Following is the report to the National AAU Masters Track & Field Committee, regarding Masters at the AAU Convention held Dec. 1978, from Robert G. Fine, National Chairman.

The big news is that we now have a national sponsor for our program. We are the only committee that solicited and negotiated an agreement with a sponsor within the A.A.U. All other sponsors were obtained via the National AAU office.

The sponsorship agreement calls for expenditures of up to $35,000 per year. Money will not be spent just for the sake of spending it. The basic plan is that appropriations will be made through budgetary requests from the Regional Councils, from the meet directors of the various Regional and National Championships; and for specific programs such as the National Newsletter, Postcards, Relays and National Directory.

Occidental Life as part of their contribution will also provide commemorative awards for Regional and National Championships. OL does not object to other companies co-sponsoring races but has the right of approval. It is specified that no other insurance company will be a sponsor. It is thus important that all members of the National Committee submit requests to John Bevalaqua, 1001 Wade Ave., Raleigh, North Carolina 27605. All National and Regional meet directors will now be required to submit a statement as to all income and expenses after the meet. The entry fees can be no more than $3.00 per event since financial assistance will be given to guarantee no losses on the meets for the meet promoters. Expenses for rental costs and official are the type of costs that we have in mind. Regional and National medals and National patches will be obtained on a contingent basis, payable after the meet, from Bob Fine, with Bob taking back those awards not used. Money is also available for clerical expenses and "seed" money to get local programs started. OL, through their affiliate, Financial Fitness, is offering reduced-priced life insurance for those in a fitness program. Please do not hesitate to contribute your ideas as to how to best utilize the funds.

SUB-MASTERS

The Open Track and Field Committee was most cooperative regarding the sub-masters in that they approved an amendment to the Track and Field Rule 12.1 in adding under (b) "Sub-Masters Track and Field Championships. I. Age Groups 30-34 and 35-39 years.

This means that there can now be official championship status for sub-masters. They remain under the jurisdiction of the Open Committee. Thus, for all Association, Regional and National Championships it will be necessary for the meet directors to obtain sanctions from the Association Open T & F Chairman in which the meet is being held. This only applies to Track and Field.

The Long Distance Running Committee did not have any request before it and since there is a separate Masters LDR Committee it was felt that this was a matter in their jurisdiction. Any sub-master who wants to obtain championship status should thus contact Ken Bernard, P.O. Box 80512, San Diego, Cal. 92138 (the Masters LDR Chairman) and/or Bob Campbell, 39 Linnet St., West Roxbury, Mass. 02132.

I.A.A.F.

At the International Federation's meeting in Puerto Rico Rule 53 (regarding professionalism) was amended to read, "This does not apply to any athletic meeting which is restricted to the Veteran age groups (40 years and over for men and 35 years and over for women)."

It was specifically noted in the discussion of this proposal that: "The Council makes this proposal for two reasons: 1) To allow athletes ineligible for Amateur Athletes to take part in Veteran meetings. 2) To ensure that any amateur athlete of the Veteran age group may compete with ineligible Veteran athletes and still retain the right to compete in open amateur athletics."

In effect, the IAAF is not clarifying jurisdiction over the Masters (Veterans) and all men over 40 and women over 35 would be eligible to compete. The World Veterans Athletic Association will thus become the directing group for Veterans. The WVAA Constitution requires that all Veterans be permitted to compete. This is what we have been seeking for many years. We thus can now run our own show.

TRAVEL PERMITS

A dispute has arisen between Masters LDR and Masters T&F regarding travel permits. LDR has jurisdiction over the marathon and cross-country events at the World Championships in Hannover. LDR is ruling that travel permits are still required. T&F has taken the position that such permits are not required in view of the IAAF ruling but that a competitor must be certified by the T&F Committee as to his citizenship in order to compete on an American relay team or to count in the team score in race walking. Such certification will be done at the time of the meet based on one's passport. T&F argues that one does not have to be a member of the AAU in order to compete in Hannover. Since a travel permit is only issued to AAU members such a requirement would be in violation of the WVAA Constitution. For those of you who may be competing in the marathon or cross-country races we suggest that you obtain a travel permit if you wish to be counted in the team scoring.

MERGER

Although 60 per cent of those responding to the poll indicated that they wanted merger, plus the fact the LDR would be able to directly share in the sponsorship funds, the LDR Committee voted by 13 to 9 not to merge. T&F recognizes that there are more participants in LDR than T&F and thus, LDR would be in a position to dominate the overall program. T&F had no fears about this and voted to merge. Since we have done everything we could in the past two years to merge and since the leadership of Masters LDR has rejected merger we now feel that it is up to the individual competitor to let their feelings be known to the leadership of Masters LDR.

NAME CHANGE TO VETERANS

The poll that was taken was 2/3 to keep the name Masters and 1/3 to change the name to Veterans. The committee voted to keep the name Masters.

SITE SELECTION & NATIONAL RECORDS

The schedule of National Championships and national records set in 1978 appear in this issue of the newsletter.

AWARDS

George Ker received the Masters Athlete of the Year Award in Track and Field; John Allen received it for Race Walking and Pete Mundale received the...
ELECTION OF OFFICERS

Wendy Miller and Bob Fine were elected co-chairmen of the committee. Bob will handle dealings with the AAU and writing detailed rules. Wendy will be in charge of organizing and coordinating the work of the Regional Councils and the local associations. Wendy did not wish to take over the chairmanship entirely until she had obtained some more experience, which is why we have co-chairmen. Any questions as to organizing the program should go to Wendy. Irene Otera was elected as vice-chairperson.

