Roger Robinson, 41, of New Zealand, one of the top masters distance runners in the world, ran a dazzling series of races in 1980. He won the World Veterans 10K championship in Glasgow, Scotland; then won the Brooks 15K in Indiana in 1:04:10; then defeated America's finest masters in the Brooks 15K in Washington in 47:23; then went 1:45:6 in the New York Marathon in 2:22:12. Each of his performances would be a U.S. 40+ record were he a U.S. citizen. Robinson now heads back to New Zealand to defend his world veteran 10K crown.

Bowers Breaks Marathon Mark

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Muhrcke, Schonfeld Win National 10K

Muhrcke's time was 32:06.7. Although the number of participants was small (68 finished) the quality was good.

Nike/Penn Mutual To Hold Masters Races

Nike Sportshoes (Beaverton, Oregon) and Penn Mutual Life Insurance Co. (Philadelphia) will jointly sponsor eight regional masters-only distance races between January and April, 1981. Collectively known as the Nike/Penn Mutual Masters Grand Prix, the 10K (or 15K) road races are scheduled for Seattle, San Diego, Salt Lake City, Houston, St. Louis, New York, and sites to be named in the Southeast and New England.

Hambly, Fox Win National 10K Cross-Country

David Hambly and Judy Fox were the overall men's and women's winners in the National Athletic Congress masters 10-kilometer cross-country championships today in 40-degree weather and intermittent rain over a true "English-style course" in Luther Burbank Park on Merced Island.

continued on page 7...
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SUMMER:

Al Ouston
California City, Calif.

If you're not a subscriber, you may be wondering:
WHO SENT ME THIS?

We did. And here's the story on that:

We do not agree with the way most publications do things.
They send you a fancy mailing and say 'If you get it, you subscribe.'
We believe it's a lot fairer to send someone the actual product, exactly
what they will get if they do subscribe.

So here it is - a newspaper. If you find it of interest, you're invited to come aboard.

If not what you expect, you may cancel your subscription at any time and receive a full refund on all unmailed issues.

We're the only national publication devoted exclusively to track &
field and long distance running for men and women over age 30.

Just fill out the subscription form on page 3.

After a couple of issues, if you think we're on the right track, send us the same address and our names or friends who might like to read it. That may well be the way you get this copy.

Our goal is to be of real value to the over-age-30 athlete.
Another point: most masters athletes must be in their 30s, which means that evening practice in the longer daylight hours of summer make preparation much more practical and possible for a mid to late August Championship. Also, more and more masters meets should be conducted at night under the lights in summer meets. Why? 1) Temperatures are usually ideal on a normal summer evening. 2) Bidehounds humidity is lowest in the evening after a warm summer day. 3) Wind velocity is at its lowest level usually in the evening after the sun has gone down. All these factors make for one main point -- the athlete has his best opportunity to get the most from his preparation--and that is really what the whole program is for.

Paul Dougla
Portland, Oregon

BUDUDBS HEIGIlS

I am still in a daze as to the hurdle spacing for the World Meet in New Zealand. The Sept. 10th issue says it is 55-1/2 between hurdles. The Oct. 1979 issue says it was 50 at Hanover. Which is it?

Burl Gold
San Marcos, Calif.

It's 55-1/2.

NO ACTION

I am a new subscriber to the newsletter and enjoy it immensely. I am 57 and my girl friend is 58. We both want to compete more often, but there is no masters program here in Phoenix. The weather is fine for track most of the year, but nothing has developed so far.

Dan McPeek
Phoenix, Arizona

You're doing an excellent job. Our problem in Michigan is finding competition in track & field events. Obtaining publicity on what we do is hard to come by. I have only two areas close enough to compete: Chicago (275 miles) and Toronto (800 miles).

Mel Beacham
Michigan City, Indiana

Masters track & field is non-existent in this area. Road racing is big and growing. I just can't get excited about track when there are no meets. Unless you devote more space to road running, I probably won't re-subscribe. You're doing a great job, but do you, but the typical Ohio road runner just doesn't get that much out of it. I know it's our fault. If we contributed more, maybe we could export more.

J. Gerard Casterline
Hung in there. The 1983 Masters Midwest Regional T&F Championships will be held in Dayton June 12-13.

Ed

SURVEY COMMENTS

The National Masters Newsletter is a great publication for the master athlete. No other publication, including Track-Master, can even compare, I am very thankful to the volunteers who contributed to the paper. I enjoy the comparisons between Women's National Championships and would like to see further comparisons such as times and performances that an individual athlete had during his own younger years and what he is doing now. An example would be Dean Smith who was running faster 800's at age 83 than he did in high school. Keep up the good work as I watch the mail for each issue.

Richard Richards
Devore, Illinois

Go with highly technical stuff, like the article on hurdle heights and distances. Stuff about food, medicine and clothes I can get from J1W, but where else can I find technical stuff, except in MN?

Tom Shokness
Normand, Maryland

The NMN is the finest and most complete periodical on Masters Track & Field available. Keep up the fine work! Your present format and contents are adequate for the price involved; possibly expansion may be indicated in the future. I have noticed that publicity of the involvement of Penn Mutual in the Masters movement is rather skimpy at the present time. This is not consistent at the local level at least in Tuscaloosa the local office has no informa-
tion on the program.

Henry Carter
Tuscaloosa, Alabama

List the yearly and all-time top 5 or 10 in every event and every age group, U.S. and world. It would give masters athletes something to shoot for. Also, cover the doings of any 30+ world class athletes.

Bill Forsey
Pecos, New Mexico

I would rate NMN very high on the scale in terms of doing the job. It gets the information out. It does not try to be too slick. There may be a time in the future when you want to improve the quality, but you're right on target now. You might improve the circulation potential if you covered masters long distance running more. Even if at least in a more organized way. Coverage is scat-
ttered. There's no focus. For you need to identify the major masters meets and feature them. What you really need is someone to become LDR editor and take over responsibility for a section every issue.

Mel Higgin
Michigan City, Indiana

You're doing a great job. Keep up the good work because if I wasn't for the newsletter we would know very little of masters. Could you somehow find the solution to help meet directors schedule events that don't conflict? I've seen two or 3 meets in one region on the same day, and then 2 weeks that are barren.

Leon Post
Trenton, New Jersey

More survey comments next month. Results of survey on page 13

Sponsored by Pratt Institute & Bee Pollen from England

Notice of 3000m Indoor Races

by Bob Fine

There will be 5 development meets and a semi-final and championship race. These races will be for Open (under 40 years of age) women and masters.

The races will be held at Pratt Institute's indoor 200-meter track.

The Pre-entry fee is $1.50 per meet, with a post entry fee of $2.00.

Prizes to the 1st place in each group for each race and the first six in the Championship meet. Prizes are donated by BEE POLLEN FROM ENGLAND.

To make up seedings please send the entry immediately. The deadline for each race is the last Friday before the race.

