

## ★ HIGHLIGHTS ★



### •ENTRY FORMS & SCHEDULE FOR:

- V World Games
- Southwest T&F Regionals
- National Decathlon
- Hayward Classic
- Pacific T&F Meet

- Nike Masters Grand Prix Schedule
- V World Games Preview
- Results of 40 Long Distance Races
- Columns by Tymn, Ratelle, Miller, Conley, Schultz

### •RESULTS OF TRACK

#### & FIELD MEETS:

- Lawrence, Kansas
- NY Masters
- Orange, Calif.
- Chile Decathlon
- West Penn



# NATIONAL MASTERS NEWS

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

56th Issue

April, 1983

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## Holbrook Beats Downey, Cohen at SF Games

by VALDEMAR SCHULTZ

SAN FRANCISCO, February 11 — Mike Holbrook of Sacramento powered past a tiring Chuck Downey of Boulder to win the tightly-contested Masters Mile at the 20th San Francisco Games, in 4:35.1. Dubbed the Foot Locker Track Classic by the new sponsor, this year's evening meet had three masters events — men's and women's masters miles and a mens (60+) 50-meter dash.

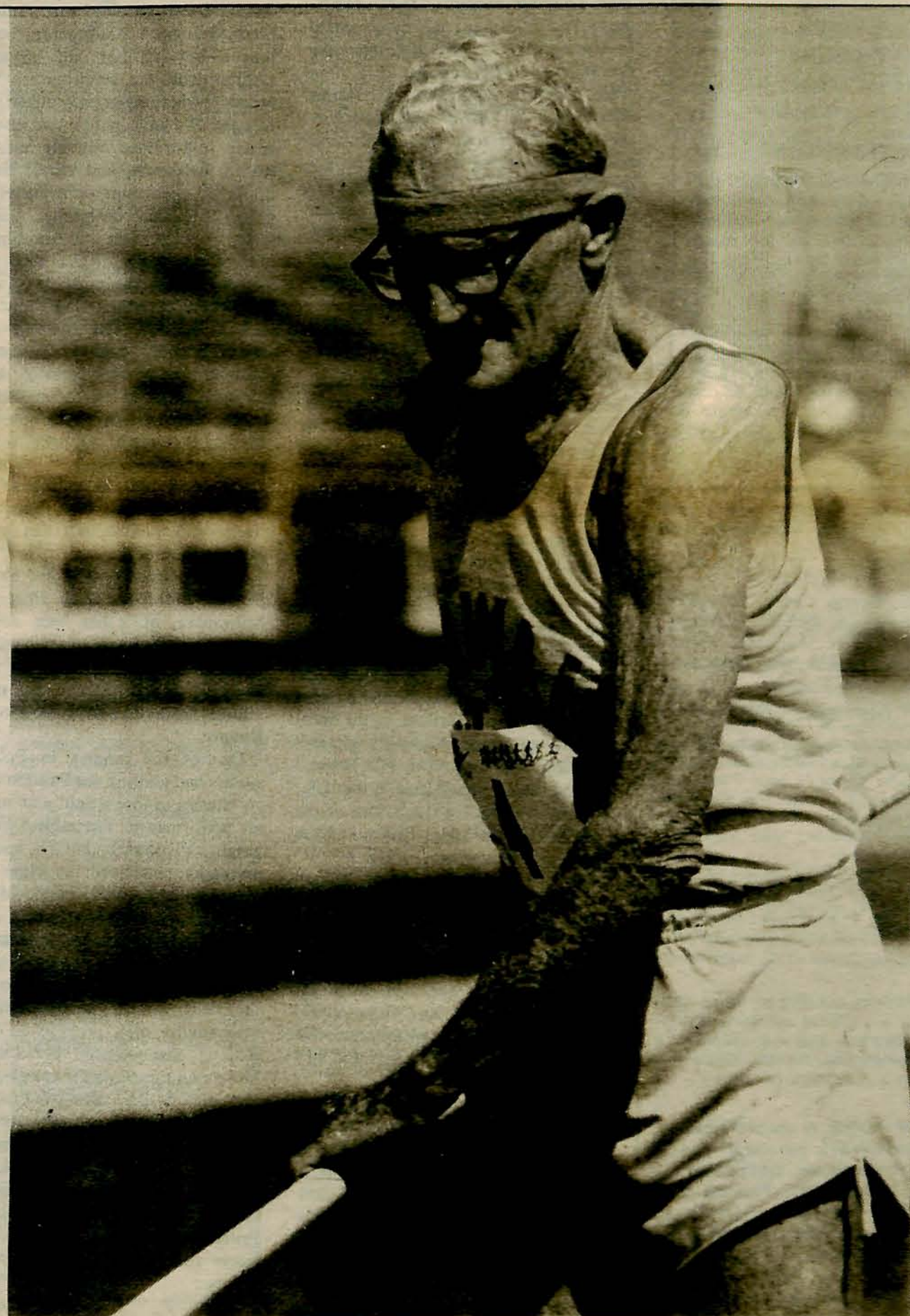
Barbara Pike of Concord, Massachusetts, as in 1982, had no real challenge as she ran a wire-to-wire 5:22 over Marilyn Harbin (5:34). Payton Jordan, who probably hasn't been beaten by anyone within five years of his age, was an easy winner in the sprint (7.09).

A highlight of the masters' events (and the meet) was the presence and performance of California's Senator Alan Cranston, a 1984 presidential candidate. (And you thought 1984 just meant the Olympics to athletes — Sen. Cranston is aiming higher!)

Holbrook, who had won the qualifying event in Berkeley, January 29th, to earn the right to run at the Foot Locker TC, was somewhat of a surprise win-

(Continued on page 23)

National Masters News  
P.O. Box 2372  
Van Nuys, CA 91404



Bud Deacon, 72, former world record holder in the pole vault (14' 2 3/4" in 1934), was one of 12 U.S. athletes to receive 1982's prestigious Olympia Award. Owner of dozens of masters age records, Deacon is the subject of Mike Tymn's Gun Lap column on page 6.

Photo by Mike Plant





# Write On!



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## SCORING TABLES

I would like some information on decathlon scoring, records, heights, etc. Is there a book or pamphlet to show the procedures and distances, etc?

Art Bull

The Dalles, Oregon

*In answer to this and numerous similar inquiries: the IAAF Rule Book (\$10); the IAAF Men's Scoring Tables (\$5); the IAAF Women's Scoring Tables (\$5); and the TAC Rule Book (\$6) are available from The Athletics Congress, Box 120, Indianapolis, IND, 46204. Age records (thru 1/1/82) are compiled in Masters Age Records 1982 available for \$4 from NMN, PO Box 2372, Van Nuys, CA, 91404. WAVA (World Association of Veteran Athletes) hurdle and implement standards and multi-event scoring tables can be acquired from Ian Hume, R.R. #1, Melbourne, Quebec, Canada (please enclose postage). Age Group Factoring Tables can be had for \$1 from Phil Partridge, 337 SW 14th Ave., Boynton Beach, Florida, 33435.*

## RANDY HUBBELL

I will miss my friend, Randy Hubbell. I'm sure many people who know him will feel the void, but perhaps for the participants in the field events this loss will be more noticeable.

Ellen Fuller and I had traveled to the Nationals with him on two separate occasions and found him to be a delightful companion.

I will miss his sense of humor; the quantities of coffee we shared from the lid of that battered, metal thermos in an effort to keep alert while driving into the wee hours of the morning; the continued 50-cent bets we had on who could throw the farthest in the shot, discus and javelin; his ability to create a 3 kilo shot out of an 8 lb. when I found the 3K unavailable in the U.S.; but most of all I will miss one of the kindest human beings I have had the pleasure of knowing.

Shirley Kinsey

La Crescenta, California

## SECOND CLASS CITIZEN

I suppose this has occurred to you and many other older runners: finding entry form age-groups cut off at 40+ for the women runners and 50+ and/or 60+ for the men.

Even the Road Runners Club of America uses a 10 year age bracket for a national championship. Also, the age-grouping stop for women at 50-59+ and for the men at 60+ Both are not recommended by the National Running Data Center and the Masters program.

So, maybe some pressure can be applied to give each and every age group a fair chance to be competitive, not just run as though it was fun run.

The older runners are being treated as second class citizens in the running program.

Ray Sears  
Shelbyville, Indiana

## PRITIKIN DIET

Regardless of the success Jack Stevens seems to have had by following the Pritikin diet (NMN, February 1983), his advice is potentially hazardous to the health of those who follow it, particularly older runners training for the marathon.

Tom Bassler, MD, the admittedly controversial guru of the American Medical Joggers Association, believes that a low-fat diet can trigger arrhythmia problems, resulting in a "heart attack" whether or not arteries are clogged. We have had several instances where well-trained athletes have died during workouts, and races, because apparent potassium deficiencies triggered irregular heartbeats, causing heart stoppage. One was Jim Shettler, one of my rivals in the 3000 meter steeplechase in the mid-70s. Another was Arne Richards, a good friend from back in the 50s. The evidence is not always entirely conclusive, but the combination of high mileage and a manipulated (read low-fat) diet may be lethal, claims Bassler. Tom sometimes flies by the seat of his pants with his pronouncements, but I'm inclined to agree with him in this case. The Pritikin diet seems more appropriate for sedentary individuals than for competitive athletes.

Further evidence is offered by Mike Pollock of Mount Sinai Hospital in Milwaukee. Mike has been doing a long-range study on master athletes since 1971. I summarized some of his findings in my article on master athletes in the February issue of *The Runner*.

One of the runners in Pollock's studies had gone on the Pritikin diet in an attempt to lose weight and improve his performance. The athlete did lose weight, 15 pounds, but his body fat percentage remained the same! This meant he had shed 15 pounds of lean body mass, i. e., muscle.

If you are interested in performance, you cannot afford to lose muscle. Regardless of what writers in some of the less responsible magazines tell you, manipulative diets provide no magic road to championship performance. There's no substitute for training. The best diet is the same well-rounded blend of proteins, carbohydrates, and fats that is good for non-runners as well. My desire for victory makes me hope that all those I race against in Puerto Rico have been following the Pritikin diet, but my interest in my fellow athletes causes me to hope they do not.

Hal Higdon  
Michigan City, Indiana

(Continued on page 19)



# schedule

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 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, P.O. Box 2372, Van Nuys CA 91404.



## TRACK & FIELD NATIONAL

**June 11-12.** TAC National Masters Club Championships, and TAC Southeast Regional Masters Championships, Atlanta. Ken Kirk, 3800 Stonewall Terrace, Atlanta GA 30339.

**July 2-3.** TAC National Masters Decathlon (men) and Heptathlon (women), Merced, Calif. A.J. Puglizevich, 720 E. 21 St., Merced CA 95340. 209-722-6078.

**September 16-18.** 16th Annual TAC National Masters Championships, Rice University, Houston. Jim McLatchie, P.O. Box 740728, Houston, TX. 77274.

**August 17-19, 1984.** 17th Annual TAC National Masters Championships, Eugene, Oregon.

## NEW ENGLAND

**June 26.** Senior Olympics, Rhode Island. George Silva, 82 Fowler St., No. Kingstown, RI 02852.

## EAST

**May 15.** Masters Sports Association Meet, Randall's Island, New York City, Bob Fine, 77 Prospect Place, Brooklyn NY. 11217. (212) 789-6622 from 7:30 to 9:30 p.m.

**May 28.** Potomac Valley AC meet, Univ. of Maryland. Charles DesJardins, 703-250-7955. Open to all.

**May 22.** West Penn Championships. Sue Kline, 412/228-1872.

**June 19.** Metropolitan Masters Championships, Randall's Island, New York City, Bob Fine, 77 Prospect Place, Brooklyn, NY 11217.

**June 25-26.** TAC Eastern Regional Masters Championships, East Stroudsburg, PA.

**July 10.** Eastern Club Quadrangular. (Shore AC, NY Masters, Phila Masters,

Potomac Valley) Washington, D.C. Sal Corrallo, 5351 N. 37th St. Arlington, VA 22207. 703-241-1854.

**July 17.** Masters Sports Association Relays, New York City.

**July 21-24.** 2nd Annual National Masters Sports Festival, Philadelphia, Fred Mannis, 215-985-1780.

**August 11-14.** Empire State Games, Albany, N.Y. Open and masters. Residents of New York State only. Entry standards. Deadline July 15, Michael Abernethy. 518/474-8889.

**September 4.** Potomac Valley Masters Games, Washington, D.C. Sal Corrallo, 5351 N. 37th St. Arlington, VA 22207. 703-241-1854.

**September 10-11.** North American Championships, New York City.

## SOUTHEAST

**April 9-10.** 9th Annual Florida State Masters Championships, Clearwater High, Clearwater Florida. Dick Lacey, 1207 S. Duncan Ave., Clearwater FL 33516. 813-447-7161.

**April 16.** Tampa Bay T&F Championship/Weight Pentathlon, Tampa FL, Carlos Fraundorfer, Hillsborough High, 5000 Central Ave. Tampa FL 33603.

**April 23.** Mini-meet, 9 a.m., Manatee JC, Bradenton FL. Nick Ryan 813-758-7675.

**May 6-8.** TAC Southeast Masters Classic Raleigh, N.C. PO Box 590, Raleigh NC 27602.

**May 14.** Mini-meet, 9 a.m., Manatee JC, Bradenton FL. Nick Ryan 813-758-7675.

**June 11.** 4th Annual Old Timers Meet, 3 p.m., Twin Lakes HS. John Butler, 995 44th St., West Palm Beach FL 33407. 305/844-7794.

**June 11-12.** 8th Annual Northwest Classic, Miami Dade CC, Miami. Jesse Holt, 1310 N.W. 90 St., Miami FL 33147. 305-836-2409 (h); 305-579-4437 (o).

**August 13.** Southeastern Track Classic sponsored by Athletic Attic and Stone Manufacturing. Greenville, S.C. Entry forms will appear on the July issue NMN. For information: Tom Malik, 104 Pinewood Dr. SC 29651 (803) 879-4549.

**October 2.** 1st World Veterans Weight Pentathlon Championships. Delray Beach, Florida Atlantic Community School, 2501 Seacrest Blvd., Delray Beach, Florida 33444.

**December 17.** Sixth annual Holiday Weight Pentathlon, 10 a.m. immediately followed by Hammerfest — all weights of hammers & throwing weights Atlantic Community School, 2501 Seacrest Blvd. Delray Beach, Fla. 33444 Randy Cooper, Meet Director.

**December 18.** Fourth annual Holiday Regular Pentathlon, 10 a.m. address and Meet Director above.

## MIDWEST

**April 24.** North Coast Relay Championships. Cleveland, Ohio. James Barrett, 3801 Shannon Rd., Cleveland Hts. OH 44118.

**May 7.** 3rd Annual Wolfpack Track and Field Invitational. Open and Masters, Columbus, Ohio, John White, 4865 Arthur Pl., Columbus, OH, 43220, 614-459-2547.

**May 21.** Chicago Corporate Classic Spring Relays for men, women and masters. CCC, 1423 W. Fullerton Ave., Chicago IL 60614. 312-348-1724.

**May 29.** 5th Annual Wolfpack Pentathlon. Open and Masters, includes most individual events as well as TAC Pentathlon. Upper Arlington High School, U.A. Ohio, John White, 4865 Arthur Pl., Columbus, OH 43220, 614-459-2547.

**June 8-12.** Indy Senior Classic (Senior Olympics), Indiana U., Indianapolis, Bob Coughlin, 305 S. Barton, Indianapolis IN 46241, 317-241-5446.

**June 12.** Will County Meet, Lincoln Way H.S. New Lenox, IL. Al Logsdon, Sauk Trail, Frankfort, IL 60423, 815-469-2807.

**June 18.** 5th Cleveland Track Classic, Parma, Ohio. Open to all. Jeff Gerson, 6509 Marsol Rd. #308, Mayfield Heights OH 44124.

**June 18.** 4th Annual Wisconsin United Athletic Club Masters T&F Meet U.W. Madison Walnut Street Track - 10:00 a.m. 5 year age groups - age 30 and up Ron Dennis - 6408 West Gate Rd. Madison, WI 53716, 608-221-8020.

**June 25.** Open Meet, York High, Elmhurst IL., 7 a.m.

**July 2-4.** Indiana Masters Championships/White River Park State Games.

**July 23.** TAC Midwest Regional Masters Championships, York High, Elmhurst IL, 7 a.m. Race day sign up. Wendell Miller, 180 N. LaSalle, Chicago, IL 60601. 312-236-1315. (o); 312-234-2154 (h).

**August 13-14.** North Coast Decathlon, Cleveland, Ohio. James Barrett, 3801 Shannon Rd., Cleveland Hts, OH 44118.

## MID-AMERICA

**June 24-25.** TAC Minnesota Open & Masters Championships, U. of Minnesota, Doug Taylor, 4393 Arden View Court, Arden Hills MN 55112. 612-636-8909.

## ON TAP FOR APRIL

### TRACK & FIELD

The Central California Masters Championships kick off springtime action in Fresno on the 2nd. The Florida Masters Championships are set for the 9th with the Tampa Bay Championships the 16th. The Sacramento Masters Relays go on the 23rd, with an open and masters meet in Cleveland the next day.

### LONG DISTANCE RUNNING

April means Boston, which means the world's oldest and one of the most prestigious marathons will be run. The race is set for Patriot's Day, Monday the 18th, with a good field of masters runners expected.

Avon has two major races this month — a 10K in Atlanta on the 2nd and 15K in San Francisco on the 10th — leading up to the TAC National Women's Masters Marathon Championships in Los Angeles June 5.

The National Masters 50K Championships have been moved up to April 9 in New York.

On the 10th is the Norman Tanager Memorial 15K in Honolulu. The Oklahoma Open Grand Prix Series continues on the 30th.

Nike Masters Grand Prix races this month. Two major international marathons are set for London on the 17th and Seoul, Korea on the 24th.

**August 13-14.** Missouri Senior Olympics. Joe Shy, Box 745, Chillicothe, MO 64601.

**September 3-4.** Rocky Mountain Games, Denver. Jim Weed, 11672 E. 2nd Ave., Aurora CO 80010. 303-341-2980.

**September 18.** Missouri Valley Masters Championships. Lawrence, Kansas. Clint Leon, 913-842-6240.

(Continued on page 4)

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(Continued from page 3)

## SOUTHWEST

**May 28.** TAC Southwest Regional Masters Championships, New Orleans. Danny Thiel, 2609 Canal St., New Orleans LA 70119. 504-822-9057.

**August 20.** Texas Masters Championships. Dallas, Joe Murphy, 4308 N. Central Expressway, Suite 206, Dallas, TX 75206. 214-826-9650.

## WEST

**April 2.** TAC Central Calif. Assoc. Masters Championships, Fresno State College, All-Weather Track, Hugh Adams, 7904 S. McCall, Selma, CA 93662.

**April 23.** Sacramento Masters Relays, Cal State Univ., Sacramento CA. Chevron 400 track. Bob Roemer, 3808 Yellowstone Ct., El Dorado Hills CA 95630. 916-933-1438.

**May 1.** Mt. Sac Relays, Walnut, Calif. Some masters events. Hal Smith, 18750 Oxnard St. #404, Tarzana CA 91356. 213-342-1174.

**May 7.** West Coast Masters Classic, Visalia, CA Marty Higginbotham, 1026 W. Princeton, Visalia CA 93277.

**May 14.** 4th Annual U. of Redlands Masters Meet. Buz Wagner, 1522 Margarita Dr., Redlands CA 92373. (714) 793-2638.

**May 21.** TAC Pacific Assoc. Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos CA 95030.

**May 21.** Anteater Masters Games (formerly Grandfather Games), UC Irvine, Calif. Dave Lewis, 505 Begonia Ave., Corona Del Mar, CA 92625. 714-673-2025.

**May 28.** 6th Annual Golden State Masters Meet, Porterville, Calif. Allen Nelson, 181 N. Carmezita, Porterville CA 93257.

**June 11.** Compton, Cal. Invitational. Some masters events. Wally Williams, 5242 Pendleton #26, South Gate CA. 213-631-3416.

**June 18.** Challenge of the Ages (Masters vs. High School) Invitational. Lewis Smith, 8306 Wilshire Blvd., Beverly Hills CA 90211.

**July 2.** 10th Annual CDM "Don Palmer Memorial" Relays, Los Angeles. Cynthia Jackson, 19103 S. Andmark Ave., Carson, CA 90746. 213-638-7125.



Chris Thomas, 34, won Mill Valley, Calif. 10K in 34:43.

Photo by Gene Cohn

**July 9.** TAC/SPA District Masters Championships, CSU, Long Beach, Calif. Woody Studemund, 213-790-9480, or Doug Smith, 20861 Queens Park Lane, Huntington Beach CA 92546. 714-968-2812.

**July 16.** 8th Annual Striders Relays, Los Angeles. Ann Smith, 22736 Mulholland Dr., Woodland Hills CA 91364. 213-348-6352; 213-342-1174.

**July 23-24.** West Valley Masters Meet, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030. (Includes 18-29 division).

**August 6.** CDM, Striders & San Diego AA Tri-Masters Meet, Southwestern College, Chula Vista, Calif. Joe Horn, 1147 Agate St., San Diego CA 92109.

**August 20-21.** TAC Western Regional Masters Championships, Los Gatos, CA. Bruce Springbett, PO Box 1328, Los Gatos, CA 95030.

**August 27.** Southern California Masters Championships. Southwestern College, Chula Vista, Calif. Joe Horn, 1147 Agate St., San Diego CA 92109.

**September 10-11.** New Senior Olympics, UCLA, Los Angeles. Bob Watanabe, 11645 Wilshire Blvd., Los Angeles, CA 90025. 213-478-0805.

**October 1.** Club West Masters Meet, Goleta, CA. George Adams, PO Box Drawer K, Goleta, CA 93017. 805-687-6323.

**June 16-24, 1984.** U.S. Olympic Trials, Los Angeles.

## NORTHWEST

**June 18.** 4th Annual Senior Sports Festival, Seattle, King County Rec. Dept., 425 S.W. 144th St., Seattle WA 98166.

**June 25-26.** Hayward Masters Classic, Eugene, OR. Lew Thorn, 503-484-9087; Bill McChesney, 1755 Coburg Rd., Eugene, OR 97401.

**July 10-15.** Masters track & field training camp, Seeley Lake, Montana. Northwest Sports Medicine Foundation, 1551 Northwest 54th, Suite 200, Seattle, WA 98107. 206-782-3383.

**July 29-30.** TAC Northwest Regional Masters Championships, Gresham, Oregon. Held at night. Jim Puckett, Mt. Hood College, 26000 SE Stark, Gresham, OR 97030. Entry form in July issue.

**August 26-27.** 5th Annual Montana Masters Championships. Bozeman, Mike Carignan, Box 1766, Bozeman MT 59715.

## HAWAII

Each Wednesday thru April 27. All-comers meets at U. of Hawaii, Honolulu, 6 p.m.

**April 10, 24.** Development meet, 8 a.m., Kaiser HS, Honolulu.

**May 21-22.** Hawaii Masters Championships and Decathlon, Honolulu. Stan Thompson, 1549 Ipukula, Honolulu HI 96821.

## CANADA

**June 11-12.** Ontario Masters Championships, Sudbury, Canada.

**July 16.** Ontario Masters Pentathlon Championships. Near Toronto.

## INTERNATIONAL

**April 1-4.** Australian Veterans Championships, Melbourne. Ray Callaghan, 6 Yvonne Ave., South Croydon, Victoria 3136. Men 40+, Women 35+.

**August 21-25.** European Veterans Championships, Whitdean Stadium, England.

**September 23 - October 1.** V World Veterans Games, San Juan, Puerto Rico.

Men 40+. Women 35+. GPO Box 336, San Juan, PR 00936; or Sports Travel International, PO Box 7823, San Diego, GA 92107. 619-225-9555.

**July 28-August 12, 1984.** Olympic Games, Los Angeles.

## LONG DISTANCE RUNNING

### NATIONAL

**Thru August 31.** TAC National Masters Postal One-Hour Run Championships. Al Huff, 18127 First Five, N.W. Seattle WA 98177. 206/542-2930.

**April 9.** TAC National Open and Masters 50K Championships, Central Park, New York City. Aldo Scandurra, PO Box 1046, Port Washington NY 11050.

**May 21.** TAC National Open and Masters 50 Mile Championship, Central Park, New York City. Vince Chiapetta, NYRR, Box 881, FDR Station, New York, NY 10022.

**May 29.** TAC National Masters 20K Championships, Washington, D.C. Nike Masters Grand Prix Series. Six free masters trips to California. Chuck DesJardins, 5428 Southport Lane, Fairfax, VA 22032. 703-250-7955.

**June 5.** 1983 Avon International Marathon and TAC National Women's Masters Marathon Championships, Los Angeles. Avon Running, 9 West 57th St., New York NY 10019.

**June 18.** TAC National Masters and Open 100-mile Championships. Shea Stadium, Queens, N.Y. Vince Chiapetta, 3400 Corlear Ave., Bronx NY 10463. 212/796-5189.

### NEW ENGLAND

**April 18 (Monday).** Boston Marathon. 8000 runners. Box 223, Boston MA 02199.

**May 23.** 23rd Annual Race of Champions Marathon, Holyoke, Mass. Walter Childs, PO Box 1484, Springfield MA 01101. 413-566-3145.

### EAST

**April 10.** Run for the Arts 10K and 1 mile, Cheltenham PA. Phil Steel, 215-635-4611.

**May 1.** Trevira Twosome 10 mile, New York, N.Y. Central Park. 3300 runners. Box 881, FDR Station, New York NY 10150. 212-860-4455.

**May 28.** L'eggs Mini-Marathon 10K, New York City. NYRR, Box 881, NYC 10150. 212/860-4455.

**June 5.** 3rd International Oxford Triathlon, Oxford, Md. 2.4-mile swim, 20-mile run, 50-mile bike. Fletcher Hanks, Box 268, Oxford, MD 21654. 301-226-5494.

**June 26-July 2.** Arthur Lydiard Running Camp, Purchase, N.Y. T. Robinson, 128 Clarence Rd., Scarsdale, NY 10583.

**July 3.** Pepsi Challenge 10K National Championships, New York City.

### SOUTHEAST

**April 2.** Avon 10K, Atlanta. Bob Brennan, PO Box 88657, Atlanta GA 30338.

**May 28.** Elby's 20K, Wheeling, WV. Hugh Stobbs, 933 Main St., Wheeling WV 26003. 304-232-6120.

**May 30.** Cotton Row Run 10K, Huntsville, Alabama. Nike Masters Grand Prix Series. Six free masters trips to California. Huntsville TC, PO Box 292, Huntsville, AL 35804.

**July 4.** Peachtree 10K Road Race, Atlanta. 25,000 runners. Royce Hodge, 3097 E. Shadowlawn Ave. Atlanta, GA 30305. 404-231-9065.



NMN Gun Lap columnist Mike Tymn 45, winning RRCA 20K Hawaii Open and Masters Championship January 30 in 1:07:41.

Photo by Rimini Bartolini

## MIDWEST

**May 7.** Old Kent River Bank 25K, Grand Rapids, MI. David Teater, 1 Vanhook Berg Center, Grand Rapids MI 49503. 616-774-5272.