John Bevalagana was elected as treasurer. John had been the Southeastern chairman. He is presently working for Financial Fitness in charge of their marketing. John resigned as Southeastern chairman on becoming the treasurer. Ken Kirk, 3800 Stonewall Terrace, Atlanta, Ga. 30339, was appointed as the Southeastern chairman. Ron Fox, 3525 Western Ave., Highland Park, Ill. 60035 has replaced Wendy Miller as the Midwestern chairman.

George Braceland remains as the secretary. A special thanks goes to George for all of his work in sending out our reports.

INCORPORATION

The "Masters Track and Field Committee of the AAU, Inc.” is now incorporated in the state of

continued

1978 AAU Masters Records

| AM-American Record: AC-All-Comers Records: CH-AAU Championship Meet Record |
|------------------------|------------------------|------------------------|
| INDOORS                |                        |                        |
| 1500 Meters            | 4:15.2                 | Bob Emmerling          |
|                        |                        | Southern California Striders AM |
| 50 Meters              | 1:56.0                 | Lloyd Riddick         |
|                        |                        | New York Pioneers AM   |
| 50 Meters              | 5:59.5                 | Arnold Buell           |
|                        |                        | New York Pioneers AM   |
| 600 Yards              | 7:15.0                 | Ken Dennis            |
|                        |                        | Corona Del Mar AM      |
| 2 Mile Walk            | 13:36.0                | Ron Kulk              |
|                        |                        | New York Athletic Club AM |
| 2 Mile Walk            | 14:45.8                | Ron Kulk              |
|                        |                        | New York Athletic Club AM |
| OUTDOORS               |                        |                        |
| 4 Mile Relay           | 18:47.2                | West Valley Joggers and Striders AM, AC, CH |
|                        |                        | Ken Napier-Kent Guthrie-Ralph Bowles-Bob Wellick |
| DISTANCE               |                        |                        |
| 35 Kilometers         | 2:12:22                 | Johnnie Faerber        |
|                        |                        | Mid Pacific Road Runners AM, AC |
| 40 Kilometers         | 2:41:50                 | Johnnie Faerber        |
|                        |                        | Mid Pacific Road Runners AM, AC |
| 25 Miles               | 1:44:32                 | Johnnie Faerber        |
|                        |                        | Mid Pacific Road Runners AM, AC |
| 50 Kilometers         | 3:34:37                 | Ed Almeida             |
|                        |                        | San Diego Track Club AM, AC |
| 50 Miles               | 6:13:17                 | Ed Almeida             |
|                        |                        | San Diego Track Club AM, AC |
| 1978 POSTAL RELAY CHAMPIONSHIP RESULTS | | | |
| 440 YARDS              | 43.5                    | Corona Del Mar         |
|                        | 48.0                    | K. Dennis, G. Miller, D. Segal, P. Knox |
| 440 YARDS 50+          | 55.4                    | Potomac Valley         |
|                        | 55.4                    | B. Tobar, R. Johnson, P. Hoskins, J. Martin |
| 880 YARDS              | 1:32:9                  | Corona Del Mar         |
|                        | 1:32:9                  | K. Dennis, P. Knox, G. Miller, D. Segal |
| 880 YARDS 50+          | 1:56.1                  | Potomac Valley         |
|                        | 1:56.1                  | B. Tobar, R. Johnson, P. Hoskins, J. Martin |
| 1 MILE                 | 3:34:2                  | Corona Del Mar         |
|                        | 3:34:2                  | K. Dennis, A. Henry, P. Knox, G. Miller |
| 2 MILE                 | 5:31:1                  | Corona Del Mar         |
|                        | 5:31:1                  | Potomac Valley         |
|                        | 5:31:1                  | Univ. of Chicago TC J. Avery, D. Smith, R. Sandler, E. Bulpas |
| 4 MILE                 | 8:16:27                 | Corona Del Mar         |
|                        | 8:16:27                 | Southern Calif. Striders |
|                        | 8:16:27                 | Potomac Valley         |
|                        | 8:16:27                 | West Valley K. Napier, K. Guthrie, R. Bowles, B. Wellick |
| DISTANCE MEDLEYII:37:8 | 12:14.7                 | Arizona Road Runners AM |
| SPRAINT MEDLEY         | 3:50.0                  | Potomac Valley         |
|                        | 3:50.0                  | Southern Cal.Striders-D. Barrows, T. Clark, B. Emmerling, T. Scaruck |
| 220-220-440-880        | 3:51.0                  | Potomac Valley         |
|                        | 3:51.0                  | Potomac Valley         |
| AG-AGE-GROUP MEDLEYIV:21.0 | 3:52.0 | Southern Cal.Striders |
|                        | 3:52.0                  | Potomac Valley         |
|                        | 3:52.0                  | Potomac Valley         |

NATIONAL UNIFORMS

There are official AAU Masters Training suits for $25 (Red-White and Blue with USA Masters on the back) and running pants (red) and shirt (nylon mesh in white with blue lettering "U.S.A. Masters") for $11.25 plus $1.25 postage. They can be obtained from Carl森 Import Shoe Corp., 524 Broadway, New York, N.Y. 10012, 212-431-5940.

NATIONAL MASTERS NEWSLETTER (NMN)

The most important program we have is the NMN. Our sponsor will guarantee 12 issues. The exact format has still to be worked out. The NMN can serve as the least expensive way of disseminating entry forms and meet information. Please send meet results and any articles to Ed Gildea, 102 West Water St., Lansford, Pa. 18232.

Occidental Life sponsoring Masters program

continued

News Note

Occidental Life of North Carolina, a 71-year-old stock company with statutory assets of over $140 million, is writing whole-life policies with premium discounts of up to 20% for applicants who have been non-smokers and have participated in a program of aerobic exercise for one year or more.

