National Masters Newsletter

26th Issue

October 1980

$1.00

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

Highlights

• Results of Pan-American Championships in Puerto Rico
• Results of World Veterans Distance Running Championships in Scotland
• South Africans Banned from World Games
• World and U.S. Men's and Women's 5-year T&F Age Marks
• Secrets to Health & Long Life by Paul Spangler, MD
• New World Marks Set by Stock, d'Elia, MacGregor, Van Alphen
• How to Run a Masters Track Meet

Toshiko d'Elia, 50, Ridgewood, New Jersey, seen here winning the national masters 10000 meter championship in 41:00.1, became the first woman over age 50 to ever run the marathon under 3 hours. She ran 2:57:25 in the World Veterans Distance Running Championships in Glasgow, Scotland to smash the old mark by over 4 minutes.

South Africans Banned From World Games

by Al Sheahan

The South Africans have been banned from participation in the 4th World Veterans Games in Christchurch, New Zealand in January, 1981.

John MacDonald, President of the World Games Committee, said: "Because of our government's policies, our committee regretfully cannot accept entries from anyone traveling as a South African national and competing for any South African club."

MacDonald said that the committee was forced to approach the New Zealand government for a grant to help put on the games.

continued on page 5.

3000 View Pan-American Championships

by Robert Fine

SAN JUAN, PUERTO RICO, Sept. 1.
The best adjective to describe the first official Pan American Championships for Masters is "joyous".

I've attended and participated in every international Championship held within the Masters' program. This meet, by far, was the most fun. The reason was simply the dedication, charm and friendliness of the Puerto Rican people. Starting with a cocktail party the night before the meet, which the Governor of the Island and the Mayor of San Juan attended, through the banquet three days later, there pervaded a genuine concern for the athletes and the true spirit of sportsmanship.

It would take me months to accept all of the invitations I received from my "competitors". The embraces at the end of each event were real. We performed before up to three thousand spectators. They cheered all of the athletes with special emphasis for those that finished last.

continued on page 7.
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Write On!

Address letters to:
National Masters Newsletter, 6200 Hazeltine Ave., Van Nuys, CA 91401

SCHEDULE IN NEW ZEALAND

It is tough to be critical of the hard
and devoted work of those many who
enable the whole to enjoy the benefit
from the Masters track program, especi-
ally if one’s commitments prevent
helping (even to hold a stop watch, much
less participate).

With that qualification, I am dis-
turbed in viewing the N.Z. Games
schedule. I would be more so if I could
participate. Planning a program sched-
dule of that size is difficult, granted.
However, it appears that it would be
better to be 40-44 or 55-54 if you are a
mid-distance man–800 through the 9k
Steeple. Even these groups will find
the 800 s/f rather close. Scheduling the
10k, X-C, and 5k was obviously to
allow the greater number of distance
runners. One suggestion: move the
40-49/50-55 to Sunday p.m. and the
1500 H to Monday p.m.

There is an apparent attempt to
mix up the program so that no day will
become devoted to one event (for the
audience). Fine. But the program
authors must realize that the majority of
us are not latter day Nurmis, nor as
great as the runners from New Zealand.
And for #46 s/fake do not ask a 50-year
old miler, who flew many thousands of
miles, to run 1500 heats and final back
to back!

The program should be carefully
reviewed from the standpoint of age/
physiology and not organizer’s conven-
ience. Even a month’s review with
re-scheduling in November would not be
too late for most who can afford to attend.

A. Bangs
Los Angeles, Calif.

AGE DEFINITION

I have just received Masters age
records 1980, and I am most eager to
ask you to do what you can to change
the definition.

The present is ridiculous, I have
just received Masters age
records 1980, and I am most eager to
ask you to do what you can to change
the definition.

The use of the eight pound hammer
in the sports world. We usually use the
eight again. We all lost a chance to
know what the rules are. Beware you
vast.

The way you publish
complicates things. The way you publish
ask you to do what you can to change
the definition.

If
change his age
from the present
age class 40-year-old should contain
I write this not realizing the
weight. I write this not realizing the
weight.

The program should be carefully
reviewed from the standpoint of age/
physiology and not organizer’s conven-
ience. Even a month’s review with
re-scheduling in November would not be
too late for most who can afford to attend.

A. Bangs
Los Angeles, Calif.

FIELD EVENT FOUL-UPS

Of late there has been a lessening of
allowed throws in our National Cham-
ionships. At the indoors at syracuse
we were allowed three rounds. The rule
book says we have the right to a total
of six throws if you qualify for the
finals. At Philadelphia “they” tried to
limit us to three throws! This nonsense
was stopped by a very strong protest
which took unnecessary time and effort.

Why meet directors are doing this to
field people is difficult to understand.
It is obvious they are not “into” the field
events. Please pass the word; don’t let it
happen again.

The use of the eight pound hammer
in the sixty and over class was another
case of the administration not being
aware. This weight is not listed in
record listings; it is not used in world
meets and is a complete non-entity in the
sports world. We usually use the
twelve in this country; the six kilo is
the weight used in Europe and the
World’s. I hope we never have to use the
eight again. We all lost a chance to
good
...

continued on page 4...
### EAST

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>October 11 (Sat)</td>
<td>National Jogging Day; Contact: N.J.A. (202) 788-8900.</td>
</tr>
<tr>
<td>September 27</td>
<td>Senior Olympics Decathlon Championships, Glen Dale, Calif.</td>
</tr>
<tr>
<td>October 8 (Sat)</td>
<td>National 10KM Masters Road Championships, Prospect Park, Brooklyn, NY. Contact: Bob Fine.</td>
</tr>
<tr>
<td>October 8 (Sat)</td>
<td>Skyline Marathon, Buffalo, NY. Contact: (716) 881-2736.</td>
</tr>
<tr>
<td>October 9 (Sun)</td>
<td>Brooklyn Marathon. Contact: (212) 890-8900.</td>
</tr>
<tr>
<td>October 10</td>
<td>National Standards 40KM Walk Championships, Long Branch, NJ.</td>
</tr>
<tr>
<td>October 12 (Sun)</td>
<td>New York Marathon. Contact: (212) 980-8900.</td>
</tr>
<tr>
<td>October 13 (Sat)</td>
<td>National 40KM Walk Championships, Van Cortlandt Park, Bronx, NY. Contact: Bob Fine.</td>
</tr>
<tr>
<td>October 14 (Sun)</td>
<td>Marine Corps Marathon, Washington, D.C. Contact: (202) 435-2226.</td>
</tr>
<tr>
<td>November 24</td>
<td>Canada/USA Cross Country Dual Meet, Buffalo, NY.</td>
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### SOUTHEAST