**May 8.** Minnesota Masters 15K, Minneapolis. Nike Masters Grand Prix Race. 5 free masters trips to California. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424.

**May 15.** Revco-Cleveland Marathon & 10K, Cleveland, Ohio. Reno Starnoni, PO Box 46604, Bedford OH 44146. 216-292-2675.

**June 11.** Grandma's Marathon, Duluth, Minn. Scott Keenan, Box 6234, Duluth MN 55806. 218/727-0947.

**July 31-August 6.** Telemark Running Camp, Cable, Wisconsin. 10,000 meter cross country race, August 6. Roadrunner Tours, 301 W. Highway 20, Michigan City, IN 46360. 219-872-7217.

## MID-AMERICA

**April 10.** TAC National Postal One-Hour Run and Two-Hour 10-mile option, Brookings, S.D. SDSU Track Office, SDSU, Brookings SD 57007.

**April 23.** Kansas Relays Marathon & 10K, Lawrence, Kansas. (913-864-3486.

(Continued on page 9)

## DEADLINE

NMN 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 issue. Send to *National Masters News*, P.O. Box 2372, Van Nuys, CA 91404.





## NIKE MASTERS GRAND PRIX SERIES

1983 NIKE Masters Grand Prix regionals are now being held in conjunction with already existing (and usually not exclusively Masters) races. Individual runners, both men and women, are being selected from these regional races, on the basis of age-graded performances, to compete at the NIKE Masters Grand Prix Finals in California in August. A mens and womens team will be selected from the results of the Finals, to compete at the International Veterans Distance Running (I.G.A.L.) Championships in Perpignan, France, October 15-16, 1983.

### SERIES RACES

May 8 • Minneapolis, MN • Minn. Masters 15 K	• Jack Moran, 5429 Wooddale Ave, Edina, MN 55424	• Trips: 3M/2W
May 22 • Portland, OR • Viking Classic 10 K	• PSU Athletic Development Office • P.O. Box 668, Portland, OR 97207	• 3M/2W
May 29 • Washington, DC • TAC Masters 20 K	• Chuck Desjardins, 5428 Southport Ln. • Fairfax, VA 22032	• 4M/2W
May 30 • Huntsville, AL • Cotton Row R. in 10 K	• Cotton Row Run • P.O. Box 292, Huntsville, AL 35804	• 4M/2W
June/July • • Grand Prix Regional	• (To be determined)	• 3M/2W
Aug./Sept. • S. California • Grand Prix Final	• (Race Directors please apply)	• 3M/3W

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, 3900 SW Murray Blvd., Beaverton, OR 97005.





# THE GUN LAP

by MIKE TYMN

## BUD DEACON — "NO BOUNDS OF AGE"

When the 1940 Olympic Games were called off because of World War II, Bernard "Bud" Deacon, then of San Diego, lost out on his chance to participate in the Olympics and perhaps win a medal. Deacon had qualified for the U.S. team that year with a third place finish in the pole vault at the Olympic Trials.

Recently, however, Deacon, now a resident of Turner, Oregon and Honolulu, received an honor which comes pretty close to making up for that lost opportunity 43 years ago. He was one of 12 U.S. athletes, including the likes of distance runner Alberto Salazar, swimmer Tracy Caulkins, and diver Greg Louganis, to receive the Olympia Award, which was established last year to recognize and reward excellence and achievement by outstanding amateur athletes throughout the United States.

Sponsored by The Southland Corporation, a major supporter of the 1984 Olympic Games in Los Angeles, the Olympia Award amounts to a Hall of Fame selection for amateur athletes of all sports. The selection committee for the first Olympia Awards was headed by former decathlon great Bob Mathias.

"The aim of the Olympia Award," explains Mathias, who won his decathlon gold medals in 1948 and 1952, "is not merely to honor world and Olympic champions but also to acknowledge the contribution of men and women who have devoted their lives to pursuit of the amateur ideal.

Bud Deacon is such a man."

Deacon, 72, is a retired Navy officer whose last tour of duty some 22 years ago was in Hawaii. Although he considers Honolulu as home, Deacon spends considerable time at his 230-acre ranch near Turner, Ore. There, he has the third largest llama herd in the nation.

When not occupied with managing his many investments in Hawaii and Oregon, Deacon can be found running, jumping, throwing, lifting, or vaulting, just as he did 40-50 years ago. He's out of bed at 4:30 most mornings for his workout, which lasts around 2½ hours. When in Honolulu, Deacon often joins Harold Chapson, the world's fastest 80-year-old miler, for a workout at the large Ala Moana shopping center. There they race back and forth between Sears and Liberty House, a stretch of around a quarter of a mile.

As a student at Stanford University in the early 1930's, Deacon set a world-record in the pole vault of 14 feet, 2¾ inches and won two NCAA pole vault championships. That was in the era of the bamboo pole when a 15-foot vault seemed as unlikely as a 4-minute mile. He also competed in the high jump (6-2), broad jump (22-10), and the javelin (201).

In 1942, some eight years after his world-record vault, Deacon cleared 14-6, his best, although the record by then was up to 14-9 and change. That same year he broke the world-record in the pole vault for distance



Bud Deacon

Photo by Mike Tymn

(horizontally) with a leap of 32 feet, 2 inches.

Deacon had tried for the Olympic team three times before finally making it in 1940. In 1928, at the age of 17, he placed 8th in the high-jump at the Olympic Tryouts, as it was called then. In the 1932 Tryouts, he tied for third in the pole vault (losing out on more misses) and in the 1936 Tryouts, he placed fourth in that event.

Between graduation from Stanford in 1934 and entering the Navy in 1942, Deacon acted in movies with Greta Garbo ("Painted Vail"), Randolph Scott ("She"), Spencer TGracy ("Dante's Inferno"), Preston Foster ("Last Days of Pompei"), and Jimmy Durante ("Student Tour"). He also found time to get married and to play on the San Diego Club national volleyball championship team, while working in the aviation industry.

Except for military intramural competition, Deacon's career in sports had a hiatus from 1942 until 1971, when he got involved in masters track and field.

"I had kept in pretty good shape over the years," Deacon says, "but it wasn't an aerobic fitness as we think of today. I'd play handball, lift weights, that kind of stuff, but no real endurance training."

Deacon explains that it was Dr. Kenneth Cooper's book, "Aerobics" that got him running again. "It (Cooper's book) made sense to me. It's your cardio-vascular system that determines your health."

Deacon's "comeback" at the age of 60 didn't exactly impress members of his family. "To say that my entire family took a very dim view of my athletic activities would be a gross understatement," he laughs. But then *Sports Illustrated* featured him in a February 1974 issue. "After that it was tolerated," he adds with a nod.

The born-again athlete went so far as to build a pole vault pit and runway in the backyard of his large home, which is high on a hill above central

Honolulu. Viewing the layout, one can only wonder at the expressions of neighbors upon seeing the gray-haired senior citizen flying through the air several feet above the level of the fences between them.

Deacon got back up to 10 feet, 6¼ inches in the pole vault, one of many world-age-class records he would claim in a dozen years of masters competition. He has competed in everything from 100 meters to 5,000 on the track and has competed in every field event except the hammer throw. Some of his more impressive performances in masters competition, most of which were turned in at ages 62 and 63, include a 62.3 quarter, a 2:22.8 half, a 5:23 mile, and 17.9 for the 110 meter hurdles. Next to the pole vault, his best field event has been the triple jump (33-7¼).

Considering his versatility, it follows that Deacon is best known in masters track circles for his prowess in the decathlon. He has won 10 national championships in the test of all-around athletic ability.

Injuries have limited Deacon's participation the past few years, but he's never out of action too long. He says that he finds more enjoyment these days in road races, even though he does not do as well in them as in shorter track races. "I'm just running for maximum reduction of old age and old age ailments these days," Deacon says, "but I'll continue to compete on the track as long as I can."

Deacon was the first of the 12 Olympia Award recipients to be honored at the presentation. "I figured maybe when they looked at my age they felt they'd better hurry up and give the award while the bird is still around," Deacon muses.

In presenting the award, Rafer Johnson, another decathlon great, said: "Bud Deacon is living proof that dedication to amateur athletics knows no bounds of age." □

## 1983 TIME STANDARDS & ANALYSIS CHART

### TIME STANDARDS

• MEN AND WOMEN • BY AGE 9 TO 70

• 50 DISTANCES FROM SPRINTS TO MARATHON

PERFORMANCE MEASURING SYSTEM

• BEST DISTANCE • RANGE OF ABILITY

• IMPROVEMENT PROFILE • PERFORMANCE CATEGORY

To order 24 page booklet of 1983 Time Standards, send \$3.00 to  
Dr. Track, 5130 Nebraska Ave NW, Washington, DC 20008

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CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_



## TOP MARKS IN PHILADELPHIA

by PETER TAYLOR

CHESTER, PA., March 5.

Brilliant competition was the standard tonight as the Philadelphia Masters Track and Field Association held its indoor championships at Widener University's Schwartz Fieldhouse. Submasters and masters alike powered their way over Widener's synthetic, 10-lap, unbanked track to outstanding times, especially in the 50, 300, 600 and 1,000.

The M45-49 600 and 300 yard races gave the long sprinters "all they could eat" as far as competition. In the 600, New York Pioneer Master Mason O'Neal blasted a 1:22.7, and did not even get a third-place medal! Forty-six year-old "matinee idol" Ken Baker (Ken appeared with Angie Dickinson in "Dressed to Kill") won this event in 1:20.0, followed by Larry Colbert (1:21.5) and Cliff Pauling (1:21.6).

In the M45-49 300, three-time Olympian Ira Davis whistled to a 0:35.8 clocking, and finished fifth! This race was captured by Colbert (34.8), followed by Dawson Pratt (35.1), and then Ken Baker and Rich Rizzo in a dead heat (also 0:35.1).

Fortunately for Ira Davis, he had

earlier in the night won the M45-49 50, in which he used a lightning start to tie Lloyd Riddick's and Arnold Budd's American indoor masters standard of 0:05.6. Davis was one of seven masters to break six seconds on the night.

In the M50-54 hurdles, also contested at 50 yards, Bill Clark showed great quickness in winning in 0:06.8.

The 1000 featured several fine performances. In M35-39, the Southern California Striders' Ken Stuart went out very fast, "slowed" to about 2:02.8 at the half, and came home in 2:21.5. Delaware's Bob Bennett took M40-44 in 2:28.5, while the graceful veteran Kelsey Brown captured M55-59 honors in 2:51.1.

The 2-mile had Cass Curtis and Ken Carman, both of whom flew in to Philadelphia International Airport for the meet. Curtis pulled away on the last lap to take overall honors and first in M45-49 with a time of 11:03. Carman ran 11:07 for M55-59 honors. Apparently Curtis, who acted as pacesetter, believes in running evenly, as he ran every lap from the third through the fifteenth in either 33 or 34 seconds. Carman stayed right with him for most of the race and may have helped this metronomic style.

Chris McKenzie was easily the top woman of the night, as she ran 0:07.5 in the 50, 0:48.0 in the 300, 1:50.3 in the 600, and put the shot 22'9½" (W50-54). □

### ATHLETES WHO ENTER A NEW DIVISION THIS MONTH APR 1983

ATHLETE (RESIDENCE)	BIRTHDATE	AGE GROUP
FRANCINA BLANKERS-KOEN (HOL)	4-26-16	65-69
JUDY CHANDLER (NZ)	4-30-38	45-49
ILSE LUTZ (WG)	4-19-28	55-59
RUTH SVEDBERG (SWE)	4-14-03	80 +
NORA WEDEMO (SWE)	4-19-13	70-74
SOPHIE WISMAN (HOL)	4-25-28	55-59
MARIE BARRIE (GLENOLDEN, PA)	4-16-33	50-54
SHIRLEY DOYLE (BAY VILLAGE, OHIO)	4-26-33	50-54
JOSEPHINE HESS (SELAH, WA)	4-10-18	65-69
KATHRYN MAHER (OTTOWA, KANS)	4-8-43	40-44
STELLA SHARP (SEPULVEDA, CA)	4- -28	55-59
DAVE ALLBRITTON (OH)	4-13-13	70-74
DON COLEMAN (LA MESA, CA)	4-26-28	55-59
CLIFF CORDY (MOUNTAIN VIEW, CA)	4-8-38	45-49
OSWALD DAWKINS (JAM-HOLLYWOOD, CA)	4-8-28	55-59
WILLIAM EIPEL (NYC, NY)	4-30-13	70-74
ROBIN FICKER (US)	4-5-43	40-44
BILL FOULK (SCOTTSDALE, AZ)	4-24-33	50-54
LEON FRANKAMP (BURBANK, CA)	4-17-33	50-54
CHARLES GIBSON (CHATTANOOGA, TENN)	4-6-23	60-64
HAROLD KEITH (NORMAN, OKLA)	4-8-03	80 +
BOB MACCONNAGHY (REDONDO BEACH, CA)	4-20-08	75-79
DELANO MERIWETHER (US)	4-23-43	40-44
RICHARD PACKARD (BRIGHTON, MASS)	4-21-28	55-59
ROBERT RECKWARDT (WG)	4-1-13	70-74
DENNIS REECE (TRINIDAD)	4-4-28	55-59
JAMES RYAN (US)	4-8-28	55-59
ERICH SCHMIDT (WG)	4-7-03	80 +
FLOYD SIMMONS (CHARLOTTE, NC)	4-10-23	60-64
DENNIS STEMPER (CHICO, CA)	4-4-43	40-44
ROBERT THOMAS (NY)	4-16-33	50-54
THEO VILTZ (LOS ANGELES, CA)	4-20-43	40-44

## 2nd Annual Hayward Field Masters Classic Track & Field Championships

### June 25 & 26, 1983

Field events begin at 10:00 a.m. and track events at Noon each day.

**Hayward Field  
University of Oregon  
Eugene, Oregon —**

Host to the last 3 Olympic Trials and the 1984 U.S. National Masters Track & Field Championships.



### SCHEDULE OF EVENTS:

**Saturday, June 25**

FIELD	TRACK
Long Jump - W	3000m Steeplechase - M
Shot Put - M	110m High Hurdles - M
Discus - W	100m - W
Long Jump - M	100m - M
Shot Put - W	Mile - W
Discus - M	Mile - M
	400m - W
	400m - M
	10,000m - W & M

**Sunday, June 26**

FIELD	TRACK
Triple Jump - M	400m Int. Hurdles - M
Javelin - W	200m - W
Pole Vault - M	200m - M
High Jump - W & M	800m - W
Hammer - M	800m - M
Javelin - M	3000m - W
	5000m - M

**FACILITIES:** Polyurethane all-weather track & runways (maximum ¼" spikes allowed). Showers available.

**DIVISIONS:** 5-yr. age divisions for men & women age 30 and over.

**ENTRY FEES:** \$8 for 1st event (includes T-Shirt); additional \$5 for 2nd event; additional \$2 each 3rd, 4th & 5th events.

**ENTRY DEADLINE:** All entries must be postmarked by Friday, June 10, 1983.

★ **LATE ENTRIES WILL NOT BE ACCEPTED** ★

**MEET HEADQUARTERS:** Best Western Greentree Motel, 1759 Franklin Blvd., Eugene, OR 97403 (2 blocks from Hayward Field). Write, or call (503) 485-2727 Direct or Collect by June 3, 1983, and ask for Hayward Field Classic rates.

**PACKETS:** Available for pickup at Greentree Motel Friday evening, June 24, and June 25 & 26 at the meet.

### DETACH AND MAIL

☐ Please send information on the Northwest Open Senior Sports Festival, June 17-27, 1983, to be held in Eugene.

★ Please Print ★

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

Club Affiliation \_\_\_\_\_ TAC # \_\_\_\_\_

Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_

Age (as of 6/25/83) \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Events \_\_\_\_\_ Best '82 or '83 mark

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

(limit)

Event changes will not be permitted after registration.

I waive all rights that I or my heirs or assigns may have against the sponsors of this athletic event arising from any injury, illness, or accident that I may sustain or incur participating in this event or at this event. I declare that I am in good health to participate in this event.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Send entry with check to: Oregon Track Club Masters, c/o Arizona Novellie,

1577 Willingdale Rd., Eugene, OR 97401

### BUFFET & SOCIAL

WITH ENTERTAINMENT —

To be held Saturday evening, June 25, at minimal charge for competitors and their guests.

I am \_\_\_\_\_ I am not \_\_\_\_\_ interested in attending. Number in party \_\_\_\_\_

T-Shirt size (check one)

☐ small ☐ med ☐ large ☐ x-large

No. of events entered

(check one)

1. ☐ \$8 2. ☐ \$13 3. ☐ \$15

4. ☐ \$17 5. ☐ \$19

Make checks payable to:

OREGON TRACK CLUB MASTERS





# On Approaching Every Problem With an OPEN MOUTH

by W. MacDonald MILLER

## THE STATE OF THE ART

Dear Mr. Miller,

I've had it right up to here with your continual complaining about Jewish guys. According to you they are either making big business deals or smoking big cigars. Your ethnic shtick is not funny and your use of Yiddish expressions is usually incorrect.

Bernard B.  
New York

and highly offended by your remarks making women out to be nothing more than objects to gawk at, to sexually fantasize over and put down athletically. I think you're a warped, malicious homosexual. If I was your mother I'd be ashamed of you.

Lucy W.  
Seattle, WA

COMMENT: Relax already!

Dear Mr. Miller,

I am black and proud of this fact. I resent your condescending manner concerning black athletes. Your satirical remarks about Ernie Billups, Hilliard Sumners and Walt Butler have all been in poor taste.

Truman W.  
Columbus, OH

COMMENT: It wasn't meant the way you're taking it. I probably shouldn't get into personalities but — I still think George Cohen is kind of a funny name for a black guy.

Dear Mr. Miller,

I'm Italian and dislike very much your implication that the only thing an Italian is motivated by is their desire to buy another gold chain to wear around the neck. I am a successful businessman and do not wear gold chains around my neck. Knock it off and stick to writing about the Masters program.

Tony V.  
Tampa, FL

COMMENT: You're not the first person who has pointed out that this is a newsletter devoted to Track and Field and Road Running and I should confine my remarks whenever possible to these areas. You are also right in accusing me of stereotyping all Italians as wearing gold necklaces. I bet you got a pinky ring though, haven't you?

Dear Mr. Miller,

I am a woman reader of the NMN

COMMENT: Never mind my mother, it's my wife who's requiring quite a bit of explaining, these days, thanks to you.

Dear Mr. Miller,

I'm a Californian and damn proud of it. You're so jealous it makes me sick. California not only has the most people and the best weather in the entire nation but you don't even seem aware that we produce half the fruit and vegetables for the whole country. Maybe you were born here, just remember, you don't live here anymore. Eat your heart out.

Burley O.  
Modesto, CA

COMMENT: When I agreed to be a columnist I made myself two promises; always allow room for nit picking by nit wits.

Dear Mr. Miller,

I am from England and very much enjoy reading the National Masters Newsletter. Because I'm a competitor, I enjoy staying abreast of what's happening in my event in my age category. I have competed in several international affairs and enjoy keeping tabs on my American colleagues. I also enjoy the articles on running, especially the ones by Mike Tymn. You seem like a decent sort of chap and I feel I would like to learn from your articles. However, to be quite honest, I don't seem to understand them. Sir, could you possibly tell me what they're all about?

Ellsworth C.  
London, England



Ron Hill, 44, running 4th in 5000 Meter Open Race in Birmingham, England. Hill finished 2nd to Jim Ethcells (15:20.2).

Photo by Wilf Morgan

COMMENT: Take my word for it, you really don't want to know.

Dear Mr. Miller,

I've lived in New York all my life, and all my life, I've listened to people like you try to put us down for being Number One. Central Park is the greatest place in the world to run, the New York Marathon is the greatest event in sports and Fred Lebow should be elected Sportsman of the Year every year. I love New York!

Richard F.  
Brooklyn, NY

COMMENT: I love Kankakee too but that doesn't mean I should make people around me feel I need a saliva test over it.

Dear Mr. Miller,

My wife is an English teacher at our local high school. I've never paid much attention to your articles but she reads them religiously. She also uses them in class as examples of how writing should not be done. Recently she noted you had reached an all time low — an entire article that made absolutely no sense. Congratulations!

Martin E.  
Denver, CO

COMMENT: Picky Picky. Furthermore, that's exactly why art is so difficult today, people want it to make sense.

Dear Mr. Miller,

I live to compete in Masters T/F. It has been a dream that my 22 year old son would share this interest and be

able to take part in this wonderful competition with me. Unfortunately he has read your articles belittling efforts like mine and has refused to join me in training. I hold you personally responsible for my son's lack of respect for my efforts.

Robert M.  
Tracy, Ca.

COMMENT: You call that a problem? You're all bent out of shape because your kid can't get worked up over a 2 foot high jump. My 22 year old son is two credits short after five years of solid effort, last month the college infirmary notified us he's got the clap and yesterday, he arrived home for his spring break wearing an earring. Tell you what I'll do, sight unseen, trade you even up.

Dear Mr. Miller,

I was an active runner long before the current boom occurred. I mean long before Runner's World, Sub 4, \$100 shoes, etc. Especially long before the so-called Masters movement came along. I was involved but frankly, I always thought David Pain was a jerk. For the record, I also felt Hal Higdon was a jerk, I also felt Bob Fine was a jerk, and believe me, I know you are the biggest jerk of them all.

Roman A.  
Jupiter, Fl.

COMMENT: In the face of malicious attacks like these, on both myself and friends, there comes a time when a man must take a stand. However, three out of four is a formidable percentage in any activity. Want to know something? I never much cared for those guys either. □



**SCHEDULE**

(Continued from page 4)

**April 30-May 1.** Oklahoma Grand Prix 10K, Harry Deupree, PO Box 75250, Oklahoma City OK 73147. 405/943-5711.

**May 1.** 14th Longest Day Marathon, Brookings, S.D., SDSU, Brookings SD 57007. 605-688-5526.

**May 1.** Avon 10K Kansas City. Jo Doherty, PO Box 4034, Overland Park KS 66204.

**May 30.** Boulder 10K Classic, Boulder, Colorado. 13,000 runners. Bruce McDowell, 3033 Iris Ave. Boulder CO 80301.

**June 4.** 21st Jackrabbit 15, Brookings, S.D. SDSU, Brookings SD 57007.

**WEST**

**April 10.** Avon 15K, San Francisco. Len Wallach, 80 Stonestown Mall, San Francisco CA 94132.

**May 1.** Avenue of the Giants Marathon, Arcata CA. 1750 runners. Deadline, Jan. 31. Don Hughes, Box 214, Arcata CA 95521.

**May 15.** Bay to Breakers 7.63 mile run, San Francisco. 70,000 runners. Special Events Dept., San Francisco Examiner, San Francisco CA 94103. 415-777-7777.

**May 29.** Brentwood 10K, Los Angeles. 3500 runners. Valerie Johnson, Box 49913, Los Angeles CA 90049.

**June 25.** Western States 100-mile Endurance Run; Squaw Valley to Auburn, Calif. Curtis Sproul, 1000 G St., Sacramento CA 95814. 916/446-8028.

**July 4.** Coronado Half-Marathon, San Diego. George Green, 626 5th St., Coronado, CA 92118. 4500 runners.

**July 24.** San Francisco Marathon. 10,000 runners. Box 27385, San Francisco, CA 94127, 415-681-2322.

**NORTHWEST**

**May 1.** Lilac Bloomsday 7.5 mile run, Spokane WA. 22,000 runners. Box 1511, Spokane WA 99210.

**May 22.** Viking Classic 10K, Portland, Oregon. Nike Masters Grand Prix Series. 5 free masters trips to California. PO Box 668, Portland, OR 97207.

**June 26.** Cascade Run Off 15K, Portland, Oregon. Chuck Galford, 1000 Willamette Center, 121 S.W. Salmon, Portland OR 97204.

**HAWAII**

**April 10.** Norman K. Tamanaha Memorial 15K, Honolulu.

**CANADA**

**May 1.** Nike International Marathon, Vancouver, B.C. Don Basham, 1200 Hornby St., Vancouver BC Canada V6Z 2E2.

**May 15.** Ontario Masters 10K Road Championships, Sunnybrook Park, Toronto.

**May 29.** Manitoba Marathon, Winnipeg. Debbie Prince, 1700 Ellice Ave., Winnipeg, Manitoba, Canada, R3H 0B1.

**INTERNATIONAL**

**April 17.** London Marathon. Box 82, County Hall, London SE1 7PE, England.

**April 24.** Seoul International Marathon, Seoul, Korea. 10-day tour package: \$1,399 from Honolulu; \$1,599 from Los Angeles; \$1,999 from Chicago or New York. Aspengren World Travel. 733 Bishop St., Honolulu HI 96813. 808-524-1880.

**October 15-16.** XVI World Veterans (IGAL) 10K and 25K Championships, Perpignan, France. Maurice Nozerand, ASPPT Perpignan 66020, France. 68/61-66-11.



Jeff Wall set American 50K masters (over age 40) record of 2:59:59 November 7 in San Francisco in the 50-50 challenge cup. The time broke Bernd Heinrich's standard of 3:03:56.

Photo by Gene Cohn

## 1983 NIKE MASTERS GRAND PRIX

by VALDEMAR SCHULTZ

The management of NIKE, Inc. has asked all departments of the company to re-examine their budgets and look for savings in expenditures. No fundamental changes are contemplated and all NIKE Masters Athletics' commitments will be met.

Because the Grand Prix straddles NIKE's budget year (June 1 - May 31), it is not possible at this time to make specific commitments to events or individuals above what has been promised in the ad in this issue.

This means that there will be no additional Grand Prix races in 1983 and that the Grand Prix will not extend to Track & Field, at least for 1983. ☐



## PACIFIC ASSOCIATION / TAC MASTERS TRACK & FIELD CHAMPIONSHIPS



**Saturday & Sunday, MAY 21, 22 1983**

**HOSTED BY:**

Pacific/Tac Masters Track & Field Committee  
Nike  
Los Gatos Athletic Association

**LOCATION:**

LOS GATOS HIGH SCHOOL  
SAN JOSE CITY COLLEGE

**ELIGIBILITY:**

All men and women over 30 years with 1983 TAC # and 18-29 age competitors not national class with 1983 TAC #

**T.A.C.:**

Registration required — registration available at meet (\$6.00)

**AWARDS:**

TAC championship medals to all masters and submasters to 3 places. Medals to 18-29 group to 3 places. Random drawings for merchandise prizes.

**TIMING:**

Fully automatic timing by "Accutrac".

**ENTRY DEADLINE:**

TUESDAY, MAY 17, 1983

**LATE ENTRIES:**

May be accepted if event is not full — phone calls okay. \$10/event.

**ENTRY FEES:**

\$5.00 per event — \$16.00/relay team. Entry at meet okay.

**ORDER OF EVENTS:**

Women first, oldest to youngest age groups. Heats will be run in any events needed up to 200m. Heats will be run before the women compete. Finals after youngest age group. Heats over 200m will be run in seeded finals by times submitted on entry form.

**DECLARATION:**

Scratches must be declared by Friday, May 20 in 100, 200, 400, 110H, 400H or forfeiture of right to compete in all these subsequent events.

