. That means you're not getting enough oxygen."

How about exercise for coronary patients?

Sheehan compares suffering a coronary with blowing a fuse—"it's like an ulcer, a nervous breakdown, or colitis, the system gets overloaded. People who suffer coronaries often are continually forcing themselves to meet deadlines. They go away on vacation but when they come back, the in basket is still full.

"If people who have had a coronary don't change their attitude, change their value system," says Sheehan, "they're inviting a new heart attack. Exercise does a great deal to break that self-destructive pattern. It forces you



Unaware of his grim pursuers #7 AUGIE ESCAMILLA (50) will be nipped at the wire by EDDIE HALPIN (53) and DAVID H. R. PAIN (50) in a dead heat photo finish at the San Diego Indoor Games, Division II, 880. Time 2:18.7. February 17, 1973.

to do something different. Exercise gives you time to meditate."

Sheehan has a "Wednesday plan" for his post-cardiac patients. "If they're working, I recommend they take Wednesdays off. Having

Wednesdays off is like a physical activity—it gives you a different view of the world and puts your job back into perspective."

Sheehan says he favors the plans of companies that give employees extra-long vacations as they are approaching retirement so they can prepare for it. Retirement, he believes, can enhance life expectancy. But again, true to form, his definition of life expectancy is unusual.

"Life expectancy doesn't mean longevity," he says. "It means living each day at the top of your powers." And that's where exercise comes in.

MASTERS RESULTS FROM HERE AND THERE

3rd Annual Masters Indoor Track and Field Championships, Toronto, Canada
February 10, 1973from DON FARQUHARSON

50M (40-49): Roy Cowell 6.6, Bob Bowman 6.7, Karl Pavasars 6.8, John Parr 7.2; (50+): Hans Warwas 7.2, Max Pickl 7.5, Doug Bennett 8.0; (60+): Albert Brosz 7.9.

400M (40-49): George Gluppe 54.2 New Canadian Record, Roy Cowell 55.4, John Lauder 58.7, Karl Virkavs 60.0, Alastair Lynn 60.5, Fred Klassen 60.8, Art Rappich 60.9, Mike McGrath 65.1, Earl Cox 70.9; (50+): Alex Woodhouse 63.8, Hans Warwas 67.5, Max Pickl 67.9, Dave Wilkinson 74.8; (60+): Richard Bredenbeck 73.7, Albert Brosz 78.6.

800M (40-49): Bob Bowman 2.07.1, George Gluppe 2.07.7, Roy Cowell 2.17.5, John Lauder 2.19.2, Jim Comyns 2.37.0; (50+): Ernie Hutton 2.53.0; (60+): Roy Barrand 3.01.0, Blain Till 3.44.0, Albert Brosz 3.55.0.

1,500M (40-49): Bill Allen 4.33.4, Ed Whitlock 4.37.2, Alastair Lynn 4.38.0, John Masil 4.39.0, Doug Beatty 4.46.0, John Nolan 5.16.0, Gord Mills 5.25.0; (50+): Hans Warwas 6.12.8, Max Pickl 6.16.6; (60+): Richard Bredenbeck 5.45.6, Roy Barrand 5.57.0, Albert Brosz 7.13.7.

10,000M (40-49): Art Taylor 32.29, Cliff Hall 34.12, John Reeves 35.12; (50+): Charlie Ward 38.59

Masters Mile, Heptagonal Indoor Championships, February 24, 1973
. . . .from JIM HARTSHORNE

Harold C. Snyder (40) 4:36.2, William J. Allen (41) 4:36.4, John W. Allen (42) 4:43.3, Robert M. Bowman (42) 4:47.6, Robert S. Fite (45) 4:57.2, Roger C. Hahn (41) 4:57.3, P.C.Tob de Boer (42) 5:04.0.

Simsbury, Conn., Masters 5 3/8 Mile Cross-country Run, October 15, 1972
. . . .from OTTO ESSIG

(40-49): Manfred Kandschur (42) 30:19, Walter McConnell (41) 31:13; (50-59): Bob Gardner (50) 33:51; (60+): Otto Essig (66) 39:50.