<table>
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<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>October 18-19</td>
<td>1st Throwathon, Raleigh, NC. Each contestant throws all weight implements. Contact:</td>
</tr>
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</table>

### DEADLINE

**NNM is written by MASTERS ATHLETES for masters athletes.**

We need and welcome your reports of meets, races, schedules, photos, comments, etc. Deadline for editorial material and advertising for the November issue of NNM is October 10. Send to National Masters Newsletter; P.O. Box 2872, Van Nuys, CA 91404.

### WEST

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<td>December 28 (Sun)</td>
<td>Midwest Masters 10KM Championships, Lake Bluff, Ill.</td>
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Nolen Fowler, 600 Crestwood Dr., Cooksville, TN 38051. (615) 526-7932. December 7-10 (Sun-Thu); Athletics Congress Convention, Atlanta, Ga.

### MIDWEST

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### CANADA

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>October 5 (Sat)</td>
<td>Labatt's Marathon. Toronto.</td>
</tr>
<tr>
<td>October 12 (Sun)</td>
<td>Brooks-CMITT Masters X-C Relay, Sunnyside Park, Toronto. Men 40+, Women 35+, CMITT, 100 Vanderhoof Ave., Toronto, Canada MAG 438</td>
</tr>
<tr>
<td>November 1 (Sat)</td>
<td>Canadian Masters Cross-Country Championships, Glen Dale, 10KM. Contact: Don Parharson (416) 282-2555.</td>
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### NORTHWEST

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Please send any additions or omissions to Al Sheahan, Editor, National Masters Newsletter; P.O. Box 2872, Van Nuys, CA 91404.

On Tap For October

The masters road running and cross-country action gets into high gear as the leaves turn brown and the air turns brisk in most of the nation in the invigorating month of October.

First, though, the annual Santa Barbara Masters Track & Field meet closes out the track season on Saturday, the 4th. (No post entries, by the way.)

On the same day, the 1st in the series of Brooks/TFA road runs takes place near Chicago in Chesterton, Indiana. It's also the TFA National Masters 10km Championships.

National Jogging Day is Saturday, the 11th. On Sunday, the 12th, the Masters Sports Association 10km cross-country run will be held in Van Cortlandt Park in the Bronx.

On the 15th is the National Masters 10km Road Championships in Prospect Park, Brooklyn. The 19th sees the 2nd in the Brooks/TFA series, this one the National Masters TFA 15km Championships in Washington D.C.

The same weekend in Raleigh, North Carolina finds the 1st Throwdown being held. "It's a historic event, the first ever tried," says Phil Partridge. "It gives all ages a chance to try for records with different weight implements."

The final weekend of the month, when the world series is over and snow is beginning to fall in the mountains, the Great Lakes Weight Pentathlon gets underway at the U. of Illinois in Chicago.

Each Sunday, from September 26 through December 6th, the Hawaiian Masters will conduct a track meet at Kaiser High School in Honolulu.

### Race Directors

Please submit all results promptly to the National Masters Newsletter at 6300 Hawthorne Ave., Van Nuys, CA 91401 and to the National Running Data Center, Box 42990, Tucson, AZ 85719. Please be sure to show the date, location and distance, and whether or not it was run on a certified course, as approved by the National Standards committee.

NNM desires to keep ten men and women of each age group over age 30. The NRDC requires a listing of ALL finishes in age group, home-town, and finish time of each. It's important that the NRDC get such complete results in order to give all our runners credit in national records and rankings.

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The Home Savings & Loan Pan-American meet was A-1. I really enjoyed it, start to finish.

Loren Noyes Oxnard, Calif.

My congratulations to Hillard Sumner for a very fine Pan-American Championships in Los Angeles—very outstanding in every respect. One suggestion, however. In the future he should consider having the banquet on the first night rather than at the end of the meet. Attendance would double. A lot of people head home immediately following the final day's competition, but are still around at the end of the first day with nothing to do that evening.

At our Air Force tournaments, the banquet comes the first night. As for hurdle heights and distance, I think people are getting better and better.

Dan Geer

Regional Championships at West Masters Championships is incorrect as I was there this year.

John Geer 2:45.71

John Huobard 2:56.94

WOMEN 35-39

Congratulations on a fine publication. I wonder if you or your readers would like to comment about age limit differentiation for men and women masters. The U.S. seems to accept 40 years as the basis for men and women. But the rest of the world running community uses 40 for men and 35 for women. Why is there this difference and why should there be any difference?

Sandra Eddy Palm Springs, Calif.

GOOD WORK

The National Masters Newsletter is getting better and better.

Carole Langenbach Seattle, Wash.

OMISSION

The following results were omitted from your summary of the Eastern Regional Championships at West Hartford on June 28.

800 Meters

1. Noyes 2:05.7

2. Dan Geer

3. John Hubbard

Also the listing of DNP for me in the 10,000-meter run at the National Masters Championships is incorrect as I missed the entire meet because of illness.

Dan Geer

Bennington, Vt.

World Vets Marathon

continued from page 1

• The top three—Dan MacGregor (Scotland), John Robinson (New Zealand), and Derek Fernie (Canada)—all under 2:30.
• 12 more men under 2:30.
• 65 under 2:45, including a 61-year-old.
• All 50+ group. I've been advocating this for years.

