Americans shine in 3rd World Veterans Championships

American 400-meter hurdle medal winners at World Games in Germany. From left: Leon Trout, Bud Deacon, George Braceland, Herb Anderson, Claude Hills, Walt Greenwood and Ray Spencer. Photo by Bob Pates.

Americans shine in 3rd World Veterans Championships

By PETE MUNDLE

These games, as the two that preceded them, were well organized. The host country, West Germany, did a splendid job of keeping all events on time. The facilities were excellent. The main stadium had up to six thousand-meter runs. Many new faces appeared on the scene to challenge the previous games' heroes. West Germany had many excellent athletes as there presence was felt everywhere. The weather was kind (it was just cool enough for the distance runners and warm enough for the sprinters and field events) with just a few short showers.

To the Americans, Europe was very expensive. Most were shocked at the prices of food. The weakness of the dollar really hits home when one is in Europe. Not all of the top Americans could afford the trip, but those who did competed well. This continued on page 2.

The only national publication devoted exclusively to track, field and long distance running for men and women over age 30.

HIGHLIGHTS

• Each American's performance in 3rd World Veterans Championships

• AAU Convention preview

• Berkshire 10K results

• 220-mile run thru Sierra Nevada

• Albuquerque meet results

• Masters vs. Father Time

• Schedule thru 1979

• A hatchet job on the President?

• New women's world 40+ marathon mark

Anderson breaks sex barrier

LONDON, ENGLAND, Sept. 30. Another discrimination barrier fell to the forces of equality this overcast autumn day.

No, it wasn't the Pope giving his okay for women to join the priesthood. It wasn't the 38th state ratifying the Equal Rights Amendment.

It was Ruth Anderson, 50, of Oakland, California, breaking the sex barrier by becoming the first woman ever allowed to enter the prestigious London-to-Brighton road race.

The 54.25-mile race had been an all-male event throughout its 30-year history. The breakthrough wasn't easy. Anderson and others waged a 6-month mail and telephone campaign.


Ed. note: National Masters Record Chairman Pete Mundle compiled each mark of each American who competed in the 3rd World Veterans Championships in Hannover, Germany, July 27-August 2. Here is his report:

Americans shine in 3rd World Veterans Championships

41-year-old wins Women's International Marathon

WALDNEU, GERMANY, Sept. 22. Forty-two-year-old Joyce Smith of Great Britain won the Avon Women's International Marathon today over a world-class field of open women marathoners.

In doing so, she smashed the women's over-40 world marathon record with a time of 2:36:27, breaking Miki Gorman's mark of 2:39:11, set October 24, 1976.

By defeating the best women marathoners in the world, Smith added proof that athletic abilities can continue at top level well into the fifties. Her triumph is the women's equivalent of Jack Foster winning an Olympic marathon.

Smith was a 1972 Olympian for Britain, running the 1500 meters in 4:09. She is a former British national cross-country champion, and clocked 8:55 for 3000 meters in the early '70's.

Two hundred fifty runners from 25 nations started the annual event in Waldneu.

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Americans shine in 3rd World Veterans Championships

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meet saw 27 world five-year age-group record breakers. This contrasts with the previous games at Goteborg where 44 world age-group records were broken with 19 of these Americans, and 29 American age-group records were broken. Only exact age records were kept at Toronto for the First Games. The total number of exact age records were: Toronto 102, Goteborg 204 and Hannover 167. This means that the age records are now of such good quality that it is more difficult to better them.

The number of competitors has been increasing in each games. In Toronto there were 1500; in Goteborg it was 3100 and at this meet there were 3160. Much of this is due perhaps to the increase in the number of women competing. There were about twice as many women as at these games as compared to the Goteborg Games. The quality of the performances improved markedly and many of the top international stars of the past have added the prestige of these games. For the first time, 800 runners had to run two heats in the 1A division. In the summary that follows, the highlights of this division's events will be given first, followed in a separate story by the highlights of the women's results.

SUMMARY OF THE RESULTS, OF THE THIRD WORLD GAMES.

Results will be given by division. Each division is headed by American performances with track club and age after name. Then the event, the marks (including heels) and positions in parentheses follow. Sometimes abbreviations will be used for field events (e., LJ for long jump). 110th and 400th will mean the 110-meter hurdles and 400-meter hurdles. Sometimes heat is abbreviated as "h.".

In the pentathlon, point scores in parentheses follow. Sometimes abbreviations will be used for field events with fast performances. Al Henry had a second place time of 38:04.2 was notable. It broke the championship record.

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Richard Richardson (III., 46): heat 12.97(4); high jump 5-11 1/4(11). Al Sheehan (SFV, 47): heat 21.8(7); 400 meters: 63.9(87).

National Masters Newsletter

November, 1979—15th issue

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The National Masters Newsletter (USPS 409530) is published monthly from 102 W. Water Street, Lansford, Pa., 18232. Subscription price $3.00 a year. Single issues $1. Subscriptions received by the Editor, Al Sheehan, 6200 Hazelton Ave., Van Nuys, Calif. 91401. Send all editorial and advertising material to the Editor.
There was one world record in this division and that went to Valbjorn Thorlakson of Iceland. His IAAF 

point table point-score of 2778 in the would have won the individual long athlete had a super meet. The turnovers, 40.00. Sanchez (11.35, 23.65), Newton (11.54, 23.68) and Brown (11.61, 24.23) in that order leading for jump competition and his table point-score of 2778 in the world age record by a tenth. Her mann Strauss also got a second in the triple jump. H al's world age record by a tenth. 10.00. 5000 17:36.8(22); 10,000 45:07.1; I lOh 15.94 (1) heat: 52): 10012.40(9) heat: 2:03.5(1) heat: 2:08.2(1) ; 2:09.2(2) h.

Richard Richardson of Illinois. Both getting jump for jump with Strauss battled jump for jump with Strauss prevalling on the last jumps. Hans Poetlsch had a tremendous hammer Vorrung of 200-7 to win. Division IIIA (50-54)

U.S. Results

Jack Greenwood (CDM, 53): 100 12.24(4) :12.10(2), 12.51(20); 400 24.53(32): 24.66(1), 27.86(1); 400 53.52(3): 53.01(1); 1000 10.13(1); 1000 40.49(1) h; ca; 17.6(2); 400 24.62(2), 25.07(1) h; ca: 400 heat: 56.47(2); Ed Schuler (Fla. 52): 100 12.40(9) :12.11(3), 12.32(22) :200 heat: 25.92(1), 25.99(1); long jump 16-3(21). Harold Green (RTC, 50): 100 12.36(8) :12.30(2), 12.31(1); 400 93.19(7) heat: 65.54(3). Don Johnson (NYC, 52): 400 heat: 57.02(2); 800 2:11.86(8) heat: 2:31.64; Dean Smith (Ill., 53): 400 57.34(7) :56.80(3), 56.99(3) ; 800 2:09.2(2); 1500 4:36.44(4); 400 60.94(1) h; ca: 63.18(1); steeple DNF.