Eastern Masters Indoor Track & Field Championships, The Peddie School, N.J.
March 10, 1973from BOB FINE

Division I. 880 was won by Henry Kupczyk in 2:06.5 and our Bob Fite was 5th in 2:14.7. Mile: Frank Pflaging 4:27.6, Henry Kupczyk 4:37.1. 2 Mile: Harold Snyder 10:03.0 and Walt McConnell (5th) 10:36.0. Shot put: Len Olsen 45'8". Long jump: Harold Colen (5th) 14'9".

Division II. 50 yd dash: Jon Hutchinson (3rd) 6.7; 440: Ray Gordon 60.2, Jon Hutchinson (4th) 64.5; 880: Ray Gordon 2:23.8, David Pain (4th) 2:35.0 George Braceland (5th) 2:45.5; Mile: George Sheehan 5:07.7, David Pain (3rd) 5:33.7, Don Johnson(4th) 5:42.3, George Braceland (5th) 5:43.0; 2 Mile: George Sheehan 10:53.5, Alexander Hossack (3rd) 11:31.2, George Major (4th) 11:38.0, David Pain (5th) 11:52.0; Shot put: Boo Morcom (2nd) 29'8", High jump: Boo Morcom 5'4", George Braceland (3rd) 4'3"; Broad jump: Boo Morcom 16'5", Jon Hutchinson 15'0", George Braceland (4th) 11'7"; Pole Vault: Boo Morcom 12'3", George Braceland 8'6".

Division III. 50 yd dash: Claude Hills 7.2, James Carney (4th) 8.0; 440: Bud Deacon 67.2, Claude Hills 74.3; 880: Bud Deacon 2:56.0; Mile: Bud Deacon 6:31.7; 2 Mile: Otto Essig 13:13.0; Shot put: Phil Partridge 26'8" High jump: Bud Deacon 4'3", Claude Hills 3'11"; Broad jump: Claude Hills 12'11", Phil Partridge 11'3"; Pole Vault: Bud Deacon 9'5", Claude Hills 7'2"

Reprint from RUNNERS WORLD, 1973 RUNNERS ALMANAC

OVER-40 RECORDS

Track & Field News contributor Peter Mundle is the chief keeper of "Veterans'" age-group records. This list for athletes ages 40 and over is reprinted from "Age Records," an annual publication of T&FN.

Time	WORLD Name (Nation, Year)	Event	AMERICAN Name (Year)	Time
10.0	Dean Smith (US) '72	100y	Dean Smith '72	10.0
10.7	Thane Baker (US) '72	100m	Thane Baker '72	10.7
22.3	Dean Smith (US) '72	200m	Dean Smith '72	22.3
22.4	Dean Smith (US) '72	220y	Dean Smith '72	22.4
51.4	James Lingel (US) '72	400m	James Lingel '72	51.4
51.4	James Lingel (US) '72	440y	James Lingel '72	51.4
1:58.4	Bill Fitzgerald (US) '72	800m	Bill Fitzgerald '72	1:58.4
1:58.8	Frank McBride (US) '71	880y	Frank McBride '71	1:58.8
3:59.3	T. Kilmartin (GB) '72	1500m	Bill Fitzgerald '72	4:10.4
4:26.0	Ray Hatton (US) '72	Mile	Ray Hatton '72	4:26.0
8:22.0	Alain Mimoun (Fr) '62	3000m	Peter Mundle '70	8:57.0
9:07.4	Fred Norris (GB) '62	2 miles	Ray Hatton '72	9:17.6
14:10.0	Michel Bernard (Fr) '72	3 miles	Ray Hatton '72	14:37.0
14:10.0	Michel Bernard (Fr) '72	5000m	Hal Higdon '72	14:59.6
29:26.0	Fred Norris (GB) '62	6 miles	Hal Higdon '72	30:26.2
29:57.4	Alain Mimoun (Fr) '64	10000m	Hal Higdon '72	31:18.4
11m1116y	Ron Franklin (GB) '68	Hour	Peter Mundle '69	11m626y
2:16:56.2	Jack Foster (NZ) '72	Marath.	Virgil Yehnert '70	2:28:27
9:36.2	Hal Higdon (US) '72	Steeple	Hal Higdon '72	9:36.2
14.4	Don Finlay (GB) '49	120yH	Phil Mulkey '72	17.1
15.4	Jan Mirazek (Cze) '70	110mH	Phil Mulkey '72	17.1
55.7	Jack Greenwood (US) '72	400mH	Jack Greenwood '72	55.7
(none available)		440yH	(none available)	