Margaret Miller, 53, women's world record holder in Age 50-54, 4:00:00 (10-12:15), 5000 (19:27.0); and U.S. standard bearer, also 53, in 3:56 at 2:37:35. She finished 2nd in the World Veterans Distance Running Marathon Championships in Glasgow.

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games. "By accepting the grant, we are subject to the Glenegales Agreement, which says our government can’t aid any event in which South Africans take part."

Negotiations are underway within the World Association of Veteran Athlete’s Executive Committee to try to reverse the decision. Bob Fins, North American representative to W.A.V.A., has strongly protested the New Zealand action.

"I am outraged," Fins said. "The W.A.V.A. constitution clearly states that all men over 40 and all women over 35 shall be eligible to take part, regardless of nationality. If we accept this ban, we are violating our own constitution."

Danie Burger of South Africa, another member of the W.A.V.A. committee, said: "If money’s the problem, I’ll raise whatever is needed to put on the games."

But as NMW went to press September 22, the outlook was grim for an amiable solution.

More than one veteran athlete has said it would be better not to have the games than to exclude any group. Some U.S. masters have said they won’t go unless everyone is permitted to compete.

"My wife and I were planning on going," said Californian Ed Lowell. "But if they start this nonsense again, we’ll have to reconsider."

"I want to go," said world hurdle gold medallist Dave Jackson. "But if the South Africans are banned, I’ll have to give it some very serious thought."

"The whole point of a world games," said another, "is to compete against the best. "But if I win a gold medal without my toughest competition being there, what does it mean? It’s diluted."

Like winning the 1960 Olympic 400-hurdles only because Ed Moses wasn’t there.

"Masters athletics are supposed to be fun," said another. "This takes the fun out of it."

MacDonald said the problem is sponsorship. "Our accountant told us we could not proceed with the games if we did not accept the government grant. True, we did have some companies who had indicated they would support us, but not enough to put on the games."

MacDonald said W.A.V.A. President Don Farquharson was informed of the situation "as soon as we knew what was happening" and again after the grant was offered to us.

Farquharson has not yet issued an official statement on the ban.

Clem Green, President of the New Zealand Association of Veteran Athletes, said: "We would all sincerely clash handship with our South African veteran athletes. But I hope U.S. Masters will look at both sides of this international problem. It is difficult to avoid issues of state involved in the apartheid controversy."

"New Zealand supported President Carter’s boycott. As a result, our top athletes (Quax, Moller, etc.) missed their chance. Our government asked for sponsorship from businesses to support a Pan-Pacific Games for late January 1981. This ‘mini Olympic’ substitute has robbed us of previously sought financial assistance. The result is that we had to approach our Ministry of Sport to lend a hand financially with the 4th World Games. This appeal, in turn, meant strict compliance with the Glenegales agreement. Because we in New Zealand supported your country’s Olympic boycott, then in all sincerity, cannot the U.S. masters see the common problem we all have over these matters, irrespective of the IAAF and WAVA decisions with which we all agree?"

"I reject that logic," Jackson said. "U.S. masters have nothing to do with the Olympics. Most masters opposed the boycott. We believe world tensions can be lessened by getting people together and talking, not by excluding different groups. The U.S. government doesn’t help us. We pay our own way."

"The U.S. Olympic Committee also opposed the Olympic boycott," Fins said. "So did Track & Field News and the majority of the athletes, themselves."

Indeed, the U.S. Olympic Committee also opposed the boycott until Carter promised them $10 million to "make up for your sacrifice in 1980." Unlike the U.S. and New Zealand, the British Olympic committee did not yield to its government’s demands to support the boycott.

"There is a chance that some South Africans will compete anyway, using the same subterfuge they were forced to use in 1977. Namely, by traveling with an American or other passport, not competing as representatives of a country other than South Africa. Not all South Africans are able to do this, however. But some own more than one passport and can pull it off."

"We criticize the South Africans," Jackson said, "because we say they treat their blacks like animals. Yet by banning them from our games, we’re treating them like animals. Everyone should be treated with dignity and respect, regardless of their race, their nationality or their beliefs."

## Masters Age Records 1980

The 1980 Masters Age-Record Book contains men’s and women’s world and U.S. age bests for all track & field events, age 35 and up, as of Jan. 1, 1980. Plus walking and championship records. 48 pages. Lists name, age, state and date of record. Send $5.00 plus 50 cents for postage and handling to National Masters Newsletter, 8000 Haseltine Ave., Van Nuys, CA 91408.

\[
\text{Marty Marks, first masters woman ever to finish under 24 hours in Western States 100-mile Endurance Run.}
\]

Also breaking a Masters course record and the age-43 American best was Sandra Kiddy of Palm Springs, 19th woman overall, with a 2:54:05 PR. The previous NIKE/OTC Masters Women’s course mark of 8:01:15 was set last year by Marilyn Harbin; and Miki Gorman ran 2:54:10 at age 43. Sue Peterson of Laguna Beach, California, lowered Cindy D’Alvim’s Olympic age-36 best (2:47:51 in ’78) to 2:43:24; and over-60 winner Mavis Lindgren of Orlean, California, set a new age-72 world-best of 4:56:44.

## 50-Year-Old Dutchman Sets World Mark Of 2:22 In Nike/OTC Marathon

**by Tom Sturmak**

EUGENE, OREGON, September 7. Fifty-year-old Piet van Alphen of the Netherlands placed 41st among 814 finishers at the tenth annual NIKE/ Oregon Track Club Marathon with a stunning 2:22:40.


Dick Quax, 32, won this year’s NIKE/OTC in 2:18:47, breaking his own New Zealand national record. Fellow Kiwi, Lorraine Moller, 35, also broke her own national mark with a scintillating 2:31:04 (equal fourth-fastest ever). But in the opinion of knowledgeable observers—including 40-49 winner John Brennand, 44, of Santa Barbara—Van Alphen’s record-breaking run was the outstanding individual performance.

