Track and Field
Billups & Obera named Athletes of the Year

LAS VEGAS, NEVADA, November 29. Ernie Billups and Irene Obera were voted outstanding Masters track and field athletes of the year in the Masters Track and Field Committee meeting at the annual AAU Convention.

Billups received the award as the outstanding male athlete. Obera is the outstanding female.

Tom Laird and Lori Maynard were voted outstanding Masters race walkers of the year.

Kathy Briege and Al Sheahen were awarded top Masters administrators.

Obera, 45, of Moraga, California, was the National AAU Masters Track and Field Champion in the 100, 200, and 400. She was World Champion in the 100 and runner up in the 200 and 400. She set three American age 45-49 division records in the 100 (12.63), 200 (29.3) and 400 (1:01.69). Her 200 mark is also a world best.

Billups, 42, a Chicago high school principal, had an equally sensational year. He was the American Masters Indoor champion in the 600 yards (1:17.9) and 1000 yards (2:19.2). Both are American records. He also won the Indoor Mile Championship in

Top L.D.R. Athletes picked for '78 & '79

LAS VEGAS, NEVADA, November 27. Outstanding long distance masters runners for both 1978 and 1979 were picked by the Masters Long Distance Running Committee at the 1979 AAU Convention.

For 1978, the outstanding athletes were: Oscar Moore (Male 40-49), Ed Almeida (Male 50-59), Clive Davies (Male 60-69), Ray Sears (Male 70+), and Pat Bessel (Female). Ed Barron, posthumously, won the Otto Esiej Administrator Award.

Moore, a teacher at Glasgow State College in New Jersey, won the National Masters 15k in 1978 as well as many other races. (Fritz Mueller was ineligible since he won in 1977.)

Almeida of San Diego clocked a 2:35 marathon at age 56, and set an American age 55-59 record of 1:04:17 for 25 kilometers. (Alex Ratelle was ineligible.)

continued on page 5...
COUNTDOWN TO NEW ZEALAND

by CLEM GREEN, National Coordinator, New Zealand Association of Veteran Athletes.

What: The Fourth World Veterans (or Masters) Athletics Championships - a track and field sporting event for men over 40.

When: January 1981.

Where: At the Queen Elizabeth II Stadium in Christchurch, the main city in New Zealand's spectacular South Island.

On behalf of the N.Z. Association of Veteran Athletes I extend to you our sincere and heartfelt greeting and a cordial invitation to attend the international championships for veteran athletes to be held in January 1981. You will recall that at both the 12th World Road Championships, I.G.A.L., and the 3rd World Athletic Championships for veterans, New Zealand was given the honour of staging both these events. The I.G.A.L. 10km and 25km road races will be held on the 4th and 5th of January at the City of Christchurch with management and general assembly meetings being held on the 5th, 6th, and 7th; with the probability of the official opening of the championships being on the late afternoon of the 7th.

To those competitors in a Southern Hemisphere summer, a visit to New Zealand will be a new experience for all veterans. In New Zealand not only can you be assured of good sporting activities but we earnestly invite you to spend some time with us enjoying our hospitality and our most varied scenery. Far distant overseas veterans the visit will be the trip of a lifetime and you must allow time to visit a thermal wonderland, our Maori culture centers, swim at our endless sandy beaches, enjoy our many lakes, rivers and harbours, see and tramp in mid-summer snow, go hunting, experience our wide open spaces of our pastoral economy or the bush and mountain scenery which is really different from any other in the world.

New Zealand veterans have enjoyed hospitality in other parts of the world and we look forward this time to being your hosts. We are planning a list of New Zealand veteran athletes who would be prepared to have you visit or call upon them in various parts of our country in order that you can gain the most from your adventure here and make life-long friends. As we have only three points of entry by air and as long as we know when your planes are arriving, we also plan to meet your parties on arrival at Auckland, Wellington, and Christchurch.

Details of both championships will be announced shortly. May I wish you a happy year in 1980.

Millrose to have Masters Mile Relay

Howard Schmertz, director of the Millrose Games, has indicated that he will hold a Masters Mile Relay at the Millrose Games on February 8th, early in the program. The Millrose has sponsored a Masters Mile Run for a few years ago but due to a very disappointing turnout (three competed) the event was cancelled. The plan calls for five teams. Six names can be submitted with the names of the four relay runners to be given at the time of the meet.

Ed small, 531 Main Street, Roosevelt Island, New York City, NY 10044, (212) 689-6086, will coordinate the selection of the teams. Please send to Ed, estimated times, names, ages, and occupations of your team members. Ed will select the fastest five teams. It is important that you contact Ed immediately and that your team appear, if selected.

from Bob Pine

Billboards and Oberras continued from page 1

4:30:6. He's the national outdoor track and field champion with American records of 1:36.0 in the 400 and 4:01.4 in the 1500. He won a gold medal at the 3rd World Veteran Championships in 1978 in the 5000 in 15:56.8 and was fourth in the 1500 (4:07.3). He ran a fine 2:28:12 marathon, placing as the 7th master in Boston.

Laird, 41, of New York City, is the national 5-kilometer walk champion with his American record of 22:23. He also won the 25-kilometer championship in 1:51:50. He was 2nd in the World Games in the 20k in 1:54:16, and 3rd in the 10k (4:49).

Lori Maynard, 43, of San Francisco has completely dominated the walking scene. She owns records in every walking event. She won silver medals in the World Championships in the American record times of 35:10.0 in the 10k walk, and 36:10:2 in the 5k walk. She's a national champion many times over.

She also compiled the records for the women's walks and does an excellent job.

Brieger won the top female administrative award by her work in compiling all the age-group's records. She diligently traced down needed birthdates and missing or inconsistent information.

She is highly respected by all the female athletes, and has done much to move the women's masters program forward.

Sheehan has helped the masters program in many ways. He's been the official meet announce at most major meets. He stays on top of each race, clicking off time and interstate results, keeping fans and athletes alike. He is the one that makes it a class meet. He is also the editor of the National Masters Newsletter. He has transformed the paper into a vibrant organ of communication, adding luster to it with his tell-it-like-it-is reporting.

[Editors note: National Masters Track and Field Chairman Bob Pine, who has done so much for the masters program in 1979, was ineligible to receive the recipient. When the award was established, the National Chancellor was declared ineligible, since "he's expected to do a lot of administrating, anyway, and, therefore, shouldn't receive an award for it." Peter Mandle, who received the award in 1978, was also ineligible.]

Masters Race Walking

Bill Ranney, 43, again covered the most distance in the final A.A.U. One-Hour Postal Walk competition of the year for Northern California. Bill's distance was 7 miles, 1469 yards. Elena Cavaula, 71, improved upon her age group's national best of last month by about 90 yards, with 4 miles, 832 yards. Otto Sommerset, 61, walked 5 miles, 1514 yards for 2nd master.

Two pamphlets on race walking techniques and conditioning are of value to both novices and the experienced. They are: 1) Race Walking, by Julian Hopkins, British Amateur Athletic Board, 1976, $4.00. 2) Competitive Race Walking, by Bob Laerd, 1972, $4.50. Both are available through Track & Field News, Box 296, Los Altos, CA 94022.
TRUE JOCK
by BOB FINZ

Even though my sub-conscious makes all the decisions during a race, I still engage in a conscious debate with myself, the "true" athlete vs. the rational non-athlete. In a recent 10k race, I caught the competitor ahead of me at the 2½ mile mark. I subsequently learned that he was a fifteen year old high school student named Ramon. I am forty-eight, making me old enough to be his grandfather, if I had been more precocious in my youth. Normally, when someone is passed after the first third of a distance race that person should stay passed. The only problem with this thesis is that Ramon, due to no doubt to childhood ignorance, didn't behave as he should. He had the nerve to fight every step of the remaining three plus miles.

The following is the debate I had with myself, picking it up as I first passed him; the hull.

"Now go by him smoothly. Look real cool but pass him fast. Build up a five yard lead and that will be the end of him."

"Ha, ha wise guy. Why didn't you tell this kid that he is supposed to stay passed?"