The 24 best results shown by the runners during development meets will be selected for these semi-finals (in each group). The first four from each semi-final will advance to the final championship of twelve. The next four from each semi-final heat will advance to the consolation final.

For MASTERS and WOMEN the 12 best results during the development meets will be selected for the final.

Only flat racing shoes and proper attire will be allowed on the track. NO SPIKES. Warm-up area inside of the track. Nobody permitted to jog in the running lanes. Bring your own towel and lock.

Directions:
Pratt Institute Gym is at DeKalb Ave. and Classon Ave. near downtown Brooklyn. Take the "A" or "F" IND lines and change for the "U". Get off at the "Classon-Washington" Station. By car take the Brooklyn Queens Expressway. From Queens use exit 31. From Brooklyn use exit 30.

Hemi Korchman (Track Coach at Pratt) is the Meet Director. 212-381-8771 or 3774. After 9:00 P.M. 212-382-4008.

DA TE S:
#1 Tuesday Dec. 16th 7:00 P.M.
#2 Tuesday Dec. 23rd 7:00 P.M.
#3 Tuesday Jan. 6th 7:00 P.M.
#4 Tuesday Jan. 13th 7:00 P.M.
#5 Tuesday Jan. 20th 7:00 P.M.

SEMI FINAL Tuesday Feb. 10 7:00 P.M. FINAL Tuesday Feb. 17th 7:00 P.M.

MAKE CHECK PAYABLE TO "PRATT TRACK" Mail to Hemi Korch-

Masters Sports Association Indoor Development Schedule

6 PM Fri Nov 21 1026 Reg Arm 168th St, NYC all events
6 PM Fri Dec 5 1026 Reg Arm all events
6 PM Fri Dec 12 1026 Reg Arm all events
6 PM Fri Jan 9 1026 Reg Arm all events
6 PM Fri Jan 16 1026 Reg Arm all events*6 PM Wed Jan 21 1026 Reg Arm all events
9 AM Sat Jan 24 369th Arm 60yds 800yds 1-mile
9 AM Mon Feb 6 Queens College 50yds 800yds 1-mile
9 AM Fri Feb 20 1026 Reg Arm all events
9 AM Sat Feb 28 Queens College 50yds 800yds 1-mile

At 1026 Reg Arm, masters and sub-masters will be eligible for all events on the program. Competitors may enter events of their choice and Masters Sports Association will be responsible for awarding medals based on placings within the Masters and Sub-Masters groups. All scratch.

Hardest age group. Three medals per group.

Events may be restricted at these meets as these are MAC Championship meets for Open competitors.

#predict your time events #handicap events

In addition, there will be a 3000-masters event, indoors at Pratt Institute in Brooklyn, at 7 PM on the following dates (all Tuesdays):

Dec 16, 23, Jan 6, 13, 20, Feb 10, 17

Entry fees will be $1.50 pre-entry, $2.00 post-entry, the twelve best masters will advance to a final.
in 1967. Old John, now age 72, will be running in his 60th Boston Marathon this April and warmed up for it with a time of 1:07:55, good for 30th overall out of 227 finishers. "I always shoot for the top 50 per cent," said Kelley afterwards.

Also, as impressive as that performance seems (it was well under the single-age record for 73 of 1:38:13 by Willard Benton), it only earned Kelley second place in his age category. Edward Benham, also 73, finished several hundred yards in front with a time of 1:07:15, 10th overall. Benham, a retired jockey who weighs only 109 pounds, reportedly has been running now for about two years. "It's remarkable," conceded Kelley. About Benham, Kelley said: "It was as if I were running in the same race with him."

Dan MacGregor, John Robinson (1236), Derek Fermee (1018) battle for lead in World Veterans Marathon Championship in Georgetown, July 24-August 22.


Firmest woman master in a strong field was Trudy Rapp (43) in 58:31, second winning female in her age group. She added the 30:17 mile to her 50-54 10K records.

Edward Benham, also 73, finished second in the 50-54 age group, eight other single-age records (11) for the day, including a 10,000 meter championship in the same age category. Three five-year age group records, another 10K record (three), and a mile record (one) were set among the women with 1:02:38.

A course record of 1:01:27 was set in the 50-54 age group.

Karen McArthur of Connecticut, recently turned 40, had won the 10K in eastern New York in 1:01:27. She added the 10,000 meter championship in the same age category with a time of 30:21, second winning female in her age group. She added the 30:17 mile to her 50-54 10K records.

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Bob Daniel offered
by Dave Thoreson
I have decided to offer a program to promote the Master's decathlon nationally. The decathlon requires a tremendous amount of time in training to handle 10 events over 2 days. Training time would be markedly reduced by cutting events in number and distance.
Our program, the "Short Decathlon," takes the training time out of the decathlon, yet offers all the events in either actual or a shorter version.
Many people pass over the decathlon as an event because of one or two technical events. This program will give the participant the opportunity to choose events to his liking. It is time he could be running the whole decathlon.
I remember the last year of the decathlon competition. Consistency in training was difficult because of injury and other interests. The events required more work than I wanted to do.
The "Short Decathlon" can open the door for multi-event Master competitions for many new and older decathletes. It is designed with a point chart and handicap system enabling men and women, according to age and sex, to compete on an equal basis.
For more information, please contact Dave Thoreson, 744 S. Civic Drive, Santa Barbara, Cal. 93101.
The New York Masters Sports contest by open and masters club 40-and-over men's and 35-and-over Racing travel expenses from Penn Mutual to 5-year age categories, the winning 1981. winning men's and women's masters Congress (AAU), the Grand Prix races Tom Conway, who beat Hambly in March their time to get a out with details. anything like that

In Philadelphia, Nike will award both their division. The purpose of the Nike/Penn Mutual Grand Prix is two-fold: to provide masters athletes greater opportunity to participate among themselves in quality races; and to stimulate the organization of more masters clubs and team competition.

In Philadelphia, Nike will award both winning men's and women's masters teams a "grand prize" of travel expenses to the famous masters 20-Kilometer competition in Brugge, Belgium in July, 1981.

More than 1500 entrants took part in the Brown/CNJ 10 mile over a flat, fast and scenic course along the Potomac River today as an estimated one million celebrated National Jogging Day nationwide. The National Jogging Association reported that NJDay activities took place in virtually every state, empha-

Nike/Penn continued from page 1:

Congress (AAU), the Grand Prix races will spotlight club competition. In addition to individual awards in 5-year age categories, the winning overall masters and half-events in the women's 3-person teams will receive travel expenses from Penn Mutual to the prestigious Nike/U.S. Club Road Racing Championships, which will be contested by open and masters club teams at 15k in Philadelphia April 11, 1981.

In Philadelphia, Nike will award both winning men's and women's masters teams a "grand prize" of travel expenses to the famous masters 20-Kilometer competition in Brugge, Belgium in July, 1981. The purpose of the Nike/Penn Mutual Grand Prix is two-fold: to provide masters athletes greater opportunity to participate among themselves in quality races; and to stimulate the organization of more masters clubs and team competition.