Appearing fresh at the end, the diminutive Dutchman finished nearly six minutes ahead of Brennand, who clocked a near-PR 2:28:46. Van Alphen not only obliterated Alex Rateliff’s over-50 course record of 2:36:24, but also cut 1:38 off Jack Foster’s over-40 mark of 2:34:27.
Ron Sadle reports the 5th annual New Jersey AAU/TAC Masters Championships June 14 at Rutgers University produced several world marks. Eric K. Baker, 2:03:41 in M40 100; L. Miller, 4:14.4 in M85 100; and I. Schott, 21:51.8 in M80-84 1500; J. Moon, 11.4 in M40 100; Matt Brown, 11.8 in M45 100.


Los Angeles after running for his British University from 1927-32. He pulled a hamstring in the first Olympic heat. He played soccer for ten years, and only then took running at age 68 in 1977 after a 32-year layoff.

For women, the 3:20 qualifying time remains for those under 40, then it's 3:30 for those 40+. The qualifying time must be run on a certified course between April 21, 1980 and March 8, 1981. Entry forms are available with SASE to: Marathon Committee, Box 223, Boston, Mass. 02119.

Three runners died in recent months in long distance road races. In July, Ken Steffel, 54, a longshoreman who had run the Marathon Grass Marathon in February, collapsed a quarter mile from the finish of a 6-mile in New Orleans. Other runners applied resuscitation. A doctor in the race quickly arrived and tried to revive him, but Steffel was DOA at the hospital of a heat attack. Tragically, his mother, 70, while on her way to see him at the hospital, suffered a heart attack and died.

On Sunday, August 3, in the Harvard, Virginia (a Washington suburb) 10-mile run in 99-degree heat, two runners wandered off course and died. Pat Reilly, 31, and Henry Kronlage, 49, apparently succumbed to heat stroke. When the two failed to finish, a search was begun, but neither was found until Monday, when Reilly's body was located 300 yards off the course and about a mile from the finish. Kronlage wasn't discovered till Tuesday, about a half mile past the finish line. He apparently had become delirious and missed the correct finish and was found by a cafe in Ramona his first competitive race. Kronlage was an experienced runner, but only ran 3 miles a day. He was trying to lower his best time from 90 to 80 minutes. The race began 20 minutes late, at 9:20 a.m., and the temperature rapidly climbed from 75 to 99 with high humidity. The new course was actually a tidy, residential area of the previous year where residents ran. None of the other 700 runners was apparently aware of the trouble during the race.

continued on page 7...
The top three finishers in the 1971 Marathon Championships (Glasgow, August 24) ran times better than half of the 83 finishers in the Olympic Games Marathon (Moscow, August 1).

MacGregor's second place, a record second, was also the venue for the first Olympic Games marathon.

The 1980 edition of the book "U.S. Marathons" lists and ranks 101,035 individual marathon races. These are all of the reported runs by U.S. citizens on certified courses in 1979. There were a reported total of 112,997 marathons entered on certified courses last year.

The book contains 13 summary tables. Some excerpts: Median age for men was 28.6 years, for women it was 30.4. The ratio of men to women increases from 6 to 1 in the 20's to over 20 to 1 in the 50's. The NRDC needs complete race results in order to compile accurate and thorough statistics. We need 4 things: Age, gender, distance, and if it was a certified course.

"U.S. Marathons" is available from NRDC, Box 42888, Tucson, AZ 85738 for $9.95 plus 75 cents shipping.

NRDC, Box 42888, Tucson, AZ 85738

National Running Data Center

by Bob Martin

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National Masters Newsletter is mailed third class bulk rate and is notforwardable. When you move please let us know at least 3 weeks in advance.

National Running Data Center by Bob Martin

The 1980 edition of the book "U.S. Marathons" lists and ranks 101,035 individual marathon races. These are all of the reported runs by U.S. citizens on certified courses in 1979. There were a reported total of 112,997 marathons entered on certified courses last year. The book contains 13 summary tables. Some excerpts: Median age for men was 28.6 years, for women it was 30.4. The ratio of men to women increases from 6 to 1 in the 20's to over 20 to 1 in the 50's. The NRDC needs complete race results in order to compile accurate and thorough statistics. We need 4 things: Age, gender, distance, and if it was a certified course.

"U.S. Marathons" is available from NRDC, Box 42888, Tucson, AZ 85738 for $9.95 plus 75 cents shipping.

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How To Run A Masters Track Meet

In some ways, running a Master's track meet is easier than running a meet for open competitors. This is so because the Masters are more mature and self-sufficient. They are used to administering their own programs. Many Masters are also coaches or have served as officials in open competition. On the other hand, a Masters meet can be more difficult because, due to the division by age and sex, you can be holding, in effect, sixteen track meets at once.

**TYPES OF MEETS**

1. All Comers Meets.

These are the simplest meets to run. All that is required is a track, an announcer to publicize the events and a minimum of the person with a stop watch (and a loud voice). These meets are post entry only. Entry fees are usually not required since the only expense would be the announcements. These meets are, in effect, time trials. No prizes are given so that division by age and sex are meaningless. The distance runners can act as timers for the sprints and vice-versa. If there are any rental costs for the track then a refund would be necessary to cover the announcements.

2. Development Meets.

In these the races the competitors submit to the appropriate official a prediction of their age and sex. The competitor then competes as he predicted. This method is naturally more difficult because, due to the division by age and sex, you can be holding, in effect, sixteen track meets at once.

**PREPARE YOUR TIME.**

In these races the competitors submit to the appropriate official a prediction of their age and sex. The competitor then competes as he predicted. This method is naturally more difficult because, due to the division by age and sex, you can be holding, in effect, sixteen track meets at once.


These are full scale track meets usually having less than two hundred competitors. Because of the relatively small number of participants, age groups can be combined to speed up the proceedings. Certainly the 10K run, 10K run and the walk can have all contestants compete in one section. Prizes would be given out by ten year groupings. Unless there is a local sponsor who will pay for officials the competitors will have to help out. Suggestions as to officials will be noted later. Generally the women and older age groups can be put in the same section. Post entries are usually acceptable but pre-entries are to be encouraged.