THE NATIONAL MASTERS NEWSLETTER is published quarterly from 102 W. Water St., Lansford, Pa. 18232. Address all correspondence to this address.

Subscription price: $3.00 per year. Advertising rate: $1.50 per column inch.

Spring, 1979—8th issue

Second class postage paid at Lansford, Pa. 18232.
ATHLETIC COUNCIL (AC)

A new Athletic Council has been formed composed of all of the Standing Sports Committees within the A&U in athletics. In such a framework, the Masters will have complete control over our program and will be able to work with and coordinate activities with the other athletic committees. The Athletic Council will seek to obtain the international franchise in athletics for the United States. The AC will become the national governing body for the sport in accordance with legislation passed by the Congress. Both Masters T&F and L&D voted for the AC.

FINANCES

Expenses for mailings, awards, phone calls, postal relays and women's records were authorized which has reduced our treasury to slightly over $200. Our principal source of income is the 50c our committee receives from AAU dues. It is important that you make sure that all of our athletes mark off both "Masters" and "Track and Field" when making out their AAU registration form. We will maintain our account using the AAU national headquarters. John Bevalaqua will open up two additional accounts for processing the sponsor's contributions.

ORGANIZATION OF LOCAL AND REGIONAL PROGRAMS

Wendy will be in charge of these areas. Since we now have some funds available it is important that our association chairmen, some of whom we never hear from and are really just names, submit a report as to what is going on in their locales, what programs they would like to start and what funding would be necessary. For those of you who are association chairmen and have neither the time or inclination to work on local programs please let us know so that we may be able to set aside funds to help out the local organization.

Green Valley, Ariz., did not look like a retirement community on Nov. 11—at least for two hours.

The reason was the second annual National Masters Cross-Country Championships, which drew 163 runners from 25 states. They ran in chilling wind of 40 miles per hour.

Spectators matched the courage of the runners. About 500 watched some of the nation's top senior distance runners.

While the weather and the size of the crowd may have been surprising, the results of the race were not.

Robert Packard, the mathematics professor from Northern Arizona University, successfully defended his title in the 40-44 age group with a time of 23:02 for four miles.

Packard simply blew away John Weldy of Scottsdale, a distant second at 23:33. In fact, no one in the four-mile competition (ages 40 to 59) saw much of Packard, who turned in one of his best races of the year.

In the National Masters, the normal cross-country scoring is reversed. First place is worth six points, second place five points and so on. Runners have to be in the top six in their age group to be counted.

Vealton Hixon of Sun City was the oldest runner at 72. She showed distance running at the age of 70.

Mrs. Hixon helped Sun City win the special Arizona Bank award for the competition with
The AAU National Masters Championships '79 schedule

The AAU Masters 5000-Meter Cross-Country Championships

The AAU Masters 5000-Meter Cross-Country National Championships were held on the Balboa Park course Saturday, Nov. 25, 1978. The Pacific Southwest Association Championships were held concurrently for Masters and Sub-Masters.

Sporadic rain on Thursday and Friday added a little mud on the trail.

In the Sub-Masters men's race, Graham Garcia got next year's AAU registration out of the way, then proceeded to show his 30-34-year-old peers how to run the 5000-meter course, beating fellow track club runner Dennis Kasichke by 16 seconds. Between the two the 35-39 champion, George Luiken, led the silver medalist, Jim Cruikshank by 54 seconds.

The Sub-Masters women were paced by Laurie Binder, who led second placer Loutia Bache by almost 2 1/2 minutes and Loutia is no slouch! Masters women were shown the course by Nicki Hobson and Dorothy Stock, with Nicki in front by a comfortable 28 seconds and Betty Wood another 36 seconds back.

On Nov. 4, Jim Temples led the way in the SDTC team trials and not only duplicated that race in the Nationals, but had exactly the same time! That's consistency and also shows that the trials are a meaningful race. Indeed, the first three finishers on Nov. 4 were the first three on Nov. 25. Bob Collins placed second two seconds faster and Tony Suec was 10 seconds faster in third.

30-39 Men PSA-AAU 5000-M

XC CHAMPIONSHIPS


MASTERS AND UP


These will be part of the Outdoor T & F Championships in Gresham, Ore.


Winning team members were: Temples, Bob Collins, Tony Suec, Cal Hamren and Bill Blair.

50-59 - Bill Phillips, Brian Freeman, Bob Holmes, Rudy Ferrone and Tom Ercat.

60 plus - John Lafferty, Wayne Zook and El Alric.

Masters Track & Field Championships

First annual Southwestern Open Sept. 3

The first annual Southwestern Open Masters Track and Field Championships were held at Albuquerque, New Mexico, on Sept. 3. The winners are as follows:

100 METERS—30-34, Bill Knippmeyer, Englewood, Colo., 11.1; 35-39, Walter Butler, Altadena, Calif., 10.8; 40-44, Ken Dennis, Los Angeles, Calif., 11.0; 45-49, Marion Sanchez, San Lorenzo, Calif., 11.7; 50-59, Dick Sloope, Los Alamitos, N.M., 12.2; 60-69, Sam Keith, Albuq., N.M., 16.3; Women, 40-49, Christel Miller, Glendale, Calif., 13.9; Men, 70-79, Herb Anderson, Bellevue, Colo., 15.4.

200 METERS—30-39, Walter Butler, Altadena, Calif., 22.4; 40-44, Gary Miller, Glendale, Calif., 22.7; 45-49, Sanchez, 24.2; 50-59, Sloope, 26.1; 60-69, Keith, 40.0; 70-79, Anderson, 33.4.

