HIGHLIGHTS

- John Brennand, Kiddy win National 25KM
- 16 meet records set in Eastern Championships
- Small, Shane, NY Pioneers smash indoor marks
- Miller sets women’s 25KM mark
- 121 compete in Midwest Championships
- Brennand, Hatton top One-Hour Run winners
- Beaver, Carr top Virginia masters
- 1980 regional schedules
- 47 meet records set in Metropolitan Champs
- MSA outdoor schedule
- Burgasser, Trees-Stricklin win Mardi Gras Marathon
- Braceland wins 7 in Philadelphia

Miller Sets Women’s Mark

Brennand, Kiddy Win National 25KM

VENTURA, CALIF., March 2. John Brennand of Santa Barbara, California topped all masters finishers to win the age 40-44 national masters crown in the combined Open-Masters U.S. National 25 Kilometer Championships.

Brennand, 44, at the “wrong” end of his age division, finished 15th overall in a time of 1:25:45 for one hour. He averaged 5:31 per mile and might have broken Ken Mueller’s U.S. masters mark of 1:23:18 but for a stiff headwind on the return trip of the out-and-back course.

Pending certification of the course by the National Running Data Center, Margaret Miller, 54, of Thousand Oaks, California, demolished the American women’s age 50-54 record by 8 minutes in 1:45:14, a 6:46-per-mile clip. The official record is held by Ruth Anderson at 1:53:37.

Sandra Kiddy, 43, of Palm Springs won her second straight national masters championship. She had won the women’s age 40-44 marathon title in January and clocked 1:43:37 today.

Jim Knerr, 45, of Simi Valley, California, covered the course in 1:31:03 to successfully defend the national 45-49 ‘25km title he won in Tulsa last year. Like Kiddy, he had also won the national marathon in January.

continued on page 2.......

121 Compete in Midwest Indoor

By Wendell Miller

HIGHLAND PARK, IL, March 16. Some kind of indoor weather in good ol Chicago—it was 60 degrees outside. We had 121 entries with some new faces to go with some old faces. We had visitors from Atlanta, (Phil Mulkey) Kansas, (Alex Pappas) Tenn. (Freeman Marr) and a host of new sub-masters. Good to see Mary Carpenters back from injury. John Dick isn’t healed yet but he couldn’t stay away. Quality sprinting

continued on page 18.....
BRENNAND, HATTON TOP ONE-HOUR RUN CHAMPIONS

John Brennand and Ray Hatton won near record-breaking efforts to lead Masters age division champions in the 1979 postal one-hour run competition. Brennand, 43, of Santa Barbara, California won the age 50-54 division with a distance of 11 miles, 940 yards, set at 11:20. Ray Hatton, 41, of Thousand Oaks won the age 50-54 mark is 11 miles, 223 yards, set by Hal Higdon, 45, in June, 1979. Higdon's time was not included in the official post results of 346 competitors compiled by the Shoohomish Track Club of Seattle.

Postal competition is held on specified dates in specified locations throughout the year. The one-hour run competes against the clock. Results are compared at the end of the year and the best performances are awarded.

Bob Bartling of the Prairie Striders captured the 50-54 crown with a run of 10 miles, 941 yards, about 2 laps shy of Pete Mundle's 1979 record of 10 miles, 3350 yards.

Sid Tobias of Fresno, California took honors in the 55-59 group with a 9-mile, 892 yard effort. John Holzeck covered 9 miles, 95 yards to win the 60+ title. Chris Cur reelections the woman's run with a 9-mile, 932 yard performance.

NATIONAL 25KM...continued from page 1

"There wasn't much wind when we started out," Brennand recalled. "But it built up to about 5 mph at the turn-around, then really hit us at 10-12 mph all the way home."

Top American distance runner Gary Turner took the 70+ title among the 114 finishers in 1:18:48, averaging 5:04 per mile.


While long distance records are presently only kept in ten-year increments for women over 50, Story's mark was faster than any other over 50 woman - except Miller - who has officially recorded her best time in Ruth Anderson's 1:35:37, set at age 50 just last September.

Women 40 and under:

1. John Botke (39) 1:32:06

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Some of the articles in the newsletter are real eye openers. I wasn't aware of some of the inside struggles of the Masters programs. Being a Masters runner and getting the newsletter is like reading in the dark ages.

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**EAST**

April 5 (Saturday): National 5K Masters Walk Championships, New York City.

April 5 (Saturday): 5K Run sponsored by NY Masters Sports Club, Prospect Park, Brooklyn, 11 a.m. All ages, $5.

April 21 (Monday): Boston Marathon.

April 23 (Wednesday): Development T&F meet, Randall’s Island, NYC, 6 p.m.

May 7 (Wednesday): Development T&F Meet, Randall’s Island, NYC, 6 p.m.


May 21 (Wednesday): Development T&F Meet, Randall’s Island, NYC, 6 p.m.

May 24 (Saturday): Olympic Trials Marathon Buffalo, N.Y.

June 1 (Sunday): New Jersey Masters 10KM Run at Grove Reserve 10 a.m.

June 4 (Wednesday): Development T&F Meet, Randall’s Island, NYC, 6 p.m.


June 18 (Wednesday): Development T&F Meet, Randall’s Island, NYC, 6 p.m.

June 29 (Sunday): Eastern Regional Masters T&F Championships. New Britain, Conn. (tentative)

July 2 (Wednesday): Development T&F Meet, Randall’s Island, NYC, 6 p.m.

July 16 (Wednesday): Development T&F Meet, Randall’s Island, NYC, 6 p.m.

July 30 (Wednesday): Development T&F Meet, Randall’s Island, NYC, 6 p.m.

August 13 (Wednesday): Development T&F Meet, Randall’s Island, NYC, 6 p.m.

August 16 (Saturday): Masters Relay Carnival, Randall’s Island, New York City.

August 27 (Wednesday): Development T&F Meet, Randall’s Island, NYC, 6 p.m.

September 14 or 21 (National Masters 5K Championships, Brattleboro, Vermont.


October 18 (Saturday): Skyline Marathon, Buffalo, N.Y. Contact: (716) 881-2736.


Mid-October: National Masters 20KM Championships, Washington, D.C.


October 26 (Sunday): New York Marathon. Contact: (212) 590-6699.

**MIDWEST**


May 18 (Sunday): Rand Runners Club of America Masters Marathon Championship, Cleveland State Univ., Cleveland, Ohio. Contact: Kevin Sturm, 216-221-6073.


June 28 (Saturday): Midwest Regional Masters T&F Championships, Northwestern University, Evanston, Illinois.

July 4 (Friday): Chicago 20KM Distance Classic. Contact: Wendell Miller.


October 19 (Saturday): America’s Marathon, Chicago. Contact: (800) 621-6040.

December 28 (Sunday): Midwest Masters 20KM Championships, Lake Bluff, Ill.

**SOUTH**

April 12 (Saturday): Southeast Athletic Congress Masters T&F Championships, Orlando, Florida. Contact: Ken Kirk, 3800 Stonewall Terrace, Altus, GA. 30020.

April 25 (Saturday): 10th annual Southern Masters “7” Meet, Raleigh, N.C. 7 a.m. Contact: John Duncan, PO Box 595, Raleigh, N.C. (919) 756-6640.

April 27 (Sunday): Southeastern Masters Marathon, Half-marathon, 10KM, 21KM walk and weight pentathlon. Contact: John Duncan, above.

**ROCKY MOUNTAIN**


June 7 (All-Masters T&F Meets, same as above.

June 21: All-Masters ToF Meets, same as above.

June 28 & 29 (Saturday & Sunday): USA Masters Deathtoll Championships, Denver, Colorado. Contact: Jim Weed above.

**WEST**

April 5 (Saturday): 21st Annual San Diego Relays, Sacramento State University, 1 p.m. Fully-integrated Collegiate-Masters meet.

April 12 (Saturday): 2nd Annual Northeast Masters T&F Relays, Cal State Los Angeles, Noon.

April 19 (Saturday): 1880 West Valley Masters Track & Field Meet and Mountain Charley’s Great Chase Race, Los Gatos HS, Los Gatos, Calif. Contact: Bruce Springbett, (408) 351-2005.


May 3 (Saturday): Herbert Hoover Relay, Mante Park, Calif. Contact: Van Parish, (415) 525-7275.

May 3 (Saturday): 5th Annual Golden State Masters T&F Meet, Porterville, Calif. 4 p.m. Contact: Allen Nelson, 900 S. Main, Porterville 93257.


May 10 (Saturday): 16th Annual Grandfather Games, Los Angeles Valley College, Van Nuys, Calif. Entry form in this issue.


May 18 (Sunday): Bay to Breakers 7, 6 mile run, San Francisco. Examiner, 110 5th St., San Francisco 94103.

May 31-June 1 (Saturday-Sunday): 1980 Hawaii Masters T&F Championships, including 5K, 10KM and Decathlon.

May 31 (Sunday): Pacific District Masters T&F Championships, Los Gatos HS, Los Gatos, Calif. 8 a.m. Contact: Bruce Springbett, P.O. Box 1238, Los Gatos, CA 95030.