4. Regional and National Meets.

These meets will attract more competitors. The first question is whether to accept post-entries. This will also be discussed later. If more than 300 competitors will be present it may be necessary to give the meet over to two or two and a half days. The National Outdoor Championships are held over two and half days. The Indoor Nationals will be held over two days. Masters like to compete in multiple events. They are paying their own travel expenses and spending a great deal of time to get to the meet. Most would prefer to have two days of competition which would enable them to compete in more events. For these meets a large number of officials will be needed. More advertising will be necessary and more support personnel.

5. International Meets.

There are presently the following International Meets: North American Championship; Pan-American Championship; World Championships (held in odd numbered years). The North American Championships has had from 900 to 750 competitors. The Pan-American Championships would have 750 and the World Championships over 5,500. All of these Championships require a major sponsor. The World Championships would require over $200,000 to properly put on since they are held over an eight day period of time and involve not only the competitors but the families of the competitors. Housing is a major logistical problem. Many cities or countries welcome the opportunity of sponsoring these international meets as the Masters bring in more money than the meets cost.

**Report From Australia**

by Jack Pennington

Those of us who were at that great Toronto gathering of 1976 will be surprised to learn that we are now back to "square one" that is, behind the eight ball. In Toronto, the Canadian Government threatened to withdraw financial aid if our South African Veterans competed. David Pain, of abiding memory, cut into the argument with his bayonets and told the government forces to go to hades. This whole situation still exists in New Zealand.

The sad story is that the veteran organizers have lost their sponsorship to a post-Olympic International meet, to be put on for the benefit of those good little boys and girls who did not go to Moscow. The Government has agreed to underwrite our World Games provided we do not allow those naughty South Africans to compete. They must not even be in our presence. This news will cause Dave to turn in his bed.

It is bad enough having a track meet in January and only some 18 months after Hanover, without the likelihood of a three-cornered match between Australia, Japan and New Zealand.

My personal view has always been that we should have stuck close to the Olympics as we did in our first Internationals of 1972. But the demands of tourism are such that the more often, the better it is for the tourist trade, and he who pays the piper calls the tune. And again, as in Toronto, the government of the host country is telling us who may or may not compete.

Walt Shepperd, after placing second in the M50 800 meters in Hannover, is now fully recovered from having four new coronary arteries. He is running 50 miles per week. His most recent effort was a 10 mile in 68 minutes. His medical advisor wants him to compete in the "Big M" marathon in Melbourne October 12th. It's probably that this will be a feature article in the Australian Medical Journal.

Our winter season is over. Here are the results of the bona fide Road Championships:

- Jack Pennington again won the Veteran cross-country title based on computer age-handicap over 10km. In the scratch 10 mile road title on Sept. 15: T. Munro (42) 58:26; P. Kallio (44) 59:15; B. Abbott (43) 60:52; P. Trangdon (52) 61:51; A. Brown (43) 61:56; J. Pennington (57) 65:07; M. Merron (48) 69:45.
- 600 Aussies and booked for New Zealand.
Countdown To New Zealand

[See 'South Africans Banned From World Games' on page 1-Ed.]

4th World Games Chairman John MacDonald has extended the deadline for entries from October 1, 1980 to November 7, 1980. There were distribution problems with the official entry programs in some countries; thus, the extension.

The complete entry form, schedule and info was printed in September's newsletter. Entries should be sent to the 4th World Games, Secretary; P.O. Box 31-102, Ilam; Christchurch, New Zealand.

Entries for the 14th World Veterans Distance Road Running Championships in Palmerston North close November 3rd. (See September's MNM for entry forms) For either or both the 10k and '5k, send to The Secretary, 14th IGF, P.O. Box 1216, Palmerston North, New Zealand.

"Just as important as your entries," says Clem Green, Executive Coordinator of the New Zealand Association of Veteran Athletes, "is the confirmation of accommodation booking at Palmerston North and at Christchurch. When organizers know you are coming and in what numbers, I feel sure our sponsors, Air New Zealand, will make every endeavor to handle transport within New Zealand."

Green says a country wide service is being set up to have overseas visitors, especially from regions other than Oceania, come to stay a day or so in the homes and on farms of New Zealanders.

"We want you to enjoy our hospitality on a person to person basis," Green said.

The U.S. dollar, according to Green, is up in relation to the New Zealand dollar. The exchange rate on September 22 was $1 U.S. = 158 N.Z.

While most travelers will find more than enough to do in New Zealand for two or three weeks, those going to Australia may be interested in the AustraliaPass. Good for 14 days to 3 months on Australia's railroads at savings up to 50%. Prices range from $230 (2 weeks) to $598 for the new 3-month pass. Sold only in North America through Thomas Cook. Contact: (203) 274-0038 or your local office.

Roland Jerneryd, Secretary of WAVA, reports that Japan has made a formal proposal to host the 1983 World Games. Others considering bidding for the Games are: Los Angeles, Philadelphia, Puerto Rico, and Venezuela. Bids will be officially presented on Jan. 6, 1981 at 6:00 p.m. in the Christchurch Town Hall. The election of the host nation and place will be balloted at the WAVA General Assembly on Jan. 7.

Stan Thompson says there will be a Masters Track & Field meet in Honolulu, Hawaii the weekend before the New Zealand Masters. Their first, and only, mistake was a dropped baton in the 440 yard relay—they still took second. After that, they won every relay they entered. The New York Masters won the team title, primarily on the basis of depth. New York took second in most of the events that Potomac Valley won and won in those events that Potomac Valley didn't enter. The Shore Athletic Club took third in the team title, based on the performance of their fifty year old team.

In the field events, the New York Masters again won on depth. Most of the competitors were in the 30-39 year old group. Garden State Track Club won three events; Shore A.C. and the New York Athletic Club two; with Potomac Valley and the New York Masters one. In the 40- and 50-year-old categories the New York Masters dominated.