400 METERS—30-39, Jim Gonzales, Pueblo, Colo., 40-44, Miller, 52.8; 45-49, Tony Nastrella, Lakewood, Calif., 58.3; 50-59, DeLain Wagner, Chino, Calif., 60.1; 60-69, Keith, 1:31.3; 70-79, Anderson, 76.8; Women, 30-39, Arlene Weeks, Los Alamos, N.M., 73.7.


Continued on page 8


10,000 METERS—30-39, Childers, 32:48.0; 40-49, John Montano, Albuquerque, N.M., 35:35.3; 50-59, Don Longenecker, Silver City, N.M., 39:00.4.

5000-METER WALK—50-59, Howard Barnes, Roswell, N.M., 1:31:15.8; 60-69, Gordon Wallace, Prescott, Ariz., 2:06.6; 70-79, Chesley Unruh, Tetece, Calif., 3:45.3.


400-METER HURDLES—30-39, Jack Batson, Roswell, N.M., 67.7; 40-49, Miller, 63.3; 70-79, Anderson, 1:43.2.


continued on page 8

1979 Eastern TFA/USA Masters Indoor Track Championships

February 4

AT SLIPPERY ROCK
STATE COLLEGE
SLIPPERY ROCK, PA.

Information is available by sending a self-addressed, stamped envelope to:

John Harwick
467 Beverly Road
Pittsburgh, Pa. 15216
412-561-0838
The ageless veteran of the roads and tracks, Lou Gregory, right, flew up from Florida to take part in the Masters meet at East Stroudsburg last March. He took part in his first indoor meet on July 10, 1902. At 76, he's tops in his class in the USA, winning everything he entered at the latter meet from the 50-yard dash to the mile run. Nobody in his age group can beat him in the marathon, either. Beside him is Frank Finger, 63, of Charlottesville, Va.

Starter Dinny Noonan has both guns poised for the start of the mile run with Suzie Buchanan, 40, taking on the over-60 men. She won it in 5:24.9. Lou Gregory, third from left, posted a 7:12 in winning 75-79 age group honors and Joe McCluskey, former Fordham star (between Gregory and Buchanan) was the 65-69 winner in 6:33.2. John Popovich, far right, was third in the 60-64 group in 6:01.4.

A. Newman was tops in the 60-64 group in 5:27.2 and Frank Finger (2nd from left) was second in 5:57.5.

Members of the Potomac Valley Seniors who were among the competitors at the 4th annual AAU indoor meet at East Stroudsburg, Pa., last March 19, were, in front: George Vernosky, left, and Dixon Hemphill. Standing from left: Raynah Adams, Sal Corrallo and Jim Demma.

Rudy Enders, 46, of the Potomac Valley Seniors, won the long jump in the 45-49 group with a leap of 17'10" at the '78 AAU meet. A Department of the Army employee, he was second in the 50-yard high hurdles. He also competed in the 50-yard dash and the 300-yard run.
Nat Heard of the Corona Del Mar club, winner of the shot put at the
indoor meet at East Stroudsburg with a heave of 51'5" in the 60-64
age group, is congratulated by Tom McDermott of Madison,
Conn., who placed second with a throw of 47'4".

Photos by Ed Gildea

Joe McCloskey, left, was a steeplechaser and two-miler for
Fordham in 1929. "Lash Deckert always nipped me," he said.
Joe was 66 when this photo was taken at the East Stroudsburg
meet last March and still near the top of his age group, in which he
placed first in the mile run, second in the weight throw and
third in the 1,000-yard run and 600-yard run. Beside him is Bill
Eipel, 64, of the New York A.C., 1936 intercollegiate high jump
champion. A 6'7" jumper in his youth and second in the Nationals
in 1940, Eipel was second in his age group at the meet and 4th in
the shot put.

Suzie Buchanan and her coach Ted A. Nash of the Klub
Keystone Masters, Philadelphia. Suzie is a world record holder and
ran a 4:46 in the 1,500-meter run at Toronto in 1975. At 40 at East
Stroudsburg, she won the 600-
yard run, the mile and two-mile in
the 40-44 women's division.
A look back at the 1978 National Masters AAU Indoor Championships at East Stroudsburg

Members of the Potomac Valley Seniors who were among the competitors at the 4th annual AAU indoor meet at East Stroudsburg, Pa., last March 19, were, in front: George Vernosky, left, and Dixon Hemphill. Standing from left: Raynah Adams, Sal Corrallo and Jim Demma.

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Joe McCloskey, left, was a steeplechaser and two-miler for Fordham in 1929. "Lash Deckert always nipped me," he said. Joe was 66 when this photo was taken at the East Stroudsburg meet last March and still near the top of his age group, in which he placed first in the mile run, second in the weight throw and third in the 1,000-yard run and 600-yard run. Beside him is Bill Eipel, 64, of the New York A.C., 1936 intercollegiate high jump champion. A 6'7" jumper in his youth and second in the Nationals in 1940, Eipel was second in his age group at the meet and 4th in the shot put.

Nat Heard of the Corona Del Mar club, winner of the shot put at the Nationals, is at right, was third in the 60-64 up in 6:01.4.

Newman was tops in the 60-64 up in 5:27.2 and Frank Finger (from left) was second in 7:5.

Nat Heard of the Corona Del Mar club, winner of the shot put at the nationals, is at right, was third in the 60-64 up in 6:01.4.