**PHYSICAL PLANT:**

Chevron 400 Track — 1/4 inch spikes, concrete rings. Grass javelin runway. \*NOTE\* — Javelin, hammer and steeple chase will be contested at San Jose City College on Sunday, May 22nd. (See schedule.)

**FIELD EVENTS:**

Will be broken into sections of 12, if enough people enter.

**DRAWING:**

Merchandise drawings for all TAC registered competitors who enter.

**SCHEDULE:****SATURDAY, MAY 21 AT LOS GATOS****TRACK**

7:00 AM 5000m walk  
7:45 AM 10,000m (women, men 80 +)  
8:45 AM 10,000m, men 40-59  
9:45 AM 10,000m, men 18-39  
10:30 AM 440 relay  
10:45 AM 100m hurdle, women and men  
11:15 AM 70 +  
11:15 AM 110 hurdles, men  
12 noon 100m heats & finals  
12:45 PM 800m finals  
1:30 PM 200m heats & finals  
2:00 PM 400H finals  
2:45 PM 1500m finals  
3:30 PM 400m finals  
4:30 PM 5000m finals  
mile relay

**FIELD**

9:00 AM high jump, south pit, men 18-49  
9:00 AM high jump, north pit, 50 + men and women  
10:00 AM pole vault, 50 +  
10:00 AM long jump, women 50 + and women  
11:00 AM pole vault, 18-49  
11:00 AM long jump, 18-49  
12 noon discus, 50 + women  
1:00 PM discus, 18-49  
1:00 PM triple jump  
2:00 PM shot put, 50 +, women  
3:00 PM shot put, 18-49

**SUNDAY, MAY 22 AT SAN JOSE CITY COLLEGE**

10:00 AM 3000m steeple chase  
10:00 AM 2000m steeple, 70 +  
10:00 AM hammer  
11:30 AM javelin

### TAC PACIFIC MASTERS TRACK & FIELD CHAMPIONSHIPS

ENTRY DEADLINE MAY 17, 1983

BRUCE SPRINGBETT, Meet Director  
P.O. Box 1328, Los Gatos, California 95030  
408/354-2005

SEE REVERSE SIDE FOR REQUIRED SIGNATURE

Name _____ (last) (first)	Address _____ (Number & Street)
Phone _____	(City) (State) (Zip)
Date of birth _____	Circle one: MALE FEMALE
Age as of May 21, 1983 _____	
Events entered & best time 1983 _____	
Club affiliation _____	
Amount enclosed _____	Your 1983 TAC # _____
(Make checks payable to Los Gatos Athletic Association, Inc.)	NO REFUNDS FOR DEFAULT

**WAIVER:**

In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive and release forever, any and all rights, claims or damages I may accrue against Nike, San Jose City College, Los Gatos Athletic Association, TAC, Pacific Association, Los Gatos High School, and all sponsors of this race, their successors, representatives and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the TAC Pacific Masters Track & Field Championships held May 21, 1983, at Los Gatos High School, Los Gatos, California, and May 22, 1983, at San Jose City College.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_





# Phil <sup>THE</sup> Philosopher

by PHIL CONLEY

OK, you have invited your running friends over for eats and drinks after the local race, and you want to make sure you have enough. You remember the quantities you supplied the weightmen at the affair you hosted last month, so an equivalent amount of vittles surely will be sufficient. WRONG! You have forgotten just how much a scrawny 130 pound marathoner can put away!

Motivations for running include: desire to firm one's body or lose weight, desire to be able to eat anything one wants; desire for improved vitality, health and increased longevity, desire for solitude or conviviality with friends; and desire for personal achievement, either in competitions or against self-imposed standards.

Running satisfies many of these. When a person runs, the juices flow, pores open, sweat cleanses, wastes are dispelled. The faster metabolism means one needs to eat and drink more, as well as sleep more to repair the body's organs.

It has been proven medically that one benefits from the consumption of modest amounts of alcoholic fluids. The alcohol dilates the arteries and promotes a freer flow of blood throughout the system.

An expert in the field of alcoholism, Dr. Roger J. Williams, a biochemist at University of Texas, Austin, has found that diet and alcoholism are related; that proper nutrition can lessen the desire for alcohol, booze not only crowds out the valuable food elements (both in terms of stomach volume and in money deployed), but also acts as a trigger for the consumption of more alcohol. This provides a double-whammy on the skidrow bum, or other alcoholics on limited income.

Our family eating and drinking habits are fairly routine. We rise before 5 a.m., and we breakfast on juice, coffee, and sweet rolls, biscuits or muffins. Fran takes perhaps one piece of fruit for her unpredictable 10-minutes-for-lunch. I use 7 a.m. to 11 a.m. for the bulk of my intellectual effort. It is my personal "prime time," and I am able to deploy the rest of my day on less challenging demands. I usually eat a sandwich, or bowl of soup or chili around noon.

For me the period from 7 p.m. entails fixing our large nightly meal. Fran

arrives home about 8 p.m., and we indulge ourselves in a drink or wine — our "personal quality time." Each of us has generally experienced a demanding day.

We have heavy hors d'oeuvres, a large mixed salad (which provides our fresh vegetable needs), a copious portion of meat, fish or fowl, and a generous helping of dessert, usually topped with ice cream. We rarely have concentrated starch, such as bread, potatoes or pasta, we flop into our

respective beds around 9:30 p.m. to allow our bodies to recover for a repeat performance the next day.

We supplement our food and drink intake with vitamin and mineral tablets. We each take 2000 mg. of Vitamin C, 400 IU's of Vitamin E and a vitamin/mineral supplement daily. We think we are healthier than most people; Fran has missed only one half-day of her seven-day-a-week work schedule in almost 20 years due to health-related reasons.

I must admit that I am a capable "triple-threater" in drinking. I heartily enjoy a cold beer, often after a workout with the boys and/or the girls. I also enjoy having a mixed drink; such as gin or vodka as martinis or as a gimlet.

The third "threat," of course, is wine, the subject of a future column.

Now let's get back to that horde of runners who will be arriving to eat you out of house and home. I do believe that runners, as a group eat and drink at significantly higher quantities than the public-at-large. They probably

employ better judgment in the selection of their foodstuffs, and most supplement their diets with vitamins. Eating and drinking in the conviviality of fellow runners satisfies many of their social needs.

For many of us, running, foods and drink are all essential; when taken together they can be fun and can contribute to rewarding experiences and friendships. □

• Copyright 1983 Phil Conley

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hammer gloves,  
vaulting equipment,  
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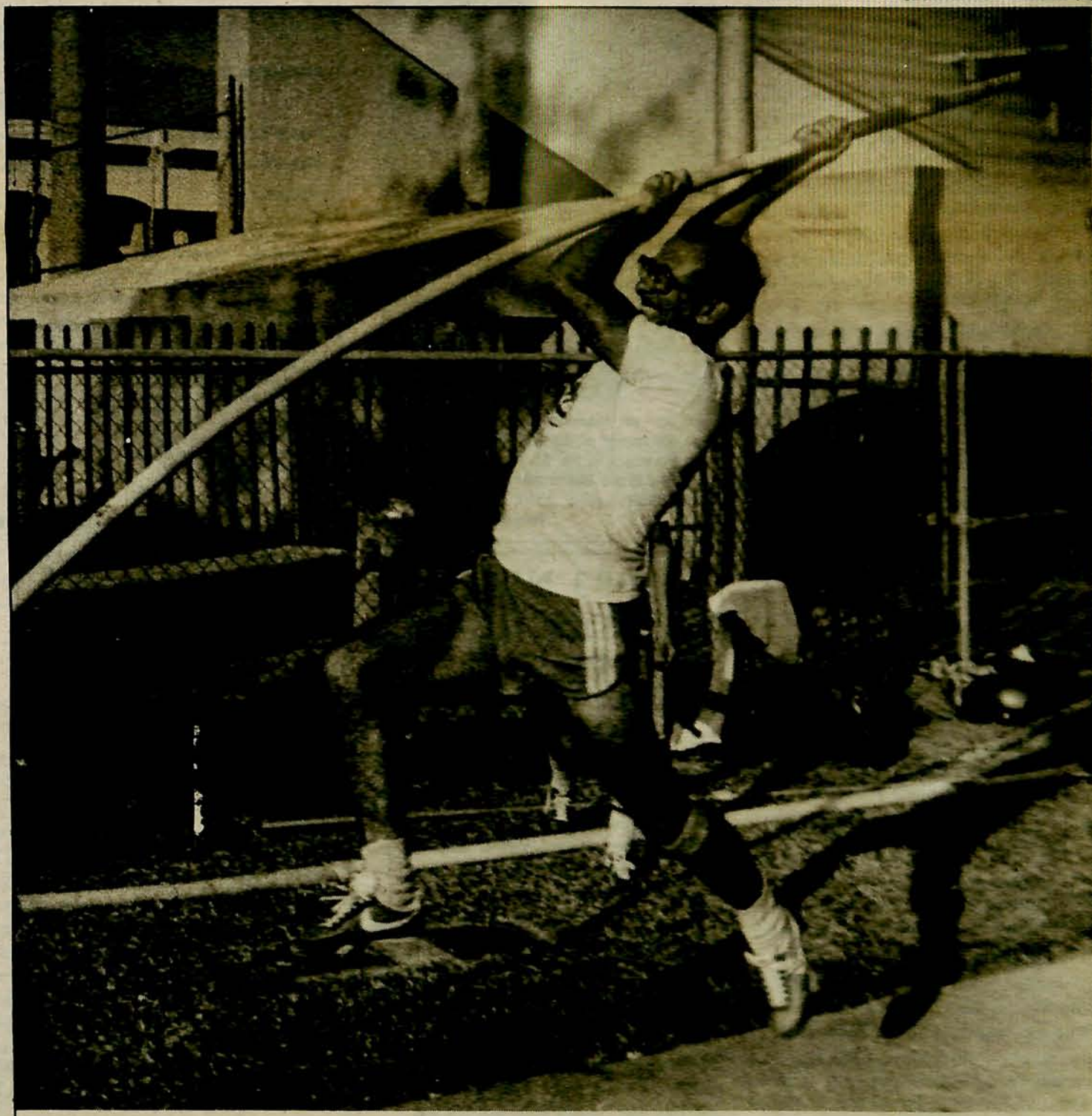
or some other hard-to-get piece of equipment for track & field? We have it. GILL, TITAN, CANTABRIAN, PORTAPIT, CHRONOMIX, CRONUS, and all major shoe lines.

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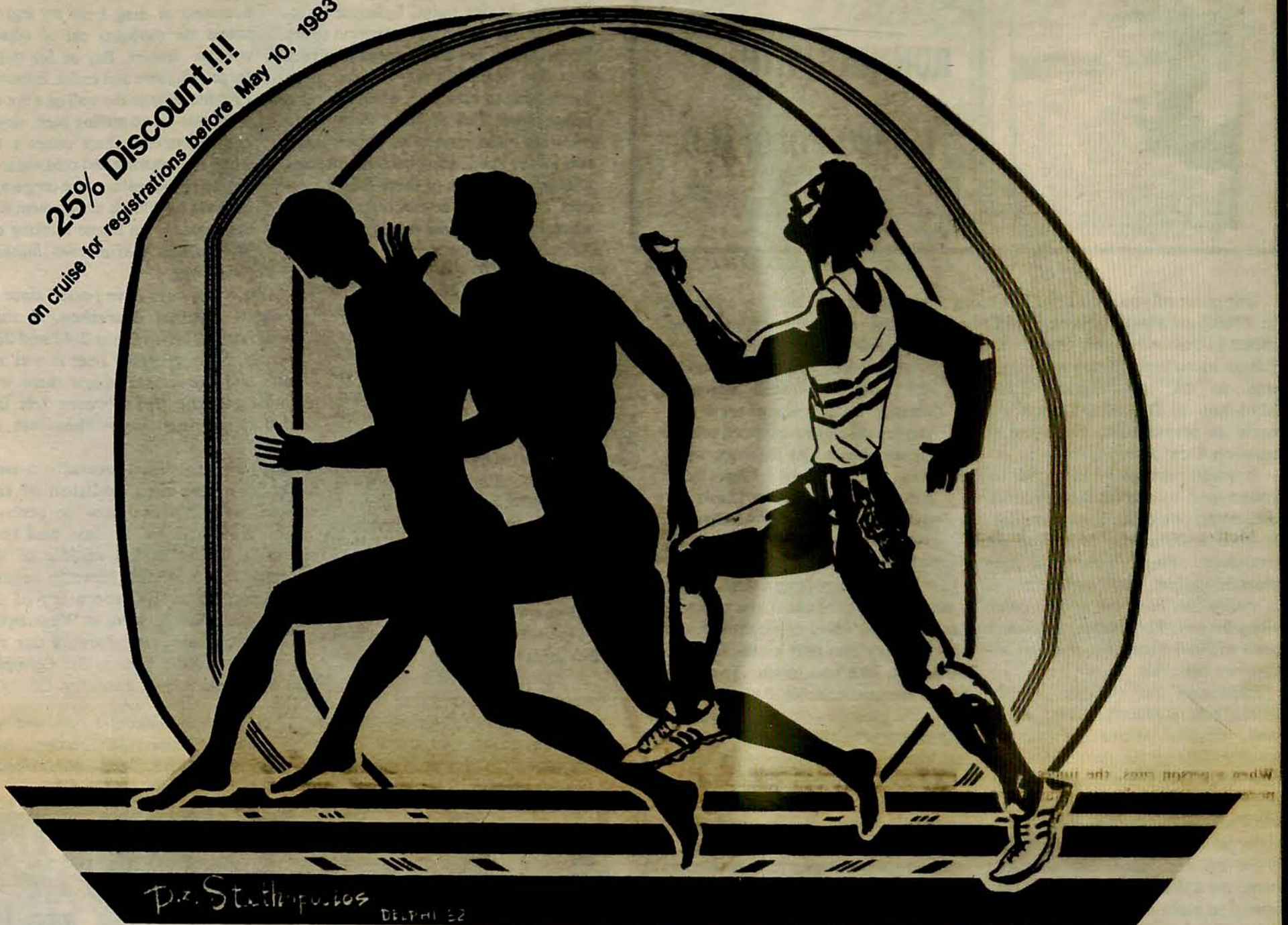
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Miguel Rivera-Veve, 50, Operational Director of V World Veterans Games in Puerto Rico Sept. 23-Oct. 1, 1983, is a veteran athlete and knows the needs of his fellow competitors.



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**September, 1983**

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## RUNNING WITH MARCO POLO, M.D.

By ALEX RATELLE, M.D.

For those of you who read last month's National Masters News, I had promised to document and analyze a particular marathon. Since my very next was to be the Florida Festival Marathon in Orlando, I took a few notes as preparation, the event, and recovery took place.

It would perhaps be most fair to the reader and to the author to start by employing one of my most favorite admonitions: do not try to do too many irrelevant things before a major marathon effort. I managed to not only violate that code but several others along the way. The resulting marathon times will lend credence to the logic of that very basic rule.

Preparation for the Sea World Florida Festival Marathon went rather well, despite Minnesota winter weather. Mileage for the three weeks prior to the event averaged 85 miles. The exercise ergometer went along well and I was able to manage a tad over ten hours per week with average resistance in the 160 watt range. Call schedule found me a little tired, but odd naps seemed to patch matters up. The one and perhaps most important failure in preparation came in managing race weight. Despite some heroic discipline, I traveled to the south at 128 pounds. This being five pounds more than my optimal weight in 1981.

As departure time approached, I continued to overdress on the 5:00 a.m. workouts and slightly increased my pace. In addition, every training run was preceded and followed by at least twenty minutes on the ergometer. The mood of the family . . . six of us were going . . . was one of excitement and anticipation and everyone was up. Just a word here about "the little things." Those circumstances that add so much to the mental high necessary before a hard marathon effort.

On arrival in Orlando, Pattie and I and the four youngest children found not only a "guest house" with all the amenities, including groceries awaiting, but sitting in the middle of the living room, a real live, a new exercise ergometer. Now that folks, is love. I avoid names to avoid embarrassment, but Lorraine Evans of Sea World and Newton Black of Finish Line Computer Systems must be accredited with putting the frosting on the cake. Within minutes of offboarding the long flight from Minneapolis, I was

pedaling happily away on a Tunturi, warming and loosening the travel tightness from my legs and mind.

Race morning was cool for Florida with sixty degrees and moderate humidity. I took a liter of tea to the start line and drank most of that before the starters gun. As the event went along, the sun rose and my hopes for a 2:35 marathon went down. Thanks to excellent course and waterstop management, I was able to finish in 2:42, a minute and a half faster than in 1982 and 23rd position overall. From early on I worried about heat tolerance and took on water or electrolyte solution at every two mile mark. Even that never felt like too much. The last six miles were as trouble free as the first six . . . mostly worrying about running into the "wall" and having to walk or worse. The presence of another over-fifties runner from the eight mile to eighteen mile mark helped to motivate during those cruel middle-third miles. In addition, the first woman runner began to overtake me at 22 miles. Being a male this spurred me on.

A brief mention here of what may constitute a "hot" day for a marathon. Often times the most experienced and cautious runner is deceived by what appears to be an ideal day. Weather conditions at the starters gun may not only change significantly, but change very quickly during the hours necessary to complete the marathon. The mere presence or absence of cloud cover may alter the ambient temperature over twenty degrees. Changes in humidity and wind direction add to the problems.

The resources available to the runner in addition to an exquisite awareness of the very existence of possible overheating, should be considered before the starting line is approached. I neglected to bring my white painters hat with the white kerchief hanging down the back, this learned from Ron Daws in 1968. Had I worn this and kept the hat and the back of my neck wet, I might have run several minutes faster and safer and more comfortable and less anxious about finishing at all.

The first sign that I am overrunning in the heat is an incipient nausea. This is probably due to several things; hypoxia from a rapidly rising oxygen demand, hypercarbia from rising muscle mass temperature and effort, loss

of water and electrolytes, falling blood sugar and general gastro-intestinal distress. At this point, I choose to ignore my watch and pay attention to my body. This is not the moment to attack hills or competitors. It has been fascinating to ease back when the signs appear that I'm at the "heat" wall allowing other runners to glide by and run away. Fascinating because it seems a large proportion of these fellow runners come back at me later on and when I finally repass it it is with ease. Perhaps the lesson here is listen well and listen early. Early perception of "heating up" and running your own best pace will get you a better position and time in the end.

I may be the only runner in the world who never misses the first water stop. Local runners kid me about this and some day I expect to find a water stop at the first quarter mile mark of a marathon. But study has shown that we start to mobilize, move and lose fluids very early on. Even on relatively cool days. If I wait too long, perhaps to the six or ten mile mark, I find that even the dilute electrolyte solutions may cause intense nausea. Needless to say, if you wait for thirst as a sign of need for water replacement, you are indeed to late.

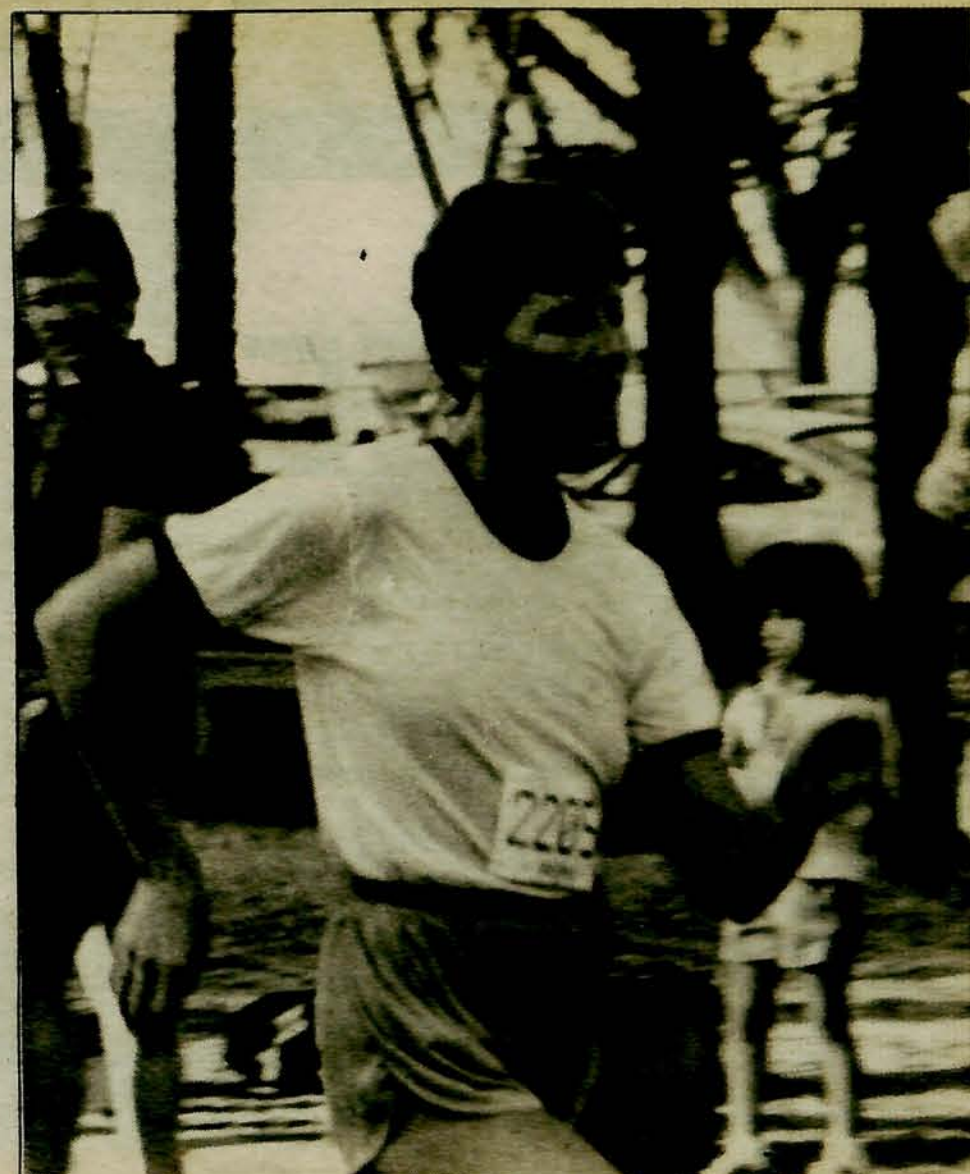
A favorite game of mine in the marathon, the time being long, and entertainment helps to make the miles go, is to periodically attack hills or other runners. This may involve slightly accelerating up an incline and then

moving down the opposite slope more quickly. This takes some of the heaviness or drag from my legs and scares the daylights out of adjacent younger runners. But on hot days, I forget this game and cruise. Because, if I get too close to the wall on a hot day, there may be no pulling back, slowing and recovering. There comes a time when even walking and cold water will not bring the soaring core temperature back down. This is the moment when the runner is no longer thinking of a PR, finishing well or even finishing, but surviving.

So as the days have passed since the Florida Festival Marathon, I think more respectfully of that 2:42 and 23rd over all. I am grateful that it was not hotter and the water stops were well manned and the light breeze felt like cold beer coming down that last six miles.

Now on to the next marathon next week. So, in the next addition of this column, we'll discuss how to recover from a marathon in six days and then go to St. Louis in the middle of the winter and run a hilly historic course, the treadmill in the laboratory of the Physiology Department at Washington University and the following day run the even more historic III Olympiad Marathon course, also hilly. □

*(Dr. Ratelle welcomes comments and questions from NMN readers. Write to: Alex Ratelle, M.D., 6621 Mohawk Tr., Edina, MN 55435 - Ed.)*



Sarah Christopher, 41, struts to victory in the Race-Walk Division of the Hawaii All-Women's 10K on Feb. 20. Her time was 1:03:55.





# New Orleans

ILLUSTRATION



## May 28, 1983

### TAC Southwest Regional Masters Track & Field Championships

DATE: Saturday May 28, 1983 TIME: 8:00am and 4:00pm

ELIGIBILITY: Open to all men and women of 30 years of age and over, who are registered in The Athletics Congress. TAC applications will be available at the meet. Proof of age is required by all contestants.

 AGE DIVISIONS: MEN AND WOMEN: 0A - 30-34; 0B - 35-39  
 1A - 40-44; 1B - 45-49  
 2A - 50-54; 2B - 55-59  
 3A - 60-64; 3B - 65-69  
 4A - 70-74; 4B - 75-OVER

AWARDS: Southwest Regional Championship Medals. Three deep in each age group.

MEET FACILITIES: The Muss Bertolino Track in Kenner. (See directions on reverse side). The track and runways are composed of synthetic rubber and the javelin approach is grass. 1/8 inch spikes are permissible on track and runways.

HOUSING: Call Abbott Tours at 800-535-8550 out of state or in state call 504-827-5920. See registration blank for housing application.

ENTRY FEE: \$5.00 first event, \$3.00 subsequent events, \$12.00 per relay team. T-Shirt is included in initial entry fee.

ORDER OF EVENTS: Sections may be seeded and age groups combined as needed. Schedule is subject to change as needed. Events will be run with women first, then oldest to youngest age groups.

8:00 A.M.	10,000 meters	Long Jump	Javelin
9:15	100m trials		
9:30	800m finals	Discus	
10:15	200m trials		
10:30	5000m Walk		
BREAK			
4:00 P.M.	4x100m Relay	Triple Jump	Shot Put High Jump
4:15	1500m finals		
4:45	110m High Hurdles		
5:00	100m finals		
5:15	400m finals	Pole Vault	
5:40	400m I.H.		
6:00	5000m finals		
7:00	200m finals		
7:30	4x400m Relay		

ENTRIES MUST BE RECEIVED NO LATER THAN MAY 21, 1983.

HOUSING RESERVATIONS MAY 14, 1983.

PLEASE PRINT

NAME ADDRESS PHONE

AGE (as of day of meet) BIRTHDATE SEX

CLUB AFFILIATION

EVENTS: EVENT BEST EVENT BEST

EVENT BEST EVENT BEST

RELAY TEAM: Members

HOUSING: Check the one you need if you desire housing.

☐ DAYS INN \$40.00 per day. Includes room, tax and shuttle to track. Up to 4 in room.

☐ HOLIDAY INN \$75.00 per day. Includes room, tax and shuttle to track. Indoor pool and games. Good for family. Up to 2 in room.

TO RESERVE ROOMS MAKE CHECKS PAYABLE TO ABBOTT TOURS. SEND AS SOON AS POSSIBLE.

I HEREBY WAIVE ANY CLAIM I OR MY HEIRS MAY HAVE AGAINST THE LOUISIANA LIGHTNING TRACK CLUB, KENNER RECREATION DEPARTMENT, TAC OR ANY OF THE SPONSORS FOR ANY INJURIES OR CLAIMS SUSTAINED BY ME IN PARTICIPATING IN THIS MEET. I ASSUME THE RISK IF ANY AND CERTIFY THAT I AM IN GOOD HEALTH AND HAVE BEEN EXAMINED BY A PRACTICING PHYSICIAN.