"Don't worry, The kid can't last. He overstrides. He bounces too much. His arm motion is jerky."

"He also just passed you."

"At the four mile mark the debate continued."

"What the hell are you knocking yourself out for? You have five place overall locked up and you've won your age group. Why bust your chaps to beat a kid when no one gives a damn?"

"I must perserve on to victory."

"This is not a World War II film you're in, stupid!"

"Why be an athlete if one won't do one's best?"

"Look, matoshit, make it easy on yourself. Just pour green in your running pants. In that way you'll have as much pain as you're having now, without all the effort."

"You have no concept of what racing is all about. One must extend oneself to his ultimate limit. The true athlete overcomes adversity and pain to conquer himself and reach the pinnacle of athletic achievement."

"My god! You sound like the Howard Cosell of the geriatric set."

"I was offering silent prayers for the finish line."

"How long can this go on?"

"I'm a quitter. This kid can't possibly run as long as you can. You're a mature, experienced athlete.""

"I may be a mature, experienced athlete, but I'm also a damned tired one. This brace is too ignorant to know that once you get passed you stay passed, so he's probably too ignorant to know that when you get tired you slow down."

"Why don't you give him a 'Bill Rodgers mid-race spurt?'"

"Very funny. I can't even give him a Bob Figue wiggle."

"With a half-mile to go, it was even getting tiring talking to myself."

"Why don't you ask the kid to come in together holding hands?"

"You idiot. The kid will probably think I'm making advances at him and would probably beg me one he.

"Now just go by him smoothly. Look real cool but pass him fast. Build up a five yard lead and that will be the end of him."

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I would like to send New Year's greetings to all U.S. masters on behalf of the old boys down under.

Our track season has begun and already John Gilmour has set three new world over-40 records. He broke his own 1500 mark of 4:32.5 which he set in Hannover, with a 4:31.3 on November 9th in Perry Lakes Stadium in Perth. He also set a new world 60+ mark with a 9:43.3 in the 3,000, breaking the old standard of 10:12.4, set by Gunter Thiele of West Germany in 1976. Two days earlier, he established a world one-hour run mark of 10:47.4 miles.

Do you can expect the 5,000 and the 10,000 to go next?

Hurb Elliot described Gilmour as the greatest runner of all time. He's so consistent. Prior to Hannover, he had overtired, developing back trouble and pulled muscles. He didn’t run for six weeks. Before the trouble, he was doing two runs a day, of 12 and 8 miles. By your gribles about the Germans. I made similar gribles when we competed in Cologne in 1972. However, I should point out that similar gribles could have been made about White Plains: the 5,000 was 3 hours late, and I missed dinner and transport to New York that night.

The Australian Masters Championships are to be held at Easter in Adelaide. Any tourist who wants to compete should write to Rowly Ferris, 44 Edwards St., Brighton, South Australia 5044.

Gordon Pirie has written to say he will compete. He’s a track manager in New Zealand and coaches, among others, Dick Quax. Pirie is his usual quirky self, and doesn’t expect any opposition. He’s about 47.

For those of short memory, he held world records at 5,000, 5,000 and 10,000 miles, defeating runners like Zatopék, Chataway, Bobbiston, Kuts and numerous Americans. Plus all three Hungarians -- Hares, Tabori and Rosavdigi. He was eventually devastated by Kuta at the 1956 Olympics where he was 2nd in the 5,000.

I would expect to see Peter Snell, Murray Halberg, Bill Bailey, and perhaps even Elliot at Christchurch in 1981.

Regrettfully, I expect a small contingent from Europe and the U.S.A. Snell, etc. will withdraw. They are very much doubt if the line-up will exceed 1500. I'm sure Europeans do not travel the world as readily as do yourselves and the Aussies. I estimate my three world trips (with wife) to compete have cost me $15,000.

Some bad news: Wal Sheppard, 57, ran 2nd in the M50 at Hannover, fading badly in his heat of the 1500, where he ran out of steam. One month later, he had open heart surgery, in which they had 4 coronary-artery-pumps inserted. He is now okay, walking 4 miles per day.

The story is, prior to Hannover he wasn’t training well, went for a stress test, cycle-ergometer. His EKG was abnormal. His medic told him, "Normally I would not advise jogging, but as you are a well trained competitor, I must be in error, especially since you have no symptoms. However, after Hannover, come back for another check up.”

This Wal did. The result was again abnormal. His cholesterol level was 300. It was an hour and a half later.

Looking at, and found very high. Next a catheter heart-X-ray was taken. They told him he had a blocked coronary. Life expectancy: 7 to 5 years. Heart surgery.

Sheppard has a family history of heart disease, without symptoms. Also, Wal has had 15000 plus stressful life in recent years, especially on the job where he finally retired at age 65. Yet since 1966, he’s been running many marathons, at least one per year. He’s been in training since then, so I guess without it he would be dead...who knows?

There’s also a report from New Zealand, where one of their ultra distance men died the day after a marathon at age 53. The cause of death is not reported but I would guess, heart failure, as no illness or accident was reported.

Certainly it seems heart disease is not cured by running, and that stress can have the beneficial effects of running. Certainly running is most likely to extend the life span, and to become less active would be very negative.

Anyway, I’ve suggested that Dr. Shipman has had a real bit of red on this subject. Only a few weeks ago, a close associate had a massive heart attack while running a hill a week before he was due to run a marathon. He is 59. He managed to stay upright during the attack, but was greatly scared. He is now back jogging. However, in this case, he was written off with heart disease 10 years ago. I got him started jogging, so perhaps it was to be expected. There are many with heart disease who are now running marathons.

**Packard wins AAU 10k Road Champ**

LAS VEGAS, NEVADA, November 25. Only forty-two over-40 runners showed up on a brisk, beautifully clear Las Vegas morning for the National Masters Road Race Championships. By the way, they say going, "What talent there was, was 'cheere.'"

The race is traditionally held at the start of the National Masters Convention, held this year at Caesar’s Palace.

Arizona’s Bob Packard, 48, led all finishers with a time of 32:13.3. Close behing was two other masters, 40, in 32:22.6. National AAU 50 track champion Earl Ellis, 63, of Seattle was third in 32:38.9.

John Brennand, Skip Shaffer and Marv Rowley all turned in strong sub-34 minute runs to round out the top six.

Tom Storak of Los Angeles took age 45-49 honors in 35:46.7. Just-turn-ed-50 Bill Stock of Seattle won the 50+ competition in 35:40.4.

Dick Walsh, Ed Shaffer, Bob Boal and Lyle Sheehan were other men’s division winners.

Dorothy Stock topped the three women contestants, winning her age 55-49 division in 40:14.7. Mary Cullen, 50, and Ruth Anderson, 50, also won first place medals for their 43:17 and 43:08 respectively.

National AAU Masters Track and Field Chairman Bob Fins and others criticized the National AAU Long Distance Running Committee for "doing nothing to publicize or help organize the race."

Fine said: "The same thing happened last year in San Antonio. Forty-two runners for a national championship is a disgrace."

**RESULTS**

**PACKARD WINS AAU 10K ROAD CHAMPIONSHIP**

**Men**

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<thead>
<tr>
<th>Age 45-49</th>
<th>Name</th>
<th>Age</th>
<th>Time (min)</th>
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<tr>
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<td>Bob Sheaffer</td>
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<td>43:17.3</td>
</tr>
<tr>
<td>43</td>
<td>David Slocum</td>
<td></td>
<td>43:22.6</td>
</tr>
<tr>
<td>43</td>
<td>John Brennand</td>
<td></td>
<td>43:23.9</td>
</tr>
<tr>
<td>43</td>
<td>Bill Stock</td>
<td></td>
<td>43:28.5</td>
</tr>
<tr>
<td>43</td>
<td>Skip Shaffer</td>
<td></td>
<td>43:31.1</td>
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<tr>
<td>43</td>
<td>Marvin Rowley</td>
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**Women**

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<td>Bob Sheaffer</td>
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<td>Bill Stock</td>
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<td>50:58.4</td>
</tr>
<tr>
<td>50</td>
<td>Mary Cullen</td>
<td></td>
<td>51:03.0</td>
</tr>
</tbody>
</table>

**AAU Records Set in 1979**

Records set at National Masters Indoor Championships at Ann Arbor - March 17 and 18.

