170 Compete in TFA Indoor Championships

by VALDEMAR SCHULTZ
LIBERTY, Mo., Feb. 14—The quantity—170 entrants—and quality was up considerably from last year for the TFA National Masters Indoor T&F Championships at William Jewell College today.

The college is 20 miles from either the Kansas City airport or downtown KC. Many competitors were housed at the airport and shuttled to the college. This worked, though there were some desperate pleas for rides when athletes had to meet planes between the shuttle service.

Liberty is a pretty town. The track is pro-turf, 10 laps to the mile, with no bank. TFA, Nike and the Mid-America Masters sponsored the event, with assistance from Jim Hershberger.

Of the 170 entries, 63 were in their 30's, and 68 in their 40's. Seventy were from outside Kansas. Mihalek, indicating the appeal of this meet as a major draw for the entire midwest.

Phil Balkey (50-54) and Patricia Raschker (30-34), both of Atlanta, received silver cups from Penn Mutual as

Irvine, Vasquez Set 10-Mile Marks

from JIM SCANNELL
STOCKTON, Calif., Jan. 10—Sister Marion Irvine added yet another long distance record to her collection today as she demolished the American 10-mile mark for women over age 50 with a time of 1:04:35 and Joan Reiss (1:04:51).

Jake White logged 53:20 for 2nd master behind Vasquez.

Baker, Pauling Sizzle in New York

by BOB FINE

Baker, 45, just missed the national record in the 500 yard run with a 64.4. This was after turning in a 35.5 for 300 yards and edging Pauling by 0.8 of a second. Cliff won the 600 in 1:27.7 and the 1000 in 3:33.2.

Other National class runners turned in winning performances: Rudy Valentine, 58, won the 300 in 38.4 and the 500 in 73.3, while Archie Messenger, 58, won the 1000 in 2:50.6 and the mile in 5:22.3.

An age-58 record was set by Marie Henry in the 2-mile-walk in 21:04.

Bigelow Tops Bonnie Bell Masters

from JIM SCANNELL
SAN FRANCISCO, Feb. 28—Vicki Bigelow, 45, raced to a convincing victory over a strong masters field in the Bonnie Bell 10K in San Francisco today.

Her winning time, outstanding for the difficult course, was 37:15. Six other masters women dipped under 40 minutes, including: Marion Irvine, 52, who captured 30-39 honors in 39:12. Jaclyn Caselli edged Kay Atkinson for the 60-69 title, 49:03 to 49:10.

Results in back pages.

Snowstorm Fails to Halt Virginia Meet

by JOE MARTIN
Despite a winter storm which dumped eleven inches of snow on Lexington and more on many of the surrounding areas, over half of those entered in the Virginia Association TAC State Masters Indoor Track and Field Championships managed to get to the VMI Field House on Saturday, February 27, and also managed to break 16 records and tie another.

Outstanding performer trophies were awarded in four age categories: Jeffrey Hughes, 32, of the Peninsula Spikers took the honors in the submasters division as he tied his own 55-meter dash record with a 6.5; won the long jump with 6.43 (21' 11/2") and ran on the winning 4 x 400 relay team.

Lew Faxon, 42, was class of the Masters I division, taking the 800 in 2:13.1, the 1500 in 4:32.8, and the 5000 with 16:23.7. Roy Chemock, 54, of the Tide Water Striders had the top Masters II performance as he demolished his own long jump record with a leap of 15.35 (50' 8") and won the 55 meter dash in 7.4 and the 55-meter hurdles in 9.1.

Christopher Tompkins, 72, Richmond Track and Field Club, took the trophy in the Masters III & IV division. Chris set records in the shot—3.69m (12' 3/4") and the 55-meter hurdles—9.5, and 55-meter dashes—12.9 and also won the long jump with 3.69m (12' 1 1/4 ")

Kathy Thomas was again the class of the women as she broke three records (all hers) and set a new one. Those broken were in the 800-meter run—2:35.5, 1500-meter run—5:09.2,
NM normally contains itself with issues that relate directly to masters athletes. But since there is so much general interest in the movie Chariots of Fire, I felt compelled to mention a few facts that the mass media hasn’t bothered, to my knowledge, to report.

By the time you read this, the film may have won an Oscar or two. While most everyone, myself included, agrees it’s a worthwhile movie, it will have won those Oscars under false pretenses.

Its opening credits claim it’s a “true story.” But critical parts of it aren’t. Its two heroes are two real-life figures: Harold Abrahams and Eric Liddell, both of Great Britain, both of whom won gold medals in the 1924 Olympics—Abrahams in the 100 and Liddell in the 400.

But one of its main themes is Liddell’s refusal to run in the 100 meters because running on Sunday would conflict with his religious beliefs. Despite a plea from the future King of England to “run for your country,” Liddell declines—noblely sacrificing his only chance to run in the Olympics to a higher belief.

Then a chap named Lindsay appears, apparently having won the 400-meter hurdles, and cheerfully proclaims: “Since I already have a medal, Eric can take my spot in the 400 meters and run on Thursday.” The day is saved. Liddell runs and wins.

Trouble is, there is no “Lindsay” listed anywhere in the 1924 medal winners.

Worse, there was no reason for “Lindsay” or anyone else to give up his spot so Liddell could compete in the Games, because Liddell was also entered in the 400 meters. Indeed, he ran the 200 and finished 3rd behind Americans Jackson Scholz and Charlie Paddock. This is never mentioned in the film.

So the movie’s major emotional premise is falsely based. It’s a great story, but hardly “true,” as the film claims.

The second major theme of the movie was Abrahams’ driving ambition to beat Liddell and win a gold medal. The film never tells us (or alludes to it vaguely) that, following the 100, Abrahams also ran in the 200, finishing a well-beaten 6th behind Scholz, Liddell and others.

The film omits that Liddell reportedly knew about the Sunday schedule a year before the Olympics, and trained with the 400 in mind. It also fails to mention that Abrahams’ coach reportedly had 8 other athletes in the games.

The film’s stunning photography, inspirational music score and romantic portrayal of England in the 20’s makes it worth the admission price. But the omission, and apparently deliberate distortions, seem a clear deception—unnecessary, at that—in an otherwise fine film.
Track and field events feature competition for men and women over age 30 unless otherwise noted. Long distance events generally are open to all age groups with the exception of the national masters championships, which may be limited to men and women over age 40. Entry blanks for national and regional championships will generally be printed in the newsletter 30-60 days prior to the event. Please send any additions or corrections to NMN, PO Box 2372, Van Nuys, CA 91404.

### Schedule

#### 1982 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS

**Age 30 and over**

**SOUTHEAST**


- **June 27**: T&F Open Meet, York High, Elmhurst, Ill. 7 a.m. Race day sign-up. Wendell Miller, 180 N. LaSalle, Chicago IL 60601. (312) 236-1315.

- **August 1**: Penn Mutual/TAC Midwest Regional Masters & T&F Championships, York High, Elmhurst, Ill. 7 a.m. Race day sign-up only. Wendell Miller, 180 N. LaSalle, Chicago IL 60601. (312) 236-1315.

#### MOUNTAIN

- **June 19**: 51st Annual San Francisco Bay Relays, Santa Clara University, CA. (408) 943-5381.

#### WEST

- **June 10**: 19th Annual Penn Mutual/TAC Northwest Regional Masters & T&F Championships, Seattle WA 98166.

#### SOUTHWEST

- **May 5, 9**: 12th Annual Southwestern Masters International Track & Field Championships, North Carolina State University, Raleigh, N.C. P.O. Box 3684, Raleigh NC 27610.

#### CANADA

- **June 24**: TAC Masters Track & Field Meet, Vancouver BC, Canada. (604) 877-4242.

#### NORTHEAST

- **May 15**: 15th Masters Southeastern Track Classic, Fairman University, Greenville SC. Tom Mallik, 104 Pine Wood Dr., Greenville, SC 29651. (803) 879-4549.

### Need Back Issues?

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Van Nuys, CA 91404
LONG DISTANCE RUNNING
1982 PENN MUTUAL/ATHLETICS CONGRESS NATIONAL MASTERS CHAMPIONSHIPS
(Age 40 and over) (See Chart)

NEW ENGLAND
April 19. Boston Marathon, for qualified runners only. Entry information from: Will Clooney, Box 223, Boston, MA 02119. Travel and local hotel information from: Boston Road Tours, 301 W. Highway 20, Michigan City IN 46360, (219) 872-7217.

May 26. Manchester Road Race, Manchester, NH. 8K. 9 a.m. (Weather PERMITTER).

September 23-30, 1983. 1st World Veterans Games, San Juan, Puerto Rico.

SOUTHEAST
April 10. Avon 10K, Atlanta. Bob Brennan, Box 13091, Atlanta, GA 30324.

April 16. Peachtree Road Race, Atlanta. Central Park, 6:30 a.m.

May 20. Atlanta 10K, Atlanta. Medallion, 8:30 a.m.

May 27. Peachtree Classic, Atlanta. Central Park, 6:30 a.m.