DATE

ILLUSTRATION

 Mail to:  
 Danny Thiel  
 2609 Canal St.  
 New Orleans LA 70119


Dale Sutton, 43, San Diego, first master in Indio Date Festival 10K Walk 51:53 February 27. Sportsfoto by John Allen

## COURKAMP EDGES HEFFERNAN IN COLORADO

by VALDEMAR SCHULTZ

BOULDER, Colorado, March 5. For the second time this winter, many inches of snow nearly shut down the Denver-area completely. The Potts' International — and the Masters Mile — went on as scheduled, but without Mike Holbrook, winner of the Foot Locker (San Francisco Games) Masters Mile, who was to come from Sacramento to vie against Lee Courkamp, Chuck Downey and Mike Heffernan.

Downey, 3rd at SF, and Heffernan,

4th at Portland, tried to stave off new master Courkamp. Downey took the lead, as he had in San Francisco, and led through the half in a cautious 2:20, followed by Heffernan and Courkamp. Hearing the split, the followers moved in front of Downey and all picked up the pace.

Heffernan didn't quite have enough to stave off the fast-closing Courkamp and was edged, 4:36.30 to 4:36.38! Downey followed in a quite respectable 4:38+. According to Rich Castro of Boulder, it was a great race and one of the highlights of the meet. □

## REPORT FROM BRITAIN

by ALISTAIR A. KEN

In the South veterans Cross-Country Championships at Wimbledon, Arrant Officer Taff Davies, of the M40 Steeplechase in 1979 World Veterans Games Hannover, achieved his 4th consecutive in 33:23.

His only real rival of the 306 finishers was the 145 champ, Johnny Baldwin (33:42). Next were Chris Windle (34:11) and Steve Warzee (34:21).

The event was held in city conditions and cold winds with three sharp hills.

The over-50 race drew over 150 en-

trants, with Mike Barratt the victor in 35:17. Laurie O'Hara, former World Vets champ, was second with twin IGAL road champ Derek Wood third in 36:57.

In September, Brian Bartholomew lowered his British 45-49 800 meter record to 1:58.9 at Whitdean Stadium, the site of the 1984 European Veterans Championships from August 21-25.

Andy Toseland won the Eastern Veterans Cross Country at Norwich January 23 in 33:28. Terry Smith led the 50+ group in 34:52. Joan Everett took the women's race in 21:37. □





CITY OF SAN JUAN

Dear Masters Athletes:

On behalf of the people of San Juan, I extend to you a warm welcome to the V World Masters Games here in the Capital City of Puerto Rico in 1983.

We are deeply honored to host this important international competition. The City of San Juan is making extensive preparations for the visit of more than 5,000 athletes and their families.

We hope your visit to San Juan will enable you an opportunity to become better acquainted with our city and its people. San Juan is the oldest city under the flag of the United States, combining a rich cultural heritage with the most modern of accommodations and facilities.

Most important, however, we hope your presence in San Juan will help to bring together athletes from nations around the world in a spirit of friendship and athletic competition.

We look forward to seeing you in San Juan during the V World Masters Games.

HON. HERNAN PADILLA  
Mayor of San Juan  
Patron of Games

Sincerely,

JOSE F. MENDEZ  
President  
Executive Committee

ENG. MIGUEL RIVERA VEVE  
Director of Operations

Hernán Padilla, M.D.  
Mayor

Suggested and desirable (no stipulations) performance standards for the V World Veteran Championships.

Minimum medal standards to be met by last place finisher where there are fewer than 4 competitors

MEN	M 40-44	M 45-49	M 50-54	M 55-59	M 60-64	M 65-69	M 70-74	M 75-79	M 80+
100 M	12.8	13.4	14.0	14.5	15.5	15.8	16.8	17.8	20.0
200 M	26.5	27.5	29.0	30.0	33.0	35.0	37.5	40.0	45.0
400 M	58.0	60.0	62.0	65.0	72.0	76.0	82.0	90.0	1:04.0
800 M	2:20.0	2:25.0	2:30.0	2:35.0	2:50.0	3:00.0	3:15.0	3:40.0	4:15.0
1,500 M	4:55.0	5:10.0	5:25.0	5:40.0	6:00.0	6:20.0	7:00.0	8:00.0	9:00.0
5,000 M	18:00.0	19:00.0	20:00.0	21:00.0	21:30.0	22:30.0	24:00.0	26:00.0	30:00.0
10,000 M	40:00.0	42:00.0	44:00.0	45:00.0	46:00.0	47:30.0	50:30.0	56:00.0	NO STANDARD
110 M HURDLES	19.0	20.0	22.0	23.0	24.0	25.2	26.0	27.0	28.0
80 M HURDLES	1:10.0	1:15.0	1:20.0	1:23.0	1:25.0	1:26.0	1:35.0	1:45.0	2:00.0
400 M HURDLES	12:15.0	12:40.0	13:20.0	14:10.0	14:20.0	15:30.0	16:00.0	17:00.0	18:00.0
3,000 M S/C	1:50	1:45	1:40	1:35	1:30	1:25	1:15	1:05	.90
2,000 M S/C	5:25	4:40	4:75	4:50	4:00	3:80	3:30	2:70	2:00
HIGH JUMP	10.50	10.00	9.50	9.00	8.00	7.50	7.00	6.30	5.30
LONG JUMP	3.25	2.90	2.60	2.40	1.80	1.70	1.55	1.35	1.10
TRIPLE JUMP	10.00	9.50	8.50	8.00	11.00	10.50	10.00	9.00	8.00
POLE VAULT	27.00	25.00	27.00	25.00	36.00	33.00	29.00	25.00	20.00
SHOT PUT	40.00	37.00	34.00	31.00	36.00	33.00	28.00	23.00	18.00
DISCUS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS
JAVELIN	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS
PENTATHLON	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS
CROSS COUNTRY	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS
MARATHON	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS
20 KM WALK	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS	NO STANDARDS

## V WORLD VETERANS GAMES

SAN JUAN, PUERTO RICO September 23 to September 30, 1983

COMPETITION PROGRAMME  
REVISED JAN. 31-1983

EVENTS	CAT	SITE (see legend)	ROUND	STARTING TIME
FIRST DAY-SEPT. 23, 1983				
100 MTS.	M ALL	A	TRIALS	15:00 = 3:00 PM
	W ALL	A	TRIALS	20:00 = 8:00 PM
5,000 MTS	M ALL	B	FINALS	17:00 = 5:00 PM
	W ALL	A	FINALS	22:00 = 10:00 PM
LONG JUMP	M 65+	A-1	TRIALS & FINALS	08:00 = 8:00 AM
	M 60	A-2	TRIALS & FINALS	08:00 = 8:00 AM
	M 55	B-1	TRIALS & FINALS	08:00 = 8:00 AM
	M 50	A-2	TRIALS & FINALS	15:00 = 3:00 PM
	M 45	A-1	TRIALS & FINALS	15:00 = 3:00 PM
	M 40	A-1	TRIALS & FINALS	19:00 = 7:00 PM
	W 45+	F-1	TRIALS & FINALS	16:00 = 4:00 PM
	W 40	A-2	TRIALS & FINALS	19:00 = 7:00 PM
	W 35	A-1	TRIALS & FINALS	21:00 = 9:00 PM
	M 40	B-1	TRIALS & FINALS	08:00 = 8:00 AM
SHOT PUT	M 45	B-2	TRIALS & FINALS	08:00 = 8:00 AM
	M 50	A-1	TRIALS & FINALS	08:00 = 8:00 AM
	M 55	A-2	TRIALS & FINALS	08:00 = 8:00 AM
	M 60	B-1	TRIALS & FINALS	15:00 = 3:00 PM
	M 65	B-2	TRIALS & FINALS	15:00 = 3:00 PM
	M 70	A-1	TRIALS & FINALS	15:00 = 3:00 PM
	M 75+	A-2	TRIALS & FINALS	15:00 = 3:00 PM
	W 50+	A-1	TRIALS & FINALS	19:00 = 7:00 PM
	W 45	A-2	TRIALS & FINALS	19:00 = 7:00 PM
	W 40	A-1	TRIALS & FINALS	21:00 = 9:00 PM

SECOND DAY-SEPT. 24, 1983

OPENING CEREMONIES	ALL PARTICIPANTS	MUNICIPAL STADIUM		10:00 = 10:00 AM
100 MTS.	M ALL	A	S.F.	15:00 = 3:00 PM
	W ALL	A	" "	17:00 = 5:00 PM
	M ALL	A	F	19:00 = 7:00 PM
	W ALL	A	" "	19:30 = 7:30 PM
HAMMER	M-40	A	TRIALS & F	15:00 = 3:00 PM
	M-45	B	" "	15:00 = 3:00 PM
	M-50	D	" "	15:00 = 3:00 PM
	M-55	A	" "	18:00 = 6:00 PM
	M-60	B	" "	18:00 = 6:00 PM
	M-65	A	" "	20:00 = 8:00 PM
	M-70+	A	" "	22:00 = 10:00 PM
	M 65+	F	TRIALS & F	15:00 = 3:00 PM
	W 45+	A	" "	15:00 = 3:00 PM
	M 40	B	" "	15:00 = 3:00 PM
HIGH JUMP	M 45	A	" "	17:00 = 5:00 PM
	W 40	F	" "	17:00 = 5:00 PM
	M 60	B	" "	18:00 = 6:00 PM
	W 35	F	" "	20:00 = 8:00 PM
	M 50	A	" "	20:00 = 8:00 PM
	M 55	A	" "	22:00 = 10:00 PM
800 MTS	M ALL	A	S.F.	20:00 = 8:00 PM
	W ALL	A	" "	22:00 = 10:00 PM
3,000 S.C.	M ALL	B	F	17:00 = 5:00 PM
2,000 S.C.	M ALL	B	F	17:00 = 5:00 PM

EVENTS	CAT	SITE (see legend)	ROUND	STARTING TIME
THIRD DAY-SEPT. 25, 1983				
10,000 MTS	M 70+	A	F	06:00 = 6:00 AM
	W 60+	B	F	06:00 = 6:00 AM
	M 65	A	F	07:00 = 7:00 AM
	W 50 & 55	B	F	07:00 = 7:00 AM
	M 40	C	F	06:00 = 6:00 AM
	M 45	B	F	08:00 = 8:00 AM
	M 50	B	F	17:00 = 5:00 PM
	M 60	C	F	16:00 = 4:00 PM
	M 55	A	F	20:00 = 8:00 PM
	W 35	A	F	21:00 = 9:00 PM
200 MTS	W 40	A	F	22:00 = 10:00 PM
	W 45	A	F	23:00 = 11:00 PM
	M ALL	A	TRIALS	15:00 = 3:00 PM
	W ALL	A	"	18:30 = 6:30 PM
	M 40	A	TRIALS & F	08:00 = 8:00 AM
	M 45	A	" "	15:00 = 3:00 PM
	M 50	D	" "	08:00 = 8:00 AM
	M 55	D	" "	15:00 = 3:00 PM
	M 60	B	" "	08:00 = 8:00 AM
	M 65	E	" "	08:00 = 8:00 AM
DISCUS	M 70+	A	" "	19:00 = 7:00 PM
	W 50+	A	" "	21:00 = 9:00 PM
	W 40 & 45	E	" "	21:00 = 9:00 PM
	W 35	A	" "	22:30 = 10:30 PM
	M 70+	F	TRIALS & F	15:00 = 3:00 PM
	M 65	F	" "	17:00 = 5:00 PM
	M 60	A	" "	15:00 = 3:00 PM
	M 55	A	" "	16:30 = 4:30 PM
	M 50	A	" "	18:00 = 6:00 PM
	M 45	A	" "	20:00 = 8:00 PM
TRIPLE JUMP	M 40	A	" "	21:30 = 9:30 PM
	M 45	A	" "	21:30 = 9:30 PM
	M 50	A	" "	21:30 = 9:30 PM
	M 55	A	" "	21:30 = 9:30 PM
	M 60	A	" "	21:30 = 9:30 PM
	M 65	A	" "	21:30 = 9:30 PM
	M 70+	A	" "	21:30 = 9:30 PM
	M 75	A	" "	21:30 = 9:30 PM
	M 80	A	" "	21:30 = 9:30 PM
	M 85	A	" "	21:30 = 9:30 PM



## FOURTH DAY-SEPT. 26, 1983

JAVELIN	M 40	A	TRIALS & F	08:00 = 8:00 AM
	M 60	B	" " " "	08:00 = 8:00 AM
	M 65	B	" " " "	09:30 = 9:30 AM
	W 45+	C	" " " "	08:00 = 8:00 AM
	M 45	A	" " " "	15:00 = 3:00 PM
	M 70+	B	" " " "	15:00 = 3:00 PM
	M 50	A	" " " "	18:00 = 6:00 PM
	M 55	A	" " " "	21:00 = 9:00 PM
	W 35	B	" " " "	18:00 = 6:00 PM
	W 40	B	" " " "	21:30 = 9:30 PM
200 MTS.	M ALL	A	S.F.	15:00 = 3:00 PM
	W ALL	A	" "	17:00 = 5:00 PM
	M ALL	A	F	22:00 = 10:00 PM
	W ALL	A	"	22:30 = 10:30 PM
800 MTS	M ALL	A	F	19:00 = 7:00 PM
	W ALL	A	F	21:00 = 9:00 PM
400 MTS H.	M ALL	B	TRIALS	15:00 = 3:00 PM
	M ALL	B	S.F.	21:00 = 9:00 PM
POLE VAULT	M 55+	A	F	16:00 = 4:00 PM

## FIFTH DAY-SEPT. 27, 1983

POLE VAULT	M 40, M45, M50	A	F	16:00 = 4:00 PM
CROSS COUNTRY	M & W ALL	SPECIAL COURSE	F	07:00 = 7:00 AM
400 MTS.	W ALL	A	TRIALS	15:00 = 3:00 PM
	M ALL	A	TRIALS	17:00 = 5:00 PM
400 MTS. H.	M ALL	A	F	22:30 = 10:30 PM
1,500 MTS.	M ALL	B	S.F.	15:00 = 3:00 PM
	W ALL	B	S.F.	18:00 = 6:00 PM

EVENTS	CAT	SITE (see legend)	ROUND	STARTING TIME
SIXTH DAY- SEPT. 28, 1983				
5 K WALK	M ALL	A	F	07:00 = 7:00 AM
	W ALL	B	F	07:00 = 7:00 AM
400 MTS.	M ALL	A	S.F.	15:00 = 3:00 PM
	W ALL	A	" "	17:00 = 5:00 PM
1,500 MTS.	M ALL	A	F	18:00 = 6:00 PM
	W ALL	A	"	19:30 = 7:30 PM
400 MTS.	M ALL	A	F	21:00 = 9:00 PM
	W ALL	A	"	21:45 = 9:45 PM
110 MTS H.	M ALL	B	TRIALS	15:00 = 3:00 PM
100 MTS H.	W ALL	B	TRIALS	16:00 = 4:00 PM
80 MTS H.	M 70+ & W 70+	B	TRIALS	17:00 = 5:00 PM
PENTHALON	M 75+	B	F	18:00 = 6:00 PM
	W ALL	C	F	08:00 = 8:00 AM

## SEVENTH DAY-SEPT. 29, 1983

110 MTS H.	M ALL	A	S.F.	15:00 = 3:00 PM
100 MTS H.	W ALL	A	S.F.	17:00 = 5:00 PM
80 MTS H.	M 70+ W70+	A	S.F.	17:45 = 5:45 PM
110 MTS H.	M ALL	A	F	20:00 = 8:00 PM
100 MTS H.	W ALL	A	F	21:00 = 9:00 PM
80 MTS H.	M 70+ W 70+	A	F	22:00 = 10:00 PM
20 K WALK	M ALL	MARATHON COURSE	F	05:00 = 5:00 AM
10 K WALK	W ALL	MARATHON COURSE	F	05:00 = 5:00 AM
PENTHALON	M 70	A	F	08:00 = 8:00 AM
PENTHALON	M 65	A	F	18:00 = 6:00 PM
PENTHALON	M 55	B	F	08:00 = 8:00 AM
PENTHALON	M 50	B	F	16:00 = 4:00 PM

## EIGHT DAY-SEPT. 30, 1983

MARATHON	M ALL	MARATHON COURSE	F	05:00 = 5:00 AM
	W ALL			
PENTHALON	M 60	A	F	16:00 = 4:00 PM
PENTHALON	M 40	B	F	08:00 = 8:00 AM
PENTHALON	M 45	A	F	08:00 = 8:00 AM

## NINTH DAY-OCTOBER 1st, 1983

\* TEAM RELAYS ALL A 08:00 = 8:00 AM

\* UNOFFICIAL EVENTS SPONSORED BY VARIOUS MASTERS CLUBS IN U.S.A. ENTRIES ACCEPTED UP TO THE DAY BEFORE THE COMPETITION.

MORE INFORMATION AND ENTRY FORMS WILL BE AVAILABLE DURING THE WEEK OF THE GAMES.

## SITE LEGEND:

A- MAIN STADIUM SIXTO ESCOBAR D- CANODROMO  
B- PARQUE CENTRAL E- SOFTBALL FIELD PARQUE CENTRAL  
C- POLIDEPORTIVO F- WARM UP TRACK SIXTO ESCOBAR STADIUM

## NOTES:

1. OPENING CEREMONIES HAVE BEEN SCHEDULED FOR SATURDAY SEPT. 24th, 1983 AT 10:00 TO ALLOW ALL COMPETITORS TO PARTICIPATE IN SAME.
2. THE STARTING TIMES AND SITES OF THE EVENTS, ARE SUBJECT TO CHANGE DEPENDING ON THE NUMBER OF PARTICIPANTS ACTUALLY REGISTERED. HOWEVER, OFFICIAL AND FINAL SITES AND STARTING TIMES WILL BE PUBLISHED AND DISTRIBUTED TO ALL PARTICIPANTS UPON ARRIVAL AT SAN JUAN.

## V WORLD MASTERS GAMES

SAN JUAN - 1983

## OFFICIAL ENTRY FORM

LAST NAME	MIDDLE INITIAL	GIVEN NAME
ADDRESS: STREET TOWN SHIP CITY		
COUNTRY	TELEPHONE #	
DATE OF BIRTH	AGE GROUP	PART. # (LEAVE BLANK)

## I WISH TO BE REGISTERED IN THE FOLLOWING EVENTS:

<input type="checkbox"/> M MEN	Best Performance 1982	<input type="checkbox"/> W WOMEN	Best Performance 1982
<input type="checkbox"/> 100 m	.....	<input type="checkbox"/> 100 m	.....
<input type="checkbox"/> 200 m	.....	<input type="checkbox"/> 200 m	.....
<input type="checkbox"/> 400 m	.....	<input type="checkbox"/> 400 m	.....
<input type="checkbox"/> 800 m	.....	<input type="checkbox"/> 800 m	.....
<input type="checkbox"/> 1500 m	.....	<input type="checkbox"/> 1500 m	.....
<input type="checkbox"/> 5000 m	.....	<input type="checkbox"/> 5000 m	.....
<input type="checkbox"/> 10000 m	.....	<input type="checkbox"/> 10000 m	.....
<input type="checkbox"/> Marathon	.....	<input type="checkbox"/> Marathon	.....
<input type="checkbox"/> 80 m Hurdles	.....	<input type="checkbox"/> 80 m Hurdles	.....
<input type="checkbox"/> 100 m Hurdles	.....	<input type="checkbox"/> 100 m Hurdles	.....
<input type="checkbox"/> 110 m Hurdles	.....	<input type="checkbox"/> 5 km Track Walk	.....
<input type="checkbox"/> 400 m Hurdles (40-69)	.....	<input type="checkbox"/> 10 km Road Walk	.....
<input type="checkbox"/> 3000 m Steeple (40-69)	.....	<input type="checkbox"/> Cross Country	.....
<input type="checkbox"/> 5 km Track Walk	.....	<input type="checkbox"/> High Jump	.....
<input type="checkbox"/> 20 km Road Walk	.....	<input type="checkbox"/> Long Jump	.....
<input type="checkbox"/> Cross Country	.....	<input type="checkbox"/> Shot Put	.....
<input type="checkbox"/> High Jump	.....	<input type="checkbox"/> Discus	.....
<input type="checkbox"/> Pole Vault	.....	<input type="checkbox"/> Javelin	.....
<input type="checkbox"/> Long Jump	.....	<input type="checkbox"/> Pentathlon	.....
<input type="checkbox"/> Triple Jump	.....		
<input type="checkbox"/> Shot Put	.....		
<input type="checkbox"/> Discus	.....		
<input type="checkbox"/> Hammer	.....		
<input type="checkbox"/> Javelin	.....		
<input type="checkbox"/> Pentathlon	.....		

CLUB (IF ANY) \_\_\_\_\_

## TRAVEL AND LODGING ARRANGEMENTS: (IF KNOWN)

AIRLINE &amp; FLIGHT # \_\_\_\_\_ DATE \_\_\_\_\_ EXPECTED TIME OF ARRIVAL \_\_\_\_\_

HOTEL OR OTHER LODGING RESERVATIONS: \_\_\_\_\_

## ENTRY AND OTHER FEES:

FIRST EVENT \$15 \$ \_\_\_\_\_  
 ADDITIONAL EVENTS - \$5 EACH (\$5 x \_\_\_\_\_) = \_\_\_\_\_  
 SUB TOTAL \_\_\_\_\_  
 WAVA SPECIAL FEE \$10 \_\_\_\_\_  
 OPTIONAL:  
 TRANSPORTATION FEE \$10 \_\_\_\_\_  
 FAREWELL PARTY \$10 PER PERSON (\$10 x \_\_\_\_\_) = \_\_\_\_\_  
 TOTAL \$ \_\_\_\_\_ \* (IN US DOLLARS)

## \* PLEASE MAKE YOUR CHECK OR DRAFT PAYABLE TO:

V WORLD MASTERS GAMES  
 GPO BOX 336  
 SAN JUAN, PUERTO RICO 00936

YOUR CHECK SHOULD BE MAILED TO ABOVE ADDRESS WITH THE FOLLOWING REQUIRED DOCUMENTS

ATTACHED TO THIS ENTRY FORM: NO LATER THAN JULY 1, 1983 \*

- REQUIRED DOCUMENTS: 1. COPY OF BIRTH CERTIFICATE OR EQUIVALENT  
 2. TWO 2 x 2 RECENT PHOTOGRAPHS

\* ENTRIES POSTMARKED AFTER JULY 1, 1983 OR RECEIVED AFTER JULY 15, 1983 WILL NOT BE ACCEPTED.

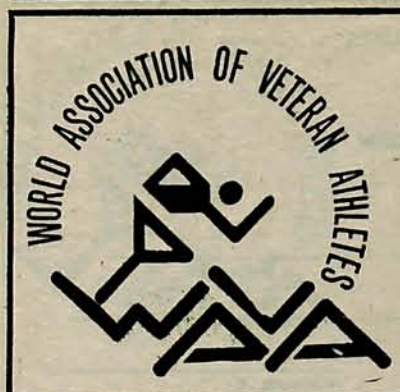
## WAIVER

In consideration of the right to participate in the V World Masters Games, I do hereby for myself, my heirs and executors, release and forever discharge any and all claims for injuries, damages and losses suffered by me as a result of my participation against the Organizing Committee, the City of San Juan, the Government of Puerto Rico, and any of the Associations or Organizations related with the Games. I further certify that I have been recently examined by a certified doctor, and found to be in good physical condition.

DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_





## 5 Months to go COUNTDOWN TO PUERTO RICO

by RAFAEL SERRATI  
Administrative Officer,  
V World Veterans Games

With just about six months to go before the opening of the V World Masters Games in San Juan, Puerto Rico, the organizing committee is happy to inform that all preparations are going according to schedule and we are looking forward to a record number of participants in these games.

We would like at this time to summarize certain phases of the games organization for the benefit of all concerned.

### COMPETITION PROGRAMME:

After consultation with WAVA officials and careful consideration of several suggestions received, the committee decided to revise the competition programme originally published in our information booklet.

The new revised programme was published in the last issue of "NMN," and is also published in this issue.

This revised programme may still be subject to minor changes, specially after considering the actual number of entries received for each event. The **Final Programme** will be published and distributed to each participant upon arrival at San Juan.

We want to mention also that in order to eliminate extra burden on medium races, the trials will be considered as semifinals for the 800 and 1,500 M.

We also want to clarify that trials for the 110M Hurdles include the trials for those men running 100 M.

### ENTRY FORMS:

The entry form has also been revised, even though, the original one published in our booklet can still be used. The new form is also being published in this issue of "NMN."

It is most important to include with the entry form: the check for the corresponding fees, with 2x2 photographs, evidence of birth date, and the signing of the waiver form.

Also it is important to notice the deadline of **July 1st, 1983**, as it is definite that no entries will be accepted after this date. The reason for this is that we will be using a computer system for all meet documents, including participants official listing, heat distribution and seeding where applicable, results forms, etc.

Hence, in order to be able to obtain the most efficient use of the system, and to insure the success of the meet, the deadline of July 1st will be strictly

### enforced for all events in the program. TRANSPORTATION SERVICE:

The organizing committee is planning a shuttle-type transportation service between the hotels and the venues and back. This service is available to all for \$10.00 per person — whether participants or spectators. It is worthwhile noting that this service does not include transfers from the airport to the hotels or vice-versa. If traveling in a group, transfers can be arranged through a tour operator. If traveling by yourself, we suggest you contact our information booths at the airport, who will direct you to whatever transportation you may desire, whether taxis or limousine services. The latter will be available at a moderate rate of about \$3.00 per person but because of local regulations it will only be available from the airport to the hotels, but not from the hotels back. So, special arrangements should be made for trips back to the airport. Incidentally, traveling from the US to San Juan is just like traveling to any other city within the US as far as customs and immigrations regulations are concerned. However, on the way back your luggage will be subject to US Department of Agriculture checking for unauthorized plants or fruits, so you should consider arriving at the airport at least 90 minutes before departure time.

### INSCRIPTIONS REVALIDATION:

As soon as possible after arriving in San Juan, and prior to the start of competition you should visit the meet's administrative offices, which will be located at the facilities of the olympic pool, right across from the main stadium. There, you will receive an envelope containing among other things an official listing of the events you have registered on and your participant numbers. Also you will receive an information and instructions folder and your ID card which gives you access to all competition venues.

That is the time to make a final check on those events you have been registered on and to claim or correct any possible errors made by the secretariats office. If any, these should be corrected at this time. This process will serve as the revalidation of your inscription.

### COMPETITION AREA:

In order to have an efficiently run meet, we will ask that athletes not actually participating in a given moment, be seated in the spectators area, thus

## compete in the Fifth World Veterans Games in San Juan

23 September - 02 October 1983

FLY American Airlines from New York

STAY 9 nights at the Regency Hotel

Airfare, hotel and transfers: \$479 per person

Optional • CRUISE on the lovely **Cunard Countess** for 7 nights extension • VISIT: Caracas, Grenada, Barbados, St. Lucia, St. Thomas and St. John!  
• Only \$778 per person, additional (plus port tax)  
*Cruise option must be purchased with land program*

### Call today for complete information:

**Diana Schneider (212) 496-1900**

Simone Travel Bureau • Suite 500 • 2112 Broadway • New York, N.Y. 10023

leaving the field free for those athletes actually competing.