For further information, write to: Tom Sturak, BRS, Inc., 9000 S.W. Murray Blvd., Beaverton, OR 97005.

Mukrcek continued from page 1:

It was a real battle for first place in the 40-44 year old group. Dale Hambly from the Sandusky Club in Seattle, Washington, who was the first American to finish in the World 10K Championships this year in Scotland (Davis took 7th) took over the lead after two miles. Mukrcek went under $500 for the first mile and under 2:00:05 for the two mile. After the two-mile, it became a real light between Hambly, Mukrcek and Flicker. In the last mile everyone started their sprint with Gary winning by 3 seconds over Bob, with Dave 16 seconds back in third. Frits Mueller, recovering from the London to Brighton Marathon, was 5th behind Beland Corrner of North Medford.

In the 45-49 year old group Barrie Almond, from the Hartford Track Club, winner of the National Indoor and Outdoor mile and 1300 meters, used his speed to hold off Clint Flicker of North Medford in 34:28.4 to 34:39.5. The quality was so high that Ed Demaree, defending 15K-UC National Champion and Jim Anesha, 1980 Outdoor 5K Track Champion could manage only 4th and 5th.

Joe Burns easily won the 50-55 division by over two minutes in 37:09.8. Steve Richardson of the New York Masters Sports Club set a new indoor mile course record in 3:57.2.

Steve Richardson of the New York Masters Sports Club set a new indoor mile course record in 3:57.2.
THE

Gun Lap

by MIKE TYMN

Karen Scannell
Knows The Value
Of A Good Time
by Mike Tymn

How much is a good time worth? For most people, a few hours of entertainment and enjoyment can be had for anywhere from $10 to $50. But for Karen Scannell, a good time is worth at least $70,000, perhaps as much as $700,000.

Actually, Scannell, a 42-year-old San Francisco librarian, has already had her good time. It was a two-hour, 48-minute, 49-second performance in the St. Chinian Marathon last June. It elevated her to third place on the list of all-time U.S. Masters women.

The value of Scannell's good time was arrived at by introducing a supposition—devil to her. This evil creator is not after her soul, but you could say that he wants her spirit. He offers to buy her 2:52:48 marathon. He offers with an offer of $100 for every minute under three hours, therefore $700 for seven minutes.

"No way?" Scannell replies. "There's nothing I could do with $700 that would even approach the enjoyment I got from that race.

The devil sweetens the pot by offering the offer is $1,000 for every minute, or $7,000.

"I'd still take the time," Scannell reasons, "It's hard to translate a PR (personal record) into money, but it's a lot more meaningful to be working for something than to just go out and buy it.

"But I always think of that $1,000 and put the ante to $10,000 a minute, or $70,000.

"Howman, I've gotta give that a little thought," Scannell says as she eyes wider. "Can I keep the 12 seconds left over?"

The devil tells her that she cannot. She must also relinquish her other two sub-3 hour marathons, a 2:37 in Oakland and a 2:59 in Sacramento, but turned in during 1979. However, she can keep anything over three hours, including her 3:03 in Boston. And she must agree to never again run under three hours.

"I don't think so," she answers after pondering the proposition for a few moments. "Theorists, the experience, the satisfaction—you just can't put a price tag on these things.

The devil makes his final offer, $100,000 a minute, or $700,000. "Now wait a minute! This is going too far," Scannell exclaims. "I think I'd better discuss that with my husband."

Karen Scannell, a native of Berkeley, California and a graduate of the University of California, Scannell began running in 1972 after reading about the Bay to Breakers classic.

"I had always been kind of a tomboy growing up," she explained, "so I never really participated in sports much because there just weren't that many things women could get into. I had always wanted to do something, and so when I read about the Bay to Breakers race, I put on some tennis shoes and cut-off Levis and started out with three times around my block, which was one mile."

Robinson 1st Master
In New York Marathon
from Andy Bogdan

NEW YORK, N.Y., October 26.
Roger Robinson, a 41-year-old Welling-
ton, New Zealand professor lecturing in the United States, climax one of the most impressive months of masters long distance running ever witnessed in this nation.

He was the first over-40 finisher in the New York marathon with a time of 2:23:12, placing him 47th overall behind Alberto Salazar's winning 2:29:49.

Second master was new national masters 10K champion Gary Mahnke in 2:26:57, Bill Hall was first in 2:20:37, followed by Fritz Master (2:22:27) and Dick Ellip (2:22:13).


If Richards, 67, got the 60+ group in 3:06:51.

After finishing the 1979 Bay to Breakers race, Scannell joined in on short weekend runs with the Dolphin South End Runners. Her improvement was gradual.

"The Dolphin runs really helped me psychologically. It seemed that every little success bred more success," she said.

The 1976 Sonoma State Marathon in which she recorded a 3:57 was the first of 18 marathons she has now competed in. She says that she began to really get serious about running when she was 26 because she anticipated moving into the masters division where she would be more competitive.

Her training regimen during the past two years has called for 80 miles a week when training for a marathon and 60 when not. She frequently works out twice a day and tries to do speedwork two evenings a week. Her long training run for a marathon is usually 22 miles.

In addition to her outstanding performances in the marathons, she has turned in exceptional times in shorter races, including a 30:23 10K, 58:21 for 15K, 1:38:22 at 20K, or a 2:36:44 for 40 kilometers. All of her PR's have come since she turned 40.

Last January, Scannell and her hus-
band, Jim, whom she met while study-
ning for her Master's in library science at the University of Michigan, organized the Impala Racing Team, which now numbers 23 members.

"Our ultimate aim is to become one of the best women's running clubs in the U.S.," Scannell remarked. "Jim is our coach and we train together two or three times a week. We're all serious about our running and racing and offer encouragement and support to each other."

Seannell says that running has helped her a great deal on her job. She is in charge of all San Francisco's branch libraries.

At certain times, my job requires a lot of what I call emotional energy, such as at budget time, dealing withough bohords who demand continued service when there's not enough money, appearing before the Board of Supervisors to defend the library's position, and other endless situations," she explained. "Running helps me a lot in being able to handle these stresses, but conversely I'm not able to run as well during these periods.

"One thing I really get a kick out of is the pride my non-running friends at work take in my accomplishments. My boss, the City Librarian, often intro-
duces me as the Chief of Branches and the possessor of the finest cardiovascular system around."

Seannell feels that she is capable of running a 2:15 marathon, although to do it she thinks she will have to increase her mileage or take a leave of absence from her job.

"If and when I do a 2:15, the devil can have my 2:23:12 for next to nothing," she concluded.

The Masters Age
Records 1980
Special Close Out!