Bob Siebers (SDT, 53): 400 heat: 57.05, 57.38(3); 800 2:07.15(5) h.


Another unbeaten string in World Games has been broken. The world has finally caught up with Jack Greenwood, the prolific gold medal winner of past competitions. He is still the hurdler king, as note has ever close to him in these events. Cliff McPherson, a very fast small-statured sprinter from Guyana, swept the field in the 100 and 200-meter races with good times of 11.69 and 23.99. Then in the 400, Peter Higgins from England ran a very strong race to nip Greenwood 52.28 to 53.52. Higgins’s mark is a world record in this division, bettering Greenwood’s mark of 52.9. Jack still had plenty left to take the 110 hurdles (13.94) and 400 hurdles (59.04). Dean Smith ran a courageous front-running race to stave off all contenders to get his PR and set a record in a row in Games competition with his scintillating win in 2:03.5. Derek Turbrell of New Zealand, the world record holder in 1:50.1 (1:50.5) and 2:00 (2:00.4), was third in the 5000 (16:20.6). Harold Green had an unfortunate time in the 400 meter hurdles. He was second going into the last hurdle but ended up last as he hit the last hurdle, falling him completely. Jim O’Neil ran his best race of the year and still didn’t medal. His time of 33:54 was only good enough for fifth. This is his first games without a medal. Carlos Vera-Guardia had a super meet. He got a world record in the triple jump with his 42.9-meter feet, two feet better than his previous record. The just-turned-30 Venezuelan also won the high jump (5-7) and got a second in the long jump (19-10%) where Wolf Reinhardt of West Germany ripped him (19-11%). Bob Backus of Pembroke Pines, Florida, ran a hammer crown with a mark of 157-10, down from his prodigious heaves of the past 150-2 (150.8). Another victory string of two has been snapped. Vaelo Barti (Sweden) slipped to third in the pentathlon as his 2322 points were inferior to the good performances of winner Werner Kruecker (WG) 2553 and runner-up Pierre Heeq (Belgium) 2441. In the shot put Hermann Hombrecher (WG) shot a class in himself to join Greenwood as a three-time winner with his easy victory of 52.2-1/2.

Division III (55-59)

U.S. Results

Tom Patsalis (CDM, 57): 100 12.78(5) hearts: 12.69(3) 110 18.4(6); long jump 19-4 (5); triple jump 39-10 (1); 1500 4:19.41; 5000 17:38.36(3); steeple 11:17.6(3).

Bob Poet (STC, 55): 800 hear: 2:24.6(2).

Chez Peters (MTC, 56): 800 heat: 2:28.7(7).

Mel Bushman (III, 58): 110 21.37(1); 400 heat: 60.95(5); 14.4(9)/9(13); pentathlon 1581(9).

Ray Spencer (SDTC, 56): 400 (4); 880 heat: 20.8(1); 111.61(9); TJ 35.14(1); pentathlon 1766(6).

Dave Brown (CDM, 56): high jump 4.9-4(15); pole vault 10-21(30); long jump 16-10(16); triple jump 13-10(3).

Bob Stone (NCS, 59): discuss 10.45(7); 1500 4:29.31; 400 heat: 46.14(11); 400 meter hurdles 58-11(4).

Bill Walmort (Miss, 55): shot put 46-10(1); discuss 13-1(1).

Allen Phillips: 200 heat: 29.84(7); 1500 5:11.9(13).

Merce Knows: XC 43.23.5(18).

William Tuneing: XC 51.07.42(2).

Tom Patsalis didn’t match the three golds he won at Goteborg but he did get two. He was still one of the best performers in this division with wins in the long jump (19-4) and triple jump (43-8) second in the 110-meter hurdles and fifth in the 100-meter dash. Andre Findell of France is another Games campaigner from the past. He took the measure of the 110-meter hurdle field with a fine 17.00 clocking. He was shocked to break the 400-meter hurdles as two Americans. Bob Hunt (64.92) and Ray Spencer (68.95) rolled past him (60.01). Bernie Hogan of Australia retained his 100 and 200-meter crowns as he powered to wins in 12.32 and 24.92. The ubiquitous Australian would have been a three-time winner had he been allowed to compete in Toronto. The amazing Mexican steeplechase Eligio Galicia smashed his own world record of 11:05.8, winning with a fantastic time of 10:39.1. This is 38 seconds better than anyone else in the world has done in his division. In this same event Avery Bryant picked up an American record with his third place time of 11:17.8. Avery as busy as ever, picked up a seventh in the 800, a ninth in the 1500 and a sixth in the 5000. Bill Walmort topped a great javelin and discus thrower in the field.

Las Vegas to host annual AAU convention

The annual AAU Convention will be held at Caesar’s Palace in Las Vegas, Nevada, from Sun., Nov. 25, to Sat., Dec. 1, 1979. Important business concerning the future of the Masters program will be conducted. All interested Masters are urged to attend.

To kick off the Convention, the National AAU Masters 10-kilometer road race will be held in Las Vegas at 9 a.m. on opening day. On Sat., Nov. 24, the National AAU 5-kilometer cross-country championships will be held in San Diego, where an hour’s flight or six-hour drive from Las Vegas.

So an ambitious Masters runner can compete in two national championships in one weekend, then settle down to a few days of serious convention work, while at the same time partaking of the heady Las Vegas atmosphere. (See Schedule of Events for whom to contact.)

The AAU is expected to announce its new organizational structure, mandated by the U.S. Congress last year. The Masters will, once again, argue over whether Track & Field should remain separate from Long Distance Running, or whether the two should join forces in one all-encompassing Masters program. Sites for all national AAU championships will be determined. Policies voted on by athletes at the 1979 Masters Track and Field meeting in Gresham will be officially implemented. Awards for outstanding U.S. Masters athletes and administrator will be voted. (See poll in this issue). The future direction of the U.S. Masters program will be thoroughly discussed.
41-year-old wins Women's International Marathon

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which Avon virtually spares no expense to bring together the finest female distance runners in the world. Through a series of Avon-sponsored local and national competitions throughout the year in several countries, topfinishers achieve points. Those with the most points are invited to the International Championships. Also invited are women with recent top times, plus the leading runner from each of 25 nations. In 1978, the race was held in Atlanta. In 1974, 1976 and 1979, Waldinie, home of Dr. Ernst van Asten, was host.

One hundred eighty-eight finished the 4-loop course as inclement weather took its toll.