June 1. Peachtree Road Race, Atlanta. Central Park, 6:30 a.m.

August 15. Peachtree Road Race, Atlanta. Central Park, 6:30 a.m.

September 25. Atlanta Masters Marathon Championship, Atlanta. 6 a.m.

October 30. Peachtree Road Race, Atlanta. Central Park, 6:30 a.m.

WEST
April 11. NIKE Masters Grand Prix Series, Grand Canyon Marathon, Sedona, AZ. 7:00 a.m.

August 7. Nike Grand Prix Series, Point Reyes Marathon, CA. 7:00 a.m.

October 29. Nike Grand Prix Series, El Camino Real Marathon, CA. 7:00 a.m.

NORTHWEST
April 15. Kitsap Peninsula 10K, Tacoma. 10K. 9 a.m. (Weather PERMITTER).

August 21. 2nd Annual Earthquake Ultra Marathon, Anchorage, Alaska. Tim Middleton, 3445 Steppel Dr., Anchorage AK 99503.

September 12. NIKE Marathon, Eugene, OR. ARRA Championship Series (prize money). PO Box 10412, Eugene OR 97440. (503) 687-2477.

INTERNATIONAL
April 18. Ontario Master Marathon Championship (certified course), Hamilton, Ont. May 3. Niagara Falls 10K Run, Niagara Falls, Ont.

May 24. 2nd Annual Earthquake Ultra Marathon, Anchorage, Alaska. Tim Middleton, 3445 Steppel Dr., Anchorage AK 99503.


June 24. 2nd Annual Earthquake Ultra Marathon, Anchorage, Alaska. Tim Middleton, 3445 Steppel Dr., Anchorage AK 99503.

September 25. Canadian Masters 5K Road Race, Sunnybrook Park, Toronto. Christine Walker, 34 Rodd Island West, Hillcrest MILE 226, Canada.


IDAHO
May 1. Boise 5K Mile, Boise, ID. (Weather PERMITTER).


MONTANA
July 31. 13th Annual Longest Day Marathon, Portland, OR. 9:00 a.m.

September 12. NIKE Marathon, Eugene, OR. ARRA Championship Series (prize money). PO Box 10412, Eugene OR 97440. (503) 687-2477.
NIKE MASTERS GRAND PRIX SERIES

In 1982, NIKE Masters Grand Prix regionals will be held in conjunction with already existing (and usually not exclusively Masters) races. Individual runners, both men and women, will be selected from these regional races, on the basis of age-graded performances, to compete at the NIKE Masters Grand Prix Championship (site to be determined). Individual runners, also on an age-graded basis, will be selected from the results of the championship race, to compete at the International Veterans Distance Running (I.G.A.L) Championships in Japan, September 14-15, 1982.

Selecting trip winners on an age-graded performance basis will provide an opportunity for all age groups and our strongest medal hopefuls to be represented at the Grand Prix Final and in Japan.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Event</th>
<th>Contact Info</th>
<th>Trips</th>
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</thead>
<tbody>
<tr>
<td>April 11</td>
<td>Honolulu, HI</td>
<td>Norman K. Tamanaha 15K</td>
<td>Edith LeRoy, 1777 Ala Moana Bl., #1308</td>
<td>3 M/2 W</td>
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<tr>
<td>April 25</td>
<td>Brooklyn, NY</td>
<td>TAC National Masters 10K</td>
<td>Masters Sports Association, 77 Prospect Place, Brooklyn, NY 11217</td>
<td>4 M/2 W</td>
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<tr>
<td>May 23</td>
<td>Portland, OR</td>
<td>Viking Classic 10K</td>
<td>PSU Athletic Development Office, P.O. Box 668, Portland, OR 97207</td>
<td>4 M/2 W</td>
</tr>
<tr>
<td>May 31</td>
<td>Huntsville, AL</td>
<td>Cotton Row Run 10K</td>
<td>Cotton Row Run, P.O. Box 252, Huntsville, AL 35804</td>
<td>4 M/2 W</td>
</tr>
<tr>
<td>June 13</td>
<td>Michigan City, IN</td>
<td>News-Dispatch 15K</td>
<td>Dunes Running Club, P.O. Box 42, Michigan City, IN 46360</td>
<td>4 M/2 W</td>
</tr>
<tr>
<td>July 4</td>
<td>Santa Barbara, CA</td>
<td>Semana Nautica 15K</td>
<td>Semana Nautica, P.O. Box 6616, Santa Barbara, CA 93111</td>
<td>4 M/2 W</td>
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<tr>
<td>May?</td>
<td>One or two races in Mid-America</td>
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<tr>
<td>June/July</td>
<td>A race in the San Francisco Bay area</td>
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To be eligible for the trips, runners must be Masters in the international sense (i.e., men 40+; women 35+). When inquiring about races, please enclose a self-addressed stamped envelope. General information: call (503) 641-6453, NIKE Masters Program, or write: Valdemar Schultz, 3400 SW Murray Blvd., Beaverton, OR 97005.
Going Out in Full Stride

"You've got a year, maybe two. With a little luck and if you take it easy from now on, you could have as many as five years."

The doctor pulled no punches and gave it to me straight. It was coincidental that just a few days before I had watched reruns of Lou Gehrig's life story. When he was told that his days were numbered, I wondered how I would react in the same situation. Suddenly, I knew.

It was not my life that the doctor was referring to, but it might just as well have been. He was talking about my knees and how much longer they might last if I continued to subject them to the punishment they have undergone over the years.

The doctor did not recommend that I give up running, but the message was clear. There isn't much running left in the old knees. Chronodomalacia, "runner's knee" as it is sometimes called, was the diagnosis. This condition involves a wearing away of the back of the patella, the kneecap, and leads to a general disuse of the knee and possible arthritis.

As the good doctor spoke, I had visions of myself inching along with the aid of one of those aluminum walkers. "See what running does to you," some blob blowing a ring of smoke gloated as I struggled ahead at 40 minutes a mile.

It seemed ironical that my knees were responsible for getting me into distance running some 30 years ago and now they threatened to end my running career. It was during my sophomore year in high school while playing basketball that something cracked in my left knee. The injury forced me to give hurdling and broad jumping and try something less traumatic to the knees, like running the mile.

My recent visit to the doctor was prompted by a foreign body floating around in a sea of fluid in the left knee. It caused a locking condition and I was unable to run at all.

The doctor gave me three alternatives: 1) Do nothing and continue not to run; 2) have minor surgery to remove the foreign body and resume running for however long the knee holds out; 3) have major surgery, involving smoothing of the surfaces in the knee, and perhaps buy more time. The last alternative called for a much longer period of convalescence than the second.

Of course, I could always cut back from my competitive training of 70 to 90 miles a week to a modest 15 to 20, enough for health and fitness purposes. That would undoubtedly prolong the life of my knees. But to run and not be able to run intensely and with some goals in mind is nearly as bad as not running at all.

In a recent issue of Inside Sports, Willie Lanier, former linebacker for the Kansas City Chiefs, talks about the problems he had in adjusting to life after football. "The main problem was that nothing appeared as challenging as football," he said. "Perhaps the transition is easier if you play the game less intensely, or don't go all out to win. But what else in life offers the same psychological involvement as athletics? You think, 'what's the point of going on?'"

Those are my sentiments.

Is there life after running? That was my primary concern immediately after receiving the bleak prognosis from the doctor. I considered swimming and cycling, but from past experience with those sports I knew that they could never come close to substituting for running.

My wife bought me a pool table, apparently hoping I would channel my energies into that game. She has always complained that I am too thin, but a Minnesota Fats I care not to be.

The doctor heretofore mentioned is not my regular physician. He is one of three I had seen for "second" opinions.

Report From Britain

The Over 50 race was a close run throughout with Charlie Burton of Portsmouth just getting away from a pack of four. Bill Anderson held a good early lead in this race but missed a vital marker and went off course for about 100 yards.

Davies is presently training 50 miles a week, while Burton is up to 100.

For the 2nd year, Eileen Bartlett won the Under 50 category and went on to run second in an International cross-country race near St. Malo in France recently.

Alan Hughes was the first over-50 in the Lancashire and the Eastern Veterans cross-country.
This year the NRDC introduces a new book *In-Depth Masters Road Rankings*. This book will rank masters runners in the seven most popular road events 50-deep in each age group and 100-deep in the marathon. Age groupings will be the same as masters runners are ranked in U.S. Distance Rankings, extending by five-year groups from 35-39 to 70-79 and 80+ for men and to 60-69 and 70+ for women. This new book reflects the great increase in running by older runners and their interest in rankings and records.

The new book will enable many more master runners to be ranked than are shown in U.S. Distance Rankings, which shows the top ten men and top five women in each event. Based on past data, it appears that all men 60+ and women 45+ with certified course marks will be listed. In other age groups, some relatively slow marks will make the top fifty. The events covered are the 10km, 15km, 20km, 10 mile, half marathon, and marathon.

The NRDC will not publish the book *U.S. Marathoners in 1982*. This decision reflects the large amount of time and high cost of producing a book listing all marathon finishers relative to the interest in such a book.