Newman was tops in the 60-64 up in 5:27.2 and Frank Finger (from left) was second in 7:5.
Reports on Masters Sports Association
1978-79 Indoor Development Meet

Dec. 1, 1978
600 yards - scratch (age given)
1st section 30-39

Jayson
1.20.4
Wilson
1.29.0
Spector
1.30.7
Pearson
1.36.8
Grossman
NT

2nd section 40-49
Bertrand
1.21.2
O’Neill
1.22.5
Small
1.23.3
Bohigian
1.26.0

3rd section 50-plus
Valentine
1.29.2
Spitzer
1.30.5
Talbott
1.36.2
Bradley
1.40.3
Lannono
NT

One-Mile Run - Scratch 30-39
Ahmed
31 45.46
O’Reilly
34 50.01

50-59
Willis
40 45.54
Kennedy
40 45.48
Ananshays
50.06
Poeck
41 51.18
Aber
41 51.15

50-plus
Tan
46 54.1
Boger
42 6.02

Caputo
51 50.03
Brown
52 6.06

Dec. 29, 1978
168th St. Armory
50-yard dash scratch
Roberto Stanford
30 7.0
Arnold Minkoff
35 7.2

40-49
Ray Alexander
34 7.2
(9 race in)
Cliff Bertrand
42 6.7

Capustozzo
42 6.7

Jon
42 7.1

Robert Smith
45 7.1

Rudy Valentine
55 7.3
Maurice Lentzer
53 7.6

Women
Sandie Pashkin
36 8.2

300-yard dash - scratch
Roberto Stanford
38 34.8
Glenn Sheffter
39 34.9

Elsworth Robinson
32 35.3
Ernie Gill
38 38.1

John Smith
31 38.1
Don Pierson
31 38.7
James Wilson
32 38.9
Oscar Gavino
35 39.9

40-49
Cliff Bertrand
42 34.2
Maxoone Neal
40 34.9
Baker
42 36.4
William Clark
45 36.5
Ed Small
40 36.6

Haig Bohigian
42 36.7
Cliff Pauling
44 38.0

Tom McCarron
46 39.1
Louis James
43 39.7

Dec. 29, 1978
300-yard dash
50-59
Rudy Valentine
55 36.9
Jim Manno
58 41.3

Women
Sandy Pashkin
36 41.8
Florence McArdele
40 44.3

3/4-mile run - scratch
Matt Cucchiara
36 32.4
Ernest Borges
30 32.0
DeLeon Gibson
39 36.0

40-49
Charles Kennedy
40 33.1
Herman Willis
40 32.9
Vince Chiappetta
45 37.5
Jim Aneski
43 40.0

Rudy Valentine
44 43.0
Tom Jones
42 00.0

Don Spitzer
49 08.0
Don Denig
46 12.0

50-59
Kelsey Brown
51 35.3
Arthur Bradley
52 14.0
Gary Mihbaca
51 47.0

Teddie Fall
50 18.0
Peter Caputo
52 24.0

Women
Sandy Pashkin
36 42.4
Florence McArdele
40 46.0

Jan. 3, 1979 - 168th St. Armory
60-yard dash - scratch
Ray Alexander
30 7.3
Mike DeJesus
34 7.4

Ernie Gill
37 7.5

40-49
Roosevelt Weaver
41 7.1

Lloyd Riddick
44 7.2
Richard Deere
41 7.2

Allan Roseting
43 7.3

Tom Talbott
40 6.4

50-59
Rudy Valentine
55 7.3

880-yard run - age grading
Time Points
Rudy Valentine
55 23.4 839
Ed Small
40 21.0 748
Louis Stern
44 217.3 732

Marty Cuccia
36 298.7 726
Allan Pale
44 185.8 724

Don Spitzer
50 268.9 723
Sandie Pashkin
36 213.1 713

Flor. McArdele
44 246.6 705
Jim Aneski
30 195.3 693

Arthur Bradley
52 261.6 666
Jim Perdue
41 222.4 636

Ted Fox
50 236.6 630
Haig Bohigian
42 242.3 620

John Smith
31 178.4 570
Peter Caputo
52 487 567

Don Denig
46 237.6 563
Ernest Borges
30 217.7 563

Tom Jones
42 252.5 530
Ernie Gill
37 307.0 509

John Montalbo
33 225.9 508

2-mile - age grading
Gary Mihbaca
28 95.9 780
Charles Kennedy
40 102.76 730
Louis Stern
44 105.27 729

Marty Cuccia
36 109.9 727
James Burns
30 1001.6 709

Jim Perdue
41 1101.7 670
Tom Talbott
46 115.1 668

Ben Germsa
30 102.71 661
Ernest Borges
30 103.39 619

Tom Jones
42 123.6 545

(Note: 16-lb. shot used in first two classes; 12-lb. in 50-59 group and 8-lb. for last three groups.)
He may be the most versatile over-40 runner of all time

Probably the most versatile runner of all time is Dr. Robert Thomas of Long Beach, N.Y. "Bobby" has run the 100-yard dash in 9.9, the 200 meters in 22.3, the 400 meters in 51.4 and the 1978 Boston Marathon in 2 hours and 52 minutes. What makes these times even more amazing is that they were all done after Thomas was 40 years of age!

Bob's best times as a youngster were 9.6 for the 100 and 21.1 for the 220. His 9.9 for the hundred was a Masters world record. In 1975, he won both the 200 and 400 meters at the 1975 AAU Outdoor Masters Championships. The demands of his medical practice then restricted his competitive efforts. He decided to do aerobic workouts, since he felt that "good health is endurance, not strength." Five weeks before the 1977 Long Island Marathon, a friend casually asked Bob if he would be competing in it. Without any thought, Bobby said, "Yes." With only five weeks of training he stayed with the leaders for the first half of the race, then "hit the wall," finishing in 3:28. He recuperated from the race, took some time for sprint training to take part in the New York Pioneer Masters 400 and 800-meter World Record Relay efforts, and then started training for the New York Marathon. In New York, Bob did 3:02.