"It was cold," reported Tom Struktur. "Temperature was in the forties with a stiff head wind. The wind-chill factor was a real problem. Times would have been faster under better conditions."

As it was, 36 finishers broke 3 hours. Kim Merritt of the USA was 2nd in 2:39:43. Thirty-five-year-old Carol Gould of Britain took 3rd in 2:40:37. Elizabeth Hassel of Australi a, also 35, was 4th in 2:42:04. Beth Guerin of Reading, Pa., placed 5th and the 2nd American in 2:42:44. Karen Doppes of Cincinnati was 3rd American in 2:46:38.

Sandra Kidde of Palm Springs, California, was 2nd over-40 finisher (27th overall) in 2:56:14. Germany's 3rd Master (32nd) in 2:56:55.

"I was disappointed," Gorman said. "I just didn't have the speed. It's hard to peak. Maybe I've run too many races." (Gorman won 3 gold medals in the 5000, 10,000 and marathon in the 3rd World Veterans Championships in Hannover, Germany, seven weeks ago.)

Lydia Bakkes of Germany took the over-age-55 crown in 3:30:24. Oldest finisher was Alfreda Falke, 59, of Germany, who placed 180th in 4:38:38.


Former world record holder Jacqueline Hansen reported: "Avon organizer Kathy Switzer really worked hard to get women included. Even the Ivory Coast in Africa was represented. The IAAF and IOC have said they won't schedule a women's marathon in the Olympics until 25 nations have held a women's national marathon championship. This was a step in that direction."

IAAF President Adriaan Paalmen couldn't make it to the race, but Vera Searle of the IAAF Women's Committee showed up. Searle was the women's 400-meter record-holder in 1926 and is now chairperson of the women's committee of the British Athletic Association.

"She was impressed," said Struktur. "I think we may have made some progress. She said we would informally invite the race to be held in England next year."

Page 5 National Masters Newsletter the triple jump of 34.7. Konstanty Maksumczyk (GBR) unleashed a tremendous effort (46.5-6) to better Olav Reppen's world mark by seven feet. Earlier in the day he heaved-shot 22.1 (66-7) to lead another world record. This time upping the record by a foot, Reppen saw another world mark go as Aasme Meirung of Norway threw the hammer 140-0 to top Reppen's mark by two and a half feet. Willi Rumi had already made news as he captured the pentathlon with an IAAF point score of 473. In other action Bob Boal captured the Steeplechase (12:22.2) and West Germany's unbeatable vaulter Herbert Schmidt took the vault in 16-10.

Division IV (70-74)

U.S. Results

Fairbank (PTY, 72): 400
78.64(3); 800: 2:49.1(13); 10,000
4:37.3; 5000: 11: 98.5(5); 800: 2:51.4(4); 1500: 5:22.3(2); 3000: 10:06.3(9); 10,000
11:26.0(6).

West Diedrich (STC, 71): 1500
4:56.0(5); 3000: 9:27.5(3); 10 ,000
30:15.7(7); 400: 52.9(8); 800: 2:02.9(9); 5000: 13:10.8(2); 10,000: 31:55.5(1); 400:
54.9(8); 800: 2:06.1(9); 5000: 13:10.8(2); 10,000: 31:55.5(1)

Simon Moniz (WG) of 28.24. In the 100 he also ran 10.4 (21-2) for another
stroke. Carruthers got his best ever.

Braceiland picked up a world record in the 400-meter hurdles (33.72) and tied for the third-fastest in the 110-meter hurdle (12.91). He was hard-pressed by the talented athlete from West Germany, Robert Beckwardt, who was a former Olympic medalist. Richard O'Reffery (Ireland) easily won the high jump as he scaled to a world record. John Simola (Finland) threw the long jump with 22.3-0 for another world record. This time upping the record by a foot, Reppen saw another world mark go as Aasme Meirung of Norway threw the hammer 140-0 to top Reppen's mark by two and a half feet. Willi Rumi had already made news as he captured the pentathlon with an IAAF point score of 473. In other action Bob Boal captured the Steeplechase (12:22.2) and West Germany's unbeatable vaulter Herbert Schmidt took the vault in 16-10.

Division IVA (70-74)

U.S. Results

Paul Fairbank (PTY, 72): 400
70.64(3); 800: 2:49.1(13); 10,000
4:37.3; 5000: 11: 98.5(5); 800: 2:51.4(4); 1500: 5:22.3(2); 3000: 10:06.3(9); 10,000
11:26.0(6).

Walt Frederick (STC, 71): 1500
4:56.0(5); 3000: 9:27.5(3); 10 ,000
30:15.7(7); 400: 52.9(8); 800: 2:02.9(9); 5000: 13:10.8(2); 10,000: 31:55.5(1); 400:
54.9(8); 800: 2:06.1(9); 5000: 13:10.8(2); 10,000: 31:55.5(1)

Paul Carmichael (SF, 71): steeplechase 18:40.3(3). Homer Van Gelder (Cal., 74): 3:34.9(7); 110 hurdle 15.9(7); 200 Lewis Peresenyi (NCS, 71): FIT 65:10(5).

Emery Curtise (Cal., 72): JT 121-6(1).

Fred Reid of South Africa joined
Josiah Packard as the only over-70 athlete to dip under 14 seconds in the 100 meters. His new world record of 13.80 came as a result of winning the 100 meters over a fast Heinrich Killing (Wo) who ran 14.34.

Packard’s record was 13.9. And then he could himself by doing even better in the 200 by becoming the only over-70 athlete in the world to go under 20 seconds. In fact, only Packard, who had the record (29.2) and Killing, who followed Reid into the tape with a fine time of 29.40, have ever gone under 30 seconds. Marv Jenkinson of Australia won the 400 (46.7) and 800 (2:34.7) with near-record times and then lost tough battles to John Farrell of Great Britain in the 1500 (4:25.9) and 3000 (8:22.4) and in the 5000 (21:07.2, 20:22.9).

Farrell also won the 10,000 in 32:38. Josef Salzmann of West Germany prevailed over Gunner Tang/ Holbek (Den.) in the high jump (4.74-5.54) and his world mark by 2 inches. Tan Tang Holbek and record-holder Tornom Resell of Norway and this time he took Resell’s record with a tremendous 15-0 jump. Tang Holbek then took the triple jump in 29.1, just four inches off the record. Konrad Boas came through with a good long jump of 11-0 1/2, not far off the record. Friederich Duchene of Austria beat this American trio at the 100 (15.59) and came in third in the 200 (34.08). Stan Herrmann got an American record in the discus. His 99-10 threw the record from 95-5. Alex Renk of West Germany just missed Herrmann’s world record in the hammer as he topped Stan 98-10 to 89-3.