**Championship meet records:**

- 1:17.9 Ernie Bilups (UCC)
- 1:20.2 Ernie Bilups (UCC)
- 2 mile walk 14:18.3 Ron Kull(NYAC)

American records:

- 3:50.40 Ernie Bilups (UCC)
- 5000 walk 22:29.9 Ron Laird(NYAC)

American records:

- 5000 1:56.0 Ernie Bilups(UCC)
- 5000 walk 22:29.9 Ron Laird(NYAC)

**Miller smashes two US 50+ marks**

On two successive weekends in November, Margaret Miller, 50, of Los Angeles smashed two American road running records for over age 50. Pending certification of the courses and the times by the National Running Data Center, Miller broke both the 10k and 20k marks.

On November 11, in Santa Monica, in the Leg 10 Kilometer Run, Miller won the 50+ women’s division in 40:45, breaking the existing women’s 50-59 road record of 42:31, set by Frances Sackman on September 29, 1979.

On November 18, in the Lasse Viren Finnish Invitational 20 Kilometer Run, Miller won the 50+ road record of 1:31:19, set in 1971.

For comparison, the women’s over-age-50 world track record for 10,000 meters is 30:25.2, set by Carol Curtwright of Reseda, California in the Home Savings Pan American Championships last year.

Earlier in 1979, Miller set two other American women’s age 50-54 records. On March 3, she ran the 5k in 15:50.2, set on July 4, in 1:52:37, thus completing an amazing sweep of the 10, 15, 20 and 25 kilo records.

The complete list of American men’s and women’s age division road records is in this month’s issue of NMM.

**Jordan Wins 100**

PALO ALTO, CALIFORNIA, November 25: Former Stanford track coach and world age 60-64 100 and 200 record holder Payton Jordan sprinted to a 12.5 second win in the special masters 100 yard dash on halftime of the Stanford football game. Harry Koppel was 2nd.
Top L.D.R. Athletes 78 & 79 continued from page 1

Davies, 64, of Portland, Oregon set an American record of 54:23 in the 15-kilometer on June 25, 1978. He set a world age 60-64 track mark of 53:19.6 in the 10,000 on August 19, and ran a 2:47 marathon.

Nurs of Shelbyville, Indiana, has been winning for years in his class at six miles and up.

Bessell, of Grand Island, New York won 1976 national championships at 10 and 15 kilometers. (Ruth Anderson was ineligible.)

The posthumous winner of the coveted Otto Essig Outstanding Administrator Award was Ed Barron, who died on January 14, 1979 of ulcerative colitis and cancer of the colon. He had organized so many road races and shared his passionate enthusiasm for running with so many friends and strangers, that he had become known as the father of running in the Washington, D.C. area. Washington Post columnist and friend Colman McCarthy called Barron: "...a true competitor, a champion of hills and a battler of ill health. He lived as a joyful man. He had to be good as an athlete, and a strong runner, he covered the ground well."

For 1979, the most outstanding athlete awards went to: Herb Lorenz (M60), Ed Stabler (Male 50-59), Bob Boal (Male 60-69), Montgom- 

Jeremy, California had a sensational year. She won three gold medals in the World Veterans Championships in Hanover, including a 1:39:39.6 in the 5,000, a 40:63.6 in the 10,000, and 44:38 in a rugged cross-country run.

She won three national masters A.A.U. road championships in the 45-49 division, compared to two for Toshiko d’Elia. Staker’s triumphs came in a 15-day span.

Trent, 61, of Alaska, topped Carol Cartwright, Margaret Miller and Ruth Anderson in the new category for women over age 50. Trent is a current 60-61 world marathon record holder at 3:26:16, set in 1978. She also holds age records for the marathon from 54 through 60, Margaret Miller, 53, of Thousand Oaks, California also had strong credentials for this award. In 1979, she set no less than four women’s American age 50-54 road running marks.

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Women 50-54: 1. Audrey Jacobson (UN/51) 64:07.

Team Scores (based on lowest # of seconds, by adding 1st five on each team): 1. Minnow-1235; B. N.Y. 1164; 3. Philadelphia A.C. 1124; 4. AC=NY Athletic Club; MJ=Jersey Senior TC; MIL=Millrose; NJ=North Jersey Senior; NYM=NY Masters; PC=Pioneer Club; PP=Prospect Park; SVRR=Southern Vermont; MFK=Manh. Flight Kings.


Dorothy Stock, 47, of La Mesa, California had a sensational year. She won three gold medals in the World Veterans Championships in Hanover, including a 1:39:39.6 in the 5,000, a 40:63.6 in the 10,000, and 44:38 in a rugged cross-country run.

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Eastern A.A.U. X-C Champs

by BOB FINE

VAN CORTLANDT PARK, NEW YORK CITY, 10,000 meters. This was an absolutely perfect day for a cross country race. The Millrose AA dominated both the individual and team competition. John Garlepp and Walt Westerholm were the only two defending champions to repeat. Millrose took four out of the first five places overall. Joe Erskine, Millrose and Kelsey Brown, Jersey Seniors, won their first Eastern Masters A.A.U. Titles in cross country.

RESULTS


Women 50-54: 1. Audrey Jacobson (UN/51) 64:07.

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Fear and Loathing continued from page 1

voting on the site of the 1980 meet? Why were people who had never been to the World Veterans Championship voting on who will represent the U.S. at the next World Games? Why were so many people spending so much time arguing over so few issues?

Miller had phrased the key question. The bottom line. Do the masters really belong in the AAU?

To those who struggled valiantly for four days and nights, crossing every T and dotting every I, such a question must have seemed as heretical as Copernicus claiming the earth was round. As blasphemous as Martin Luther posting his 14 indulgences. As sneaky as Pearl Harbor.

Nevertheless, the question was being asked.

The debate over whether masters should stay in the AAU or form their own organization is an old one. We won't rehash the details here, except to say we think the consensus that the masters stay in the AAU as long as it makes sense, and leave the minute it doesn't.

Bob Fine is dedicated to the development of a strong masters program. He has followed in the steps of his father, Bud, in gaining affiliation with the AAU. But years ago, he formed the Masters Sports Association. One purpose of the MSA was to act as a sort of organizational escape-hatch in case the AAU gave the masters a bad time.

It worked. The AAU has been cooperative and helpful. But some are beginning to question the value of the relationship. It's like going to the movies with your sister or brother. It's nice, but you don't want to spend your life at it.

Some are suggesting the masters take care of business at the National Championships, rather than at the AAU convention. That the athletics directly involved should make more of the decisions.

Indeed, under the new AAU structure, in which the "Athletics Congress" will assume control, some of the Athletics Congress' decision-makers will just as soon be the masters out.

Aldo Stendardi, Treasurer of the Athletics Congress, has reportedly asked attorney Aldo Criss to prepare legislation for the A.C. to remove the masters from the AAU if the masters have not moved the distance running, women's LDR and Open LDR (except marathon and cross-country) from the Congress. In other words, boot out everyone who's not involved with the Olympics.

Such a move would likely coincide with what's happening in the legislative saga of the United State Olympic Committee, headquartered in Colorado. The organization has the most time at Caesar's Palace was one which confuses many masters. Namely, should masters track and field be separate from masters long distance running; or should the two be combined under one "overall masters" program?

Generally, the track and field masters favored combining the two. The LDR masters favored separation. Many who weren't at the convention, and some who were, said, "who cares?" Still others not familiar with the running scene put things in perspective by saying, "if they think track and field included all running events, even the marathon." Well, I suppose it's easy to get bogged down in details and to forget what the masters movement is all about.

Today, the LDR event in Charleston to restructure itself into the Athletics Congress, said there should be one masters group, not two as before. Why?