June 7 (Saturday): Southern Pacific District Masters T&F Championships, Cal State University, Northridge, Calif. 4 p.m. Contact: Tom Sturak (213) 394-0034.

June 21 & 22 (Saturday 9 Sunday): Western Regional Masters Championships, San Diego State University.

June 21-29 (Saturday): Olympic Trials, Eugene, Oregon.

June 23-27 (Monday-Thursday): All-comers T&F meets, Los Angeles area. Mon-Gardners HS; Torr-Venice HS; Wed-Birmingham HS; Thurs-Bell HS, 7 p.m.

July 12 & 13 (Saturday & Sunday): 11th Annual Senior Olympics, University of Southern California, Los Angeles. Contact: Warren Blaney, (213) 908-5556.


August 9 (Saturday): 8th Annual CDM “Don Palmer Memorial” Relays, Santa Ana College, Santa Ana, Calif. 10 a.m. Contact: Dave Jackson, (213) 638-7125.

August 16 & 17 (Saturday & Sunday): 4th Annual Home Savings & Loan Pan American Masters Games, UCLA, Los Angeles.

September 7 (Sunday): Nike OTC Marathon, 99 W. 10th St., Eugene, Oregon. 97401.

October 4 (Saturday): 7th Annual Santa Barbara Masters T&F Meet, Univ. of Calif. at Santa Barbara, Goleta, Calif. 1 p.m. Contact: George Adams, (800) 667-5923.

October 4 (Saturday): National 100 KM Walk Championships, Longmont, Calif.


continued on page 4....
**POSTAL & OUTSIDE U.S.**

May 31-June 1 (Saturday-Sunday): North American Masters T & F Championships, Mexico City.


August 30-September 1 (Saturday-Monday): Pan-American Masters Track & Field Championships, San Juan, Puerto Rico.


January 8-14, 1981 (Thursday-Wednesday): 4th World Veterans Track and Field Championships, Christchurch, New Zealand. (Men 40-44; Women 35-39+)

**1980 MSA Schedule**

1980 Masters Sports Association’s Outdoor Development Meet Schedule

Every other Wednesday night starting April 22nd to August 27th at Randall’s Island, for members of the MSA over 30. All races are post entries with a $10 entry fee. All races start at 5:00 P.M. with the sprints first. Locker facilities are available. NO SPIKES ARE PERMITTED. Severe rainstorms will cancel the meet.

Grades In the scratch races there will be three medals. In all other types of races there will be five awards.

Types of events:

S = Scratch. 10-year groups for men and women. 30-39; 40-44; 50-59; 60+. Unless there are more than five competitors in each five-year group in each decade. In that event, prizes will be given by five-year groupings. For example - if there are 5 men between 30-34 and 5 men between 35-39 then prizes will be given to each five-year group; if there are 4 men 30-34 and 6 men 35-39 prizes will be given on a ten-year group.

H = Handicap. At the check in the estimated time will be given to the meet director. Age and sex will not be a factor.

A = Age grading. Points will be awarded based on age and performance using Ken Young’s computer schedules. Women will have 22 years added to their age for computation purposes, since there are, at present, no tables for women. Men and women’s scores will be computed together for the purposes of prizes.

P = Predict your time. Prior to each race or scratch meet, the meet director will advise the meet director as to the estimated time. Prizes will be awarded based on the accuracy of the prediction. No lap times will be given and no watches permitted to be worn by the competitors. Age and sex will not be a factor.

April 23rd: 100-S, 880-S, discus-S, shot-S.


May 21st: 100-S, mile-A, weight throw-S, hammer-S.

June 4th: 100 meters-A, 2-mile-P, long jump-A, 440-A.

June 18th: 150-P, 880-A, 3-mile-A, shot-S, discus-S.

July 2nd: 220-S, 2-mile-A, high jump-S, long jump-S.

July 16th: 100-S, mile-H, hammer-S, weight-S.

July 30th: 220-A, 4-S, 3-mile-S, shot-S, discus-S.

August 13th: 2-mile-H, high jump-A, long jump-A.

August 27th: 100-S, mile-S, discus-S, triple jump-J.

Additional events can be added if there is sufficient demand at the day of the meet. At least five competitors in each event would be required.

It is emphasized that these are low key development meets. All competitors are requested to bring stop watches, implements for the weight throws and to assist in officiating in events in which they are not competing. All event competitors will serve as their own officials.

Please send any additions or omissions to Al Sheehan, Editor, National Masters Newsletter, 6200 Halsey Ave., Van Nuys, CA 91401.

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**Weight Pentathlons**

Here is a planned schedule of weight pentathlons:

**April 19:** Throwing Clinic, 9:15 am. Weight pentathlon and regular pentathlon start at 1 pm. Director: Carlos Fraundorfer, 4127 Poplar, Tampa Fl. 33603.

**April 25, 26, 27:** Southeastern U.S. Masters Championship. All events. N.C. State U., Raleigh. N.C. Director: Bill Hafley, 3024 C, Biltmore Hall, N.C. State University, Raleigh, N.C. 27607.

**Great Lakes Weight Pentathlon Championship.** Date and location later (W. Michigan). P.H. Partridge, 337 S.W. 14th Ave., Boynton Beach, Fl. 33435.


**Eastern Regional Pentathlon.** Boston Tentative, Saturday, September 27. Director: Bill Gilligan, 30 Pelton, W. Roxbury, Mass. 02102.

Nolan Fowler and Bob Boal are collaborators on a two-day throwing festival clinic, followed by medal - each contestant throwing all weights: Discus 2K, 1K, 5K; Shot 16lb, 12lb, 8lb; Javelin 900g, 600g; Hammer 160b, 128lb, 88lb. Weight Throw 360, 250b, 150b. Entrants can register at the one-day clinic, August 19-20 at N.C. State U. Raleigh. This will be a real sore buster and a great opportunity to set age records. Director: Nolan Fowler, 660 Crestwood Dr., Cookeville, Tenn. 38501.

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**DEADLINE**

NMV is written BY masters athletes FOR masters athletes. We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising for the May issue of NMV is April 16th. Send to National Masters Newsletter, 8208 Halsey Ave., Van Nuys, CA 91401.

**Boston, South and West Highlight April Action**

The eyes of the running world will be on Boston, Monday, April 30th for the annual renewal of the most prestigious marathon in the world. Hundreds of masters who meet the tough qualifying standards will be among the 3000+ competitors.

The outdoor track and field season gets underway in earnest with two major meets in the South: the Southeast Athletics Congress Championships in Orlando, Florida April 12th and the 19th Annual Southeastern Masters Meet in Raleigh, April 24th.

Out West, there are track and field meets for masters in Sacramento, April 5th; Los Angeles, April 12 (at Cal State Los Angeles - a change from original site); in Los Gatos, April 19; and at Mt. San Antonio College, April 20th.

In New York, the Randall’s Island Development Meets begin Wednesday, April 23rd.
The second annual Metropolitan Indoor Track and Field Championships were held Sunday, February 24, 1980 at the Rockland Community Field House in Viola, New York. Forty-seven meet records were set and one was tied in the eighty-four events contested. A total of 82 athletes took part. The New York Pioneer Club took the sub-masters team title, while the New York Masters Sports Club took all the other division titles.

The oldest competitor, Konrad Boas, 76, captured six firsts and set records in five events, including a 7.96 in the 50 yard dash. Harry McArdle, 73, won the 1000, mile and two mile runs, turning in an impressive 7:09.3 for the mile. David Lawver, 60, looked smooth in winning the 800, 3000 and 5000. Mary Tarling, 57, of Neubad, 64, set meet records in the hurdles and high jump.

The world record holder in the 600, Ed Spanier, 41, (1:17.7 at last year's meet) turned in the best performances in winning the 800 in 3:41.61, and the 600 in 1:19.96. Teammates Glen Shane (35.06), and Mason O'Neal (1:02.7) pressed him to the very end in both races. Tom Brooks looked rejuvenated since turning 50 as he won the 50 and 300. Bill Krebs, 45, is again a force to contend with as he coasted to victories in the 600 and 1000.

Richard Rizzo, 43, a candidate for the top all around runner from 50 yards to 10K, won the 1000 in the best time of the day, 2:31.92, and was also second in the mile. Charlie Kennedy, 41, had the fastest mile time, 4:52, and was third in a very hotly contested 1000 yard race. Lou Stern, 40, ran the fastest mile, 10:44.98, and won the mile in division 1B.

Roosevelt Weaver, 42, continued his string of sprint victories in 1A. Willie Overby, 32, turned in the fastest sprint clockings with a 3:52.90 and a 35.38 300. Rudy Valenine, 56, won two events as he slowly returns to top shape from a serious knee injury. Greg Pabian, 30, had the fastest 600 in 1:18.6. Robert Fine, 47, turned in the fastest of two mile race walk time of 17:51.9. Skipper Clark, 30, captured five firsts and set five records. Patricia Kelly, 56, won the mile and two mile in record times.