At a meeting of the athletes it was decided that the meet will be held next summer, if possible before the National Championships.

Results in November MNM.

Stock Breaks 10K
Mark Again

Dorothy Stock continues to challenge Sandra Kidd for honors as the top 1980 woman 40-49 long distance runner in the nation.

For the 3rd time in 3 months, Stock broke her U.S. age 45-49 record for 10km. On August 31 on the Mission Bay Bonne Bell certified 10km course, she blazed a 37:39. Thus, she has taken off 2:05 from the old record in that time span.

Her "instructions" before the race from her coach/manager/husband/Bill Stock were to run the 1st mile in 6:00, then go as she felt. She hit it on the nose, holding back a bit, then clocked 12:09 at 2-miles, 18:17 at 3, 24:25 at 4, 30:39 at 5, six in 36:30 and out in 37:39. A 6:03.5 per mile pace.

A loose retina in one eye prevented her running in the Diet Pepsi 10km regionals September 6th. But she was scheduled to compete in the women's AC National Championship 20km on Sept. 21 in San Diego, where she would threaten the listed 45-49 20km mark. (Ruth Anderson's 1:25:49.)

Stock has now run 6 of the 7 fastest 10km times for U.S. women 40-49.

2nd Masters Sports Association Relay Carnival

by Bob Pine

NEW YORK, N.Y., August 16. The Second Annual Masters Sports Association's Relay Carnival was held in perfect weather conditions at Randall's Island, New York. Five clubs participated, with each club scoring at least one victory in the running or field events.

The quality team in the running events was Potomac Valley Senior Track Club from the Washington D.C. area. Their first, and only, mistake was a dropped baton in the 440 yard relay—they still took second. After that, they won every relay they entered. The New York Masters won the team title, primarily on the basis of depth. New York took second in most of the events that Potomac Valley won and won in those events that Potomac Valley didn't enter. The Shore Athletic Club took third in the team title, based on the performance of their fifty year old team.

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Results in November MNM.

Whatever your travel needs....

•vacations
•business
•competition

...overseas or in the USA

P.S. Entry deadline for 4th World Games extended to Nov. 7.
**The Gunlap**

by MIKE TYMN

**Going to New Zealand?**

For info, call or write:

Wendell Miller
180 N. LaSalle
Chicago, IL 60601
(312) 239-1315

---

**Maturing As A Runner**

As we passed the one-mile mark, the timer yelled out, "...4:28...4:29...4:30..." I looked around and wondered, "What's happening here?" I was surrounded by women.

A few yards in front of me was Joan Benoit, the American record holder in the marathon. To my left was Patti Lyons, regarded as the top all-around female road racer in the U.S. To my right was Anne Sullivan, the American record holder at 10 miles. Not far behind me were Jacqueline Gareau, the Boston Marathon winner, and Marty Cooksey, another leading female road racer in the U.S.

"What's happening here?" I looked around and wondered, "What's happening here?"

As we started into our second mile, I guessed that I hadn't yet matured, and I didn't expect to relate how Arab soldiers were so game, loving and dignified.

As we headed uphill again and I passed the two-mile mark right behind Hatton in 10:15. Then somewhere around 2½ miles, as we hit a short downhill stretch, I could hear a runner closing on me fast and about to pass. It was Patti Lyons. Her head was churning from side to side and her face was contorted in anguish, much in the manner and form of Emil Zatopek, the great Czech runner of a generation ago.

"That girl's crazy," I thought as I watched her open up 10 yards on me. "But I can't let her get away. To heck with Hatton, I've gotta go after her."

As we headed uphill again, I moved past Lyons. Then another downhill and she passed me by. I had already considered myself a fairly good downhill runner and was flashbaggested at how this young woman from Boston could move away from me on the downhill.

As we headed uphill again and I moved next to Lyons, a TV camera truck pulled up in front of us. "Oh, no!" I thought, "what if they show this over the networks and my father sees it."

"Stand up, fight." I said to myself, "But now she's beating me up."

I crossed the finish line 10 seconds before her. Lyons' time of 49:42.5 shattered the American 15 kilometer record for women by nearly a minute and a half. And all those women who were up there at the one mile mark finished well back. Gareau taking second in 51:15.7.

As a result of my Portland experience, I'm a much more mature runner than I was before. What Mr. Michener forgot to say is that such maturity comes with humility.

---

**Debate On Standards**

The recurring debate on "standards of performance" will likely take place in Christchurch in January. In 1979 at the 3rd World Games, the executive committee of the World Association of Veteral Athletes voted, 8-2, to establish "standards." If less than three people were entered in an event in the World Games, the winner would have to meet a certain "standard of performance" in order to win a gold medal. The proposal was defeated by a vote of the General Assembly, just after U.S. Records Chairman Pete Mundle said "it would be very difficult to set fair standards for the upper age groups and for women."

Since then, several countries have apparently adopted the standards for their own internal competition. One is South Africa. For your information, here are the standards which South Africa uses for its masters competitions. If less than 3 competitors show up in a particular age group, the following standard must be achieved by the winner in order to achieve a gold medal.
Arizona Racewalker Wins 2 In Helsinki

HELSINKI, FINLAND, August 6-10. Gordon Wallace, 70, Prescott, Arizona, won both road walks in his age division (70-74) in the 2nd European Veterans Championships in times of 1:01:46 (10k) and 2:18:08 (20k).

1295 athletes (men 40-+, women 55+) from 20 nations competed in the 5-day event. Only one other American took part—Norm Bright of Seattle took 4th place in the M70 10,000 meter run in 47:06.1.

Complete results are unavailable, but Bill Morgan of England, 400 world gold medalist in 1979, won the M50 800 in 1:53. Fred Dunn was 2nd master in 1:55:23.