WALT MC CONNELL and DAVID PAIN yak it up between races at the Eastern Masters Indoor Meet

Author Don Logan, 58, is the corporate secretary of Trans World Airlines, Inc. He is an Ancient Marathoner who started running five years ago, has run a mara-

thon a month since 1969, and posted his personal best time of 3:09:57 in the World Championship Veterans Marathon last September in Cologne, Germany.

THE ANCIENT MARATHONERS

"Jog on, jog on, the footpath way,
And merrily hent the stile-a.
A merry heart goes all the day,
Your sad tires in a mile-a."

—W. Shakespeare, "The Winter's Tale" (IV-iii)

by Don Logan

Many males over 40 take up jogging at some time in their lives.

After a few brief, early-morning, huff-and-puff sessions around the neighborhood, they decide there must be a better way to get in shape, and trot to a halt. Others work up to a mile or more per day, but give up after a few weeks or months, bored silly.

But there are others who find themselves actually enjoying the regular daily excursion into the outdoors and, usually with the blessing of a fitness-oriented physical, build up their average jogging to four or five miles a day. The rhythm of the running, the chance to collect one's thoughts, the communion with nature—that's satisfaction enough for these fellows.

Lastly, there is a restless minority who find themselves in excellent condition after a year or so, but, bored with the jogging routine, are no longer satisfied with just running.

They either quit or join the Ancient Marathoners.

The "joining" often starts with a kidding remark from the wife of a friend, "Hey, Joe! You're quite a runner. How come you don't enter one of those marathons?"

In no time at all, and usually without a word to anyone, our Ancient Marathoner switches from running-to-keep-fit to training-for-the-next-Boston-Marathon.

First, he investigates eligibility requirements (a previous marathon run in less than 3½ hours). That forces him, earlier than planned, to enter a qualifying marathon—perhaps Atlantic City, Central Park, Golden Gate, Mission Bay, or that delightful family-style American Marathon run each October at Canton, Ohio.

He subscribes to publications such as *Runners World* and *Long Distance Log*; buys books about training meth-

ods; tries different makes of running shoes; experiments with running sockless; smears likely blister spots with petroleum jelly; repairs his running shoes with "Barge" cement; adds doses of vitamins C and E and other supplements to his diet.

His daily average mileage moves up to six, seven, eight miles, with an occasional week-end 10 or 15 miles non-stop before it's time to tackle the Marathon's 26 miles and 385 yards.

He finishes in about four hours, give or take a half-hour. His feet are blistered stumps, and there's no doubt he has run his first and last Marathon.

But a day or so later, the pain is forgotten, he's back on his training routine, determined to qualify for and run "the Boston" again.

With minor variations, that's the story of the Ancient Marathoners, men of all ages from 40 to well past 70. There are dozens of them in the United States, hundreds in Europe and Australia—doctors, teachers, businessmen, engineers, mailmen, airline pilots, clergymen.

These "Ancients" are showing up in considerable numbers at most of the 140 or so marathons being run each year in the U.S., especially at races where age-group prizes are awarded. Overseas, their participation factor is even higher. Few fail to cover the 26.2 miles in less than four hours, and some "break" three hours regularly.

Without exception they are interesting people—each with his own story, his set of personal goals.

One of the more distinguished is William G. Andberg, veterinarian from Anoka, Minnesota. Bill started running seven years ago at age 55, and by May 1970 had run the World's Championship Veterans Marathon in Skovde, Sweden, in 2 hours, 51 minutes, and 44 seconds. Later that year, he ran a Wisconsin marathon in 2:52:59.

Since turning 60, he has won the U.S. over-60 championships in the mile (5:18:08) the 5,000-meter (17:42), and the 10,000-meter (37:12:7.)