At Boston, he started in the back of the pack. It took him three minutes to get to the starting line after the gun went off. It was so crowded at the start that his first mile was done in ten minutes; two miles in 19 and three miles in 27. Thereafter he got some running room and just kept passing people. It would be reasonable to take five minutes from his 2:52 because of the crowded start.

Bobby theorizes that an individual must be born with certain neuro-muscular ability to perform the rapid movements required in sprinting, but he feels a good sprinter can run a good marathon with sufficient training.

There is nothing unusual about his training methods. With a very restrictive time schedule he is unable to train twice a day as often as he would like. Most of his training runs are at a pace of six to seven minutes, with some long runs interspersed on his day off.

He runs mainly on the boardwalk near his home, or on cement roads in the area. About once a week he'll do some anaerobic workouts consisting of repeat 440's, 880's or miles on the boardwalk. Sometimes he'll run on the sand or do repeat runs up the ramps leading to the boardwalk. He has steadily increased his weekly mileage to over 100. Bobby needs only five or six hours of sleep. Sometimes he may just naturally wake at 4 a.m. and go off for a three-hour workout. He does no weightlifting, feeling that strength is necessary for sprinting but not distance running. He does believe in stretching.

Bob is 5'7" and weighs 159 pounds when he started distance training. His weight is now down to 148 and his pulse decreased from 60 to 48.

His present goals are 2:30 for the marathon, and to be the first man over 45 to go under 10 flat for the hundred.

"Don't bet against him!"

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**Editor's notes**

By ED GILDEA

Subscriber J.W. Doig of Princeton, N.J., reports that Princeton held its 4th annual college alumni masters meet recently with athletes in their 60's and younger taking part.

The winning mile time for the 50-54 category was 5:17.

"A few articles on this kind of event (Cornell holds an alumni track meet, too) might encourage other colleges to hold reunions of this non-drinking kind," Doig says.

"At Princeton and Cornell, many of the competitors are mainly road runners who enjoy trying a variety of events they haven't competed in. Thus the 5:17 miler ran the 100-yard dash too (first time he ever tried that) and a few over-40 runners threw the discus and shot and then ran the 5,000-meter...In N.J. we also have an occasional 'aquaterra biathlon' involving masters who run and swim various events with scoring tables used to decide winners in age groups of 25 through 70-plus."

John Allen of Pomona, Calif., set a new record for 52-year-olds in the 5,000-meter race walk Aug. 19 in the Pan-American Masters Race Walking Meet at Santa Ana College. Allen's time of 24 minutes, 41 seconds was good for first place in the 50-54 age group. He was 4th overall.

The old record was 25:55.

The next day Allen set a new meet record for 52-year-olds in the 20,000-meter race walk, placing third overall in 1:45:58. This broke his old record of 1:47:41. Allen came within three seconds of breaking the record for the 50-54 age category set by Tony Madrieros in Massachusetts in 1967.

Allen established a record for masters (40 and over) walkers in the 50-kilometer walk Sept. 10 in the AAU Senior Nationals at Bell Isle Park, Detroit, Mich. In the 31-mile-plus walk Allen was clocked at 4:55:12. The old mark of 4:58:16 was set in 1973 by John Kelly of Santa Monica.

Allen was 10th overall.

Allen participated in the 1960 Olympics in Rome and hopes to make it to Moscow in 1980.

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Speaking of race walking, Alan Wood in his September newsletter reports that the September issue of Reader's Digest reports...
that "Podiatrists give regular brisk walking higher marks than even running or jogging for maintaining foot fitness."

Wood's newsletter is probably the best source of data on race walking. Wood's address is Regency Room 285, Pompton Plains, N.J. 07444. A subscription to the newsletter is $2.

In his October issue, Wood notes "Doc Sheehan's thought: 'Runners with lower back pain and intractable knee problems have found a pain-free haven in race walking.' Wood quotes some readers on how back problems are relieved by walking, including one woman who wrote: 'My lower back injury gives me fits when running, but not in walking.'

Wood's October issue, incidentally, includes an article on John Allen, noting that he came back from the depths of alcoholism to record-breaking walking performances.

Excerpts from Wood's Dec. newsletter:

A Pacific Coast pilot Rudy Halauza dropped down on New York to chop over two minutes off the Masters 10-mile record, hitting 1:19:45 in the Canon Island Handicap Nov. 26. Another Class 1B person, Howie Jacobsen, raced 1:21:56 (on 30 miles a week—he's doing a book on fitness). Dave Romansky worked out and guided 9-year-old daughter Diana to first place (1:49:14).

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Carole Brockman of Kansas City, Mo., takes Al Sheehan to task in a letter for not mentioning the performances of Polly Clarke in her writeup of the National Masters AAU Championships in Atlanta in our previous issue.

"I believe one of her times was a record," Carole wrote. "I admire Mr. and Mrs. Clarke. I failed to see a mention of Yoshiko D'Ella's 10,000-meter victory or Anna Mapps' first in the long jump (30-34) or her 2nd in the 100 and the 100. I could add more.

"And the statement that the field events 'were a bit scrambled' was certainly an understatement. I waited in the hot Atlanta sun all afternoon and early evening to do the two jumps (which, by the way, I also took first in the 35-39 high jump with a 3'10" jump). Each time I inquired it seemed that I was to understand that the women would be last. Why must this be? I am not a radical ERA enthusiast, but I do believe in the fairness practice.'"

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Phil Partridge went to a lot of trouble to get us the full results of the Masters Sports Association AAU Weight Pentathlon at Randall's Island, New York City on Sept. 24, but lack of space prevents us from using them.