The outstanding field events performances were turned in by Norm Cyrus, 41, who won the pole vault (13 feet), and the weight throw (42-2), and was third in the high jump and shot put. Larry Jud, 41, won the triple jump, was second in the high jump and long jump, and fourth in the shot, and first in the hurdles in record time. Gerald Councihan, 41, won the high jump and long jump, and was second in the pole vault. Robert Jackson, 30, set a record of 21-5/8 in winning the long jump, and also set a record in winning the high jump in 6-4.

Burgasser, Trees-Stricklin Win Mardi Gras Marathon

NEW ORLEANS, LOUISIANA, February 10. Joe Burgasser and Sue Trees-Stricklin, two California masters, won the masters divisions of the 1980 Mardi Gras Marathon today in icy, windy, 31-degree weather.

Burgasser, 41, from Rancho Palos Verdes, California, who won the national 25km masters championships last year in Tulsa, continued his "nike-will-travel" career, winning the 40-49 division in 2:27:08 to become the second fastest American master behind Herb Lorenzo. Trees-Stricklin, 41, from Northern California, won the women's masters division in 3:07:09.

John Stowers, 51, of Texas led the 50-59 group in 3:08:08, not far off Alex Katic's American mark of 3:03:58. Bill Brobst, 67, flew in from New York to capture the 60-69 award in 3:19:30, while Charles Tubb, 20, was the overall winner in 2:11:00 on the straight course which started in St. Tammany Parish and crossed the 24 mile long Lake Pontchartrain Causeway into New Orleans.

Dooley, Ranney Head Walkers


Eastern TFA/USA Championships

SLIPPERY ROCK, PA, February 3. The West Penn Track Club won its fourth straight men's title and the first ever women's title in the Eastern TFA/USA Masters Indoor Track Championships today.

The men topped the Potomac Valley Senior's 4:19 to 150, and the women edged the same club 64-90. Eighty-eight meet records were set including 3 each by Rachel Bouron and Jo Tober in the women's 50-54, Bryan Westfield of Ann Arbor. Michigan, in the men's 55-59 division, Bernard Tober in the 55-59 group and Ray Gordon in the 60-64 competition.

Double meet record setters included Rudy Enders of Potomac Valley in the 45-49 class, Philip Couster of Flint, Michigan in the 55-50 category, Doug Moorhead in the 45-49, and Jim Demma, Ed Zuzw and Tom Stradley in the 40-44 rivalry.

Athletes came from Pennsylvania, Ohio, West Virginia, Michigan and Kentucky.

NORTHERN OHIO REPORT

Contrary to reports, Northern Ohio DOES have an active long distance running program. Fifty separate races are scheduled for May through July, an average of three per week.

The Road Runners Club of America National Masters Marathon Championships will be held May 16, 1980 at Cleveland State University as part of the Revo-Cleveland Marathon.

John Forrest 47, was top master in the Bedford 8-mile run February 24 in 46:55, a 5:52-per-mile pace. Sandra Knott was 3rd woman overall in 57:05, despite having donated blood 4 days earlier. The race was not for the squeamish as gusty winds, 30-degree temperatures, and a 2-mile uphill finish greeted the finishers.

Most local clubs are social, help-ench other-train groups. Except for the Summit AC, none help their non-school athletes go to meets and races.

from Sandra Knott

Joe Burgasser, 30, won three events, the triple jump, the hurdles, and the two mile walk. Joe Korzan, 50, Archie Messinger, 56, and John Popowich, 62, were all double winners and each captured the 1000 and mile in their division. Other double winners were Ernie Gill, 39, 50 long jump; Jim Barber, 32, two mile and shot put; Tom Talbott, 47, 50 and hurdles; and James Ryan, 51, hurdles and long jump.
Brancel Wins 7 in Philadelphia Masters

PHILADELPHIA, PA., March 1.

Entering eight of the ten events on the schedule, George Brancel of Dexel Hill, Pennsylvania took seven first and one second in the Philadelphia Masters Track Association Indoor Track Championships tonight.

Passing up only the mile and 2-mile, Brancel won the age 50-59 division of the 60, 60 hurdles, 300, 1000, shot high jump and mile-walk, taking 2nd in the 600.

It wasn’t a walkover. He had tough competition from Claude Hills in the 60, 60 hurdles, 300, and high jump, and from Sam Monastero in the 1000. George Witkowski topped him in the 600.

Richard Ross, 39, won the 35-39 high jump in a good 6'-0" and the shot in 39-6.

Triple winners included Bert Lancaster and Kelsey Brown in the 50-54 division, and Anna Maps in the women’s 30-34 class. Ed Small and Rudy Enders won doubles in the 300 and 600. Jim Demma won the 40-44 1000 in 2:35.9. Sean O'Connor took the 40-44 mile in 4:37.7. Bob Fine won the 45-49 two-mile and mile-walk. Bob Mimm won the same double in the 55-59 group. Chris McKenzie took the 60 and 600 in the women’s 45-49 category.

50 Yard Dash:
- 30-34 Art Wright 6.5
- 35-39 Bob Stanford 6.9
- 40-44 Larry Wilson 6.5
- 45-49 Matt Brown 7.0
- 50-54 Bert Lancaster 7.0
- 55-59 Rudy Valentine 7.4
- 60-64 John Seboe 8.6
- 65-69 George Brancel 8.2

Women 30-34 Anna Maps 8.1
Women 45-49 Chris McKenzie 8.9

90 Yard Hurdles:
- 30-34 Ron Warrington 9.1
- 35-39 J.J. Fassette 9.1
- 40-44 James O’Hara 8.2
- 45-49 William Clark 8.7
- 50-54 Hal Floyd 10.5
- 55-59 George Brancel 9.9
- 60-64 Charles Chatterley 9.9

300 Yard Dash:
- 30-34 Willie O’Shea 33.0
- 35-39 Bob Stanford 34.8
- 40-44 Edward Small 34.7
- 45-49 Rudy Enders 36.0
- 50-54 Bert Lancaster 36.5
- 55-59 Rudy Valentine 39.2
- 60-64 Bill Karavassily 44.0
- 65-69 George Brancel 44.9

Women 30-34 Anna Maps 45.2

600 Yards:
- 30-34 Bob Jackson 1:29.9
- 35-39 Bob Maxwell 1:21.6
- 40-44 Edward Small 1:21.8
- 45-49 Rudy Enders 1:27.1
- 50-54 Kelsey Brown 1:30.1
- 55-59 Harold Greenberg 1:41.7
- 60-64 Casey Witkowski 1:44.8

Women 30-34 Chris McKenzie 1:45.0

1000 Yards:
- 30-34 K. Allison Jennings 2:25.4
- 35-39 Bob Maxwell 2:30.6
- 40-44 Jim Demma 2:25.9

45-49 Tom Talbot 2:55.2
50-54 Kelsey Brown 2:30.9
65-69 Harold Greenberg 3:07.9
65-69 George Brancel 3:18.3

1 Mile:
- 30-34 Jim Waters 4:25.3
- 35-39 Bob Kirkner 5:04.0
- 40-44 Sean O’Connor 4:37.7
- 45-49 Walt Smidt 5:02.8
- 50-54 Kelsey Brown 5:20.2
- 55-59 Harold Greenberg 5:42.7
- 60-64 Sam Monastero 6:04.9

Women 30-34 Tina DiRienzo 6:18.5
Women 35-49 Kay Croll 6:25.4
Women 45-49 Chris McKenzie 6:01.8

1 Mile Walks:
- 30-34 Jim Barber 10:10.3
- 40-44 Bill Preston 7:99.5
- 45-49 Bob Fine 8:43.3
- 50-54 saxford Kelib 10:29.9
- 55-59 Bob Mimm 7:41.1
- 60-64 Don Johnson 8:51.4
- 65-69 George Brancel 9:23.3

2 Mile:
- 30-34 Byron Mundy 10:19.5
- 40-44 Sean O’Connor 9:55.8
- 45-49 Bob Fine 11:01.1
- 50-54 Gus Constant 13:07.5
- 55-59 Bob Mimm 12:56.9

Shot Put:
- 30-34 John Vogler 36-04
- 35-39 Rich Ross 36-06
- 40-44 L. Judd 34-46
- 45-49 Stan Derry 39-94
- 50-54 Thomas Brooks 41-94
- 55-59 J.W. Pierson 35-11
- 60-64 Murray Ogasa 42-30
- 65-69 George Brancel 38-74

Women 30-34 Anna Maps 24-3
Women 45-49 A. Cullnarch 29-0

High Jump:
- 30-34 Kenneth Johnson 5-6
- 35-39 Rich Ross 6-00
- 40-44 L. Judd 5-4
- 45-49 Walt Hutchins 5-6
- 50-54 Bert Lancaster 4-6
- 55-59 B. Tober 5-0
- 65-69 George Brancel 4-8

from Pete Taylor

California Masters Athletes-Of-Year

Masters-athletes-of-the-year in California have been announced by California Track News, the bible of the sport in that state.