Event. Only one other American took

Hilmar Sumner, 51
National masters 100, 200 and 400 medalist

• Training Tips

• “My philosophy is, no matter what event you compete in, your basic training should be long distance running. Five miles a day. That’s where the health is. The other is competition.”
  Bud Deacon, 65
  Pole vaulter, hurdler, and decathlete, Retired naval officer

• “I only do long distance training—3 or 4 miles a day. I don’t do any fast work until the day of the race.”
  Hildur Crooks, 83
  Senior Olympics competitor

• “I don’t do any long distance training. Except for a warm-up jog, I run intervals on the track almost exclusively. Why train slow when you’re going to race fast.”
  Irene Obena, 48
  U.S. multi-sprint record holder

• “I’ve been a vegetarian for 65 years. I haven’t eaten any fish, meat or fowl since I was 16. The body responds to an optimistic attitude, and to trying to help others.”
  Hildur Crooks, 83
  Senior Olympics competitor

• “I ate a lot and didn’t get much sleep, so I guess there’s no reason for it.”
  Dorothy Stock
  Commenting on her new 5000 meter world age 45-49 record

““If I run 3 or 4 miles, my legs feel dead and I get lower back pain. So I usually do 2 laps, then exercises for jumping. I jump two days a week, no more than 8-10 jumps a week. I play a lot of tennis to keep in shape.”

Spotwood Hall
National masters 50-54
High jump champion

“I train carefully, with a good diet: milk, meat, vegetables, no sugar or fat. I only run twice a week.”
  Fred Reid,
  South Africa
  World 70+ 100 and 200 record holder

Walkers start out in National Masters Championships:
Bill Preston (248), Ron Laird (235), J.R. Fleagle (220), Todd Scully (53).

photo by Bob Pates

PUMA
1980 PUMA—
TFA NATIONAL
POSTAL CHAMPIONSHIPS
(September 1—December 15, 1980)

3 MILE AND 2 PERSON 10 MILE RELAY

DISTANCE: Individual and Team (5-Person)
Three-mile competition OR a Two-person Ten-Mile Relay. Two-mile competition available for Junior High and High School boys and girls.

DIVISIONS: Junior High School (grades 7-9-11-12), High School (grades 9-10-11-12), Junior College, College/University, Open, and Masters. Male and Female section in each division.

ENTRIES AND INFORMATION WRITE:
POSTAL CHAMPIONSHIPS
TFA/USA
10920 Ambassador Drive, Suite 322
Kansas City, MO 64153
916/891-1077

photo by Richard Sinkin

Hugh Adams

Jim Burnett, voted Home Savings Pan American Masters "Track Athlete of the Meet" for his American Record 49.6 in the 40-44 400 in L.A., August 18.

JoAnn Grissem, Indianapolis, in deep concentration before winning high jump (4-4) in 40-44 Class in Nationals.
MOST OF THESE SHOES HAVE NO...
BUSINESS BEING ON YOUR FEET.

people. With real and diverse characteristics.
Now we've got them.
For pronators, heel strikers. Big runners and small. For people
who churn out 125 miles a week, and those who run a good ten.
Shoes for the road, the trails and models for both. For feet that are
flat or arched, rigid or flexible.
The new Nike Running Line.
Never again will you have to put
yourself in the other person's shoes.
“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.”
## World & U.S. Men's Age Group

### Bests by Five Year Categories

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<tr>
<th>AGE GROUP</th>
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<td>WALT BUTLER (ALTDENA, CA)</td>
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<td>BILL FITZGERALD (PAUL VERDES, CALIF)</td>
<td>5/19</td>
</tr>
</tbody>
</table>

### 10 MILES

<table>
<thead>
<tr>
<th>RESIDENCE</th>
<th>MEET DATE</th>
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<tbody>
<tr>
<td>BILL FITZGERALD (PAUL VERDES, CALIF)</td>
<td>5/19</td>
</tr>
<tr>
<td>Place</td>
<td>Name</td>
</tr>
<tr>
<td>-------</td>
<td>------</td>
</tr>
<tr>
<td>1</td>
<td>Luis Guzman</td>
</tr>
<tr>
<td>3</td>
<td>Frank Coogan</td>
</tr>
<tr>
<td>4</td>
<td>Alfonso Rodriguez</td>
</tr>
<tr>
<td>5</td>
<td>Juan Garcia</td>
</tr>
</tbody>
</table>

**10000 meters - Marathons**

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Finals 10000</th>
<th>Trials 10000</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Luis Guzman</td>
<td>28:29.56</td>
<td>28:29.56</td>
</tr>
<tr>
<td>2</td>
<td>John Anderson</td>
<td>28:30.11</td>
<td>28:30.11</td>
</tr>
<tr>
<td>3</td>
<td>Frank Coogan</td>
<td>28:30.24</td>
<td>28:30.24</td>
</tr>
<tr>
<td>4</td>
<td>Alfonso Rodriguez</td>
<td>28:30.31</td>
<td>28:30.31</td>
</tr>
<tr>
<td>5</td>
<td>Juan Garcia</td>
<td>28:30.34</td>
<td>28:30.34</td>
</tr>
</tbody>
</table>

**5000 meters - Marathons**

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Finals 5000</th>
<th>Trials 5000</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Luis Guzman</td>
<td>13:34.12</td>
<td>13:34.12</td>
</tr>
<tr>
<td>2</td>
<td>John Anderson</td>
<td>13:34.24</td>
<td>13:34.24</td>
</tr>
<tr>
<td>3</td>
<td>Frank Coogan</td>
<td>13:34.31</td>
<td>13:34.31</td>
</tr>
<tr>
<td>4</td>
<td>Alfonso Rodriguez</td>
<td>13:34.34</td>
<td>13:34.34</td>
</tr>
<tr>
<td>5</td>
<td>Juan Garcia</td>
<td>13:34.37</td>
<td>13:34.37</td>
</tr>
</tbody>
</table>