We can only summarize the results, giving the winners of the various age groups and the total score, eliminating the figures for the individual events—discus, shot, javelin, hammer and weight throw.

Phil notes that all scoring was by IAAF tables for ages under 40 and he notes that there were problems with the "new" scoring system. The summary, listing total score only:


42. Bohlign, 1595.5 and 1278; 44. Sweat, 1764 and 1421; 44. Jackson, 2114 and 1820.5; 44. Krastin, 2086.5 and 1751.5; 46. Carpenstern, 2369 and 2410.5; 47. Olson, 2991.5 and 3287.5; 49. Hanley, 760 and 571.5; 50. Ryan, 1165 and 826; 50. Phillips, 2316.5 and 2373; 51. Stern, 1153.5 and 818.5; 52. Lentz, 761.5 and 543; 53. Cantor, 2545 and 2711.

New scoring:
56. Harris, 1595 and 1346.5; 57. Minafra, 1772 and 1581.5; 45. Miller, 1096 and 1145.

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A late note from Benny Wagner advises that "The Track and Field Association/United States of America has been born recently from a merger of the United States Track Coaches Association and the United States Track and Field Federation."

Wagner, executive director of the TFA/USA, says: "This new organization hopes to have as constituent members all groups active in track and field through their national organizations. The TFA/USA is to be governed by people interested in track and field, people who are participating or working in and for the sport, and who are knowledgeable in it."

"Track and field, by TFA/USA definition, includes race walking, decathlon, pentathlon, cross-country, field, road running, marathon running and indoor and outdoor track and field for boys and girls, men and women in the age group, high school, junior college, college and university, open, submasters and masters categories. Programs of training, competition and education in the sport are to be carried out at area, state, regional and national levels.

"We are just getting started, with headquarters at 10920 Ambassador Drive, Suite 322, Kansas City, Missouri 64153; telephone (816) 891-1077."

"We will welcome ideas and suggestions as to how we can be of service to the track and field community of the United States."

Wagner was the U.S. Olympic team men's jumps coach in 1976 and coach at Oregon State University for 10 years. He coached three years at the junior college level and 13 years at the high school level. He is past president of the Northern California Track and Field Association and past chairman of the board of the Santa Clara Valley Youth Village Track Club.

Among the pro-tem officers of the TFA/USA is Richard De-Schriver, acting president. He is track and cross-country coach at East Stroudsburg State College (Pa.) and president of NCAA Division II Track Coaches Association.

Acting directors are Sam Bell, track and cross-country coach at Indiana University; E. Wayne Cooley, executive secretary of the Iowa Girls High School Athletic Union; Dave Maggard, director of athletics at the University of California, and Mel Rosen, track coach at Auburn University and continued on page 12
National AAU Master’s Indoor Track and Field Championships
and National AAU Submaster’s Indoor Track and Field Championships
Saturday and Sunday, March 17 & 18, 1979

University of Michigan, Track and Tennis Building, Ann Arbor, Michigan
Sponsored by the Ann Arbor Track Club, Gandy Dancer Restaurant and Financial Fitness, Inc.
Sanctioned by the Michigan Association of the AAU and the National Masters AAU

ELIGIBILITY: The competitions open to all men and women 30 years and over who are registered with the AAU of the United States. (Canadians must register with Canadian AAU)

DIVISIONS:
Men: A=30-34, II=35-39, I=40-44, III-A=45-49, II=50-54, I=55-59,
III-A=60-64, III-B=66-69, IV-A=70-74,
IV-B=75-79, V-A=80-84, V-B=85 and over.
Women: National Championship Medals

Entries: National Championship Medals

Will be presented to the first 3 place finishers in each individual event and 1st place relay in each division.

One championship patch will be given to each individual finishing an event. Only one patch per individual.

FEES: $3 per event, no refunds, no post entries, no charge for relay teams.

DEADLINE: Thursday, March 1, 1979.
A spectator charge of $1 will go towards defraying the cost of the facilties. We need 400 athletes and as many spectators as we are going to come anywhere covering our costs.

SPECIAL INVITATIONAL EVENTS: Talented area runners will be invited to participate.

FACILITIES: 220 yd. tartan track with 8 lanes on the straightway and 6 lanes on the turns. 4 inch spikes recommended. Locker and shower available at Intramural Building. approx. 100 yards from the track. Change at home or hotel if possible.

RELAYS: Relays will be run in each division. (30-39, 40-49, etc.) Higher division runners may run in lower division relay but not vice versa. Teams may be declared anytime before the start of the race.

HOTELS: 90 hotel rooms have been reserved at the Campus Inn, Huron and State Sts. For reservations you have call during business hours, 8-5, 769-2220 and mention you are with the National Master’s Meet. To get the rates of $31 for single, $37 for double. Deadline is March 3.

The above schedule will allow ample time for travel to and from the meet and plenty of rest for those who are doubting. The schedule may be altered when entries are received and heats drawn. The order of running events will be as follows: I, II, III, IV, V. In each case women will follow men. In some cases, divisions may be combined but scored separately.

Entries should be sent to registration chairman Larry Steeb, 2232 Dexter Rd., Ann Arbor 48103.

For other questions, contact the meet director, Elmo Morales, 2112 Arlene St., Ann Arbor 48103, phone: 313-761-3334 after 6 p.m.

T-SHIRTS: T-shirts with a distinctive race logo are available for a cost of $4. Funds from the t-shirts will go to defray the cost of the meet. Please remit payment and size along with entry fees.