A panel of experts comprised of masters athletes and correspondents throughout the state selected the following outstanding performers for 1979. (Vote-points in parenthesis):

Track and Field:
- Men 70+: Joe Packard (50): Won the 100, 200 and 400 in U.S. Championships. Broke world marks in regionals for all 3 events. Others: Stan Hermann (26), Walt Frederick (12), Win McFadden (12), Paul Spangler (11).

Women 50-69: Irene O’Devia (38): Won the U.S. 100, 200 and 400. Won the World 100, and took 2nd in 200 and 400. Broke 3 U.S. marks. Others: Miki Gorman (34), Charrie Sheppard (22), Shirley Kinney (12), Jo Kolda (10), Ruth Anderson (9), Dorothy Stock (8), Catherine (12), Kirsten Smith (9).

Long Distance Racing:

Women 40+: Miki Gorman (42): Won three gold medals at World Games. Consistent winner in Los Angeles races. Others: Dorothy Stock (34), Ruth Anderson (35), Margaret Miller (18), Sandi Kiddy (12), Dorothy Thomas (10), Sue Stricklin (9).

Ten events per year are published by California Track News. Subscriptions are $7 from PO Box 6105, Fresno, CA 93703.
### 25 Meet Records Set In Virginia Masters

by Joe Martin

LEVINGTON, VA, March 8, 25 records fell, one was tied, and 10 were set automatically in new events in the Fourth Annual Virginia Association AAU State Masters Track and Field Championships held in the Virginia Military Institute Field House. New events were the pole vault and triple jump, and for the first time women submasters entered.

James Beakev (Charlotteville Track Club) won the "Outstanding Masters" trophy while Thomas Carr, also CTC, won the "Outstanding Submasters" trophy. CTC won the team championship, Richmond Track & Field Club was second, and the Tidewater Striders finished third.

#### SHOT PUT

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<tr>
<td>2</td>
<td>H.W. Carle</td>
<td>40</td>
<td>13.85</td>
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#### 1500 METER RELAY

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<td>Tidewater Striders</td>
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<tr>
<td>3</td>
<td>William Willis</td>
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<tr>
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<td>Randy Entes</td>
<td>31</td>
<td>2:02.6</td>
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<tr>
<td>3</td>
<td>Stephen Mann</td>
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#### 10K BAGEL RUN

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**WASHINGTON'S BIRTHDAY 10K**

PROSPECT PARK, BROOKLYN, February 18, 371 starters, 354 finishers. Sunny, mid-20's.

**Men 40-49:**

1. Charles Kennedy (41) 35:45
2. Jim Annessay (44) 37:14
3. Geza Feld (46) 37:46

**Men 50-59:**

1. Bob Muller (55) 37:55
2. Joe Durns (55) 39:17
3. Bill Halpin (55) 39:29

**Women 50-59:**

1. Al Goldstein (60) 43:36
2. Wilfredo Rios (63) 47:01
3. Tom Wiley (60) 41:02

**Women 40-49:**

1. Polly Schonfeld (49) 42:42
2. Margit Bronan (40) 46:09
3. Guillermina Bordonaba (50) 50:16

**Women 50-59:**

1. Patricia Kelly (51) 1:00:11
2. Maria Nogueira (50) 1:04:14

**MEMORIAL 20 MILE RUN**

CENTRAL PARK, February 24, 297 starters, 384 finishers. Sunny, 60's.

**Men 40-49:**

1. Fritz Mueller (43) 1:48:50
2. Bob Clarke (42) 1:56:01
3. Nelson Gardner (47) 2:02:54

**Men 50-59:**

1. Dan Dixon (52) 2:02:38
2. Jim Stoltzus (53) 2:14:55
3. Frank Loeby (54) 2:14:54

**Men 60-69:**

1. George Sheahan (61) 2:06:12
2. Rufus Schatzke (62) 2:21:55
3. Luis Martin (65) 2:26:59

**Women 40-49:**

1. Nina Konek (41) 2:24:37
2. Margit Bronan (40) 2:38:20
3. Nancy Tyge (49) 2:45:45

**Women 50-59:**

1. Mary Rodriguez (58) 3:03:29

**10K BAGEL RUN**

CENTRAL PARK, March 2, 1008 starters, 870 finishers. Cold, mid-20's.

**Men 40-49:**

1. Charles Kennedy (41) 35:36
2. Hans Hartmann (44) 36:10
3. Arno Niemann (45) 36:58

**Men 50-59:**

1. Evan Kane (55) 37:38
2. Joe Burns (51) 38:03
3. Jim Stoltzus (53) 38:18

**Men 60-69:**

1. Roberto Benny (62) 4:35:46
2. Willfredo Rios (65) 4:53:23
3. Fred Burke (65) 5:25:23

**Women 40-49:**

1. Polly Schonfeld (49) 43:09
2. Linda Wolfowitz (40) 45:29
3. Toni Carter (41) 46:42

**Women 50-59:**

1. Chris Dickerson (50) 49:58
2. Lyta Kilian (51) 51:49
3. Joyce Kuschke (50) 56:11

### New York Road Runner Club Runners

**REVERSIBLE 7 MILE RUN**

CENTRAL PARK, February 17, 267 starters, 279 finishers. Cold, mid-50's, windy.

**Men 40-49:**

1. Hans Hartmann (44) 41:02
2. George Stuempf (47) 45:38
3. Dennis Donahoe (40) 42:58

**Men 50-59:**

1. Frank Loeby (50) 46:46
2. Jack Ryan (50) 46:46

**Men 60-69:**

1. Stefan Edelman (65) 48:38
2. W.B. Johnson (50) 52:24
3. Joe Golburio (59) 52:53

**Women 40-49:**

1. Samara Balfour (44) 51:38
2. Joyce Fletcher (45) 55:55
3. G. Bordenaba (50) 57:99

**Women 50-59:**

1. Christine Dickinson (50) 57:59

### Attention Running Stores!

Runner's Necktie available for resale in your store. Write: Front-Runner, Box 287, Bala Cynwyd, PA 19004.
Olympic Boycott

NMN has purposely refrained from analyzing the proposed Olympic boycott. NMN tries to provide information you can't get anywhere else. The boycott, by contrast, has been analyzed and dissected by media in the land. There's little we could add.

Besides, we've gone through it all before in the Masters program. And we'll probably again when the 4th World Games begin. Most masters feel politics should be kept out of sports. Sports as an instrument of international policy is a spitball against a battleship. And so on.

But we couldn't resist reporting on one historical aspect which has been overlooked, it seems, by political and sports writers.

An interesting article uncovered by Joe Stein of the San Diego Tribune, and written by Edwin Kiester in Science 80 magazine says the original Olympic games were quite different than our modern, professionalized, commercialized affairs of pace and goodwill, writes Kiester.

In the dream world of the sports writer and rhetor of the International Olympic Conference, the Games of classical antiquity, which began in 776 B.C., were pure and uncorrupted - putting the best athletes of the civilized world against each other in a non-commercial atmosphere of peace and goodwill.

So Olympic boycotts are old hat. Kiester also cites parallels between East Germany and several Greek communities which dedicated themselves to winning at all costs.

"Kroton, a small Greek settlement in Italy, was one dominant participant which was obviously operating a big jack factory," reports the article.

Nostalgia tells us all performers were amateurs who only competed for the love of sport. "Winners received free meals for life from their governments," Kiester says. "Eventually professionalized crowds ambushed out of competition. Professionalism also begat corruption."

These were the good old days.

EASTERN INDOOR CHAMPS

continued from page 1

the middle distance runners; and Dave Lawyer (60-64) the sprints.

George Vennaynsky, 49, Potomac Valley, came back after a year of injuries to win the mile in 4:47.4, in a close race with defending champion Hal Doyler (4:48.2) and then almost broke his meet record in the mile with a time of 10:18.5. Boo Moore started coming back after injuries set a record in the long jump (55-59) in 17.4.

Ed Small of the New York Pioneers, after winning the 300 in 34.5, ran an outstanding anchor leg in the mile relay to overcome the lead of the New York Masters and set a meet record in 3:43.3.

Meet Director Bert Lancaster (50-54) Philadelphia Masters, won the 60, 300 (in record time) and the long jump.

Bob Fine, 48, of the New York Masters set an age-48 record in the two-mile walk, in just out kicking defending champion Sal Corrallo in 15:02.9.

The Team Championship for the 30 and the 50 year olds were close. Garden State edged Greater Rochester by 13 points. This was the first appearance for Greater Rochester. They did so well in the 50 year old group that they may be a future sponsor for the meet. In the fifty year old division, Philadelphia Masters edged the New York Masters and Potomac Valley by 12 points. In the 40 year old and the 60+ championships, New York Masters and Philadelphia won by 31 and 63 points.

Penn Mutual also contributed to the meet in donating the team awards and t-shirts.
COUNTDOWN TO NEW ZEALAND

Plans continue to take shape for the 4th World Veterans Athletics Championships and 14th World Veterans Road Running Championships in New Zealand in January, 1981.

Organizers of the World Games in Christchurch January 8-14 are planning on 3000 competitors. The prized invitations should be ready shortly. A schedule is in the works, Sports Travel International and Simone Travel are firming ticket prices.