In Stockholm last year he set an over-60 world record of 4:43:2 for the 1,500-meter. He also won the world championship 5,000-meter with an 18:06 time in Germany.

Dr. Andberg runs 8 to 12 miles daily, "fairly hard," in training. Known in marathon circles as the "Gray Ghost" (one of his training courses passes through a big cemetery and he often runs after dark), he is likely the fastest man of his age in world history. Certainly, he's the recognized dean of the U.S. Ancient Marathoners.

Among Americans who most likely will be challenging Andberg in the next World Championship Veterans Marathon in 1974 is Urban Miller, supply and distribution manager for the Ford Motor Company in Europe.

"Back in '61," he says, "I was a fat and flabby 50-year-old who was going to pot. I decided to start chasing my belly around the block." From a quarter-mile a day, he gradually worked up to six miles daily by 1968 when he "began running competitively seriously in Europe." He now runs about 25 races a year at distances of from 3,000 meters to the marathon.

So far, Miller's best marathon time is the 3:05:45 with which he won second place in the over-60 division at the 1972 World Championship Veterans Marathon last September in Cologne, Germany.

Miller trains five or six days a week, averaging 75 miles per week, most of it oddly and affectionately known among marathoners as "LSD" (for Long Slow Distance)

meaning at a pace of 8 minutes per mile or slower. Many marathoners have come to believe that such slow training markedly reduces the chance of injury and is fully as effective as fast, rigorous workouts.

Some not-so-Ancient Marathoners consistently break three hours for the distance. For example, there is TWA Captain Conrad Erosen, 43, of Palos Verdes, Ca., who ran his first marathon in 1969. He and his friend and neighbor, Dr. Richard C. Steiner, ran a dead heat in 2:49:45 at Boston last year.

Capt. Erosen often trains along the grassy median strip of the Belt Parkway near Kennedy Airport during layovers there, and finds similar training courses in other TWA cities. Counting both races and training, he ran almost 4,000 miles in 1972.

More numerous and more typical of the AM's as a whole are runners like John Archer, 58, vice-president of the Schlitz Brewing Co., who chalked up a personal best time of 3:12 at Boston last year, spurred, incidentally, by the cheers of hundreds of Wellesley girls who had adopted him as their favorite entrant. He started to run 6 years ago as a therapy for a back ailment, trains on hilly terrain 5 to 8 miles per weekday, and 10 to 15 miles on Saturday. Sunday is his "day of rest per the order of the good Lord."

MARATHONERS

(Continued)

George Btandenburg, Johnson & Johnson executive, a comparative newcomer to the AM ranks, has been running only since February 1970, but did Boston in 3:12:18 in 1972. George has been "keeping generally to the practice of LSD training with emphasis on enjoying the daily run rather than training...."

John Romero, 43, advertising director of Las Vegas' Hotel Sahara, is another comparative newcomer who's doing well. Hampered by injuries when he started two years ago, John adopted the LSD system to eliminate pain and misery. Since then, he's achieved a 2:55:20 time over the hot and hilly Las Vegas course.

Says John, "I've been in my current position for 11 years, and the last three—coinciding with my running—have been by far my most productive. Maybe it's coincidence, but I don't think so."

A delightful and dedicated Ancient is James R. Bole, partner in the Long Beach, California, engineering firm of Bole and Wilson. He started jogging in a "Y" gym in 1968 and soon was able to post marathon times below 3½ hours consistently. Now Jim is 65 and plans "to continue to run about six marathons a year for at least another 10 years." His training is seven to eight miles daily, alternating between a level course and a hilly one.

The AM roster also includes Talmage Morrison, 51, personnel manager for Glidden-Durkee in Dallas, and director of the Cross Country Club of Dallas. Like many other Ancients, he was inspired by the book, *Aerobics*, by his now-fellow-townsmen, Dr. Kenneth Cooper. Tal's running reduced his weight from 205 to 163 in five years, and he was clocked at 3:27 in the 1971 U.S. Masters Marathon. Like many of the others, he is not only encouraged by his wife, but she runs 25 to 35 miles per week herself and completed Tulsa's Oil City Marathon last March.