Bob Fine expressed it best: "We're a community of masters. There's a natural crossover. Many masters run in track meets in the summer and LDR in the winter. Sixty percent in a poll said they wanted merger. Internationally, every country except the U.S. has one masters organization, not two. Every innovative program has been started by the track and field people. We realize that LDR has more people, but by binding together, we can use our energies better. We'll have a better chance of getting a national sponsor. We can use the newsletter to communicate to all masters athletes. We can provide effective leadership." Fine said we were officially, "one organism" until the constitutional convention in July, so let's try to make it work for six months.

The AAU LDR delegates disagreed. Chairman Ken Bernard said, "We have 12,000 members and thousands of runners at our races. You only have a few hundred at your meets. We have $8,000 in our treasury. You have only $12,000." Stan Stafford said, "Now that you've lost your sponsor, you're bankrupt." At the Sunday general meeting of the Athletics Congress, Tony Diamond, a masters LDR delegate, proposed there be two committees, two masters groups, or "committees," as they're officially called. His motion was ruled out of order, since it hadn't been submitted 30 days prior to the meeting, as required by the new A.C. by-laws.

The A.C. reaffirmed there was only one masters committee, with three sub-committees: Track and Field, Long Distance Running and Race Walking. Still, the LDR Committee disagreed. "As far as we're concerned, we're still separate. We're not going to dissolve our authority since all the rules may be handled by the Congress," said one.

At the Monday masters track and field meeting, sites were selected for the 1981 meet in Williamsport, Pennsylvania. Wendell Miller was selected Chairman with Tom Sturak, Vice Chairman. At the Tuesday LDR meeting, the fireworks came. Some people were saying, "If the LDR doesn't want to combine with the track and field, why should we force them?"

But Bob Fine is a dedicated idealist, people learned. He genuinely believes a "masters world" would be better served if there was one strong, national masters committee. He fought for merger for years and was not about to throw in the towel now.

In an emotional meeting, Fine was nominated for LDR chairman, opposing current chairman Bernard.

Fine said the attitude of the LDR committee was, "childish and divisive. You don't publicize your national championships. You spend time on things which hurt, not help, the program." Bernard said, "What do you mean by divisive?"

Fine explained: "First, George Vernosky, director of the National AAU 20 Kilometer on March 25 cost $200 to $250 in expenses. He called me, the head of the track and field committee, instead of you. Why? I told him, okay, we'd give him the money, out of the Occidental fund. But you said no. You wouldn't okay it. So George never got the money.

"Second, you did nothing for the National AAU 10 Kilometer Championships here in Las Vegas (November 25th). The Las Vegas directors didn't know what to do. They called me for advice. I told them to call you, since you were head of the national LDR. They couldn't reach you. So I reluctantly got involved. Only 42 people showed up. If there weren't this kind of atmosphere, we would have had a lot more.

"Third, the National LDR Championship 10 K race in San Antonio in 1978 wasn't successful. The same thing happened. I stayed out of it.

"The athlete is getting screwed. He gets no help from you. There's no organization. You've got a lot of members, not because of your efforts, but in spite of them. You're rashing in one area. We're going to change that phenomenon. Five or six runners for a national championship is a disgrace.

"We track and field program communicates with its members. We have an open meeting each year at the track and field national championships. We vote on all issues. We started a newsletter. We got a national sponsor. We offered you some of the money. You turned us down. It's outrageously. The masters athlete in this country needs better leadership.

"The problem is that, the LDR athlete isn't getting anything." Fine continued, "You lost $800. It was never spent. It never went back into the program. Ken never communicates. He never answers letters. In track and field, we take polls, ask people what they think.

"We contact potential sponsors for our national championships. We don't wait for them to come to us. I contacted Charlie, Atlanta, Ann Arbor, Syracuse and now Charleston to try to spread the championships around the country. No American sports went to Charleston. We were so embarrassed at Bolton [the International Veterans 10 K and 25 K Championships]. No one in the U.S. knows about the biggest world masters LDR event in the year, I wrote an open letter to you. You're so arrogant, you wouldn't even respond. I don't give a damn about your power." Fine further explained why he decided to combine the two committees into one: "Dave Pain was the George Washington University master. Years ago, the AAU told him they loved the masters, and wanted us. But we were too old. We had no site-selection powers. I told the AAU to stick it if they wouldn't make us a full committee. Since then, the AAU has okayed whatever we wanted. Ollie [Cuttell] fought for us on professional issues. The AAU Congress needs us more than we need the AAU Congress. There's no love about all athletes. Those extra two votes don't mean a damn. The majority of masters want one committee.

Bernard said: "I reject your version of history. I found little cooperation with track, with championships, with friendship with the open LDR people."

Laurel James said: "I was the director. You [Fine] never had the entire country meet November 17th. I got to
help from this committee. I finally got some help from the Canadians. "If the LDR committee won't promote their national championships," said one, "why don't we forget them and go with Brooks? We're planning to stage three big masters races in 1980 and more in 1981 if they're successful." We could call the Brooks races national championships, and probably get several hundred entrants instead of 42." Jim Puckett said: "I turn 40 in a few weeks, but after listening to all this, I'm not sure I even want to be a master. Maybe I'll just go fishing. It's just crazy. I can't believe this."

Wendell Miller spoke for Pine: "The masters LDR should provide services to runners. It needs good administration. It isn't getting it now. I've worked with Bob Pine in track and field. He has very strong abilities. He's a tireless worker. The Yesterday was a good indication of his abilities. We can provide leadership within the Athletics Congress. In five years, we've made substantial progress. It's been worth it."

We have since learned that Penn Mutual has: 1) Appointed former Olympic decathlon champion Bill Toomey as its "national spokesman." Toomey will pitch masters matches on television, in personal appearances at meets and races, in 8 major cities, on 60-second radio spots and in syndicated newspaper ads.

2) Given $50,000 to the AUA for a national administrator -- yet to be determined -- and secretary and desk space.

3) Told their advertising agency, who originally came up with the idea, to plan an advertising campaign around the masters program.

4) Started to think about helping to fund the newsletter, paying travel expenses for top masters athletes, etc.

5) Held sales meeting with their local agents, who are reportedly "very excited" about the program.

An overall chairman of the masters committee was to have been picked. However, due to the strong feelings of some to keep the track and field and LDR separate, it was decided to vote for an "Executive Representative" to the Athletics Congress.

In a close vote, Pine was selected over Paul Spangler.

John Kelley, a Philadelphia national masters rowing champion, said the Philadelphia Life Insurance Company is interested in sponsoring masters in several sports. They might appoint a national director.

In closing, Puckett said: "I strongly urge we continue to work together as masters. We have an overriding common interest. We can provide leadership within the Athletics Congress. In five years, we've made substantial progress. It's been worth it."

Porter & Stock win AAU 5k X-C Champ

SAN DIEGO, November 24. Bill Porter topped the men and Dorothy Stock topped the women in the masters AAU Masters 5-Kilometer Cross Country Championships in Balboa Park, San Diego.

Porter's time of 16:45 edged Skip Shaffer in the men's 40-44 division by 7 seconds. Stock won the women's 45-49 crown in 19:51.4.

George Vernovsky traveled from Washington, D.C. to win the men's 45-49 15k in 1:29.4. Other division winners were Lolita Bache, Betty Wood, Dan McCauley, Avery Bryant, Bill Phillips, John Lafferty, Loliana Salazar, Willard Bentow and Paul Spangler.

The San Diego Track Club not only officiated and sponsored a well organized national championship, but also proved to be tough competitors. They won all three men's team titles, 40-49, 50-59 and 60-64; narrowly defeating the Calver City Athletic Club by a point in the 40-49 competition.

RESULTS


Masters Women 40-49: 1. Lucian Spangler NT.
Masters Women 70-79: 1. Lucian Spangler NT.

Winton captures San Diego 10k Title


Premier American miler Steve Scott won the open 10K to underscore the tough Irvine Park course. Tracy Brown (40:08) edged Bill Fitzgerald (40:17) and Avery Bryant (40:22) for the 50-59 title.

I called several club members for advice, but to my consternation, they all gave me the same chances and unprintable reply. Then I noticed that it came with an armband which the handle could be inserted.