**Record Update**

The National Running Data Center has approved 19 new age-group records since the list published in last month's *NMN*.

It has also okayed over 100 age records which are published in this issue.

Notable among the new age-division marks, all run in 1981, include:

- Dan Conway's 40-44 10k time of 31:03 also on Sept. 26. Herb Lorenz holds the U.S. 40-44 10k mark of 30:42 on a point-to-point course (Peachtree in Atlanta). Conway's was run on an official certified looped course.
- Alex Ratelle's 55-59 10k of 33:22, run April 25.
- Patricia Dixon's 60-64 10k of 45:40, set Sept. 26.
- 3 women's 65-69 marks by Evelyn Havens in the 30k (3:19:45), 10 miles (1:40:20) and half-marathon (1:49:47).
- Sal Vasquez' 40-44 half-marathon mark of 1:07:30 run Dec. 6 in Oakland.
- Sue Johnston's 40-44 half-marathon in 1:23:12, also on Dec. 6.
- Anne Johnson's 50-54 half-marathon of 1:29:18 on July 4, which broke Toshiko d'Elia's mark by one second.
- Kay Atkinson's 60-64 half-marathon of 1:47:30.
- Brian Harris' 45-49 half-marathon in 1:11:23 on Nov. 15, breaking Hal Higdon's mark by 17 seconds.
- Charles Chambens' 60-64 half-marathon of 1:27:42 on Dec. 12, lowering Wayne Zook's mark by almost a minute.

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**Dr. Hernan Padilla, Mayor of San Juan, Puerto Rico, showing design of medal to be given at the 5th World Veterans Games in 1983.**
On Approaching Every Problem With an OPEN MOUTH

by W. MacDonald Miller

I seemed to have created a certain amount of confusion with a recent article. Let me be as perfectly clear as I can on the matter so no one misunderstands what I had in mind. What I had in mind was simply this: there isn't anything I wouldn't do for a Mercedes. I mean anything. It's that important a part of my future.

What's important at this stage of my life is a clear understanding of where I've been, where I am now and where I'm going in the future. Where I've been is no big deal, just another account of an over-privileged background. Military school, and you can fill in the rest. The problem has totally do with where I am now. My personal growth has carried me beyond that stage where black topping the drive was free to drive and run. I need space, my own imperative territorial.

I hope I haven't given the impression I am not a man of means. I am. It's just that I'm mired in the trauma of middle class anxiety. Modest suburban home, with weeds, dog dump and wall-to-wall mortgage. I remember when we bought it. I knew it was my kind of town when the real estate salesman showed up in an Oberlin College letter sweater. He actually convinced me an 85 mile commute was the invigorating way to start each day.

Now I've simply outgrown this part of my life, I think. What's ahead of me is travel and running. I'll wear designer jeans. I'll eat vegetable quiche, imported cheese fondue and liver pate. I'll make telephone calls all over the country on one of my two satellite phones in the Mercedes. It will be a 450 SL convertible, with the back seat space devoted to storage, not kids. That old saying about, "Show me a man with kids and a station wagon and I'll show you a man with french fries under his seats," is no longer funny to me. I'm going to follow the sun. I'll have two cars: a Pinto get-around, completely paid for, and a Caprice Rally Pack (loaded) with seven payments left. Neither burns a drop of oil and the Pinto has three new tires.

Before this turns into a garage sale in print, let me get back to the point. The point is, call it growth if you want, maybe it's merely part of the maturing process, whichever, I do know how I feel and that's important to me at this particular time in my life calls for a severe departure from where I think I am now. I must be free to drive and run.

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

ENTRY FORM

10K [X] TRACK & FIELD [ ]

Events entering:

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Dixon, Migues, Tanner Star in Mardi Gras Marathon

by DANNY THIEL

NEW ORLEANS, Feb. 7— "Here come 'de judge; here come 'de judge," someone shouted as the Mardi Gras Marathon runners neared the finish line. Louisiana Supreme Court Chief Justice John A. Dixon, Jr., 61, bettered his 1981 MGM time by 49 minutes and his best marathon time by 38 minutes to capture the 60-and-over category by over 10 minutes with a time of 3:18:40.

"I guess I got caught up in all the excitement," Dixon said. "I planned on an 8-minute pace, but at 10 miles they called it 70 minutes. After that I slowed down.

Dixon's running has been injury free, which he attributes to easy running with his wife. "We run at about a 10-minute pace," he said.

The first masters finisher was Alton Dixon, 41, of Pensacola, Florida in 2:06:58. He attributes this to easy running with his wife. "We run at about a 10-minute pace," he said. The second masters finisher was Alton Dixon, 41, of Pensacola, Florida in 2:06:58. He attributes this to easy running with his wife. "We run at about a 10-minute pace," he said. The third masters finisher was Alton Dixon, 41, of Pensacola, Florida in 2:06:58. He attributes this to easy running with his wife. "We run at about a 10-minute pace," he said.

An unusual mile-marker provides a pleasant distraction for runners in a Los Angeles distance run. (photo by Richard Lee Slotkin)

NY Masters Set Relay Mark

by HAIG BOHIGIAN

NEW YORK, Feb. 28—This evening the New York Masters captured their own 4x800 meter relay mark by 11.7 seconds. Running on Manhattan College's 200 meter Tartan flat track (no spikes permitted) the New York Masters set an American indoor record of 8:49.1 to eclipse the old mark of 9:00.8 established by Robert Fine, Haig Bohigian, Bill Krebs, and Herb Zipper at Syracuse on March 29, 1980 during the National Championships. The new world record was set by Bohigian, 21:53.3, Krebs, 12:18.8, Stark, 5:01:28, and Cluff, 2:10:8. It is relatively early in the season and the team believes they can still run quite a bit faster before the end of the indoor season.

NY Masters: 10 kilometer road record update

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An unusual mile-marker provides a pleasant distraction for runners in a Los Angeles distance run. (photo by Richard Lee Slotkin)
Arcadia Amie and Challenges

You remember Arcadia Amie! His was the very clever Letter-to-the-Editor in *NMN* several months ago that stated "Phooey to all of us middle-aged competitors, and chided us for our "Phoolish Physical Fitness Fantasies".

I got to know Arcadia Amie during my undergraduate days in college when I was the editor of the sports page in the campus newspaper. Since then we have roamed together, attended the same grad-uate school, served in each other's wedding ceremonies, ran and played volleyball together, entertained each other and our families on numerous occasions, and generated a copious file of correspondence back and forth exchanging news and views. (I should feel pleased to note that AA has saved each of my letters to him over these 25 years. But then I also must admit that he saves EACH AND EVERY letter ANYBODY writes to him!) Despite, or maybe because of, all of this commonality, we remain very close friends, but at the same time, "rather different critics".

Presently Arcadia Amie is the chief executive officer of a company that he has pieced together with other people's money. His interest lies in mergers and acquisitions—in making deals—fitting the pieces together. He must constantly assess what the other party's motivation really is, and respond with a plan which makes sense to all concerned. He is very good at this job.

All of the above would seem to imply that Arcadia Amie is a reasonably well-adjusted person. Well of course he is not! The very fact that he would write into *NMN*, a publication serving competitive masters athletics, and advocate that exercise is "phoolish" says something right there.

Besides Amie is a hypochondriac! Amie says (and enjoys) that he has every possible disease and malady known to mankind—a bad heart, a brain tumor, you name it and he has it. He wishes that he were Jewish in order to be able to have Tay-Sachs disease. He wishes he had been born Black so he could contract a serious case of sickle cell anemia. He yearns to be young again so that he could get measles and chickenpox which he missed earlier. Similarily he would like to be older so his arthritis would become acute. Get the picture?!

Amie really only married his wife out of gratitude when she was able to get him to the UCLA Medical Center in time to save his life when he suffered one of his "attacks." This pattern of alleged health problems justifies, at least in Amie's mind, that his body can not POSSIBLY tolerate the stress of getting in shape.

Of course, Arcadia Amie has had his variety of specialist physicians say, "Get off your butt and exercise!" He even went so far as to sign up for a YMCA sponsored exercise program for heart-transplant recoverees. (It should be noted that in order to gain admittance to this slower-paced routine under careful monitoring, Amie took a crash course from the *Reader's Digest* on heart transplants, and had painful and expensive scars created on his chest and ribcage.) The first session with a 13 minute mile left him pale and breathless. His best performance was recorded later that day running to his attorney in order to update his will.

It is not as though Amie COULDN'T be an athlete. He was a better-than-average soccer goalie, a mediocre broad jumper (as it was called in the 1950's) blessed with good spring, but only mod-est speed and technique, and lettered in both sports at our small college. He played volleyball in Southern California —again good spring, but lesser "hands".

While in the business world, he learned the more socially oriented sports of golf and tennis, but he never really enjoyed the aerobic events. You know, all of those malformed inadequately sized valves and passages bringing oxygen from the heart got in the way of success!