It sounds like a white-sale at Sears, but the fact is we've got more age record books than we know what to do with. So we've "slashed" (just like Sears) the price from a whopping $2.00 to a dirt cheap $1.50. Cost! Toss in the non-to Christchurch where he's favored to win the world 10,000 meter track crown January 8.

There were 15,541 finishers reported in the nationally televised race, with 7:24:01 bringing up the rear.

Robinson 1st Master
In New York Marathon
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Results on page 16.
Women from as far away as
.over.

Y.M.C.A. Toronto led the field right
from New

clocked 5:43.6 in a 1500, to better the
Africa turned 55 on July 28 and has set
5:57.7 time of Hilda Joeckle, a West
wasn't
German who set the mark in
1978.

This 5k race interested
Leith Drury-Piper from The Central
Anne McKenzie of Cape Town, South
On Oct. 31, 1980, she sped

竞

105 Compete In 5K
Women Masters Run

by Christie Walker

TORONTO, Sept. 27. The Canadian Masters International Track Team held its 2nd Annual Road Race for Women Masters today in Sunnybrook Park.

This 5k race interested 105 master women from as far away as St. Johns, Newfoundland, to Grand Island, N.Y. 65 started the race with as many finishing. Ages ranged from 35 to 50 years and over.

Leith Drury-Piper from The Central Y.M.C.A. Toronto led the field right from the start, with Pat Hessel from New York in hot pursuit. Leith held the

lead throughout the race, clocking 18:43 at the finish, a P.B. (personal best). Pat finished a second in a time of 18:56, with Audrey McCabe from Acton third, with a time of 18:59, also a P.B.

Refreshments were served after the event, during which time medals were presented to the first three finishers in each age group. (35-39, 40-44, 45-49, 50 & Over).

Certificates were also presented to all finishers with their finishing times noted. The Rim & Eyeglass Company, our sponsor, gave each participant a T-Shirt and $10.00 Gift Voucher, as well as presenting a Dinner/Show Ticket to the to three finishers.

All who participated agreed that it was the most enjoyable event. C.M.I.T.T. are looking forward to 1981, when even greater numbers are expected to compete.

Results on page 16.

McKenzie Sets 3 World Marks

Anne McKenzie of Cape Town, South Africa turned 65 on July 28 and has set 3 new world records for women aged 65-69. On October 8 in Cape Town, she ran a 400 in 74:14 to break the mark of 75:64 set by countrywoman Nell DunPlessis in July, 1979.

On Oct. 27, she spent an 800 in 2:45:1, lowering the standard of 2:47:9 established by Elizabeth Haude of West Germany in July, 1979. She then clocked 5:48:6 in 9 1/2 miles, to better the 5:57:7 time of Elida Jeeckle, a West German who set the mark in Sept. 1979.

McKenzie, who didn't compete in the Rome Savings & Loan Pan American Games this year because she felt she "wasn't quite ready," was pointing for the 4th World Games in Christchurch, New Zealand in January, 1981. However, her entry form was just returned

by World Games President John MacDonald as unacceptable because she is a citizen of South Africa.

Walmroth, Parsons, Partridge Set Pentathlon Marks

by Chuck Klim

CHICAGO, I.L., September 14, Bill Walmroth (MO), Harold Parsons (MO), and Phil Partridge (MO) set new national age group records in the National Masters Weight Pentathlon today.

Over 20 took part in the competition which also saw outstanding performances by Edwin Hill (MO) and Lee Olsen (MO),

Results on page 15.

Payne, Kauts, Johnson Win

O'Neil Sets 10K Mark In Diet-Pepsi Champs

from Tom Sturak

PURCHASE, N.Y., October 4. Jim O'Neil keeps rolling along. He again broke the men's 50-59 U.S. 10k record today with a time of 34:35, breaking the mark of 34:38 he set on Sept. 6.

The race was the Diet-Pepsi National 10k Championships. Local and regional winners from throughout the nation were flown here to compete for national titles.

Pepsi divides masters categories into two divisions, 40-49 and 50+. Jeff Payne, 42, of the Mid-Atlantic Athletic Club won the men's 40-49 division in a good 31:09. Californian Joe Buras took 2nd in 32:16, followed by Lee Gurkamp of Colorado in 32:21. (O'Neil is known for his triumphs on the pack-beroo race circuit, winning over $1000 with his burro, Rambly, in the Rocky Mountain area this summer.)

O'Neil, 50, of San Diego, was followed in the 50+ men's competition by tough Ed Stabler, 51, of Syracuse, the national masters 50-54 30km champ. In a tight battle, O'Neil prevailed by 7 seconds to Stabler's 34:22. Tom Bailey of Colorado was close, behind in 34:27. National masters 10k champ Joe Burns of the Millrose AG was 4th in 36:09.

Sandra Knoop, 43, of Cleveland, Ohio, one of the top women 40+ runners in America, took the female 36:49 crown in 36:27. Anna Thornhill, 36, of Colorado was 2nd in 36:54. American 42-49 champ and 1500 record-holder Mary Carapaz of Wisconsin was 4th in 40:56.

Carole Johnson, 51, of San Diego, holder of several masters records, easily won the women's 50+ division in 41:17.

Five minutes behind came Pauline Vigil, 52, of Colorado in 45:34 and Beryl Shattuck, 51 of Fairfield, N.Y. in 45:48.

Results on page 16.

Series Wins MSA Cross-Country Championships

by Bob Fine

NEW YORK, N.Y., October 12. On a magnificent New York Fall day, with clear skies and temperatures in the 50's, Dave Series, led from start to finish to win first place overall in the Ninth Annual Masters Sports Association's Cross-Country Championships.

The course at Van Cortlandt Park was in the best shape it has been in decades.

John Hubbard, 61, from New Haven, broke the 60-64 year old meet record in 57:23.2. All four of the women finishers broke the records in their respective age groups.

Three to four minutes can be deducted from the times to obtain an estimate of what would be comparable times to a flat 10k.

The closest race was for 22 honors (50-59) in which Edy Valentine just nipped Maurice Post by 4 of a second.

The largest number of entries were in division 18 (40-49). That division had the closest competition overall with the first seven finishers coming in tightly to eighteenth overall. Lou Sern and Eric Soff battled the whole course, with each being timed at 1:50:10 for the 5k mark. Lou pulled away coming into the finish, about a half mile before the finish to win by ten second.

In another near photo finish, Norberto Blanes finished .6 of a second ahead of Charles Rodrigues. Norberto had to make up 57 seconds in the last 5k.

Results on page 15.

Midwest Report

by Ron Fox

On October 12th 1980 the 12th Annual Freedom Marathon was held at Monticello, Illinois. The temperatures were 77-degrees at the start and 55-degrees at the finish. There was a wind but since the course is almost completely surrounded by trees it was not a factor.

345 started, of which 68 were Masters. 303 finished, of which 59 were Masters.

Dave Hoover (50) was the overall winner in 2:32:30 and Rocky Baum (30) was the woman's winner in 2:54:47.