There were a couple of athletes in the eighthies competing in the field events. One, Sven Falk, an 82-year-old from Sweden, broke the record in the high jump, topping Ted Mumby’s record of 3-2 with his 3-3 clearance. Sven also triple jumped 17-2. The other older, Peter Golic from Yugoslavia, an 83-year-old, threw the discus 83-3, and the hammer 78-7 and the javelin 60-10, all fine performances.

Anderson breaks sex barrier continued from page 1

Ole Glesseron takes 7th in 60-64 10,000 in 37:54.7 in 3rd World Veterans Championships.

Smidin’s throw of 212’3/4” is a new world age-division mark, breaking the record of 212’2” set by Olavi Kaahanen of Finland on August 27, 1972.

Andersen said...one of my dream races...

The event began at 7 a.m. with the first gong of Big Ben and proceeded across Westminster Bridge and along the Thames River toward the sea. Andersen finished 7 hours, 46 minutes and 16 second later in the coastal resort town of Brighton, perched on the cliffs overlooking the English Channel.

“I know I could go the distance,” the nuclear chemist said. “I had run 50 miles from Marysville to Sacramento in March in 7:25.”

Anderson said she wrote to the organizers after that run, asking permission to enter.

“I had heard you had to run a 50-miler under 8 hours to qualify,” she said, “but I learned the only qualification you needed was to take the 3:30 marathon, which I’d do.”

“They told me the Women’s Committee wouldn’t allow me to enter. But I talked to all of them, and finally they all signed letters saying it was okay with them.”

Anderson said the men then objected. But people began to write letters and made phone calls in her behalf.

Rob Sanders of the Road Runners Club of America sent a beautiful letter,” she said. “The meet directors felt there were hardly any women who could do it, let alone who wanted to do it.

“Finally, they held a meeting, and decided to not only invite me, but other women, as well.”

Andersen’s second trip to Europe this year. She ran both the 10-kilometer and 25-kilometer runs in the women’s 45-49 division of the World Veterans Road Race Championships in Bolton, England.

Then, turning 50 just prior to the 3rd World Veterans Championships in Hannover, Germany, she won gold medals in the marathon (3:15:32) and cross-country (44:32.1) and took 2nd in the 5000 (20:15.9) in the women’s age 54-54 division. She also set a new women’s American 50-54 mark of 2:45.4 in the 800.

The grueling London-to-Brighton classic has a dropout rate of one-third. The final assault up the cliffs to Brighton has broken more than one runner.

“I enjoyed the run,” Andersen enthused. “My biggest worry was getting hit by a car. We ran on the left side of the road with the traffic.

A native of Nebraska, Andersen fell in love with California during two years at Stanford. She graduated from the University of Nebraska, but returned to California soon after.

An American won the event. A.R. Kirk of the Central Park Track Club of New York City ran 5:32:37 to win by over 12 minutes. The Millrose Athletic Association of New York took the 2nd place team trophy.

One hundred four countries, including five women, started the race with 106 completing the course within the time limit of 8 hours, 23 minutes.

So much for our problems in the Midwest. Let’s get back to a more pleasant subject—overcast Germany. I feel being a success as a travel agent would be rather simple. Regardless of anyone’s eventual destination, you can always get home. Just catch the next train or plane or bus or car. It’s unlikely that you will ever be actually caught in a train, or hit by a car.

As I drove toward the famous Olympic Stadium with the Mercedes going 90 mph in the left lane with another Mercedes right on his bumper...
blowing his horn. Ah, nothing like a fine breakfast of lunch meat and bread. Gave you that good feeling of being nice and greasy early in the morning.

I guess none of us should be surprised by the high threshold of pain the Europeans. After all, in a nation where the dentists don’t use novocain, what’s a little breathing hard to complain about. As Tom Sturak, onetime good runner who is pretty much into straight shoes at the moment, said to me, “You see, son, they’re missing the one ingredient that has always hampered Americans—nerve endings.”

Whoever heard of a toilet bowl with a built-in reviewing platform?

After spending time in Italy it’s difficult not to admire their approach to life. Life seems to be enjoyed, nothing seems to work too well but everyone in the meantime is having a high old time—laughing, arguing, singing, yelling and having what appears to be a thoroughly enjoyable experience. I couldn’t help but wondering what being allied with the Italians did to the German personality during World War II.

Can you imagine some German officer trying to get a bunch of Italians to fix bayonets and attack those 5,000 swine over the hill? I can almost see the gestures and hear the invectives that officers would have received. Reminds me of the time I asked former runner-author Hal Higdon, “Hal, if you had it to do all over again, who would you do it all over?”

Of course, I still find the facility in Hanover hard to believe, especially the practice area adjacent to the stadium. There isn’t anything that approaches it in the entire U.S. The clock alone made places like Naperville and Atlanta seem somewhat modest. Oh, what the hell, we had more laughs.

Which brings to mind one of the world’s most overrated possessions, the Eurail pass. The pure pleasure of spending time hanging around the 1980 version of the Black Hole of Calcutta—a European railway station. Enhanced, I might add, by the grubbiest array of young people (including many Americans) ever assembled. It looked so contrived I thought at first it was a Hollywood set. Young people aren’t supposed to smell. Talk about pure enjoyment, try standing in the change line for an hour or so with people with no more foresight than you, out of money and full of laughs. The best, of course, is yet to come: a ride on the train. For longer than a day I recommend Orkin as your simplest solution. Otherwise, any good fumigation will suffice.

My only really serious complaint about the way the Germans conducted their meet: it had a tendency to change the prevailing spirit and mood of an encounter like this from good fellowship and competition to a “I wish we had uniforms all the same color like those Swedes, then we could really smash ’em.”

It was fun; we’re all better for it, and even though it’s getting harder to win a dozen gold (damn pushy foreigners) we really should do it again sometime.

As that notable West Coast AA member, Pete Mandle, once said: “Show me a man drinking beer at 10 in the morning and I’ll show you a man who needs a base.” Actually, Jimmy Cannon said that.