Warm up areas will be provided adjacent to the actual venues in use. In other words we are trying to provide the ideal competition conditions worthy of a world class event of this nature.

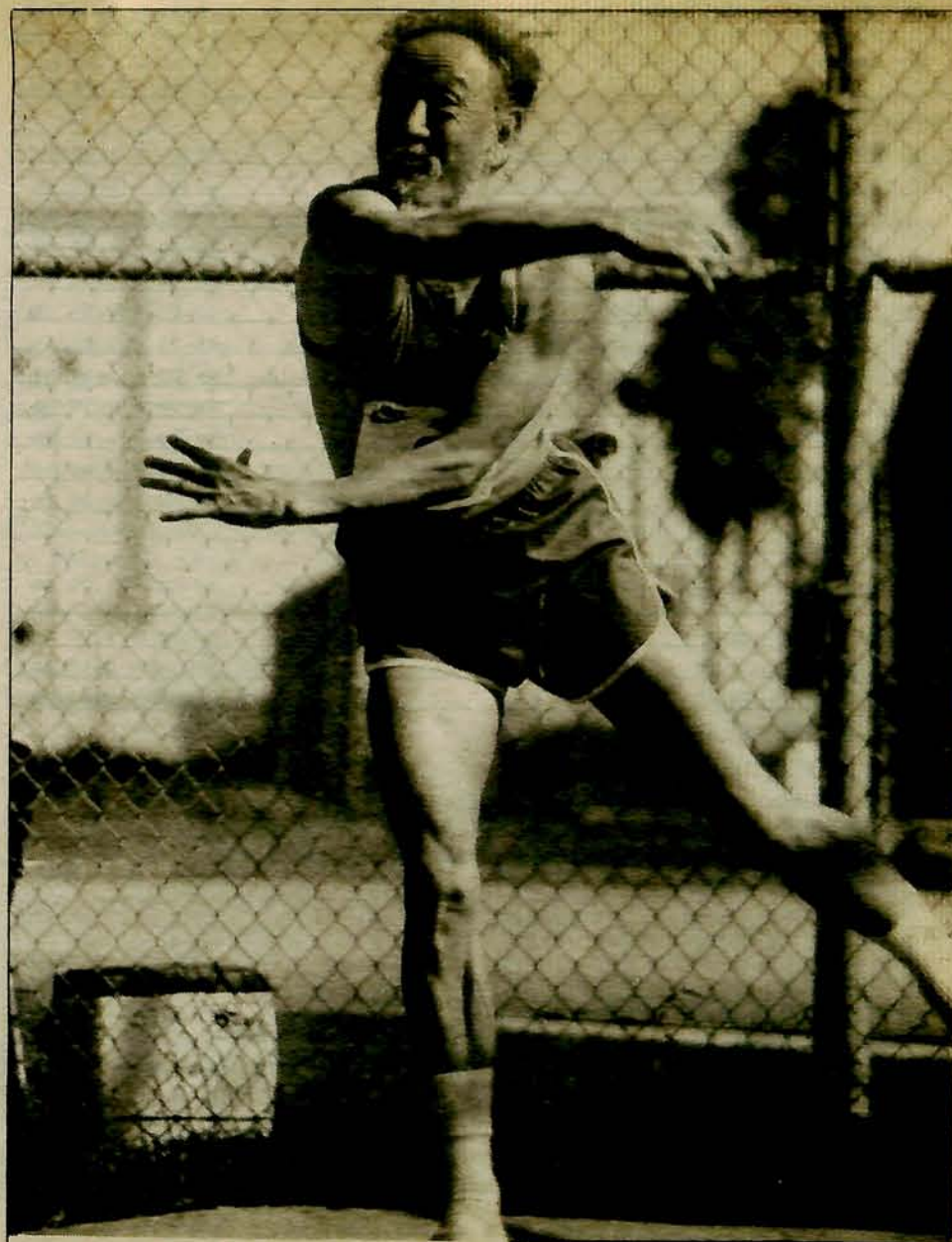
### COMPETITION EQUIPMENT:

The organizing committee will provide implements and equipment of standard quality to be used by the competitors. Those athletes wishing to use their own implements must arrange to have them certified by the technical committee at least two hours before the

event concerned.

### OUR GENERAL PHILOSOPHY:

It has been our criteria throughout the planning stage that these games are for the athletes. After all, you are the stars of the show. It is our intention to run a most efficient meet from a technical standpoint of view, and to afford every condition possible to make the stay of all participants in our Island, an unforgettable experience. We will be commenting on further details in future issues of "NMN," but in the meantime we will welcome any questions or comments from our fellow masters. "Hasta la vista." □



Chia-Tsung Pao, 67, throwing the discus in World Veterans Decathlon in San Diego.

Photo by Mike Plant



# National Running Data Center News

Starting next month, the National Masters News will begin exclusively printing the top 1982 Masters Rankings — age 35 and up — for each distance from 10-kilometers through the marathon.

One race will be featured each

month from May through November. The complete masters rankings — up to 100 deep — will be published in the book: U.S. Distance Rankings, 1982, Volume II," and is available for \$9.95 from NRDC, PO Box 42888, Tucson AZ 85733.



The New York season Opener was led by a not so fearsome dragon. A little premature for Chinese New Year, but the idea coincided with the sponsors awarding the age-group winners with a Chinese banquet dinner.

Photo by Nancy Coplon

## Adams Tops Billups, Randall in Portland

by VALDEMAR SCHULTZ

PORTLAND, Oregon, February 19. As they had last year, a formidable group of masters assembled in Portland for the Masters Mile. Last year's winner, Ernie Billups of Chicago, and runner up George Cohen of Los Angeles were there. Local favorite Mike Heffernan was back. Also Paul Hall of Seattle, Don Trethawey of Richmond, B.C. and Portland's Pat Becker returned.

New — and very fast — blood was added. Barry Adams, Canadian, and Univ. of Oregon Alum, had done some fast outdoor times the previous summer. Kirk Randall, with a number of superlative track, cross-country and road performances, was flown in by Saucony, for whom he runs. Roy Reisinger of Anchorage, Alaska, more noted for his road performances, was entered, and local high school coach Norm Oyler, recently 40, wanted to have a shot at the big boys.

It had been anticipated, until the week before the race, that Bill Stewart of Michigan, who had been setting the indoor track and the roads afire, would make a showing. At the last moment, Stewart bowed out. (Somewhat surprisingly, Stewart ran the Orlando Marathon that same weekend and was beaten handily by masters champion Bill Hall.) The lure of marathoning

may have cost the mile another star performer, as Mike Manley had run a 2:17:10 (U.S. masters best time) at Houston-Tenneco, January 16th, and did not want to risk not being fit for the Mile.

Notwithstanding the absence of the new U.S. masters "super-stars," the race was both competitive and quite fast. All ten runners stayed within hailing distance of each other through a tactical first half, passed in 2:16 by the leaders. After that, Heffernan, who had challenged the leaders, was forced to fall back and Adams, Billups and Randall ran close for a time. The Canadian's superb middle-distance conditioning allowed him to run a very fast last quarter (about 63) to compete a 2:10.5 half and a 4:26.5 mile. Billups was able to come back and nip Randall for 2nd, 4:30.2 to 4:31.4, and Heffernan hung in for fourth 4:33.7.

Trethawey claimed another 45-49 Canadian record for the indoor mile, as he had last year, of 4:34.6. Improving Paul Hall, a pilot with United Airlines, was sixth in 4:35.8. Oyler, Reisinger and Becker made it nine runners under 4:40, while George Cohen gamely finished a disappointing — for him — race. Adams' mile was the second fastest of the season, while Billups effort was very close to Brian Bottoms in Dallas. □



TAC, USA - NATIONAL MASTERS

MEN'S DECATHLON AND WOMEN'S HEPTATHLON

Co-sponsored by Merced City & Merced County Parks & Recreation Departments, and the Merced College Athletic Department.

DATE: July 2nd and 3rd 1983 - starting time 8:00 A.M.

WHERE: Merced Community College Track "76" Stadium, Merced, Ca.

ENTRY FEE: \$15.00 (No Financial Sponsors) Entry deadline June 25, 1983.

AWARDS: 3 Place Medals (Gold-Silver-Bronze) in each age group to all Submasters and Masters 1st-2nd-3rd places for both men & women. Also a complimentary commemorative patch to all participants. All contestants run in 5 age groups: For example (30 thru 34) (35 thru 39) (40 thru 44) (45 thru 49) etc.

All events will be run: oldest to younger contestants starting with women first.

(Men:) Hurdles in Meters: 30 thru 69 yrs. 110M (10 hurdles): (From starting point to first hurdle -13.72M) (Between hurdles- 8.70M) (Last hurdle to finish - 17.98M)

70 years and over 100 M. (10 hurdles) (To first hurdle -13.00M) (Between hurdles - 8.50M) (Last hurdle to finish 10.50M)

(Women:) Hurdles (30 yrs. and over) 100M (10 hurdles) spacing same as men's 70 yrs and over.

(Discus) Men (30 thru 49 yrs. - 2 kilo college Discus) (50 thru 59 yrs. - 1.6 kilo High School Discus)

Men: (60 and over 1.0 kilo women's discus)

Women: (30 and over all use 1.0 kilo women's discus)

(Shot Put) Men: (30 thru 49 yrs. -16# shot) (50 thru 59 yrs. - 12# shot) (60 and over - 8# shot)

Women: (30 years and over all use 8# shot)

(Javelin) Men: (30 yrs. thru 59 yrs. 800 gm. college javelin)

60 yrs. and over - 600 gm women's javelin)

Women: (30 yrs. and over all use 600 gm women's javelin)

Women's Heptathlon - (100 M hurdles) (Shot) (HJ) (200 M)= 1st day

(Long jump) (Javelin) (800M) = 2 day TOTAL 7 events

(Scoring) Men: (30 thru 59 yrs.) use IAAF scoring table.

60 and over use WAVA

Women: (30 yrs. and over use IAAF scoring table.

FACILITIES: (New Chevron 400 track) - (P.V. - L.J. - H.J. Runways)

All require 1/2" spikes. Javelin thrown off of Grass approach.

HOW TO ENTER: Mail check to A.J. Puglizevich together with application to 720 East 21st Street, Merced, Ca. 95340

You must have your TAC 1983 Number to enter this meet. We would appreciate your attending the Dinner Banquet Sunday night as Monday is also a holiday - (Steak dinner \$6.00 + \$15.00 Entry = \$21.00 Total).

Come dressed in your contestant gear from your motel, ready to compete.

Please print carefully.

### Application

Return this portion with your check.

Decathlon

NAME: \_\_\_\_\_ CIRCLE ONE: Heptathlon

ADDRESS: \_\_\_\_\_  
Street City State Zip

AGE ON JULY 2, 1983 \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

TAC # \_\_\_\_\_

In consideration of acceptance of my entry, I do hereby, for myself, my heirs, and executors or administrators, waive, release & forever discharge any and all rights and claims for damages, which I may have, or which may hereafter accrue to me against the sponsors, TAC, Merced Community College, Merced College Athletic Dept. Merced City Recreation Department, Merced County Parks and Recreation Department, A.J. Puglizevich or their officers or representatives, arising out of my participation in the 1983 TAC, USA-National Masters and submasters Men's Decathlon and Women's Heptathlon championships. I certify that I have no physical impairments which might in any way prevent me from competing in this meet. I compete at my own risk and certify that I am the age listed above.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_





## SPEAKER'S CORNER

### U.S. Masters at Los Angeles?

By VALDEMAR SCHULTZ

The 1970 Olympic Marathon Trials in Buffalo, New York, had no masters entries. To that time, no U.S. master had run better than 2:21:54, the qualifying time. Keith Forman, Bill Hall and Ralph Zimmerman qualified, but they were not 40 at the time of the Trials. Bill Hall has moved the U.S. marathon standard for masters down to 2:21:19 (Boston, 1981), but even

fine performance repeated may not be enough; it seems likely it will take a near- or sub-2:20 to run at the 1984 Olympic Trials held on the same Skylon course in Buffalo.

But masters women at their Olympic Marathon Trials and perhaps at Los Angeles? Very likely. The qualifying time for the women's Trials to be held in the fittingly-named town of Olympia, Washington, is likely to be near the 2:55 mark. And with the tremen-

dous progress of women at the longer distances, the lack of any other distance races past the 3000M to shoot for, and the tremendous motivation to run in this first-ever event, there are surely going to be more than 150 and quite possibly as many as 250 qualifiers. My guess is that 10% will be either U.S. Masters (40+) or international masters (35-39).

In the over-40 category, Cindy Dalrymple is by far the favorite among current masters performers. But Karen Scannell, Ann Diaz, Shirley Weaver, Sandra Kiddy and Marion Irvine have times in the range required, and surely I've missed a few. Notable names in the short history of the running boom may be inspired by the Trials to surpass their most recent efforts. Miki Gorman and Doris Brown Heritage may come back; both have the talent. Nina Kuscsik and Joan Ulliot should not be counted out.

The first Women's Olympic Marathon Trials are most certain to draw from a wider field than current marathoners. Every sub-37:00 10K college racer will be tempted to have a

shot at the 26-mile distance. Among masters known as shorter-distance runner, the temptation will be as great. Vicki Bigelow, Judy Fox Eddy, Shirley Matson, Barbara Pike, and Linda Sipprelle should be able to run quite creditable marathons.

Another small group of women marathoners, not yet 40, will become masters before the 1984 Trials. These include Wendy Robertson O'Donnell, who has run 2:45:52 this year at age 39, along with Doris Heritage's Falcon Track Club teammates, Vicki Foltz and Trina Hosmer, who may well elect to try to set marathon PR's and qualify.

Laurie Binder is already a master in the international sense, and her mid-2:30's capability make her the pick of the current 35-39 crop. But Susan Rossiter Henderson, Betty Hite, Jane Robinson Parsons, Polly Peacock, and Sue Petersen will want to be at their best. Not yet 35, but reaching international masters status before the Trials are Jane Buch, who recently ran 2:38 at the Humana Rocket City Marathon in Huntsville, and former world record holder and the first woman ever to break 2:40, Jacqueline Hansen, now on the comeback road.

For those of us privileged enough to live close to the Trials site in the Pacific Northwest, it's a must event on the 1984 calendar. It will be one of the most interesting athletic events I've had the opportunity to witness. But don't forget 1983. Many of the top marathoners in the country will be invited to test the course at the June, 1983, Capital City Marathon. All are eligible to run that marathon, which will also be a spectator's delight.

There'll surely be masters at the Olympic Trials, even if Al Oerter, for some reason, doesn't make it. □



Sister Marion Irvine, also known as the "flying nun," approaches the finish line in The Hawaii All-Women's 10K on Feb. 20. Irvine, 53, finished 11th overall among some 2,000 women and was the first masters finisher. She clocked 39:55, a masters race and Course Record.

Photo by Greg Yamamoto

**3rd Annual Western  
Pennsylvania Track Club  
Masters T&F  
Championships  
Sunday, May 22  
Washington, PA**  
Sue Kline  
1245 Alamae Lakes Road  
Washington PA 15301

**412/228-1872**  
Men: 5-year age groups  
from age 30  
Women: 10-year age  
groups from age 30

**Team trophies to each  
Men's 10-year age group  
Team trophies to top  
women's team**



(Continued from page 2)

**WEIGHT PENTATHLON**

The 99 top throwing men in the U.S. and Canada, who signed a petition asking that a World Veteran Weight Pentathlon Championship be added to the Schedule of Events at San Juan, P.R. Sept. 23-30, were turned down.

But the first ever WVVPC will be held at Atlantic Community School Delray Beach, Florida on Sunday, Oct. 1, 1983, unanimously endorsed by the sponsoring Palm Beach Track & Field Association and by the Florida Athletics Congress.

This event needs our full support. Sign up and bring others. This will tell WAVA that throwing men are ready for this event to be in the next World Games.

*Phil Partridge  
Palm Beach Track &  
Field Association*

**THE SPEECH THAT WAS NOT MADE**

On February 16, 1983 on the occasion of the Metropolitan Athletic Congress annual awards banquet I was given the Outstanding Masters, Men's Track and Field Award for 1982. Since the Ceremonies ran overtime, I was unable to give an acceptance speech. Here now is how I would have expressed my feelings:

"I wish to express my appreciation to all of you for bestowing this honor on me. I am certain that out in the audience there are many masters who should be sharing the same spotlight.

When I first joined the Masters program a few short years ago, I little realized that I would ever be fortunate enough to attain such recognition — and so, to those instrumental in making me a recipient of this award — my thanks.

At this time, I would like to pay tribute to those who make the Masters possible, including the coaches, officials, workers and meet directors, who unselfishly donate their time and efforts to further our cause.

Finally and more important, I wish to pay a personal tribute to the large group of Master athletes (both men and women) who train diligently, travel long distances under adverse conditions in order to compete in meets with little expectations of winning medals, trophies, plaques or other awards. They are the backbone of Masters — They are the truly dedicated, unsung heroes and their names are legion.

Barring illness, accident or injuries, I hope to continue in the future to live up to the spirit of Masters, embodied in this plaque.

Once again, for your kind consideration and acknowledgement, thank you very much."

*David Lawyer  
Elmwood Park, New Jersey*

**GRIPE**

I have just recently become a subscriber to N.M.N. I was a subscriber to *Track Master* and with their folding, I took a chance on N.M.N. I also subscribe to *Runners World*, *Running Times*, and *Runner*.

The reason for my writing this letter is to complain about the two columns in N.M.N. (January 1983). The first one is "On Approaching Every Problem with an Open Mouth." What is the point, if there was one? What does it have to do with running? Was this an attempt at humor? The other is "Phil the Philosopher." Again, what does this have to do with running?

I have only received two issues of N.M.N. and have been very disappointed with the content of both.

Please cancel my subscription.

*Carl Trimmer  
Pittsburgh, PA*

**KUDOS**

Continued subscription check is enclosed. Wouldn't be without the "News." It is a must, and you do an admirable job. All of us "old timers" can remember when we didn't have such a publication.

*Fred White  
Duncanville, Texas*

I look forward eagerly each month to receiving "National Masters News."



Harold Chapson and Sister Marion Irvine pose after the Hawaii All-Women's 10K in Honolulu on February 20. Irvine, 53, was the first masters finisher and placed 11th overall among more than 2,000 women. She clocked 39:55 under humid conditions. Irvine is the world record holder at 10K in her age class (37:43), while Chapson, 80, holds numerous age-class records. Irvine's participation in the race was arranged by Nike.

Photo by Mike Tymn

You do a terrific job with it, and I've taken pleasure in recommending it to many new Masters in our area.

*Dick Lacey  
Clearwater, Florida*

Enclosed find a check for \$100 to help out a little on the N.M.N.

I really appreciate the N.M.N. Its great to get all those schedules in advance so one can plan any upcoming trips. You are doing a fine job. Just couldn't get along with N.M.N.

*Marilla A Salisbury  
San Diego, Calif.*

(Comments - Pro and Con - are always welcome. And thank you for the kind donation. — Ed.)

**CLASSIFIEDS**

AS A PUBLIC SERVICE to the masters community, National Master News will publish all announcements free of charge.

If you are promoting a race meet, or offer a service or product, the rate is 25¢ a word. Payable with copy.

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

**ARTHUR LYDIARD WESTCHESTER  
RUNNING CAMP**

June 26-July 2, 1983. Manhattanville College, Purchase, N.Y. Individualized instruction and training schedules. Age 16 through Masters runners or coaches. For Brochure, Contact: T. Robinson, 128 Clarence Rd., Scarsdale, N.Y. 10583.

**MASTERS AGE-RECORDS 1982** (thru January 1, 1982) \$4.00. NMN, P.O. Box 2372, Van Nuys, CA 91404.

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- c. Negative ok. No mats, cuts or plates.
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**9. CIRCULATION [Dec. 1981]**

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P.O. Box 2372  
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(213) 785-1895



Florianne Harp, W30, 1st woman and 16th overall in 1:04:27 in Baker-to-Baker 10-mile Run February 21 in California.

Photo by Gene Cohn



# MASTERS SCENE

•TAC Masters Track & Field Chairman Jim Weed reports a national sponsor may soon be forthcoming. Presentations have been made to several major corporations.

•James McLatchie reports that the TAC Masters T&F Championships to be held at Rice U. in Houston will run from Friday evening, September 16 thru mid-day Sunday, September 18. No format has yet been finalized. Entry blanks will appear in the NMN, July, 1983, issue.

•Joe Henderson's Running Commentary, February 22, 1983, refers to a study of beer drinking and high-density lipoprotein (the "good cholesterol") levels. An earlier Stanford study indicated that running affected HDL favorably. Data from the Baylor U. beer study suggest that non-exercisers can maintain the same HDL levels of runners by drinking three beers a day. Running Commentary muses on whether running and drinking three beers a day will result in double protection.

•What price glory? Wags are crossing off Senator Alan Cranston as a threat in the M65 100 and 200 in Puerto Rico this year. The reason: the able Cranston is running for President, and supporters and detractors both claim he looks too "gaunt" on television. Cranston has always been in top condition from his running and sensible diet. But his thin, trim, healthy frame comes across as hollow-looking on the tube. So putting his World Games ambitions aside in favor of his world peace ambitions, Cranston is reportedly stuffing himself with potatoes, starches and goodies on the banquet circuit to try to gain some pounds and puff up his face a bit. The Senator's problem is not unknown to masters runners. Mike Tyn's Gun Lap column has focused on the issue. Do you trim down, look older, but run fast? Or do you take an extra ice cream, look better, but run slower?

## NEW ENGLAND

•At the Greater Boston Track Club invitational, February 5 in Cambridge, Kathleen Gallagher, 34, race walked an 8:45.2 mile; Barbara Pike, 41, notched a 2:22.7 half-mile; Carrie Parsi, 44, strode to a 11:35.7 two-mile.

## EAST

•Mike Sabino, 43, of Baltimore, MD, sizzled to a 2:32.52 to place third overall and 1st in the M40-49 division at the 22nd Annual



Johannes van Rensburg, at 84 probably the oldest runner in the Republic of South Africa. He holds the South Africa age 80+ records in the 100 (18.1) and 200 (42.5).

Photo by Leo Benning

Washington's Birthday Marathon at Beltsville, MD February 20. Tim Tays, 23, beat all 162 finishers in 2:26.22.

•David Lawyer, M60-64, was honored with a plaque as 1982 Masters T&F Athlete of the Year awarded by the Metropolitan Athletics Congress in New York on February 28. Lawyer, along with his other victories in '82 was 60y Indoor Champion at the New York Masters and National Masters, Boston, and the 100/200m winner at the National Masters Sports Festival in Philadelphia, and Southeastern Masters, Raleigh, NC.

•At the Masters Development Races on January 30, at the 168th St. Armory, New York, Cliff Pauling ran a 2:34.2 1000-yards, Rich Rizzo ran a 2:35.2; and Mason O'Neal ran 2:37.2 in the 45-49 division. Russell Robinson (40-49) clocked a 7.3 60-yard and R. Deere (45-49) sped to a 7.4 60-yard.

•At the District of Columbia Rolad Runners Club Indoor Meet in Arlington, VA, January 9, J. Demma, 43, ran a 2:08 880-yd.

•At the Western Pennsylvania Open and Masters Indoor Track Championships January 23 at Slippery Rock College, Grover Coats, M40, zipped to a 6.12 50-yard dash; Chuck Klehm, M40, threw the 35-lb. weight 46'; Ed Sutton, M50, raced a 1:29.0 600-yard; J. Chadbourne, M50, tossed the 35-lb weight 39'1 1/4".

•At the Potomac Valley Seniors Track Club Developmental Meets held indoors at Arlington, Virginia: December 5, H.W. Carle, 51, ran a 7.9 60-yd; Tom Gomillion, 40, ran a 26.14 220 and a 56.93 440. On December 19, Rudy Enders, 51, ran a 7.30 55-meters, a 26.88 220, and a 58.0 440.

## SOUTHEAST

•Data from the Humana Rocket City 1982 Marathon Results Book: largest number of entrants by age were 35 year-olds (72 total, 65M and 7W); 11 of the 12 starters from Arkansas finished the race, as did 12 of 13 starting North Carolinians and 12 of 14 starting Michiganders; highest number of entrants by occupation were teachers (198), followed by students (197), engineers (146), and managers (132). There were no entrants who listed themselves as brokers, florists, secretaries, or, amazingly, coaches. Of the 1315 finishers, 56.6% ran PR's.

•Bill Morgan, 43, (51:04), and Nancy Parker, 45, (61:39) won masters division honors in the Johnson Ferry 15K in Atlanta January 15.

## MIDWEST

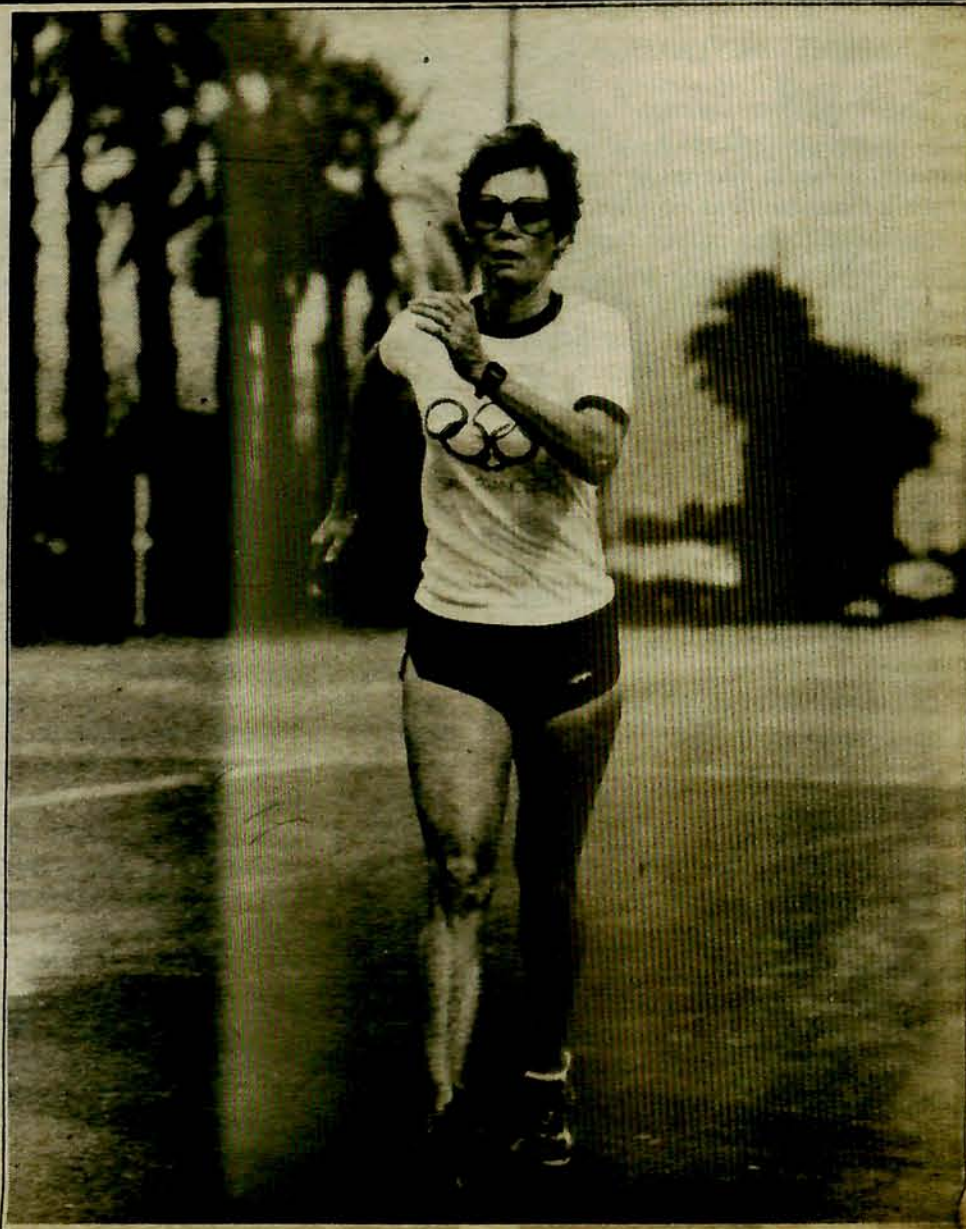
•Doug Braasch, 43, in one of the few night races run in Illinois, pumped out a 17:56 in the Northwoods Mall 5K at Peoria on February 22. A 20-year veteran of motorcycle racing, Braasch placed 28th in a field of 240 finishers in overcoming all master runners. The top five in the 40-44 age group finished among the first 48 runners.