Both were race records. Ernie Bilgus won the Master's Division again and also set a Master's course record. Some of the results were:

Or: 2. Paul Nielsen 2:37:54
3. Jim O'Neil 2:44:12
2. Betty Comfort 2:30:50
3. Martha Reese 2:33:20

It should also be noted that Bob Brown, 34, not only did well at Monticello but the week before ran the National AMJA 50 miler in 7:34:41 and the week before that ran the America's Marathon/Chicago in 3:06. The Freedom Marathon was the third week in a row Bob won his age division in 102 miles of racing.

Also notable were: Dan Unholtz (40), the current race director of the St. Louis Marathon, in 2:48:30; Wendy Miller (40)-7:53:40 and Ron Fox (49)-6:29:45. (It must has been a perfect day if turkeys can run under 6:00.)

MOVING?

National Masters Newsletter is mailed third class bulk rate and is not forwadable. When you move please let us know at least 3 weeks in advance.
1 Month To Go

Countdown To New Zealand
by Al Shonka

As we go to press, there is no new word on the South African ban. Veterans from South Africa are prohibited from competing in the 4th World Games in Christchurch, New Zealand January 8-14, 1981.

Bob Fitt, North American representative to the World Association of Veteran Athletes (WAVA) said: "The ban violates the WAVA constitution which says 'to compete shall be barred from competition due to race, religion, ethnic background or national origin.'"

Fitt said he wasleaves of protest to WAVA President Don Farquharson, to each member of the executive committee, and to World Games chairman John Macdonald.

"We have no response from anyone except Hides Okada of Japan, who agrees that the South Africans should be included."

"I'm most upset," Fitt went on, "that the New Zealand sponsors didn't keep their promises to advise us if major problems developed. If the executive committee had been informed, we could have tried to work something out."

(Ed. note. Macdonald wrote in November's NMN that he notified Farquharson of the problem first thing, and Fitt and other committee members apparently didn't learn of the situation until later.)

Fitt said he is also troubled over two actions taken without the required approval of the executive committee:

1) The $5 fee which each athlete paid to WAVA in Hanover was used by a few members of the WAVA committee to visit New Zealand in 1980 to check out the facilities. "That seems a worthwhile expense for people who are donating their time to help the veterans movement," Fitt said, "but it is subject to that money being spent without the consent of the executive committee."

2) An independent Los Angeles television packager was given or sold an option to purchase the rights to televise the 4th World Games. "Who gave it to him?" Fitt asked. "I wasn't informed. The entire committee is supposed to make major decisions, not one or two people."

Among U.S. masters planning on going to New Zealand are Tony Castro, Paul Carmichael, Bob Flesher, Norm Wyatt, Bert Lancaster, Shirley Kiesey, Al Lawrence, Irene Obern, Dave Hamilton, Jerry Morrison, Kelley Brown, Bob Morrow, Fred Mannix, Billard Summer, Norm Biehl, Gary and Chris Miller, Doug Smith, George Veenosky, Paul Spangler, Harold Chappin, Bob Deacon, J.C. Brown, Hal Higdon, Tom Starak, Spowood Hall, Sandra Knott, Ruth Rothfarb, Marilla Salisbury, Ross Smith, Ed Stotsenberg, Gordon Desch, Harold Daughters, Don Johnson, Bob Miron, George Peterbrough, Jean Ulyet, Nick Newton (yes, Nick is going after 2 major operations. Can you believe it?), Bob Fitt, Bob Best, Ozzie Anderson, Jim O'Neil, Paul Baum, Butch Deacon, Alex Pappas, formerly of Southern California and now living outside Wichita in Kansas, made the 5,150 mile drive alone to the meet to win the M50 10K in 12.7 and 200 in 26.0. "All those miles, all that gas, six days of driving, and all for competition time of less than 40 seconds," Pappas recalled.

Was it worth it? "Yes," he said. The twin triumphs culminated a season for Pappas that started with his tying the American 60-yard indoor mark for age 60 (8.8) he traveled all over the country winning 21 gold medals out of 21 events entered. The middle of the season was interrupted by a hamstring pull, perfectly timed to miss the nationals.

Report From Canada
from Norm Dann

QUEBEC, CANADA, August 30-31. 22 Canadian Native Records and 12 Canadian Open Records were broken in the Canadian Masters Track & Field Championships over a weekend track.

The Aticou track had a marked incline to the finish line. The track straight sloped down to a deeply dipping bottom bend. It was not conducive to good times, especially in the sprints.

Yet some fine times were established.

Among them: George Horton's 11.6 and 23.4 in the M40 100 and 200.

Percy Dunn's 19.9 and 26.4 in the M45 100 and 200.

Diane Pulman's 18.7 and 39.15.2 in the W6 5000 and 10,000. She also won the 300 (20.6, 400 (52.9) and 1000 (4:56.4).

Valdis Teteris' 7:41 in the M55 mile vault.

Art Oskata's 10.8 and 71.5 in the M50 110 and 400 hurdles.

Higdon Second Vet
In Greece

ATHENS, GREECE, October 11. Hal Higdon, running what he claimed was only a training run, placed 7th overall and 2nd veteran out of a field of 1076 in the Athens Open International Marathon.

The race traces the path once taken by the Greek warrior messenger Pheidippides. Higdon sandwiched his marathon between appearances at the first two Brooks Master Runs (see other story) while escorting a tour group to Greece. "I didn't plan it. I just was in town the following weekend," he explained later. "I battled along the first half of the race, enjoying myself, and mostly held position while drafters cycled into the wind on the uphill portions between 20 and 25 kilometers. When I got to the top of the last hill, I was singing good so I pushed the downhill stretches and was able to really blow past people."
Throw-a-Thon Produces Fun---And Records

by Nolan Fowler

On October 15, what is believed to be the first field meet of its kind, certainly at the masters level, was held in Raleigh, N.C. In regular meets, an athlete throws only the implements suited to his age. In the shot, for example, athletes up to age fifty toss the 16, from fifty to sixty the 26, and above sixty the 40. But in this meet the athletes, regardless of age, threw all the implements, creating in effect, fourteen different events.

Quite a bit of bewilderment, as well as a great deal of fun, resulted, as the young men and women, for instance, tossed the 80 shot or the 1.0 kilo discus. It looked easy, but oftentimes they found themselves badly off balance and their timing all messed up. At the other end of the age spectrum, the sixty- and seventy-year-olds did plenty of groaning as they tried the brutal 56# weight or the devilishly heavy 16# shot. All agreed that it was an enlightening, always an enjoyable, experience.