So with all this, why is there any ration-ale for bringing my buddy Arcadia Amie into this publication at all? First of all, I believe that our masters movement tends to be imbred, and we must seek out alternate contrasting viewpoints advanced in good faith in order to see whether or not we are sound, or indeed "phoolish" in the depth of our devotion to our endeavors. Secondly, AA has always been one smart cookie academically. (I did not know that either of our prestigious schools ever conferred "with highest distinction" upon their graduates, until I saw that Amie's diplomas carried that inscription.)

In a serious vein Arcadia Amie says, "The first, and obvious, truth is that I never approached anything near stardom in any sport that I attempted during my prime; therefore, I have no heights to rescale, no pinnacles to revisit. A case can be made, I think, that I as many other older athletes of moderate skills achieve a synthetic pleasure from the somewhat vicarious superimposition of spectator and competitive sport. Lo, the vivid imaginings of youth (a la Rocky) dreaming of conquest—never achieving for self, but reveling in the victories of others and gaining satisfaction thereby!"

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"Which is the greater pleasure—a splendid catch of a high pass and a sharp cut away for a TD in a meaningless intramural football game, or the observing of All-Pro performance by a recognized star in front of 80,000 live plus millions on TV or—maybe—some overlap, or synthesis??"

"It follows, at least for me, that competitive athletics in later life is at, best, a manifestation of some immaturity in trying to recapture THE INGREDIENTS, if not the results, of an earlier career. The maturation process, at least in my mind, involves the acceptance of NEW CHALLENGES in either new fields or (sadly) in reincarnations of athletes, such as seen in coaching, scouting, reporting, or philosophizing."

*Copyright 1982 Phil Conley*

NY Masters Dominate Metro

NEW YORK, Feb. 13—The New York Masters won team titles in the 40-49 and 50-59 age divisions, and tied for first in the 30-39 bracket to highlight the 4th Annual Metropolitan Athletics Congress Indoor Masters Track & Field Championships today at Cromwell Center on Staten Island.

The powerful NY Masters squad amassed 70 points in the 40-49 group, 128 points in the 50+ bracket, and tied with the New York Athletic Club with 23 points in the 30-39 division.

Haig Bohigian and Cliff Pauling exchanged wins in the 45-49 competition. Bohigian edged Pauling in the 300, 38.29 to 39.40, while Cliff turned the tables in the 600 (1:27.0 to 1:28.4). Al Martin, 30, turned in a 2:37.7 in the 1000 yard run and 4:57.9 in the mile. Results in back pages.
Mardi Gras Marathon

continued from page 9
The 45-49 group was led by Mr. Mardi Gras Marathon, himself, Larry Funseiler of Metairie. Larry has completed every MGM ever held—17, to be exact. He's Mardi Gras' answer to Boston's Johnny Kelley. Larry finished in 2:46:39, three minutes ahead of Tom Griffin of Meridian, Miss.

The first master lady was local runner Margaret Turner, who finished in a personal best 3:19:48, 10 minutes ahead of Barbara Moeller of Pensacola and Charlie Fox of Daleville, Alabama.

The 50-year-olds were led by Pensacola's David Seiler, 51, in 2:50:55.

Adelle Jarzegsky ran a 3:51:44 to take women's 50-54 honors. In the ladies' 55-59 group, Charlotte Tanner, 56, of

Marietta, Georgia, finished in 5:23:14, more than 90 minutes slower than her personal best of 3:51:12. Not much of an accomplishment, until you hear the rest of the story:

In 1981, while training for the New York Marathon, Charlotte was struck by a car. She was not expected to live, let alone be able to run again. She laid in a coma for six weeks before gradually beginning to rehabilitate.

Last fall, after deciding to run again, Charlotte wrote to MGM race director Mike Cambre, explaining her condition, and expressing her wish to run in the race. She said she'd be a hindrance to the race, due to her slow pace, she would withdraw her request. Mike welcomed her spirit with open arms.

After the race, an exhausted Tanner said in tears, "...I thought I'd ever run again, much less finish a marathon... I did it."

The 26-mile straight-away race was executed in perfect runner's weather, without a flaw. Cambre and his court of New Orleans Track Club workers deserve much credit for a great race. An estimated 1500 runners competed, cheered on by 10,000 spectators.

Results in back pages.

Athlete's Age Questioned

Masters athletes don't get much publicity in the mass media, so any coverage is generally welcomed. But the story in the Milwaukee Sentinel of the 6th Annual Masters Indoor Track & Field championships January 9 in Madison, Wisconsin was not what you might have expected.

Reporter Neil Shively, who participated in the meet, decided to highlight the outstanding performance of Atlanta's Phil Mulkey, who won 7 gold medals in the age 50-59 division, setting or tying records in six of them.

His routine checks on Mulkey's prior Olympic efforts, however, led him to conclude: "A cloud hangs over his achievements.... Mulkey is 47, according to the records of the U.S. Olympic Committee, of Memphis State University, his alma mater and the Athletics Congress."

Mulkey told Shively and Meet Director Bruce Craig that he turned 50 on January 7.

"I don't know why there are so many diverse birthdates," he told the Sentinel. "I wasn't in there (the 50-59 group) by mistake. I've got my birth certificate and driver's license right here."

Mulkey won the 60-yard dash, 70-yard low-hurdles, 220, high jump, long jump, pole vault and shot put. His performances would have won five events and tied for first in a sixth had he competed in the 45-49 age bracket.


Because of the conflicting dates, Craig asked Mulkey to provide independent verification of his age by writing to the Missouri Bureau of Vital Records authorizing release of a copy of his birth certificate.

"I sincerely hope this procedure will resolve any doubt with respect to your outstanding athletic achievement," Craig wrote Mulkey. "However, if you are not 50 years old, a considerable injustice has been done to the other competitors in this meet and to masters track in general. If this procedure is not followed, we will have to... remove your performances from our record books and ask for the return of the medals awarded."

Mulkey declined, calling the character of the letter "insipidly vicious and fraught with innuendo of threat and ultimatum."

He said he graduated from high school in 1955, that the TAC has his age 50, and that he would contact Mulkey and attempt to resolve the matter.

Craig said the results of the meet (in back pages) should be amended by replacing Mulkey's performances with the following: 60- yard dash, Rush Jacobs, 7.5; 70-yard hurdles, Leo Shillinglaw, 10.3; 220-yard dash, Jacobs, 27.7; high jump, Shillinglaw, 5'2"; long jump, Shillinglaw, 16'11/4"; pole vault, Tom Hinkes. 10'09/4"; Shot Put, Jack Scott, 37'10/4".

Top performances in the meet included meet records by Mary Czarapata, 46, in the 60, 220 and mile, Bev Lampe set a record for the women's 55-59 honors. In 13:42.8. Phillipa Raschker of Atlanta won 5 of 6 events in the 30-34 division, missing only the shot put. Mike Davis, 32, of Illinois won 4 events and cleared 14 feet in the vault.

Results in back pages.
Masters Scene

- National Masters T&F Records Chairperson: Pete Mundle
- National Masters Age Group Records: listing age records for every event at every age over 30—will be available within 30 days.
- For a listing of every race your copy is/you've already pre-paid $4. If you haven't and would like a copy, send $4 (which includes postage & handling) to NMN, PO Box 2372, Van Nuys, CA 91404.

East

- Margaret Betz, 45, posted a 5:59 to win the 2-mile annual Masters Mile for Women. At Cornell U. Jan. 24. Terry Merritt, 43, topped the 40+ men in 4:40.
- Tom Talbott, Masters Sports Association President, reports the sites of NYC summer masters T&F meets are still up in the air. "We may be able to use Randall's Island," he said, "but they may decide to resurface it. Then we'll have to go somewhere else."

Southwest

- Phil Partridge was the top scorer with 365 points. The 70+ division in the 1st Colo. Coast Weight Pentathlon Feb. 20 at Atlantic High School in Delray Beach, Florida. Randy Cooper, 62, (2515 pts.), and Dennis Dees, 41 (2452 pts.). followed in the age-factor-scoring event. Bill Bangert is the age-51 weight pentathlon record holder with 2838 points, not Cooper as reporter earlier.
- Mike Pence, 27, of Philadelphia, was the first to break 60:00 in the 10K. "A new personal best," said Pence, "and to teach at the local high school, although Police Chief Henry Gardiner said: "We're getting stupider every day." She continues to run, her car into a tree to avoid hitting a jogger.""}

Midwest

- Paul Zumwalt, 70, has been elected the first inductee into the Illinois Valley Striders Hall of Fame. Zumwalt, who is recuperating from surgery, has run 10 marathons, including one of the fastest in the country in his age group, 4:03, in 1980.
- The club also named Gordon Adams, 50, of Chicago, III., and Martha Reese, 42, of Peoria, Veteran Runners of the Year. Both have won numerous trophies in their age groups over the several years.
- Dan Shea, 51, of Peoria was honored as the IVS Worker of the Year.