Note

Subscriptions and all editorial and advertising material for the National Masters Newsletter should be sent to Al Sheehan, Editor; 6200 Hazelton Ave., Van Nuys, Calif. 91401.
## 2nd annual Southwestern Open Championships

### 200 METERS

| 34 | Louis Pettenger, 44, Albuquerque, NM | 11.4 |
| 35 | Bob Liss, 42, Venice, FL | 11.5 |
| 36 | Dan Wicks, 42, Los Alamitos, CA | 11.5 |
| 37 | Chuck Young, 42, Albuquerque, NM | 11.8 |
| 38 | Bill Billicker, 44, Albuquerque, NM | 11.9 |
| 39 | Jim Yolen, 39, Portland, OR | 11.9 |

### 100 METERS

| 1 | Paul Duran, 35, Portland, OR | 10.1 |
| 2 | Randy Jones, 38, Los Alamitos, CA | 10.2 |
| 3 | Ron Dehart, 39, Pedernales, NM | 10.3 |
| 4 | Alex Pannce, 50, El Dorado, CA | 10.4 |
| 5 | Mark Gottfried, 51, Lawrence, KS | 10.4 |
| 6 | Dale Tiller, 42, El Paso, TX | 10.4 |
| 7 | Bob Liss, 42, Venice, FL | 10.4 |
| 8 | Jim Yolen, 39, Portland, OR | 10.4 |

### 800 METERS

| 1 | Robert Passini, 63, Placentia, CA | 2:10.2 |
| 2 | Paul Dudley, 61, Port Gamble, WA | 2:10.2 |
| 3 | Mark Tiller, 45, El Paso, TX | 2:10.2 |
| 4 | Jim Yolen, 39, Portland, OR | 2:10.2 |
| 5 | Bob Liss, 42, Venice, FL | 2:10.2 |
| 6 | Don Lawrence, 61, Silver City, NM | 2:10.2 |
| 7 | Michael Taylor, 48, Albuquerque, NM | 2:10.2 |
| 8 | Ray Hull, 85, Long Beach, CA | 2:10.2 |

### 5000 METERS

| 1 | Robert Passini, 63, Placentia, CA | 14:52.9 |
| 2 | Paul Dudley, 61, Port Gamble, WA | 14:52.9 |
| 3 | Mark Tiller, 45, El Paso, TX | 14:52.9 |
| 4 | Jim Yolen, 39, Portland, OR | 14:52.9 |
| 5 | Bob Liss, 42, Venice, FL | 14:52.9 |
| 6 | Don Lawrence, 61, Silver City, NM | 14:52.9 |
| 7 | Michael Taylor, 48, Albuquerque, NM | 14:52.9 |
| 8 | Ray Hull, 85, Long Beach, CA | 14:52.9 |
Hannover railroad station.
## Results of Berkshire 10,000-meter road race

### OFFICIAL RESULTS - BERKSHIRE 10,000 METER ROAD RACE - SEPTEMBER 09, 1979

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**Class 1 (19-24) Age: Time**

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2. P. McManus | 34:18
3. D. Charlebois | 34:18
4. M. Hamel | 34:18
5. A. Phillips | 34:18
6. S. Lacey | 34:18
7. J. Sullivan | 34:18
8. W. McFadden | 34:18
9. J. Midlarsen | 34:18
10. D. Salsis | 34:18
11. P. Drescher | 34:18
12. R. Devers | 34:18
13. A. Ranger | 34:18
14. E. Thibaut | 34:18
15. D. Livock | 34:18
16. M. Reynolds | 34:18
17. K. Campbell | 34:18
18. C. Christian | 34:18
19. C. Blanchard | 34:18
20. G. Geitler | 34:18
21. W. Connolly | 34:18
22. A. Miller | 34:18
23. R. O'Connell | 34:18
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25. V. Tinton | 34:18
26. W. Smith | 34:18
27. T. Shea | 34:18
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29. F. Kennedy | 34:18
30. J.充斥 | 34:18
31. D. Pesty | 34:18
32. M. Carroll | 34:18
33. J. McFadden | 34:18
34. S. McVey | 34:18
35. J. Blystone | 34:18
36. J. Casey | 34:18
37. E. Reily | 34:18
38. W. Mathias | 34:18
39. A. Simone | 34:18
40. A. Murray | 34:18
41. D. Bale | 34:18
42. E. Grignon | 34:18
43. E. Gifford | 34:18
44. E. McFadden | 34:18
45. R. Scobey | 34:18
46. J. Sabatini | 34:18
47. M. McVey | 34:18
48. M. Blanchard | 34:18
49. J. Nunez | 34:18
50. J. Arnone | 34:18
51. C. Mclay | 34:18
52. J. McSpadden | 34:18
53. A. Crotwell | 34:18
54. T. Gifford | 34:18
55. A. Fink | 34:18
56. J. D. Ross | 34:18
57. F. Smith | 34:18
58. N. Ruig | 34:18
59. W. Keating | 34:18

**Class 2 (19-24) Age: Time**

1. D. L. = 36.18
2. F. Nomo = 36.18
3. D. Dougherty = 36.02
### 100-SECOND RACES

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### 100-SECOND MIDGETS

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### 100-SECOND HUNDLES

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Fine replies to hurdles

I am sending this letter to all those that have written to me regarding the hurdle heights for the high hurdles. I am responding in this fashion as I simply do not have the time to write to each individual.

There are two questions to be answered:
1. Should American Masters train and compete with the same hurdle heights and throwing weights as the rest of the world?
2. If Americans are to use different heights and weights than the rest of the world, what should those standards be?

The question of heights and weights has been a recurrent one for the American Masters. For the weights there are the "lightweight" throwers relying on technique and "heavyweight" throwers relying more on strength. I see no need to restate the various arguments presented. We are now having a similar problem regarding the hurdle heights. I doubt if this problem will ever be resolved to everyone's satisfaction. When the matter was presented to the National Committee at our last meeting in Gresham, attended primarily by those athletes from the West Coast, it was decided that we would use weights and heights that will be adopted, as the International Standard. I personally, being a middle distance runner, have no strong feelings about the height and weight question. I would think that it would be foolish for American athletes to compete in international competition without using the heights and weights in practice and in U.S. meets that will be used in international competition. When the Masters program started, Americans had too often had the attitude that we'll go it alone and the rest of the world be damned. This was particularly true regarding registering non-Americans in the AAU. Such actions made it very difficult for us to expect cooperation from non-Americans. I am concerned that if we use different weights and heights than the rest of the world we will put ourselves not only at a competitive disadvantage but also make it more difficult for us to get the rest of the world to cooperate with us in other areas of the program. In short, to me it is more important that we are a unified world than the particular hurdle heights and implement weights. Ian Hume, R.R. #1, Melbourne, Quebec, Canada, is the chairman of the International Technical Committee. He is the one to be contacted regarding the international standards.

If the strong feelings persist that we should set our own standards, then I can only suggest that a poll be taken, via the National Masters Newsletter and the various clubs and National Committee as to proposed heights. I certainly don't think that this matter could properly be taken up at this year's convention. It could be placed on the agenda for the next convention.

I would suggest that all concerned athletes contact Ian Hume. If no satisfaction is received and the overwhelming sentiment is to set our own standards then a poll can be taken. Polls have been taken before with varying results. If we are going to go this route again it will be for a final determination and the matter is confusing to all and adversely affecting our performance level internationally.

As of this moment, based on the vote in Gresham, we will follow the international standards for all Regional and National championships.