Competition will be held from mornings till late evenings. The cross-country mummens s the same as in Hannover. In walks) there will be only one team per country included in the awards.

Implement and pentathlon point scoring will be the same as in Hannover. In team competitions (XC, marathon, walks) there will be only one team per country included in the awards. Protests will be delivered only by team managers.

Competitors will not get a free summary of results because of large postage expense. They will get an excerpt from the schedule of the program in their packets.

Palmerston North (The City of Roses) and the organizing committee of the 14th I.G.A.L. World Road Race Championships (10km on January 3; 25km on January 4) announce some of the attractions for the week leading up to the Championships will be specifically arranged. They include a Prince Orient-sailing event, a Garden Party on a New Zealand farm with demonstrations of sheep shearing, Sheep Dog Trials and Harvesting, a Maori Hangi (a New Zealand Native Meal cooked under ground on hot stones) and climaxing with a Cabaret evening for all with presentation of special awards.

Competition for both road championship races will be held in 5-year age division for men over 40 through 96+ and for women over 35 through 70+.

WHO’S THE DINGIEST IN THE LAND?

By Wendell Miller

About six months ago I started weight lifting. don’t ask why—all my reasons are equally disgusting. Regardless, I’m pumping in my basement three times a week and the similarities abound: It isn’t much fun but I feel much better for having done it. Sound familiar? The other day I was thinking about the workout I would give the following day when it hit me: I had now started to dread the weight workout as much as my daily run. And get this—maybe more.

No matter, there’s more. Since getting into iron, I have touched several of the accepted bases. I now talk to guys who look as if they’re wearing younger brothers’ clothes. I’ve hit a couple of iron hit spots, including the legendary Irving Park YMCA in Chicago. I’ll give it to you straight—they’re a bigger bunch of whachos than runners. I mean, they’re into mirrors and tuna fish. The accepted bases. I now talk to guys who look as if they’re wearing younger brothers’ clothes. I’ve hit a couple of iron hit spots, including the legendary Irving Park YMCA in Chicago. I’ll give it to you straight—they’re a bigger bunch of whachos than runners. I mean, they’re into mirrors and tuna fish. The

For the World Championships in New Zealand

In January, 1981

We again offer:

- UNBEATABLE airfares with confirmed seats via New Zealander
- GUARANTEED accommodations in both Christchurch and Palmerston North
- POST COMPETITION fly/drive options ... and more
- ENTRY FORMS

Call Diana Schneider
(212) 541-9690
at SIMONE TRAVEL BUREAU
200 West 57th Street
New York, New York 10019

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4th World Veterans Athletic Championships
January 7-15, 1981 in Christchurch, New Zealand

and

14th I.G.A.L. World Road Race Championships
January 3-4, 1981 in Palmerston North, New Zealand

Your Keyway to Kiwi Land
is now available through the US Masters’ 1st travel agent

SPORTS TRAVEL INTERNATIONAL, LTD.

Basic tours available from $1345 to $1803 per person (plus $25 non-refundable administrative fee). Extensions available to sight-see in New Zealand, Australia, or any of both.

Group departures are from Los Angeles:
- December 27, 1980. Take this one if you want 2 days in Auckland, and then go to Palmerston North and/or Christchurch.
- December 28, 1980. For the little-in-heart who want 2 days beachcombing and sailing in Fiji before they head for Palmerston North and/or Christchurch.
- January 1, 1981. “You just can’t get away from home any earlier?” and you aren’t planning to compete at Palmerston North, but you do want those 2 carefree days in Fiji.
- January 3, 1981. OK, so you are limited in time. Take this departure, spend an overnight in Auckland, and arrive in Christchurch the day before the Opening.

The return dates give you just as many options: January 15, 17, 22, and 24.
- If you must return as soon as the Games are finished on the 14th, then you will opt for return on the 15th.
- If you have time and interest for sight-seeing, then choose the 17th, 22nd, or 24th. A wide variety of post-tours for the US Masters will be available... or “do your own thing.” Rumor has it that there will be a select group taking the “most beautiful walk in the world” - the Milford Track. For those who wish to stop in Hawaii on the return home, track meets and running events are scheduled for both weekends, January 17-18 and January 24-25.

The Basic Tours are priced from departure date to January 15, on double occupancy, and from various of accommodations: budget (university housing/Christchurch), standard, and first-class. The fares is the best available as of February 1, 1980. Increases will depend on fuel prices. The land prices are firm.

There are a limited number of reservations for each departure and return. You certainly may have a choice... but only as long as space is available. There are many more things of great interest that we could talk about but I will suggest that you fill out the coupon and send it along to make sure that you are included... And do ask all those questions that pop into your mind. We do have experts here at Sports Travel International... and we’ll be delighted to be of assistance.

Oh, yes, of course we’ll take care of your entry form (which you will receive shortly upon registering for the tour.)

We’ve talked before about the trip of a lifetime...this is it...so far!

Complete the form below and send to: Sports Travel International, LTD.
4649 "B" Santa Monica Avenue
San Diego, CA 92107
(714) 226-9555

I would like to reserve ________ places. Enclosed please find check for $__________
(1000 deposit + $25 non-refundable registration fee = $225 per person). All deposits are totally refundable at least until September 15, 1980, when the balance of payment is due.

(Total tour prices are now available in brochure which will be sent by return mail.)

Check box for desired accommodations:
- budget
- standard
- 1st class

Check box for desired departure date:
- December 27
- December 28
- January 3

Check box for desired return date:
- January 15
- January 17
- January 22
- January 24

Name(s)________________________

Address: ______________________

Phone: home ( ) business ( )

Questions: ______________________

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LAKE BLUFF, ILLINOIS, April 1. Wendell Miller, top Masters marathoner and national masters track and field champion, ran into unexpected trouble last month. It seems that Miller has been quietly practicing the steeplechase, in hopes of finding a soft spot in the national masters championships this summer. "Just one gold medal in my life is all I ask for," Miller has repeatedly stated to close friends. 

But after practicing his jumping techniques in a practice session at the University of Chicago, Wendell's rear spike clipped the top of the water barrier and he plunged headlong into nearly three feet of water. Although struggling desperately, he was quickly saved by a passerby, Linda Mammary, heard his cries for help and rushed over in time to provide artificial respiration.

The good news is that Miller will be okay after a brief period of recuperation. The bad news is that Wendell Marlene has forbidden him to practice anywhere near Ms. Mammary, thus greatly diminishing his chances for success in this year's steeplechase competition.

GRANADA HILLS, CALIF., April 1. Trouble continues to dog Masters discuss and hammer thrower Jerry Wojcik. Wojcik has been practicing for months in his backyard with a makeshift hammer in preparation for the 1980 season. Recently, however, he upstaged on the real thing and confidently set out to see how far he could throw this new "hammer." 

Understanding his strength, Jerry let fly a heavy that sent the missile careening over his garage and through his neighbor's rhododendron plants. It ended up next to the neighbor's tomato garden, smashed the rumplus room window, and landed with a thud on the belly of his neighbor who was trying to take a nap at the time. 

Not only has the neighbor filed a very unfriendly lawsuit against Wojcik, but he has stubbornly refused to give back the hammer in spite of repeated requests by Jerry. A few local Masters decided it was only right to pitch in and help Jerry get a new hammer. If you'd like to assist, send your donations to "Hammer Fund," 17748 San Fernando Mission Blvd., Granada Hills, Calif. 91344.

CLEVELAND, OHIO, April 1. The 4th Annual Buckeye 10K Run set a dubious record of sorts today by having 292 starters and 0 finishers. It happened about the 4-mile mark. All was going well when the leading pack hit a long stretch of deep snow. In an attempt to pass the 5Km through the woods of the park, across the rain-swollen, swift moving Rocky River and through a group of hikers, the runners were chased by a pack of police and civic Concerned. The police did not take kindly to the intrusion on this delicate section by the confused and "aggressive looking" runners.

Race directors declared the race null and void and said they would save the trophies for next year's race. Of the 292 starters, 24 said they'd never run again. 29 said it was just one of those things. 196 had a simple comment, "No comment." 12 said they were under the influence. 3 were found too drunk and 147 were still missing and unaccounted for.

WHITTIER, CALIF., April 1. Sub- master Reid Pressley has improved his masters' season's record of over a dozen years. His most recent success was his second place finish in the 2000 meters at the national championships.

One reason for Pressley's improvement is his morning and evening 10 to 20 mile runs near his park. Coupled with a demanding job as a computer programmer, this tough schedule has had its effects. Reid now has only a passing acquaintance with his wife Leslie and their three children. When he unexpectedly returned early from his evening workout recently, Leslie is reported to have looked bewildered, saying: "The face is familiar, but I can't place the name."

Marathon running, however, demands sacrifices and Pressley is up to the challenge. Moreover, we've learned that his daily runs are not the drudgery they used to be. It seems that each morning, Reid is accompanied by, and has become extremely close to, a St. Bernard named Oldf.

WASHINGTON, D.C., April 1. A tax on runners was proposed today by the National Committee for Fair Taxation at a House Ways and Means Subcommittee hearing.