Age Group Records

- John Allen, a 51-year-old master, moved to Colorado Springs to assist Ron Telemark, Wisconsin.
- Certain masters' time standards are given in the 16.8-mile, which climbs 300 feet, in 2:04:51.
- It had to happen. A policy against jogging on the streets of Highland Park, Texas has left 13 people with the choice of paying a $15 fine or spending part of the night in jail. The joggers were ticketed under a rule which prohibits jogging on the streets when sidewalks are available. "I refuse to pay the fine," Mark Kendrick said. Police Chief Henry Gardiner said: "We're getting a lot more joggers on the street and it's getting dangerous. One woman recently drove her car into a tree to avoid hitting a jogger."

Southwest

- Ken Young, director of the National Running Data Center in Tucson, recently turned 40. He was master 1st in a 17-mile run which climbs 4000 feet, in 2:19:22, and in a 16.8-miler, which climbs 300 feet, in 2:04:51.
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Mountain

- Vicki Biesemeyer was the 2nd master woman overall in the Golden State 4-miler Feb. 7 in Oakland. Her time of 2:42:59 was within shouting distance of top master Mike Pence's 2:31:27.
- Daryl Beardsell, 45, led the Tamalpais Masters last year. First over-50 clocked 2:39:00 to boot. "Coming back" is his goal this year. He plans on running open meets this year, aiming for a 4:03 mile.
- Shirley Matson set an age-41 mark of 57:56 in the Mission Bay 15K March 7 in San Diego. She was 1st master and 2nd woman overall, again topping Dorothy Stock, 49, in 35:33. Matson is unbeaten in 1982. On Feb. 7, she ran a 1:26:15 on a tough hilly course at the San Diego half-marathon, 3 minutes ahead of Stock. "She's very fit and ready to break 37 minutes for 10K," her coach Dan McCaskill told NMN.
- The Western Gerontological Society had a 10K in conjunction with their San Diego convention, and featured a 70+ division. "It was a ready, willard benton told NMN, "usually races are 50+ and the older runners just run for fun."
- Richard Whittaker (47:35) and Karen Scannell (51:39) led men and women masters in the Excelsior East End 8.4 mile run Feb. 21 in San Francisco.
- Sandra Kidd, 44, was 2nd woman overall in 2:57:12 in the Palm Springs Marathon Feb. 14.
- The TFA National Masters T&F Championships, originally scheduled for Los Angeles July 17-18 at UCLA, is in jeopardy, according to last year's TFA Pacific Regional Director Mike Sins. "Last year's sponsor, Converse, Sins told NMN, "has withdrawn from other promotions." Mike Sins, "the official Olympic shoe" TFA is looking for another sponsor. Right now it looks doubtful."
Mavis Lindgren, 74, lowered her own world marathon record for women over age 70 with a time of 4:35:05 last month in the Callao-to-Napa Marathon near her home in Orlando, Calif. Her new mark is 4 minutes faster than the 4:37:37 standard, set Sept. 8, 1979 in Oregon.

The recession may be reaching the Masters program in addition to the probable loss of the TFA Nationals, George Ker's popular Grandfather Games and the victim of tight money. The college has always provided the track to masters free of charge. "But starting in 1983," Ker told NMN, "they're going to go strictly by the book, no more favors. They'll want $1000 for the facility, plus other costs. That's too much for me to handle, so the 1982 meet will be the last Grandfather Games."

NORTHWEST


Bill Cane, 31, of Twin Falls, Idaho, was short-changed in the point totals (Feb. NMN) for the 1981 national T&F championships. He actually scored 26 points, not 15, with 5 wins in the 100, triple jump, high jump, shot and pentathlon in the 35+ division.

Pat Thomas, 41, sped to a 57:32 in a classic field in Eugene, the home of the past 3 Olympic Trials. It's undoubtedly the fastest track in America. The club will host a 2-day masters T&F Classic on June 26-27 on the track for all ages 30 and over. The mile run will be substituted for the 1500 in the tradition of the 20 Oregon milers who've broken 4 minutes. The club is coordinating with the Portland T&F and a new Seattle masters club to help "make the Northwest seniors meet the rival of any meet in the U.S."

INTERNATIONAL

Dorothy Letherby set a new women's world age 50-54 record for the 10,000 meters, clocking 34:34:4 on October 7, 1981 in Kensington, Australia. Wal Shepard's reports. Cindy Dalymple held the previous mark of 36:37.8.

David Griffiths edged Gerry Daintry, 2:34:23 to 2:35:52 for masters honors in the Hong Kong Marathon Jan. 30, Jim O'Neill, former race director of the event now living in Tokyo, Japan, ran 27:40:56.

Buell Creas, 31, of Twin Falls, Idaho, was second in a master's masters field at the Portland T&F and a new Seattle masters club to help "make the Northwest seniors meet the rival of any meet in the U.S."

Here's what you'll find in the National Masters News.

JUNE 1979

- National Indoor Masters T&F Championships
- National Masters 10K Championships
- How to Set Up a Masters Program

OCTOBER 1979

- 3rd World Veterans Championships

SEPTEMBER 1980

- Pan-American Masters T&F Championships
- British & Australian Veterans Championships
- Schedule and Entry Form for 4th World Veterans Games

OCTOBER 1980

- World Veterans Distance Running Championships
- South Africa Banned from World Games
- How to Run a Masters Track Meet
- World and U.S. Men's and Women's 5-year T&F Age Marks

JANUARY 1981

- 1980 Masters National LDR Champions
- U.S. Men's and Women's 5-year LDR Age Marks
- 1980 Masters Postal Winners

JULY 1981

- 1980 National Masters 10K Rankings
- National TAC and RRCA Masters Marathons
- All-Time Best Masters Marathons
- New Technique for Faster Distance Running

SEPTEMBER 1981

- National Masters T&F Championships
- Regional Masters T&F Championships

DECEMBER 1981

- Masters/Women Mythical T&F Meet
- New York & Skyline Marathons

JANUARY 1982

- Higdon's View From 50
- How to Run a Masters Track Meet

FEBRUARY 1982

- Masters go to China
- Masters Athletes of the Year

Here's what they say about the National Masters News:

The National Masters News is a great publication for the masters athlete. No other publication can even compare.

Richard Richardson, Decatur, Illinois

Your publication is marvelous to rea.d.

U.S. Senator Alan Cranston, Washington, D.C.

NMN is fantastic. It's the basis of the masters program.

Bob Fink, U.S. Representative to World Veterans, Brooklyn, NY

We enjoy NMN, especially Wendell Miller's Open Mouth column.

Tom Jordan, Assistant Publisher, Track & Field News, Tucson, Ariz.

I really look forward to the paper each month. It's super.

Alex Pappas, El Dorado, Kansas

NMN is the most important program we have.

Bob Fine, U.S. Representative to World Veterans, Brooklyn, NY

We enjoy NMN, especially Wendell Miller's Open Mouth column.

Wendell Miller's column is worth the subscription price alone.

Tom Tuohy, Lima Ohio

The National Masters News is a must for masters.

Ruth Anderson, Oakland, Calif.

I would rate NMN very high on the scale in terms of doing the job. It gets the information out. You're right on target.

Hal Higdon, Michigan City, Indiana

The ad we placed in the National Masters News greatly helped our Indiana T&F Masters Championships. We will definitely use that means again.

Bob Coughlin, Indianapolis, Indiana

You are head and shoulders above every source of information available on the national masters scene. I wholeheartedly encourage anyone interested in masters running to subscribe to your publication.

George Cohen, Los Angeles, Calif.

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From the Track & Field Chairman
by Jim Weed

In the next few issues, I'll try to inform you on past happenings and express some ideas on where Masters T&F is going.

At the TAC convention in Reno, an Executive Committee was selected and empowered to make decisions for the masters T&F committee of TAC. Members are Jim Weed, Ron Salvio, Bruce Springbett, Irene Obera, JoAnn Grissom, and Jerry Donley.

In an effort to distribute the work load, I have asked Ron Salvio to coordinate all indoor and national championships. Ron will also coordinate the selection of outstanding men's and women's race walker of the year for 1982. Bruce Springbett will coordinate the drawing up of guidelines for the outdoor meets. Irene Obera will coordinate the selection of outstanding athlete awards. I will list the present regions by Associations. If your Association would like to be in a different region, please have your Masters T&F Representative inform me.

In the next few issues, I'll try to inform you on past happenings and express some ideas on where Masters T&F is going.

Each of the last three conventions has seen great improvement in what has been accomplished. This year was the special effort made by Bruce Springbett, A.J. Puglizevich, and Chuck Klehm to come to Reno and head up the special work committees, as well as the great number of masters associations' reps, allowed us to get a number of projects done and issues decided.

Meetings at National Championships are a good place to get the sense of the masters on a few specific issues. However, no real work can be done on projects, as we are there mainly to compete. At the National Convention we are there to make decisions and work out the details before the fun and games. This was particularly true in Reno.

A number items need fine tuning and I will address them in later issues.

There is a tremendous growth of numbers at the local meet levels. Many wonderful which Regional Championship is theirs. We presently have seven T&F Regional Associations and I feel we need more. The cost of getting to regional and National Championships is a prime cause of numbers attending. I will list the present Regions by Associations. If your Association would like to be in a different region, please have your Masters T&F Representative inform me.