Raring to go, I head for the front door chomping on a large wad of Quench Gum. But waa, a minute—I have forgotten something. A runner's greatest enemy is dehydration, so I strap on my Boda Belt ($14.95) which holds one quart of liquid. As an extra precaution I attach to my shorts my Runner's Can (3.95) which holds an additional pint. Then, in case I should be caught in a blizzard, I rub some Frost Guard ($4.95) on my face against the cold.

At the starting line I am ready to go—well, almost. I put on my miniature glove running shoes (10 pairs, $39.95 fed). I am not referring to the numerous repetitious articles on training, dieting, stretching, etc., but to the many fine products advertised in this magazine.

A wise runner must always be prepared to protect himself against marching dogs and muggers so I pick up my Runner's Lance ($9.95). Then, in case darkness falls before I return, I put on my Glo Vest ($7.95).

As an additional precaution I carry my luminous Safe Jog Road Safety Flag ($9.95). When this flag is stuck into the road (incidentally, I sent in the order for it on my Runner's Statement ($9.95 for 100 sheets which is the profile of a runner on them) I wondered, both of my hands would be occupied with my Instapac and Runner's Lance, how I would carry it.
The Hon. Bud Jobin, Lt. Governor, Province of Manitoba
The Hon. Robert Banman, Minister of Sport
His Worship Mayor Bill Norrie, City of Winnipeg

are proud to announce the running of the

2nd ANNUAL MANITOBA MARATHON
in aid of the Mentally Retarded

Sunday, June 15, 1980
Winnipeg, Manitoba, Canada

Hosts for the North American Masters Marathon Championships and the Canadian Masters (closed) Marathon Championships.

Take an Historic Route
Retrace the steps of the men and women of history who established Upper Fort Garry and ran the fur trade. Enjoy a scenic 26 mile route steeped in history.

Run one of the Fastest Courses
Your spirits will soar as you run along this aesthetically-pleasing course combining urban, suburban and rural roadways interspersed with miles of parklike surroundings. It may be one of the fastest courses you will ever run on: wide, flat [total elevation change 10’ (el 770)] and 80% asphalt.

A Beautiful City, a Beautiful Season
Winnipeg will be in her prime during this exhilarating run: average temperature for the day of the race is 59 degrees fahrenheit, average relative humidity, 54%.

Set for a Second Success
Last year the Manitoba Marathon attracted 4,700 runners from 13 countries, 18 states and nine provinces. Chris Johansson set a new Swedish National Record and the five top male finisher runners all ran their personal bests.

Come to Winnipeg in 1980 and be a part of history in the making!

Race Information
Date: June 15th, 1980, 7:00 a.m.
Splits: Interval times (splits) will be provided at one and two miles then at 5 mile intervals. Large digital clocks will be used as well as amplified audio times. LEADER BOARD - At five mile intervals the name, place and times of the leaders will be posted on a large sign.
Eligibility: Special Divisions: cardiovascular, wheelchair, blind, etc. should request special entry form in advance.
The event is open to everyone. Youths under the age of 15 may run in a non-competitive capacity. Novices are advised to have complete medical check-ups.

Canadian Masters Championship: Any resident 40 years or older on June 15th (age 35 for females).
North American Masters Championship: Any North American Resident (including Central America, Mexico, Cuba, Puerto Rico and all other islands) 40 years or older on June 15, 1980 (35 for females).

Accommodations: All out-of-province runners will be assigned an official host who will contact the visitor directly upon request. Special rates and packages are available.
Winnipeg has an international airport.

Entry Fee: $7.00 (includes "Finisher" T-shirt)
$4.00 (without T-shirt)
Fees are non-refundable. Make cheque or money order payable to Manitoba Marathon.

How to Enter: Write Manitoba Marathon, P.O. Box 53, Winnipeg, Manitoba, Canada R3C 201. Phone (204) 453-0931. 9:00 a.m.-4:00 p.m. Central Time. Notification of acceptance will be sent within 10 days.
DEADLINE: JUNE 1, 1980.
NATIONAL AAU MASTERS & SUBMASTERS
INDOOR TRACK AND FIELD
CHAMPIONSHIPS - 1980

Saturday, March 29, 1980 Noon

Syracuse University, Manley Field House

Sponsored by Syracuse Chargers, Syracuse Track Club and Syracuse University
Sanctioned by the Niagara Association of the AAU and the Athletics Congress of the USA

SCHEDULE:
12:00 50 Yard Dash, Long Jump, Weight Throw
12:30 50 Yard Hurdles
12:45 Mile Run
1:30 50 Yard Dash Finals
1:45 600 Yard Run
2:15 2 Mile Walk, High Jump, Pole Vault
2:45 50 Yard Hurdle Finals
3:00 1000 Yard Run
3:30 300 Yard Dash, Triple Jump, Shot Put
4:00 2 Mile Run
5:00 300 Yard Dash Final
5:15 1600 Meter Relay
5:30 3200 Yard Relay
6:00 Buffet Party

ENTRIES: Send the entry blank below, or a facsimile, to the meet director. No entries will be accepted without fees. Make checks payable to National Masters Meet.

CHANGE FACILITIES: Dressing rooms and showers are available. There are a few lockers but bring your own lock.

INFORMATION
Ed Stabler
111 Link Hall, Syracuse University
Syracuse, NY 13210
(315) 423-4370

ELIGIBILITY: Open to all men and women 30 years of age or older. Competitors must be members of U.S. AAU or Canadian AAU.

AGE DIVISIONS:
SM-A 30-34 SM-B 35-39 1A 40-44
SM-C 35-39 4A 70-74 1B 45-49
SM-D 40-44 4B 75-79 1C 50-54
SM-E 45-49 5A 80-84 2A 55-59
SM-F 50-54 5B 85 & Over 2B 60-64
SM-G 55-59 2C 60-64 3A 70-74
SM-H 60-64 2D 70-74 3B 75-79
SM-I 65-69 2E 75-79 3C 80-84
SM-J 70-74 2F 80-84 3D 85 & Over
SM-K 75-79 2G 85 & Over 3E 85 & Over
SM-L 80-84 3A 60-64
SM-M 85 & Over 3B 60-64

PRIZES: AAU championship medals to top 3 in each division. Patches to the winners. Meet certificates of performance to top 3 in each division.

FEES: $4.00 per event. No refunds and no post entries. $12.00 for relay teams.

DEADLINE FOR ENTRIES: March 22, 1980. All entries will be confirmed by mail.

FACILITIES: A 200 meter Tartan track with 8 lanes. No spikes are needed but pin spikes are permitted. Field events will use first rate collegiate facilities. Weight throwers must bring their own weights, (for outdoors)

RELAYS: Relay teams may be formed at the meet. Divisions will be in 10 year increments. Runners may move down from their age division.

OFFICIAL ENTRY: 1980 NATIONAL SUBMASTERS & MASTERS INDOOR TRACK AND FIELD CHAMPIONSHIPS

Please enter me in the following events:

Event: Best Mark: Event: Best Mark:

Name: Club: Age (day of meet):
Address:

A.A.U. Card Number: Age Division: Male/Female: Amount Enclosed:

I hereby waive any claim I or my heirs may have against the AAU, Niagara Association, Syracuse Chargers, Syracuse Track Club, Syracuse University or any sponsor or official for any and all injuries incurred by my participation in the Submasters and Masters Championships, March 29, 1980.

Signature: Date:

Send entry to:
Ed Stabler
111 Link Hall
Syracuse University
Syracuse, NY 13210
(315) 423-4370

The Holiday Inn will hold a block of rooms until March 15. They offer special rates so mention the meet when making your reservation. Single-$23, Double-$27, Triple-$31, Quad-$35. Holiday Inn, 701 E. Genesee St., Syracuse, NY 13210 (315) 474-7251.
LETTERS TO THE EDITOR

DECATHLON MARK

In the December issue of NMN, you published World 5-age division records. In the Decathlon, Division 60, with an 806 yard track, you list 2823 points. If you’ve checked the latest Masters Age Records, you’ll see I have a mark of 2763 points (age 60) and 2841 for age 66. I hope you’ll make this correction in your next listing.