John Fitzgerald, chairman of the Committee and an admitted heavy smoker, complained: "Every time Congress wants to raise taxes, they tax the guys who smoke. It's tough enough to handle our guilt feelings about smoking. Now we're being segregated in restaurants, on planes, everywhere. We're always embarrassed by health nuts who cough and hack when we light up an after dinner puff."

The tax was recommended a special tax be levied on running shoes. "I'm tired of having my4911610 habit exploited by politicians," Fitzgerald said. "There are plenty of other disgusting habits we can tax. Like running, for example."

Co-chairman Myra Concanon of Boston charged that runners are anxious to show off. "They make other-citizen dogs excited," she said. "And cause premature aging and ulcers in the dogs."

Her argument was supported by Dr. Ronald J. Olson of New York, a veterinarian who said he's treating more and more dogs for hypertension and other nervous disorders.

"So many joggers run past them while they're leashed," Olson pointed out, "frustrating their natural instinct to bite things that run."

Testimony will continue later this month.

Reliable Source

- A new English magazine, the National Masters Newsletter - April 1980, is out in April, produced by active athletes. Stan Allen is organizing this new publication.
- Ross Winton, founder of the National Masters Championships, is working with U.S. Senator Alan Cranston. "It is only a matter of time, or perhaps only a short time until we know how to cure or prevent our major diseases and disabilities. We have the technical and intellectual capacity to overcome senility, arthritis, hardening of the arteries and cancer."
- "Near Call Running Review covers track & field, long distance running and racing with a primary emphasis on Northern California. Scheduling information includes all of California, Oregon and Nevada. Also important national events. Covers in-depth results, interviews, medical advice, rankings and more. All profits go to help needy athletes attend important competitions. Subscriptions are $6 a year for six issues or $11 for six months. NCRR, Box 150, San Mateo, Calif. 94401."
- "Dwight Stones and the IFAA professionals have been readmitted to International competition by the IAAF. But the former pro-athlete-like John Smith, Rod Milburn and Brian Oldfield-may not be able to compete in the Olympics because the IOC eligibility rules are stiffer than those of the IAAF."
- "John Winton, of the Los Angeles area, has retired from competitive race walking. At least for now. He took a couple of years off to train for international open and masters competition. He was superb, smashing age records from the 5Km thru the 50Km walks."


"But I'm most proud," Allen says, "of my 1976 50Km in 4:55:12 which would have put me on the 1964 Olympic team." 

So at age 50-54, Allen performed on a higher level than he did 25 years earlier. He wants to compete in Masters track & field and long distance running "as soon as my heel and tight hamstrings get some rest."

- The entry forms for the 13th Annual World Championships 10Km and Marathon August 29-31 in Glasgow, Scotland are now available. Ifal Hipdog says he's not planning a full tour, but if anyone is interested, "I'll try and help them with travel arrangements. I'm going to be working with Avon," he says. "I'm putting together a letter to the Women's International Marathon in London. Entries may be either August 2 or August 31. If the latter, this offer might be issued continued on next page...."
interesting double for masters women. A Run in Michigan just happens to be the time that the annual State Games of America begins at age 52. On May 10, he plans to compete in the New Orleans Mardi Gras Marathon sponsored by the Southern Pacific Athletics Congress on the same weekend as the Von run for the annual Crewe Cross Country Marathon in Louisiana on February 10. Since my 2:27:08 time is the fastest marathon ever run by someone wearing the STC colors in my 15-year history, I thought it appropriate to share the race and preparatory event with you...

Spending long apprenticeship consisting of eight years of 14+ mile-a-day average and 265 races (to learn pace techniques), Arrive in New Orleans (pronounced O’Lins by locals) on a cool rainy Friday evening after spending a week in St. Petersburg, Florida sleeping late, training VERY easy, lying in the sun, eating well, and generally being treated like royalty by Linda’s parents, our hosts. Decide not to rent a car to save money.

Wake up on race morning with a mild headache but don’t take anything (afraid of urinalysis if I run well). Eat a light breakfast of donuts from last night, with a cup of coffee (have to free my fatty acids) and get on “star” bus. Ride 27 miles in 51 Harvest run trying not to notice the distance. Putter on the bus has the lead pace at 5:00/mile flat. See lots of special looking shoes and warm-up suits and observe lots of laughter (the nervous kind). Arrive at start with legs as hard as hell. Linda jokingly mentions that even-then northern-based runners are wearing long sleeves. Glad we’re wearing turtlenecks under our STC uniform tops. Linda gives me some ankle socks for my hands. Think it’s 31°F, with a wind. Get really cold when I go into the wood for last minute preparations. Quick hurry and put my warm-ups in a bag for the trip back, and jog over to the start. Get last minute inspirational kiss from Linda. Now, I’m ready. Gun flies and suddenly we’re off. Jet helicopter right on us overhead. First mile goes easy uphill in 5:30—i’m about 1000th place. Head out onto the Lake Pontchartrain Causeway and can see nothing but water and the bridge which disappears into a vanishing point on the horizon. No cars, no bikers, no spectators—just friendly people at aid stations every three miles. Five miles at 31:55, ten in 46:45—gull concrete roadway is starting to take its toll on the heavy hitters and they start to come back. At twelve or so, one of the guys I’m running with throws away his cup after an aid station and keeps pace for fifty yards. I know it’s a favorable day-halfway in 78:30, I continue the pace on the flat, course. Only a few bums where the ships pass under.

Pass twenty in 1:51:00 running hard—the sun comes out briefly and it gets hot but only lasts for sixty seconds. Legs really start to cramp from cold and the pace, but at least I can now see land on the horizon. Pass a guy at 22 who looks over forty (he was). Somehow make it to 25 still going hard with legs hurting a lot. Time is 2:20:17, still at 3:36 pace. Come off the Causeway and hit the last miles+ as hard as I can but just can’t move as fast as I’d like. Keep looking down at my feet—feel like I’m losing something. Do a lot of talking to the enthusiastic spectators to take my picture in the hurt. Laze around the first (and last) turn in the race at 26 miles and look up and see the big clock with 100 meters to go. Cross the finish in 2:27:08, raise my clenched right fist and do a lot of smiling. Legs are almost useless within ten minutes, so the quarter mile walk to the bag with my warmups becomes another challenge. Linda cruises into the women’s finish chute in 3:19 with a big relaxed smile and spoils my surprise by saying, “I knew you did it—what was your time?”

The awards presentation is great and scheduled to allow an even greater bath. I didn’t think I’d end up feeling warm again! Linda gets third place women’s master for her training run. I get invited to race in New Jersey in May. We have a fine spaghetti dinner and fly home to California. Thanks, New Orleans. See you next year.

DIARY OF A MARATHON

by Joe Burgasser

Together with Linda Burke, I competed in the New Orleans and Mardi Gras Marathon in Louisiana on February 10. Since my 2:27:08 time is the fastest marathon ever run by someone wearing the STC colors in my 15-year history, I thought it appropriate to share the race and preparatory event with you...

Spending long apprenticeship consisting of eight years of 14+ mile-a-day average and 265 races (to learn pace techniques), Arrive in New Orleans (pronounced O’Lins by locals) on a cool rainy Friday evening after spending a week in St. Petersburg, Florida sleeping late, training VERY easy, lying in the sun, eating well, and generally being treated like royalty by Linda’s parents, our hosts. Decide not to rent a car to save money.

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Pass twenty in 1:51:00 running hard—the sun comes out briefly and it gets hot but only lasts for sixty seconds. Legs really start to cramp from cold and the pace, but at least I can now see land on the horizon. Pass a guy at 22 who looks over forty (he was). Somehow make it to 25 still going hard with legs hurting a lot. Time is 2:20:17, still at 3:36 pace. Come off the Causeway and hit the last miles+ as hard as I can but just can’t move as fast as I’d like. Keep looking down at my feet—feel like I’m losing something. Do a lot of talking to the enthusiastic spectators to take my picture in the hurt. Laze around the first (and last) turn in the race at 26 miles and look up and see the big clock with 100 meters to go. Cross the finish in 2:27:08, raise my clenched right fist and do a lot of smiling. Legs are almost useless within ten minutes, so the quarter mile walk to the bag with my warmups becomes another challenge. Linda cruises into the women’s finish chute in 3:19 with a big relaxed smile and spoils my surprise by saying, “I knew you did it—what was your time?”

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CHAOS IN NATIONAL MARATHON

Masters Ignored, No Results, No Awards, Short Course

by Herb Lorenz

On behalf of some of the masters runners who ran the Paul Masson race in January, I would like to make a couple of comments in regard to the "Masters Championship."

Since joining the ranks of the masters in 1979, I have had the occasion to run in 2 National Championships. The first was a 20K in Washington D.C., and the second the marathon held at Skyline. Both were a very nice introduction into the masters program for me. The 20K was a small, just masters, race held in a warm, informal atmosphere by the Potomac Seniors. The Skyline race was an open race with the Masters division receiving top billing.