Eleven world and/or U.S. records resulted from this throwing extravaganza. Leader in the record assault was Arnoldo Ticananda, a native of Latvia but now a resident of Canada, who established five global bests or bests-ever for a 74-year-old. In the 12# shot he had 8.19 (26-11); he did 21.13 (69-4) in the 1.6 discus; he threw the 400 gram javelin 18.06 (59-3); he tossed the 35# shot put 8.91 (29-2); and he heaved the 56# weight 4.12 (14-1). Phil Partridge of Michigan, long known for his feats in the weight pentathlon, got a new standard for a 74-year old. In the 12# shot or the 16# hammer, 29.28 (96-4), he had 1.00 handling for each order. Nolan Fowler

Most back issues of the National Masters Newsletter are available for $1.00 each, plus 50 cents postage & handling if ordered.

Send to:
National Masters Newsletter
P.O. Box 2872
Van Nuys, CA 91404

NEED BACK ISSUES?

PHILADELPHIA, PA., October 20.
The Philadelphia Masters Track and Field Association held its 6-mile Fall Race today with 214 participants. Tom Geisbacher, 40, of Westmont, N.J. took male honors with a 1:25:55 on a cold (40°) misty day. The race was held on the East River Drive along the Schuylkill River.

Carlotta Ward, 45, of Philadelphia headed the women in 46:04. Other good performances: George Studziadski (47) 56:12; Jack Maloney (50) 58:55; Abe Bell (60) 1:05:43; Harold Sanderson (56) 1:01:28.

234 In Philadelphia 6-Miler

by Pete Taylor

Sippelle Stars In Eastern X-C

by Bob Piere

NEW YORK, N.Y., November 2.
Linda Sippelle, 45, of the Potomac Valley Senior Track Club, turned in the most outstanding performance today in the 5th Annual Eastern Regional Athletics Congress Masters 10 kilometer Cross-Country Championships in Van Cortlandt Park, the Bronx.

She broke the division 1B record by over 12 minutes in 42:51.9, to finish 8th overall. She would have placed 2nd in the men's 1B division!

Another lady, Audry Jacobson, 55, of the New York Masters, broke her own record in division 2A by over two minutes.

The last record was set by the oldest competitor in the race, Aaron Flaxman, 69, unattached, in winning division 2B. The weather conditions were clear with temperatures in the upper 40's.

Results on page 19.

"I believe success is peace of mind, which you've made the effort to do the best of which you're capable. We have no control over an opponent, but we should have control of ourselves. All we can do is live up to our potential."

---John Wooden
Chase Ends: Higdon Collects 10K Record

Hal Higdon has been chasing the American 45-49 road running 10,000 meter record for nearly a year and a half and finally may have collected it by placing second overall in the Sri Chinmoy Race in Chicago on November 3. Higdon ran 33:10, faster than the 33:57 listed for Bob Collins of California. Higdon's time also bettered Collins’ courses the race directors claimed were "certified." He ran 32:48 in Kokomo, Indiana, and 32:16 in Dowagiac, Michigan in 1979. This year he had run 33:19 in Bluffton, Indiana and 33:18 in Bloomington, Indiana. Technicalities caused certification to be denied at least temporarily in the first three instances, and race directors failed to follow up. In the case of Bloomington, the director moved the race from a previously certified course to another location without warning runners in advance. "He also ran 33:40 at Peachtree, Kansas, third in 34:15 and K. Ares, 26, third in 34:15 and K. Koch, 25, fourth in 34:46. Approximately 450 runners competed and, afterwards, several of them were standing around the results board saying, "Who's that 49 year old man who got second?" Now they know.

Although Higdon added the 10K record to his list of age class records (he also established marks for 20K, 25K, 20 miles, and the marathon this year) he may have lost a half-marathon record of 1:11:40 set at the Philadelphia Distance Classic in September. The 1979 course was listed in our story on that event as having certification "pending." The National Running Data Center recently identified that course as certified, however without making mention of certification for the 10 miles en route. Records at that second distance thus still remain "pending."

"I've been running consistently under the record time, even on the way to longer distances, but I could never receive credit for it," Higdon said. "Ten thousand meters is probably the most popular road distance raced in this country, but probably fewer than 2 per cent of the 10K courses are certified, a necessity for record purposes."

On four occasions in the last year and a half, Higdon ran record times which is certified, but for some reason race results listed me a minute slower," Higdon claims. Higdon specifically went to the Sri Chinmoy event knowing its course in Chicago Lincoln Park had recently been approved. "It's not a fast course since nearly half of it is on a cinder bridge path. There are a lot of sharp turns, plus we had a stiff wind going out. But this time finally should be accepted." The overall race was won by Dave Schroeder, 24, of Chicago in 32:56 with Herb Lorenzo establishing a 40-44 record was certified, but the year officials shifted the finish line without notifying to the race directors. "It gets frustrating at times," Higdon admits. "To run a good race and not get credit for it, but we do need standards. I try to only pick races where the officials have gone to the trouble to certify their courses, but as you can see, even that is not always enough."
Requests keep pouring in from all over the land—and in spite of them, I'm going to write another column for the newsletter. About the same time Winston Churchill, at 84, was expounding on his deathbed that had he known he was going to live so long he would have taken better care of himself, someone was asking Woody Allen if sex was dirty. "Only," intoned Allen, "if you're doing it right." Which brings me to the point I was going to make and now have forgotten, so let me take this opportunity to say: Hibson is a windbag. I mean, give me a break! Can you imagine a shot putter drooling over two or half pages or whatever, about who caught whom looking out the corner of his eye, or whatever, about who shot putter droning on for two and another or at some time beyond infinity? The roads around scenic Michigan City—nerous anticipation of things that may happen. Practicing alone. Baloney!

Why he spends all those hours alone on tabulations. Not surprisingly, results bit over 4 percent.

Age-records. To make a judgement call on what the results, we'll have in analyzing the results, we'll have in looking at things one by one. Allen, intoned. "I had had any idea the mark of 3:18:27 set in January, 1980, by Helen Dick, 56, has established four new distance records for women aged 55-59."

Involvement in sport: 1. Mail NMN 1st class? Yes 20, No 55.

12. World games info.

3. Results covered? Not enough 4, Too many 1, Just right 65.

4. Results of Survey

by Wendell Miller

On Approaching Every Problem With An Open Mouth

It's thinking up answers for those stupid questions people ask him in that dumb question—answer section of "Runner Magazine." I mean.

For Hal Hibson: I run everyday with Woody Allen, if you're doing it right. He had had any idea the mark of 3:18:27 set in January, 1980, by Helen Dick, 56, has established four new distance records for women aged 55-59.

Of course now that I think about it, better Hill than George Sheehan. Can you imagine how George would answer. He'd start off by reminding us that any high school graduate, even those on the West Coast, can quote Shakespeare. It takes a philo-cardio Easterner to come up with an insignificant Spanish poet named Ortega to lord over us. Anyway, George would answer the safety pin dilemma by talking about being at one with the universe, about the importance of playing around—look what one of running's best loved characters, Bob Anderson, was asked the safety pin question?

I wonder how Wendell Miller, private school graduate who married for money, would answer? Mr. Miller: If I had had any idea the trouble to be caused, I would never have invented running.