Dave Jackson indicated that he would conduct such a study. I suggest that we wait until the end of the year to see what Ian comes up with (everyone should contact him) and then advise me whether you wish a study made.

The last thought about this subject is that we make our own rules. This matter has been discussed at the last four National Committee meetings. Nothing has been done without consultation and discussion. One can certainly disagree with the decisions made but not in the way in which they have been made.

Robert Q. Fine

NATIONAL AAU MASTERS AND MET AAU MASTERS 15 KM X-COUNTRY CHAMPIONSHIP

Sponsored by
THE NEW YORK ROAD RUNNERS CLUB
SUNDAY, OCTOBER 28, 1979 at 11:00 AM
IN VAN CORTLANDT PARK
Broadway at 250th St.
Bronx, NY

FOR MALES AND FEMALES AGE 40 AND OVER ONLY. NO ONE UNDER 90 YEARS OF AGE IS ALLOWED TO COMPETE IN THIS RACE.

Awards: National AAU and Met AAU individual and team masters awards in all divisions, male and female.

Course: The course is certified. Start In front of mountain, by the rocks, then 3 loops of 3 mile loop.

Check-In: Check in on the falls of the cross-country course between 9:00 and 10:30 AM. If the weather is bad, check in at the locker room of the Van Cortlandt Park Stadium at Broadway and 242nd St. Locker room will be open at 9:30 AM. Bring your own lock and towel.

Entry Fee: $2.00. Entries close at 10:30 AM on October 28th, the day of the race.

Make checks and money orders payable to: New York Road Runners Club

Mail completed entry with $2.00 fee to: 15 KM Championship:
Kurt Steiner
1600 E. 21st Street
Brooklyn, NY 11210

15 K Chmp. October 28, 1979

Print Name
Sex Age
Signature Address
City State Zip
Team AAU No.

Page 11 National Masters Newsletter
A political hatchet job?

A well-known Masters runner participated in his first competitive 10K road race over the tough, hilly course of Catoctin Mountain Park, Maryland, September 15.

Carter got a ton of bad press because he pushed too hard and ended up walking the race in 3:15. By implication that anyone who did not complete the run was somehow not worthy of his salt as a runner. The race featured a very rugged course, certainly one of the most demanding in the area.

Tom Sheehen reports: "The Washington Star reported the facts, but the Post did a smear job on the President, implying that because Jimmy dropped out of a 10K footrace, he ought to drop out against Ted Kennedy, too. This was not an editorial or 'other opinion' column; it was from page crap disguised as news reporting. A Post columnist named Colman McCarthy (a decent Masters runner who has gained some respectability for occasionally devoting a column to running) joined in the race, padded alongside the President until he dropped out, and then wrote a dreadfully distorted piece for the Post, dumping on the President."

Indeed, McCarthy's comments strongly suggest Carter pushed the pace button and is therefore not to be trusted with the nuclear button. Without physical collapse is never pleasant to behold in an athlete," McCarthy wrote, "but when intense pain brings low an athletic president, the sight is alarming. ...Carter had ignored the cardinal rule obeyed by every experienced and intelligent runner: listen to your body. He shouldn't have had to collapse to know that the race was too much for him...it is no disgrace to pull out of a race. But it is decidedly poor form to push on heedlessly, collapse and then need all kinds of frenzied attention in a medical emergency." ..."The political symbolism of Carter's collapse is obvious enough: a weak president bombs out in mid-course and must be removed from the action by those who know better."

"Time magazine was equally harsh. Under a picture of a struggling Carter. Time captioned: 'Knees sagging, a gasping Carter is caught by Secret Service man.' "A Catoctin mountain brought Jimmy to his knees," sub-headlined the Time piece. 'Calling him ed.' Time said: 'Some aides feared he had suffered a heart attack...The incident raised questions about the President's well-being...It appears running may actually bring on heart attacks among a few people.'"

Runners in the Washington area saw things differently. Eight of nine published letters to the Post were critical of the coverage. "I10 column inches." roiled Roy Neel. "Count 'em. The most extensive coverage ever devoted to a man running four miles and dropped out of the race because he was tired. How many 54-year-old men can run even 4 miles? Politically embarrassing! Only because the Post chooses to hype such an insignificant event far beyond any justifiable degree. If the Post is going to turn serious political coverage into a kind of journalistic Gong Show, we can look forward to a murky election year.' "My finishing time of 45:39 was in the range President Carter had hoped to run," wrote Richard Kaplan. "But that pace put quite a strain on this 28-year-old, relatively well-trained body. Brave to President Carter for getting out there."

A poll to pick the outstanding Masters of 1979

By PETE MUNDLE

We wish to involve the newsletter readers in the selection of the outstanding masters of this year. The results of this poll will determine who will receive awards as the outstanding male and female masters (age 40 and over) in the four categories defined below. Those selected will be presented awards at the AAU convention in late November in Las Vegas. There will be eight awards; the best men and the best woman in each of the following four categories: 1) Administrator, 2) walking events, 3) track & field events and 4) road racing (including cross-country). An administrator is one who has contributed to the masters program in a non-athletic discipline (i.e., meet director, official, announcer, office holder, medical practitioner, etc.).

Would you please help us determine the top masters by picking up to three persons in each category and in as many categories as you wish.

Your picks should be in our hands by Nov. 5. Send your picks to: Pete Mundle, 4017 Via Marina, Venice, Ca. 90291, Apt. C-301.

We greatly appreciate any help you can give.
I am getting older.
I am running slower

By HAL HIGDON

Shortly after my return from the World Veterans Championships in Hanover, I saw a plaque in a shopping mall with the motto: "What Mother Nature Giveth, Father Time Taketh Away." It was not the sort of plaque I would expect to find hanging in the homes of any of the men or women who had competed with me in West Germany. Yet it is unquestionably true. During our tour of East Berlin, I had talked with 68-year-old Bud Deacon about an enforced layoff caused by a leg injury he suffered in 1975 when he fell off a motorcycle. A world record-holder and virtually unbeatable until that point, Bud has taken nearly four years to regain what he considers an acceptable competitive level.

"You have to stay continuously in shape," Bud told me. "Otherwise it's like climbing a rope and letting go with both hands. You slide to the bottom and have to start all over again."

Bud told me this while we were in Hanover. I went to Hanover because I was entering a 1,000-meter hurdles race and was trying to find someone to train me. Unfortunately, I was not able to find anyone. But I did find a man who was willing to give me a few tips. His name was Peter Mundie, and he was a former world record holder in the 1,500-meter hurdles. He told me that if you want to stay in shape as you get older, you need to do two things: you need to exercise regularly, and you need to eat a healthy diet. He also said that it was important to have a good coach to help you stay motivated.