Clodove Hilla

We’ll pass it along to Records Chairman, Pete Munde.

— Ed.

800 RECORD

Several months ago, I wrote you that AIMN had broken my age 60-64 record for the 800m/880 yd. at the World Games in Germany. So I was shocked to see the December NMN listing John Gilmour as the record holder.

There are just “ain’t no way” my 2:19.3 800 meters is better than my 2:19.9 800 yards. The only objective way to compare these two efforts is on the basis of average speed. A little arithmetic will show that my average speed was greater. In fact, John ran 880 meters (802.46 feet) in 139.3 seconds for an average speed of 8.84 ft./sec. I ran 880 yards (3640 feet) in 139.9 seconds for an average speed of 8.17 ft./sec.

Ordinarily, I don’t indulge in this sort of nitpicking, but would simply wash out the difference and run a faster 800 meters than Gilmour. Unfortunately, I have not run well this past year because of illness, an operation and now an injury that has kept me from running at all the past month.

Roy Gordon

Front Royal, Va.

You are very persuasive. But, National AAMU Masters Track and Field Records Chairman Pete Munde, who compiles the world and national marks, reports that he is now following the international rules regarding age-division marks. The World Veterans’ Records Committee has determined that they will adhere to the same efforts on a larger distance of the mile. Therefore, internationally, there is no official 800-yard record, either for masters or open competitors. There is only 800 meters. Your 2:19.3 is the U.S. record. Sorry, Roy.

— Ed.

MOVING INTO THE EIGHTIES

I wish to share with you a number of issues related to the masters program and to request information related to several subjects. I have been an officer of HMTC for the past six years and have completed in almost every HMTC meet during the past seven years. I am a professor and a CPA. I am therefore interested in seeing that the administrative and financial affairs of our clubs are managed properly.

I would like to compliment you on the outstanding contribution which the Newsletter is making to the masters movement. I view the editing of this newsletter as representative of the beginnings of a second level of maturing in the movement. The intelligence has been characterized by experimentation and disjointed efforts by individuals in various parts of the country. You schedule of upcoming events is particularly useful. We appreciate the publicity you have provided for our meet on December 29 and 30, 1979. We have received inquiries from all parts of the U.S.

2) We would like to host a meet for people going to the next World Championships in New Zealand on January 8-14, 1981. We could host a series of practice sessions in Honolulu a week after the New Zealand meet, so everyone could enjoy a few days in Hawaii. As soon as we can pin down the dates and get the plans worked that will be possible.

3) Our club would appreciate feedback on whether other masters clubs have attempted to obtain IRS approval under section 501(c)(3) as an exemption which promotes national and international sports competition. If such exemption is granted, obviously as a church or charity, Contributions are deductible by donors as itemized deductions. Our club is prepared to submit applications to the IRS at this time; however, we would prefer to apply as a part of a blanket request from all similar masters clubs. I understand that a blanket approval may have been applied for by the National Road Runners Organization. I believe that we need to establish such a parent organization for all masters clubs in the U.S. I thought for a while that such a parent organization was going to be created by Bob Fine. But as of this time, I am not aware of such an active plan.

4) Our club needs to learn exactly what is our standing within the AAU. We have a difficult time understanding whether our Hawaiian AAU is in agreement with the AAU to organize masters track and field as a separate committee or whether we are represented only by AAU-affiliated members running in track and field under the jurisdiction of the Hawaii association. We have been frustrated in efforts to gather consistent information on the current status of AAU organization on the national and local level. Consequently, our needs for funds are not served by sending money to the AAU and then seeking funds for travel, etc., from the AAU. Masters track and field simulation into the proper size and form to be adequately considered by combined AAU committees.

5) I would like all the literature you can provide on physicians who support vigorous, anaerobic track and field competition. Our club has been considering the wave of medical literature which supports long distance running and condemns anything short of the majority of the members of our club in 1974 lose ten to fifty pounds, give up track competition and become completely addicted to marathons. Even former weight men have so weakened their bodies that they can not even pick up a shot put. People who used to hurdle and high jump are so stiffened up from their 60 to 100 mile weeks that they can not compete in a track meet. People who complain quickly about the possible strains from sprinting away in a decade, think nothing of foot, knee and hip stress fractures which result from excess distance training. Potential new track and field competitors are literally afraid to try it because of the complete indoctrination which has been successfully done by physicians such as Dr. Jack Scaife, the “guru” of the Honolulu Marathon, who so small in numbers of competitors to be adequately considered by combined AAU committees.

6) We need all the information you can provide in your newsletter about the size of implementations, heights of hurdles, and basis for points systems used in the various meets being reported. We are trying to buy the proper size and form to conduct our meets according to the proper standards. So many meets exist between the AAU rule book, the measures used at national and regional meets, and the measures adopted for the last World Championships in Helsinki. We are interested in what measures we should be using. Of course, one of our problems in Hawaii is that we are isolated from a lot of current feedback on these subjects. We look forward to any feedback you can give us on these matters.

Jack Karpen

President

Hawaii Masters Track Club

[Ed. Note: We regretted Jack’s letter virtuously—MI on 24, 1981—ten days from now it comes to the heart of important areas in the masters program. Some of his questions are discussed in this month’s NMN. If you have any comments, write to the National Masters Newsletter, 8200 Hospital Ave., Van Nuys, CA 91401; or to Jack Karpen at 2140 Waidia Ave., Honolulu 81281.]

International Report

by BOB FINE

The Masters Athletes Committee of the Athletic Congress of the U.S. (now called the AAU in much of the U.S.A.) has applied for affiliation, as the representative body for masters in the U.S.A. with the World Association of Veteran Athletes (WAVA).

A WAVAs newsletter is being planned, probably as a quarterly starting at first giving performances and entries from the WAVAs Technical Committee, with the expectation of expansion to feature articles. Don Parfhaugren, Pres. WAVAs, 269 Ridgewood Road, West Hill, Ontario, Canada MIC 2X3 requests that all those interested send him your name and address. Don will provide you with more details in the future.

Don will be setting up various committees in accordance with the Constitution and discussions held in Germany. There will be a track and field (including technical), LHS, statistical and discipline committee. Anyone interested from the U.S. contact Bob Fine, 77 Prospect Place, NYC 11317.

The dates for the next World Championships have been finalized:

- JanMeet Jan 7-8, 1981 WAVA General Assembly, Christchurch, N.Z.
- JanMeet Jan 8-14, 1981 World Championships, Christchurch, N.Z.
- March 10, 1981 World Championships, Helsinki, Fin.
- Aug 31-Sept 2, 1981 World Championships, Christchurch, N.Z.
- July 8-11, 1982 WAVA General Assembly, Christchurch, N.Z.
- Jan 7-8, 1983 WAVA General Assembly, Christchurch, N.Z.
- Jan 8-14, 1983 World Championships, Christchurch, N.Z.
- April 17-19, 1984 World Championships, Christchurch, N.Z.
- July 19-21, 1985 World Championships, Christchurch, N.Z.
- July 23-28, 1986 World Championships, Christchurch, N.Z.

We are now ready to get organized on a national level. One of the plans would enable competitors to obtain free air transportation to San Juan and then take a cruise of the Caribbean after the meet. (The cruise you’ll have to pay for.)

We will be publicly host the Third Annual North American Championships, May 31st to June 1st. Formal and informal contact with the North American Council should be given in the next few weeks. Jose Terreiro Rivero, Piana De La Playa, Firmam Panama, Panama, is in charge. The Olympic Village will be available for housing plus free transportation to the games. There will be a free banquet. There will also be luxury housing available at reduced rates. Jose requests that all those interested in attending contact him, contact him, contact him.

Bob Fine, Allsair Lynn, and Ruth Anderson were elected as president, vice-president and treasurer of the North American Council. Voting is still taking place for the secretary’s position.