New York Masters had the best times in the 500m (1:12.4), 1000m (2:48.7), and 1500m (4:46.9). Mason O'Neal of the NYP also ran very well with times of 25.2 for 200m, and 55.0 for 400m. Sid Howard of the Central Park Track Club turned in an outstanding performance in 3000 meters with a clocking of 9:26.3.

In the 30-39 division, there was little doubt that Rob Jackson of the NYP turned in the best performances. Jackson's top results were 300y (34.4), and 800m (2:01.0). The sprints were dominated by Willie Overby of the NYP who ran 6.6 for 60y, Ron Johnson of the NYP who ran 24.1 for 200m, and Dennis Brown of the NYP who ran 54.6 for 400m. Ivan Black of the New York Athletic Club controlled the 60y High Hurdles with a best time of 9.3.

In the 50-59 division, Alan Cohen of the New York Masters dominated virtually all races above 1000m. Alan, Cohen's best times were: 1000m (3:45.8), 1500m (5:23.0), 3000m (10:16.0), Two Miles (12:13.9), and 5000m (19:06.0). Cohen lost only two races, both to Herb Schoen of the Central Park TC, who ran 5:30.0 and 3000m in 10:49.0.

In relay racing the Central Park TC's 40-49 year old team ran the Four Mile relay in 20:18.4, while its 50-59 team ran 23:44.9. The New York Pioneer's 30-39 year old 1600m relay team ran 3:29.4, with Chipper Robinson running a 51.5 third leg, and Ron Johnson turning in a 51.2 anchor leg. Rob Jackson turned in a blistering 2:02.5 anchor leg on the last wooden Armory floor to lead the New York Pioneer 30-39 team to victory in the two mile relay.

I am very indebted to Beverly Cohen whose careful recording of meet results supplied the data for this article. Results in back pages.
Team-Scoring by Time is Unfair

by BILL STOCK

Since the total time team scoring system was pushed through the AAU convention about 4 or 5 years ago, I have been attempting to show anyone interested in team competition the unfairness of the system. It was originally presented as a means of comparing this team with that team, even unto years and miles apart. That concept is completely lacking in validity. Teams or individuals cannot be compared over the years. Size and strength have increased over the years. Was Pavo Nurmi less great a runner than Peter Snell or Seb Coe or Steve Ovett because he ran slower? I think not.

Times are not the measure of excellence nearly so much as margin of victory among top competitors. They make interesting comparisons for conversation sake, but that is about all. A perfect example is me, of all people! My 2 best times would have won 6 Olympic marathons and a host of Boston marathons. Does one mean that I had been on the starting line for those races I'd have beaten the champions who did win? That is an absolutely ridiculous assumption.

Even if comparing cross country performances in recent years, times are completely invalid unless the course and weather is exactly the same: rain, mud, snow, sunlight, fog, clouds, temperature, wind speed and direction, etc.

There are those who contend that team scoring is easier by total time than by team. I submit that there are many factors involved, most of which negate that theory. Bob Fine told me once that scoring the teams in the N.Y. marathon would be much harder and slower if times were used. I agree, but I also contend that a marathon is a case of individual survival and by no means a legitimate team race. A marathon, more than any other race, is an individual competition. Test: who won the race in the 1981 N.Y. Marathon? Who won the team race at any marathon?

When we talk about cross country we speak of valid and very interesting team competition. Masters cross country championships began in Detroit in 1971 at 10KM and subsequently expanded to include 15KM and 5KM. I'd wager I ran in more of those championship races than anyone in the U.S., a total of 13. Besides running races, I have been in other forms of finish lines with up to 4,000 runners in a 10K, and have been race director (I've lost count of how many) races with just a few, up to 3,500 finishers. I've paid my dues. These statistics are quoted absolutely not in a horn-blowing sense, but to establish my experience and credibility. Whenever you read, speak of, or run cross country, the team competition is at least as important as the individual races. Time and again I've seen team commanders exhibited before and after races. I'll never forget the winning team jumping up and down and the snow in Detroit in 1971 when they were notified they had won!

So what are the problems with total time team scoring? There are several, but the most important is that it is unfair in a close race as the runners do not control who wins. Obviously, the score should be settled on the field of battle by the participants, not by an official holding a watch. I speak not of a virtual deadheat finish. I accept the officials' decisions in those cases, as they can see who nosed out whom. I refer to those common instances when runners close finish close together especially in groups of 3 or 4 behind a guy and got a time 16 seconds slower than him, and about 10 seconds faster than the time on his watch. Instead of finding the error, the race director stated later he checked with several runners and they had thought their times were OK! Now that really builds your confidence in race officials. In both "A" and "B" the team scores were on a total time basis.

Have you ever run in a race where your "official" time varied from that on your electronic digital chronograph? It is not at all unusual or infrequent, particularly if you've got "crashers" (unregistered runners) crossing the finish line. Hey, I've been to two national championships where one time was "lost," moving everyone behind that time up one notch. In case "A" it was discovered and corrected after the awards ceremony when so many people had radically wrong times. Two finish cards had stuck together in the rain and became one finisher and one time. In case "B" at time was somehow lost and everybody moved up one place timewise. It was pointed out to the race director that one runner sprinted in a 5KM place behind a guy and got a time 16 seconds slower than him, and about 10 seconds faster than the time on his watch. Instead of

TFA Championships continued from page 1

best male and female performer.


National 45-49 100-meter sprint champ Bruce Springbett of Los Gatos, Calif. edged Tony Deatherage of Dallas in the 45-49 60-yard event. Melvin Miller held off Ken Sells in an exciting 2-mile matchup.

In the 50-54 division, Wichita's Hershel Johnson won the 800 in 2:18, topping Bill Gaedeke of Clovis, New Mexico.

Jack Greenwood was a clear winner in the 60, 60-yard-hurdles, 300-yard and 440 yard events in the 55-59 bracket.

In the 60+ division, Tom Thorne, Sr., David Lawyer of New York, and Jim Upham of Junction City, Kansas, had some great battles in the sprints, splitting the wins between them.

Gilberto Gonzalez-Julio was the lone competitor in the 65-69 division. As usual, his performances were those you'd expect of a much younger man. His infectious enthusiasm for the sport always adds to the meets he attends. The Puerto Rican retired major is the active ambassa- dor for Puerto Rico Masters T&F Association, which will host the 5th World Veterans Games in 1983.

The Mid-America Masters made the athletes feel at home; there were few distractions, and the meet may be even bigger and better in 1983.
track & field results

Please send masters meet results to national masters news, po box 2372, van nuys ca 91404. if possible, please type single column with minimum of white space.

january 9, 1982

wisconsin masters indoor

all comers track & field meet

palmer center, jan, 31, 1982

highlights

3000

michelle buchanan

sally bain

3000m walk

ronald reid

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miles

jim

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7:48.3

race

7:48.4
**New York Road Runners Island Championships, Manhattan College, Feb. 4, 1984**