Last January 27th, I participated in this year's Masters Championship in the marathon. The race selected was the Paul Masson in Saratoga, California. It was also the Seniors and Womens AAU Championship. As for the Masters division, it was a stark contrast to the 1979 edition at Skyline. Among other things, post race activities consisted of waiting in an unfinished, cold computer company warehouse, trying to figure out what was going on. When no results, no awards, no information of any kind was forthcoming, the runners drifted off for home not knowing who won what. It was hardly the proper way to treat a National Championship.

The director of the marathon had the vision of making this one of the best on the running calendar. His ideas were admirable but unrealistic. We had occasion to meet a month before the race, and I came away feeling a bit apprehensive about the race. I saw one man taking on a monumental task; that of organizing not just any marathon, but a combination of National Championships and making it into a class race, with seemingly little help.

The race is now history, and for its director it has become a nightmare. The course which was "certified" turned out to be short, in addition the runners were misdirected and cut another 1/4 mile off the course making it a total of about 600 yards short. There were no results available after the race, there were no post race activities given out; chaos was the order of the day.

Whenever things go wrong it's easy to lay the blame on one individual. In this case it was the race director of the Paul Masson Marathon. He certainly had "stumbled upon," and his vision of a "class" race, one that would be at the top of the running calendar, had gone down the drain. But was it all the race director's fault? Could he have gotten some help from knowledgeable personnel? It was after all the AAU Championship! Who approved the certification of the course? Why was the Paul Masson Marathon selected in the first place for the AAU Masters Championships? The Paul Masson Marathon did not have a good reputation for organization.

RUTH ANDERSON

David Hambly and Ruth Anderson were two of the top masters competitors in the National AAU Championship Marathon. Hambly, 40, placed second in the 40-44 division with a 2:27:12; while Anderson, 50, won the women's 50-54 title.

DAVE HAMBLY

...CHAOs, etc. by Joe Burgasser

The race was the National AAU Championship for all divisions, both men and women—a step seemingly in the opposite direction of progress. The move in the past six or seven years has been toward separate manageable championship races for open (senior) men, open (senior) women, and masters men and women. The combining of these divisions in one championship race has been proven to be unmanageable and unfair to the competitors on many occasions and this was certainly no exception.

Diametrically opposed to an entry blank that promised total computer control of the race and finish, an unfunny comedy of miscalculations ensued crowned by deleterious finish system that included feeding yogurt to the runners while still in the finish chute. This maneuver seemed diabolical to the efforts of the finish line attendants persisting in that all-too-familiar chant, "Keep moving, please, keep moving." And when the chute predictably overflowed, directors simply set up a new finish line around a corner and down the street. Rumors (not verified) also persisted that a set of misplaced traffic cones cause the lead runner to cut a "couple minutes" off the course.

Mr. Dan O'Keefe, the Race Director, wandered about seemingly lost most of the morning. After several announcements that awards would be presented shortly, he inconsiderably wandered home, leaving the award winners waiting patiently in an unheated, incomplete building for several hours. Mr. O'Keefe never did appear to distribute the awards. In fact, no race official ever appeared in the building and no official information was ever given. Eventually, the award aspirants, some of the best athletes in this country, left for home—empty-handed.

The Pacific Association of the AAU, or whatever the hell group now "governs" distance running in Northern California, had best take a hard look at this guy before granting him such an important event again. This was supposed to be the National AAU Championship Marathon—it ended as an insult to every serious runner present.

I won't be drinking Paul Masson Champagne again.

photo by Don Gosney California Track News photo

by the Seniors Track Club Newsletter
continued on next page...
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<tr>
<th>Event</th>
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**Eastern Indoor Championships continued from page 13**

**35-39**

- Dennis Dyce
- Robin Ficker
- Rich Guido
- Ed King
- Ken Baker
- Halig Robigian
- Rick Risko
- Ed Small
- Clair Pauling
- Bill Krebs
- Rudy Enders
- Tom Talbot
- John Barrie
- Rudy Valentine
- Archie Messenger
- Don Harris
- Frank Furman
- Harold Greencastle
- Casey Witskowski
- Sandy Pakchkin

**40-44**

- Jim Waters
- Dick McFarland
- Michael Patterson
- Jim DeSena
- Lawrence Harvey
- DeLeon Gibson
- Halig Robigian
- Herb Zipper
- Bill Krebs
- Frank Green
- Clive Pauling
- Tom Talbot
- Henry Greencastle
- Kelsey Brown
- Joe Finner
- Roy Chernich
- Archie Messenger
- Joe Finner
- Joe Finner
- Roy Chernich
- Archie Messenger
- Joe Finner
- Joe Finner
- Roy Chernich
- Archie Messenger
- Joe Finner
- Roy Chernich
- Archie Messenger

**50-59**

- John Kohn
- George Vernovsky
- Bob Fino
- Tom Talbot
- Harold Greencastle
- Bob Guehr
- Joe Johnson
- Bill Inglis
- John Barrie

**60-64**

- John Childman
- Herbert Hardman
- Harold Greencastle
- Bob Guehr
- Joe Johnson
- Bill Inglis
- John Barrie

**70-74**

- Harold Greencastle
- Bob Guehr
- Joe Johnson
- Bill Inglis
- John Barrie

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**One Mile Run**

- Rudy Valentine
- Arthur Wright
- Mike Van Bakker
- Carl Warner
- David Bell

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**No Mile Walk**

- Ron Silco
- Ivan Black
- Jim Barber
- Larry Roxy
- Bill Preston
- Bob Zine

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**Virginia Alucks**

SH 22:35.9

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**Two Mile Relay**

- Rudy Valentine
- Arthur Wright
- Mike Van Bakker
- Carl Warner
- David Bell

---

**Two Mile Run**

- Rudy Valentine
- Arthur Wright
- Mike Van Bakker
- Carl Warner
- David Bell

---

**One Mile Relay**

- David Valentine
- Arthur Wright
- Mike Van Bakker
- Carl Warner
- David Bell

---

**One Mile Run**

- Dave Wynn
- Michael Patterson
- Howard Mann
- John Childman
- Herbert Hardman
- Harold Greencastle
- Bob Guehr
- Joe Johnson
- Bill Inglis
- John Barrie

**Two Mile Run**

- Rudy Valentine
- Arthur Wright
- Mike Van Bakker
- Carl Warner
- David Bell
RESULTS of New York Masters Sports Club Indoor Championships.
March 15

60 yd. Dash
30-34
Arthur Wright 33 NY 6.33
Robert Finch 39 NY 7.3
40-49
Eugene Kelly 52 NY 7.16
Harold Colen 51 NY 7.79
50-59
Rudy Valentine 56 NY 7.49
Don Harris 57 NY 7.6
60-69
David Lawyer 60 NY 7.59
70-79
Russell Meyers 76 NY 9.03

Women
30-34
Anna Mapps 32 NY 7.94
Carole Mulligan 38 NY 9.6
Alex Johnson 43 NY 9.6
Chris McKenzie 48 NY 8.63
Ann Cunliff 45 NY 8.76

60 yard High Hurdles
30-34
John Vogler 21 NY 8.5
Ivan Black 31 NY 9.34
40-44
James O'Dara 41 NY 7.62
Larry Judd 41 NY 8.19
45-59
Len Olen 48 NY 9.7
George Taylor 49 NY 10.22
Dick Veillet 47 NY 10.5
30-34
James Ryan 51 NY 9.7
Herold Colen 51 NY 9.83
Arthur Bradley 53 NY 10.9
55-59
Rudy Valentine 59 NY 9.95
60-69
Gilberto Gonzales 66 NY 11.0
Russell Meyers 76 NY 10.6
Women
30-34
Skipper Clark 32 NY 10.58

300 yard Dash
30-34
Arthur Wright 33 NY 32.9
Don Davis 30 NY 35.0
Richard Reiner 30 NY 36.0
Bill Krebs 35 NY 36.5
40-49
Bill Krebs 45 NY 24.47
Hersch Zipper 46 NY 27.46
Tom Talbott 45 NY 27.57
Bob Mimm 40 NY 27.56
50-59
Kelsi Brown 52 NY 23.73
Joe Kerman 50 NY 24.72
Ted Grenda 50 NY 25.73
Art Lender 53 NY 30.87
60-69
Harold Greenberg 60 NY 2.58

Oap Mile Run
30-34
Marcia Wright 31 NY 4.28.7
Jim Harber 32 NY 5.46.3
Jim Felice 32 NY 5.49.1
Jim Johnson 34 NY 5.51.5
1000 yard Run
30-34
Don Harris 34 NY 4.29
Don Berra 34 NY 4.72
Charles Kennedy 44 NY 4.91
Michael Patterson 31 NY 10.13.2
Jim Barbour 32 NY 13.72
Bob Pirous 35 NY 14.58
Don Berra 37 NY 10.25

Two Mile Walk
30-34
Ivan Black 31 NY 20.39.9
Dick McNeil 67 NY 20.42.9
Sanford Kahn 52 NY 21.41.0
Thomas Coutigan 50 NY 23.33.4
Meurice Lentz 54 NY 24.09.2
Rudy Valentine 56 NY 24.89.0
Bob Mimm 55 NY 16.21.6
Don Johnson 63 NY 18.30.7
Women
Marcia McNeil 63 NY 26.12.8