The long gray line of Ancients includes Bob Carman, college professor from Goleta, California, who was a 2:22 marathoner in his younger days and now, at 41, is making a comeback; Ron Watson, 43, atomic and molecular physics scientist, Redondo Beach, California, who started running in 1967,

now trains about 65 miles a week, is shooting for a three-hour-or-less marathon time in the next few years; Norman Bright, 62, "Seattle's fastest senior citizen" and a counselor at Boren Junior High School there, who ran second to Urban Miller in the 1971 U.S. Masters in 3:22:05.

Some might cavil over admitting to the Ancient ranks those men who have been running practically all their adult lives, while most Ancients typically started running only recently. These long-time, long-distance runners include such men as Hal Higdon, 41, noted free-lance writer from near Chicago; New York City's Ted Corbitt, 52, physiotherapist and, until recently, U.S. 50-mile "ultra-marathon" champion; Jim McDonough, 48, superintendent of a Manhattan skyscraper, first American to finish in 1970's 51-mile London-to-Brighton race, and Dr. George Sheehan, 52, the Rumson, New Jersey, cardiologist who runs marathons in close to three hours and has become by acclamation, via the pages of *Runners World*, chief medical adviser for the Ancients.

Besides their achievements, all these men share a missionary zeal that translates into encouragement of friends, neighbors and business associates to make their lives longer and happier by establishing an effective exercise program under the supervision of a fitness-minded physician.

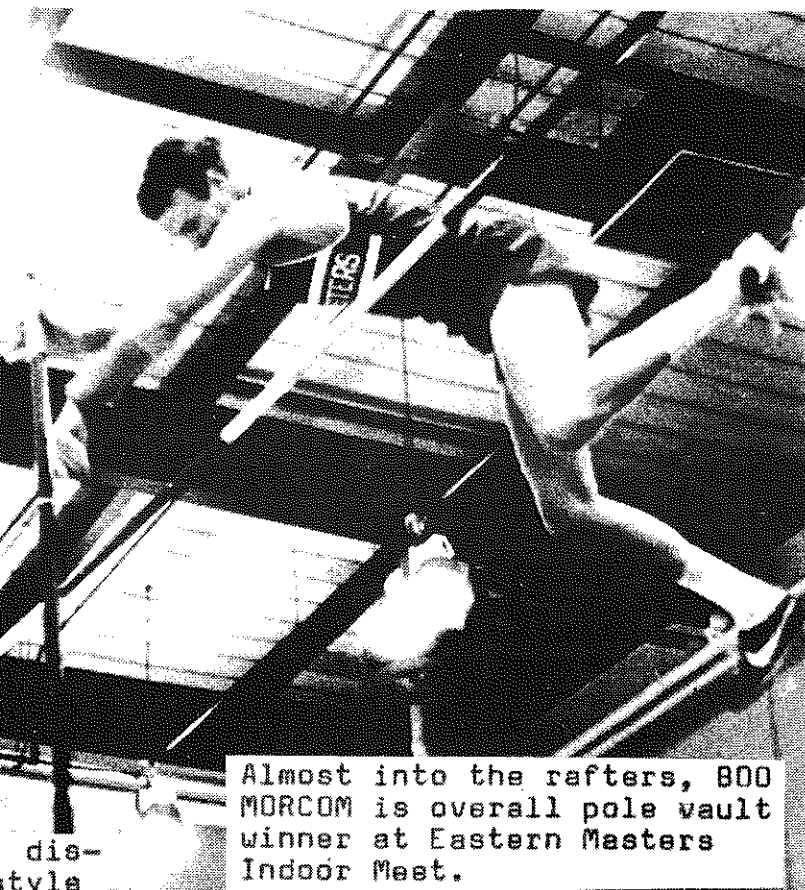
Incidentally, one of the questions most often asked is, "How do you find the time for all this running?" The answer is that each has made a deliberate choice between running and something else in his life. For many, the choice is simply to opt for running instead of the daily cocktail hour (or hours). At least three Ancients, none mentioned here, have successfully used their running programs to help cure chronic alcoholism.

One of the speedier Ancients (he ran Boston in 2:52:50 in 1971), psychiatrist Paul S. Jarrett, 51, of Miami, Florida, often talks to civic clubs and business groups about fitness.