Peter Mundie also gave me some advice about how to train for the race. He said that it was important to start off slowly and gradually increase the intensity of your workouts. He also advised me to do some light exercises before each workout to help prevent injury. Peter Mundie also recommended that I should do a warm-up and cool-down before and after each workout. He said that this would help to improve my flexibility and prevent injury. Peter Mundie also said that it was important to get enough sleep and rest before each workout.

Peter Mundie also gave me some advice about how to eat. He said that it was important to eat a balanced diet with plenty of fruits, vegetables, and whole grains. He also said that it was important to avoid processed foods and sugary drinks. Peter Mundie also recommended that I should eat a small amount of protein after each workout, as this would help to repair my muscles.

Peter Mundie also gave me some advice about how to stay motivated. He said that it was important to set realistic goals, and to reward yourself when you reach them. He also said that it was important to find a reason to stay motivated, such as to stay healthy or to compete at a high level. Peter Mundie also recommended that I should talk to other runners and athletes who are getting older, as this would help to keep me motivated.

Peter Mundie also gave me some advice about how to stay healthy. He said that it was important to get regular check-ups, and to see a doctor if you have any health problems. He also said that it was important to avoid smoking and drinking too much alcohol. Peter Mundie also recommended that I should get plenty of exercise and stay active, as this would help to keep me healthy.

Peter Mundie also gave me some advice about how to stay motivated. He said that it was important to set realistic goals, and to reward yourself when you reach them. He also said that it was important to find a reason to stay motivated, such as to stay healthy or to compete at a high level. Peter Mundie also recommended that I should talk to other runners and athletes who are getting older, as this would help to keep me motivated.

I hope that these tips will help you to stay healthy and active as you get older. Remember, it is never too late to start exercising, and there is always something you can do to keep yourself motivated. I wish you all the best, and I hope that you will be able to stay healthy and active for many years to come.

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This article is part of a much larger article by Higdon which appears in the November issue of The Runner. Many four-color photographs of masters competitors in Gresham and Hanover as well.
National Rankings

By GEZA FELD

We are again compiling a ranking of the top 100 runners, hurdlers, jumpers and throwers in all master age groups (40-49, 50-59, 60+) in the following events: 100, 200, 400, 800, 1500 (mile times converted), 5000, 10,000, 10 miles, half-marathon, marathon, 110-hurdles, 400-hurdles, long jump, high jump, shot put, discus, javelin.

The computerized list will include only 1979 results, and will be available around March 31, 1980.

If you're interested in receiving a copy, please send a stamped, self-addressed envelope and $1.00 per event to me before Feb. 1, 1980. Your name, of course, will be included if you made the top 100 list. If not, it will show you the improvement needed to get up there. We ask all athletes, race directors and organizers who have Masters race results for 1979 to send us a copy, with the age of each competitor listed.

We also ask athletes to send your best marks; races, dates and age so we can make sure the rankings are complete. Rankings for 1978 are still available at 50c per event.

Make your check payable to: Geza Feld, National Rankings Chairman 33 Center Drive Syosset, N.Y. 11791

AAU MASTERS NATIONAL 5000 METER

CROSS COUNTRY CHAMPIONSHIPS

BALBOA PARK SAN DIEGO, CALIFORNIA

NOVEMBER 24, 1979

You -- provided you are 40 years or older on November 24, 1979 and are able to show proof of 1979 (or 1980) AAU registration -- are invited to run in the National AAU Masters 5000 Meter Cross Country Championship. The races will be held in Balboa Park in San Diego, starting at Sixth and Laurel on November 24, 1979 at 10:00 A.M.

The Pacific Southwest Association District Masters 5000 Meter Cross Country Championships will be decided concurrently on the basis of the final results of PSA-AAU registrants competing in the National Championship races. An additional entry fee and pre-race sign-up is required for those who wish to be eligible for both National and District awards. Out-of-district people will not be eligible for the Pacific Southwest Association awards.

Finally, we will have separate 5000 Meter sub-masters races for men and women who are 30 years or older on November 24, 1979 and who are able to show proof of 1979 (or 1980) AAU registration. These races are not limited to PSA-AAU registrants.

All age divisions are determined on the basis of the age of the competitor on November 24, 1979.

Race Schedule:

<table>
<thead>
<tr>
<th>Race</th>
<th>Start</th>
<th>Award Divisions:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Race #1</td>
<td>830</td>
<td>30-34, 35-39</td>
</tr>
<tr>
<td>Race #2</td>
<td>9:15</td>
<td>40-44, 45-69; 50-59; 60-69; 70 &amp; Over</td>
</tr>
<tr>
<td>Race #3</td>
<td>10:00</td>
<td>40-44, 45-69; 50-59; 60-69; 70 &amp; Over</td>
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Team Championships: 1. Team championships -- only awarded in the National Masters over-40 divisions will be decided on a "total-time" basis unless, in the opinion of meet management, conditions favor the "finish-place" method of scoring. Team declarations, acceptable only from AAU-chartered clubs will not be accepted after 9:00 A.M. M. of race day and must be accompanied by additional fees (beyond the individual entry fee) of $2.00 per declared member.

2. Team competition will take place as follows:

- Men 40-49 --- 5 people scoring; maximum of 8 declared
- Men 50-59 --- 5 people scoring; maximum of 8 declared
- Men 60 & over --- 3 people scoring; maximum of 5 declared
- Women 40-49 --- 5 people scoring; maximum of 6 declared
- Women 50-59 --- 5 people scoring; maximum of 6 declared
- Women 60 & over --- 3 people scoring; maximum of 5 declared

Awards: A. Individuals:

Official AAU Masters Championship Medals for the first three places in each division over 40 years of age, except where fewer than four individuals start in a division, the number of awards will be reduced to a number one less than the total number of starters in that division, except that if only one person starts, and finishes in a division, that person will receive a gold medal.

In Sub-Masters races PSA-AAU District Championship medals will be awarded for the first six places in each division.

B. Teams:

Official National Masters AAU Team Championship medals will be awarded to each scoring member of the winning team in each division contested. In the 60-69 Men's and Women's divisions second and third place teams will receive medals for each scoring member. In the 50-59 Men's division, second place team scoring members will receive medals. Should team entries exceed those anticipated additional awards will be made in the over-50 division.

Entry Deadline:

Entry deadline is November 18; late entry fee is $1.50.

For entry form send stamped, self-addressed envelope to: P.S.A., 1135 Garnet, San Diego, Ca. 92109.

Notes:

Within 1 mile: Airport Travelodge (714) 232-8931; Balboa Park Travelodge (714) 234-8277

Meet Management: Ken Bernard and Bill Stock (714) 281-4994 or 488-3960. Meet Director: Alan Olson.
Ratelle: A Good Doctor Possessed of His Senses

By Leo Zainea

Dr. Alex Ratelle, the ambulating anesthesiologist from Edina, is a wonder in American running.