### Women's Events

**3 Mile Run**
- John Hulvey, 31-34, 12:04
- Carry Conunihan, 31-34, 12:04
- John Hulvey, 31-34, 12:04

**50 Yard Dash**
- Lila Naunton, 40-44, 6.90
- Mason O'Neil, 60-64, 6.15
- Joe Kelly, 50-54, 6.34

**1 Mile Walk**
- Theodore Miller, 40-44, 4:43.2
- Edward St. John, 50 PC, 6:50.1
- John McLaurin, 50 PC, 6:23.6

**2 Mile Walk**
- Al Martin, 40-44, 5:00.0
- Tom King, 50-54, 5:57.0
- John McLaurin, 50 PC, 5:49.4

**3 Mile Walk**
- Haig Bohigian, 40-44, 4:43.2
- Edward St. John, 50 PC, 6:50.1
- John McLaurin, 50 PC, 6:23.6

**4 Mile Walk**
- Al Martin, 40-44, 5:00.0
- Tom King, 50-54, 5:57.0
- John McLaurin, 50 PC, 5:49.4

**Women's 10 Mile Run**
- Wanda Beardsley, 35-39, 74:10
- Karen Washington, 35-39, 74:10
- Wanda Beardsley, 35-39, 74:10

**Women's 50 Yd. Dash**
- Shawna Upton, 40-44, 6.90
- Mason O'Neil, 60-64, 6.15
- Joe Kelly, 50-54, 6.34

**Women's 1 Mile Walk**
- Theodore Miller, 40-44, 4:43.2
- Edward St. John, 50 PC, 6:50.1
- John McLaurin, 50 PC, 6:23.6

**Women's 2 Mile Walk**
- Al Martin, 40-44, 5:00.0
- Tom King, 50-54, 5:57.0
- John McLaurin, 50 PC, 5:49.4

**Women's 3 Mile Walk**
- Haig Bohigian, 40-44, 4:43.2
- Edward St. John, 50 PC, 6:50.1
- John McLaurin, 50 PC, 6:23.6

**Women's 4 Mile Walk**
- Al Martin, 40-44, 5:00.0
- Tom King, 50-54, 5:57.0
- John McLaurin, 50 PC, 5:49.4

**Women's 5 Mile Walk**
- Wanda Beardsley, 35-39, 74:10
- Karen Washington, 35-39, 74:10
- Wanda Beardsley, 35-39, 74:10

### Men's Events

**3 Mile Run**
- Bernard Wright, 35-39, 1:06:51
- Robert Wright, 40-44, 1:06:32
- Bernard Wright, 35-39, 1:06:51

**50 Yard Dash**
- Shawna Upton, 40-44, 6.90
- Mason O'Neil, 60-64, 6.15
- Joe Kelly, 50-54, 6.34

**1 Mile Walk**
- Theodore Miller, 40-44, 4:43.2
- Edward St. John, 50 PC, 6:50.1
- John McLaurin, 50 PC, 6:23.6

**2 Mile Walk**
- Al Martin, 40-44, 5:00.0
- Tom King, 50-54, 5:57.0
- John McLaurin, 50 PC, 5:49.4

**3 Mile Walk**
- Haig Bohigian, 40-44, 4:43.2
- Edward St. John, 50 PC, 6:50.1
- John McLaurin, 50 PC, 6:23.6

**4 Mile Walk**
- Al Martin, 40-44, 5:00.0
- Tom King, 50-54, 5:57.0
- John McLaurin, 50 PC, 5:49.4

**5 Mile Walk**
- Wanda Beardsley, 35-39, 74:10
- Karen Washington, 35-39, 74:10
- Wanda Beardsley, 35-39, 74:10

### Additional Notes

- The New York Road Runners Island Championships were held at Manhattan College on February 4, 1984.
- The event included both men's and women's categories.
- Distances for walks and runs were provided for each participant.
Atlantic High School, Delray Beach, Florida  February 20, 1982

Age  Name        Dis. Shot    Jav.  Ham.  WT. Th.  Weight
18  Lenny Collins  21.90m  8.08  26.63  19.06  6.62
21.70m  8.19  26.72  20.10  7.12
275.6  352  282  287.5  130.4
35  Lee Cox       24.05  1.06  25.85  11.15  6.75
69.07  21.10  36.01  22.13
30  Granville Green  252.5  225  255  250.5  299
30  Dennis Dees   25.91  8.15  13.5  856  53.5  2452.5
30  Jake Cooper   24.58  8.91  31.19  24.6  8.99
112.03  102.13  37.3  21.74
58  Randall Cooper  33.64  8.35  36  335  1898
70  Phil Partridge  39.44  9.17  20.34  24.65  7.50
31.64  20.26  71.50  20.04
50  66.58  11.78  56.03  68.09  11.93
811  584.5  72.75  72.25  3356.5

My Age Factor Scoring  All Olympic Implements  All Florida entries

RESULTS OF THE METROPOLITAN ATHLETICS CONGRESS MEETS

MAC Grand Prix #2  Pratt Institute   December 27, 1981

Event  Age  Place  Name       Club     Time
300m  40-49  1  Ed Small       NYP  39.1
2  Ron Johnson    NYP  39.3
3  Leslie Haug    UN  40.8
800m  40-49  1  Ed Small       NYP  210.3
2  Russell Robinson NYP  215.0
One Mile  30-39  1  Russell Robinson NYP  4:40.0
50-59  1  Alan Cohen       NYM  6:15.0
50-59  2  Thomas Basick   WS  6:20.0
1000m  40-49  1  Lou Ferrara  FPC  3:38.0
50-59  1  Alan Cohen       NYM  6:06.0
1 Mile Walk  40-49  1  Dorothy Kelly FYI  8:04.0

MAC Grand Prix #3  West Point  January 3, 1982

Event  Age  Place  Name       Club     Time
60  40-49  1  Richard Barnes  NYP  7.0
3  Wayne Dean    WS  7.0
40-49  1  Ed Small       NYP  7.0
4  Arthur Gaton  NYM  7.0
50-59  1  Rudy Valentine NYM  7.3
50-59  2  Thomas Brooks  WS  7.4
200m  39-40  1  Ed Small       NYP  25.6
40-49  1  Eugene O'Neal  NYP  25.6
50-59  2  Russell Robinson NYP  26.0
50-59  1  cliff Pauling  NYP  1:12.4
50-59  2  Russel Robinson NYP  1:12.9
800m  40-49  1  Bob Jackson  NYM  2:01.0
50-59  2  Herb Schoen  NYP  2:07.0
1500m  40-49  1  cliff Pauling  NYP  4:46.0
40-49  2  Russell Robinson NYP  4:48.0
50-59  1  Alan Cohen       NYM  5.03.0
MAC Relay Championships  166th Street Armory  January 20, 1982

Relay  Age  Place  Name       Club     Time
1 Arthur Gaton, Mason O'Neal  1:35.9
4 x 200  40-49  1  Rudy Valentine, Neil Barnwell, NYM
4 x 400  40-49  2  Herb Schoen, cliff Pauling, NYM
60  40-49  1  Ed Small       NYP  3:48.0
40-49  1  Haig Bohigian NYM  2:21.0
50-59  2  Thomas Brooks  WS  2:23.8
50-59  1  cliff Pauling  NYP  1:12.4
50-59  2  Russel Robinson NYP  1:12.9
800m  40-49  1  Bob Jackson  NYM  2:01.0
50-59  2  Herb Schoen  NYP  2:07.0
1500m  40-49  1  cliff Pauling  NYP  4:46.0
40-49  2  Russell Robinson NYP  4:48.0
50-59  1  Alan Cohen       NYM  5.03.0
MAC Men's Junior MTS  Manhattan College  January 31, 1982

Event  Age  Place  Name       Club     Time
60  30-39  1  Willie Overby  NYP  6.6
50-59  1  Dennis Brown  NYP  6.8
30-39  3  Ivan Kleck  NYM  7.3
40-49  2  Ed Small       NYP  7.0
40-49  2  Mason O'Neal  NYP  7.0
40-49  1  Richard Kiss  NYM  7.0
40-49  4  Herb Schoen  NYM  7.0
40-49  3  Haig Bohigian NYM  7.0
40-49  2  cliff Pauling  NYP  5.50.0
40-49  1  Million Goyin  NYM  5.66.
40-49  1  Haig Bohigian NYM  5.71.0
40-49  2  Herb Schoen  NYM  5.88.0
40-49  1  cliff Pauling  NYP  5.97.0
40-49  1  Robert Dolfin UN  6.03.0
800m  40-49  1  cliff Pauling  NYP  1:37.6
50-59  1  Richard Kiss  NYM  1:37.6
50-59  2  Haig Bohigian NYM  1:40.8
50-59  3  cliff Pauling  NYP  1:40.0
1500m  40-49  1  cliff Pauling  NYP  4:46.0
40-49  2  Russel Robinson NYP  4:48.0
50-59  1  Alan Cohen       NYM  5.03.0

MAC Men's & Women's MTS  Princeton Univ.  February 21, 1982

Event  Age  Place  Name       Club     Time
60  30-39  1  James Gardner  SC  11.01.0
30-39  1  Cliff Shell  FPP  11.01.0
30-39  1  Herb Schoen  NYM  11.01.0
30-39  2  Les Megardson UN  11.32.0
300m  30-39  1  Ken Baker  NYM  1:16.8
1600m Relay  30-39  1  Dennis Brown (5.4), Willie
Overby(52.3), Chipper Robinson (51.5),
Ron Johnson (51.5), NYM  2:52.4

New American Indoor Record for Ages 45-49

CLUB CODES: NYP = New York Pioneer Club, NYM = New York Masters,
FPC = Central Park Track Club, SAC = Shore AC,
PFC = Prospect Park Track Club, SG = Grandmasters,
NYP = Manhattan Field Club, US = Unattached,
NYA = New York Athletic Club, WA = Warren Street
### LONG DISTANCE RESULTS

Please send masters race results to National Masters Newsletter, P.O. Box 2372, Van Nuys, CA 91404. Please include date, distance and city.