I'm reminded of a question that came from the floor at a recent running clinic (Mr. Sturak, if you had it to do all over again, would you do it all over)?

To have more replies wanted more T&F coverage and less LCD coverage. Our judgement call on this one is to offer more long distance coverage, not less. The numbers are obviously there. We've stepped up our LCD coverage, and will continue to do so. I think it's our job to cover both T&F and LCD. We won't slack off on T&F coverage, however, and will keep trying to improve it as well.

By a vote of 6-1, you asked for less race-walk news. We don't give it all that much as we do. We don't want to cut it, but we will need your requests and keep it brief. We go to restaurants for more training tips and schedule info. Surprisingly, our coverage of world events did not rate high on the interest scale.

It was a close vote between mid-July and late-August for the 1981 National T&F Championships. Most director Bill Sumner has so advised. Nearly all said the format and style of the papers were fine. A 2-1 majority said old results were okay. Almost all said our coverage of age records and results was just right.

Again, I thank you for your response, your comments and your support.

SURVEY RESULTS

1. Mail NMN 1st class? Yes 19, No - 35
2. Age records? Not enough - 1, Too many - 4, Just right - 47.
3. Results covered? Not enough - 1, Too many - 4, Just right - 65.
4. Results on meets & races: 7, Deep enough - 0, Too deep - 0, Just right - 65.
5. Race favorite features: Results 3, Schedule 1, Entry forms 1, Letters to letterman 7, Profiles 2, Stories on meets & races 4, Masters Score 3, Age records 2, Regional reports 2, Seasonal reports 2, Masters meetings, lectures, photos, etc. 1, Letters to letterman 7, Profiles 2, World games info 2, International info 3, Masters contacts 1.

Cureton Wins In Arizona

by Bob Martin

TUCSON, AZ, Nov. 2. Al Cureton, 43, of Williams, AZ, became the first master's runner to win a Southern Arizona Road Runner's trail race, leading the field in the grueling ascent of Mt. Lemon. Cureton set a new record in the 18.9 mile, 6,900 feet elevation gain event, covering the course in two hours, 50 minutes, and 15 seconds to break Don Corum's record of 3:00:26. Ross Zimmerman took the lead at the start and held it for about 15 miles. Cureton came charging by just before reaching the Romero Pass and grabbed a big lead in the next mile section, which has an elevation gain of about 1,200 feet.

Dick Sets 4 Marks

Helen Dick, 56, has established four new distance records for women aged 55-59:

1. 4:09:23 in a 10k April 27, breaking her own listed mark of 4:27.
2. 2:18:58 in the Avon 30k May 10, bettering the listed 2:24:06 of Mary Rodrigues.
3. 1:30:00 in the Santa Monica Half-marathon August 24, taking 25 minutes off Rodrigues' listed record of 1:55:59.

Results on page 19.
``Sumner, Toomey Hailed For Youth Work``

Hilliard Sumner and Bill Toomey, were praised in a lengthy article August 30 in the Los Angeles Times for their "outstanding work with disadvantaged youth."

Sumner, national age 30-34 400-meter champion and director of the Home Savings & Loan Pan-American Masters Championships, spent the summer working with youths in Los Angeles' inner city.

He was appointed to the post by Toomey, 1968 Olympic Decathlon champion, national masters sports director for the Penn Mutual Life Insurance Co., and founder of Sports Directions, an athletic development organization.

Toomey said, "We obtained a $50,000 grant from the government to utilize the skills and personal experiences of former Olympic athletes and other top sports figures, to provide a motivational program for disadvantaged youth."

"We hoped to capture those kids' imagination more than a sterile approach by some sociologist," Toomey said. In a sports-and-fitness crazed culture, he figured, champion athletes could provide "role models for getting the body and the mind in shape."

50+ Group Formed

"The second half of life can be the better half," intones a California Savings & Loan commercial.

Brehin Clark of Menlo Park, California is set to prove it's not just a slogan. He has formed the "Fifty-Plus Runners Association." It's open to any runner in the U.S. over age 50.

"We want to demonstrate," Clark says, "with large numbers of people over 50 that old age doesn't necessarily mean less body flexibility with higher health costs."

Clark wants to collect statistics on over-50 runners to help prove the benefits of running. Such data could lower insurance costs, health-plan costs, employment acceptance, etc.

Membership donations of $5 will mean:
1) A regular bulletin with events and articles on 50+ runners.
2) Participation in national and/or regional 50+ events.
3) Communication with other 50+ runners.
4) National Centers for running training and studies.

If you're interested in actively participating, contact Clark at: 50+, P.O. Box 7060, Menlo Park, Ca 94025.

The first national 50+ running event will be held in conjunction with Runners World's National Running Week. On New Year's Day, 1981, a 3M and 10K 50+ Run will be held at Stanford University at noon. An entry form is on page 15.

Race Walking

from Alan Wood and Harry Sihonen

You can be a better runner if you will include race walking in your training schedule.

That's the message of the book "Race Walk to Fitness" by Howard Jacobson, published by Simon & Schuster this year.

It's probably the most thorough treatment of the subject ever published in the United States.

"Racewalkers are virtually injury-free," says Jacobson. "Racewalkers have well-developed musculature of the fronts as well as the backs of the legs. Racewalkers have better hip flexibility and more endurance in their upper body and arms."

Price is $11.95. Contact Harry Sihonen at 106 Sanchez St., #17, San Francisco, Ca 94114, or your local library.
NINTH ANNUAL MASTERS SPORTS ASSOCIATION’S CROSS-COUNTRY CHAMPIONSHIPS. 16 kilometers. NEW YORK, N.Y., October 12.


At 40:
Ken Fine
Desmond Margetson
Jack
Jim
Joseph McCord
Bruce Lockerbie
Ed Krales
Peter Bausbacher

SACRAMENTO, CALIF., Sept. 20.
Sac Five Pentathlon Results

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NOTE: A MEETING OF 50+ MEMBERS WILL BE SCHEDULED IN THE STADIUM AREA DURING THE PERIOD OF NATIONAL MASTERS WEEK. YOUR COMMENTS ARE INVITED ON THE MEETING PROGRAM.

A PRELIMINARY STATISTICAL SUMMARY OF THE PRESENT MEET WILL APPEAR IN THE NEXT BULLETIN.

December 1980 - National Masters Newsletter page 15
## 2nd Annual Las Vegas SUN Marathon Championships

**Thursday-Sunday, Dec. 4-7, 1980**

Presented by Las Vegas Classics Sports Inc.

### Three championship events: elims, 13-mile and marathon. All three events sanctioned and certified by the AAU.

Nine age divisions (16-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and up) for both men and women. Plus open division for world class competitors in all three events. Awards will be made to top three in each age group.

### In 1979 top U.S. and foreign runners competed and broke three American records with the aid of 40-65 degree weather and low humidity on the flat, power course on the famous Las Vegas Strip.