•Fourteen masters and submasters track and field athletes turned in creditable performances in an open indoor track meet held February 15 on the 6-lane, 220-yard indoor facility at Indiana University, Bloomington.

•The highlight of the meet came when Joann Grissom, Hoosier Track Club Indianapolis, set new American age-44 marks of 4.47 meters in the long jump and 11.34 meters in the 4 Kg shot put (8.8 lbs). Her efforts bested the previous records of 3.87 m by Susan Redfield in 1980 for the long jump and 8.74 m by Constance Wilson in the shot. Butch Kincade, 44, circled the track four times in 2:12.4. Russ Bonham, 51, ran the mile in 4:52.5.

## MID-AMERICA

•Hewlett Nash, 42, posted 17:04 in a Tulsa 5K January 16. Steve Blanchard, 51, notched



Belva Norins, 49, first female master 40+, Ventura, CA., at Indio Date Festival 16K Walk 71:03 Feb. 27, '83.

Sportsfoto by John Allen

17:40. Dan Vasicek, 40, led the 15K masters in 57:01, with Nocus McIntosh, 57, checking in at 58:48, and Margaret Spear, 45, logging a 1:10:57.

•Jim McFadden, 43, clipped off steady 5:30's to post a 54:42 M40-44 victory that placed him fourth overall in the certified Bartlesville (OK) Skyline 10-miler February 27. A late entry, McFadden had cranked out a brisk 4-mile race the day before and had not planned to run the Bartlesville.

•At the Denver Track Club all-comers meet held at the U.S. Air Force Academy February 12, H. Hartenstein, 45-49, flashed to a 6.7 60-yard and a 35.9 300-yard. At the same meet, J.C. Brown, 50-54, long-jumped 17'4 1/4" and tripled a 34'2 1/2". Jerry Donley vaulted to a 13' win in the 50-54 division.

## SOUTHWEST

•Allan Lawrence, 52, running in one inch of water in a rainstorm on the Houston Baptist U. track February 5, set a new world age mark for the 1-hour run by logging 10.924 to finish a place behind the first M40+ and eighth place overall Allen McDaniel, 43, who recorded 10.1088.

•A hamstring injury forced Peter Snell, New Zealand Olympian, out of the Masters Mile in Dallas. The mile had been touted — at least by masters aficionados — as a race for first between Snell and Dallas' Brian Bolton, President of Aircondex, Inc. As it turned out, the English-born Bolton won handily in 4:29.55. For some unexplained reason, probably to improve the competitive aspect of the race, several 39-year-olds, but none younger, were allowed to run. Bolton beat them all with the second fastest masters' mile of the indoor season.

## WEST

•San Diego's Dale Sutton, 43, was first

master race walker at the Annual Indio Date Festival 10Km Walk February 27. Sutton posted a swift 51:53, while fellow San Diegoan Kate O'Classen, 37, was first female in 1:07:09.

•Walter Newman was the first master walker to stride over the finish line in the 5K race walk, organized by the Monterey Peninsula Walk Walk Walk Club, with a time of 31:38 at Monterey February 24.

•Christa Rompanen, 43, conquered a tough, hilly course in 39:30 at the North County Heart 10K in Rancho Bernardo, CA, February 12 to win the W40+ division. On February 20, Christa ran the Phoenix Marathon in 2:59:30, a masters course record.

•John Satti, 69, at the Foot Locker Games at the Cow Palace February 12, zipped to a 7.7 40m hurdles, a 5.0 30m dash, and a 14'1" long jump.

•Bruce Springbett, director of the West Valley Masters T&F Meet, July 23-24, and the Western Regional Masters T&F Championships, August 20-21, both held at Los Gatos, CA, has included 5K (Saturdays, Los Gatos H.S. track) and 20K (Sundays, Vasona Lake County Park) racewalks for both meets. Springbett now has an accutrack in Los Gatos, so all meets held there will be electronically timed.

•Sister Marion Irvine, 53, world-record holder at 10K for W50+, placed eleventh overall in winning the W50-59 division easily in the 2,000 entrant Hawaii All-Women's Race in Honolulu February 21. Sarah Christopher, 41, strutted to a race-walking victory overall, beating nearly half the runners in 1:03.55. Karen Curtis, 21, was the top runner in 36:48.

•Darryl Beardall, 46, of Santa Rosa, CA, pumped out a 1:17 on January 16 to place second overall and win his division in the Cossack Challenge 13.5 mile at Sonoma, CA.

•Jerry Lynch, 40-49, a sports psychologist

(Continued on page 21)



(Continued from page 20)

from Aptos, CA, came close to breaking the 9-year-old Mt. Madonna Challenge 12.1 Mile record (1:11:11) with a 1:11:39 overall victory on December 4 at Spring Lake, CA, even with a 50 yard wrong turn back-track. Another master runner, **Peggy Le Dolt**, was the 1st woman finisher in 1:37.

•**Jim McDiarmid** nosed out **John Cheever**, 4:33.6 to 4:33.9 in the 40-49 1500 at the annual Orange, Calif. masters meet February 19. **Tony Nasralla**, 50, turned in a good early season 400 in 58.66. **Walt Butler** 41, edged **Kenny Dennis** in a blazing 100 meters, 11.12 to 11.19.

•Continuing his attack on the Race Walk Record Book, **Larry Walker**, 40, Van Nuys, CA, replaced **Dave Romansky's** 1978 5000-Meter Walk best with a torrid 20:57, a 21 second improvement, during the Long Beach Relays, Long Beach, CA, March 5. **Vicki Jones**, 37, of Topanga, CA, was first female master in 24:47, a P.R., Jones is also credited with a 7:48.47 One Mile to capture fourth place in the TAC National Indoor One Mile Walk at Madison Square Garden on February 25.

•**Sandra Kiddy** set a pending age-46 women's marathon mark of 2:56:36 in Palm Springs February 13. Fred Kiddy edged Andre Tocco in a classic battle, 2:37:03 to 2:38:29, for men's masters honors.

•**Dan Preston's** 33:00 was best 40+ performance in a Santa Rosa, Cal. 10K New Year's Day.

•**Louise Lamond**, 64, San Francisco, race walked 12:35 in the W.C. Fields mile at Lake Merritt, Oakland.

•**Phil Dutton**, 77, race walked 47:56 in the **Willie Collins** 5K, carrying two handweights weighing over a pound each.

•**Shirley Matson**, 41, turned in a fast 37:34 in a San Diego 10K January 15. **Jim O'Neil**, 57, blazed a 35:09. **Dan McCaskill** led all 40+ runners in 33:41.

•A host of professionals who specialize in athletic performance, training and sports medicine will be sharing their expertise and experience during a free women's running and sports medicine symposium sponsored by Avon Products, Inc. The clinic is set for Saturday, April 16, 10 a.m. to 3:30 p.m. at the 1800-seat Culver City Civic Auditorium, 4117 Overland Avenue.

Speakers include renowned masters marathoners **Miki Gorman**, **Helen Dick** and **Sue Stricklin** on tips for training. Rounding out this diversified program is a movie, "Road to the Gold," a race film supplied courtesy of Avon Running.

For more information contact the Culver City Department of Human Services, (213) 202-5695.

## INTERNATIONAL

•Over 200 participants entered the first Puerto Rican Masters meet of 1983 on February 20 to record good early season marks. Note-worthy were **Ruben Diaz's** 11.51 in the 45-49 100m; **Ovidio de Jesus'** 60.14 in the 50-54 400m hurdles; and **Dagoberto Gonzalez's** 14.06m toss in the 50-54 shot.

•**Joyce Smith**, 45, of England, broke the W45-49 world record with a 2:40:01 at the 1983 Osaka Ladies Marathon, January 30, won by **Carey May**, 23, of Ireland, in 2:29:23. **Minoru Muramoto**, 41, Japan, PR-ed a 2:45.06, seventh fastest all-time, women masters performance. **Robin Hames**, 46, New Zealand, finished in 2:50.06, which also ranks close to the top ten all-time.

Announcing: the first ever

# WORLD VETERANS WEIGHT PENTATHLON CHAMPIONSHIP

DISCUS SHOT HAMMER JAVELIN WEIGHT THROW

SUNDAY, OCT. 2

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Weight throw: Men under 60, 35#; Men over 60, 25#. Women, 20#.

Schedule: 9 AM Women and men over 70  
10 AM Men ages 50 through 69  
11 AM Men ages 30 through 49  
12 Noon Men ages 29 and under

subject to minor  
revision depending  
on the number of  
entries in age groups.

A classy trophy to all who complete the 5 events. Entry Fee: \$10.00

Travel and accommodations:

San Juan, P.R. To Miami: Eastern Air Lines  
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Double: \$41.50; 10% disc. to World Veterans

Send entries and/or  
inquiries to  
**Phil Partridge**,  
Meet Director, at the  
above address.

Sponsored by the Palm Beach Masters Track and Field Association

Entry blank

Name (please print) Street

City state or county zip birth date

Club (if any) cert no. (if any) signature



National Masters hurdles champ Matt Brown of New Jersey tore his plantar ligament and spent the fall of '82 in a cast.

Photo by Ron Salvio



Emmett Smith, 2nd in 60-69 division in 1:27:14 in Baker-to-Baker 10-mile Run in California February 21.

Photo by Gene Cohn

At such an early stage, your chances of living a long, healthy life are excellent. But we need your help. The only proven way to detect a cancer this small is with a mammogram. A mammogram is a low-radiation x-ray of the breast capable of detecting a cancer long before a lump can be felt. If you're over 50, a mammogram is recommended every year. If you're between 40 and 50, or have a family history of breast cancer, consult your doctor. In addition, of course, continue your regular self-examinations.

American Cancer Society





The start of the 10 kilometer run in the Maupintour Fall Classic November 14 in Lawrence, Kansas.

## SHOE GOAL: FEWER INJURIES

BEAVERTON, OR.

— After nearly four years of research, including the study of close to 10,000 runners, both in the laboratory and on the roads, NIKE is introducing a new product line of technical running shoes designed to address a spectrum of problems experienced by athletes.

The line to be introduced during the next six months, will include 15 shoes, each featuring differing characteristics and construction.

Jeff Johnson, NIKE vice president and head of its running division, said, "This line represents the initial fruits of the first real scientific research into the role of the running shoe in aiding performance and reducing the likelihood of injury.

"These shoes need to be understood as systems in which the various component designs — lasts, outsoles, insert, supporting devices — work together to produce the performance characteristics of each model."

At the NIKE Sports Research Laboratory in Exeter, NH, believed to be the most extensive in the Western World, NIKE scientists found that runners have specific requirements which result from individual differences in body structure, shape and size of foot, type and amount of training, running style, foot plant and injury history.

During their studies, NIKE researchers and scientists found that the

"average runner" may not really exist. For example, they discovered that nearly 40% of American runners have something other than what is considered a "normal" arch.

"This kind of research had never been done before — investigating biomechanical and physiological conditions as a function of footwear variables," John said.

"The initial response of elite athletes to these shoes has just backed-up the responses we had from our wear-testers — they are really delighted."

## AIM FOR 100 X 1 MILE RELAY MARK

by WILL RASMUSSEN

Southern California Masters runners (age 40 and over) will again attempt to break the World's Record for a 100 X 1 Mile Relay (8:45:21, 5:15.2 per mile) on Sunday June 19th. The event will be held at Grossmont J.C. (El Cajon) and start at 8:00 a.m.

After setting new American Records for each of the last three years (8:50:28, 5:18.3 per mile, last year), we are determined to break the World Record. This will require a dedicated commitment from 100 (and more) runners.

This should be viewed as a maximum race effort, not just a Sunday afternoon speed workout. We will organize

Each of the shoes in the new NIKE technical running line has a unique approach to cushioning, support and weight, designed to bring out the best in the runner for whom it is intended, while offering injury protection tailored to individual make up.

"There are still a lot of improvements ahead for running shoes. Materials are improving, new materials are being developed, and research continues to reveal new insights into running shoe design. The future is going to be exciting," Johnson said. □

some track workouts starting in May to prepare people for a good performance on the track.

This event will be sponsored by the San Diego Track Club, however, you do not have to be a member to participate. We are looking for all masters from San Diego to L.A. who can run a 5:20 mile or faster, men or women. We only had one female Masters runner on the team last year, Shirley Matson — we would like to have more join us.

If you are interested, please let me know early so we can start our planning. Call Will Rasmussen (619) 447-8909 (evenings before 9:00) in L.A. Dave Holland (213) 541-5841 (evenings before 9:00) □

## RACE DIRECTORS & COACHES

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GUENES ISLAND, WA 98221  
(206) 293-9738



## CRACK M60 MILE RELAY RECORD

by DICK LACEY

A foursome of age 60-and-over runners from West Florida 'Y' Runners Club broke the listed U.S. Masters one mile relay record for their age group at the Hal McElmurry Memorial Track & Field Meet in St. Petersburg on February 26. Dick Lacey, Bernie Ryan, Bill Eppright and Jack Rice, running in that order, turned in a time of 5:03.4 to smash the record of 5:50.8 set by the Seniors Track Club of Los Angeles. (The Corona del Mar, Calif. Track Club holds the 1600-meter 60+ relay mark of 4:56.2).

The new record would have been much faster had not second runner, Ryan, tripped and fallen ten yards from the passing zone. This resulted in the loss of a good ten seconds. The team will try to lower the record considerably at the Florida State Masters Championships in April.

Rice is the current American record holder and National champion at 800 meters. Eppright won the 5,000 meters at last year's National Sports Festival. Lacey is a former World Masters hurdles champion. Ryan, hitherto better known in rowing circles as a National Masters champion, has become a good distance runner in the last three years. □



# TRACK & FIELD RESULTS

(Continued from page 25)

PHILADELPHIA MASTERS T & F Assoc.  
Indoor Champs - March 5, 1983  
Widener University - CHESTER, Pa.

## 50yd hurdles

M30	John Paul Jones	6.4
	Robert Rudrow	6.7
	John Borden	6.9
	James Overton	6.9
	Neil Sander	6.9
	Gene Hoffman	7.0
M35	Bill Meadows	6.8
M40	Jackie Fassette	7.1
M45	Bill Schroeder	7.5
M50	William Clark	6.8
	Larry Pratt	7.1
	Jack Barrie	8.5
	George Taylor	8.8
	Robert Flynn	9.3
M55	Gene Kelly	8.2
M70	Claude Hills	9.0

## 50yd dash

M30	Alfonzo Walton	5.5
	Farah Shabazz	5.6
	Jesse Langley	5.9
	James Overton	6.0
	Neil Sander	6.0
	Jim Hills	6.7
M35	Willie Overby	5.7
	Bill Meadows	6.0
	Tom Clifford	6.2
	Tom DiOrio	6.6
M40	Bob Williams	5.7
	James Bantum	5.7
	Mel Barnwell	5.8
	Bob Stanford	5.8
	Jackie Fassette	6.0
M45	Ira Davis	5.6
	Roosevelt Weaver	5.9
	Ernie McCombs	5.9
	Rich Rizzo	6.1
	Rick Deere	6.1
	Dick Ocker	6.4
M50	Rudy Enders	6.1
	Larry Pratt	6.1
	William Clark	6.2
	Bert Lancaster	6.3
	Alan Cohen	6.5
	Jack Barrie	7.1
M55	Rudy Valentine	6.3
	Oscar Harris	6.6
	Gene Kelly	7.0
	Art Harris	7.0
M60	J.W. Pierson	6.8
M65	Dave Hall	6.8
M70	Claude Hills	7.0
	Manfred D'Elia	8.0
W35	Georgie Ladd	7.8
W50	Chris McKenzie	7.5
	Beverly Cohen	8.1

## 300 yd dash

M30	Alfonzo Walton	33.3
	Rob Favorite	35.4
	John Paul Jones	35.6
	George Berry	36.6
	James Overton	37.8
	John Borden	37.9
M35	Willie Overby	33.9
	Robin Ficker	35.2
	Farah Shabazz	35.4
	Tom Clifford	38.5
	Carl Grossman	39.3
M40	Robert Stanford	35.1
	Mel Barnwell	35.8
	Carl Grant	36.3
	Jim Hodge	38.1
	Rufus Pleasant	39.3
	Richard Kaye	44.0
M45	Larry Colbert	34.8
	Dawson Pratt	35.1
	Rich Rizzo	35.1
	Ken Baker	35.1
	Ira Davis	35.8
	Ernie McCombs	36.5
	Haig Bohigian	37.8
M50	Rudy Enders	36.3
	Bert Lancaster	37.1
	Josh Culbreath	37.1
	William Clark	38.2
	Alan Cohen	39.8
	Jack Barrie	43.1
M55	Rudy Valentine	38.9
	Oscar Harris	41.4
	Gene Kelly	41.5
M60	J.W. Pierson	41.6
	Boo Morcom	42.1
M65	Dave Hall	44.7
M70	Claude Hills	47.5
	Manfred D'Elia	49.0
W35	Georgie Ladd	51.4
W50	Chris McKenzie	48.0

## 600 yd run

M30	Joe Showers	1:15.9
	Garry Crawford	1:18.3
	Rob Favorite	1:20.0

	Scott Thornsley	1:22.0
M35	Robin Ficker	1:21.4
	Winston Wilkinson	1:28.8
M40	Jim Demma	1:23.9
M45	Ken Baker	1:20.0
	Larry Colbert	1:21.5
	Cliff Pauling	1:21.6
	Mason O'Neal	1:22.7
	Haig Bohigian	1:27.4
M50	Rudy Enders	1:25.9
	Alan Cohen	1:36.0

## High Jump

M30	Robert Rudrow	5-10
	Gene Hoffman	5-4
	Ivan Black	5-2
	Ron Salvio	5-2
M35	Bill Meadows	5-8
	Al Zacharka	5-6
	Dave Van Dusen	4-8
	Bob Ryan	4-8
M40	Grant Krow	5-8
	Rich Kaye	4-0
	Jay Katz	4-0
M45	John Bankert	4-2
M50	Walt Hutchins	5-4
	Warren Jackson	4-4
	Bob Flynn	4-0
M55	Art Harris	4-0
M60	Boo Morcom	4-10
M70	Claude Hills	4-0

## Shot Put

M30	James Keys	46-7½
	James Overton	35-8
	Ron Salvio	26-5½
M35	Tom Clifford	41-8
	Bob Ryan	28-6
M40	Edward Hill	47-7 3/4
	Jay Katz	25-3
M45	Ed McComas	46-¾
	Rick Deere	35-11
M50	Pay Carstensen	40-11½
	Warren Jackson	33-1
	George Taylor	27-7½
M55	Art Harris	32-11½
M60	J.W. Pierson	34-5
	Payton Flournoy	32-9
M65	Gene Wood	35-2½
M70	Claude Hills	27-6 3/4
W50	Chris McKenzie	22-9½
also	M45 H Bohigian	30-8½

## 600 yd run (cont'd)

M55	Rudy Valentine	1:26.3
M60	Don Harris	2:01.9
M70	Sam Monastero	2:01.8
W50	Chris McKenzie	1:50.3

## 1000 yd run

M30	Ken Smith	2:44.3
M35	Ken Stuart	2:21.5
	Bob Ryan	2:57.7
M40	Bob Bennett	2:28.5
	Jim Demma	2:31.4
M45	Cliff Pauling	2:33.0
	Mason O'Neal	2:34.8
	Dick Ocker	2:36.8
M50	Alan Cohen	3:16.8
	Dan Ross	3:19.0
M55	Kelsey Brown	2:51.1
M70	Sam Monastero	3:49.4

## 1 mile run

M30	Doug Mayers	4:31.9
	Walt Hawkins	4:35.2
	Larry Washington	4:41.1
M35	Bob Ryan	5:32.9
M40	James Larimer	5:56.9
M45	Cliff Pauling	5:06.3
	Phil Steel	5:36.1
M50	Jim Sutton	4:53.7
	Bob Fine	5:34.0
	Alan Cohen	6:06.0
	Dan Ross	7:30.7
M55	Kelsey Brown	5:12.0
	Ken Carman	5:13.6
	Hal Sanderson	6:19.4

## 2 mile run

M35	Richard Senior	14:58.0
M45	Cass Curtis	11:03.0
M50	Alan Cohen	12:47.0
	Bill Belleville	12:49.0
M55	Ken Carman	11:07.0
	Hal Sanderson	12:54.0

## 1 mile walk

M30	Ivan Black	9:36.0
	Jim Hills	11:43.0
M35	Tom Radlovacki	8:12.0
M40	Joe Stefanowicz	7:54.1
M45	Paul Walkovic	11:19.0
M50	Dan Ross	11:55.0
M70	Claude Hills	11:48.0

## Holbrook Beats Downey, Cohen at SF Games

(Continued from page 1)

ner. George Cohen of Los Angeles was never in the race and finished 6th. Downey took the leadership responsibility for most of the race, but ran out of gas with less than two of the nearly 11 laps of the race left. Cohen and Downey, first and second at Wichita in the 40-44 division, were co-favorites.

Tom Cathcart, a former winner of this event, who has done well in spite of some medical problems, nipped Downey for second place 4:37.3 to 4:37.7. Fourth went to Canadian Hylke van der Wal, as the top four finishers went under 4:40. Except for Cohen, the rest of the finishers were Bay Area competitors. The absence of last year's winner, Sal Vasquez, perennial favorite Tom Laris and Palo Alto's Dick Schupbach, was unfortunate. All were injured or stale.

Though Shirley Matson was a last minute scratch and former Olympian Sandra Knott was hurt and couldn't make it, Pike might well have won in any case. Vicki Bigelow's absence was also sorely felt. But the overall depth

of the field was heartening.

Five women broke 6:00. Pike and Harbin were followed by Heidi Skaden-Poyser (5:48), Agatha Sue Lee (5:49) and Sue Johnston (5:53), all from the Bay Area.

The Golden Hour (actually 1:45) of the FLTC began with the introduction of the Masters (60+) Dash. All eight (8) lanes were filled with very capable older athletes. Jordan's principal "follower," Harry Koppel, opted to run some events the next day, but Jim Johnson (7:56) and John Satti (7:67) chased Payton home to the delight of the crowd.

Though the Senator placed far back in this field, he was close in distance and acquitted himself well. An active candidate! NIKE representative Valdemar Schultz, who had helped assemble the mile fields, presented all the winners — Holbrook, Pike and Jordan — with an attractive item of NIKE apparel. Trying to cover up

Cranston's sport suit of a competing company, Schultz came up with one more parka for California's senior Senator. □

## Running High For Health

Three beautiful days you will never forget, nothing compares to Vermont in fresh air and beautiful countryside. Perfect surroundings for this three day running symposium offering a wealth of knowledge and practical experience. Films, video, training runs, and special guest speakers Joe and Patti Catalano make this an invaluable weekend of training. While our tennis, racquetball, canoeing, horseback riding and bicycling make this a delightful weekend for the whole family. So bring the family and enjoy a fine weekend in the Green Mountains of Vermont!

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Killington, Vermont  
Friday, May 13  
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For information call:  
802-422-3535  
or write Summit Lodge  
Box 119, Killington Vermont 05751

## Friday May 13th

9:00-Noon Registration  
4:00 Afternoon Run  
6:00 Social Hour  
7:00 Candlelight Dining  
9:30 Movie, "The Great Hawaiian Foot Race"

## Saturday, May 14th

7:30-10:00 Summit Breakfast  
7:45 Short Run  
9:00 Treadmill Video Stride Analysis  
10:15 "Is Running Good For Your Heart?"  
"Prevention and Treatment of Running Injuries."  
"Your Posture and Spine in Relation to Your Running Form"

12:30 Poolside Lunch  
2:15 Race Training and Nutrition  
4:00 Long Distance Run  
7:00 Social Hour  
8:00 Banquet Dinner

## Sunday May 15th

7:30-10:00 Summit Breakfast  
7:45 Short Run  
10:15 "Running Addiction: The Implications for the Runner and the Family"  
"Is Running Good For Your Heart?"  
"What Shoe is Right For You?"  
12:30 Closing Lunch

## List of Presenters

Carl S. Burak, M.D.; Ronnie L. Burak, Ph.D.; Joe Catalano; Patti Catalano; Dennis DeSilvey, M.D.; Fred Doyle, B.S.; Barry Ellman, M.D.; James Jordan, M.D.; Margaret Karg, B.S.



# TRACK & FIELD RESULTS

Please send masters meet results to NATIONAL MASTERS NEWS, PO BOX 2372 VAN NUYS CA 91404. If possible, please type single space with minimum of white space.