"Those few people who should not exercise at all are detectable by physical and electrocardiographic examinations recommended for all those who are entering any type of sport. Once such physical clearance is obtained, Continued on page 11.



FRANK PFLAGING (40) displays his relaxed style while overpowering all opposition.



Almost into the rafters, BOB MORCOM is overall pole vault winner at Eastern Masters Indoor Meet.



GEORGE BRACELAND and BUD DEACON are fine examples of our U.S. Masters Div. III contingent. Peddie School.

Making it look hard at the tape RAY GORDON shows good early season form.

NEW ZEALAND REPORTS
from the desk of KEITH WILLIAMS

"On Saturday, 17th of March, we are having a big group run from the Town Hall to St Helier's Bay (7½ miles). This is to mark fitness month at present being held and about 12 runners are coming over from Sydney. There will be nearly 2,000 starters....We look forward to meeting the Pains."

"This is a rather old press clipping but it sums up quite well the jogging scene in Auckland."

THE AUKLAND STAR, Wednesday, January 19, 1972.

OH, TO BE THE WIFE OF A JOGGER---

Says Auckland housewife,
Rosemary Barnes. . .

I'm married to a jogger. I've only been married to a jogger for three months.

Before that I was married to a beer-drinking, digarette-smoking, slightly-flabby specimen whose favourite exercise was the odd round of golf (very odd) and frequent strength-sapping games of darts. The jogger and the flabby specimen are the same man. But only finger-prints and teeth X-rays could positively prove it.

Joggers can either jog after work or before work. Mine chooses to jog in the morning, "when the air is crisp and still, the water round the bays calm, and the only other humans about are paper boys, milk deliverers and courting couples left over from the night before."

I'm quoting, as I'm only taking his word for it, while he jogs I'm being pursued by Steve McQueen. (Won't he ever catch me?)

Jogging means not only a new way of life, but a new outlook on life. Wives of joggers must learn to live with conversation that takes an athletic and anatomical bent. No more mundane tit-bits of yesteryear when business children, mutual friends and television were our only common interests.

Now it's talk of miles per day, ounces gained or lost, the continual firming of former flabby muscles, the new shapeliness of a calf, the ripple of a never-before-seen thigh muscle. Now

one must make soothing noises whenever the condition of ankles, legs and hips are discussed.

To a jogger, these are the most important parts of his body. For to jog, one has to be able to stand up. And this is sometimes quite difficult with blisters, ruptured achilles tendons, sprained ankles, wonky knee cartilages and unkindly groins.

NOT SURE

I must say, one soon gets used to one's beloved watching TV while his feet soak in some soothing mixture. But I'm not sure I'll ever really take to him sitting on the couch exposing his groin to the rays of an ultra-violet lamp.

Still this is a small price to pay for a husband who's started breathing again, whose blood is starting to get to places it's never been to for years - ankles, fingertips, brains. And although we don't see each other as often as we used to (his early rising means early bedtimes), when we do see each other we really see each other.

You see, jogging is good for a lot of things. Who needs Steve McQueen when you've got a jogger for a husband?

Ancient Marathoners

jogging or running is the most readily available, simple, natural, unencumbered, economical form of exercise. It can be tailored to any level of physical ability. It can be molded to any type of personality structure, age, weather, terrain and daily life pattern or style.

The sport is steeped in historical lore and fascinatingly intertwined with science. From an intellectual standpoint, it involves physiological and anatomic complexities of a challenging nature."

To sum up: The life of the Ancient Marathoner is not for all men by any means. But those of you who aspire to top-notch condition in middle and even old age might well follow the example of these athletes, if your doctor agrees.