---

### New York City Marathon

**Vice-Chairman: Bob Pates**

**Chairman: Cameron Kelly**

**Registration:**
- Dec. 1-2: 9-5, Registration Center, Las Vegas Convention Center
- Dec. 3: 9-5, Registration Center, Las Vegas Convention Center
- Dec. 4: 9-5, Registration Center, Las Vegas Convention Center

**2nd Annual Women Masters Sk 10K Race, Sunnyside Park, Toronto, Sept. 27, 1980.**

### Race distances:
- **10K Race:**
  - **Junior Women:**
  - **Senior Women:**
- **Marathon:**
  - **Junior Women:**
  - **Senior Women:**

---

### Cooperating Clubs:
- **New York City Marathon:**
  - President: Cameron Kelly
  - Vice-Chairman: Bob Pates
  - Chairman: Larry Leland
- **Sunnyside Park:**
  - President: Cameron Kelly
  - Vice-Chairman: Bob Pates
  - Chairman: Larry Leland
- **Sunnyside Park:**
  - President: Cameron Kelly
  - Vice-Chairman: Bob Pates
  - Chairman: Larry Leland

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### Results:

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### Awards:

- **Best Time in Age Group:**
  - **Junior Women:**
  - **Senior Women:**
- **Best Time in Age Group:**
  - **Junior Women:**
  - **Senior Women:**
- **Best Time in Age Group:**
  - **Junior Women:**
  - **Senior Women:**

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### Sponsors:
- **New York City Marathon:**
  - President: Cameron Kelly
  - Vice-Chairman: Bob Pates
  - Chairman: Larry Leland
- **Sunnyside Park:**
  - President: Cameron Kelly
  - Vice-Chairman: Bob Pates
  - Chairman: Larry Leland
- **Sunnyside Park:**
  - President: Cameron Kelly
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### Contact Information:
- **New York City Marathon:**
  - President: Cameron Kelly
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### Additional Information:

- **New York City Marathon:**
  - President: Cameron Kelly
  - Vice-Chairman: Bob Pates
  - Chairman: Larry Leland
- **Sunnyside Park:**
  - President: Cameron Kelly
  - Vice-Chairman: Bob Pates
  - Chairman: Larry Leland
- **Sunnyside Park:**
  - President: Cameron Kelly
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### Acknowledgments:

- **New York City Marathon:**
  - President: Cameron Kelly
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W38-41
1 Linda Stipperle (AR) 49: 59.12
2 Natalie Gerbig 5:48: 50.76
3 Joanne Weller 4: 44: 58.32
4 Wendy Reiner 5:04: 12
9 Frances Adams 4:71: 31

W35-38
1 Tashiki Ellis (Al) 50: 30.16
2 Rachel Beermann 49: 18.11
3 Beth Foltz 48: 50.39
4 Robert Speare 49: 44: 42
7 Lowell Dewitt 54: 00.67

W32-35
1 Harold Knoop 56: 50: 03
2 Bill Eibermann 57: 25
3 Dennis Neumann 55: 04: 36
4 Bob Loamer 56: 51: 40
5 Jerry Schwartz 56: 50: 47
6 Bob Sipprelle 57: 20: 31
7 David Smith 58: 23: 09

W30-33
1 Bud Rydberg 60: 52: 53
2 A. Linnerman 61: 48: 27
3 John Corcoran 61: 51: 52
4 Walt Kreimann 60: 39: 46
5 Bill Ruge 61: 71: 29
6 Albert Smith 60: 47: 19
7 Harald Ziering 61: 73: 16

W27-30
1 James Good 59: 79: 28
2 Jason Sward 65: 30: 26

MEN'S TEAM SCORES:
1 The Badgers (25) 122
2 Popoanal Valley Runners 4 80
3 Hood River Road Runners 74
4 Portland Valley Runners 6 85
5 Portland Valley Runners A 64

MEN'S AGE-GROUP FINISHERS:

MEN Age Group Time Name Club or Affiliation
Men 35-39 46: 64: 30 Richard Simon (237 starters, 277 entered.)
Men 40-44 46: 30: 39 Richard Simon
Men 45-49 46: 30: 39 Richard Simon
Men 50-54 46: 30: 39 Richard Simon
Men 55-59 46: 30: 39 Richard Simon
Men 60-64 46: 30: 39 Richard Simon
Men 65-69 46: 30: 39 Richard Simon
Men 70-74 46: 30: 39 Richard Simon
Men 75-79 46: 30: 39 Richard Simon

Women's team Oct. 10, 1981:
Curtis Way, San Diego TC:
1 Linda Sipprelle 59: 13
2 Natalie Buzzell 48: 65: 24
3 Hideko Pirie 42: 19
4 Tidewater Striders 35: 07
573 E. S. A. 45: 46: 09

WOMEN'S TEAM SCORES:
1 The Badgers (25) 91
2 Popoanal Valley Runners 4 56
3 Hood River Road Runners 46
4 Portland Valley Runners 3 20
5 Portland Valley Runners A 84

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3 Sexual TC 5:12: 01
4 Beryl Johnson 5:10: 31
5 Pat Thomas 5:15: 47
6 Curtis Way 5:15: 47
7 Mary Alice Bartell 3:45: 08
8 Donald Silverman 4:30: 10
9 Wayne Jack 4:30: 10
"Over forty isn't over the hill."

Twelve years ago, I was Bill Toomey, Olympic decathlon champ. About ten years ago, I became Bill Toomey, ex-competitor. And I didn't like it one bit.

I had to stop competing because I could no longer find serious competition at a highly skilled level once I reached a certain age. That didn't stop me from keeping fit and physically active. But physical activity has more meaning when you're competing. No matter what your age.

Now that's all changed. I may be Bill Toomey, forty-one year-old, but I'm a competitor once more. Thanks to the Masters Sports program now nationally sponsored by the Penn Mutual Life Insurance Company through the AAU. This enlarged program is an idea that's long overdue. Through it, athletes well into their forties and beyond can still enjoy the thrill of competing. For those 25 and over, there are programs in swimming, diving, water polo, and synchronized swimming. For the over 30, there's track and field. For 40 and beyond, long-distance running. And these programs are just the beginning.

"If you're an athlete who misses the joy of competition, or even if you've never competed formally before, the AAU-Penn Mutual Masters Sports Program has a place for you. It's as easy as getting in touch with your nearest Penn Mutual General Agency office. They'll give you all the facts you want and sign you up.

"Why not join me in helping prove that over forty isn't over the hill? Besides, competition's too much fun to be left to the kids."
THE RACE IS ITS OWN REWARD.

There was a time when people didn't run to collect T-shirts or race numbers. When the finish line was drawn in the dirt with a stick, and all the winner collected was a cold beer and a thumbs-up.

That's how this revolution got started. And while it may be time to get runners and races organized, too much organization screws up the whole thing. Because if you can't stay a little crazy, it's damn hard to remain sane.