## WESTERN PENNSYLVANIA TC SPONSORS MASTERS CHAMPIONSHIPS; SLIPPERY ROCK COLL. FEBRUARY 6, 1983

### M40-49

60M (36")	
Barry Kline WP	8.5
Tom Ragland OTH	9.0
Grover Coates OTH	9.1

### 50Y

G. Coates OTH	6.07
Hal Kaufman CahCTC	6.30
T. Ragland OTH	6.30

### Mile

Carl Trimber WP	5:31.28
Bob Rock WP	5:34.00
Charlie Hall OTH	5:35.40

### 300Y

G. Coates OTH	36.04
B. Kline WP	38.83
H. Kaufman CahCTC	39.20

### 600Y

G. Coates OTH	1:26.34
H. Kaufman CahCTC	1:32.70
Leroy McLain OTH	1:34.28

### 1000Y

Harry Tolliver OTH	2:29.5
Jim Mullen Un	2:43.7

### Mile Walk

C. Hall OTH	10:05.3
Rich DuBrasky WP	13:31.99

### 3 Mile

Bill Wise WP	15:56.20
Jim Waldorf Alleg	16:25.00
J. Mullen Un	17:13.54

### High Jump

B. Kline WP	5'3 1/2"
T. Ragland OTH	4'9 1/2"
G. Coates OTH	4'5"

### Shot Put

Pete Hoyt WP	36'5 1/2"
B. Kline WP	27'9"
C. Hall OTH	22'7 3/4"

### 35# Weight

P. Hoyt WP	43'9
G. Coates OTH	23'6
R. DuBrasky WP	23'4

Team Scores: West Penn TC 46;  
Over The Hill 40; Cahill Chev  
TC 7; Clifton TC 5; Alleg  
Mike 3

### M50-59

Ed Schuler WFla	9.80
Les Truby WFla	10.2

### 50Y

Ed Schuler WFla	5.95
Ed Sutton WP	6.30
Jim Barrett OTH	6.34

### Mile

Marty Uher WP	5:23.47
Carl Brungard Un	6:17.50
Allan Jackson OTH	6:20.60

### 300Y

Ed Sutton WP	38:18
Jim Barrett OTH	38.79
Bishop Harkness OTH	43:30

### 600Y

Ed Sutton WP	1:29.46
Jim Barrett OTH	1:33.25
C. Hall OTH	1:44.90

### 1000Y

A. Jackson OTH	3:29.65
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### Mile Walk

Rich Turner OTH	11:22.0
C. Brungard Un	

### 3 Mile

M. Uher WP	n/t
C. Brungard Un	20:39.00

### High Jump

Ed Schuler WFla	4'3
L. Truby WFla	4'3
J. Barrett OTH	3'11

### Shot Put, 12#

Dick Mann OTH	39'1 1/2
Rudy Bredenbeck OTH	38'10 1/2
Clarence Johnson OTH	34'9 1/2

### 35# Weight

Joe Chadbourne OTH	36'5 3/4
Dick Mann OTH	34'3 1/2
R. Bredenbeck OTH	25'0

Team Scores: Over The Hill  
44; West Penn TC 23; West  
Florida 21

## LAWRENCE MASTERS INDOOR CHAMPIONSHIPS; LAWRENCE, KANSAS; FEBRUARY 6, 1983

### M40-44

60 Yard	
Gary Oliphant	6.85
Howard Harris	7.20
Lyman Rate	7.24

### 300 Yard

Howard Harris	36.8
Lyman Rate	38.9

### 440 Yard

Howard Harris	58.5
Lyman Rate	68.2

### 880 Yard

Lee Stevenson	2:21.3
Lyman Rate	2:29.8
Hendricks	2:38.06

### 1 Mile

Wally Bravner	5:40.1
Ron Johnson	5:49.5

### 2 Mile

Dave Major	12:02
Ron Johnson	12:07

### Long Jump

Gary Oliphant	17'11 1/2"
Steve Rogers	17'2

### Triple Jump

Steve Rogers	36'10
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### High Jump

Wally Bravner	4'8"
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### Shot Put, 12 pound

Tim Wesselowski	46'11 1/2"
Joe Amidei	41'5 1/2"

### M45-49

60 Yard	
Duane Schwada	7.30
Jim Muxen	7.31
Ron Lusby	7.94

### 300 Yard

Jim Muxen	39.2
Ron Lusby	42.8
Leroy Deveney	45.9

### 440 Yard

Ed Alexander	1:11.9
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### 880 Yard

Bill Rhodd	2:28.5
Melvin Miller	2:28.5
Don Antle	2:30.4

### 1 Mile

Melvin Miller	5:25.1
Don Antle	5:35.3
Bill Brands	5:40.4

### 2 Mile

Melvin Miller	11:06
Bill Brands	11:24

### Long Jump

Charles Newman	17'3"
Duane Schwada	14'8"
Ron Lusby	14'7"

### Triple Jump

Charles Newman	32'9"
Jerry Reiserer	32'8 3/4"
Dee W. Roy	32'1"

### High Jump

Charles Newman	5'0"
Duane Schwada	4'8"
Ed Alexander	4'6"

### Pole Vault

Jerry Reiserer	9'6"
Duane Schwada	

### M50+

60 Yard	
Alex Pappas	
Dee Roy	
James Martin	

### 300 Yard

Ed Neufeld	
Alex Pappas	

### 440 Yard

Bert Smith	
Ed Neufeld	

### 880 Yard

Bert Smith	
M. Hackmeister	

### 1 Mile

M. Hackmeister	
----------------	--

### 2 Mile

Lovell Gish	
M. Hackmeister	

### Long Jump

J. Reiserer	
Dee Roy	

### M50+

High Jump	
J. Reiserer	4'8"

### Shot Put, 12 pound

J. Reiserer	31'7 1/2"
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### W30+

60 Yard	
Marg Sutter	7.9
Priscilla Sealey	8.4
Sondra McCoy	9.2

### 300 Yard

Sondra McCoy	50.0
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### 2 Mile

Irene Major	18:08.7
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### Long Jump

Marg Sutter	13'6"
Anke-Marie Wells	11'11 1/2"
Priscilla Sealey	10'4"

### High Jump

Anke-Marie Wells	3'8"
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### M60-69

60 Yard	
Fred Weiland WP	7.33
Frank Malick WP	7.60

### 50Y

F. Malick WP	6:17.72
Fran Albaugh WP	6:27.39

### Mile Walk

Ed Johnson WP	11:12.0
F. Weiland WP	11:52.8

### 3 Mile

F. Malick WP	22:14.85
F. Albaugh WP	

### High Jump

F. Weiland WP	3'9
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### Shot Put

F. Weiland WP	26'10 3/4
---------------	-----------

### Team Scores: West Penn TC

47	
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### W40-49

220Y	
Essie Kea OTH	33.75

### High Jump

E. Kea OTH	3'8
Datha Cotten OTH	3'8

### Shot Put

E. Kea OTH	23'10
D. Cotten OTH	23'9 1/2

### 25# Weight

D. Cotten OTH	18'7 1/2
Donna Radigan OTH	16'11 1/2

### W50-59

High Jump	
Bernice Holland OTH	3'8

### Shot Put

B. Holland OTH	27'3
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Team Scores: Over The Hill  
67; West Penn TC 10

## 6th ANNUAL CITY OF ORANGE SPRING GAMES; ORANGE, CA; FEBRUARY 19, 1983

### HIGH JUMP

WOMEN	
40-49	
Christel Miller	4'2"

### 50-59

Shirley Kinsey	3'4"
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### MEN

25-29	
Eric Scott	6'2 3/4"
Mike Farrel	5'8"
Tim Diamond	5'8"

### 30-39

Charlie Raider	6'8 1/2"
Walt Brown	5'4"

### 40-49

John Dobroth	6'4 3/4"
Nick Newton	5'6"
D. DeWitt	5'4"

### 50-59

Dave Douglas	4'6"
Burton Otzinger	4'4"
Hal Wallace	4'0"

## NEW YORK MASTERS SPORTS CLUB, 4th ANNUAL INDOOR MEET, FEB. 19, 1983, CROMWELL CENTRE, STATEN

### 50 yd. dash

M 30 ALFONZO WALTON	5.75
JESSE LANGLEY	5.92
RAY HARRISON	6.05
DENNIS KATSEFIS	6.28

M 35 RAIVA BURGOS	6.30
M 40 JOHN MALONEY	6.58
BOB FITCH	6.58
RICHARD KAYE	6.70

M 45 ROOSEVELT WEAVER	6.06
RICK DEERE	6.08
HAL KAUFMAN	6.40
M 50 TOM BROOKS	6.37

JOHN MURPHY	6.38
ALAN COHEN	6.67
TOM TALBOTT	7.00
M 55 GENE KELLY	6.85

MAURICE LENTZER	6.90
M 60 LARRY HOLZMAN	6.80

### 300 yd. dash

M 30 ALFONZO WALTON	37.2
JESSE LANGLEY	38.6
GEORGE BERRY	40.1
M 40 MEL BARNWELL	38.9

BOB FITCH	42.0
RICHARD KAYE	42.9
M 45 HAL KAUFMAN	41.3
M 50 ALAN COHEN	43.6

JOHN NYHAN	46.6
BILL WELSH	47.6
M 55 GENE KELLY	42.6
WALTER SIDEROWITZ	46.2

MAURICE LENTZER	47.2
M 60 LARRY HOLZMAN	45.7

### 600 yd. run

M 30 ALFONZO WALTON	1:25.4
GEORGE BERRY	1:25.



## JAVELIN CONTINUED

MEN	
40-49	
Gary Miller	154'5 1/2"
Gary Bane	128'10"
Ed Martin	121'10"
50-59	
R.E. Hudson	161'10"
Hal Wallace	120'11"
Dave Douglas	111'2 1/2"

60-69	
Dan Aldrich	153'9"
Bill Burke	109'6"
Joe Sanz	83'4"

70-79	
Bob MacConaghy	94'3"
A. Red Doms	86'5"
A.E. Vesco	66'9 1/2"

## TRACK EVENTS

## 400 METER RELAY

MEN	
30-39	
Corona del Mar	46.84
(Wong, Messersmith, Sallinger, Roberson)	

1500 METERS	
WOMEN	
30-39	
Coty Miller	6:17.3

40-49	
Myrna Sorensen	7:49.6

MEN	
25-29	
Nick Oliveres	4:31.5

30-39	
Bill Sumner	4:15.5
Wayne Douglas	4:16.3
Henry Lange	4:22.5

40-49	
James McDiarmid	4:33.6
John Cheever	4:33.9
John Smith	4:41.8

50-59	
Bob Johnson	5:45.7

60-69	
Don L. Mower	8:47.8

## 60 METER HURDLES

WOMEN	
40-49	
Christel Miller	11.75

(6 Hurdles)	
MEN	
25-29	
Foots Williams	10.1

30-39	
Eddie Loughridge	8.22
Ralph Tilley	8.36

40-49	
Walt Butler	7.5
Larry Sallinger	8.28
Al Henry	8.59

50-59	
Tony Nasalla	9.8
Loren Noyes	12.55

60-69	
Tom Patsalis	9.0
Bob Hunt	9.47
Burl Gist	9.50

70-79	
Bert Morrow	11.7

## 400 METERS

WOMEN	
30-39	
Chestine Barnes	1:04.67
Coty Miller	1:28.5

40-49	
Jeanne Carter	1:08.25
Myrna Sorensen	1:26.

MEN	
25-29	
Foots Williams	54.
Oscar Aguirre	54.5

30-39	
Ron Beadle	52.53
Rick Williams	59.2
Bill Kysor	60.4

40-49	
Joe Horn	55.95
Robert Jones	57.0
Tom Scheil	58.1

50-59	
Tony Nasalla	58.66
Beadle	60.47
Dave Douglas	63.5

## 400 METERS CONTINUED

60-69	
Bob Hunt	64.8

## 100 METERS

WOMEN	
30-39	
Chestine Barnes	13.81
Carmen Nunez	14.9

40-49	
Jeanne Carter	14.15
Myrna Sorensen	16.2

50-59	
Shirley Kinsey	16.1
Magdalena Kuehne	18.19

60-69	
Diana Smith	20.1
Marg Hunt	21.1

70-79	
Edith Mendyka	19.5

## MEN

25-29	
Al Shortz	10.58
Christopher Arnold	11.29
Cary Hagan	11.5

30-39	
Ralph Tilley	10.62
Jackson	10.65
Gerald Robinson	11.5

40-49	
Walt Butler	11.12
Kenny Dennis	11.19
Berroud	11.9

50-59	
Tony Nasalla	12.8
Charles Powers	13.31
Jock Jocoy	13.5

60-69	
Tom Patsalis	12.89
Bob Hunt	13.47
Clarence Killion	14.0

70-79	
Al Morrow	14.7

## 800 METERS

WOMEN	
30-39	
Chestine Barnes	2:34.6

## MEN

25-29	
Shorts	1:55.42
Oscar Aguirre	2:01.5
Michael Hamilton	2:14.3

30-39	
Ken Stuart	1:55.86
Mike Eck	2:00.1
Woody Studemund	2:05.7

40-49	
Gary Miller	2:08.58
Jesse Carrington	2:11.04
John Smith	2:13.0

50-59	
Lloyd McGuire	2:26
Bob Johnson	2:49

60-69	
Dave Lewis	2:37.06

## 200 METERS

WOMEN	
30-39	
Latanya Glass	35.0
Carmen Nunez	42.8

40-49	
Jeanne Carter	29.83

50-59	
Shirley Kinsey	33.34

60-69	
Diana Smith	44.79
Marge Hunt	49.53

MEN	
25-29	
Christopher Arnold	24.5
Foots Williams	24.62
Hamilton	25.2

30-39	
Eddie Loughridge	22.6
Gerald Robinson	23.48
Willie Roberson	24.5

40-49	
Walt Butler	22.69
Ken Dennis	23.28
Robin Winston	24.0

50-59	
Tony Nasalla	26.51
Jock Jocoy	27.36
Frank Kishi	27.8

## AGRUPACION DE ATLETAS SENIORS DE CHILE: FIRST REGIONAL DECATHLON, DECEMBER 11-12, 1982, MANQUEHUE STADIUM, SANTIAGO

Name	Age	Group	100 Meters	Long Jump	Shot Put	High Jump	400 Meters	1st Day Score
			Perf. Pts.	Perf. Pts.	Perf. Pts.	Perf. Pts.	Perf. Pts.	December 11
Galindo, Gerardo	40		13.8	440	3.68	24	1.35	286
Weitz, Patricio	40		12.1	780	5.28	504	1.50	481
Alzamora, Jorge	50		15.0	400	3.90	160	1.25	330
Munoz, Salvador	50		13.9	620	4.28	312	1.25	330
Lagos, Luis	55		14.1	680	4.50	549	1.30	486
Melcher, Arturo	60		14.4	720	4.50	750	1.30	640

		110 Hurdles		Discus	Pole Vault	Javelin	1500 Meters	2nd Day Score	Total Score				
		Perf.	Pts.	Perf.	Pts.	Perf.	Pts.	Perf.	Pts.				
								December 12					
Galindo, G	40	23.1	534	19.50	126	2.03	220	22.58	112	5:45.5	368	1,360	2,726
Weitz, P.	40	19.7	738	28.96	391	1.80	140	36.74	395	4:57.5	656	2,320	5,139
Alzamora, J.	50	21.7	708	27.50	375	2.30	405	20.72	112	5:32.4	566	2,166	3,836
Munoz, S.	50	20.7	768	24.42	282	2.03	283	22.90	177	6:15.5	309	1,819	3,913
Lagos, L.	55	23.6	684	28.32	453	----	----	23.88	241	7:05.0	71	1,449	3,932
Melcher, A.	60	20.1	954	36.84	742	2.55	575	30.73	480	7:46.5	00	2,751	6,083

## Decathlon Point Scoring Table--WAVA 1980

All scores are Chilean and South American records

60-69	
Tom Patsalis	27.9
C.A. Mercurio	28.44
Clarence Killion	28.9

70-79	
Bert Morrow	32.02

(Continued on page 23)

## LONG DISTANCE RESULTS

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

SPRINGFIELD YMCA 2 & 10 M  
SPRINGFIELD, ILLINOIS  
DECEMBER 4, 1982

## 2 MILE

Men	
40-44 Eugene Kufskie	11:33
45-49 Harry Simpson	13:41
50-59 Dick Kansteiner	12:45
60+ Gerry Cassens	17:06

Women	
35-39 Dee Boehm	14:32
40-44 Betty Simpson	15:27
45-49 Betty Moser	16:57
50-59 Jo Goudy	29:26

## 10 MILE

Men	
40-44 Tom Meiron	63:53
45-49 Rob. O'Connell	64:53
50-59 Tom Griffith	71:26
60+ Bob Schwandt	71:51

Women	
40-49 Roberta Kious	76:18
50-59 Nancy Griffith	*
60+ Phyl. Schwandt	87:02

\* Time illegible on results

PIEDMONT PARK 5MI X-C RACE  
ATLANTA, GEORGIA  
DECEMBER 18, 1982

## 1st Overall

Wes Wesselt (34)	26:30
Lee Anne Case (14)	35:15

## 40 - 44

1. George Sharp (41)	30:25
2. Dick Langway (43)	30:28
3. Phil Limonciello (41)	31:56
4. Joe Jenkins (41)	32:50
5. Bill Ehrhardt (42)	33:24
6. Ron Keyes (41)	33:40
7. Bill Gardner (43)	34:26
8. Jim Derham (40)	34:36
9. Henry Barsdale (41)	34:44
10. Bert Fontaine (40)	34:48
11. Richard Shaw (43)	36:30
12. Ken Sharp (42)	37:19
13. Larry Hamblen (44)	38:00
14. Buddy Waldron (40)	38:42
15. Fox Ferrel (41)	41:05
16. Joseph Neal (40)	44:42

THIRD LAS VEGAS CLASSIC  
10KM; LAS VEGAS, NEVADA;  
DECEMBER 11, 1982

MEN 40-44 ( 37 FINISHERS )	
1 242 NEIL CHAPPELL	43 35 03
2 321 JESSE RODRIGUEZ	41 35 07
3 178 TOM RICHARDS	41 35 34

MEN 45-49 ( 24 FINISHERS )	
1 139 ERNEST DOREN	46 39 34
2 124 CURT IRELAND	49 40 04
3 74 BRICE DENNIS	48 40 34

MEN 50-54 ( 19 FINISHERS )	
1 80 WALLY EVERTZ	53 38 01
2 90 ROBERT OERLACH	53 38 23
3 389 DAVID BERNAL	50 39 55

MEN 55-59 ( 6 FINISHERS )	
1 408 DICK WALSH	59 42 52
2 125 JOCK JOCY	54 45 06
3 60 JIM DACOLIAS	59 45 55

MEN 60-64 ( 3 FINISHERS )	
1 317 RALPH RATCLIFF	60 40 27
2 273 ANTHONY ISOM	63 45 45
3 438 JEAN GAINES	63 58 19

MEN 65-69 ( 3 FINISHERS )	
1 57 MAURICE CUMMINGS	66 47 41
2 318 GEORGE REICHARD	65 54 59
3 281 ROBERT NELSON	65 1 03 05

MEN 70+OVER ( 2 FINISHERS )	
1 244 MATHEW CORONA	70 44 09
2 64 ANTHONY DENARDIS	72 59 39

WOMEN 30-34 ( 17 FINISHERS )	
1 231 MARLENE BENJAMIN	31F 44 34
2 418 KIM DAILEY	30F 45 14
3 444 MARY LAMBERT	32F 47 28

WOMEN 35-39 ( 7 FINISHERS )	
1 99 LYNDIA OREGO	35F 43 43
2 222 VICKI ZIMMY	36F 48 00
3 147 NANCY MILLER	38F 48 19

WOMEN 40-44 ( 12 FINISHERS )	
1 248 NANCY COURTER	40F 41 52
2 203 NORMA WARREN	40F 46 31
3 72 VEATHA DORN	44F 50 21

WOMEN 45-49 ( 3 FINISHERS )	
1 98 DIANNE OREGO	45F 44 04
2 190 CHRISTA SIDLES	46F 52 43
3 144 GLORIAN MERRABLE	49F 57 58

WOMEN 50-54 ( 1 FINISHERS )	
1 75 ROSEMARY ENNIS	51F 1 04 38

WOMEN 55-59 ( 3 FINISHERS )	
1 245 JULIE CORONA	56F 51 45
2 167 MARGE PAULIN	57F 52 12
3 274 MARY ISOM	57F 56 52

WOMEN 60-64 ( 1 FINISHERS )	
1 105 BETTY HALEEN	60F 51 24

WOMEN 70+OVER ( 1 FINISHERS )	
1 96 IVY GRANSTROM	71F 1 09 26



BAYOU ST. JOHN 5 & 10M RUN  
NEW ORLEANS, LOUISIANA  
DECEMBER 12, 1982

5 MILE  
1st Overall  
Chris Calvin 28:55  
Betsy Barreca 36:02

M37-44  
Jack Bailey 32:24  
Merrill Spansel 34:36

M45-55  
Adrian Gaudin 37:02  
Ed Moran 39:53

M56+  
Charles Harrington 40:36  
Bob Santo Cruz 42:45

W35-44  
Sharon McCauley 37:24  
Jean Bourg 42:58

W45+  
Marilyn McConnell 47:14  
Pat Taylor 60:30

10 MILE  
1st Overall  
Mike Keogh 49:04  
Chris Gonzalez 1:05:26

M37-44  
Emil Runge 1:00:00  
Jim Marsalis 1:00:42

M45-55  
Paul Arceneaux 1:07:20  
Max Grafe 1:07:33

M56+  
Bill Clark 1:30:52  
Carlyle Rogillio 1:33:43

W35-44  
Betty Acosta 1:09:33  
Jo Mayhew 1:14:36

W45+  
Joan Harrison 1:26:02  
Martha Vogt 1:38:15

POTOMAC VALLEY SENIORS  
TRACK CLUB 5 & 10K;  
HAINES POINT,  
DECEMBER 19, 1982

5K  
1st Overall  
Butch Snow 35 17:11  
D. Williamson 35 25:46

M40+  
Charles Davies 45 17:54  
O.T. Williamson 46 18:42  
Bob Hayes 52 21:26  
Wayne Babb 43 21:32

W40+  
Patricia Willis 47 28:46  
Henrietta Witt 58 34:28

10K  
1st Overall  
Nils Lindblad 19 31:38  
Kathy Hibbert 28 36:48

M40-49  
E. McEvilly 40 34:13  
Doug Bulcao 40 34:53  
Alan Roe (England) 40 36:05

M50-59  
Dave Theall 51 37:47  
Tony Diamond 53 37:55  
Bob Bostrum 51 39:56

M60+  
Walt Kriemann 62 44:27  
Frank Luff 60 44:37  
John Woods 64 45:17  
Frank Dischel 64 50:48  
Mill Wood 67 54:29

W40-49  
Lolita Bache 40 38:51  
Irene Burnham 40 51:44  
Easy Merrow 41 51:48

W50-59  
Rachel Bourn 53 45:40  
Diane Stone 51 61:00  
Miriam Hewitt 52 74:12

RACEWALK M40+  
Al Branigan 50 51:52  
Sam Meerkreebs 63 68:21

LAS VEGAS TRACK CLUB 10KM  
CHAMPIONSHIPS; LAS VEGAS,  
NEVADA; DECEMBER 29, 1982

1st Overall  
Dave Andreasen 32:15  
Jeanne Lasee 35:36

Men  
40-44 Bill Schaefer 35:21  
45-49 Bill Gaba 43:54  
50+ Bill Kinzel 41:09

Women  
30-39 June Keller 38:59  
40+ B.J. Empey 46:17

DORR 20 MILE  
GREENBELT, MARYLAND  
DECEMBER 26, 1982

1st Overall  
Bob Fischer 42 1:51:28\*  
Laura Dewald 25 2:00:39

M40-49  
Bob Fischer 1:51:28  
Eamonn McEvilly 1:59:52  
Tom Kurihara 2:06:30

M50-59  
Dick Wood 2:23:55

M60-69  
Frank Luff 2:38:19

M70+  
Ed Benham 2:42:30

W40+  
Carole Herrick 2:43:11

\*Age 42 record  
\*70-75 age group record

SUGAR BOWL 10K  
NEW ORLEANS, LOUISIANA  
DECEMBER 26, 1982

1st Overall  
Mike Keogh 29:36  
Susan Voci 37:46

M40-49  
Emil Runge III 36:28  
Larry Fuselier 37:03  
Al Dehon 37:26

M50+  
J.C. Fuselier 41:05  
Thad Persons 41:11  
Frank H. Wagner 42:00

W40+  
Sharon McCauley 46:28  
Julianne Cox 47:05  
Joan Harrison 49:35

RESOLUTION RUN 10K  
SANTA ROSA, CALIFORNIA  
JANUARY 1, 1983

1st Overall  
Junior Rice 30:09  
Sharon Powers 38:21

M40-44  
Dan Preston 33:00  
Jon MacPherson 34:16  
Pete Peterson 37:53

M45-49  
Doug Latimer 34:47  
Sam Stevenson 38:54  
Don Hurley 43:38

M50+  
Ron Kinney 39:40  
Mort Ward 40:09  
Bruce Oliver 40:53

W40-44  
Carolyn Ward 50:11  
Carmen Magsamen 55:14

W45-49  
Marilyn Harbin 39:01  
Judy Lindberg 53:05

RACEY LADY 5KM/10KM  
SAN DIEGO, CALIFORNIA  
JANUARY 8, 1983

5KM  
1st Overall  
Nancy Courter 19:51

30-39  
Linda Gregg 20:30  
Diane Smith 21:11  
Betty Neptune 22:27

40-49  
Nancy Cowter 19:51  
Sylvia Chrise 21:50  
Anita Miller 22:57

50-59  
Dorothy Stock 19:58  
Jo Fortane 25:27  
Iris Sellers 25:52

60+  
Lois Hansen 29:59  
Clementina Thomson 34:33  
Elizabeth Poet 36:36

10KM  
1st Overall  
Ruthie Truscott 37:39

30-39  
Judi Richardson 41:09  
Rene Townsen 41:41  
Darlene Burns 43:09

40-49  
Shirley Matson 38:49  
Ursula Rains 41:19  
Judy Splitgerber 43:03

50-59  
Ana Johnson 43:21  
Alice Leight 48:42  
Ruth Manghuim 50:09

60+  
Gerry Davidson 48:48  
Judy Simon 54:29  
Felicitas Salzar 69:23

ATHLETE'S FOOT 5 MILE  
MOBILE, ALABAMA  
JANUARY 8, 1983

Overall Winners--Men  
1. Steve Hubbard 24:28  
2. Joel Lambert 25:22  
3. Mikal Pavato 25:49

Overall Winners--Women  
1. Sue King 27:16  
2. Patricia Donaghey 31:45  
3. Jeannie Dixon 32:03

## AGE WINNERS--WOMEN

40-44  
1. Carol Lasseter 34:14  
2. Jill Hall 35:49  
3. Marci Kreisberg 36:48  
4. Claire Cloninger 41:58  
5. Nancy Foster 43:31  
6. Betty Harder 43:54  
7. Cynthia Campbell 44:05  
8. Ann Bickham 46:40

45-49  
1. Carol Sumrall 52:15

50-54  
1. Eva Oldham 49:34

## AGE WINNERS--MEN

40-44  
1. David Jeffery 27:30  
2. Bobby Dannelley 27:59  
3. Larry Holmes 29:58  
4. Martin Brown 30:42  
5. Austin Mulherin 31:22  
6. Gene Kennedy 31:26  
7. Pate Schuchardt 33:02  
8. Martin Campbell 33:31  
9. Ed Turk 34:09  
10. Pat Dempsey 34:39  
11. Matt Brown 35:42  
12. Doug McGhee 37:17  
13. Jim Benbow 37:18  
14. Clayton Miller 38:21  
15. Bobby Mooring 38:22

45-49  
1. Lido Sullivan 29:16  
2. Cris Criswell 30:28  
3. Johnny Albritton 34:37  
4. Dick Allen 35:01  
5. Fred Kendrick 35:53  
6. J. R. Eubanks 36:24  
7. Royce Ray 37:43  
8. M. J. Albin 38:52  
9. Bo Davidson 40:06  
10. John Lewis 40:18

50-54  
1. Fred Burkle 33:00  
2. John Tucker 34:10  
3. Dick Marsh 34:51  
4. Malcolm Sumrall 34:55  
5. Neil Mossholder 39:57