**TURKEY DAY 10K**

- **HOLMEST, ILLINOIS**
  - NOVEMBER 25, 1981
  - J35 John Lashbrook 36:41
  - John Garcece 36:45
  - Sue Johnson 37:05
  - M40 Emile Billups 44:32
  - Roger Keffler 43:23
  - Jack Kloepfer 40:34
  - M45 Dick Kloepfer 43:53
  - Richard Bean 44:30
  - Richard Padra 46:38
  - M50 Clyde Baker 51:34
  - Laurie Brackley 53:08
  - Sam Sorrentino 54:11
  - M55 Gerry Hopkins 55:43
  - Chuck Hinde 55:43
  - Bruce Marsch 55:43
  - M60 Lee Jack 65:00
  - M35 Diane Roman 38:39
  - Martie Ross 40:11
  - Susan Reid 41:15
  - M40 Nancy Lund 41:09
  - Nancy Delap 42:52
  - Carol Chocoma 43:46
  - M50 Faith Wallis 47:42
  - Patricia Kels 49:29
  - Ann McBride 45:74
  - M55 Nettie Christian 53:10
  - Michiko Fisher 53:50
  - Irye Laver 56:53

From Dick Kloepfer

**SUGAR BOWL 10K**

- **NEW ORLEANS, DEC. 27, 1981**
- Open Mike Tamosi 30:36
- M40 Jim Ewing 32:11
- Larry Fuselier 32:56
- Dale Mercereau 34:18
- M50 Joe Fuselier 40:10
- Willie Hurt 41:42
- Albert Briele 43:07
- M60 Mertha Willoughby 45:03
- Shirley Duffe 51:36
- Jean Knight 50:50

**REAR CANYON LOOP 10K**

- **TUCSON, JAN. 10. 1981.**
- 16.6 MILES, 3000 FT, CLIMB
- Open Marc Martin 1:19:14
- M40 Ken Young 2:04:51
- M35 John Emery 2:24:42
- M50 Bill Shee 2:33:43
- M60 Bob Martin 2:57:00
- M70 Jennifer Jester 3:29:37
- M80 Margaret Mare 3:11:29
- M30 Don Nasonca 3:42:41

From Bob Martin

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**107TH ANNUAL WORLD MASTERS TRACK AND FIELD CHAMPIONSHIPS, CALIF., JANUARY 31, 1982.**

<table>
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<th>Time</th>
<th>Name</th>
<th>Age</th>
<th>Club</th>
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<tbody>
<tr>
<td>2:26:56</td>
<td>M35 John Lashbrook</td>
<td>36</td>
<td>Galena, CA</td>
</tr>
<tr>
<td>2:34:43</td>
<td>M35 John Garcece</td>
<td>36</td>
<td>Galena, CA</td>
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<tr>
<td>2:37:52</td>
<td>M35 Sue Johnson</td>
<td>37</td>
<td>Galena, CA</td>
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<tr>
<td>2:38:51</td>
<td>M40 Allen Johnson</td>
<td>38</td>
<td>Galena, CA</td>
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<tr>
<td>2:40:30</td>
<td>M40 Emile Billups</td>
<td>44</td>
<td>Galena, CA</td>
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<tr>
<td>2:43:54</td>
<td>M45 Roger Keffler</td>
<td>43</td>
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<td>2:49:02</td>
<td>M50 Clyde Baker</td>
<td>51</td>
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<tr>
<td>2:49:26</td>
<td>M50 Laurie Brackley</td>
<td>53</td>
<td>Galena, CA</td>
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<td>2:54:42</td>
<td>M60 Richard Padra</td>
<td>60</td>
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<tr>
<td>3:05:10</td>
<td>M65 Jack Kloepfer</td>
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<td>3:54:37</td>
<td>M70 Mike Hinde</td>
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<tr>
<td>3:59:27</td>
<td>M80 Martha Ross</td>
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**PACIFIC ASSOCIATION - TAC CONVENTION, SACRAMENTO, CALIF., FEBRUARY 6, 1982.**

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<td>1:01:12</td>
<td>Open Tony Martinez</td>
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<td>1:05:25</td>
<td>Daryl Beardall</td>
<td>35</td>
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<td>1:06:30</td>
<td>Doug Hauser</td>
<td>30</td>
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<td>1:06:50</td>
<td>Tom Kirchner</td>
<td>30</td>
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<tr>
<td>1:07:30</td>
<td>Bill Cataneese</td>
<td>30</td>
<td>Galena, CA</td>
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<tr>
<td>1:08:45</td>
<td>Donniss Parrish</td>
<td>30</td>
<td>Galena, CA</td>
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<tr>
<td>1:10:10</td>
<td>Doug Latteir</td>
<td>30</td>
<td>Galena, CA</td>
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<tr>
<td>1:11:35</td>
<td>Ed Wallen</td>
<td>30</td>
<td>Galena, CA</td>
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<tr>
<td>1:13:22</td>
<td>Dick Stevens</td>
<td>30</td>
<td>Galena, CA</td>
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<tr>
<td>1:13:31</td>
<td>Dave Green</td>
<td>30</td>
<td>Galena, CA</td>
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<tr>
<td>1:14:28</td>
<td>Maxine Hale</td>
<td>30</td>
<td>Galena, CA</td>
</tr>
</tbody>
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**50 KMHaina**

- M40 Mike Hinde 50:19
- Don Nasonca 50:36
- M50 Bob Martin 50:50
- M60 Bob Martin 50:50
- M70 Bob Martin 50:50
- M80 Bob Martin 50:50

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**SNOWFLAKE 4 MILER**

**CLASSIFIEDS**

As a public service to the masters community, National Masters News will publish all announcements free of charge.

If you wish to promote a race meet, or offer a service or product, the rate is $250 a word. Payable by check.

Deadline is the 10th of the month prior to issue date. Send to NMW, P.O. Box 2372, Van Nuys, CA 91404.

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**MEET DIRECTORS**

Save labor with a mailing list printed on gummed labels. 1000-plus traveling masters & competitors will get your entry form on a consistent mailing list. $5000. Steve Springbett, 220 Oakmeadow Dr., Los Gatos 95030.

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- **10K Run:** ribbon from 4000. Whether you select from the over 20000 categories available.

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**DEADLINE:** NMW 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 is the 10th of the month before date of publication. Send to National Masters News, P.O. Box 2372, Van Nuys CA 91404.

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Own your own health club. For information call: 303-599-5000. Please call: 303-599-5000. This is a successful business well-willed, with positive cashflow and trend, 6,000 sq. ft. in a prime shopping center. Selling price $700,000. Call (303) 599-7847.

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**COTTON ROW RUN**

Super 10,000 Meter Race

Certified course, excellent traffic control, four aid stations, split times every mile, tee shirts, commemorative patches, bands. Final race of the year on the famous Grand Prix. Top Masters competition. Registration closes May 15. Send SASE to Hunterwick Track Club, P.O. Box 292, Huntsville, AL 35804 for Entry Form.

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**PEN PAL WANTED**—I would like to correspond with masters of any level. Write me at: 2142 Park West Ave., New York, NY 10026. I am a 50-year-old married man, interested in mastebs. I have 2 run marathons and 11 ultras. If anyone wants to visit South Africa, write and I’ll give you accommodation. Tommy Ellis, Box 32969, Glenstafna, Pretoria 0010, South Africa.
HELPING PRONATORS GET BACK ON THEIR FEET.

It's beginning to sound like the only reason runners get hurt nowadays is because they have one unspeakable fault. They pronate.

Depending on whom you talk to, the wages of pronation include everything from stress fractures and Achilles tendinitis to crippling knee injuries.

Not much fun. And not surprising that a lot of people are out there trying to put a stop to it.

But is pronation really such a bad habit? What, in fact, is it?

So contrary to anything else you may have heard, pronation is not an unnatural act. Everybody does it. Some more than others.

From our own survey and those of others, it appears that about 12 percent of the population are likely to suffer because they pronate too much. About 8 percent, because they pronate too little.

All very interesting. But if high-speed cameras are required to see what's really going on, how can you tell if you ever have a problem? Much less what it is?

You can't for sure. But you can get a good idea the next time you take a shower. Make two sets of footprints. One while standing, one sitting. A certain change in shape is normal, but too little change means your feet are rigid. Worry less about pronation and more about adequate cushioning. The kind you'll find in our Columbia, Aurora and Terra T/C.

If, on the other hand, the second set is much fatter than the first, your feet are flexible. And likely to find pronation irresistible.

If that's the case, there are things to look for in a shoe. Like a stiff heel counter. Make sure it fits snug, otherwise it won't be effective. Normally, you're also better off with a firm midsole. And good arch support.

Those are just a few of the properties we designed into the Nike Centurion and Internationalist.

But when it came to the Equator, we went even further. Recognizing that the base of the heel bone is like a small billiard ball that loves to roll, we decided to approach the problem from the ground up. Right under the Spenco® sockliner we put a soft orthotic to cradle the heel and bring rock and roll under control.

After a few more innovative touches, we wound up with a shoe that proved effective in reducing pronation an average of 22 percent.

Two different shoe models tested by nine runners. After 54 trials, shoe A exhibits an average of 4.9° less maximum pronation than shoe B.

We’re not the only ones with an opinion, however. There are several excellent works on the subject, including Harry F. Hlavac's The Foot Book.

So listen to the experts. Listen to your doctor. But more important, listen to your body. It has a vested interest in your well being. And if something isn't working, your body is sure to let you know.

But please. Don't make it cry to be heard.

Computer digitized film data show that most runners' feet first contact the ground in a supinated position then roll through a neutral into a pronated position.

Well, unseen by the naked eye, as your feet are running forward, they are also rolling from one side to the other. Landing first on the outer edge, moving to the neutral plane, and then continuing inward to what is called a pronated position.

Frankly, they have good reason to behave this way. If they didn't pronate, the shock of hitting the ground would be considerably worse.

But make sure. Because as bad as pronation can be, we suspect it's getting a bum rap. Many of the problems laid at its feet may actually be the result of overtraining. Especially when the difficulty doesn't recur in the same part of the body every time.

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