**1500 meters - Marathons**

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Finals 1500</th>
<th>Trials 1500</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Luis Guzman</td>
<td>4:13.71</td>
<td>4:13.71</td>
</tr>
<tr>
<td>2</td>
<td>John Anderson</td>
<td>4:13.78</td>
<td>4:13.78</td>
</tr>
<tr>
<td>3</td>
<td>Frank Coogan</td>
<td>4:13.85</td>
<td>4:13.85</td>
</tr>
<tr>
<td>4</td>
<td>Alfonso Rodriguez</td>
<td>4:13.92</td>
<td>4:13.92</td>
</tr>
<tr>
<td>5</td>
<td>Juan Garcia</td>
<td>4:13.95</td>
<td>4:13.95</td>
</tr>
</tbody>
</table>

**5000 meters - Marathons**

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Finals 5000</th>
<th>Trials 5000</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Luis Guzman</td>
<td>12:54.12</td>
<td>12:54.12</td>
</tr>
<tr>
<td>2</td>
<td>John Anderson</td>
<td>12:54.24</td>
<td>12:54.24</td>
</tr>
<tr>
<td>3</td>
<td>Frank Coogan</td>
<td>12:54.31</td>
<td>12:54.31</td>
</tr>
<tr>
<td>4</td>
<td>Alfonso Rodriguez</td>
<td>12:54.34</td>
<td>12:54.34</td>
</tr>
<tr>
<td>5</td>
<td>Juan Garcia</td>
<td>12:54.37</td>
<td>12:54.37</td>
</tr>
</tbody>
</table>

**1500 meters - Marathons**

<table>
<thead>
<tr>
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<th>Name</th>
<th>Finals 1500</th>
<th>Trials 1500</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Luis Guzman</td>
<td>7:23.71</td>
<td>7:23.71</td>
</tr>
<tr>
<td>2</td>
<td>John Anderson</td>
<td>7:23.78</td>
<td>7:23.78</td>
</tr>
<tr>
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<td>7:23.85</td>
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**5000 meters - Marathons**

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<th>Trials 5000</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Luis Guzman</td>
<td>2:24.12</td>
<td>2:24.12</td>
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<tr>
<td>2</td>
<td>John Anderson</td>
<td>2:24.24</td>
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<td>5</td>
<td>Juan Garcia</td>
<td>2:24.37</td>
<td>2:24.37</td>
</tr>
</tbody>
</table>
## Results:

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Winner</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>31ST ANNUAL WORLD VETERANS 10K ROAD RACE</strong></td>
<td>August 26, 2019</td>
<td>Elderberry, SC</td>
<td>David Hartman</td>
<td>30:10</td>
</tr>
<tr>
<td><strong>20TH ANNUAL WORLD 5K ROAD RACE</strong></td>
<td>August 24, 2019</td>
<td>Elderberry, SC</td>
<td>Douglas Nelson</td>
<td>14:12</td>
</tr>
<tr>
<td><strong>20TH ANNUAL WORLD 10K ROAD RACE</strong></td>
<td>August 24, 2019</td>
<td>Elderberry, SC</td>
<td>James Mccollom</td>
<td>31:52</td>
</tr>
<tr>
<td><strong>20TH ANNUAL WORLD 15K ROAD RACE</strong></td>
<td>August 24, 2019</td>
<td>Elderberry, SC</td>
<td>Steve Hill</td>
<td>45:22</td>
</tr>
<tr>
<td><strong>20TH ANNUAL WORLD 20K ROAD RACE</strong></td>
<td>August 24, 2019</td>
<td>Elderberry, SC</td>
<td>Thomas Brown</td>
<td>1:00:05</td>
</tr>
</tbody>
</table>

**Note:** All events were held in Elderberry, South Carolina. Times are approximate.
1980 NATIONAL MASTERS NEWSLETTER... PAGE 23

CLARENCE DE MAR MARATHON, MILWAUKEE, WIS., AUGUST 20.

M35-39

Mike Karles 2:47:25

Bill Springer 2:48:01

Tom Tinio 2:50:24

CAROL NEVADA MARATHON, AUGUST 20.

M35-39

Fred Robbins 2:32:28

Clint Budinotte 3:32:41

173 starters, 151 finished

MIKE/FOR MARATHON, EUGENE, OREG., SEPTEMBER 7, 1980.

M30

Reg Kravitz 2:17:58

Dick Kitele 2:17:58

John Anderson 2:18:00

Morris Lavin 2:18:00

M35-39

Joe Gleasner 2:27:25

Louis Relien 2:27:57

Bill Gray 2:44:05

Chuck Combs 2:51:48

M40-44

Peter van Allen 2:23:39

Mike McIlreavy 2:24:19

Mike Kidly 2:29:55

M45-49

Bill Johnson 2:22:10

Jill McCasler 2:24:55

Dave Parker 2:51:39

M50-54

Nest Anderson 2:11:07

M55-59

Rose Robinson 3:13:22

Sue Hansen 2:25:24

Pat Smith 2:27:00

M60-64

Fred Kiley 3:36:00

Jack Kielboth 3:36:23

Jim Linke 3:36:24

M65-69

Fred Kiley 3:57:36

Joe Kielbassa 3:57:36

Mike Kidly 3:57:36

M70-74

Dick Burden 7:21:36

Jim Linke 7:21:36

Bill Gray 7:21:36

M80+

Dick Burden 9:21:36

Jim Linke 9:21:36

Bill Gray 9:21:36

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A MATTER OF CONSCIENCE.

The day running became big business it started down a questionable, but predictable path.

Maybe it's because we remember how it all began. We don't feel comfortable with mass marketing. We bristle at the idea all runners are created equal, and all shoes should be made to a single standard.

Then judged.

Because the more we learn — in the laboratory, in working with podiatrists, orthopedists, in studies of biomechanics — the less we see of this so-called "average" runner.

And the more we appreciate the different foot types, gait patterns, body weights, speeds and training schedules.

If success brought us to this crossroads, it has only strengthened our commitment.

Nike is introducing a complete new line of performance shoes. With models for every kind of athlete, every kind of foot, every kind of regimen. And we're making it easy to choose the right one. Without counting stars, stripes or anything else.

It's not important whether we live up to someone else's expectations.

What's important is whether we can help you live up to yours.

Beaverton, Oregon