He is, at 54, the world's distance specialist in the United States for his age-group, 50 and older.

He trains as much as 150 miles a week in his hometown, a western suburb of Minneapolis, and has put over 100,000 miles on his exercise bike. He is often gone weekends to run and has shelves overflowing with trophies in his den, a box containing more than 160 medals.

“Really, they're all junk,” he says. “But the cleaning lady thinks they're great. More work!”

He used to be an intense race-car driver and entered the big events at Sebring and Elkhart Lake. He keeps both his cars—a 1966 aluminum GTB Ferrari and a 1953 Barchetta 212 Ferrari that belonged to Henry Ford—nearly for some peace and quiet. Doesn’t he?

He also had a 1950 Ferrari that belonged to Henry Ford—

From the Woodbury, N.J., Times

Pagan finds fulfillment in marathon

By CHARI LLE SPRANG

Of The Times Staff

WOODSTOWN—If you wanted to cast Tom Pagan in a movie, you’d take one look and figure he would be perfect for the elderly family patriarch in one of those cute little situation comedies. The kindly old gentlemen who knows only about half of what is said and lightens the mood, turning off his hearing aid for some peace and quiet. Doesn’t do much anymore but up to a few tales.

Pagan can’t seem to quit, but the narration is strictly subjective and very much in the present tense. He’s a walking public relations firm, informal and subject wrangled into one. Therefore, the impression his appearance suggests is as far from reality as hair on Kojak. His gait is cautious, his presence suggests is as far from reality as hair on Kojak. His gait is cautious, the impression his family and friends, let alone his doctor. Just two years ago, you see, Pagan had one foot in the grave and the other balancing on a bed of marbles. A life-long sufferer of asthma, he never had time for exercise. For over a decade he never had time for exercise. For over a decade he never had time for exercise.

It was always too busy trying to make a living, I was never active in any sport, but I knew if I had to live this way I’d rather be dead. I was seriously thinking about suicide, but instead it worked the other way."

He did because you don’t spend a major portion of your life building a business to scratch out a decent living, then chuck the hard work ethic that was responsible for your success just because you retire. You don’t change a lifestyle over night. Despite what he was thinking at the time, Pagan responded from something innate, an unsuppressed will to live that pushed him forward.

"My wife became ill and I needed somebody to take care of me because I was absolutely heless, “ he explained. “They sent for my daughter, but I will against it. I was contemplating my wife and I wouldn’t let her do anything for me. But I learned to do things my way."
An open letter to East Coast Masters runners

During previous years we have been left out of many of the larger meets. During 1979, however, we in the East have convinced many meet directors to include an event in their meets for Masters. Events were added to the Philadelphia Classic, the Iona Relays, the West New York Relays, The Penn Relays, and the Freedom Games.

If you saw the Masters 4x100 meter relay at the Penn Relays this year, you know how successful our races can be. We fielded eight teams without any difficulty. The race was exciting and, many say, one of the most enjoyable of the day.

This Indoor season we are shooting for the Millrose Games and the Olympic Invitational. These are both big meets at Madison Square Garden. We would like them to add a one mile relay at each of these meets. We feel that this is the most logical distance for the time of the year and that it won’t be difficult to field enough teams to make the race successful.

Experience has shown that letter writing campaigns are most successful, especially as in the Penn Relays where everything else had failed. We are requesting that you write to Howard Schmitz, meet director for the Millrose Games at 2428 Kagran Lane, North Bellmore, N.Y. 11712 and to Edward Mosier, U.S. Olympic Committee, Statler Hilton Hotel, 33rd St. and 7th Ave., New York, N.Y. 10001. Please, when you write, mention the meets that saw you fit to add to their schedules during the past year. Our program is growing by leaps and bounds and we should be represented in every major meet in this country. Ask your friends to write also.

Sincerely,
Edward R. Small
New York Pioneer Club

Masters of the John Muir Trail

Three veteran California runners spent their 1979 vacation running the 220-mile length of the famous John Muir Trail in the rugged Sierra Nevada Mountains.

Bill Stock, 49, and Larry Reddin, 40, both of San Diego, and Hal Winton, 46, of Harbor City each ran from Whitney Portal near Lone Pine, Calif., to the floor of Yosemite Valley in Yosemite National Park, Calif.

During the 8-day run from August 18-25, they scaled 11 mountain passes, six above 12,000 feet. “The only time we didn’t run,” said Stock, “is when it was very rocky or when it was so steep that it was just humanly impossible.”

The run took a year of training and preparation.

“I was my idea,” Stock said. “I’ve been a backpacker for 15 years and a competitive runner for 10 years, and I was thinking one day, ‘Why not combine these sports?’

A battalion chief for the San Diego fire department, Stock recruited 28 people to make up five support teams that packed in supplies for the runners at various points along the trail.

“We averaged 27.8 miles a day by running 8 to 11 hours,” he said. “We changed into a fresh pair of Nike shoes each day and carried only about 8 pounds of survival gear piece in day packs.”

To the end, Stock developed a swollen ankle which he kept under control with soaking in cold mountain streams and with an ankle brace.

The three trained for 6 months, gradually increasing their distances to 100 miles a week. Then they began running 25 miles in local mountains at 5000 feet.

Finally, a week before the run, they went into the Sierra to get used to the altitude by taking runs to the top of 14,494-foot Mt. Whitney.

Larry Reddin pauses during 8-day, 220-mile run over John Muir Trail in rugged Sierra Nevada Mountains.

Reliable source

—Payton Jordan, 62, Masters marathon record-holder in the 100 and 200, announced his retirement after 23 years as track coach at Stanford University in Palo Alto, Calif. He'll take a year's sabbatical and then return to the university to work in public relations. Jordan's been unbeatable in the 60-65 age group, but hasn't competed in national or international meets. Up till now, that is.

—Stan Crottell, 36, set a 24-hour world record for 67½ miles running 669 laps around an Atlanta track. The old record, set in 1973, was 161 miles in 25½ hours. His swollen feet looked like "a package of hamburger" and he had blisters the size of a silver dollar. "I know I've been running," he said, "but otherwise I feel terrific." An ultramarathoner, Crottell last year ran 400 miles across Georgia in 5 days. He said he alternated 3 miles of running with a 440-yard walk in his record-breaking effort. Every 25 miles he cooled his feet in a pill of ice water for 2 minutes to reduce swelling, then rubbed on Vaseline and put on dry socks and shoes. He sipped salt-water and ate sugar tablets. "People are capable of greater physical achievements than they give themselves credit for," Crottell said. "The majority of the public just sits on their duffs and gets fatter."

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