It is important that the athletes communicate with the above parties, as noted, since your response will determine how the International program will develop.
Joe Burgess wins AAU 25 Kilo Title

by VERN WHITE SIDE

TULSA, OKLAHOMA, November 17: Joe Burgess, from Rancho Palos Verdes, California beat out a fast masters field to win the 25 Kilometer National Masters AAU Championship Race. The race was run on the three mile loop course in the Mohawk Park Picnic Area. Jim Snoe, from Simi Valley, California won the first place gold medal in the 45-49 age division, Noces McIntosh took the 50-54 title, Tom Kempf won the gold in the 55-59 age division, Frank Miorandi won the in the 60-64 age division and Ray Sears took home the gold medal in the 70-74 age division.

The women's race was won by 44-year-old Donna Wright of Oklahoma in 1:51:40, with fast-improving Linda

AAU 25 Kilo Title

Burke of California finishing in second place.

This was Burgess's first national masters title. He had finished second in both the Los Angeles and the National Masters Marathon Championships in Niagara Falls in October.

The Senior Track Club, from California, won the five gold team medals. The second place team medals were won by the Masters West, another California club. The Tulsa Road Runners Club took home the third place honor team medals, Gefty Oil Company and The Tulsa Road Runners Club sponsored the race.

Distance Running, Committee Athletic Committee. has raised regarding the positions of questions and programs MLDR and A.A.U. with the recommendation that the masters. Thus, any questions specific to make this arrangement work to the betterment of all programs affecting the masters. The A.A.U. has obtained a sponsor for a travel fund for the masters. Nothing definitive has been decided at this time. The following additional races will be held in conjunction with the P.A.L.

RESULTS

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
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<th>Time</th>
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<tr>
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<td>43</td>
<td>Rancho Palos Verdes, CA</td>
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<tr>
<td>2. Bob Burke</td>
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<td>Pleasant Hill, CA</td>
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<td>3. Ralph Beall</td>
<td>45</td>
<td>Santa Rosa, CA</td>
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<td>4. Don Negro</td>
<td>45</td>
<td>San Diego, CA</td>
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<td>5. Karl Slawer</td>
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<td>North Valley, CA</td>
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<td>6. Jim Smith</td>
<td>45</td>
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<td>7. Jack Lombard</td>
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<td>8. Joseph Cinelli</td>
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<td>11. Don Kappel</td>
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<td>12. William Hobbs</td>
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<td>17. Bill Thompson</td>
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<td>18. Joe Ryan</td>
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<td>22. Joe McCullough</td>
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<tr>
<td>24. Larry Wilson</td>
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<td>25. Jack Siedler</td>
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<td>26. Bob Bakers</td>
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<td>27. Ed Pilotti</td>
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<td>28. Bob Bakers</td>
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<td>29. Larry Wilson</td>
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<td>30. Joe McCullough</td>
<td>48</td>
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**A.U. Convention Report**

by BOB FINNE

This will be the last A.A.U. Convention as we know it. The new Athletics Congress now holds the International franchise for all events. Under the Constitution of the AC the only standing committee for masters is the Masters Athletic Committee. Masters Athletic Committee, Masters Distance Running Committee (MLDR) has objected to this structure and has placed a proposed change in the A.C. Constitutional meeting to be held this summer to have MLDR and Masters Track and Field (MTF) become separate Standing Committees. MTF has no representation on any of the Masters Athletic Committee. Since there will be questions raised regarding the positions of MLDR and MTF it was agreed that a special committee and rules and programs MLDR and MTF would operate with full authority within their own districts. Bob Fine, as Masters Athletics Chairman, would represent the overall interests of the masters in the A.C. but would not seek or have authority over programs and policies in each district. In the interests of mutual concern Bob would have authority to coordinate the program keeping in close touch with the chairman of MLD and MTF. The administrative officers of recording secretary, corresponding secretary and treasurer will be held by the people to expedite cooperation in the overall program. Good faith and common sense should make this arrangement work to the betterment of all programs affecting the masters. Thus, any questions specific to LDR or MTF will be referred to the chairman of the respective committee. General programs will be handled by Bob.

A.A.U. Convention Report

This was Burgess's first national masters title. He had finished second in both the Los Angeles and the National Masters Marathon Championships in Niagara Falls in October.

The Senior Track Club, from California, won the five gold team medals. The second place team medals were won by the Masters West, another California club. The Tulsa Road Runners Club took home the third place honor team medals, Gefty Oil Company and The Tulsa Road Runners Club sponsored the race.

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U.S. ALL-TIME MASTERS ROAD RUNNING RECORDS

from the National Running Data Center

The National Running Data Center has been designated by the Masters AAU Athletics Committee as the official source for long distance road running records. Here is the all-time list, through November 15, 1979, for American men and women.

The NRDC notes that, "Records must be set on courses certified by the RBCA/AAU committee headed by Ted Corbitt. Local certification is not enough. Sanctions should not be confused with certification. Races are sanctioned. Courses are certified. Records are kept without regard to the race sanction. All we are concerned with is that the race was run over an accurately measured distance, and that the results are accurate."

Two types of certified courses are recognized: 1) Those whose start and finish points are within 10% of the race distance and are within a 100-mile elevation difference; 2) Point-to-point courses are marked with an "X" to indicate that this may be marked by wind or elevation change. (Just as wind-aided track marks are traditionally disallowed.)

For marks made on certified courses known to the NRDC, a simple telephone call (602-265-3188) may allow a claim to a new record.

A 'p' indicates a mark is pending, usually because final course certification approval has not been provided or because birthdates have not been reported to verify age group marks. Information to make such marks official should be sent to the National Running Data Center, Box 4288, Tucson, AZ 85703.

### 10 KILOMETERS

<table>
<thead>
<tr>
<th>Men</th>
<th>35-39</th>
<th>7:59:26</th>
<th>Victor Grossman (60, CA) 19 Jan 79</th>
<th>17:15:27</th>
<th>April Smith (50, CA) 16 Mar 78 - CA</th>
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<tbody>
<tr>
<td></td>
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<td>Victor Grossman (60, CA) 19 Jan 79</td>
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<td>April Smith (50, CA) 16 Mar 78 - CA</td>
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<tr>
<td></td>
<td>45-49</td>
<td>7:59:26</td>
<td>Victor Grossman (60, CA) 19 Jan 79</td>
<td>17:15:27</td>
<td>April Smith (50, CA) 16 Mar 78 - CA</td>
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<td>50-54</td>
<td>7:59:26</td>
<td>Victor Grossman (60, CA) 19 Jan 79</td>
<td>17:15:27</td>
<td>April Smith (50, CA) 16 Mar 78 - CA</td>
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<td></td>
<td>55-59</td>
<td>7:59:26</td>
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<td>60+</td>
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<td>April Smith (50, CA) 16 Mar 78 - CA</td>
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### 15 KILOMETERS

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<td>55-59</td>
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<td>Brian Jones (37, NY) 7 May 78 - CA</td>
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Linda Sipple winning the women's 40-49 title in the 10 x 9-country event (43:00:9) at the World Games in Germany. Linda also holds the American Record in the half marathon at 1:25:07, the 2 mile at 11:38.0, the 1-hour run at 9:11:97, and the 2-hour run at 15:39:00.

Photo by Bob Peters
1980 Officers and Delegates

List of the 1980 masters officers and delegates voted at the AAU Convention.

**Masters Track & Field Officers:**
Chairman: Wally Kephart
Vice-Chairman: Tom Sturak
Recording Secretary: Vince Chiappetta
Corresponding Secretary: George Braceland
Treasurer: George Vernosky

**Long Distance Running Officers:**
Chairman: Ken Bernard
Vice-Chairman: Ruth Anderson
Recording Secretary: Vince Chiappetta
Corresponding Secretary: George Braceland
Treasurer: George Vernosky

**Masters Athletic Committee:**
Chairman: Robert Fitzgerald (Representative to Athletic Council)
Vice-Chairman: Ruth Anderson
World Association of Veteran Athletes Delegate: Rob Kulick, Peter Mundle, Wendy Miller, Ruth Anderson, Bob Boal

**Delegates to Athletic Congress Committees:**
- Law and Legislation: Bob Finke, Marketing and Z.V.: Bert Lancaster
- Sports Medicine: Al Morris
- Officials: Joe Johnson
- Records: Pete Mundle & Kathy Breiger
- Membership: D. Grover
- Standing Operating Committee (Development): Bob Langenbach
- Standing Operating Committee (General Program): Joe Lasater, Tony Diamond, Rudy Clarence, Joe MacAlhany
- Rules: George Kleeman
- International Competition: Tom Sturak, Vince Chiappetta, Dick Kendall
- Budget: George Vernosky

**1980 Sites for Nat' l Championships**

The following are the sites for the National Masters Championships as voted by masters delegates to the 1979 AAU Convention.