Master’s Indoor Track and Field Championship

At the International Federation’s meeting in Puerto Rico Rule 53 (regarding professionalism) was amended to read, “This does not mean that an athlete is unprofessional at any time. It is an individual determination by the club and the individual runner whether he is professional or not.” It is clear that many athletes and clubs have the right, under Rule 53, to compete for normal club championships, despite previous guidance. The meet director shall have the right to determine whether an entry is professional or not. He shall issue a professional or non-professional certificate to any participant. The certificate is not transferable to any other meet. Any controversy arising from the application of these rules shall be referred to the Central Board of the AAU. The Central Board shall have the exclusive right to determine the interpretation and enforcement of these rules.
**Editor's Notes**

continued from page 10

president of the United States Track Coaches Association.

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The Western Pennsylvania Track Club has named Dave Batchelor as its Outstanding Athlete for 1978. Dave won the AAU Indoor Masters National Championship 55-59 division shot put (34-3) and weight throw (33-10) at East Stroudsburg, Pa., in March. In June he added two USATF National Masters titles in the hammer and weight throw and later that month he won the National AAU Weight Pentathlon Championships in Vermont. He was a winner in Atlanta, too, in the 16-lb. hammer throw with a personal best of 106-6.

***

Fred Keiser of Reading, Pa., was featured in a page of photos in the Philadelphia Inquirer on Sunday, Nov. 5. "He may be the world's oldest decathlon performer, a Bruce Jenner after his time," said the Inquirer."He has been a physical education teacher for some 60 years and, he says, he has never really stopped being an athlete. He uses weights to strengthen his hands and when weights start to bore him, he uses household appliances. He still throws the discus and will represent the United States next summer in the World Age Group Decathlon in Hanover, West Germany. After he finishes practicing his javelin throws, he says he takes half-hour walks. He says he looks so good at 78 because he also jogs a lot. Says Keiser: 'I think I have a good chance in the world championships. There aren't too many people my age competing. Most of them are dead. Or at least they're supposed to be, according to the actuary tables. But me, I expect to keep improving.'"

***

The 5th annual Philadelphia Masters Indoor Championships will be held Saturday, March 3, at the Schwartz Fieldhouse of Widener College, Chester, Pa. Short spikes will be allowed on the 176-yard tartan track. Starting time is 7 p.m.

Awards will be in the first three places in 5-year age groups starting at age 30. The event is open to all athletes 30 and older who are registered with the AAU. The entry fee is $4 per event. All entries will be post entries and participants are asked to allow sufficient check-in time. The only field events, high jump and shot put, will start an hour earlier—at 6 p.m.

The U.S. AAU Eastern Regional Masters Championship Meet for shot put and weight throw will be held Sunday, Feb. 4, 1979, at Trinity College Field House, Hartford, Conn., at 12 noon.

It is sanctioned by the AAU National Masters Committee and Connecticut District AAU and sponsored by Trinity College, Hartford, Conn.

The competition is open to all registered athletes over the age of 30. According to AAU regulations the competition will be divided into 5-year age groups.

Schedule: Field House opens at 11 a.m. for registration and warmup. Locker rooms are available but Trinity College and the Conn. District AAU assumes no responsibility for lost or stolen articles.

12 Noon: Weight Throw—Sub-Masters, Masters IA, Masters IB; Shot Put—Masters IIA and B, Masters IIB and C; Shot put—Women (All divisions).

Awards: Official Eastern Regional Medals will be awarded to the first three finishers in each 5-year age group.

Entry Fee: first event $3; both events $5.

Entries without entry fees will be rejected. Make checks payable to: New Britain Track & Field Association.

Entries close Jan. 30, 1979. Submit entries to: NBTA&FA, P.O. Box 204, Kensington, Ct. 06037.

All entries must list current AAU registration numbers. AAU registrations will be available at the competition site. No one will be allowed to compete without an AAU registration card.

The Trinity College Field House is located on Broad Street in Hartford. From I-84 exit at State Capitol on Capital Ave. proceed west to Broad St. and turn left. From I-91 exit at Capitol area exit both north and south, proceed to Capitol again turn left on Broad St. after traveling west.

**Shot put and weight throw meet in Conn. on Feb. 4**

The order of events is as follows: 60 HH, 60, mile run, 300, mile walk, two-mile run, 600, 1,000.

Development meets are scheduled by the association at Widener College on Feb. 11 and Feb. 25, with field events starting at 9:30 a.m. and running events at 10 a.m.

Anyone over 30 is eligible to join the Phila. Masters Track Association. Claude H. Hills, 510 E. Valley Green Road, Flourtown, Pa. 19031, phone 215 AD 3-0132. Hills can be contacted for membership applications.

The association will hold its second annual dinner dance on Friday, March 30 at the Shannon Caterers Ballroom on Route 73, West Berlin, N.J., with cocktails from 9 to 9 p.m. and dinner and dancing from 9 p.m. to 1 a.m.

The Philadelphia Master of the Year Award will be presented at the dinner.

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**1979 renewal notice to all Masters Sports Assoc. members**

Our Association continues to be the largest Masters group in the world. We have continued to sponsor local, regional and national meets. This year, were it not for the MSA there would have been no Eastern Regional Indoor or Outdoor Meets. Track and Field News was considering dropping the Age-Record book until MSA guaranteed a minimum purchase. In 1979 we will continue to offer the National Masters Newsletter and the Age-Record book, both of which retail for $5, as part of our $6 dues. MSA was able to have two additional issues of the National Masters Newsletter published over the four issues guaranteed yearly. We again will guarantee four issues of the Newsletter and the Age-Record book (to be sent out in late spring).

The order of events is as follows: 60 HH, 60, mile run, 300, mile walk, two-mile run, 600, 1,000.

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