55-59  
1. Melvin Burt 33:29  
2. Jim Mitchell 35:02  
3. Richard DeBolt 35:37  
4. Marvin Myer 37:19  
5. Jim Sweatt 44:50

60 and Over  
1. S. P. Hudson 33:34  
2. Cas Weinacker 37:13  
3. Chuck Thomas 40:30  
4. Irv Charnock 46:45

HILL AND DALE 8MI  
MEMPHIS, TENNESSEE  
JANUARY 8, 1983

1st Overall  
Jeff Langdon 44:22  
Laura Brewer 53:59

M40-49  
Bill Bardy 54:14  
Jim Brooks 55:58  
Jimmie Hester 57:33

M50+  
Ed Fancher 55:54  
John Caradine 57:34  
D.J. Lawson 57:43

W40-49  
Pat Love 1:01:07  
Suzanne McDonald 1:16:00

W50+  
None

SPA/TAC CHAMPIONSHIPS  
8/20 K; GRIFFITH PARK,  
LOS ANGELES; JANUARY 9, 1983

8K  
MEN  
40-49 James Thompson 28:39  
50-59 Gunnar Linde 30:25

WOMEN  
40-49 Bobbi Binder 37:29

20K  
MEN  
40-49 James Murphy 1:15:42  
50-59 Wally Ingram 1:15:28  
60-69 Ed Johnson 1:37:24

JOHNSON FERRY 15KM  
ATLANTA, GEORGIA  
JANUARY 15, 1983

1st Overall  
Betsy Shillito(24) 56:06  
Joel Majors (32) 47:59

W30-39  
1. Lynda McHugh 32 1:03:30  
2. Jan Bowen 33 1:03:45  
3. Marsha Rubin 30 1:03:59  
4. Peggy Bosse 30 1:07:20  
5. Connie Leming 36 1:07:34  
18. C. Barksdale 39 1:22:08  
19. A. Findley 38 1:25:16

W40-49  
1. Nancy Parker 45 1:01:39  
2. Julia Emmons 41 1:04:15  
3. Joy White 40 1:10:59  
4. Carol Blair 40 1:14:00  
5. Helen Crosby 47 1:16:39

W50+  
1. Opal Tucker 62 1:47:04

M40-44  
1. Bill Morgan 43 51:04  
2. Chuck Tucker 41 52:53  
3. Fred Enloe 41 55:06  
4. Dick Langway 43 55:35  
5. George Sharp 41 55:55  
6. P. Limonciello 41 56:20  
7. Fred Motz 44 57:55  
8. Charlie Baker 44 59:00

M45-49  
1. T. McCollister 46 1:01:34  
2. John Perkins 45 1:02:12  
3. Park Ellis 45 1:02:14  
4. Paul McCaleb 48 1:03:50  
5. Jack Parker 46 1:05:01  
6. Charles Hendry 46 1:05:39

M50-54  
1. Barry Whitsitt 50 1:00:17  
2. Don Shoup 52 1:02:15  
3. Ben Gross 52 1:03:00  
4. Walt McDaniel 50 1:03:40

M55-59  
1. Joe Petrolino 56 1:06:54  
2. Dudley Evans 58 1:10:59  
3. Randolph Smith 57 1:13:38

M60+  
1. E. Galloway 62 1:03:54  
2. Scotty Thyme 60 1:11:40

COP'R BOWL 10KM  
SAN DIEGO, CALIFORNIA  
JANUARY 15, 1983

1st Overall  
Graeme Fell 29:15  
Shirley Matson 37:34

M40-49  
Dan McCaskill 33:41  
Frank Saiz 34:30  
John Meyer 35:48

M50+  
Jim O'Neil 35:09  
Chuck Anderson 37:04  
Wayburn Downs 40:04

Law Enforcement--Men  
34-43  
Tony Gerald 34:00  
Duncan 35:15  
Lantz Lewis 37:45

44+  
Bob Collins 36:40  
Mathew Gleason 39:52  
Francis Hill 44:36

W33-39  
Carol Franklin 43:20  
Brooks Merritt 45:50  
Bonnie Baer 47:15

W40-49  
Shirley Matson 37:34  
Nancy Courter 41:05  
Judy Splitgerber 41:29

W50+  
Peggy Naas 48:15  
Eileen Chee 52:50  
Judith Simon 54:00

Law Enforcement--Women  
34-43  
Carmen Martinez 45:55  
Jerri Sober 47:40  
Wanda Hernacki 51:00

No W40+

VICTORY BOWL 10K  
MOBILE, ALABAMA  
JANUARY 15, 1983

Overall Winners--Men  
1. Steve Schoenewald 31:15  
2. Hank Lee 32:02  
3. Tony Gilbert 32:39

Overall Winners--Women  
1. Helen Rogers 39:50  
2. Jeannie Dixon 40:03  
3. Largay Torbert 41:24

AGE DIVISION WINNERS--WOMEN  
40-44  
1. Jill Hall 44:49  
2. Marci Kriesburg 44:57  
3. Emily Boutwell 49:38  
4. Nancy Foster 50:03  
5. Cynthia Campbell 52:31

45-49  
1. Carol Sumrall 61:15

50-54  
1. Eva Oldham 60:35

AGE DIVISION WINNERS--MEN  
40-44  
1. David Jeffery 34:37  
2. Bobby Dannelley 34:41  
3. Martin Brown 37:46  
4. James Garstide 38:46  
5. Bob Lasseter 39:38  
6. Austin Mulherin 39:45  
7. John Hays 41:17  
8. Martin Campbell 42:16  
9. Pete Schuchardt 42:38

45-49  
1. Lido Sullivan 36:16  
2. Marian Matchett 38:02  
3. Charles Stinnett 39:09  
4. Will Wright 40:35  
5. Cris Criswell 41:19  
6. Dick Allen 42:20  
7. Fred Kendrick 42:34  
8. Harold Russell 44:16  
9. Charlie Loftin 44:48  
10. A. O. Snell 47:27  
11. Gary Bailey 49:19  
12. Bo Davidson 49:44  
13. D. C. Otto 49:45  
14. Lee Brune 49:50  
15. Jim McDill 51:07  
16. Eddie Moore 52:04  
17. R. J. Shows 60:03

50-54  
1. Clive Knee 40:39  
2. John Tucker 42:10  
3. Dick Marsh 42:22  
4. Malcolm Sumrall 42:56  
5. Keith Cooper 44:04  
6. Gene Fell 44:41  
7. Neil Mossholder 48:45

55-59  
1. Melvin Bart 41:16  
2. Jim Mitchell 44:33  
3. Marvin Myer 47:36  
4. Jim Sweatt 53:45

60 and Over  
1. Cas Weinacker 45:01  
2. Rick Sasser 47:40  
3. Lee Rivers 52:51  
4. Irv Charnock 54:06  
5. Charles Burgess 56:24

COSSACK CHALLENGE 13.5MI  
SONOMA, CALIFORNIA  
JANUARY 16, 1983

1st Overall  
Butch Alexander 1:16  
Shirley Gilbert 1:26

2 Darryl Beardall 1/40 1:17  
4 Dan Preston 2/40 1:20  
11 Walt Vennum 3/40 1:26  
12 Craig Roland 4/40 1:26  
14 Arnold Schultz 5/40 1:27  
16 Ber. Leopold 6/40 1:27  
65 Bruce Oliver 1/50 1:42  
71 Loy Bise 2/50 1:45  
74 Berger Hoel 3/50 1:47  
79 Dick De Kay 1/60 1:48  
126 Steve Cole 2/60 2:03  
129 Bob Lee 3/60 2:04

5th ZONTA 10KM RUN  
GOLETA BEACH, CALIF.  
JANUARY 16, 1983

1st Overall  
Jim Triplett 25 30:52  
Mary Mason 21 36:27

M40-49  
John Brennand 47 35:05  
Kemp Aaberg 43 35:33  
Glenn Ward 40 36:08

M50-59  
F. Nagelschmidt 58 38:01  
Walter Atcheson 56 39:15  
Jim Rowe 58 40:07

M60+  
John Holoubek 66 41:04  
Bob Womer 60 47:22  
Jim Lysaght 60 61:54

W40-49  
Fay Hobbs 47 43:20

W50-59  
Patricia Frankus 56 56:02  
Betty Elder 55 60:30

W60+  
Grace Schweitzer 65 64:10  
from John Brennand

UPTOWN YMCA 5KM/10KM/HALF-  
MARATHON/MARATHON; SAN  
BERNARDINO, CALIFORNIA;  
JANUARY 16, 1983

5KM  
M40-49  
George Saunders 17:59  
Fred Gross 20:07  
Wayne Marshall 20:19

M50-59  
Mac McCombs 21:52  
Ray Green 25:19  
Walter Walsh 25:21

M60+  
David Lewis 31:38

W40-49  
Joyce Reiswig 22:28  
Gail Fields 26:31  
Linda Capriola 27:49

W50-59  
Dolores Bezenah 29:43

W60+  
Carol Kilburz 59:54

10KM  
M40-49  
Bill Crum 34:21  
Sterling St. Clair 35:35  
Pat Roban 38:02

M50-59  
Bob Best 42:55  
George Flower 45:32  
Bill Garton 47:52

M60+  
Robb Adey 51:44

W40-49  
Marie Anne Conroe 45:33  
Clarice Flower 50:12  
Linda Pittman 51:53

W50-59  
Dottie Allison N/T

W60+  
Jean Reeves 1:49:33

Half-Marathon  
M40-49  
Bob McGeogh 1:27:35  
Jess Maxcy 1:28:56  
Chrik Nika 1:30:01

M50-59  
Wally Ingram 1:27:40  
Jerry Soto 1:29:16  
Jack Resh 1:30:23

M60+  
Bob Kroger 1:40:14

W40-49  
Josie Fox 1:36:31  
Sheila Olosson 1:57:56  
Audrey Singer 2:03:23

W60+  
Bess James 2:41:48

Marathon  
M40-49  
Tom Chaves 3:10:08  
Manouch Lankerrani 3:11:51  
Terry Ives 3:20:02

M50-59  
Gene Parsons 3:36:46  
Jim Heyes 3:37:12  
Tony Gomez 3:38:55

M60+  
Paul Sterner 4:00:08  
Tony Perona 4:38:04  
John Montoya 4:41:11

W40-49  
Judith Fernandez 4:14:36  
Dorothy Kobayashi 4:29:31

W50-59  
Alice Krueper 4:14:33



TULSA RUNNING CLUB 5K/10K  
TULSA, OKLAHOMA  
JANUARY 16, 1983

## 5K

1st Overall  
Kevin Helton 18 15:42  
Michelle Scholtz 14 18:59

M40-44  
Hewlett Nash 42 17:04  
Bill Adams 42 17:53  
Jay Minor 41 18:06

M45-49  
Glen Lafarlette 46 17:50  
Bob Adkins 48 17:55  
Don Antle 45 18:20

M50-54  
Steve Blanchard 51 17:40  
Dave Weaver 50 19:48  
John Miller 52 20:53

M55-59  
Tom Kempf 58 19:47  
Douglas James 57 22:18

M60+  
Dan Stokesberg 60 25:51

W40+  
Vreni Kemp 40 21:11  
Joy Austin 45 21:28  
Janice Nicklas 40 29:10

## 15K

1st Overall  
J. Viitasari 24 48:18  
Martie McCain 31 1:07:31

M40-44  
Dan Vasicek 40 57:01  
Richard Cheek 41 1:02:49  
N.A. Nail 44 1:03:02

M45-49  
J. McDaniel 45 57:50  
Pete Knight 48 59:46  
Dub Denney 45 1:05:05

M50-54  
Arturo Melendez 51 59:43  
Colin Bray 50 1:03:05  
Bill Ryan 52 1:03:54

M55-59  
N. McIntosh 57 58:48  
H. McDonald 55 1:05:36

M60+  
Jimmy Butler 63 1:27:48

W40+  
Margaret Speer 45 1:10:57  
D. Henderson 42 1:26:38  
Faye Morris 54 1:27:11

HEART OF PALM SPRINGS 10K  
PALM SPRINGS, CA  
JANUARY 16, 1983

1st Overall  
Louie Terrones 32:01  
Denise Bedford 38:44

M40-49  
Don Cousins 35:03  
Fred Kiddy 35:12  
David McConnell 37:14  
Manuel Rojas 37:50  
Bob Stafford 39:04  
John Brown 39:08  
Dave Clark 39:17  
Gene Rotstein 39:44

M50+  
Jim Demetriou 40:53  
Dick Coltrell 40:58  
L.J. Koran 42:50  
Ed Johnstone 44:43  
Ferd Gonzales 45:17  
Ollie Harker 45:18  
Cal McIntosh 45:22

W40-49  
Sandra Kiddy 39:03  
Sigrid McAllister 42:31  
Josie Gardner 46:20  
Sandra Jackson 47:36  
Sarah Seils 54:07

W50+  
Mary Storey 43:58  
Beverly Arnott 1:00:52  
from Sandy & Fred Kiddy

MT. RUBIDOUX 5 & 10 K  
RIVERSIDE, CALIFORNIA  
JANUARY 29, 1983

## 5K

## MEN

40-49 Bill Crum 16:48  
50-59 Wally Ingram 17:58  
60+ Karlis Smittens 23:14

## WOMEN

40-49 Sharon Gordano 25:48  
50-59 Ruth Webb 26:58  
60+ No entries

## 10K

## MEN

40-49 Anthony Spore 37:19  
50-59 Wally Ingram 38:10  
60+ John Goodyear 45:09

## WOMEN

40-49 Clarice Flowers 52:56  
50-59 Mary Storey 46:12  
60+ Bess James 1:06:56

11th ANNUAL WORLD MASTERS  
10K; ORANGE, CALIFORNIA  
JANUARY 30, 1983

## MEN

40-44 Bob McGeough 36:40  
45-49 Don Cousins 35:00  
50-54 Wally Ingram 34:55  
55-59 Walt Atcheson 37:53  
60-64 James Simcoe NT  
65-69 Bob Kroger 41:23  
70+ Walt Frederick 58:59

WOMEN  
40-49 Elaine Haven 42:34  
50+ Ethel Guest 52:11

5th COLLINGDALE SMI RUN  
COLLINGDALE, PENN.  
JANUARY 30, 1983

## 1st Overall

Mike Patterson 23:56

## M40-49

Griff Balthus 40 27:31  
Doug White 40 27:48  
Bob Taggart 42 28:05

## M50-59

Bill Mullin 52 30:21  
Chuck Mackey 55 31:33  
Jack Clark 55 33:08

## M60-69

Tom Watkins 61 38:56

## M70+

George Piaseki 71 46:10

## W40-49

Nan Sharpless 46 37:49  
Helen Senisch 45 37:54  
M. Broussard 40 40:35

## W50+

Kath Goodman 54 49:26

300 runners  
from Chuck Mackey

GROUND HOG 7 MILE  
CARMEL, INDIANA  
JANUARY 30, 1983

## Open

Bill Cavaghan 35:17  
Marilyn Reinhardt 43:45

## M35

Chuck Koeppen 36:33  
Ed Zeman 36:54  
Jim Leffler 39:41

## M40

Floyd Romack 41:24  
Jack Brake 41:32  
Glen Davis 41:52

## M45

Dayne Martin 41:14  
Bill Heck 41:56  
Lee Dye 42:39

## M50

Dick Wilson 41:27  
Jim Griffith 47:08  
Tom Hathaway 49:32

## M55

Billy Sedan 50:23  
James Rice 55:56  
Robert Carr 59:50

## M60

Wendell Parson 53:05

## W35

Ruth Ann Ross 46:44  
Carol Hayden 52:46  
Oma McDonald 57:45

## W40

Gayle Coffey 53:51  
Carolyn Lausch 63:35

## W50

Joanne Keaton 72:02  
from Joanne Keaton

MARCH OF DIMES 10K  
TUCSON, ARIZONA  
FEBRUARY 6, 1983

## M40-44

Fred Grammona 35:20  
Don Branan 35:30

## M45-49

Dick Haines 40:08  
Eldon Braun 43:21

## M50-54

John Sadloukos 38:48  
Ron Perry 40:25

## M55-59

Bob Waldren 41:17

## M60+

Bob Martin 44:16  
Dan Sherman 47:53

## W40-44

Sue Fletcher 43:33  
Brenda McDowell 50:01

## W45-49

Dori Lemiole 58:13  
Joan Ridder 61:46

## W50+

Inge Wildfang 52:16  
Jean Schroeder 64:57

The Brooklyn Five Mile Run  
Prospect Park, Brooklyn

## Sponsored by NYRR

Date: February 6, 1983, 11 AM

Distance: 5 Miles

Check-In: Men-803, Women-246

Total-1049

Finishers: Men-722 and 10 racewalkers

Women-203 and 5 racewalkers, Total-940

Weather: Cold, overcast, hi 20's

## Order of Finish—Men

1. Downes, Tom, 22, Man C 24:42

## Vet A (40-44)

1. Morrissey, Brian, 41 28:49  
2. Vinson, Walter, 44 29:04  
3. Gustafson, Tom, 41 29:22

## Vet B (45-49)

1. Stern, Lou, 48 29:03  
2. Gomez, Santos, 46 29:11  
3. Frankfurt, Michael, 47 30:49

## Masters (50-59)

1. Sutherland, Jim, 50 29:09  
2. Baxley, Charles, 52 30:32  
3. Muller, Bob, 57 31:05  
4. Brown, Walter, 58 31:22

## Seniors (60-69)

1. Gibbons, Tom, 61 30:36  
2. Renny, Roberto, 65 35:39  
3. Sprouse, Robert, 61 35:52

## Golden Age (70+)

Pepper, Max, 79 41:46

## Order of Finish—Women

1. McIntyre, Kathy, 33, MAA 28:55  
2. Harmeling, Maddy, 37, Atal 29:24  
3. Jannelli, Linda, 27, Atal 29:48

## Vet A (40-44)

1. Thornhill, Anna, 42 31:50  
2. Meyers, Mimi, 40 34:06  
3. Jones, Edith, 43 36:40

## Vet B (45-49)

1. Knight, Kate, 47 38:04  
2. Balfour, Samara, 47 39:22  
3. Moten, Billie, 45 39:52

## Masters (50-59)

1. Rose, Florence, 53 39:18  
2. Nicora, Regina, 51 41:18

## Seniors (60 and over)

1. Rodriguez, Mary, 61 43:04  
2. Havens, Evelyn, 66 49:03

PALM SPRINGS MARATHON  
PALM SPRINGS, CA  
FEBRUARY 13, 1983

## 1st Overall

Dennis Wilson 2:19:41  
Elaine Campo 2:52:53

## M40-49

1. Fred Kiddy 2:37:03  
2. Andre Tocco 2:38:29  
3. Kemp Aaberg 2:41:26  
4. Martin Balding 2:51:03  
5. Bob Bell 2:52:45  
6. William Porter 2:54:17  
7. Bob McGeough 2:56:28  
8. Nathan Winer 2:58:51  
9. James Edgerly 2:59:07  
10. Dale Mead 3:02:41

## M50-59

1. Robert Fletcher 3:04:54  
2. Wally Ingram 3:11:58  
3. Walter Woods 3:12:42  
4. Thomas Deno 3:27:11  
5. Las Kozak 3:31:01

## M60+

1. Donald Dilworth 3:12:35  
2. Frans Pauwels 3:28:52  
3. Milton Fryer 3:36:20  
4. Sam Simon 3:57:13  
5. Adrian Villagran 3:57:29

## W40-49

1. Sandra Kiddy 2:56:36\*  
2. Nancy Greene 3:28:36  
3. Sigrid McAllister 3:29:56  
4. Ginni Norstrom 3:42:48  
5. Sarah Seils 4:29:51

## W50-59

1. Laila Silverberg 5:13:10

## W60+

1. Mavis Lindgren 5:20:35

## \*Age 46 record

SAM COSTA HALF-MARATHON  
CARMEL, INDIANA  
FEBRUARY 20, 1983

## Open

Thom Burleson 1:06:55  
Marilyn Reinhardt 1:25:42

## M35-39

Rich Davis 1:15:54  
Doug Lees 1:18:43  
Jim Leffler 1:18:49

## M40-44

Glen Davis 1:21:27  
Kent Johns 1:22:20  
Jim Hart 1:23:56

## M45-49

Bill Heck 1:20:06  
Lee Dye 1:21:49  
Dayne Martin 1:22:00

M50-54 Dick Wilson 1:24:08  
Robert Lemont 1:27:23  
Tom Hathaway 1:33:22

M55-59 Myron Meyer 1:25:24  
Paul Porter 1:40:42  
Billy Sedan 1:43:17

M60-up Wendell Parson 1:52:15

W40-up Gayle Coffey 1:47:46

WASHINGTON'S BIRTHDAY MARATHON  
BELTSVILLE, MARYLAND  
FEBRUARY 20, 1983

## AGE GROUP QUALIFIERS

## 40 - 49

2:32:52 L3 Mike Sabino  
2:41:04 L7 Ben Hyser  
2:50:44 L0 Dick Strafella  
2:53:40 L1 Charels Edgar  
2:56:07 L7 Alvin Marcy  
2:57:18 L3 Nevio Dobry  
3:00:50 L3 Bill Soliers  
3:02:22 L4 Bailey St Clair  
3:02:22 L4 Bill Schwartz  
3:05:16 L7 Geo Everett  
3:06:08 L3 Ed. J. Sharp  
3:06:55 L0 Stewart Nagel  
3:08:21 L4 George Thoms  
3:09:45 L6 Paul Innis

## 50 - 59

2:56:08 52 Ed Dibble  
3:02:07 50 Jerry Hagen  
3:02:23 55 James Ryan  
3:04:59 59 Glenn Coleman  
3:10:27 51 Tom F. Green  
3:11:35 51 George Ims  
3:17:34 54 Henry J. Sullivan

## 60 - 69

3:29:09 60 Walt Washburn  
3:29:22 62 John McIntyre

Bagel Run  
Central Park, NYC

## Sponsored by NYRR

Date: February 20, 1983, 10:30 AM

Distance: 6.2 Miles

Check-In: Men-855, Women-358

Total-1213

Finishers: Men-747 and 7 racewalkers

Women-285 and 5 racewalkers, Total-1044

Weather: Clear, mild, mid 40's

## Robinson, Rudy, 24 (1st Overall) 30:17

## Vet A (40-44)

1. Morrissey, Brian, 41 36:01  
2. Vinson, Walter, 44 36:02  
3. Scheinholz, Arthur, 43 36:18

## Vet B (45-49)

1. Mueller, Fritz, 46 33:11  
2. Stern, Lou, 48 36:13  
3. Hirsch, George, 48 37:01

## Masters (50-59)

1. Moran, Tom, 50 37:25  
2. Cryan, Francis, 53 38:36  
3. Thompson, George, 57 38:50  
4. Schindler, Max, 50 39:05

## Seniors (60-69)

1. Gibbons, Tom, 61 38:43  
2. Rios, Wilfredo, 66 41:14  
3. Mahta, Peter, 60 42:40

## Golden Age (70+)

Popper, Max, 79 52:37

## Subvet (30-39)

McIntyre, Kathy, 33 (1st Overall) 36:12  
1. Harmeling, Maddy, 37 36:33  
2. Hearn, Angella, 37 37:31  
3. McGrath, Ellie, 30 38:40  
4. Chang, Vivian, 32 39:26  
5. Rogers, Nancy, 35 41:24  
6. Crooks, Mary Jean, 31 41:29  
7. Avin, Christine, 34 41:53

## Vet A (40-44)

1. Parnalee, Patty Lee, 42 38:59  
2. Monte, Lona, 41 41:42  
3. Meyers, Mimi, 40 42:16

## Vet B (45-49)

1. Phillips, Gudrun, 46 42:54  
2. Maret Fletcher, Joyce, 48 44:40  
3. Marcus, Esther, 47 47:48

## Masters (50-59)

1. Decker, Margaret, 50 42:16  
2. Rose, Florence, 53 49:00

## Seniors (60 and over)

1. Rodriguez, Mary, 61 53:10  
2. Havens, Evelyn, 66 1:00:01

HAWAII ALL-WOMEN'S 10K  
HONOLULU, HAWAII  
FEBRUARY 21, 1983

## 1st Overall

Karen Curtis 36:48

## W30-39

Shirl Schmitt 40:33  
Mary Jane Young 40:35  
Cord Gronodos 41:30

ANNUALITE FESTIVAL 10K WALK  
INDIO, CALIFORNIA  
FEBRUARY 27, 1983

Dale Sutton (43) 51:53  
Jim Coots (41) 52:43  
Ron Daniel (41) 53:38  
Bob Brewer (41) 58:43  
Hal McWilliams (67) 62:29  
Harry Siitonen (56) 65:12  
Ted Greiner (51) 66:59

## KATE O'CLASSEN (37) 67:09

Belva Norins (49) 71:03  
Rose Kash (61) 73:38

W40-49 Susan Bartels 40:55  
Patti Buhalm 42:23  
Carol Kukea 42:27

W50-59 Sister M. Irvine 39:55  
Mullie Chung 46:54  
Nernance Levesque 47:18

W60-69 Rosemary Tuby 53:19  
Margaret Lee 53:42  
Doris Pugh 56:44

W70+ Adaline Crocker 1:21:00  
Anita Pereira 1:27:00

NORTHWOODS MALL 5K  
PEORIA, ILLINOIS  
FEBRUARY 22, 1983

## 1st Overall

Bill Hostetler 15:04  
Bev Roland-Miller 16:53

## M40-44





**NEVER WILL SO MANY  
OWN SO MUCH  
FOR SO LITTLE.**

It was one of those victories that, frankly, took us by surprise.

All we were after was an Air shoe with a slightly more down-to-earth price tag.

The more runners who experience Air, we reasoned, the fewer will settle for anything less. That was the theory.

Pegasus. That was the name.

Then our R&D department proceeded to run amuck. First, they incorporated the Nike Air-Wedge™. That was fine. Because it gives the kind of long-lasting cushion you just can't find in any other shoe.

But then they started looking around for other innovations from some of our more specialized models.

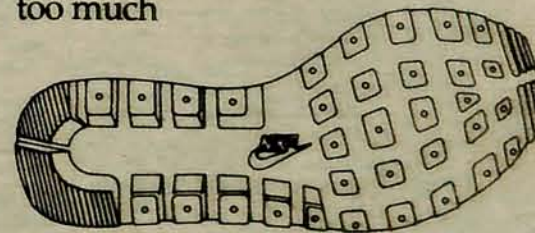
Next thing we knew, the Pegasus was sporting the Waffle™ Center-of-Pressure™ outsole. For even more cushion. And greater stability. It also made the Pegasus great for running over any number of different surfaces. From grass to asphalt, to gravel and mud.

Then, they flared the heel for a touch more stability. Notched the suede at the first metatarsal for flexibility. And even went to a lighter EVA formulation in the midsole.

As a result, the Pegasus is not only a great training shoe, but at

roughly 10 ounces in a size 9, it's more than light enough to race in.

We were stunned. And we told them—this is just too much



technology, too much versatility. The Pegasus is simply more shoe than we bargained for.

Then they reminded us. That's what a bargain is all about.