**TRACK & FIELD**
- Outdoor Nationals, 1980, Charleston, West Virginia, 4th of July weekend.
- Outdoor Nationals, 1981, Los Angeles, California.
- Outdoor Nationals, 1982, Wichita, Kansas.
- Decathlon, 1980, Denver, Colorado, last weekend in June.
- Pentathlon, 1980, Charleston, West Virginia, 4th of July weekend.
- Weight Pentathlon to be awarded.
- RACE WALKING
- 5 Kilo, part of Outdoor Nationals, Charleston, West Virginia.
- 10 Kilo, Chicago, Ill., May 24.
- 15 Kilo, Niagara, New York, end of June or beginning of July.
- 20 Kilo, part of Outdoor Nationals, Charleston, West Virginia.
- Note: There will be an open 20 Kilo, April 15th & 20th in Seattle with a masters event but the Championship in the 20 Kilo will be part of the Outdoor National Track and Field Meet.
- 30 Kilo, Houston, Texas, March 23.
- 40 Kilo, New Jersey, November 1.
- 50 Kilo, Metropolitan New York, November 1.
- 100 Kilo, Longmont, Colorado, October 4th.
- 1 Hour (postal), August 1st thru November 30th (Jim Beam, director).
- 25 Kilo, Miami Beach, Florida, November 3 (if there will be an AAU Convention).

**LONG DISTANCE RUNNING**
- 5 Kilo Cross Country, San Diego, November 29.
- 15 Kilo Cross Country, New York City, Fall.
- Note: There is a possibility that Brooks Shoe may sponsor one or all of the 10, 15, and 20 Kilo runs. If arrangements can not be worked out then the following sites will be used:
- 10 Kilo, if there will be a convention next November, then at convention site (Miami Beach, Florida). If there is no convention then Brooklyn, New York, October 18.
- 20 Kilo, Washington, D.C., October 12 or 19.
- 50 Kilo, New England, to be determined.
- Marathon, Saratoga, California, January 3 (in 1979).
- Canada USA Dual Meet, to be awarded if satisfactory sponsor can be found.

National Masters Track and Field Vice-Chairman Tom Sturak suggested, and many seemed to agree, that we should move the T & P schedule in 1981 further into the summer. "Most officials tell me," Sturak said, "that they're just too busy to work masters meets in the early summer because of all the open, women and junior meets. If our regional meets were in August, with the national championships around Labor Day, we'd have a much better shot at getting good officials. And the warmer weather would give most of us a longer time to get in shape."
THE KING IS DEAD?

by Al SHEAHER

LAS VEGAS, NEVADA, November 28-30. The AAU is dead. Long live the Athletics Congress.

Such was the theme of the 92nd Annual Amateur Athletic Union Convention at Caesar's Palace Hotel.

Technically, the AAU is not "dead," it remains as a "service" organization to the sports it is used to control.

In the sport of track, field, long distance running and race walking, the Athletics Congress will do much of what the AAU used to do.

The convention was largely an attempt by the AAU to restructure itself. This was mandated by a 1977 Act of Congress. This Act said, in effect, that the AAU could no longer control a multitude of sports as it had been doing. (For what's going on, explain what's going on so that we all can understand. If it's not clear to you, it's not our fault, it's ours.)

Well, we can't do that with the AAU. It's tough to explain something you don't understand yourself. Lives are at stake. It's tough to explain something that's not real. It's tough to explain something you don't understand yourself.

Actually, everything seems to be up in the air. "1980 will be a transitional year," said many. "Let's try it for six months and see how it goes."

There would be confusion and discussion. The vote would be called again. Chaos. As a result, those grilled in Roberts' Rules of Order held the upper hand over those who weren't.

Of course, that's nothing new. In American politics, three or four or five people have often passed unpopular legislation in bodies of a hundred or more by the simple expedient of out-parliamentizing the opposition. And by hanging around till the wee hours when everyone else has gone home before voting on critical issues.

But it is never fair. And it is always tricky.

Well, either we're getting feeble in mind or fatigue or just obsessed. We had the "Baseball Congress." The leaders of the AAU could do no wrong. But it is never fair. And it is always tricky.

The AAAU is just obsessed. They had the money. They had gone now here. That august body will still "assist" the various "sports bodies" in registering athletes, "granting sanctions," mailing bulletins, providing insurance and so forth. It won't control, or administer anything, except "by direction" from the various independent bodies.

Does that mean it's business as usual? If you don't understand any of the above, don't worry. In fact, worry if you do understand.

We attended the 1979 AAU Convention to try to explain to you what's going on, and how the masters program relates to the AAU.

Well, either we're getting feeble in mind, or the various bodies of the AAU are impossible for the average person to comprehend.

We prefer to think it's the latter.

For four days, we struggled hard to try to fathom the intricacies of the AAU and the Athletics Congress. We attended meetings from 9 AM to Midnight. We talked with those who should know.

But, in the end, we failed.

It will always be the goal of this newsletter to make things as clear as possible. We are trying to explain so that we all can understand. If it's not clear to you, it's not our fault, it's ours.

Well, we can't do that with the AAU. It's tough to explain something you don't understand yourself.

Davies sets World 60+ Marathon Record

Clive Davies, 64, of Portland, Oregon smashed his own age 60-64 world record by running 2:47:46, set October 12, 1975 when Davies was only 60.

Davies said a heavy breakfast of pancakes was the difference in the amazing performance. "I felt great. I didn't hit the wall."
Moore & Bessel win 10k X-C

by KEN NAPIER

Belmont, California, November 11. Oren Moore won the men's National AAU 10-Kilometer Cross Country Championships today, Pat Bessel won the women's race. Both of our winners came from New York. Moore runs for the New York Pioneer Club and Bessel runs for the Grand Island Track Club. Pat had a nip and tuck battle with Dorothy Stock through approximately 9 miles before pulling away to a 6 second victory, I guess that last steep hill took everything out of Dorothy as she was right on Pat's shoulder. Oren Moore opened up a 4:49 mile lead of most of his competitors and by the 5th mile he had built up his lead. Earl Ellis moved into second place during the last 5 miles and made up a little ground on Oren but not enough.

Moore broke the course record for masters, 4:36 by John Brennan in 1976, by 5:89. The second runner in the masters division was the third place team, WVTC, NCSTC.

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Women's International Veterans Report

The minutes of the women's meeting at the 3rd World Championships show that, in addition to items reported in October's NAIVY,

1) All committees of the World Association of Veteran Athletes (WAVA) should include a woman representative, which could be the women's delegate (Jean O'Neill of Australia) or a woman nominated by her. This was subsequently agreed to at the General Meeting of the WAVA without dissent.

2) The starting age for World Championships is 35 for women. The next World Games are to be held in 1981.

3) A vote will be taken at the 1981 Championships as to whether to raise the starting age for women's veterans from the present 35 to age 40. Delegates are asked to poll their national membership for options.

4) A full program at the 1981 Games is requested. Equal status with men's competition is to be scheduled.

Outgoing chairman Hazel Rider is asking each country for recommendations in the light of their experience in Hannover to be received well before the next World Games. She says, "Each national team should nominate a male and female team manager; and only complaints made after consultation with them should be regarded as relevant."

Send your comments to the U.S.A. women's delegate, Irene Obers, at 203 Paseo Bernal, Moraga, California 94556.