One Mile Relay
30-34
New York Penguin Club 3.3.7
Jackson-O'Kelly-Hamet
New York Masters 4.27.6
Barbour-Talbott-Lebofsky-Person
30-34
Mason O'Neill 59 NY 56.9
Rudy Valentine 1
Glen Shaine 2
Small New York Masters 3.3.7
Rydall 4.52 Krebs 1.46.0
Zipper 2.43.1-Saigon
50-59
New York Masters 4.31.7
Dowling-Lentz-Kerman-Cartwright
Shore Athletic Club 4.30.7
Kals-Kelly-Greenberg-Mimms
Women
30-39
Manhattan Flight Kings 4.50.1
McKenna-Johnson-Richardson-Pashkin
New York Masters 5.06.3
McKenzie-Keefe-Grimm-Cartwright
30-34
Two Mile Relay
New York Masters 10.40.7
Kennedy-Dent-Pearce-Tribute

continued on next page...
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**N.Y.M.S.C. continued from page 16**

**Senior Olympics June 13-14**

**Indianapolis, Indiana**

**June 13 (Friday): 10K Run, 5:00 P.M. “All” age groups.**

**June 14 (Saturday): Sub-masters & Masters field meet 30 up, 5 year age groups through 75 up. All track and field events including 1500 M walk in 55 up groups. Morning and afternoon schedules 8:00 A.M. Excellent all-weather metric track. Expert officiating.**

All events held at Park Tudor H.S., 71st and College, Indianapolis, Ind. Entry fees: 10K $4.00 per person; track & field $3.00 for one event, $1.00 each additional event. Entries received after May 31, 1980 will be doubled.

---

**ENTRY FORM**

**ALL ENTRIES DUE BY MAY 31, 1980**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Address</td>
<td>Zip</td>
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</table>

**Male** □ Female □ Age as of 12/31/80 □

**Event:** □ 10K Run □ Track & Field □

I will not hold the Hoosier Track Club or any of their departments, agents, or representatives liable for my health, safety or any injury resulting from my participation in these events.

**Signature** Date

Send to: Bob Coughlin, Hoosier Track Club 305 S. Barton Indianapolis, Ind. 46241 - (317) 241-5446

---

**Two California speedsters:** Almetta Parish (left) and Cherrie Sharrard

---

**Philadelphia Masters Track**

**Shore Athletic Club**

**Torrington Track Club**

**Finger Lakes Athletic Club**

**Jaguar Track Club**

**Long Island Track Club**

**Ontoora**

**Unattached**

**University of Vermont T.C.**

**New Britain T.C.**

**Prospect Park Track Club**

**New York Masters Sports**

**American Indoor Masters’**

**Age-Group Records**
by Mike Daniels, Jerry Hedgcock, Jay Avery and Alex Pappas. Mike Davis did some great all-around performing. Emily Billups took it easy and still won going away. Ron Fox clerked the meet with style and grace while the Millers made disgusting profits selling oranges, coffee and t-shirts.

**RESULTS**

### 50 YARD DASH

| Men | 30-34: | 1. Mike Daniels | 5.87 |
|     | 35-39: | 1. Jim Daniels | 6.08 |
|     | 40-44: | 1. Bruce Mills | 6.31 |
|     | 45-49: | 1. Ted Kaliski | 6.01 |
|     | 50-54: | 1. Mike Daniels | 5.87 |
|     | 55-59: | 1. John Dick | 7.08 |
|     | 60+: | 1. John Dick | 7.98 |

### 50 YARD HIGH HURDLES

| Men | 30-34: | 1. Bob Deneerle | 6.78 |
|     | 35-39: | 1. Bruce Mills | 6.08 |
|     | 40-44: | 1. Bruce Mills | 7.79 |
|     | 45-49: | 1. Bruce Mills | 7.79 |
|     | 50-54: | 1. Bruce Mills | 8.18 |
|     | 55-59: | 1. John Dick | 8.28 |
|     | 60+: | 1. John Dick | 10.27 |

### 300 YARD DASH

| Men | 30-34: | 1. Bob McMillan | 38.62 |
|     | 40-44: | 1. Charles Danos | 43.37 |
|     | 45-49: | 1. Jim Daniels | 45.27 |

### 600 YARD DASH

| Men | 30-34: | 1. Jerry Elkins | 1:25.98 |
|     | 40-44: | 1. Gary Carr | 1:28.22 |
|     | 55-59: | 1. Joe Jenkins | 1:30.64 |

### 1,000 YARD RUN

|     | 40-44: | 1. Gary Carr | 2:23.81 |
|     | 50-54: | 1. Joe Jenkins | 2:33.89 |
|     | 55-59: | 1. Joe Jenkins | 2:37.73 |

### POLE VAULT

| Men | 30-34: | 1. Rich Carabasa | 15.82 |
|     | 35-39: | 1. Bob Christensen | 16.73 |
|     | 40-44: | 1. Joe Jenkins | 16.58 |
|     | 50-54: | 1. Rich Carabasa | 16.73 |

### THREE MILE RUN

| Men | 30-34: | 1. Dennis Spars | 15:42 |
|     | 40-44: | 1. Mike Davis | 16:10 |
|     | 50-54: | 1. Pat McMooney | 16:38 |

### NATIONAL MASTERS NEWSLETTER - APRIL 1980

**ART LIDERMANN**

1. Mike Daniels
2. R.G. Wolf
3. Bruce Mills
4. Jim Daniels
5. Phil Mulkey
6. Dave Greenleh
7. Trevor Foy
8. Henry Folkendiren
9. Bernie Martin
10. John Dick
11. Marianne Whatley
12. Emily Weber

**TRIPLE JUMP**

| Men | 30-34: | 1. Mike Daniels | 16.20 |
|     | 40-44: | 1. Bob Christensen | 16.20 |
|     | 50-54: | 1. John Dick | 16.20 |
|     | 55-59: | 1. John Dick | 16.20 |
|     | 60+: | 1. John Dick | 16.20 |

**SPOT PUT**

1. Mike Daniels
2. R.G. Wolf
3. Carol Masters
4. Pat Mooney
5. John Dick

**35-44 YEARS WITH LONG JUMP**

| Men | 30-34: | 1. Mike Daniels | 16.10 |
|     | 40-44: | 1. John Dick | 16.10 |
|     | 50-54: | 1. John Dick | 16.10 |
|     | 55-59: | 1. John Dick | 16.10 |

**35-44 YEARS WITH HIGH JUMP**

| Men | 30-34: | 1. Mike Daniels | 5.10 |
|     | 35-39: | 2. Mike Daniels | 5.24 |
|     | 40-44: | 1. John Dick | 5.24 |

**35-44 YEARS WITHpole vault**

| Men | 30-34: | 1. Bob Christensen | 3.18 |
|     | 35-39: | 1. John Dick | 3.18 |
|     | 40-44: | 1. Bob Christensen | 3.18 |
|     | 50-54: | 1. Bob Christensen | 3.18 |

**35-44 YEARS WITH long jump**

| Men | 30-34: | 1. Mike Daniels | 5.10 |
|     | 35-39: | 2. Mike Daniels | 5.24 |
|     | 40-44: | 1. John Dick | 5.24 |

**35-44 YEARS WITH 3 MILE RUN**

| Men | 30-34: | 1. Dennis Spars | 15:42 |
IF YOU'RE OVER 30, YOU'LL WANT TO READ THE

National Masters Newsletter

The only U.S. National publication devoted exclusively to track, field, long distance running and race walking for men and women over age 30.

- National results
- Schedules
- Entry blanks
- Age-records
- World rankings
- International results
- Regional results
- Training tips
- AAV/IAAF info
- Profiles & photos
- Surveys
- State of the art

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Van Nuys, Calif. 91401

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$10 enclosed for 12 issues

$3 for Canada

$10 for overseas

Send to:
National Masters Newsletter
6200 Hazelwood Ave.; Suite R
Van Nuys, Calif. 91401

10th Annual
GRANDFATHER GAMES

DATE------------------May 10, 1980
PLACE------------------Los Angeles Valley College, 2000 Fulton Ave., Van Nuys, Calif. 91401
DIVISIONS-----------------Masters (30-39), Division II (40-49), Division III (50-79), Division IV (80 and over)
ENTRY FEES------------------$5 ($20 for two events), $20 ($50 for three events)
RELAY FEES------------------$4 ($10 for two events), $20 ($50 for three events)
SCHEDULE------------------May 10, 1980
NOTE------------------May 10, 1980

SAVE THE DATE

National Masters Newsletter
6200 Hazelwood Ave.; Suite R
Van Nuys, Calif. 91401

April 1980 - National Masters Newsletter page 19

John Satti (left) and Alan Cranston lining up for the Masters 50 Meter Dash at the San Francisco Indoor Games, photo by Dave Stock
## World's Fastest Nikes

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<td>Mile (indoors)</td>
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Nike

Beaverton, Oregon