With the added spice of occasional friendly competition, the appeal is there, and a fitness program can be fun rather than the grim duty it otherwise is for so many of us. □

U.S. Masters International Track Team

David H.R. Pain, Director
Helen L. Pain, Co-director



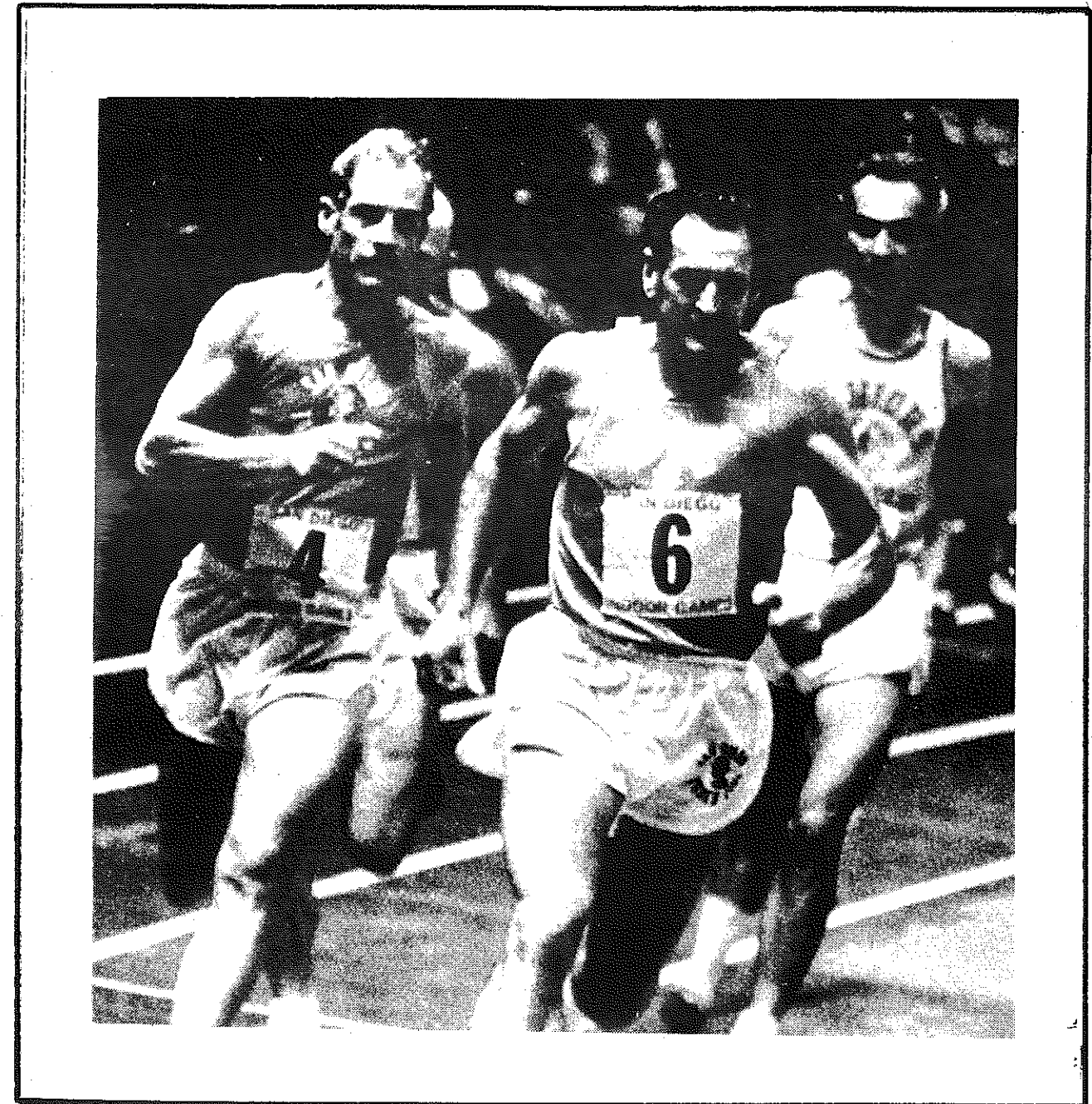
1160 Via España
La Jolla, California 92037
(714) 459-6362

April, 1973

Dear Friends,



PHIL PARTRIDGE (61) looks good putting the shot in the only outdoor event at the Eastern Indoor.



A picture is worth a thousand words. . . and this one tells the story of why Masters Track. Where else will you see three such fine-looking 50-year-old specimens? L-R, MODE PERRY, BILL BOWERS, and EDDIE HALPIN, San Diego Indoor Games Division II, 880. February 17, 1973.